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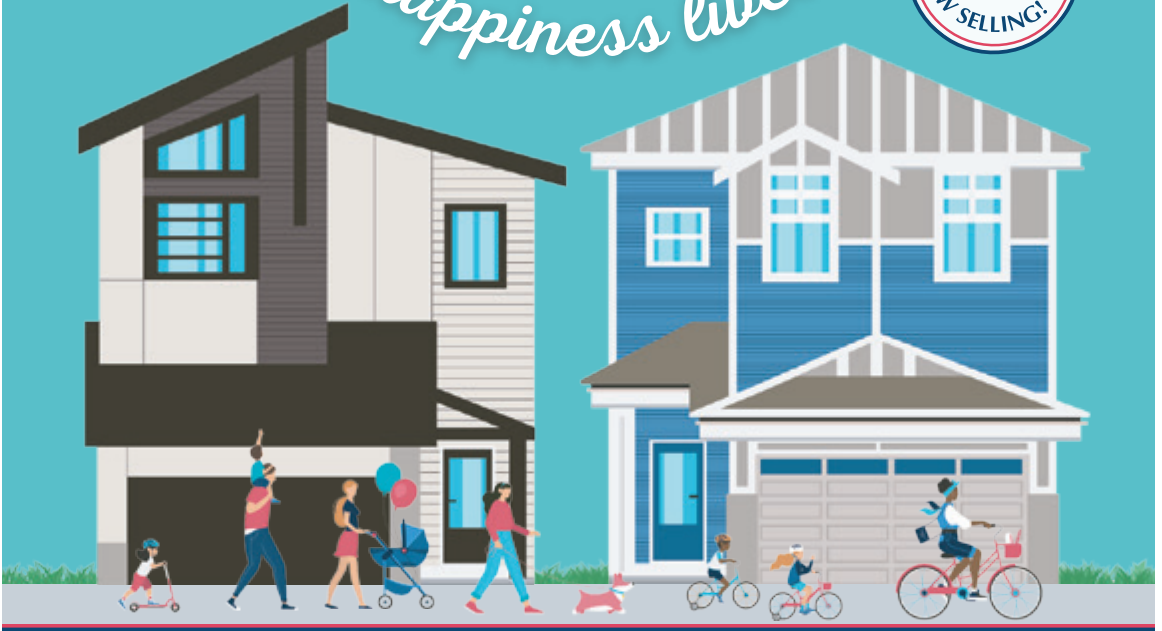


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# Epilepsy Awareness Month

Shine a Light on Epilepsy

MARCH 26  
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**Light up the Night in Violet Vibes!** Light up your homes, offices, and public spaces in purple to show your solidarity.



**Dress in Grape Glory!** Show your support by wearing purple clothing or accessories on March 26th.



**Spark a Purple Revolution!** Be a part of the change! Donate or start a fundraiser.



[epilepsycalgary.com](http://epilepsycalgary.com)

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# Silverado Community Association

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Barbra Deskin	President
Abiodun Lawal	Vice President
Kyle Hamilton	Treasurer
Vacant	Secretary

## Board of Directors

Julian Springer	Communications
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](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).

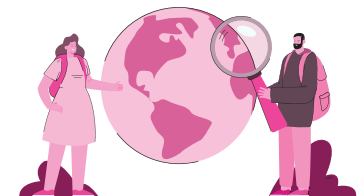
Do you love to cook? Or want to learn? Have you come up with a yummy recipe? Or had one passed down through the generations? We would love to hear from you! We will be starting a Recipe of the Month section in our newsletter, and would love to include diverse items that represent our community! Please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



## GAMES & PUZZLES

### Guess the Country!

- Over 80% of this Asian country is mountainous.
- This European country is also known as The Emerald Isle.
- Asmara is the capital of this African country.
- It is mandatory in this South American country to play the national anthem twice on television and radio every day.
- This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
- This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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News, Events, & More



Crime Statistics



Real Estate Statistics



# Cats, Canines, & Critters of Calgary



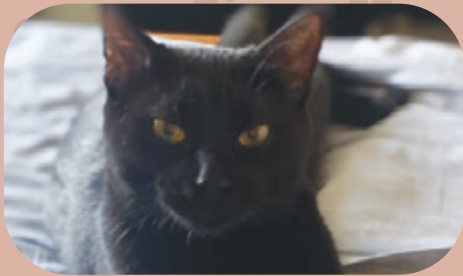
Chile Mango Bean, *Sundance*



Chloe, *Somerset*



Kiki, *Dalhousie*



Stormi, *Deer Ridge*

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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](mailto: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](mailto:info@silveradoca.ca).
- Silverado Community Association updates can be found on our website at [silveradoca.ca](http://silveradoca.ca).



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

# PHOTO GALLERY

by Amir Said



## BRAIN GAMES

## SUDOKU

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

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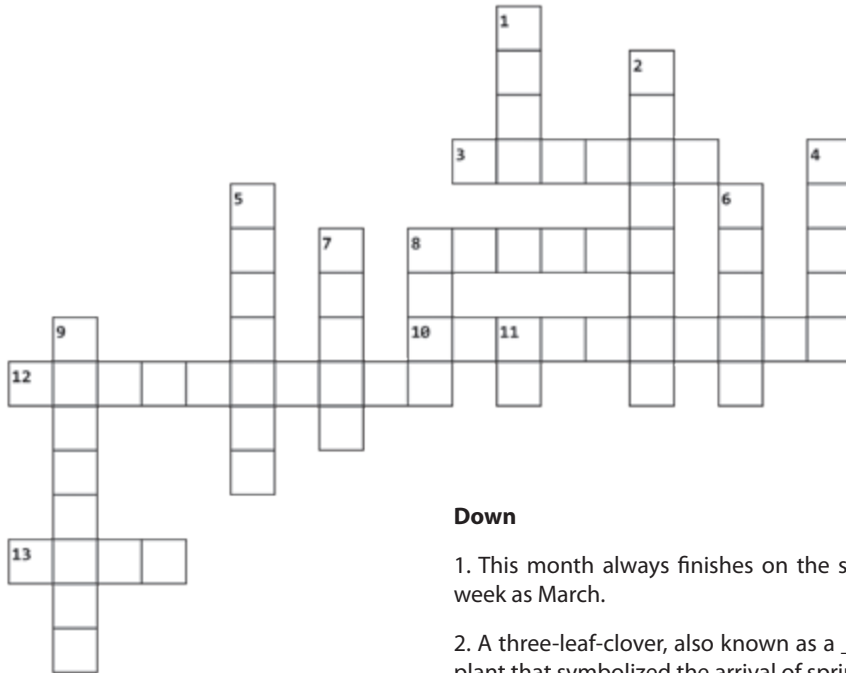


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# March Crossword



## Across

3. The \_\_\_\_\_ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin \_\_\_\_\_, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The \_\_\_\_\_ of March is well-known as the day Julius Caesar was assassinated.

## Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a \_\_\_\_\_, is a plant that symbolized the arrival of spring for the Celts.
4. International \_\_\_\_\_'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* \_\_\_\_\_ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient \_\_\_\_\_ calendar.
8. Alexander Graham \_\_\_\_\_ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers



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October	23	13	9	\$535,000	\$526,000
September	23	9	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

To view more detailed information that comprise the above  
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# World Optometry Day: The Vital Role Optometrists Play in Defending Us from the 'Silent Thief of Sight'

by Dr. Clark Tardiff, Optometrist



March 23 is World Optometry Day, serving as a yearly reminder for Canadians to prioritize their eye health and celebrate the important role optometrists play in protecting our vision. This year, let us focus on how the 'silent thief of sight', glaucoma, is impacting Canadians across the country and how optometrists support in the early detection and monitoring of the condition.

There are many different types of glaucoma, but all cause damage to the optic nerve. The optic nerve plays a critical role in sending images to our brain and without proper treatment and management of the disease, those impacted can experience irreversible vision loss.

Recent Specsavers surveys, conducted by Leger, show the majority of Canadians (71%) expect at least one early warning symptom of glaucoma. This is concerning as in its early stages the condition progresses without noticeable symptoms – hence the name “silent thief of vision.” Most don't notice the symptoms until irreversible damage to vision has already occurred, and if early signs do occur, you may notice subtle changes in vision, such as blurriness, difficulty focusing, and light sensitivity.

Regular visits to an optometrist and early detection through 3D eye scans are crucial for treatment and ongoing monitoring of glaucoma. A 3D eye scan – optical coherence tomography (OCT) – helps optometrists see what is going on beneath the surface of the eye, spot any abnormalities, and identify eye diseases in their earliest stages. The Canadian Association of Optometrists recommends that adults have their eyes tested every one to two years, or as advised by your eyecare professional.

Although the exact cause of glaucoma is unknown, certain risk factors may increase the likelihood of developing the condition, such as family history, increasing age, certain ethnicities, and ocular hypertension.

If you are diagnosed with glaucoma, your optometrist will work closely with you on monitoring and treatment, ensuring you receive personalized care in order to slow the progression and preserve your eyesight where possible.

As we recognize World Optometry Day, let us commit to prioritizing our eye health by visiting our optometrist for a comprehensive eye exam.

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