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# your **DEER RUN** villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



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# Deer Run Community Association (DRCA)

www.deerruncalgary.com

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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 Isakait
Treasurer	Ed McCrea
Secretary	Bley Etienne

## THE DIRECTORS

Capital Expenditures	Jay Clements
Director at Large	Donovan Harris
	Ken Werbicki
Social	Christian Fruhen
Newsletter	Todd Andre

## VACANT POSITIONS

Memberships	Vacant
Programs	Vacant
Sports Director	Vacant
Ways and Means	Vacant



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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

## 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.

# What I Know About Coexisting with Coyotes

As Told to Todd Andre



Lesley Sampson is the Founding Executive Director of Coyote Watch, an all-volunteer, not-for-profit wildlife organization that advocates for and helps foster safe and healthy human-wildlife relationships. She is passionate about teaching the public how to live in harmony with the much-maligned wild dogs we call coyotes.

She's proud to share her home with a member of their rival species, dogs, but recoils from any claims to ownership of her cuddly canine Sydona. "I'm a dog guardian," chuckles Sampson, "because I think he probably owns me!" With coyotes being around since the last ice age, it is hard for Sampson to understand how our relationship with these creatures diverged so far from how we treat dogs, "You'd think after all these years, I mean, how do we love one and hate the other?"

With pupping season for coyotes now unfolding, we will see coyote families bustling around Fish Creek Park hunting and foraging for their little ones. Sampson shared insights about sharing our park with these intelligent canids.

Once people realize and understand what coyotes are trying to tell them through their behaviour, their posturing, and their vocalizing – people really become empowered. It feels good and people really begin to want to protect these American Wild Dogs.

We don't (want to use language like) aggressive, bold, habituated. Language is easy to dismiss, but when you look at how we describe dog behaviour, we say, "They were being protective," or, "They were resource guarding."

There's this real abyss of understanding that we live and share our spaces with an amazing creature. Give these animals their due respect and reverence.

Understand the seasonal milestones. Pup rearing time is in April. The pups are born, then they are outside exploring

the den. Mom and Dad might have to move them to an alternate denning site. They might shadow or escort humans away from a vulnerable area where there are pups.

If you see feeding, report it. Feeding creates unnecessary conflict and drama.

If you tell the public, 'This particular coyote has been food and/or human conditioned.' Well, what does that mean? There's been an introduction to human food, directly fed or indirectly fed (garbage). Food is usually put in public areas; trails, parks, and parking lots.

You hear, 'That coyote is bold. That coyote is not afraid of people.' In all the years I've been working with coyotes, I've never met a coyote that was not afraid of me or people. With our team's first delivery of aversion conditioning – that coyote understands they need to leave. So, is that a coyote that is not afraid?

This amazing canid cleans up the dead animals and keeps other animals moving along. They are seed dispersers. They add to the biodiversity of fauna, and flora as well.

If you did a conservative estimate, a coyote eats five small mammals a day – be it rabbits, moles, or voles. That coyote removes 1,825 small mammals in a year. Communities will put out poison to rid themselves of small mammals, impacting all the raptor (Osprey) and owl population negatively.

It's a greenspace, so assume there are animals there. We have to do everything we can to keep ourselves, our dogs and the coyotes safe. Don't recreate with earbuds in and be on your cell phones. Enjoy nature and be aware.

You've got to love the leash, so leash up; ninety-two percent of negative encounters with coyotes are dogs without a leash. And pick up your poo!



# Coyote Awareness: Tips to Coexistence

Excerpt from *Coyote Watch Canada*

## 1. Clean Up Attractants

- Food is one of the biggest contributors to conflict with coyotes. Be mindful of the food you might be providing, directly or indirectly.
- Problematic items often include overflowing trash or compost bins, bird feeders (which attract rodents and small mammals), pet food, fruit trees, or food intended for other wildlife.

## 2. Be a Responsible Animal Guardian

- Resist the urge to let pets roam without supervision (they are vulnerable to many human and environmental dangers).
- Keep cats indoors or in an enclosed play space/patio.

## 3. Give Wildlife Some Space

- Never approach coyotes, their dens, or their pups.
- Do not allow dogs to harass or chase wildlife.
- Teach children to admire wildlife from afar.

## If a Coyote Approaches You:

- **Stop.** Pick up children and small pets if necessary.
- **Stand still.** Never run from a coyote, fox, or a domestic dog.
- **Make yourself big.** Wave your arms, pop an umbrella, or snap a large garbage bag.
- **Be loud and assertive.** Shout "Go Away!", stomp your feet, or clap your hands.
- **Slowly back away.** Be assertive as you leave, if need be, to ensure the animal knows it is not welcome.



DRCA PROGRAMS

## 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](http://www.calgarywadokai.com)

## Genbukan Daigo Dojo

Mondays and Wednesdays, 7:00 to 8:30 pm

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Irina Bondarev: 403-714-6401, [Irina\\_bondarev@hotmail.com](mailto:Irina_bondarev@hotmail.com), [www.canuck-ki-aikido.org](http://www.canuck-ki-aikido.org)

## FLC Seniors Tai Chi

Tuesday and Thursday Mornings

Contact our registrar at [taichi@flcseniors.ca](mailto:taichi@flcseniors.ca)

Website: [www.flcseniors.ca/activities/taichi](http://www.flcseniors.ca/activities/taichi)

## Adult Volleyball

Adults, Monday to Friday evenings

Ashley: [ashleymiller6@live.com](mailto:ashleymiller6@live.com)

## Jazzercise

Monday, Wednesday, Friday, 9:30 am

Chris: [vanreenenchr8@gmail.com](mailto:vanreenenchr8@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\\_nclcd@outlook.com](mailto:gwen_nclcd@outlook.com), [gwen\\_newell@yahoo.ca](mailto: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](mailto:hislopl@shaw.ca), 403-585-9045

Alena: [alenaatul@hotmail.com](mailto:alenaatul@hotmail.com), 403-605-8929

Heather: [heatherwongken@yahoo.com](mailto: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  
✉ Calgary.FishCreek@assembly.ab.ca  
✕ @MylesYYC | 📷 MLAFishCreek

For the first time since 2001, the Alberta Government has authorized the Drought Command Team, which will begin negotiating water agreements with water-license holders. The negotiations have been overseen by the Minister of Environment and Protected Areas, the Honourable Rebecca Schultz, to secure significant and prompt reduction in water use.

As many Albertans know, due to El Niño Alberta is currently experiencing one of its warmest and driest winters on record, resulting in the province being at a significant risk of experiencing drought. The government is swiftly responding and will begin meeting with major water users, with the goal of developing voluntary agreements to share water if there is a severe drought. This will include meetings with municipalities, irrigation districts, industry, and other major users to develop voluntary water-sharing agreements. At least one water-sharing agreement will be developed for each of the Red Deer River, Bow River, and Oldman River Basin.

The government is currently monitoring the snowbanks, rainfall, river levels, and water uses levels throughout the province, to help understand how much water will be available this year. Alberta has five stages in its water management plan, ranging from Stage One, which is a minor drought, up to Stage Five, which is a province-wide emergency. We are at a Stage Four right now.

In addition, the Alberta government is committed to improving both Alberta's drought resiliency and water management for Albertans now and for future generations. That is why through Budget 2024, the government will be investing over \$251 million in multi-year funding for new flood and drought mitigation projects concerning Alberta's berms, dams, reservoirs, and flood walls. The funding will also help launch new projects that will protect homes, businesses, and lives.

I wish all the constituents in Calgary-Fish Creek a wonderful May!

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

Dear fellow residents,

I would like to start this letter by stating our hearts go out to our neighbours displaced or otherwise affected by the recent fire at the Meadowbrook building. We wish you a smooth and swift recovery from this tragedy.

With another winter season behind us, we look forward to the summer ahead! The replacement of heating and air conditioning systems is complete and (with special thanks to Brenda) our kitchen cupboards, countertops, and appliances have been upgraded! Now we are ready to continue focusing on our goal of keeping our centre current and vibrant with renovations and upgrades being planned and completed throughout the coming months.

We have had many successful special events over the year such as our Neighbourhood Cleanup, Skate Party, Easter Party, Christmas Market, Litter Cleanup, Jellybean Dances, and Family Movie Nights! Look forward to more of our events coming soon, like our Stampede Breakfast! Watch our website and social media for more information!

## Calendar of Events

Parade of Garage Sales	Saturday, May 13 from 9:00 am to 3:00 pm
Stampede Breakfast	Saturday, June 22 from 9:00 am to 12:00 pm
Board BBQ	Saturday, August 10
Ball Tournament	August 16 to 18
Community Cleanup	Saturday, September 21



## Program Spotlight: Yoga Fundamentals Drop-in with Shawna

**\$10 | Wednesdays, 6:45 to  
8:00 pm**



For over 15 years, Shawna has immersed herself in the practice of yoga, evolving from occasional classes to a consistent routine that brings inner peace and fulfillment. She finds harmony in syncing breath with movement and balancing effort with relaxation, as she reflects, "Connecting breath to movement, and hard work with relaxation," has become a cornerstone of her yoga journey.

With a background in early childhood development, Shawna's passion for learning and teaching extends beyond her professional life into her yoga practice. Her involvement in volunteer work has broadened her perspective and deepened her compassion for others, as she shares, "These outreach programs have enabled me to grow as a person, gaining compassion through experiences and perspectives."

Despite facing personal challenges, Shawna remains committed to approaching life with love and kindness. She has dedicated herself to expanding her knowledge of yoga, completing teaching certifications and attending workshops over the years. As she humbly expresses, "As a teacher, I am honoured to be able to share my passion and dedication to yoga, and strive to do so in a light-hearted, caring, and supportive way."

In her classes, Shawna creates a welcoming space for participants to explore foundational postures and movement patterns. Drawing from her own experiences, she emphasizes the importance of mindfulness and self-acceptance. She reassures hesitant individuals, stating, "If you have ever hesitated to join a yoga class due to concerns about needing extra instruction, fear not - this class is designed for you."

Shawna's teaching style is inclusive and supportive, making yoga accessible to all. She encourages individuals to embrace their unique journey and offers

guidance tailored to their needs. Through her classes, Shawna aims to foster a sense of community and connection among her students, believing that yoga is not just about physical exercise but also about personal growth and collective support.

Join Shawna on the mat and discover the transformative power of yoga. Whether you're a beginner or an experienced practitioner, there's a place for you in her class. Let's embark on this journey together and cultivate strength, flexibility, and inner peace.

Drop in or sign up by emailing [ms.daisygirl@hotmail.com](mailto:ms.daisygirl@hotmail.com).

*Happy Mother's Day!  
Or Maybe Not...*



This year in Canada, Mother's Day will be celebrated on May 12. But this is not the same for moms in other countries. In Arab countries it's March 21, and in the UK, it's on the fourth Sunday of Lent. Whenever it is, let's just agree moms deserve all the love, pampering, and chocolates they can get!

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*continued on next page*

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## Thank You to All Our Family Easter Party Volunteers

A sincere thanks to all the volunteers who made Easter extra special for our kids this year. A special shout out to the Easter Bunny who made a delightful appearance and was kind enough to shake everyone's hand. Deb Monteith attended the chaotic cookies and crafting table for the first time, and she was fantastic. We also bumped into the Easters – Mom and daughter Charysse and Tristan – who got all the little egg seekers' attention by holding up the cartoonishly giant 'Stop' sign at the rendezvous for the egg hunt. That's not all of our volunteers, but as the year goes on, we'd like to photograph and thank as many of you as possible in these pages. Whether it's parties like these, or community cleanup events, they don't happen without all of your help, so please accept our gratitude and sign up for the next opportunity to keep our community special.



Charysse and Tristan



Deb Monteith

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Crime Statistics



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### Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

Learn more: [www.suicideinfo.ca/workshops](http://www.suicideinfo.ca/workshops)



## Help Us Help You: Become an Official Deer Run Community Member

by Nicole B.

Why purchase a community membership? Well, you are helping your community centre operate programs like seniors' weekly social meetings, family events, Stampede Breakfast, and winter skate parties, as well as our community projects.

And you are also helping yourself. All members can save \$5 per hour on hourly rates for the gym, multi-purpose room, or kitchen, and as much as \$100 in savings on our daily flat fee rates for the gym. Our drop-in ping pong and drop-in volleyball are free with membership. That means unlimited ping pong games with friends or the ability to get active playing volleyball for free.

Local businesses have contributed to the value of our community membership. Find at least a 10 percent discount at:

- Around the Bend (pretzels and sandwiches)
- Bodez Urban Spa
- Darrin the Cleaner
- Kiwi Grocery

These are just a few of your neighbourhood shops and restaurants that we include in our community membership experience. We want the membership to be worth your while! Not only are you helping the community centre, but you get something out of it too – all while supporting locals who make our community great. Everybody wins!

To buy an annual \$30 membership you can go to <https://www.deerruncalgary.com/membership> fill out a digital copy and send it to [info@deerruncalgary.com](mailto:info@deerruncalgary.com) or fill out a form at the Deer Run Community Centre.

### JOKE OF THE MONTH

WHAT DO YOU CALL A  
LAZY KANGAROO?  
A POUCH POTATO!



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