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THE OFFICIAL SILVERADO COMMUNITY NEWSLETTER

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BEFORE & AFTER RENOVATION PROJECTS



BEFORE



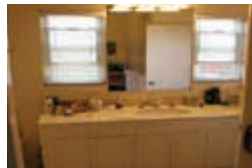
AFTER



BEFORE



AFTER



BEFORE



AFTER

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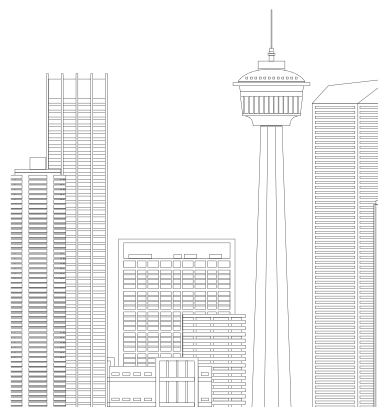


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Become a part in your Community! Join the Silverado Community Association

Family Name:

Date:

Applicant's First Name(s):

Home Phone:

Address:

Postal Code:

Email:

- Memberships cost \$25/year for each address and are renewable annually in March. Please mail application form to: Silverado Community Association, PO Box 32003 Silverado PO, Calgary, AB T2X 0X4 or send email to info@silveradoca.ca. Cheques are payable to Silverado Community Association. Please allow 3-4 weeks for your membership to be delivered to your home address.
- Members of the community association are welcome to attend SCA sanctioned events throughout the year. Not only will you be able to meet others within Silverado, but will help build a better sense of community in our neighbourhood.
- Stay connected with what is happening within your community. Members are kept up-to-date of the developments within and around the community.
- Silverado Community Association is actively looking for volunteers to help out with community events and for board positions. If you are interested in volunteering your time to make Silverado a better community, please send inquiries to info@silveradoca.ca.
- Silverado Community Association updates can be located on our website at <http://silveradoca.ca/>



Follow Silverado Community Association on Facebook
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Silverado Community Association

Board of Executives

Barbra Deskin	President
Abiodun Lawal	Vice President
Kyle Hamilton	Treasurer
Vacant	Secretary

Board of Directors

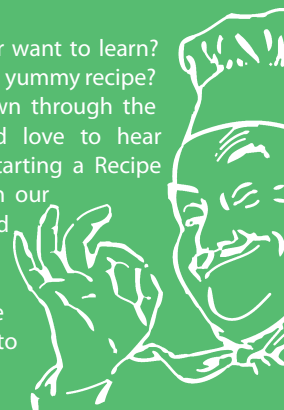
Julian Springer	Communications
Vacant	Director at Large
Vacant	Director at Large
Vacant	Rink
Vacant	Development Committee
Charlotte Schank	Community Garden Committee

To contact the SCA, email info@silveradoca.ca

COMMUNITY ASSOCIATION NEWS

All residents of Silverado, Belmont, and Yorkville are invited to attend our meetings. Currently due to COVID-19 our board members meet online through a video platform. If you wish to join us or if you have any questions, please feel free to email us at info@silveradoca.ca.

Do you love to cook? Or want to learn? Have you come up with a yummy recipe? Or had one passed down through the generations? We would love to hear from you! We will be starting a Recipe of the Month section in our newsletter, and would love to include diverse items that represent our community! Please send any submissions to info@silveradoca.ca!



Eating Healthy in Winter and on a Budget

from Alberta Health Services



When it comes to choosing vegetables and fruits to eat, a variety is best. By choosing a variety, you'll be packing your diet with fibre, vitamins, and minerals. At mealtime, try to fill half your plate with vegetables and fruits.

Fresh produce is always a healthy choice, but canned and frozen vegetables and fruits are also good options. Canned vegetables and fruits can last for months and can be just as nutritious as fresh – plus, they may cost less. They are also pre-washed, cut, and cooked, saving you time when making meals.

Many types of frozen and canned produce are available throughout the year, so even when produce is not in season, there are lots of options to choose from.

Here are a few of our favourite ways to use canned vegetables and fruits:

- Use frozen fruits in baking.
- Thaw frozen fruit such as peach slices, and then add to yogurt or oatmeal for a breakfast or snack.
- Make an easy side dish from steamed frozen vegetables.
- Use frozen vegetables such as peppers when making a stir fry.
- When boiling pasta, add frozen vegetables such as broccoli to the pot near the end of cooking, and then top with pasta sauce after draining.
- Use frozen dark leafy greens such as kale and spinach in an omelet or smoothie.
- Use canned vegetables such as green beans, asparagus, carrots, and peas in pasta dishes or an omelet.
- Combine canned vegetables and canned beans for a quick lunch.
- Use canned corn, peas, or tomatoes in a stir fry.
- Use canned mushrooms or other vegetables in a chili.
- Add canned corn to a quesadilla.
- Make a quick vegetable soup by adding canned corn, tomatoes, and pinto beans to low-sodium chicken broth.
- Top your favourite canned fruit with some yogurt for dessert.

Be aware of the sodium (salt) and sugar content in canned or frozen vegetables. Choose canned vegetables with low-, reduced-, or no added sodium and then rinse the vegetables before using to lower the sodium content further.

Choose fruit canned in water instead of syrup or rinse it if it's in syrup. Choose frozen vegetables and fruit without added seasonings, breading, sauces, or sugars.

The nutrition facts table can always be used to compare similar foods. Aim for products that have less than 15 percent DV (daily value) in sodium or sugar.

Happy New Year Silverado

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COUNTDOWN

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TWENTYTWENTYTHREE

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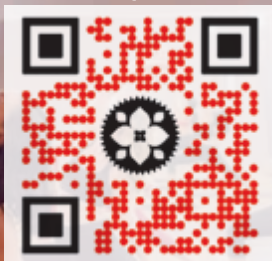
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Olympic Medals for Artists

The founder of the modern Olympic Games, Baron Pierre de Coubertin, believed that a true Olympian was not only athletic, but also artistic. As a result, for the first four decades of these international games, artists were awarded medals for painting, sculpture, architecture, literature, and music, so long as their work was inspired by athletic endeavours.



Stargazing with Pat J

by Patricia Jeffery © 2022. Calgary Centre of the Royal Astronomical Society of Canada

What does a hunter, a bull, two dogs, a rabbit, twins, seven beautiful women, and a Japanese auto manufacturer have in common?

Most people can locate the winter constellation Orion by searching the southern skies for the three bright stars that form his belt. But did you know this legendary hunter from Greek Mythology has plenty of company in the night sky?

Orion is chasing Taurus the bull. Like any self-respecting hunter, he has two dogs; Sirius in Canis Major, his main hound, and a pup named Procyon in Canis Minor. Sirius would much rather pursue a rabbit named Lepus, who is crouched at Orion's feet, while young Procyon is playing fetch with the Gemini twins Castor and Pollux.

So where are the seven beautiful ladies you ask? Well, they are the Pleiades sisters, and they are in danger of being trampled by the charging bull. Orion is trying to save them in the hope of winning their affection.

While only six stars are easily visible to the naked eye, the Pleiades are an open cluster of more than 800 stars that were born about 100 million years ago from a gigantic cloud of gas and dust. The blue stars in the formation are among the largest and brightest in the galaxy. They are extremely hot and will burn out after only a few hundred million years; a much shorter life span than the billions of years our smaller, cooler Sun will enjoy.

In Japan, this group of stars is known as Subaru, thus it comes as no surprise that a stylized version of the Pleiades was chosen by the auto company as its logo. Its six stars symbolize the unification of five companies into one.



International Sweatpants Day

In the 1920s, French designer Émile Camuset invented sweatpants to keep athletes warm while training outdoors. These days, sweats aren't just for athletes; there's a pair for every occasion, whether it's for everyday use, lounging, or even to walk a fashion runway. This January 21, it's only "fitting" to observe International Sweatpants Day by donning your favourite sweats!





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September	22	14	17	\$460,000	\$455,000
August	22	17	15	\$535,000	\$525,000
July	22	22	25	\$529,900	\$520,000
June	22	28	22	\$477,000	\$490,000
May	22	24	22	\$527,500	\$529,250
April	22	32	24	\$454,950	\$451,500
March	22	31	30	\$529,900	\$527,500
February	22	23	20	\$482,450	\$501,750
January	22	10	7	\$349,900	\$344,000
December	21	7	12	\$367,000	\$365,000

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IS THERE MORE TO LIFE THAN THIS? ALPHA: Ask anything about life, faith, and God, Thursdays, 6:30 to 8:30 pm starting February 2, 2023 at the Deerfoot Campus of First Alliance Church (12345 40 St SE). To learn more and register (free) call 403-252-7572 or visit faccalgary.com.



National Hot Tea Day

We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!

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