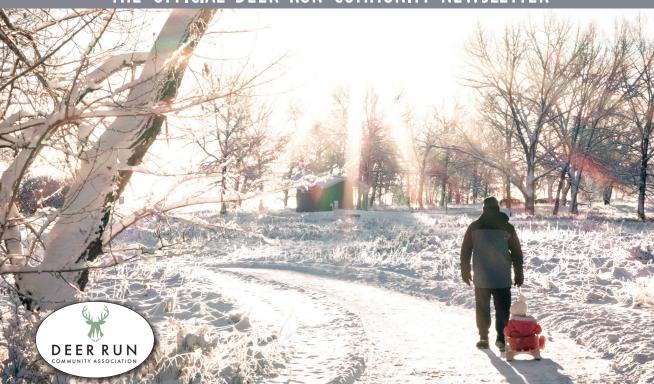
# **DEER RUN**villager

## THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



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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.

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



#### **MESSAGE FROM THE BOARD**

It was nice to have a few weeks off. Things have slowed down at the centre and things are getting finalized. As our kitchen renovations come to a close, and new projects like our plans for the daycare space are soon to come, it's time to get our ducts in a row. The Deer Run Community Association's (DRCA) next maintenance plan is its air duct cleaning. Renovations can make the air ducts dirty, resulting in poorer air quality. The DRCA prioritizes the safety and health of its community members so making sure that all the air ducts in the building are cleaned and well-maintained for everyone who comes and visits us is a top priority for the DRCA.

Starting the new year off right; the DRCA has received some drawing plans from an engineer to kick-start the next renovation project! The next project is focused on the daycare and optimizing the experience of our patrons. The changes include little toilets and sinks offered for our smaller and shorter patrons (daycare kids), and a refresh of the changing tables. This also includes a new napping area once the DRCA adds space to expand our current total care classes and rooms! Once the renovations finish, the DRCA plans to put it out to tender to ensure the work is done at the most competitive price. All the renovations are planned to finish in the September 2024 school year, just in time for the little ones to enjoy the new accommodations in their space.

Last summer the DRCA had great success regarding the Canada Summer Jobs Programs (CSJP). The Canada Summer Jobs program provides wage subsidies to employers from not-for-profit organizations. This provides the DRCA with the ability to create quality, full-time summer work experience for people between the ages of 15 and 30 years old. This year the DRCA has applied for two roles. The first role is in the Childcare department. This position provides work experience in planning, organization, and developing interpersonal relationships with kids and parents. The CSJP also helps open more spots at the DRCA Childcare Summer Day Camp program, allowing for more children to attend. The second role is for community-related activities. These programs help give opportunities to local youth within our community to gain experience in the childcare, community work, and not-for-profit sectors. Even after CSJP participants finish their funding period they often remain employed at the DRCA as they continue with their education or with their career-specific experience.

Our newsletter team is coming along – we have a writer and a representative to get the latest scoop from the board, and someone who will edit the content each month. We also have an awesome Facebook crew, and some volunteer web editors.

Did you see the awesome cover picture? That is another volunteer who lives here! We got someone who is following her passion to take pictures. Her name is Carmia Neilson Trumble. She also took the beautiful picture we are using here for the board message. So blessed that someone passed her Facebook question to the centre.

We are looking for a few Instagram addicts to join the team to promote the DRCA and our awesome community goings-on. Love Canva? One or two "image" articles per month need to get created if you have the skills (or want to learn). If you are interested, please send an email to newsletter@deerruncalgary.com. Yes? Once a week? Here and there? Join us.



Photo by Carmia Neilson Trumble





### **Winter Cart Placement Tips**

by the City of Calgary

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground.
   Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.



### **Calendar of Events**

Skate Party	Saturday, February 10 from 2:00 to 4:00 pm
Jellybean Dance (Grades 3 to 6)	Saturday, February 24 from 6:30 to 8:30 pm
Movie Night	Saturday, March 9. Doors open at 6:00 pm. Movie at 6:30 pm
Fun Money Casino	Saturday, March 16 (Volunteers and corporate donations needed)
Family Easter Party (kids up to 10 years)	Sunday, March 24 from 2:00 to 4:00 pm
Jellybean Dance (Grades 3 to 6)	Saturday, April 27 from 6:30 to 8:30 pm
Litter Cleanup	Saturday, April 29
Movie Night	Saturday, May 13 from 6:00 to 8:00 pm

## SCAN HERE TO VIEW ADDITIONAL DEER RUN CONTENT

News, Events, & More









#### South Calgary Wado Kai Karate

Competitive Club, Friday, 6:30 to 9:00 pm Various classes, Saturday, 9:15 am to 12:30 pm www.calgarywadokai.com

#### Genbukan Daigo Dojo

Mondays and Wednesdays, 7:00 to 8:30 pm Traditional Japanese Ninpo and Jujitsu. The study of effective, real world self defense. www.genbukan.black

#### Ki Aikido

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

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

Adults, 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\_ncld@outlook.com, gwen\_newell@yahoo.ca

#### Svaroopa Yoga

Monday (with Alena) 7:00 to 8:30 pm, Tuesday (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 Laurie Hislop: 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 Great for beginners!



## MLA Calgary - Fish Creek Myles McDougall

7 - 1215 Lake Sylvan Drive SE

403-278-4444

X @MylesYYC | @ MLAFishCreek

#### Friends,

There is exciting news for education in Alberta. The 2022 Programme for International Student Assessment (PISA) results show that Alberta continues to be a leader in education in Canada and around the world. The PISA is conducted every three years and assesses the performance of 15-year-old students in reading, mathematics, and science. On December 5, the 2022 PISA results were released and conclude that Alberta students rank first in Canada in reading, first in Canada in science, and second only behind Quebec in math.

Globally, we ranked second in reading, second in science, and seventh in math, within statistical deviation. We should all be extremely proud of Alberta's success in these assessments, especially the success of the 1,300 students that participated, for their hard work and dedication to learning. Thank you to the teachers, staff, and parents for their continued work to support Alberta's world-class education system.

#### **Predictable Funding for Municipalities**

Alberta's government is helping to build Alberta's communities by providing predictable funding so that local governments can plan more effectively for the future through the Local Government Fiscal Framework (LGFF).

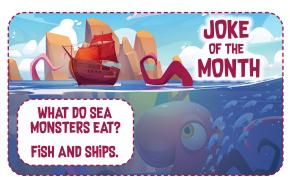
Local governments across Alberta have long asked for funding that is predictable and tied to provincial growth. With input from local governments, we have finalized the allocation formula that sets out how much they will receive annually under the LGFF. The LGFF funding formula strikes a fair balance for both rural and urban local governments, meeting their need for predictable infrastructure funding while remaining fiscally responsible. In addition, we will provide a one-time top-up funding in Budget 2024 to ensure that no municipality sees a decrease, which will help local governments keep infrastructure projects on track.

#### **Alberta Pension Plan**

A friendly reminder that a workbook with sections covering various APP-related topics is available for public input until February 28, 2024. Details can be found on the Engagement Alberta Pension Plan website (www.albertapensionplan.ca/engagement).

If you have any questions or input, please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.







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**ACTIVE SPORTS THERAPY:** Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Deer Run? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

**AFFORDABLE DENTAL CARE MINUTES FROM DEER RUN!** Dental doesn't need to break the bank! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

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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.

#### **DEER RUN RENOVATOR AND HANDYMAN SERVICES:**

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#### **GAMES & PUZZLES**

#### **Guess The Duo!**

- This love-hate duo is on a quest to save a princess while fighting a fire-breathing dragon.
- 2. These stepbrothers create zany projects to make the most of their summer vacation.
- 3. This pop duo from the 60s are well known for their song "I Got You Babe".
- These frenemies, created by William Hanna and Joseph Barbera, have been playing cat and mouse since 1940.
- This fantasy duo set out on a journey through the misty mountains to save Middle Earth.
- This superhero duo attempts to thwart the evil plans of villains in Gotham.





## DID YOU KNOW?

We are the official youth soccer provider for: Auburn Bay, Canyon Meadows, Cranston, Deer Ridge, Deer Run, Evergreen, Lake Chaparral, Langdon, Legacy, Mahogany, Marquis De Lorne, New Brighton, Queensland, and Walden.

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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.

OUTDOOR 2024 REGISTRATION: Program details and online registration available JANUARY 15<sup>TH</sup> TO MARCH 15<sup>TH</sup> at www.gofoothills.ca

### Our Neighborhood Rink Rat: What I Can Tell You About Icemaking

As Told to Todd Andre

Our intrepid sports director and rink rat volunteer, Ken Werbicki sat down with us to lay out the fundamentals of freezing a rink. When he started, the Deer Run rink was maintained with no more than a few sputtering sweepers and snowblowers.

A tractor was purchased about nine years ago, helping the process immensely. The community centre board is planning on future upgrades which could include an asphalt surface, a new storage garage, and perhaps even a Zamboni to replace the "DIY Zamboni" we currently use. More on that below. We wanted to know though; how do you make nice ice?

"At one time we just flooded the grass. We kept flooding and flooding, which did not always freeze but seeped into the surface of the grass. Those were the days when water was cheaper, and they didn't charge you double for sewage."

"Now, we usually wait for the snow and pack it down with the tractor, get that base, and start flooding from there. Packing it down eliminates the mud and the seepage. Then we start cold flooding with the two-inch fire hoses – depending on the weather."

"The base is the hardest part to get and that's the key. It takes a lot of water and a lot of flooding every night. It takes a week of flooding to get a good base. That's two people working two to three hours every night, depending on if they're flooding one rink or two."

"As that builds up, we move to a lighter flood, where we just spray it lightly, so we don't get a lot of big puddles and ice holes. Once we get that up, we can use the sweeper if there's a dusting of snow. We sweep that off and do some light sprays."

"Then we move to our DIY hot flood. We put hot water in the tank and it's sort of like a Zamboni, but a little more archaic [laughs]. It's a plastic fifty-gallon barrel with a tap and [the tractor] dragging some burlap behind. By the time you stop, get off, and pull the burlap up, it's frozen [to the ice]. That's why you have two people; [one drives] and the second guy has to chase him down when he's just about out of water. And they have to make sure the burlap doesn't freeze to the ice."

"Once we get the ice surface to smooth out, it's a matter of maintenance, sweeping, and more hot floods. It's not complicated, but it's labour-intensive. Especially when you consider the freezing temperatures while working with water. You have to watch your hands for frostbite and dress [for the] the conditions."

"We have a great crew of volunteers and that makes the best ice: The Deer Run Rink Ratz."



Ken Werbicke brushes the snow off the Deer Run Community Association outdoor rink.

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