

SEPTEMBER 2023

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DID YOU KNOW?

We are the official youth soccer
provider for: **Auburn Bay, Canyon
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Deer Run, Evergreen, Lake
Chaparral, Langdon, Legacy,
Mahogany, Marquis De Lorne,
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PROVIDER
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DEVELOPING EXCELLENT PLAYERS AND OUTSTANDING PEOPLE

- Canadian Soccer Association - Youth Club License holder.
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- Verifiably Calgary's best soccer program with more resources and pathways to pro-am leagues for boys and girls.
- 8 Canadian National Youth Championships won.
- Foothills WFC is the highest level of women's soccer in Canada and 2022 UWS Western Conference Champions.
- One of two founding franchises for the Project 8 women's professional league launching in 2025.

INDOOR 2023/2024 REGISTRATION: Program details and online registration
available **AUGUST 15TH TO SEPTEMBER 30TH** at www.gofoothills.ca

Learn the signs of stroke

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.

Act **F A S T**. Lifesaving treatment begins the second you call 9-1-1.

heartandstroke.ca/FAST



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Deer Run Community Association (DRCA)

www.deerruncalgary.com

Rental Inquiries: 403-278-3117



We meet on a weekday evening, once a month. All DRCA members are welcome. To attend, email the Board secretary; our emails are on the website.

THE EXECUTIVE

President	Kim Semeniuk
Vice President	Mike Isakeit
Treasurer	Ed McCrea
Secretary	Bley Etienne

THE DIRECTORS

Ways and Means	Brenda Marks
Capital Expenditures	Jay Clements
Sports Director	Ken Werbicki
Director at Large	Donovan Harris
Social	Christian Fruhen

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Memberships	Vacant
Newsletter	Vacant
Programs	Vacant



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Deer Run Community Centre

2223 - 146 Ave SE Calgary, AB, T2J 6P8

Phone: 403-278-3117 Fax: 403-278-4961

Email: info@deerruncalgary.com

Centre Hours (subject to change)

Monday to Friday, 9:00 am to 9:00 pm

Saturday, 9:00 am to 5:00 pm

Sunday, 9:30 am to 3:00 pm

Key Staff

Centre Manager Rob Garnett 403-278-3117
Childcare Director Mercy Musakanya 403-271-3704

Newsletter

Your Deer Run Villager is published twelve times per year. The submission deadline is the first of each month for the following issue.

Please email your articles or community event listings as an attachment, in an MS Word file, to the DRCA Communications Director at commdirector@deerruncalgary.com.

Community-related digital photos and art are welcome. Ensure recognizable people in images have given their permission. Send a caption and/or the names of people. The requirements are 250 KB for a smaller picture and 1 to 3 MB for a cover picture. JPEG format is preferred.

Our Mission

Facilitate a variety of fun programs and activities to encourage community involvement and volunteer opportunities.

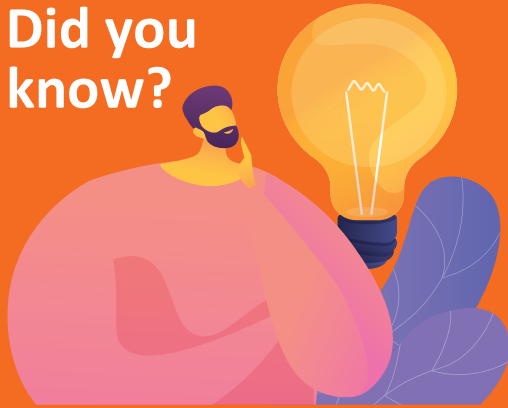
Our Vision

Deer Run is a thriving community that provides opportunities to support our families and neighbours.

Board of Directors

We are always looking for enthusiastic and community orientated residents to join our board and volunteer committees. It's a great way to contribute to Deer Run. Visit the volunteer page on our website for details.

Did you know?



YOUR DEER RUN COMMUNITY MEMBERSHIP GIVES YOU:

Access to sports

Volleyball
Yoga
Jazzercise
Martial arts classes
Workout facility
Outdoor skating rinks
Pickleball



Childcare programs

Daycare
After school care
Summer camps



Facility rentals or drop-in use

Gymnasium
Board room
Multipurpose room
Commercial kitchen



- ✓ Seniors group
- ✓ Local discounts
- ✓ Arts events and holiday parties
- ✓ Jelly bean dances
- ✓ Stampede breakfast
- ✓ Family skating party
- ✓ Game nights, movie nights and much more



A sense of belonging!

Annual Memberships are \$30 per household

Available at www.deerruncalgary.com

or call 403-278-3117

Please see other side for important survey information

Your Opinion Matters!



DEER RUN
COMMUNITY ASSOCIATION

Our community centre is now 40 years old, and life has definitely changed since it was first built!

We have the opportunity to make some exciting changes, but we want to make sure we provide the facilities and programs that our community residents most want.

We have engaged the Har Group, an independent research firm, to conduct a community survey. Your responses will help establish priorities for the Deer Run Community Association.

We need to hear from everyone

- Whether your household is a community member or not
- Whether you use community services or not

The on-line survey will be conducted during June

You can access the survey by visiting:

www.deerruncalgary.com/Survey

Or access via QR code:



Paper copies are also available at the Deer Run Community Centre: 2223 – 146 Ave SE.

All responses will be entered into a draw for \$100

YOUR CITY OF CALGARY



Celebrate Calgary Culture Days

from the City of Calgary

Calgary Culture Days takes place from September 1 to 30, 2023, and is an opportunity for all Calgarians to discover,

experience, and celebrate arts and culture in their community, downtown, and across the city.

Calgary Culture Days coincides with Alberta Culture Days through the month of September and with National Culture Days, which is celebrated from September 22 to October 15, 2023.

Find out more information on Calgary Culture Day events on calgary.ca/culturedays.

13th Annual Cleanup and Waste Disposal

Saturday, September 23

9:00 am to 1:30 pm

Deer Run Community Center (2223 146 Ave SE)

Items accepted: Household and construction waste, metal, appliances, electronics, BBQs, bikes, car batteries only, propane tanks (disposal fee charged, 0 to 20lbs is \$2, over 20 lbs is \$5, cash only).

Items not accepted: Tires, household chemicals, liquids, oils, paint, freon appliances, glass, garden waste, commercial waste. No organics truck (tree cuttings, etc. will not be taken).

Volunteers needed for this to run smoothly so we can repeat it again next year! Sign up at <https://www.deerruncalgary.com/cleanup> or call the centre to volunteer at 403-278-3117. Website signup preferred.

This event is free, but both purchase of your DRCA membership and donations are appreciated and help support events like this one.

GAMES & PUZZLES

Guess That Animal!

1. Male _____ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans', which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The _____ is the only mammal that can truly fly and not simply glide.
6. _____ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



SCAN THE QR
CODE FOR THE
ANSWERS!

Word of the Month

Metanoia: *noun*
(met-uh-noi-uh)

A transformative change of heart.

"Upon finishing her book, Alice experienced a metanoia."



DRCA PROGRAMS

If you are interested in any of these programs, please contact the centre for more information or to register at 403-278-3117.

South Calgary Wado Kai Karate

Competitive club, Friday, 6:30 to 9:00 pm

Various classes, Saturday, 9:15 am to 12:30 pm

Genbukan/Ninpo Martial Arts

Monday, 7:00 to 9:00 p.m., Wednesday, 7:00 to 9:00 p.m.,
Year-round

www.genbukan.black

Ki Aikido

Tuesdays 7:00 to 9:00 pm, Fridays, 7:00 to 9:00 pm,
Sundays, 10:00 am to 12:00 pm

The way of mind and body coordination. Develop mind
and body coordination/unification, true confidence,
living calmness, and positive relaxation.

Irina Bondarev: 403-714-6401, Irina_bondarev@hotmail.com,
www.canuck-ki-aikido.org

FLC Seniors Tai Chi

Tuesday and Thursday Mornings

Contact our registrar at taichi@flcseniors.ca

Website: www.flcseniors.ca/activities/taichi

Adult Volleyball

Monday to Friday evenings

Ashley: ashleymiller6@live.com

Jazzercise

Monday, Wednesday, Friday, 9:30 am

Chris: vanreenenchris8@gmail.com

Country Line Dancing

Wednesdays, 1:30 to 2:30 pm

Line dancing is fun for everyone. No partner required.
It's good exercise, lots of fun, and a great social outing.

Email: gwen_nclد@outlook.com, gwen_newell@yahoo.ca

Svaroopo Yoga

Monday with Alena, 7:00 to 8:30 pm, Wednesday with
Laurie, 9:30 to 11:00 am, Wednesday with Heather, 7:15
to 8:45 pm, Thursday with Laurie, 6:30 to 8:00 pm, Friday
with Alena, 7:00 to 8:30 pm

Laurie Hislop: www.blisswithin.ca, hislopl@shaw.ca,
403-585-9045

Alena: alenatul@hotmail.com, 403-605-8929

Heather: heatherwongken@yahoo.com, 403-862-1133

Yoga Fundamentals Drop-in with Shawna

Wednesdays 6:45 to 8:00 pm

\$10 per class

SCAN HERE TO VIEW ADDITIONAL DEER RUN CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Cats, Canines, & Critters of Calgary



Biscuit, DeerRun



Tiger, Copperfield



Walter, Evergreen



Xanthe, Copperfield

To have your pet featured, email news@mycalgary.com

Message from the Board

This summer has been going a little too fast. We had an excellent Stampede Breakfast in June with the best volunteer participation in many years. Thank you volunteers! Summer day camps were a complete success with things like field trips (water park, Drumheller, and may more), a good intake of treats and proper nutrition, lots of time outdoors, and quieter times of crafts indoors (with the new air conditioning). If you are at the centre, the video loop playing when you walk in will give you an idea of what a great summer the kids had.

Many board members were also enjoying their vacations, but the Center Manager crossed many items off the list like Enmax's solar roof project, and getting the HVAC installed. It's wonderful in the centre now and will continue to be in the cold months ahead. A partial kitchen renovation is imminent, daycare has a new non-dirt outdoor area to play in, many décor items are in place, a security camera upgrade is complete, and many more items have been or will be upgraded. Many thanks to our Center Manager for putting up with the volunteer board and teaching us what details need to be in place.

We are still looking for more people to join the sign committee. We were “eer Run” for a couple weeks and then Beer Run for a couple days this month. Many thanks to the good Samaritan who took any brown paint they had to cover the offensive B. Not keeping graffiti up for long is exactly what should be done so there is less satisfaction for the perpetrator. Many people honked in agreement with fixing/painting the sign. Humorously, Facebook is split on being Deer Run or Beer Run – again excellent participation from living in a great community.

Since we have a summer staff member from a Canada Grant, we put him to work paint-matching the good Samaritan's paint colour (nice colour by the way), and then got him to finish painting the sign. We then had the person who replaced the last stolen D offer three more to replace them! What a community – we are all pitching in and doing things here and there.

If you want to be more involved in the community, call the centre and leave a message with Rob stating what you would like to help with, and we will be in touch.

The community survey will be wrapped up and the summary will be out soon.

Sincerely,

The Board

PS. As one of our own – a former board member has a 22-year-old son who has cancer. It was going well and is now sadly rearing its ugly head again and it is now at stage 4. They are in regular and alternative treatments and those costs can get quite high.

She is asking for donations of bottles which is a slow way to raise money, but every bit helps, especially if we all pitch in as a community. More information and a more direct route to raise money can be found at <https://deerruncalgary.com/stage4>.



Mobile Farm Stand

The DRCA is proud to host the Broxburn mobile farm stand. It will be open every Friday from May through October, from 10:00 am until 1:00 pm in the Deer Run Community Centre parking lot. This program is a partnership between the City of Calgary and Broxburn Farms.

The City of Calgary's Farm Stand Program supports five incredible local farms and vendors to bring more fresh Alberta fruits, vegetables, and artisanal products to more Calgary communities.

For more information on vendors and locations visit www.calgary.ca/localfood.

Source: <https://www.calgary.ca/localfood>.



Back-to-School Safety Tips for Pedestrians and Motorists

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



MLA Calgary - Fish Creek

Myles McDougall

7 — 1215 Lake Sylvan Drive SE

403-278-4444

Calgary.FishCreek@assembly.ab.ca

@MylesYYC | MLAFishCreek

I want to take this opportunity to thank the constituents of Calgary Fish Creek for entrusting me with this great honour of serving as your Member of the Legislative Assembly. For those of you I didn't get a chance to meet with during the campaign, let me tell you a little about myself. I have had a varied career as an economist, corporate executive, technology entrepreneur, management consultant, advisor, and teacher. I have lived, worked, and studied internationally, including in Argentina, where I met my wife of 25 years, Patricia, who is currently a public elementary school teacher in Calgary. Together, we have a son who attends the University of Calgary.

I pursued public office to share my experience and passion for public service. I am committed to working tirelessly to represent the constituents of Calgary Fish Creek and make Alberta a better place to live, work, and raise a family.

It's been an incredible summer here in Calgary with lots of festivals, Stampede activities, and community events. It was great to see Stampede events in full force in Calgary Fish Creek. I am looking forward to hosting the annual Calgary Fish Creek Stampede BBQ next year. In the meantime, I would like to invite all constituents to our 'Meet Your MLA' family BBQ on Saturday, September 16 from 12:00 to 2:00 pm at the Bonavista Downs community centre (1418 Lake Ontario Road SE). We will be enjoying Spolumbos sausages and music, along with kids' entertainment like face painting and balloon animals. I'm looking forward to getting to know you all better.

In the meantime, please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.

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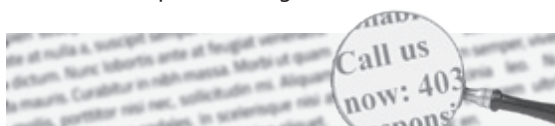
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

FREE YOGA CLASS: Slow, gentle yoga releases deep layers of tension. Carefully aligned poses to meet your body where it is at. No experience necessary. Deer Run Community Centre. September 18, 7:30 pm with Alena: 403-605-8929, alenatul@hotmail.com, or September 20, 7:15 pm with Heather: 403-862-1133, heatherwongken@yahoo.com. Please register, weekly classes also available.

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