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

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PARK**

**ASPEN
WOODS**



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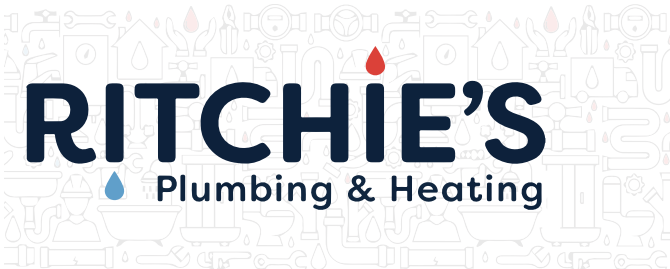
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Contact us at firstname.lastname@scacalgary.ca, or board@scacalgary.ca

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		
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Heat Related Illness

from Alberta Health Services

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

Heat Exhaustion

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

Heat Stroke

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

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

MESSAGE FROM THE BOARD

Do you say yeehaw or yahoo?! July is a month of Stampede festivities; this year has some amazing acts coming to Calgary. From the SCA board, we hope you have fun and remain safe while Stamping!

During the summer months, the SCA board takes a hiatus from meeting in person. Our next board meeting will be held on September 20 at 7:00 pm, however, if you have any questions, comments, or concerns, please feel free to contact us! And if you love events, community building, and are looking for an opportunity to get involved, we currently have board positions available. If interested, send us an email at board@scacalgary.ca and we would be happy to chat!

A program that will not be taking a break is our walking group! The first few weeks have seen such interest that we have expanded the program to every Tuesday at 10:00 am. The group meets in Strathcona Square parking lot by the Good Earth. We have also started an evening walk. Sign up and check for updates on our website or contact info@scacalgary.ca.

Would you like to see more pickleball courts in the area and more tennis courts available? If you do, here's how you can help. The SCA is planning a 50/50 raffle with proceeds going towards resurfacing the community ice rink to accommodate pickleball courts. Look for more details on our website and e-newsletter when the raffle draw is live.

The SCA board and members of the community would like to make a plea to residents to be mindful of activities that may potentiate the risk of fire. There have been several fires within the city and some in our own backyard. Small actions like disposing of cigarettes appropriately and refraining from outdoor fires near our forested areas and benches can keep residents safe. Additional fire safety resources can be found through The City of Calgary and Calgary Fire Department.

As always, we are here for you, please let us know if you would like to see programming added or topics discussed within our monthly message.

Wishing you all the best this summer season!

Your SCA CA Board of Directors

Calendar

Tuesdays Walking Group (Meet by Good Earth), 10:00 am

September 20 Next SCA Board Meeting, 7:00 pm

Community association members are welcome to attend SCA board meetings by appointment; please contact president@scacalgary.ca.



Caño Cristales is a multi-coloured river located in Colombia's Serranía de la Macarena National Natural Park. Its rainbow hues are caused by red riverbed plants, green algae, black rocks, yellow sand, and blue water. Be sure to visit between July and November, as that's when the colours are the most vibrant!

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 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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March	23	27	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
October	22	10	18	\$1,182,450	\$1,140,000
September	22	14	15	\$799,800	\$798,000
August	22	14	6	\$899,900	\$877,500
July	22	19	13	\$850,000	\$813,000
June	22	26	25	\$825,000	\$850,000

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

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	Zumba, 9:30am	Jazzercise, 9:30am	PRIVATE RENTALS	Pathfinders, 6:30pm
Older Adult Yoga, 12pm, 1:15pm	Mommy & Me Pilates, 11am	Older Adult Yoga, 10am	Adult Art, 10am	Sit Fit Yoga, 11am		
Tai Chi, 1:30pm, 2:45pm	Adult Art, 1pm	Joyful Kids Music, 10am	Gentle but Strong Yoga, 12pm	Bridge, 12:30pm		
Run.Jump.LEAD!, 4:50pm	Tennis 4pm, 5pm	Tai Chi, 11am	Adult Art Workshops, 12:15pm	Older Adult Dance, 1pm		
CYP Theatre, 5:30pm	Young Rembrandts, from 5pm	SCA Line Dance, from 1pm	Run.Jump.LEAD!, 4:40pm			
Sparks, 6:30pm	Joyful Kids Music, 5:30pm	Nature Play, 2pm	CYP Theatre, from 5pm			
Rangers/Pathfinders, 6:30pm	Chinook Country Line Dancers, 6:00pm	Colour on Fire, 5:15pm, 6:30pm	Scouts, 6:15pm			
Karate, 6:30pm	CYP Theatre, 6:30pm	Karate, from 6:30pm	Kids Art, from 5:15pm			
Toastmasters, 7:30pm	Pathfinders/Rangers, 6:30pm	Pathfinders, 6:30pm				
		Montessori, 6:30pm				

GAMES & PUZZLES

Guess That Song!



1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE QR CODE FOR THE ANSWERS!

BRAIN GAMES

SUDOKU

		6					5	
7			6	4				
	1	8		5			7	
				6				7
1			4		8			2
3				1				
	3			2		8	4	
				3	1			9
	2					5		

SCAN THE QR CODE FOR THE SOLUTION

Know the Signs of Testicular Cancer

from Alberta Health Services



Testicular cancer is the most common cancer among young men.

Testicular cancer occurs when cells that aren't normal grow out of control in the testicles (testes). It is highly curable, especially when it is found early.

The most common symptoms of testicular cancer include:

- A lump or swelling in the scrotum that may or may not be painful.
- A heavy feeling in the scrotum.
- A dull pain or feeling of pressure in the lower belly or groin.

Experts don't know what causes testicular cancer. But some problems, such as having an undescended testicle or Klinefelter syndrome, may increase a man's risk for this cancer. Most men who get testicular cancer don't have any risk factors.

How is testicular cancer diagnosed?

Most men find testicular cancer themselves by chance or during a self-examination. Or a doctor may find it during a routine physical examination.

Because other problems can cause symptoms like those of testicular cancer, your doctor may order tests to find out if you have another problem. These tests may include blood tests and imaging tests of the testicles such as an ultrasound or a CT scan.

If these tests show signs of cancer, you will have surgery to remove the testicle. Surgery is the only way to know for sure if you have testicular cancer and what kind of cancer it is. This information also helps in planning any other treatment you may need.

How is it treated?

For some people, surgery to remove the testicle may be all the treatment they need. The type and stage of your cancer will help your doctor know if you need more treatment.

Treatment after surgery may include surveillance, chemotherapy, or radiation therapy. Chemotherapy is often used for cancer that has spread to other parts of the body. In some cases, surgery is used to remove that kind of cancer.

How will having testicular cancer affect you?

In most cases, removing a testicle doesn't cause long-term sexual problems or make you unable to father children. But if you had these problems before treatment, surgery may make them worse. And other treatments for cancer may cause you to become infertile. You may want to think about saving sperm in a sperm bank. Talk to your doctor if you have any questions or concerns about sexual problems or whether you can father children.

EVENTS

Recycle Day Recap

Thank you to our volunteers and our sponsors!

- Alberta Recycling Management Authority
- Best Shredding
- Cerebral Palsy
- City of Calgary
- Evraz
- Technotrash
- Telus
- Wildcats Football

Neighbour Day Stampede Breakfast Recap

Thank you to everyone who came out to our Neighbour Day Stampede Breakfast! And thanks to our wonderful volunteers – we could not have done it without you!

We thank all our sponsors but special thanks goes to Mike Ellis, MLA Calgary West, for co-hosting this event with us.

- Mike Ellis, MLA Calgary West
- Ron Liepert, MP Calgary Signal Hill
- Calgary Stampede
- City of Calgary
- A Child's Garden Preschool Ltd
- Boston Pizza
- Bow Valley Music Club
- Boys & Girls Club
- Calgary Newcomers' Club Line Dancers
- Calgary Pageants
- Isho Talent
- Launchpad Learning
- Little Kickers
- Little Medical School
- Pickleball Connect
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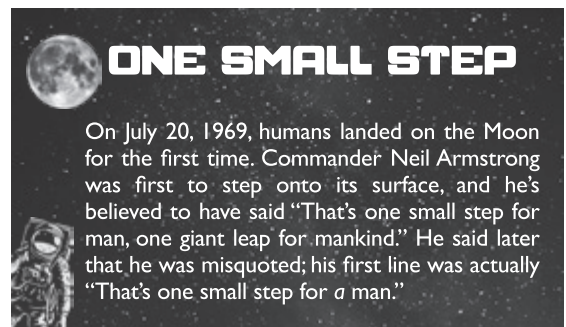
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ONE SMALL STEP

On July 20, 1969, humans landed on the Moon for the first time. Commander Neil Armstrong was first to step onto its surface, and he's believed to have said "That's one small step for man, one giant leap for mankind." He said later that he was misquoted; his first line was actually "That's one small step for *a* man."



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Moroccan Style Meatballs

by Jennifer Puri



The red (Marrakech), white (Casablanca), and blue (Chefchaouen) cities of Morocco represent a vibrant mix of past and present and are a contrast of modernity with traditional customs and architecture.

Home to ancient palaces, mosques, and colleges, these cities are also famous for their gardens, fountains, medinas, and souks.

Medinas are walled cities with narrow winding streets which are notable for their absence of cars but abundance of bicycles and donkey carts.

Souks are the captivating street markets where you can purchase leather goods, lanterns, lamps, textiles, carpets (not the flying kind), spices, tagines, and good luck charms.

All sorts of foods are also available to the hungry shopper including local breads, dried fruits, and olives.

The most cooked meals are couscous salads, spicy lamb, and chicken stews, traditionally followed by cups of Moroccan Green Mint Tea.

Moroccan Style Meatballs can be enjoyed with Pita or Naan, couscous or salad greens, or Moroccan style carrot salad.

Prep Time: 30 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients:

- 500 gms lean ground beef
- ½ cup fine breadcrumbs
- ½ onion, finely chopped
- 3 garlic cloves, minced
- 3 tbsps. finely chopped mint
- 2 tpsps. smoked paprika
- 1 tsp. ginger, minced
- 1 tsp. ground cumin
- ½ tsp. ground cinnamon
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. red pepper flakes
- 1 egg
- 2 tbsps. olive oil
- 1 red bell pepper, sliced
- 1 400 ml jar of Moroccan style meatball sauce
- ¾ cup water
- 12 seedless green olives (optional)
- 3 tbsps. of yoghurt (optional)

Directions:

1. Place ground beef in a medium size bowl and add breadcrumbs, onion, garlic, mint, smoked paprika, ginger, cumin, cinnamon, salt, black pepper, egg, and mix well.
2. Preheat oven to 400 degrees Fahrenheit.
3. Divide beef into 20 portions, shape into golf ball size meatballs, and place on a foil lined baking tray. Bake on middle rack of oven for 18 to 20 minutes or until cooked.
4. Add two tablespoons of olive oil to a wok or skillet and sauté the red pepper for three to four minutes. Next add the Moroccan style sauce, water, and cooked meatballs, and simmer for four to five minutes.
5. Remove from heat, garnish with olives, yoghurt, and fresh mint or coriander leaves, and serve.

Bon Appétit!

SCA PROGRAMS (DUE TO COVID-19 PROGRAMS MAY NOT RUN AS ADVERTISED)



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.

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

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.

Colour on Fire Art Studio and School

• Kids' Art Education Classes

Ages 5 to 12

Wednesday at 6:30 pm

Thursday at 5:15 pm 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.

Girl Guides

Sparks: Monday

Pathfinders: Monday, Tuesday, Wednesday, Sunday

Rangers: Monday, Tuesday

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.

Little Miracles Montessori

Wednesday at 6:30 pm

Register at www.littlestepschildcare.ca.

Nature Play

Wednesday at 2:00 pm

Visit www.natureplaykids.ca.

Run.Jump.LEAD!

Monday at 4:50 pm (Age 9 to 12)

Thursday at 4:40 pm (Age 7 to 9)

Visit www.runjumplead.com/register-now.

Scouts

Thursday at 6:15 pm

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

Tennis Lessons

Learn or improve your tennis skills with weekly lessons with a qualified instructor.

Tuesday at 4:00 pm (Age 5 to 8)

Tuesday at 5:00 pm (Age 9 to 12)

Visit www.firstservetennis.ca.

Young Rembrandts

Tuesday at 5:00 pm and 6:00 pm

Visit www.youngrembrandts.com/southernalberta/view-classes-enroll.

Adult Programs

5D Souls – New

Sound healing and guided meditation

Wednesdays, 7:00 to 8:00 pm, beginning June 28

Desireeporrelli5d@gmail.com or 5dsouls.weebly.com.



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.

Colour on Fire Art Education Workshops

Thursday from 12:00 to 1:15 pm

Visit www.colouronfireartstudio.com.

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 Cherie at jazzcherie1@hotmail.com.

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.

Sit/Fit Yoga (Sherry)

Friday from 11:00 am to 12:00 pm

Contact Sherry at sherrynormanyoga@gmail.com.

Toastmasters

Monday at 7:30pm

Visit www.westhillstoastmasters.easy-speak.org.

Zumba

Tuesday and Thursday at 9:30 am

All levels welcome!

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

SCA Programs

Register at www.scacalgary.ca.

Fall dates coming soon!

- Adult Art Classes (Karin)
- Adult Chair Yoga (Sherry)
- SCA Line Dancing (Mary and Peggy)
- SCA Line Dancing Drop-in (Peggy)
- Tai Chi (Adrian)

Summer Camps at the SCA

Calgary Young People's Theatre

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.

Dates: July 31 to August 2; August 8 to 11; August 14 to 18

Cost: \$200 to \$480

Register: www.crypt.ca/camps

Colour on Fire Art Studio and School

Ages 5 to 12

Kids are engaged in a variety of art projects which include instruction in drawing and in applying various mediums like watercolour and acrylic paint, chalk and oil pastel, charcoal and more. Kids enjoy drawing nature while on 'sketch and walks' and learning more about creating shapes and using colour in their artwork.

Dates: July 3 to 7; July 10 to 14; July 17 to 21; July 24 to 28; August 14 to 18; August 21 to 25

Cost: \$195 for half day (8:30 to 12:00 pm or 12:30 to 4:00 pm) and \$365 for full day (8:30 to 4:00 pm)

Register: www.colouronfireartstudio.com or call 403-542-0178

Engineering for Kids

Ages 4 to 14

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.

continued on next page

SCA PROGRAMS (CONTINUED)

July 10 to 14

- Juniors (Ages 4 to 7) Digging for Dins + Dino Bots with Lego Robotics
- Apprentice (Ages 8 to 14) Mechatronics and Robotics + Harry Potter: Academy of Science and Magic

July 24 to 28

- Juniors (Ages 4 to 7) Space Camp + Go Mouse Robot and Code
- Apprentice (Ages 8 to 14) EV3 Lego Robotic Games Summer Camp + Creative Game Design with Bloxels

Register: www.engineeringforkids.com/calgary

Film Production Camp

August 8 to 11, 9:00 am to 4:00 pm | \$365

Write, produce, and star in your own movie.

As an alumnus of the Vancouver Film School, Julianna is melding her love of teaching and film production to teach students how they too can transfer a written story/idea into a visual art.

Learn the basics of writing a script and real dialogue for your characters. Close up, long shot, zolly? So much to learn, but I promise it's oh so fun! You will never look at movies the same way again!

To register, call or text 403-978-5859.

Launchpad Learning

Ages 8 to 14

- July 17 to 21: Minecraft Creators – Make your Own Minecraft Mod

Building Minecraft mods is a great way to learn programming, harness creativity, and enhance problem-solving skills. Using a simple drag-and-drop coding environment, campers will accomplish exciting results with their one-of-a-kind Minecraft features! Laptop rental available.

- August 21 to 25: Python Game Developers
Ready to learn one of the most widely used programming languages in the world? Python is a very versatile and easy-to-learn starter language that is widely used by software developers, scientists, and data analysts. Through the games they create, campers will learn and practice core coding concepts and learn Python-specific concepts.

Register at www.launchpadlearning.ca/summer-camp-registration/.

Pop/Rock Camp

Ages 8 to 15

July 17 to 21 from 9:00 am to 12:00 pm or 1:00 to 4:00 pm

Learn to write, produce, and record your own original song! Julianna Enciu is a professional singer/songwriter with a passion to teach you how to find confidence in performance and collaborating with other emerging singer songwriters.

Cost: \$250

Call or text 403-978-5859 to register.

Little Medical School

Ages 6 to 11

- Little Veterinarian School Summer Camp

July 3 to 7: Calling all future veterinarians! 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.

- Little Doctor School Summer Camp

July 17 to 21: 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.

Cost: \$375 per child

Register: www.littlemedicalschooll.com/calgary

Little Miracles Montessori Deep Education

Ages 3 to 5

Dates: July 3 to 7 and July 10 to 14, 9:00 am to 12:00 pm

Register at www.littlestepscildcare.ca.

Polyglots

Ages 5 to 11

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.

Dates: August 21 to 25 – Celebrate Mexican culture as you learn Mariachi tunes, make a sombrero, and experiment with dissolving limestone. Create your own art masterpieces.

Half day and full day options available. Pre/post care available from 8:30 am to 4:30 pm for full day
Register: www.polyglots.ca.

Tennis Lessons

Ages 5 to 12

Learn or improve your tennis skills this summer with weekly lessons with qualified instructors.

Dates: Every week in July and August

Time: Monday to Friday, morning sessions

Register: www.firstservetennis.ca/lessons

Free Youth Event

July 5 and July 23, 12:30 to 4:00 pm

Ages 13 to 17 years

Brought to you by BGC (Boys and Girls Club). To attend, please register at expansionservices@BGCFoothills.com.

We can't wait to see you for some fun, activities, pizza, and prizes!

Adult Summer Programs

Pickleball

Visit www.pickleballconnect.ca for more information.

SitFit Yoga

Fridays from 11:00 am to 12:00 pm

July 7, 21, 28, and August 4, 18, 25

This class combines strength and resistance training within the mindfulness of yoga. Ideal for individuals who need the comfort and/or safety of seated exercise (standing is optional). This class is held in the main hall at the community centre and is streamed online (watch from home). Equipment suggested includes a small and medium ball, resistance band, and set of small dumb bells.

Register for 6 weeks for \$45. Drop-in available for \$10.

Contact Sherry at sherrynormanyoga@gmail.com.

Tai Chi

Beginner and Beginner Plus

Monday, July 3 to August 28, 1:30 to 2:30 pm (No class August 7)

8 classes - \$64 + \$3.20 GST = \$67.20

Please note: July 3 and 14 classes will take place outdoors. Should the weather not accommodate the group, classes will be pushed into the fall session. July 31 class will take place in the Founders' room.

Joke of the Month

What happened when the strawberry tried to cross the road?

A traffic jam!



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Proper Disposal of Smoking Materials

from the City of Calgary

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

Smoke Alarms

Having working smoke alarms saves lives – more than one-third of all fire fatalities are associated with having no smoke alarm.

Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a

synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.



Enjoy Off-Leash Dog Parks Safely This Summer

from the City of Calgary



Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. As summer approaches, many pet owners are eager to enjoy the warm weather and spend quality time with their furry friends. However, it is crucial to ensure that off-leash interactions are safe and enjoyable for everyone. By following simple guidelines, dog owners can create a positive and secure environment for their pets and fellow park-goers.

Know the Rules

Familiarize yourself with the specific rules and regulations of each dog park you plan to visit. Be aware of any size restrictions, leash policies, and speak to your veterinarian about the vaccinations your dog will require.

Training and Socialization

Before heading to the park, ensure that your dog is well-trained and socialized. Basic commands like "sit," "stay," and "come" can go a long way in managing their behaviour.

Supervision and Control

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions.

Communication with Other Owners

Establish open lines of communication with fellow dog owners. Respect their space and recognize any signs of discomfort or tension between dogs.

Bring Essential Supplies

Carry essential supplies such as water and waste bags. Clean up after your pet to maintain cleanliness and hygiene in the park.

Calgary's off-leash dog parks provide a fantastic opportunity for dogs to socialize, exercise, and have fun during the summer months. To learn more about responsible pet ownership, check out our video series at calgary.ca/pets/licences.

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Dr. Bakare Adedayo & Dr. Ali Rahimzada will be joining our team!

- Dr. Bakare Adedayo will be taking appointments and walk-ins every Saturday starting July 8 (10:00 am-2:00 pm)
- Dr. Ali Rahimzada will join our clinic and accept new patients starting August 1
- Dr. Farhat is starting to treat chronic migraines using Botox injections
- Registered Nurse Karin Dixon has joined our team to do cosmetic Botox injections and fillers

Our clinic offers Botox injections for medical and cosmetic purposes by qualified professionals. Botox can smooth wrinkles, reduce spasms, and treat other conditions. Ms. Karin Dixon, our certified nurse practitioner, started cosmetic fillers and Botox injections at our clinic. She can help you with lip, cheek, chin, and skin enhancement using Botox and fillers.

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www.bluediamondmedical.ca

Teaching Children Fire Safety

by Alberta Health Services

Preventing household fires is one way to prevent injury or death from burns. Here are a few tips on how to keep your family safe around fires and open flames.

- Teach children that only grown-ups use fire. Keep lighters and matches out of reach of children.
- Use at least one smoke alarm on every level of your home. Be sure to put an alarm outside sleeping areas and inside bedrooms. Test all smoke alarms monthly and change the batteries at least once a year if they are not lithium batteries. It may help to schedule a regular date, such as the first day of each month, to check alarms and to change batteries on the first day of fall or the first day of spring every year. Replace smoke alarms every 10 years.
- If you live in an apartment building or group living facility such as a dorm, make sure that you know the number of doors between your room and the nearest emergency exit.
- Keep multipurpose fire extinguishers in your kitchen, garage, and other areas where hazardous materials may be stored or used. These extinguishers are labelled with "ABC"—"A" is for wood, paper, and trash fires; "B" is for grease fires and flammable liquids; "C" is for electrical fires.
- Check and clean appliances regularly. Replace cords when needed.
- Ensure that space heaters, wood stoves, and furnaces are regularly inspected and properly installed. Do not use space heaters while you are asleep or when you are not in the room. Keep all heating elements at least three feet away from items that can easily catch fire, such as curtains or rugs. Only use electric space heaters that turn off automatically if they tip over. Do not use an oven to heat a room.
- Have your fireplace and chimney inspected yearly and cleaned as needed.
- Be careful with lit candles. Always monitor their use and keep them out of children's rooms. Use flashlights rather than candles if there is a power outage.
- If you smoke in the bedroom, be sure that you have a smoke alarm there. It's safest if you do not smoke or

allow smoking in your home. If you need help quitting, talk to your doctor about programs and medicines to help you quit smoking.

Fire Survival Skills

Teach your children about how to survive in a fire. Some very young children will not understand these concepts but start discussing the issues early and repeat frequently.

- Everyone needs to leave the home as fast as they can when a smoke alarm sounds.
- Plan and periodically practice escape routes. Make sure that there are at least two escape routes from each area of your home, including upper stories and the basement.
- Firefighters in full gear frighten some children. Explain to your child why firefighters need equipment and show them pictures. Tell children not to hide from firefighters.
- Show your child how to stop, drop, and roll if any part of his or her body or clothing catches on fire.

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COMMUNITY NEWS



Skoki says happy Stampede!

Send your Stampede photos to cathy.duke@scacalgary and we will feature them in our August issue.

SCA 50/50 Raffle in Support of Pickleball Courts – Coming Soon!

Would you like to see more pickleball courts in the area and more tennis courts available? If you do, here's how you can help.

The SCA is planning a 50/50 raffle with proceeds

going towards resurfacing the community ice rink to accommodate pickleball courts. Look for more details on our website and in our e-newsletter when the raffle draw is live.

Join Our Walking Group

Walks take place every Tuesday at 10:00 am. Evening walks will be starting soon!

Meet outside Good Earth in the Sobeys parking lot. Dogs and strollers are welcome. Please register at 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.

Calling all Gardeners or Those Just Wanting to Help!

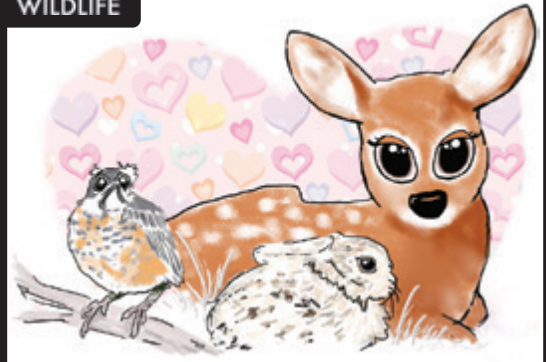
Committed volunteers are needed for the care and maintenance of the Strathcona community entranceway during the spring, summer, and fall. We meet once a month for an hour or two (or as weather and the project requires).

Donations of any amount are greatly appreciated and put to good use to cover annual costs (plant replacement, soil amendment, fertilizer, mulch, etc.) as well as to plan for future additions. Cheques (made out to SCA CA) or cash can be left at the office, attention: Shelley Lakatos.

For more information, please contact Marlene at marlenefritzler@hotmail.com.



Cute but not cuddly



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

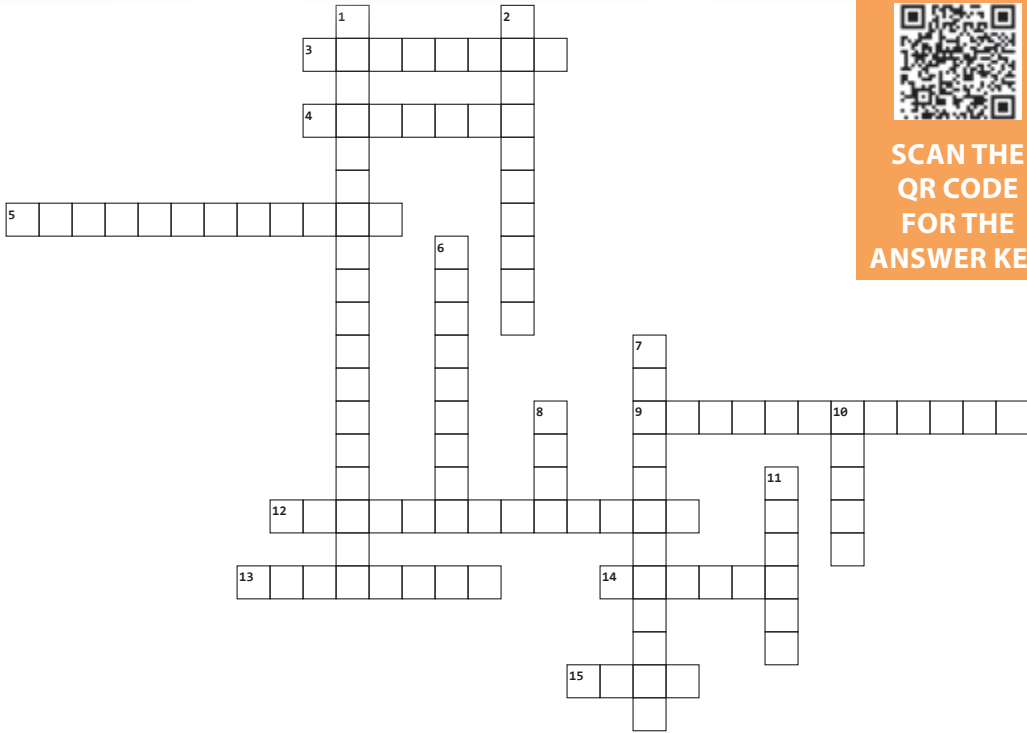
Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

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www.calgarywildlife.org



July Crossword Puzzle



SCAN THE
QR CODE
FOR THE
ANSWER KEY

Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National _____ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World _____ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | nancy@viewpointcalgary.ca

Adapted from Dr. David Burns



We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

Providing feedback will help your counsellor know what is/isn't working for you

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	23	21	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
October	22	6	10	\$557,450	\$564,750
September	22	9	12	\$637,500	\$623,000
August	22	12	10	\$682,400	\$687,500
July	22	8	3	\$550,000	\$580,000
June	22	8	12	\$614,900	\$594,000

CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	23	5	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
October	22	2	2	\$352,400	\$325,000
September	22	2	0	\$0	\$0
August	22	2	1	\$348,800	\$358,800
July	22	2	2	\$339,950	\$334,950
June	22	4	4	\$612,450	\$597,500

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

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



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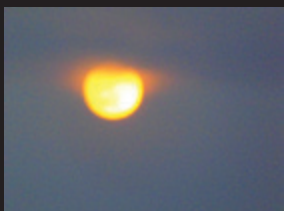
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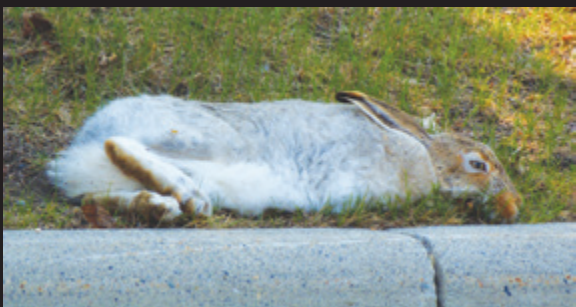


PHOTO GALLERY

by Nyckie Rea



"The whole world is an art gallery when you're mindful. There are beautiful things everywhere and they're free."



"In joy or sadness, flowers are our constant friends."



Councillor, Ward 6
Richard Pootmans
 403-268-1646
 Eaward6@calgary.ca
 Calgary.ca/ward6 @pootmans
 @richardpootmans9

Hello, Ward 6,

It is finally summer and while all school kids are rejoicing, some parents are trying to find programs to keep their children active. If you are looking for some fun, free activities for children, youth, and your family this summer, these safe, supervised programs are great for making new friends and learning new activities. Here is the list of summer programs in Ward 6.

Date	Program	Location
July 3 to 7 Monday to Friday	• Stay n' Play – 10:00 am to noon • Park n' Play – 10:00 am to 3:30 pm	West Springs West Ridge School (8903 Wentworth Ave SW)
July 10 to 14 Monday to Friday	• Stay n' Play – 10:00 am to noon • Park n' Play – 10:00 am to 3:30 pm	Signal Hill Battalion Park School (369 Sienna Park Dr SW)
July 31 to August 4 Monday to Friday	• Stay n' Play – 10:00 am to noon • Park n' Play – 10:00 am to 3:30 pm	Glenbrook Glenbrook School (4725 33 Ave SW)
August 8 to 11 Tuesday to Friday	• Stay n' Play – 10:00 am to noon • Park n' Play – 10:00 to 3:30 pm	Springbank Hill Griffith Woods School (7652 26 Ave SW)
August 21 to 25 Monday to Friday	• Stay n' Play – 10:00 am to noon • Park n' Play – 10:00 to 3:30 pm	Glendale Glendale School (2415 Kelwood Dr SW)
July 3 to 14 Monday to Friday	• LEAD Monday to Thursday 12:30 to 4:00 pm Friday 10:00 to 3:00 pm	Spruce Cliff Wildflower Art Centre (3363 Spruce Dr SW)
July 6 to 18 Sunday to Saturday	• Mobile Skate & Scoot Spot – 11:00 am to 7:00 pm	Glamorgan Glamorgan Community Association Outdoor Rink (4207 41 Ave SW)
July 20 to August 1 Sunday to Saturday	Mobile Skate & Scoot Spot – 11:00 am to 7:00 pm	West Springs/Cougar Ridge West Springs/Cougar Ridge Community Association Parking Lot (8903 Wentworth Ave SW)

Go to <https://www.calgary.ca/parks-rec-programs/seasonal-community-programs.html> for more information.

Happy activities,

Councillor Richard Pootmans

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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.

BUSINESS CLASSIFIEDS

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ST. MARTIN'S ANGLICAN CHURCH: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and by Zoom). Sunday School: Sunday School each week. Sandwich making for Alpha House on Wednesday afternoons. ESL conversation Tuesdays, 9:30 to 11:00 am. More information at <https://smartinschurch.ca> or call 403-249-3014.

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TOP RANK TILE & STONE: 25+ years' expert experience as master stonemason and master craftsman. Apprenticed in UK and Scotland. Specialist in all tile, stone, hardwood, LVP, in-floor heating, showers, water features, etc. Kitchen and bathroom renovations. Interior and exterior design. To view some of our previous work, please visit [@topranktileandstone](https://www.instagram.com/topranktileandstone) on Instagram. Free quotes, all work guaranteed. Call Robert at 403-679-9063 or email at rjhrank@gmail.com.

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