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Deer Run Community Association

2223 - 146th Avenue S.E., T2J 6P8
 Phone 403-278-3117 or 403-278-4961
 Fax 403-278-4961

Centre Hours

Monday to Friday 9:00 am to 10:00 pm
 Saturday & Sunday 9:00 am to 5:00 pm

**Function Rental Inquiries
 please call 403-278-3117**

Deer Run Centre			
Manager	Susan Read	403 278 3117	info@deerruncalgary.com
Staff	Marlene, Paul, Chad	403 278 3117	info@deerruncalgary.com
The Executives			
President	Kim Semeniuk		kim@deerruncalgary.com
Vice-President	David Brooke		david@deerruncalgary.com
Treasurer	Susan Mitchell		susan@deerruncalgary.com
Secretary	Etienne Bley		etienne@deerruncalgary.com
Past President	Don Zver		don@deerruncalgary.com
The Directors			
Ways and Means	Susan Tam		susantam@deerruncalgary.com
Capital Expenditures	Terry Gallant		terry@deerruncalgary.com
Newsletter	Kelly Sigethy		kelly@deerruncalgary.com
Sports Director	Brian Moule		brian@deerruncalgary.com
Social Director	Lori Froese		lori@deerruncalgary.com
Program Director	Paul Vansickle		paul@deerruncalgary.com
Membership Director	Lydia-Ann Fox		lydiaann@deerruncalgary.com
Director at Large	Randy Petrie		randy@deerruncalgary.com
Director at Large	Mike Isakeit		mike@deerruncalgary.com
Director at Large	Kathy McFarland		kathy@deerruncalgary.com
Director at Large	Donovan Harris		donovan@deerruncalgary.com
Director at Large	Wanda Kemp		wanda@deerruncalgary.com
Director at Large	Bill Mitchell		



Deer Run Community Association

2223 146th Avenue SE
 Calgary, AB T2J 6P8
 Phone 403-278-3117
 info@deerruncalgary.com
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DRCA Programs

Along with our many programs that are returning this year:

Svaroopo Yoga, Foothills Indoor Soccer, Genbukan Ninpo and Jutitsu Martial Arts, Wado Kai Karate, Jazzercise, Volleyball, Ninjitsu, Pre-Schooler Playhouse and Deer Run Out Of School.

We would like to welcome our new programs:

Yoga Bears

Kaura runs a pre-school yoga program on Tuesday from 9:30 – 11:00. The children will learn some relaxing yoga poses and have other playtime.
Kaura: 403-809-1930

Zumba

Andre runs a fast pace Zumba class on Sunday from 10:30 – 12:00. Come out and spend some time hopping to the music.
Andre: www.aduberry.zumba.com

New Country Line Dance

Come out and learn new dances, socialize and maybe get a little exercise. Gwen will be teaching dances to some of the newest music on Wednesday and Thursday.
Gwen: gwen_newell@yahoo.ca or 403-256-6519

Jumping Jellies

This Class specializes in creating an inspiring environment for toddlers and preschoolers to exercise creativity through dance movement on Thursday and Sunday mornings!
Marina: marina@jumpingjellies.ca

Please check out our DRCA Program list for contact information to all our great programs.



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Fall Sessions

Jumping Jellies specializes in creating an inspiring environment for toddlers and preschoolers to exercise creativity through dance movement and yoga! Jumping Jellies Starting Thursday, September 22 and Sunday, 25 will be having two exciting eight week classes!

Register online at: www.jumpingjellies.ca/registration
Email Marina at: marina@jumpingjellies.ca

Jumping Jellies Programs:

Groovin Jellies \$180 for a 90 minute class
Unparented Class Ages 3-5
(Thursday 9-10:30am / Sundays 9:30-11am) **Runs September 22, 25, November 10, 13
No Class October 9

Mommy and Me Play and Dance \$160 for a 60 minute class

Parented Class Ages 1-3
(Thursday, 10:30-11:30am/ Sundays 11-12pm) **Runs September 22, 25, November 10, 13
No Class October 9

Stretch Your Roots

The Stretch your Roots tree tour consists of three intertwining parts that are explored throughout the walk. The tree identification and facts portion of the walk will consist of basic native and non-native tree identification along with interesting facts about their biology and life cycles. Community members also learn about the tree history of the City of Calgary, and the benefits of trees in our urban forest. This program also offers tree bingo for younger children and a tree hugging exercise that gives participants the opportunity to experience trees using all their senses except sight. Stretch your Roots are a great outing for the whole family! Introduce your family to the Urban Forest in your community.

Age Group: All ages (Children must be accompanied by an adult)

October 1 @ 2:00 pm. Registration -- call the centre or register on line at www.eventbrite.ca/e/stretch-your-roots-tickets-26470533077



7th Annual Clean Up & Waste Disposal

September 10, 2016, 9AM-1:30

Deer Run Community Association

2223-146 Ave. SE

403-278-3117

Hosted by:

Deer Run Community Association
Calgary Waste & Recycling
Calgary Animal & Bylaw Services

Items Accepted: Household and Construction waste, Propane tanks, Metal, Electronics, BBQ's, Bikes, Car Batteries (only).

Items Not Accepted: Tires, Household Chemicals, Liquids, Oils, Paints, Freon Appliances, and Glass

Separate Truck for organics and other yard waste. **Commercial waste will not be accepted.** Volunteers are a must for this to run smooth so we can repeat this again next year. Please call the centre to volunteer. Purchase of your DRCA membership is appreciated and helps support events like this one.

Clothesline

Not sure what to do with your clutter? The Clothesline program in Calgary collects gently used clothing, electronics and small household items-where proceeds support the Canadian Diabetes Association. To donate and schedule your free pick-up, call 1-800-505-5525 or visit www.diabetes.ca/clothesline.



PRESIDENT'S MESSAGE

Reminder of our community cleanup on September 10 Peter Demong's Ward 14 barbeque coming up at south centre on September 24 and our AGM in late October. We will be doing new bylaws and will be on the website for review and at the front desk.

Hope everyone had a great summer vacation and back to work and school I guess.

Kim

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Gym	\$55/hour \$600 flat rate

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Weight Room	\$5 drop in \$100/year with DRCA membership

• Treadmills, Stepper, Bike, Elliptical Trainer, Chin up machine, Free Weights and Bench

DRCA PROGRAMS

If you are interested in any of these programs please contact the centre for more info or to register 403 278 3117.

KARATE

Heather	Sat AM	Adult & Child	403 257 4638
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Adults (16+)	Mon 7 - 9 pm Wed 7-9pm Sat 10-12 noon	Year Round

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Brent	Mon Thurs	Child	403 278 7620
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ADULT VOLLEYBALL

Tracy	Mon, Thurs PM	Adult	403 278 6233
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JAZZERCIZE

Lori	Mon, Wed, Fri AM	Adult	403 256 6808
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YOGA

Laurie Hislop M & W 10-11:30 am & 7:30-9 pm 403-271-9045
Gayle Parent Tues & Th 7:30-9 pm 403-271-7024
Trish Durkin Sat 10-11:30 am 403-256-6013
Elaine Nesta Coordinator & special programs 403-225-1444

OUT OF SCHOOL

Susan	Mon Fri	5 -12 yrs	403 271 3704 dr_oos@telus.net
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PRE SCHOOL

Michelle			403 278 7107
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JAZZERCISE/CORE TRAINING

Patsy	Tues 6:15 - 7:15pm	403 225 4410
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CHILDREN'S YOGA (AGES 2-6)

Tuesdays 9:30 - 11:00
YogaBears' Kaura Grant
403-809-1930
www.yogabears.ca

BLISSFUL YOGA FOR MOMS AND TOTS

Tuesdays 1:30 to 2:30pm

LINE DANCING

Gwen	Wed, Thurs	403-256-6519
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Andre	Sunday	www.aduberry.zumba.com
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YOGABEARS PLAYSCHOOL CLASSES: Yoga, relaxation, songs, games, stories. Tuesdays, September 20 - December 13, 2016. 9:30-11:00 am or 1:00-2:30 pm. Ages 3-5 years. Cost: \$175 for 13 classes or \$15.00/class. Deer Run Community Centre. Maximum 10 students. More info call/text 403-809-1930 or visit www.yogabears.ca.

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2223 - 146 Ave SE

Email: info@preschoolerplayhouse.com

For more info please visit www.deerruncalgary.com

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Deer Run Real Estate Update

Last 12 Months Deer Run
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$369,800.00	\$370,000.00
June 2016	\$441,000.00	\$436,000.00
May 2016	\$514,900.00	\$491,250.00
April 2016	\$484,900.00	\$460,000.00
March 2016	\$438,450.00	\$436,750.00
February 2016	\$399,900.00	\$387,500.00
January 2016	\$524,900.00	\$500,000.00
December 2015	\$487,450.00	\$481,800.00
November 2015	\$414,950.00	\$397,500.00
October 2015	\$488,000.00	\$505,000.00
September 2015	\$354,900.00	\$353,000.00
August 2015	\$472,400.00	\$462,500.00

Last 12 Months Deer Run
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2016	5	5
June 2016	8	8
May 2016	8	2
April 2016	3	5
March 2016	4	2
February 2016	9	2
January 2016	5	1
December 2015	1	2
November 2015	2	6
October 2015	7	5
September 2015	8	3
August 2015	1	10

To view the specific SOLD Listings that comprise the above MLS averages please visit deer_run.great-news.ca

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September at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week (more than 55 in the summer months), use the gymnasium, swim in our newly refurbished pool, skate, or play shinny. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.) Plus with a membership you get 20% off hundreds of fun, active registered programs.

Fall/Winter Program Guide and Registration

Online registration is open and ongoing! We have something for everyone: swimming lessons, skating lessons (and NEW learn to figure skate program), adult fitness, older adult fitness and wellness, and programs for parent & tot, preschool, and children & youth. Lots of new programs; see www.tricocentre.ca for our Fall/Winter Program Guide or pick up a copy in facility. You can register online or by calling Guest Services at 403-278-7542.

Aquatics Programs & Pool Refurbishment Celebration

Our newly refurbished pool is open NOW – come and check it out. We will be celebrating on September 24, 2-9pm. Swim lessons for all ages (including adult.) Canadian Swim Patrol. Private Swim lessons are also available.

Parent & Tot & Preschool

Lots of parent & tot registered programs. New combo classes for Fall: Bubble Buddies, morning of songs, rhymes & action games – then blow bubbles in a parent & tot swim les-

son. Also new, Dance with Me! Messy Masterpiece & Tiny Tot Sports n' Play. Also check out our parent and tot drop-ins – free with membership. Thirty different registered preschool options: art, dance, active movement, sports. New for Fall: Registered programs, ABC-123, combo classes: Art N' Gymnastics, Funky Fridays (each week focuses on a different theme) & Ballet/Jazz Combo. Also new is Nature Wonders, Bricks 4 Kidz & Sportarama. Late registration is allowed.

Children & Youth

Check out the Fall Winter Program Guide for what's new for Fall: Registered programs, Just for Girls, Try it Tuesdays, Badminton Club, Dodgeball for Teens, Gym n' Swim Fridays, Sportball: Basketball & Ball Hockey, Sports Extravaganza (9-12 yrs) & Tumbling for Beginners (9-12 yrs). Youth Night is Saturdays, 6:30-9pm. Youth aged 10-17 can drop in for floor hockey, dodgeball, basketball, and other fun activities.

Adults

The Fitness Centre is waiting for you with friendly staff, lots of equipment, no line-ups and, with membership, more than 70 drop-in fitness classes. Drop-ins like adult shinny and leisure skate. Registered programs: fitness options, Mommy & Me series, plus the NEW: Focus Series: Small Group Training – Fat-Burning, Healthy Back & Joints, Learning the Basics, Power Lifting & Strength Training Design. Wellness workshops including Straighten Up, a posture workshop for adults and youth (12 yrs +.)

Older Adults

Lots of older adults exercise in our fitness centre – drop by and check it out. Registered classes include Balance Builders: Fall Prevention Program (65+ yrs), Bones and Balance, and Chair Yoga. Lots of drop-in fitness for older adults plus drop-in pickleball!

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities like yours pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

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STEP INTO FALL

Are you thinking of becoming more active?
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:
Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.



**COUNCILLOR, WARD 14
PETER DEMONG**

www.calgary.ca/ward14
eaward14@calgary.ca or 403 268-1653

Hi Ward 14! I hope you had a great summer!

Ward 14 Communities BBQ

You are invited to my Ward 14 Communities BBQ. I hope to see you there.

The BBQ is on Saturday, September 24 in the Southcentre Mall Parking lot. It will run from 11 a.m. to 2 p.m. but you might want to get there during the first couple of hours in case supplies dwindle. I encourage you to visit calgary.ca/ward14bbq.

As I write this some of the fine details of what you will see at the BBQ are still yet to be determined. Fear not! I can assure you that you will not be disappointed!

Here is a description of how your trip to my Ward 14 Communities BBQ might go.

The first thing you might do is pick up your free community association membership. One of the main purposes of my BBQ is to raise money for the community associations of Ward 14. This is a win/win situation. The community association gets a new member, you get a free membership, and hopefully people learn more about what their community association does. Your community association will have their own table at the BBQ. Find them, say hello, and pick up your free membership.

Of course giving away memberships does not raise any money for the community associations. That is where the sponsors of the BBQ come in. Mattamy Homes, Great News Publishing, No Bull Bookkeeping, Qualico, United Communities, Jack Carter Chevrolet Cadillac Buick GMC, Genstar,

Southcentre Mall, Progressive Waste Solutions, Calgary Co-op, Safeway, and Southgate Chevrolet Buick GMC are the ones who are supporting Calgary communities by buying you a free membership.

When you're picking up your membership you will likely notice all sorts of exhibitors. The other main purpose of the BBQ is to give you an opportunity to visit with representatives from the City of Calgary's various departments, its partners, and other community groups. We have had everything from horses to helicopters at the BBQ in the past. While those things can't be planned in advance, I can promise that you will see something relevant to you. Apart from every customer facing department in the City of Calgary organization, there will also be representation from local scout groups, local MLAs, local school board trustees, and other community organizations like the Trico Centre, the South Calgary Primary Care Network, and the Friends of Fish Creek.

Finally, it wouldn't be much of a BBQ without food so you will want to get in line for a free burger and beverage at some point. You will pass the Ward 14 booth along the way where you can get some free swag and enter the prize draw.

Don't hesitate to approach me at the BBQ. I will be running around and making announcements, but always have time to chat.

Macleod Trail & 162 Avenue Interchange Update

Free-flow traffic on Macleod Trail is coming soon. The next major phase of detour for construction of the interchange—which includes free-flow traffic on Macleod Trail—is set to begin at the end of September. I do not have details on the exact date, but you will soon be able to find them at calgary.ca/macleod162ave.

Please don't hesitate to contact me about the interchange, or anything else.

See you at the BBQ!



**MLA CALGARY - FISH CREEK
RICHARD GOTFRIED**

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What an eventful summer this was! Calgary was bustling with excitement and life during perennial favourites such as The Calgary Stampede, FolkFest, GlobalFest and many amazing community events hosted in Calgary-Fish Creek. One thing I learned from attending all of these events is that rain does not dampen the spirits of Calgarians. It was great to see intrepid volunteers and participants enjoying the sights, sounds and community spirit that helps make such events a success – rain or shine - thank you!

For many of you, September is about transitions. Kids are back to school and resuming many of their favourite extra-circular activities. Others shift from summer recreation to organized fall activities. And autumn brings brilliant colours to Fish Creek! In addition, the Friends of Fish Creek Park are extremely active during the fall season including the Paint What You See - painting with Jim Pescott event on September 24th and A Taste of Autumn on September 16th. Check out Friends of Fish Creek Facebook page for more information about these great events or contact my office.

Did you know September 1 is Alberta's 111th Birthday? This year kicks off with a special event at the Bow Valley Ranche. Alberta's Lieutenant Governor, Lois Mitchell, will announce the winner of the "Birthday Banner" contest and the banner will fly for Alberta's birthday celebrations every year going forward. Our roots are deep and unique and set us apart from all other places in Canada. As a proud Albertan, I am committed to ensuring that our heritage continues to be honoured and celebrated.

Many of you have contacted my office regarding the state of our economy and concerns over the policy direction of the NDP government. Thank you for your thoughts and please continue to email, call, visit the office, or write to us on any matters of interest, as I need to hear from you to ensure effective representation. One issue that I have received feedback on is the court application brought forward by the NDP regarding Power

Purchase Arrangements or PPA's. I feel these actions have damaged the trust of investors and is an affront to all who do business in Alberta. I will continue to speak out on items that I feel hurt the economy or are not in the best interest of Albertans.

MLA Cafés will resume in September with the first one being September 16 from 10:00 am – 11:00 am. Many of you have expressed to me that an evening session will benefit many schedules too. Therefore, I am hosting another MLA Café on Monday, September 19 from 5:00 pm – 7:00 pm. This is a great way for people to come, meet me and my staff, become familiar with our location, and casually engage on policies and shared visions for a better province.

Do you enjoy social media? Me too! I welcome you to follow me on Facebook and Twitter, or to call and schedule a meeting. To join our e-newsletter, please send us an email. And know that I take the honour and privilege of representing you in the Legislature very seriously!

Thank you.



FAMOUS FIVE DISTRICT

The fun and friendship of Girl Guides will soon be underway again for the 2016-2017 year. Haven't registered your daughter yet? Registration is open year round! So go to www.girlguides.ca and locate the unit finder button to find the unit best suited for you. We're hoping your daughter will join us for some fun and friendship.

We still have some of the Classic cookies left. If you are interested in purchasing another supply or if we missed you in the spring, please let Pat, isteads@telus.net, know and we'll get them to you.

Several units are looking for unit leaders. Leaders are female adult volunteers who are supported by a team and participate in training for their roles. If you are interested in more information about being a leader, please contact Pat, isteads@telus.net. You can join in the fun and fellowship even if you were not a girl member or don't have a daughter. Consider adding Girl Guides to your resume and be a role model for girls in your community.



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Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

Editorial Content DEADLINE 1st of each month for the next month's issue
 Kelly@deerruncalgary.com
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Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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