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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

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, 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_nclnd@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: alenatul@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

Parade of Garage Sales May 3

Stampede Breakfast June 21,
9:00 am to 12:00 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.

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

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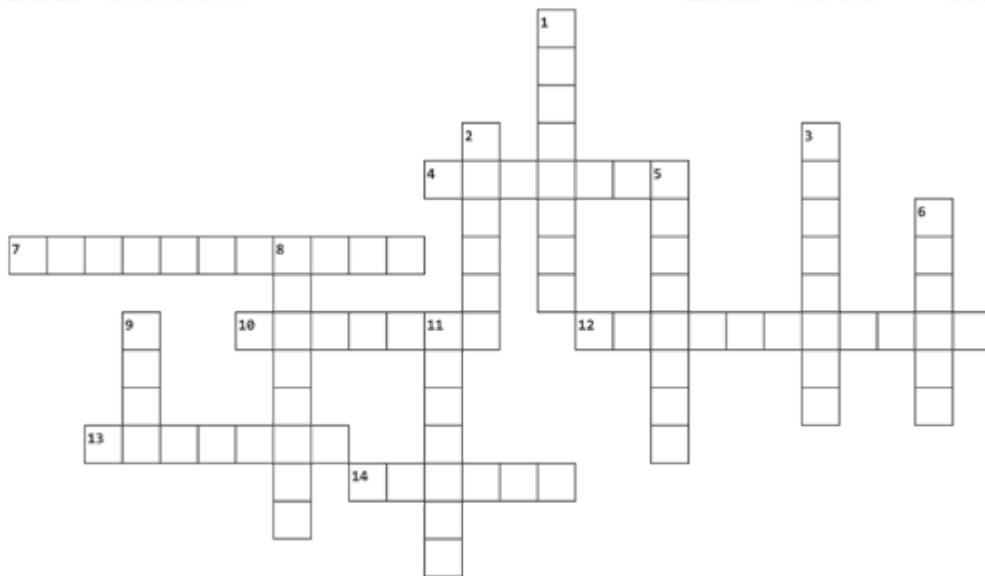


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May Crossword



Down

1. Cory _____, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first _____ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil _____ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco _____, released her eponymous perfume, _____ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after _____, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West _____ Police on May 23, 1873.

Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich _____ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first _____ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia _____ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The _____ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



MAY

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



DROP- IN PICKLEBALL

DRCA OFFERS DROP- IN PICKLEBALL 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

DEER RUN COMMUNITY ASSOCIATION



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!

GREAT NEWS MEDIA

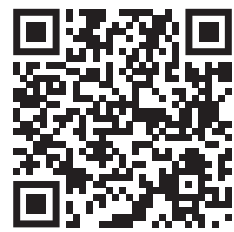
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Celebrating Calgary 150 - Sandstone City

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Why is today's downtown core located west of Fort Calgary? In the 1880s, Inglewood was growing in anticipation of the railway, but then Canadian Pacific Railway built its station where the Calgary Tower stands today. Much of the fledgling town picked up and moved.

Civic leaders then built bridges and ran the Stampede's forerunner, the 1886 International Seed Grain and Hay Exposition. The first General Hospital opened in a house, performing surgeries on the kitchen table.

Calgary's first buildings were constructed with wood, but 18 were destroyed in the Great Fire of 1886. Afterwards, town council mandated building with sandstone from the surrounding foothills.

Hence the nickname Sandstone City. See for yourself along Stephen Avenue National Historic Site. Imperial Bank helped make it Calgary's commercial core. The Alberta Hotel followed, and HBC built a department store in 1891.

Smallpox killed several people in 1892, sparking a riot when fearful residents attacked Chinese laundries, the purported source of the outbreak. Many thousands of Chinese had worked on the CPR and settled in Calgary.

An influx of Russian Germans fleeing persecution arrived in 1892 in Bridgeland-Riverside. Ukrainians and Italians followed. Nuns like Mary Greene established Sacred Heart Convent in 1885. Édouard Rouleau became head physician of Holy Cross Hospital.

The CPR took advantage of the Rocky Mountains' picturesque landscapes. Near Siding 29, Banff townsite emerged in 1883. The presence of hot springs led the government to create a national park in 1887. Opened one year later, Banff Springs Hotel is a modern-day castle, with another one built on Hornumnay ("little fishes' lake", aka Lake Louise).

The park's founding saw the exclusion of Indigenous people. They also faced Residential Schools that

isolated students from their culture and families under sometimes terrible conditions.

At today's Fish Creek Provincial Park, William Roper Hull built a two-storey Tudor Revival-style ranch house. Also, there was Shaw's family homestead and woollen mill. A store on Stephen Avenue sold their goods to many customers headed for the Yukon's Klondike Gold Rush.

Sandstone City was a beacon on the prairies, connected to the world via railway and offering opportunities to many.

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"Big fire on 9th Avenue SE, Calgary, Alberta., 1886-11-07, (CU1115356) by Ross, Alexander J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Big fire on 9th Avenue, Calgary, Alberta, between Centre Street and 1st Street SE. I.S. Freeze, J. Paterson, and Grand Central Hotel buildings in middleground. Contents of various buildings piled in foreground. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OT23D6?WS=SearchResults>.



"View of Alberta Hotel, Calgary, Alberta., 1893, (CU1151254) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Decorated for Dominion Day? <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F014Z6?WS=SearchResults>.



"Chinese section men on handcars, Canadian Pacific Railway., [ca. 1886], (CU1103679) by Boorne and May. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O2D94D?WS=SearchResults>.



"Bridgeland area, Calgary, Alberta., [ca. 1912-1915], (CU140825) by Unknown. Courtesy of Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF11WVC9?WS=SearchResults>.



"Sacred Heart Convent, Calgary, Alberta," [ca. 1900-1905], (CU1156653) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FTRYQZ?WS=SearchResults>.



"First General Hospital in Calgary, Alberta," [ca. 1920], (CU1193643) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1S14NLX>.



"Canadian Pacific Railway hotel, Banff, Alberta," 1888, (CU181509) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OY1FOL?WS=SearchResults>.



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"Bow Valley Ranch, home of William Roper Hull, Calgary, Alberta," [ca. 1900], (CU1220800) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1XDFSPW?WS=SearchResults>.

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Children and The Common Cold

by Alberta Health Services

The common cold is a viral infection of the nose and throat. It is also known as an upper respiratory tract infection. There are over 200 different viruses that can cause colds. It is normal for children to have an average of six to eight colds per year. Having colds more often is not a sign of a weak immune system. Children develop their immune system by being exposed to many viruses over the years. As children get older, they get sick less often.

The 'flu' refers to a specific viral infection caused by the Influenza virus. This virus can make people quite sick, especially young children and older adults. People with the flu have more breathing difficulties and high fevers.

Some Key Facts About the Common Cold in Children

Children with a cold will usually have:

- Stuffy, runny nose
- Sneezing
- Cough
- Fever
- Sore throat
- Decreased appetite

Cold symptoms usually last for three to seven days. Often, symptoms like cough or runny nose, can linger for up to two to three weeks. Fevers usually happen on the first few days your child is sick. Fevers from a cold should get better within three to five days.

Some key points to remember about the common cold in children are:

- Colds are caused by many different viruses and are common in children
- Colds cause runny nose, sneezing, cough and fevers
- Colds get better on their own – keep your child comfortable and hydrated
- If your child has a fever for five days or is not getting better, they should be examined by their doctor

When Should My Child See a Doctor?

There is no medicine to treat a cold, or make it go away faster. Your child's body will take care of the virus. The best thing to do is to make your child feel comfortable while they are sick.



While most children will have mild symptoms and get better in a few days, consider having your child seen by a doctor if they are:

- Younger than three months
- Having trouble breast or bottle feeding because of their stuffy nose
- Having fevers for more than five days
- Having a runny nose that hasn't improved after ten days
- Complaining of ear pain or fluid draining from their ear

Call 9-1-1 anytime you think your child may need emergency care. Seek immediate medical attention if:

- Your child is having trouble breathing
- Your child's lips turn blue
- Your child is complaining of neck pain or stiffness
- Your child is lethargic (very sleepy)
- Your child is dehydrated (dry mouth, no tears, no pee)

Know Your Options

It can be scary when your child is sick. But in most cases, you don't need to go to the emergency department. If you're unsure, visit ahs.ca/options to learn about the options so you can get the care you need.

About AHS HEAL

The Alberta Health Services HEAL (Health Education and Learning) program was created by a team of doctors, nurses, and other clinical staff who work at the Alberta Children's Hospital and the Stollery Children's Hospital, to support families and patients with up-to-date and useful information about common childhood health concerns. Learn more at ahs.ca/heal.



Councillor, Ward 14
Peter Demong
 ☎ 403-268-1653
 ✉ eaward14@calgary.ca
 🌐 www.calgary.ca/ward14

Hello, Ward 14!

It's gonna be May! There will be May flowers following the April showers, and there will be the full online May version of this newsletter column. There will be information about a student video contest, YardSmart tips, and Calgary's new Zoning Bylaw. I will also write about Emergency Preparedness Week. I hope you will read about it.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14 for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Sincerely,

Councillor Peter Demong



MLA Calgary - Fish Creek
Myles McDougall
 7 – 1215 Lake Sylvan Drive SE
 ☎ 403-278-4444
 ✉ Calgary.FishCreek@assembly.ab.ca
 ✕ @MylesYYC | @MLAFishCreek

Happy Mother's Day to all the incredible moms, grandmas, and caregivers! Your love, strength, and wisdom inspire us every day. Thank you for being the heart of our families and communities! As spring arrives and the legislature heads into its final session of the year, I've had the chance to hear from many of you about your top concerns—affordability and economic uncertainty, especially with the U.S. becoming an increasingly unreliable trade partner.

At the time of my writing this article, the U.S. has upheld most of CUSMA, ensuring zero tariffs on key Canadian exports like energy, minerals, agriculture, and more. Diplomacy has proven to be the best tool for protecting our interests, and we must continue advocating for reduced tariffs while supporting affected workers.

Now is the time for Canada to break free from harmful policies that have left us overly dependent on the U.S. We must fast-track national resource corridors, empower provinces to develop their resources, and position our country as a global economic and energy leader.

Budget 2025 strengthens the Alberta Advantage by keeping taxes low. If Alberta had the same tax system as B.C., Albertans and businesses would pay \$20.1 billion more in taxes. Instead, thanks to this year's tax cuts, the average family will save \$750 more in income taxes while continuing to pay no provincial sales tax.

Alberta's legacy of low taxes and free enterprise remains strong—let's keep building a competitive, prosperous future.

I want to congratulate all the successful candidates in our recent federal election. Democracy is the foundation of our nation, and I look forward to the future we will build together.

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



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GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

HOME DECOR CONSIGNMENT STORE: Looking for Consignors! Moving, downsizing, or just decluttering? Join Zoe's Store as a consignor and turn your quality home décor and kitchenware into extra income. We're a locally-owned business with over 18 years of experience. Call 403-398-7544, Text 403-966-0467, Email: zoessstoreyy@gmail.com or visit us at 1403 14th Street SW.

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