

OCTOBER 2026

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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
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.

THE DEER RUN COMMUNITY CENTER

PAINT & SIP EVENT!

Sip, paint & flow

OCTOBER 3RD, 2026
2PM-4:30PM

APPETIZERS & DRINKS SERVED FROM 2-2:30PM

Event Highlights:

- Step-by-step painting guided by local artist Corey Baskin with Paint It!
- All art supplies included
- Complimentary beverages (alcoholic and non-alcoholic) & light snacks
- Take home your very own masterpiece

\$50 for DRCA MEMBERS

\$60 for NON-MEMBERS

***PRICE INCLUDES ALL MATERIALS
AND FOOD & BEVERAGE****

***See the front desk of the Community Center
or contact Ashley to RSVP:***

ashley@deerruncalgary.com

COMMUNITY PROGRAMS

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: vanreenenchriss8@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_ncl@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.

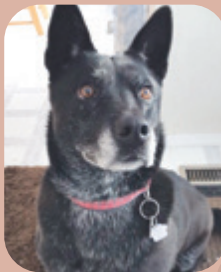
Great for beginners!

Fitness with Nola

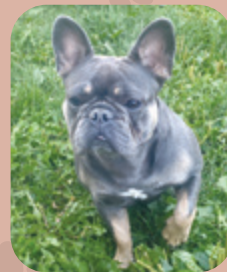
Thursdays, from 7:00 to 8:00 pm in the Deer Run Community Centre.

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



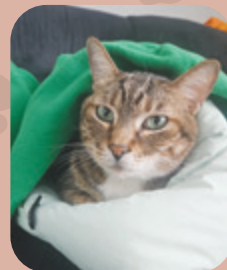
Bella, Tuscany



Cici, Ranchlands



Kiwi, McKenzie Lake



Lun, West Springs



Merlin, Acadia



Peaches, Tuscany



Rosie, Walden



Zeus, Evanston

To have your pet featured, email news@mycalgary.com

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COMMUNITY ASSOCIATION

SCAN HERE TO VIEW ADDITIONAL DEER RUN CONTENT

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



Joke of the Month

*How do you repair a
broken jack-o'-lantern?*

Use a pumpkin patch!



Are you a maker or have something creative to sell?
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4th annual

Deer Run

CHRISTMAS MARKET

DECEMBER 5TH 10AM-4PM

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A TABLE
FOR
MEMBERS

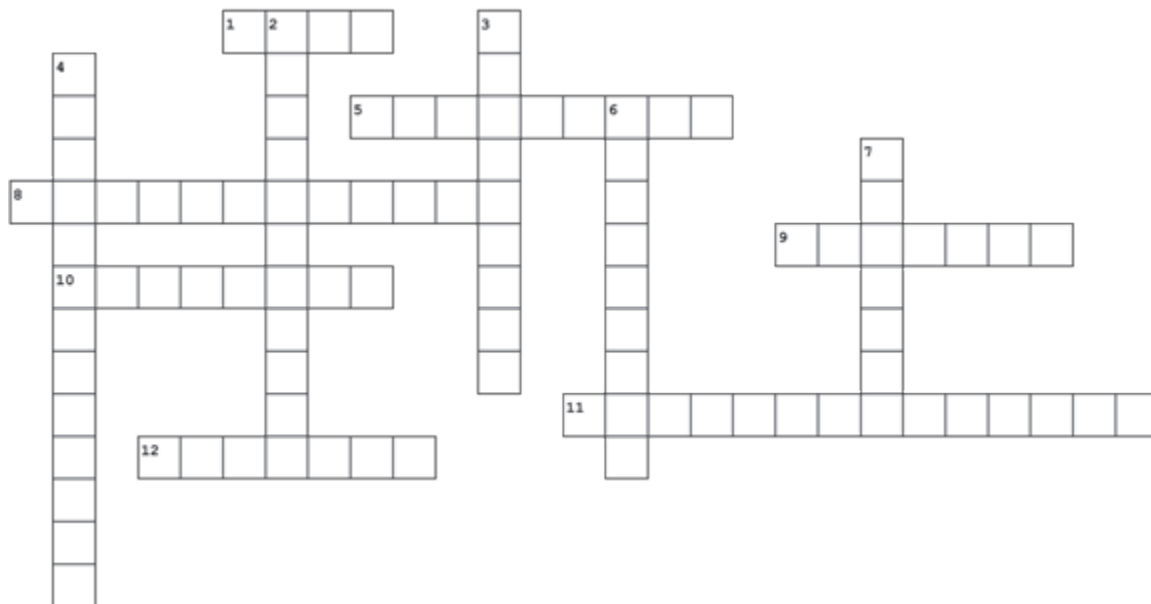
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\$35
A TABLE
FOR
NON-
MEMBERS

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



October Crossword



Across

1. Known as October's birth stone, this iridescent gem is sometimes worn by artists to inspire creativity.
5. These tall, friendly faces are full of straw and often seen in the middle of corn fields.
8. Celebrated this year on October 12, this holiday encourages generosity, connection, and the consumption of a delicious meal.
9. This large orange squash is traditionally carved the night before Halloween
10. Twists and turns; this fall activity is generally held in large fields of a certain tall grain.
11. This Oscar-winning actress was the "final girl" in the classic horror movie series, *Halloween*.
12. Known as the Greek Goddess of harvest, she is the mother to Persephone.

Down

2. Bright red and sour, the seeds of this fruit were consumed by Persephone in Greek myths.
3. These bright yellow and red flowers are the birth flowers of October, representing joy, warmth, and remembrance.
4. Horace Walpole's *The Castle of Otranto*, published in 1764, is most famously known as the first novel of this literary genre.
6. "In Rainbows" an album released October 10, 2007, was the seventh studio album for this alternative rock band.
7. This monster has a variety of features but is most often depicted with long fangs and red eyes.



Healthy Relationship for our Children

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



How Does My Relationship with My Partner Affect My Children?

Children learn about relationships long before they begin having relationships of their own. They watch how their parents speak to one another, handle disagreements, show affection, repair hurts, and navigate life's challenges. The relationship between parents becomes one of the first models children have for understanding what love, safety, trust, and partnership look like.

A healthy marriage does not mean a marriage without conflict. In fact, children can benefit from seeing that disagreements are a normal part of relationships when those disagreements are handled with respect and ultimately repaired.

Children Feel Safer When Their Parents' Relationship Feels Secure

A strong parental relationship can provide children with an important emotional foundation. When children

experience their parents as a team who care about one another and are committed to working through difficulties, they are more likely to experience their family as a safe and predictable place.

This sense of security gives children room to focus on the important work of childhood: learning, exploring, developing friendships, making mistakes, and discovering who they are.

Children Learn How Healthy Relationships Work

Children are constantly observing. They notice whether parents listen to each other, express appreciation, apologize when they are wrong, and respect one another's boundaries.

When parents demonstrate healthy communication, children learn that it is possible to express difficult feelings without attacking or humiliating another person. They learn that differences do not have to

threaten a relationship and that problems can be discussed and resolved.

These lessons become part of their developing understanding of relationships.

Children Learn Resilience by Watching Parents' Repair

One of the most powerful lessons parents can provide is not perfection, it is repair.

Parents will sometimes become frustrated, misunderstand each other, or say something they wish they had said differently. When children see their parents take responsibility, apologize, listen, and reconnect, they learn an important message: relationships can experience difficulty without falling apart.

This is a foundation for resilience.

Children begin to understand that mistakes are not necessarily disasters, conflict can be managed, and difficult emotions can be worked through.

A Healthy Relationship Creates Emotional Space for Parenting

When parents feel connected and supported by one another, they often have greater emotional resources available for their children. A strong partnership can make it easier to share parenting responsibilities, problem-solve together, and support one another through the inevitable stresses of raising a family.

This doesn't mean parents must agree on everything. Healthy couples can have different perspectives while still communicating respect and presenting a united commitment to their children's wellbeing.

Children Don't Need Perfect Parents

Perhaps most importantly, children don't need a perfect marriage. They need parents who are willing to keep learning, growing, communicating, and repairing.

A healthy relationship between parents can teach children that love is not simply about getting along when everything is easy. It is about showing up, listening, taking responsibility, extending compassion, and finding your way back to one another after difficult moments.

When parents invest in the health of their relationship, they are not only strengthening their marriage, they are helping their children develop the emotional security, relationship skills, and resilience they will carry into the rest of their lives.



Two Rivers Flow Through Calgary

by Garth Paul Ukrainetz

Two rivers flow through Calgary
Two rivers we all know
Their source the Rocky Mountains
The Elbow and the Bow

They join at St. Pat's Island
Circle famous Calgary Zoo
Then continue on together
Through Alberta, blue and true

They wind along the prairies
Forge the soul of western plains
Brave the ice and snow of winter
Dance with spring and summer rains

Round each bend their water swirling
Past each field and farmer's plow
Until meeting with the Old Man
South Saskatchewan River now

Then on to Manitoba
Through Lake Winnipeg, still flow
Up the Nelson River northward
Into Hudson Bay they go

Yes, two rivers flow through Calgary
On their way to endless sea
Growing, changing on their journey
Just like you and just like me

Thankfulness in the Everyday

by Rebecca Pink



October invites us to think about gratitude and all the things that we are grateful for. It can be meaningful to pause and reflect on the moments that stay with us, and become a part of us. So often, they aren't the big, planned out moments, or the stuff you have accumulated over time. Have you ever noticed that some of the moments you're most grateful for, are often the simplest, most spontaneous, or most genuine ones?

Sometimes, what stays with us is the feeling of an experience more than the experience itself. The laughter, the unexpected conversation, a great meal together, and in my house, the beautiful messiness of everyday life. These are the memories that stay with us, not because they were perfect, but because they were lived. They become the treasures that never gather dust, quietly weaving themselves into our stories.

The challenge is that when we're busy, overwhelmed, or anxious, our attention can so easily move toward what's next. We anticipate, plan, problem-solve, and manage, sometimes leaving less room to notice what is happening right in front of us. We can spend so much time anticipating

the future, or reliving the past, that we can miss what is happening right in front of us. There is nothing unusual about this; our minds are simply trying to keep up with the demands of life.

Being present doesn't always come naturally; it takes intention. Sometimes it is as simple as putting down the phone, taking a deep breath, looking around, and allowing ourselves to actually take in what is happening. This may be part of the experience of thankfulness, too. Not simply identifying what we appreciate but being present enough to experience it.

As thanksgiving approaches, maybe we don't need to search for something extraordinary to be grateful for. Maybe we simply need to slow down enough to notice what is already here.

An ordinary moment can become a lasting memory, one that still makes you smile years later and brings you back to the people and the experiences that matter most. Looking back, those are often the moments I feel most thankful for. Happy Thanksgiving and Happy Spooky Season!



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As October arrives, our community is once again surrounded by the colours of autumn and the familiar rhythms of a new season. For many families, this month brings Thanksgiving gatherings, school activities, harvest celebrations, and opportunities to spend time with loved ones before winter arrives.

Thanksgiving is an important reminder to reflect on the people and organizations that make our communities strong. I am continually inspired by the volunteers who dedicate their time to local charities, youth sports, cultural organizations, seniors' programs, and community events. Their contributions often take place behind the scenes, but their impact is felt every day by neighbours across our constituency.

October is also a time when many local organizations begin preparing for the colder months ahead. Food banks, shelters, and community support agencies, often experience increased demand during this season. As we celebrate Thanksgiving, I encourage those who are able to consider supporting these organizations through donations, volunteer work, or simple acts of kindness. Even small contributions can make a meaningful difference in someone's life.

As your MLA, I remain committed to hearing directly from you about the issues that matter most. Whether your concerns involve health care, education, transportation, affordability, public safety, or provincial services, your feedback helps inform my work and advocacy on your behalf. With the fall sitting of the Alberta Legislature set to begin on October 27, I look forward to bringing the priorities and concerns of our community back to Edmonton as work resumes on provincial legislation and policy. My constituency office is always available to help connect residents with government programs and services and to assist in resolving concerns whenever possible.

As we gather with family and friends this Thanksgiving season, let us take a moment to appreciate the people who support us, the communities we call home, and the shared values of kindness, generosity, and neighbourliness that bring us together.

Myles McDougall

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Winged Creatures

Did you know that bats are the only mammal that can fly? This is possible because of their elongated finger bones and thin skin that stretches across their bodies creating a wing.



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