

JULY 2025

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your **DEER RUN** villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



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Friday 9am - 4 pm

Saturday & Sunday 10am - 3 pm

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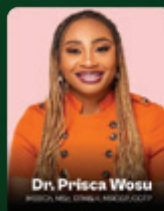
Address: DEER RIDGE FAMILY CLINIC

1156-137 Ave SE, Calgary, AB T2J 6T6

Phone: 403-271-5123 | **Fax:** 587-387-7206

Visit our website:

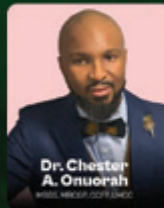
www.deerridgefamilyclinic.ca



Dr. Prisca Wosu



Dr. Gabriel Olaiya



Dr. Chester A. Onuorah



Dr. Ada Chukwu



Dr. Ini Obot



Dr. Opeyemi Famulusi

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 Todd Andre

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



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.

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Calendar of Events

Board Meeting	July 2
Park n' Play	July 7 to 11, 10:00 am at Deer Run School
Board Meeting	September 3
Board Meeting	October 1

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.



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No Yolk

Why don't eggs tell jokes?
They might crack up!





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

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: hislopl@shaw.ca, 403-585-9045

Alena: alenaatul@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!

Make friends here!

JOIN THE SENIORS CLUB

Thursday afternoons
12:45pm to 2:45pm
DRCA gym.

E-mail deerrunseniors@gmail.com
for weekly e-mails about what we
will be up to



**THE DEER RUN
SENIORS' GROUP
INVITES ANYONE 55+
TO JOIN IN, SOCIALIZE,
MAKE NEW FRIENDS,
OR REACQUAINT
YOURSELF WITH SOME
OLD ONES!**



There are tables set up for visiting, coffee/tea, and playing games. The group also meets for breakfasts, lunches, picnics in Fish Creek Park, and other special activities. We're a very inclusive and supportive group that takes each member's comfort level into consideration when planning events.

GAMES & PUZZLES

Guess the Canadian Legend!

1. This famous hockey player holds or shares 61 NHL records.
2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



**SCAN THE QR
CODE FOR THE
ANSWERS!**

Community Food Bank

Every Sunday at 11:00 AM – 12:30 PM

Food goes fast so get here early!

Groceries are available to anyone who needs them.
Boxes are provided by the volunteers. Families and
children are warmly welcomed!

Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

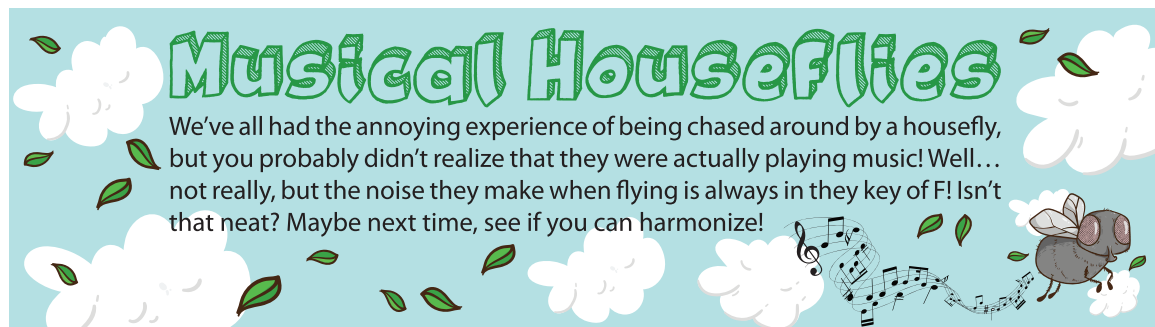
- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.



- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



JULY

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Jazzercise - 9:30 am Adult Volleyball - Evening Genbukan Daigo Dojo - 7:00 to 8:30 pm Svaroopaa Yoga with Alena - 7:00 to 8:30 pm	FLC Seniors Tai Chi - Morning Adult Volleyball - Evening South Calgary Wado Kai Karate - Beginners' classes, 6:15 to 7:15 pm Ki Aikido - 7:00 to 9:00 pm South Calgary Wado Kai Karate – Advanced classes, 7:15 to 8:30 pm	Jazzercise - 9:30 am Svaroopaa Yoga with Laurie - 9:30 to 11:00 am or with Heather, 7:15 to 8:45 pm Country Line Dancing - 1:30 to 2:30 pm Adult Volleyball - Evening Yoga Fundamentals Drop-in with Shawna - 6:45 to 8:00 pm. \$10 per class. Great for beginners! Genbukan Daigo Dojo - 7:00 to 8:30 pm	FLC Seniors Tai Chi - Morning Adult Volleyball - Evening Svaroopaa Yoga with Laurie - 6:30 to 8:00 pm	Jazzercise - 9:30 am Adult Volleyball - Evening Ki Aikido - 7:00 to 9:00 pm South Calgary Wado Kai Karate – Advanced classes, 7:00 to 8:30 pm	South Calgary Wado Kai Karate - 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	Ki Aikido - 10:00 am to 12:00 pm Pickleball - 10:00 am to 12:30 pm Community Food Bank - 11:00 am to 12:00 pm

YOUR CITY OF CALGARY

Register to Vote in Calgary's General Election in October

by The City of Calgary

Calgary's General Election will take place on October 20, 2025, and eligible voters can check if they are registered, update their information or add themselves to the Permanent Electors Register until August 1, 2025.

Visit www.voterlink.ab.ca or call Elections Alberta toll free at 310-0000 then dial 780-427-7191.

If you miss the opportunity to register or update your information in advance, you can register at the voting station during Advance Vote (October 6 to 11) or on Election Day (October 20). Information about Calgary's upcoming General Election, including voter eligibility can be found at www.electionscalgary.ca.



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Six Steps to Keeping Our Rivers Healthy

by The City of Calgary



Calgary is a growing city on a small river. When it rains, 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, fertilizers, dirt, and other debris, washing it into our storm drains and our rivers. Calgary is seeing

higher volumes of stormwater, which is resulting in urban flooding and more river pollution.

The City of Calgary and Calgarians need to work together to manage our stormwater. The City uses storm ponds to 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 critical. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

You can help keep stormwater clean and our rivers healthy by doing these simple actions:

- Point downspouts toward lawns and gardens or use a rain barrel.
- Limit the use of fertilizers and pesticides.
- Sweep up debris from your garage and driveway instead of washing it away.
- Wash your vehicle at a car wash instead of your driveway.
- Never pour anything down the storm drain.
- Pick up pet waste and litter and put them in the proper waste containers.

What ends up on our streets, ends up in our rivers. Visit calgary.ca/stormwater to learn more.

Downtown Summer Festivals and Events

by The City of Calgary



Calgary's Summer Festival Season is in full-swing and downtown is where you'll find the electric energy as people come to experience the ultimate celebration of community, creativity, and culture. With over 100 festivals and events happening downtown this summer, the heart of our city will be bursting with fun and entertainment for everyone.

Whether you are a resident or a visitor, this is your invitation to immerse yourself in the vibrant spirit of our Downtown Summer Festival Season. Downtown is home to some of our proudest landmarks and our biggest celebrations, like Canada Day, Stampede, Carifest, and the Calgary Folk Music Festival. The best of our city is reflected in these festivals and events, as people come together to have fun, celebrate, and enjoy life's moments.

With a wide variety of entertainment, the Downtown Summer Festival Season has something for everyone and this year, we want to make sure you're just a click away from staying connected. That's why we've created the Downtown Summer Festival Itinerary; a guide to keep you informed about the festivals and events happening downtown from now until the end of September.

Mark your calendars, gather your friends and family, and get ready for an unforgettable Downtown Summer Festival Season. Ready, set, explore! To learn more about the exciting festivals and events happening downtown, visit calgary.ca/exploredowntown.

Game On! Calgary Soccer Centre Dome Opened for Public Bookings May 31

by The City of Calgary



Soccer lovers, rejoice! The new air-supported dome and turf field at the Calgary Soccer Centre is now open for public bookings, complementing the existing amenities at the facility. The facility is set to inflate new opportunities for competitive and recreational users, providing players with a high-quality, year-round space for practice and play.

The Soccer Centre Dome features a competition-sized artificial turf field and an amenity building with eight change rooms, one referee change room, and a universal public washroom. The parking lot was also upgraded, adding approximately 100 additional parking spaces at the facility.

Get the Lowdown on Slow Downs: How We Keep Calgarians Moving

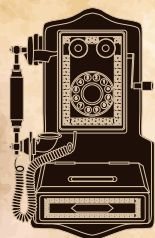
by The City of Calgary



We know construction season can be frustrating; The City of Calgary's Mobility teams work in close collaboration with project managers and city event organizers to avoid multiple delays and plan for traffic flow congestion. The City's Traffic Management Centre monitors roadways 24/7 by using traffic cameras, live traffic data, and digital road signs.

It's not a pain when you have a plan, and we have Waze to help. The City's partnership with Waze means you can get real-time traffic flow and construction updates right in the app. This free download is our preferred navigation tool because it syncs with The City's advanced traffic system. With the right tools you can get to where you need to go.

Learn more at calgary.ca/PlanYourTrip.



Hello, Can You Hear Me?

Way back on July 1, 1881, the world's first international telephone call took place between St. Stephen, New Brunswick and Calais, Maine—two towns so close (approximately a mile), you could probably shout across the river!



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FREE!

15th Annual Cleanup and Waste Disposal

Saturday, September 20, 2025

9:00am to 1:30pm 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 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 146th 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.



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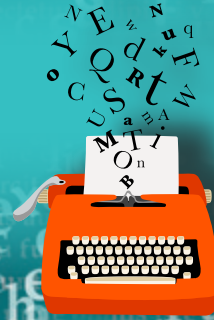
Call 403-720-0762 | grow@greatnewsmedia.ca



SCAN ME

Typewriter

What is the longest word you can think of? Now how many rows of keys would you need to type it? Interestingly enough, the word 'typewriter' is the longest English word that can be typed out using only one row on a computer keyboard.



Happy Hour

DAILY FROM 2 - 5PM &
LAST HOUR BEFORE CLOSE

LEARN MORE



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Calgary, AB T2X 1M2
📞 403-225-3480 📠 403-255-3504
✉️ stephanie.kusie.c1@parl.gc.ca
🌐 stephaniekusiemp.ca

Yahoo, Calgary Midnapore!

I hope all constituents had a happy and safe Canada Day and that you'll now be heading to the grounds to take in the Greatest Outdoor Show on Earth! Whether it's trying out new and exciting midway food and rides, filling up on pancakes at countless Stampede breakfasts, or enjoying a night at the rodeo, this is a time of year that brings our community together and I hope it will be a memorable Stampede for you.

As this is my first update since the Federal Election, I'd like to thank all those who participated in the democratic process and for the trust you have placed in me to represent you once again in Ottawa. Whether I earned your vote or not, I will always be there to represent you and bring your voice to the floor of the House of Commons.

Across the country, over eight million Canadians voted for change – and for hope. My Conservative colleagues and I will continue to take every opportunity to work with the government to deliver this change and will do our job as His Majesty's Loyal Opposition to hold this government to account.

You can learn more about my work in Ottawa and in the community this summer by following me on my social media @StephanieKusie (Instagram/X) and StephanieKusiePolitician (Facebook).

It remains the honour of my life to serve the good people of Calgary Midnapore in Parliament.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore



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

You're Invited: Second Annual Stampede BBQ – July 5

My second Annual Stampede BBQ is just around the corner!

Join us on Saturday, July 5, from 11:00 am to 1:00 pm at the Bonavista Downs Community Hall (1418 Lake Ontario Rd SE).

This family-friendly event is a great opportunity to celebrate community spirit, enjoy delicious food, and connect with your neighbours. We'll be serving up Spolumbos sausages, enjoying live music, and hosting several local community associations and non-profits, who will be on hand to share the incredible work they're doing across Calgary-Fish Creek. Whether you're a longtime resident or new to the area, I'd love to see you there! And don't forget to bring a non-perishable food item for the Calgary Food Bank. All constituents—including your four-legged friends—are welcome.

I'm also honoured to share that I've been named the new Minister of Advanced Education. I look forward to working with my colleagues in Cabinet and contributing to Alberta's future through this important portfolio. Our new Cabinet brings together experienced and newly appointed ministers, reflecting the diversity and strength of our province. Together, we are committed to building a stronger Alberta for all.

Have Your Say

The Government of Alberta is seeking feedback on the draft Plan for Parks—a strategic direction for recreation and conservation across sites managed under the Provincial Parks Act. This includes provincial parks, provincial recreation areas, and wildland provincial parks.

Please take a few minutes to complete the online survey by July 26, 2025, at www.alberta.ca/plan-for-parks-engagement.

The survey takes just 10 to 15 minutes and is a valuable opportunity to help shape Alberta's future.

Wishing everyone a safe, joyful, and fun-filled Stampede week—and I hope to see you at the BBQ!

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

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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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.

STAMPEDE PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers, gasfitters & HVAC technicians. Water heaters, furnaces, boilers, air conditioning/heat pumps, drain cleaning, leaks, and renovations! Competitive prices with quality, 24-hour service! Stampede Plumbing and Heating. Established 1998. Call 403-225-1037. www.stampedeplumbingandheating.com.

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.

AFFORDABLE DENTAL CARE MINUTES FROM DEER RUN! No fluff, no frills, accessible and essential dentistry! All insurances accepted OAC. Tax receipts issued. Why not save money, smile wider and live better? Come in for your free goodie bag. Call 403-287-6453 or 403-272-7272 today or visit www.calgarydentalcenters.com. Enjoy life while you still have your smile.

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.

GUTTER DOCTOR! Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

DEVIN ELKIN

FOR WARD 14



Hello Ward 14, my name is Devin Elkin and I have had the pleasure of serving Ward 14 as community assistant for the past 10 years as part of Councillor Peter Demong's Ward 14 team. As you know, this spring he announced his intentions to retire from civic politics and I just wanted to thank him for all that he has done.

With that, I am thrilled to let you all know that I will be seeking your endorsement and running for Councillor in Ward 14 in this upcoming civic election. As a born and raised Calgarian, I have always understood the importance of serving your community. As my family has grown, so too has the importance of creating a city that they can call home, or for that matter, want to call home.

Now over the next month, I will be going through the nomination process to become an official candidate for Ward 14, but I wanted to express my intentions and more so introduce myself to those that I haven't met yet.

For more information about me and what I have learned from the 10 years working with Ward 14 constituents, please check out my website at www.devinelkin.com. I am excited to share more over the next few months on how being rooted in community has led me to this decision.