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The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER

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MARK YOUR CALENDARS



James, The Trews, and Lee Brice, among others. The multitalented duo of Abbey and Joe Calvert join him, creating an ear-catching sound with tight musicianship and soulful harmonies as they take you on a stylistic journey through many eras and music genres.

This February catch Juno nominees, DALA on the Bow Valley Music Club stage. With Canadian Folk Music Awards in their pockets, five studio albums to their credit and years of performing now behind them, Amanda Walther and Sheila Carabine of DALA continue to enchant audiences. These two best friends, who met in their high school music class, write and sing in harmony best described as angelic. Drawing upon influences like The Beatles, Joni Mitchell, Neil Young and Bob Dylan, DALA writes songs that are both catchy and insightful. Opening for DALA is Rob Levesque & The Calverts.

Rob Levesque has been performing for over 30 years across Canada, opening for Colin

Bow Valley Music Club is pleased to kick off 2024 with the following concert dates in our Winter / Spring Series. Mark your calendars and get your concert tickets.

- February 10 - DALA
- March 2 - Gordie MacKeeman & His Rhythm Boys
- March 23 - Russell deCarle
- April 13 - Kobo Town
- May 4 - Tom Russell

The Bow Valley Music Club (BVMC) offers an intimate concert series attracting rising Canadian talent and known icons. To get single tickets or concert ticket packs for the 2024 Winter / Spring Line-Up, visit our website at bowvalleymusicclub.org.

OUR NEXT LIVE CONCERT DATE

FEBRUARY 10 - DOORS OPEN AT 7:00 PM

SINGLE TICKETS - \$30 + tax

STRATHCONA CHRISTIE ASPEN COMMUNITY CENTRE



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Canadian Heritage

<http://bowvalleymusicclub.org/>

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August 23	26	23	\$505,000	\$500,000
July 23	22	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

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

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STRATHCONA

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WOODS**



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
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Secretary, Community Engagement	Nina Rehill
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City Planning and Development	Taylor Zwarych
Education and Integration	Davoud Khairkhan
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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MESSAGE FROM THE BOARD

Dear SCA Residents,

From our families to yours Happy New Year! As we say farewell to 2023 and welcome 2024 with open arms, we're excited about the opportunities and experiences that lie ahead for our wonderful community and its residents.

As the Christmas season winds down, many of us are preparing to take down our festive decorations. When removing your lights, be sure to turn off the power and check for any damaged wires. Take it slow, use a sturdy ladder, and have a spotter if possible. Safely storing your lights ensures they'll sparkle again next year!

Our team is working behind the scenes in setting the stage for an incredible year ahead! We're committed to strengthening the bonds that make us a close-knit community. Whether it's organizing events, enhancing our green spaces, or supporting local initiatives, together, we'll make 2024 a year to remember.

We encourage every resident to get involved and share your ideas. Whether you have suggestions for community projects, want to volunteer, or have skills to contribute, your input is invaluable. Let's make 2024 the year our community truly thrives!

As we embark on this new chapter together, we're excited about the journey ahead. Here's to another year of growth, laughter, and shared accomplishments.

Fun Fact: did you know that January is named after Janus, the Roman god of doors and gates? It's a perfect symbol for a month that marks new beginnings and opens the door to a year full of possibilities. The statue represents two faces, one looking into the past, and one looking into the future.

Wishing you all a fantastic January and a wonderful start to 2024!

Warm Regards,

The SCA CA staff and Board of Directors

P.S. We are still looking for volunteers for our casino on January 29 and 30. No experience necessary. For more information, contact the office at 403-249-1138 or visit our website at www.sccalgary.ca.

No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



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MEET THE TEAM



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CONTACT US

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Tips For Joining a Gym

by the Better Business Bureau



If your goal is to lose weight, get in better shape, or improve your overall health, deciding to join a gym may be the first step. However, don't just sign up at the gym you see or visit. Before signing on the dotted line, research all options first!

Get the most from a gym membership by considering these tips from BBB.

- **Determine your fitness goals.** Determining your goals in advance will help you select a facility that is most appropriate for you. Consult with your physician before embarking on a new fitness regimen, especially if there are medical conditions that might be a concern.
- **Figure out your priorities.** What is most important to you? Will a convenient location and extended hours help you stick to your fitness plan? Will a variety of equipment or classes keep you motivated? Do you work out while traveling and prefer a chain with numerous outlets? Determine your top priorities before you start shopping around.
- **Take a tour.** Make sure the gym has the equipment, classes, and trainers you need or expect. Pay attention to things that are important to you, whether it's the cleanliness of the showers or the availability of Wi-Fi. Ask questions and make sure you understand all the rules. Ask about busy times, wait times for equipment, whether classes require pre-registration, availability, and cost of trainers, etc. Ask how the gym staff is maintaining the cleanliness of the facilities.
- **Ask questions about limited free trials.** Gyms often give a one-week free pass for potential members; this is a great way to see if the gym is a good fit for you. Try the gym at different times to see how crowded it is and whether there is a wait for certain equipment. Check out classes if they are offered.
- **Don't feel coerced.** Do not give in to high-pressure sales tactics to join right away. A reputable gym will give you enough time to read the contract thoroughly, tour the facilities, do some research, and make an informed decision.
- **Calculate the true costs.** Gyms often use special introductory offers to encourage new members, but the price could go up more than you budgeted once the initial period is over. Make sure you understand what the regular monthly fees will be and what they include.
- **Understand the terms.** Read the contract carefully before signing. Make sure that all verbal promises made by the salesperson are in writing. What matters is the contract and the terms within it, so don't just take a salesperson's word for it. What happens if you move, or the gym goes out of business? Will the membership renew automatically at the end of the term? What is the cancellation policy and under what circumstances?

SCA 2024 Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
A Child's Garden: Morning & Afternoon Pre-school Programs for 3-4 yr olds Seedlings Spanish Preschool: Morning & Afternoon Pre-school Programs for 2 1/2 - 5 Years KidZinc before & after school care Grades 1 to 6						
Jazzercise, 9:30am	Zumba, 9:30am	Jazzercise, 9:30am	Adult Art, 10:00am	Jazzercise, 9:30am	PRIVATE RENTALS	Bollywood Dance & Fitness, from 9:30am
Older Adult Yoga, 12:00pm, 1:15pm	Mommy & Me Pilates, 11:00am	Older Adult Yoga, 10:00am	Gentle but Strong Yoga, 12:00pm	Bridge Lessons, 9:30am		
Tai Chi, 1:30pm, 2:45pm	Adult Art, 1:00pm	Tai Chi, 11:00am	Adult Art Workshops, 12:00-1:15pm	Sit Fit Yoga, 11:00am		
Run.Jump.LEAD!, 4:50pm	Young Rembrandts, from 6:00pm	SCA Line Dance, from 1:00pm	Run.Jump.LEAD!, 4:40pm	Bridge, 12:30pm		Pathfinders, 6:30pm
Flow Yoga, 5:15pm	Chinook Country Line Dancers, 6:00pm	Performing Arts, 4:45pm	CYP Theatre, from 5:00pm	Older Adult Dance, 1:00pm		
Sparks, 6:30pm	CYP Theatre, 6:30pm	EFK, 4:30 and 6:15pm	Scouts, 6:15pm			
Rangers/Pathfinders, 6:30pm	Pathfinders/Rangers, 6:30pm	Colour on Fire, 5:15pm, 6:30pm	Kids Art, from 5:15pm			
Karate, 6:30pm		Karate, from 6:30pm				
Bollywood, 6:30pm		Pathfinders, 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/scalgary>.

Add your name to our babysitter listing.

Check out our listings at www.scalgary.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@scalgary.ca.

Want to receive our monthly e-newsletter?

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Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.

- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.





Calendar

Tuesdays, 10:00 am	Walking Group meet at Good Earth
January 17	SCA CA Board Meeting
January 25, 6:00 to 8:00 pm	Free Cannabis Workshop
January 29 and 30	SCA CA Casino Volunteers Needed

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



GAMES & PUZZLES

Guess the Sport!

1. This is commonly known as the only sport that has been played on the moon.
2. This incredibly physical two-person activity is considered the world's oldest sport.
3. In this sport, goal posts are painted yellow.
4. In _____, a score of zero is called "love".
5. An elegant show of talent, this is the oldest winter Olympic sport.
6. When you miss three times in a row, it's called a turkey in this sport.



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The Harmonious Tapestry of Human Experience

by Jonni Fox, Rod MacCormack, and Moe Refaei
(musicians, song writers and producers)

In the intricate fabric of human existence certain threads weave together to create a tapestry of emotions and experiences. This tapestry is woven from the threads of frequency, love, gratitude, joy, celebration, music, unity, connection, and community. Each element contributes to the rich and diverse texture of our lives.

At its core, the concept of frequency refers to the vibrational energy that permeates the Universe. It is the unseen force that connects all living things. When we harness positive frequencies through acts of love, we contribute to the uplifting of our own spirits and those around us. Love, a powerful and universal emotion, acts as a beacon of light in the human experience. It fosters connection and unity by promoting empathy, compassion, and understanding.

Gratitude is the practice of recognizing and appreciating the blessings in our lives. It brings a profound sense of joy, a radiant, contagious emotion that is often expressed through celebration. Celebrations are a testament to our shared human experience. Music is often described as the universal language of the soul; it has the incredible power to elevate our frequencies and unite people from diverse backgrounds. Through music we find connection, and it often serves as the soundtrack to our most cherished memories.




Unity, connection, and community are interwoven threads in the fabric of our existence. These concepts highlight the beauty of coming together as one. In unity we find strength.

Through connection we discover meaning, and in community we discover support and belonging.

The interplay of frequency, love, gratitude, joy, celebration, music, unity, connection, and community is the essence of our shared human experience. These elements not only enrich our lives but also serve as the foundation for building a harmonious and compassionate world. When we embrace these aspects, we create a beautiful tapestry that reflects the best of humanity, fostering connection, understanding, and a shared sense of purpose. Just for the health of it, listen to your heartbeat and put it on a drum. Add frequency to your life and you will feel alive.

Happy Birthday, Jim!

On January 17, 1962, a comedic legend was born in Newmarket, Ontario. The star of hit movies like *Ace Ventura: Pet Detective*, *The Mask*, and *Dumb and Dumber*, Jim Carrey will turn 62 years old this year. Can you believe he has been gracing our screens since 1981 when he played Tony Caroni in *Janet*?



COMMUNITY NEWS

Join Our Walking Group

Walks take place every Tuesday at 10:00 am.

Meet outside Good Earth in the Sobeyes 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.

Aspen Hills Adopt-a-Rink Volunteer Needed

Calling all ice kings and queens!

Glide into the Aspen Hills community spirit - we're on the hunt for a cool volunteer to manage the cherished Aspen Hills Adopt-a-Rink! Do you have a passion for ice, fire hoses, and a little bit of neighbourhood elbow grease?

Your mission, if you choose to accept it, involves organizing flooding of the rink, with the help of trusty

fire hoses hooked to our local hydrant. But that's not all - you'll also coordinate the snow clearing, ensuring a smooth surface for all our skaters.

Join us in making Aspen Hills the coolest spot this winter. Set near the whimsical tree playground and Guardian Angel School, there's no better place to be this season. We can't wait to break the ice with you!

Contact Mike D'Ippolito at mikedipp@gmail.com or 587-703-3682.

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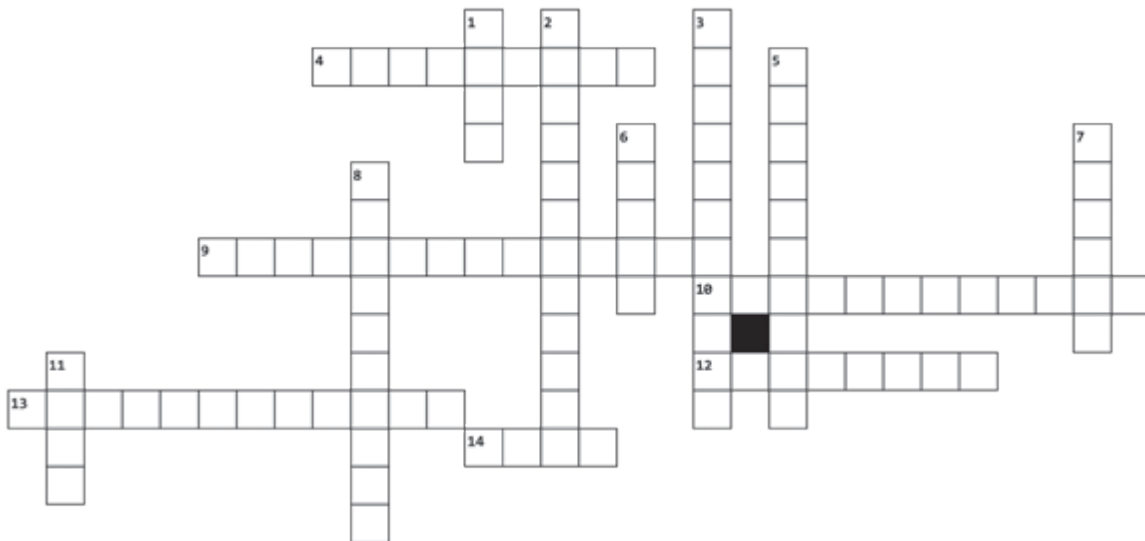
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January Crossword



Across

4. Every year on January 11, Sir John A. _____ Day is observed in Canada.
9. Premiering on January 6, 1975, this game show features multiple contestants working with the alphabet to try and solve a puzzle. It has 41 seasons.
10. In 1904, the first New Year's celebration was held in Times Square to celebrate the new headquarters of this popular publishing company.
12. January is known for being the coldest month in this hemisphere.
13. Before being turned into a film, *The Girl on the Train* was written by _____ and published on January 6, 2015.
14. Born on January 25, 1981, this talented Alicia sings "No one" and "If I Ain't Got You".

Down

1. People born between December 22 and January 22 are considered Capricorns. Interestingly, this word comes from 'Capricornus' which means _____ in Latin.
2. A true Canadian icon, this former hockey player was born on January 26, 1961, and holds the nickname "The Great One".
3. This gruelling survival film came out on January 8, 2016, finally winning Leonardo DiCaprio his long-awaited Oscar.
5. This British singer songwriter was born on January 10, 1945, and is known for his raspy voice and his album *Every Picture Tells a Story*.
6. This two-faced God is the symbol of January in ancient Roman myth.
7. This stone is the official birthstone for January and is meant to keep you safe when travelling.
8. On January 25, 1961, Disney put out the spotted masterpiece, *101* _____.
11. This iconic single from Canada's own Justin Bieber features Ludacris and was released and available for digital download on January 18, 2010.



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



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Children's Programs

Bollywood Dance and Fitness Classes

BollyFit (16 years and up) Sunday, 9:30 am

BollyStars (13 and up) Sunday, 10:30 am

BollyTweens (9 to 12 years) Sunday, 11:30 am

Bollyblooms (6 to 8 years) Monday, 6:30 pm

www.bollywoodcalgary.com

Calgary Young People's Theatre

Tuesday at 6:30 pm, Thursday at 5:00 pm, 6:30 pm, and 7:00 pm

Visit www.cypt.ca.

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.

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.runjumplead.com for more information.

Scouts

Thursday at 6:15 pm

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

Young Rembrandts

Tuesday at 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.

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 Thursday at 10:00 am
Contact Theresa Toth at toth31@shaw.ca.

SitFit + 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 through Zoom. Recordings are provided each week. Equipment includes yoga mat, small and medium ball, resistance band, and set of small dumbbells.

Session dates are Friday January 5 to March 22, 11:00 am to 12:00 pm. Register for 12 weeks for \$90. Five and 10-class passes are available. Drop-in an option (Free for first class).

Contact Sherry at sherrynormanyoga@gmail.com.

Toastmasters

Monday at 7:30pm
Visit www.westhillstoastmasters.easy-speak.org.

Zumba

Tuesday at 9:30 am
All levels welcome!
For more information or to register, call 403-816-6897.

SCA Winter Programs

Registration opened December 1 at www.scacalgary.ca.

Adult Art Classes (Karin)

11 classes - \$184.80 + \$9.24=\$194.04
Art #1: Watercolours - Tuesday, January 9 to March 26 from 1:00 to 3:30 pm (No class February 13)
Art #2: Acrylics - Thursday, January 11 to March 28 from 10:00 am to 12:30 pm (No class February 15)

Bridge Lessons – Intermediate (Freda)

10 weeks - \$100 + \$5 GST = \$105
Friday January 12 to March 15, 9:00 to 11:30 am

Adult Chair Yoga (Sherry)

10 weeks - \$60 + \$3 GST = \$63 Hybrid (online/in-person)
Beginner Yoga #1 (More seated postures)
Monday, January 8 to March 18, 12:00 to 1:00 pm
No class February 19
Intermediate Yoga #2 (More standing postures)
Monday, January 8 to March 18, 1:15 to 2:15 pm
No class February 19
Intermediate Yoga #3 (More standing postures)
Wednesday, Jan 10 to March 13, 10:00 to 11:00 am

SCA Line Dancing (Mary and Peggy)

10 weeks - \$90 + \$4.50 GST = \$94.50
Wednesday January 10 to March 20 (No classes February 14)
#1: Beginner (Level 1) 2:00 to 3:00 pm
#2: Improver (Level 2/3) 1:00 to 2:00 pm
#3: Intermediate (Level 4) 2:00 to 3:00 pm
#4: High Intermediate (Level 5) 1:00 to 2:00 pm

SCA Line Dancing Drop-in (Peggy)

Friday, January 12 to March 22, 1:00 to 2:00 pm

Tai Chi (Adrian Buzcek)

10 classes \$80 + \$4 = \$84
No classes February 19
Continuing 1 and Basics – Monday, January 8 to March 18, 1:30 to 2:30 pm
Basics – Monday, January 8 to March 18, 2:45 to 3:45 pm
Continuing 2 – Wednesday, January 10 to March 13, 11:00 am to 12:00 pm

Word of the Month

Fortuitous: Adjective (For-too-uh-tus)

Happening by chance or showing good luck

It was rather fortuitous that the two sisters arrived at the same time.



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Welcome January

by Carolyn, Calgary's Home Gardener Helper

The calendar has rolled around to January, often referred to as the month with nothing to look forward to but credit card bills. We'll it's time to revitalize yourself by shaking off the blahs and creating memories and solid daily routines. Did you know that January 6 is Epiphany Day? Celebrate by investigating what inspires you. A new job? A big idea? What about a fresh start to a broken relationship?

Connect with a single friend to see how they are doing after the Christmas and New Years festivities have died down. How are you doing? Don't be afraid to reach out when depression starts to set in. By helping others in need during the dark days of winter you may find you have a lot to be grateful for! Take up a weekly online yoga class with your local yogi. How about aqua fit (aka hydrotherapy) classes at your local pool? Can't get motivated? Find yourself an accountability friend to get you both to the pool. Reward yourself by chatting and relaxing with what I call 'hot tub therapy'. On cold nights how about reviving those board games and puzzles from those shut in days of 2020? Have you tried using FaceTime or WhatsApp to challenge someone far away to a game of chess? It's always better to play with familiar people for that human touch. Get yourself outside to loosen up your limbs and freshen up your brain. My husband Richard takes me out for a walk at least once a day with our kitten Mr. McGee in the 'catpack'. There's

nothing quite like our blue Alberta sky, crisp air, and fresh snow crunching beneath winter boots to brighten your spirits. Let Fido run free and visit with his buddies at one of the many off-leash areas in the city. A natural and nurturing environment is important for both humans and animals alike!

Time your outside work for when the warm Chinook winds blow in. Take down the Christmas lights, 'snow farm' and prune off that dastardly obstructing branch or tame those unruly shrubs to lessen the load in the spring. January is the perfect time to order seeds for your veggie planters, bare root perennials for your gardens, and annuals for outdoor pots and containers.

As the veil of the darkest days of December begins to lift our spirits, we are met with thoughts of a new life. How will you change yours for the better?



Say Cheese? Or Maybe Not...

Back in the 1840s, instead of saying "cheese," folks opted for "prunes" during photo sessions. Flashing a big grin was considered juvenile at the time. A savvy London photographer advised people to say "prunes" to maintain a more composed expression. This practice, predating the modern "fish face" selfie, harks back a good 180 years.



Calgary's First Mall

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

With the Christmas and holiday season behind us, let's reflect on the buildings that help us get it all done: the shopping mall.

The word "mall" can refer to different destinations, such as outdoor pedestrian promenades or covered markets. For now, let's focus on large, enclosed shopping centres. These began popping up in North America as suburbs developed after WWII. One of the first opened in a Minneapolis suburb in 1956.

Originally called "Calgary Centre," North Hill Centre was Calgary's first mall. It opened in 1958 in Hounsfield Heights Briar Hill. The area was subdivided and annexed by the City in 1906 and was established as a neighbourhood in 1953. It was homesteaded by Thomas Riley and Georgina Hounsfield Riley in 1888. Their lodge was located on the site of Bethany Care Centre, which opened in 1946.

North Hill's original freestanding anchor tenant was Simpsons-Sears. This was the first Sears in Calgary and one of its first A-class stores in Canada (Sears closed in 2018). The mall was billed as the largest in Western Canada at the time, with 30 stores and services in one place, including a grocery store and bowling alley. In 1973, North Hill's strip mall feel was eliminated when the anchor stores were enclosed with the other shops in one building.

Chinook Centre arrived in 1960 as an open-air complex anchored by Woodward's department store (acquired by Hudson's Bay in 1993). It merged in 1972 with Southridge Mall (built in 1965). By 1974, Market Mall, Northland Village, and Southcentre Mall were all operating.

Large malls have seen plenty of alterations over the years as tastes have changed and competition for our entertainment dollars has increased. In the mid-1990s, North Hill's grocery store, bowling alley, and theatre were demolished, replaced by more retail spaces and restaurants. I remember in 2000 when my first job (as a grocery clerk) transferred across the mall to the newly built Safeway. By 2004, twin eight-storey condo towers were completed. This ushered in a new era for North Hill as a mixed-use residential and services hub, preserving a key anchor of Calgary's urban growth.

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Historical Photos

Copyright Status: Public domain

"Thomas Riley farm, Hounsfield area, Calgary, Alberta.", [ca. 1895-1899], (CU1123228) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



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"Hounsfield Lodge, built by Thomas Riley, Calgary, Alberta.", [ca. 1905-1906], (CU1123224) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

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"Aerial view of northwest Calgary, Alberta.", 1957-10-05, (CU1131606) by Rosettis Studio. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://7045.sydneyplus.com/public/final/Portal/Default.aspx?component=ABC&record=9c0c5c88-df82-496a-a83c-07a76297cccd>.



View of North Hill Shopping Centre, Calgary, Alberta, 1960. Transportation Department fonds, CaIA PN-000823. Permission obtained from City of Calgary Archives.

Modern Photos



North Hill Centre, looking west along 16 Ave NW, 2023. Photo courtesy of Anthony Imbrogno.

How to Deal with Those Long Sleepless Nights

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



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

EVENTS

Casino Volunteers Needed – January 29 and 30

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!





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The Life of an Immigrant in Canada

by Danielle Robbertze



Immigration has been one of the key reasons for Canada's massive growth, it was projected in 2023 that immigrants compose about 30% of Canada's population. In 2023, Canada's newcomer target was 465,000 new permanent residents, of which I am proudly one. In Calgary, approximately 33.3% of the population are immigrants (according to the City of Calgary's 2021 census).

As the new year comes into effect, it is hard to not reminisce about my first year here in Canada.

My immigration experience is unique as I believe it is for all immigrants. Reasons for immigration range from work, better standard of living, to love.

My reason was love. Which I find quite special.

It wasn't easy but I don't think it is easy for anyone. I believe I was one of the lucky ones, I was able to find a job and a place to live relatively quickly. Also, I believe I settled in quite easily and did not experience the biggest culture shock.

I find Canada a very welcoming country to immigrants. Personally, in Calgary I have never felt judged or ostracized for my country of origin or unique South African accent. Stereotypical as it might sound, Canadians are really friendly.

I was able to build a life here without letting go of my South African roots, something which I never want to lose.

I would say the biggest adjustment was of course the weather! Experiencing a -40-degree Celsius week of winter was definitely a new experience, one that I would never have in South Africa. Also, prices and tax are quite different here. I still have to remind myself that the price on the shelf will be different to the price at the till. In my mind, I still compare the price difference between the South African Rand and the Canadian Dollar, and I am always surprised at the vast differences in prices of clothing, groceries, dining, and more. Hopefully, this will change one day, and I will adapt to the new currency of my life.

I also realized in my year here how privileged I am to live in this country. The price of petrol (South Africans call it petrol not gas) is more reasonable here. Public transit is safer and more convenient here, which might be a shock to some Calgarians I know. There is always electricity and water here unlike in South Africa, something which I will never take for granted. It is also a privilege to not have to pay for certain healthcare services that we would have to pay for in South Africa to receive proper care.

I must admit there were times when I wished I could go back to my family in South Africa. But I know if I stay here, I will be able to better provide for my family back home and the children I would like to have here in the future.

I look forward to what the future holds and will be forever grateful for what this country has given me – a safe, welcoming, and prosperous environment.

PHOTO

GALLERY

by Nyckie Rea



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Along the Shores of Lake Louise

by Garth Paul Ukrainetz

Along the shores of Lake Louise
We walk through forest winding
The gifts of nature here abound
Her peaceful ways we're finding

The spruce, the pine, the balsam fir
The autumn larch electric
The glaciers full of ancient ice
The snowy peaks majestic

A beehive in a bonnet high
A calm reflecting mirror
Our souls recharge, a sacred place
A sense of heaven nearer

A glowing smile upon her face
Sweet Rocky Mountain Daughter
Along the shores of Lake Louise
Translucent in the water

THE DEAD PERIOD



WE KNOW THAT THE CALENDAR HAS CHANGED OVER TIME, BUT DID YOU KNOW THAT BECAUSE THE ROMAN MILITARY WASN'T ACTIVE IN THE COLDEST MONTHS, THEIR CALENDAR ONLY HAD 10 MONTHS WITH FORMAL NAMES. JANUARY AND FEBRUARY WERE REFERRED TO AS THE "DEAD PERIOD".

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Burrito Beef and Bean Soup

by Jennifer Puri

Beans and rice have been a staple dish around the world for centuries. If eaten together, the combination of rice and beans creates a complete protein. They provide a healthy plant-based protein and eating more protein can help build muscle mass and help you maintain a healthy weight.

The other benefit of eating rice and beans together is their fiber content which can help to improve digestion, maintain healthy blood sugar levels, and lower blood pressure and cholesterol.

The black bean is found in both Latino and Hispanic cultures and is served in a variety of Mexican dishes. It can be added to burritos, quesadillas, salsas, rice, salads, or soups like in the burrito beef and bean soup recipe below.

Prep Time: 20 minutes

Cook Time: 60 minutes

Servings: 6 to 8



Ingredients:

- 2 lbs lean ground beef
- 1 small yellow onion, chopped
- 3 garlic cloves, minced
- 3 tbsps of hot and spicy taco seasoning
- 2 cups of low sodium corn kernels drained and rinsed
- 2 cups black beans drained and rinsed
- 2 cups diced tomatoes
- 1 cup of uncooked white or brown rice, rinsed

- 1 small can tomato puree
- 2 cartons beef broth
- Salt to taste
- Sour cream (optional)
- 2 ready to eat avocados (optional)
- Queso taco chips (optional)

Directions:

- In a large pot or saucepan, sauté ground beef, garlic, and onion until the beef turns brown.
- Add taco seasoning and mix together. Next add the black beans, corn, diced tomatoes, tomato puree, and salt to taste. Stir all ingredients together and then add the rice and the beef stock.
- Bring pot or saucepan to boil, then cover and let simmer for about 45 minutes. Check to see if rice is cooked, especially if using brown rice which takes longer to soften than white rice.
- Ladle soup into bowls and garnish with chopped avocado and sour cream. Serve queso taco chips on the side if desired.

Note: This recipe can also be made in a Slow Cooker which can be a big time saver for busy families. Add sautéed beef, vegetables, rice, and stock to a slow cooker and simmer on low setting for six to eight hours or on high for four to six hours.

Bon Appétit!





Councillor, Ward 6
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 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

Happy New Year Ward 6,

As we start the new year, I am invigorated by all the priorities that the City is focusing on - affordable housing, public safety, and transit. I am committed to investing in our city to drive it forward. Keep up to date and informed on our progress by signing up for my monthly newsletter at Calgary.ca/ward6.

Things To Do This Winter

Explore Calgary Parks

Winter makes it possible to enjoy Calgary parks in a different way than during any other season. Many cold-weather park activities are also free, with minimal equipment needed. Only in winter can you skate on outdoor rinks, marvel at beautifully lit ice trails, play Crokicurl, and ride an ice bike in our parks. Plan an afternoon at your local community park or golf course snowshoeing or cross-country skiing. For more ideas, visit www.calgary.ca/events/winter-city/activities.html.

Experience the Magic of Chinook Blast

Calgary's ultimate winter festival returns February 2 to 19, 2024. This year's event will warm up our city with a celebration of community, culture, and civic pride, where the best of Calgary's art, music, theatre, sport, and recreation will be on display.

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Sincerely,

Richard Pootmans

Happy New Year!

My hope for you and your family is that you are blessed with good health, happiness, and success.

Bill 1, the Alberta Taxpayer Protection Amendment Act, 2023, prohibits the provincial government from increasing personal or corporate income tax rates without Albertans' approval through a referendum. It also prohibits reducing personal income tax bracket thresholds and basic personal, spousal, and equivalent-to-spouse credit amounts without first consulting Albertans through a referendum.

Alberta's corporate income tax revenue in 2022-23 was \$8.2 billion, the most the province has ever recorded in a single fiscal year. This revenue comes as business incorporations in the province have increased three years in a row, further evidence that Alberta remains a strong place to start and grow a business.

Alberta's tax advantage is clear – Albertans and Alberta businesses currently pay the lowest overall taxes in the country. It's important we do everything we can to protect that.

Public and personal safety continue to be an ongoing concern for residents, particularly in Calgary and Edmonton. I strongly support the numerous initiatives the Alberta government has committed to install that will increase Albertans' safety across the province.

The fulfillment of the government's commitment to reinforcing safety by increasing the force by 50 police officers in both Calgary and Edmonton is well underway. These officers are currently being trained and will be deployed onto the streets of our two major cities.

Additionally, the Alberta Sheriffs are adding two positions in Calgary and four in Edmonton. These positions will increase the SCAN unit's ability to investigate and address criminal activity at problem properties in those cities and surrounding regions. This increased presence in Edmonton and Calgary will enhance partnerships with police services in the region, increase local knowledge, and build stronger relationships with the community. Since its inception in 2008, Alberta's SCAN unit has investigated more than 8,000 complaints throughout the province. Most of their investigations are resolved informally by working with owners to stop the illegal activity on their property.

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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	6	5	\$679,900	\$679,000
October 23	6	4	\$762,500	\$757,500
September 23	11	10	\$669,400	\$660,750
August 23	7	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

CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	3	5	\$1,155,000	\$1,100,000
October 23	9	4	\$569,200	\$572,500
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

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

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

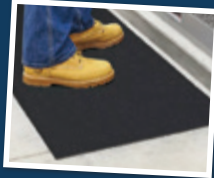
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

ST. MARTIN'S CHURCH: An Anglican Community: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and on Zoom). Sunday School each week. ESL Conversation Club on Tuesdays from 9:30 to 11:00 am. Sandwich Making - Wednesdays at 1:00 pm. Free pancake dinner, Tuesday, February 13 at 5:30 pm.

THE HOUSE THAT BUILT ME RENOVATIONS: Our company specializes in developing unfinished basements. Services include in-house interior decorating consultation, framing, drywalling/taping/mudding, painting, floor levelling, sub-floor and flooring installation, heated floors and bathroom construction. Contact Terry at 587-580-6075 if you would like a quote for your upcoming project.

TOP RANK TILE & STONE: "Miracles We Can Do Right Now, The Impossible May Take A Little Longer". Master Stonemason with 25+ years of experience. Apprenticed UK and Scotland. Specialist in tile, stone, hardwood, LVP, showers, renovations, and repairs. View previous work @topranktileandstone (Instagram). All work guaranteed ~ call Robert at 403-679-9063 or email rjhrank@gmail.com.

International Day of Education

January 24 is International Day of Education! The United Nations General Assembly solidified this annual observance to celebrate the role education plays in the development and peace within countries. Let's hear it for all our educators on this day, and every day!





David.

KNOWS THE WESTSIDE

Why your neighbours choose **David** when it's time to sell their home

101.1% more

David's listings have sold at 101.1% of list price on average vs the rest of the market at 100.4%.*

36% faster

When it's time to sell your home, David sells it 36% faster. David's listings averaged 14 days on market vs the rest of the market at 22 days.*

460 sold since 2012

With 460 sales since 2012, David continues to establish himself as the top producing Realtor here on the Westside.*

* Detached Homes - sold in Calendar 2023, West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona, Coach Hill, Patterson & Cougar Ridge
Photos represent David's detached homes SOLD in calendar '23 on the Westside.

Friend
Neighbour
Realtor®
David Pellettier

403-869-7971 | david@davidpellettier.ca | davidpellettier.ca



RE/MAX First