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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 EXECUTIVE

President	Kim Semeniuk
Vice President	Mike Isakeit
Treasurer	Ed McCrea
Secretary	Bley Etienne

THE DIRECTORS

Ways and Means	Brenda Marks
Capital Expenditures	Jay Clements
Sports Director	Ken Werbicki
Director at Large	Donovan Harris
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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

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 MSWord 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.

FRIENDS *of* Fish Creek



Show Your Love for Fish Creek This October!

The Friends of Fish Creek invite you to take part in our 4th Annual 'I Love Fish Creek' online fundraiser! The Friends is a registered charity based in Fish Creek Provincial Park and we rely on donations, memberships, program fees, sponsorships, and fundraising efforts to support our work in this park. The 'I Love Fish Creek' fundraiser will take place from October 1 to 31, and we invite you to show your support for Fish Creek by participating in this unique campaign. We have a variety of exciting ways for you to get involved this month including a silent auction and 50/50 raffle!

Pick up your I Love Fish Creek 50/50 raffle tickets for a chance to win as much as \$10,000! You can feel comfortable making a wager knowing that your contribution will be used right here in Fish Creek Provincial Park. Check out our online silent auction to bid on a wide variety of items like gift certificates, health and beauty products, household goods and services, and much more! You can also donate any amount and receive a valuable tax receipt. Even a modest contribution would go a long way in helping us to reach our goal of \$20,000. Please support Fish Creek Provincial Park through this fundraiser and help ensure that future generations can enjoy this park as much as we do today, and long into the future.

Whether you show your support by donating, bidding on silent auction items, or purchasing raffle tickets, you can be sure that your contribution will be used effectively and efficiently right here in Fish Creek Provincial Park. For more information, please visit <https://friendsoffishcreek.org/programs/love>.

Volunteers Needed – Park Restoration and Willow Harvesting

Would you like to volunteer to support Fish Creek Provincial Park this month? The Friends need volunteers to help with our restoration and conservation projects. Work with the Friends as we gather live willow cuttings to be planted at restoration sites in the park. We are

also looking for volunteers to take part in riparian restoration projects, which will involve constructing restoration site fencing, planting vegetation in the newly fenced area, and watering newly planted vegetation. To sign up or for more information, please visit <https://friendsoffishcreek.org/volunteering-basics>.

Fish Creek Ambassadors Needed – Bow Valley Ranch Visitor Centre

Do you enjoy speaking with people and sharing your knowledge about Fish Creek Provincial Park? The Friends need volunteers to help with the Fish Creek Ambassador program at the Bow Valley Ranch. This is an indoor administrative volunteer role, volunteers work in pairs, each shift is about 3.5 hours, and all training will be provided. Fish Creek Ambassadors assist park visitors and collect information that will allow us to better understand how the Visitor Centre is being used and how often. Please consider volunteering as a Fish Creek Ambassador to help support the Fish Creek Provincial Park, community members, and even visitors from afar. For more information about the Fish Creek Ambassador program, please contact Kumiko Kamiike, Visitor Services Coordinator, at kumiko@friendsoffishcreek.org.

Calendar of Events

Rick Rats Startup Event	October 7, 12:00 to 2:00 pm
Movie Night	Saturday, October 21, 6:00 pm
Jellybean Halloween Costume Party	Sunday, October 29, 3:00 to 5:00 pm
Annual Halloween Patrol *Volunteers needed! Call the centre	October 31, 6:00 pm
First Annual Christmas Market at DRCA	Sunday, November 19, 10:00 am to 4:00 pm
Samaritan's Shoebox's due at drop-off location	Monday, November 20
DRCA Annual General Meeting	Wednesday, November 22, 7:00 pm
Family Christmas Party at DRCA	November 25, 2:00 to 4:00 pm
Giving Tree Deadline and Wrapping Party	Thursday, December 21

Annual AGM

Our AGM will be on November 22 at 7:00 pm. There will be refreshments, and a few words from our three levels of Government regarding Deer Run and elections. If you want to volunteer, please read our "Message from the Board" which has a few more details.



Support Your Community Association &
Join us for our annual general meeting!

Community Cleanup – Thank You Volunteers

We started this effort in January, crossing our fingers for a specific September weekend, and we got the one we wanted! All came together nicely. We just want to say a sincere thank you to all our volunteers. If you have any ideas for next year's event, or any feedback, please email info@deerruncalgary.com and let us know. A lot of the programs we use and items we recycle are utilized because someone in the past was passionate when it comes to cleanup.

Thank you and be well.

Donovan Harris

Director at Large





South Calgary Wado Kai Karate

Competitive Club, Friday, 6:30 to 9:00 pm
Various classes, Saturday, 9:15 am to 12:30 pm
www.calgarywadokai.com

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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_nclld@outlook.com, gwen_newell@yahoo.ca

Svaroopa 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 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!

Gym Upgrades

For all the members that have seen a decline in the equipment that is in our gym facility, please be patient in our course to re-outfit the area with new and improved work out experiences. A lot of the machines, and the general function of the gym, have become dated and require us to re-evaluate the entire area to serve your memberships better.

As we progress through this change and responsibly re-configure overall inner workings of the area it will create a change in which strength and cardio stations can be fitted and still bring solid value to the members at the Deer Run Community Centre.

The gym area may be well into the process of changing by the time you read this newsletter.

Thank you and be well,

Ken Werbicki

Director of sports



Rink Rats Unite!

It seems that with the unseasonably warm weather all of Alberta has faced this year, fall and winter were thoughts of the past. No way!



As the snow season approaches, the community centre needs to once again call on the ice making volunteers to get together and perform the magic of last season, starting with the annual Rink Rat start up gathering which we will be hosting on Saturday, October 7, 2023, between the hours of 12:00 and 2:00 pm. Hot dogs and refreshments will be served onsite at the garage shed.



This event is being held for previous and present volunteers, and anyone that would like to volunteer as an ice rink volunteer. It is advisable that any new recruits have a general mechanical aptitude of motorized equipment to operate the required machinery.

Thanks for all that contribute.

I can be reached through the community centre email at ken@deerruncalgary.com.

Ken Werbicki

Director of Sports



MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

☎ 403-278-4444

✉ Calgary.FishCreek@assembly.ab.ca

✂ @MylesYYC | 📷 MLAFishCreek

I want to take this opportunity to thank the constituents of Calgary Fish Creek who attended my Meet Your MLA Family BBQ on Saturday, September 16, at the Bonavista Downs community centre. It was great to meet so many new faces and to reconnect with others. I am looking forward to our next event coming later this fall. Please keep an eye on our social media for details.

Albertans deserve to be able to access health care services when and where they need it. So, it only makes sense that improving health care is one of the biggest priorities for the government. The Health Care Action Plan will look to recruit thousands of new doctors, nurses and health care aides, reduce wait times, and upgrade hospitals and urgent care centres.

It isn't a fix that can happen overnight, but I believe the government is taking concrete steps to address the issues. The Health Care Action Plan includes improving lab testing and reducing wait times for lab services, working with post-secondary institutions to increase seats in health-related fields, and ensuring Alberta's hospital facilities are upgraded to meet the needs of the communities they serve.

When Albertans access the emergency department it is often during a difficult and stressful time in their lives. Knowing they have access to the care they need in a modern, high-quality facility is invaluable. That's why in Calgary, starting Aug. 29, Albertans in need of emergency care will be able to experience a new and improved Peter Lougheed Centre.

When the hospital originally opened in 1988, the emergency department was designed to accommodate 30,000 to 40,000 patient visits each year. Last year the Peter Lougheed Centre emergency department saw nearly 73,000 patients. When fully finished in 2025, the new emergency department will provide 25 additional care spaces. This redevelopment will ultimately double its size helping to decrease emergency room wait times.

Alberta has the best frontline health care workers in the world, and it's important to me that the government is committed to continually modernizing our health care facilities to make sure doctors, nurses and health care aides can do their jobs and ensure health care facilities continue to meet the needs of Albertans and their families.

Please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.



We are well into the swing of fall. We have our event calendar all planned out – keep an eye out for it on another page in this newsletter. Some exciting things are coming up for sure.

We are always needing volunteers and have gotten a few phone calls asking, “how can I help?”. We will make every effort to call back.

You can come to our AGM in person on November 22 at 7:00 pm. We still need a Membership Director (might be taken) and Newsletter Director (someone who can rally the troops, or writers or web publishers, social media people, etc.). Honestly, the positions just kind of mold to who you are, so a Director at Large is always a good place to start if the two positions above don't suit but you want to make a change. Note that we said “or” above, so those are the likely skills that would fit well. We have super volunteers on social media already so that job just got easier. On another front, we are looking for people to help coordinate construction on some new endeavours. Project managers, procurement people, spreadsheet wizards, etc. We are always looking for people to head up the giving tree efforts (we have a recipe to make it easy) - call Rob to let him know if you can be a coordinator (it's phone calls, keeping a list, and PR mostly.) Rink Rats unite! The party is coming right up – sign up now by calling the centre or emailing ken@deerruncalgary.com.

Events coming up are the Rink Rat Unite Kickoff, Family Movie Night, the first Annual Christmas Market, Family Christmas Party, and the Giving Tree Wrapping/Delivery event.

This Sat. Oct 21

At D.R.C.A.
Doors open at
6:00, Movie starts
at 6:30pm

**Family
Movie
Night**

2223 148th Ave SE

Ken has an update in this newsletter about the new gym equipment coming.

Enmax has turned on the power for our 70kW solar project which should save the cost of electricity for the centre and keep your community greener! This was all free with a grant from Enmax so many thanks. Some of our board members have solar installed through the federal Greener Homes Grant (where the feds are giving solar to you for free really), so when this grant came up through Enmax we applied and were accepted as a community centre participant. If you have questions about doing it yourself, ask Rob for contact information from people who have actually done it, are making money, and saving the planet a ton of CO2.

The community survey results should be out soon – please be patient. Our website will likely have the most up to date information. Visit www.deerruncalgary.com.

Many thanks to the people who helped fund the cancer medical bills of our former board members' oldest son. Bottles are still being collected. Visit www.deerruncalgary.com/stage4 for more details.

Sincerely,

The Board

403-278-3117, option #3



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News, Events, & More	Crime Statistics	Real Estate Statistics

GAMES

DRCA

HALLOWEEN

\$2 entry fee

COSTUME PARTY

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PRIZES

Jelly Bean Dance

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1st Annual Deer Run
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NOVEMBER 19TH, 2023
10:00AM TO 4:00PM

at Deer Run Community Association
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