

DECEMBER 2023

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# The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER



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**12:00 TO 3:00 PM**

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**SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

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**CHRISTIE  
PARK**

**ASPEN  
WOODS**



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# SCA Community Centre

277 Strathcona Drive SW, T3H 2A4

<b>T:</b> 403-249-1138	<b>F:</b> 403-249-7811	<b>Email</b>	info@scacalgary.ca
<b>Emergency</b>	403-214-1838	<b>Website</b>	www.scacalgary.ca
<b>Office Hours:</b> Monday to Friday, 10:00 am to 1:00 pm			

## SCA Board of Directors

President	George Diwan
Vice President	Pascal Siewe
Treasurer	Geoff Kalyniuk
Secretary, Community Engagement	Nina Rehill
Traffic and Development	Carrie Stewart
City Planning and Development	Taylor Zwarych
Education and Integration	Davoud Khairkhah
Director of Events	Vacant

## SCA Office

Office Manager	Shelley Lakatos
Building Superintendent	Trevor Lakatos
Communications Manager	Cathy Duke
Office Assistant	Shelley Bartole
IT Admin	Michael Smith and Eric Ostertag
Rink Volunteer Coordinator	info@scacalgary.ca

Contact us at [info@scacalgary.ca](mailto: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		
Patricia Bolger – Public School Trustee		
Lory Fontana-Iovinelli – Separate School Trustee	Lory.iovinelli@cssd.ab.ca	403-500-2761



### KINGS' CHRISTIAN CENTER CHRISTMAS IS HERE!

Pastor Mannie warmly invites you and your family to join us for a lively worship as follows:

**Date:** Every Sunday

**Time:** 11:00am - 12:30pm

**Address:** 277 Strathcona Drive SW

To learn more about our happy congregation or for prayers, reach us through our social media.



Kings' Christian  
CENTER

- (587-434-3600)
- [www.kcccalgary.org](http://www.kcccalgary.org)
- [kingschristiancentre](https://www.facebook.com/kingschristiancentre)
- [kcccalgary](https://www.instagram.com/kcccalgary)

Here are books by Pastor Mannie:

**The Dynamics of Godly Success | The Greatest Exchange | Dating Etiquette for Singles | The High-Functioning Marriage**



## MESSAGE FROM THE BOARD

Dear Community Members,

As the year draws to a close and the festive season is in full swing, the SCA staff and Board of Directors want to extend our warmest wishes to all members of our community. It has been a year filled with challenges and triumphs, but it's the unity, resilience, and sense of togetherness that make our community truly unique.

As we are immersed in the holiday season, whether you celebrate Christmas, Hanukkah, Kwanzaa, or any other festive tradition, let's remember that it's a time to reflect on our own blessings and extend a helping hand to those in need during this time. Whether it's donating to local charities, volunteering time at the local shelter, or simply sharing a warm smile with a stranger, the act of giving during the Christmas season not only brings joy to others but also warms our own hearts. The true magic of the festive season lies in the compassion and empathy we show towards one another, making our community a better place for all, and reminding us that the spirit of giving is a timeless and a precious gift that is welcome by everyone around the world.

As we face an unpredictable, and volatile world, let's remember that unity is the bedrock to strength and peace. Let's continue to support and look out for one another and continue to promote the sense of belonging that makes our community a special place to call home.

We'd like to express our gratitude to those who've put in the effort to decorate their homes with festive lights and decorations, making our community a truly magical place to be during the holiday season. Let's continue lighting up our streets with decorations, and share smiles, stories, and laughter with our neighbours.

As we bid farewell to 2023 and welcome 2024, we'd like to extend our heartfelt wishes for a Happy New Year to every one of you. May the coming year bring prosperity, good health, and new opportunities. Let's take this time to set meaningful resolutions and goals for ourselves and our community. Together, we can make our community an even better place to live and play.

Please join the SCA CA for our annual Christmas Holiday skate. The skate will run from 12:00 to 3:00 pm with hot chocolate and cookies donated from Verve Aspen

Woods seniors living. This event is dependent on the weather and ice conditions. We are always in need of rink volunteers, contact the SCA CA office and you will be added to a WhatsApp list that posts when volunteers are needed – no pressure, show up if available.

In closing, we hope this Christmas season fills your hearts with warmth and happiness. May you cherish the company of loved ones and create beautiful memories that will last a lifetime. Let's celebrate the spirit of giving, the joy of unity, and the promise of a bright new year.

We'd like to thank every one of you for being a part of this wonderful community. Together, we have created a special place to live and play, and we look forward to what the future holds for us all in 2024.

Wishing you a Merry Christmas, a Joyous Season, and a Happy New Year!

Warm Regards.

*The SCA CA staff and Board of Directors*



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	18	13	\$530,000	\$520,000
September	23	17	14	\$557,450	\$562,500
August	23	26	23	\$505,000	\$500,000
July	23	22	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
March	23	26	15	\$849,000	\$845,000
February	23	16	11	\$960,000	\$949,000
January	23	7	9	\$484,900	\$485,000
December	22	5	5	\$854,000	\$825,000
November	22	4	7	\$1,128,800	\$1,070,000

To view more detailed information that comprise the above  
MLS averages please visit [asp.mycalgary.com](http://asp.mycalgary.com)



# Cold Weather Preparations

by Alberta Health Services



Alberta winters can be bitterly cold and when the temperature dips below -40 degrees Celsius, that's when "extreme cold warnings" occur. Wind gusts can be strong enough in our province to make it feel even colder.

## It's Important to Remember a Few Things During Extreme Cold Warnings:

### Try to Stay Indoors

Roads and other paved surfaces can be snowy or icy during extreme cold warnings. If you must go out, always let someone know where you are going and follow these instructions:

- Check 511.Alberta.ca, Environment Canada, or download the WeatherCAN or AEA Alert app for current road conditions or emergency alerts.
- Try to cover as much exposed skin as possible. Wear warm, waterproof, and windproof layers, scarves, neck warmers, or protective face liners and waterproof footwear.
- If you are sweating, remove outer layers of clothing or open your coat to avoid getting your clothes wet.

Learn how to prepare a vehicle emergency kit if you must drive.

### Be Careful!

Some people are more susceptible to the cold, particularly children, older adults, those with circulation issues, those experiencing unstable housing, or those outdoors for long periods of time.

Being cold over a long period of time or being exposed to cold air, water, wind, or rain, can cause a drop in body temperature and, in some serious cases, can cause hypothermia.

## What Is Hypothermia?

Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. A body temperature below normal can be a sign of hypothermia and can cause shivering, confusion, and loss of muscular control (e.g., difficulty walking). It can progress to a life-threatening condition.

### If you think someone has hypothermia:

- Call 9-1-1 to get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.
- Protect the person from further heat loss/eliminate contact with cold surfaces.

If someone has symptoms of extreme cold, such as hypothermia, please seek immediate medical attention.

### Support Is Available

Other supports are available for those experiencing unstable housing. Call 2-1-1 and press 3 for non-emergency support for shelter or visit [www.alberta.ca/homelessness](http://www.alberta.ca/homelessness).

If you work outside during an extreme cold warning, consider taking warm-up breaks or rescheduling your work if possible. Your employer may have options available to help you avoid being in the cold for too long.

# Why It's Important to Encourage Young Entrepreneurs

by Danielle Robbertze



From a humble lemonade stand to a festival food truck to a major beverage company. Anything is possible for young entrepreneurs.

Entrepreneurship is a valuable skill which can have many positive affects on young children and adults. As more young people are participating in the global marketplace now is the best time to jump in and start that business you always dreamed of as a kid. Of course, there will be challenges along the way. But that is true for any career path.

It is important to encourage young entrepreneurs to participate and keep going when it comes to their business. It may sound cliché, but the youth is our future, and we should pass on any knowledge we can to ensure their success.

Young entrepreneurs typically range from the ages of 10 to 25. This simply shows that it is never to early to start. As mentioned above, there are so many benefits to entrepreneurship. Having this skill encourages other skills such as problem-solving, creativity, critical thinking, and discipline. If done correctly, entrepreneurship can secure a better future for your young one. It will teach your young one valuable lessons about how to manage their money, something we know as adults is a very important life skill.

Parents or guardians should be encouraging, and schools should offer lessons which promote growth of entrepreneurship in young ones. Having support from the start will only boost the confidence of a young entrepreneur which could lead to a more successful future business.

One of the many hurdles young entrepreneurs face is initial funding to start up their business. The Government of Canada provides many resources which can help young entrepreneurs start up their business. The Government of Alberta's website lines out many options for young Calgarians to start achieving their dreams. From small business resources to federal resources and the Innovation Canada Digital platform there are so many ways to encourage young entrepreneurs.

There are also mentorship programs and online curriculums which promote collaboration with fellow entrepreneurs. But more can be done to encourage young entrepreneurs. Current successful business owners should consider volunteering at schools or offer workshops which will boost entrepreneurial knowledge for young ones. Maybe go back to your old school and inspire the future generation with that which you have learned as an experienced entrepreneur. Established entrepreneurs could also offer work experience which will help build a young entrepreneur's portfolio.

Fostering the growth of young entrepreneurs is a team effort. Parents, teachers, and established entrepreneurs should all come to together to invest in the future by investing in young entrepreneurs.

I leave young entrepreneurs with these closing remarks by Mark Zuckerberg, a former young entrepreneur, as encouragement: "The biggest risk is not taking any risk. In a world that's changing quickly, the only strategy that is guaranteed to fail is not taking risks".

## SCA 2023 Schedule

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

# BARKER'S

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## PICK UP & DELIVERY SERVICES



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## 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 <https://app.skipthedepot.com/scacalgary>.

### Add your name to our babysitter listing.

Check out our listings at [www.scacalgary.ca](http://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](mailto:info@scacalgary.ca).

### Want to receive our monthly e-newsletter?

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Dr. Mohsen Vahedi



Dr. Neville Headley



Dr. Harleen Premi



Dr. Puneet Khaira



## CONTACT US

403.300.3232

#2100 - 40 Christie Park View SW,  
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# Roasted Squash and Pesto Baguettes

by Jennifer Puri

Pumpkins and squash are a low-calorie food as they are more than 90% water and have more fibre than kale and more potassium than bananas.



Technically a fruit, pumpkins and squash are a member of the gourd family which includes cucumbers, honeydew, watermelons, cantaloupe, and zucchini.

Pumpkins and squash come in all different sizes, shapes, and colours including tan, blue, white, orange, green, and red. Every single part of the pumpkin (flowers, stems, pulp, seeds, and leaves) is edible, and it can be stewed, roasted, baked, and even pickled. Roasted pumpkin seeds are an easy to prepare snack and can be sprinkled on salads and pasta dishes for a little extra nutrition.

Pumpkins are a good source of beta carotene which after its eaten becomes Vitamin A and is beneficial for eye, skin, and digestive health.

One of the most popular ways to enjoy pumpkin is pumpkin pie and the early version of the pie involved scooping out the insides, filling it with milk, honey, and spices and then baking it on hot ashes.

Roasted squash and pesto baguettes are an easy to prepare and assemble recipe which combines the nutritional goodness of pumpkin with pesto and almonds making it a delicious and inexpensive way to serve pumpkin over the holidays.

**Prep Time:** 25 minutes

**Cook Time:** 40 minutes

**Servings:** Four to six

**Ingredients:**

- 1 butternut squash
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 2 level tsp. of Italian seasoning

- 1 ½ tbsps. of extra virgin olive oil
- 1 small tub herb and garlic cream cheese
- 1 small jar of pesto
- 3 baguettes or ciabatta buns
- ½ cup sliced almonds
- 6 cherry tomatoes
- A handful of basil leaves

**Directions:**

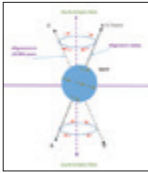
- Heat oven to 375 degrees Fahrenheit.
- Wash squash and pat dry with paper towel, remove seeds and slice it into ¼ inch thick pieces. Place squash pieces in a mixing bowl, add olive oil, Italian seasoning, salt, and pepper.
- Next arrange the squash on a foil lined baking tray and bake on middle rack of the oven for about 20 minutes. Toss cherry tomatoes in a little olive oil and add to the squash in the oven. Continue baking for another 15 to 20 minutes or until squash is tender. Remove from oven and allow to cool before removing the skin and slicing squash pieces into strips.
- Slice baguettes into half and then half again. Spread cream cheese on baguettes followed by the squash and top with pesto and sliced almonds. Garnish with cherry tomatoes and basil leaves and serve.
- Baguettes can be lightly toasted before adding the toppings and you can also add thinly sliced prosciutto or ham for even more flavour.

Bon Appétit!



# Polaris Hasn't Always Been the North Star

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



Like a child's top, the Earth has a bit of a wobble as it spins on its axis. This is called precession and over the course of about 26,000 years, it causes the Earth's celestial poles to slowly move in a circle. As a result, the star closest to true north (or south) changes over time.

Occasionally, there is no bright star near the celestial pole, as is the case in the Southern Hemisphere today.

4,500 years ago, it is believed the Egyptians used the star Thuban to align the Khufu pyramid with true north. As Thuban never set and all the other stars appeared to revolve around it, the Egyptians regarded the North Star as the portal to heaven. This played a vital role in their belief of the afterlife. There were many, many otherworldly steps involved when a pharaoh died, but eventually his soul travelled to Thuban where he joined with the Sun god Ra. From this lofty perch, he then ruled over the celestial realm, just as he had on Earth.



The following stars have repeatedly reigned as the North Star:

- Present day: Polaris
- 4,000 AD: Gamma Cephei
- 10,000 AD: Deneb
- 14,000 AD: Vega
- 21,000 AD: Thuban will once again wear the North Star crown

## The South Star

While there is currently no bright star close to the South celestial pole, for the past 2,000 years, people have used the constellation Southern Cross to find true south. It won't be until 4,200 AD that Gamma Chamaeleontis will lay claim to the title.



# Calendar

<b>Tuesdays, 10:00 am</b>	Walking Group meet at Good Earth
<b>Saturday, December 2, 10:00 am to 4:00 pm</b>	SCA Christmas Craft Fair
<b>December 10 to 17</b>	Immaculate: An Immersive Experience
<b>Wednesday, December 20, 7:00 pm</b>	SCA Board Meeting
<b>Monday, December 25, 12:00 to 3:00 pm</b>	SCA Christmas Day Skate

Community association members are welcome to attend SCA board meetings by appointment; please contact [president@sccalgary.ca](mailto:president@sccalgary.ca).

## 9 PM

ROUTINE

CALGARY POLICE SERVICE

**✓ CHECKLIST**

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

## A CAST OF CHARACTERS

In December, it is common to watch a good Christmas movie or two. A popular film around this time of year is *The Polar Express*. Although there are lots of things to love about this film, you may not know that Tom Hanks plays six different roles! He is the voice of Santa Claus, Hero Boy, Scrooge, Father, Hobo, and the Conductor. Talk about talent!

## COMMUNITY NEWS

### 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.scacalgary.ca](http://www.scacalgary.ca) or by calling our office at 403-249-1138 so we can share information on routes. No membership is required to take part.

### Neighbourhood Watch Program – Volunteers Needed

The communities of Strathcona, Christie, and Aspen are looking for volunteer administrators for the Neighborhood Watch Program. If you are interested in finding out more about this position, please email us at [info@scacalgary.ca](mailto:info@scacalgary.ca).

### Casino Volunteers Needed – January 29 and 30, 2024.

The casino is a major source of funds for the SCA – these funds literally keep the lights on!

We will be at the Elbow River Casino. Volunteers will be provided with free secure heated underground parking, a free meal, and free beverages/snacks during their shift. No experience is required.

This is a great chance to meet other members of your community. It doesn't matter if you've never volunteered at a casino before – everything is explained to you before your shift and the jobs are easy and fun!

If you have questions about volunteering at the casino, please email [info@scacalgary.ca](mailto:info@scacalgary.ca) and we will be happy to answer them. Visit [www.scacalgary.ca](http://www.scacalgary.ca) to sign up!

### Rink Volunteers Welcome

Join our great group of rink volunteers and lend a hand maintaining the ice this winter. Give as much or as little time as you can. Many hands make light work! If you can help, please send us an email at [info@scacalgary.ca](mailto:info@scacalgary.ca) or call us at 403-249-1138.

### Aspen Hills Adopt-a-Rink Volunteer Needed

Calling all ice kings and queens!

Glide into the Aspen Hills community spirit - we're on the hunt for a cool volunteer to manage the cherished Aspen Hills Adopt-a-Rink! Do you have a passion for ice, fire hoses, and a little bit of neighbourhood elbow grease?

Your mission, if you choose to accept it, involves organizing flooding of the rink, with the help of trusty

fire hoses hooked to our local hydrant. But that's not all - you'll also coordinate the snow clearing, ensuring a smooth surface for all our skaters.

Join us in making Aspen Hills the coolest spot this winter. Set near the whimsical tree playground and Guardian Angel School, there's no better place to be this season. We can't wait to break the ice with you!

Contact Mike D'Ippolito at [mikedipp@gmail.com](mailto:mikedipp@gmail.com) or 587-703-3682.

Thank you, Castle Keep Residents.  
The crew at Pixie Gardens is grateful  
for your business over the past years.

Thank you for helping  
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*Happy Holidays!*



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## Pre-Schools and School Age Care

### A Child's Garden Preschool Ltd.

Ages 3 to 5

2, 3, and 5 day programs

Contact Marilyn at 403-217-5658.

### KidZinc School Age Care

Ages 6 to 12

Before and after school care.

Contact 403-240-2059 or visit [www.calgarykidzinc.ca](http://www.calgarykidzinc.ca).

### Seedlings Spanish Preschool

Ages 2 ½ to 6

Half or full day.

Contact Judith at 403-210-0604 or visit [www.seedlingspreschool.ca](http://www.seedlingspreschool.ca).

## Children's Programs

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

### Calgary Young People's Theatre

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

Visit [www.cypt.ca](http://www.cypt.ca).

### Colour on Fire Art Studio and School

#### • Kids' Art Education Classes

Ages 5 to 12

Wednesday at 6:30 pm

Thursday at 5:15 and 6:30 pm

#### • You and Me Art Classes

One adult and one child (Age 5 to 17)

Wednesday, 5:15 pm

#### • Teen Art Education Classes

Thursday at 7:30 pm

Visit [www.colouronfireartstudio.com](http://www.colouronfireartstudio.com).

#### Engineering for Kids

Wednesday, 4:30 and 6:15 pm

Visit [www.engineeringforkids.com](http://www.engineeringforkids.com).

#### Girl Guides

Classes for Sparks, Pathfinders, and Rangers.

Contact [any-calgarysarceehills@girlguides.ca](mailto: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](http://www.runjumplead.com) for more information.

#### Scouts

Thursday at 6:15 pm

Email [strathcona215gc@gmail.com](mailto:strathcona215gc@gmail.com) or visit [www.scouts.ca](http://www.scouts.ca).

#### Young Rembrandts

Tuesday at 6:00 pm

Visit [www.youngrembrandts.com/southernalberta/view-classes-enroll](http://www.youngrembrandts.com/southernalberta/view-classes-enroll).





## Adult Programs

### Bollywood Dance and Fitness Classes

Classes are offered on Sunday and Monday. Visit [www.bollywoodcalgary.com](http://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](mailto:twilcock@telus.net).

### Chinook Country Line Dance

Tuesday at 6:00 pm

Visit [www.cclinedancers.ca](http://www.cclinedancers.ca).

### Colour on Fire Art Education Workshops

Thursday from 12:00 to 1:15 pm

Visit [www.colouronfireartstudio.com](http://www.colouronfireartstudio.com).

### Gentle but Strong Yoga

Thursday from 12:00 to 1:15 pm

Contact [mjgerlitz@gmail.com](mailto:mjgerlitz@gmail.com).

### Jazzercise

Monday, Wednesday, and Friday from 9:30 to 10:30 am

Contact Wendy at [wendy.p.craig@gmail.com](mailto: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 Friday at 10:00 am

Contact Theresa Toth at [toth31@shaw.ca](mailto: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.

Session dates are Friday January 5 to March 22, 11:00 am to 12:00 pm. Register for 12 weeks for \$90. Five and 10-class passes are available. Drop-in an option (Free for first class).

Contact Sherry at [sherrynormanyoga@gmail.com](mailto:sherrynormanyoga@gmail.com).

### Toastmasters

Monday at 7:30pm

Visit [www.westhillstoastmasters.easy-speak.org](http://www.westhillstoastmasters.easy-speak.org).

### Zumba

Tuesday at 9:30 am

All levels welcome!

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

## SCA Winter Programs

Registration opened December 1 at [www.scacalgary.ca](http://www.scacalgary.ca).

### Adult Art Classes (Karin)

12 classes - \$ 201.60 + \$ 10.08 = \$211.68

Art #1: Watercolours - Tuesday, January 9 to March 26 from 1:00 to 3:30 pm

Art #2: Acrylics - Thursday, January 11 to March 28 from 10:00 am to 12:30 pm

### Adult Chair Yoga (Sherry)

Hybrid (online/in-person)

10 classes - \$60 + \$3 GST = \$63

Beginner Yoga #1 (More seated postures)

Monday, September 11 to November 20

12:00 to 1:00 pm

Intermediate Yoga #2 (More standing postures)

Monday, September 11 to November 20

1:15 to 2:15 pm

Intermediate Yoga #3 (More standing postures)

Wednesday, September 13 to November 15

10:00 to 11:00 am

*continued on next page*

## SCA PROGRAMS (CONTINUED)

### **Bridge Lessons – Intermediate (Freda)**

10 weeks - \$100 + \$5 GST = \$105

Friday January 12 to March 15, 9:00 to 11:30 am

### **Adult Chair Yoga (Sherry)**

10 weeks - \$60 + \$3 GST = \$63 Hybrid (online/in-person)

Beginner Yoga #1 (More seated postures)

Monday, January 8 to March 18, 12:00 to 1:00 pm

No Class February 19

Intermediate Yoga #2 (More standing postures)

Monday, January 8 to March 18, 1:15 to 2:15 pm

No Class February 19

Intermediate Yoga #3 (More standing postures)

Wednesday, Jan 10 to March 13, 10:00 to 11:00 am

### **SCA Line Dancing (Mary and Peggy)**

10 weeks - \$90 + \$4.50 GST = \$94.50

Wednesday January 10 to March 20 (No classes February 14)

#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: High Intermediate (Level 5) 1:00 to 2:00 pm

### **SCA Line Dancing Drop-in (Peggy)**

Cancelled for the winter session.

### **Tai Chi (Adrian Buzcek)**

10 Classes \$80 + \$4 = \$84

No Classes February 19

Continuing 1 and Basics – Monday, January 8 to March 18, 1:30 to 2:30 pm

Basics – Monday, January 8 to March 18, 2:45 to 3:45 pm

Continuing 2 – Wednesday, January 10 to March 13, 11:00 am to 12:00 pm



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# 8 Tips for Beating Holiday Stress

Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

**1. Plan ahead.** You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

**2. Make time to relax.** Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

**3. Put expectations in check.** If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

**4. Look for help.** Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

**5. Set limits.** Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no” to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

**6. Eat and drink but be healthy.** Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

**7. Let things go.** If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

**8. Don't forget the fun!** Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.

## Notice to Community

We've received complaints in our neighbourhood about dogs being off leash in areas where leashes are required.

Understanding the significance of leashing your dogs in designated areas is crucial for ensuring safety, respecting community regulations, and preserving the environment.

**Safety:** Leashes help prevent dogs from running into traffic, approaching aggressive animals, or causing harm to individuals.

**Respect for Others:** Not everyone is comfortable around dogs, and some might have allergies or fears. Leashing helps maintain a safe distance.

**Environmental Protection:** Leashes prevent dogs from disturbing wildlife or damaging public spaces.

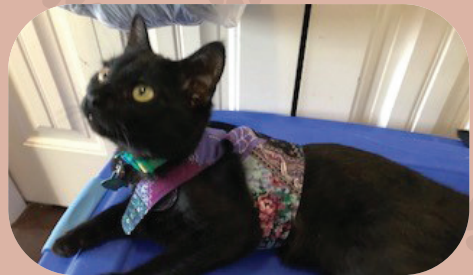
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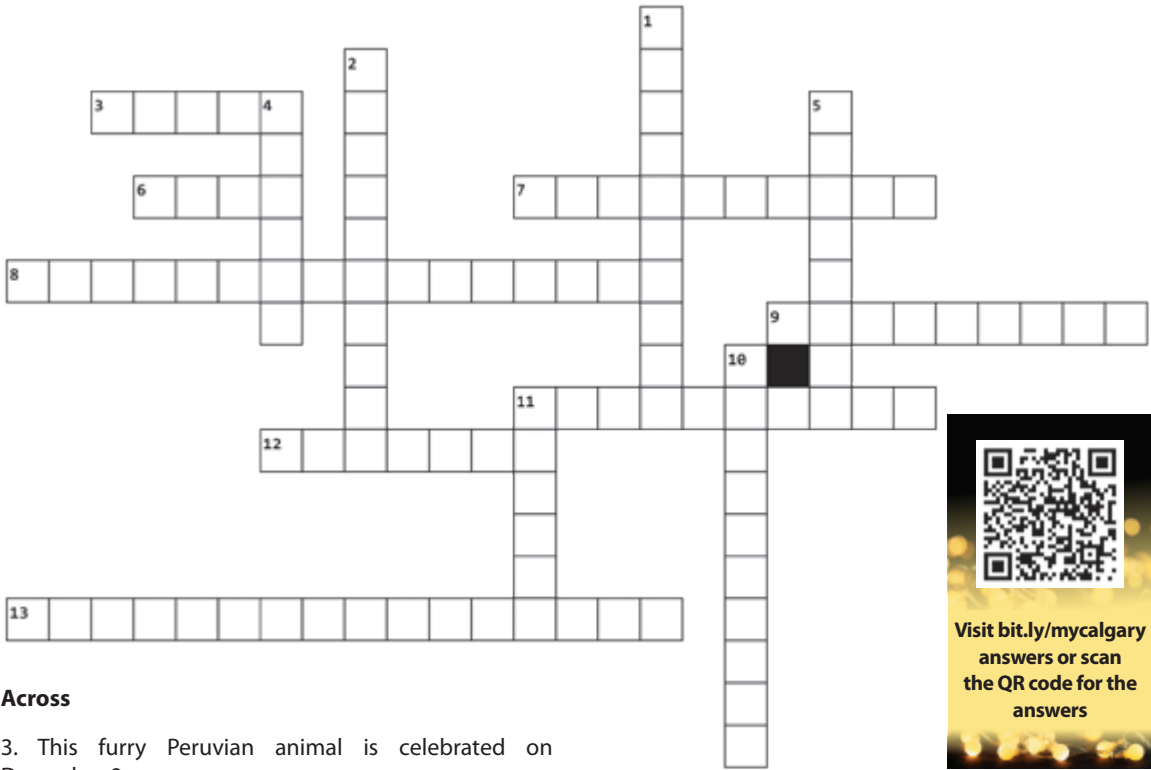
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# December Crossword



## Across

3. This furry Peruvian animal is celebrated on December 9 every year.
6. The Canadian Soccer Association formally became a member of this important sporting organization in December of 1912.
7. This sweet Canadian export has its own national day on December 17.
8. In December of 1982, TIME Magazine named this popular object Man of the Year.
9. This famous holiday candy is made to resemble a shepherd's staff.
11. This Schitt's Creek star was born on December 17, 1946.
12. This romantic New Year's Eve tradition originated from the Roman's Saturnalia festival.
13. This book concerning two rival families living in the moors of England, written by Emily Brontë, was published in December 1847.

## Down

1. These prestigious awards celebrating and honouring academics and philanthropists, were first awarded in December of 1901.
2. Sint Nikolaas, one of the most popular saints in Europe during the Renaissance, is better known as \_\_\_\_\_.
4. The highest grossing film of all time was released on December 18, 2009.
5. On December 17, 1903, the Wrights' first powered \_\_\_\_\_ was successfully used.
10. This Canadian singer won the 1998 Billboard award for 'Hot Soundtrack Albums' for her work on Titanic.
11. Canadians drink just under six million litres of this beverage in December.



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

# Cold Weather Safety

by Alberta Health Services

Emergency Medical Services (AHS EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior- and don't forget a toque! Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

### Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e., hand covering tips of ears).

### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed.
- Seek further medical attention as required.



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## EVENTS

### Immaculate: An Immersive Experience: December 10 to 17

You're invited to the holiday party of the century! Lizzy and Zach have a very important announcement, and what better time to make it than at Yule? Join the festivities as honoured guests in this fully immersive experience where you can grab a glass of something warm, have your fortune read by an angel, and get in on some family drama of cosmic proportions.

This is an immersive theatrical performance. Audience members are encouraged to explore the space and speak to and influence the characters through the night. Perfect for a fun and unique night out!

ASL interpreter will be at a show, date TBA. If you have any access needs you would like to discuss accommodation for, please email [incendiaryfest.info@gmail.com](mailto:incendiaryfest.info@gmail.com).

\*Trigger warnings: Pregnancy, some mention of alcohol, religious undertones.


Tickets may be purchased at the link: <https://www.eventbrite.com/e/immaculate-tickets>.

### Christmas Day Skate, 12:00 to 3:00 pm

Bring your family and friends and join us for this holiday tradition.

Hot chocolate and cookies will be provided by Verve Aspen Woods Seniors Living.

A current SCA CA membership would be appreciated to help support your community association and this event.



## WET WATER

We all know that water is wet (right?), but did you know that you can actually make water wetter, and that is exactly what firefighters do! There is an agent these heroes add to water to create a higher evaporation temperature, which can reduce the time it takes to put out a fire by up to 30%!



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# Hockey

by Cheryl Dunkley

Hockey is my favourite sport,  
My one and only dream  
It runs through my blood  
Like water in a stream.

I could score one hundred goals,  
Or make a great glove save  
And when I step on that ice  
The arena would echo like a cave.

There's nothing like the feeling  
Blades on ice, skates a speeding  
Cross the red, cross the blue,  
"Hi there goalie, I see you!"

Pass the puck, get there first,  
Be determined with an energy burst.  
Where's the ref, I see a fight  
Drop the gloves, I think I might!

Oh, the crowd would love me  
They'd chant my name out loud  
And when the game is over,  
I'll be standing on the All-Star cloud!





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## Winter Car Seat Safety

by Alberta Health Services



Bulky winter clothing can impact the effectiveness of car seat harnesses and can significantly compromise your child's safety when traveling. The force of a car crash can cause puffy winter coats and snowsuits to suddenly flatten, creating a gap between your child and their car seat harness. When this happens, your child is no longer properly secured and is at risk of being partially or fully ejected from the car seat. This can cause serious head or spinal injuries.

It is crucial to dress your child in thinner layers and adjust straps snugly to ensure their protection. Bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat.

### **Tips to keep your kids safe and warm in their car seat during the winter:**

- Place a blanket over the straps after they are buckled up.
- Put your child's coat on backwards after they are strapped into their car seat.
- Don't forget hats and mittens. These keep kids warm without interfering with the car seat harness.
- Pack an emergency bag with extra blankets, dry clothing, hats and gloves, and non-perishable food.

### **Always remember these rules for car seat safety:**

- Follow the car seat manufacturer guidelines. The car seat must be correctly installed in the vehicle.
- The shoulder harness should be snug enough that you cannot pinch the strap fabric at the collarbone.
- Infants and young children are safest riding in a rear-facing car seat until they reach the maximum height or weight limit for rear-facing use allowed by the seat's manufacturer.
- Your child is safest riding rear-facing until two, three, or even four years old.
- When your baby outgrows their infant seat, move them into a larger rear-facing seat.
- When a child outgrows their larger rear-facing car seat (by height or weight), they should move into a forward-facing car seat with a harness.
- When a child outgrows their forward-facing car seat (by height or weight), they should move to a booster seat. Use a booster seat until the seat belt fits properly; this is typically when your child is 145 cm (4 ft. 9 in.) tall and between 8 and 12 years of age.

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## STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	6	4	\$762,500	\$757,500
September	23	11	10	\$669,400	\$660,750
August	23	8	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
March	23	11	10	\$793,950	\$806,000
February	23	7	5	\$899,000	\$906,400
January	23	5	3	\$749,900	\$772,000
December	22	1	3	\$739,900	\$775,000
November	22	5	5	\$699,000	\$679,000

To view more detailed information that comprise the above MLS averages please visit [str.mycalgary.com](http://str.mycalgary.com)

## CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	9	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
March	23	2	4	\$837,450	\$814,500
February	23	2	2	\$696,894	\$685,073
January	23	1	1	\$869,900	\$840,000
December	22	1	0	\$0	\$0
November	22	3	3	\$778,000	\$743,000

To view more detailed information that comprise the above MLS averages please visit [chr.mycalgary.com](http://chr.mycalgary.com)

# Take Steps to Help Protect Your Household Pipes from Freezing

by City of Calgary



Every winter some Calgarians experience frozen water pipes which can result in water outages. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and history of freezing.

However, recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing.

1. Keep your thermostat at a minimum of 15°C, even if you're away from home.
2. Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
3. Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
4. Insulate your hot and cold-water pipes located in cold areas.
5. Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
6. Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
7. If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
8. Regularly run water in your pipes through everyday use.

Visit [calgary.ca/frozenpipes](https://calgary.ca/frozenpipes) to learn more, including actions you can take if you suspect you have frozen pipes.

# Reduce Your Waste During the Gift-Giving Season

by the City of Calgary



Repurpose, reuse, and get creative to reduce your waste this holiday season. Here are some ideas for gift giving that are low on waste but highly meaningful:

- Support local businesses by purchasing gift cards or giving the gift of an experience.
- Give a gift in the form of a donation to a favourite charity.
- Give the gift of time. Lend a hand to an older relative or friend by dropping off their shopping or meals or putting their carts out on collection day.
- Make your own gifts – try knitting a hat, painting a canvas, or baking.
- Recyclables make great material for Christmas crafts and cards.
- Consider alternative ways to wrap gifts. Reuse bags and boxes that you already have at home. Use cloth bags, tea towels, a T-shirt, or simply avoid wrapping completely.

Find more tips at [calgary.ca/recyclerright](https://calgary.ca/recyclerright).

## Safely Dispose of Household Batteries



Don't put any kind of battery in your blue, green, or black carts. Batteries contain metals like lead, lithium, cadmium, and mercury that can be dangerous to human health and the environment. If they end up in any of your carts, batteries can get crushed and cause fires at the recycling, composting, and landfill facilities. Household batteries include non-rechargeable alkaline batteries (AA and AAA) and rechargeable batteries found in cellphones, laptops, and cordless power tools.

Safely dispose of batteries by taking them to a participating retailer for free recycling. For more information visit [calgary.ca/battery](https://calgary.ca/battery).



Councillor, Ward 6  
**Richard Pootmans**

403-268-1646  
Eaward6@calgary.ca  
Calgary.ca/ward6 @pootmans  
@richardpootmans9

Hello, Ward 6,

Merry Christmas! Wishing you one filled with happiness and the laughter of those who matter most to you. I always look forward to the new year, as it brings hope and a renewed perspective on this great City we live in. I hope that 2024 is a year full of prosperity, health, and much joy for you and yours.

Looking back on 2023, the Ward 6 office staff are grateful to be your advocates, working with both your community and the City of Calgary Administration. Some of the things that our offices were asked to advocate for this past year were increased public safety, more traffic safety measures, removal of extraneous roadway signage, better traffic control at intersections, dead tree removal on boulevards, and much more.

One of Council's priorities this year is affordable housing for Calgarians. I am happy to support the Calgary Housing Strategy as I feel this comprehensive plan is crucial for addressing housing related challenges in our city and improving the quality of life for residents. I am looking forward to continuing this important work into 2024.

In October, I was selected to sit on ten Council committees. I will continue my work on the Audit Committee to ensure effective governance and compliance at the City. I am also excited to go back to my roots and join the Calgary Economic Development (CED) board. In the past, I helped CED to implement various investment initiatives and business retention strategies. I look forward to once again helping attract businesses and showcasing that Calgary is a liveable, welcoming, and prosperous city that any company will thrive in.

My office and I look forward to continuing our work with Ward 6 residents in building a community we are proud to live in.

Sincerely,

*Richard*



MLA Calgary - West  
**Mike Ellis**

234 - 333 Aspen Glen Landing SW  
Calgary, AB T3H 0N6  
403.216.5439  
calgary.west@assembly.ab.ca

The Alberta government is continuing to support and install practices that will result in safer communities throughout Alberta. An additional \$709 million has been allocated for public security in 2023-24, an increase of \$84 million from the 2022-23 forecast. This is assisting with the expansion of policing options and the sheriff's branch to help municipalities fight organized and serious crime. By working with various levels of government and Indigenous organizations with a shared goal of increasing safety for Albertans, trust is being built between the public and the police that serve their communities. These investments will find local solutions to keep Albertans and their families safe, no matter where they choose to call home.

The Alberta government recognizes that police services, firefighters, first responders, and community service providers are critical partners in supporting Alberta's most vulnerable citizens and will continue to work with them to build out a recovery-oriented system of care for mental health and addiction. Collaboration between the province, municipalities, police services, and community organizations are connecting Albertans to recovery-oriented mental health and addiction supports and services which form a central component of corrections and community policing. With a specific focus on Edmonton and Calgary, an investment of \$94 million in 2023-24 is continuing to address the addiction crisis by building more recovery communities, establishing health-care services and community policing hubs, and establishing harm reduction and recovery outreach teams. Another \$12.5 million in 2023-24 is supporting the expansion of therapeutic living units within correctional facilities to help inmates access recovery-oriented treatment programs. This aims to reduce repeat offences and keep communities safe, while recognizing that mental health and addiction are healthcare issues.

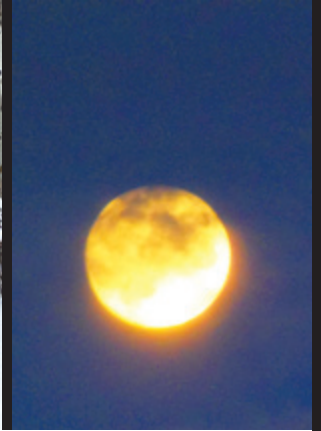
Please contact my constituency office should you need assistance with constituency related matters.

May the spirit of Christmas fill your lives with love, hope, positivity, and joy. I wish you and your loved ones a very Merry Christmas and a happy, healthy 2024!

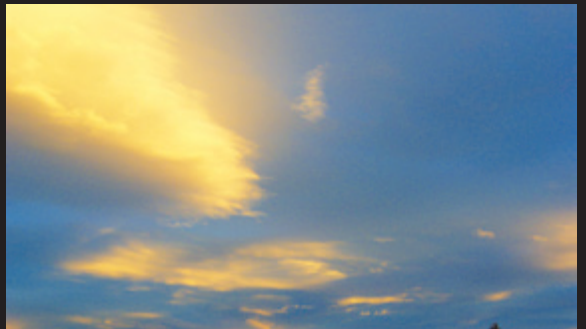
*Mike Ellis MLA, Calgary-West*



PHOTO  
**GALLERY** by Nyckie Rea



*Nature never disappoints.*



*Some moments are made of gold and sunrises.*



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