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Red Deer Lake United Church

Join us at Red Deer Lake United Church where we come and explore God together onsite and online (YouTube - @RedDeerLakeUnitedChurch) every Sunday morning at 10:30 am. Kids and youth are invited to join our Sunday school, which we refer to as the Youth & Kids Collective (YK Collective).

We are an affirming, safe space for all. Don't let our name fool you, we are closer than you think, located only 5 minutes west of Spruce Meadows!

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

- · March 4, 5:30 pm Mardi Gras Creole Dinner and Mask Making. Registration is required
- · March 16, Following the service Affirming Lunch and Learn. Soup lunch provided
- · March 29, 9:00 am Men's Breakfast
- · April 13, 10:30 am Palm Sunday Service
- April 14-17, 10:00 am 2:30 pm (Drop In) A Lenten Holy Week art installation and self-guided walkthrough depicting various artistic representations of Lent and Holy Week. A contemplative activity leading up to Good Friday
- · April 20, 6:15 am Easter Sunday Sunrise Service followed by a light breakfast
- · April 20, 10:30 am Easter Sunday Worship Service

CONCERT SERIES

On the Edge Concert Series - Love live music? Different artists and genres are played throughout the year at Red Deer Lake United Church. For more information or to purchase tickets, go online at https://reddeerlakeuc.com/concerts.

RENTALS

Red Deer Lake United Church is a 45,000 square foot facility that provides a variety of affordable spaces for rent on a onetime or recurring basis. For more information about booking a wedding or event, please contact the office at office@reddeerlakeuc.com or (403) 256-3181.



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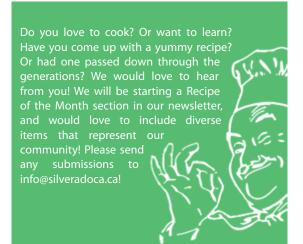
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To contact the SCA, email info@silveradoca.ca

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.





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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:
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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.



Follow Silverado Community Association on Facebook www.silveradoca.ca





SILVERADO COMMUNITY REAL ESTATE ACTIVITY

Properties Median Price Listed Sold Listed Sold **January** 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 19 \$595,000 \$585,000 September 24 17 13 \$625,000 \$615,000 August 22 24 22 \$589.390 \$582,000 July 24 22 11 \$569,900 \$560,000 24 June 16 14 \$644,450 \$641,750 May 24 19 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

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RESIDENT PERSPECTIVES

Landlord and Tenant Law in Condominiums

by Charmaine Coutinho, Volunteer Lawyer



This article will only discuss leases covered by Alberta's Residential Tenancies Act (RTA), and only when the rental unit is a condo unit. I will highlight some of the differences between the RTA and the Condominium Property Act that may surprise both landlords and tenants.

Renting a Condominium Unit

Though rental of a whole condo unit is generally covered by the Residential Tenancies Act (RTA), the Condominium Property Act trumps the RTA in some circumstances. Importantly, condo bylaws take precedence over the terms of a lease, so a tenant in a condo unit should always ask for the condo bylaws. If, for example, you sign a lease for a condo unit that permits pets, but the condo bylaws permit only dogs under 20 lbs, you may be evicted by the condo board for keeping a cat or a large dog in your unit. This scenario also demonstrates that a condo board has authority to sanction and/or evict a tenant even when a landlord may not. Even if a landlord is prohibited from taking action under the RTA (for example, from evicting a non-harmful, rent-paying tenant in the midst of a fixed-term lease), the condo board may have authority to do so under condo legislation or the condo bylaws.

If a tenant breaches the bylaws or damages common property, the condo board is entitled to sanction or evict the tenant without the landlord's (the condo unit owner) consent. If the condo board evicts a tenant, the tenancy terminates on the last day of the month immediately following the month during which the

notice was delivered. So, for example, regardless of whether the condo board issues an eviction notice on August 1 or August 25, the tenancy will terminate on September 31. This notice period is much shorter than needed from a landlord for a periodic tenancy and even trumps a fixed-term lease.

The condo board also has the authority to require a tenant to redirect their rent payment to the condo board. In these circumstances, condo legislation deems the rent to have been paid to the landlord such that the tenant is not considered in breach of their obligations under the lease.

The condo board can also require an owner to pay a deposit for renting out the unit. All deposits requested by the landlord are aggregated and considered a 'security deposit' under the RTA, and a security deposit cannot exceed the amount of the first month's rent. Any deposit requested by the condo board is payable by the landlord; if a landlord asks the tenant for this amount, it too is lumped in with any other deposit and considered a component of the 'security deposit'. Regardless of any requirement by the condo board on the owner, the security deposit payable by a tenant cannot exceed the amount of the first month's rent.

I hope that this brief helps community members to understand their rights and obligations in the context of a condo lease covered by the Residential Tenancies Act. I wish my neighbours amicable tenancies and peaceful enjoyment of their rental premises!



4-H in the City: Fun and Learning for Calgary Kids

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

4-H isn't just for life on the farm anymore! In Calgary, 4-H Intro Clubs are offering city kids a chance to explore a wide range of exciting hands-on activities. These six-week programs give youth ages 9 to 15 the opportunity to learn about and try things like pottery, sourdough baking, food science, hydroponics, and even reptiles. It's a great way for kids to discover new interests, learn practical skills, and make friends along the way.



One of the most fun activities in the clubs is making smoothies. Each week, members experiment with different ingredients, learning about nutrition, measurement, and recipe creation. The first smoothie they'll make is an oatmeal cookie-flavoured

smoothie—healthy, delicious, and a great way to dive into cooking. It's a perfect mix of fun and learning, with a focus on balancing flavours and understanding the science behind food.

Here's one of our favourites you can try at home!

Oatmeal Cookie Smoothie

Single Serving

Ingredients:

- ¼ cup old-fashioned oats
- 1 cup unsweetened coconut or almond milk
- 1/2 teaspoon vanilla extract
- 1 tablespoon honey (to taste)
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- Pinch of nutmeg
- Pinch of salt
- 1 frozen banana (peeled)

Directions:

- 1. Add oats to the blender and pulse until finely ground.
- 2. Add milk, vanilla, honey, and spices.
- 3. Add the frozen banana.
- 4. Blend until smooth.

In addition to making smoothies, kids also get the chance to practice leadership, teamwork, and communication by running their own business meetings. These skills are key for personal growth and work well in any area of life.



The final two 4-H Intro Clubs will be coming soon to Canyon Meadows in Calgary's SW. It's a great opportunity for kids to try something new and have fun while learning. For more details, email introclubs@4hab.com. We hope you'll give this smoothie recipe a try and let us know what you think!



Breakfast Quesadilla

by Jennifer Puri



Eggs are tasty, filling, and good for your health as a whole; eggs contain a little bit of every nutrient you need. Cheap and easy to prepare, they are an inexpensive source of high-quality lean protein.

Blue, green, brown, or white eggs may have different colours but there is no difference in taste or nutrition between them. An average hen lays 300 to 325 eggs per year. The colour of the yolk depends on the hen's diet and age, and typically as hens age, their eggs become larger.

An extremely versatile ingredient, eggs are not just for eating but are used to make beauty products such as face masks, compost, and garden fertilizer. In many cultures, the egg is a symbol of new life, fertility, and rebirth.

Eggs are also a breakfast/brunch mainstay, and scrambled, poached, baked, or fried are some of the ways to consume eggs. Quick and simple to cook, eggs can also be used in burritos or quesadillas as shown in the recipe for breakfast quesadillas below.

Prep Time: 20 minutes **Cook Time:** 20 minutes

Servings: 2 Ingredients:

• 2 large tortillas

• 1 ½ tsp. olive oil

- 1 chorizo sausage, cooked and casing removed
- 3 eggs lightly beaten
- ¼ tsp. salt
- 1 tbsp. butter

- 1 cup shredded Mexican cheese
- 2 cups kale washed, stemmed, and coarsely chopped
- 1 cup sliced button mushrooms
- ¼ cup chopped green onion
- 1/2 cup chopped red bell pepper
- ½ jalapeno, seeds removed and chopped (optional)
- Cooking spray

Directions:

- Heat olive oil in a pan or nonstick skillet on medium heat. Add onions and sauté for about two minutes.
 Next add red peppers and mushrooms and sauté for another two minutes and then add kale, jalapeno pepper, and chorizo sausage. Cook until veggies are tender and then remove from heat and keep warm.
- In a skillet, melt butter on medium heat and pour in the egg mixture with a ¼ tsp. of salt. Cook eggs while stirring until they start to firm up then scramble until they are cooked through and remove from heat.
- Coat a large skillet or fry pan with cooking spray and heat on medium heat. Place a tortilla in the pan and sprinkle a ¼ cup of cheese on one half of the tortilla followed by half the veggie mixture and half the scrambled egg. Top with a ¼ cup of cheese and fold tortilla in half over filling. Cook for a few minutes until tortilla is golden brown, turning once.
- Transfer quesadilla to a cutting board and repeat the process with the second tortilla.
- Slice each quesadilla into two or three slices and serve with your favourite hot salsa, guacamole, or sour cream.

Bon Appétit!



YOUR CITY OF CALGARY

Earth Hour 2025

by The City of Calgary

Calgary Unplugged is an annual family-friendly Earth Hour event. Join us for music, entertainment, and learn about environmental actions you can take in your community. Bring along some personal LED lighting and dance to the DJ when the lights go down for the Earth Hour party!

• Location: Central Library (800 3 Street SE)

• Date: Saturday, March 22

• Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Reduce your impact by turning off nonessential lights, "unplug" from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy hobbies.

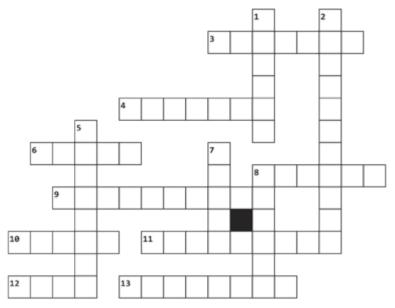
Share your participation in Earth Hour on social media with #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community agencies.





March Crossword



Across

- 3. Known as the "Fight of the Century", on March 8, 1971, Muhammad Ali's 31-fight winning streak was ended by Joe in Madison Square Garden.
- 4. Nathan _____ was born on March 27, 1971, in Edmonton, Alberta, and is best known for his role as Captain Malcolm on *Firefly*.
- 6. Pink _______'s album *The Dark Side of the Moon* was released on March 1, 1973, and stayed on the Billboard Top 200 album charts for 741 weeks!
- 8. A ______ Life, an emotional novel following the lives of four friends and written by Hanya Yanagihara, was first published on March 10, 2015.
- 9. This pale-blue gemstone is one of March's birthstones.
- 10. On March 26, 1953, Dr. Jonas Salk successfully tested a vaccine for this disease that has affected notable individuals such as Frida Kahlo, Franklin D. Roosevelt, Joni Mitchell, and Neil Young in the past.
- 11. Known for her roles in *Schitt's Creek, Home Alone*, and *Beetlejuice*, _____ O'Hara was born on March 4, 1954, in Toronto. Ontario.
- 12. The month of March is named after this Roman god of war.

13. This iconic film about a giant ape causing chaos in New York City first premiered on March 2, 1933, at Radio City Music Hall.

Down

- 1. Daylight _____ Time will start on Sunday, March 9 this year.
- 2. This national park with geothermal features spanning across Wyoming, Montana, and Idaho became the first national park in the world on March 1, 1872.
- 5. Daffodils and _____ are the official birth flowers of March.
- 7. March is officially ______ Heritage Month in Canada and celebrates the history and impact of individuals, past and present, from the country nicknamed the "Emerald Isle".
- 8. On March 2, 2024, _____ James made NBA history by becoming the first player to score 40,000 career points.





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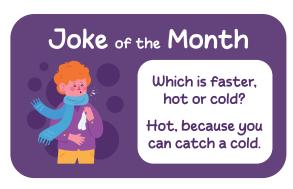
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stephanie.kusie.c1@parl.gc.ca stephaniekusiemp.ca

Dear Constituents,

Parliament is finally set to return on March 24 after Justin Trudeau prorogued it in early January. Over the past few months, the Liberals have undertaken the internal process of allowing a select few to elect a new leader and ultimately Prime Minister.

While our federal government has sat in limbo for the past three months, I've been attending local community events, meeting with constituents, and delivering remarks to various communities across the country on behalf of Pierre Poilievre.

As I spoke to residents, I heard loud and clear that they want a government which will truly address their needs. This includes:

- Axing the punishing carbon tax for good to lower the cost of food, home heating, and gas.
- Forcing municipalities to adopt common sense policies which will build more homes and ensure an affordable housing market that our children and grandchildren can enter.
- Removing harmful regulatory burdens like Bill C-69 on energy projects which discourage investment and growth in our nation's most powerful industry.
- Taking real action to balance the budget and pay off our national debt.
- Addressing soft on crime policies which have led to a 39% increase in violent crime across Canada since 2015.

As Parliament resumes, I will continue to advocate for our city and province in the House of Commons and bring your concerns to the seat of power.

I encourage you to follow me on social media to stay up to date on my work - @StephanieKusie on X and Instagram, /StephanieKusiePolitician on Facebook, @StephanieKusieMP on YouTube.

It remains the honour of my life to serve the people of Calgary Midnapore in Parliament.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

GAMES & PUZZLES

Guess the Toy!

- 1. This fashion doll, created by Ruth Handler, made her debut at the American Toy Fair on March 9, 1959.
- 2. This toy originates from the Swahili word "kujenga" which means "to build".
- 3. This was the first toy ever advertised on television, featuring parts that could be stuck into a fruit or vegetable.
- 4. Max Park holds the record for solving this 3D combination puzzle toy at 3.13 seconds.
- 5. This stretchy, bouncy, moldable toy was used aboard Apollo 8 to help secure tools and equipment in zero gravity.
- 6. This toy was named after Theodore Roosevelt who famously refused to shoot a captured animal during a hunting trip in 1902.





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Epilepsy Awareness Month

Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!





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.

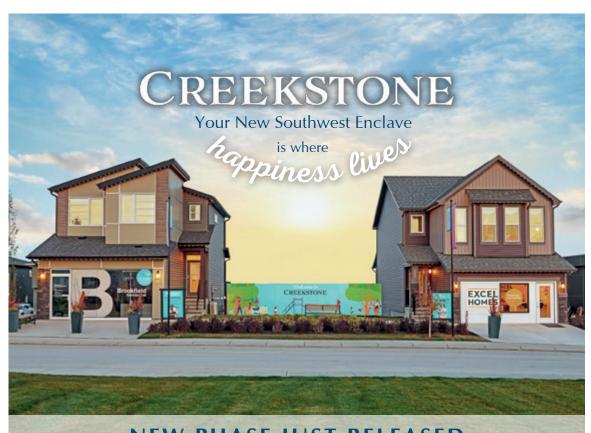


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