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Happy Birthday



Born in St. Matthews, South Carolina,
Viola Davis is one of the most incredible
actresses of our time. She was born on
August 11, 1965, making this date a very
important one in pop culture! How will you
be celebrating this Woman King?

Deer Run Community Association (DRCA)

www.deerruncalgary.com

Rental Inquiries: 403-278-3117



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.

THE EXECUTIVES

President Kim Semeniuk

Vice President Mike Isakeit

Treasurer Ed McCrea

Secretary Etienne Bley

THE DIRECTORS

Capital Expenditures Jay Clements

Director at Large Donovan Harris

Social Christian Fruhen

Newsletter Todd Andre

Ways and Means Jennifer Moore

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Memberships Vacant

Programs Vacant

Sports Director Vacant



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We're also online at www.deerruncalgary.com

SCAN HERE TO VIEW ADDITIONAL
DEER RUN CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Calendar of Events

Board Meeting	September 3
Community Cleanup	September 20
Board Meeting	October 1
Annual General Meeting	November 19, 7:00 to 8:30 pm

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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.

Make friends here!

JOIN THE SENIORS CLUB

Thursday afternoons
12:45pm to 2:45pm
DRCA gym.
E-mail deerrunseniors@gmail.com
for weekly e-mails about what we will be up to



THE DEER RUN SENIORS' GROUP INVITES ANYONE 55+ TO JOIN IN, SOCIALIZE, MAKE NEW FRIENDS, OR REACQUAINT YOURSELF WITH SOME OLD ONES!

There are tables set up for visiting, coffee/tea, and playing games. The group also meets for breakfasts, lunches, picnics in Fish Creek Park, and other special activities. We're a very inclusive and supportive group that takes each member's comfort level into consideration when planning events.





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.

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-aiikido.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

Bliss Within 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 Heather) 1:00 to 2:30 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!

3-1-1 Calgary App Gets an Update

by The City of Calgary

The newly updated 3-1-1 Calgary app empowers Calgarians to work together, covering more than 90 City services. Every photo and report submitted helps The City respond more quickly and helps improve service delivery keeping our communities running smoothly. "Use the app when you notice issues and encourage your neighbours and friends to do the same," says Gilberto Ancheta, 3-1-1 Coordinator.

How to Use the App

Report issues you see like potholes, graffiti, or missed waste collection. Simply describe the concern, upload photos, tag the location, and submit your request.

New Changes

New features include real-time status updates on submitted requests, allowing users to track progress and receive notifications. The app also includes a built-in City news feed sharing key programs, services, and updates. With only 30 percent of 3-1-1 requests coming through the app, there's opportunity to grow this efficient digital option. Download the Calgary 3-1-1 app today and help spread the word.



Mail-In Ballots for Calgary's 2025 General Election Available by Request

by The City of Calgary

Calgary's General Election will take place on October 20, 2025, and eligible voters can now request a special (mail-in) ballot if they are unable to go to a voting station during the Advance Vote or on Election Day. Voters must meet eligibility requirements to receive a mail-in ballot.

Visit Elections Calgary or call 403-476-4100 to request a mail-in package. The last day to request a mail-in ballot to be mailed to you is October 3, 2025. Requests after this date will need to be picked up in person at the Elections Calgary office.

Information about Calgary's upcoming General Election, including mail-in ballots and voter eligibility can be found at www.electionscalgary.ca.

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Community Food Bank

Every Sunday at 11:00 AM – 12:30 PM

Food goes fast so get here early!

Groceries are available to anyone who needs them.
Boxes are provided by the volunteers. Families and
children are warmly welcomed!



DROP- IN PICKLEBALL

DRCA OFFERS DROP- IN PICKLE
BALL EVERY SUNDAY
10:00 AM – 12:30 PM

\$5.00 FOR NON-MEMBERS

\$3.00 FOR MEMBERS

MEMBERSHIPS ARE
AVAILABLE FOR
PURCHASE AT THE
DRCA FOR \$30.00



AUGUST

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Jazzercise - 9:30 am Adult Volleyball - Evening Genbukan Daigo Dojo - 7:00 to 8:30 pm Svaroopo Yoga with Alena - 7:00 to 8:30 pm	FLC Seniors Tai Chi - Morning Adult Volleyball - Evening South Calgary Wado Kai Karate - Beginners' classes, 6:15 to 7:15 pm Ki Aikido - 7:00 to 9:00 pm South Calgary Wado Kai Karate - Advanced classes, 7:15 to 8:30 pm	Jazzercise - 9:30 am Svaroopo Yoga with Laurie - 9:30 to 11:00 am or with Heather, 7:15 to 8:45 pm Country Line Dancing - 1:30 to 2:30 pm Adult Volleyball - Evening Yoga Fundamentals Drop-in with Shawna - 6:45 to 8:00 pm. \$10 per class. Great for beginners! Genbukan Daigo Dojo - 7:00 to 8:30 pm	FLC Seniors Tai Chi - Morning Adult Volleyball - Evening Svaroopo Yoga with Laurie - 6:30 to 8:00 pm	Jazzercise - 9:30 am Adult Volleyball - Evening Ki Aikido - 7:00 to 9:00 pm South Calgary Wado Kai Karate - Advanced classes, 7:00 to 8:30 pm	South Calgary Wado Kai Karate - 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	Ki Aikido - 10:00 am to 12:00 pm Pickleball - 10:00 am to 12:30 pm Community Food Bank - 11:00 am to 12:00 pm

GAMES & PUZZLES

Guess the Musical!

1. The 1962 version of this modern-day Romeo and Juliet story received 10 Oscars.
2. This musical of a masked, disfigured virtuoso holds the record for the most performances on Broadway.
3. Jennifer Hudson won an Oscar for her role as Effie White in this movie also featuring Beyoncé.
4. Pop sensation Dame Oliva Newton-John starred in this 1950s-inspired musical comedy.
5. Canadian actor Ryan Gosling stars in this romantic musical.
6. This heartwarming movie is based on the real-life story of the Von Trapp family.



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Celebrate Calgary Culture Days All September Long!

by The City of Calgary



Arts and culture help shape the unique character of our city by bringing people together, telling our stories, and adding vibrancy to our communities. Whether it's murals and music, film and festivals, or dance and delicious food, culture is all around us.

Calgary Culture Days is a month-long celebration that highlights the diverse artists, cultural groups, and community organizations that make Calgary special. Throughout September, events and activities will take place in neighbourhoods across the city — many of them free and family-friendly.

From live performances and art exhibits to hands-on workshops and cultural showcases, there's something for everyone to discover and enjoy.

Explore what's happening near you and be part of the celebration! Visit calgary.ca/culturedays to learn more.

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What Really Happens to Your Green Cart Waste?

by The City of Calgary Waste and Recycling Services



Food and yard waste collected through the Green Cart program is turned into nutrient-rich compost for use by farmers, gardeners, and landscapers.

If you don't separate your food scraps from your garbage it will end up buried in the landfill where it doesn't break down or turn into soil.

Separating your food scraps in your green bin makes a big difference.

Follow these tips for separating food scraps and using your green cart:

- Remove food from its packaging before putting it in your green cart.
- Use a kitchen pail or reuse any container with a lid (like an ice cream bucket) to store food scraps until you throw them in your green cart.
- You can control odours and keep your cart clean by using a certified compostable bag, paper bag, or newspaper liner in your kitchen pail.
- Use a small amount of baking soda in your kitchen pail to prevent odours.

Check calgary.ca/foodscraps for more tips to make your green bin a winner!

FREE!

15th Annual Cleanup and Waste Disposal

Saturday, September 20, 2025

9:00am to 1:30pm SHARP!

MUST BE IN LINEUP BY 1:00PM!

NO LATE ENTRIES!

Deer Run Community Center 2223 – 146 Ave SE

Items Accepted:

Household and Construction Waste, Metal, Appliances,

Electronics, BBQ's, Bikes, Car Batteries ONLY,

*Propane tanks (Disposal fee charged, 0 to 19 Lbs \$2,
20 Lbs and over \$5, Cash Only)*

*No Organics Truck (IE. tree cuttings, compost, etc will not be
taken)*

Items not accepted: Tires, Household Chemicals, Liquids, Oils, Paint, Freon Appliances,
Glass, Garden waste. NO Recyclables. NO Commercial Waste.

Volunteers needed for this to run smoothly so we can repeat again next year!

Please call the Center to volunteer (403) 278-3117 or

Please visit our website at www.deerruncalgary.com to sign up online

This event is FREE, but purchase of your DRCA Membership is appreciated!

Donations are appreciated and help support events like this one.

Directions: Approach from West on 146th AVE- Line up to right curb. RIGHT Turn
only into parking lot and NO Left turn leaving.

Gate Marshals will be present to provide directions and assistance.



DEER RUN
COMMUNITY ASSOCIATION

TAKE ON WELLNESS

Putting Yourself First!

by Recovery Alberta – Community Health Promotion Services



Life brings with it everyday stresses, but it is important to have coping strategies that can be used to regulate and balance our feelings and emotions. Sometimes we don't have control of stressors that cause the stress, but we can control our emotions or how we react to those stressors. Calming strategies help slow down the immediate response that we have by decreasing the amount of cortisol in our body, also known as the stress hormone. There are many coping strategies, and it is important to find what works best for you.

Here is a list of strategies that can be used by anyone, anytime, and anywhere:

Managing Emotions

Commonly referred to as "name it, to tame it", is a technique that involves naming your emotions to allow you to pause and reflect rather than allowing your emotions to spiral or cause impulse decisions. Make it a habit to recognize how you feel. Did you feel embarrassed, sad, jealous, or upset? Simply notice that emotion and name it in your mind.

Mindfulness

Focusing on the present moment will help calm your mind and manage your emotions. What can you see, hear, touch, feel, or move in the environment you are presently in? This technique will help your brain focus on the present rather than the "what if".

Breathwork

Slowing and deepening your breaths have been shown to help you self-regulate. Use breathing techniques that work for you; these can include box breathing or even paced breathing.

The key to all the above strategies is focusing on yourself. Everyone is different, so find techniques that resonate with you so you can be the best version of yourself!



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Applications For Election Workers Open in August

by The City of Calgary

Are you or someone you know interested in becoming an election worker?

Elections Calgary is looking to recruit roughly 5,000 Calgarians to work the General Election in October 2025, and the application portal opens in August.

Election workers help with voting and vote counting, including voting station set up and take down, helping voters with the voting process, and counting ballots. There are many opportunities available and it's a great way to show your civic and community pride.

You can be an election worker if you are eligible to work in Canada and are over the age of 16. Apply today and participate in one of Calgary's biggest community engagement events!

Information about Calgary's upcoming General Election, including applying to be an election worker, can be found at electionscalgary.ca.



City Inspections Made Easier with Remote Video Inspection Services

by The City of Calgary

You've pulled the permit, completed the work, and now all that's left is the inspection. With the City of Calgary's Remote Video Inspections (RVI), you can wrap up your project from the comfort of your home and at a time that works for you.

RVI gives homeowners the flexibility to request a virtual inspection for a variety of plumbing and gas, building, and development permit inspection types. A City Safety Code Officer will take you through the process using reliable, secure communication to ensure your project is inspected with the same diligence and accuracy as an on-site inspection.

Close out your permit the convenient way—visit calgary.ca/video-inspections to learn more about available inspection types and to request your RVI today.



WORD OF THE MONTH

Galumph: Verb (guh-LUMF)

To move in a noisy or awkward style.

They galumphed around the living room looking for Sara's phone.



Summer Is a Great Time to Try Something New in Calgary Parks

by The City of Calgary

Are you looking for ways to keep the young people in your life and yourself active with fun, free activities this summer? Calgary's parks have so much to offer. Ward off boredom and stay busy with new adventures all summer by trying the following activities.

- **Cool off with a trip to a spray park or wading pool that you haven't visited before.** Check out calgary.ca/sprayparks for a list of all City spray parks and wading pools. Did you know that select parks also have aquatic wheelchairs that you can borrow for free?
- **Explore a new playground.** Check out the playground finder map on calgary.ca that has all City playgrounds, including inclusive playgrounds (square icons) with something for everyone. The map includes information about the play surface for each playground (e.g., gravel or inclusive playgrounds that have accessible rubber surfaces).
- **Golf, disc golf, bike pump tracks, and more.** The City has seven City of Calgary courses, family golf nights and several youth programs, and golf lessons. Our parks also have four permanent and some temporary disc golf courses for you to enjoy during a nice summer day. Take a break during your bike ride along the City's regional pathway to try a bike pump track. Find out where you can play beach volleyball this summer and much more at calgary.ca.



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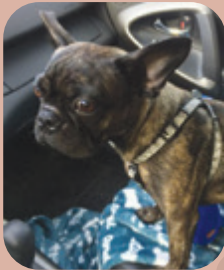
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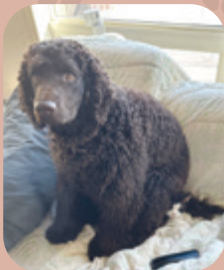
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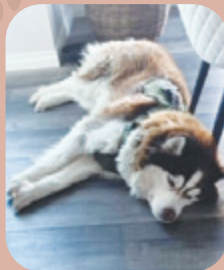
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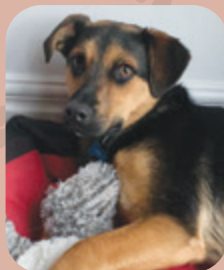
Mick and Turd,
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

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Thank You

Thank you to everyone who came out to my second Annual Stampede BBQ! It was wonderful to see so many of you—great conversations, great energy, and truly the best constituency.

Stampede Week was a fantastic celebration of community spirit, and I was honoured to ride in the Calgary Stampede Parade as a member of the Stampede Board. It's been a pleasure connecting with so many of you at local events.

Looking Ahead – What's Next for Alberta

Federal policies over the past decade—like Bill C-69, the west coast tanker ban, carbon pricing, and proposed production caps—have created real challenges for Alberta's economy. These measures have impacted key industries, reduced investment, and increased costs for families and businesses.

To respond, the Alberta Government has launched the Alberta Next Panel—a province-wide initiative to engage Albertans on how we can protect our economic interests and build a stronger, more resilient future. The panel includes a diverse group of leaders and community members working together to propose solutions.

A key goal is to ensure that every Albertan has a voice. Whether you're in a rural town, a big city, or anywhere in between—your input matters. By listening to a wide range of perspectives, we can shape policies that reflect the values and needs of all Albertans.

To learn more or get involved, visit Alberta.ca/Next. A Calgary town hall is planned for September 19—details coming soon.

Wishing you a safe and joyful August long weekend!

Questions or feedback? Email Calgary.FishCreek@assembly.ab.ca.

BUSINESS CLASSIFIEDS

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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.

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Devin Elkin

— WARD 14 —

Rooted in Community



Hello Ward 14!

By the time this edition of the Great News community newsletter hits your mailbox, we will hopefully have recovered from all those mini donuts we consumed, the pain and suffering from those cowboy boots that get dusted off once a year, and worked off all those community Stampede events. I want to issue a special thank you to all the volunteers that helped make this annual right of passage here in Calgary a success. It was one to remember. Now we are three months away from the 2025 civic election on October 20th. Please mark your calendars.

I want to take a moment and thank everyone who expressed their appreciation for putting my name forward to be your next Ward 14 Councillor. As the last 10 years have taught me, your support and appreciation are what makes serving the residents of Ward 14 so enjoyable and together we will take the next step, ensuring Ward 14's continued profile as the city's best ward.

Over the next few months, I hope to connect with those of you who don't know me or what I have been doing for the Ward over the past decade as community assistant. I will be hosting several "chat with the candidate" pop up events throughout the ward, so watch for these dates on your community socials or on my website at www.devinelkin.com. These are designed for those that are not overly comfortable with people coming to their doors but are still interested in knowing what's what. I will be available for a few hours in each location and will have a white 10x10 tent set up. I am looking forward to having some great conversations with you all.

I hope you all survived Stampede and have some great plans for the rest of the summer.

Please take the time to visit www.devinelkin.com where I have outlined why I believe I am ready to be your next city councillor and what 10 years of public service has taught me.

Thank you all for loving where you live and caring about Ward 14's future.

Devin Elkin

Rooted in Community