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The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER

PRESIDENT'S MESSAGE
PAGE 8



Photo by Nyckie Rea

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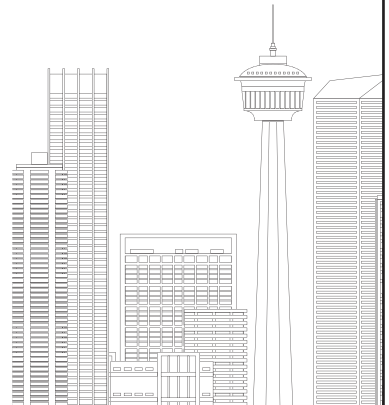


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STRATHCONA



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PARK**



**ASPEN
WOODS**



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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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Rink Volunteer Coordinator info@scacalgary.ca

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November	22	4	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

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

PRESIDENT'S MESSAGE

March is the time that I start seeds indoors; before too long, every windowsill in my house will be lined with solo cups of happy little seedlings! I am always conflicted about the weather in March – anxious for spring but also hoping our ice surfaces endure. On March 23 and 24, OHS active living classes plan to use the skating rinks at the SCA and I hope that spring cooperates. Even though March is often dreary and cold, this month signals the start of spring, and I will be happy to wait until after the 24 to do the rounds of my garden looking for the first signs of green.

It is the perfect time of year to start a new routine – how about joining a walking group? We welcome a new board member, Nina Rehill, who has stepped up into the role of secretary on the SCA board of directors. We are delighted to have Nina join the board and in addition to her role on the board, she is interested in facilitating community walking groups. If you have an interest in joining a walking group or have ideas that you would like to share, you can contact Nina at info@scacalgary.ca. A big thank-you to Nina for committing her time to her community!

You likely have heard that the moose cow calf pair that have been hanging out in the urban forest in lower Strathcona have been relocated. The pair had become aggressive, charging residents and pets, sadly killing a dog. We are so lucky to have urban forests running through our community but we need to be vigilant when using these spaces. In addition, and often adjacent to our urban forests are stormwater ponds. Not all these ponds are fenced. They freeze over in winter, but the ice is very unstable – please, please, please stay off and away from stormwater ponds!

I wonder if Lowe's has a sale on potting soil. Time to get my hands dirty! Happy spring everyone!

Maureen Smith – SCA President

P.S. As ever, I want to express my appreciation for our rink volunteer group – what a great group of dedicated, hard-working individuals that give their time to our community!

Calendar

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
April 15	Bow Valley Music Club, 7:00 pm
April 19	SCA Board Meeting, 7:00 pm

Community association members are welcome to attend SCA board meetings by appointment; please contact president@scacalgary.ca.

The Full Worm Moon



The third full moon of 2023 occurs in March! It is aptly named the 'Full Worm Moon' as March signals the start of spring, thawed grounds, and the return of earthworms!



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.

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Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



Glazed Rainbow Carrots

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

- 1 lb organic rainbow carrots
- 2 tbsps olive oil
- 2 tsps sugar
- 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- Serve immediately.



French Beans with Red Pepper and Onion

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- Salt and black pepper to taste

Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

Bon Appétit!



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(Strathcona Community Center)

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All levels welcomed.

The Imposter Syndrome: What It Is, Why It Matters, and How to Overcome It

by Lynn C. Cox

I remember the first time I came to understand what imposter syndrome is and I'll never forget it, even though it was over 15 years ago. I was early in my career as a public relations professional, and I had landed my dream job as an agency consultant with a well-respected international firm. I was so very green and desperate to succeed. I was worried about impressing my bosses, clients, and colleagues. And I was terrified that at any moment, the penny would drop and my bosses who hired me would 'figure out' that they made a mistake in hiring me.

My three former bosses are outstanding human beings and phenomenal coaches. They were being mentored by two prominent business leaders in corporate Calgary – one oil and gas executive and the other, a president of a public relations firm. The PR executive was a trailblazing woman in the field, and it was rumoured that she was behind the strategy of some of the most profitable companies. I was in very good hands.

One day, when I must have been expressing my lack of confidence in my abilities to perform, one of my bosses told me something I will never forget. She told me that her mentor (the ball-busting, PR maven genius who had been rocking the industry for at least 20 years) had confided this to her and I will quote second hand: "You know, after all of this time, I still have a fear that one day the phone is going to ring and the person on the other end is going to tell me that they know that I don't know what the hell I'm doing."

What?! I couldn't believe my ears that a widely respected, industry leader with decades of proof under her belt could possibly feel that way! How could that be, I wondered?

Enter The Imposter Syndrome...

That poised, intelligent, accomplished, and capable PR executive was like nearly 70 to 80 % of high achievers. They too, suffer from this feeling of being found out to be a fraud, an imposter, and don't think they deserve the accolades, prestige, salary, or opportunities that they, in reality, worked so hard for.

These people who suffer from the imposter syndrome will attribute their success to others potentially, or just dumb luck. Or they'll think that others around them who admire and respect them have simply been fooled by their confident exterior and made an error in judgement. And it couldn't be further from the truth.

So, Why Does Imposter Syndrome Matter?

It matters a lot because it is downright debilitating. It causes stress, anxiety, low self-confidence, shame, and in some cases, even depression. Those are the mental, emotional, and psychological impacts. We also now know that our mental and emotional state is directly correlated to our physical health; this Imposter syndrome can now impact your health.

And, what about other areas of your life such as career and relationships? If you don't feel that you have much to offer; how likely are you to put yourself forward for career-growing projects, assignments, and promotions?

If you feel that there is something inherently wrong with you and it's just a matter of time before the phone rings and the sinister voice on the other end says, "I've got your number, I know you're a fraud," how willing are you going to be to be brave and vulnerable in your relationships? Imposter syndrome matters. And it matters a lot!

So Why Do So Many of Us Experience Imposter Syndrome?

Essentially, all of the issues we experience, from imposter syndrome to addictions to anxiety and phobias, have a root cause belief underlying them. Here are the three most common:

1. I am different and what I want isn't available to me.
2. I am different and can't connect/don't believe.
3. I am not enough.

I am quoting the wisdom of my teacher, Marisa Peer. In her experience, every issue boiled down to those three core beliefs, and always, always, #3 – I'm not enough. In my experience, I've seen the same. So, can you see how if one or more of your core underlying beliefs about yourself is #1, #2, #3, or all of them, how you just might, maybe, experience the imposter syndrome? I thought so.

Beliefs Guide Actions, Actions Reinforce Beliefs

Here are a few more reasons why and how this occurs.



Our beliefs, always, always guide our actions and who we think we are in the world. Some of us are better at hiding feelings of inadequacy (e.g., high achievers who experience imposter syndrome), but rest assured, that imposter syndrome is being expressed in other ways (e.g., stress, anxiety, retreating).

The Antidote

It's simpler than you think, and this is most often the case. The most effective solutions are the most elegant and simple. You have to do a few things and only a few.

- 1. Get real and honest with yourself.** Honestly admit to yourself: "I feel like an imposter at times." It's helpful to jot down a few recent examples of when you felt that way.
- 2. Understanding is power.** You cannot overcome what you don't understand. There, I just told you what you need to know in the paragraph before this.
- 3. Take action to change your beliefs and your perception of yourself.** There are many ways to do this. Meditation, writing, affirmations, exercise, coaching, therapy, Rapid Transformational Therapy, and hypnotherapy.

Summary

- It's normal to experience imposter syndrome – you are not alone.
- It's messing with you, even if you don't think so. Emotionally, psychologically, intellectually, or physically.
- Understanding is power,
- Changing your beliefs and perceptions is the antidote.

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South Calgary Community Clothing GIVEAWAY

Saturday, May 6, 2023
10:00 am to 1:00 pm

380 MIDPARK BLVD SE
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Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

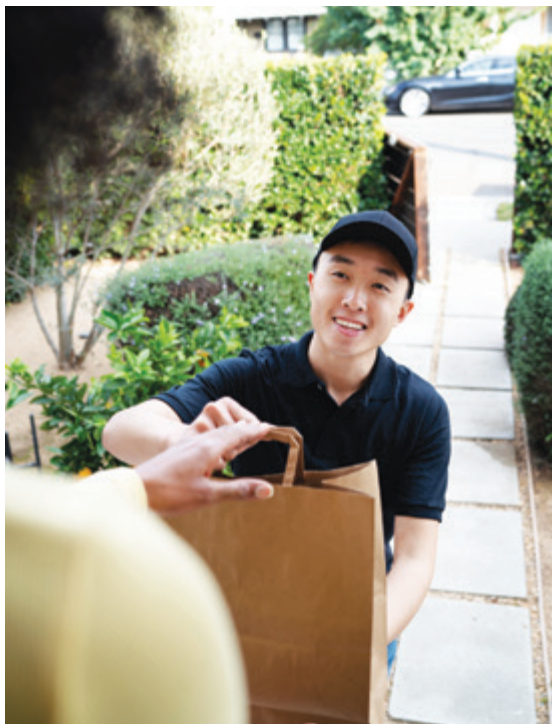
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.



SCA 2023 Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
A Child's Garden: Morning & Afternoon Pre-school Programs for 3-4 yr olds Seedlings Spanish Preschool: Morning & Afternoon Pre-school Programs for 2 1/2 - 5 Years KidZinc before & after school care Grades 1 to 6						
Jazzercise, 9:30am	Zumba, 9:30am	Jazzercise, 9:30am	Lucy Fit, 9:30am	Jazzercise, 9:30am	Pathfinders, 6:30pm	
Older Adult Yoga, 12pm, 1:15pm	Mommy & Me Pilates, 10am, 11am	Older Adult Yoga, 10am	Adult Art, 10am	Bridge Lessons, 9:30am		
Tai Chi, 1:30pm, 2:45pm	Adult Art, 1pm	Joyful Kids Music, 10am	Gentle but Strong Yoga, 12pm	Sit Fit Yoga, 11am		
Run.Jump.LEAD!, 4:50pm	Tennis 4pm, 5pm	Tai Chi, 11am	Adult Art Workshops, 12:1:15pm	Bridge, 12:30pm		
CYP Theatre, 5:30pm	Young Rembrandts, from 5pm	SCA Line Dance, from 1pm	Run.Jump.LEAD!, 4:40pm	Older Adult Dance, 1pm	PRIVATE RENTALS	
Sparks, 6:30pm	Joyful Kids Music, 5:30pm	Nature Play, 2pm	CYP Theatre, from 5pm			
Rangers/Pathfinders, 6:30pm	Chinook Country Line Dancers, 6:00pm	Highland Dance, 4:30pm	Scouts, 6:15pm			
Karate, 6:30pm	CYP Theatre, 6:30pm	Photography, from 5pm	Kids Art, from 5:15pm			
Toastmasters, 7:30pm	Pathfinders/Rangers, 6:30pm	Hair 101, 6pm				
		Karate, from 6:30pm				
		Pathfinders, 6:30pm				
		Colour on Fire, 5:15pm, 6:30pm				

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Why Is Sleep So Important for Kids?

from Alberta Health Services

Children between three- and twelve-years-old need 10 to 12 hours of sleep to grow and develop. Children may have trouble learning and developing socially if they do not get enough sleep. They may be tired during the day and not able to pay attention in school.

As your child gets older, you will probably notice changes in their sleep patterns. Your child may want a nap one day and resist the nap another day. Sometimes, children refuse to go to sleep as a way to show their independence. At other times, they may simply need extra attention or reassurance before they feel safe and comfortable enough to sleep well.

The best thing you can do to help your child get enough sleep is to have a bedtime routine. Doing the same things in the same order every night helps children know what to expect. Having a bedtime routine for your child also helps you. If your child is sleeping well, you'll have fewer worries and may also sleep well.

How Can You Get Started?

- Set up a bedtime routine to help your child get ready for bed and sleep. For example, read together, cuddle, and listen to soft music for 15 to 30 minutes before turning out the lights. Do things in the same order each night so your child knows what to expect.
 - Have your child go to bed at the same time every night and wake up at the same time every morning.
 - Keep your child's bedroom quiet, dark or dimly lit, and cool. You may need to remove the TV, computer, telephone, or electronic games from the room to avoid problems with bedtime.
 - Limit activities that stimulate your child, such as playing and watching television, in the hours closer to bedtime.
 - Limit eating and drinking near bedtime.
- Encourage your child to be active for at least an hour each day. Your child may like to take a walk with you, ride a bike, or play sports.

What Do You Do If Your Child Has Trouble Sleeping?

- If your child wakes up and calls for you in the middle of the night, make your response the same each time. Offer quick comfort, but then leave the room.



- Avoid reading scary stories and watching scary programs. Scary stories and programs can cause your child to worry.
- Do not try to wake your child during a night terror. Instead, reassure and hold your child to prevent injury. During a night terror, your child may scream while sleeping, and then once awake, may not remember crying or what caused it.
- If your child sleepwalks, keep the windows and doors locked during sleep-time.

For more suggestions, ask your family healthcare provider or call Health Link 24 hours a day, seven days a week, at 811.

Ride the Wave of Daylight Savings

from Alberta Health Services

The daylight savings time change aims to enhance our lives by simply adding more sunlight in our day. However, as many of us have likely experienced, this one-hour shift can truly impact us both mentally and physically.

We all live with a circadian rhythm or 'internal clock' that helps us get up in the morning and fall asleep at night. It is dependent on the exposure of light in our environment. This clock of ours likewise impacts our mood, energy levels, mental illness, and regulation of our digestive and hormonal systems.

So... if you are feeling restless, sad, or tired with the loss of time, remember that this is a completely normal response as our internal clock is adjusting for the change.

Here are some things you can do to adapt as we 'spring' forward in time:

Sleep Soundly: We need between seven to nine hours of restful sleep a day. To help reach this amount, turn off screens before bed, wake up and go to bed at the same time, and considering taking a short nap as needed as long as it does not interfere with your nightly ZZZs. Establish a routine that works for you!

Physical Activity: Adding movement of at least 30 minutes a day can help manage stress and boost mood. Take a walk around your neighborhood, join a community exercise class, or explore with a hike. Remember, the movement you seek should not be something you force, but something you enjoy!

Routine: Keeping ourselves in check with our regular daily activities is important. It can promote a sense of organization and accomplishment, which in turn can support stress management. Perhaps some of these self-care tips can be incorporated into your daily routine.

Involvement: Say hi, smile, and connect with others to foster your social relationships. Spending time with those in your community can provide a sense of belonging and natural support. Connect with those that lift you up and bring positive energy to your day!



Nourishment: Our gut health is important. A balanced diet can fuel our body and reduce symptoms associated with poor mental health. Have a plan to incorporate nutritious, wholesome foods alongside those that you truly enjoy. It is all about balance!

Giving Back: People who are kind, generous, and compassionate see clear benefits to their wellbeing and happiness. Lend a helping hand by running errands, shoveling the driveway of a neighbour, or volunteering with a local organization. Give back in a meaningful way that resonates with you.

Our internal clocks are all different, but you can make a plan that allows you to jive and thrive with change!

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



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Ages 2 ½ to 6

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Contact Judith at 403-210-0604 or visit www.seedlingspreschool.ca.

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Sparks: Monday

Pathfinders: Monday, Tuesday, Wednesday, Sunday

Rangers: Monday, Tuesday

Contact any-calgarysarceehills@girlguides.ca.

Highland Dance

Wednesday at 4:30pm

Visit www.CampbellDancers.com.

Joyful Kids Music - New

Wednesday from 10:00 to 10:45 am (Ages 2 to 5)

Tuesday from 5:30 to 6:15 pm (K to Grade 2)

Joyful Kids Music sets the standard for excellence in early childhood music education. This stellar program features engaging child-focused 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!

Visit www.joyfulkidsmusic.ca or contact

joyfulkidsmusic@gmail.com to register or see more information.

Karate Classes

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

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

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

Contact Jeffrey Jukes at 403-228-5039.

Nature Play

Wednesday at 2:00 pm

Visit www.natureplaykids.ca.

Photography Course with Photo Educator Janet Pliszka - New

Wednesdays on March 15 and 22, April 5, 12, and 19

Parent and child age 8+ at 5:00 pm

Teens age 13+ at 6:00 pm

Visit www.kpaonline.ca.

Run.Jump.LEAD!

Monday at 4:50 pm (Age 9 to 12)

Thursday at 4:40 pm (Age 7 to 9)

Visit www.runjumplead.com/register-now.

Scouts

Thursday at 6:15 pm

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



Tennis Lessons

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

Tuesday at 4:00 pm (Age 5 to 8)

Tuesday at 5:00 pm (Age 9 to 12)

Visit www.firstservetennis.ca.

Young Rembrandts

Tuesday at 5:00 pm and 6:00 pm

Visit www.youngrembrandts.com/southernalberta/view-classes-enroll.

Adult Programs

Bridge

Friday 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 email twilcock@telus.net.

Chinook Country Line Dance

Tuesday at 6:00 pm

Visit www.cclinedancers.ca.

Colour on Fire Art Education Workshops

Thursday from 12:00 to 1:15 pm

Visit www.colouronfireartstudio.com.

Gentle but Strong Yoga

Thursday from 12:00 to 1:15 pm

Contact mjgerlitz@gmail.com.

Intro to Long Hair: Cutting, Styling, and More – New

Wednesday from 5:30 to 8:30 pm, starting March 1.

Join Lana J., a 30-year hair industry veteran as she teaches you the critical elements of maintaining and styling long hair. This hands-on, 4-week course will give you the confidence and skills to manage your family's long hair needs. Topics will cover hair cutting, blow drying, flat and/or curling iron techniques, and braiding.

Session #1: Braiding and how to take care of your hair.

Session #2: Blow drying and flat/curl ironing techniques.

Session #3: Long haircut theory and demonstration.

Session #4: Long haircut (Model required – Age 12+).

Cost: \$249 (Includes comb, clips, and cape)

Contact Lana to reserve your spot! Text 403-619-2249 or email lanajnim@gmail.com.

Maximum Class Size: 10 people.

Jazzercise

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

Contact Cherie at jazzcherie1@hotmail.com.

Karate Classes

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

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

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

Contact Jeffrey Jukes at 403-228-5039.

Mommy and Me Pilates

Tuesday at 10:00 am and 11:00 am and Friday at 10:00 am

Contact Theresa Toth at toth31@shaw.ca.

Sit/Fit Yoga (Sherry)

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

Hybrid (Online/in-person)

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

Friday from 11:00 am to 12:00 pm, April 14 to June 16

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.

Contact Sherry at sherrynormanyoga@gmail.com.

continued on next page

SCA PROGRAMS (CONTINUED)

Toastmasters

Monday at 7:30pm

Visit www.westhillstoastmasters.easy-speak.org.

Zumba – New Class

Tuesday at 9:30 am

All levels welcome!

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

SCA Spring Programs

Register at www.scacalgary.ca.

Adult Art Classes (Karin)

6 classes - \$100.80 + \$5.40 GST = \$105.84

Watercolours Art #1: Tuesday, April 18 to May 23, 1:00 to 3:30 pm

Acrylics Art #2: Thursday, April 20 to May 25, 10:00 to 12:30 pm

Adult Chair Yoga (Sherry)

10 weeks - \$60 + \$3 GST = \$63

Hybrid (Online/in-person)

Beginner Yoga #1 (More seated postures) - Monday, April 10 to June 19, 12:00 to 1:00 pm. No classes May 22.

Intermediate Yoga #2 (More standing postures) - Monday, April 10 to June 19, 1:15 to 2:15 pm.

No classes May 22.

Intermediate Yoga #3 (More standing postures) - Wednesday, April 12 to June 14, 10:00 to 11:00 am.

SCA Line Dancing (Mary and Peggy)

10 weeks - \$94.50 (Buy one, get one half price: \$141.75)

Wednesday, March 29 to May 31

#1: Beginner (Level 1): Wednesday from 2:00 to 3:00 pm

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

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

#4: High Intermediate (Level 5): Wednesday from 1:00 to 2:00 pm

SCA Line Dancing Drop-In (Peggy)

\$5 drop-in fee

Friday, April 14 to June 16, 1:00 to 2:00 pm

Tai Chi (Adrian)

10 Classes - \$84

Continuing 1 and Basics: Monday, April 10 to June 19, 1:30 to 2:30 pm. No classes May 22.

Basics: Monday, April 10 to June 19, 2:45 to 3:45 pm. No classes May 22.

Continuing 2: Wednesday, April 12 to June 14, 11:00 to 12:00 pm.



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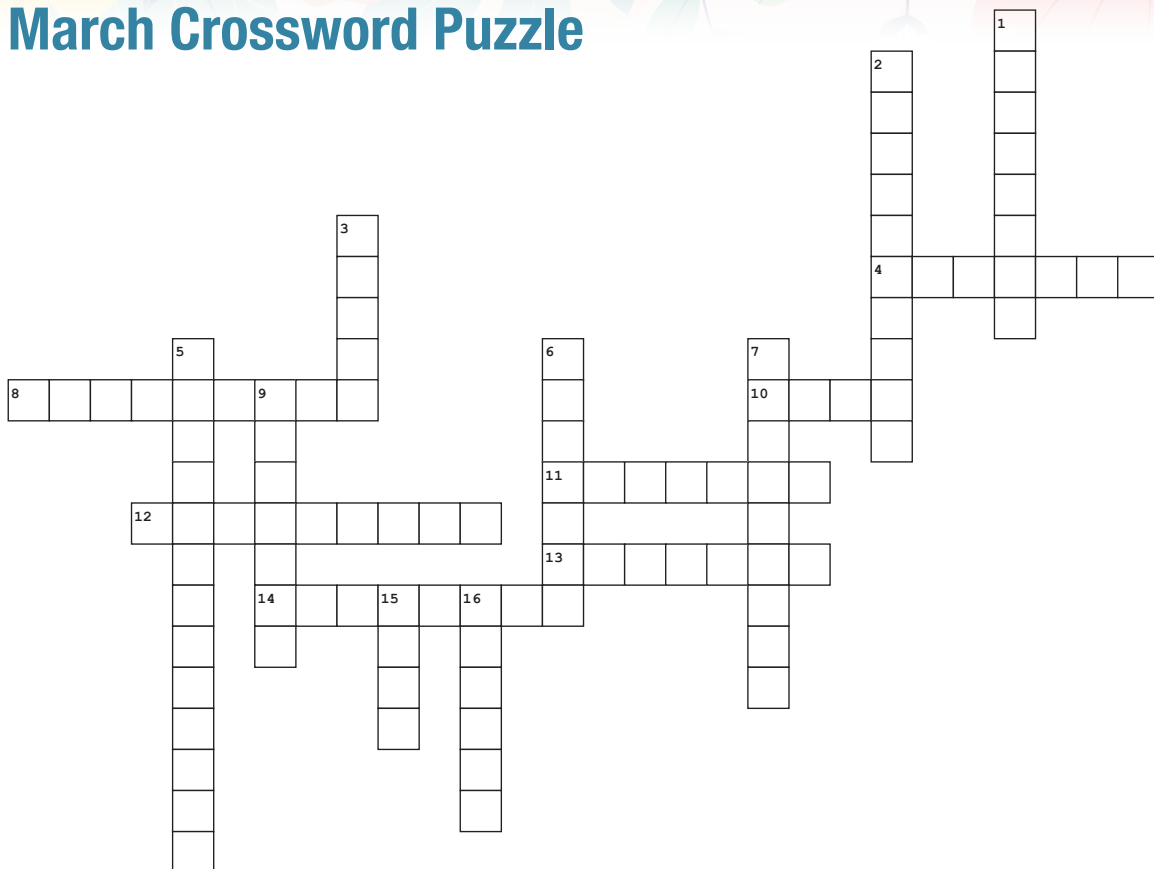
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March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR
THE ANSWER KEY**



The Children of Weather

by Ananya Mirok, Grade 5



Icicles are like shards of glass growing on the windowpane
Wind whirls around it as it goes
Trees put on its coat of snow
The pine dances in the air
Doing the waltz with the snow
The frost lands lightly on the hill
Chilly wind sways the trees and bends the leaves
Sparks of snow, fall so bright
Glittering even in the night
The only colour is grey and white
Throughout the day and in the night

The snow is now melting
Frost is all gone
Ice is slipping off the bark
And now it's dawn
Sprouts and beans are growing now
The butterflies are flying around
Petals are growing but not here yet
People are planting, knees on the ground
Seedlings are hatching, growing right now
Caterpillars are crawling around
Eating every leave in sight
With the butterflies in the sky
They wish they could take to flight

Petals in the sky
Blossoms in my eye
Day as bright as light
As well as in the night
Sky as blue as the sea
But is lighter than thee
Birds are coming back
And that is a fact
In the warmth and light
The sun comes very bright
At the beach we play
In the hotness of the day
Greenest grass in all the land
Same with the trees and leaves
Summer is coming to an end
That means school will start again

The smell of apple pie walks through the air
Filling our nostrils with the scent of cinnamon
We see streaks of colour hitting the ground
All the leaves floating around
Autumn is leaving us once more
Winter is now walking through the door

LIVE MUSIC CLOSE TO HOME

OUR 2023 SPRING CONCERT LINE-UP IS A SHOWSTOPPER!

Mark your calendars and get your tickets today.

- March 25 -The Small Glories and Ridley Bent in a Twinbill
- April 15 - Suzie Vinnick; Charlie A'Court; Lloyd Spiegel in a Roots & Blues Travelling Combo Show with Tim Isberg opening
- May 6 - John Wort Hannam & Lynne Hanson Duo in a Twinbill
- May 27 - J Reischmann & The Jaybirds with The Red Hot Hayseeds opening

The Bow Valley Music Club (BVMC) operates out of the Strathcona Christie Aspen (SCA) Community Centre and brings live music closer to home. BVMC offers an intimate concert series that attracts rising Canadian talent and known icons alike.

Cara Luft and J.D. Edwards, The Small Glories, are a musical fit that has garnered both awards and accolades across the nation and beyond. Their music is classified as roots, but it is a wonderful mixture of folk, bluegrass, gospel, and blues, distilled through two voices that match and marry perfectly.

Ridley Bent is a Canadian singer-songwriter who began his recording career by blending his unique storytelling with various musical genres to create a sound that was called 'hick-hop' and grew to become one of the cornerstones of Vancouver's young, alternate country movement. Today, Ridley Bent is considered to be one of Canada's strongest singer-songwriters with 5 albums to his credit.

The Small Glories & Ridley Bent will perform in a Twinbill on March 25. For tickets, visit <http://bowvalleymusicclub.org>.

OUR NEXT LIVE CONCERT DATE

MARCH 25 - DOORS OPEN AT 7:00 PM

SINGLE TICKETS - \$30 + tax

STRATHCONA CHRISTIE ASPEN COMMUNITY CENTRE



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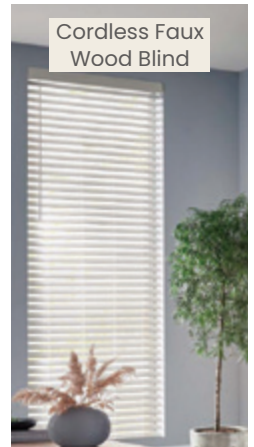
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Personal Safety When Walking

A message from the Federation of Calgary Communities

- Tell someone where you are going, which route you are taking, and when you will be back.
- Be aware of your surroundings. Notice everything that goes on near you and particularly in front of you.
- The earlier you notice a possible problem, the greater chance you have of dealing with it.
- Listen to your instincts. Something that doesn't look or seem right will probably cause a problem – so, if you notice something like this, move yourself away from it as quickly as possible.
- Walk facing the traffic.
- Walk near the curb unless cars are parked on the street. Stay away from shrubbery, darkened doorways, and alleys where an assailant can be hiding.
- Never assume parked cars are empty.
- Avoid using headphones - you might not hear trouble approaching. If you use headphones, it is recommended that you keep the volume low enough to allow you to hear anyone approaching as well as any traffic coming in your direction.
- Be wary of casual requests from strangers (someone asking for directions, a cigarette, or change – they could have ulterior motives).
- Be alert. Look over your shoulder once in a while.
- Never accept rides with strangers.
- If you carry a purse, briefcase, or bag, keep a tight grip on it so no one can steal it.
- Enjoy your walk, but always remain aware of your surroundings.

If you suspect that you are being followed by a pedestrian:

- Cross the street.
- Don't try to figure out if someone is following you by turning down an alley or dark side street.

- If you know you are being followed, go directly to the nearest well-lighted business and call the police.

If you are being followed by a vehicle:

- Turn and walk in the opposite direction. The driver will have to turn around and drive on the other side of the street to keep following you.
- Get the license number and write it down.
- Never try to outrun a vehicle. Change directions whenever possible. You can make a U-turn faster than a vehicle.
- Seek help at a place of business.



COMMUNITY NEWS

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.



Small chair, big dog! Thanks Shelley, for sharing this cute photo of Morgan.

Do you have a picture you'd like to share? Send it to cathy.duke@scalgary.ca.




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The Boiling Lake

The island of Dominica in the Caribbean Sea is home to a flooded fumarole (a vent for volcanic gases) full of hot, bubbling water and vapour. The hike to this World Heritage Site is treacherous and involves trekking through boiling, muddy forests and sulphuric gas. Although it's beautiful and otherworldly, visitors beware!



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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	23	5	3	\$749,900	\$772,000
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

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
January	23	1	1	\$869,900	\$840,000
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

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

Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!



1. What country is St. Patrick the patron saint of?
 - a. Canada
 - b. Ireland
 - c. Scotland
2. According to Irish lore, what did St. Patrick drive out of Ireland?
 - a. Snakes
 - b. Rats
 - c. Witches
3. What colour is worn on St. Patrick's Day?

- a. Blue
- b. Red
- c. Green

4. What date in March is St. Patrick's Day?

- a. March 1
- b. March 16
- c. March 17

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?

- a. 13,000,000
- b. 1,300,000
- c. 1,000,000

6. What is St. Patrick's nickname?

- a. St. Paddy
- b. St. Patty
- c. St. Irish

7. When and where was the first St. Patrick's Day parade held in Canada?

- a. Quebec City in 1765
- b. Ottawa in 1870
- c. Halifax in 1790

**SCAN THE QR CODE
FOR THE ANSWERS!**

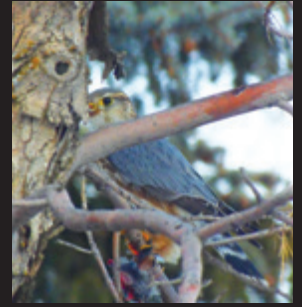


PHOTO GALLERY

by Nyckie Rea



"Finches are often associated with celebration and joy."



"No bird soars too high if he soars with his own wings."



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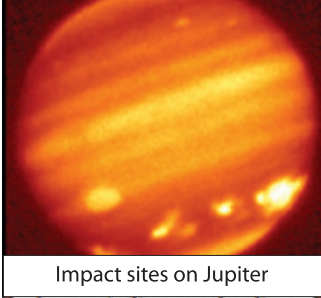
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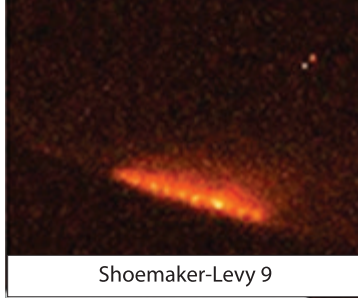
Stargazing with Pat J

Jupiter: Our Solar System's Vacuum Cleaner

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



Impact sites on Jupiter



Shoemaker-Levy 9



Normal Comet

On March 24, 1993, American astronomers Eugene and Carolyn Shoemaker and Canadian David Levy were at the Palomar Observatory in California studying a telescope generated photograph in search of NEOs (Near Earth Objects). What they discovered was not an asteroid but a very strange comet. They named it Shoemaker-Levy 9 as it was the ninth comet that they had discovered with an orbit of 200 years or less.

SL9 wasn't orbiting the Sun, it was orbiting Jupiter and instead of one nucleus, it seemed to have several of them. Only after reviewing older photos did the astronomers learn that their new comet had been kidnapped by Jupiter 20 to 30 years earlier when it had ventured too close to the massive planet while on its way toward the Sun. SL9's orbit was egg-shaped, bringing it very near to Jupiter at times.

On July 7, 1992, as it passed just 40,000 kilometres above its captor's cloud tops, Jupiter's powerful gravitational forces tore the comet apart. In a dangerously unstable

orbit now, the string of 23 fragments, ranging in diameter from a few 100 metres to 2 kilometres, eventually collided one after the other with Jupiter's southern hemisphere between July 16 and 22, 1994, at a speed of approximately 216,000 km/hr.

SL9's demise highlighted Jupiter's role in protecting the inner planets from space debris by acting as a 'cosmic vacuum cleaner'. Earth's collision with a city-sized asteroid 65 million years ago resulted in the extinction of the dinosaurs plus 75% of mammals larger than a rat and half of all plant species. Astronomers speculate that without Jupiter's help, extinction events might've been more frequent on Earth and complex life might never have been able to develop at all.

On July 19, 2009, exactly 15 years after the SL9 impacts, a new spot the size of the Pacific Ocean appeared in Jupiter's southern hemisphere. Scientists believe yet another comet or asteroid had fallen victim to Jupiter's powerful suction.

Medieval New Year

In the northern hemisphere, March signals the start of spring, and traditionally, planting season. As a result, in many European countries, March 25 was once the start of the new year. It wasn't until 1752 that Protestant countries like England adopted January 1 as New Year's Day. Can you imagine?!



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BUSINESS CLASSIFIEDS

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EKS ACCOUNTING & BOOKKEEPING: Your neighbourhood professional Accountant & Tax Preparer. Standard services for businesses and individual clients: Bookkeeping, GST, payroll, financial statements, year end, T1 and T2 tax return. Free electronic filing, half price on preparation of dependent children's tax returns, seniors 20% discount. Contact Evelyn at 403-255-2598/403-826-9027 or evelynk@eksaccounting.com, www.eksaccounting.com.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

TOP RANK TILE & STONE: 25+ years' expert experience as master stonemason and master craftsman. Apprenticed in UK and Scotland. Specialist in all tile, stone, hardwood, LVP, in-floor heating, showers, water features, etc. Kitchen and bathroom renovations. Interior and exterior design. To view some of our previous work, please visit @topranktileandstone on Instagram. Free quotes, all work guaranteed. Call Robert at 403-679-9063 or email at rjhrank@gmail.com.

MASTER ELECTRICIAN AND HOME HANDYMAN: Professional, quality electrical installations and home handyman repairs. Specializing in residential and commercial electrical installations and repairs, as well as handyman household repairs, renovations large or small. Very competitive rates for insured, quality work. Give me a call for a free quote! Contact Robin at 587-664-6961 or porterrobin@msn.com.

KITCHEN CABINETS REFINISHED: Hate the orange in your oak cabinets? Restore wood cabinets, water damage, get grime removed for approximately \$1495. Or change the look with a new colour spray finish for about \$3695. Environmentally friendly alternative to replacing or refacing. Call Doug at 'Not Just Paint' for a free estimate/consult. 403-671-0324.

RUSSELL'S LAWN SERVICE: Since 2000, locally owned, family operated, insured, WCB clearance, and BBB accredited. Providing quality, reliable service, free estimates, and a 15% senior discount. Specializing in mowing, power-raking, aerating, fertilizing, tree/hedge trimming, and landscaping/xeriscaping. Lawn service bookings are limited, reserve now. Visit us at www.russellslawn.com or call 403-686-LAWN (5296).

ST. MARTIN'S ANGLICAN CHURCH: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and by Zoom). Sunday School: Second Sunday of the month. Sandwich making for Alpha House on Wednesday afternoons. ESL conversation Tuesdays, 9:30 to 11:00 am. More information at <https://stmartinschurch.ca> or call 403-249-3014.

Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.



REASON #2

David sells for more.

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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.