

NOVEMBER 2023

DELIVERED MONTHLY TO 2,685 HOUSEHOLDS

# your SILVERADO edge

THE OFFICIAL SILVERADO COMMUNITY NEWSLETTER



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## Art 4 Everyone

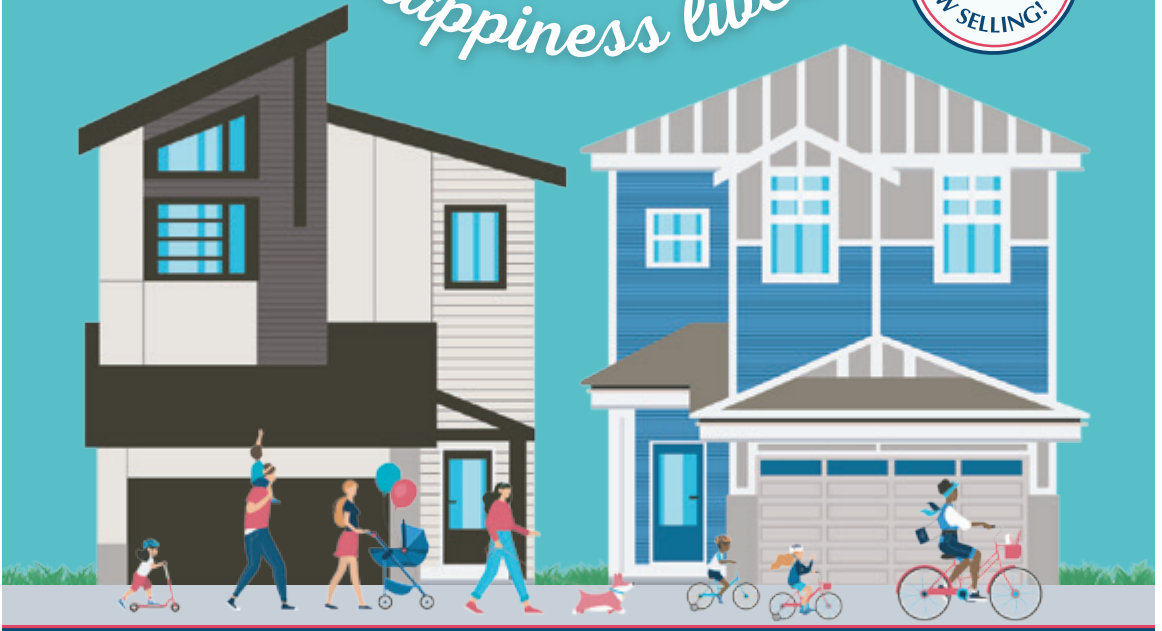
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# Silverado Community Association

## Board of Executives

Barbra Deskin      President

Abiodun Lawal      Vice President

Kyle Hamilton      Treasurer

Vacant      Secretary

## Board of Directors

Julian Springer      Communications

Christine Sauv e      Director at Large

Mich le Kawa      Fun Run

Jonathan Love      Rink

Vacant      Development Committee

Charlotte Schank      Community Garden Committee

To contact the SCA, email [info@silveradoca.ca](mailto:info@silveradoca.ca)

## COMMUNITY ASSOCIATION NEWS

All residents of Silverado, Belmont, and Yorkville are invited to attend our meetings. If you wish to join us or if you have any questions, please feel free to email us at [info@silveradoca.ca](mailto:info@silveradoca.ca).

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



## Interested in Karate? Come Join The ACKU Silverado Sharks.

Whether you want to get in shape, learn self-defense, workout with your family, or compete internationally, we can help you with your goals.

### Classes Every Tuesday

Chops (ages 4-6) 6:30 - 7:00pm

Family (ages 7+) 7:00 - 8:00pm



### Affordable

\$59/month - Individual

\$99/month - Families

\$50/person annual membership

Train at all 15 Calgary locations with one monthly fee



Register In Person At  
**Holy Child School**  
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ALL CANADIAN KARATE UNION  
**WWW.ACKU.ORG**

## CHECKLIST

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

**9 PM**  
**ROUTINE**



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## Contact Us

### Address

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### Call us now

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### Email us

info@jacksonjackson.ca

contact@jacksonjackson.ca

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



**Silverado**  
COMMUNITY ASSOCIATION

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

Family Name: .....

Date: .....

Applicant's First Name(s): .....

Home Phone: .....

Address: .....

Postal Code: .....

Email: .....

- The easiest way to become a member is by registering on our website.
- Memberships cost \$25 per year for each address and are renewable annually. You may alternatively mail an application form to: Silverado Community Association, 141 Silverado Creek Crescent SW, T2X 0C5, or send an email to info@silveradoca.ca. Cheques are payable to Silverado Community Association. Please allow three to four weeks for your membership to be delivered to your home address.
- Members of the community association are welcome to attend SCA-sanctioned events throughout the year. Not only will you be able to meet others within Silverado, but you will help build a better sense of community in our neighbourhood.
- Stay connected with what is happening within your community. Members are kept up to date on the developments within and around the community.
- Silverado Community Association is actively looking for volunteers to help out with community events and for board positions. If you are interested in volunteering your time to make Silverado a better community, please send inquiries to info@silveradoca.ca.
- Silverado Community Association updates can be found on our website at silveradoca.ca.



Follow Silverado Community Association on Facebook  
[www.silveradoca.ca](http://www.silveradoca.ca)





## South Health Campus Wellness Centre

### Better Health for Free

Find information, resources, and classes to help make decisions about your health.

Visit the 2023 Fall Program Guide for more information and registration details at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness).

Questions? Call 403-956-3939.

## Upcoming FREE Programs in November & December 2023

### Tasty Low Salt Cooking

Are you struggling with how to implement a lower salt (sodium) diet? Learn practical ways to lower salt in your diet with a cooking demonstration by AHS Nutrition Services Registered Dietitians. This 2-part series will feature label reading, lower sodium substitutions and preparing healthy, lower sodium foods that taste great. Register for one or both classes.

**When:** Meal Ideas: November 21 Noon – 1:00 pm.  
Dips & Sauces: December 12 Noon – 1:00 pm.

**Program Provider:** AHS Nutrition Services Registered Dietitians and the Wellness Kitchen.

**Registration:** [www.redcap.link/TastyLowSaltCooking](http://www.redcap.link/TastyLowSaltCooking).

### Easy & Healthy Mediterranean Cooking

Learn how to eat Mediterranean! The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for brain health, heart health, or general well-being.

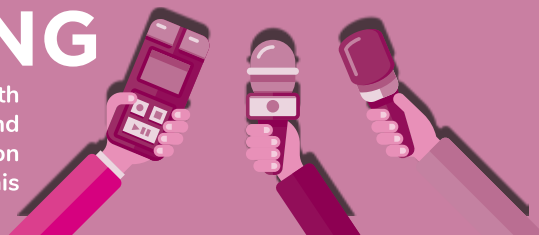
**When:** November 16 Noon – 1:30 pm.

**Program Provider:** AHS Nutrition Services Registered Dietitians and the Wellness Kitchen.

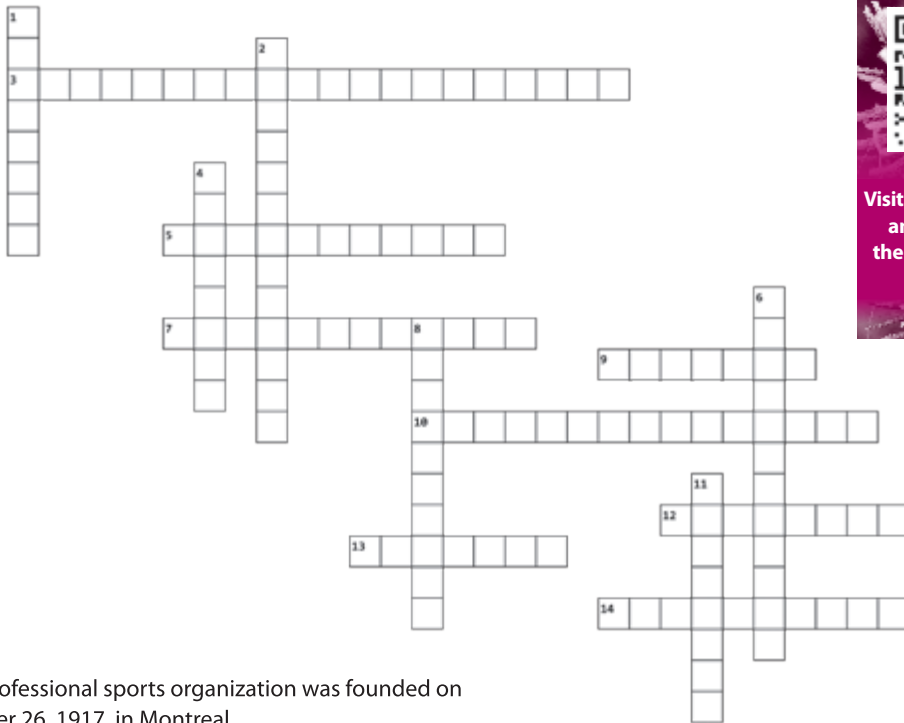
**Registration:**  
[www.redcap.link/EasyHealthyMediterraneanCooking](http://www.redcap.link/EasyHealthyMediterraneanCooking).

# CANADIAN BROADCASTING

CBC/Radio-Canada, very well known for both television and radio broadcasting, was founded and established as a Crown Corporation in Ottawa on November 2, 1936. That makes it 87 years old this month!



# November Crossword



## Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.
5. Born on November 12, 1980, but he's just Ken.
7. November is National \_\_\_\_\_ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.
9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto \_\_\_\_\_.
10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.
12. This month is the only month used in the 26-letter NATO phonetic alphabet.
13. Pink Floyd's iconic 11th album, \_\_\_\_\_, was released on November 30, 1979.
14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male \_\_\_\_\_ onboard; thankfully, he survived the three hour and 20-minute space flight.

## Down

1. On World \_\_\_\_\_ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.
2. November's official flower, which originates from East Asia.
4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.
6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.
8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.
11. The reason people grow moustaches in November.



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	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 23	10	8	\$604,894	\$611,500
August 23	20	18	\$499,950	\$502,500
July 23	12	9	\$538,900	\$551,500
June 23	18	18	\$514,450	\$540,000
May 23	20	22	\$597,450	\$588,700
April 23	14	14	\$503,950	\$515,625
March 23	19	17	\$539,000	\$550,000
February 23	20	22	\$491,200	\$498,750
January 23	16	11	\$525,000	\$524,500
December 22	6	8	\$444,450	\$433,750
November 22	4	7	\$520,000	\$515,000
October 22	15	15	\$470,000	\$499,900

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



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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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**FAMILY DAY HOME IN SUNDANCE:** Light & Salt is a new licensed family day home in Sundance. Small groups, safety and high-quality education for your children! Professional ECE level 3 qualified, accepting children from 19 months to 5 years old. Alberta grants and subsidy available. To learn more, visit [www.lightandsalt.ca](http://www.lightandsalt.ca) or contact Barbara at 905-466-7493 or [lightandsalt.familydayhome@gmail.com](mailto:lightandsalt.familydayhome@gmail.com).

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Join us at Red Deer Lake United Church where we come together in community and explore God together Sunday mornings at 10:30 am. We are an affirming, safe space for all. We are located on the south side of the new ring road in SW Calgary. Check us out online at <https://reddeerlakeuc.com/>

**FAITH & COFFEE:** Bring your coffee and join us at Red Deer Lake United Church on the first Wednesday of the month as we explore the stories of our faith and hear the wisdom they offer us today.

**HANDCRAFTED MARKET:** Early Christmas shopping? Crafts, gifts, wreaths, artwork, decorations, homemade preserves, lotions, goodies, Christmas cakes, apple pies & more! For more information visit us at <https://reddeerlakeuc.com/fundraisers2023>

- Saturday, Nov 18th; 10 am - 3 pm
- Sunday, Nov 19th; 10 am - 1 pm
- Sunday, Nov 26th; 10 am - 3 pm
- Sunday, Dec 3rd; 10 am - 3 pm

**TURKEY SUPPER:** Don't miss our annual Country Turkey Supper, fun musical entertainment, and homemade pies on Saturday, November 18 at 5 pm. Tickets are on sale now at <https://reddeerlakeuc.com/tickets/turkey-supper>

**ONLINE AUCTION:** Great gifts, household items, artwork, certificates for services, baskets of goodies, and so many other fantastic items to bid on! Visit us at <https://shorturl.at/czBJ4>

**QUILT RAFFLE:** Win beautiful, handcrafted quilts. Tickets \$5 or 3 for \$12. Available at the Church on Sundays or at the Market. Draw date: Dec 3 at 1pm.

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

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Calgary



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