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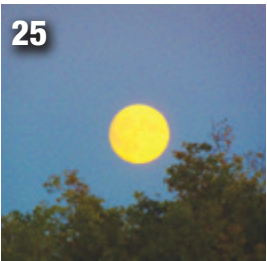
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# SCA Community Centre

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# Word of the Month

*Accismus:*  
noun (uhk-siz-muhs)

When someone pretends to be indifferent about or feigns refusal of something they desire.

*"Oh no, you shouldn't have," Sara said with a hint of accismus as her friend purchased her long-awaited coffee for her.*

## MESSAGE FROM THE BOARD

Dear SCA Neighbours,

Here comes the eleventh month of the year! It feels like the routines have settled in and it's time to start thinking of our New Year's resolutions. As November unfolds, keep in mind there are only eight weeks left in the year – make the most of it. Below are a few holidays that are worth looking into to strengthen our community spirit!

### Celebrations in November:

#### 1. Diwali - November 1

Diwali is the Festival of Lights celebrated by Sikhs and Hindus. It is celebrated by lighting candles or lanterns to symbolize light over darkness. Sweets like gulab jaman, jalebis, and more are common to be found at the dinner table during celebrations. If you're celebrating, consider inviting a neighbour over to share the significance behind the holiday and share some of those tasty treats!

#### 2. Remembrance Day - November 11

Take a moment to honour the sacrifices made by our veterans. You might visit a local memorial, attend a ceremony, or simply spend a few moments in reflection. Consider sharing stories of veterans in your family with your neighbours to keep their memories alive.

#### Get Involved!

We are always looking for volunteers to help with community events and initiatives. If you're interested in getting involved, please reach out to us at [info@scacalgary.ca](mailto:info@scacalgary.ca).

We encourage everyone to stay updated on community happenings by visiting our website. Your involvement makes our neighbourhood vibrant and welcoming!

Join us on November 14 at 7:00 pm for our monthly community meeting. It's a great chance to share your ideas, voice your concerns, and learn about ongoing projects in our neighbourhood. Your input helps shape the future of Strathcona Christie Aspen!

Wishing you all a peaceful November filled with warmth and community spirit!

P.S. Don't forget to turn your clocks back on November 3!

Keep warm,

SCA Board of Directors

## A Minute Lost in Silence

by Garth Paul Ukrainetz, Poet of the Blackmud Creek

A minute lost in silence  
Loud the roar of wartime years  
Sacred poppies of November  
In remembrance of their tears  
In our minute lost in silence  
We must listen close together  
Lest we all forget to hear it  
Lest the silence lasts forever



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## Calgary's Museums

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

It's getting cold out, so let's go inside Calgary's museums.

Western Canada's second largest museum, the Glenbow, opened in 1976 to house the donated collection of Eric Harvie. He founded the Glenbow Foundation in 1955 with art, photographs, documents, and geological and cultural artifacts representing Western Canada. The building is undergoing a \$205 million renovation to capture its original vision as a public plaza. Indigenous history is also preserved and promoted at the Tsuut'ina Nation Culture/Museum.

For more prairie history, come to the Bow and Elbow Rivers' confluence. It's been inhabited for millennia and a North West Mounted Police fort was established in 1875. Take a tour of the grounds and see the replica of Fort Calgary's two-storey barracks. You can also visit the 1891 Senator Lougheed House in the Beltline and taste life from another century.

More modern history is at the Hangar Flight Museum and Canada's Aviation Hall of Fame. Originally established in 1960, today's museum opened in 1985 in the Bullock Helicopter Hangar. Built in 1941, it was part of the British Commonwealth Air Training Plan to protect the UK from the Nazi Luftwaffe.

Speaking of militaria, The Military Museums in Altadore is Western Canada's largest tri-service museum and Canada's second largest military museum. It explores conflict worldwide and shares stories from Canada's military engagements dating back to the War of 1812. Outside you can see a CF-5 Freedom Fighter jet and a piece of New York City's World Trade Centre.

For the sciences, see Telus Spark. Originally located in Downtown's West End, the Centennial Planetarium opened in 1967 and is an award-winning example of Brutalist architecture. In 2011, the Telus World of Science was renamed and moved to its current location along Nose Creek.

Calgary's newest museum houses Canada's Music Halls of Fame as well as 200 functioning instruments spanning 450 years of music. Studio Bell's National Music Centre opened in 2016 as an architectural reference to acoustic

vessels while inside it pays homage to Canada's musical greats, from Bryan Adams to Oscar Peterson and Neil Young to Shania Twain and Joni Mitchell.

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George Gooderham of the Glenbow Foundation by display of First Nations artifacts, Hull House, Calgary, Alberta., 1961-03, (CU1169399) by Rosettis, Joe. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Gooderham was Assistant to the President of the Glenbow Foundation, a precursor to the Glenbow Museum. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1524P7K?WS=SearchResults>.



"North-West Mounted Police, Fort Calgary, Alberta.", 1895, (CU1156910) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Q. M. stores at left, stables at right. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F7ZBN?WS=SearchResults>.



"Lougheed house (left), Van Wart house (right) Calgary, Alberta.", [ca. 1911-1913], (CU198052) by Dill, Ralph. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Postcard view. Photo number 19. Same as PA-4078-2. Senator J. A. Lougheed's house, "Beaulieu" was located at 707 - 13 Avenue SW. Isaac S. G. Van Wart house on right. Looking west on 13 Avenue. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OA9F70?WS=SearchResults>. [https://commons.wikimedia.org/wiki/File:Studio\\_Bell\\_in\\_Calgary\\_\(48719528203\).jpg](https://commons.wikimedia.org/wiki/File:Studio_Bell_in_Calgary_(48719528203).jpg).



The Military Museums of Calgary, Alberta, September 2024. Photo courtesy of Anthony Imbrogno.



Glenbow Museum, circa 1976, undergoing extensive renovations, November 2023. Photo courtesy of Anthony Imbrogno.



Studio Bell, Calgary, September 2019. Photo by daniel0685, Creative Commons Attribution 2.0 Generic license.





# MARK YOUR CALENDARS



NOVEMBER 9, 2024



The Bow Valley Music Club continues its fall program with an international act on Saturday, November 9th with The Montreal Guitar Trio. Contact BVMC at [info@bowvalleymusicclub.org](mailto:info@bowvalleymusicclub.org) for tickets and info.

**The Montreal Guitar Trio (MG3)** surprises, amazes, exalts, and ignites audiences with their dynamic and breathtaking stage presence. This passionate trio has been sharing their work with fervor for over 25 years. In addition to their three guitars, these multi-instrumentalists also sing and play the violin, mandolin, bass, accordion and more.

Consisting of guitarists Sébastien Deshaies, Glenn Lévesque, and Marc Morin, the MG3 continues to perform hundreds of concerts and their performances have taken them all over the world, from Alaska to Korea, Romania to New Zealand, as well as Los Angeles, London, Frankfurt, Brussels, Tallinn, Brisbane, Christchurch and many more.

Their music ranges from Mozart to Guaraldi to Radiohead, The Beatles, Rush and Bowie as well as their own compositions.

Opening the concert will be **Mike Stack**. As a member of Calgary bands The Burners and The Grift, Mike has opened shows for Blue Rodeo, Tragically Hip and Jeff Healy.

With songs and a voice that consistently drip with lilting, guttural emotion, the music of Mike Stack can take you to a craggy Maritime rock with a desperate Irish father or have you kicking up dust in a Texas honky-tonk along with two young Mexican lovers. Inspired by his songwriting heroes and the people he meets along the way in this journey of life, Stack unabashedly says, “music, it’s my life, my heart, my soul, my passion.”



**Single Tickets - \$30 + Tax**  
**Doors at 7PM**

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# Calendar

**November 20, 7:00 pm** SCA Board Meeting

**November 29, 7:00 pm** SCA CA and Wellings of Calgary Holiday Seniors Dance

**December 7, 10:00 am to 4:00 pm** SCA CA Christmas Craft Fair

**December 18, 7:00 pm** SCA Board Meeting

Please note: Community Association Members are welcome to attend SCA Board Meetings by appointment, please contact [president@scacalgary.ca](mailto:president@scacalgary.ca).

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## SAFE AND SOUND

### Stay Steady: It's Fall Prevention Month

by Calgary and area Primary Care Networks

It's not unusual to occasionally take a tumble — uneven sidewalks, slippery conditions in the winter, or even misjudging the height of a stair are all common culprits.

As we age, falls become an increasing health concern.

"Falls are a significant health concern for seniors," says Faiza Karim, a registered occupational therapist with the Primary Care Network (PCN). "They are the leading cause of injury in older Canadians."

#### The Ripple Effects of a Fall

Up to one-third of seniors experience one fall per year. As the rate of falls goes up, so does the reason for concern. For people over the age of 65, falls are the source of 85% of injury-related hospitalizations, including almost all hip fractures. They are also the leading cause of injury-related deaths for seniors.

Falls can also contribute to social isolation, affecting mental health and well-being. Karim says after a fall, some people will become more afraid to move — concerned about falling again — and may not do as many activities.

#### Tips for Preventing Falls

Raising awareness and actively preventing falls is important to maintaining health and safety, particularly for older adults. Simple measures may include:

- Staying active to maintain balance, strength, and flexibility.
- Keeping floors clutter-free.
- Wearing supportive, well-fitting footwear, both inside and outside of your home.
- Reviewing medications with your family doctor or a pharmacist to understand side effects.



#### Find Support

If you or a loved one is considered at risk, or there has been an increase in the number of near-misses or falls, talk to your family doctor.

You can also access free health support through the Primary Care Network. Visit [albertapcns.ca](http://albertapcns.ca) to learn more.

## SCA 2024 Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
A Child's Garden: Morning and Afternoon Pre-school Programs (3 to 4 years old)						
Seedlings Spanish Preschool: Morning and Afternoon Pre-school Programs (2 1/2 to 5 years old)						
KidZinc before and after school care Grades 1 to 6						
Jazzercise, 9:30 am	Mommy & Me Pilates, 11:00 am	Jazzercise, 9:30 am	Adult Art, 10:00 am	Jazzercise, 9:30 am	PRIVATE RENTALS	Bollywood Dance & Fitness, from 9:30 am
Older Adult Yoga, 12:00 pm, 1:15 pm	Adult Art, 1:00 pm	Older Adult Yoga, 10:00 am	Gentle but Strong Yoga, 12:00 pm	Bridge Lessons, 9:30 am		
Tai Chi, 1:30 pm, 2:45 pm	Explosive Dance, 4:00 to 8:00 pm	Tai Chi, 11:00 am	Bridge Lessons, 1:00 to 4:00 pm	Sit Fit Yoga, 11:00 am		
Run.Jump.LEAD!, 4:50 pm	Chinook Country Line Dancers, 6:00 pm	SCA Line Dance, from 1:00 pm	Run.Jump.LEAD!, 4:40 pm	Bridge, 12:30 pm		Pathfinders, 6:30 pm
CYP Theatre, 5:30 pm	CYP Theatre, 6:30 pm	Karate, from 6:30 pm	CYP Theatre, from 5:00 pm	Older Adult Dance, 1:00 pm		
Sparks, 6:30 pm		Pathfinders, 6:30 pm	Scouts, 6:15 pm			
Rangers/Pathfinders, 6:30 pm						
Karate, 6:30 pm						
Toastmasters, 7:30 pm						

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## Flatbread Pizzas

by Jennifer Puri

Flatbreads are used to create wraps and quesadillas, but the most popular use of flatbreads is pizza.

Rich in fibre, flatbreads are typically unleavened bread and do not contain yeast. Flatbreads originated in ancient Egypt but today are produced and enjoyed around the world. Some of the most popular flatbreads are focaccia, naan, tortillas, pita, oatcake, green onion cake, torta, and injera.

Flatbreads have a lower caloric and carbohydrate content due to their thinner crusts and are ideal as appetizers or light entrees as shown in the Flatbread Pizza recipes below.



### Peach and Prosciutto Flatbread

**Prep Time:** 10 minutes

**Cook Time:** 7 to 8 minutes

**Servings:** 2

**Ingredients:**

- 1 flatbread
- 1 cup shredded mozzarella cheese
- 1 ½ cups sliced peaches
- 6 to 8 slices prosciutto
- 3 tsps. balsamic vinegar
- ¾ cup shredded Gouda cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chilli flakes (optional)

**Directions:**

Sprinkle mozzarella cheese on flatbread, then top with sliced peaches, prosciutto, balsamic vinegar, gouda cheese, basil leaves, and chilli flakes. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 7 to 8 minutes. Serve immediately.



### Roasted Red Pepper and Olive Flatbread

**Prep Time:** 10 minutes

**Cook Time:** 10 to 12 minutes

**Servings:** 2

**Ingredients:**

- 1 flatbread
- 1 ½ cups of roasted red peppers sliced
- ½ cup seedless black olives halved
- ½ cup cherry tomatoes halved
- 1 cup shredded mozzarella cheese
- ¾ cup crumbled feta cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chopped fresh oregano leaves

**Directions:**

Sprinkle mozzarella cheese on flatbread, then top with sliced roasted red peppers, cherry tomatoes, olives, feta cheese, oregano, and basil leaves. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 10 to 12 minutes. Serve immediately.

Bon Appétit!



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## EVENTS

### Halloween Spaghetti Dinner and Movie Night Thank You

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Pizza Project, Sobeyes, City of Calgary, Mike Ellis; MLA, Clean Club Calgary, Rhino Tactical Defense Alberta, and Explosion Dance.

### SCA CA and Wellings of Calgary Holiday Seniors Dance November 29

Join an evening of live music with Silence B'tween, dancing, cash bar, and treats prepared by Wellings' chefs. Tickets are \$15 and are available now.

### SCA CA Christmas Craft Fair December 7, 10:00 am to 4:00 pm

Come shop for unique, handmade Christmas gifts from one of our 55+ vendors. There are kids' activities for while you shop, a concession, and Calgary Pageants 2024 Titleholders.

A current SCA CA membership would be appreciated to help support your community association and this event. Bring a nonperishable food item for the Mayor's Food Drive. Vendors appreciate cash.



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# Tips and Gifts for a Less Stressful Holiday Season

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



**1. Plan Ahead:** You know how it goes with procrastination – Christmas Eve spent scrambling through stores and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

**2. Make Time to Relax:** Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies and popcorn night, or family and friend potluck.

**3. Put Expectations in Check:** If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

**4. Look For Help:** Try not to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

**5. Set Limits:** Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no”

to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

**6. Eat, Drink... But Be Healthy:** Holidays are usually full of all your favourite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

**7. Let Things Go:** If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had eleven months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

**8. Don't Forget the Fun!** Remember the reason for all your holiday planning... a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in... be present and take in all the wonder of the season with all of your senses.

## Gift Ideas to Calm the Nervous System:

- Weighted Blankets – Great for easing anxiety, sensory challenges, providing a feeling of safety, and self-soothing.
- Journal Books – With guided prompts or blank – getting your thoughts out of your head and onto paper is a good way to dump over thinking and anxiety.
- Aroma Therapy Diffusers – There are many scents to choose from based on the effect you are looking for such as energize, relax, etc.
- Colouring Books and Pencil Crayons – To reconnect with your inner child, take the focus off your anxiety, or just a quiet activity to destress.
- Puzzles – I'm referring to good, old-fashioned, lay it on the dining room table puzzles. Great to do alone or with others.
- Sound Machines – Whether it's the sound of waves crashing, a thunderstorm, or sound of a rainforest, the soothing noise calms your nervous system.
- Sunshine Lamps – The SAD (Seasonal Affective Disorder) season is upon us and even if you don't think you suffer from SAD these lights are sure to perk you up.
- Chill-Out and Meditation Playlists – Meditation apps to get your Zen on, and practice mindfulness and being present.
- Massage Gift Certificates – If you don't care for a body massage, you could try reflexology or reiki.
- Warm Socks or Slippers, Wraps and Blankets – Warming up in something cozy brings comfort and allows us to relax our tense muscles.
- Gratitude Jar and Fancy Paper – Throughout the year write something you are grateful for at the end of each day and then on New Year's Day you can read them all and count your blessings!
- Bubble Bath, Bath Bombs, and Candles – Nothing better than a hot scented bath to soak your stresses away.
- Fuzzy Hat, Gloves, and Scarf – To crunch along the crisp snow and get some fresh air and sunshine.
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Wishing all of you a wonderful and stress-free holiday season.

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

It's easy! Just follow these steps:

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

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

## Add Your Name to Our Babysitter Listing

Check out our listings at [www.scacalgary.ca](http://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](mailto:info@scacalgary.ca).

## E-Newsletter

Want to receive our monthly e-newsletter? Send your email address to [info@scacalgary.ca](mailto:info@scacalgary.ca).

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Contact Marilyn at 403-217-5658 or visit [www.achildsgarden.ca](http://www.achildsgarden.ca).

#### KidZinc School Age Care

Ages 6 to 12

Before and after school care.

Contact 403-240-2059 or visit [www.calgarykidzinc.ca](http://www.calgarykidzinc.ca).

#### Seedlings Spanish Preschool

Ages 2 ½ to 6

Half or full day.

Contact Judith at 403-210-0604 or visit [www.seedlingspreschool.ca](http://www.seedlingspreschool.ca).

### Children's Programs

#### Calgary Young People's Theatre

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

Visit [www.cypt.ca](http://www.cypt.ca).

#### New! Explosion Dance

Community dance classes for ages 2 and up. Recreational or Company opportunities. Classes in ballet, jazz, tap, lyrical/contemporary, acro, and hip-hop.

Contact Sarah at [explosiondancecalgary@gmail.com](mailto:explosiondancecalgary@gmail.com) or 780-518-4497 for more information.

#### Girl Guides

Classes for Sparks, Pathfinders, and Rangers.

Contact [any-calgarysarceehills@girlguides.ca](mailto:any-calgarysarceehills@girlguides.ca).

#### Karate Classes

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

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

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

Contact Jeffrey Jukes at 403-228-5039.

#### Run.Jump.LEAD!

Run.Jump.LEAD! is a leadership and multi-sport training program specifically designed for girls! Their team of dedicated coaches deliver hands-on leadership training, fun physical activity, and inclusive sport. Positive and empowering ten-week sessions increase self-confidence, introduce girls to various sports, and nurture the development of practical leadership skills.

Grades 4 to 6: Mondays, 4:55 pm

Grades 1 to 3: Thursdays, 4:40 pm

Visit [www.runjumplead.com](http://www.runjumplead.com) for more information.

#### Scouts

Thursdays, 6:15 pm

Email [strathcona215gc@gmail.com](mailto:strathcona215gc@gmail.com) or visit [www.scouts.ca](http://www.scouts.ca).

### Adult Programs

#### Art Classes (Karin)

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

Watercolours: Tuesdays, January 14 to March 18 from 1:00 to 3:30 pm

Acrylics: Thursdays, January 16 to March 20 from 10:00 am to 12:30 pm

\$175 plus GST – Ten Classes

To register, contact Karin at [karinrichter@shaw.ca](mailto:karinrichter@shaw.ca) or 403-272-1471.

#### Bridge Lessons (Freda)

Learn to play Bridge with Freda or update your skills.

New class! Beginner: Thursdays, September 19 to November 7, 1:00 to 4:00 pm. Eight weeks - \$84 + \$4.20 GST = \$88.20.

Intermediate: Fridays, September 20 to November 8, 9:00 am to 12:00 pm. Eight weeks - \$84 + \$4.20 GST = \$88.20.





Register: Contact Freda at 403-241-2990  
or [fredanychkalo@icloud.com](mailto:fredanychkalo@icloud.com).

### **Bridge Social**

Fridays, 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](mailto:twilcock@telus.net). Limited capacity of 30 players.

### **Chair Yoga (Beginner and Intermediate)**

Chair yoga offers a gentle yet effective way for people of all ages and abilities to experience the benefits of yoga in a safe and supportive environment. Benefits of yoga include improved flexibility, strength, posture, reduced stress levels, better concentration, and a greater sense of overall well-being. Offered both in-person and online through Zoom.

Beginner Chair Yoga (more seated poses): Mondays, September 9 to December 16, 12:00 to 1:00 pm (No Class September 14 and November 11).

Intermediate Chair Yoga (more standing poses): Mondays, September 9 to December 16, 1:15 to 2:15 pm (No Class September 14 and November 11).

Intermediate Chair Yoga (more standing poses): Wednesdays, September 11 to December 4, 10:00 to 11:00 am.

Registered for thirteen weeks: \$104. Drop-in and five-class pass options are available.

Contact Sherry at [sherrynormanyoga@gmail.com](mailto:sherrynormanyoga@gmail.com).

### **Chinook Country Line Dance**

Tuesdays, 6:00 pm

Dancers enjoy fitness and fellowship while dancing to upbeat music in a fun, spirited atmosphere.

Visit [www.cclinedancers.ca](http://www.cclinedancers.ca).

### **Gentle but Strong Yoga**

Thursdays, 12:00 to 1:15 pm

Yoga-detoxifying, Inspiring, and Restorative. Gentle Hatha poses focusing on breath work for everyone. We also do Myofascial release for range of motion and healthy bodies.

Visit [mjgerlitz@gmail.com](mailto:mjgerlitz@gmail.com).

### **Jazzercise**

Mondays, Wednesdays, and Fridays, 9:30 to 10:30 am

Offering a high energy, low-impact version of the classic dance-based class format.

Contact Wendy at [wendy.p.craig@gmail.com](mailto:wendy.p.craig@gmail.com)  
or 587-889-4186.

### **Karate Classes**

Mondays, 6:30 pm (Parent and Child 7+ years)

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

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

The Karate Club offers classes for all age groups. The club is a member of Karate Canada, the official governing body of karate, with member clubs across Canada.

Contact Jeffrey Jukes at 403-228-5039.

### **Mommy and Me Pilates**

Tuesdays, 11:00 am

This postpartum mat class is especially designed for new mommas. Bring your babies, make some new friends, and rebuild your core strength in a safe and effective way.

Contact Theresa Toth at [toth31@shaw.ca](mailto:toth31@shaw.ca).

### **SitFit + Yoga (Sherry)**

A full body workout that combines weights and resistance training within the mindfulness of yoga. Ideal for anyone who needs the comfort and/or safety of seated exercise (standing is optional). The class is held in the main hall of the Strathcona Community Centre as well as streamed online.

*continued on next page*



Fridays, September 13 to December 13, 11:00 am to 12:00 pm

Registered for fourteen weeks: \$112. Drop-in and five-class pass options are available.

Contact Sherry at [sherrynormanyoga@gmail.com](mailto:sherrynormanyoga@gmail.com).

**Toastmasters**

Mondays, 7:30 pm

Toastmasters helps you to improve your public speaking. We offer both online and in-person meetings. For more information, please contact us at 403-470-2005. Visit [www.westhillstoastmasters.easy-speak.org](http://www.westhillstoastmasters.easy-speak.org).

**SCA Winter Programs**

[www.scacalgary.ca](http://www.scacalgary.ca)

Registration begins December 1

**Line Dancing (Mary and Peggy)**

Ten weeks - \$95 + \$4.75 GST = \$99.75 (BOGO \$47.50 + GST \$2.38 = \$49.88) Discount of \$47.50

Wednesdays, January 8 to March 19 (No class February 19)

#1: Beginner (Level 1) 3:00 to 4:00 pm

#2: Beginner Plus (Level 1+ / 2) 2:00 to 3:00 pm

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

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

#5: Advance (Level 5/6) 1:00 to 2:00 pm

\*BOGO Sale: Must call the office at 403-249-1138

**Line Dancing Drop-in (Peggy)**

\$5 Drop-in Fee

Fridays, January 10 to March 14 from 1:00 to 2:00 pm

**Tai Chi (Adrian Buzcek)**

Ten Classes - \$85 + \$4.25 = \$89.25

Continuing 1 and Basics – Mondays, January 6 to March 17 from 1:30 to 2:30 pm (No class February 17)

Basics – Mondays, January 6 to March 17 from 2:45 to 3:45 pm (No class February 17)

Continuing 2 – Wednesdays, January 8 to March 12 from 11:00 am to 12:00 pm



*Steamboat Willie*



*Can you hear that whistling? It's Mickey Mouse! Mickey Mouse first appeared on the big screen on November 18, 1928, in the animated short film Steamboat Willie. And who voiced this beloved character? None other than Walt Disney himself!*



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	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 24	20	11	\$1,289,900	\$1,190,000
August 24	29	20	\$898,450	\$880,000
July 24	16	13	\$825,000	\$815,000
June 24	19	20	\$1,128,694	\$1,115,500
May 24	26	22	\$1,099,000	\$1,104,000
April 24	16	19	\$949,000	\$950,000
March 24	24	21	\$919,000	\$970,000
February 24	23	16	\$597,450	\$610,000
January 24	14	13	\$968,000	\$950,000
December 23	8	10	\$507,450	\$515,000
November 23	14	10	\$522,400	\$510,000
October 23	17	13	\$530,000	\$520,000

To view more detailed information that comprise the above  
MLS averages please visit [asp.mycalgary.com](http://asp.mycalgary.com)

### Black Bears in West Calgary

by Ursula Bruin



Black bears are known for their sleek black fur, although colour variations can include brown, cinnamon, and even a rare white colour known as the Kermode bear or “spirit bear”. Adult black bears typically weigh 90 to 350 kg. They can smell food from a kilometre away and have flexible lips to eat fresh grass, insects, roots, berries, carrion, and garbage (when available). They are good swimmers and can run at a top speed of about 40 km per hour.

In the wild, black bears typically reach sexual maturity by age 2 to 5 and live 10 to 15 years - longer in captivity. They mate in June, but the fertilized eggs will (if the mother has enough body fat) implant in November, and they usually give birth to two cubs (each weighing less than 0.4 kg) in January, while hibernating in their dens. Nursing mothers often lose a third or more of their body weight over winter, while non-nursing bears lose only 15 to 25 percent.



The next spring, mothers continue to lead and protect their cubs until June, when the cubs are about 17 months old, and the mother becomes ready to mate again. She recognizes them for several years, allowing them to remain in parts of her territory which she then avoids. She shifts her territory to include new adjacent areas if available or tolerates overlap with her daughters

if other areas are not available. Young males voluntarily leave their mothers’ territories before reaching maturity, traveling up to 137 miles or more before settling down and establishing mating ranges.

Black bears are hibernating by November, when available food is scarcer, and it is not economic with calories to be foraging in the cold.

As Calgary expands, natural habitats for black bears and other wildlife are being altered or fragmented.

Bears are shy and are seldom found in the city. Their visits are in quieter areas near the river valleys, when looking for new territory - typically in August or September, when (years apart) black bears were seen in Bayview or Eagle Ridge (near the Glenmore Reservoir) feeding on berries or fallen apples. There was a visit to Discovery Ridge in recent years, in May, following which we have seen signs in west side neighbourhoods, all summer, asking that garbage bins not be left out overnight.



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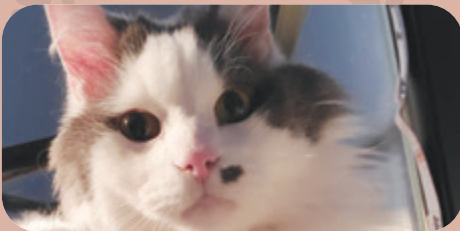
Bowser, Remus, Riku, *Montgomery*



Teddy and Sassy, *Foothills*



Tika and Chiko, *Stradwick Rise*



Tonu, *Seton*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

### Join Our Walking Group

Walks take place every Tuesday at 10:00 am.

Meet outside the gazebo beside Sobeys. Dogs and strollers are welcome. Please register at [scacalgary.ca](http://scacalgary.ca) or by calling our office at 403-249-1138 so we can share information on routes. No membership is required to take part.

### Thank You from Olympic Heights School

Olympic Heights School extends a very special thank you to our neighbour, the SCA Community Association, for donating the use of the two garden boxes at the community garden to support the learning of our grade four Garden Club. We planted, watered, weeded, cared for, and excitedly harvested 17 kg (37.5 pounds) of produce! The Calgary Food Bank graciously accepted our fresh carrots, beets, and potatoes to help families in need. Even with the challenges of the extreme heat and water restrictions this summer, we were able to work together to keep the vegetables growing. Amazing!

Sincerely,

*Grade Four Teachers*

### 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@scacalgary.ca](mailto:info@scacalgary.ca) or call us at 403-249-1138.



## *So Are the Days of Our Lives*

*Days of Our Lives* first aired on November 8, 1965, making it one of the longest-running soap operas! The original title sequence, voiced by actor MacDonald Carey, who played Dr. Tom Horton for nearly 30 years, is still used today!



# The Art of Finding Work: Get Ahead of Any Assumptions Employers May Have About You

by Nick Kossovan



Making assumptions about other people based on their appearance, what they say or don't say, and how they behave is a universal human tendency.

We form first impressions of people by making assumptions about them, such as whether they're:

- Financially successful
- Healthy
- Educated
- Trustworthy

...and the assumptions go on.

Making assumptions is quick and easy and reduces the mental energy needed to process information. Assumptions are formed by gathering observational data and matching it with past experiences. Properly verifying everything we see, hear, smell, taste, and feel can be problematic when time is limited, such as during 45-minute interviews or sifting through hundreds of resumes for a single job opening.

Understandably, hiring managers must make assumptions to narrow down the applications they receive to those worth interviewing. They often make the following negative assumptions—a “red flag”—which can result in your candidacy being rejected.

### Age

- “Too young” or “too old.”
- Energy level, adaptability to new technologies, salary ask, and manageability.

### Education

- Have a low opinion of the educational institutions the candidate attended, assuming they couldn't get into a “better school.”
- Based on a candidate's degree(s), assumptions are made about their knowledge, skills, and problem-solving ability.

### Work Experience

- The candidate's work experience isn't directly relevant to the open position; hence, the candidate will struggle. (You, not the employer, are responsible for connecting the dots between your education, skills, and experience and the position.)
- Under or overqualified.

### Employment Gaps or Non-Linear Career Paths

- Candidates with lengthy employment gaps are unemployable, unable to hold a job, or have health/family issues that may hinder their performance.
- Will the candidate be able to re-enter the workforce?

### Cultural Fit

- Based on the candidate's communication style (verbal and nonverbal), personality traits, and mannerisms, assumptions are made to determine whether they'll mesh well with the existing team.

Hiring is rife with assumptions and biases. Nothing is neutral; there are no inalienable rights. Employers make snap judgments that have little connection with a candidate's qualifications and capabilities; hence, an effective job search strategy is proactively addressing any possible negative assumptions employers may have about you.

### Identify Possible Assumptions

Most job seekers lack self-awareness, a skill necessary to understand how employers perceive them.

List everything that contributes to “who you are;” your age, gender, education, work experience, behaviour, manner of speaking, and physical appearance, to name a few factors. List everything! This exercise should take a few hours. Next, check off all the factors on your list that you believe may cause employers to have negative assumptions about you, thereby working against you.

An excellent way to approach the above exercise is to reverse engineer. When you meet someone for the first

time, what “observations” do you make that influence your assumptions about them? Their age? Being punctual? Gestures? Looks? What they’re wearing? Now, ask yourself, “If I were to meet me for the first time, what assumptions would I make about myself?”

Proactively identifying and strategizing proactive ways to mitigate possible negative assumptions employers may have about you is how you control your narrative during the hiring process, which most job seekers fail to do.

### Defensive vs. Offensive

Defensive (having to defend): “I see you last worked in November 2023. What have you been doing since then?”

Offensive (proactively offering information): “Before we dive into the specifics of this role, I would like to address the employment gap on my resume, which is likely a concern to you. Last November, I was part of the [warehouse] layoffs. Since then, I’ve been focused on [three to four specific activities that show you’ve been productive and engaged in your profession/industry].”

### Address Concerns Directly

Take the initiative to address possible assumptions head-on, but do so in a confident, solutions-oriented manner. For example, you might say, “I understand you may have some concerns about my age and whether I have the energy to keep up with the demands of this role. Let me share a few recent examples of how I’ve consistently demonstrated my drive and adaptability throughout my career...”

### Show Enthusiasm

*“Nothing great was ever achieved without enthusiasm.”*  
- Ralph Waldo Emerson.

Many negative assumptions your interviewer may have about you, especially if you have an employment gap or lack direct experience, will often quickly fade when you demonstrate genuine excitement and engagement. Show you’re passionate about the job, the company, and the opportunity.

### Create Positive Assumptions

As I’ve been pointing out, you have considerable control over the assumptions others make about you; hence, present yourself in a way that creates positive assumptions about you, starting with:

- Smiling and making eye contact.
- Offering a firm, confident handshake.
- Using an upbeat, enthusiastic tone of voice.
- Demonstrating you’re actually listening.
- Dressing professionally and appropriately.

When it comes to job searching, most possible negative assumptions—not all—can be dispelled by focusing on showing through your resume, cover letter, LinkedIn profile, digital footprint, and when interviewing that you’re:

- A team player
- Willing to learn
- Self-motivated
- Easy to work with

Proactively addressing possible negative assumptions employers may have about you is how you increase your odds of being a candidate employers will say “Yes!” to.



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## STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 24	12	7	\$918,000	\$1,068,000
August 24	8	13	\$897,500	\$895,000
July 24	15	8	\$766,950	\$761,750
June 24	10	13	\$888,000	\$870,000
May 24	16	12	\$726,950	\$759,750
April 24	13	13	\$799,990	\$798,000
March 24	8	9	\$799,900	\$775,000
February 24	8	9	\$699,900	\$675,000
January 24	6	3	\$1,095,000	\$1,030,000
December 23	4	6	\$772,450	\$755,000
November 23	4	5	\$679,900	\$679,000
October 23	5	4	\$762,500	\$757,500

To view more detailed information that comprise the above MLS averages please visit [str.mycalgary.com](http://str.mycalgary.com)

## CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 24	4	0	\$0	\$0
August 24	2	3	\$1,014,000	\$1,004,000
July 24	2	3	\$1,280,000	\$1,285,000
June 24	2	2	\$940,000	\$902,250
May 24	6	4	\$1,137,500	\$1,201,000
April 24	7	7	\$1,099,000	\$999,900
March 24	3	2	\$830,000	\$817,375
February 24	7	8	\$800,000	\$845,000
January 24	4	5	\$769,800	\$745,000
December 23	2	2	\$554,950	\$547,250
November 23	3	5	\$1,155,000	\$1,100,000
October 23	8	4	\$569,200	\$572,500

To view more detailed information that comprise the above MLS averages please visit [chr.mycalgary.com](http://chr.mycalgary.com)



PHOTO  
**GALLERY** by Nyckie Rea



*The wild deer's gaze is a glimpse into nature's soul.*



*A rainbow is the sky's lovely garden.*



*Three things cannot be long hidden: the sun, the moon, and the truth.*

# Vending Machines and Healthy Food Choices

by Alberta Health Services



From going to work, attending school, or running errands, having a busy schedule can lead to eating more meals and snacks away from home. Foods eaten out of the house may include homemade dishes and snacks brought from home, or foods purchased from places like vending machines, convenience stores, cafes, and restaurants.

Often many of the foods prepared in restaurants and cafes or packaged foods like those found in vending machines contain higher amounts of salt (sodium), fat (saturated), and added sugars. Consuming these types of foods frequently and in large amounts may increase your risk of developing health conditions such as hypertension (high blood pressure), Type 2 Diabetes, and heart disease.

Planning ahead and being prepared for the days when you know you will be eating outside of the house can help support a healthy eating pattern. If you can, bring a packed meal from home and try to have easy and nutritious snacks on hand such as vegetable sticks with hummus or no bake trail mix. For these and other healthy snack recipes, visit [ahs.ca/recipes](https://ahs.ca/recipes) and search 'snacks.'

We know sometimes it is not possible to bring snacks and meals from home. However, it is important to make sure you are eating and staying hydrated throughout the day to keep your body energized. To provide food options, many workplaces, schools, and recreational facilities will have food and beverages available to buy from vending machines or concession stands.

### **Making Good Choices!**

If you find yourself in front of a vending machine in need of a snack, here are some tips you can use to help select healthier food choices:

#### **Look for foods that contain protein, fibre, or vegetables and fruits**

- Protein helps rebuild muscle and keeps you feeling full for longer. Protein foods include trail mix, protein bars, tuna kits, reduced sodium jerky and dry roasted nuts, seeds, and chickpeas.
- Fibre can help reduce cholesterol and blood sugar levels and may improve gut health. Vending machine options that contain fibre include whole grain crackers, granola bars, popcorn, and dried fruit bars.
- Vegetables and fruits contain vitamins and minerals that help keep you healthy and often contain fibre. Vegetable and fruit choices include baked snap peas, dried fruit, apple chips, and unsweetened fruit cups or sauces.

#### **Consider how the food was prepared**

- Look for foods that were baked or roasted rather than fried such as baked crackers, potato, or rice crisps and roasted seaweed snacks.
- Select nuts or popcorn without added salt or sweet coatings.

#### **Quenching your thirst**

Try to make water your drink of choice, but if you are in the mood for something different here are some healthier options you may find in a vending machine:

- Milk or fortified plant-based alternatives. Milk contains calcium, vitamin D, and protein which makes it a nutrient packed option. Some milk options have extra protein added.
- Flavoured sparkling water with no added sugars if you want something fizzy.
- Unsweetened tea or coffee.

### Looking for Healthier Options?

Everyone can contribute to creating a healthy food environment. Alberta Health Services has put together the Healthier Vending Toolkit which provides resources for advocating for healthy food options in vending machines and guidance on implementing healthier vending and snacks on sites like workplaces and recreational centres. You can find this toolkit by going to ahs.ca and typing 'Healthier Vending Toolkit' in the search bar.

If you are interested in learning more about healthy eating where you live, work, learn, and play, go to [healthyeatingstartshere.ca](http://healthyeatingstartshere.ca) for more information.

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# Chinook Blast 2025: Calling All Creators and Cultural Curators!

by the City of Calgary

Chinook Blast 2025 is Calgary's winter festival celebration. As we gear up for another exciting event in 2025, we're on the lookout for creative talent and dynamic partners to help bring the festival to life!

## Calling All Installation and Visual Artists

Sculptors, visual artists, and creators of immersive experiences are invited to showcase how their art can transform the festival grounds into a mesmerizing winter wonderland. Funding opportunities are available, ranging from \$5,000 to \$40,000 for chosen installations. Additionally, in collaboration with The City of Calgary's Winter City Design Competition, up to \$45,000 will be awarded for two installations designed to endure three months of winter weather from January to March without requiring security.

## Calling All Market Partners

We're seeking three dynamic partners to host and execute a weekend market (Friday to Sunday) during Chinook Blast. These markets should offer unique experiences, where attendees can explore and celebrate different cultures, discover local artisans, and participate in meaningful community engagement.

For more information and to submit your proposal, visit [chinookblast.ca](http://chinookblast.ca).



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## GAMES & PUZZLES

### Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The \_\_\_\_\_ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100<sup>th</sup> anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



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The provincial government has created a new team of Alberta Sheriffs to help bring wanted criminals to justice across Alberta. The Alberta Sheriff's team created to help track down criminals wanted by authorities is now up and running across the province. The Alberta government is providing \$2.6 million in operating funding for the Fugitive Apprehension Sheriff Support Team (FASST) teams, which have members in Edmonton and Calgary. FASST started operations in February of this year in Edmonton and is already making a difference.

Seven officers in each city will work with police services throughout Alberta to ensure that those accused and convicted of crimes in our province are brought to justice. The team has executed more than 1,300 warrants. Of the nearly 300 arrests that have been made, more than 260 have been Tier 1 fugitives. These are offenders who are the most dangerous, most prolific, and high-risk offenders in Alberta. More than 300 offenders have been apprehended and taken into custody. They are now off the streets. There are more than 82,000 warrants that remain active in the province of Alberta.

Recently, Calgary's highly anticipated Arthur J.E. Child Comprehensive Cancer Centre opened and is now accepting appointments. This world-class facility will provide cutting-edge oncology treatments and 160 inpatient beds. It includes over 9,200 square metres of dedicated research space. Alberta Health Services is welcoming patients to the largest cancer centre of its kind in Canada, offering personalized treatments and exceptional care. Patients with cancer care appointments booked on and after October 25 will now have those appointments moved to the new facility.

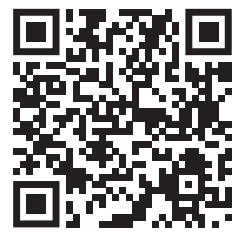
On Remembrance Day, we will remember the thousands of brave Canadians who made the ultimate sacrifice in the cause of preserving our freedom. I encourage you to join fellow community residents to commemorate this special day.

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