

OCTOBER 2024

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your **DEER RUN** villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



Cover Photo by Kari Lang



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ANNUAL GENERAL MEETING

Why attend?

- **Voice your opinion:** Your input is invaluable in making decisions that affect the community
- **Stay informed:** get updates on our achievements, financial health, and upcoming projects
- **Network:** Meet new people and strengthen community bonds.

NOVEMBER 20TH
@ 7PM

Exciting positions are open to be filled, including Sports Director, Ways and Means (Grant Writing), Membership, and Programs. Your skills and enthusiasm can make a real difference in our community!

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- Supply & install new showerhead & diverter spout
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- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
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- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
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ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE **\$10,769**
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TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
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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 Isakeit
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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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

As our city welcomes the dark starry nights and blinding leaves of fall, there are plenty of welcome changes to report at the community centre this month.

First, Casino Night at the Deerfoot Inn and Casino in the spring was a huge success. The money we raised will go to covering the operating costs at the community centre for the foreseeable future. A huge thank you to the team of volunteers who burned the midnight oil to raise the cash.

Our recently installed solar panels were spotlighted by ENMAX's X account recently. For a peek at the picture, thumb through the pages of this newsletter.

Over the summer we rearranged, repainted, and renovated the childcare space, installed new lighting in the main gym, and purchased new cardio equipment for our downstairs gym.



Our childcare room's walls and floor were originally plain beige, and the facilities were not adequate for young children. The water fountain, sinks, and washrooms needed to be upgraded. The new room is full of greens, blues, and yellows, and the community centre now has height appropriate washrooms. The construction finished just in time for the new school year, and now all the kids attending childcare have a dazzling, fresh new space to learn and play!

Our lights were a little dim in the main gym, too, so we replaced them. Lighting can no longer be blamed for flubbed pickleball volleys on Sunday mornings.

The DRCA lower gym has also come a long way since the start of the year. Projects this year included a new floor, better lighting, and upgraded equipment. It's perfect for a quick and easy workout in your own backyard. Now, a treadmill and a bike have been added to the collection. It's the best deal in town if you're looking to exercise. Access for the whole year is only \$100 with a DRCA membership or \$5 per drop in.

For more information about a gym membership visit deerruncalgary.com/membership.

We're looking for an Outdoor Coordinator and a Jellybean Dance Coordinator. If you'd like to brighten the coming winter days with the beaming smiles of the children in our community, volunteer to help orchestrate these wonderful dances for our young ones or put a fresh sheet of ice on our outdoor rink.

From all of us on the board, have a wonderful October everybody!

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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

Genbukan Daigo Dojo

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

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www.genbukan.black

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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_nclcd@outlook.com, gwen_newell@yahoo.ca

Svaroopaa 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.

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

Alena: alenaatul@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, October 19
Jellybean Dance	Sunday, October 27
Board Meeting	Wednesday, November 6
AGM	Wednesday, November 20
Christmas Market	Saturday, December 21, 10:00 am to 4:00 pm

Say Cheese! DRCA Volunteer Photographer Wanted



The DRCA is looking for a volunteer photographer who can help capture moments from our community events for our newsletter, website, and digital newsletter.

The DRCA holds Christmas and Easter parties, jellybean dances, Stampede breakfasts, and many more events! Events like these bring our community together; for example, this year's DRCA Stampede Breakfast brought 1,375 people out from our community. We need someone to document them for us.

We are looking for someone who enjoys photography and knows how to use any type of camera. You do not need anything fancy as most phones would easily do the job! We are also looking for someone who enjoys attending our community events. As part of the role, we will need you to come out to our community events and capture the moments. Most importantly, you want to showcase how awesome our community is!

For more information you can visit deerruncalgary.com/volunteer-opportunities.

DRCA Program Spotlight: Nola's Adult Fitness

by Nicole B.

As summer ends, the DRCA is busy starting up all our programs for the fall and winter seasons. One of the programs we will be welcoming back is the adult fitness class run by Nola Richardson every Tuesday night. *The Villager* decided to get to know more about her and learn what her fitness classes are all about!

Nola has been a fitness teacher for many years. She loves working on her own fitness and health, and helping others do the same. She began her journey with fitness because of an injury.

"I became an instructor so that I would have the knowledge to prevent injury, to take care of myself, and be better prepared for future fitness endeavors," she says.

Fitness can be crucial when preventing injuries; even a little stretching every day can make a difference. Nola uses her experience and knowledge of fitness to help teach her classes and help others work towards their own fitness goals. Nola focuses on a total body workout in her classes.

"It is geared to using all muscles. Plus, we do stretches, and core [exercises]," she says.

Nola also points out; the body isn't the only thing being exercised. Your mind works out too!

"Mental health wise, clients are able to focus on the instructor for an hour, and whatever they came in thinking about goes away because they are focused on working out," she says.

The Mental Health Commission of Canada concurs, physical activity strengthens your mental health by increasing production of 'feel good' chemicals like dopamine and serotonin which can improve your mood, reduce stress and anxiety, boost self-esteem, enhance cognitive function, and reduce symptoms of depression.

So, what's her advice for first-timers nervous about trying a fitness class?

"Come and have fun, nobody is watching," she says.

Nola creates a positive and encouraging environment for anyone interested in joining. There is a place for everyone in her classes.

"Everyone starts at the beginning," she says.

Program Information

Adult Fitness by Nola

Tuesdays at 7:00 pm.

Cost \$10 per class.

Drop-in at any time.

For more information, visit www.deerruncalgary.com/programs-classes.



Our First-Ever Community Food Bank

by Nicole B.

This year the DRCA will be hosting a community food bank for anyone who needs it!

Every Sunday, volunteers will warmly welcome and guide you to the north side of the gym and give you a ticket for your turn. Tables, chairs, and refreshments will be set up for anyone who attends. The food will be distributed on a first come, first served basis.

How did the Community Food Bank start? Community members had connections to warehouses where food was going to waste. They decided to help distribute it to anyone who may need it. Bread, fresh fruit and veggies, canned produce, cereal, and much more is available.

But wait, there is more! They aren't just giving out groceries. This is an opportunity for you to get to know your neighbours. Sit down and get to know the people in your neighbourhood. Everyone is welcome, especially children and families.

Scheduling details and up-to-date information can be found on our website and Facebook page.

- deerruncalgary.com
- facebook.com/deerruncalgary



Volunteer This Fall!

by Nicole B.

Events started back up in September and we need your help!

Wanted: Outdoor Coordinator

We lost our Chief Rink Rat, Ken Werbicki last year, and we're desperately seeking another volunteer to step up and take his place. He's got big winter boots to fill, but the board is more than happy to support anyone who is willing to take on the job.

Roles, responsibilities, and requirements include:

- Compiles and updates list of volunteers for ice surface and lawn maintenance throughout the year.
- Contacts volunteers for scheduling, especially during the winter season.
- Train new volunteers for the safe and required operation of equipment (i.e. proper equipment starting techniques, fueling etc.)
- Ensures equipment is serviced through third party sourcing and vetting, if necessary.
- Reports to the Deer Run Executive Board of Directors.
- Always welcome to join the Deer Run Board of Directors.
- Mechanical knowledge of small equipment would be an asset.



This could be you! Former Chief Rink Rat Ken Werbicki

Wanted: Jellybean Dance Coordinator

Every few months, our community members, volunteers, and board members help put together a dance for all the kids in the neighbourhood. Each dance is planned with a specific theme in mind to make it fun and festive! Our last Jellybean Dance theme was 70s and 80s retro. All our volunteers dressed up as disco dancers, hippies, and their favourite musicians from the time.

Unfortunately, without a coordinator our upcoming dance is in jeopardy as we will have to cancel all future dances. So, if you love our jellybean dances and

would hate to see them disappear, please sign up. DJ equipment, decorations, and a list of ready, willing, and experienced volunteers are all supplied.

Roles, responsibilities, and requirements include:

- Police Background Check.
- Organization skills.
- Event planning experience an asset.
- A love for supporting our community.

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Join Us for a Calgary-Fish Creek Town Hall

As we prepare for the upcoming fall session in the Legislature, I've been hearing from many of you on a wide range of important topics. To continue these valuable conversations, I'm excited to invite all Calgary-Fish Creek residents to an open town hall. This is your opportunity to share what matters most to you, so I can effectively represent our community in Edmonton.

Event Details

Date: Wednesday, October 23

Time: 7:00 pm

Location: Bonavista Downs Community Hall
(1418 Lake Ontario Rd SE)

I look forward to engaging in meaningful discussions with you. Hope to see you there!

As we head into the second month of the school year, students' mental health is top of mind. The Alberta government has extended the Mental Health in Schools pilot program to ensure students have access to additional mental health support in schools this year. When a student's mental health needs are met, they learn better, achieve more, and have healthier and more fulfilling relationships, which is why our government is investing \$6.7 million to support 350,000 students across 79 school divisions. This pilot program has supported school divisions in launching locally developed initiatives that include hiring in-school psychologists and social workers, mental health literacy programs, and professional development and training for staff.

If your child is struggling with mental health, The Summit Centre for Youth Resilience is a great free resource, designed and built to provide mental health services for children and youth. The centre offers therapeutic support through a day hospital and community-based treatment. It also provides walk-in services for anyone under 18 years of age and their family who would like to speak with a counsellor. Walk-in services do not require a referral and are available from 9:00 am to 9:00 pm, seven days per week. The Summit can be reached at 587-534-7200 or thesummit@ahs.ca.

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

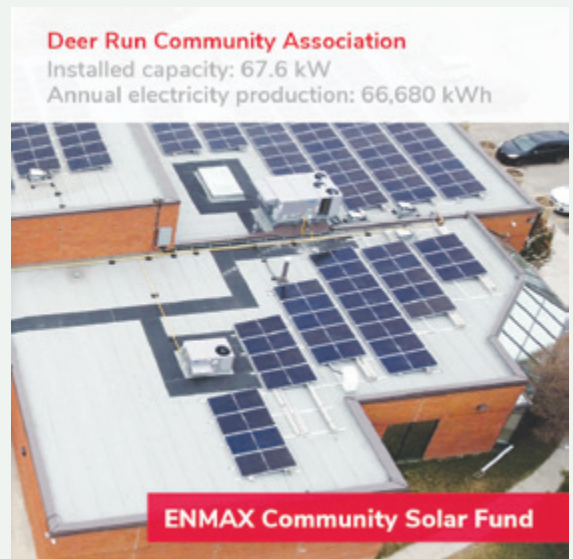


ENMAX Tweets Our Solar Panels

Photo and Text from ENMAX's X Account

Deer Run Community Association is making the best of Calgary's blue skies with solar panels installed through the ENMAX Community Solar Fund—a partnership between ENMAX Energy and The City of Calgary.

"Deer Run Community Association is grateful to be a part of this project. Not only will this help reduce our overall operating costs, but it sends a strong message out to our community that we can champion renewable energy right here in SE Calgary!" - Rob Garnett, Centre Manager, Deer Run Community Association.



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