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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.



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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!



RESIDENT PERSPECTIVES

A Day in the Life of a Girl Guide Leader

by Karla, Girl Guide Leader

Most people know, at least on a basic level, what it means to be a "Girl Guide". Sell cookies, go camping, have fun.



But what is it like to be a Girl Guide leader?

I can't speak for every leader out there, but I can speak from my own personal experience.

Over 20 years ago, I was talked into becoming a Girl Guide leader because there was no space available in any Spark unit for my daughter – they were all full. So, I signed up as a leader to open a brand-new Spark unit.

I will say that because I had zero experience in Girl Guides (I wasn't a Girl Guide when I was a child, plus I had little experience working with groups of kids), my co-leader really saved me that year; she was a great mentor. She was a kindergarten teacher, and I learned a lot from her. During that first year as a leader, I learned a lot about Girl Guides as an organization as well. The lingo, its policies, and procedures.

Fast forward to the present day, I no longer have a daughter in Girl Guides. She is now an adult. So, why do I still lead a unit without a kid in the program? I continue to work with young girls because I have fun doing it, and I can see their potential. It is great to see them enjoy learning new skills like building a tower out of just paper and tape. Or being able to ask a person they don't know if they would like to buy a box of girl guide cookies – and they get a yes!

It makes my heart sing to see girls getting along well, having fun together, and learning new skills. I don't do it "because I have to" anymore. It's because it makes me feel good inside to see young girls succeeding and having fun.

So, if you have ever thought of becoming a Girl Guide leader, know that it is one of the most rewarding things you'll ever do.

And Girl Guides has a new initiative this year – VolunTry. You can try being a leader for a short time, they'll fast track your application so that you can try it out for the remainder of this year. For more information, please email me at guiderkarlayyc@gmail.com.

One Pan Chicken Fajitas

by Jennifer Puri

Originating in South and Central America, bell peppers have been cultivated for thousands of years. Available in a variety of colours: red, orange, yellow, green, and even purple, they are related to chili peppers, tomatoes, and breadfruit.

All bell peppers start out as green, but their colour and ripeness depend on the amount of time the pepper spends on the plant. Red peppers are riper, and their flavour is typically sweeter, milder, and generally easier for most people to digest. They can be eaten raw, cooked, dried, or powdered.

Bell peppers are an excellent addition to a healthy diet as they are mainly composed of water with smaller amounts of carbohydrates, protein, fiber, and fat. Rich in many vitamins, antioxidants, and carotenoids they are beneficial for eye health and reduced risk of anaemia.

Peppers can be enjoyed as a snack, in a salad, stuffed, grilled, roasted, pickled, raw, or sautéed as shown in the one pan chicken fajitas recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 3 boneless chicken breasts
- 1 medium white onion
- 1 lime
- 3 red and yellow bell peppers
- 5 tbsp. extra virgin olive oil
- ¾ tsp. chili powder

- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. cumin powder
- ¼ tsp. black pepper
- ¼ tsp. oregano
- Salt to taste

Directions:

- Slice onion and bell peppers (seeds and stems removed) into ¼ inch thick slices.
- In a small mixing bowl, combine 3 tbsp. of olive oil, juice of half a lime, chili and garlic powder, paprika, cumin, black pepper, oregano, and salt to taste. Slice chicken breasts into thin strips and add to the spice mixture.
- Add half the chicken pieces to a large non-stick frying pan or skillet and sauté over medium to high heat until cooked, about four to five minutes. Remove from pan and repeat with remaining chicken.
- Set cooked chicken aside and add 2 tbsp. of olive oil and the sliced onions to the frying pan. Sauté for two minutes then add the sliced peppers and continue sautéing until peppers are cooked and brown at the edges. Add the cooked chicken and combine with the peppers and onion until heated through.
- Serve chicken fajitas over warm tortillas with a squeeze of lime, avocado, sour cream, and pico de gallo.

Bon Appétit!



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Visit the 2024 Spring/Summer Program Guide for more information and registration details at www.ahs.ca/shcwellness.

Questions? Call 403-956-3939.

Upcoming Free Programs

Easy and Healthy Mediterranean Cooking

June 11 from noon to 1:30 pm (Virtual).

Program Provider: AHS Nutrition Services and the Wellness Kitchen.

Registration:

www.redcap.link/EasyHealthyMediterraneanCooking.

Discover great flavours and 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. This practical cooking class includes recipes and helpful tips. Led by registered dietitians, join us virtually for this cooking demonstration.

Tasty, Low Salt Cooking - Dips and Sauces

June 13 from noon to 1:00 pm (In-person).

Where: The Wellness Kitchen, South Health Campus (4448 Front St SE, Calgary).

Program Provider: AHS Nutrition Services and the Wellness Kitchen.

Registration: www.redcap.link/TastyLowSaltCooking.

Enjoy flavourful meal ideas that focus on less salt (sodium) and explore ways to reduce salt intake by using delicious, lower salt substitutes and label reading. This practical cooking demonstration led by registered dietitians, includes recipes and helpful tips focusing on tasty dips and sauces.

*Note: Space is limited.

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Understanding Tuberculosis

by Alberta Health Services

What is Tuberculosis?

Tuberculosis (TB) is an infection caused by slow-growing bacteria. It commonly affects the lungs, but can also affect the kidneys, brain, or spine. It is preventable and can be cured by treatment with antibiotics.

Like many airborne illnesses, TB is contagious and spreads when a person who has active TB breathes out air that has the TB bacteria in it. An infected person releases even more bacteria through laughing, coughing, or sneezing.

TB bacterium grows best in areas of the body that have lots of blood and oxygen. That's why it is most often found in the lungs. This is called pulmonary TB. But TB can also spread to other parts of the body, which is called extrapulmonary TB.

Symptoms of Tuberculosis

If you have TB, you might have:

- A bad cough that lasts longer than two weeks and makes you cough up blood or phlegm sometimes.
- Chest pain, weakness, or tiredness.
- Lack of appetite, weight loss.
- Chills, fever, and night sweats.

If you have symptoms or have been exposed to someone with TB, call your health care provider or Health Link at 8-1-1. If you do not have a family doctor, visit Alberta Find a doctor.

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Who is Most at Risk for Tuberculosis?

Some people are more at risk for TB than others. This includes those who:

- Have been around people known or suspected to have TB.
- Have had TB in the past but did not complete treatment as prescribed.
- Live or work in a community with high rates of TB.
- Visit and stay in countries with high rates of TB.
- Have a weakened immune system.

If you don't have stable, safe, permanent housing or have trouble finding health care (for example, you live in a remote area) you may be at higher risk of getting TB.

How is Tuberculosis Treated?

Treatment is often a success, but it is a long process. It usually takes about six to nine months to treat TB. But some TB infections need to be treated for up to two years.

In most cases, your health care provider will combine four antibiotics to treat active TB. It's important to take the prescribed medicine for active TB for at least six months. Almost all individuals with TB are cured if they take their medicine as prescribed.

If tests still show active TB after six months, then treatment continues for another two or three months. If the TB bacteria are resistant to several antibiotics (multidrug-resistant TB), then treatment may be needed for a year or longer.

If active TB is not treated, it can damage your lungs or other organs and can be deadly. You can also spread TB by not treating it and seeking proper care.

Did you know? In 2023, there were approximately 245 active cases of TB in Alberta, according to AHSTB Services.

SCAN HERE TO VIEW ADDITIONAL SILVERADO CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Enjoy Off-Leash Dog Parks Safely This Summer

by the City of Calgary

Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. As summer approaches, many pet owners are eager to enjoy the warm weather and spend quality time with their furry friends. However, it is crucial to ensure that off-leash interactions are safe and enjoyable for everyone. Here are some steps you can take:

Make Sure Your Licence is Up to Date

Make sure that your dog is wearing its licence tag and that the licence is up to date: if your dog becomes lost, its licence is its ticket home. The risk for having an unlicensed dog is a \$250 fine.

Know Your Dog

Some off-leash parks have fenced areas where owners can schedule a play date or utilize them if their pet isn't quite up to speed on their recall skills. This still allows their pet to get exercise and have some fun off-leash.



Supervision and Control

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions. One of the best ways to safeguard for a stress-free outing is to ensure your dog has strong recall skills.

Bring Essential Supplies

Carry essential supplies such as water, waste bags, and toys for your dog. Clean up after your pet to maintain cleanliness and hygiene in the park.

Calgary's off-leash dog parks provide a fantastic opportunity for dogs to socialize, exercise, and have fun during the summer months. To license your dog before you head out to the park, visit calgary.ca/pets/licences.

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Dear Constituents,

The warm weather has finally arrived and school is nearly out for many students across Calgary Midnapore. To the class of 2024 – congratulations! Whether you're planning for university, traveling, or moving directly into the workforce, I know you will go on to do incredible things and make our community of Calgary Midnapore proud!

Later this month, Parliament will rise for the summer and MPs will return to our communities to meet with constituents, attend events, and, for Calgary MPs like me, see our city come to life during the greatest outdoor show on earth!

Under the leadership of Pierre Poilievre, my Conservative colleagues have been hard at work standing up for Canadians and holding the government to account. Rest assured, we will not take our foot off the gas and will continue advocating for the best interests of all Canadians.

I'd also like to take a moment to recognize the 80th anniversary of D-Day. On June 6, 1944, 14,000 brave Canadian soldiers stormed Juno Beach and put their lives on the line so we could live in peace today. As we mark 80 years since the Allies turned the tide in the Second World War, I encourage all constituents to thank those currently serving our great country and remember all who have sacrificed for us in the past. Let's not forget.

To stay up to date on the work I'm doing on your behalf, please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca. Another way to keep engaged is through my social media – @StephanieKusiePoitician (Facebook), @StephanieKusie (X and Instagram), @StephanieKusieMP (YouTube).

I wish you a great month ahead!

Sincerely,

Stephanie Kusie

MP, Calgary Midnapore



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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
June	23	18	18	\$514,450	\$540,000
May	23	20	22	\$597,450	\$588,700

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