

NOVEMBER 2023

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The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER

SENIORS DANCE
NOVEMBER 24

CHRISTMAS CRAFT FAIR
DECEMBER 2

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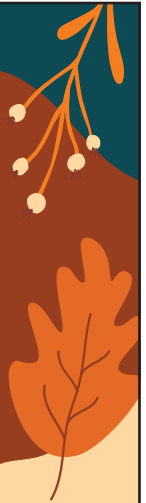


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You only need a permit if your street has parking restriction signs and you want to park on the street.



Join us for our Festive Fling Seniors Dance

JOIE DE
Verve

Verve Aspen Woods invites you to our holiday edition of the SW Seniors Social Dance in partnership with the SCA Community Association. Enjoy an evening of dance and live music with Silence in B'tween along with a cash bar and treats prepared by Verve's Red Seal Chefs. **Fri., Nov. 24 from 7-10pm.** Tickets are \$10.

SCA Community Hall, 277 Strathcona Dr SW
To purchase tickets, call the SCA at:
403-249-1138

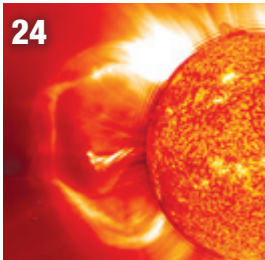


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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

STRATHCONA

**CHRISTIE
PARK**

**ASPEN
WOODS**



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SCA Community Centre

277 Strathcona Drive SW, T3H 2A4

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

SCA Board of Directors

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Rink Volunteer Coordinator	info@scacalgary.ca

Contact us at info@scacalgary.ca

ELECTED REPRESENTATIVES

Ron Liepert – MP, Calgary Signal Hill	Ron.liepert@parl.gc.ca	403-292-6666
Mike Ellis – MLA Calgary West	Calgary.west@assembly.ab.ca	403-216-5439
Richard Pootmans – Councillor, Ward 6		
Patricia Bolger – Public School Trustee		
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MESSAGE FROM THE BOARD

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Fergus, *Willow Park*



Nacho, *Panorama Hills*



Marley, *Brentwood*

To have your pet featured, email news@mycalgary.com

Dear Neighbours,

As November approaches, we stand on the cusp of a season filled with reflection and unity. It's a time when we come together as one to honour our past, celebrate our present, and look forward to a brighter future. In this edition of the Gazette Community Newsletter, we'll explore the significance of Remembrance Day and highlight some exciting community events happening around our area this month.

Remembering Together on Remembrance Day

Remembrance Day, observed on November 11, holds a special place in our hearts. It's a day to pay homage to the brave men and women who sacrificed their lives for our freedom. The red poppy can be seen worn by millions of citizens across our country on the left lapel carrying a wealth of history and meaning behind it – from hope to a peaceful future.

Community Events

The month of November continues to be an active one at the SCA. So, whether you're a long-time resident or a newcomer eager to explore the rich tapestry of our community, we extend a warm welcome. Join us in celebrating, connecting, and contributing to the vibrant mosaic that is our community.

The SCA will be hosting a few events throughout the month of November.

Bow Valley Music Club

We will be joined by the Bow Valley Music ("BVMC") for live musical shows on November 4 and November 25, 2023. If you have not yet purchased your tickets, you can do so while quantities last. For more information about the upcoming concert information, please email info@bowvalleymusicclub.org, or 403-287-2299.

Annual Seniors Dance

Get ready to put on your dancing shoes and twirl the night away! Our annual seniors dance co-hosted by the SCA, CA and the Verve Aspen Woods formally known as "Amica" will be held on November 24, 2023, starting at 7:00 pm, we've saved the best tunes for you. Join us under the sparkling lights for an unforgettable evening filled with music, laughter, and the joy of moving to the rhythm of your heart. Don't miss this chance to create beautiful memories on the dance floor with cherished friends and new acquaintances!

If you have any news, events, or stories you'd like to share in our next newsletter, please don't hesitate to reach out to us at info@sacalgary.ca.

Wishing you a peaceful and joyful November!

With warm regards,

The SCA CA, Board of Directors

What is Dyslexia?

by Alberta Health Services

Dyslexia is a specific learning disorder in reading. It means a person has difficulty reading, recognizing, and understanding words.

Having dyslexia doesn't mean that you or your child's ability to learn is the problem. It means that you learn in a different way. Not being able to read easily can make many areas of learning harder.

What causes it?

Experts don't know for sure what causes dyslexia. But it often runs in families. Learning issues can also develop after a brain injury.

What are the symptoms?

Signs of dyslexia may include:

- Difficulty reading or sounding out words.
- Having a hard time with spelling or writing.
- Reading slower than what is expected at your child's age.
- Difficulty remembering number facts.

After a child starts school, signs of dyslexia include:

- Problems reading single words, such as a word on a flash card.
- Trouble sounding out words.
- Understanding is better if someone reads to them, rather than reading the material themselves.
- Having to read something many times to understand it.
- Losing their place when they read or skipping words.
- Problems linking letters with sounds.
- Confusing small words, such as "at" and "to."

Dyslexia is not caused by vision problems or other conditions.

How is it diagnosed?

A doctor or school professional may ask you and your child's teachers what signs of dyslexia you've noticed. An educational evaluation can be done through your school. Another option is to have a psychologist do an assessment to look at how your child thinks and learns. This can happen through your school, at a health clinic, or in the community.



How is dyslexia treated?

Dyslexia will never fully go away, but early treatment during childhood can help. Support from family, teachers, and friends is also important.

The first step is to talk with your school to find the areas that are difficult for your child. An assessment by a psychologist can look at how your child learns, which can help in creating a learning plan for your child's needs.

Help your child

Children who have dyslexia may need emotional support for challenges they face. Here are some ways parents and caregivers can offer encouragement.

Learn about dyslexia. Learning more can help you better understand and help your child.

Recognize and teach to your child's areas of strength. For example, if a child understands more when listening, let the child learn new information by listening to an audiobook. If you can, follow up with the same story in written form. Text-to-speech applications on tablets or computers can also support learning.

Encourage your child to keep trying. There may be things they will struggle with. Help them understand that struggles can lead to success.

Help your child learn how to cope with school. Your child may need to learn how to manage their schedule, organize work, and complete multiple assignments and long-term projects.

Consider counselling if your child needs more support. If you think your child has self-esteem problems related to dyslexia, counselling may help.

Stay Connected to Your Community!

by Alberta Health Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong at school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends. Connection reduces feelings of loneliness and isolation. Connecting to resources and supports can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and creates belonging in our larger community. Forming connection in our daily lives is important for good mental, emotional, spiritual, and physical health.

While connecting comes naturally to some, it is more difficult for others. One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid of distractions allows us to be fully with others and increases our appreciation of social connections in community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities - food, events, hobbies!
- Get to know your community! Who are your neighbours? Are there locally owned businesses? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself – make “you” a priority. Filling your own cup gives you the energy to connect with others!

SCA 2023 Schedule

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	Ready Set Dance!, am	Jazzercise, 9:30am	Zumba, 9:30am	Jazzercise, 9:30am	P R I V A T E R E N T A L S	Bollywood Dance & Fitness, from 9:30am	
Sportball, 10:45am	Zumba, 9:30am	Older Adult Yoga, 10am	Adult Art, 10am	Bridge Lessons, 9:30am			
Older Adult Yoga, 12pm, 1:15pm	Mommy & Me Pilates, 11am	Tai Chi, 11am	Gentle but Strong Yoga, 12pm	Sit Fit Yoga, 11am			
Tai Chi, 1:30pm, 2:45pm	Adult Art, 1pm	SCA Line Dance, from 1 pm	Adult Art Workshops, 12- 1:15pm	Bridge, 12:30pm		P R I V A T E R E N T A L S	Pathfinders, 6:30pm
Run.Jump.LEAD!, 4:50pm	Young Rembrandts, from 5pm	Performing Arts, 4:45 pm	Run.Jump.LEAD!, 4:40pm	Older Adult Dance, 1pm			
CYP Theatre, 5:30pm	Chinook Country Line Dancers, 6:00pm	EFK, 6:15pm	CYP Theatre, from 5pm	P R I V A T E R E N T A L S			
Sparks, 6:30pm	CYP Theatre, 6:30pm	Colour on Fire, 5:15pm, 6:30pm	Talent Show, 6pm				
Rangers/Pathfinders, 6:30pm	Pathfinders/Rangers, 6:30pm	Karate, from 6:30pm	Scouts, 6:15pm				
Karate, 6:30pm		Pathfinders, 6:30pm	Kids Art, from 5:15pm				
Bollywood, 6:30pm							
Toastmasters, 7:30pm							



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Call to book in-person info sessions at 403.270.7787

admissions@banburycrossroads.com

www.BanburyCrossroads.com

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.

Want to receive our monthly e-newsletter?

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MEET THE TEAM



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Dr. Neville Headley



Dr. Harleen Premi



Dr. Puneet Khaira



CHRISTIE CROSSING
DENTAL

CONTACT US

403.300.3232

#2100 - 40 Christie Park View SW,
Calgary, AB T3H 6E7

Calendar

Saturday, November 4, 7:00 pm	Bow Valley Music Club
Wednesday, November 15, 7:00 pm	SCA Board Meeting
Friday, November 24, 7:00 pm	Seniors' Dance
Saturday, November 25, 7:00 pm	Bow Valley Music Club
Saturday, December 2, 10:00 am to 4:00 pm	SCA Christmas Craft Fair
Wednesday, December 20, 7:00 pm	SCA Board Meeting
Monday, December 25, 12:00 to 3:00 pm	SCA Christmas Day Skate

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

Google Images

We've all used Google Images, but do you know the reason it was created? On July 12, 2001, Google invented this search engine because so many people had searched for pictures of Jennifer Lopez' green Versace dress. Can you imagine that kind of impact?!

Joke of the Month

What did the yoga instructor say when his landlord tried to evict him?

Namaste.



RESIDENT PERSPECTIVES

World Kindness Day

by Danielle Robbertze

World Kindness Day is being celebrated this year on November 13.

The word "kindness" was first used in the year 1201. From the beginning, the word kindness was defined, according to the etymological dictionary, as "friendly, deliberately doing good to others; compassionate". The word appears in early scriptures and songs of various religions and cultures across the world.

The definition of kindness may differ from one person to another but there is one thing that I think many people can agree on - kindness is an expression of compassion. Kindness is how we show humanity.

There are so many ways we can express kindness to one another especially on this day. Ways which will only take a few minutes out of your day and will not ask too much from you. A simple smile to a stranger, a thank you to a bus driver, an embracing hug to a loved one or an uplifting comment to a coworker.

People may not overtly express their gratitude for your kindness but deep down it is something that could make their day just a little bit better. You never know how your kindness can affect others in positive ways. Expressions of kindness can not only make another person feel better, but they can also make you feel just as special.

Kindness is universal, open to anyone to express or receive. Kindness is not only abstract, it is also physical, spiritual, and visible.

I leave you with these words from the Greek storyteller, Aesop: "No act of kindness, no matter how small, is ever wasted".



COMMUNITY NEWS

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.

Casino Volunteers Needed – January 29 and 30, 2024.

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

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

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

If you have questions about volunteering at the casino, please email info@scacalgary.ca and we will be happy to answer them. Visit www.scacalgary.ca to sign up!

Rink Volunteers Welcome

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



9 PM ROUTINE

CHECKLIST

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

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	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 23	19	14	\$557,450	\$562,500
August 23	27	23	\$505,000	\$500,000
July 23	21	19	\$529,900	\$521,000
June 23	26	20	\$892,500	\$866,900
May 23	25	19	\$995,000	\$1,050,177
April 23	17	17	\$524,800	\$537,500
March 23	26	15	\$849,000	\$845,000
February 23	16	11	\$960,000	\$949,000
January 23	7	9	\$484,900	\$485,000
December 22	5	5	\$854,000	\$825,000
November 22	4	7	\$1,128,800	\$1,070,000
October 22	10	18	\$1,182,450	\$1,140,000

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

Vietnamese Chicken and Pork Balls

by Jennifer Puri



“Yerba Bueno” or the Good Herb refers to the dark green leaves of mint which are packed with nutrients, particularly Vitamin A which is essential for eye health and night vision.

Mint is big business and is used across the globe in everything from chutneys to mojitos. Commercial mint oils have become associated with toothpaste, candies, gum, chocolates, fragrances, and skin products.

We associate fresh mint flavour with oral hygiene, but for thousands of years we have also used it to clean our skin and as a “stomach soother”. Fresh mint leaves are edible cooked or raw. Cooking can help add flavour, but it can also be added to water, smoothies, herbal teas, salads, dips, sauces, and chocolate chip cookies. Peppermint tea is the perfect calorie and caffeine-free tea to drink any time of the day.

A generous portion of fresh mint and coriander leaves have been used in the preparation of this delicious version of Vietnamese Chicken and Pork Balls. Enjoy!

Prep Time: 35 minutes

Cook Time: 22 minutes

Servings: Four to six

Ingredients:

- ½ lb. ground chicken
- ½ lb. ground pork
- 2 eggs
- 1 cup finely ground bread crumbs
- 3 garlic cloves, minced
- 1 tbsp. fresh ginger, minced
- 3 green onions, finely sliced
- 1 pale yellow lemon grass stalk (located under the tough outer leaves), finely chopped (optional)
- ½ tsp red pepper flakes
- 4 tbsp. fish sauce
- 3 tbsps. fresh mint leaves, finely sliced

- 3 tbsps. of fresh coriander leaves, finely sliced
- ½ cup un-salted peanuts
- 8 oz. cooked vermicelli noodles
- 2 butterleaf lettuce heads
- Pickled vegetables
- Sweet chilli sauce
- Thai dipping sauce
- Coriander leaves for garnish

Directions:

Preheat oven to 400 degrees Fahrenheit. In a medium mixing bowl, gently combine ground chicken, pork, eggs, fish sauce, garlic, ginger, green onions, lemon grass, bread crumbs, cilantro, and mint. Use wet hands to form golf ball size balls (approximately 18 to 22) and arrange on a foil-lined baking sheet, taking care to leave space between each ball. Bake for approximately 20 minutes, flipping once during cooking or until balls are cooked through. To serve, place a spoonful of vermicelli in each lettuce cup and sprinkle with Thai fish sauce. Top with chicken and pork balls, pickled veggies, sweet chilli sauce, peanuts, and coriander leaves to taste. Alternatively, serve chicken and pork balls on a platter attached to a toothpick and fresh or canned pineapple pieces. Garnish with pickled veggies and sweet chili sauce.

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

Bollywood Dance and Fitness Classes

Classes are offered on Sunday and Monday.

Visit www.bollywoodcalgary.com to view our schedule.

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.

Engineering for Kids

Wednesday, 6:15 pm

Visit www.engineeringforkids.com.

Girl Guides

Classes for Sparks, Pathfinders, and Rangers.

Contact any-calgarysarceehills@girlguides.ca.

Karate Classes

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

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

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

Contact Jeffrey Jukes at 403-228-5039.

Performance Arts Workshop

Ages 8 to 15 years

If you love to act, sing, and dance, this is the class for you!

Wednesdays at 4:45 pm

Visit www.dancecalgarykids.ca for more information.

Ready Set Dance!

Ages 2 to 5 years

A fun-paced dance class for toddlers and parents.

Tuesdays at 9:00 am

Visit www.dancecalgarykids.ca for more information.

Run.Jump.LEAD!

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

Grades 4 to 6: Mondays, 4:55 pm

Grades 1 to 3: Thursdays, 4:40 pm

Visit www.runjumblead.com for more information.

Scouts

Thursday at 6:15 pm

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

Sportball

Monday, 10:45 am

Visit www.sportball.ca.



Talent Show – Free Class

Ages 6 to 17

Thursdays, 6:00 to 7:00 pm

Anything you want to show the world? Contact Girolamo at 403-589-7882 (text or call) or email girolamoraimondi@outlook.com.

Young Rembrandts

Tuesday at 5:00 pm and 6:00 pm

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

Adult Programs

Bollywood Dance and Fitness Classes

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

Bridge

Friday from 12:30 to 3:30 pm

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

Chinook Country Line Dance

Tuesday at 6:00 pm

Visit www.cclinedancers.ca.

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 Wendy at wendy.p.craig@gmail.com or 587-889-4186.

Karate Classes

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

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

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

Contact Jeffrey Jukes at 403-228-5039.

Mommy and Me Pilates

Tuesday at 11:00 am and Friday at 10:00 am

Contact Theresa Toth at toth31@shaw.ca.

Sit/Fit Yoga (Sherry)

Full body workout that combines weights and resistance training with the mindfulness of yoga. Ideal for those wanting the comfort/safety of seated exercise (standing is optional). Attend in-person or virtual classes. Recordings provided each week. Equipment includes small and medium ball, resistance band, and set of small dumbbells. Register for 14 weeks for \$105. Drop-in is available (free for first class, \$10 after).

Fridays, 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.

Adult Art Classes (Karin)

10 classes - \$168 + \$8.40 = \$176.40

Art #1: Watercolours – Tuesday, September 12 to December 5 from 1:00 to 3:30 pm

Art #2: Acrylics – Thursday, September 14 to December 7 from 10:00 am to 12:30 pm

Duplicate Bridge Lessons for Beginners

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

Beginner - Friday, September 15 to November 17
9:30 to 11:30 am

continued on next page

SCA PROGRAMS (CONTINUED)

Adult Chair Yoga (Sherry)

Hybrid (online/in-person)

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

Beginner Yoga #1 (More seated postures)

Monday, September 11 to November 20

12:00 to 1:00 pm

Intermediate Yoga #2 (More standing postures)

Monday, September 11 to November 20

1:15 to 2:15 pm

Intermediate Yoga #3 (More standing postures)

Wednesday, September 13 to November 15

10:00 to 11:00 am

SCA Line Dancing (Mary and Peggy)

10 classes - \$90 + \$4.50 GST = \$94.50 (BOGO \$135 + \$6.75 GST = \$141.75 - Discount of \$45)

Beginner (Level 1) - Wednesday, September 13 to November 22

2:00 to 3:00 pm

Improver (Level 2/3) - Wednesday, September 13 to November 22

1:00 to 2:00 pm

Intermediate (Level 4) - Wednesday, September 13 to November 22

2:00 to 3:00 pm

Advanced (Level 5/6) - Wednesday, September 13 to November 22

1:00 to 2:00 pm

SCA Line Dancing Drop-in (Peggy)

\$5 drop-in fee

Various levels - Begins Friday, September 15 (on-going)

1:00 to 2:00 pm

Tai Chi (Adrian Buczek)

12 Classes - \$96 + \$4.80 GST = \$100.80

Continuing 1 and Basics - Monday, September 11 to December 4

1:30 to 2:30 pm

Basics - Monday, September 11 to November 29

2:45 to 3:45 pm

Continuing 2 - Wednesday, September 13 to December 6

11:00 am to 12:00 pm



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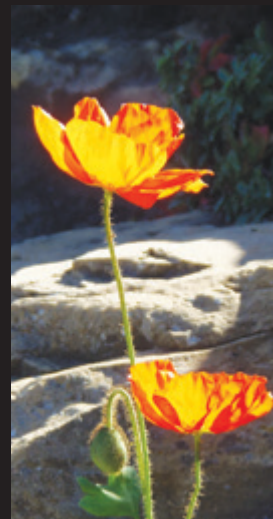
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We will always remember our heroes and that freedom is never free.



Autumn carries more gold in its pocket than all the other seasons.



Seven Ways to Break Free of a Trauma Bond

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

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

Here are seven ways to break free from a trauma bond:

Educate Yourself – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

Zero Contact – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

Examine the Evidence – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

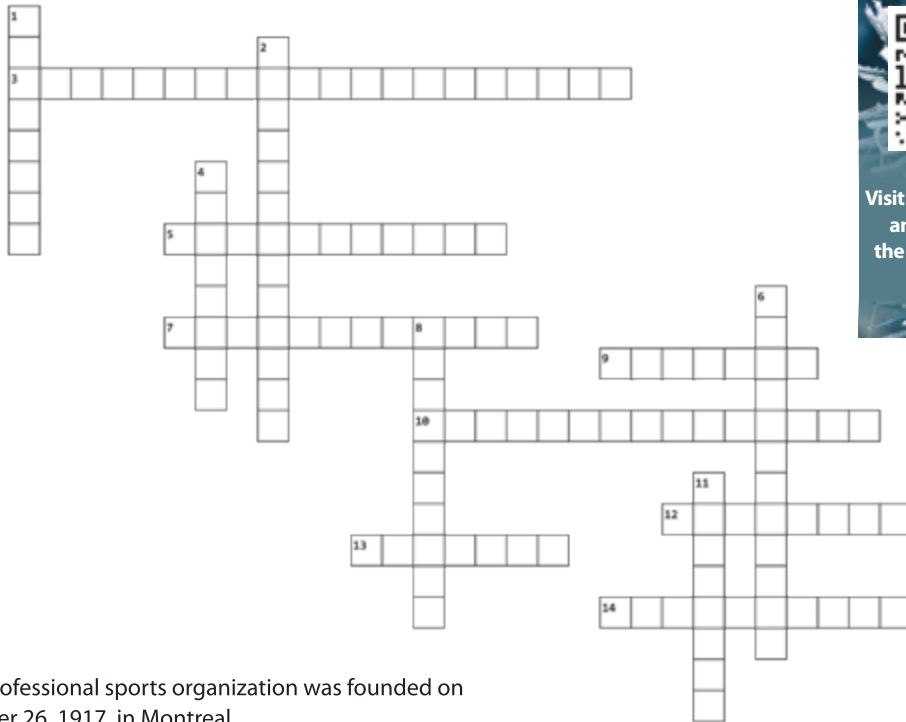
Practice Self-Compassion – don't blame yourself. This was not your fault. You are not stupid.

Personal Affirmations – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

Mindfulness – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

Professional Help – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.

November Crossword



Visit bit.ly/mycalgary answers or scan the QR code for the answers

Across

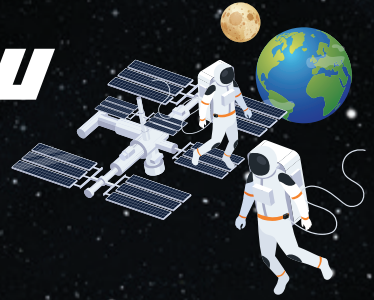
3. This professional sports organization was founded on November 26, 1917, in Montreal.
5. Born on November 12, 1980, but he's just Ken.
7. November is National _____ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.
9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto _____.
10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.
12. This month is the only month used in the 26-letter NATO phonetic alphabet.
13. Pink Floyd's iconic 11th album, _____, was released on November 30, 1979.
14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male _____ onboard; thankfully, he survived the three hour and 20-minute space flight.

Down

1. On World _____ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.
2. November's official flower, which originates from East Asia.
4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.
6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.
8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.
11. The reason people grow moustaches in November.

THE FIRST CREW

On November 2, 2000, the first crew reached the International Space Station. The residing team was made up of NASA Astronaut Bill Shepherd and cosmonauts Yuri Gidzenko and Sergei Krikalev.



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Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

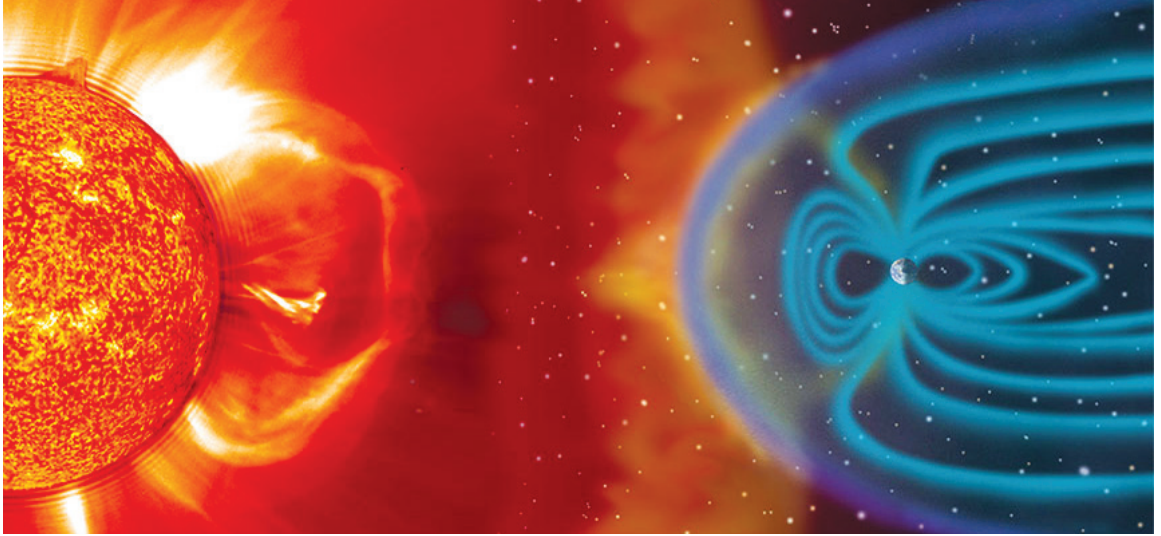
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

The Sun: Our Friend and Sometimes Foe

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



Astronomers had been aware of dark spots on the Sun since the early 1600s, but it wasn't until 1755 they discovered the number of sunspots increased and decreased in cycles spanning 11 years.

On September 1, 1859, an English astronomer named Richard Carrington was keenly aware the number of sunspots was on the rise. While sketching a particularly large cluster, he witnessed an explosion of light lasting about five minutes. The flare was a coronal mass ejection (CME), a burst of magnetized plasma from the Sun's upper atmosphere. Normally, a CME takes several days to reach Earth. In this case, it took only 17.6 hours.

That night, the Earth experienced unprecedented electrical chaos. Telegraph poles and substations (precursor to the telephone) started catching fire and northern and southern auroral displays, normally confined to the polar regions, were now visible as far south as Hawaii and as far north as Australia.

Carrington realized the flare he'd seen was almost certainly the cause of this massive geomagnetic disturbance. This connection had never previously been made. In his honour, the 1859 incident is now known as the Carrington Event.

It was the most powerful solar eruption in recorded history; causing wide-reaching communication failures as the telegraph system was simply unable to withstand the tremendous amount of electricity surging through the wires.

In 1989, a CME knocked out power to the province of Quebec, leaving 6 million people in the dark for nine hours. It also damaged transformers as far away as New Jersey and nearly took down the U.S. power grid from the Eastern Seaboard to the Pacific Northwest. On July 23, 2012, a CME equivalent to the Carrington Event narrowly missed Earth. Had it hit us, our technology dependent world would have suffered catastrophic damage.





Celebrating Successes and Failures of My Gardening Season

by Carolyn, Calgary's Home Gardener Helper

As the gardening season comes to a close, I find myself reflecting on the journey I embarked on earlier this year. It has been a season filled with both successes and failures, each teaching me valuable lessons and deepening my love for gardening.

One of the most significant successes of this season has been the bountiful harvest of tomatoes. I planted a variety of tomato plants, from cherry tomatoes to beefsteak, and they thrived beyond my expectations. The taste of a freshly picked, sun-ripened tomato is unparalleled, and my garden provided an abundance of them. I learned the importance of proper soil preparation, watering, and regular pruning to ensure healthy tomato plants. This success has encouraged me to continue experimenting with different tomato varieties in the future.

Another triumph was my flourishing herb garden. The fragrant basil, rosemary, and mint added flavour and aroma to countless meals. It was incredibly satisfying to step outside and pluck fresh herbs for cooking, enhancing the taste of my dishes. This success reminded me of the joy that comes from growing and using your own herbs.

However, with success also came failure, and the most significant disappointment was my attempt at growing pumpkins. Despite my best efforts, the pumpkin vines

produced only a handful of small, underdeveloped fruits. It was disheartening to see the potential wasted, but it taught me about the importance of researching specific plant requirements and understanding local climate conditions before planting.

Furthermore, my battle with garden pests, such as aphids and caterpillars, was an ongoing challenge. Although I tried various organic methods to deter them, I had limited success. This struggle emphasized the importance of patience and resilience in gardening. It taught me that setbacks are a part of the journey, and the key is to keep learning and adapting.

In conclusion, my gardening season has been a rollercoaster of successes and failures. While the successes brought joy and satisfaction, the failures offered valuable learning experiences. Gardening is not just about the end result but also about the journey and the knowledge gained along the way. As I celebrate the end of this season, I look forward to applying these lessons to future gardening endeavors, knowing that each success and failure contributes to my growth as a gardener.



Word of the Month

Opine: verb (oh-pahyn)

To have an opinion.

Dentists opine brushing your teeth is important for good dental hygiene.

EVENTS

Join us for our Festive Fling Seniors Dance – Friday, November 24 at 7:00 pm

Verve Aspen Woods invites you to our holiday edition of the SW Seniors Social Dance in partnership with the SCA. Join an evening of dance and live music with Silence in B'tween along with a cash bar and treats prepared by Verve's Red Seal Chefs.

Tickets are \$10 and may be purchased on our website at www.scacalgary.ca or by calling our office Monday to Friday, 10:00 am to 1:00 pm at 403-249-1138.

Christmas Craft Fair – Saturday, December 2, 10:00 am to 4:00 pm

Come shop for unique, handmade Christmas gifts. Free admission.

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



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The End of Time

by Danielle Robbertze

It's that time of year again to change all your clocks and timers in the house. It comes every year, yet it doesn't get less annoying or confusing. Of course, I am talking about Daylight Saving Time (DST) which ends November 5, 2023.

This change of time addresses the polarizing seasons in Canada and brings up polarizing opinions. Not everyone in Canada implements Daylight Saving Time to their time zones. But here in Calgary we do. So how did it come to be?

In 1895, George Vernon Hudson, an entomologist, submitted a paper to the Wellington Philosophical Society in New Zealand. In his paper he proposes that there be a two-hour shift forward and backward in October and March respectively. Hudson thought this shift would encourage productivity. But secretly, it gave him more time to chase insects after work (his favourite pastime).

However, there are some indications that Daylight Saving Time had been practiced by ancient civilizations such as the Roman Empire. The Romans utilized water clocks to tell time and would use different scales in different months to suit solar time (a method of recording time using the Sun's movement).

DST was first introduced in Canada in 1908, in Ontario. Other provinces would soon follow suit and adjust their clocks by one hour. And in 1918, DST was formally introduced by the Canadian government to increase productivity during both World Wars.

However it came to be, it is important to remember a few changes that need to be implemented in your home. It is not only the time that is changing but also the season. So, prepare for DST by closing crawl space vents, swapping clothes for winterwear, adjusting your sleep schedule, setting up emergency winter kits, and last but not least, don't forget to change those clocks!



A Ton of Tongue

Blue whales are the largest animals known to live on Earth. Not only are their bodies ginormous at a staggering 100 feet long, but their tongues are actually incredibly heavy, with the average tongue weighing over 8,000 lbs!





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



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

Hello, Ward 6

Winter can be a time for family fun, but there are several risks associated with the changing weather. Winter storms increase the risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

Here are some ways to prepare for a winter storm ahead of time:

Know the risks. Include your kids in the emergency discussion, communicate your whereabouts and how to evacuate the house if needed.

Winterize your home.

Pay attention to weather reports and warnings from Environment Canada. Sign up for Alert Ready notifications. Gather supplies in case of power outage. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. Have extra batteries for radios and flashlights.

Create an emergency kit for your car: include jumper cables, sand, flashlight, blankets, water, and non-perishable food. Make sure always to keep your gas tank full!

Visit calgary.ca/getready to learn more.

Remembrance Day Commemoration

Please join the Ward 6 office and the King's Own Calgary Regiment on Saturday, November 11, 2023, at 10:45 AM for our annual Remembrance Day ceremony at Battalion Park. Originally named Camp Sarcee in 1915, Battalion Park commemorates the soldiers who trained in Calgary for the trench warfare of World War I. Your attendance at this notable ceremony is appreciated as we participate together in a community moment of silence to reflect on the sacrifices made by the brave Canadian Armed Forces.

Partners in Planning

The Partners in Planning program (PIP) is a free, award-winning certificate program offered by the Federation of Calgary Communities in partnership with The City of Calgary. The program is geared towards helping the public to develop skills for effective participation in the planning process. You can learn more at calgarycommunities.com/partners-in-planning.

Regards,

Councillor Richard Pootmans

www.calgary.ca/ward6

This being my first submission in the community newsletters in Calgary-West since the May 2023 provincial election, I would like to extend my gratitude for the support shown to me that resulted in my re-election as the MLA for Calgary-West. I remain committed to serving all constituents and to listening and responding to your concerns. Please contact my constituency office to reach me regarding constituency related matters.

As Deputy Premier and Minister of Public Safety and Emergency Services, I have been actively involved with numerous files. This summer's wildfire season has brought new challenges for Albertans and those who work hard to keep us safe. I recognize and thank all emergency services for their stalwart efforts on behalf of Albertans.

Ensuring and securing the safety and security of Albertans remains my top priority. As Minister of Public Safety and Emergency Services, I have allocated \$5 million to The City of Calgary to enhance the cleanliness within our LRT stations. Funding has also been provided for the training and hiring of 50 additional police officers for both Calgary and Edmonton. Upon obtaining their professional credentials, these officers will be dedicated to high crime areas, which may include LRT stations, to assist with maintaining law and order. To enhance public trust within our communities, I have mandated body cameras for all police officers in Alberta. Ongoing implementation of the Safe Streets Action Plan will extend supports to assist our law enforcement teams in holding criminals to account. The Alberta government continues to allocate additional funding to the many organizations that work daily to improve and maintain the security and safety of Albertans in both public and private spaces.

On November 11, Remembrance Day, we will remember the thousands of brave Canadians who made the ultimate sacrifice in the cause of preserving our freedom. I encourage you to join fellow community residents at the Battalion Park Remembrance Day ceremony as we commemorate this special day.

Mike Ellis, MLA Calgary-West

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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 23	12	10	\$669,400	\$660,750
August 23	8	8	\$715,000	\$775,000
July 23	11	13	\$875,000	\$880,000
June 23	14	15	\$849,900	\$858,000
May 23	20	17	\$880,000	\$957,000
April 23	13	11	\$799,999	\$858,000
March 23	11	10	\$793,950	\$806,000
February 23	7	5	\$899,000	\$906,400
January 23	5	3	\$749,900	\$772,000
December 22	1	3	\$739,900	\$775,000
November 22	5	5	\$699,000	\$679,000
October 22	6	10	\$557,450	\$564,750

CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 23	8	3	\$1,225,000	\$1,225,000
August 23	6	5	\$750,000	\$780,000
July 23	4	4	\$709,950	\$695,900
June 23	4	3	\$679,900	\$670,000
May 23	4	3	\$1,069,000	\$1,100,000
April 23	3	1	\$675,000	\$676,507
March 23	2	4	\$837,450	\$814,500
February 23	2	2	\$696,894	\$685,073
January 23	1	1	\$869,900	\$840,000
December 22	1	0	\$0	\$0
November 22	3	3	\$778,000	\$743,000
October 22	2	2	\$352,400	\$325,000

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

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