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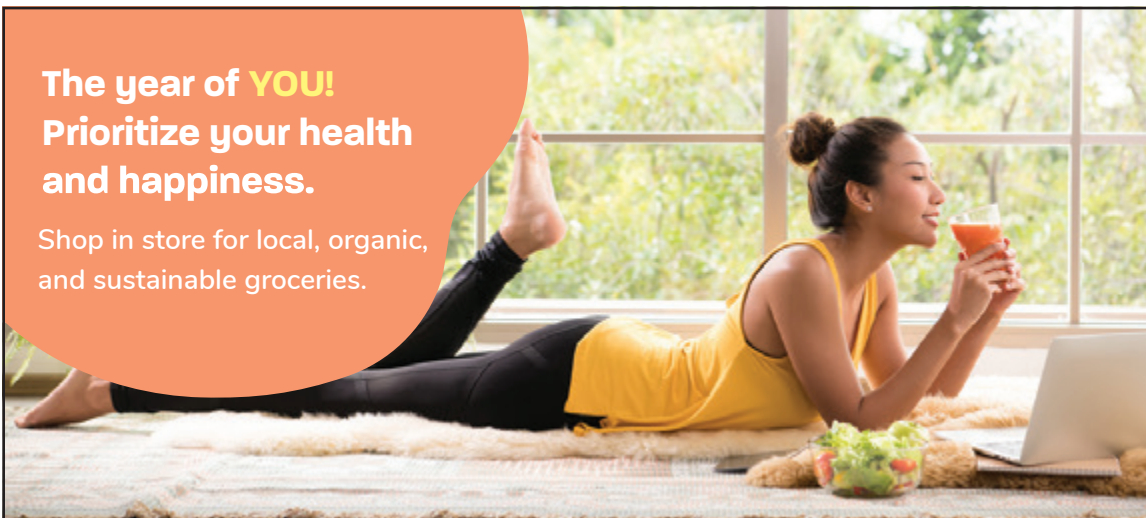
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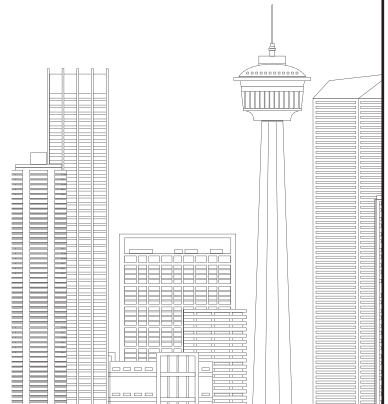


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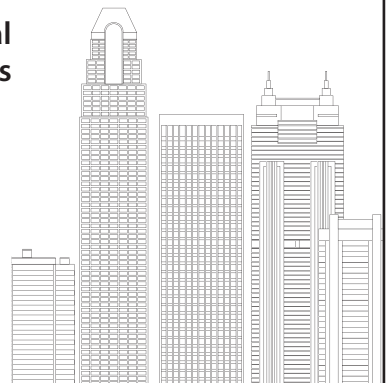
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**To View
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Emergency

F: 403-249-7811
403-214-1838

Email info@scacalgary.ca
Website www.scacalgary.ca

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

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ELECTED REPRESENTATIVES

Ron Liepert – MP, Calgary Signal Hill	Ron.liepert@parl.gc.ca	403-292-6666
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PRESIDENT'S MESSAGE

A new year, blank slate, fresh page. 2022 felt like it was going to be a reset year but at the end of the year it felt much like previous years. Hospitals full and short staffed, schools closing, and talk of reinstating the mask mandate. A sadness permeated Christmas – so many sick children.

I have high hopes for 2023 even though I think it will be another tough year of fighting viruses and rising grocery prices. An eye on the war in the Ukraine and how Europe will manage their energy crisis. It won't be an easy year, but we are made of hardy stock, us Calgarians, and I think if we stick together and help one another we will not just survive but thrive in 2023.

At the SCA on January 26, 2023, from 6:30 to 8:30 pm, the SCA and CCIS (Calgary Catholic Immigration Society) are collaborating to present workshops, and we need your help on what our community would benefit from. Come be part of the process and meet your community and learn about some new programs and services CCIS offers. Engage in informal conversation and networking. Enjoy some refreshments and participate in a draw for door prizes. Everyone is welcome! This is the first step in bringing CCIS resources to our community. Please watch for further details coming soon on the website and other community posts.

The SCA website (www.scacalgary.ca) is full of winter programming for all ages; don't let the cold keep you from enjoying an activity and meeting new people!

We are always looking for more volunteers to help with maintaining our ice surfaces during the winter. If you have a few hours to spare to help our dedicated group of rink volunteers, please send your contact information to info@scacalgary.ca.

The communities of Strathcona, Christie, and Aspen are 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.

I would like to take this opportunity to thank Panago for generously supplying pizza for volunteer events; Panago is always at the ready to support the SCA. Also, a shoutout to Amica for partnering with the SCA in hosting a Seniors' Dance in December – the music was great, the snacks delicious, and a good turnout on the dance floor!

I am going to approach the new year with optimism; it might be a bit of an uphill walk, but I am ready for the challenge. I hope the new year is kind to you, your family, and friends!

Best wishes,

Maureen Smith – SCA President

P.S. Whoever took the SCA's green bin, please return it!

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?

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COMMUNITY NEWS

Rink Volunteers Welcome

Join our great group of rink volunteers and lend a hand maintaining the ice this winter. Give as much or as little time as you can. Many hands make light work! If you can help, please send us an email at info@scalgary.ca or call us at 403-249-1138.

Neighbourhood Watch Program – Volunteers Needed

The communities of Strathcona, Christie, and Aspen are looking for volunteer administrators for the Neighborhood Watch Program. If you are interested in finding out more about this position, please email info@scalgary.ca and your questions will be answered.

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.



Olly was dressed and ready this holiday season!

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

SCA 2023 Schedule						
MON	TUES	WED	THURS	FRI	SAT	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						
Jazzercise, 9:30 am	Sportball, 9:30 am, 10:15 am	Jazzercise, 9:30 am	Lucy Fit, 8:30 am	Jazzercise, 9:30 am		Pathfinders, 6:30 pm
Older Adult Yoga, 12:00 pm, 1:15 pm	Mommy & Me Pilates, 10:00 am	Older Adult Yoga, 10:00 am	Adult Art, 10:00 am	Bridge Lessons, 9:30 am		
Tai Chi, 1:30 pm, 2:45 pm	Adult Art, 1:00 pm	Sit & Be Fit, 11:15 am	Gentle but Strong Yoga, 12:00 pm	Mommy & Me Pilates, 10:00 am		
Calgary Performers, 4:00 pm, 6:00 pm	Tennis 4:00 pm, 5:00 pm	Tai Chi, 11:00 am	Adult Art Workshops, 12:00 to 1:15 pm	Bridge, 12:30 pm	PRIVATE RENTALS	
Run.Jump.LEAD!, 4:50 pm	Young Rembrandts, 5:00 pm	SCA Line Dance, 1:00 pm	Calgary Performers, 4:00 pm, 6:00 pm	Older Adult Dance, 1:00 pm		
CYP Theatre, 5:30 pm	Chinook Country Line Dancers, 6:00 pm	Highland Dance, 4:30 pm	Run.Jump.LEAD!, 4:40 pm			
Rangers, 6:00 pm	CYP Theatre, 6:30 pm	Engineering for Kids, 4:30 pm, 6:15 pm	CYP Theatre, 5:00 pm			
Sparks/Pathfinders, 6:30 pm	Pathfinders/Rangers, 6:30 pm	Karate, 6:30 pm	Scouts, 6:15 pm			
Karate, 6:30 pm		Pathfinders, 6:30 pm	Kids' Art, 5:15 pm			
Toastmasters, 7:30 pm		Colour on Fire, 5:15 pm, 6:30 pm				

UPCOMING EVENTS

Meet your Neighbours at our Community Winter Meet Up – January 26, 6:00 to 8:30 pm

SCA CA and Calgary Catholic Immigration Society (CCIS) are collaborating to present workshops and we need your help on what our community would benefit from.

- Come and meet members of your community and learn about some new programs and services CCIS offers
- Informal conversation, networking
- Refreshments and prizes
- Everyone's welcome

Valentine Wreath Making – February 2, 7:00 to 9:00 pm

Please visit www.scacalgary.ca for more details on this event.

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

Calendar

January 18 SCA Board Meeting, 7:00 pm

February 2 Valentine Wreath Making, 7:00 to 9:00 pm

February 15 SCA Board Meeting, 7:00 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.





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.crypt.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.

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/view-classes-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 and Fridays at 10:00 am

Theresa Toth: toth31@shaw.ca.

Toastmasters

Mondays at 7:30 pm

www.westhilltoastmasters.easy-speak.org.

Lucy FIT: 4-Week Fit B4 Summer Challenge

Thursdays, 8:30 am from January 12 to February 2

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.

SCA Winter Programs

Register November 28 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

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

continued on next page

SCA PROGRAMS (CONTINUED)

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)

9 PM

ROUTINE

CALGARY
POLICE
SERVICE

☒ **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

BRAIN GAMES SUDOKU

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

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The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | info@nancybergeron.ca



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

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.



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The Greatest Exchange

Dating Etiquette for Singles

The High-Functioning Marriage

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www.kcccalgary.org | Youtube: [kcccalgary](https://www.youtube.com/kcccalgary) | Facebook: [kingschristiancentre](https://www.facebook.com/kingschristiancentre)



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Unsecured food waste attracts wildlife. Keep clever coyotes hunting in the wild by ensuring garbage, compost, and recycling are in secure bins.

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Please visit
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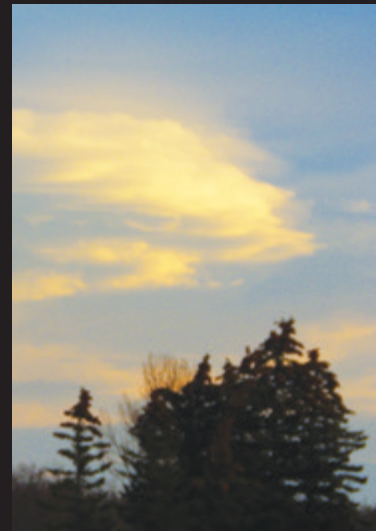


PHOTO GALLERY

by Nyckie Rea



"We should protect wildlife, because directly or indirectly, our lives depend on them!"



"Staring at the sky restores your hope and connects you to nature."



"Birds and angels should be part of our lives, for both have wings and songs."



"The moon is the light that governs the night."

Old Fashioned Fish Pie

by Jennifer Puri



Simple and traditional, Fish pie is a comfort food that originated in Scotland and is an integral part of the culinary heritage of the British Isles.

Sweet, soft, salty, and smooth, comfort foods are associated with a feeling of emotional well-being.

Mashed or fried potatoes were the original comfort food, along with Chicken soup, meatloaf, perogies, and Mac and Cheese.

Comfort foods are a trend that is constantly evolving and is reflected in our modern-day versions such as chips, ice cream, cookies, pizza, pasta, and burgers.

A classic cold weather dish, Old Fashioned Fish Pie uses white fish fillets, prawns, leeks, and spoonfuls of fresh herbs. It pairs well with soups, salads, cooked peas, or carrots.

The mashed potatoes used in this recipe can be substituted with sliced potatoes, puff, or crust pastry.

Prep Time: 40 minutes

Cook Time: 1 hour 45 minutes

Servings: 4 to 6

Ingredients:

- 1 ½ lbs skinless white fish fillets
- 12 raw tiger prawns
- 2 ½ lbs of peeled potatoes
- 3 ½ cups milk

- 2 cups leeks finely chopped
- 2 Bay leaves
- 10 peppercorns
- 10 tbsps. of butter
- ½ cup all purpose flour
- 5 tbsps. of chopped fresh parsley
- 4 tbsps. of chopped fresh dill
- Salt and black pepper to taste

Directions:

Place the milk, bay leaves, peppercorns, and leeks in a saucepan and bring to boil. Simmer on low heat for 10 minutes and then strain the mixture and set aside.

Arrange the fish fillets in a large pan and pour the strained mixture over them and simmer on stove for 5 to 7 minutes. Remove fish fillets from pan, flake the fish, and then place in a medium size baking dish. Arrange shelled prawns on top of the fish and set aside.

Melt half the butter in a saucepan over medium heat, stir in the flour, and gradually add the flavoured milk. Simmer until sauce thickens (about 10 minutes). Remove saucepan from stove and stir in the parsley, salt, and pepper to taste. Pour the sauce over the fish and prawns.

Boil peeled potatoes in salted water until soft then drain and mash. Add the remaining butter, chopped dill, and salt to taste. Spoon the mashed potatoes onto the fish and prawns spreading it evenly. Bake in a pre-heated oven at 350 degrees Fahrenheit for about 45 minutes or until the potatoes are crusty and golden brown. Serve immediately.

Bon Appétit!



Chinese New Year: Celebrating a New Future for Calgary's Chinatown

by Karen Paul, a Director of the Calgary Heritage Initiative Society and contributor to Heritage Inspires YYC



Chinese Cultural Centre (Calgary Heritage Initiative)

Our first Chinatown was settled as the homestead for Chinese immigrants brought to build Canada's first transcontinental railway, the Canadian Pacific Railway. First established in 1883 at 8 Avenue and 2 Street SE where the Calgary Municipal Building is today, it was relocated to 10 Avenue and 1 Street SW after the Great Calgary Fire of 1886. In 1910, the Canadian Northern Railway announced plans for a train station and a hotel at the location of the second Chinatown. Speculation drove up land and property values, resulting in landlords selling their properties and displacing Chinese tenants for a second time. Despite racist opposition, Chinatown moved in 1910 to its third and current location at the foot of the Centre Street Bridge. The first building occupied was the Chinese-owned Canton Block, built by Chinese business owners despite opposition by Calgary lawyer James Short and others who promoted relocation of Chinatown. This rare surviving example of the Edwardian Commercial style remains as a community historic resource. Completion of the Calgary Chinese Cultural Centre in 1992 signalled Chinatown's revival. Despite racist discrimination over the years, Chinatown has thrived, and the Chinese community has contributed significantly to Calgary as a multi-cultural city.

Its residences and businesses are enjoyed by Calgarians and visitors alike.

In 2016, the "Tomorrow's Chinatown" project was initiated in response to redevelopment pressures. In 2022, the City in close collaboration with the

community, completed the Chinatown Cultural Plan, Calgary's first such plan. It provides direction for investing in Chinatown's cultural future, considering the unique experiences and amenities that the community can offer. An Area Redevelopment Plan lays out a comprehensive planning vision for sensitive redevelopment in Chinatown.



Chinatown (Calgary Heritage Initiative)

An important first step in building trust and implementing the plan was the renaming of James Short Park and Parkade to Harmony Park in November 2022.

2023, the year of the rabbit, marks the 100th anniversary of the Chinese Exclusion Act, that banned immigration of Chinese people to Canada until 1947.



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
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	15	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
December	21	6	8	\$617,450	\$625,750

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

Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

Here Are Some Other Travel-Related Resources from BBB:

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to [BBB.org](https://www.bbb.org).

Ask Charles

"I've just been elected to my condo board. How do I know which responsibilities fall under the condo corporation, the condo board, and the condo manager?"

Making sense of the different bodies responsible for overseeing a condominium complex's day-to-day operations can be a bit overwhelming at first. Hopefully, I can help clear up some of the confusion.

Condo Corporations

The condominium corporation is made up of, and represents, all unit owners of that condo complex. So, if you own a unit in the condo complex, you are a part of the condo corporation. It is a legal entity that has all the rights and responsibilities of any other legal entity (i.e., individual or business).

In Alberta, the Condominium Property Act governs the operations of condo corporations and sets out responsibilities related to managing the common property, preparing the annual budget, collecting fees, holding insurance, and enforcing the corporation's bylaws and rules. The Condominium Property Act also sets out the requirement that all duties of the condo corporation be carried out by an elected board of directors (i.e., the condo board).

The Condo Board

As with other elected entities, the condo board represents and acts on behalf of the individuals that elected it. In this case, the individuals that make up the condo corporation.

So, the condo corporation is synonymous with all unit owners in the complex and is responsible for

the business of the corporation. The condo board is elected by the condo corporation to carry out the business on its behalf.

Still with me? Okay, so this is where a condo manager may come into the equation.

Condo Managers

It takes a lot of work to manage a condo complex and many volunteers on the condo board, understandably, don't have the time. While the condo board can choose to self-manage the complex, they also have the choice to hire a condominium manager to oversee the day-to-day tasks.

The tasks that the condo manager is ultimately responsible for will be determined by the contract or written service agreement between the condo corporation and the condo management brokerage. These agreements usually expire annually, to be renewed and renegotiated and voted on by the corporation at the Annual General Meeting (AGM). As a new director on your condo board, it's important to review and understand the current written service agreement.

Your condo board should also be aware that as of December 1, 2021, condo management companies (brokerages) and individual condo managers must hold a licence with RECA. Check to see if your condo manager is licensed using the 'Find a Licensee' tool on reca.ca.

You've got questions. He's got answers.

Charles Stevenson is the Registrar at the Real Estate Council of Alberta. Buying, selling, and managing real estate in Alberta can be confusing, but it doesn't have to be.

If you have a new question for Charles, please email askcharles@reca.ca.

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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.

New Info to be Added to Food Labels

from Alberta Health Services

Sugar is a carbohydrate and is found naturally in fruits, vegetables, and dairy products. Sugar is also added to food and drinks to improve taste, texture, or shelf life.

Too much sugar, however, can lead to dental cavities in children, and may lead to people eating more calories than we need.

To help you make lower sugar choices, look for a new front-of-package symbol that will appear on some packaged foods in Canada. Food companies have until 2026 to put a front-of-package label that will tell you if a food is high in sugar, sodium (salt), or saturated fat.

The new nutrition label will have a black-and-white symbol of a magnifying glass and will be beside any ingredient the food is high in. This symbol can help you when you are grocery shopping, so you can choose foods that are low in sugar. Regular pop, candies, chocolates, frozen desserts, and baked goods add the most sugar to Canadians' diets.

To lower the amount of sugar in your diet:

- Choose water to drink instead of regular pop, juice, or other sweetened drinks.
- Try baking at home and lower the amount of sugar in your recipes.
- Choose snacks such as fruit, yogurt, or nuts more often than candies, chocolates, frozen desserts, or baked goods.
- Choose plain milk or plain yogurt instead of flavoured ones. You can mix in fruit, unsweetened granola, or nut butter to plain yogurt to give it extra flavor.
- Limit the number of prepackaged foods you eat with the "high in sugar" label.



Gentle Intentions

from Alberta Health Services

Every January, there seems to be the pressure of locking in New Year resolutions. Be kind to yourself and instead consider setting some "gentle intentions." Without focusing on overwhelming changes, reflect on smaller things we can do each day to improve our wellbeing. This shift in mindset can set up more sustainable, meaningful routines for 2023!

Here Are Some Tangible Tips to Embrace:

Sleep

Create habits that help you get a good night's sleep. Avoid looking at screens before bed, write your thoughts about the day in a journal, read a good book, or take a mindful moment to relax before getting some ZZZs.

Nutrition

You must nourish to flourish! Fuel your body in a balanced way that feels right. Learn how you can also support others by contributing to local food banks, healthy food boxes, or community fridges.

Helping Others

Everyone can use a helping hand from time to time. Think about the ways you can be active and helpful to your community. Why not surprise your neighbour by shoveling their walkway or inviting them over for a cup of tea!

Supportive Connections

Think about the natural supports in your life, like friends, family, or members of your faith community. Check in with them after the excitement of the holidays is over. Rather than just responding, problem solving, or offering advice, try to offer support by listening.

Physical Activity

We know it will be chilly or snowy, so try to embrace the cooler season! Enjoy a hot cocoa, visit your local skating rink, or simply head out for a beautiful winter stroll.

Calgary Winters Are Safer When Everyone Pitches in to Clear Snow and Ice

from the City of Calgary

While our crews are clearing roads, designated pathways, and overpasses, residents and business owners are reminded to remove snow and ice from their property's adjacent sidewalk within 24 hours of snowfall ending.

The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period.

Uncleared sidewalks can be reported to 311. Make sure to include the address or specific location details. A photo can be included with the 311 app.

When a complaint is submitted to 311, a Community Peace Officer issues a Snow and Ice Removal Notice, which gives the owner/occupant of a parcel 24 hours to clear the sidewalk. If after 24 hours the sidewalk has not been cleared, the file is then sent to a contractor to clear the sidewalk at the owner's expense.

Consider being a Snow Angel and clear the sidewalk of a neighbour who could use your help.

Learn more at calgary.ca/snowfines.



Submit a Nomination for the 29th Annual Calgary Awards by February 1

from the City of Calgary

Incredible happens here. The Calgary Awards celebrate outstanding individuals and organizations whose exceptional achievements and contributions make life better for Calgarians.

Award Categories Include:

The Community Achievement Awards

- Grant MacEwan Lifetime Achievement
- Calgarian of the Year (previously Citizen of the Year)
- Arts
- Community Advocate - Individual
- Community Advocate - Organization
- Commerce - Under review
- Education
- Heritage
- Youth

The Award for Accessibility

The Environmental Achievement Award

The International Achievement Award

Look to your neighbours, colleagues, community leaders, local groups, and companies who qualify for a Calgary Award. The nomination process is easy – follow the steps outlined at calgary.ca/calgaryawards and submit a nomination by February 1.



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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
December	21	10	7	\$580,000	\$575,000

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
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
December	21	1	2	\$904,500	\$902,070

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



Councillor, Ward 6
Richard Pootmans

📞 403-268-1646

✉️ Eaward6@calgary.ca

🌐 Calgary.ca/ward6 📱 @pootmans

📷 @richardpootmans9

Happy New Year Ward 6,

I hope you had a lovely Christmas and rang in the new year with those who are most important to you. With a new year comes a sense of belief that good things are going to happen for our City, and I am looking forward to what 2023 will bring. A reminder of a couple things that are coming in January:

Snow Bans Restricted Parking: Online Map Shows Calgary's Snow Route Parking Bans

December brings the potential for snowfall in the city, and this means snow bans may come into effect. Before heading out, know which streets have parking restrictions by using The City of Calgary's online map that shows banned parking locations. The Snow Route Parking Bans map shows where parking is temporarily restricted on designated snow routes across the city. Parking bans may last up to 72 hours following a parking ban being issued by The City. This map is located at <https://maps.calgary.ca/SnowRouteParkingBans/>.

Tax Assessment Notices

Assessment notices are mailed to the current owner at the beginning of January. They reflect the market value of a property on July 1 the previous year and the condition of the property as of the subsequent December 31. I encourage you all to take the time necessary to examine your assessment for accuracy, as the customer review period is from January 4 to March 13, 2023. You can view all your information, access more useful tools and information, or contact the City Assessor at <http://Calgary.ca/assessment>.

The Ward 6 Team looks forward to representing you and helping you collaborate with the various departments within The City of Calgary to resolve your concerns.

Sign up for our more detailed monthly newsletters at Calgary.ca/ward6.

Sincerely,

Councillor Richard Pootmans



MLA Calgary - West

Mike Ellis

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

📞 403.216.5439

✉️ calgary.west@assembly.ab.ca

Happy New Year! My hope for you and your family is that you are blessed with good health, happiness, and success in 2023!

There is much progress being made in Alberta throughout all sectors of our economy. I continue to support the Alberta government's focus on fiscal responsibility, job creation, and diversification. Through the implementation of targeted actions by this government, Alberta's economy continues to flourish and build a prosperous economic future for our province. Continued high revenues from bitumen royalties, corporate income tax, and other revenue streams have sustained a forecasted surplus of \$12.3 billion this fiscal year. Even as economic growth is expected to slow this year across the country and around the world, Alberta's commitment to fiscal responsibility will ensure the province maintains its position as the economic engine of Canada.

With revenue forecast at \$76.9 billion and expense at \$64.6 billion, this surplus is allowing Alberta's government to pay down debt by \$13.4 billion this fiscal year. This reduces taxpayer-supported debt to \$79.8 billion and saves Albertans millions in interest payments. The government will commit another \$10.8 billion over the next three years towards savings, debt reduction, and other priorities to further secure Alberta's future economic prosperity.

Alberta's economic outlook remains solid, but risks are increasing. High inflation, rising interest rates, and geopolitical unrest are slowing global economic activity. Alberta's economy is positioned well to weather these challenges. Oil prices have softened but remain robust, boosting revenues in the energy sector. Strong growth in non-energy business output has also boosted export revenues and corporate profits. Investment is gaining momentum and Alberta's housing market is faring much better than the rest of the country. The province's strong fundamentals, including a young and growing population, high earnings, and a low cost of living, will continue to support growth in the years to come.

Albertans can share their views and ideas for Budget 2023 by filling out an online survey. The online submission portal is open until January 15, 2023. Please visit alberta.ca/BudgetConsultation.

Mike Ellis MLA, Calgary-West



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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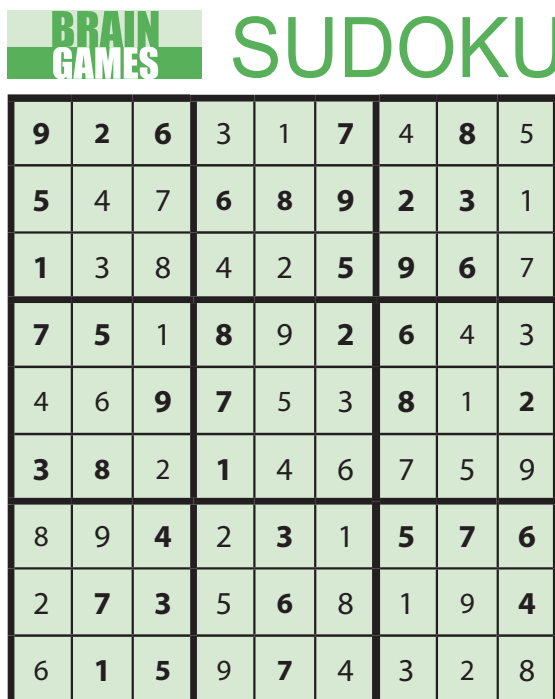
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4	6	9	7	5	3	8	1	2
3	8	2	1	4	6	7	5	9
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David lives here.

David believes in the value of our community. David has demonstrated his commitment to our community through his Artist in Residence programs with our local schools and the annual Music in the Park event in Discovery Ridge. As the top performing REALTOR® on the Westside, homeowners have come to appreciate David's commitment to the value of our community too.

David is invested in our Westside communities because this is where he lives, works, and plays.

When it's time to sell your home,
David is the REALTOR® your neighbours trust.

Friend
Neighbour
Realtor®
David Pellettier

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



Real Estate (Central)

*MLS DATA - CALENDAR 2015-2020 INCLUSIVE. DETACHED HOMES, LISTED & SOLD, IN THE COMBINED COMMUNITIES OF: WEST SPRINGS, ASPEN WOODS, SPRINGBANK HILL, DISCOVERY RIDGE, SIGNAL HILL, CHRISTIE PARK, STRATHCONA PARK, COACH HILL, PATTERSON, AND COUGAR RIDGE.