

SEPTEMBER 2024

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# your **DEER RUN** villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



Cover Photo by Nilmini Weera



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## 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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- Coaching Mentorship and Certification Programs for ALL U4-Adult Coaches.



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- 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 2024/2025 REGISTRATION:** Program details and online registration available **AUGUST 15<sup>TH</sup> TO SEPTEMBER 30<sup>TH</sup>** at **WWW.GOFOOTHILLS.CA**



# Christmas MARKET

**December 21st, 2024**  
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# Deer Run Community Association (DRCA)

[www.deerruncalgary.com](http://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

|                      |                  |
|----------------------|------------------|
| 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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[www.facebook.com/deerruncalgary](http://www.facebook.com/deerruncalgary)  
We're also online at [www.deerruncalgary.com](http://www.deerruncalgary.com)

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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](mailto: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](mailto: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

### Take a Bow Volunteers!

We hope everyone has had a fantastic summer. We certainly did, and we're ready and refreshed to once again ramp up the activities at the community centre.

We're very excited to report that we fully expect the renovations of the daycare to be finished by the time you read this. There is no doubt that the quality of the care our little ones are receiving will be vastly improved with kid-sized toilets and expanded space.

It's the end of summer, and the board would like to take some time to recognize all the volunteers that have come out to support the community and the Deer Run Community Centre in the last calendar year. We have had many volunteers come and work at events, help with maintenance, and support fundraisers. Without all the help our community wouldn't be the best place in Calgary to raise kids – which it is!

We had volunteers at the Easter party who helped with face painting, games with the children, running the concession stand, and other entertainment. Our volunteers would show up at the community centre every Saturday morning to prepare and plan for the event to ensure everyone in the community would have a good time. Our volunteers for the Stampede breakfast did the same, committing their limited time, energy, and weekends to prep for the big day.

And they aren't just working hard, they are breaking records! Each year we try to break the Stampede Breakfast attendance record. This year we went all out. We served Spolumbo's sausages, organized horse carriage rides, and punctuated it with a visit from Stampede Royalty. With all the excitement our volunteers served 1,375 people – a new record!

That isn't the only record our community and volunteers broke. The Community Cleanup is an opportunity for the community to get rid of waste or trash that would normally be taken to the dump. At the 12th Annual Community Cleanup, we sorted through 18,145 kg of garbage in 2023. Another new record! Let's break it again on September 21.

The DRCA appreciates all the time and effort volunteers put into our community. None of our events, programs, and/or fundraisers would be possible without this support. The good news is, we have more opportunities for you to get involved; our Community Cleanup is the perfect time to start.

We are also looking for a team of community members to patrol the neighbourhood on Halloween while children are out trick-or-treating. We call it "The Halloween Patrol," but you're free to consider yourself a Ghostbuster if you join in the fun.

And please, attend the DRCA board meetings. We could use more help. This September the community board meetings will reconvene September 4 from 7:00 to 9:00 pm. Board meetings happen on the first Wednesday of the month, so the October Board meeting will fall on October 2 from 7:00 to 9:00 pm.

All community members are invited, and we hope to see you there!

### Community Cleanup

September 21 from 8:30 am to 2:00 pm. (Volunteer Hours)

[www.deerruncalgary.com/cleanup](http://www.deerruncalgary.com/cleanup)

### Halloween Patrol

October 31

[info@deerruncalgary.com](mailto:info@deerruncalgary.com)

## Deer Runes: Poems from the Community

### Untitled

by Karalynn L.

The wind sighs softly  
Golden leaves dance  
in Fish Creek  
Autumn in Deer Run



Submit poems with your name, age, and if possible, a photo (with the name and permission of the photographer) to [newsletter@deerruncalgary.com](mailto:newsletter@deerruncalgary.com). Poetry specific to Deer Run is encouraged!



## 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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[www.genbukan.black](http://www.genbukan.black)

### Ki Aikido

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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](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: [vanreenenchris8@gmail.com](mailto: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\\_nclcd@outlook.com](mailto:gwen_nclcd@outlook.com), [gwen\\_newell@yahoo.ca](mailto: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](mailto:hislopl@shaw.ca), 403-585-9045

Alena: [alenatul@hotmail.com](mailto:alenatul@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!

## Calendar of Events

Community Cleanup Saturday, September 21

Halloween Patrol Thursday, October 31

Christmas Market Saturday, December 21,  
10:00 am to 4:00 pm

## Come and See What's New

If you haven't been to the Deer Run Community Centre in a while you may not be aware of the exciting changes that the building has seen in the last year.

Earlier this year, the DRCA renovated their gym; upgrading equipment, resurfacing the floors, and adding better lighting for all the community members to use. The whole DRCA just got a fresh paint job and new water fountains and bottle refill stations were installed upstairs and downstairs. Our new water fountain additions have been especially popular with our sports programs and community members who need to fill their water bottles.

Upcoming renovations include expanding and improving the daycare. With more space and kids-sized toilets, the little ones will be better accommodated.

If you want to stay up to date with all the changes to the community – and contribute your own thoughts and ideas – come to the DRCA's board meetings! At each board meeting, members discuss and brainstorm the next big project. We are always looking for the right people to help make Deer Run an even better place to live.

### Next Board Meeting:

September 4, 2024

7:00 to 9:00 pm

2223 146 Ave SE



# Five Tips for Back to School

It is time to head back to school! Here are some tips and tricks to help you, or someone(s) you know (ahem, your kids), who is heading back to school.

## Tip 1: Organize, Organize, Organize!

Try to keep the space you study in clean and organized. It prevents you from getting distracted by any clutter in your space. It also allows you to spread out all your school supplies comfortably for an effective study session!

## Tip 2: Have a Snack

Before you study, grab a snack! If you're hungry while studying, it can affect how well you perform and prevent you from getting the results you want. Choose something healthy like a granola bar, yogurt, fruit, or veggies.

## Tip 3: Use Resources Around Us

There are many resources around our community that can help students. One of those being our local Fish Creek Library! The library offers help for students from kindergarten to Grade 12. There are book bags for kindergarten kids, and Family Read Alouds for older kids. And even your library card is free!

## Tip 4: Take Breaks

Rest is important when studying or doing homework. It can help you keep a clear mind, allowing you to work more effectively. Derek Thompson of The Atlantic has reported on social science research that suggests working for 52 minutes and breaking for 17 minutes is the best rhythm for productivity. So, taking those breaks can be important – and wonderfully unproductive. During those breaks, it also helps to grab water, stretch, and move away from the space you've been studying in.

## Tip 5: Get a Good Night's Sleep

Sleep and being properly rested can help you study better. It is recommended that people get on average eight hours of sleep a night to be fully rested. Research from the National Institute of Health in the United States finds without proper sleep "your ability to learn new things could drop up to 40%." So, when studying make sure your memory is sharp so you can study in optimal conditions.

To all students, the DRCA wishes you luck with the new school year!

For more information about library resources, you can visit [www.calgaryllibrary.ca/connect/students/](http://www.calgaryllibrary.ca/connect/students/).



MLA Calgary - Fish Creek

**Myles McDougall**

7 – 1215 Lake Sylvan Drive SE

☎ 403-278-4444

✉ [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca)

✂ @MylesYYC | @MLAFishCreek

It's hard to believe that we are at the end of summer already. As many of us gear up for the start of a new school year, I wanted to share some exciting news about our school system.

Alberta's population is booming and causing unprecedented growth in our education system, adding a historic number of new students across the province for the 2024-25 school year. Alberta's government recognizes and sympathizes with the challenges school authorities face with increasing enrolment, rising operational costs, and inflation. That is why it is investing an additional \$215 million to help alleviate these pressures, beginning in the 2024-25 school year. This will help alleviate these pressures, and ensure students have a comfortable place to learn with the support they need to succeed in the classroom.

Through this investment, up to 2,500 new spaces for students will be created in the 2024-25 school year, by building and installing up to 100 new modular classrooms. In addition to new modulars, the government is relocating up to 50 modular classrooms to some of Alberta's fastest growing communities in the Calgary Metropolitan Region and Edmonton, which will support up to 1,250 students. Calgary Board of Education will receive up to 31 new modular classrooms and have up to 14 relocated; Calgary Catholic School Division will receive up to 14 new modular classrooms and have up to six relocated.

School authorities can also use this additional funding to hire up to 1,000 additional teachers and classroom support staff which will help them manage class sizes, and tackle rising cost pressures without taking away from student learning.

The 2024-25 fiscal year is also promoting student success by providing a record \$9.3 billion into Alberta's education system, which is equal to \$47 million every day students are in school.

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

Deer Run Community Association

# ANNUAL COMMUNITY CLEAN UP

**21/9/2024**  
**9AM - 1:30 PM**

2223-146 AVE SE

*With more volunteers and  
participation, let's beat last  
years record!*

**Sign up at**

[deerruncalgary.com/cleanup](https://deerruncalgary.com/cleanup)

## WHAT TO BRING

Household & construction waste, metal, BBQs & electronic appliances, bikes, car batteries, propane tanks (disposal fee required)


What **not** to bring: tires, household chemicals, liquids, oil, paint, freon, glass, garden waste


Garbage collected in 2023

**18,145 KG**

That's the equivalent of  
**9 Zambonis!**

**Contact us for more information:**

 [info@deerruncalgary.com](mailto:info@deerruncalgary.com)

 403-278-3117





# DRCA's 13th Annual Community Cleanup

by Nicole B.

The DRCA is preparing for the 13th annual community cleanup on September 21, 2024, from 9:00 am to 1:30 pm.

## What to Bring

At the DRCA community cleanup we will be accepting:

- Household and construction waste
- Metal
- Electronic appliances
- Barbeques
- Bikes
- Car batteries (only)
- Propane tanks

Propane tank disposal will require a disposal fee. Cash only please:

- \$2 each for 0 to 20 lb.
- \$5 each for 20 lb. and over

At our community cleanup, volunteers will help sort what you bring and direct you to the appropriate section to help dispose of your trash!

## What Not to Bring

The DRCA community cleanup will not be accepting:

- Tires
- Household chemicals
- Liquids
- Oil
- Paint
- Freon appliances
- Glass
- Garden waste

There will be no commercial waste trucks or organic trucks able to take this type of trash. For more information about where to drop off waste like this, visit [www.calgary.ca/waste/drop-off/landfill-throw-n-go-facilities.html](http://www.calgary.ca/waste/drop-off/landfill-throw-n-go-facilities.html) for more information.

## The Thrift Corner

At each DRCA community cleanup our volunteers create a thrift corner. The thrift corner is a place for all extra items that are still in good condition and usable for others. Typically, old bikes and electronics are in this corner and could be recycled and used by someone else!

## Be a Part of It: Volunteer!

Volunteers will be working in shifts. The first shift runs from 8:30 to 11:00 am and the second round of shifts

runs from 11:00 am to 2:00 pm. Volunteers will be provided hot coffee, doughnuts, lunch, and a surprise for volunteers who stay until the end.

## Positions Open for Volunteers Include:

- Metal crew
- Electronic recycling crew
- Membership table and crew
- Garbage truck dumping crew
- Thrift corner assistance
- Entrance usher
- Background support
- Host crew

If any of these positions interest you, scan the QR code with your phone and sign up, or go to the DRCA website at [www.deerruncalgary.com/cleanup](http://www.deerruncalgary.com/cleanup).

## Don't Forget About Memberships!

At our community cleanup volunteers will be selling community memberships for \$30 a year (all forms of payment accepted: cash, credit card, debit, cheque, e-transfer). DRCA memberships can be used in many ways, from discounts on nearby restaurants and services to discounts at the Deer Run Community Centre. And the money goes directly to supporting the centre and its programming.

|   |  |   |
|---|--|---|
| <b>Cleaning Services</b> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Dry Cleaning</li><li><input checked="" type="checkbox"/> Tablecloths</li><li><input checked="" type="checkbox"/> Napkins</li><li><input checked="" type="checkbox"/> Table Skirts</li><li><input checked="" type="checkbox"/> Chair Covers</li><li><input checked="" type="checkbox"/> Massage Sheets</li><li><input checked="" type="checkbox"/> Face Cradles</li><li><input checked="" type="checkbox"/> Gym Towels</li><li><input checked="" type="checkbox"/> Face Cloths</li><li><input checked="" type="checkbox"/> Chef Coats</li><li><input checked="" type="checkbox"/> Coveralls</li><li><input checked="" type="checkbox"/> Microfibre Cloths</li><li><input checked="" type="checkbox"/> Dish Rags</li></ul> | <b>Mat Rentals</b> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Standard</li><li><input checked="" type="checkbox"/> Waterhog</li><li><input checked="" type="checkbox"/> Scraper</li><li><input checked="" type="checkbox"/> Logo</li></ul> <b>Paper Products</b> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Tork Dispensers</li><li><input checked="" type="checkbox"/> Paper Towel</li><li><input checked="" type="checkbox"/> Centre Pulls</li><li><input checked="" type="checkbox"/> Toilet Paper</li><li><input checked="" type="checkbox"/> Facial Tissues</li></ul> | <b>CALGARY MAT &amp; LINEN SERVICES</b><br><b>Pick-Up &amp; Drop-Off Services</b><br><br><a href="http://calgarymatandlinen.com">calgarymatandlinen.com</a>   403-279-5554 |
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## 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](http://deerruncalgary.com/volunteer-opportunities).

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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](http://activesportstherapy.ca) to book a free consultation.

**AFFORDABLE DENTAL CARE MINUTES FROM DEER RUN!** Dental care that's affordable, accessible, and essential. Minutes from Sundance. Accept and follow all dental Insurances. Tax Receipts on your cash portion. Direct Billing OAC. Non-corporate independent established 1989. No fluff, no frills! Canada Dental Care Plan welcome! Call today at 403-287-6453 or 403-272-7272. Visit [www.calgarydentalcentres.com](http://www.calgarydentalcentres.com).

**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](http://www.communitymediation.ca), 403-269-2707.

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

**DEER RUN HANDYMAN SERVICES:** 30 years of residential building and renovation experience to repair, maintain and update your home. Your neighbourhood contractor offers quality craftsmanship and affordable services with a 10% discount for seniors. No deposits required. Contact Cam at 403-807-9200 to discuss your needs, big or small. (Insured and WCB).

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**Samaritan Club  
of Calgary**

# Fall Super Thrift Sale

**Saturday, September 28**

**9:00am-1:00pm**

**Hillhurst-Sunnyside Community Centre  
1320 - 5th Avenue NW**



**The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.**

**For More Information:  
samaritanclub.ca**

**All proceeds will benefit  
Calgarians in need**

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