

SEPTEMBER 2025

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# your **DEER RUN** villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



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**Chima Akuchie**

**For Ward 14 Councillor**

403-930-4391

[info@chima4ward14.ca](mailto:info@chima4ward14.ca)

**[chima4ward14.ca](http://chima4ward14.ca)**

Dear Neighbour,

I'm excited to share this with you: I'm running for City Council in Ward 14.

This decision comes from a deep passion to serve and a belief that leadership means listening, understanding, and acting in the best interests of the people, not chasing power or succession.

I'm a graduate of SAIT in instrumentation engineering. I've served as VP External of the Athabasca University Students' Union and serve as Technology & Digital Safety Ambassador. I've had the privilege of serving as a student advocate at both the provincial level with the Council of Alberta University Students (CAUS) and at the federal level with the Canadian Alliance of Student Associations (CASA). Through these roles, I sat on policy and budgeting committees where I worked to ensure student voices were heard and their needs prioritized.

As Director of Volunteerism at the Calgary Legacy Community Association, I help organize events that build connection and community. I also volunteer with the Calgary Igbo Community Association at the Drop-In Centre, supporting unhoused individuals with essentials and encouragement.

I founded VEROROSE INC., a support agency for people with disabilities, and work at a harm reduction centre, helping people with disabilities and mental health challenges rebuild their lives.

I'm running as an independent candidate with conservative values. I'm for the people, here to serve and willing to work with anyone who puts Ward 14 first. Our city should serve residents, not political interests.

As your neighbour, I share your concerns about blanket rezoning that ignores local realities, property tax hikes, infrastructure strain, and loss of neighbourhood character. If elected, I'll push to repeal those policies and protect what makes our ward a great place to live.

I believe in service, transparency, and trust. As a husband, father of three, and Knight of the Catholic Church, I bring compassion, accountability, and empathy to public service.

Every resident deserves safe streets, basic infrastructure, and leaders who listen. That's what I'll fight for.

This campaign is about all of us; our families, our businesses, and our shared future. I'm ready to work hard for Ward 14 and make our voices count.

Sincerely,  
*Chima Akuchie*

# Deer Run Community Association (DRCA)

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

### 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

### VACANT POSITIONS

Memberships Vacant

Programs Vacant

Sports Director Vacant



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We're also online at [www.deerruncalgary.com](http://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](mailto: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](http://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](http://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](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\\_ncld@outlook.com](mailto:gwen_ncld@outlook.com), [gwen\\_newell@yahoo.ca](mailto: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](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!

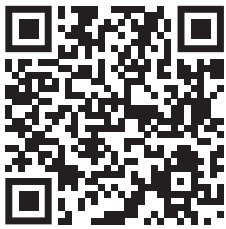


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# Community Food Bank

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



# SEPTEMBER

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

## YOUR CITY OF CALGARY

### What Is Cart Contamination?

by The City of Calgary, Waste and Recycling Services

We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures material ends up at the right facility to be turned into new products or to be disposed of properly.



Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at [calgary.ca/contamination](http://calgary.ca/contamination).







## News from the Friends of Fish Creek

### Watershed Management in Fish Creek Provincial Park

*by the Friends of Fish Creek Provincial Park Society*

If you're reading this, you're probably located somewhere within one of the watersheds that make up the Bow River Basin. A watershed is made up of all the land that drains into a specific river, lake, marsh, creek, or other body of water. "Our" watershed, Fish Creek, is one of the twenty sub-watersheds that makes up the Bow River Basin, and all these watersheds drain into—you guessed it—the Bow River.

"People need water and rely on water. You need water for everything—farming, food, living—anything, so it's important to care about watersheds" – Ross Anderson, Watershed Field Coordinator.

Water is essential for life, and clean water is especially vital. That's why it's so important to collect and share data on watershed health. Historically, data collection in Fish Creek Provincial Park has been sparse, but we at the Friends are changing that! Together with a team of

dedicated volunteers, our ecology team is examining the watershed from multiple angles, including:

- Creek health (water temperature, quality, and flow)
- Beaver activity mapping and management
- Cataloguing areas of bank erosion
- Invasive plant monitoring and removal
- And much more

By collecting data and performing large studies like the current fish inventory, we're creating baseline measurements for our watershed. We'll use this data to get a better understanding of the creek's health and manage and protect the critical ecosystem that is Fish Creek for generations to come.

"Once you have all that data, and you have a better idea of what's going on in the creek, you can manage things differently. If you find areas [that are] struggling or unhealthy, then you can focus on those to improve them" – Ross Anderson.

To learn more about the Friends of Fish Creek, or to volunteer, please visit us at [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org) or follow us on social media: @fishcreekpp (Facebook, Instagram).



# **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](http://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.

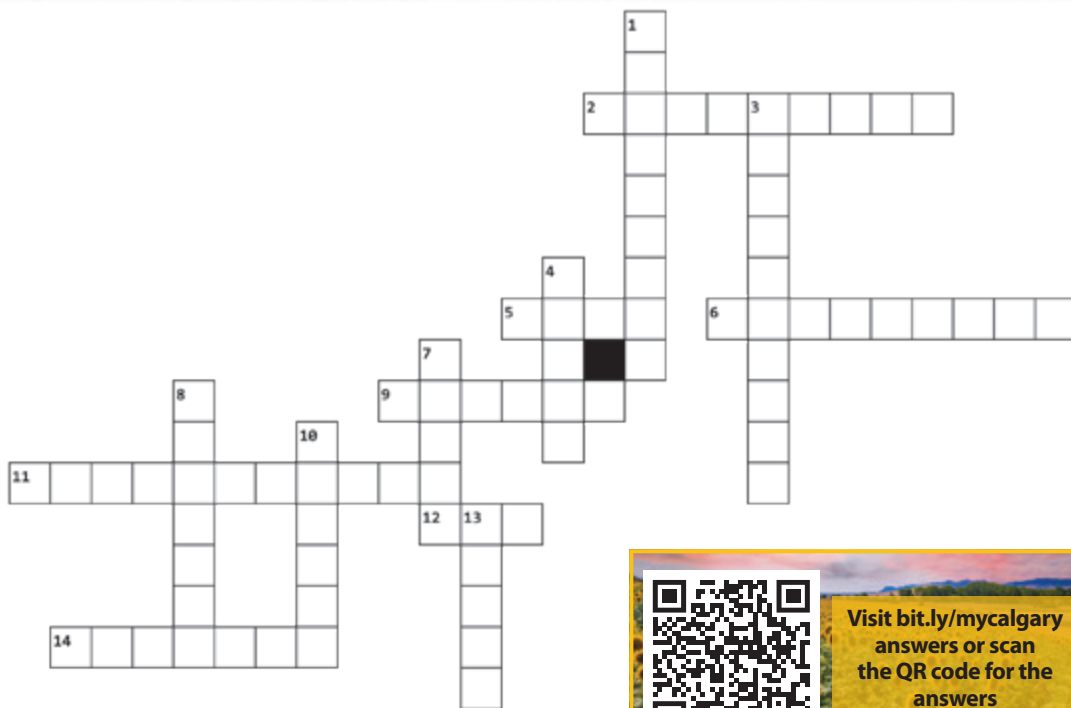
Directions: Approach from West on 146<sup>th</sup> AVE- Line up to right curb. RIGHT Turn  
only into parking lot and NO Left turn leaving.

Gate Marshals will be present to provide directions and assistance.



**DEER RUN**  
COMMUNITY ASSOCIATION

# September Crossword



## Across

2. Ernest \_\_\_\_\_'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the \_\_\_\_\_ Islands.
9. *The \_\_\_\_\_ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in \_\_\_\_\_, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William \_\_\_\_\_, *Star Trek* premiered on September 8, 1966.

## Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in \_\_\_\_\_, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard \_\_\_\_\_ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international \_\_\_\_\_ match.
10. On the first Monday of September, \_\_\_\_\_ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin \_\_\_\_\_ and Hugh Grant, were both born in September 1960, just one day apart.

# Devin Elkin

— WARD 14 —

*Rooted in Community*



Hello Ward 14!

Here we are, a month away from going to the polls. Crazy. With that, in this month's newsletter, I wanted to highlight my top 10 priorities.

1. **Blanket Rezoning** — I will bring forward a Notice of Motion to change the base zoning back to R-C1 or one that repeals the original Notice of Motion that led to the base zoning change to R-CG. The direction I take will depend on the other faces that shape our new council but this is my number one priority.
2. **Public Hearing Items at Council** — I will be bringing forward a Notice of Motion that implements the following. If a particular public hearing item garners more than two full consecutive days of public submissions, this will automatically trigger a review of the item being presented before it is voted on by Council. This will ensure citizens who share an overwhelming passion on a certain topic will know their concerns will get the attention they deserve.
3. **Get back to simplifying service deliveries** — Civic politics isn't complicated, collect the taxes and make sure services are delivered in a manner that reflects and respects the efforts made by those individuals making that money in the first place.
4. **Continue to represent our communities the way we have for the past 10 years** — This isn't one of those "if it's not broke, don't fix it" attitudes. Over the past decade, the connection I have made with the community through events, attending community association monthly meetings, and open houses, has given me insight and clarity into what each community needs. Ward 14 is not a singular community, its very fabric is made up of communities developed in 1967 to some still in development. So continuing to ask the questions, listening with both ears and assisting in getting it done, has served us well and will continue to do so.
5. **Keeping up with aging infrastructure** — As mentioned, some of our communities have aging infrastructure, from stuff above the surface to stuff below the surface. Making sure there are monthly touch points with all departments in administration is critical to ensuring proper delivery. This also goes for our new communities, making sure we inspect the new assets that are going in will allow us to deliver services for decades to come which is crucial to future budgets. We don't need to be replacing infrastructure only a few years after it's installed.
6. **Never forget who I work for** — Your support for our Ward 14 team over the past decade has allowed us to make our communities better. Your engagement and passion is clear and this allows us to translate concerns into action. I will never forget that we are here to serve the residents who call Ward 14 home.
7. **Communication** — As I have shown in my time serving Ward 14, there are many ways to engage with residents. Through various social media posts to open houses and bringing back our original "Ward 14 Council Talks", these will continue to be methods I will use to reach out to constituents. You will continue to receive our monthly newsletter but the new communication piece will be weekly recaps. Recorded videos will be made available for you to find out what happened that week at Council. Obviously, some of these videos will be extensive, and some might be a quick hello, but you will always know you have a voice.
8. **Community Association Development Permit Stream** — I will be working with our planning director to implement a separate stream for community associations. This will enable them to act on time sensitive grants with confidence and be able to deliver community improvements in a timely manner.
9. **Community Safety** — Over my decade here we have made deep connections with both Calgary Police Districts that serve Ward 14, districts 6 & 8. These relationships will continue to allow us to collaborate with our Community Resource Officers, our School Resource officers and Traffic Safety Group in relaying concerns we hear from the community. We will continue to collaborate on high school traffic blitz days, work on highlighting areas in need of enforcement and collaborating on educational forums such as protecting your homes, senior fraud prevention tips, and the 9 P.M. check your vehicle routine.
10. **Spending Smarter** — We simply must be better at where our tax dollars go beyond essential services. We need to eliminate these surprise expenditures, and this will be accomplished by focusing on meaningful conversation through committee reports, budgetary asks and accountability.

Please take the time to visit [www.devinelkin.com](http://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,  
*Devin Elkin*  
Rooted in Community





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**Saturday, September 27**

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

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



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clothing & shoes for all, fashion  
accessories, vintage & boutique items,  
collectibles, art, books, toys & much more**

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# Nutrition to Help Manage Blood Pressure

by Alberta Health Services

Hypertension means there is too much pressure in your blood vessels. Over time, this can damage them and can increase your risk of heart attack and stroke.

Managing high blood pressure may include changing what you eat, managing your body weight, being physically active, limiting alcohol, engaging in relaxation practices, reducing or stopping tobacco use, and can include medication. Your healthcare provider can support you.

This article will focus on which food and nutrition choices may help manage your blood pressure. It includes what to eat more of and what to cut back on.

### What To Consume More Of

**Vegetables and Fruits:** Vegetables and fruits are packed with fibre and nutrients that can help lower blood pressure. People who eat many vegetables and fruit are at lower risk for developing high blood pressure. Fresh, frozen, or canned varieties can all help lower your risk. At meals, try to fill half your plate with vegetables and fruits. Ideas to get more: have a piece of fruit at breakfast or add extra vegetables to wraps, sandwiches, and leftovers at lunch.

**Whole Grains:** Whole grain foods include all parts of the grain and have important nutrients like fibre, vitamins, and minerals. They include bulgar, buckwheat, oats, cornmeal, wild, or brown rice. If choosing a bread or a cereal, look for “whole” or “100% whole grain” on the package. For example, whole grain or whole rye.

**Beans, Peas, and Lentils:** Replace meat with beans, peas, or lentils at some meals. Add kidney beans, chickpeas, and lentils to soups, casseroles, salads, and pasta sauce. Try roasted chickpeas or lentils as a crunchy snack.

**Foods with Calcium:** Try to have at least two servings daily of calcium-rich foods like milk, yogurt, fortified plant-based beverages such as soy, oat, or almond, and salmon or sardines canned with bones.

### What To Eat or Drink Less Of

**Refined Grains:** Refined grains are different than whole grains. Refined grains have parts of the grain removed



when they are being processed, so they have less fibre and sometimes fewer vitamins. Examples of refined grains include white bread, cakes, and other foods made with white flour.

**Added Sugar:** Added sugar means sugar, syrup, or honey added to food and drinks. It's recommended to limit sugary drinks.

**Added Salt, Packaged or Processed Food:** Salt contains a mineral called sodium. Your body needs small amounts of sodium to work properly. Most Canadians eat almost two times the sodium they need. The top sources of sodium in the Canadian diet include soup, cheese, breakfast cereals, salty snacks (like chips and pretzels), baked goods like bread and crackers, processed meals like deli meats and sausages, and condiments and dips such as ketchup, soy sauce, and BBQ sauce.

**Caffeine:** Caffeine is found in coffee and coffee-based drinks, tea, colas, and energy drinks. Limit caffeine to no more than 400 mg a day. This is equal to two to three cups (eight ounces each) or 500 to 750 ml of coffee.

There are many foods that can affect blood pressure. When you start with small changes, improving what you eat and drink seems more manageable—your heart will thank you for it.

You can find more tips on managing blood pressure by visiting [ahs.ca/nutritionhandouts](https://www.ahs.ca/nutritionhandouts) and searching “Nutrition and Lifestyle Choices to Manage Blood Pressure”.



MLA Calgary - Fish Creek

**Myles McDougall**

7 – 1215 Lake Sylvan Drive SE

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

☎ 403-278-4444 | 📱 MLAFishCreek

📘 MylesMcDougallYYC | 📺 MylesYYC

## Alberta Builds a Stronger Future with Historic Investment and Physician Growth

Alberta is making significant progress on two key fronts: securing long-term financial stability and strengthening health care. The province's Heritage Savings Trust Fund has reached a record high of \$30 billion, thanks to a \$2.8-billion contribution from surplus funds. This marks a major milestone in Alberta's plan to grow the fund to \$250 billion by 2050—a strategy aimed at creating a reliable, long-term source of funding for essential public services, including health care and education.

The Heritage Fund, originally created to save non-renewable resource revenue, is now a central part of Alberta's roadmap to a prosperous and resilient future. By reinvesting income and accessing global investment opportunities through the newly modernized Heritage Fund Opportunities Corporation, Alberta is taking strategic steps to build wealth that will benefit future generations. Once the fund reaches its \$250 billion goal, the income it generates will help stabilize the budget, support infrastructure, and keep taxes low.

At the same time, Alberta's physician workforce is reaching record levels. As of June 30, 2025, there is a total of 12,327 physicians registered in the province—204 more than the previous quarter and 571 more than last year. This growth includes gains in both urban and rural areas, with a notable 8% increase in the North Zone.

These investments in financial security and health care reflect Alberta's commitment to building a strong, sustainable future—where families thrive, communities grow, and core services are there when people need them most.

Questions or feedback? Email [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca).

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