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The Gazette



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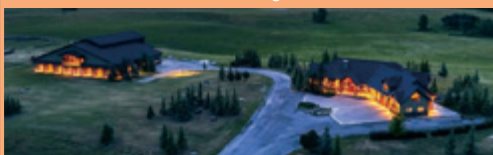
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ROOT PROBLEMS?



BEFORE



AFTER

JOANNE BIRCE

WARD 6

BUSINESS SMARTS COMMUNITY HEART

- ✓ Tax dollars focused on essential services that residents need
- ✓ Affordability: lower taxes, increased efficiency, identify waste
- ✓ Listen to residents and respond
- ✓ Prioritize economic growth

- ✓ Lived 31 years in west Calgary
- ✓ Small business owner
- ✓ 25 years of community service in Ward 6
- ✓ King Charles III Coronation Medal for community service



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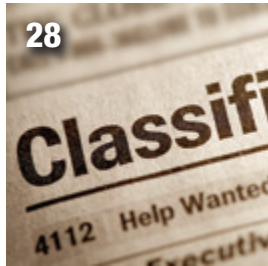


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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

STRATHCONA



**CHRISTIE
PARK**

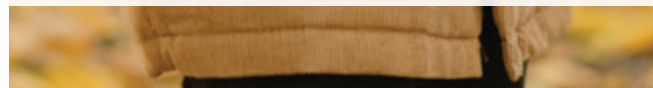


**ASPEN
WOODS**



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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



SCA Community Centre

277 Strathcona Drive SW, T3H 2A4

T: 403-249-1138

F: 403-249-7811

Email

info@scacalgary.ca

Emergency

403-214-1838

Website

www.scacalgary.ca

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

SCA Board of Directors

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Vice President	Bob Schmal
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Secretary, Community Engagement	Vacant
Traffic and Development	Carrie Stewart
Education and Integration	Davood Khairkhah
Director at Large	Stuart Turner

SCA Office

Office Manager	Shelley Lakatos
IT Admin	Michael Smith
Rink Volunteer Coordinator	info@scacalgary.ca
Office Assistant	Sherry Norman
Marketing and Communications	Vacant

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



Clean, Creative Fun

Although it is now a common household toy, Play-Doh was originally made to be a wallpaper cleaner! It's non-toxic, non-staining, and reusable so when people realized kids enjoyed making art with it, the newly marketed Play-Doh took off!



MESSAGE FROM THE BOARD

As the golden tones of September softly make their entrance, a refreshing chill fills the air bringing with it a blend of new beginnings and the warmth of familiarity. This is the season when we instinctively begin to ease off from the summer's hustle, taking time to reflect on what truly matters, and embracing the simple pleasures of our daily routines as our children head back to school and routines set in.

At the SCA, we hold the belief that a vibrant community is not solely defined by its buildings or green space, but by the relationships we foster with one another. It's found in the cheerful greetings exchanged between neighbours during morning or evening strolls, the shared laughter at community gatherings, and the small yet impactful acts of kindness that often go unnoticed but truly make a difference.

Our communities boast a wealth of diversity, brimming with vitality, and are made up of individuals who truly care, be it parents enthusiastically supporting their children at local soccer games, seniors who have lovingly nurtured these streets for countless years, or a new family uncovering their place and bringing revitalized energy into our neighbourhood. No matter what your background, you are a vital component of what makes our communities an extraordinary place to call home.

This month, we're challenging every neighbour to step up and make a difference "Small Actions, Big Impacts".

Attend a community event, lend a hand as a community volunteer, or even just spark a conversation with someone new on your street you have not met yet. Small actions like these are the threads that sew a stronger, more connected community. One greeting, one handshake, and one act of kindness at a time.

Join Our Leadership Team

We are currently seeking a Board Secretary to join the SCA Board of Directors. If you have an eye for detail, a passion for community involvement, and are looking for a meaningful way to contribute we'd love to hear from you. Please reach out to info@scacalgary.ca to learn more or attend our next board meeting on September 17 at 7:00 pm.

Did You Know – Community Facts?

Christie Park (Estates), the upscale district within our community, was once home to one of Calgary's original ski hills! Back in the 1960s and 70s, residents would spend their winters skiing down the very slopes where our beautiful homes now stand. Over the decades, as the community blossomed, those rolling hills transformed into the green spaces and scenic pathways we now cherish, perfect for walking, biking, and outdoor play.



The David

As a symbol of the strength and independence of the Florentines, the statue of David was commissioned to be placed at the entrance of Palazzo Vecchio. On September 8, 1504, this marvellous piece was revealed to the city. Unsurprisingly, everyone loved it!





Calendar

DATE	TIME	EVENT
September 17	7:00 pm	SCA CA Board Meeting
October 15	7:00 pm	SCA CA Board Meeting
October 24		The Great Pumpkin Carnival
November 19	7:00 pm	SCA CA Board Meeting
November 28		SCA CA and Vin Room Wine Tasting
December 6	10:00 am	SCA CA Christmas Craft Fair

Please Note: Community Association members are welcome to attend SCA board meetings by appointment. Contact info@scacalgary.ca.

MONTHLY NOTICES

SkipTheDepot and Donate to the SCA

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

It's easy! Just follow these steps:

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

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

Add Your Name to Our Babysitter Listing

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

E-Newsletter

Want to receive our monthly e-newsletter? Send your email address to info@scacalgary.ca.

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YOUR CITY OF CALGARY

Get the Lowdown on Slow Downs: How We Keep Calgarians Moving

by The City of Calgary

We know construction season can be frustrating; The City of Calgary's Mobility teams work in close collaboration with project managers and city event organizers to avoid multiple delays and plan for traffic flow congestion. The City's Traffic Management Centre monitors roadways 24/7 by using traffic cameras, live traffic data, and digital road signs.

It's not a pain when you have a plan, and we have Waze to help. The City's partnership with Waze means you can get real-time traffic flow and construction updates right in the app. This free download is our preferred navigation tool because it syncs with The City's advanced traffic system. With the right tools you can get to where you need to go.

Learn more at calgary.ca/planyourtrip.



Creamy Beef Enchiladas

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning “to season with chilies”, refers to stuffed corn tortillas that have been dipped in a chilli sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

Prep Time: 20 minutes

Cook Time: 30 minutes

Bake Time: 30 minutes

Servings: 5 to 6

Ingredients:

- 1 ½ lbs lean ground beef
- 1 tbsp. canola oil
- ½ cup yellow onion, sliced
- 1 cup cooked and rinsed black beans
- 2 packets (24 gm each) hot and spicy taco seasoning
- 6 large flour tortillas
- 1 ½ tsp. powdered cumin
- ¼ cup all purpose flour
- 1 can diced green chili peppers
- 1 cup milk
- 2 cups light sour cream
- ½ cup low fat Greek yoghurt
- 2 cups Mexican shredded cheese

Directions:

1. Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
2. Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.



3. Preheat oven to 350 degrees Fahrenheit.
4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.
5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
6. Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!

Celebrating Calgary 150 - Oil Capital

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

The Leduc oil well discovery launched Calgary onto the world's stage.

Calgary's first skyscraper was the 11-storey Barron Building (ca.1951). The Guinness family built Elveden Centre (ca.1958), Calgary's first to 20 storeys.

Calgary's most iconic building is Husky Tower, built for Canada's centennial. CPR's station was demolished for an office complex with tourist attraction, a freestanding observation tower, the tallest building in Canada outside Toronto.

The Ukrainian Catholic Church (ca.1955) stands out for its Byzantine style. In Inglewood, the Standard Church of America served the Black community. The Shaarey Tzedec Synagogue arrived in Mission in 1959.

Alberta's 50th anniversary, the post-war boom, and the centennial brought several institutions to Calgary.

Eric Harvie preserved Western Canadian heritage through the Glenbow Museum. The Southern Alberta Jubilee Auditorium was built, and a Brutalist-style planetarium opened. Confederation Park preserved a creek and coulee.

Stampede Corral (ca.1950) replaced Victoria Arena and McMahon Stadium was ready in 1960. Calgary's first mall was North Hill Centre (ca.1958).

Britannia became Calgary's first complete neighbourhood, with plaza, residences, and parks. Queen Elizabeth II toured it in 1959.

In 1953, an updated Calgary General Hospital opened. Foothills Hospital opened in 1966, Calgary's lead trauma centre and research/training hospital. It's associated with the University of Calgary, also founded in 1966.

Heritage Park (ca.1963) became a living museum of early modern prairie life and preserves heritage buildings.

Bearspaw Dam was built (ca.1953), named after a Treaty 7 signatory. The airport received a new passenger terminal (ca.1956) and began international flights.

Mewata Bridge was built to handle automobiles. McKnight Boulevard was named after a WWII flying ace, which connects John Laurie Boulevard, named for an Indigenous advocate.

Macleod Trail was moved from Ramsay to 2 Street SE. Bow Trail replaced Old Banff Coach Road, with Sarcee and Blackfoot Trails flanking the city's west and east sides. But the Sien Lok Society opposed razing Chinatown for a highway.

In 1961, the Trans-Canada Highway replaced Morley Trail and Banff-Windermere Parkway.

In 1973, Crowchild Trail was named after Tsuu T'ina chief David Crowchild. He said, "May this be a symbol of cutting all barriers between all peoples."

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"View of the Barron Building showing Uptown marquee, Calgary, Alberta," 1952-08, (CU1111123) by Calgary Herald, unknown photographer. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF10EEZZ6?WS=SearchResults>.



"Expanding downtown skyline, Calgary, Alberta," 1961-01, (CU1111336) by Calgary Herald, unknown photographer. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Published in the Calgary Herald, January 31, 1961. Tall building is Elveden House. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF10EKM77?WS=SearchResults>.



Husky Tower over 200 feet in height - 27 feet of concrete poured a day, City of Calgary Archives, item CaIA 2006-042sVII-0054.



Needle Installation on the Husky Tower, 10 November 1967, City of Calgary Archives, item CaIA 94-004-003.



"Opening day, Leduc #1 discovery well, Leduc, Alberta.", 1947-02-13, (CU1137357) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1F7K3LP?WS=SearchResults>.



"General Hospital, Calgary, Alberta.", 1955-07-28, (CU1131227) by Rosettis Studio. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1FH47LJ?WS=SearchResults>.



"House of Israel, Calgary, Alberta.", [ca. 1940-1945], (CU1216464) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1X4X4X4>.



"Bears paw dam, Calgary, Alberta.", 1954-12, (CU1141494) by De Lorme, Jack. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1FMZG3A?WS=SearchResults>.



"Airport, Calgary, Alberta.", [ca. 1940], (CU2230158) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R340823X7MF>.



Trans Canada Highway - Canmore, September 2006, Jack Borno, via Creative Commons Attribution-Share Alike 3.0 Unported license. [https://commons.wikimedia.org/wiki/File:Trans_Canada_Highway_-_Canmore_-_panoramio_\(1\).jpg](https://commons.wikimedia.org/wiki/File:Trans_Canada_Highway_-_Canmore_-_panoramio_(1).jpg).

Cats, Canines, & Critters of Calgary



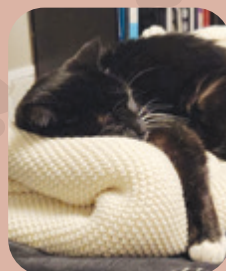
Harley, Cranston



Jasper, Glenbrook



Lulu, Signal Hill



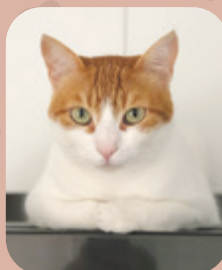
Mika, Richmond Knob Hill



Mr. Fuggs, Christie Park



Rollie, Auburn Bay



Ruby, Glenbrook



Rusty, Glenbrook

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The Art of Finding Work: Jobseekers Need to Learn to 'Move On'

by Nick Kossovan

Everyone knows ghosting and rejection are inherent parts of job searching. Yet, job seekers waste vast amounts of energy and time lamenting what they can't control. There's a prevalent sense of entitlement that employers owe job seekers, which goes against the universal truth that nobody is owed anything, be it a job, to make a living, or even happiness.

Job searching, regardless of the economic climate, has always required resilience. The key to resilience is having realistic expectations, such as understanding that employers you don't work for don't owe you anything. Having a 'F*ck it!' mindset that empowers you to move on quickly is how you foster resilience.

Ghosted: You didn't get the job. Move on.

- You didn't hear from an employer after submitting your resume: There were candidates with more relevant experience and were a better cultural fit. Move on.
- When a networking attempt fails: A stranger isn't willing to drop everything to help you. Move on.
- Not taking down a job posting: Some people never take down their Christmas decorations. If a job can be left open for a significant amount of time, assume it isn't critical. Do you want a non-critical or non-essential job? Move on.

Thinking about how the hiring process should be won't get you a job.

Getting frustrated and angry at how an employer designed their hiring process won't get you a job.

Getting upset over being ghosted won't get you a job. It wasn't the employer who ghosted you; it was an employee whose behaviour doesn't speak for an entire company.

Life is too short to spend time and energy dwelling on "what could have been" and "whys." This is especially true regarding things out of your control, such as how an employer designs their hiring process or runs their business. The most common false belief I repeatedly see people hold, and which causes much of their

frustrations and anger, is that they can change other people's behaviour—as if it's their place to do so.

While it's natural to feel disheartened, it's crucial to understand that wallowing in the many disappointments you'll experience throughout your job search and believing you can control other people's behaviour hinders your progress.

When you invest your heart and soul into an application only to be met with silence or rejection, it's easy to spiral into self-doubt. Consider why you're giving a hiring manager—a stranger—influence over your self-esteem. Hence why I recommend embracing a 'F*ck it!' mindset as a defence against rejection eroding your confidence.

I've been rejected many times, more than I've been accepted. I've learned the hard way, a running theme throughout my life, that if I permit it to do so, repeated rejection triggers a cycle of negative thinking that paralyzes me, regardless of whether I'm searching for work, submitting my writing, or reaching out to someone hoping to form a relationship. Dwelling on past disappointments sabotages future opportunities.

There are many reasons why quickly moving on, as opposed to wallowing, playing the "I'm a victim!" card, getting angry, or venting on LinkedIn and other social media platforms—which is never a good look—benefits your job search.

There's no shortage of opportunities.

In several previous columns, I've mentioned that opportunities are all around you, with one caveat: they're attached to people. In 2024, employers are turning to their employees for referrals since job postings result in avalanches of applications, predominantly from job seekers who spray and pray. This underscores the importance of networking rather than applying to online job listings.

Clinging to rejections, being ghosted, or whatever is frustrating you is wasting mental energy you could be using to speak to people who may be able to refer you to job openings where they work. Starting right now, shift your focus away from past disappointments—forget about them, what's done is done, you can't change the past—and focus on future possibilities aligned with your skills and aspirations and start making

EVENTS

SCA CA The Great Pumpkin Carnival - October 24

Step right up to The Great Pumpkin Carnival, a festive night of carnival games and activities for the whole family. There will be prizes and of course candy! Food trucks will be available on site and members receive a free hotdog and pop for the first 150 guests. Everyone is encouraged to come dressed in their favourite Halloween costume to be part of the fun! All children must be accompanied by an adult.

This event is open to SCA Members and their families. www.scacalgary.ca.

If you are willing to help, please volunteer here: <https://scacalgary.getcommunal.com/volunteer-opportunities/1238>.



it a point to meet people, because you never know what opportunities they may be attached to.

Much of the hiring process is out of your control.

In the same way that you can't control the behaviour of others, you can't control how an employer hires. Many factors influence hiring decisions, notably internal politics and team dynamics. Instead of internalizing these setbacks, remind yourself of your skills, experiences, and past achievements.

Not quickly moving on is counterproductive.

Dwelling on why you were ghosted or didn't get the job—instances in which you'll never know the actual reason—drains your energy, energy better spent on proactive measures to enhance your candidacy for future roles.

The key to a successful job search is to keep moving forward and stay focused on what you can control, such as optimizing your LinkedIn profile—arguably the most critical tool in a job seeker's arsenal—resume, and expanding your network to take advantage of all the opportunities around you.

Pet of the Month



Sugar the Cat



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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	Sit Fit Yoga, 11:00 am		
Tai Chi, 1:30 pm, 2:45 pm	Adult Art, 1:00 pm	Tai Chi, 11:00 am	Goga Play, 3:30 pm	Bridge, 12:30 pm		
Level Up Learning, 5:30 pm	Kings Dance, 4:30 pm	SCA Line Dance, from 1:00 pm	Zumba Fitness, 5:15 to 6:15 pm	Older Adult Dance, 1:00 pm		
CYP Theatre, 5:30 pm	Level Up Learning, 5:30 pm	Level Up Learning, 5:30 pm	CYP Theatre, from 5:30 pm			
Sparks, 6:30 pm	Chinook Country Line Dancers, 6:00 pm	Karate, from 6:30 pm	Scouts, 6:15 pm			
Rangers/Pathfinders, 6:30 pm	CYP Theatre, 6:30 pm	Pathfinders, 6:30 pm	Flow Yoga, 7:30 pm			
Karate, 6:30 pm		Numbers in Bloom 6:00 to 8:00 pm				
Toastmasters, 7:30 pm						

\$20 Annual Family Membership

SCA membership fees are only \$20 per family to encourage as many residents as possible to enjoy the benefits of community membership:

- Summer access to the SCA CA tennis courts in Strathcona and Christie
- Winter access to the SCA CA ice rink and skating pond
- Free admission to special events and activities
- Ability to register with many sports organizations that require community memberships
- Satisfaction of supporting and belonging to our great community
- Email updates and information about upcoming events (optional)

SCA members enjoy discounts at community retailers through our Perks Program.

Simply print out the card that comes with your membership and show this card to local retailers to enjoy discounts on products/services. Visit our website for more information: www.scacalgary.ca.

If you do not wish to register online, please visit the SCA office to purchase a membership during office hours.

Let's Play Pickleball!

Looking for a fun way to get active, meet new people, and build a stronger sense of community? Come join us for some friendly pickleball games—all about good vibes, connection, and a little healthy competition!

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.

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.





FROG FASHION

What kind of shoes do frogs wear?

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SCA PROGRAMS



Pre-Schools and School Age Care

A Child's Garden Preschool Ltd.

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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.

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.

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, ages 7+)

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

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

Contact Jeffrey Jukes at 403-228-5039.

New! Level Up Learning Tutoring

At Level Up Learning, we are dedicated to enabling students to reach their academic goals. Beginning in September of 2025, we will be offering drop-in tutoring for math and science courses for students in grades 9 to 12. It's a great place for students to get help with concepts and get their homework done in a supportive environment. Tutors will be available to give students immediate support as they work through their assignments or study for upcoming assessments. The tutoring centre will be located at SCA and will be open Monday, Tuesday, and Wednesday from 5:30 to 8:30 pm.

More information at <https://www.level-uplearning.com>.

New! Numbers in Bloom

More information coming soon.

New! Zumbini

Program for ages 0 to 3. Tuesdays, 9:30 am.

The ultimate bonding experience for ages 0 to 3 and their caregivers. Music and Movement, upbeat sing-alongs, rhythmic instruments, scarf play interactive dance tunes, and more!

More information at www.gogatoys.com.



Scouts

Thursdays, 6:15 pm

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

Adult Programs

Adult Art

Discover your creative self! If you have ever wanted to learn how to paint in either watercolour or acrylics or hone the skills you might already have, consider joining our classes! Your experienced instructor will guide you as you discover how fun and rewarding it can be to express yourself on paper or canvas. All levels welcome.

Watercolours – Tuesdays, September 16 to November 25 from 1:00 to 3:30 pm (No class on Remembrance Day November 11).

Acrylics – Thursdays, September 18 to November 20 from 10:00 am to 12:30 pm.

Ten weeks - \$165 + GST

Contact your instructor Karin Richter to register for this class at karinrichter@shaw.ca.

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 and meet a happy dancing family of friends. We offer one of the best programs for Adult Dance Classes.

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+)

continued on next page



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.

Register through our website: www.kingdancinginc.com.

SitFit + Yoga (Sherry) – Fall Classes

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! Thursdays at 5:15 pm. For more information contact Andrea at 403-816-6897.

SCA Fall Programs

www.scacalgary.ca

Registration began July 15

Line Dancing (Mary and Peggy)

Ten weeks - \$95 + \$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 1:30 to 2:30 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.



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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	25	8	9	\$939,900	\$938,800
June	25	14	12	\$844,500	\$828,000
May	25	14	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

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

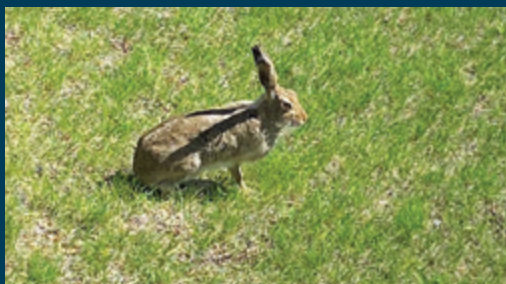
CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	25	8	1	\$439,900	\$435,000
June	25	5	3	\$925,000	\$925,000
May	25	3	6	\$475,000	\$466,500
April	25	6	2	\$974,900	\$1,012,500
March	25	4	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

To view more detailed information that comprise the above
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by Nyckie Rea



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MARK YOUR CALENDARS



STRATHCONA CHRISTIE ASPEN COMMUNITY CENTRE

The Bow Valley Music Club returns in the fall of 2025 with another series of great concerts. Email us at: info@bowvalleymusicclub.org

September 27, 2025

Catherine MacLellan / Don Amero Twin bill

Catherine MacLellan brings heartfelt, roots-inspired music from PEI. Following in the footsteps of her legendary father, Gene MacLellan, who wrote beloved hits like "Snowbird" and "Put Your Hand in the Hand." Catherine has been captivating audiences around the world with her music for over two decades.



Don Amero blends country, soul, Americana, and pop with purpose and heart. Expect a moving and genre-crossing performance. "Singer/songwriter Amero is an optimist who believes in the power of music to change the world, or if not the world, at least your life."
- Rob Williams, Winnipeg Free Press

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**SEPTEMBER 27th DOORS OPEN AT 7:00 PM
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October 18, 2025

Sons of Town Hall / AV & The Inner City

Sons of Town Hall – a British-American-folk duo known for rich harmonies, storytelling, and Victorian flair. Part concert, part performance art.

Ann Vriend leads AV & The Inner City, a powerhouse soul/roots group with international acclaim and award-winning songwriting.

November 8, 2025

Madison Violet / DoubleSuede

Madison Violet is Lisa MacIsaac and Brenley MacEachern who are celebrating their 25th anniversary as a band. A rare and impressive feat that they are both proud of and grateful for. They bring a blend of folk-pop excellence rooted in Cape Breton heritage, with Juno and Canadian Folk Music Award nods.

Double Suede opens the night with a dynamic mix of '50s & '60s rock, country, and rockabilly—played by just two unforgettable musicians. Casey Shalala is on the upright bass. With his unique slap and pop style he manages to be equal parts bassist and drummer. Recently seen on the hit tv show *Virgin River* Matt Beatty's vocals can tackle any style from Hank & Elvis to Tom Jones and Brian Setzer.

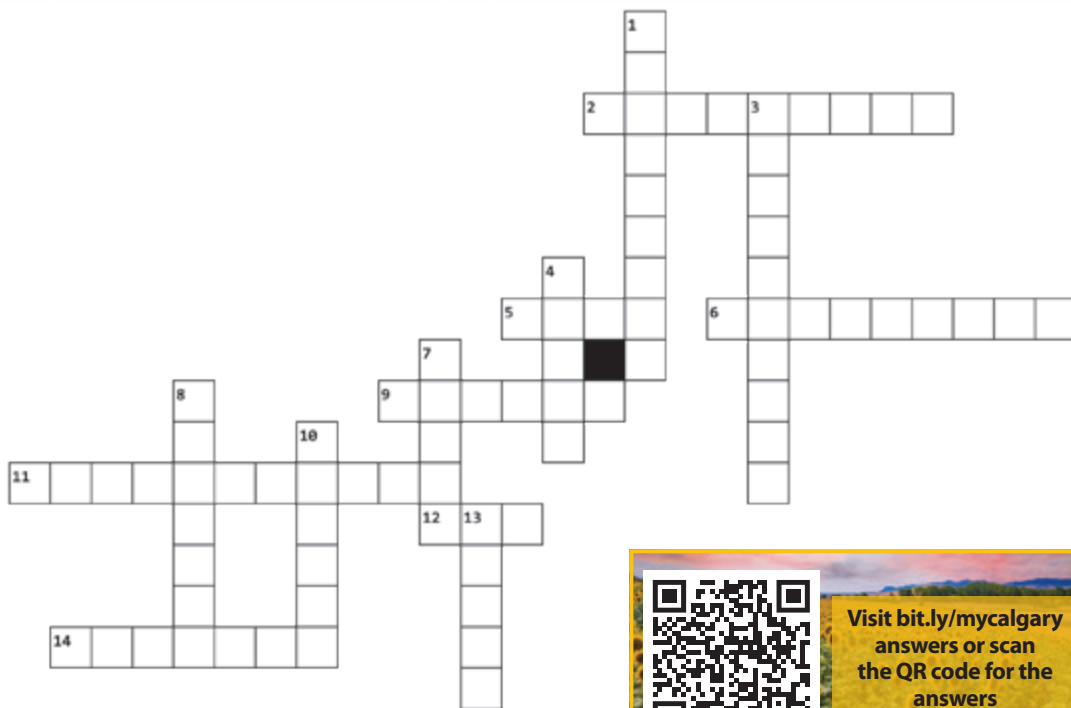
November 29, 2025

Steve Pineo's Christmas Show

Ring in the holiday season with Steve Pineo's warm and witty Christmas concert. His Elvis tribute show is a marvel. Traditional favourites and fresh takes make this a festive finale to the fall series.

Email us at: info@bowvalleymusicclub.org

September Crossword



Across

2. Ernest _____'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the _____ Islands.
9. *The _____ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in _____, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William _____, *Star Trek* premiered on September 8, 1966.

Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in _____, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard _____ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international _____ match.
10. On the first Monday of September, _____ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin _____ and Hugh Grant, were both born in September 1960, just one day apart.



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	25	25	12	\$717,450	\$705,000
June	25	21	10	\$1,274,450	\$1,304,250
May	25	25	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

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

Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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✉️ calgary.west@assembly.ab.ca

I hope you have enjoyed a happy, relaxing summer with your family and friends.

Throughout the summer months, I enjoyed seeing constituents and Albertans at the many celebrations and social events held within Calgary and beyond. Ranging from large public gatherings including the Calgary Stampede, to smaller private receptions and meetings, I appreciate the informative conversations and fellowship.

September brings many exciting new opportunities. With the anticipation associated with the beginning of the 2025-2026 school year, students, parents, and school staff are focusing on renewed learning opportunities and a return to more regular routines. Together, we can use our best efforts to support our youth as they develop their knowledge, skills, and independence. I extend my best wishes to all for a happy, successful, school year!

According to CPSA's second-quarter update, Alberta has reached a record-breaking 12,327 physicians registered to practice across the province. This represents an increase of 204 physicians from the previous quarter and 571 more than at the same time last year.

Premier Danielle Smith and I have announced the next step toward a new policing option with the appointment of Sat Parhar as the first chief of the Independent Agency Police Service. The new agency, soon to be called the Alberta Sheriffs Police Service, will take over duties currently handled by Alberta Sheriffs and give communities more options for how they keep people safe. With civilian oversight and a dedicated leadership team, it will improve rural response times and support more effective, locally driven policing across Alberta.

This appointment signifies a significant step forward in the Alberta government's efforts to establish a more robust, community-focused policing model that is better equipped to meet the unique needs of residents. We are confident that we will develop a modern, efficient police service that not only enhances public safety but also aligns closely with the priorities and values of Albertans.

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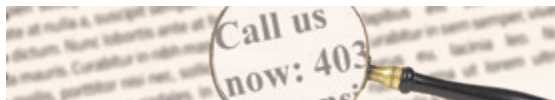
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zūmbini with Goranka Ages 0-3
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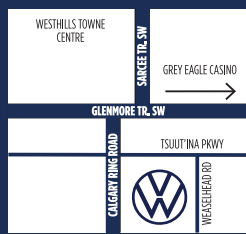


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