

MAY 2023

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# The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER

**THANK YOU MAUREEN!**  
**PAGE 8**

**UPCOMING EVENTS**  
**PAGE 13**

Cover Photo by Nyckie Rea

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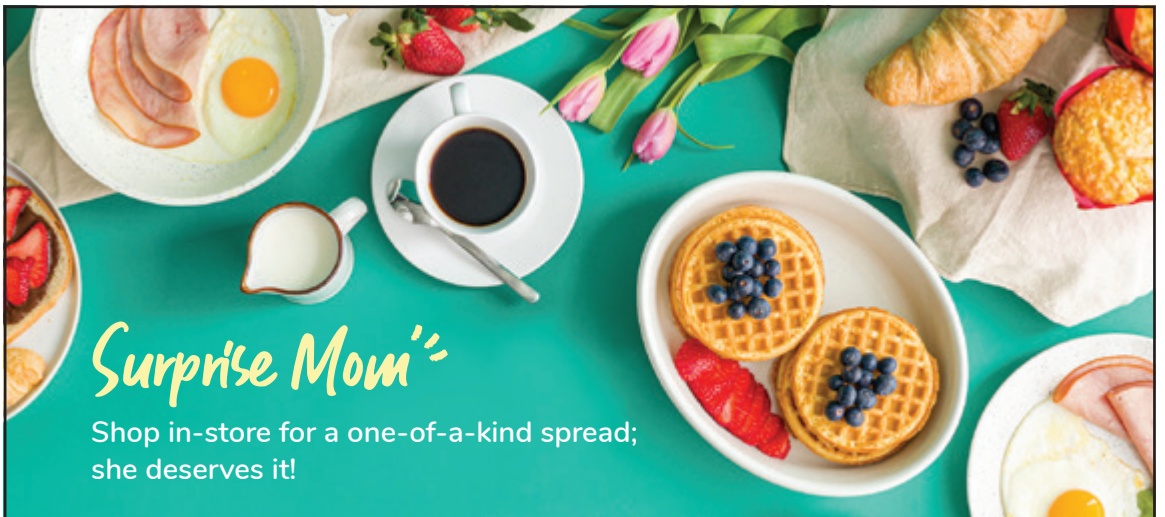
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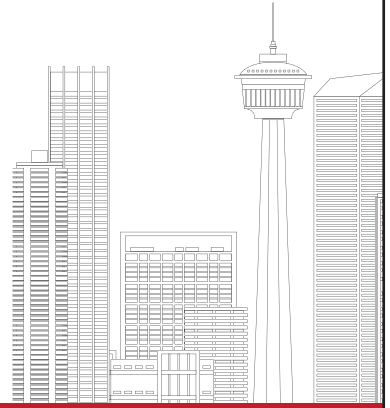


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**CHRISTIE  
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WOODS**



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February	23	16	11	\$960,000	\$949,000
January	23	7	9	\$484,900	\$485,000
December	22	7	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
April	22	28	37	\$790,000	\$780,000

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

# 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

## SCA Board of Directors

President	George Diwan
Vice President	Vacant
Treasurer	Geoff Kalyniuk
Secretary	Nina Rehill
Traffic and Development	Carrie Stewart
City Planning and Development	Taylor Zwarych
Education and Integration	Davood 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 [firstname.lastname@scacalgary.ca](mailto:firstname.lastname@scacalgary.ca), or [board@scacalgary.ca](mailto: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		
Patricia Bolger – Public School Trustee		
Lory Fontana-Iovinelli – Separate School Trustee	Lory.iovinelli@cssd.ab.ca	403-500-2761



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## PRESIDENT'S MESSAGE

After 14 years of filling various roles on the Strathcona Christie Aspen Community Association (SCA) Board, I will officially step down after the SCA AGM on May 10. With eight committed board members in place, it is time for me to get out of the way and let these new perspectives find their voice. I am confident that I leave the SCA in great hands and in a sound financial position. I hope to continue to volunteer for events that I have grown fond of – the seniors' dances and skating events in particular – and help out where needed. What am I going to do with all the time on my hands? I have plans to spend more time with family, expand my garden this summer, and continue to pursue a creative path. I do not regret a minute spent on the SCA and my community; it has taught me new skills and brought me good friends. I cannot recommend more highly getting involved with the SCA CA. So, if you have some spare time on your hands, give them a call!

May is a busy month at the SCA. As I mentioned above, the SCA is hosting its AGM on May 10, where we will recap the year, talk about grant projects, table audited financial statements, and approve the nominations of board members; SCA community members are encouraged to attend. On May 21, the SCA will host its annual Recycle Day. Check the website to find out what you can recycle and dispose of on that day but be advised that there will not be a paper shredding truck available on that day – they were all booked up! On May 27, the SCA will have an onsite paper shredding truck in the parking lot for members. On May 26, in partnership with Amica Aspen Woods, the SCA will host a Seniors' Dance; tickets are available online or by contacting the SCA office. We are starting a walking group and our first walk is planned for May 2 at 10:00 am. We will meet in the Sobeys parking lot and afterwards head to Good Earth for coffee, courtesy of the SCA. Send us an email if you would like to join us. Strollers and dogs are welcome! Keep an eye on the SCA website for information on summer camps and programming for all ages that the SCA offers.

This message will continue to appear but be relabelled as 'Message from the Board,' and the board members will take this opportunity to introduce themselves and tell you what their vision is for the SCA.

I'm not going anywhere, not moving, not flying south – I will be around. I want to thank everyone who has helped me these past 14 years and my family especially for being supportive and helping when called upon. All the board members that I have worked with, the volunteers and tenants, elected officials and City support staff, thank you – it has been a rewarding experience. To the staff through the years and in particular, Trevor and Shelley Lakatos and Cathy Duke, seriously I couldn't have done it without you, and this isn't goodbye because we have become good friends, I'll be waiting on the back deck with a glass of wine!

Please support your community association, help out where you can, renew your memberships and take care of our neighbourhoods.

*Maureen Smith, Past President, SCA CA*



## 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?**

Send your email address to [info@scacalgary.ca](mailto:info@scacalgary.ca).

### **Like us on Facebook**



# Tuna Tostadas

by Jennifer Puri



To fold or not to fold is the difference between a tostada and a taco.

The decision to stuff toppings into a taco or pile toppings on a tostada is up to you.

The early Mexicans determined that the best way to extend the shelf life of a stale tortilla was to toast it. It appears that avoiding food waste was as important then as it is now.

There are many popular Mexican food options, but the taco is an international favourite, and there are few better ways to achieve a combination of flavours in one bite.

A tortilla fried or toasted is a delicious crunch base and can be topped with refried beans, cheese, Mexican rice, lettuce, tomatoes, ground beef, shredded chicken, or ahi tuna used in the recipe for tuna tostadas.

**Prep Time:** 20 minutes

**Cook Time:** 8 minutes

**Servings:** 4

## Ingredients:

- 500 gm ahi tuna
- 2 cups thawed mango chunks
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp. chopped coriander leaves
- ½ cup red onion, finely chopped
- 1 cup chopped cucumber
- 3 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 6 tpb. mayonnaise
- 2 chipotle peppers in adobo sauce, finely chopped
- 4 x 6-inch corn or flour tortillas
- 4 tbsp. vegetable oil

## Directions:

- Slice ahi tuna into bite size pieces and set aside.
- Cut mango chunks into half-inch pieces and place in a medium size mixing bowl. Add chopped, de-seeded jalapeno, red onion, cucumber, coriander leaves, lemon juice, and olive oil. Now add ahi tuna pieces and gently blend together, cover, and set aside.
- Prepare the adobo mayo dressing by combining the chopped chipotle peppers and a little of the adobo sauce with the mayonnaise.
- In a heated frying pan or skillet, place a tablespoon of vegetable oil and one tortilla. Fry tortilla, flipping once or twice until crispy, approximately one to two minutes. Remove from pan and place on paper towel to drain of any excess oil. Repeat process with remaining tortillas.
- Place individual tostadas on dinner plates and top with ahi tuna mixture. Garnish with a tablespoon of adobo mayo dressing, a few coriander leaves, and serve.

Bon Appétit!



# JOIN US FOR OUR FINAL CONCERT OF OUR SPRING SERIES FEATURING JOHN REISCHMAN & THE JAYBIRDS

Like the powerful mandolinist and composer at its helm, John Reischman and the Jaybirds fashion a stylish take on bluegrass that seamlessly blends original songs and instrumentals with Appalachian old-time music for a truly unique band sound. Now in their 20th year, with seven acclaimed albums and two Juno nominations, the Jaybirds are simultaneously innovative and unadorned, sophisticated and stripped-down, happily old-fashioned and 21st-century contemporary.

John Reischman and the Jaybirds are set to play the BVMC stage in the final concert of our Spring Series on May 27th with the Red Hot Hayseeds opening.

Local Calgary group, Red Hot Hayseeds specialize in western/hot swing music of the 20s to 50s, blending timeless classics with exciting originals that bring you back to the golden ages of western music. They have been

making waves in the Calgary & surrounding area since the release of their debut self titled EP in September of 2020 which climbed to the #1 spot on the CJSW charts and ranked within the top 10 across national folk charts.

You can visit the BVMC website to get your tickets to our final concert of our Spring Series:  
<http://bowvalleymusicclub.org>  
or call the BVMC directly at 403-287-2299

BVMC returns this fall / winter with a five (5) concert series, with music lovers able to reserve seats with either a 4 or 5-pack option. Starting Saturday, September 23, our series features great artists like Dave Gunning & J.P Cormier, Dala, The Hello Darlins, Blue Moon Marquee, Diyet & The Love Soldiers, Ray Bonneville, and more. Follow us on Instagram (@bowvalleymusic) or Facebook to catch our series line-up release.

## OUR NEXT LIVE CONCERT DATE

May 27 - DOORS OPEN AT 7:00 PM

SINGLE TICKETS - \$30 + tax

STRATHCONA CHRISTIE ASPEN COMMUNITY CENTRE



<http://bowvalleymusicclub.org/>

@bowvalleymusic

## 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	Karate, from 6:30pm	Scouts, 6:15pm			
Karate, 6:30pm	CYP Theatre, 6:30pm	Pathfinders, 6:30pm	Kids Art, from 5:15pm			
Toastmasters, 7:30pm	Pathfinders/Rangers, 6:30pm	Colour on Fire, 5:15pm, 6:30pm				



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## Calendar

- May 6** Parade of Garage Sales, 8:00 am to 2:00 pm
- May 10** SCA AGM, 7:00 pm
- May 21** Recycle Day, 9:00 am to 1:00 pm
- May 26** SCA/Amica Seniors' Dance, 7:00 pm

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

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# How to BEE a Community Scientist

## Help us document the different pollinators in Calgary!

1



Go to **inaturalist.ca** or download the app.



2



Look around your favourite park or backyard for any **insects visiting a flower.**



3



Take at least **2 clear photos of an insect**, preferably from multiple angles.

4



Take at least **1-2 photos of the plant** where you can see (1) the flower, and (2) the leaves/whole plant.

5



Upload your photos to iNaturalist. **Tip:** Create a separate observation for the insect and plant.



6



Add your insect observations to the Calgary Pollinators Project. **Tip:** Link your insect and plant observations together.



Alberta is home to hundreds of different pollinators – more than 330 kinds of bees, as well as flies, beetles, wasps, and other insects that are critical to our local food supply. We want to get to know the pollinators that call Calgary home and what plants best support them, and you can help! **Community science** involves the collaboration between scientists and the general public to collect and analyze data. The data you uploaded to iNaturalist can be used in research around the world, and close to home!



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✉ [sustain@ucalgary.ca](mailto:sustain@ucalgary.ca) (O) @dollecology

## UPCOMING EVENTS

### Parade of Garage Sales – Saturday, May 6 from 8:00 am to 2:00 pm

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

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

You can register on our website at [www.scacalgary.ca](http://www.scacalgary.ca) by clicking on 'Programs,' 'Online Registration,' or by calling the office at 403-249-1138. Participation is free with your SCA membership.

### SCA Annual General Meeting – May 10 at 7:00 pm

All are welcome!

### Recycle Day – Sunday, May 21 from 9:00 am to 1:00 pm

Drop off is free for SCA CA members. Items will be limited to one vehicle load per family.

Volunteers will be needed to help unload vehicles and to direct traffic. If you can help, please contact the SCA office either by email at [info@scacalgary.ca](mailto:info@scacalgary.ca) or by phone at 403-249-1138 or sign up through the following link: [volunteersignup.org/4QHKQ](http://volunteersignup.org/4QHKQ).

The following services will be available:

- Bottle drive in support of the Wildcats
- Clothing and small household items will be collected by Cerebral Palsy
- Scrap metal disposal
- Technotrash
- Waste and compost trucks from the City of Calgary

Please visit our website at [www.scacalgary.ca](http://www.scacalgary.ca) for a detailed list of items we will accept.

### Seniors' Dance – May 26 at 7:00 pm

Amica Aspen Woods invites you to join us for our first SW Seniors' social dance in 2023!

In partnership with the SCA Community Association, we are pleased to host an evening of dancing and live music performed by Jana and Danny.

Enjoy sweet and savoury treats prepared by Amica's Red Seal chefs.

Tickets are \$10 and may be purchased by calling the office at 403-249-1138 or on our website, [www.scacalgary.ca](http://www.scacalgary.ca).

A current SCA CA membership would be appreciated to help support your community association and all our events.



*Ditch the workout,  
join the party!!*

**Tuesdays and Thursdays @ 9:30 am**  
(Strathcona Community Centre)

**Space is limited; register today!**

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# Mother's Day Trivia

by Shelly Smith

In honour of Mother's Day, I thought it might be fun to share this short and informative quiz with you. Have fun with it!

1. What date in May does Mother's Day fall on?
  - a. The first Sunday of May
  - b. The second Sunday of May
  - c. The last Sunday of May
2. In 1908, which country was the first to celebrate Mother's Day as an official day of celebrating mothers?
  - a. United States
  - b. Canada
  - c. India
3. Which scientist won two Noble Prize awards and was the mother of a Nobel Prize winner?
  - a. Emily Green Balch
  - b. Gerty Theresa Cori
  - c. Marie Currie
4. Which pop music group is known for a hit song named *Mamma Mia*?
  - a. Abba
  - b. Blondie
  - c. Fleetwood Mac
5. How much do Canadians spend on average for a Mother's Day gift according to Finder.com?
  - a. \$52
  - b. \$111
  - c. \$132
6. How much does phone (landline and cellular) traffic increase on Mother's Day?
  - a. 23%
  - b. 37%
  - c. 45%



7. Why is it that words for "Mom" start with a "ma" sound in a lot of languages? (For example, "Mom" is "MaMa" in Ukrainian and "Mor" in Danish)
  - a. Coincidence
  - b. Repetition
  - c. It is one of the first sounds a baby makes
8. In 2011, how many mothers were there in Canada (including biological, adoptive, and stepmothers) according to Stats Canada?
  - a. Almost 10 million
  - b. 12 million
  - c. Almost 13 million

*Courtesy of Springbank Hill Community Association*

SCAN THE QR CODE FOR THE ANSWERS!



## Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



SCAN THE QR CODE  
FOR THE ANSWERS!



## BRAVEHEART

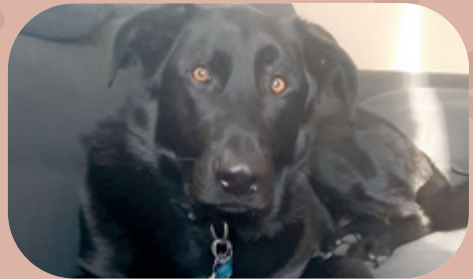


This May marks 28 years since the release of the Mel Gibson directed film, *Braveheart*. The film, which portrays the Scottish revolt against the British in the 13th century, was nominated for ten Academy Awards, five of which it won. *Braveheart* was such a success that it increased tourism in Scotland!

## Cats, Canines, & Critters of Calgary



Miki, Haysboro



Riley, Dover



Rigby, Huntington Hills



Whiskey, Walden

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## 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](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

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

#### Girl Guides

Sparks: Monday

Pathfinders: Monday, Tuesday, Wednesday, Sunday

Rangers: Monday, Tuesday

Contact [any-calgarysarceehills@girlguides.ca](mailto: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](http://www.joyfulkidsmusic.ca) or contact [joyfulkidsmusic@gmail.com](mailto: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.

#### Nature Play

Wednesday at 2:00 pm

Visit [www.natureplaykids.ca](http://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](http://www.runjumplead.com/register-now).

#### Scouts

Thursday at 6:15 pm

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

#### Young Rembrandts

Tuesday at 5:00 pm and 6:00 pm

Visit [www.youngrembrandts.com/southernalberta/view-classes-enroll](http://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](mailto:Desireeporrelli5d@gmail.com) or [5dsouls.weebly.com](http://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](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 Cherie at [jazzcherie1@hotmail.com](mailto: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](mailto: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](mailto:sherrynormanyoga@gmail.com).

### Toastmasters

Monday at 7:30pm

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

Register at [www.scacalgary.ca](http://www.scacalgary.ca).

### Adult Art Classes (Karin)

6 classes - \$100.80 + \$5.40 GST = \$105.84

Watercolours Art #1: Tuesday, April 18 to May 23, 1:00 to 3:30 pm

Acrylics Art #2: Thursday, April 20 to May 25, 10:00 to 12:30 pm

### 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. No classes May 22.

Intermediate Yoga #2 (More standing postures) – Monday, April 10 to June 19, 1:15 to 2:15 pm. No classes May 22.

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

### SCA Line Dancing (Mary and Peggy)

10 weeks - \$94.50 (Buy one get one half price: \$141.75)

Wednesday, March 29 to June 7 (No class May 17)

#1: Beginner (Level 1) Wednesday from 2:00 to 3:00 pm

#2: Improver (Level 2/3) Wednesday from 1:00 to 2:00 pm

Wednesday, March 29 to May 31

#3: Intermediate (Level 4) Wednesday from 2:00 to 3:00 pm

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

*continued on next page*

## SCA PROGRAMS (CONTINUED)

### SCA Line Dancing Drop-In (Peggy)

\$5 drop-in fee

Friday, April 14 to June 30 from 1:00 to 2:00 pm (No class May 19)

### Tai Chi (Adrian)

10 Classes - \$84

Continuing 1 and Basics: Monday, April 10 to June 19, 1:30 to 2:30 pm. No classes May 22.

Basics: Monday, April 10 to June 19, 2:45 to 3:45 pm. No classes May 22.

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

## 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](http://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](http://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](http://www.engineeringforkids.com/calgary)

### 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](http://www.littlemedicalschool.com/calgary)

### 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](http://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](http://www.firstservetennis.ca/lessons)

## COMMUNITY NEWS

### Walking Group Update

Our first walk is planned for May 2 at 10:00 am. We will meet 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.scalgary.ca](http://www.scalgary.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).

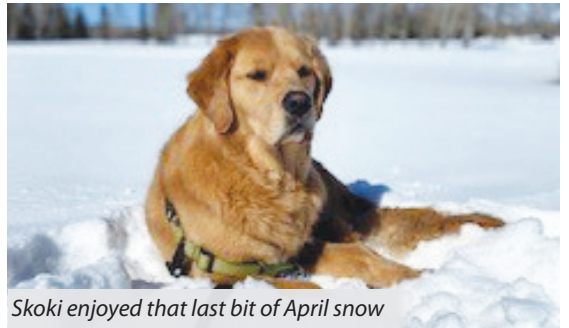
### Other Ways to Support Our Gardening Efforts

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](mailto: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@scalgary.ca](mailto:info@scalgary.ca).



*Skoki enjoyed that last bit of April snow*

*Have a picture you'd like to share? Send it to [cathy.duke@scalgary.ca](mailto:cathy.duke@scalgary.ca).*

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### Limit Sugar for a Sweet Smile

April is Oral Health Month in Canada. Regular brushing and flossing are good habits to help reduce tooth decay. However, limiting added sugar is also an important way you can prevent tooth decay and protect overall health.

Choosing too many foods and drinks with added sugar can increase your risk for tooth decay. Acid is produced when the bacteria in your mouth eat sugar. The acid dissolves the tooth surface (enamel) and can lead to tooth decay. Added sugar also adds calories without any nutrients, and can contribute to other diseases such as diabetes, obesity, and cardiovascular disease.

Added sugars are found in processed foods and drinks and can also be used to preserve foods such as jams and jellies. They can be added for taste, texture, and colouring. Sugary drinks are the main source of added sugars in most people's diets. Examples include pop, fruit-flavoured drinks, flavoured milks, sport drinks, and specialty coffees. Other foods high in added sugar are sweetened baked goods and desserts, chocolate and candy, and condiments like ketchup and jam.

The good news is that when we eat and drink less sugar, we lower the risk of tooth decay.

#### Here are some tips to limit added sugar for healthy teeth and overall health:

##### At the grocery store:

- Read the ingredient list. Words ending in "ose" such as sucrose and fructose, or words such as syrups, honey, molasses, fruit juice, and puree concentrate are sugars. When they appear at the beginning of the list, the food is higher in sugar. Choose these foods less often.

##### When cooking and baking:

- Choose recipes with little or small amounts of added sugar.
- Try cutting down on the sugar, syrup, molasses, and honey in your recipes. For example, instead of 1 cup (250 mL) use 1/2 or 3/4 cup (125 or 175 mL).

- Flavour foods with spices, herbs, lemon, or vinegars, such as balsamic and cider, instead of bottled, premade sauces.
- Ready-made sauces such as sweet and sour, honey garlic, and ketchup contain sugar. Use them less often and in smaller amounts.

##### At home and when eating away from home:

- Drink water to quench your thirst.
- Limit the amount of sugar you add to foods and drinks during preparation or at the table.
- Limit the number of sugary drinks you have, such as pop, fruit-flavoured drinks, flavoured milks, sport drinks, and specialty coffees.
- When choosing a snack, pick vegetables or fruits that do not contain added sugar.

Learn more at [ahs.ca](http://ahs.ca) by searching "all about sugar."





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# PHOTO GALLERY

by Nyckie Rea



*The bright moon glows amongst pines.*



*Clivia flowers are seen as a lucky symbol for happiness, wealth, and abundance.*

# Window and Balcony Safety

from Alberta Health Services



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

### Windows and Screens

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

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.

- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.
- EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



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## STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	23	10	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
April	22	15	16	\$774,950	\$775,000

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
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
April	22	1	7	\$795,000	\$783,000

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

## **Join the Conversation About the Future of Calgary's River Valleys**

*from the City of Calgary*



Calgary's river valleys are essential to our city; they're at the core of our city's identity and its appeal as a place to live, play, and do business. Making careful decisions about how we plan, develop, and build in the floodplain is fundamental to protecting and enhancing the value of our river valleys while strengthening our overall resilience to the impacts of flooding.

We are now updating Calgary's River Valleys Plan, which will provide guidance for decisions about how we plan, develop, and build in the floodplain. This is an opportunity for all Calgarians to voice what is important about our river valleys to ensure that those values shape approaches to development, recreation, natural space, and flood hazard planning.

Early engagement takes place from April 27 to June 5, focused on clarifying priorities and values for our river valley communities. Participate in the conversation at [calgary.ca/RiverValleys](https://calgary.ca/RiverValleys).

## **Let the Dogs Run Free: Map Shows Off-Leash Areas in the City**

*from the City of Calgary*



As the weather warms up, it's the perfect time to get outside and spend time with your four-legged friend. 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. View the Calgary Off-leash Dog Areas Map on the Map Gallery; it can be found at <https://maps.calgary.ca/OffLeashDogAreas/>.

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

# THE EMERALD

The emerald is May's official birthstone. Unlike some birthstones, emerald is classified as one of four precious gemstones. Although the oldest emeralds date back 2.97 billion years and were first mined in Egypt, emeralds have been found in Canada, although they're rare. Canada's first emeralds were found in 1998 in Yukon Territory!

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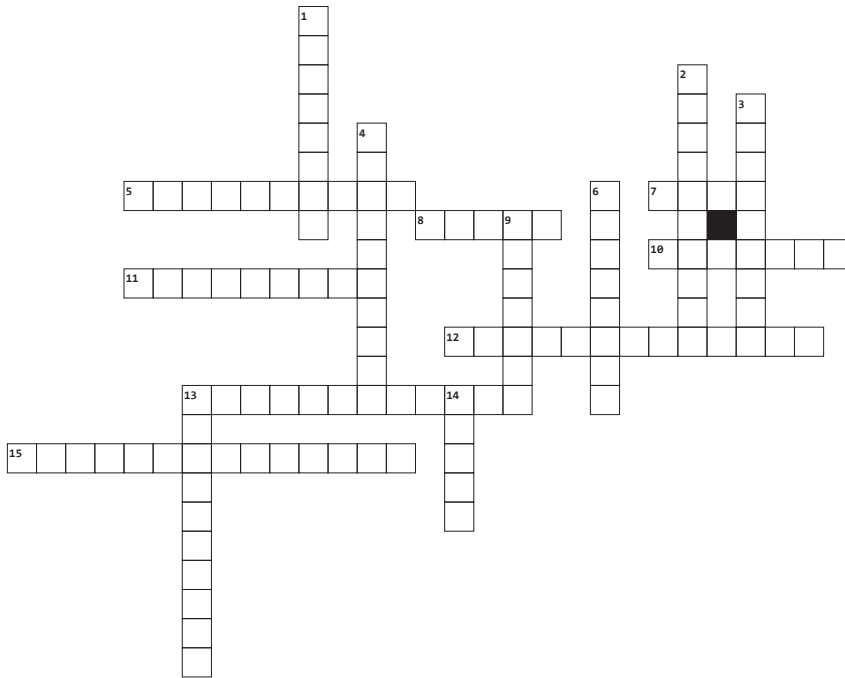
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# May Crossword Puzzle



## Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World \_\_\_\_\_ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

## Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved \_\_\_\_\_'s theory of general relativity.
9. Canada's first \_\_\_\_\_ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of \_\_\_\_\_ was taken.

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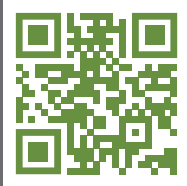
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**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

**ANNEMARIE MUSIC:** Accepting new students for piano and theory lessons. Royal Conservatory of Music Program or just for fun, beginners to advanced levels. Over 20 years piano teaching experience. Located in Signal Hill, phone AnneMarie at 403-686-7050 for more information.

**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

**CERTIFIED MASTER ELECTRICIAN:** Terry Raabis, RME/CME, CQT – Big Sky Ventures. Call: 587-228-9371 or e-mail: bigskyventures@shaw.ca. Home renos, re-wiring, troubleshooting, hot tub connections, smoke and carbon monoxide detectors, breaker panel upgrades, and much more! Fully licensed and insured. Customer satisfaction guaranteed.

**EKS ACCOUNTING & BOOKKEEPING:** Your neighbourhood professional Accountant & Tax Preparer. Standard services for businesses and individual clients: Bookkeeping, GST, payroll, financial statements, year end, T1 and T2 tax return. Free electronic filing, half price on preparation of dependent children's tax returns, seniors 20% discount. Contact Evelyn at 403-255-2598/403-826-9027 or evelynk@eksaccounting.com, www.eksaccounting.com.

**JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

**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 on Instagram. Free quotes, all work guaranteed. Call Robert at 403-679-9063 or email at rjhrank@gmail.com.

**KITCHEN CABINETS REFINISHED:** Hate the orange in your oak cabinets? Restore wood cabinets, water damage, get grime removed for approximately \$1495. Or change the look with a new colour spray finish for about \$3695. Environmentally friendly alternative to replacing or refacing. Call Doug at 'Not Just Paint' for a free estimate/consult. 403-671-0324.

**RUSSELL'S LAWN SERVICE:** Since 2000, locally owned, family operated, insured, WCB clearance, and BBB accredited. Providing quality, reliable service, free estimates, and a 15% senior discount. Specializing in mowing, power-raking, aerating, fertilizing, tree/hedge trimming, and landscaping/xeriscaping. Lawn service bookings are limited, reserve now. Visit us at www.russellsawn.com or call 403-686-LAWN (5296).

**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.

**MASTER ELECTRICIAN AND HOME HANDYMAN:** Professional, quality electrical installations and home handyman repairs. Specializing in residential and commercial electrical installations and repairs, as well as handyman household repairs, renovations large or small. Very competitive rates for insured, quality work. Give me a call for a free quote! Contact Robin at 587-664-6961 or porterrobin@msn.com.

## The Orient Express



In 1883, a luxurious passenger train called the Orient Express began serving the European continent and did so successfully for almost a century. Sadly, the emergence of air travel meant that it had to shorten its routes. On May 20, 1977, the Orient completed its last direct trip from Paris to Istanbul, the endpoints on their line.

# David is a friend.

David believes in the power of friendship and building strong communities. That is why he continually supports our community through his Artist in Residence programs with our local schools, the annual Music in the Park event in Discovery Ridge, and helping homeowners get the most value from their investments.

**David is the REALTOR® your neighbours turn to for advice and support.**



**When it's time to sell your home,  
David is a friend you can count on.**

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