

OCTOBER 2023

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The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER

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AND MOVIE NIGHT
OCTOBER 6**



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Dr. Neville Headley



Dr. Harleen Premi



Dr. Puneet Khaira



CONTACT US

403.300.3232

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

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

STRATHCONA

**CHRISTIE
PARK**

**ASPEN
WOODS**



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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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	Pascal Siewe
Treasurer	Geoff Kalyniuk
Secretary, Community Engagement	Nina Rehill
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Director of Events	Vacant

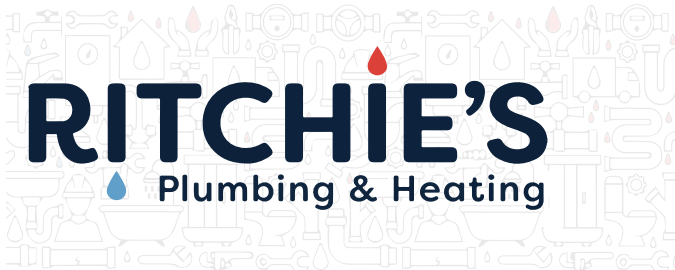
SCA Office

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

Contact us at info@scacalgary.ca

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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24 HOUR EMERGENCY SERVICE tel. 587 392 6486

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!, 9am	Jazzercise, 9:30am	Zumba, 9:30am	Jazzercise, 9:30am	PRIVATE RENTALS	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 1pm	Adult Art Workshops, 12-1:15pm	Bridge, 12:30pm		Pathfinders, 6:30pm
Run.Jump.LEAD!, 4:50pm	Young Rembrandts, from 5pm	Performing Arts, 4:45pm	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			
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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Monthly Notices

SkipTheDepot and Donate to the SCA

We have partnered with SkipTheDepot to allow you to donate the money from your recyclables to the SCA.

It's easy! Just follow these steps:

1. Download the app or register online.
2. Enter your home address and pick a date.
3. Cash out or donate to charity.

SkipTheDepot will count your bags and credit your account within 48 hours after pickup. Funds will be donated to the SCA! Sign up at <https://app.skipthedepot.com/scacalgary>.

Add your name to our babysitter listing.

Check out our listings at www.scacalgary.ca under Community Directory. If you would like to add your name to our list, email your name, age, community, and phone number to info@scacalgary.ca.

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		Listed	Sold	Listed	Sold
August	23	30	22	\$501,950	\$500,000
July	23	22	19	\$529,900	\$521,000
June	23	29	21	\$935,000	\$908,800
May	23	27	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
September	22	14	15	\$799,800	\$798,000

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

Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

Cats, Canines, & Critters of Calgary



Bonnie, Bridgeland



Moose, Canyon Meadows

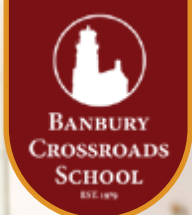


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MESSAGE FROM THE BOARD

Dear neighbours,

As the leaves turn vibrant shades of red and gold, and a crispness fills the air, we welcome the fall season with open arms and hearts filled with gratitude. This month's newsletter is dedicated to the spirit of Thanksgiving and Halloween, a time for reflection, togetherness, and giving thanks for the blessings in our lives. We'll also seamlessly transition into the spooktacular world of Halloween as we prepare for a month of spooky fun! Join us on October 6 from 6:00 to 9:00 pm at SCA CA for our Family Dinner and Movie Night. Don't forget to wear your Halloween costume!

Thanksgiving is more than just a customary turkey feast; it is an occasion to contemplate the abundance in our lives and the blessings that we often overlook. It presents an opportunity to express gratitude for our families, friends, and the community that surrounds us.

As you prepare for your Thanksgiving celebration this year, consider the deeper meaning of this holiday. Share stories of gratitude with your loved ones and make it a tradition expressing thankfulness around the dinner table. Whether it's the support of your neighbours, the warmth of your community, or the beauty of nature that surrounds us, let's take this time to appreciate the richness of our lives.

As we transition from Thanksgiving, we'll soon find ourselves immersed in Halloween. While Halloween can be a fun and exciting time for kids (and adults), the SCA would like to share some important trick-or-treating tips for community members and parents.

Residents:

- ✓ Turn on outdoor lights and replace burnt-out bulbs.
- ✓ Clear a path from the road to your front door and remove any potential obstacles or tripping hazards.
- ✓ Keep your pets safe. Confine animals indoors away from the unfamiliar (and spooky) guests at the front door.
- ✓ Beware of potential food allergies; consider alternative goodies.
- ✓ If you're driving, be cautious of goblins, ghouls, and ghosts out and about in your neighbourhood.

Parents:

- ✓ Costumes should be short enough to avoid tripping.
- ✓ Having your child wear light-coloured clothing or reflective tape will help them be better seen by drivers.
- ✓ Create an easy-to-follow route with your children and teenagers.
- ✓ Travel in groups of three or four. Young children should be accompanied by a responsible adult.
- ✓ Practice crosswalk safety. Make your way up one side of the street and cross to the other side, looking both ways; don't crisscross back and forth.
- ✓ Double-check your child's goodie bags to ensure everything is safe to eat.

As we say farewell to the joyful festivities of Halloween and the heartfelt warmth of Thanksgiving, let us carry forward the spirit of these special moments into our everyday lives. These special occasions remind us of the power of unity, gratitude, and the simple joys of coming together as a community.

From the entire SCA staff, the board of directors, and our families to yours, we wish everyone a happy Thanksgiving and a safe, spooktacular Halloween.

Remember to visit our community website for updates, contact information, and resources on local services.

With warm regards,


The SCA CA Board of Directors



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

 CALGARY POLICE SERVICE

Signs You May Have Depression

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

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.

GAMES & PUZZLES

Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for _____ and _____.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of _____.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in ____ seconds.

SCAN THE QR CODE FOR THE ANSWERS!





NEW CONDOS COMING TO U/D!

University District is excited to announce a new luxury bungalow-style condo project launching this fall. We can hardly wait to share all the exciting details with you! Visit our website for more information.

UNIVERSITY DISTRICT
— CALGARY —

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Calendar

Tuesdays at 10:00 am	Walking Group (Meet by Good Earth)
Friday, October 6, 6:00 pm	Family Dinner and Movie Night
Saturday, October 14, 7:00 pm	Bow Valley Music Club
Wednesday, October 18, 7:00 pm	SCA Board Meeting
Thursday, October 26, 5:30 pm	CCIS Family Law Workshop
Friday, October 27, 6:00 to 9:00 pm	SAS Art Show
Saturday, October 28, 10:00 am to 4:00 pm	SAS Art Show
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@sccalgary.ca.

Adopt-a-Family is open!

Make the season brighter for a family in need this holiday.

Donate by Dec. 15, 2023



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TWO ICONS WILL TAKE TO THE BVMC STAGE NOVEMBER 4



Acclaimed raconteur Ray Bonneville strips his bluesy Americana down to its essentials and steeps it in the humid grooves of the South, creating a compelling poetry of hard living and deep feeling with Bonneville's deep, evocative voice confessing life's realities.

Often called a "song and groove man," Bonneville has lived the life of the itinerant artist. Hailing from Quebec, he's lived in Boston, Vietnam, Colorado, Alaska, Seattle, Paris, and New Orleans, with every place he's lived infusing his musical sensibilities and fueling an urge to write his own music. Ray has released nine albums, earned wide critical and popular acclaim, and gained an enthusiastic following in the U.S., Canada, and Europe. Ray's sound is, "folk-roots gumbo... a languid Mississippi Delta groove.

seasoned with smooth, weathered vocals and a propulsive harmonica wheeze." Jim Withers (Montreal Gazette).

Debra Power opens for Bonneville. A pianist, singer, and songwriter, Debra Power is known for her powerhouse vocals and boogie woogie piano playing.

She has been a featured performer at the Calgary and Edmonton International Blues Festivals and has been nominated for New Artist of the Year at the Maple Blues Awards. In 2020, Debra was awarded the YYCMA Blues Recording of the Year for her "That's How I Roll" release, further cementing her as a star in the blues scene in Canada.

"Debra is a valued member of the Blues community in Calgary and Canada and a highly regarded musician internationally." Cindy McLeod, Calgary International BluesFest.

Get your tickets today and be sure to mark your calendars for The Hello Darlins Christmas Concert on November 25.

OUR NEXT LIVE CONCERT DATE

NOVEMBER 4 - DOORS OPEN AT 7:00 PM

SINGLE TICKETS - \$30 + tax

STRATHCONA CHRISTIE ASPEN COMMUNITY CENTRE



<http://bowvalleymusicclub.org/>

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Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business



Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle’s life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

The Fix

If you have an old candle that’s already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!

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 (No class on September 26 and October 3 and 10).

Art #2: Acrylics – Thursday, September 14 to December 7 from 10:00 am to 12:30 pm (No class on September 28 and October 5 and 12).

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 (No class October 9)

Intermediate Yoga #2 (More standing postures)

Monday, September 11 to November 20

1:15 to 2:15 pm (No class October 9)

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 (no class on October 9)

Basics - Monday, September 11 to November 29

2:45 to 3:45 pm (no class on October 9)

Continuing 2 - Wednesday, September 13 to December 6
11:00 am to 12:00 pm



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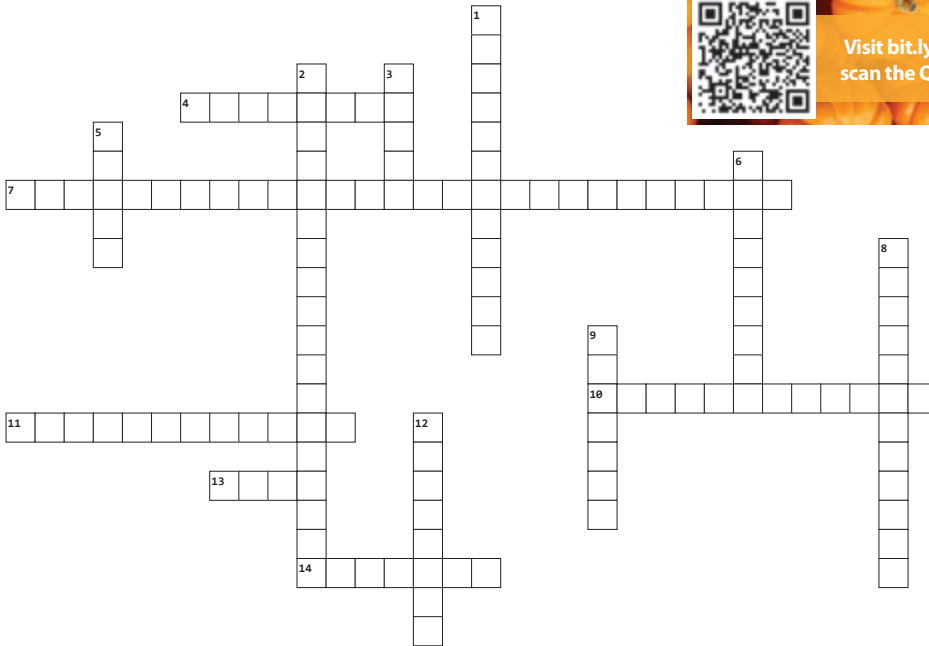
For more information,
call 403-536-6558 or email
FinancialWellness@CaryaCalgary.ca.



October Crossword



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



Down

- In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the _____ after 7 hours and 20 minutes.
- Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
- Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
- In the Middle Ages, this was used to sweeten candy.
- This traditional Halloween candy was originally called 'Chicken Feed.'
- Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, _____.
- In North America, this fruit becomes very popular in October.
- Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

Across

- Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
- Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
- Born on October 9, 1823, _____ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
- Observed on October 11, International _____ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
- October's official birthstone and Australia's national gemstone.
- This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.

Nature's Philosophy

by Victor Timmons



Nocturnal birds in sibilant causerie
Forest creatures in distant revelry
While nature's blanket dims their rivalry
And stills the air to peaceful reverie

How brief is this tranquillity
As hostile meetings in darkened shrubbery
Remind, if only momentarily
That man alone enjoys in camaraderie



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EVENTS

Family Dinner and Movie Night October 6 at 6:00 pm

Kids ... wear your Halloween costume!

Doors open at 5:45 pm. Dinner is at 6:00 pm and *The Super Mario Bros. Movie* starts at 7:00 pm.

This event is limited to 250 people. Must have a current SCA membership (memberships will be available for purchase). All minors must be accompanied by an adult.

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Pan Fried Salmon with Beans Almondine

by Jennifer Puri

Our modern Pacific Salmon appeared four to six million years ago and have been part of the spiritual and cultural identity of the Indigenous people of the Pacific Northwest for centuries. Salmon is part of their social network, their history, and their employment. Generally associated with long life and wisdom, the salmon is also a primary food source for the Indigenous people and considered an important gift of food from the Creator.

Chinook or King salmon is the largest species, averaging 30 lbs, though there are some that could weigh as much as 100 lbs. On the opposite end of the scale, Pink salmon weigh less than 5 lbs.

Classified as an oily fish, salmon is a popular food choice due to its rich, buttery flavour. It is also considered to be healthy and is high in protein, Omega 3 fatty acids, and Vitamin D content. The Omega 3s in salmon can help protect our skin from the aging effects of the sun, decrease inflammation, and support brain, eyes, and heart health.

Wild salmon is overall better for health, particularly Pacific Salmon of which there are five types in North America – Chinook, Coho, Chum, Sockeye, and Pink.

The flesh of fresh salmon fillets should be orange or bright pink in colour with no darkening, discolouration, or drying around the edges. Salmon should appear moist rather than dried out as dryness is an indication that the fish is old or was not handled correctly.

Prep Time: 12 minutes

Cook Time: 12 minutes

Servings: 4

Ingredients:

- 4 5oz salmon fillets with skin
- 3 ½ tbsps. of extra virgin olive oil
- Rock salt to taste



- Coarse black pepper to taste
- 1 lb cooked whole green beans
- 4 shallots, finely chopped
- 2 garlic cloves, finely chopped
- ½ cup sliced almonds
- ¼ cup lemon juice
- 3 tbsps honey
- 1 tbsps Dijon Mustard
- ½ cup extra virgin olive oil

Directions:

- Season salmon fillets with salt and black pepper. Over medium heat, warm 2 tbsps of olive oil in a large non-stick skillet. Add the salmon fillets skin side up and cook for about 4 minutes. Turn fish over and cook for an additional 5 minutes or until skin is crisp.
- Prepare citrus dressing by combining lemon juice, honey, half the chopped shallots, ½ tsp each of salt and black pepper, and ½ cup of olive oil in a small bowl. Mix well and set aside.
- Prepare beans almondine: In a frying pan or wok, sauté garlic and remaining shallots in 1 ½ tbsps. of olive oil for a couple of minutes. Add cooked green beans and cook for another couple of minutes. Add sliced almonds and salt and pepper to taste and cook for two minutes or until beans are warmed through.
- Place cooked salmon fillets on plates and top each one with a little citrus dressing. Serve with beans almondine and a side of Spanish or coconut rice if desired.

Bon Appétit!





Unveiling Calgary's Historic Treasures on Map

from the City of Calgary

Our vibrant city holds a tapestry of stories, architecture, and landmarks that have shaped Calgary's identity. Unveil this history by exploring the Inventory of Evaluated Historic Resources Map, featuring over 900 Calgary heritage resources

and sites. Embark on a journey through time by visiting the interactive map at <https://maps.calgary.ca/HeritageInventory>; it is also mobile-friendly! To view more City of Calgary maps, please visit the Map Gallery at www.maps.calgary.ca.

Changes to Green Cart Collection This Fall: What You Need to Know

from the City of Calgary

Starting in November, green cart collection will be once every other week, resuming weekly in the spring. Here's what you need to know:

- **Fill Your Green Cart First:** Leaves, branches, grass, and plants can go directly inside the green cart. If it's full, use paper yard waste bags for extra waste.
- **Extra Yard Waste Bags:** Place them at least 0.5 meters (2 feet) away from your cart. Roll the tops closed to prevent spills, and make sure you can lift the bag with one hand.
- **No Plastic Bags:** They are not allowed in your green cart.

Do You Have Too Much Yard Waste?

You can drop off yard waste free of charge at any landfill from Friday, September 22, 2023, to Saturday, November 4, 2023.

Check your schedule at calgary.ca/collection and sign up for reminders.

Visit calgary.ca/waste/drop-off/yard-waste for more information and make your yard clean-up a breeze!



BRAIN GAMES

SUDOKU

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

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GALLERY by Nyckie Rea



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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	23	10	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
September	22	9	12	\$637,500	\$623,000

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

CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	23	7	5	\$750,000	\$780,000
July	23	4	4	\$709,950	\$695,900
June	23	5	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
September	22	2	0	\$0	\$0

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

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.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.

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.

Guardians of the Gate

We are a team of committed volunteers who care for – and maintain – Strathcona Park's main entranceway. We meet at least once a month (during spring, summer and fall) for an hour or two (as weather and weeds require).

Donations of any amount are greatly appreciated and put to good use to cover annual costs: plant replacement, soil amendment, fertilizers, mulch, etc. For more information, please contact Marlene at mjfritzler2@outlook.com.

Grateful thanks to volunteers, residents, and local business Greenhough Real Estate for generous contributions.



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RESIDENT PERSPECTIVES

Stargazing with Pat J

The Tunguska Event

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



At 7:17 am on June 30, 1908, an object travelling at 54,000 kilometres per hour entered the Earth's atmosphere over a sparsely populated region of eastern Siberia.

Locals reported seeing a bluish light, nearly as bright as the Sun, moving across the sky. As the object's tremendous speed compressed and heated the air in front of it; a shock wave was generated that caused the object to explode at a height of five to ten kilometres above the ground. The blast was so powerful; it scorched and flattened an estimated 80 million trees in an area covering 2,150 square kilometres of forest bordering the Tunguska River. In addition to the trees, thousands of animals perished, but due to the remoteness of the site, only three people are thought to have died.

Tunguska is the largest impact event in recorded history and debate still rages as to the exact nature of the object. Initially, it was thought to be a comet. Current scientific theory leans more toward an asteroid 50 to 80 metres in diameter, but no crater or asteroid fragments have ever been found. Whatever it was, the energy released was calculated at 1,000 times more powerful than the atomic bomb dropped on Hiroshima, Japan.

Due to the rotation of the Earth, had the object struck five hours later, it would have destroyed the Russian capital of St. Petersburg, killing over a million people including the Tsarist royal family, heads of government, and its military command. It would have altered world history.

On February 15, 2013, an asteroid 18 to 20 metres in size plunged through the atmosphere above the southern Ural region of Russia.



The object exploded at a height of 29.7 kilometres with a release of energy equivalent to 26 to 33 times that of Hiroshima. Because the object detonated at a much higher altitude, no one was killed, but 7,200 buildings were damaged and nearly 1,500 people received injuries from broken glass.

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Councillor, Ward 6
Richard Pootmans

📞 403-268-1646
✉ Eaward6@calgary.ca
🌐 Calgary.ca/ward6
📧 @richardpootmans9

Hello, Ward 6,

As we begin the season of thankfulness, reflection, and giving, I am reminded of the amazing residents in Ward 6. This past year I have met some outstanding citizens and discovered how incredibly lucky we are to have the remarkable comradery in our communities which makes our Ward flourish.

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.

Keep in Touch

Have you signed up for our digital newsletter? You can do so on my website at www.calgary.ca/ward6.

Keep up to date with all the latest from your Ward 6 Councillor! Follow me on social media.

Councillor Richard Pootmans



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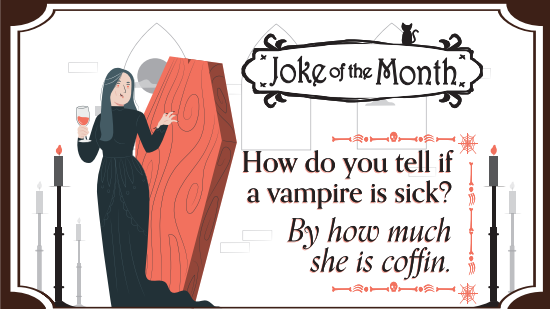


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Joke of the Month

How do you tell if a vampire is sick?
By how much she is coffin.



The Calgary Zoo: Past and Present

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

It's autumn – fall colours are out and days are noticeably shorter. Before the snow falls, it's time to visit the Calgary Zoo!

The Zoo is located on St. George's Island. In 1887, the Bow River islands were leased for development as parks. A ferry serviced them from 1891 until St. George's Zoo Bridge was constructed in 1908.

An animal park popped up in 1917, which became the Calgary Zoo in 1929. Dr. Omer Patrick from Ontario practiced medicine in Michigan before arriving in Calgary to develop Drumheller's coal fields. He took an interest in the city's beautification and natural spaces and was the founding president of the Calgary Zoological Society, until 1944.

An early addition to the Zoo was "Dinosaur Gardens." Lars Willumsen (president of the Zoological Society, 1959 to 1965) suggested it to Dr. Patrick after visiting a dinosaur park in Hamburg, Germany. Work on Calgary's Natural History Park began in 1935. German sculptor Dr. Charlie Beil designed the first dinosaurs, with Finnish engineer Aarne Koskelainen and Finnish sculptor John Kanerva constructing them.

The only survivor of these 56 pieces is Dinny the Dinosaur. In 1983, Prehistoric Park was created north across the river to make room for more animal enclosures. The original concrete figures were too costly to move during the recession. They were destroyed and replaced with fibreglass ones. To preserve the 110 tonne Dinny, it was designated a provincial historical resource in 1987 and recently underwent repairs thanks to donations from Calgarians.

Part of Calgary's conservation heritage is the Zoo's work. The Calgary Zoo is the oldest registered charity in Alberta (since 1967). It was among the first in Canada accredited by three zoo associations, who provide support for animal care, conservation, and environmental education. In 2013, the Association of Zoos and Aquariums wrote, "the Calgary Zoo sets itself apart as one of the top zoos in the world."

The Zoo continues its conservation work as part of the Wilder Institute and is a prime destination for enjoyment and education. A favourite is ZOOLIGHTS, a holiday tradition for many that celebrated its 25th anniversary in 2021.

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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1X4XGAO?WS=PackagePres>. "Dinosaur at St. George's Island Natural History Park, Calgary Zoo, Calgary, Alberta.", [ca. 1940-1945], (CU1216466) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.



https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FYT05F?WS=PackagePres&FR_1&W=1536&H=656. "John Kanerva, dinosaur builder, Calgary, Alberta.", 1956-11, (CU1139955) by De Lorme, Jack. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.



Donations from Calgarians have preserved Dinny for future generations. Photo courtesy of Anthony Imbrogno



Dinny has watched over the Bow River at St. George's Zoo Bridge for almost 90 years. Photo courtesy of Anthony Imbrogno.



Yogi Bear has directed Calgarians to St. George's Zoo Bridge since the 1960s. Photo courtesy of Anthony Imbrogno.



<https://www.dreamstime.com/zoo-lights-heralds-christmas-season-calgary-alberta-canada-zoo-lights-heralds-christmas-season-calgary-alberta-canada-image204322376>. ZOOLIGHTS heralds the Christmas season, Calgary, Alberta, no date. ID 204322376 © David Butler | Dreamstime.com. Editorial license paid.

Suicide Prevention

from Alberta Health Services

Suicide affects people from all ages, genders, socioeconomic, cultural, and ethnic groups, and it has emotional, financial, and psychological impacts on individuals, families, and communities.

You can help prevent suicide.

One of the major ways to help is to reduce the stigma around suicide. Stigma contributes to feelings of fear, shame, and guilt. We can help decrease stigma by talking about suicide with understanding and compassion.

When talking about suicide, use people-first language (someone with suicidal thoughts instead of a suicidal person). Phrases such as death by suicide, died by suicide, or suicide describe what really happened and respect family and friends left behind.

It is hard to know if someone is thinking about suicide, but if you are or know someone who is, help is available. Recognizing the risk factors and warning signs is important in preventing suicide.

Risk Factors May Include:

- Barriers to accessing social and health services.
- Mental illnesses such as depression, anxiety, and bipolar disorder.
- Traumatic life events such as the death of a partner or friend, divorce, or financial issues.
- Family violence, including physical or sexual abuse.
- Diagnosis of a serious physical illness.

Warning Signs May Include:

- Planning or saying they want to hurt or kill themselves or someone else.
- Talking, writing, reading, or drawing about death, including writing suicide notes and talking about items that can cause physical harm, such as pills, guns or knives.
- Saying they have no hope, they feel trapped, or there is no point in “going on.”

Take any mention of suicide seriously and get help right away if someone you know is in immediate risk of suicide.

What You Can Do:

- Call 911, a suicide hotline (see telephone numbers below), or the police.
- Stay with the person or ask someone you trust to stay with the person until the crisis has passed.
- Encourage the person to seek professional help.
- Don't argue with the person (“It's not as bad as you think”) or challenge the person (“You're not the type to attempt suicide”).
- Tell the person that you are there to support them. Talk about the situation as openly as possible.

When thinking about how to help someone, use the REACH Pathway (Recognize, Engage, Ask, Connect, and Heal) to help remember what you can do: recognize when someone is struggling, engage in conversation and listen, ask about suicidal thoughts and feelings, connect to support and resources, and take care of your own mental health.

To learn more, visit MyHealth.Alberta.ca.

Here are More Resources to Help:

- Health Link, 811
- Kids Help Phone
Visit: kidshelpphone.ca
Call: 1-800-668-6868
- AHS Mental Health Line
Call: 1-877-303-2642
- Hope for Wellness: First Nations & Inuit Populations
Call: 1-855-242-3310
Online chat: hopeforwellness.ca
- Canada Suicide Prevention Service
Call: 1-833-456-4566
Online chat: crisisservicescanada.ca
Text: 45645
- National Trans Lifeline





Beware of Post-Disaster Document Replacement Scams

from the Better Business Bureau

When coping with a disaster like flooding, wildfires, tornadoes, and other weather events, victims are at a loss for where to begin rebuilding and replacing belongings. Replacing vital documents like birth certificates, driver's licenses, Social Security cards, etc., is another task that can seem daunting. Better Business Bureau warns victims to beware of unsolicited offers of assistance in replacing these essential documents for an upfront fee. You could be dealing with a scammer.

How the Scam Works

Consumers have submitted reports to BBB Scam Tracker about "lookalike" websites that offer to help with everything from updating postal addresses to renewing or replacing ID cards and documents for an upfront fee. In many instances, they later discovered they could have accomplished their goal for little or no money and have provided personal information to an unknown third party.

Scammers continue to call and text people stating they need to replace Medicare, Medicaid, or Social Security cards. Those agencies do not operate that way! BBB warns you to be mindful of any links you click when searching for information so you are not led to a site pretending to be the official agency.

How to Avoid Falling Victim to a Fake Document Replacement Scam

Confirm the URL before entering personal and financial information. It can be easy to click on a sponsored ad or imposter website without noticing. Before typing any sensitive information, double-check that the website and the link are secure. Secure links start with 'https://' and include a lock icon on the purchase page.

Be wary of third-party websites. There are legitimate passport assistance services, but check with BBB.org first to ensure you aren't sharing your personal or financial information with a scammer.

Make online purchases with a credit card. Users can dispute fraudulent charges on a credit card, which might not be true with other payment methods. Unfortunately, there is no way to get back the personal information you may have shared.

Some provincial and federal agencies will replace certain documents free of charge when an emergency is in effect. See the Government of Canada's Help Centre to replace stolen, lost, or destroyed documents.

If you have been the victim of this or another scam, make others aware by filing a report on [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker) and contacting the Canada Revenue Agency.



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- Clean and test electronic ignition system
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- Measure valve readings for optimal operation
- Test for gas leaks
- Test for venting leaks
- Test for correct switch/thermostat operation
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BUSINESS CLASSIFIEDS

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HEART & HANDS FOR SENIORS: A trustworthy company with a big heart providing companionship services. Someone to lift spirits, provide friendship, help around the house, and with errands. Heart & Hands provides comfort and peace of mind so that we can assist you or your loved one to stay home. www.heartandhands.ca or 368-999-4447.

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David is a neighbour.

David chooses to focus on building value at the heart of his neighbourhood. That is why he is the #1 REALTOR® on the Westside. He knows the value of these communities because this is where he lives, works, and plays.

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