

FEBRUARY 2026

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your **DEER RUN** villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



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Deer Run Community Association (DRCA)

www.deerruncalgary.com

Rental Inquiries: 403-278-3117



We meet on a weekday evening, once a month. All DRCA members are welcome. To attend, email the Board secretary; our emails are on the website.

THE EXECUTIVES

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 Vacant

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

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DEER RUN CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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



DRCA PROGRAMS

Family Skate Party February 7, 2:00 to 4:00 pm

Jellybean Dance February 21, 6:30 to 8:30 pm

Kids' Easter Party March 28, 2:00 to 4:00 pm

Movie Night April 11, 6:00 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.

BRAIN GAMES			SUDOKU					
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SCAN THE QR CODE
FOR THE SOLUTION



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

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, 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: hislop@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!

Deer Run Family Skate Party

2223 146 Ave SE

Feb 7, 2026

2 PM - 4 PM

You Can Expect:

- Free Hotdogs
- DRCA \$1 50/50
puck toss
- Warm fire pit



Scan here
and become
a volunteer!



Join the Deer Run Seniors Group

Every Thursday

Deer Run Community Centre
2223 146 Ave SE
Email deerrunseniors@gmail.com

You Can Expect:

- Lots of board games & card games!
- Hot coffee & tea
- Conversation with friends
- Connect with new people



DEER RUN

Community Food Bank

At the Deer Run Community Centre

Every Sunday

2223 146 Ave SE

Doors open at 10:30 AM

Distribution starts at 12:00 PM

About the Community Food Bank

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



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 JELLY BEAN DANCE

FEB 21, 2026

2223 146 Ave SE

6:30 PM - 8:30 PM

GRADES 3-6

Entry Fee: \$3.00



Palms

What kind of tree fits in your hand?
A palm tree

A small, detailed illustration of a palm tree with a slender trunk and a cluster of fronds at the top, positioned as if held in a hand.

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February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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SCAN ME

Staying in Relationships Thinking the Other Person Will Change, Now What?

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



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”



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Customer Review Period (January 14 to March 23) Is Your Opportunity to Review and Ensure the Accuracy of Your 2026 Property Assessment

by *The City of Calgary*

Your 2026 property assessment is mailed out January 14. The 2026 Customer Review Period (CRP) runs from January 14 to March 23. CRP is your opportunity to review and ensure the accuracy of your 2026 property assessment and learn more about how your assessment was determined.

What to look for when reviewing your assessment:

- Is your market value assessment a reasonable estimate as of July 1, 2025?
- Are the property details we have on record, correct?
- Is your assessment fair when compared with others in your neighbourhood?

Each year, The City and the Province separately set a budget and decide how much money they need from property tax. Your share of property tax is based on your assessment class and the assessed value of your property. Your 2026 property tax bill will be mailed in May, but you can get an estimation of it now by visiting calgary.ca/taxcalculator.

To help you review your property assessment we offer general resources on calgary.ca/assessment and property specific tools through the secure log in feature of calgary.ca/mytax. By logging onto myTax you can:

- Check your property details and ensure they're correct. *Incorrect property details can result in your assessment not accurately reflecting the value of your property.
- Compare your property's assessed value to similar properties in your area.
- Review real estate market trends and learn how your property was assessed.

Questions? Visit calgary.ca/assessment or call 3-1-1. Customer Review Period ends March 23.

Chinook Blast: Calgary's Signature Winter Celebration Is Back

by *The City of Calgary*



Chinook Blast is Calgary's ultimate winter festival that showcases the very best of our city. For six years, this celebration has brought winter magic to life—and we're just getting started.

From January 30 to February 16, Chinook Blast returns, promising the most spectacular experience yet. We're turning up the heat at Eau Claire Plaza, transforming it into a dazzling winter wonderland filled with vibrant art installations, live music, and unforgettable adventures.

Built by Calgarians, for everyone, Chinook Blast is proudly local. It's a family-friendly, inclusive festival that celebrates creativity and community while drawing visitors from across Calgary and around the world.

Join us as we make winter extraordinary. Learn more at chinookblast.ca.

Who's Making Life Better for Calgarians with Disabilities? The Advisory Committee on Accessibility Wants You to Nominate Them for an Award

by The City of Calgary



Now is the time to nominate an individual or group that's helping people with disabilities live a good life in Calgary. Nominations run from February 9 to 23, 2026.

The Advisory Committee on Accessibility's annual awards program started in 2006. The committee is a City Council committee consisting of citizens with disabilities and a keen interest in access issues. Working closely with the community and The City of Calgary, the committee makes recommendations to City Council on policy and systems issues, and barriers impacting people with disabilities in Calgary.

The last Accessibility Awards were presented to Lionel Migrino (Advocacy Award for an Individual), Lacrossing Barriers (Advocacy Award for an Organization), Skye Luk (Transportation and Mobility Award), and Pamela Butvin (Universal Design Award).

To submit a nomination or learn more about the awards (including award categories, criteria, winners and their work), visit Calgary.ca/accessibilityawards.

Make The Youth Hiring Fair Work for You

by The City of Calgary



Mark your calendars! The Youth Hiring Fair is on March 26, at the Big Four Building in Stampede Park from 1:30 to 6:00 pm. Now's the time to get prepared. Set yourself up for success and be ready to meet 80 employers who are hiring.

Interested in attending? Youth ages 15 to 24 are encouraged to visit the Youth Employment Centre before the event. Drop-in to meet with an employment counsellor for free Youth Hiring Fair preparation. We can help you with:

- Targeting your résumé to available jobs.
- Creating a pitch to introduce yourself.
- Preparing for on-the-spot interviews and more.

Find us at the at the Alberta Trade Centre (315 – 10 Ave SE). We're open on weekdays from 8:30 am to 5:00 pm. No appointment needed.

Visit calgary.ca/yechiring for ongoing announcements and advice on how to get prepared!



MLA Calgary - Fish Creek Myles McDougall

7 - 1215 Lake Sylvan Drive SE

✉️ Calgary.FishCreek@assembly.ab.ca

📞 403-278-4444 | 🗂️ [MLAFishCreek](#)

👤 [MylesMcDougallYYC](#) | 📺 [MylesYYC](#)

As I get ready to head back to the legislature, I want to make sure your voices are heard and guide the work I do for you as your MLA. To that end, I am planning my next town hall for early spring 2026, so please stay tuned for the confirmed date.

Our town hall is a valuable opportunity for the constituents of Calgary-Fish Creek to share your thoughts, concerns, and ideas. Your input helps me better represent our community in Edmonton. I encourage everyone to attend and participate in this important conversation. Together, we can make a difference.

I would like to wish everyone a happy Family Day. I hope you are all able to share the day with family and friends!

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



YOUR CITY OF CALGARY

Winter Tips to Keep Our Rivers Healthy

by *The City of Calgary*

When snow melts, water runs off our streets, driveways, and yards, and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, gravel, dirt, and other debris, washing it into our storm drains and our rivers.

The City of Calgary and Calgarians need to work together to manage our stormwater. In newer communities, The City uses storm ponds to help naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is so important. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

Together we can keep our rivers and creeks healthy by:

- Shovelling shortly after it snows to prevent ice and reduce salt, sand, or gravel use.
- Following the manufacturer's instructions if using salt on your driveway or sidewalks, so you're not using more than needed.
- Sweeping up excess salt, sand, and gravel from your driveway and sidewalks.
- Continuing to pick up pet waste and litter off the ground and dispose of them in the right disposal bin.

What ends up on our streets, ends up in our rivers. For more tips and information, visit calgary.ca/stormwater.



BUSINESS CLASSIFIEDS

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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.

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.

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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.

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.

DENTAL CARE ... AFFORDABLE, ACCESSIBLE & ESSENTIAL! Easy drive from Deer Run. 100% coverage means no cost to you. All dental insurance accepted, direct billing OAC. Consistency with dental staff. No fluff, no frills. Call 403-272-7272 or 403-287-6453 today or book online at calgarydentalcenters.com. Est. 1989. Tax receipt same day. Save money, live better!

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April is Come Try Ringette month, and there will be many sessions in Calgary.

Scan the QR code to register or visit: cometryringette.ca



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