

SEPTEMBER 2026

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THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



*Fall Garden by Syed Adeel Hussain*



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## Joke of the Month

Why are writers always  
so cold?

They are always  
surrounded by drafts.



# 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

|                |                      |
|----------------|----------------------|
| 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 |



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We're also online at [www.deerruncalgary.com](http://www.deerruncalgary.com)

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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

Front Desk 403-278-3117

Centre Manager Rob Garnett 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](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.

# **FREE**

*16th Annual Cleanup and Waste Disposal*

*Saturday, September 26, 2026*

*9:00am to 1:00pm SHARP!*

***MUST BE IN LINEUP BY 1:00PM!***

***NO LATE ENTRIES!***

*Deer Run Community Center 2223 – 146 Ave SE*

## ***Items Accepted:***

*Household and Construction Waste, Metal, Appliances,  
Electronics, BBQ's, Bikes, Car Batteries ONLY,  
Propane tanks (Disposal fee charged, 0 to 19 Lbs \$2,  
20 Lbs and over \$5, Cash Only)*

*No Organics Truck (IE. tree cuttings, compost, etc will not be  
taken)*

Items not accepted: Tires, Household Chemicals, Liquids, Oils, Paint, Freon Appliances,  
Glass, Garden waste. NO Recyclables. NO Commercial Waste.

**Volunteers needed for this to run smoothly so we can repeat again next year!**

Please call the Center to volunteer (403) 278-3117 or

Please visit our website at [www.deerruncalgary.com](http://www.deerruncalgary.com) to sign up online

This event is FREE, but purchase of your DRCA Membership is appreciated!

Donations are appreciated and help support events like this one.

Directions: Approach from West on 146<sup>th</sup> AVE- Line up to right curb. RIGHT Turn  
only into parking lot and NO Left turn leaving.

Gate Marshals will be present to provide directions and assistance.

## 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](http://www.calgarywadokai.com).

#### Genbukan Daigo Dojo

Mondays and Wednesdays, 7:00 to 8:30 pm.

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[www.genbukan.black](http://www.genbukan.black).

#### 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).

#### 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\\_nclld@outlook.com](mailto:gwen_nclld@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: [hislop@shaw.ca](mailto:hislop@shaw.ca), 403-585-9045.

Alena: [alenatul@hotmail.com](mailto:alenatul@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.

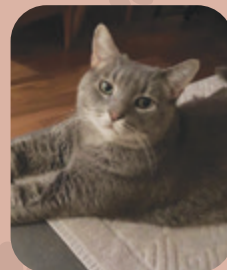
Great for beginners!



### Cats, Canines, & Critters of Calgary



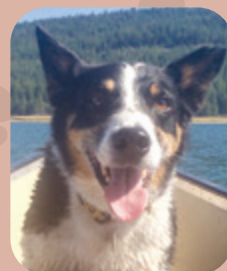
Chet, Auburn Bay



Chet, Erlton



Georgia Bell, Auburn Bay



Jack, Dalhousie



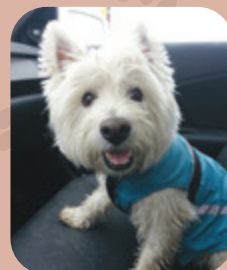
Pete, Rosemont



Rear Admiral Zao,  
Crescent Heights



Theodore, Cranston



Tokio, Crescent Heights

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

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## SCAN HERE TO VIEW ADDITIONAL DEER RUN CONTENT

News, Events,  
& More



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Statistics



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Statistics



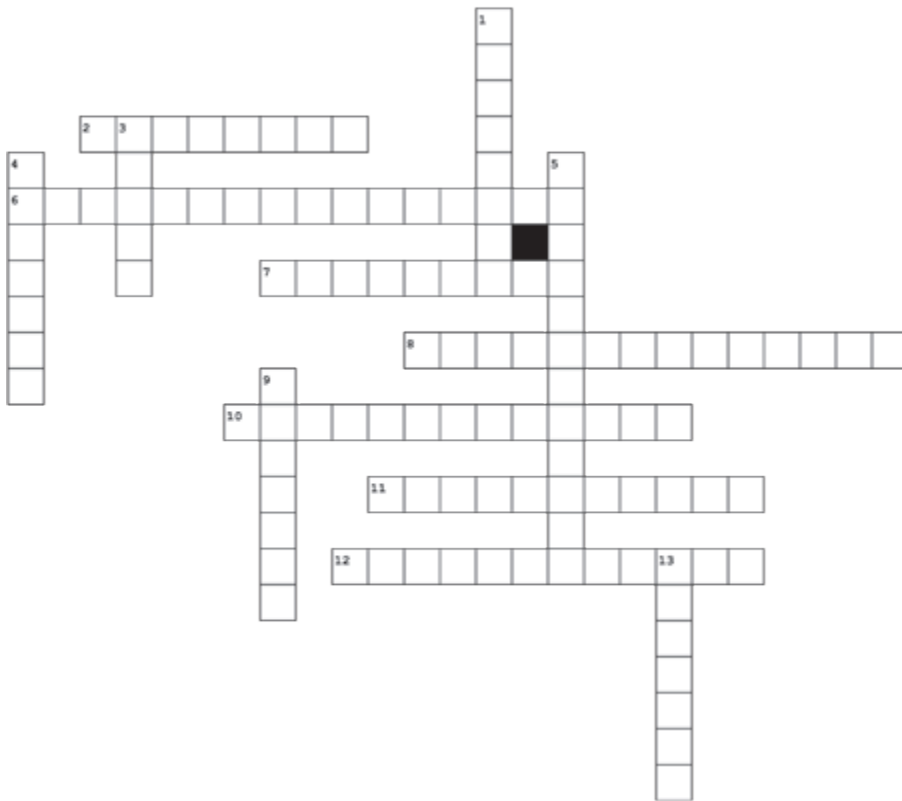
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# September Crossword



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

## Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

## Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."

# Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play—road safety is a shared responsibility.

### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### Around School Buses

- Flashing amber lights mean a bus is slowing down to stop—motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights—unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert

and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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SCAN ME

## A Small Act of Kindness Can Change a Day

by Rebecca Pink, Registered Provisional Psychologist

Kindness may seem like a simple gesture, but I believe that it's one of the most powerful things we can offer another human being and ourselves.

We live in a world that moves quickly. We are often rushing from one responsibility to the next, reacting instead of pausing, making assumptions instead of asking questions. It's easy to forget that every person we encounter is carrying a story that we know nothing about.

The person that seems impatient may be overwhelmed. The friend who's been quiet may be grieving or dealing with things privately. The parent who appears distracted may be carrying worries they haven't shared with anyone. Even the people who seem to have it together may be quietly fighting battles no one else can see. The truth is that we are all living complex realities. That is why kindness matters so much.

Kindness isn't about having the perfect words or fixing someone else's problems. Sometimes it's a smile, a little extra patience, a warm greeting, a great big hug, or choosing compassion over criticism. Sometimes it's simply giving someone the benefit of the doubt and being open to their perspective and being aware of subjective realities. Perhaps the person who needs that kindness today is you.

We can be incredibly generous with others while being our harshest critic. What if we extended ourselves the same grace we so willingly offer those we love, respect, and care for? Imagine what could happen if each of us choose kindness first. Every person is carrying a story and lived experiences that we may never fully understand. We may not know what someone else is carrying, but we can always decide how we show up. Kindness, no matter how small, has a way of reaching further than we realize. Sometimes the smallest moments of compassion are the ones that stay with us the longest.

Take good care.

## Glover's Silkmoth—*Hyalophora gloveri*

by Kristina Quapp



The Glover's silkmoth belongs to the giant silk moth family, Saturniidae. These moths are quite large with a wingspan ranging from 80 to 100 mm, making it one of the largest moth species native to North America. It's commonly found in the Rocky Mountain states, western parts of the northern Great Plains, and Canadian prairie provinces.



Glover's silkmoth starts life as an egg for about one to two weeks. After hatching, the larva grows into a plump, yellow-green caterpillar, notable for its colourful red and yellow bumps that are tipped with small black spikes. In this stage, they can reach up to three to four inches in length. Their primary focus during these six to eight weeks of life is eating. These green critters must gather massive amounts of protein and energy to fuel their metamorphosis, often increasing their body mass thousands of times! Their primary diet includes trees and shrubs such as willows, chokecherry, silverberry, wild roses, and buffalo berry.

Once fully grown, the caterpillar spins a tight, silk cocoon on the twigs of its host plant. It remains in this stage for winter, and into the following spring, lasting about ten months in total. The Glover's silkmoth will emerge in early to mid-summer. Unlike its caterpillar counterpart, once the moth metamorphosizes it does not eat. Nor does it have a functioning mouth! These adult silkmoths only live for one to two weeks, with their sole purpose being to find a mate and lay eggs. While the population status of this moth is stable, given its short lifespan they aren't commonly seen. Though, spotting a moth is widely considered a sign of good luck and positive transformation! So, keep your eyes peeled as the warm weather begins to taper in and around Calgary.

### September's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

Write about a relatively new social trend that you appreciate.

Dear reader,

Social trends are ever-changing, and many are for the better. One shift in particular is near and dear to my heart: the increasing value our society places on pets.

From the moment I could speak, I began asking for a pet dog. Every single Christmas I placed "dog" at the top of my wish list. The significant pressure I put on both Santa and my parents was to no avail; my parents were not "dog people".

Over three decades later, that yearning for a four-legged, furry friend had never faded. In early 2020, my family began fostering dogs from a local shelter as a "test run" to see if we could handle the responsibility. We quickly realized we could. Each time a foster dog went to their forever home, I grieved their absence. The extra work felt worth it. We were ready.

When the world slowed down in the spring of 2020, a combination of isolation and extra time made the decision to officially adopt our own dog quite easy. We weren't alone; statistics showed that an unprecedented number of Canadians brought a pet into their homes during that time. It drastically accelerated a shift towards celebrating the creatures that provide us with companionship and unconditional love.

Today, society is becoming a friendlier place for pet owners. I've noticed the City of Calgary has become exceptionally welcoming to dogs. New communities are intentionally designed with dog parks, and many outdoor patios welcome our furry friends. We even have a cat café downtown and puppy yoga throughout the city.

Our pandemic puppy, Luna, is six years old this year. She was the piece our family didn't know we were missing until she arrived and made us feel complete. She was worth the wait.

Happy writing,

Michelle

*Write It Forward*



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



# Apple Crisp

by S. Law



If you have had the chance to stop by your local Farmers' Market, I'm sure you've seen an abundance of apples. What better way to deal with such an overhaul then by making something delicious. Personally, my favourite way of using fresh apples is making apple crisp. It's easy, requires almost no tools, and is always a hit. If you've got some apples to spare, why not give it a try!

### Ingredients

#### Filling:

- 2 cups of apples, sliced or chopped
- ½ cup of white sugar
- 2 tablespoons of cinnamon
- 1 teaspoon of nutmeg

#### Base/Topping:

- 1½ cups of rolled oats
- 1 cup of flour
- ¼ cup of brown sugar
- ½ cup of butter or margarine
- 1 teaspoon of salt

### Directions

1. Preheat your oven to 425°F degrees and prepare a 9 x 9-inch baking pan.
2. Begin by washing and cutting your apples into thin

slices or small chunks. There is no need to peel them unless desired. Place all the apples in a bowl with your white sugar, cinnamon, and nutmeg. Massage everything together until your apples are well coated. If the mixture seems too dry you can add a teaspoon of lemon juice to add a bit more liquid.

3. In another bowl, combine your oats, flour, and salt.
4. Take your butter or margarine and tear it into chunks overtop of the mixture. Begin crumbling the butter between your fingers, turning the dry ingredients into a slightly wet mixture.
5. Press around 1/3 of the oat mixture into the bottom of your pan. Press very firmly to create a solid base.
6. Pour the apples into the pan and spread evenly.
7. Taking the remainder of your oat mixture, add the brown sugar and mix gently, do not fully combine, the lines of brown sugar are what caramelize on top of your crisp.
8. Add the rest of the oat mixture to the top of your crisp, it doesn't need to be pressed, just evenly distributed across the top.
9. Bake in the oven for 30 to 45 minutes until golden and bubbling. Remove it from the oven and let it rest for at least 20 minutes. Serve with vanilla ice cream, whipped cream, or anything else of your choosing!



**Councillor, Ward 14**  
**Landon Johnston**  
✉ ward14@calgary.ca  
☎ 403-268-2430  
f @LandonForWard14  
© @Ward14LandonJohnston

Hello neighbours,

Summer is in full swing, and there's plenty happening across Ward 14. I'm pleased to share that street sweeping was completed on schedule throughout our communities, helping keep our roads clean and safe. As always, if you spot a pothole or another roadway/sidewalk issue, please report it to 311 so crews can address it as quickly as possible.

I'm also proud to share that my Supercharged Sidewalks Notice of Motion was successfully passed by Council. At its core, this initiative is about safety—making it easier and safer for residents to walk to schools, parks, transit stops, and local destinations. Even better, work is already underway. It's exciting to see momentum behind a practical solution that will improve connectivity and help make Calgary's communities safer for everyone.

In the months ahead, you'll see more engagement opportunities and information related to the Calgary Plan. This is one of the most important discussions shaping Calgary's future, and I want to hear directly from residents before key decisions come to Council. Your feedback helps me better understand the priorities, concerns, and opportunities you see in our communities, and ensures I can be a strong voice for Ward 14 when these decisions are made.

#### **Contact Our Office**

General inquiries | Ward14@calgary.ca

Community information and events | CLWard14@calgary.ca

Following up on an issue? | CAWard14@calgary.ca



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

As summer begins to wind down and a new school year approaches, I want to extend my very best wishes to all students, teachers, educational support staff, and families in our community. I hope everyone has enjoyed a safe, relaxing, and memorable summer break and is returning refreshed and ready for the opportunities that a new year will bring.

One of the highlights of my summer was spending time in beautiful Fish Creek Provincial Park. Whether walking the trails, enjoying the natural scenery, or simply taking a moment to appreciate one of Alberta's greatest treasures, it was a wonderful reminder of how fortunate we are to live in such a vibrant and connected community. I regularly meet residents in the park, and those conversations always reinforce the importance of listening to and learning from the people I am privileged to represent.

The Legislature will not resume sitting until October, which means I will be spending the coming weeks here in the constituency. I always welcome the opportunity to hear from residents about the issues that matter most to them. Whether you have concerns, ideas, questions about provincial programs, or simply want to share your perspective, my office and I would be pleased to connect with you.



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**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](http://www.communitymediation.ca), 403-269-2707.

**GUTTER DOCTOR:** Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.



## Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit  
[gofund.me/31fdeef6f](https://gofund.me/31fdeef6f)

Any help is appreciated ♥



## Paws for Celebration!

September is Happy Cat Month! Did you know about 75% of dogs visit the vet annually for checkups and preventative care, while only about 40-50% of cats do? That's why the month of September is dedicated to celebrating and promoting the health and happiness of our feline friends!





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