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MAY 8

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MAY 31

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- Supply & install new tile to ceiling
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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

STRATHCONA

**CHRISTIE
PARK**

**ASPEN
WOODS**



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.

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Emergency

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403-214-1838

Email info@scacalgary.ca
Website www.scacalgary.ca

Office Hours: Monday to Friday, 10:00 am to 1:00 pm

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Contact us at info@scacalgary.ca

ELECTED REPRESENTATIVES

Ron Liepert – MP, Calgary Signal Hill	Ron.liepert@parl.gc.ca	403-292-6666
Mike Ellis – MLA Calgary West	Calgary.west@assembly.ab.ca	403-216-5439
Richard Pootmans – Councillor, Ward 6	Eaward6@calgary.ca	403-268-1646
Patricia Bolger – Public School Trustee		
Lory Fontana-lovinelli – Separate School Trustee	Lory.iovinelli@cssd.ab.ca	403-500-2761



Solving the Puzzle of the Jigsaw

Did you know that the first jigsaw puzzle is believed to have been made in 1760 by a man named John Spilsbury using a marquetry saw! He was a cartographer and engraver based in London who was interested in teaching people about maps, which led to the creation of this fun educational tool.



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MESSAGE FROM THE BOARD

Hi SCA Neighbours,

It's that time of year again – our Annual General Meeting (AGM) is coming up on May 8 from 7:00 to 9:00 pm, and we'd love to see you there! It is hard to believe our new Board has a year under their belt. We'd love to share the progress we've made thus far and our plans for the upcoming year. However, we are here to serve you. Please feel free to join us in-person to discuss any ideas you'd like to see in your community. We have invited distinguished guests to join us, keep an eye out on our website as we finalize attendance.

In addition to the AGM, the SCA has lots going on in May and June! In partnership with Wellings of Calgary, we are hosting a Spring Fling Seniors Dance on May 31. Tickets can be purchased on our website for \$15.

On June 1, join our Parade of Garage Sales encompassing Strathcona, Christie, and Aspen. You'll host your own garage sale, and we'll help you advertise it. We will include your address on a map listing of all participating homes and distribute the maps from the SCA CA on Saturday morning. A link will also be available on our website. You will host your own garage sale; keep all the money you make and deal with any unsold items. More details and registration can be found on our website.

Save the date for our annual Neighbour Day Stampede Breakfast on June 15. Pancakes and sausages for the first 1,500 people. Family friendly activities for the kids. Come enjoy the great fun, food, and music – rain or shine! We are looking for volunteers for this event. If you can help, please call Shelley at 403-249-1138 or sign up on our website.

With spring (hopefully) around the corner, our Guardians of the Gate will soon be hard at work on Strathcona's main entranceway. These volunteers meet at least once a month (during spring, summer, and fall) for an hour or two (as weather and weeds require). If you would like to get involved, please contact Marlene at mjfritzler2@outlook.com.

Make sure to visit the SCA website to check out programs we've got going on, including some summer programs for the kiddos. We are also taking feedback from the community about our bridge lessons – we value your input!

Can't wait to catch up with you all at the AGM. Let's make our community even more awesome together!

Dear Community Members

Trevor Lakatos, a dedicated member of our community and a pillar of the SCA, concluded his journey with us on April 22, 2024.

Trevor's unwavering commitment, tireless efforts, and boundless enthusiasm have significantly contributed to the vibrancy and success of our community association over the years. Whether it was assisting with events, fostering connections, or lending a helping hand to anyone who visited the SCA, Trevor's impact has been profound and enduring.

As Trevor embarks on a new chapter in his journey, we extend our heartfelt gratitude for his invaluable contributions and wish him nothing but the best in all his future endeavours. His dedication and passion have left a mark on our community and its members, and we are truly grateful for the time with us.

As the board works diligently to find a viable solution, we ask during this transition period that all inquiries, requests, and concerns be directed to our Office Manager at info@scacalgary.ca. We assure you that our team and board members are committed to ensuring a smooth transition and will continue to serve the community with the same commitment that Trevor has exemplified during his time with us.

We are confident that his future endeavours will be as bright and fulfilling as his time with us has been.

Your SCA Board of Directors



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Calendar

- Tuesdays, 10:00 am** Walking Group. Meet at Good Earth
- May 8, 7:00 pm** SCA Annual General Meeting
- May 31, 6:30 pm** Spring Fling Seniors Dance
- June 1, 9:00 am to 2:00 pm** Parade of Garage Sales
- June 15, 9:00 to 11:30 am** Neighbour Day Stampede Breakfast
- September 8, 9:00 am to 1:00 pm** Recycle Day

Please note Community Association Members are welcome to attend SCA Board Meetings by appointment, please contact president@scacalgary.ca.



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Window and Balcony Safety

from Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

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January	24	14	13	\$968,000	\$950,000
December	23	8	10	\$507,450	\$515,000
November	23	14	10	\$522,400	\$510,000
October	23	17	13	\$530,000	\$520,000
September	23	15	14	\$557,450	\$562,500
August	23	25	23	\$505,000	\$500,000
July	23	21	19	\$529,900	\$521,000
June	23	26	20	\$892,500	\$866,900
May	23	25	19	\$995,000	\$1,050,177
April	23	17	17	\$524,800	\$537,500

To view more detailed information that comprise the above
MLS averages please visit asp.mycalgary.com

SCA 2024 Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
A Child's Garden: Morning and Afternoon Pre-school Programs (3 to 4 years old)						
Seedlings Spanish Preschool: Morning and Afternoon Pre-school Programs (2 1/2 to 5 years old)						
KidZinc before and after school care Grades 1 to 6						
Jazzercise, 9:30am	Mommy & Me Pilates, 11:00am	Jazzercise, 9:30am	Zumba, 9:30am	Jazzercise, 9:30am	PRIVATE RENTALS	Bollywood Dance & Fitness, from 9:30am
Older Adult Yoga, 12:00pm, 1:15pm	Adult Art, 1:00pm	Older Adult Yoga, 10:00am	Adult Art, 10:00am	Bridge Lessons, 9:30am		
Tai Chi, 1:30pm, 2:45pm	Chinook Country Line Dancers, 6:00pm	Tai Chi, 11:00am	Gentle but Strong Yoga, 12:00pm	Sit Fit Yoga, 11:00am		
Run.Jump.LEAD!, 4:50pm	CYP Theatre, 6:30pm	SCA Line Dance, from 1:00pm	Run.Jump.LEAD!, 4:40pm	Bridge, 12:30pm		Pathfinders, 6:30pm
CYP Theatre, 5:30pm	Pathfinders/Rangers, 6:30pm	Karate, from 6:30pm	CYP Theatre, from 5:00pm	Older Adult Dance, 1:00pm		
Sparks, 6:30pm		Pathfinders, 6:30pm	Scouts, 6:15pm			
Rangers/Pathfinders, 6:30pm						
Karate, 6:30pm						
Bollywood, 6:30pm						
Toastmasters, 7:30pm						

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How to Create Personal Happiness

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



Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

1. Self-Awareness – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.

2. Positive Mindset – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.

3. Healthy Relationships – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.

4. Work-Life Balance – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfilment outside of your work and work responsibilities. Create weekly structure and habits.

5. Self-Care – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

6. Set Goals – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

7. Be Mindful and Present – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

8. Contribute – Find a purpose. Seek the fulfilment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

9. Learn and Grow – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

10. Acceptance – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.

EVENTS

SCA Annual General Meeting – May 8, 7:00 pm

All welcome!

Spring Fling Seniors Dance – May 31, 6:30 to 10:00 pm

Featuring the band Silence in B'tween. Tickets (\$15) may be purchased at www.scacalgary.ca or by calling our office at 403-249-1138. In partnership with Wellings of Calgary – Carefreedom Living for adults 55+.

Parade of Garage Sales – June 1, 9:00 am to 2:00 pm

Join our Parade of Garage Sales encompassing Strathcona, Christie, and Aspen. You'll host your own garage sale, and we'll help you advertise it.

We will include your address on a map listing of all participating homes and distribute the maps from the SCA CA on Saturday morning. A link will also be available on our website. We will also advertise on boulevard signs and in the Calgary Herald (print and online) drawing shoppers from across the city. You will host your own garage sale; keep all the money you make and deal with any unsold items.

You can register on our website scacalgary.ca/programs/register/ or call the office at 403-249-1138. Participation is free with your SCA membership.

Neighbour Day Stampede Breakfast – June 15, 9:00 to 11:30 am

Everyone is invited to our annual Stampede Breakfast – our most popular event of the year!

Pancakes and sausages for the first 1,500 people. Family friendly activities for the kids. Come enjoy the great fun, food, and music – rain or shine!

Volunteers are needed – can you help? We need help with the kids' area as well as helpers for setup and cleanup – great job for the strong and energetic youth in your family! Please sign up on our website or contact the SCA office at 403-249-1138 to register.

Recycle Day – September 8, 9:00 am to 1:00 pm

More details to follow!



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www.achildsgarden.ca

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Seedlings Spanish Preschool

Ages 2 ½ to 6

Half or full day.

Contact Judith at 403-210-0604 or visit

www.seedlingspreschool.ca.

Children's Programs

Adagio School of Music – Lessons for Children

One-on-one lessons in piano, violin, or keyboard for children ages 4 to 15 years.

For more information or to register, contact 403-975-6308 or adagioschoolinfo@gmail.com.

Bollywood Dance and Fitness Classes

BollyFit (16 years and up) Sunday, 9:30 am

BollyStars (13 and up) Sunday, 10:30 am

BollyTweens (9 to 12 years) Sunday, 11:30 am

Bollyblooms (6 to 8 years) Monday, 6:30 pm

www.bollywoodcalgary.com

Calgary Young People's Theatre

Monday at 5:30 pm, Tuesday at 6:30 pm, Thursday at 5:00 pm, 6:30 pm, and 7:00 pm

Visit www.cypt.ca.

Girl Guides

Classes for Sparks, Pathfinders, and Rangers.

Contact any-calgarysarceehills@girlguides.ca.

Karate Classes

Monday at 6:30 pm (Parent and child, age 7+)

Wednesday at 6:30 pm (Age 7 to 12)

Wednesday at 7:30 pm (Adult beginner, age 13+)

Contact Jeffrey Jukes at 403-228-5039.

Run.Jump.LEAD!

Run.Jump.LEAD! is a leadership and multi-sport training program specifically designed for girls! Their team of dedicated coaches deliver hands-on leadership training, fun physical activity, and inclusive sport. Positive and empowering 10-week sessions increase self-confidence, introduce girls to various sports, and nurture the development of practical leadership skills.

Grades 4 to 6: Mondays, 4:55 pm

Grades 1 to 3: Thursdays, 4:40 pm

Visit www.runjumplead.com for more information.

Scouts

Thursday at 6:15 pm

Email strathcona215gc@gmail.com or visit www.scouts.ca.

Adult Programs

Bollywood Dance and Fitness Classes

Classes are offered on Sunday and Monday. Visit www.bollywoodcalgary.com to view our schedule.

Bridge

Friday from 12:30 to 3:30 pm

Free to join, and you don't have to be an expert player. We play party bridge; drop-in when it suits your schedule. If interested, please contact Tom Wilcock at 403-460-8241 or email twilcock@telus.net.

Chinook Country Line Dance

Tuesday at 6:00 pm

Visit www.cclinedancers.ca.

Gentle but Strong Yoga

Thursday from 12:00 to 1:15 pm

Contact mjgerlitz@gmail.com.



Jazzercise

Monday, Wednesday, and Friday from 9:30 to 10:30 am
 Contact Wendy at wendy.p.craig@gmail.com or 587-889-4186.

Karate Classes

Monday at 6:30 pm (Parent and child, age 7+)
 Wednesday at 6:30 pm (Age 7 to 12)
 Wednesday at 7:30 pm (Adult beginner, 13+)
 Contact Jeffrey Jukes at 403-228-5039.

Mommy and Me Pilates

Tuesday at 11:00 am and Thursday at 10:00 am
 Contact Theresa Toth at toth31@shaw.ca.

SitFit + Yoga (Sherry)

Full body workout that combines weights and resistance training with the mindfulness of yoga. Ideal for those wanting the comfort/safety of seated exercise (standing is optional). Attend in-person or virtual through Zoom. Recordings are provided each week. Equipment includes yoga mat, small and medium ball, resistance band, and set of small dumbbells.

Dates: April 5 to June 21, 11:00 am to 12:00 pm. No class May 10 and 17. Register for ten weeks for \$75. Five-class pass is available. Drop-in an option (Free for first class).
 Contact Sherry at sherrynormanyoga@gmail.com.

Toastmasters

Monday at 7:30 pm
 Toastmasters helps you to improve your public speaking. We offer both online and in-person meetings. For more information, please contact us at 403-470-2005. Visit www.westhillstoastmasters.easy-speak.org.

Zumba

Thursday at 9:30 am
 All levels welcome!

For more information or to register, call 403-816-6897.

SCA Spring Programs

www.scacalgary.ca

Bridge Lessons – Intermediate (Freda)

Six weeks - \$63 + \$3.15 GST = \$66.15
 Friday, April 5 to May 10, 9:30 to 11:30 am

Adult Chair Yoga (Sherry)

Ten weeks - \$60 + \$3 GST = \$63
 Beginner Yoga #1 (More seated postures) – Monday, April 1 to June 10, 12:00 to 1:00 pm
 No class May 20
 Intermediate Yoga #2 (More standing postures) – Monday, April 1 to June 10, 1:15 to 2:15 pm
 No class May 20
 Intermediate Yoga #3 (More standing postures) – Wednesday, April 3 to June 5, 10:00 to 11:00 am

SCA Line Dancing (Mary and Peggy)

Ten weeks - \$90 + \$4.50 GST = \$94.50 (BOGO \$135 + GST \$6.75 = \$141.75) Discount of \$45
 Wednesday, April 3 to June 5
 #1: Beginner (Level 1) 2:00 to 3:00 pm
 #2: Improver (Level 2/3) 1:00 to 2:00 pm
 #3: Intermediate (Level 4) 2:00 to 3:00 pm
 #4: Advance (Level 5/6) 1:00 to 2:00 pm

SCA Line Dancing Drop-in (Peggy)

\$5 Drop-in Fee
 Friday, April 5 to June 28, 1:00 to 2:00 pm

Tai Chi (Adrian Buzcek)

Ten Classes \$80 + \$4 = \$84
 Continuing 1 and Basics – Monday, April 1 to June 10, 1:30 to 2:30 pm
 No class May 20
 Basics – Monday, April 1 to June 10, 2:45 to 3:45 pm
 No class May 20
 Continuing 2 – Wednesday, April 3 to June 5, 11:00 am to 12:00 pm

continued on next page

SCA PROGRAMS (CONTINUED)



Adult Summer Programs

Adult Chair Yoga (Sherry)

Ten weeks - \$60 + \$3 GST = \$63

All levels

Tuesdays June 25 to August 27 - 10:00 to 11:00 am

Thursdays June 27 to August 29 - 10:00 to 11:00 am

Register: www.scacalgary.ca

Tai Chi (Adrian Buzcek)

Eight Classes \$64.00 + \$3.20 = \$66.20

Basics and Continuing: Mondays, June 17 to August 19, 2:00 to 3:00 pm (No classes July 1 or August 5)

Continuing 2 - Wednesdays, June 24 to August 14, 11:00 am to 12:00 pm

Register: www.scacalgary.ca

Pickleball Lessons

Pickleball Connect will offer lessons on Monday and Wednesday evenings from June 3 to September 11.

Check our website or visit www.pickleballconnect.ca for details

Kids' Summer Camps

Alien In-Line Skate Camp

Ages 6 to 12

Date: August 19 to 23

Ready for an out of this world skating experience? Alien In-Line offers summer camps for kids and youth built around the activity of in-line skating. Take advantage of our early bird pricing until February 29.

For information and registration:
www.alieninline.com/summer-camps/.

Calgary Young People's Theatre

Dates: July 8 to 12; July 15 to 19; July 22 to 26 (Half day and full day options available).

CYPT summer drama camps are a fun way to break up that long summer vacation. We offer a variety of different camp experiences for kids of different ages and skill levels, but have no fear, no experience is required!

All our camps are taught by trained theatre professionals. Please visit www.cypt.ca/camps to see our wide variety of drama camps being offered this summer!

Engineering for Kids

Ages 5 to 12

Dates: July 2 to 5; July 29 to August 2; August 12 to 16

The fun educational summer camp your child is bound to enjoy! Let your imagination run wild this summer with our STEM summer camps! EFK offers a diverse selection of themed camps to give your child the summer of a lifetime. Keep their growing minds engaged, even when schools are out!

Register: www.engineeringforkids.com/calgary.

Good Times Multi-Sport Camp

Ages 5 to 12 (must have completed kindergarten)

Dates: July 29 to August 2 and August 12 to 16 from 9:00 am to 4:00 pm (\$375 per week)

Never a dull moment! Have fun. Play sports.

Come try a variety of sports (soccer, BASE-sports, kickball, handball, ultimate frisbee, and more!) Kids will be on a team, try new sports, develop skills, and increase their sports IQ, while building confidence and the ability to work with a team! All skill levels welcome.

Camp t-shirt and a personalized award for every kid! Drills, mini-competitions, actual games, team building activities, large group games...every part of the day is designed with fun at the centre!

Register at: www.goodtimesmultisport.ca and use code COMMUNITY20 for \$20 discount.

Little Medical School

Ages 6 to 11

Little Veterinarian School Summer Camp: Calling All Future Veterinarians

July 2 to 5, 9:00 am to 4:00 pm

Cost: \$320 per child

These future veterinarians will have a paw-some and purr-fect summer as they learn about the key



responsibilities of veterinarians specializing in dog and cat medical care, practicing how to do a nose to tail exam, learn some basic surgical skills and more. They also get to take home their own lightweight doctor's coat and a premium plush LMS dog at the end of the camp.

Little Doctor School Summer Camp: Calling All Future Doctors

August 12 to 16, 9:00 am to 4:00 pm

Cost: \$390 per child

Calling All Future Doctors! Students will have an unforgettable awesome summer exploring the exciting field of medicine with a complete mini medical school experience through hands on interactive instruction, role play, crafts, and games. They also get to take home their own lightweight doctor's coat and stethoscope at the end of the camp.

Register at: www.littlemedicalschool.com/calgary.

Polyglots

Ages 5 to 10

Dates: July 22 to 26; July 29 to August 2.

Half Day \$160 and Full Day \$315 options available.

Pre and post care available from 8:30 am to 4:30 pm for an additional \$25 per week.

Join us for a fulfilling learning experience this summer with our imaginary adventures in different countries and learn French or Spanish. No previous language experience required. Full of fun activities, games, arts and crafts, and language learning.

Contact: Polyglots.ca/immersion camps/.

Swiftie Summer Camp

Ages 7 to 12

Dates: August 6 to 9, 10:00 am to 2:00 pm

Cost:\$229

Produce, direct, film, and star in your own Swiftie Music Video! Costume design, Taylor Trivia, Dance challenge and more...

Register at www.dancecalgarykids.ca.

Tennis

Ages 5 to 12

Dates: Every week in July and August, Monday to Friday, Morning and Afternoon Sessions.

Learn or improve your tennis skills this summer with eight weeks of summer camps and all-day sports camps with a qualified instructor.

Register at www.aforza.ca/community-tennis community-programs/.

Tuck N Tumble

Ages 4 to 10

Dates: August 19 to 23, 8:30 am to 4:30 pm.

Cost:\$350

Pre and post care available upon request. Pick up and drop off service available from other camps.

Register your child for a gymnastics summer camp! We offer full-day camps that are filled with games, crafts, activities, and of course gymnastics! Children will learn at their own pace, in a fun and safe environment with a certified and experienced coach.

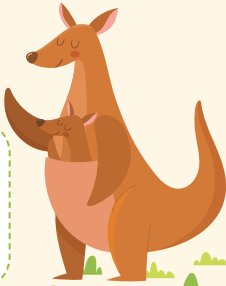
Register / Info: www.tuckntumble.ca.



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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	24	8	9	\$799,900	\$775,000
February	24	8	9	\$699,900	\$675,000
January	24	6	3	\$1,095,000	\$1,030,000
December	23	4	6	\$772,450	\$755,000
November	23	4	5	\$679,900	\$679,000
October	23	5	4	\$762,500	\$757,500
September	23	10	10	\$669,400	\$660,750
August	23	7	8	\$715,000	\$775,000
July	23	11	13	\$875,000	\$880,000
June	23	14	15	\$849,900	\$858,000
May	23	20	17	\$880,000	\$957,000
April	23	13	11	\$799,999	\$858,000

To view more detailed information that comprise the above MLS averages please visit str.mycalgary.com

CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	24	3	2	\$830,000	\$817,375
February	24	7	8	\$800,000	\$845,000
January	24	4	5	\$769,800	\$745,000
December	23	2	2	\$554,950	\$547,250
November	23	3	5	\$1,155,000	\$1,100,000
October	23	8	4	\$569,200	\$572,500
September	23	8	3	\$1,225,000	\$1,225,000
August	23	6	5	\$750,000	\$780,000
July	23	4	4	\$709,950	\$695,900
June	23	4	3	\$679,900	\$670,000
May	23	4	3	\$1,069,000	\$1,100,000
April	23	3	1	\$675,000	\$676,507

To view more detailed information that comprise the above MLS averages please visit chr.mycalgary.com

Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets
- 4 green onions thinly sliced
- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes



Directions:

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.
4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.
5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.
6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!



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COMMUNITY NEWS

Survey: Bridge Lessons at the SCA

Please help us out by participating in our survey! We are looking to gauge interest in beginner and intermediate bridge lessons at the SCA in the fall. Visit our website to access the survey and feel free to share the survey with family and friends.

Guardians of the Gate

We are a volunteer team of committed volunteers who care for – and maintain – Strathcona Park's main entranceway. We meet at least once a month (during spring, summer, and fall) for an hour or two (as weather and weeds require).

Donations of any amount are greatly appreciated and put to good use to cover annual costs: plant replacement, soil amendment, fertilizers, mulch, etc. For more information, please contact Marlene at mjfritzler2@outlook.com.

Join our Walking Group

Walks take place every Tuesday at 10:00 am.

Meet outside Good Earth in the Sobeys parking lot. Dogs and strollers are welcome. Please register at www.scalgary.ca or by calling our office at 403-249-1138 so we can share info on routes. No membership is required to take part.



Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

Learn more: www.suicideinfo.ca/workshops



GAMES & PUZZLES

Guess The Day in May!

1. On May 3, musicians who play the largest, lowest-pitched, brass musical instrument are recognized.
2. This day celebrated on May 4 is a play on words from an iconic line in an epic space movie created by George Lucas.
3. This day is observed on the second Sunday of May and honours the maternal figures in our lives.
4. On Florence Nightingale's birthday, May 12, hardworking healthcare workers are honoured.
5. World _____ Day, observed on May 20 this year, acknowledges the role of our favourite yellow pollinators.
6. On May 24, a date dedicated to this magnificent, jewelled crown, everyone can feel like royalty.



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PHOTO
GALLERY by Nyckie Rea



Calgary's Spring of 2024.

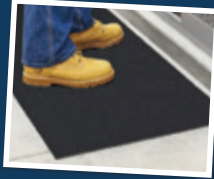
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Keys to Good Oral Health

by Alberta Health Services

A person's smile has an important link to overall well-being and health. Our mouths and teeth aren't just for chewing. Oral health impacts our speech, the enjoyment of food, and the way we express feelings and emotions. Good oral health gives us confidence to live, work, and play.

Oral Health and You

Good oral health means more than having a nice smile! Your mouth can tell you a lot about the health of your body.

Oral health and general health have a two-way relationship. Oral diseases can cause poor general health, which can lead to oral health problems. For example, diabetes increases the risk of gum disease and gum disease can make diabetes harder to manage.

Preventing Common Dental Problems

Tooth decay, gum disease, and oral cancer are chronic oral diseases. A chronic disease is a health condition that lasts a long time and can affect people of all ages. Most chronic diseases can be prevented, but they are still the leading cause of poor health, including poor oral health.

The most common dental problem is tooth decay (cavities). Bacteria in the mouth mix with sugars from foods and drinks to make acids which weaken the teeth causing tooth decay. But it is preventable. Through good oral habits and consistency, you can ensure your beautiful smile lasts a lifetime.

Here are some tips on how to protect against tooth decay and other oral health problems:

- Brush your teeth and floss at least two times a day.
- Eat a healthy diet and limit sugary food and drinks.
- Visit your dentist for regular checkups or if oral health problem starts.
- Avoid tobacco use.

Taking good care of your teeth and gums each day is an important way to prevent tooth decay and gum disease. Finding and treating dental problems early leads to better oral health. Good oral health lowers the risks linked to diabetes, heart disease, cancer, and chronic respiratory diseases.



Fluoride can also protect against tooth decay in both children and adults. Getting an early start using fluoride has life-long benefits.

Adults have less tooth decay if they start using fluoride when they're children. Fluoride is an important mineral that keeps teeth healthy and for decades it has been used to prevent tooth decay. It's found naturally in soil, air, and water. Fluoride strengthens the tooth's outer surface (enamel) and repairs damage caused by tooth decay acids. Fluoride is available in different forms such as:

- In some communities' tap water.
- Oral care products such as toothpaste and mouth rinse.
- In fluoride varnish or gel applied by dental health professionals.

Did you know? Your child may be eligible for free fluoride varnish services. AHS offers a fluoride varnish program for children in preschool and school-aged children.

Visit [ahs.ca/oralhealth](https://www.ahs.ca/oralhealth) to learn more.

MONTHLY NOTICES

SkipTheDepot and Donate to the SCA

We have partnered with SkipTheDepot to allow you to donate the money from your recyclables to the SCA.

It's easy! Just follow these steps:

1. Download the app or register online
2. Enter your home address and pick a date
3. Cash out or donate to charity

SkipTheDepot will count your bags and credit your account within 48 hours after pickup. Funds will be donated to the SCA! Sign up at app.skipthedepot.com/scacalgary.

Add Your Name to Our Babysitter Listing

Check out our listings at www.scacalgary.ca under Community Directory. If you would like to add your name to our list, email your name, age, community, and phone number to info@scacalgary.ca.

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YOUR CITY OF CALGARY

Yard Security: Keep Your Dog Safe

by the City of Calgary

Securing your yard to prevent your dog from escaping is crucial for both your pet's safety and the well-being of your community. Not only does it ensure that your furry friend stays out of harm's way, but it also minimizes the risk of accidents with neighbours.

Here are some measures to safeguard your yard:

- Inspect your yard perimeter for any existing gaps, holes, or weak spots in the fence or barriers. Reinforce these areas by repairing fences, filling in holes, or adding additional barriers like chicken wire or lattice. Ensure that gates are securely closed and consider installing locks or latches.
- Assess potential escape routes such as low-hanging branches or objects near the fence that could be used as leverage for climbing. Remove objects that could assist your dog in scaling the fence.
- Supervise your pet while they're outside and provide ample mental and physical stimulation to deter them from attempting to escape out of boredom or frustration.

Moreover, licensing your dog is not only a legal requirement but also aids in their safe return if they do manage to escape. Proper identification, including tags and microchipping, with current contact information significantly increases the chances of being reunited with your pet as well.

Securing your yard keeps your dog safe and contained and is part of responsible pet ownership. By taking proactive measures to prevent escapes, you're ensuring the well-being of your furry companion and fostering a safer environment for everyone.

Learn more at calgary.ca/petlicences.



Three Reasons to Visit in May



**ASPEN
WOODS**
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Tues., May 21

National Tea Day

Tues., May 21 at 2:30pm

Location: 10 Aspenshire Drive SW (Main Dining Room)

Bring a friend and join us for National Tea Day as we sip tea and enjoy the exquisite talents of a classical harpist.



Fri., May 24

Coping With Change

Fri., May 24 at 1:30pm

Location: 10 Aspenshire Drive SW (Home Theatre)

Participants will learn that while change is inevitable, and may be stressful, there are ways to approach change that can help to ease uncertainty.



Thurs., May 30

Downsizing Presentation

Thurs., May 30 at 1:30pm

Location: 10 Aspenshire Drive SW (Home Theatre)

Join Verve Aspen Woods on Thursday, May 30 as we present an engaging and practical seminar. Join us at 12pm for a complimentary lunch before the presentation.

Call 403-240-4404 to RSVP

Aspen Woods Retirement Residence

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Visit us online at VerveSeniorLiving.com





Councillor, Ward 6
Richard Pootmans
 ☎ 403-268-1646
 ✉ Eaward6@calgary.ca
 🌐 Calgary.ca/ward6 X f @pootmans
 📱 @richardpootmans9



MLA Calgary - West
Mike Ellis
 234 – 333 Aspen Glen Landing SW
 Calgary, AB T3H 0N6
 ☎ 403.216.5439
 ✉ calgary.west@assembly.ab.ca

Hello, Ward 6,

Neighbour Day 2024

Celebrate Neighbour Day in your community on Saturday, June 15! You're invited to get involved in this year's event by organizing a block party with your neighbours. Block party and greenspace permits are free for Neighbour Day. Apply for your permits by May 31, 2024, at calgary.ca/NeighbourDay. Invite myself, Mayor Gondek, a police officer or book a fire truck to drop by your event. You can also enter to win one of several great prizes, including 30 minutes of live musical entertainment at your block party.

Neighbour Day is our city's annual celebration of community connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and interact every day of the year. Good things happen when you get to know your neighbours. They can add a friendly visit to your day, and you can lend a helping hand when needed. Social connection with neighbours reduces loneliness and isolation and builds strong communities where people feel they belong.

If you're participating in Neighbour Day on June 15, show us how you celebrated! Post your event photos to social media with the hashtag #YYCNeighbourDay and tag @pootmans.

Visit calgary.ca/NeighbourDay to learn more.

Community Cleanup 2024

Community Cleanup events save residents a trip to the landfill for items that do not fit in their waste carts or for residents who do not have access to cart service. Below are the cleanup dates in Ward 6. For the full schedule and location, please visit www.calgary.ca/cleanups.

- May 12: Glendale Community Association
- May 18: Signal Hill /Discovery Ridge/ Springbank
- May 26: Glenbrook Community Association
- July 21: Westgate Community Association
- September 8: Strathcona Community Association
- September 14: Glamorgan Community Association

Sincerely,

Councillor Richard Pootmans

www.calgary.ca/ward6

Far too often, police services in Alberta issue bulletins about the release of offenders who are at a high risk to reoffend. Just as often, there are news stories about Albertans being victimized by offenders who should not have been released. Under the proposed Public Safety Statutes Amendment Act, 2024, individuals subject to a court-ordered electronic monitoring condition would be required to wear a Global Positioning System (GPS) tracking device on their ankle. This device would be monitored 24/7 by a centralized monitoring unit within Alberta Correctional Services.

Ankle bracelet electronic monitoring would protect Albertans and communities by helping to secure offender-restricted areas, such as victims' residences, places of employment, or any other area deemed off-limits as part of an individual's bail or community-release conditions. The Alberta government is taking an important step towards combatting crime, creating safer streets and neighbourhoods, and protecting communities. Ankle bracelet monitoring is another tool for courts to hold high risk and repeat offenders accountable for their actions while out on bail.

Public safety and policing needs have evolved in the province. Sheriffs play a vital role in working with police to support safer communities. The Public Safety Statutes Amendment Act, 2024 updates current policing legislation to establish a new organization that would work alongside police services across the province. Officers in the new agency will take on responsibility for police-like functions currently carried out by the Alberta Sheriffs. These changes will improve the government's ability to respond to communities' requests for additional law enforcement support through a new agency that can operate seamlessly alongside local police in the policing environment. The new agency would be operationally independent from the government, as all Alberta's police services are now.

Please contact my office should you have constituency related concerns that you would like to bring to my attention.

Mike Ellis MLA, Calgary-West

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WEDDINGS BY BRENDA & COMMISSIONER OF OATHS: Contact Marriage Commissioner, Brenda Platzer! Call 403-875-9005. Email brenplatzer@telus.net.

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.

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* MLS data. Calendar 2023. Detached Homes in the Westside - the combined communities of West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona, Coach Hill, Patterson & Cougar Ridge

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