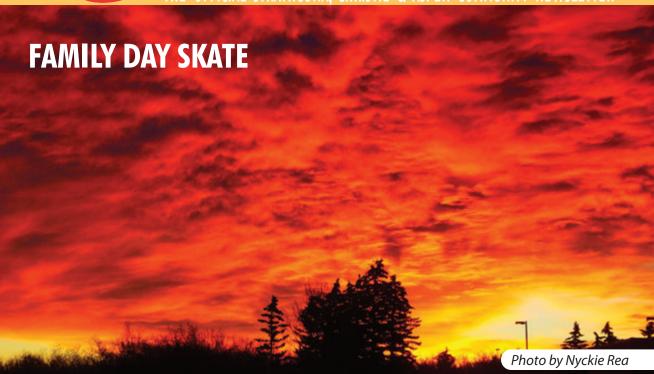
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THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER



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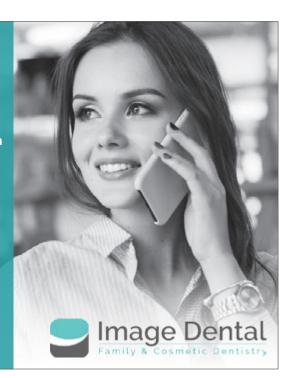
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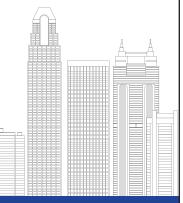
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SCAN HERE

To View Additional SCA Content





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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 |
| | Off II Ml | t- F.: 10.00 t- 1.00 | |

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

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|-------------------------------|------------------|
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| Education and Integration | Davood Khairkhah |
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Contact us at firstname.lastname@scacalgary.ca or board@scacalgary.ca.

SCA Office

board@scacalgary.ca

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|---------------------------------|------------------------------------|
| Building Superintendent | Trevor Lakatos |
| Communications Manager | Cathy Duke |
| Office Assistant | Shelley Bartole |
| IT Admin | Michael Smith and Eric Ostertag |
| Rink Volunteer Coordinator | info@scacalgary.ca |
| Contact us at firstname.lastnan | ne@scacalaarv.ca. or |

ELECTED REPRESENTATIVES

| Ron Liepert – MP, Calgary Signal Hill | Ron.liepert@parl.gc.ca | 403-292-6666 |
|--|-----------------------------|--------------|
| Mike Ellis – MLA Calgary West | Calgary.west@assembly.ab.ca | 403-216-5439 |
| Richard Pootmans – Councillor, Ward 6 | | |
| Patricia Bolger – Public School Trustee | | |
| Lory Fontana-lovinelli – Separate School Trustee | Lory.iovinelli@cssd.ab.ca | 403-500-2761 |



Egypt is
famous for its ancient
pyramids. But did you know that
Sudan actually has the most pyramids
in the world? Northern Sudan, which was once
a region called 'Nubia,' holds 220 Nubian pyramids made
of sandstone and granite. These structures were built by the ancient
Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

PRESIDENT'S MESSAGE

February: the month we celebrate love! You may think Valentine's Day is a marketing ploy by Hallmark, but February 14 is celebrated across almost all nations. Although the legend of Valentine's Day is still a mystery, the most well-known story comes from ancient Rome. In the beginning, there was a priest named Valentinus who lived in Rome during the third century. During this era, the emperor Claudius II introduced laws that forbade marriage. Despite this absurd prohibition, the priest secretly held a wedding ceremony for a young couple. Valentinus was subsequently found out and executed. There are several other legends and stories surrounding Valentine's Day, but most depict love conquering all. Valentine's Day is a time to focus on the people we love and make gestures to declare that love. However, you might recognize Valentine's Day – take a moment to celebrate the people you love.

February also brings us Family Day and another opportunity to spend time with those closest to us. I hope to host another skating party at the SCA on Family Day (we had beautiful weather for the Christmas Day Skate, my favourite SCA event!). As long as the ice holds and the weather cooperates, I will be in the basement of the SCA offering up cookies and hot chocolate and I will also be collecting for a local pet rescue: laundered old towels, blankets, pet beds, and unopened pet food and treats. This can be a jump start to your spring cleaning and help save abandoned and neglected animals. I want to take this opportunity to thank our dedicated group of rink volunteers who maintain both ice surfaces, shovelling and flooding in all kinds of weather! This group of volunteers happily welcomes new members - so, if you have a few hours to spare for your community, please contact the SCA office at info@scacalgary.ca and you will be added to the group, receiving notice when help is needed.

Sadly, the SCA office was broken into again. The thieves got away with a small amount of cash and the office laptop that we use to record our financial information; luckily, we have most of the information backed up and the computer is password protected. It angers me that thieves would target the SCA but what is truly despicable is that the thieves took gifts that the SCA

was collecting for Discover House, an organization that gives shelter to women and children suffering from domestic violence. The thieves stole from the most vulnerable and that is truly reprehensible. We do have security footage that we have provided it to the police and are currently considering posting on Facebook. I can't imagine the thieves read this message but in the off chance they do – shame on you!

On the same note, the communities of Strathcona, Christie, and Aspen are still looking for volunteer administrators for the Neighbourhood Watch Program. An overview of responsibilities include:

- Liaison with District 2 Community Resource Officer to monitor CPS resources available, and voice any current crime/safety concerns.
- Communicate monthly crime statistics to neighbours via email and Facebook page.
- Monitor email and Facebook page for crime reports/ concerns from neighbours.

Please email info@scacalgary.ca if you are interested in finding out more about this position. Robust community vigilance discourages crime!

If you turn a few pages of this issue of the Gazette, you will find the SCA's 2023 schedule, upcoming events, and a comprehensive listing of all the programs available at the SCA. I encourage you to take a look; you just might find something that will make the winter months a little brighter!

Maureen Smith - SCA President

UPCOMING EVENTS

Family Day Skate – Monday, February 20, 12:00 to 3:00 pm

Bring your friends and family and join us for this fun annual event. All are welcome!

A current SCA CA membership would be appreciated to help support your community association and all our events.

MENTAL HEALTH MOMENT

An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | info@nancybergeron.ca



The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

- 1. Given the choice of anyone in the world, whom would you want as a dinner guest?
- 2. Would you like to be famous? In what way?
- 3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
- 4. What would constitute a "perfect" day for you?
- 5. When did you last sing to yourself? To someone else?
- 6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?

- 7. Do you have a secret hunch about how you will die?
- 8. Name three things you and your partner appear to have in common.
- 9. For what in your life do you feel most grateful?
- 10. If you could change anything about the way you were raised, what would it be?
- 11. Take four minutes and tell your partner your life story in as much detail as possible.
- 12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
- 13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
- 14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
- 15. What is the greatest accomplishment of your life?
- 16. What do you value most in a friendship?
- 17. What is your most treasured memory?
- 18. What is your most terrible memory?
- 19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
- 20. What does friendship mean to you?

- 21. What roles do love and affection play in your life?
- 22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
- 23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
- 24. How do you feel about your relationship with your mother?
- 25. Make three true "we" statements each. For instance, "We are both in this room feeling _____."
- 26. Complete this sentence: "I wish I had someone with whom I could share "."
- 27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
- 28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
- 29. Share with your partner an embarrassing moment in your life.
- 30. When did you last cry in front of another person? By yourself?
- 31.Tell your partner something that you like about them already.
- 32. What, if anything, is too serious to be joked about?
- 33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
- 34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
- 35. Of all the people in your family, whose death would you find most disturbing? Why?
- 36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.



GAMES SUDOKU

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| | 7 | 3 | | 6 | | | | 4 |
| | 1 | 5 | | 7 | | | | |

FIND SOLUTION ON PAGE 30

SCA 2023 Schedule THURS SUN A Child's Garden: Morning and Afternoon Pre-School Programs for 3 to 4 year olds Seedlings Spanish Preschool: Morning and Afternoon Pre-School Programs for 2.5 to 5 year olds KidZinc Before and After School Care for grades 1 to 6 Jazzercise, 9:30 am Zumba, 9:30 am Jazzercise, 9:30 am Lucy Fit, 8:30 am Jazzercise, 9:30 am Pathfinders. Older Adult Yoga, Sit/Fit Yoga, 10:00 am Older Adult Yoga, 10:00 am Adult Art. 10:00 am Bridge Lessons,9:30 am 6:30 pm 12:00 pm, 1:15 pm Sportball, 9:30 am, Mommy & Me Pilates, Gentle but Strong Yoga, Tai Chi, 1:30 pm, 2:45 pm Joyful Kids Music,10:00 am 10:15 am 12:00 pm 10:00 am Mommy & Me Pilates, Calgary Performers, Adult Art Workshops, Sit & Be Fit, 11:15 am Bridge, 12:30 pm 4:00 pm, 6:00 pm 10:00 am, 11:00 am 12:00 to 1:15 pm Calgary Performers, Older Adult Dance. Run.Jump.LEAD!,4:50 pm Adult Art, 1:00 pm Tai Chi, 11:00 am 1:00 pm 4:00 pm, 6:00 pm SCA Line Dance, from PRIVATE RENTALS CYP Theatre, 5:30 pm Tennis 4:00 pm,5:00 pm Run.Jump.LEAD!,4:40 pm 1:00 pm Young Rembrandts, from CYP Theatre, from Rangers, 6:00 pm Nature Play, 2:00 pm 5:00 pm 5:00 pm Sparks/Pathfinders, Chinook Country Line Highland Dance, 4:30 pm Scouts, 6:15 pm 6:30 pm Dancers, 6:00 pm Karate, 6:30 pm CYP Theatre, 6:30 pm Joyful Kids Music,5:45 pm Kids Art, from 5:15 pm Pathfinders/Rangers, Toastmasters, 7:30 pm Karate, from 6:30 pm 6:30 pm Pathfinders, 6:30 pm Colour on Fire, 5:15 pm, 6:30 pm



Calendar

February 2 Valentine Wreath Making,

6:30 to 8:00 pm

February 15 SCA Board Meeting, 7:00 pm

February 20 Family Day Skate, 12:00 to 3:00 pm

March 4 Bow Valley Music Club, 7:00 pm

March 15 SCA Board Meeting, 7:00 pm

March 25 Bow Valley Music Club, 7:00 pm

Community association members are welcome to attend SCA board meetings by appointment; please contact president@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 https://app.skipthedepot.com/scacalgary.

Add your name to our babysitter listing.

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

Want to receive our monthly e-newsletter?

Send your email address to info@scacalgary.ca.

Like us on Facebook

CHECKLIST

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

9 PM ROUTINE



RESIDENT PERSPECTIVES

Stargazing with Pat J: Celestial Bumper Cars

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

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

*Asteroid Belt: Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.



TAKE ON WELLNESS







Self-Care O'Clock

Taking care of your whole self, mentally, emotionally, physically, and spiritually, is important. Bringing our body and brain into harmony can bring upon improvements in all areas of our lives.

As humans, we are programmed to help others. However, to do this in an effective and sustainable way, we need to take care ourselves. As the saying goes "you cannot help others if you do not help yourself first." So, when is the last time you truly focused on you?

Self-care looks different for everyone. It is a journey to find what you need to prioritize as actions for yourself to feel relaxed, energized, and strong! Here are some ways you can take care of your whole self:

Eat: Bake some treats, make a tasty salad, or cook your favorite meal. Say "yes" to what you want and enjoy every bite. You need to nourish to flourish!

Make Space: Have a space in your home that you can call your own and where you can reset. This could be a beanbag chair in a cozy corner, or a window with a view.

Heart Health: Take a deep breath and let it out slowly. Breathing exercises power our nervous system, helping us push away distractions and make decisions with a clear mind.

Connect: Surround yourself with people who support and uplift you. Focus on face-to-face interactions and connecting with a meaningful community.

Unplug: Limit daily technology use. Try to shut down screens an hour before bed and set up healthy boundaries with use during your day.

Most importantly, listen to what your body and brain need and meet those needs in ways that make sense for you!

Alert, Nunavut (Qikiqtaaluk Region) is the northernmost settlement in the entire world; this scientific and military hub is only 817 kilometres from the North Pole! February is typically Alert's coldest month and unbelievably, their record temperature low is -50 °C. I don't know about you, but Calgary isn't sounding so bad in comparison!

Overcaffeinated?

Many people don't realize that caffeine is a drug. It's a stimulant that's found in many types of pain and cold medicine, as well as in foods and drinks, including coffee, tea, chocolate, some energy drinks, and some painkillers.

What Are the Short-Term Effects?

The effects of caffeine usually start within five to 30 minutes and can last from eight to 12 hours.

Larger amounts of caffeine can:

- cause shaking
- · make you have trouble sleeping
- · make you very agitated
- cause a fast, irregular heartbeat (might feel like your heart is racing)
- · make you feel irritable, restless, and nervous

People who have panic attacks shouldn't use large amounts of caffeine. It can trigger nervousness and anxiety, and they might be more sensitive to its effects.

It's rare for adults to die from a caffeine overdose. However, children can die from as little as one gram of caffeine. A single cup of coffee contains between 40 and 180 mg.

Caffeine doesn't decrease your appetite so there's no point in using it to diet or decrease your hunger.

Caffeine doesn't help you sober up if you are drunk.

As your body gets used to caffeine, it needs more and more of it to get the same effect. As the amount of caffeine goes up, so does the risk of side effects.

You can become mildly dependent on caffeine from regularly drinking 350 mg (about two to four cups of coffee) a day. If you suddenly stop drinking caffeine, you might have withdrawal symptoms such as:

- headaches
- · problems sleeping
- · feeling irritable, tired, and depressed
- lack of energy
- · feeling down
- · having trouble focusing or concentrating

Withdrawal symptoms begin 12 to 24 hours after you stop caffeine. Most symptoms go away within a few days.



What Are the Long-Term Effects of Caffeine?

More than 300 mg of caffeine (about two to three cups of coffee) in a day may be linked to miscarriages and low-birth weight babies. Caffeine is passed through breastmilk, which might make your baby irritable or have trouble sleeping. If you're pregnant or breastfeeding, you may want to limit or avoid all caffeine.

Some women who drink more than three cups a day may be at risk of bone fractures as they get older.

Regular use of more than 600 mg of caffeine might cause long-term effects including chronic insomnia, constant anxiety, depression, and stomach problems. It can also cause high blood pressure or make high blood pressure worse.

Caffeine and Young People

Because their bodies are smaller, caffeine may have a stronger effect on a child than on an adult. Children who drink pop or energy drinks with caffeine might feel anxious, be irritable, have trouble sleeping, or wet the bed.

Some teens and young adults who use a lot of caffeine may have health problems like an increased or abnormal heart rate or chest pain. If this happens, they may need to go to the hospital or need an ambulance.

For more information on caffeine and health, call the 24-hour Addiction Helpline at 1-866-332-2322.

DO YOU HAVE YOUR TICKETS?

with a twin bill, Romi Mayes and Leaf Rapids Northern Manitoba where the Aurora on March 4th.

nominated, 6 time Western Canadian Music Coax records, whose sound has been Awards winner. Romi is one of the foremost described as Cinematic Canadiana, featuring purveyors of sultry, bluesy folk-rock and Canadiana. The gritty Winnipeg songwriter with the seductive voice is one of the hardestworking independent musicians in Canada. Romi has also toured internationally to festivals, theatres, dance halls, bars, pubs, cafes, and living rooms. Her albums have been nominated for prestigious Canadian music awards and have charted on radio stations worldwide, landing on a plethora of recording a new album slated for release in "Best of" top-year picks.

"There's always been a refreshing honesty about Romi Mayes, both in person and in her You can visit the BVMC website for more music. The Winnipeg musician's songs feel details, tickets, and concert passes at real, like the sentiments behind the words http://bowvalleymusicclub.org, or you can are torture-tested in the actual world." call the BVMC directly at 403-287-2299. Saskatoon StarPhoenix.

The Bow Valley Music Club kicks off 2023 Leaf Rapids is an isolated small town in Borealis paints the winter skies. It is also the Romi Mayes is a Juno-nominated, CFMA- borrowed moniker of a Winnipeg band on top-notch songwriting, sweet and smoky harmonies, luscious electric guitar tones and the eerie sound of the theremin.

> The four bandmates. Keri Latimer, Devin Latimer, Joanna Miller and Chris Dunn, are realists and dreamers. They are chemistry professors, dry-wallers, sound-scapers and custodians of the night who croon about love. Currently, they are in the throes of 2023.

OUR NEXT LIVE CONCERT DATE



MARCH 4 - DOORS OPEN AT 7:00 PM SINGLE TICKETS - \$30 + tax

STRATHCONA CHRISTIE ASPEN COMMUNITY CENTRE















http://bowvalleymusicclub.org/

@bowvalleymusic

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/ vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- · Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



SCA PROGRAMS (DUE TO COVID-19 PROGRAMS MAY NOT RUN AS ADVERTISED)









Pre-Schools and School Age Care

A Child's Garden Preschool Ltd.

Ages 3 to 5

2, 3, and 5-day programs.

(Contact Marilyn: 403-217-5658.)

KidZinc School Age Care

Ages 6 to 12

Before and after school care.

(Contact: 403-240-2059 or visit www.calgarykidzinc.ca.)

Seedlings Spanish Preschool

Ages 2 ½ to 6

Half/Full Day

(Contact Judith: 403-210-0604 or visit www.

seedlingspreschool.ca.)

Children's Programs

Calgary Performer's Academy

Mondays or Thursdays

4:00 to 6:00 pm (6 to 11 years)

6:00 to 8:00 pm (12 to 17 years)

www.calgaryperformingartsacademy.com.

Calgary Young People's Theatre

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

www.cypt.ca.

Girl Guides

Sparks: Mondays

Pathfinders: Mondays, Tuesdays, Wednesdays, Sundays

Rangers: Mondays, Tuesdays

ANY-calgarysarceehills@girlguides.ca.

Highland Dance

Wednesdays at 4:30 pm www.CampbellDancers.com.

Joyful Kids Music – New

Joyful Kids Music sets the standard for excellence in early childhood music education. This stellar program features engaging, child-focussed activities with a passionate and experienced music educator. Get ready to sing, move, and play with a delightful array of songs, rhymes, and dances intended to spark the joy of music within you and your child. Above all, Joyful Kids Music fosters a life-long love of music, language, and learning! Registration is ongoing.

Winter Wonders Session

10 weeks - \$180

Wednesday, January 25 to March 29

10:00 to 10:45 am (2 to 5 years old) and 5:45 to 6:30 pm (K to Grade 2)

For more information or to register, visit www. joyfulkidsmusic.ca or contact joyfulkidsmusic@gmail.com.

Colour on Fire Art Studio and School

www.colouronfireartstudio.com

Kids' Art Education Classes

Ages 5 to 12

Wednesdays at 6:30 pm and Thursdays at 5:15 and 6:30 pm

You & Me Art Classes

One adult and one child (5 to 17 years old)

Wednesdays, 5:15 pm

Teen Art Education Classes

Thursdays, 7:30 pm

Karate Classes

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

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

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

Jeffrey Jukes: 403-228-5039.

Run.Jump.LEAD!

Mondays at 4:50 pm (ages 9 to 12) Thursdays at 4:40 pm (ages 7 to 9) www.runjumplead.com/register-now.

Scouts

Thursdays at 6:15 pm

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









Sportball

Tuesdays at 9:30 am (2 to 3 years) and 10:15 am (3 to 5 years) www.sportball.ca.

Tennis Lessons

Learn or improve your tennis skills with weekly lessons with a qualified instructor.

Tuesdays 4:00 pm (5 to 8 years) 5:00 pm (9 to 12 years) www.firstservetennis.ca.

Young Rembrandts

Tuesdays at 5:00 and 6:00 pm www.youngrembrandts.com/southernalberta/viewclasses-enroll.

Adult Programs

Bridge

Fridays from 12:30 to 3:30 pm Free to join, and you don't have to be an expert player. We play Party Bridge, drop-in when it suits your schedule. If interested, please contact Tom Wilcock at 403-460-8241 or at twilcock@telus.net.

Chinook Country Line Dance

Tuesdays at 6:00 pm www.cclinedancers.ca.

Colour on Fire Art Education Workshops

Thursdays from 12:00 to 1:15 pm www.colouronfireartstudio.com.

Gentle but Strong Yoga

Thursdays from 12:00 to 1:15 pm mjgerlitz@gmail.com.

Jazzercise

Mondays, Wednesdays, and Fridays from 9:30 to 10:30 am Cherie: jazzcherie1@hotmail.com.

Karate Classes

Mondays at 6:30 pm (Parent and child 7+ years) Wednesdays at 6:30 pm (7 to 12 years) Wednesdays at 7:30 pm (Adult beginner, ages 13+) Jeffrey Jukes: 403-228-5039.

Mommy & Me Pilates

Tuesdays at 10:00 am and 11:00 am Fridays at 10:00 am Theresa Toth: toth31@shaw.ca.

Toastmasters

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

Lucy FIT: 4-Week Fit B4 Summer Challenge

Thursdays, 9:30 am from February 2 to 23 All ages, genders, and fitness levels (Kids under age 14 free) Cost: \$120

Bring: Water bottle, any workout bands, yoga mat, towel, and set of dumbbells (any weight)

Bonus: Lucy will share her top food secrets to shred fat effortlessly.

Register: 403-466-4813 or lucy@lucyfit.ca.

Zumba – New Class

Tuesdays, 9:30 am All levels welcome!

For more information or to register, contact 403-816-6897.

SCA Winter Programs

Register at www.scacalgary.ca.

Adult Art Classes (Karin)

10 classes - \$168 + \$8.40 = \$176.40

Watercolors Art #1 – Tuesday, January 10 to March 14, 1:00 to 3:30 pm

Acrylics Art #2 - Thursday, January 12 to March 16, 10:00 am to 12:30 pm

continued on next page

SCA PROGRAMS (CONTINUED)

Duplicate Bridge Lessons for Beginners

10 classes - \$100 + \$5 GST = \$105

Beginner – Friday, January 6, 13, 20, February 17, 24 March 3, 10, 17, 24, 31, from 9:30 to 11:30 am

Adult Chair Yoga (Sherry)

10 classes - \$60 + \$3 GST = \$63 - Hybrid (online/in-person)

Beginner Yoga #1 (More seated postures) – Monday, January 9 to March 20, 12:00 to 1:00 pm (no class February 20)

Intermediate Yoga #2 (More standing postures) – Monday, January 9 to March 20, 1:15 to 2:15 pm (no class February 20)

Intermediate Yoga #3 (More standing postures) – Wednesday, January 11 to March 15, 10:00 to 11:00 am

Sit and be Fit – Wednesday, January 11 to March 15, 11:15 am to 12:15 pm

Sit/Fit Yoga (Sherry)

Hybrid (online/in-person)

January 17 to March 21

Tuesdays, 10:00 to 11:00 am

10 classes - \$75 + \$3.75 GST = \$78.75

Drop-in is available (free for first class, \$10 after)

This class combines mobility and strength exercises with the mindfulness of yoga. Ideal for individuals who need the comfort and/or safety of seated exercise (standing is optional). This class is streamed online (watch from home) and limited space is available for those wishing to come into the community centre. Equipment suggested includes small and medium ball, resistance band, and set of small dumb bells.

SCA Line Dancing (Mary and Peggy)

10 classes - \$90 + \$4.50 GST = \$94.50 (BOGO \$135 + \$6.75 GST = \$141.75) Discount of \$45

Beginner (Level 1) – Wednesday, January 11 to March 22, 2:00 to 3:00 pm (no class February 22)

Improver (Level 2/3) – Wednesday, January 11 to March 22, 1:00 to 2:00 pm (no class February 22)

Intermediate (Level 4) – Wednesday, January 11 to March 22, 2:00 to 3:00 pm (no class February 22)

Advanced (Level 5/6) – Wednesday, January 11 to March 22, 1:00 to 2:00 pm (no class February 22)





RESIDENT PERSPECTIVES

Understand These Three Rules of the Mind to Change Any Habit in 2023

by Lynn C. Cox



How many of us want to make some changes in 2023? Perhaps you want to stop that habit of procrastinating, shed excess weight, start a new wellness program, get better sleep, or kick an unhealthy habit to the curb? How often have you tried to make one of these changes in the past and stopped short of your goals because something in you turns you in the other direction?

Sometimes it feels like we're in a battle of the wills with our own minds.

Conventional wisdom would have us believe that our minds are extraordinarily complicated and the process of understanding it, changing it, and managing it is close to impossible.

In the recent decade, there has been more research into, curiosity around, and mainstream adoption of neuroscience, Rapid Transformational Therapy (RTT), hypnotherapy, positive psychology, and mind body connection. What this means is people are hungry to move out of the dark ages of psychology and embrace an understanding of the mind, and practical practises to help achieve better mental, emotional, and physical health!

When it comes to longs-standing habits of action, such as overeating, procrastinating, feeling stress and anxiety and being prone to negative thought loops, the first place to begin is understanding a few rules of the mind. We cannot change anything we do not understand, and these 3 Rules of the Mind will help anyone on their journey of transformation.

1. The Mind Does What It Thinks You Want It to Do:

Our number one drive as a species is survival, and how do we survive? By staying safe! Safe typically means not taking risks (even measured ones), colouring within the lines that we've always known, and avoiding rejection at all costs. The mind thinks you want it to keep you safe.

For example, if you really want to up your game in business and become a phenomenal presenter, but you're not used to this, your mind will 'keep you safe' by convincing you taking this step amounts to danger. Don't worry, there's a way around this so you can explore, try new things, and develop yourself!

2. The Mind Loves the Familiar and is Repelled by the Unfamiliar

Along with point one, the mind is quite comfortable having the same old, same old. How many times have you heard stories about couples who are unhappy together because their habits have become boring. Or think about a two-year-old who always wants to wear the same outfit, have the same toy, and eat the same thing for breakfast.

Way, way back when we were hunters and gatherers, the familiar kept us safe and alive. We knew what was poisonous and what wasn't, so we would stick to the safe and familiar. This love of the familiar is deeply wired into our primitive brains. But it can hold us back when we want to make changes in our life. Don't worry, you can retrain your mind to love the unfamiliar!

3. The Mind Responds to Two Things: Words and Pictures

The way our mind processes information is with words and pictures. The good news is the words create the pictures! Just try this exercise; sit in a room with a pen and paper and for five minutes, just write down all that chatter going on in your mind. You'll notice that thoughts, words, and pictures are repetitive.

You can actively choose what words you want to put in there and create compelling pictures to excite your mind and start to change. Do you want to take on healthier habits and shed weight for example? You can repeat words to yourself in many ways. Make a recording with the change you want to see and listen to it. Stop your habitual thoughts and plant the new words in there. Put them on your screensaver or write on your mirror.

Our minds are quite simple, and once you understand the mechanics, you are empowered to become the master of your mind and your life!

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STRATHCONA PARK COMMUNITY **REAL ESTATE ACTIVITY**

| | Prope | erties | Media | n Price |
|--------------|--------|--------|-----------|-----------|
| | Listed | Sold | Listed | Sold |
| December 22 | 1 | 3 | \$739,900 | \$775,000 |
| November 22 | 5 | 5 | \$699,000 | \$679,000 |
| October 22 | 6 | 10 | \$557,450 | \$564,750 |
| September 22 | 9 | 12 | \$637,500 | \$623,000 |
| August 22 | 12 | 10 | \$682,400 | \$687,500 |
| July 22 | 8 | 3 | \$550,000 | \$580,000 |
| June 22 | 8 | 12 | \$614,900 | \$594,000 |
| May 22 | 18 | 11 | \$739,900 | \$775,000 |
| April 22 | 15 | 16 | \$774,950 | \$775,000 |
| March 22 | 14 | 13 | \$738,000 | \$750,000 |
| February 22 | 9 | 13 | \$629,000 | \$700,000 |
| January 22 | 10 | 10 | \$655,000 | \$634,000 |

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

CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

| | | Prope | erties | Mediai | 1 Price |
|-----------|----|--------|--------|-----------|-----------|
| | | Listed | Sold | Listed | Sold |
| December | 22 | 1 | 0 | \$0 | \$0 |
| November | 22 | 4 | 3 | \$778,000 | \$743,000 |
| October | 22 | 2 | 2 | \$352,400 | \$325,000 |
| September | 22 | 2 | 0 | \$0 | \$0 |
| August | 22 | 2 | 1 | \$348,800 | \$358,800 |
| July | 22 | 2 | 2 | \$339,950 | \$334,950 |
| June | 22 | 4 | 4 | \$612,450 | \$597,500 |
| May | 22 | 7 | 6 | \$674,900 | \$675,500 |
| April | 22 | 1 | 7 | \$795,000 | \$783,000 |
| March | 22 | 11 | 2 | \$809,700 | \$809,250 |
| February | 22 | 4 | 4 | \$834,900 | \$884,250 |
| January | 22 | 4 | 3 | \$819,500 | \$804,000 |

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

Decluttering? Tips for Selling Your Used Items Online

From the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

COMMUNITY NEWS

The Christmas Day Family Skate was well attended this year. Thank you to our rink volunteers for all their work getting the rinks ready and thanks to Maureen Smith for spending her Christmas day providing hot chocolate and cookies to everyone who came out to join us!



Students in the Colour on Fire adult art education classes at the SCA are producing some amazing pieces of art! These artists are new and emerging into the practice of art making and they are loving their art classes at the SCA! Thank you to Maya, Kimberly, Laverne, Helen, Liping, and Rose for sharing.













Have a picture you'd like to share? Send it to cathy.duke@scacalgary.ca.

What is Bronchiolitis?

by Alberta Health Services

Bronchiolitis is an infection caused by a virus. It affects the lower part of the lungs. Bronchiolitis is common in babies, but it can happen in children up to age two. Bronchiolitis makes the small airways that carry air to the lungs (bronchioles) swell and make more mucous. The bronchioles become narrow, which causes wheezing, lots of coughing, and trouble breathing.

What Causes It?

The most common virus that causes bronchiolitis is RSV (respiratory syncytial virus). Your child can get an RSV infection more than once. In older children and adults, RSV causes a common cold rather than bronchiolitis.

What are the Symptoms?

At first, your child may have common cold symptoms such as:

- · A runny nose
- · A mild cough
- A fever
- · Low energy
- · Eating less than normal

About one to three days after cold symptoms start, the infection can cause bronchiolitis symptoms such as:

- · A cough that's getting worse
- Lots of coughing
- Wheezing
- Fast breathing
- Indrawing (when the skin gets sucked in at the neck, collarbones, or between the ribs with each breath)
- Throwing up after coughing
- Trouble feeding (breast or bottle), especially for babies younger than six months
- Fewer wet diapers

Bronchiolitis can be more serious in some children, especially if they:

- Were born early (premature, before 34 weeks)
- · Are younger than 3 months
- · Have a history of asthma or lung problems
- · Have a history of heart problems

Take your child to a doctor if they have any symptoms of bronchiolitis.

How is it Diagnosed?

A doctor may diagnose bronchiolitis by asking for your child's medical history and checking their symptoms. Your child probably won't need tests if they have typical bronchiolitis symptoms.

How is Bronchiolitis Treated?

Bronchiolitis happens the same way in most children. Symptoms tend to get worse until day four or five, and then they slowly get better. Most children feel better in one to two weeks. Some children have a cough that lasts a few weeks. If your child has bronchiolitis, you can usually take care of them at home. There is no medicine for bronchiolitis. Antibiotics do not work because bronchiolitis is caused by a virus.

Care at Home

Coughing

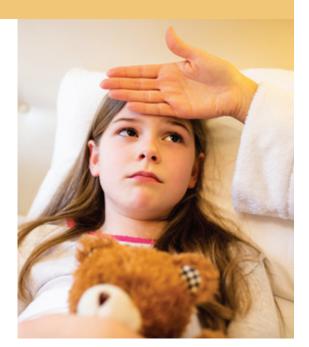
- Keep your child sitting or propped up instead of lying down, because it's easier to breathe in this position.
 A cool-mist humidifier in your child's room can help with their cough. Follow the directions for using the humidifier and keep it out of reach of children.
- Cough medicine isn't good for young children. Do not give cough medicine to children younger than six years.

Stuffy Nose

- Clean out your child's nose to make breathing and feeding easier.
- Try saltwater nose sprays to help loosen mucous in the nose. Spray or drop salt water into each nostril then suck out the mucous with a nasal aspirator. Talk to your pharmacist to find the right products for your child. Don't make your own saltwater solution at home.
- Clean your child's nose before feeds and bedtime, and as often as they need during the day.

Eating and Drinking

- Encourage your child to drink fluids. Your child may not want to drink like they usually do but keep offering small amounts of fluids throughout the day so that they stay hydrated.
- Babies younger than six months should continue to feed (breast or bottle) as usual. Keep track of how many wet diapers they make.
- Your child may not want to eat food when they're sick, and that's okay.



Fever and Discomfort

- You may give acetaminophen (Tylenol or Tempra) or ibuprofen (Advil or Motrin) to keep your child comfortable. Follow the directions on the package or the directions from your healthcare provider.
- Do not give aspirin to anyone younger than 18 years because of the risk of Reye syndrome, a serious illness.

How Can You Prevent It?

Bronchiolitis spreads easily through close contact with someone who's sick and is coughing or sneezing around you. Touching toys or sharing food with someone who's sick can spread the virus. Children with bronchiolitis are contagious for almost a week after they first get sick. Keep your child at home if they're coughing a lot. To prevent bronchiolitis:

- · If your child has bronchiolitis, keep them at home until they feel better.
- · Keep a child with bronchiolitis away from young babies (under three months).
- · Wash your hands often to stop the virus from spreading. Teach your child to wash their hands before and after eating, coughing, or sneezing.
- Don't smoke, use other tobacco products, or vape around your child. Second-hand smoke can put children at higher risk of infections.

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Councillor, Ward 6
Richard Pootmans

403-268-1646

≥ Eaward6@calgary.ca

Calgary.ca/ward6 @pootmans

@ @richardpootmans9

Hello Ward, 6,

With more people heading outside for winter activities, The City of Calgary wants to remind kids and their families to be safe while enjoying outdoor skating.

Prior to lacing up, it's important to remember that not all ice surfaces are safe for skating. While your community storm pond may look inviting, recreational activities are not allowed on them.

Storm ponds play an important role, providing protection from overland flooding while returning cleaner water back to the river, but they have hidden hazards that make them dangerous to people and pets. Rapidly changing water levels cause unstable air gaps and quickly changing depths. The ponds also have sediment and contaminants (e.g., bacteria, fertilizers, pesticides, vehicle fluids, metals, and road salt) that are collected as water travels through the community on their way to the storm pond, which can weaken the ice. That's why it's not safe to skate, walk or play on storm ponds.

Ward 6 is home to so many incredible outdoor rinks that are maintained by our hardworking community volunteers. Here are some locations of ODRs that are safe and are a "must-visit".

- Aspen: 60 Aspen Hills Drive SW
- Discovery Ridge: Corner of Discovery Ridge Hill and Discovery Ridge Boulevard
- · Coach Hill: 6840 Coach Hill Road SW
- Cougar Ridge: At Cougarstone Park on Cougar Ridge Drive SW
- Glendale: 2405 Glenmount Drive SW
- Glenbrook Community Association: 3524 45 Street SW
- Glenbrook: 4725 Graham Drive SW
- Glamorgan Community Association: 4207 41 Avenue SW
- Signal Hill: 489 Sienna Park Green SW
- SCA Community Association: 277 Strathcona Drive SW
- Springbank/Montreaux: 535 St. Moritz Dive SW
- Sprinbank Hill: 3804 Springbank Boulevard SW
- Westgate Community Association: 4943 8 Avenue SW
- Wildwood Community Association: 4411 Spruce Drive SW Did we miss any skating rinks? Contact clward6@calgary.ca to update our list.

Sincerely, Richard Pootmans www.Calgary.ca/ward6



MLA Calgary - West Mike Ellis 234 - 333 Aspen Glen Landir

234 – 333 Aspen Glen Landing SW Calgary, AB T3H 0N6

403.216.5439

□ calgary.west@assembly.ab.ca

I was honored to introduce the Police Amendment Act 2022 during the fall sitting of the Alberta legislature. The Police Amendment Act 2022 improves police accountability and enhances public confidence by reforming policing practices and strengthening ties to the community. The Act amends the Police Act to establish an independent agency to manage complaints against police, expand the Alberta Serious Incident Response team (ASIRT) mandate, foster greater collaboration between police and communities, and encourage diversity and inclusion. The Act also mandates the creation of formal civilian governance bodies in jurisdictions policed by the RCMP and gives these communities a greater role in setting policing priorities and performance goals. This responds to a long-standing desire from those communities. Changes reflect the modern role of the police serving as a responsive extension for the community and marks the first major reform to the Police Act in 34 years. Amendments to the Act were developed following extensive engagement with Albertans, law enforcement, health and social services sectors, Indigenous communities, and communities representing cultural and ethnic diversity.

I believe strongly that police should have a strong connection to their community, functioning as a police service that is an extension of the people it serves, rather than as a strong arm of the government. This first major update to the Police Act in generations is a blueprint for building police services in Alberta that embody that principle, along with reforms that strengthen accountability, while giving communities more input and promoting diversity.

Another major milestone has been achieved in Calgary. Now that construction on The Calgary Cancer Centre has been completed, Alberta Infrastructure has handed over the \$1.4 billion cancer centre to AHS to complete the final stages of the project. The Centre is among the newest, most technologically advanced medical facilities in Canada. It will serve as a hub for medical education and research activities and will provide jobs and educational opportunities for Albertans. Further, cancer care capacity will be increased through consolidation and expansion of existing services. AHS is preparing the hospital for clinical services, including installing equipment and furniture, and training staff. Once operational, the 186,000 square meter facility will have 160 patient beds, and 100 patient exam rooms.



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We are in need of gently used furniture, clothing, and household items.

Please visit **winsyyc.ca** for stores and donation centre locations.



Mardi Gras



On February 24, 1857, New Orleans held its first Mardi Gras parade. Interestingly, attendees wore masks to conceal their identities and in so doing, they were able to escape society's rigid class constraints. Masks gave them the freedom to act however they wanted, with whomever. To this day, masks and parades remain sacred Mardi Gras traditions!

Has someone ever tried to...

- · Control your money or actions?
- Force you to sign papers against your will?
- Make you feel unsafe?
- Touch you in ways that you did not want?
- Hurt you physically?
- Deny you food, clothing, medication, medical care or proper shelter?

Elder abuse

is any action or inaction by self or others that causes harm to the health and well-being of any older adult.

Elder abuse can take several forms including financial, emotional, physical, sexual, medication and neglect.

Any kind of abuse is unacceptable.

Remember, it's not your fault.



To report a concern or get help for yourself or someone you know:

- In case of emergency, call 9-1-1
- Calgary Police Service non-emergency line: 403-266-1234

To get information or support:

- Elder Abuse Resource Line: 403-705-3250
- 403-SENIORS: 403-736-4677
- · Talk to your family physician or someone you trust



Prepared by the "Coordinated Community Response to Elder Abuse" Action Team with Age-Friendly Calgary, Alberta Health Services, Calgary Catholic Immigration Society, Calgary Chinese Elderly Citizens' Association, Calgary Legal Guidance, Calgary Police Service, Calgary Seniors Resource Society, Carya, City of Calgary, Diocese of Calgary, Distress Centre Calgary, HomeFront Calgary, Immigrant Services Calgary, Jewish Family Service Calgary, Kerby Centre, and University of Calgary.

PHOTO GALLERY by Nyckie Rea











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| | | Properties | | Media | n Price |
|-----------|----|-------------------|------|-------------|-------------|
| | | Listed | Sold | Listed | Sold |
| December | 22 | 9 | 5 | \$854,000 | \$825,000 |
| November | 22 | 5 | 7 | \$1,128,800 | \$1,070,000 |
| October | 22 | 10 | 18 | \$1,182,450 | \$1,140,000 |
| September | 22 | 14 | 15 | \$799,800 | \$798,000 |
| August | 22 | 14 | 6 | \$899,900 | \$877,500 |
| July | 22 | 19 | 13 | \$850,000 | \$813,000 |
| June | 22 | 26 | 25 | \$825,000 | \$850,000 |
| May | 22 | 20 | 14 | \$944,950 | \$937,500 |
| April | 22 | 28 | 37 | \$790,000 | \$780,000 |
| March | 22 | 45 | 37 | \$898,800 | \$915,000 |
| February | 22 | 32 | 23 | \$1,125,000 | \$1,126,000 |
| January | 22 | 11 | 15 | \$839,900 | \$840,000 |

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

Please allow us to introduce ourselves! We are RAINBOW ELDERS CALGARY A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteerrun organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness. We believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com www.rainbowelderscalgary.ca

Friendships, Social Events, Picnics, Role Models, Companionship, Coffee & Cookies, Movie Nights, Connecting with Youth, Making a Difference, Being Proud, & Celebrations





Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!



GAMES SUDOKU

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

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Real Estate (Central)

* MLS data, Calendar 2022. Detached homes on the Westside – the combined communities of West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona Park, Coach Hill, Patterson, & Cougar Ridge.