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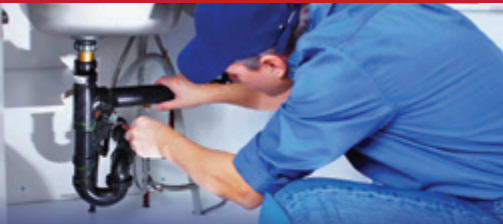
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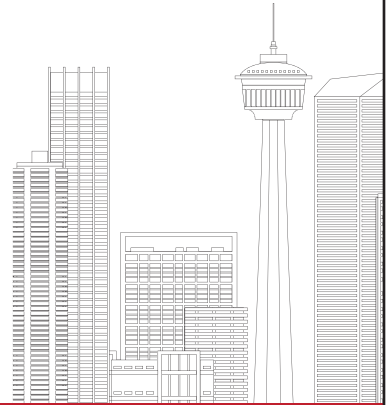


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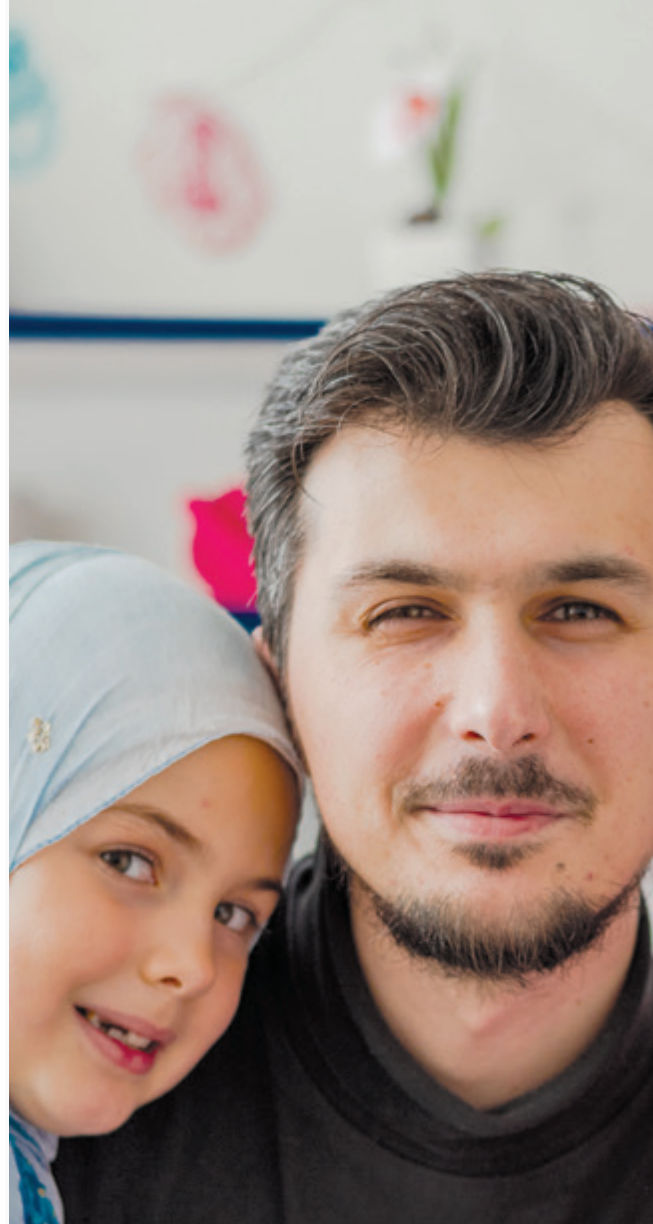
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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

STRATHCONA



**CHRISTIE
PARK**



**ASPEN
WOODS**



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Stepping into Summer

from Alberta Health Services



Routine plays a significant role in developing life skills and establishing healthy habits. With the school year ending, moving into the summer months with structure can help reduce stress and anxiety. It equally can contribute to a more comfortable transition for back to school.

For a flexible routine, which supports good mental health, we can think of the “The Big 5 to Thrive”. We want to be mindful of exercise, sleep, supportive relationships, healthy nutrition, and helping others.

Here Are Some Tips on How to Support Each of These Pillars:

- **Exercise:** It is important to move our body in ways we enjoy! The general recommendation is ensuring we get 150 minutes of vigorous exercise each week, which can include activities like riding your bike, playing team sports, or going for a brisk walk.
- **Sleep:** A healthy sleeping pattern includes getting adequate hours of rest and establishing a good nighttime routine. General recommendations for children under 12 years old is 9 to 12 hours of sleep, while those ages 13 to 18 should be aiming for 8 to 10. During this time, the brain is developing and

becoming specialized. A good nighttime routine can include monitoring technology and stimulating activities before bed. Instead, shift the focus to calming activities such as, meditation, stretching, or reading a book.

- **Supportive Relationships:** Be mindful of who is around you. Work towards ensuring you have positive connections with family, friends, and others in our community. Together, you can support and comfort one another in times of joy, and during hardship.
- **Nutrition:** You want to enjoy what you eat, but it is equally important to make sure you are getting all the necessary nutrients. Healthy eating is associated with a healthy heart, strong bones, better energy levels, improved mood, and brain health. Experiment with recipes and find the joy of fueling your body!
- **Helping Others:** Helping when we volunteer, donate, or share our time with others boosts our mood and our well-being. This summer, strive to get involved in your community!

These pillars of health can seem basic, but we can always find something to work on. Improving one can often have positive effects on the others, so this summer, strive to thrive with the Big 5!

SCA Community Centre

277 Strathcona Drive SW, T3H 2A4

T: 403-249-1138
Emergency

F: 403-249-7811
403-214-1838

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

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

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Office Assistant	Shelley Bartole
IT Admin	Michael Smith and Eric Ostertag
Rink Volunteer Coordinator	info@scacalgary.ca

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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MESSAGE FROM THE BOARD

Dear Community Members,

Summer has arrived, and with it comes the promise of new beginnings and growth. As we embrace the warmer weather and the beauty of the season, we also want to take this opportunity to remind everyone of the importance of safety around playgrounds. With the days getting longer and more children out, it's crucial that we all do our part to ensure their safety. Please remember to supervise your children, follow posted rules and guidelines, and report any issues or concerns to the appropriate authorities.

We would like to take a moment to thank our outgoing president, Maureen Smith, for her many years of dedication and service to our community. Maureen's tireless efforts and unwavering commitments have made a lasting impact and we are grateful for all that she has achieved during the most unprecedented time.

Your board believes that the heart of any successful community is a sense of connection and a commonly shared purpose. Being part of a community means coming together to support one another, to celebrate our successes, and to overcome challenges. It means recognizing that we all have a role to play in creating a safe, welcoming, and vibrant place to live and play.

As we move forward into the summer season and beyond, we encourage everyone to take an active role in our community. Whether it's volunteering, attending events, or simply being a good neighbour, there are many ways to make a positive impact. We are all in this together, and by working together, we can achieve great things for our community and children for many years to come.

We are excited to share that our walking group had a successful inaugural meet up! The Tuesday morning walks will continue at 10:00 am and be held every other week. We are working to add more times including an evening walk – check your email for updates as they come in!

Lastly, the SCA CA will be once again hosting our Neighbour Day Stampede Breakfast, co-hosted by our MLA, on June 17 from 9:00 to 11:30 am. Free breakfast for the first 1,500 attendees. Put on your cowboy hat, dust off your boots, and join us for breakfast, entertainment,

and family activities. We are looking for volunteers for the breakfast. If you can help, please visit our website at www.scacalgary.ca. We encourage everyone to purchase a community membership; a table will be set up at the event in case you need to renew or become a new member. Annual membership fees are \$20 per family.

We thank you for your ongoing support, and we wish you all a safe summer season!

Sincerely,

Your SCA CA Board of Directors



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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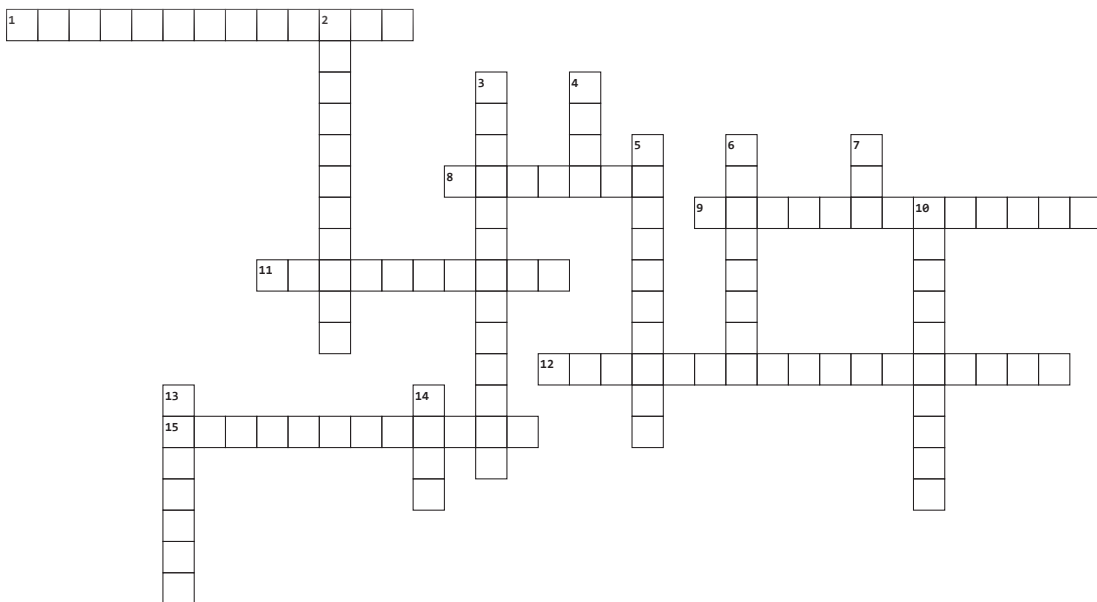
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		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	23	23	17	\$524,800	\$537,500
March	23	26	15	\$849,000	\$845,000
February	23	16	11	\$960,000	\$949,000
January	23	7	9	\$484,900	\$485,000
December	22	6	5	\$854,000	\$825,000
November	22	4	7	\$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
May	22	20	14	\$944,950	\$937,500

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



June Crossword Puzzle



Across

1. Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
8. In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
9. Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
11. Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
12. Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
15. This Calgary landmark was opened to the public on June 30, 1968.

Down

2. The song "I Will Always Love You," first recorded on June 12, 1973, by _____ gained renewed popularity with a re-release by Whitney Houston.
3. 43 years ago, this NHL hockey team relocated to Calgary.
4. The month of June is named after this Roman goddess.
5. In North America, National _____ Day is celebrated on June 8.
6. 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
7. The first Friday after Father's Day is National Take Your _____ to Work Day.
10. On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
13. This European country experiences the longest summer solstice due to its geographical location.
14. The official Father's Day flower.

SCAN THE QR CODE FOR
THE ANSWER KEY



GAMES & PUZZLES

Guess That Book!



1. A nurse accidentally time travels to the 18th century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

SCAN THE QR CODE
FOR THE ANSWERS!



Calendar

June 17 Neighbour Day Stampede Breakfast, 9:00 to 11:30 am

June 21 SCA Board Meeting, 7:00 pm

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

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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		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, 12-1:15pm	Older Adult Dance, 1pm	PRIVATE RENTALS	
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				

How to Spot an Out-of-Stock Scam Before It's Too Late

from the Better Business Bureau



Scammers claim a product you purchased is out of stock, but they never process your promised refund.

How the Scam Works

You see a product online that you want to purchase. Many shoppers report encountering this scam through social media ads. You click on the link to the company's website, find the product, and check out. Shortly after your card is charged, you receive an email saying the product is out of stock and they will refund your money. You wait several days for the refund to post to your account, but it never does. Then, when you try to contact the online shop, no one responds.

One shopper told BBB Scam Tracker, "I placed an order and received a confirmation and was charged \$15.98. A few days later, I received an email saying that due to low stock, I was being refunded. I never received a refund, so I emailed, but the email continuously failed to deliver. I have disputed the charge with my bank."

The truth is that the product never existed in the first place, and scammers hope you'll never notice you didn't get your refund. However, if you used a credit card, you should be able to contest the charge and get your money back.

How to Avoid Online Shopping Scams

Research before you buy. Always research businesses before you purchase, especially if you aren't familiar

with the company. Read consumer reviews on other websites and do a quick online search for the business name along with the word "scam" to rule out any suspicious activity spotted by other consumers.

Watch out for social media scams. Con artists love using social media to promote their scams. Some red flags include deals that seem too good to be true, phony personalized products, fake coupons, and product links that lead to questionable websites.

Make sure the website is secure. Don't make purchases from a website that isn't secure. How can you tell if a website is secure? It should have a tiny lock symbol in the browser bar and start with HTTPS, not just HTTP.

Keep records of your purchase. Keep receipts, order confirmations, and any other correspondence you have with a company that has promised to deliver a product. These documents will come in handy later if you need to contest the purchase.

Use your credit card. It's always best to use your credit card instead of a debit card to make online purchases. Credit cards offer more protection if you need to report a fraudulent charge.

Read more at [BBB.org](https://www.bbb.org).

UPCOMING EVENTS

Neighbour Day Stampede Breakfast

Saturday, June 17 from 9:00 to 11:30 am

Volunteers needed!

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

Pancakes and sausages will be served to the first 1,500 people. Family-friendly activities. Come enjoy the great fun, food, and music – rain or shine!

Volunteers are needed – can you help? It's a lot of fun to meet your neighbours while you flip and serve pancakes or sausages. We also need helpers for set up and clean up – great jobs for the strong and energetic youth in your family! Please sign up on our website at www.scacalgary.ca.

Thank you to our amazing sponsors!

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- Little Kickers
- Little Medical School
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- Young Rembrandts
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You might think Aldous Huxley's 1932 novel, *Brave New World*, could have nothing to do with a 400-year-old play. However, the name for Huxley's novel comes from a line in Shakespeare's *The Tempest*. An island-dwelling girl named Miranda exclaims "O brave new world" when a group of shipwrecked men wash up on the shore of her secluded island.



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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
May	22	18	11	\$739,900	\$775,000

To view more detailed information that comprise the above
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CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
May	22	7	6	\$674,900	\$675,500

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



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A Child's Garden Preschool Ltd.

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Contact Marilyn at 403-217-5658.

KidZinc School Age Care

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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.

Joyful Kids Music

Wednesday from 10:00 to 10:45 am (Ages 2 to 5)

Tuesday from 5:30 to 6:15 pm (K to Grade 2)

Visit www.joyfulkidsmusic.ca or contact

joyfulkidsmusic@gmail.com to register or see more information.

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.littlestepscildcare.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

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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)

10 classes - \$75 + \$3.75 GST = \$78.75

Hybrid (Online/in-person)

Drop-in available (free for first class, \$10 after)

Friday from 11:00 am to 12:00 pm, April 14 to June 16

This class combines mobility and strength exercises with the mindfulness of yoga. Ideal for individuals who need the comfort and/or safety of seated exercise (standing is optional). This class is streamed online (watch from home) and limited space is available for those wishing to come into the community centre. Equipment suggested includes small and medium ball, resistance band, and set of small dumb bells.

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 Spring/Summer Programs

Register at www.scacalgary.ca.

Adult Chair Yoga (Sherry)

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

Hybrid (Online/in-person)

Beginner Yoga #1 (More seated postures) – Monday, April 10 to June 19, 12:00 to 1:00 pm.

Intermediate Yoga #2 (More standing postures) – Monday, April 10 to June 19, 1:15 to 2:15 pm.

Intermediate Yoga #3 (More standing postures) – Wednesday, April 12 to June 14, 10:00 to 11:00 am.

SCA Line Dancing Drop-In (Peggy)

\$5 drop-in fee

Friday, April 14 to June 30 from 1:00 to 2:00 pm

Tai Chi (Adrian)

10 Classes - \$84

Continuing 1 and Basics: Monday, April 10 to June 19, 1:30 to 2:30 pm.

Basics: Monday, April 10 to June 19, 2:45 to 3:45 pm.

Continuing 2: Wednesday, April 12 to June 14, 11:00 to 12:00 pm.

continued on next page

SCA PROGRAMS (CONTINUED)

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.cypt.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.

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

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.littlemedicalschool.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.littlestepschildcare.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

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

Visit www.scacalgary.ca for details.

Backyard Play Safety

from Alberta Health Services

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

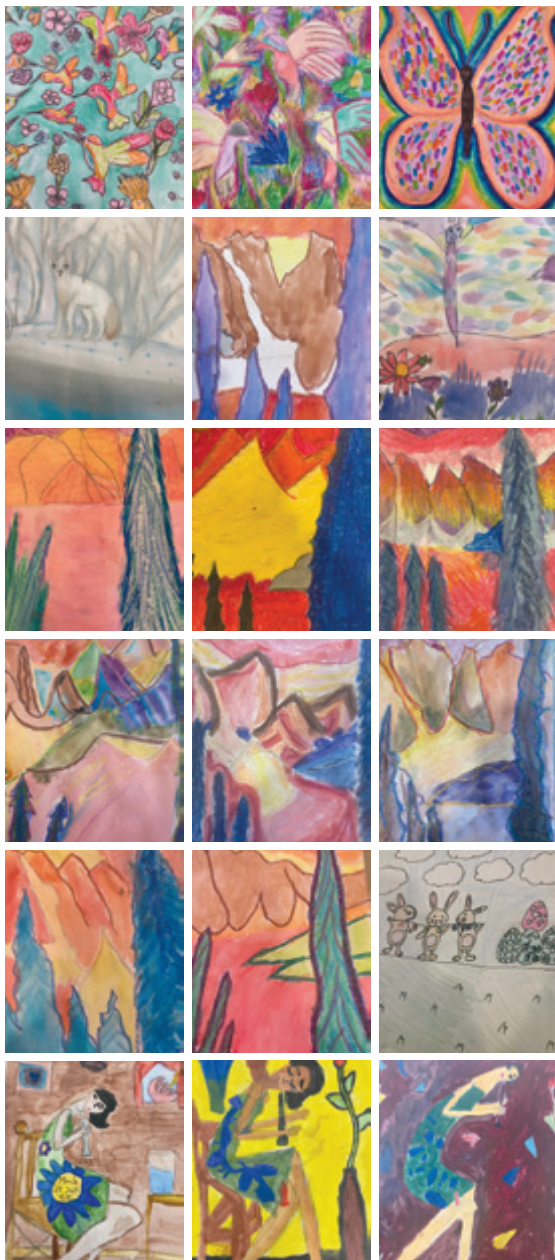
- Keep young children away from outdoor power equipment
- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

COMMUNITY NEWS

Colour on Fire Art Studio and School has submitted the following images to the Calgary Stampede Creative Arts and Crafts "Future Competitors" exhibit for ages 5 to 12 to be viewed during Calgary Stampede 2023. Well done!



Join Our Walking Group

Walks will take place every second Tuesday at 10:00 am. Check our website for dates.

We will meet at Good Earth in the Sobeys parking lot. Dogs and strollers are welcome. Join us for coffee at Good Earth after, courtesy of the SCA.

We're asking participants to 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.



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 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.

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.

Have a picture you'd like to share? Send it to cathy.duke@scacalgary.ca.

Lemon Chicken Salad

by Jennifer Puri

Nothing says fresh like lemons.

Believed to have originated about eight million years ago, lemons are a hybrid between a bitter orange and a citron. The lemon's ancestors are the mandarin orange, pomelo, and citron, but the lemon is the most used of the citrus fruits.

Lemons start small and green but turn yellow as they grow and ripen. A lemon tree, properly cared for, can live up to a hundred years and can produce six hundred pounds of lemons per year. Lemons play an important economic and cultural role in our world. They are used to make medicines, beauty products, candles, cleansers, preservatives, and even invisible ink.

Regarded as one of the world's healthiest foods, lemons are rich in Vitamin C and fiber and are an important ingredient in the preparation of food such as tarts, meringues, liqueurs, the flavouring and seasoning of poultry, fish, and of course lemonade.

The acidity of lemons is perfect for salad dressings as shown in this lemon chicken salad recipe.

Prep Time: 25 minutes

Cook Time: 35 minutes

Marinade Time: 6 to 24 hours

Servings: 3 to 4

Ingredients:

- 3 boneless, skinless chicken breasts
- 1/3 cup fresh lemon juice
- 2 garlic cloves, finely chopped
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- ¾ tsp. salt
- ½ tsp. coarse black pepper
- ¾ cup extra virgin olive oil
- 2 tbsp. honey
- 1 large head of organic romaine lettuce
- ½ pint of cherry tomatoes
- 1 cup seedless black olives
- 2 cups seasoned croutons
- 1 cup grated parmesan cheese

Directions:

- Prepare lemon dressing by combining lemon juice, garlic, Dijon mustard, Worcestershire sauce, salt, pepper, honey, and olive oil in a small bowl. Stir well or pour dressing into a small blender and blend for about one minute. Transfer dressing into a Mason jar for easy storage.
- Place chicken breasts on a cutting board and pat dry with a paper towel. Use a mallet to flatten any parts of the breasts that are more than ¾ inch thick. Transfer chicken breasts to a bowl and add 3 to 4 tablespoons of lemon dressing. Cover and refrigerate for a minimum of six hours or a maximum of 24 hours. Refrigerate remaining lemon dressing.
- Pre-heat oven to 400 degrees Fahrenheit.
- Remove chicken from marinade and place in a large non-stick frying pan. Allow the breasts to brown or caramelize, approximately two minutes on each side.
- Place browned chicken breasts on a baking sheet lined with foil. Bake uncovered until cooked, about 25 minutes or until a meat thermometer placed in the thickest part of the breast reads 165 to 170 degrees Fahrenheit. Remove from oven, cover, and let sit for about 10 minutes.
- In a large bowl, prepare salad by tearing romaine lettuce into bite size pieces. Add cherry tomatoes, olives, croutons, and lemon dressing to taste. Portion salad on four plates and add sliced chicken breasts topped with a little lemon dressing to each one. Sprinkle with parmesan cheese, garnish with lemon slices, and serve.

Bon Appétit!



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PHOTO GALLERY

by Nyckie Rea



A heart without dreams is like a bird without feathers.



Teaching Financial Literacy to the Next Generation

by Jon Lambe



In the coming years and decades, it's estimated that approximately \$400 billion will be passed down to inheritors in Canada. It's a powerful statistic that carries with it many underlying questions and considerations for both the giving and the receiving generations, a common one of which being whether inheritors are prepared. With this historical wealth transfer on the horizon, and considering its significant impact on individuals and families, taking proactive steps to strengthen and ensure younger generations have the resources and tools needed to be confident and capable in becoming financially independent is all-important.

When it comes to financial education, it's never too late or too early to start. Below are a few key considerations for your child's financial understanding, based on their age.

Ages 6 to 13

Instilling a sense of money with your child begins with:

- Establishing chores to encourage responsibility and a strong work ethic.
- How to make the most of their allowance based on the save vs spend concept.
- Budgeting and saving strategies for the something special purchases (bike or video game).

Ages 14 to 17

During the early teenage years, it's important to:

- Continue with allowance and increase based on growing responsibility.
- Build on budgeting and savings strategies.
- Starting to invest savings and different savings options.
- Begin to discuss the use of credit and using credit responsibly.
- Introduce the concept of compound interest.
- Educate your child on the role interest plays on their savings plans as well as credit.

Ages 18 to 23

Your young adult's, intermediate financial education should include knowledge of:

- Savings/Investment options such as stocks, mutual funds, GICs.
- Importance and risks of credit.
- Importance of compounding interest and benefit of time.

To continue your young adult's financial knowledge, you can educate them by:

- Opening them an investment account to teach about safety, income, and growth of different investment options.
- Suggesting setting up an automated monthly savings contribution (to reinforce the compound interest concept).
- Comparing monthly spending vs budget to help understand wants vs needs.



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Father's Day Trivia

by Shelly Smith

Here's to all the fathers, and father figures, in our lives. Enjoy the quiz!

- Who is the woman credited for the creating the first Father's Day?
 - Jeanette Rankin
 - Sonora Smart Dodd
 - Elizabeth Kenny
- Is Father's Day celebrated on the first, second, or third Sunday of June?
 - The first Sunday
 - The second Sunday
 - The third Sunday
- When was Father's Day first celebrated?
 - 1910
 - 1900
 - 1880
- What is the official flower of Father's Day?
 - Daisy
 - Carnation
 - Rose
- Who is Luke Skywalker's father in the *Star Wars* trilogy?
 - Bon Jovi
 - Darth Vader
 - Charlie Chaplin
- What was the name of the father in the TV show *The Brady Bunch*?
 - Tom Brady
 - Mike Brady
 - Joe Brady
- According to Hallmark, where does Father's Day rank, in comparison to other holidays, for the most cards sent?
 - Fourth
 - Fifth
 - Sixth
- According to Stats Canada, how many fathers (including biological, foster, and stepdads) were there in Canada in 2011?
 - 7.9 million
 - 8.2 million
 - 8.6 million
- What was the average age of dads in 2011 according to Stats Canada?
 - 27.5
 - 28.3
 - 31.2
- What cartoon bear was invented by a father for his son?
 - Winnie the Pooh
 - Yogi Bear
 - The Boss



Courtesy of Springbank Hill Community Association

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any-calgarysarceehills@girlguides.ca**



Celebrate Neighbour Day

Hello, Ward 6,

Join your neighbours for the 10th annual Neighbour Day on June 17. Celebrate your community spirit and neighbourly comradery by having a block party or BBQ, organizing a cleanup, decorating your yard, gathering with neighbours for a fun sport activity or game or kids' craft, or make up your own way to meet your neighbours and build community togetherness.

Neighbour Day started in June 2014 and was based on celebrating the incredible outpouring of support and generosity between neighbours following the 2013 floods. Each year on the third Saturday in June, we continue to celebrate one of the things that makes Calgary such a great city — our strong and caring communities.

To help you celebrate on June 17, The City of Calgary is providing resources and support for residents to organize activities with neighbours, including waiving the fees for block parties and greenspace permits.

If you would like me to join in your festivities, please send the detailed invite to eaward6@calgary.ca. Mayor Gondek, Calgary's police officers, firefighters, and peace officers would like to come by and help celebrate with you as well, if they can. Invite them to your event through [Calgary.ca/NeighbourDay](https://calgary.ca/NeighbourDay).

Don't forget to show us how you celebrate Neighbour Day. Post photos to [#yycNeighbourDay](https://twitter.com/yycNeighbourDay).

Map Shows Off-Leash Areas in the City

As the weather warms up, it's the perfect time to get outside and spend time with your four-legged friends. Calgary has 157 public off-leash areas with a combined area of 1,145 hectares for you and your dog to enjoy. The City of Calgary has a map that shows the location of off-leash dog areas in Calgary. It can be found at <https://maps.calgary.ca/OffLeashDogAreas/>.

Sincerely,

Councillor Richard Pootmans

BRAIN
GAMES

SUDOKU

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	7	3		6				4
	1	5		7				

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THE BIG CHEESE mozzarella, parmesan M 17 | L 27 | J 33

THE RITA bocconcini, basil

THE CLASSIC pepperoni, mushrooms, peppers

THE GREEK mushrooms, peppers, onions, tomatoes, olives, feta

THE DONAIR chopped donair meat, onions, tomatoes, sweet sauce

THE GD SPECIAL pepperoni, sausage, feta, olives, fresh tomatoes

ALOHA MALOHA ham, pineapple

PEP PEP HOORAY double pepperoni

EXTRA TOPPINGS M 1.5 | L 2.5 | J 3

MAC ATTACK crumbled beef, onions, pickles, lettuce, mac sauce, sesame seeds

SPICY MEATBALL crumbled beef, bocconcini, basil, honey drizzle, chili flakes, chili oil

BONFIRE sausage, jalapeño, banana peppers, chili flakes, chili oil

MEATSA PIZZA pepperoni, sausage, ham, bacon

TEX MEX crumbled beef, tomatoes, corn, jalapeño, sour cream drizzle

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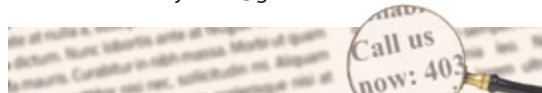
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ST. MARTIN'S ANGLICAN CHURCH: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and by Zoom). Sunday School: Sunday School each week. Sandwich making for Alpha House on Wednesday afternoons. ESL conversation Tuesdays,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

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Heritage & Blackfoot

CFM West
Wed-Sat: 9-7
Sunday: 9-5
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