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MARCH 26
Purple Day



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epilepsycalgary.com

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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
Director at Large	Donovan Harris
	Ken Werbicki
Social	Christian Fruhen

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Newsletter	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.

FRIENDS *of* Fish Creek

Fish Creek Speaker Series

Spring starts now in Fish Creek, and we are excited to continue with our Fish Creek Speaker Series program! Learn about a variety of topics relating to nature and history from professionals in their respective fields. Increase your knowledge of local geology and mountain ranges, fascinating regional wildlife, the world of insects, and much more. Fish Creek Speaker Series talks are free to Friends members, only \$10 for non-members, and free for youth under 16 with a registered adult. Please stay tuned to the Friends' website for more information – www.friendsoffishcreek.org.

Share Your Story with a Brick along the Fish Creek Community Terrace

If you have been to the Bow Valley Ranch recently, you may have seen the Fish Creek Community Terrace, which consists of personalized bricks in front of the Cookhouse. We would like to thank everyone who supported Fish Creek Provincial Park by dedicating a brick along the Fish Creek Community Terrace in recent years. Every brick tells a story, and we are very grateful that so many community members are sharing their story here in Fish Creek. This unique fundraising activity provides essential support for us to continue delivering programs and events in Fish Creek Provincial Park. Consider dedicating a brick for Phase 4 of the Terrace to be installed this summer. A brick would also make a great gift for a loved one or as a way to promote your local business. For more information, please visit www.friendsoffishcreek.org/brick.

Membership Shows You Care

Now is the best time of year to renew your Friends of Fish Creek membership or to become a member. By renewing your Friends of Fish Creek membership, you will help ensure that Fish Creek Provincial Park remains a cherished and accessible resource for all, now and for generations to come. Your generous contribution will play a vital role in enabling us to continue with our stewardship and engagement initiatives aimed



at preserving the natural splendour of Fish Creek Provincial Park. Friends of Fish Creek members receive benefits like admission to our Fish Creek Speaker Series programs, a discount on the popular Birding Courses, a discount at select local businesses, and the ability to vote at our Annual General Meeting. Show your support for this park by becoming a member or renewing your membership today. Memberships will be good until December 31, 2024. To renew your commitment to Fish Creek please visit www.friendsoffishcreek.org/membership.

Volunteer Opportunities

Do you have free time and would like to volunteer in Fish Creek Provincial Park? The 2024 volunteer season is just around the corner, and we are looking for people to assist with various programs starting this spring. To begin volunteering please visit our website and create an account on our online volunteer system, MyImpactPage. We look forward to working with you to bring the Friends' 2024 volunteer programs to life! For more information, please visit www.friendsoffishcreek.org/volunteering-basics.



South Calgary Wado Kai Karate

Tuesdays, beginners' classes, 6:15 to 7:15 pm and advanced 7:15 to 8:30 pm
Fridays, advanced 7:00 to 8:30 pm
Saturdays, preschool class, 9:20 to 10:00 am, beginners' class 10:00 to 11:00 am, and advanced classes, 11:00 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.
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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: vanreenenchriss8@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_nclld@outlook.com, gwen_newell@yahoo.ca

Svaroopaa 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!

Calendar of Events

Movie Night	Saturday, March 9 Doors open at 6:00 pm Movie at 6:30 pm
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
Stampede Breakfast	Saturday, June 22 from 9:00 am to 12:00 pm
Board BBQ	Saturday, August 10

SCAN HERE TO VIEW ADDITIONAL DEER RUN CONTENT

<p>News, Events, & More</p> 	<p>Crime Statistics</p> 	<p>Real Estate Statistics</p> 
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Things are progressing with the daycare improvements. We have preliminary plans for the little bathroom stalls and changing area. We are also expecting plans to add another room above the squash court (where we have the weight equipment). New furniture will be replacing the old furniture and moveable fixtures in the day care, so we look forward to that face lift. The old furniture was very well-used by the kids and is still sturdy but worn. On the topic of weight room and furniture, the last piece of weight equipment has arrived, and the number of gym memberships have increased due to the excitement via word of mouth. There's not a ton of new memberships but there was a small spike, so we are very happy to hear the responses of those who come up from using the new equipment and are happy to have it to serve our community. It's close, convenient, and complete, as well as the best deal in town for a workout.

We are making steps towards a proper rink surface in 2024. If you want to be a part of that committee, email Rob@deerruncalgary.com or use the form on our website.

We could not secure the Fun Money Casino dealers so we have booked them for 2025 and will forego this one in 2024.

But for the real casino – we need volunteers. If you are interested, you can sign up here: <https://www.deerruncalgary.com/casino>. Then we will get you the official form to fill in and again, thanks for volunteering. We often get more than \$50,000 towards programs that benefit the whole community, so it makes a big difference.

We had a good turnout for our Skate Party and are thankful to Co-op, No Frills, and Myles McDougall and team for their donations. The weather was perfect. The paint job on cold-morning ice attracted the sun's attention by 2:00 pm, smearing the paint for a splash-filled afternoon bonspiel. Still, it was a good laugh and we had lots of fun.

Spring is around the corner, and we hope to have a Spring Litter Cleanup, a Parade of Garage Sales, and the Neighbour Day Stampede Breakfast in June. Make sure you go to the 'Calendar of Events' page and write down all the dates (or correct them – since they do change from time-to-time pun intended).

Until next month,

The DRCA Board and Managers Rob and Mercy

Come on Down Volunteers!

by Nicole B.

Are you looking to get involved in the community? If so, the DRCA has volunteer positions open for you! The DRCA is always looking for new volunteers. We host many community events which require a large team of people to help set up, take down, clean up, and organize events.

If you are interested in one (or more) of these volunteering opportunities, please contact rob@deerruncalgary.com.

- Family Movie Night
- Community Cleanup (September)
- Casino
- Project Manager
- Spring Litter Cleanup (April)
- General Handyperson and Painting Person
- General Gardening and Weeding (May to September)
- Memberships Coordinator
- Programs Coordinator
- Sports Director

For more details, visit the DRCA website at www.deerruncalgary.com where you can digitally fill out volunteer forms for all of the positions that interest you. All the DRCA's volunteers are greatly appreciated. Without help from the community, the DRCA would not be able to hold events and connect our community! Please note that some volunteer positions will require a police clearance when working with children.



Spicy Chicken Curry

by Jennifer Puri

Spice it up! Spices improve the natural flavour and appearance of food. There are over 300 spices but the most popular are Black pepper, Mustard, Cumin, Turmeric, Cloves, and Cinnamon.



Spices have been used for centuries for their medicinal and preservative qualities. In addition to their antibacterial and antifungal properties they are also a good source of vitamins, calcium, iron and antioxidants.

Saffron often referred to as “red gold” is the most expensive spice in the world and because of its distinctive yellow colour is used in everything from liquor, cheeses, curries, meat and rice dishes and soups.

Generally used in small amounts spices are probably the easiest way to create a great tasting meal.

Prep Time: 15 minutes

Cook Time: 40 minutes

Servings: 5 to 6

Ingredients:

- 3 lbs boneless, skinless chicken breasts
- 2 small onions finely sliced
- ¾ cup Canola oil
- 1 ½ tbsps minced ginger
- 1 ½ tbsps minced garlic
- 3 tbsps curry powder
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 ½ tsps powdered red chilli peppers
- 2 bay leaves
- 1.5 tsps salt
- 1 cup plain yoghurt
- ½ can (398 ml) crushed tomatoes
- 1 ½ cups water
- 1 tsp sugar
- ¾ cup coconut milk
- 1 ½ tsp Garam Masala
- 3 to 4 tbsps chopped cilantro

Directions:

- Cut chicken breasts into bite size pieces. Heat oil in a large pot or skillet, add onions and sauté until onions are lightly brown. Add ginger and garlic and sauté for a minute then add chicken and continue sautéing until the chicken is no longer pink on the outside about two to four minutes.
- Add curry powder, cumin, turmeric, red chilli peppers and the bay leaves and stir fry for two to three minutes. If the mixture is sticking to the pot sprinkle a little water and reduce heat.
- Next add the yoghurt and blend in followed by the water. Cover the pot and allow the curry to simmer for approximately 15 to 20 minutes or until chicken is tender.
- You can now add the crushed tomatoes, sugar and coconut milk and simmer for two to three minutes.
- Remove the curry from the heat and garnish with garam masala and chopped coriander leaves.
- Serve Spicy Chicken Curry with a tossed salad, steamed rice or naan bread.

Bon Appétit!



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Interview with the Easter Bunny

by Nicole B.

Hippity hoppity, Easter is on its way!

The Deer Run Community Centre is gearing up for another Kids' Easter Party. Each spring, the DRCA invites the community to come and celebrate together. With volunteer help, we have kid's games, bouncy castles, face painting, prizes, and – we hope - the Easter Bunny!

The big bunny is busy prepping for all the egg hunts and treats he will be hiding. So, will the bunny have time to make an appearance? We thought we would interview the Easter Bunny and find out for ourselves.

DRCA: Hello Mr. Bunny! Thank you for taking time out of your busy schedule to answer some questions for the people of Deer Run.

Easter Bunny: Thank you for having me! I am very egg-cited to be here. With all the Easter eggs I have been painting, it's nice to take a break.

DRCA: Speaking of Easter eggs; how is production coming along? Do you plan on hiding eggs at the DRCA Kids' Easter celebration?

Easter Bunny: It's going great! I always make sure to pick the brightest and happiest colours, so they are easier to find on your hunt. I will be hiding Easter eggs for all the kids of the community, so make sure you come down in the early afternoon on March 24 to get your Easter eggs!

DRCA: So, what kind of treats are you planning to bring to the party?

Easter Bunny: Along with eggs, there will be cookie decorating tables with sugar cookies, icing, and toppings, prizes for our games, and much more. You will have to hop on down to see!

DRCA: That's awesome! I think the kids will enjoy all you have planned for them. Last question, will the legendary Easter bunny be at the DRCA community kid's celebration?

Easter Bunny: Of course! I can't wait to see everyone. Being a part of the community is so important to me. Make sure when you come down to get a picture with me!

DRCA: Thank you so much, again, for spending your time with me at the Deer Run Community Centre.

Easter Bunny: Anything for the fans of the Easter Bunny! Happy Easter to all.



Ki Aikido Program at Deer Run Community Centre

by Nicole B.

At the DRCA we run many programs, one of them being Ki Aikido. You may be wondering what Ki Aikido is, and we are here to tell ya!

Ki Aikido is a martial art that originated in Japan. Its focus is not only about the body movement, but the philosophy behind it. The Ki Aikido message is centered around relaxation, balance, posture, and discipline. The philosophy is meant to help one gain a deeper and stronger connection to their body's condition.



The club values are centered around reflecting on relaxation and balance in one's life, and how it impacts their day-to-day life. The club incorporates these values and beliefs into their practice and wants to share it with you! The Ki Aikido club is looking for new members who want to work hard to learn more about Ki Aikido and the unification and coordination of one's mind and body.

So, if this sounds like you, come on down to the DRCA and give it a try! Any experience is welcome. Adult classes only. The club runs on Tuesdays and Fridays from 7:00 to 9:00 pm, and on Sundays from 10:00 am to 12:00 pm. You can contact the club at enviro_bc@hotmail.com or check out their website at www.canuck-ki-aikido.org.

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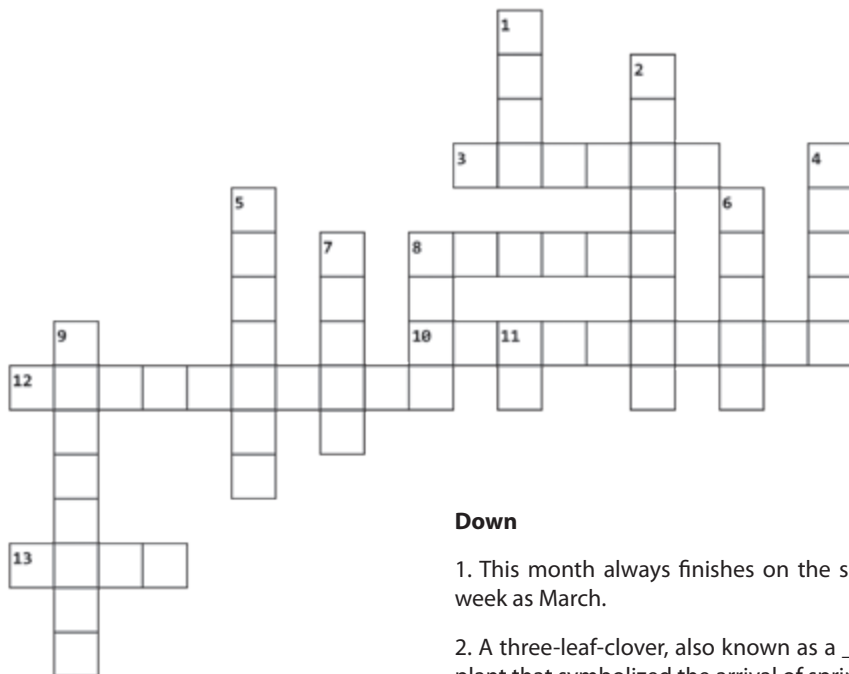


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March Crossword

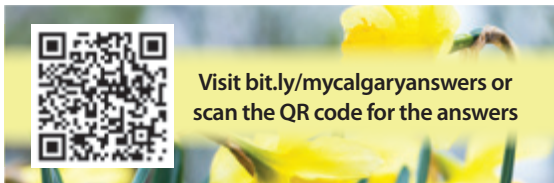


Across

3. The _____ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin _____, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The _____ of March is well-known as the day Julius Caesar was assassinated.

Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a _____, is a plant that symbolized the arrival of spring for the Celts.
4. International _____'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud _____* by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient _____ calendar.
8. Alexander Graham _____ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Councillor, Ward 14
Peter Demong

📞 403-268-1653

✉️ eaward14@calgary.ca

🌐 www.calgary.ca/ward14



MP Calgary Midnapore
Stephanie Kusie

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Calgary, AB T2X 1M2

📞 403-225-3480 📠 403-255-3504

✉️ stephanie.kusie.c1@parl.gc.ca

🌐 stephaniekusiemp.ca

Hi, Ward 14

The days are getting longer, and it feels good, doesn't it? Spring is on its way too. The online version of this column will be very seasonal. In it I will touch on the topic of water, including storm ponds, and storm drains. I will bring up the topic of property assessment one more time this year with an extra section on how to sign up to pay your property tax in instalments. There will also be a new edition of "How to Use the City of Calgary website".

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14newsletter for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Sincerely,

Councillor Peter Demong

Dear Constituents,

Parliament has been back in session for a little over a month now and continuing from my work in 2023, I immediately delved back into the ArriveCan study. As Conservative Shadow Minister for Treasury Board, I've been leading the charge to get answers for Canadians as to why the app ended up costing \$54 million dollars. Conservatives will continue fighting for accountability and answers from this Liberal government.

Last month, my office continued our annual tradition of delivering Valentines for Seniors in our community of Calgary Midnapore. Thank you to the staff and students at Don Bosco School in Deer Ridge for the beautiful handmade cards! My staff had a great time delivering them to over 100 residents at the Atria – Canyon Meadows retirement facility.

On April 1, Justin Trudeau will be signing off on two tax increases. The Carbon Tax will shoot up to \$80 per tonne, and with this Canadians can expect to see a rise in the cost of everything from gas and heat to groceries. As if one tax increase isn't bad enough, the Liberal governments escalator tax on beer, wine, and spirits will rise by 4.7% at the start of April as well. Since the escalator tax was introduced in 2017 overall taxes on alcohol have increased by a staggering 19%. Alongside my Conservative colleagues, I've been relentless in calling on this government to axe the carbon tax and bring home lower prices for all Canadians.

To stay up to date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca. Another way to keep engaged is through my social media, @StephanieKusiePolitican (Facebook), @StephanieKusie (X and Instagram), @StephanieKusieMP (YouTube).

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

BRAIN
GAMES

SUDOKU

		6					5	
7			6	4				
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FOR THE SOLUTION

Explore the City of Calgary Roadway Activities Map

by the City of Calgary

Curious about the ongoing road projects in your area? Wondering when the last time your neighbourhood roads were repaved? Plan your routes with ease by checking out the City of Calgary Roadway Activities Map. This interactive map compiles information on construction projects, repair work, and special events across Calgary. Visit <https://maps.calgary.ca/RoadwayActivities/> to stay informed and navigate the city hassle-free.

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.



Hunting for Luck



Hunting for a four-leaf clover is like searching for a lucky needle in a green haystack! With odds of approximately 1 in 5,000 to 10,000, these elusive charms owe their rarity to a quirky genetic mutation that adds that extra bit of luck.



MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

☎ 403-278-4444

✉ Calgary.FishCreek@assembly.ab.ca

✕ @MylesYYC | 📷 MLAFishCreek

Childcare and affordability are crucial for families and the government recognizes this. That is why in 2021 the Alberta government signed the Canada-Alberta Canada-Wide Early Learning and Child Care Agreement. The government believes that all Albertans deserve an affordable, accessible, high-quality, inclusive childcare sector.

To help both families and businesses, the creation of the Early Learning and Child Care Agreement promises a total of \$3.8 billion being invested over five years to bring childcare fees to an average of \$10 per day. Having affordable childcare is what creates opportunities and keeps money in parents' pockets.

Since January 2022, childcare fees that were paid by parents were reduced by 50% across Alberta. In 2024, it is expected that parents will pay an average of \$15 a day and by 2026 that average will be reduced to \$10 a day. In addition, the Alberta government is excited to announce that it has put over \$900 million back into the pockets of parents who use childcare. That is approximately \$550 per month per child. Furthermore, just in 2024 alone the Child Care Agreement will save families in Alberta \$9,000 per year per child.

Supporting Childcare Staff and Operators - Affordability Grant

In order to support both operators and reduce parental fees for childcare, the Alberta government has replaced revenue operators with the Affordability Grants. What is exciting about these grants is that while the fees paid by parents are decreasing, childcare operators have seen an increase in their total revenue from the government, plus an additional amount in recognition of increased costs. In total, most operators have seen an increase of 9% in total program fees over the past three years. The Alberta government is also offering other funding that will support the staff of childcare facilities. These include wage top ups for early educator staff, of up to \$8.62 per hour, and access to \$4,300 per educator per year for professional development and training. These efforts from the Alberta government have and continue to make a difference in the lives of many Albertans.

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

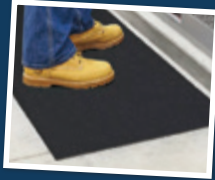
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