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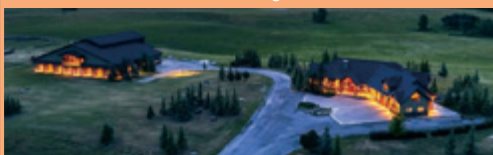
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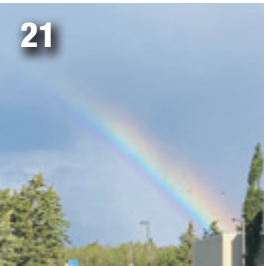
*Guarantee is being offered by Greater Property Group.
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	25	23	10	\$1,274,450	\$1,304,250
May	25	33	18	\$1,236,500	\$1,182,500
April	25	16	11	\$548,800	\$568,000
March	25	17	13	\$570,000	\$560,000
February	25	11	5	\$579,900	\$550,000
January	25	14	11	\$618,800	\$614,000
December	24	4	10	\$566,500	\$551,000
November	24	9	13	\$579,900	\$552,000
October	24	17	19	\$1,120,000	\$1,090,000
September	24	15	11	\$1,289,900	\$1,190,000
August	24	25	20	\$898,450	\$880,000
July	24	15	13	\$825,000	\$815,000

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

CONTENTS

- 7 MESSAGE FROM THE BOARD
- 9 CALENDAR
- 13 EVENTS RECAP
- 16 SCA PROGRAMS
- 21 PHOTO GALLERY BY NYCKIE REA
- 28 BUSINESS CLASSIFIEDS



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

F: 403-249-7811

Email

info@scacalgary.ca

Emergency

403-214-1838

Website

www.scacalgary.ca

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

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Contact us at info@scacalgary.ca

ELECTED REPRESENTATIVES

David McKenzie – MP, Calgary Signal Hill	David.Mckenzie@parl.gc.ca	403-292-6666
Mike Ellis – MLA Calgary West	Calgary.west@assembly.ab.ca	403-216-5439
Councillor, Ward 6	Eaward6@calgary.ca	403-268-1646
Patricia Bolger – Public School Trustee		
Lory Fontana-Iovinelli – Separate School Trustee	Lory.iovinelli@cssd.ab.ca	403-500-2761



Catholic Cemetery Memorial Mass

Please join us for our annual Mass, celebrated by Bishop William T. McGrattan of the Roman Catholic Diocese of Calgary, in our chapel.

Thursday, August 21, 2025 • 7:00 pm • All welcome • Light refreshments to follow



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MESSAGE FROM THE BOARD

As we embrace the peak of summer, we wanted to take a moment to reflect on the vibrancy and unity that make the SCA community such a wonderful place to call home.

Neighbourhood Breakfast – A Heartwarming Success

What an amazing turnout we had at the recent Neighbourhood Breakfast! Despite the weather, we managed to pull it off and still serve 800 + members of our surrounding communities! The energy and enthusiasm of our community truly shone through. The laughter, the smiles, the aroma of freshly served coffee and pancakes—it was a morning to cherish. We want to extend heartfelt thanks to our host sponsor, our Deputy Premier and Minister of Public Safety and Emergency Services—Mike Ellis, the special guests who took time out of their busy schedules to join us, and especially our incredible volunteers who ensured the event ran so smoothly. Events like this remind us just how connected and supportive our community really is.

Thank You to Our Casino Volunteers

A special shout-out to our Casino Volunteers who play a behind-the-scenes but essential role in keeping the SCA running. The casino program is one of our most important fundraising tools. Without the dedication of volunteers each year, these funds - and many of our programs - simply wouldn't be possible. Your time and commitment help sustain everything from community events to maintenance and programming. Thank you for making a lasting impact!

August Events – Mark Your Calendars!

We're thrilled to keep the summer spirit alive with more fun and connection this August:

- August 14 from 2:00 to 3:00 pm – CCIS will be hosting a Beware of Scams workshop. Learning how to recognize and avoid common scams online and offline.
- August 14 from 5:30 to 7:00 pm – Edward Jones Investment Four Pillars to Thriving in Retirement.
- August 27 from 2:00 to 3:00 pm – CCIS will be hosting a Fire Safety Tips Session. Learning simple steps to prevent fires and stay safe in your home.

Keep an eye on our website and social media for full event details and weather updates.

Upcoming Construction Notice – Building Disruption

Structural support repairs will be conducted at the community centre during the summer months. While this work is essential for ensuring the safety and longevity of the facility, it will lead to some disruptions. Please note that certain sections of the building may be temporarily closed or have restricted access. We appreciate your patience and understanding as the work progresses, and we will continue to provide updates throughout the process.

Community Safety – Neighbours Looking Out for Neighbours

Safety within our community is a collective responsibility. Whether it's reporting suspicious behaviour, securing your property, or simply checking in on a neighbour, small actions can lead to significant impacts. If you notice something unusual, don't hesitate to speak up—and let's continue to nurture a strong, observant, and caring community.

Fun Fact for August: A Glimpse into Strathcona's Past

Did you know that Strathcona was established in the late 1970s and early 1980s, making it one of Calgary's earliest communities west of Sarcee Trail? It was named after Lord Strathcona (Donald Smith), a prominent figure in Canadian history, best known for driving the last spike in the Canadian Pacific Railway. Our neighbourhood was designed to provide a balance of nature and urban access—and it remains one of the most sought-after areas in Calgary to reside!

From our SCA Board to yours, we hope you enjoy the month of August.

DOUBLE EAGLE II

In August of 1978, the first successful balloon flight across the Atlantic took place. The balloon, named **Double Eagle II**, departed from Presque Island, Maine and landed in France. The gondola of this incredible balloon is on display at the Smithsonian Air & Space Annex in Chantilly, Virginia.

JOANNE BIRCE

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Authorized by the chief official agent for the Joanne Birce campaign

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 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.

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Udder-ly Adorable

Cows have best friends! Humans aren't the only ones who know the importance of and reap the benefits of having a bestie. Studies have shown that the heart rate of a cow will slow, and they will be less stressed and calmer when they are with their best friend/favourite partner.



Calendar

SCA CA and Springbank Hill CA Ignite Yoga – August 12

Six-week free yoga series for Springbank Hill and Strathcona/Aspen/Christie Park members.

Are you an early bird? Start your day with Ignite yoga—a one-hour dynamic practice promoting openings, strength and balance—with a sense of playfulness. Some yoga experience is recommended.

This six-week class is open only to Strathcona/Christie/Aspen and Springbank Hill Community Association members in good standing. Your teacher will be Shelly Smith, who is a certified Iyengar Yoga teacher.

Time: 7:00 to 8:00 am

Date(s): Tuesdays starting August 12 through September 16

Location: Strathcona Christie Aspen Community Centre Main Hall (277 Strathcona Dr SW)

Current membership is required to participate – www.scalgary.ca/programs/adult/ignite-free-yoga/.

SCA CA and CCIS Beware of Scams Workshop – August 14

Join our free workshop to learn how to recognize and avoid common scams online and offline.

August 14, 2:00 to 3:30 pm – Founders' Room

Free to attend but must register through the link: www.scalgary.ca/events.

Edward Jones Investments – Four Pillars to Thriving in Retirement – August 14

Join for “Four Pillars to Thriving in Retirement” to learn about these essentials and other eye-opening insights that can help you get ready for your next chapter.

August 14, 5:30 to 7:00 pm – Founders' Room.

Sandwiches and soft drink will be served.

All participants must register, please contact Ken at 403-547-5433 or ken.zhang@edwardjones.com.

SCA CA and City of Calgary Electronic Road Show – August 23

Save the date. More information to follow.

SCA CA and CCIS Fire Safety Tips Workshop – August 27

Learn simple steps to prevent fires and stay safe in your home.

Wednesday, August 27, 2:00 to 3:30 pm – Founders' Room.

Free to attend but must register through the link: www.scalgary.ca/events.

SCA CA The Great Pumpkin Carnival – October 24

Save the date! More information to come.



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Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.



Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

EVENTS RECAP

Senior Dance Recap and Thank You

What a wonderful evening we had at our Spring Fling Seniors' Dance. The room was filled with laughter, great music from Jana and Danny and plenty of dancing—proving once again that age is just a number! A special thank you to Wellings of Calgary whose amazing food and décor made this memorable night possible. We are also incredibly grateful to our volunteers whose hard work setting up and friendly smiles helped the event run smoothly from start to finish.



Neighbour Day Stampede Breakfast - June 21

Despite the pouring rain, our Neighbour Day Stampede Breakfast was a huge success! We had two live bands this year that kept the crowd smiling, dancing and forgetting about the weather. A heartfelt thank you to our partners MLA Mike Ellis and the City of Calgary whose support made this event possible. Thank you as well to the Wood Automotive Group who sponsored the Western décor that brought the true stampede spirit to our event. A shout out also to Tim Hortons who kept us warm and energized with their delicious coffee. We could not have done it without the Stampede Caravan and Stampede Western Welcome who worked tirelessly to keep the pancakes flipping and the smiles going. Finally thank you to our dedicated volunteers and everyone who braved the weather to join us. Your presence made it all worth it!



Until next year—Yahoo!





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SCA 2025 Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
A Child's Garden: Morning and Afternoon Pre-school Programs (3 to 4 years old) Seedlings Spanish Preschool: Morning and Afternoon Pre-school Programs (2 1/2 to 5 years old) KidZinc before and after school care Grades 1 to 6						
Jazzercise, 9:30 am	Ignite Yoga, 7:00 am	Jazzercise, 9:30 am	Adult Art, 10:00 am	Jazzercise, 9:30 am	PRIVATE RENTALS	Pathfinders, 6:30 pm
Older Adult Yoga, 12:00 pm, 1:15 pm	Zumbini, Main hall, 9:30 to 10:30 am	Older Adult Yoga, 10:00 am	Gentle but Strong Yoga, 12:00 pm	Bridge Lessons, 9:30 am		
Tai Chi, 1:30 pm, 2:45 pm	Adult Art, 1:00 pm	Tai Chi, 11:00 am	Bridge Lessons, 1:00 to 4:00 pm	Sit Fit Yoga, 11:00 am		
Level Up Learning, 5:30 pm	Explosive Dance, 4:00 to 8:00 pm	SCA Line Dance, from 1:00 pm	Goga Play, 3:30 pm	Bridge, 12:30 pm		
CYP Theatre, 5:30 pm	Kings Dance, 4:30 pm	Level Up Learning, 5:30 pm	Zumba Fitness, 5:15 to 6:15 pm	Older Adult Dance, 1:00 pm		
Sparks, 6:30 pm	Level Up Learning, 5:30 pm	Karate, from 6:30 pm	CYP Theatre, from 5:30 pm			
Rangers/Pathfinders, 6:30 pm	Chinook Country Line Dancers, 6:00 pm	Pathfinders, 6:30 pm	Scouts, 6:15 pm			
Karate, 6:30 pm	CYP Theatre, 6:30 pm		Flow Yoga, 7:30 pm			
Toastmasters, 7:30 pm						

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Tuesdays at 6:00 pm. Sundays at 9:00 am.

SCA Community Hockey Rink

More information: scacalgary.ca/programs/adult/pickleball-informal-meet-up/.

Whether you're a seasoned player or trying it for the very first time—everyone is welcome! Bring your paddle, net, your smile, and your love for community.

Let's get moving, get social, and get to know our neighbours.

If you're interested or have any questions, feel free to reach out to me directly! Wendie: 587-432-5680.

Can't wait to see you on the court! Everyone will need to abide by the SCA CA's Court rules (scacalgary.ca/community-directory/community-tennis-courts/) and have a current membership.

Strathcona Park Garden and Walkway

On March 24 and 25 we invited everyone to talk about creating an extensive new garden in the Strathcona Park neighbourhood. The idea is to create a haven close to home for beauty, to promote nature, to provide respite, good mental health, and neighbourliness.

While the dream is evocative and desirable, these sorts of projects take many hands and many hours to develop. The starting point is to have our project understood and endorsed by the City of Calgary and decide on a suitable site. The hard ingredients contributing to a successful garden will include suitable soil, available water, and accessibility. We discussed locating within the utility corridor running along the south side of Bow Trail just west of Sarcee as a premium location. Other locations were discussed and will be examined for suitability.

The softer requirements include permissions, licensing, land use and zoning and this is where our group is now. If you would like to participate in development of the concept and location selection, please contact us at strathconaparkgardenwalkway@gmail.com.

Join Our Walking Group

Walks take place every Tuesday at 10:00 am.

Meet outside the gazebo beside Sobeys. 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.

Guardians of the Gate

We are a volunteer 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 Jaime at jaime.enachescu@gmail.com.



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Contact Marilyn at 403-217-5658 or visit www.achildsgarden.ca.

KidZinc School Age Care

Ages 5 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

Calgary Young People's Theatre

Mondays at 5:30 pm, Tuesdays at 6:30 pm, Thursdays at 5:00, 6:30, and 7:00 pm

Visit www.cypt.ca.

Girl Guides

Sunset Hills Guiding needs Spark, Embers, and Guide Leaders!

Classes for Sparks, Pathfinders, and Rangers.
any-calgarysunsethills@girlguides.ca.

New! Goga Play Kids

Program for ages 3 to 5. Thursdays, 3:30 pm.

One of a kind visual storytelling with puppets and many uniquely designed props where your child participates throughout! Also included, yoga inspired dance segment and arts and crafts tailored to the stories.

Go to Gogatoys.com for more information and to register.

Karate Classes

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

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

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

Contact Jeffrey Jukes at 403-228-5039.

Level Up Learning

Scouts

Thursdays, 6:15 pm

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

Child Safe - Babysitter Program

Ages 10+

10:00 am to 5:00 pm

Parented: No

Cost: \$67.95 +GST. What to Bring: doll/teddy bear (build-a-bear size!), water bottle, peanut-free lunch, and pen/pencil.

To register or for more information: childsafecanada.com.

Adult Programs

Chair Yoga (Beginner and Intermediate)

Chair yoga offers a gentle yet effective way for people of all ages and abilities to experience the benefits of yoga in a safe and supportive environment. Benefits of yoga include improved flexibility, strength, posture, reduced stress levels, better concentration, and a greater sense of overall well-being. Offered both in-person and online through Zoom.

Chair Yoga (Seated Only) – Mondays, September 8 to December 15 from 12:00 to 1:00 pm (No class October 13).

Chair Yoga (Beginner/Intermediate) – Mondays, September 8 to December 15 from 1:15 to 2:15 pm (No class October 13).

Chair Yoga (Intermediate +) – Wednesdays, September 12 to December 12 from 10:00 to 11:00 am.

Registered for 14 weeks: \$112. Drop-in is available for \$10 per class. Contact Sherry at sherrynormanyoga@gmail.com or phone 403-542-0761.

Chinook Country Line Dance

Join our wonderful "Dance for Fun" Program as we take you on a beautiful journey learning how to dance. This activity slows down aging and sharpens our cognitive skills. Come and be a part of an incredible community



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Phone: 403-988-0973

Gentle but Strong Yoga

Thursdays, 12:00 to 1:15 pm

Yoga-detoxifying, Inspiring, and Restorative. Gentle Hatha poses focusing on breath work for everyone. We also do Myofascial release for range of motion and healthy bodies.

Contact mjgerlitz@gmail.com.

Jazzercise

Monday, Wednesday, Friday from 9:30 to 10:30 am.

A high-energy, low-impact version of the classic dance-based class format. Bring a mat for the floor work, weights are provided.

Passes are \$75 per month, \$20 drop-in, or \$150 for a ten-class pass.

Mention this ad for one free class.

For more information, contact Maureen at jazzstrathcona@gmail.com or 403-461-7694.

Jazzercise has been offered at the Strathcona Community Centre for the last four decades.

Karate Classes

Mondays, 6:30 pm (Parent and Child 7+ years)

Wednesdays, 6:30 pm (7 to 12 years)

Wednesdays, 7:30 pm (Adult beginner, 13+)

The Karate Club offers classes for all age groups. The club is a member of Karate Canada, the official governing body of karate, with member clubs across Canada.

Contact Jeffrey Jukes at 403-228-5039.

New! King Dancing Inc. (Dance Studio)

Dance is meant to be fun! King Dancing Inc. is offering: Hip Hop for Seniors from 4:30 to 5:30 pm on Tuesdays with Mr. Philip King.

Feminine Jazz for Adults from 5:30 to 6:30 pm on Tuesdays with Miss Vanessa King.

July 8 to August 26

Register through our website: www.kingdancinginc.com.

SitFit + Yoga (Sherry)

A full body workout that combines weights and resistance training within the mindfulness of yoga. Ideal for anyone who needs the comfort and/or safety of seated exercise (standing is optional). The class is held in the main hall of the Strathcona Community Centre as well as streamed online.

September 12 to December 12.

Fridays, 11:00 am to 12:00 pm.

Registered for 14 weeks \$112. Drop-in: \$10.

Contact Sherry: sherrynormanyoga@gmail.com.

Toastmasters

Mondays, 7:30 pm

Toastmasters helps you to improve your public speaking. We offer both online and in-person meetings. For more information, please contact us at 403-470-2005. Visit www.westhillstoastmasters.easy-speak.org.

New Zumba Fitness

Are you ready to dance your way to fitness? Join me for a fun-filled Zumba class on Thursday evenings, where we'll groove to energetic music, burn calories, and have an amazing time! Everyone is welcome! Let's move, laugh, and stay healthy together! Starting April 3 at 5:15 pm. For more information contact Andrea at 403-816-6897.

SCA Summer Programs

Summer registration started on May 26.

Summer Tai Chi (Adrian Buzcek)

Seven Classes - \$59.50 + \$2.98 = \$62.48

Basics and Continuing – Mondays, June 23 to August 11 from 2:00 to 3:00 pm (No class August 4).

continued on next page

SCA PROGRAMS - CONTINUED



For the dates of July 14, 21, and 28, classes will be held outside in the rink. Makeup classes will be taking place in August should the weather not accommodate outdoor classes.

Continuing 2 – Wednesdays, July 2 to August 13 from 11:00 am to 12:00 pm.

For the dates of July 16, 23, and 30, classes will be held outside in the rink. Makeup classes will be taking place in August should the weather not accommodate outdoor classes.

SCA Fall Programs

www.scacalgary.ca

Registration began July 15

Line Dancing (Mary and Peggy)

Temn weeks - \$95.00 + \$4.75 GST = \$99.75 (BOGO \$47.50 + GST \$2.38 = \$49.88) Discount of \$47.50

Wednesdays, September 24 to November 26

#1: Beginner (Level 1) 3:00 to 4:00pm

#2: Beginner Plus (Level 1+ / 2) 2:00 to 3:00 pm

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

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

#5: Advance (Level 5/6) 1:00 to 2:00 pm

*BOGO Half Off Sale must call the office at 403-249-1138

Line Dancing Drop-in (Peggy)

\$5 Drop-in Fee – Must have community membership

Fridays, September 19 to December 12 from 1:00 to 2:00 pm

Tai Chi (Adrian Buzcek)

Twelve Classes - \$102 + \$5.10 = \$107.10

Continuing 1 and Basics – Mondays, September 15 to December 15 from 1:30 to 2:30 pm (No class October 13 or 20).

Basics – Mondays, September 15 to December 15 from 2:45 to 3:45 pm (No class October 13 or 20).

Continuing 2 – Wednesdays, September 24 to December 10 from 11:00 am to 12:00 pm.

Kids' Summer Camps

Dragonfly Arts

Theatre Performance – A Greek Festival

Ages 9 to 15

August 5 to 8, Full Day, 9:00 am to 4:00 pm

Cost: \$325

Registration/Information: ahodgson@telus.net

The Mysteries of the Group of Seven: Art and Creative Writing

Ages 10 to 14

August 18 to 22, Full Day, 9:00 am to 4:00 pm

Cost: \$350

Registration/Information: ahodgson@telus.net

Engineering for Kids

Let your child become a creator, innovator, and explorer this summer! From Minecraft modding and robotics to game design and STEAM inventions, our hands-on camps turn curiosity into real-world skills. Epic Themes Include: Minecraft Modding and Game Design; VEX Robotics and Mechatronics; Junior Inventors and STEAM Fun; and more for young explorers!

Dates: August 11 to 15, August 18 to 22

Time: Half-Day (9:00 am to 12:00 pm or 1:00 to 4:00 pm)
| Full-Day (9:00 am to 4:00 pm)

Price: \$250 Half-Day | \$440 Full-Day

Spots are limited – Register Now! app.amilia.com/store/en/engineering-for-kids-calgary/shop/programs/112891.

Little Medical School

Little Veterinarian School Summer Camp: Marine Biologists

Ages 6 to 11

August 5 to 8: Tuesday to Friday from 9:00 am to 4:00 pm. Full four-day camp.

Cost: \$330 per child



Little Veterinarian School Summer Camp – Calling All Future Veterinarians

Ages 6 to 11

August 11 to 15: Monday to Friday from 9:00 am to 4:00 pm. Full Day Camp.

Cost: \$395 per child.

Register at www.littlemedicalschool.com/calgary or calgary@littlemedicalschool.com or 403-755-2151.

Tennis Lessons

This summer, play, learn, and have fun with Aforza's Tennis Camps at SCA!

Are you ready for a summer filled with fun, friends, and tennis? Join us for our Junior Community Tennis Camps where kids of all skill levels can enjoy a week packed with exciting activities and expert coaching.

Summer Camps Dates: June 30 to August 22

Ages 5 to 10 and 11 to 16

Registration Section:

Step 1: Create a Booking account on aforza.ca

Step 2: Visit our community tennis tab

Step 3: Register under "Programs & Camps"

Questions? Community@aforza.ca or 403-835-5583.



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



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Curried Shrimp and Mixed Greens Salad

by Jennifer Puri



Food from the sea; shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas, and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3, and selenium. They are low in calories, fat, and carbohydrates, and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed, or grilled. A flavourful curry dressing with shrimp like the one in the curried shrimp and mixed greens salad, also makes a delightful appetizer.

Prep Time: 15 minutes

Cook Time: 0

Servings: 4

Ingredients:

- 1 lb. cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- ½ tsp. curry powder
- ⅓ cup Greek yoghurt

- 1 green onion, finely sliced
- 1 celery rib, finely chopped
- ¼ tsp. coarsely ground black pepper
- 2 tbsp. chopped coriander leaves
- 150 gm mixed greens

Direction:

- In a small bowl, blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion, and black pepper.
- Next, add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.
- To serve, divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon, or papaya slices if desired.
- Curried shrimp salad can be served with crackers, on a bun, or wrapped in lettuce leaves.

Bon Appétit!

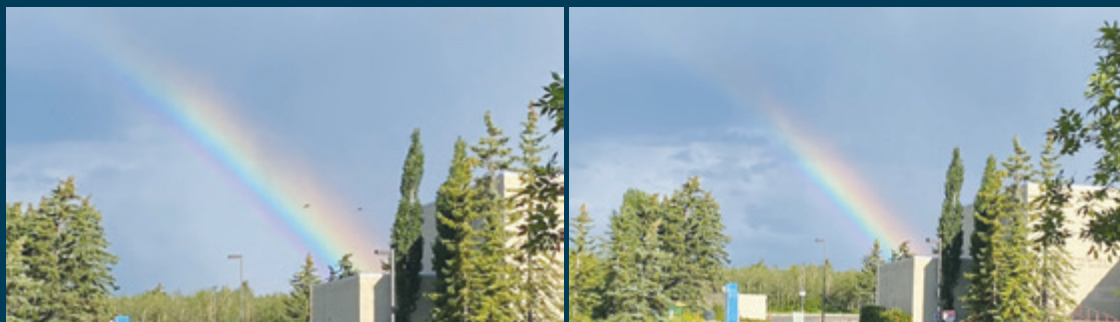


PHOTO GALLERY

by Nyckie Rea



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The Art of Finding Work: Rare is the Jobseeker Who Does Their Homework

by Nick Kossovan

In the late '90s, I was interviewing for a call centre management position with a well-known insurance company. Karl, my interviewer, and I clicked. Small talk revealed we shared a love of golf and agreed that Rhum Corner makes the best mojitos in Toronto. Karl seemed impressed by my STAR stories and experience creating incentive programs that drove sales. Forty minutes into the interview, Karl asked, "Knowing you'd be interviewing here, did you call the call centre?"

I hadn't.

I didn't get the job.

Hard lesson learned.

Since my interview with Karl, I have always made it a point to contact the company's call centre, use their products if I'm not a current user, speak to previous employees, and review recent media coverage. My goal is to gather as much information as possible, which I can leverage in my interview. If it's a job I'm eager to land, I'll gather information to mention in my cover letter.

"Last night, I called your call centre and waited more than three minutes before speaking with Stacy, who was pleasant. What's the average wait time for customers calling the Bank of Galicia call centre? While managing NOLA Bank's 60-seat call centre, I reduced the average wait time from 2:45 minutes to less than 42 seconds by..."

Candidates who've done their homework are few and far between, and those who have always stood out in my mind.

When I say "homework," I'm not talking about visiting the company's website and simply reviewing the rudimentary aspects of the business, such as what they do, annual revenue, the name of the CEO, and such. I'm talking about doing a deep dive—thinking like a private investigator—looking to uncover possible pain points (read: challenges) the employer is experiencing, such as my above example regarding average wait time and explaining how you'd resolve it.



In preparation for an interview, start by visiting the company's website; then go the extra mile. Here are some examples:

Call the employer's call centre (or visit their stores, branches, dealerships, etc.)

Since I'm in the call centre management space, my interviews have been for call centre management positions. Karl's question made me realize that calling the employer's call centre to gauge its performance is worthwhile, even if only to understand what I'm getting into and what challenges I'll encounter. Whether you're applying for a call centre management position or not, calling the company's call centre will give you an insight into the company's culture and how important customer service is to the employer,

In my case, I'll call the employer's call centre several times and assess how easy it is to navigate their IVR (Interactive Voice Response), how long it takes for an agent to answer my call, how their agents introduce themselves, etc. During the interview, I'll discuss my experiences with the call centre and how I would resolve any issues.

Experience the employer's product

While overseeing Crocs' customer service department, I had to hire several agents. Although all the candidates I interviewed knew what Crocs did, few wore them. Several candidates even admitted they weren't "a fan of" Crocs. Crocs have been a part of my life for a few years, so when I interviewed with Crocs, I wore a pair of my Crocs, which my interviewer and to-be boss noticed. During the interview, I shared the good and bad aspects of wearing Crocs, how I felt Crocs compared to Birkenstock, Skechers, Teva, and Vans, and how I see Crocs positioned in the footwear market.

Demonstrating that you use the employer's products and why you choose them over their competitors will give you an edge over other candidates. What employer wouldn't want to hire one of their fans, someone enthusiastic about their brand? If you have never experienced the employer's product(s), you should do so and let your interviewer know what you think.

Imagine you're interviewing for a social media manager position at a Mexican restaurant chain called Taco Loco. You've never eaten at a Taco Loco before, so you go to Taco Loco for lunch two days before your interview.

"The other day, I had lunch at your Dundas Square location. I had the Tres Quesabirria Tacos. Both the food and the atmosphere were on point. Something you should consider is offering keto-friendly and gluten-free options since these diets have become mainstream. As Taco Loco's social media manager, I'd lean more towards creating behind-the-scenes content, such as videos of meal preparations and customer testimonials, instead of simply posting pictures of dishes. Furthermore, I would increase followers and engagement by offering a 25% off coupon to anyone who follows Taco Loco's Instagram account or by hosting a contest where you can win a \$200 Taco Loco gift card by posting a selfie of yourself eating at Taco Loco and tagging Taco Loco."

Other ways to do in-depth homework:

- Read the company's annual report.
- Read reviews and look for common complaints.
- Google [company name] under 'News.'
- Speak to current and former employees.

Doing more homework than most job seekers shows that you're committed to contributing to the company's success, making it harder not to hire you.



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Evaluating Online Health Information

by Alberta Health Services



Many Canadians go online to search for medical and health-related information. The internet is the first source of information for many people, before even speaking to a doctor or other healthcare provider.

Online health information can have many positive impacts on our health knowledge, behaviours, and well-being. Unfortunately, the quality and accuracy of online health information is not consistent, including social media where information quality can be very low.

Being able to evaluate online health information is an important skill.

How Do I Evaluate Online Health Information?

Use the steps below to evaluate the health information you find online.

- **Check the Date:** Look to see when the website was created or last updated. Health information should be up to date to make sure it is relevant and accurate. Even if the information has not changed, it should be regularly reviewed.
- **Check the Author:** Identify the author to determine if they have the necessary background, experience, or training to accurately discuss the topic.
- **Look For the Evidence:** Health information should be based on facts rather than opinion, rumours, or personal stories. Authors and websites should clearly list their sources, so that you can check the information for yourself.

• **Understand the Purpose:** Read a website's "About Us" page to understand the website's purpose and who runs it. Are they credible and unbiased? Be cautious of websites selling a product. Their information may already be biased, as the goal is to make profit rather than present clear facts. Often product claims are too good to be true.

• **Be Critical of the Details:** Be skeptical of websites that look outdated, contain broken links, or have spelling and grammar errors. Patient information should be written in plain language, making it easy to follow.

• **Protect Your Privacy:** Be careful when sharing your personal information. Look for a privacy policy to find out how and why your information is being used, stored, or shared.

You should carefully consider the source of the information you find on the internet and discuss that health information with your healthcare provider.

Learn more about evaluating online health information from <https://acalibrary.libguides.com/friendly.php?s=patients/evaluatingohi>.

Misinformation and Disinformation

Finding information online is faster and easier than ever before. While the information you find online can often be helpful and trustworthy, it is important to keep in mind that the internet also allows for rapid and widespread distribution of false and misleading information.

As you look online for health information, you need to watch for both misinformation and disinformation.

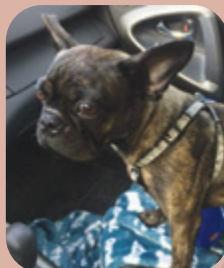
- Misinformation is inaccurate information. In other words, it means getting the facts wrong.
- Disinformation is false information that is deliberately meant to mislead.

Getting Help

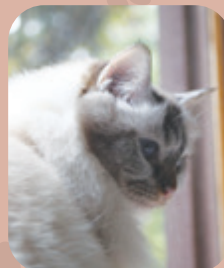
Alberta Health Services Knowledge Resource Service library staff are available at healthcare facilities across the province. They can work with you to help you find and evaluate online health information.

The Knowledge Resource Service also offers a free online course for patients and caregivers on evaluating online health information. Find more information and register at: krs.ahs.ca/patients/evaluatingohi.

Cats, Canines, & Critters of Calgary



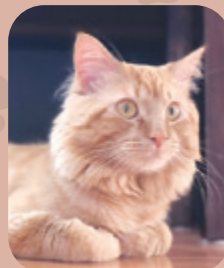
Bugsy, Dalhousie



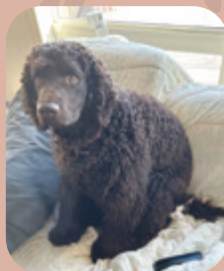
Ella, Mount Royal



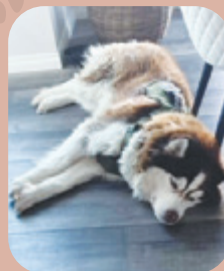
Mac, Evanston



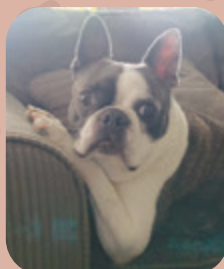
Mango, Evanston



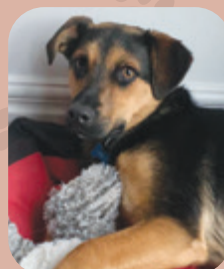
Mick and Turd,
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

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What Really Happens to Your Green Cart Waste?

by The City of Calgary Waste and Recycling Services



Food and yard waste collected through the Green Cart program is turned into nutrient-rich compost for use by farmers, gardeners, and landscapers.

If you don't separate your food scraps from your garbage it will end up buried in the landfill where it doesn't break down or turn into soil.

Separating your food scraps in your green bin makes a big difference.

Follow these tips for separating food scraps and using your green cart:

- Remove food from its packaging before putting it in your green cart.
- Use a kitchen pail or reuse any container with a lid (like an ice cream bucket) to store food scraps until you throw them in your green cart.
- You can control odours and keep your cart clean by using a certified compostable bag, paper bag, or newspaper liner in your kitchen pail.
- Use a small amount of baking soda in your kitchen pail to prevent odours.

Check calgary.ca/foodscraps for more tips to make your green bin a winner!

Celebrate Calgary Culture Days All September Long!

by The City of Calgary



Arts and culture help shape the unique character of our city by bringing people together, telling our stories, and adding vibrancy to our communities. Whether it's murals and music, film and festivals, or dance and delicious food, culture is all around us.

Calgary Culture Days is a month-long celebration that highlights the diverse artists, cultural groups, and community organizations that make Calgary special. Throughout September, events and activities will take place in neighbourhoods across the city — many of them free and family-friendly.

From live performances and art exhibits to hands-on workshops and cultural showcases, there's something for everyone to discover and enjoy.

Explore what's happening near you and be part of the celebration! Visit calgary.ca/culturedays to learn more.

Summer Is a Great Time to Try Something New in Calgary Parks

by The City of Calgary

Are you looking for ways to keep the young people in your life and yourself active with fun, free activities this summer? Calgary's parks have so much to offer. Ward off boredom and stay busy with new adventures all summer by trying the following activities.

- **Cool off with a trip to a spray park or wading pool that you haven't visited before.** Check out calgary.ca/sprayparks for a list of all City spray parks and wading pools. Did you know that select parks also have aquatic wheelchairs that you can borrow for free?
- **Explore a new playground.** Check out the playground finder map on calgary.ca that has all City playgrounds, including inclusive playgrounds (square icons) with something for everyone. The map includes information about the play surface for each playground (e.g., gravel or inclusive playgrounds that have accessible rubber surfaces).
- **Golf, disc golf, bike pump tracks, and more.** The City has seven City of Calgary courses, family golf nights and several youth programs, and golf lessons. Our parks also have four permanent and some temporary disc golf courses for you to enjoy during a nice summer day. Take a break during your bike ride along the City's regional pathway to try a bike pump track. Find out where you can play beach volleyball this summer and much more at calgary.ca.



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Hopefully, you and your family have been enjoying the summer season and are creating special memories.

As your MLA, I have advocated on your behalf about concerns you have expressed to me during the building process of the West Calgary Ring Road (WCRR).

Post completion of this project, Calgary-West residents have raised concerns regarding the noise level from the road traffic on the West Calgary Ring Road. Through my advocacy with Transportation and Economic Corridors (TEC), TEC has heard the constituents of Calgary-West's concerns loud and clear regarding the noise level from the traffic on the WCRR.

I bring the following updates to your attention:

Transportation and Economic Corridors (TEC) has engaged a consultant to commence design of a noise attention wall.

TEC intends to construct the noise attention wall; however, TEC is waiting for the details of the scope of the design, cost, and timeframe for completion.

Once the design of the noise attention wall is complete, TEC will prepare a budget request to Treasury Board and Finance (TBF) for approval. Without TBF's approval, construction cannot proceed.

Minister Dreeshen's office will continue to respond to concerned residents as they wait for the proposal/ results. Contact 780-427-2080 or transportation.minister@gov.ab.ca.

Phase 1 of the Green Line Light Rail Transit (LRT)

After more than a decade of planning, a major milestone for public transit in Calgary was reached with the official groundbreaking for the SE Segment and kick-off for Phase 1 of the Green Line Light Rail Transit (LRT).

This is Calgary's largest-ever infrastructure investment, with \$6.248 billion in funding from The City of Calgary, Government of Alberta, and Government of Canada.

www.calgary.ca/green-line.html?apg=1

Mike Ellis MLA, Calgary-West

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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	25	14	12	\$844,500	\$828,000
May	25	17	12	\$912,400	\$928,750
April	25	25	15	\$725,000	\$715,000
March	25	4	7	\$850,000	\$835,000
February	25	5	3	\$624,900	\$575,000
January	25	4	3	\$999,000	\$1,100,000
December	24	5	5	\$629,000	\$639,000
November	24	3	2	\$839,950	\$824,625
October	24	10	9	\$767,500	\$767,500
September	24	9	7	\$918,000	\$1,068,000
August	24	7	13	\$897,500	\$895,000
July	24	15	8	\$766,950	\$761,750

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
June	25	7	3	\$925,000	\$925,000
May	25	3	6	\$475,000	\$466,500
April	25	6	2	\$974,900	\$1,012,500
March	25	5	4	\$1,000,000	\$990,000
February	25	3	1	\$449,900	\$462,000
January	25	0	1	\$778,000	\$770,000
December	24	1	0	\$0	\$0
November	24	0	2	\$669,500	\$640,000
October	24	1	2	\$973,950	\$995,000
September	24	3	0	\$0	\$0
August	24	2	3	\$1,014,000	\$1,004,000
July	24	2	3	\$1,280,000	\$1,285,000

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MLS averages please visit chr.mycalgary.com

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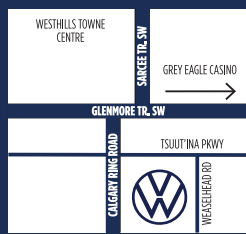


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*David's Westside Listings SOLD This Year

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

38% faster

When it's time to sell your home, David sells it **38% faster**. David's listings averaged **20 days on the market** vs the rest of the market at 32 days, over the past 5 years.**

100%

Over the past 5 years, David's listings have sold at **100%** of list price on average, vs the rest of market at 99.4%.**

489 sales

With **489 sales** dating back to 2012, David has established himself as the top producing Realtor here on the Westside.*

David's sales are fast approaching twice that of his closest competitor, over the past 10 years!***

Detached homes – Listed & Sold – *Calendar 2012 – 2024; **Calendar 2020 – 2024; ***Calendar 2015 – 2024 – The combined Westside communities of: West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona Park, Coach Hill, Patterson & Cougar Ridge.

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