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THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER





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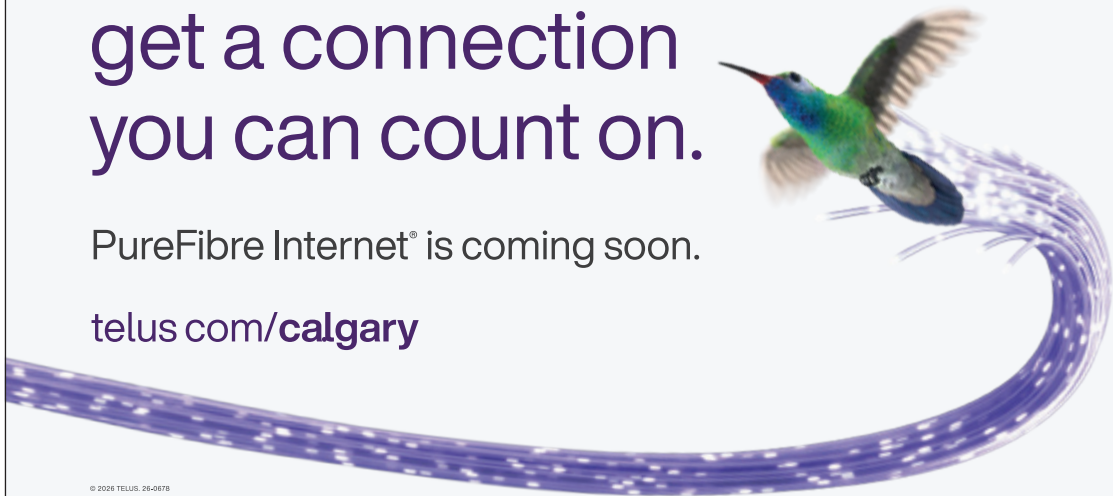
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Deer Run Community Association (DRCA)

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
Past President	Mike Isakeit
Vice President	Wendy Harness
Treasurer	Lisa Caldwell
Secretary	Jayleen Dickenscheid
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Deer Run Community Centre

2223 - 146 Ave SE Calgary, AB, T2J 6P8
Phone: 403-278-3117 Fax: 403-278-4961
Email: info@deerruncalgary.com

Centre Hours (subject to change)
Monday to Friday, 9:00 am to 9:00 pm
Saturday, 9:00 am to 5:00 pm
Sunday, 9:30 am to 3:00 pm

Key Staff
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.

Are you a maker or have something creative to sell?
come be a vendor at our

4th annual

Deer Run

CHRISTMAS MARKET

DECEMBER 5TH 10AM-4PM

email: deerrunchristmasmarket@gmail.com
If you are interested

$30 A TABLE FOR MEMBERS

Deer Run Community Association
2223 146th Avenue SE
Calgary, AB T2J 6P8

$35 A TABLE FOR NON-MEMBERS

LOTS OF FUN EXTRAS LIKE
HOT CHOCOLATE, FIRE PITS, SANTA'S ELVES TO HELP THE LITTLE SHOPPERS , PICTURES WITH SANTA, AND MORE!



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.

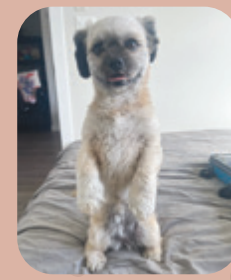
New! Country Line Dancing
Wednesdays, 1:30 to 2:30 pm.
Line dancing is fun for everyone. No partner required. It's good exercise, lots of fun, and a great social outing.
Email: gwen_ncld@outlook.com, gwen_newell@yahoo.ca.

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!

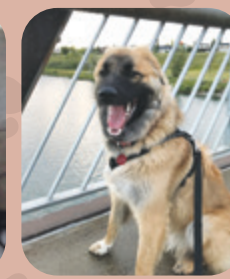
Fitness with Nola
Thursdays, from 7:00 to 8:00 pm in the Deer Run Community Centre.
Join Nola for a fun, energetic, full body, and non-competitive workout each week. No commitment required, drop ins welcome.

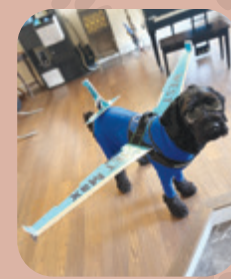
Cats, Canines, & Critters of Calgary

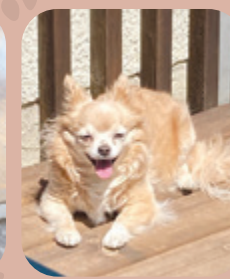

Bean, *Seton*


Coco, *New Brighton*


Ember, *Seton*


Kato, *McKenzie Lake*


Max, *Signal Hill*


Teasha, *Huntington Hills*


Whiskers, *Oakridge*


Zeke, *Seton*

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SCAN HERE TO VIEW ADDITIONAL DEER RUN CONTENT

News, Events, & More	Crime Statistics	Real Estate Statistics

A Bloom You Can Brew



Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.



Community Cleanup

Our 16th Annual DRCA Community Cleanup which took place on September 26, was another successful event! Our community collected 14,315 kg (3,1559.17 lbs) in waste which went to the landfill. 2.386 tons of electronics were sent for recycling, and we filled 2 bins of scrap metal! Diverting all of this from the landfill and going to recycling really helps!

First and foremost, I would like to say thank you to all of our hardworking volunteers from the community and our DRCA Board Members and their families and friends who sacrificed their time and hard work that day! We always need volunteers and they help make these events possible! Once again, Thank You!

I would also like to thank our sponsors, including McDonald's (13780 Bow Bottom Tr. SE) for providing coffee and breakfast, our MLA Myles McDougall for Calgary-Fish Creek for providing Subway lunch for our volunteers! I would also like to thank Telus for providing Safety Vests for the volunteers! These contributions go a very long way to help our volunteers and to encourage volunteers to sign up for future events!

I would also like to say thank you to our MP Stephanie Kusie Calgary Midnapore, and our Ward 14 City Councillor Landon Johnston for attending!

Once again, thank you to all who helped out and participated to make this event a success! I look forward to working with you at next years Community Cleanup to make it another success!

Sincerely,

Donovan Harris

DRCA Director At Large




DEER RUN
COMMUNITY
Stronger Together
DEER RUN COMMUNITY
JOIN US AT THE DRCA
ANNUAL GENERAL MEETING
(AGM)
NOVEMBER 25, 2026
DOORS OPEN AT
6:30 PM
MEETING STARTS AT
7:00 PM
DEER RUN COMMUNITY CENTER
Come be part of it!
Review the DRCA Annual Report & Financial Statements
Meet and vote new Board Directors
Volunteer as a Board Director or join a committee.
Celebrate what we've accomplished together this year.
Connect with neighbours and enjoy refreshments.
Your community. Your voice. Our future.

Double Baked Sweet Potato Casserole

by S. Law



As fall approaches, I find myself spending more and more time in the kitchen. As such, there are always a few new recipes I end up trying before winter hits. The most recent would be this recipe for a double baked sweet potato casserole requested to me by a friend. Full of warm spices and the perfect balance between sweet and savoury, this dish is sure to be a crowd pleaser at your next family gathering.

Ingredients

- 5 to 7 medium sweet potatoes
- 1/4 cup butter, cut into small cubes
- 1 egg
- 1/2 tbsp cinnamon
- ½ tbsp nutmeg
- 3 tbsps maple syrup
- ½ tbsp ground cloves
- ½ tbsp ground ginger
- Salt to taste
- 2 cups mini marshmallows (optional)

Directions

1. Begin by peeling and roughly chopping your sweet potatoes. Boil them in a large pot until they are soft enough to mash.
2. Drain the chunks and add them into a glass casserole dish with your butter and egg.
3. Mash the chucks while evenly incorporating the other ingredients. You want everything to be mixed in with no large clumps.
4. Add all your spices and incorporate fully.
5. Put the dish in a 450° F oven and cook for about 35 minutes, or until the top begins to brown slightly.
6. In the last 15 minutes, if you would like to cover the top in mini marshmallows, and place the entire thing back in the over, it does add a little extra sweetness, but it isn't required.
7. Once it's cooked, serve warm and enjoy with family and friends.

November Crossword



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

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.

7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.

8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.

10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.

11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.

12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.

2. Remembrance Day is celebrated in Canada on what day of November?

3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found inmany parts of Alberta, including Calgary parking lots.

4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.

5. Toni _____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *"The Sixth Sense, Little Miss Sunshine, and Knives Out"*.

9. These small brown nuts come from oak trees and have a distinct cup shape.

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Councillor, Ward 14
Landon Johnston
ward14@calgary.ca
403-268-2430
@LandonForWard14
@Ward14LandonJohnston

We're excited to announce that the new Ward 14 website is now live!

Visit Ward14YYC.ca to stay connected, informed, and involved in your community. The site features a calendar of upcoming events across Ward 14, opportunities to share your input on upcoming Council motions, and interactive polls and surveys to help shape local priorities.

Residents can also report community concerns that may require follow-up after a 311 submission, stay up to date on community achievements and local wins, and access helpful information and resources all in one place.

One of my priorities as your Councillor is making it easier for residents to stay informed and have their voices heard. This website is a new way for us to connect, share updates, gather feedback, and celebrate the great things happening across Ward 14.

Contact Our Office

General inquiries | Ward14@calgary.ca

Community information and events | CLWard14@calgary.ca



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

As the Fall Session begins in the Legislative Assembly, my time in Edmonton has given me an opportunity to reflect on the wonderful community in Calgary, Fish Creek. I look forward to returning to the constituency during the week of November 9 through the 13 for Constituency Week and reconnecting with residents. In particular, I hope to spend time meeting with seniors and visiting as many seniors' residences and care facilities as possible.

Remembrance Day is a time for Canadians to come together in gratitude and reflection. We honor the courage, sacrifice, and service of our veterans, Canadian Armed Forces members, and military families who have helped protect the freedoms we enjoy today. As we wear the poppy and observe a moment of silence on November 11, we remember those who gave so much in service to our country and reaffirm our commitment to peace, respect, and remembrance.

November is also Men's Mental Health Awareness Month, an important opportunity to raise awareness and encourage meaningful conversations about mental health. I would like to share several confidential resources available to those who may be struggling or seeking support. The Suicide Crisis Helpline is available 24 hours a day, seven days a week by calling or texting 9-8-8. Men& is another valuable resource, it is a Canadian based organization that provides counselling, programs, and support to men of all ages across the country. More information can be found at menand.ca.

As always, please do not hesitate to contact my constituency office to arrange a meeting or discuss any questions, concerns, or ideas you may have.

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