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Family Name:
Date:
Applicant's First Name(s):
Home Phone:
Address:
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- 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.



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	Listed	Sold	Listed	Sold	
June	24	23	14	\$644,450	\$641,750
May	24	20	25	\$570,000	\$570,000
April	24	25	19	\$569,900	\$585,000
March	24	17	15	\$599,900	\$595,000
February	24	15	12	\$521,400	\$533,950
January	24	10	9	\$549,900	\$539,900
December	23	5	3	\$649,888	\$636,000
November	23	9	12	\$499,450	\$507,450
October	23	13	9	\$535,000	\$526,000
September	23	9	8	\$604,894	\$611,500
August	23	19	18	\$499,950	\$502,500
July	23	12	9	\$538,900	\$551,500

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



Silverado Community Association

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Christine Sauvé	Director at Large
Michèle Kawa	Fun Run
Jonathan Love	Rink
Vacant	Development Committee
Charlotte Schank	Community Garden Committee

To contact the SCA, email 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.

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!



Silent Pride:

The Wordless Anthems of the World!

While watching the Paris Olympics this year, you might notice some athletes not singing along to their national anthems. Well, athletes from Spain, Kosovo, San Marino, and Bosnia and Herzegovina (yes, that is one country) can be excused because their national anthems have no words!



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<p>News, Events, & More</p>	<p>Crime Statistics</p>	<p>Real Estate Statistics</p>
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A Walk in the Wetlands

by Alisha Sharma

Wetlands are a very important part of our community. They serve as a habitat for birds and other animals, especially when things such as city development force the animals out of their homes. Well, I'm here to support the idea of going to the wetlands more often. Let me share my experiences in the wetlands with you.

I enjoy going to a trail in the Silverado community which runs along a lively wetland. My favourite thing to do there is birdwatching. There's a good range of birds in the wetland, so I recommend doing a bit of birdwatching in your free time. Common birds found there include yellow-headed blackbirds, red-winged blackbirds, Grackles, American Robins and if you're lucky, you'll find some ducks there as well. And the occasional run-in with the dreaded Canadian Geese!

The wetlands are also a great place to just walk, enjoy the view, and find a bit of time for yourself, which I know some people really struggle with. It's calming, especially with all the sights and sounds; it definitely helps get rid of any stress. So, if you're looking for your next "you-time" destination, check out the wetlands and see what you think.

I've recently noticed that each time I've walked or cycled in the wetlands, I've felt more active. My guess is it's all the Vitamin D from the sun (but still, don't forget sunscreen!). I feel I've improved my physical activity and I feel really good after a peaceful walk. I'm a kid and so far, being in the wetlands has piqued my curiosity because of the variety of creatures and plants. I just can't help but explore it.

I hope you will begin exploring your local wetlands. Maybe next time you need somewhere to walk, to have a bit of "you-time", or even to meet new people, make sure to try the wetlands.



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A Dietitian's Guide: Tips for Making Back-to-School Lunches Your Kids Will Enjoy

by the Primary Care Network

Packing healthy lunches kids will actually eat can be a difficult task for parents and caregivers during the back-to-school season. While balanced meals are an important part of fuelling minds and bodies, it can be hard to juggle enjoyment with nutrition.

Dietitians from the Primary Care Network share their tips for making back-to-school lunches nutritious, delicious, and enjoyable.

1. Involve Your Kids

Involving kids in meal prepping is key to helping them discover their own preferences and teaching healthy eating habits. Giving kids the opportunity to make choices – like at the grocery store – helps to foster

positive connections with food. When kids can be involved, there's more buy-in.

2. Presentation is Key

Presenting food in a fun and easy way can make healthy food more appealing – especially when faced with a short school lunch break. Instead of a sandwich, try a meat and cheese kebab or offer sliced apples instead of a whole apple. Opting for a bento-style lunch box can also make packing easier and allow kids to select from a variety of foods – proteins, carbohydrates, colourful fruits, veggies, and healthy fats.

3. Balance and Variety

Aim to add an assortment of fruits, vegetables, whole grains, and lean proteins. Pairing new foods with familiar favourites is a great way to help kids add variety to their diet. Don't be afraid to include a fun food, like a cookie or chocolate. Enjoyment is an important part of balanced eating and building a healthy relationship with food.

Join us at **Red Deer Lake United Church** where we come together in community and explore God together on Sunday mornings at 10:30 am. We are excited to share that our Worship Service is also available on our YouTube channel, @RedDeerLakeUnitedChurch. We are an affirming, safe space for all. Our location is ideal and easy to get to via Stoney Trail, virtually only minutes from most anywhere in the city. Don't let our name fool you, we're closer than you think!

MARK YOUR CALENDARS! RED DEER LAKE UNITED CHURCH UPCOMING EVENTS:

- Welcome Back BBQ – September 8
- Men's Breakfast – September 28
- On the Edge Concert Series with Tim Isberg – Friday, October 18
- Market and Craft Sale starts on November 16
- Turkey Supper – November 30

RENTALS

Red Deer Lake United Church is a 45,000 square foot facility that provides a variety of affordable spaces for rent on a one-time or recurring basis. You do not need to be affiliated with the church to rent our space. Some of our past and current tenants rent our facilities for catering, art shows, music concerts, business meetings, and of course, weddings, baptisms and funeral services. Our memorial garden is a beautiful place for photos.

For more information about booking an event, availability, and pricing, please contact the office at office@reddeerlakeuc.com or (403) 256-3181. You may also complete the Rental Booking Request form on our website to submit your requirements.

Visit us at <https://reddeerlakeuc.com/> to stay up to date on all our events!



25th Anniversary of the International Year of Older Persons: Call for Time Capsule and Friendship Quilt Contributors

by the City of Calgary

In 1999, the City, in collaboration with community partners and citizens, created a time capsule and a friendship quilt to celebrate the International Year of Older Persons. This year, 2024, marks the 25th anniversary of that significant event, making it the perfect occasion to open the 25-year time capsule and reflect on the meaning of the friendship quilt crafted during the 1999 celebrations. We are set to commemorate this milestone on October 1, 2024, coinciding with the International Day of Older Persons.

As we prepare for this special event, we aim to reconnect with individuals who played a crucial role in 1999, particularly in creating the time capsule and the friendship quilt. We want to ensure that those who contributed their time and creativity 25 years ago have the chance to participate in the October 1 celebration.

If you were involved in any capacity with the time capsule or friendship quilt in 1999, we want to hear from you! Your stories, memories, and reflections are invaluable as we revisit and celebrate the legacy of that extraordinary year.

Your participation will enrich our celebration and help keep the spirit of community and connection alive for future generations. Join us in this journey of remembrance, gratitude, and celebration by emailing us at agefriendlycalgary@calgary.ca.



Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



BRAIN GAMES SUDOKU

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

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How to 'Hold Space' for Someone

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and

set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.



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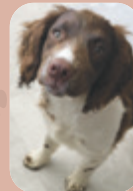
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