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# your **DEER RUN** villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



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SCAN ME

# Deer Run Community Association (DRCA)

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

# Calendar of Events

Movie Night	January 17, 6:00 to 9:00 pm
Family Skate Party	February 7, 2:00 to 4:00 pm
Jellybean Dance	February 21, 6:30 to 8:30 pm



## SCAN HERE TO VIEW ADDITIONAL DEER RUN CONTENT

### News, Events, & More



### Crime Statistics



### Real Estate Statistics



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## DRCA PROGRAMS

### South Calgary Wado Kai Karate

Tuesdays, beginners' classes, 6:15 to 7:15 pm and advanced 7:15 to 8:30 pm.

Fridays, advanced 7:00 to 8:30 pm.

Saturdays, preschool class, 9:20 to 10:00 am, beginners' class, 10:00 to 11:00 am, and advanced classes, 11:00 am to 12:30 pm.

[www.calgarywadokai.com](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: [alenaatul@hotmail.com](mailto:alenaatul@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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## GAMES & PUZZLES

### Guess the Cartoon!



1. Mojo Jojo is always trying to cause havoc in this female-led cartoon.
2. Joe Barbera first considered calling this classic cartoon *The Gladstones*.
3. This group of mystery solvers was brought to life in 1969 and led to multiple shows and movies.
4. One of the main characters of this cartoon is named Finn and though he is an adventurer, he is afraid of the ocean.
5. Stephen Hillenburg, creator of \_\_\_\_\_, was actually a marine biologist!
6. This cartoon follows a family who lives life in Orbit City with their dog Astro.

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# Join the Deer Run Seniors Group

## Every Thursday

Deer Run Community Centre  
2223 146 Ave SE  
Email [deerrunseniors@gmail.com](mailto:deerrunseniors@gmail.com)

### You Can Expect:

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



# Community Food Bank

At the Deer Run Community Centre

## Every Friday

**2223 146 Ave SE**

Doors open at 11:00 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  
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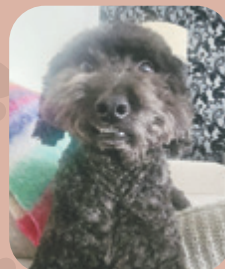
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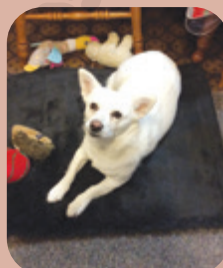
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Jack, Seton



Leo, Nolan Hill



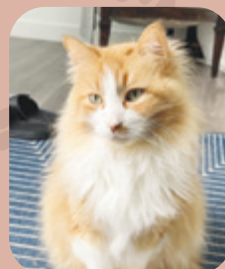
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# Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

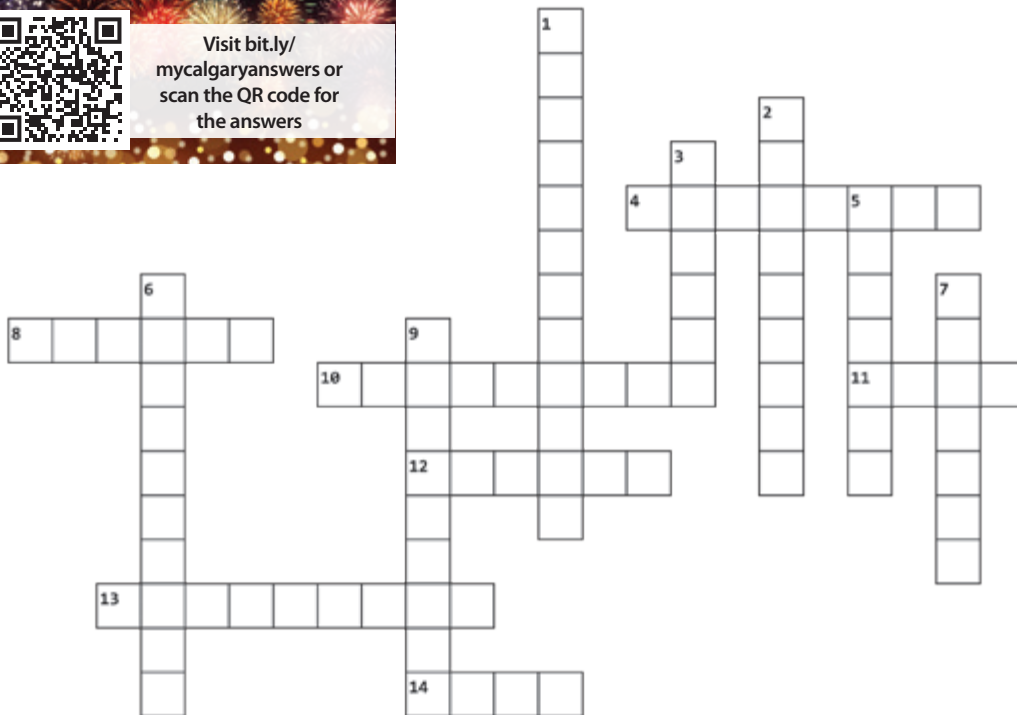
### Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.

# January Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers



## Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an \_\_\_\_\_ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

## Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World \_\_\_\_\_ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, \_\_\_\_\_ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in \_\_\_\_\_, Scotland.
6. The crime drama series, *The Sopranos*, starring James \_\_\_\_\_ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in \_\_\_\_\_, Alberta.
9. Jane Austen's romance novel *Pride and \_\_\_\_\_* was originally published on January 28, 1813.

# The Art of Finding Work: What if I Told You Ageism Doesn't Exist?

by Nick Kossovan



When you read the title of this column, where did your focus and mental energy immediately go?

What if, when job searching, instead of obsessing about all the things you can't control—biases, economic factors, the job market, employer's hiring process—you focused on what you can control, such as creating and maintaining a professional network, tailoring your resume and cover letter for each application, managing your digital footprint, and cultivating a positive mindset. Wouldn't this be a more effective approach to your job search?

Every job seeker I encounter seems fixated on what they can't control. LinkedIn has become an echo chamber

of pity, dominated by posts vilifying employers, giving unsolicited advice to employers who'll never read it, and venting about ageism, being overqualified, or ghosting. Participating in these discussions doesn't reflect well on you when employers check your profile to evaluate whether you're interview-worthy.

You're likely familiar with the quote attributed to theologian Reinhold Niebuhr: "Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." This emphasizes the importance of accepting situations you can't change and directing your energy towards what you can influence.

### **As a job seeker, you can't control:**

**Someone's Biases:** Do yourself a favour; stop trying to control the beliefs and behaviours of other people. Whether it's age, ethnicity, or any other characteristic, you can't change how someone perceives (read: interprets) you. Biases are a fact of life, and dwelling on them only drains energy.

**Speaking of biases:** Why do people fail to recognize their own biases but see them in others?

**The Economy and the Job Market:** Yes, economic downturns, market fluctuations, industry trends, government policies, and global events contribute to the job market landscape, but you have no influence over them. My advice is to say to yourself, "It is what it is," and turn your attention elsewhere.

**The Hiring Process:** Employers own their hiring process. You can't control how an employer structures their hiring process, accesses candidates, or how long they take to make a decision. Since no two employers hire the same way, job searching is unpredictable, leading to frustration if you let it dominate your mindset.

I often see the unpredictability of hiring; what one employer views as a positive might be seen as a negative by another. For example, hiring manager A might determine, based on the level of your previous job and/or your age, that you're overqualified and, therefore, will soon become bored and leave. Conversely, hiring manager B might perceive you as a potential role model for younger employees, in addition to bringing a wealth of knowledge and experience.

**Subjective perception,** the basis for creating bias, plays a crucial role in hiring decisions.

**Company Culture:** You're either a fit or you're not. Trying to contort yourself in hopes of appearing to be someone who'll "fit in" is pointless. If you get the job but can't be yourself, you won't be happy. Hiring managers know their company's culture much better than you, especially its nuances; hence, trust them if they determine you won't be a good fit.

**Past Experiences:** What's done is done. If there's anything to learn from a mistake, do so and move on. Dwelling in the past only creates unnecessary anxiety.

### **As a job seeker, you can control:**

**Creating and Maintaining a Professional Network:** Your professional network is your lifeline in terms of job search and career advancement; thus, it's the most influential factor in your job search. Given that the correlation between networking and job search success is common knowledge, you undoubtedly know the primary benefit of networking is access to unadvertised opportunities.

I highly recommend reading *Never Eat Alone* by Keith Ferrazzi.

**Tailoring Your Resume and Cover Letter:** Each job application should feel personalized, highlighting your skills and experiences that directly relate to the position you're pursuing. "I applied to over 700 jobs in three months" isn't a flex. As far as job searching is concerned, submitting two quality applications daily is significantly better than the 'spray and pray' method that most job seekers resort to.

**Your Digital Footprint:** Be mindful of your online presence. Your social media activity reflects your professionalism. A messy digital footprint is a red flag to employers, just as not having one makes you appear out of touch.

**Practicing Interview Skills:** The best hack I know for honing your interview skills is to have more conversations with family, friends, acquaintances, and strangers and ask more open-ended questions ("How did you spend this past weekend?" "What made you decide to become an accountant?" "What's your go-to restaurant?"). The more comfortable you become having conversations, the better you'll perform in interviews, which are essentially a conversation.

**Maintaining a Positive Mindset:** Your attitude impacts your job search. Control your mindset by practicing mindfulness and gratitude. Focus on what you can achieve, not on what you believe is holding you back.

Another book recommendation: *Rewire Your Mindset: Own Your Thinking, Control Your Actions, Change Your Life!* by Brian Keane.

As in life, what you focus on determines where your energy goes; therefore, choose your focus wisely.

# FRIENDS *of* Fish Creek

## It's a Great Time to Start Thinking About Your Native Plant Gardens!

There's nothing like a chilly January to make you look forward to spring. Something we like to do when winter seems to drag on is to start planning our gardens, and at the Friends, that means starting seeds for a ton of different native plants! If you're interested in starting your own native plants from seed, there are a lot of species that are beginner-friendly, even if you don't have any experience growing plants from seeds at all. We're highlighting two species that are easy to get started with and how you can germinate and grow them this winter!

Did you know that the Friends have a native plant growing program called 'Grow with Us' that also acts as a native species seed bank? Learn more and sign up at [friendsoffishcreek.org/grow-with-us/](http://friendsoffishcreek.org/grow-with-us/).



### Plant 1: Smooth Blue Aster

These beautiful blue flowers are a cheery addition to any garden, plus, they support native pollinators and insects. Easy to germinate and grow, you could easily see the plants flower their first year when grown from seed, and they may even produce seed to harvest the first season too!

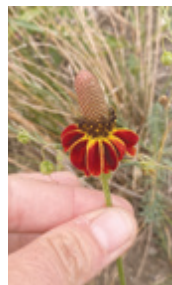
To grow this native species, sprinkle seeds on top of a pot of soil at least 6" deep then cover with a handful of soil, about ½ cm. Lightly press down on the top layer of soil and then mist the top of the soil with a sprayer to moisten the seeds and begin the germination process. Germination can take up to a few weeks, so check back often to make sure the soil (and most importantly, the seeds) is still damp.



### Plant 2: Prairie Coneflower

The prairie coneflower is a classic native species that often comes to mind when we think of the word "wildflower". It can be found growing all across the North American Great Plains North America, so why not bring the sunny yellow hues of this native plant to your garden bed?

To grow prairie coneflower from seed, you'll start by "cold stratifying" the seed. This means putting seeds outside in cold weather, or in the fridge in a moist substrate (like sand or paper towel) for a few weeks to a month. Then, plant seeds in sandy, well-draining soil in a pot at least 6" deep and water daily until germination. From there, you can move your seedlings outside or gradually transition them by bringing them outside for increasing durations during the day in April or May.



Wondering where to get seeds for native species? Sign up for our 'Grow with Us' program for smooth blue aster seeds, prairie coneflower seeds, and more. Plus, be a part of our circular seed economy and increasing species diversity in Fish Creek Provincial Park and beyond. You can find more information on our website.



## Asian-Style Chicken Noodle Soup

by Jennifer Puri



A comfort food ideal for cold weather, variations of chicken soup can be found in cuisines around the world.

Chicken soup is typically made with chicken broth and can include pasta, noodles, rice, dumplings, barley, leeks, celery, onions, carrots, matzo balls, and potatoes.

In some cultures, chicken soup is believed to have healing properties and is served to the sick and the elderly. Chicken soup is filled with protein and vitamins which can help boost immunity.

**Prep Time:** 20 minutes

**Cook Time:** 25 minutes

**Servings:** 3 to 4

### Ingredients:

- 1 lb boneless, skinless chicken breasts, cubed
- 2 green onions, finely sliced
- 3 heads of bok choy, quartered
- ½ red bell pepper, thinly sliced
- 2 carrots, thinly sliced
- 1 tsp. crushed garlic
- 2 tsp. crushed ginger
- 2 tsp. sodium reduced soya sauce
- 1 tbsp. olive oil
- 2 tbsp. rice vinegar

- 1 tsp. red chili flakes
- 6 cups sodium reduced chicken broth
- 1 cup water
- 4 oz. vermicelli noodles broken into thirds

### Directions

1. Heat the olive oil in a large pot, add the green onion and sauté for a couple of minutes.
2. Next add ginger, garlic, and chicken cubes and stir until chicken is no longer pink, about 2 to 3 minutes.
3. Add carrots, bok choy, and red bell pepper, and sauté for a couple of minutes.
4. Lastly add soya sauce, fish sauce, red chili flakes, stock, and a cup of water, and bring to a boil. Reduce heat and simmer for about 12 minutes or until chicken is tender. Add the broken noodles to the pan and simmer until the noodles soften, approximately two minutes.
5. Serve soup with green onion cake if desired.

Bon Appétit!



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Happy New Year! I hope your holiday season was filled with joy, peace, family, and friends.

Last fall's legislative session was busy. Bill 3: The Private Vocational Training Act, my first piece of legislation, was passed with unanimous support from all parties.

As Minister of Advanced Education, passage of this bill was an important milestone. Alberta's private career colleges play a vital role in training workers for in-demand jobs; however, the previous regulatory framework was no longer adequate for today's realities. Bill 3 modernizes the regulatory system, strengthens protections for students, and ensures programs remain aligned with the needs of our labour market.

I'm proud of the collaboration that made this possible. Students, institutions, employers, and partners across the province provided valuable feedback throughout the process. Their insights helped shape a stronger, more effective piece of legislation.

Thank you for your continued support. I look forward to building on this momentum as we keep expanding opportunities for Albertans and ensuring our post-secondary system remains responsive, innovative, and focused on results.

I look forward to continuing my work as your MLA in 2026.



**MP Calgary Midnapore**

**Stephanie Kusie**

204 – 279 Midpark Way SE

Calgary, AB T2X 1M2

☎ 403-225-3480 📠 403-255-3504

✉ [stephanie.kusie.c1@parl.gc.ca](mailto:stephanie.kusie.c1@parl.gc.ca)

🌐 [stephaniekusiemp.ca](http://stephaniekusiemp.ca)

Dear Constituents of Calgary Midnapore,

I hope your homes were filled with joy over the holidays and that you were able to rest and recharge.

Since returning home to the riding in mid-December, I've had the pleasure of attending several local events, including a special visit with the Mid-Sun Seniors group. I also hosted my annual Christmas Jingle and Mingle and constituent meetings.

Sadly, I continue to hear about how the high cost of living is negatively impacting constituents of all ages. Whether it's being able to afford groceries or the pay rent/mortgage, Canadians are struggling. Many of you have also expressed deep concerns about Bills C-2 (Strong Borders Act), C-8 (An Act respecting cyber security), and C-9 (Combating Hate Act). Conservatives agree and have been working hard to ensure these Bills are amended to protect your privacy and individual freedoms. You can follow the progress of all legislation before the House of Commons and the Senate online at [www.parl.ca/legisinfo](http://www.parl.ca/legisinfo).

Parliament resumes in late January and as Shadow Minister for the Treasury Board, I will continue to hold the Liberal government's feet to the fire at Public Accounts Committee. According to the Canadian Taxpayers Federation, a baby born today already owes Ottawa \$32,000. The government must stop borrowing money and start making it. Alberta's energy industry, if unleashed, would be key in generating the revenue Canada so desperately needs. Time will tell whether the Prime Minister will remove the Liberal legislation that has landlocked our resource industry and chased away investment for over a decade.

I sincerely hope that this new year brings with it a fresh mindset and renewed optimism for one and all. Please keep in touch and stay updated on my work by following me on social media and subscribing to my e-newsletter at [stephaniekusiemp.ca](http://stephaniekusiemp.ca).

Sincerely,

*Stephanie*

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