

MAY 2024

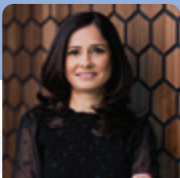
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Vacant	Development Committee
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To contact the SCA, email info@silveradoca.ca

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!



GAMES & PUZZLES

Guess The Day in May!

1. On May 3, musicians who play the largest, lowest-pitched, brass musical instrument are recognized.
2. This day celebrated on May 4 is a play on words from an iconic line in an epic space movie created by George Lucas.
3. This day is observed on the second Sunday of May and honours the maternal figures in our lives.
4. On Florence Nightingale's birthday, May 12, hardworking healthcare workers are honoured.
5. World _____ Day, observed on May 20 this year, acknowledges the role of our favourite yellow pollinators.
6. On May 24, a date dedicated to this magnificent, jewelled crown, everyone can feel like royalty.



SCAN THE QR CODE FOR THE ANSWERS!

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News, Events, & More



Crime Statistics



Real Estate Statistics



Cats, Canines, & Critters of Calgary



Potter, *Calgary*



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Starr, *Lake Chaparral*



Violet, *Seton*

To have your pet featured, email news@mycalgary.com



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:

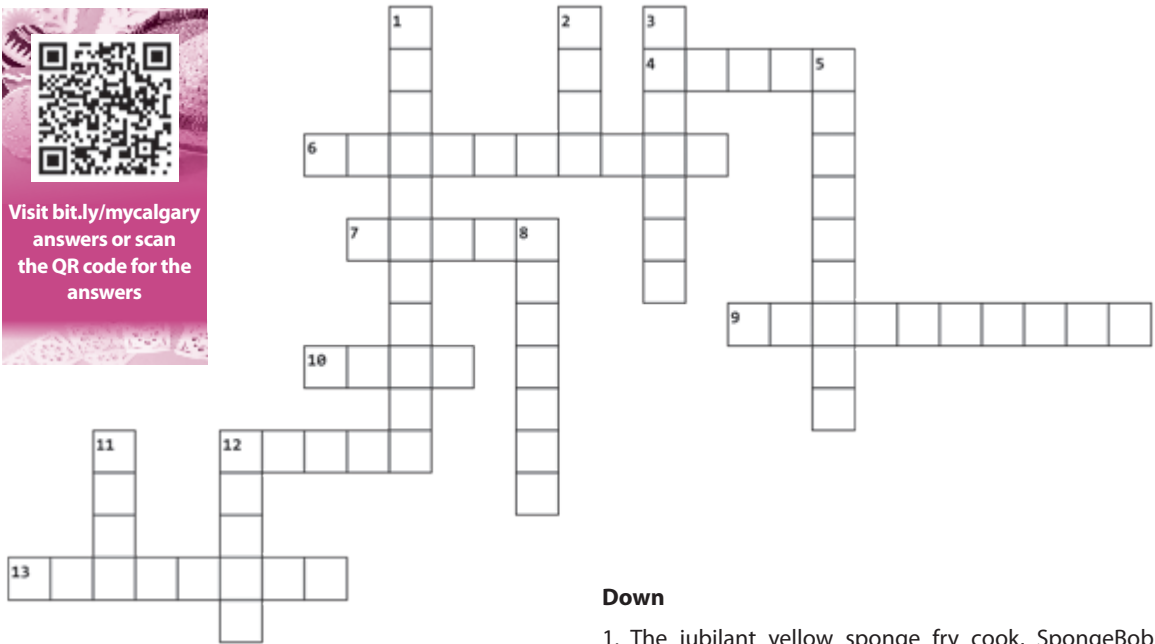
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- The easiest way to become a member is by registering on our website.
- Memberships cost \$25 per year for each address and are renewable annually. You may alternatively mail an application form to: Silverado Community Association, 141 Silverado Creek 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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www.silveradoca.ca

May Crossword



Across

4. On May 25, 1963, the legendary comedian Mike _____ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.
6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.
7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.
9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.
10. Born in Fort Macleod, Alberta, _____ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.
12. In May 1997, Garry Kasparov started a game of _____ with IBM supercomputer Deep Blue.
13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the _____ Derby.

Down

1. The jubilant yellow sponge fry cook, SpongeBob _____ first graced our screens in May 1999, on Nickelodeon.
2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New _____* was released.
3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.
5. On May 19, 2020, Suzanne Collins released *The Ballad of _____ and Snakes*, a prequel to her *Hunger Games* trilogy.
8. The famous phrase "*April _____ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.
11. The first film of the Marvel Cinematic Universe, _____ *Man*, starring Robert Downey Jr. is released on May 2, 2008.
12. _____ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.



South Health Campus Wellness Centre

Better Health for Free

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

When: May 8, Noon to 1:30 pm.

In-person (Wellness Kitchen, South Health Campus, 4448 Front St SE, Calgary).

Note: Space is limited.

Program Provider: AHS Nutrition Services and the Wellness Kitchen.

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 in-person for this cooking demonstration.

Registration:

www.redcap.link/EasyHealthyMediterraneanCooking.

Cooking When Fatigued

When: May 15, Noon to 1:30 pm.

Online.

Program Provider: AHS Nutrition Services, Allied Health, and the Wellness Kitchen.

Learn to prepare and cook healthy meals when you live with chronic fatigue, or physical or cognitive symptoms related to neurological conditions like Parkinson's Disease or arthritis. Led by a registered dietitian and an occupational therapist, this unique cooking demonstration gives you the opportunity to ask questions and learn strategies to be more successful in the kitchen. Join us from the comfort of your home virtually for this cooking demonstration.

Registration: www.redcap.link/CookingWhenFatigued.

Tasty, Low Salt Cooking (Meal Ideas)

When: May 30, Noon to 1:00 pm.

In-person (Wellness Kitchen, South Health Campus, 4448 Front St SE, Calgary).

Note: Space is limited.

Program Provider: AHS Nutrition Services and the Wellness Kitchen.

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. This class is part one of a two-part series; register for part two focusing on tasty dips and sauces (take one or both classes).

Registration: www.redcap.link/TastyLowSaltCooking.

Window and Balcony Safety

from Alberta Health Services



With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can be open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



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continued on next page

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continued

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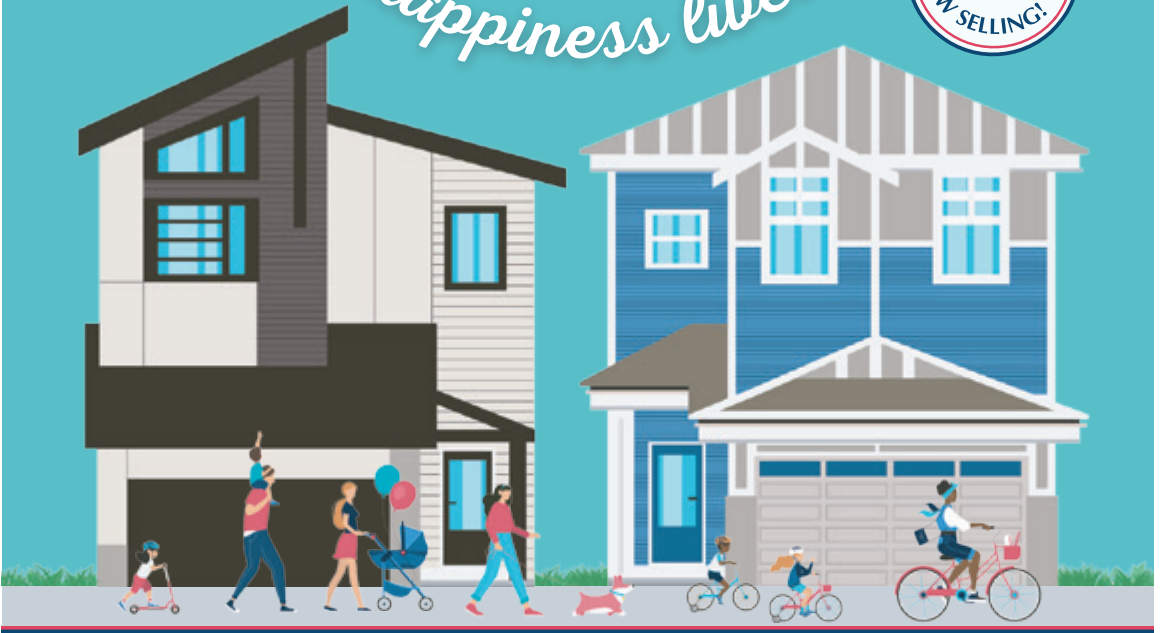
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December	23	5	3	\$649,888	\$636,000
November	23	9	12	\$499,450	\$507,450
October	23	13	9	\$535,000	\$526,000
September	23	9	8	\$604,894	\$611,500
August	23	19	18	\$499,950	\$502,500
July	23	12	9	\$538,900	\$551,500
June	23	18	18	\$514,450	\$540,000
May	23	20	22	\$597,450	\$588,700
April	23	14	14	\$503,950	\$515,625

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