

NOVEMBER 2025

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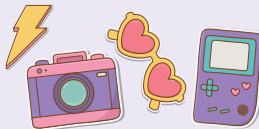
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GAMES & PUZZLES

Guess the 2000s Movie!

1. This parody pokes fun at films like *Scream*, *I Know What You Did Last Summer*, and *The Sixth Sense*.
2. In this crime thriller, Guy Pearce plays Leonard who suffers from an untreatable form of memory loss that makes finding his wife's killer nearly impossible.
3. This legal drama involves Julia Roberts, a car accident, and a devastating legal cover-up.
4. Two cheerleading squads duel it out and uncover some shady practices going on during the national championship.
5. Bruce Willis and Samuel L. Jackson star in this sci-fi thriller that takes "survival of the fittest" to a whole new mysterious realm.
6. A handsome, young professional living in America lives two separate lives: one an urban businessman, the other a knife wielding killer.



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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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Vice President Mike Isakeit

Treasurer Ed McCrea

Secretary Etienne Bley

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Capital Expenditures Jay Clements

Director at Large Donovan Harris

Social Christian Fruhen

Newsletter Vacant

Ways and Means Jennifer Moore

VACANT POSITIONS

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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

Annual General Meeting November 19,
7:00 to 8:30 pm

Christmas Market December 13, 10:00 am to
4:00 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.



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: 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!

3RD ANNUAL DEER RUN

CHRISTMAS MARKET

**DECEMBER 13TH, 2025
FROM 10 AM TO 4 PM**

2223 - 146th Ave SE, Calgary, AB



Community Food Bank

Every Sunday at 11:00 AM – 12:30 PM

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DRCA FOR \$30.00



NOVEMBER

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

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9								
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FOR THE SOLUTION**



FRIENDS *of* Fish Creek

The Friends of Fish Creek Have Saved Over 45,000 Native Plants This Year!

Ahh, summer. It was a time for enjoying beautiful weather, getting outside, and—of course—rescuing plants. Saving mature plants from sites slated for development and transplanting them into the grasslands where they can not only survive, but thrive, is a no-brainer for us here at the Friends.

And thanks to our developer partners Genesis Land Development Corp, Qualico Communities, and Calbridge Developments, we've had an extremely successful (if sometimes muddy) plant rescue season.

So far in 2025, across four sites, we estimate that we've saved over 45,000 plants—and these have all found a new home in the grasslands at Bow Valley Ranch! This not only gives our grassland and creekside habitat restoration projects a big boost, but these plants will produce harvestable seeds that we can then use to continue propagating and planting new plants, keeping the circular seed cycle going!

Here's a look at just a few of the incredible species we've been lucky enough to rescue this year. We hope you enjoy the beauty of these amazing native plants and grasses. If you want to get involved in plant salvage, you can volunteer to come out with us on weekends to help rescue plants for grassland restoration (or grab some for your own garden). Learn more about volunteering at friendsoffishcreek.org/volunteer or email us at info@friendsoffishcreek.org.



Porcupine Grass (Hesperostipa curtiseta)



Blue grama grass (Bouteloua gracilis)



Dotted Blazing Star (Liatris punctata)



Rhombic-leaved Sunflower (Helianthus pauciflorus subrhomboides)



Yellow Owl's Clover (Orthocarpus luteus)

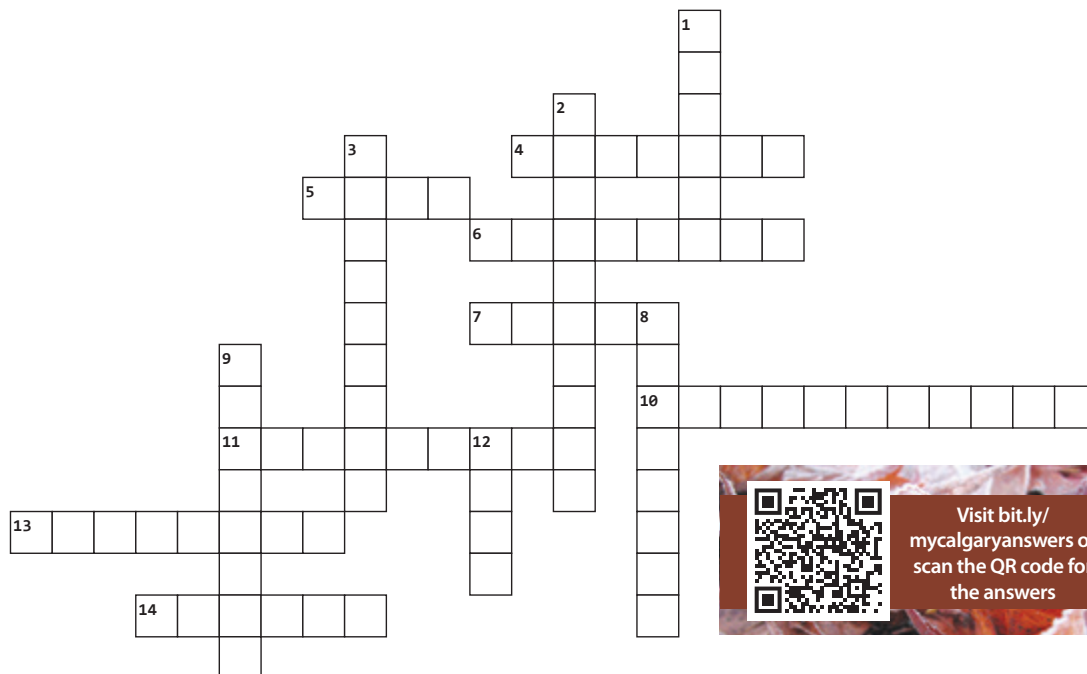


Parry's Oatgrass (Danthonia parryi)



Nodding onion (Allium cernuum)

November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.

Stuffed Red and Yellow Bell Peppers

by Jennifer Puri

Red bell peppers belong to the capsicum family. All bell peppers start out green and progress through the yellow and orange stages before reaching their most flavourful red stage.

Red bell peppers are considered the healthiest because they contain high levels of vitamins like C and A, and antioxidants. All bell peppers offer nutritional benefits but the red, yellow, and orange are the most flavourful.

Bell peppers can be used in every aspect of cooking, but the hollow insides of the peppers make them ideal for stuffing with ground meats, cheeses, and grains as shown in the stuffed red and yellow bell peppers recipe below.

Prep Time: 10 minutes

Cook Time: 25 minutes

Bake Time: 35 minutes

Servings: 4

Ingredients:

- 4 red and yellow bell peppers
- 1 lb. lean ground beef
- 2 tbsp. olive or canola oil
- 1 tsp. minced garlic
- ½ cup chopped yellow onion
- 1 tsp. minced ginger
- 2 bay leaves
- 1 cinnamon stick
- ¼ tsp. ground cloves
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cups cooked long grain rice
- 2 cups shredded mozzarella or cheddar cheese

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Wash and dry the bell peppers, then slice in half and remove the pith and seeds.
3. Brush the bell peppers with a little oil and sprinkle some salt and black pepper. Place the peppers cut side up on a baking tray and roast in the oven for about 10 minutes.



3. While the peppers are baking, prepare the filling by heating the remaining oil in a skillet. Then add onions and sauté for a few minutes until softened.
4. Next add the garlic, ginger, bay leaves, cloves, cinnamon stick, and the ground beef. Sauté the mixture until the beef turns brown then add a cup of water, cover and cook for about 12 to 15 minutes or until the beef is cooked and the liquid dries up.
5. Remove from heat and discard the bay leaves and cinnamon stick before adding the cooked rice and half the cheese.
6. Arrange roasted bell pepper halves in a baking dish and spoon the beef and rice mixture into them. Bake on middle rack of oven for about 20 minutes then sprinkle remaining cheese and bake peppers uncovered for about 5 minutes or until cheese is melted.
7. Serve with mashed potatoes, garlic bread, or cornbread if desired.

Bon Appétit!



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The Art of Finding Work: Myths Job Seekers Believe or Are Sold

by Nick Kossovan

Mythologies arose to explain natural phenomena. Many Greek and Roman gods—like Apollo (sun and light), Athena (war and wisdom), and Zeus (sky and justice)—represented various forces of nature. Eventually, mythology gave rise to organized religion, which developed more imaginative, almost human-like characters. While myths are, by definition, false or inaccurate, they remain as relevant today as they were to the ancients.

Myths aren't just stories. Ancient and modern cultures use them to explain the world and our experiences, answer timeless questions, and serve as a [moral] compass. Because myths aren't substantiated, they're not considered factually credible in the same way as documented history, scientific studies, and empirical evidence; however, they can have profound impacts on a person or community, often in negative ways, such as creating limiting beliefs that inhibit a person's thoughts, actions, and experiences.

Every day, I see job seekers cling to myths about job searching, often sold to them by self-professed career coaches peddling fear, false hope, and outright snake oil because it serves their self-interests to sell you their supposed magic bullet services.

The most common myths I encounter:

Using LinkedIn's "Open to Work" Banner Makes You Look Desperate

I find the often-heated ongoing debate about whether someone should use LinkedIn's "Open to Work" banner feature childish and ridiculous. The banner is nothing more than a signal, no different than a bakery hanging a 'Help Wanted' sign in its window or standing on the side of a road with your thumb out because your car broke down and you now need a lift. You do you; let others do themselves. Your job search strategy is yours to design. Ultimately, your job search results will speak for themselves.

The ATS is Rejecting Your Application Because of Keywords

Excuses abound:

- "Recruiters aren't doing their jobs."
- "I'm getting ghosted by bots."

- "It's all about keywords."

Here's the harsh truth. Job searching is a competition. You're competing against many candidates just as qualified as you, many more so. As I've stated in previous columns, there's always someone younger, more skilled, qualified, and hungrier than you.

Most of the time, your resume is seen by a human being, but like most resumes, it's not compelling. Then there's the common scenario, where your resume presents you as a "rockstar," but your LinkedIn profile and/or digital footprint, which employers study to determine whether you are interview-worthy, raises red flags and is an employer turnoff. Give this possibly serious consideration.

Resume Advice: Most resumes and LinkedIn profiles are mere lists of opinions. Employers hire results, not opinions.

Numbers are the language of business; therefore, your resume and LinkedIn profile should be populated with numbers (revenue increase, savings created, time efficiency, amount of work done, scope of work) that clearly show employers the value you've brought to previous employers, which demonstrates what value you can bring to a new employer.

It's All Just Luck

"You just need to get lucky" translates to "I don't want to take ownership of my actions." Success in today's market isn't about luck; it's about strategy, clarity, positioning, and relentless repetition. How many job seekers can say they're focusing on, even mastering, these four action pillars?

There's a lot of truth for job seekers in the words of Canadian writer and humourist Stephen Leacock: "I am a great believer in luck, and I find the harder I work, the more I have of it."

Employers Should Talk to All Applicants

This myth stems from a sense of entitlement. Employers don't owe applicants—who've freely chosen to apply—anything. Yet, I hear: "If I could just talk to someone, they'd see how great I am," and "Employers should stop making us jump through hoops and just call people."

Reality Check: Employers receive hundreds, sometimes thousands, of applications per advertised job opening. Expecting every applicant to receive a call is unrealistic. If you didn't get a call, it's not because the system is broken; it's likely because your resume didn't align with



the role or, as I mentioned, wasn't compelling enough (read: didn't convey your value), or your LinkedIn profile/digital footprint is an employer turnoff.

Biases and "Isms" are Why I'm Not Getting Hired

This myth can be filed under the many "I'm a victim!" excuses job seekers have. Yes, biases exist. Every person on this planet carries a bucket of biases; it comes with the human condition. You and I have biases, so pointing out what you perceive as an employer's bias is hypocritical.

Biases aren't what's holding you back. I've seen countless candidates prove biases inaccurate by showing up prepared with a clear message and evidence of their value, and most importantly, without an "I'm a victim!" mindset. Do your actions support common biases, such as older people being less energetic or exhibiting health issues, or do they challenge them?

Today's job market is the new norm. Believing in the face of ongoing rapid advancements in AI and automation, the myth that we'll one day return to an employee-led market is believing a comforting lie. More than ever, job search success requires clearing your head of unsubstantiated myths.

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Honouring Our Past

On Remembrance Day, we pause to honour the courage and sacrifice of the men and women who served our country in times of war, conflict, and peacekeeping. Their bravery secured the freedoms we enjoy today, and their legacy reminds us of the importance of unity, resilience, and service to others.

Across Alberta and Canada, ceremonies will bring communities together to reflect, remember, and express our gratitude. We owe it to our veterans and fallen heroes to build a future worthy of their sacrifice—one that is strong, prosperous, and inclusive. Let us take this time to listen to their stories, learn from their example, and recommit ourselves to the values they fought to protect.

Building Our Future

Alberta's government is stepping forward to lead a project of national significance: a new pipeline to the West Coast. This initiative goes beyond infrastructure—it's about securing Canada's energy future and unlocking our full economic potential.

Indigenous communities in Alberta and British Columbia are engaged from the outset as partners. Their leadership and perspectives will guide every stage of development, ensuring the project reflects shared values and long-term vision.

With \$14 million committed to early planning and a technical advisory group that includes South Bow, Enbridge, and Trans Mountain, Alberta is showing real leadership in advancing responsible energy development. This project will create jobs, drive economic growth, and open up new opportunities for Canadians across the country. It is our intention that any future pipeline costs will be covered by the private sector.

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

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