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THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



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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 EXECUTIVES

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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.

Calendar of Events

Christmas Market	December 13, 10:00 am to 4:00 pm
Movie Night	January 17, 6:00 to 9:00 pm
Family Skate Party	February 7, 2:00 to 4:00 pm
Jellybean Dance	February 21, 6:30 to 8:30 pm



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

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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: 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

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DEER RUN CHRISTMAS MARKET

DEC 13, 2025

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2223 146 AVE SE
10 AM - 4 PM

YOU CAN EXPECT

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Every Thursday

Deer Run Community Centre
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Email deerrunseniors@gmail.com

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- Connect with new people



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Celebrating a Year of the Community Food Bank

by Nicole B.

This August the Deer Run Community Centre recognized that the Community Food Bank had been running for a whole year!

Since last year, a group of community members and volunteers have been getting together and running a community food bank every Sunday at the Deer Run Community Centre. It started as an idea between community member Andy and the Deer Run centre manager at the Deer Run Stampede Breakfast. After that, each Sunday, volunteers would come into the centre to set up the gym with tables for conversation and food ready for distribution.

The Community Food Banks have been able to feed over 30 families each Sunday! The Deer Run Community Association and board members are so thankful for such dedicated organizers, Andy, Lorraine, and their weekly volunteers. By running a Community Food Bank, they are providing a space for people to connect with each of their neighbours each Sunday. Additionally, the Community Food Bank has become a city-wide food distribution point for people in need of food. It has become a staple in the Deer Run Community and a resource used by many across the city.

The Deer Run Community Association is very appreciative that our community members have supported the community through food donation, distribution, and creating a space for people to gather every Sunday.

The Community Food Bank

The Community Food Bank runs every Sunday at the Deer Run Community Centre from 11:00 am to 12:30 pm. Every Sunday community volunteers distribute groceries to anyone who needs them. The food that's distributed is collected and recycled from grocery stores, preventing unneeded food waste. There are no requirements to use the service, and families and children are warmly welcomed. To keep up to date with the Community Food Bank schedule, visit the Deer Run Community Association Facebook page or deerruncalgary.com/community-food-bank.

- Every Sunday
- Deer Run Community Centre
- 2223 146 Ave SE
- Doors open at 11:00 am
- Distribution starts at 12:00 pm

Community Food Bank

At the Deer Run Community Centre

Every Friday

2223 146 Ave SE

Doors open at 11:00 AM

Distribution starts at 12:00 PM

About the Community Food Bank

- No registration needed. The Community Food Bank guests can attend any Sunday at the Deer Run Community Centre.
- Food distribution ends at 12:30 PM.
- Families and children are warmly welcomed!



Ancient Water

In December 2016, University of Toronto scientists presented findings of the world's oldest known water approximately 2 billion years old found at Kidd Mine near Timmins, Ontario. Talk about "ancient" water, older than humans even older than dinosaurs!

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SCAN ME

Stop By and Share Christmas with DRCA's Giving Tree

by Nicole B

Each December the DRCA sets up a Christmas tree with care, spreading festive cheer everywhere. Hung on the Christmas tree volunteers put up the light, sparkly garlands, ornaments, and pieces of paper decorated so bright. It is the giving season, and the giving tree is the perfect reason!

This December the DRCA will once again be running the Giving Tree at the Deer Run Community Centre. If you have ever come into the centre during November and December you may have noticed the trees decorated at the front desk, but they aren't just for decoration. Along with all the ornaments and lights, little slips of paper actually hold an item from someone's Christmas wish list!

The DRCA has been running the Giving Tree for more than ten years and has helped many families celebrate Christmas by bringing them gifts given by people like you. The tradition started when the DRCA noticed that in our communities, families weren't getting to celebrate Christmas like they deserved. As a solution our community association decided that a Giving Tree was a great way to help these families give their children a memorable Christmas experience. Rob Garnett, Deer Run Community Centre Manager recounted a time when he had the opportunity to drop off gifts at a family's house, "it was nice to see the joy it brought to the children's faces." Many board members and staff enjoy taking part in supporting our Giving Tree.

If you are interested in participating, you can expect family members to make a list of what they would like for Christmas and it is then transferred to our paper slip tag to stay on the tree until someone takes it off the tree and buys the gift on the tag. The slips could be from a mom, dad, or child asking for a specific item. Once the paper slip tag is taken off the tree you are able to purchase the gift for any family member. After the gift is purchased, you are able to bring the gift back along with the tag and the community centre will hold onto it until our volunteer wrappers get the gifts together.

If you don't visit the community centre often or aren't able to but still want to support the giving tree, don't

worry, there are options for you too! On our website at deerruncalgary.com you can find our digital Christmas list. On the digital Christmas list, you are able to choose what gift you want to bring in, then drop it off at the Deer Run Community Centre once you have purchased it.

Giving Tree Details

- Giving Tree starts November 13, 2025.
- Giving Tree ends December 17, 2025.
- December 17, 2025, is the last day to return gifts to the Deer Run Community Centre.



Pedestrian Safety in the Winter

by Courtney Harron, Red Cross First Aid Instructor

Winter is an exciting season full of snow, sledding, and fun! But with snow and ice also comes slippery sidewalks, darker days, and reduced driver and pedestrian visibility. That means we all need to be extra careful when we're walking or crossing the street. A few smart choices can help you stay safe all winter long!

Take Your Time, Be Bright, and Be Seen!

Take Your Time. Everything moves a little slower in winter, walking, driving, even getting out the door! Ice and snow make slipping easier, so move slowly and carefully. Give yourself extra time when walking to school or playing outside and never run across the street. Slow and steady keeps you safe!

Look, Listen, and Wait. Crossing the street in winter can be tricky. Snowbanks might block a driver's view, and cars can take longer to stop when the roads are slippery.

Here's what to remember every time you cross:

- Stop and stay at the edge of the sidewalk. Look left, right, and left again, checking the side where cars will be closest to you last (left).
- Wait until every car comes to a complete stop before stepping onto the road.
- Make eye contact with the driver. If you can see them, they can see you.
- Even if the light says "walk," look left, right, and left once more before crossing.

Be Bright and Be Seen. Winter days are short, and it gets dark early. Sometimes it's hard for drivers to see people. Make it easy for them to spot you, the brighter you are, the safer you are!

Wear reflective clothing or add reflective stickers or patches to your jackets or backpacks.

Wear fluorescent or bright colours like red, yellow, or orange.

If it's really dark, carry a flashlight or wear a headlamp.

Watch for Slippery Spots. When it's icy, it's not just cars that can slide; people can too! Watch for shiny or wet-looking patches on the sidewalk and walk carefully. Keep your hands out of your pockets to help you balance and break your fall in case you slip. Try the "Penguin Walk":



keep your feet slightly apart, toes pointing out, and take small, careful steps, just like a penguin waddling on ice.

Safe Drivers and Smart Walkers Work Together.

Drivers try their best to go slowly in the winter, but they need your help too. When you follow safety rules, drivers can see you and stop in time. Working together keeps everyone safe!

Winter can be one of the best seasons of the year, so let's all stay safe. Take your time, be seen, and always wait for cars to stop before crossing. A few extra seconds can make a big difference. Bundle up, watch your step, and enjoy the snowy season safely!

FRIENDS of Fish Creek

Seed Processing and Listen Garden

It's December now and you might be asking what sort of work the Friends of Fish Creek are up to when it's cold out, the days are short, and not much is growing. Well, our work actually continues year-round, and we have the time once field season ends to reap the fruits of our labours – kind of literally! Through spring, summer, and fall, after you see beautiful blooms on all kinds of different species of native plants, those plants go to seed. And we're out there at plant salvages, in the park, and on land we've been given access to by our partners, harvesting those seeds to continue building species diversity within the park. After harvesting, our incredible volunteers gather weekly to help us separate the seeds from the chaff so that they're easily stored, measured, and perhaps most importantly, planted.

And this year, we've got a special purpose for all those seeds we're harvesting – putting them into the Listen Garden at Bow Valley Ranch – a space for native plants, Indigenous knowledge, and reconciliation. This area has been treated with herbicide to remove the invasive species that cover much of the park and prepare it for the cover crop (annual Plains coreopsis) and native seed mix we'll apply in spring. After one to two seasons, the Plains coreopsis will die, and the high-diversity native seed mix will emerge from below. To speed revegetation along, hundreds of large, salvaged mature plants like Foothills rough fescue, Parry's oatgrass, and Western porcupine grass will be planted in the spring alongside the seed



Site map - satellite view



Site map - regular view

mix. The Listen Garden will also feature several "Habitat beds" that highlight Alberta's diverse ecosystems. Beds on the garden's west side will showcase alpine/montane, foothills parkland, and Foothills rough fescue grassland ecosystems, merging into the dry mixed grass and badlands ecosystems on the east side of the gardens. These more "formal" gardens will be installed in a few years. Right now, the space consists of contoured pathways – what isn't currently path will be a home for thousands of tiny native plant seedlings.

You can learn more about the Listen Garden project at <https://www.bowvalleyranch.com/iiststiik> or stop by Fish Creek's Bow Valley Ranch day use area to see the future site of incredible species diversity (and an impressive assortment of blooms once these species reach maturity).

Help us with this and other exciting projects by making a donation or becoming a member today! www.friendsoffishcreek.org.

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#HealthyTechnologyUse

by Recovery Alberta – Community Health Promotion Services



Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use among the technology being used along with continually learning about different platforms especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is

active, educational, and social. Is social media being used to post and connect with peers, or do they feel FOMO “fear of missing out” on an event that may be posted by their peers.

- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on it during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if there are signs that may lead to problematic use. When they are not using technology, are they bored or angry, have low self-esteem, worsening symptoms of mental health issues such as anxiety or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to see where/ if there needs to be of focus to ensure the positives of technology are outweighing the negatives.

Self-Care Through the Holiday Season

by Nancy Bergeron, R.Psych | info@nancybergeron.ca

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.



That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.



MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

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Merry Christmas!

As the holiday season approaches, I want to take a moment to extend my warmest wishes to you and your loved ones. This time of year is an opportunity to reflect on the past, celebrate our accomplishments, and look forward to the promise of a new year.

Whether you're gathering with family, connecting with friends, or simply enjoying the peace of the season, I hope your holidays are filled with joy, warmth, and gratitude.

Thank you for the privilege of serving as your MLA. I look forward to continuing our work together in the coming year to build a stronger, more vibrant Calgary-Fish Creek!

If you have questions, concerns, or ideas you'd like to share before spring session begins, please don't hesitate to reach out to my office at Calgary. FishCreek@assembly.ab.ca.

I always appreciate hearing from you.



MP Calgary Midnapore

Stephanie Kusie

204 – 279 Midpark Way SE

Calgary, AB T2X 1M2

☎ 403-225-3480 📠 403-255-3504

✉ stephanie.kusie.c1@parl.gc.ca

🌐 stephaniekusiemp.ca

Dear Constituents of Calgary Midnapore,

It's always nice to return home from Ottawa – but this is especially true at Christmas!

From Legacy and Wolf Willow all the way to Kingsland, Christmas has come to Calgary Midnapore! As I drive through the riding and see the beautiful lights, it's clear that our community is a joyful one.

I want to thank the community associations, churches, and charities who have been looking out for our neighbours this holiday season. From food bank drives to arranging gifts for kids in need, your efforts are truly appreciated.

Please join me in supporting our local businesses this holiday season. Whether it's browsing wines, picking up specialty items for your party, or browsing through boutiques, there's something for everyone on your list.

This Christmas, I hope your home is filled with love, delicious food, laughter, music, and memories in the making. As we enter 2026, I pray for your health and happiness -- and for protection over our cherished communities.

Looking back on 2025, from a federal political standpoint, it was a whirlwind. From Justin Trudeau's prorogation and resignation in January followed by Mark Carney's selection as Liberal leader to a federal election it's certainly been a lot for everyone. Especially when we continue to hear of the pain, struggle, fearfulness, and injustice in our country. However, I can promise you that Conservatives will continue to fight for the quality of life and safety that good, hard-working Canadians deserve.

To keep up to date on the work I am doing on your behalf, please subscribe to my e-newsletter at www.stephaniekusiemp.ca.

Sending my warmest holiday wishes your way!

Sincerely,

Stephanie Kusie

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