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		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	25	22	13	\$759,900	\$737,500
March	25	24	13	\$575,000	\$585,000
February	25	21	18	\$589,900	\$584,250
January	25	22	18	\$594,900	\$582,500
December	24	8	10	\$592,400	\$584,500
November	24	13	16	\$636,950	\$639,500
October	24	19	18	\$592,450	\$583,250
September	24	15	13	\$625,000	\$615,000
August	24	22	22	\$589,390	\$582,000
July	24	22	11	\$569,900	\$560,000
June	24	16	14	\$644,450	\$641,750
May	24	19	25	\$570,000	\$570,000

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## Cats, Canines, & Critters of Calgary



Bart, Heritage Park



Chico, Shawnessy



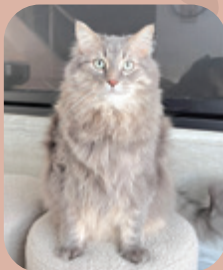
Elsbeth, Airdrie



Harry, Lakeview



Icy, North Glenmore Park

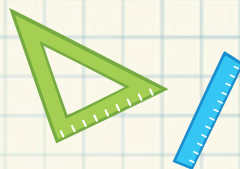


Jagger, Richmond



Millie, North Glenmore Park

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Real Estate  
Statistics



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



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## Silverado Community Association

### Board of Executives

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	Vice President
Kyle Hamilton	Treasurer
Judy Yoon	Secretary

### Board of Directors

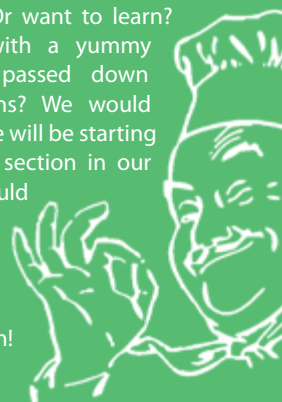
Sudhansu Nayak	Communications
Julian Springer	Director at Large
Jonathan Love	Rink
Vacant	Development Committee
Charlotte Schank	Community Garden Committee
Allie Murphy	Grants and Proposals

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

### 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 [silveradoca.ca@gmail.com](mailto:silveradoca.ca@gmail.com).

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 [silveradoca.ca@gmail.com](mailto:silveradoca.ca@gmail.com)!



## We Dream in June

by Garth Paul Ukrainetz

The month of June can't come too soon  
The saying goes inside the staff rooms  
Most teachers' tanks are running empty  
Low fuel within, they're all teached out

Ignition sequence slowly starting  
Young astronauts awaiting lift off  
Dreaming, gazing out the windows  
The students now in countdown mode

Long year it was for sharpened minds  
10 months of grinding education  
The pencils short, good patience shorter  
Toss learning's shavings to the wind

Yes, summer's here, it's time to fly  
Fold lesson plans like paper airplanes  
Let's rocket launch to outer space  
New frontiers bold beyond the schoolyard

Calgary Public, Calgary Catholic  
Deep down it's true we're all the same  
We dream in June of summer breezes  
That blow the cares of school away

## EVENTS

### Community Clean Up - June 22

9:00 am to 1:00 pm  
Holy Child Parking Lot

### Stampede BBQ - July 6

Silverado Business Park



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## The End of Another School Year ...

*by Shannon Cook, Chair, CCSD Board of Trustees*

As the largest Catholic school district in Alberta, the Calgary Catholic School District (CCSD) continues to experience significant enrollment growth, with more families seeking quality, faith-based education close to home. Our Board of Trustees remains focused on three key priorities—funding, infrastructure, and student complexity. CCSD trustees will continue to advocate for sustainable and equitable funding for all students, the necessary resources to build and open Catholic schools in the communities where our students live, and additional staffing and funding to support complexities in our classrooms. In each of these three areas, there were notable successes and opportunities for further growth. Learn more on our website at [ccsd.ab.ca/advocacy](http://ccsd.ab.ca/advocacy).

As we reflect on the year, the Board of Trustees sincerely thanks all our teachers and staff for their dedication and hard work in serving our students and families. Thank you to our parents for choosing publicly funded Catholic education and entrusting CCSD to educate your child.

### National Indigenous History Month

June is National Indigenous History Month in Canada and every June 21, Canadians across the country recognize National Indigenous Peoples Day. National Indigenous History Month is a time to honour and celebrate the rich cultural heritage, contributions, and resilience of Indigenous peoples. Indigenous education

is a provincial government and board priority. Our board recognizes the need to share responsibility for Truth and Reconciliation to deepen the understanding of and to honour Indigenous peoples' perspectives. CCSD actively advocates to the province for a responsive curriculum that reflects Indigenous history, Indigenous contributions, and the current realities of the Indigenous peoples of Canada. Our board also prioritizes enhancing and supporting Indigenous students' success and belonging. This year, we were proud to have over 200 First Nations, Métis, and Inuit students who were recognized and celebrated for their grade 12 achievements.

### 2025 Graduates

As this school year comes to an end, we would like to extend our heartfelt congratulations to our 2025 graduates and wish them all the best in their future! Well done! We give thanks for the gift of Catholic education. Each of us is created in the image of God and we are all uniquely talented. As our graduates go forth on their individual journeys, we hope they continue to live and learn in our Catholic faith, centred in Christ, and realize their full potential. We look forward to welcoming new and continuing students and staff in September for another exciting school year. May you and your families have a restful summer break!



## Musical Stamps

In June 2007, Canada Post hit all the right notes by celebrating iconic musicians—Joni Mitchell, Anne Murray, Gordon Lightfoot, and Paul Anka—with their very own stamps! The “Canadian Recording Artists” series showcased striking portraits of each musician, turning mail into mini tributes to Canada’s musical royalty. Snail mail never sounded so good!



### Creating Calgary's Business-Friendly Construction Policy

by The City of Calgary

As The City continues to invest in infrastructure and amenities for all Calgarians, we are working to enhance the way businesses and customers experience City-led construction.

Throughout 2025 we've been actively listening to Calgary's business community and their customers to help shape policy objectives that support a more consistent approach and improve how Calgarians experience City-led construction.

#### Learn More and Share Your Input!

Throughout June, we will be gathering feedback during Phase Three engagement to refine the policy objectives and prepare the final recommendation. Learn more and see how you can participate at [engage.calgary.ca/BusinessFriendlyPolicy](https://engage.calgary.ca/BusinessFriendlyPolicy).

### Register to Vote in Calgary's General Election in October

by The City of Calgary

Calgary's General Election will take place on October 20, 2025, and eligible voters can check if they are registered, update their information or add themselves to the Permanent Electors Register until August 1, 2025.



Visit [www.voterlink.ab.ca](https://www.voterlink.ab.ca) or call Elections Alberta toll free at 310-0000 then dial 780-427-7191.

If you miss the opportunity to register or update your information in advance, you can register at the voting station during Advance Vote (October 6 to 11) or on Election Day (October 20). Information about Calgary's upcoming General Election, including voter eligibility can be found at [www.electionscalgary.ca](https://www.electionscalgary.ca).

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# The Art of Finding Work: Which Candidate Would You Hire? A or B?

by Nick Kossovan



Speaking from personal experience, a bad hire isn't a good look. The last thing you want is to hear, "Who the hell hired Bob?" and have your hiring judgment questioned.

The job seeker who's empathetic to the employer's side of the hiring desk, which controls the hiring process, is rare.

One of the best things you can do to enhance your job search is to practice perspective-taking, which involves seeing things from a different perspective.

It's natural for employers to find candidates who have empathy and an understanding of their challenges and pain points more attractive. Candidates like these are seen as potential allies rather than individuals only looking out for themselves. Since most job seekers approach employers with a 'what's in it for me' mindset, practicing perspective-taking sets you apart.

"If there is any one secret of success, it lies in the ability to get the other person's point of view and see things from that person's angle as well as from your own."  
- Henry Ford.

Perspective-taking makes you realize that from an employer's POV hiring is fraught with risks employers want to avoid; thus, you consider what most job seekers don't: How can I present myself as the least risky hiring option?

Here's an exercise that'll help you visualize the employer's side of the hiring process.

### Candidate A or B?

Imagine you're the Director of Customer Service for a regional bank with 85 branches. You're hiring a call centre manager who'll work onsite at the bank's head office, overseeing the bank's 50-seat call centre. In addition to working with the call centre agents, the successful candidate will also interact with other departments, your boss, and members of the C-suite leadership team; in other words, they'll be visible throughout the bank.

The job posting resulted in over 400 applications. The bank's ATS and HR (phone interview vetting, skill assessment testing) selected five candidates, plus an employee referral, for you to interview. You aim to shortlist the six candidates to three, whom you'll interview a second time, and then make a hiring decision. Before scheduling the interviews, which will take place between all your other ongoing responsibilities, you spend five to ten minutes with each candidate's resume and review their respective digital footprint and LinkedIn activity.

In your opinion, which candidate deserves a second interview?

**Candidate A:** Their resume provides quantitative numbers—evidence—of the results they've achieved. (Through enhanced agent training, reduced average handle time from 4:32 minutes to 2:43 minutes, which decreased the abandon rate from 4.6% to 2.2%.)

**Candidate B:** Their resume offers only opinions. ("I'm detail-oriented," "I learn fast.")

**Candidate A:** Looks you in the eye, has a firm handshake, smiles, and exudes confidence.

**Candidate B:** Doesn't look you in the eye, has a weak handshake.

**Candidate A:** Referred by Ariya, who's been with the bank for over 15 years and has a stellar record, having moved up from teller to credit analyst and is tracking to become a Managing Director.

**Candidate B:** Applied online. Based on your knowledge, they did nothing else to make their application

more visible. (e.g., reached out to you or other bank employees)

Candidate A: Well-educated, grew up as a digital native, eager and energetic. Currently manages a 35-seat call center for a mid-size credit union. They mention they called the bank's call centre several times and suggest ways to improve the caller experience.

Candidate B: Has been working in banking for over 25 years, managing the call center at their last bank for 17 years before being laid off eight months ago. They definitely have the experience to run a call centre. However, you have a nagging gut feeling that they're just looking for a place to park themselves until they can afford to retire.

Candidate A: Has a fully completed LinkedIn profile (picture, eye-catching banner) packed with quantifying numbers. It's evident how they were of value to their employers. Recently, they engaged constructively with posts and comments and published a LinkedIn article on managing Generations Y and Z call centre agents. Their Facebook, Instagram, and Twitter/X accounts aren't controversial, sharing between 'Happy Birthday' and 'Congratulations' messages, their love of fine dining, baseball, and gardening.

Candidate B: Their LinkedIn profile is incomplete. The last time they posted on LinkedIn was seven months ago, ranting about how the government's latest interest rate hike will plunge the country into a deep recession. Conspiracy theories abound on their Facebook page.

Candidate A: Notices the golf calendar on your desk, the putter and golf balls in the corner, and a photograph of Phil Mickelson putting on the green jacket at the 2010 Masters hanging on your wall. While nodding towards the picture, they say, "Evidently, you golf. Not being a golfer myself, what made you take up golf, which I understand is a frustrating sport?"

Candidate B: Doesn't proactively engage in small talk. Waits for you to start the interview.

Which of the above candidates presents the least hiring risk? Will likely succeed? Will show your boss, upper management, and employees you know how to hire for competence and fit?



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# Can Physiotherapy Help You?

by Alberta Health Services

Physiotherapy can provide many benefits for anyone of any age. The goal of this treatment is to make daily tasks and activities easier and can help with recovery after some surgeries. Your healthcare provider may suggest physiotherapy for injuries or long-term health problems such as arthritis or chronic obstructive pulmonary disease (COPD).

Physiotherapy may be used alone or with other treatments. It can help you move better and may relieve pain, along with improving or restoring your physical function and fitness level.

### What Does a Physiotherapist Do?

Your physiotherapist will examine you and talk to you about your symptoms and your daily activity. Your therapist will then work with you on a treatment plan. The goals are to help your joints move better and to restore or increase your flexibility, strength, endurance, coordination, and/or balance.

First, your therapist will try to reduce your pain and swelling. Your physiotherapist also may use manual therapy, education, and techniques such as heat, cold, water, ultrasound, and electrical stimulation.

Physiotherapy almost always includes exercise. It can include stretching, core exercises, weightlifting, and walking. Your physiotherapist may teach you an exercise program so you can do it at home.

Treatment may cause mild soreness or swelling. This is normal but talk to your physiotherapist if it bothers you.

### What Should You Look for in a Physiotherapist?

You'll want a therapist who has experience with your health problem. Some physiotherapists are certified in areas such as orthopedics, sports, and neurology and may offer more specialized care. Physiotherapists can also specialize in certain types of care, such as:

- Back and neck pain
- Cardiac rehabilitation (rehab)
- Wound care
- Cancer-related problems
- Treatment of children or older adults

## When Can Physiotherapy Help?

### Physiotherapy and Recovery from Injury

Physiotherapy can help you recover from an injury and avoid future injury. Your physiotherapist can help you reduce pain in the soft tissues (muscles, tendons, and ligaments), build muscle strength, and improve flexibility, function, and range of motion. They can also evaluate how you do an activity and make suggestions for doing the activity in a way that is less likely to result in an injury.

### Physiotherapy and Chronic Health Conditions

Physiotherapy can help you live more easily with chronic or ongoing health conditions such as spinal stenosis, arthritis, and Parkinson's disease. Your physiotherapist will work with you to establish your goals. Then they will create a program of educational, range-of-motion, strengthening, and endurance activities to meet your needs.

### Physiotherapy and Health Conditions Requiring a Rehabilitation Team Approach

Some conditions involve several body systems and can lead to significant disability. These conditions—such as stroke, spinal cord injury, and major cardiopulmonary (heart and lung) problems—are usually addressed by a team of health professionals through programs such as cardiac rehab and stroke rehab. The team can include doctors; nurses; physiotherapists, occupational therapists, and speech therapists; psychologists; and social workers, among others.

Physiotherapists are a critical part of this team. They address the issues of range of motion, strength, endurance, mobility (walking, going up and down stairs, getting in and out of a bed or chair), and safety. The physiotherapist may also get you the equipment you need, such as a walker or wheelchair, and make sure you can use the equipment appropriately.

### Physiotherapy and Significant Health Conditions of Childhood

Physiotherapists also work with children who have major injuries or health conditions, such as cerebral palsy. They address the usual issues of range of motion, strength, endurance, and mobility. Also, the therapist considers the child's special growth and developmental needs.

Treatment is often provided in school or in a facility just for children. The way physiotherapy and other services are delivered in schools varies among the provinces. Talk to your child's doctor, school, or your local health unit if you think your child may qualify for evaluation or treatment services.



## Unwrap the Teen Brain

by Recovery Alberta – Community Health Promotion Services



One of the major differences between teen and adult brains can be found in the brain's reward system, which is why youth are at a higher risk for harm connected to substance use or other risk-taking behaviours. Adolescents have higher levels of activation in the areas of the brain that are important in making us feel good, encouraging them to seek risk and reward.

Dopamine is commonly referred to as the “feel good” chemical in our brain that provides intense feelings of reward. So how does this differ between teen and adult brains? For teens, the baseline levels of dopamine are lower, but the release is higher. This means that youth tend to say they are “bored” unless they are actively involved in something rewarding or thrilling. This can also explain impulsive decision making and how some behaviours occur without thoughtful reflection. The desire for a stronger reward gets in the way of them to pause and critically think, problem solve or expect consequences. It is important for youth to learn and then practice pausing and reflecting on what they are doing. Let's teach youth to “pump the brakes” when making decisions.

This is one of the many things that are happening during brain development. Understanding the process will assist with supporting youth to help them thrive at an individual, relationship, school, and community level.



Before *Shrek* had his iconic Scottish accent, Mike Myers originally voiced the ogre with a thick Canadian accent! After recording all his lines, Myers changed his mind and re-recorded everything in a Scottish accent which he felt better countered Lord Farquaad's English accent. Talk about an ogre-achiever!

## Roasted Chickpea Salad

by Jennifer Puri

Chickpeas are often considered a superfood due to their high nutritional value and have been enjoyed by humans for over ten thousand years.

Grown in over fifty countries, chickpeas are a type of legume and in the same family as peanuts and kidney beans.

The high plant-based protein and fiber of chickpeas may also promote healthy ageing and assist in retaining our skin's elasticity and firmness.

Roasted chickpea salad is delicious on its own or can be served with pita bread or as a side salad.

**Prep Time:** 30 minutes

**Cook Time:** 30 minutes

**Servings:** 4

### Ingredients:

- 1 540 ml can of chickpeas
- 2 tbsp. olive oil
- 1 tsp. paprika or hot pepper sauce
- 1 tsp. salt
- ½ tsp. ground black pepper
- 4 cups of chopped head lettuce
- 4 cups of cooked quinoa
- 1 cup Kalamata olives
- 1 cup sliced radishes
- 1 cup cucumber chopped
- 1 cup chopped tomatoes
- 1 small container of store-bought red pepper hummus

### Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup almond butter
- 3 tbsp. fresh squeezed lemon juice
- 2 tsp. Dijon mustard
- 2 tsp. maple syrup
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 5 to 6 tbsp. cold water

### Directions:

- Preheat oven to 450 degrees Fahrenheit.
- Rinse, drain, and pat dry the chickpeas and place in a small bowl, then combine with the olive oil, salt, black pepper, and paprika or hot pepper sauce.
- Spread chickpeas on a foil lined baking tray and bake in the oven for about 25 to 30 minutes until brown and crisp. Remove from the oven and allow to cool.
- In a screw top jar place the olive oil, salt, pepper, Dijon mustard, lemon juice, and maple syrup, and shake until combined. Next add the almond butter and 5 to 6 tbsp. of cold water and stir until you get a smooth consistency.
- To serve divide the quinoa among the bowls and top with lettuce, olives, radish, tomatoes, cucumber, roasted chickpeas, red pepper hummus, and some dressing. Serve with pita bread if desired.

Bon Appétit!



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## Joke of the Month



Why was the cellphone  
scared to go to  
the dentist?

He didn't want him to  
remove his blue tooth.

# GREAT NEWS MEDIA

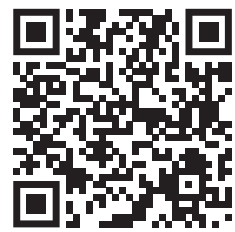
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