DECEMBER 2026 DELIVERED MONTHLY TO 2,900 HOUSEHOLDS

your DEER RUN villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER





ANITA MORTGAGE
THE MORTGAGE GROUP

Freedom starts with a Reverse Mortgage

- ✓ Cash to renovate, travel or relax
- ✓ Stay home, no monthly payments
- ✓ Leave a living inheritance

Call today to enjoy comfort, independence, and peace of mind.

ANITA RUSSELL
403-771-8771
anita@anitamortgage.ca

EAT WELL. SPEND LESS. SUPPORT OUR COMMUNITY.

GOOD FOOD BOX PROGRAM

COMMUNITY KITCHEN



SAVE ON FRESH PRODUCE EVERY MONTH

The Good Food Box Program makes healthy eating more affordable.

- Fresh fruits and vegetables
- Quality produce at a fraction of grocery store prices
- Convienient pick up locations

INCREDIBLE SAVINGS!

BOX OPTIONS

SMALL	$35.00
MEDIUM	$40.00
LARGE	$45.00

FOR MORE INFORMATION

To learn more about the Good Food Box Program and how to place an order, please visit our website.

LEARN MORE & TO ORDER VISIT

ckpcalgary.ca

QUESTIONS? WE'RE HERE TO HELP!

Filipe Carballo
403-538-3779
Filipe.carballo@ckpyyc.ca

Lorrie Herrick
403-538-7386
Lorrie.herrick@ckpyyc.ca

TOGETHER, WE BREAK THE CYCLE OF HUNGER.

OFFICIAL
PLUMBING & HEATING
Furnace and A/C Install & Repair
Plumbing Services
Drain Cleaning
Boiler Install & Repair
$75
Service Call Fee
403-837-4023
info@officialplumbingheating.ca
official-plumbing-heating.ca

25¢
FLYERS
(INCLUDING DELIVERY)
✓ FULL COLOUR PRINTING
✓ DOUBLE-SIDED DESIGN
✓ PREMIUM 70 LB GLOSS STOCK
✓ FULL BLEED FOR EDGE-TO-EDGE IMPACT
Let's get your business into the hands of thousands of local customers.
CONTACT US
403-720-0762
sales@greatnewsmedia.ca
greatnewsmedia.ca
GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

TELUS
Deer Run,
get a connection
you can count on.
PureFibre Internet® is coming soon.
telus.com/calgary
© 2026 TELUS. 26-0678

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	
President	Kim Semeniuk
Past President	Mike Isakeit
Vice President	Wendy Harness
Treasurer	Lisa Caldwell
Secretary	Jayleen Dickenscheid
THE DIRECTORS	
Capital Expenditures	Jay Clements
Social	Christian Fruhen
Communications Director	Nicole Webster
Ways and Means	Jennifer Moore
Director at Large	Emerson
VACANT POSITIONS	
Memberships	Vacant
Programs	Vacant
Sports Director	Vacant

Like us on Facebook

www.facebook.com/deerruncalgary
We're also online at www.deerruncalgary.com

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.



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
Front Desk 403-278-3117
Childcare Director Mercy Musakanya 403-271-3704
Social Events Coordinator Ashley Baxter 403-278-3117
Maintenance & Special Projects Allan Peters

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.


ANNUAL
CHRISTMAS
MARKET
December 5
10:00am - 4:00pm
TWO LOCATIONS
ONE CHRISTMAS MARKET
Cornerstone
Music Cafe
DEER RUN
COMMUNITY ASSOCIATION
• 50+ Local Vendors
• Santa Photos
• Gift Drive
• Live Music
• Raffle Prizes
• S'mores
• Horse-Drawn Carriage Rides
• Kids' Crafts & More!
scan for more details
FREE TO ATTEND
PROUDLY SUPPORTING THE MAGIC OF CHRISTMAS
Cornerstone Music Cafe • 139-14919 Deer Ridge Dr SE
Deer Run Community Association • 2223 146 Ave SE

Local Programs Held at the Deer Run Community Association

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.

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.

New! 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: 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!

Fitness with Nola
Thursdays, from 7:00 to 8:00 pm in the Deer Run Community Centre.
Join Nola for a fun, energetic, full body, and non-competitive workout each week. No commitment required, drop ins welcome.





GET A GYM MEMBERSHIP TODAY

DEER RUN COMMUNITY CENTRE
2223 146 AVE SE

GET YOURS TODAY AND GET:

- FREE WEIGHTS & WORKOUT MACHINES
- A PRIVATE WORK-OUT ENVIRONMENT
- NEW GYM EQUIPMENT AND SO MUCH MORE!



FOR MORE INFORMATION, VISIT OUR FRONT DESK OR GO TO www.deerruncalgary.com

DEER RUN
COMMUNITY ASSOCIATION

SCAN HERE TO VIEW ADDITIONAL DEER RUN CONTENT

News, Events, & More	Crime Statistics	Real Estate Statistics

The Nutcracker



In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.

December events

SAT	4th annual Christmas market 10:00am–4:00pm free entry	05
TUE	Last day to send letters to Santa! See our front desk	08
SUN	Family Christmas party 12:00pm–3:00pm free entry	13

Our dear center is CLOSED December 25–January 1

All month long:

Our annual giving tree is up and running again. If you are able please come pick a gift from the tree or online to donate to the families in need

DEER RUN COMMUNITY PRESENTS
OUR FAMILY

CHRISTMAS PARTY

DECEMBER 13TH 12:00-3:00PM

FREE PICTURES WITH SANTA, GAMES, PRIZES,
COOKIE DECORATING BOUNCY CASTLES!
YOU CAN PURCHASE PIZZA, HOT
CHOCOLATE, DRINKS AND SNACKS!



FREE ENTRY FOR ALL!
AND ALL AGES WELCOME
2223 146TH AVENUE SE CALGARY, AB T2J 6P8

What's Behind Your Financial Decisions?

by Mark Letchumanan, CFA, CFP, ACC, CKA



I used to manage a financial literacy program that delivered workshops and coaching to more than 9,000 low-income households across British Columbia. Our participants included single parents, people in addiction recovery, and individuals experiencing homelessness. We taught practical skills: budgeting, saving, building credit, and basic investing. Participants were enthusiastic and motivated to make better financial decisions, but very few maintained lasting behavioural change.

Although disheartening for me, our results were unfortunately not unique. More than 200 studies confirm that financial education alone rarely changes long-term financial habits.

Now as a wealth advisor, I've seen that pattern continue even with educated, wealthy, and successful individuals—none of us are immune from making poor financial choices. Brilliance doesn't directly translate to a sound financial life.

Consider the multi-millionaire who still clips coupons, obsessively checks investment accounts, and panics during minor market downturns—despite having more wealth than they could ever spend. Or the entrepreneur who negotiates every contract detail to maximize profits yet buys luxury items they don't need or lets personal home renovations spiral out of control. Or the highly disciplined professional who continually rescues family members and adult children financially, even when it jeopardizes their own goals. In each of these cases, money doesn't act as a tool, it serves an emotional need.

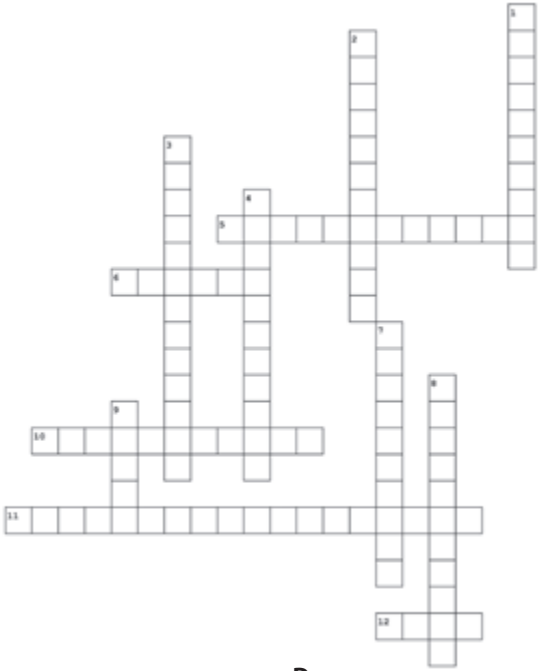
In *It's Not About the Money*, author Brent Kessel argues that our financial behaviours are often driven by deeper emotional motives. He describes three financial personalities that illustrate this particularly well: the saver, the star, and the caretaker.

- **The Saver:** Disciplined on the surface but often operating out of a place of anxiety and fear of lack. Their internal script can sound like "something bad could happen and we'll lose everything," or "I just need a little bit more to feel safe." Their challenge isn't to practice responsibility and control, but to face the fear behind it.
- **The Star:** Longs to be seen, and therefore uses purchasing power to buy visibility, self-worth, and respect. Their inner dialogue may be, "if I look successful, people will value me," or "I need to project confidence before I can feel it." Their issue isn't the spending itself, but the need for approval that fuels it.
- **The Caretaker:** Generous, compassionate, and eager to help, yet their giving can cross healthy boundaries. They may be driven by a need to feel needed or beliefs like, "if I don't help, no one will," or "my worth comes from what I give."

Our relationship with money is as unique as we are. Different financial personalities often reveal our distinct wounds, fears, and beliefs running beneath the surface. True financial stability is rarely a matter of learning more financial rules, but about increasing self-awareness.

Before making your next financial decision, try journalling about your motivations first. Often, we make decisions so quickly, we don't have enough time to process the network of thoughts and feelings that went into them. Getting your thoughts down on paper first acts as a filter, helping you distinguish between facts and emotion. Similarly, talking to a trusted advisor, coach, counsellor, recovery group, or community can help us learn to recognize the thoughts and emotions driving our financial decisions before we act on them. That awareness creates an invaluable pause between impulse and action—giving us space to choose what aligns with our values rather than our fears. Lasting financial change doesn't come just from knowing more about money, but from knowing more about ourselves.

December Crossword



Across

5. Warm, delicious, and served with whipped cream or marshmallows. This tasty treat is perfect after a long day in the cold.
6. In Spain, it is customary to eat this many grapes at midnight on New Year's Eve.
10. Popular during the winter, this spiced dessert is decorated with royal icing.
11. Founded in 1925, this dance company has put on the *Christmas Spectacular,* since 1933.
12. "Last Christmas I gave you my heart" are the lyrics to a Christmastime favourite, sung by this pop duo.

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

Down

1. Six-sided and infinitely complex, these ice crystals are the result of freezing rain.
2. This 2019 film directed by Greta Gerwig was released December 25, and had a star studded cast, including Saoirse Ronan, Florence Pugh, Emma Watson, and Timothee Chalamet.
3. Unlike hockey players, these athletes use their blades to perform jumps, spins, and lifts.
4. On December 10, every year, these awards are given for outstanding achievements in physics, chemistry, physiology or medicine, literature, and peace.
7. Born December 16, 1775, this author is known for her six famous novels, including 1813s *Pride and Prejudice*.
8. Seen in your local grocery store during the holiday season, these bright red plants are indigenous to Mexico.
9. Made from carved blocks of compacted snow; these shelters rely on the insulating properties of snow to keep dwellers warm.

BRAIN GAMES

SUDOKU

6		5		7				
	7				6		2	
	2					6	7	
		6		4		2		
	1		8	6				
	3			5		8	4	
	8						3	9
		7	9	8				
		1	7					4

SCAN THE QR CODE FOR THE SOLUTION

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

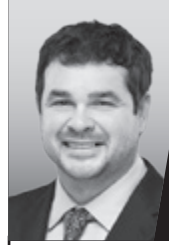


Support the local businesses that make our neighbourhood thrive, and make this publication possible.

403-720-0762

grow@greatnewsmedia.ca

SCAN ME



Councillor, Ward 14

Landon Johnston

ward14@calgary.ca

403-268-2430 ward14yyc.ca

@LandonForWard14

@Ward14LandonJohnston

As we come to the end of another busy year, I want to take a moment to thank everyone who helps make Ward 14 such a great place to call home. From the neighbours who look out for one another, to the volunteers, community associations, local businesses, and organizations that bring people together, your contributions help make our communities stronger.

Whether you're celebrating with a full house, travelling to see family and friends, or enjoying a quieter Christmas at home, I hope you have the opportunity to take a break, enjoy some good company, and make a few great memories along the way.

I'm grateful for the many conversations and connections I've had with residents throughout the year, and I look forward to continuing that work in the year ahead. Your feedback and involvement are important to me, and I encourage you to stay connected with our office. Visit our website for Ward 14 updates, community information, and ways to get in touch with us.

From my family and the entire Ward 14 team, I wish you and your family a very Merry Christmas and a happy, healthy New Year. I look forward to seeing you around Ward 14 in 2027!



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

As December arrives and the holiday season begins, many of us look forward to gathering with family and friends, reflecting on the year behind us, and celebrating the traditions that bring us together. It is a special time to create new memories, appreciate those around us, and look ahead with hope and optimism.

This season serves as an important reminder of the values that strengthen our communities: kindness, generosity, and connection. Whether you are spending time with loved ones around the dinner table, volunteering in the community, supporting a local charity, or simply taking a well-deserved moment to rest and recharge, I hope you find joy in the moments that matter most.

As I reflect on the past year, I am incredibly grateful for the opportunity to serve the residents of Calgary-Fish Creek and to meet so many people who care deeply about our community and the future of Alberta. I am especially thankful for the dedicated volunteers, community associations, and local organizations that work tirelessly to foster the strong sense of belonging that makes Calgary- Fish Creek such a wonderful place to call home. I am equally grateful to the many businesses that proudly serve our neighborhoods with commitment, innovation, and community spirit.

On behalf of my constituency office staff and myself, I would like to extend our warmest wishes to you and your loved ones for a very Merry Christmas and a happy, healthy, and prosperous New Year.

Thank you for helping make Calgary-Fish Creek the remarkable community it is today. We look forward to continuing to work with you in the year ahead.

Merry Christmas and Happy New Year!

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Deer Run. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

DEER RUN MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbours navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at $160 per month. Christmas light installation starting at $150. Early season discounts! Window and gutter cleaning starting at $99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

PROFESSIONAL ELECTRICAL SERVICES: Need a reliable electrician? We provide quality residential and commercial electrical services, including repairs, renovations, lighting installations, panel upgrades, troubleshooting, and new wiring. No job too big or small! Professional workmanship, competitive rates, and friendly service you can trust. Call 403-256-9282 today for a free estimate!

continued on next page

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

DEER RUN CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Deer Run. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www.lefroyconstruction.com.

STAMPEDE PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers, gasfitters, refrigeration & HVAC technicians. Water heaters, furnaces, boilers, air conditioning/heat pumps, drain cleaning, leaks, POLY-B replacement, new construction and renovations! Competitive prices with quality, 24-hour service! Established 1998. Call 403-225-1037. www.stampedeplumbingandheating.com.

ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Deer Run? Our unified team of expert practitioners have one common goal - to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

CALGARY'S DENTAL CARE, ESTABLISHED 1989: Providing gentle dental care with no judgement, no shame, no fluff, no frills. Accepts all dental insurance plans OAC. Easy drive, free store front parking, handicap accessible. Two locations. Tax deductible receipts for patient portion. Save money, live better! Call today 403-287-6453 or 403-272-7272 or visit online www.calgarydentalcenters.com.

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.

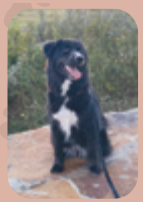
PAINTER SERVICING DEER RUN: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.



Cats, Canines, & Critters of Calgary


Jasmine, *Mount Pleasant*


Jasper, *Arbour Lake*

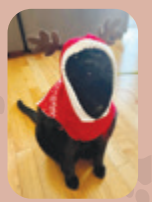

Jewels, *Walden*


Kevin, *Acadia*


Lilly, *Millrise*


Princess Molly, *Acadia*


Sintra, *Midnapore*


Taco, *Woodbine*

To have your pet featured, email content@greatnewsmedia.ca

Jackson & Jackson
Landscaping

CUSTOMER SATISFACTION GUARANTEED

WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE

INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo Property Management

Snow and Ice Removal

Contact Us

Address
20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now
(403) 256-9282

Email us
info@jacksonjackson.ca
contact@jacksonjackson.ca

www.jacksonjackson.ca

ANITA MORTGAGE

Self-Employed?

Your bank said no. That doesn't mean you can't get approved.

- ✓ Alternative mortgage solutions
- ✓ Flexible income qualification
- ✓ Options for purchases, refinancing & renewals

Don't let traditional bank rules stop you from getting the mortgage you need.



ANITA RUSSELL

403-771-8771
anita@anitamortgage.ca

THEMORTGAGEGROUP

ADVERTISE IN THIS MAGAZINE

Your neighbours read this. Put your business here.

86% of readers would call a business that advertises in their community magazine.

880,000
monthly readers

83%
trust the businesses that advertise

We make your phone ring.
We bring you more customers.
We grow your sales. Guaranteed.

403-720-0762

greatnewsmedia.ca
sales@greatnewsmedia.ca

Scan to see all the survey results

Great News Media 2026 Readership Survey, 11,104 respondents

Queensland DENTAL

ORAL SEDATION · WISDOM TOOTH REMOVAL · BOTOX · CHILDREN'S DENTISTRY
DENTAL IMPLANTS · PAYMENT PLANS · ORAL SURGERY · 3D IMAGING · GRAFTING



We accept CDCP
Canadian Dental Care Plan

GET YOUR FREE ELECTRIC TOOTHBRUSH

With Complete Exam & Hygiene.

Call (825) 779-9879 to book.

WE DIRECT BILL TO YOUR DENTAL INSURANCE.
WE ACCEPT ALL INSURANCE.

416, 950 Queensland Dr SE
admin@queenslanddental.ca
queenslanddental.ca

PRIVATELY OWNED.

OPEN EVENINGS AND WEEKENDS FOR YOUR CONVENIENCE.