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The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER

UPCOMING EVENTS

PAGE 13

SUMMER CAMPS

PAGE 18

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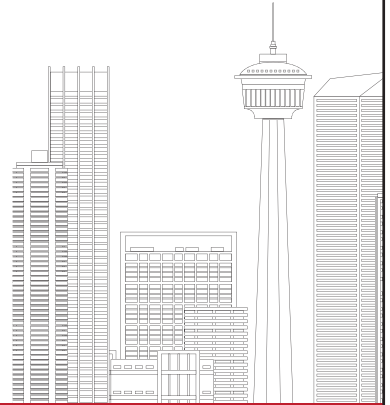


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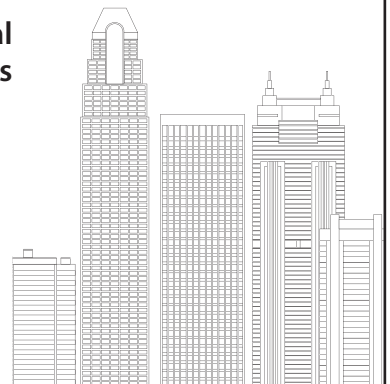
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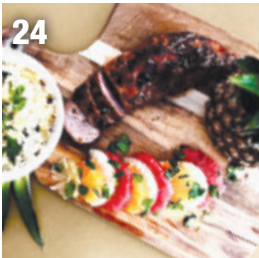
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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

STRATHCONA

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PARK**

**ASPEN
WOODS**



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SCA Community Centre

277 Strathcona Drive SW, T3H 2A4

T: 403-249-1138
Emergency

F: 403-249-7811
403-214-1838

Email info@scacalgary.ca
Website www.scacalgary.ca

Office Hours: Monday to Friday, 10:00 am to 1:00 pm

SCA Board of Directors

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Contact us at firstname.lastname@scacalgary.ca
or board@scacalgary.ca.

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Office Manager	Shelley Lakatos
Building Superintendent	Trevor Lakatos
Communications Manager	Cathy Duke
Office Assistant	Shelley Bartole
IT Admin	Michael Smith and Eric Ostertag
Rink Volunteer Coordinator	info@scacalgary.ca

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ELECTED REPRESENTATIVES

Ron Liepert – MP, Calgary Signal Hill	Ron.liepert@parl.gc.ca	403-292-6666
Mike Ellis – MLA Calgary West	Calgary.west@assembly.ab.ca	403-216-5439
Richard Pootmans – Councillor, Ward 6		
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DO YOU HAVE YOUR TICKETS?

Everyone has a story but none quite like John Wort Hannam. In 2001 John Wort Hannam quit his teaching job and spent 10 months depleting his savings writing his first ten songs. Those songs would become his first recording – Pocket Full Of Holes – released in 2003.

Nineteen years later, the Alberta musician has released eight full-length recordings and has a few feathers in his lucky hat. Feathers that include: a JUNO nomination, a Canadian Folk Music Award for Best Album of the Year, a CBC Galaxie Rising Star Award, a Kerrville Texas New Folk win, and numerous Western Canadian Music Award and Canadian Folk Music Award nominations.

Time brings change, and John has emerged as a better songwriter, a better singer, and a better player. The lyrical style has been refined, and John Wort Hannam has landed squarely on his niche in the folk-roots world.

John is set to play the BVMC stage on May 6th with Lynne Hanson opening.

Lynne is too tough for folk and too blues-influenced for country; her brand of porch music with a bit of red dirt can turn on a dime from sunshine, blue sky ballad to a full-on thunderstorm of gritty Americana swamp from one song to the next. Her hard-living music has garnered her the nickname “Canada’s Queen of Americana.” And while her deep, bluesy croon has drawn comparisons to Lucinda Williams and Gillian Welch, the poetry of her lyrics really set her apart.

“An uncommon ability to interpret the roots of American sound by combining sensual blues with delicious country-folk numbers.”
-Lonestar Time

You can visit the BVMC website for concert details and tickets at
<http://bowvalleymusicclub.org>
or call the BVMC directly at 403-287-2299

OUR NEXT LIVE CONCERT DATE

May 6 - DOORS OPEN AT 7:00 PM

SINGLE TICKETS - \$30 + tax

STRATHCONA CHRISTIE ASPEN COMMUNITY CENTRE



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PRESIDENT'S MESSAGE

Spring is taking its own sweet time arriving, but believe it or not, a slow cool spring is beneficial to our gardens. Plants are putting their energy underground developing robust root systems that will feed beautiful flowers when the weather warms up. Some veggie crops prefer starting in cool weather – radishes, spinach, and peas, for example. To support all the good bugs that keep our plants and soil healthy, resist cleaning up flower beds until you see ladybugs and bees out and about. Consider sowing a few seeds in a planter instead of filling it with annual flowers. In my experience, lettuce, beans, and tomatoes do well in containers; place them against a south-facing wall of your house and they will thrive.

The SCA is helping to facilitate walking groups and is planning on the first walks for May. Please visit our website at www.scacalgary.ca to take a short survey to help us plan the walks.

On May 6, the SCA will host the annual Parade of Garage Sales. Register your household address with the SCA and you will be included on a map that is made available to shoppers. The SCA will also advertise this event across various media – it generates a lot of interest.

Wednesday, May 10 is the SCA Annual General Meeting. At this meeting, we recap the past year at the SCA, table the audited financial statements, and provide information regarding our future plans. It is also the perfect opportunity for you to stand for nomination to the SCA board of directors! If you are curious about what the SCA board is all about, come to this meeting and find out.

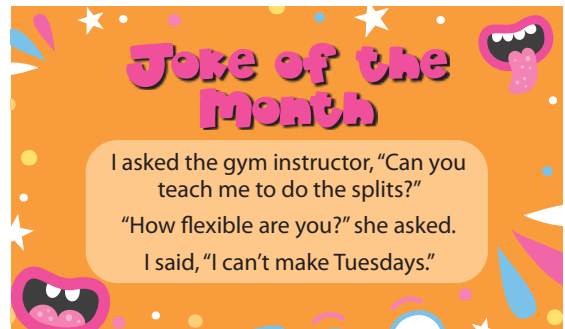
May 21 is the annual SCA Recycle and Garbage Day event. The City of Calgary provides garbage and compost trucks and there will be various other recycling opportunities – volunteers are required to make this event possible, so if you are able to help, contact the SCA office to sign up.

Also, on May 26, in partnership with Amica Aspen Woods, the SCA is hosting another seniors' dance. These events are so much fun, and the music is always good. This time, Jana and Danny will be supplying the live dance music. Amica always supplies great snacks and there is a cash bar serving beer and wine. Tickets can be purchased from the SCA website, www.scacalgary.ca, or by contacting the SCA office at 403-249-1138.

You can check out the SCA's selection of summer camps by visiting the website and registering early to guarantee a spot for your child.

We are blessed to live in Calgary, a safe and peaceful city. I know we had a long, cold, and very snowy winter, but all that snow eventually melts, and the sun warms us up and turns the city green again. Take a walk with us in May and enjoy the arrival of spring!

Maureen Smith – SCA President



Monthly Notices

SkipTheDepot and Donate to the SCA

We have partnered with SkipTheDepot to allow you to donate the money from your recyclables to the SCA.

It's easy! Just follow these steps:

1. Download the app or register online.
2. Enter your home address and pick a date.
3. Cash out or donate to charity.

SkipTheDepot will count your bags and credit your account within 48 hours after pickup. Funds will be donated to the SCA! Sign up at <https://app.skipthedepot.com/scacalgary>.

Add your name to our babysitter listing.

Check out our listings at www.scacalgary.ca under Community Directory. If you would like to add your name to our list, email your name, age, community, and phone number to info@scacalgary.ca.

Want to receive our monthly e-newsletter?

Send your email address to info@scacalgary.ca.

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COMMUNITY NEWS

Neighbourhood Watch Program – Volunteers Needed

The communities of Strathcona, Christie, and Aspen are looking for volunteer administrators for the Neighborhood Watch Program. If you are interested in finding out more about this position, please email info@scalgary.ca and your questions will be answered.

Christie Residents' Association AGM – Wednesday, April 19, 7:00 pm

Join us at the SCA to discuss enhanced landscaping in Christie Park.

Walking Group Survey

2023 – the year of reaching our walking goals! The SCA CA has heard your feedback and is dedicated to supporting healthy living in our community. We would like to start a walking program within our three communities of Strathcona, Christie, and Aspen. Please visit our website, www.scalgary.ca, to fill out a short survey so we can create a personalized program.

Bring on the snow! It's Skoki's favourite season!



Have a picture you'd like to share? Send it to cathy.duke@scalgary.ca.

Calendar

- April 15** Bow Valley Music Club, 7:00 pm
- April 19** SCA Board Meeting, 7:00 pm
- April 19** Christie Residents' Association AGM, 7:00 pm
- May 6** Parade of Garage Sales, 8:00 am to 2:00 pm
- May 10** SCA AGM, 7:00 pm
- May 21** Recycle Day, 9:00 am to 1:00 pm
- May 26** SCA/Amica Seniors' Dance, 7:00 pm

Community association members are welcome to attend SCA board meetings by appointment; please contact president@scalgary.ca.



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Encouraging Kids to Help in the Kitchen

from Alberta Health Services

When the entire family gets involved in the kitchen, it can encourage connections and quality time. Kids can take part in the process, from planning meals to cleaning up. It can take extra time and effort in the beginning, but it will become easier over time as kids learn skills. Being a part of planning and preparing meals teaches kids skills they can use throughout their lives.

Here are some age-appropriate tips on encouraging children to get involved in the kitchen:

Planning Meals:

- Even very young children can assist with planning meals.
- Talk about food safety. Remind children to wash their hands often when cooking and before eating the meal. You may also want to speak about keeping cold foods cold and hot foods hot.
- Give younger children options for a meal and have them choose which one they would like to help with or eat.
- Work together to discover what ingredients you already have on hand, and what ingredients you may need to purchase.
- Have school-aged children help find items in the store.
- Older children and teens may be able to choose recipes and create shopping lists on their own. As an extra challenge, give them a budget to follow when planning the meal.

Preparing Meals:

- Young children can help count ingredients, add ingredients to bowls, stir, and help wash vegetables and fruit.
- School-aged children can help assemble simple dishes and measure or mix ingredients.
- Older children and teens can use basic equipment with supervision and follow recipes.
- Try meals that each member of the family can customize. Try personal pizzas, omelettes, or wraps, and have each person choose their own toppings and ingredients.



Eating:

- Have a conversation together during mealtimes. Consider sharing about your day.
- Take turns setting the table.
- Everyone can share what their favourite part of the meal was or what they did to help prepare.
- Talk about what meal you want to make next.

Cleaning Up:

- Everyone can have a cleanup task.
- Young children can help wipe surfaces and bring their own dishes to the counter or to the dishwasher.
- School-aged children can help put leftovers into containers and dirty dishes on the counter or load them into the dishwasher.
- Older children and teens can clear the table, clean dirty dishes, or put away clean dishes.

UPCOMING EVENTS

Parade of Garage Sales – Saturday, May 6 from 8:00 am to 2:00 pm

Join our Parade of Garage Sales which encompasses Strathcona, Christie, and Aspen. You'll host your own garage sale, and we'll help you advertise it.

We will include your address on a map that lists all participating homes and distribute the maps from the SCA CA on Saturday morning. A link will also be available on our website. We will also advertise on boulevard signs and in the Calgary Herald (print and online), drawing shoppers from across the city. You will host your own garage sale; keep all the money you make and deal with unsold items.

You can register on our website at www.scacalgary.ca by clicking on 'Programs,' 'Online Registration,' or by calling the office at 403-249-1138. Participation is free with your SCA membership.

SCA Annual General Meeting – May 10 at 7:00 pm

All are welcome!

Recycle Day – Sunday, May 21 from 9:00 am to 1:00 pm

Drop off is free for SCA CA members. Items will be limited to one vehicle load per family.

Volunteers will be needed to help unload vehicles and to direct traffic. If you can help, please contact the SCA office either by email at info@scacalgary.ca or by phone at 403-249-1138 or sign up through the following link: volunteersignup.org/4QHKQ.

The following services will be available:

- Bottle drive in support of the Wildcats
- Clothing and small household items will be collected by Cerebral Palsy
- Scrap metal disposal
- Technotrash
- Waste and compost trucks from the City of Calgary

Please visit our website at www.scacalgary.ca for a detailed list of items we will accept.

Seniors' Dance – May 26 at 7:00 pm

Amica Aspen Woods invites you to join us for our first SW Seniors' social dance in 2023!

In partnership with the SCA Community Association, we are pleased to host an evening of dancing and live music performed by Jana and Danny.

Enjoy sweet and savoury treats prepared by Amica's Red Seal chefs.

Tickets are \$10 and may be purchased by calling the office at 403-249-1138 or on our website, www.scacalgary.ca.

A current SCA CA membership would be appreciated to help support your community association and all our events.



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SCA 2023 Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
A Child's Garden: Morning & Afternoon Pre-school Programs for 3-4 yr olds Seedlings Spanish Preschool: Morning & Afternoon Pre-school Programs for 2 1/2 - 5 Years KidZinc before & after school care Grades 1 to 6						
Jazzercise, 9:30am	Zumba, 9:30am	Jazzercise, 9:30am	Zumba, 9:30am	Jazzercise, 9:30am	PRIVATE RENTALS	Pathfinders, 6:30pm
Older Adult Yoga, 12pm, 1:15pm	Mommy & Me Pilates, 11am	Older Adult Yoga, 10am	Adult Art, 10am	Bridge Lessons, 9:30am		
Tai Chi, 1:30pm, 2:45pm	Adult Art, 1pm	Joyful Kids Music, 10am	Gentle but Strong Yoga, 12pm	Sit Fit Yoga, 11am		
Run.Jump.LEAD!, 4:50pm	Tennis 4pm, 5pm	Tai Chi, 11am	Adult Art Workshops, 12-1:15pm	Bridge, 12:30pm		
CYP Theatre, 5:30pm	Young Rembrandts, from 5pm	SCA Line Dance, from 1pm	Run.Jump.LEAD!, 4:40pm	Older Adult Dance, 1pm		
Sparks, 6:30pm	Joyful Kids Music, 5:30pm	Nature Play, 2pm	CYP Theatre, from 5pm			
Rangers/Pathfinders, 6:30pm	Chinook Country Line Dancers, 6:00pm	Photography, from 5pm	Scouts, 6:15pm			
Karate, 6:30pm	CYP Theatre, 6:30pm	Hair 101, 5:30pm	Kids Art, from 5:15pm			
Toastmasters, 7:30pm	Pathfinders/Rangers, 6:30pm	Karate, from 6:30pm				
		Pathfinders, 6:30pm				
		Colour on Fire, 5:15pm, 6:30pm				



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27 Ways to Say No

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

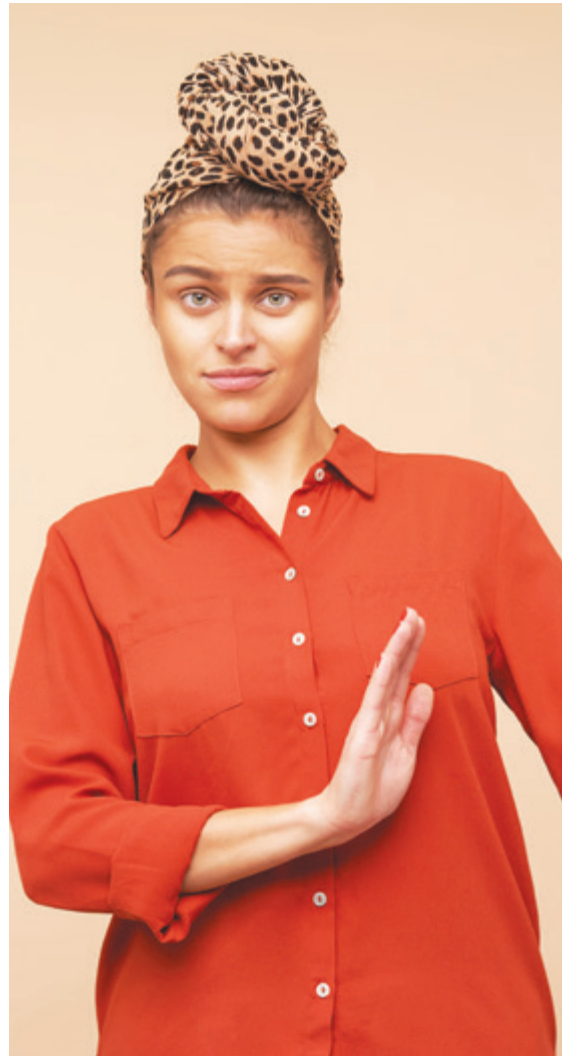
Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions.



Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.



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Children's Programs

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Visit www.cypt.ca.

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Ages 5 to 12

Wednesday at 6:30 pm

Thursday at 5:15 pm and 6:30 pm

• You and Me Art Classes

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Wednesday, 5:15 pm

• Teen Art Education Classes

Thursday at 7:30 pm

Visit www.colouronfireartstudio.com.

Girl Guides

Sparks: Monday

Pathfinders: Monday, Tuesday, Wednesday, Sunday

Rangers: Monday, Tuesday

Contact any-calgarysarceehills@girlguides.ca.

Joyful Kids Music - New

Wednesday from 10:00 to 10:45 am (Ages 2 to 5)

Tuesday from 5:30 to 6:15 pm (K to Grade 2)

Joyful Kids Music sets the standard for excellence in early childhood music education. This stellar program features engaging child-focused activities with a passionate and experienced music educator. Get ready to sing, move, and play with a delightful array of songs, rhymes, and dances intended to spark the joy of music within you and your child. Above all, Joyful Kids Music fosters a life-long love of music, language, and learning!

Visit www.joyfulkidsmusic.ca or contact joyfulkidsmusic@gmail.com to register or see more information.

Karate Classes

Monday at 6:30 pm (Parent and child, age 7+)

Wednesday at 6:30 pm (Age 7 to 12)

Wednesday at 7:30 pm (Adult beginner, age 13+)

Contact Jeffrey Jukes at 403-228-5039.

Nature Play

Wednesday at 2:00 pm

Visit www.natureplaykids.ca.

Photography Course with Photo Educator Janet Pliszka – New

Wednesdays on March 15 and 22, April 5, 12, and 19

Parent and child age 8+ at 5:00 pm

Teens age 13+ at 6:00 pm

Visit www.kpaonline.ca.

Run.Jump.LEAD!

Monday at 4:50 pm (Age 9 to 12)

Thursday at 4:40 pm (Age 7 to 9)

Visit www.runjumplead.com/register-now.

Scouts

Thursday at 6:15 pm

Email strathcona215gc@gmail.com or visit www.scouts.ca.



Tennis Lessons

Learn or improve your tennis skills with weekly lessons with a qualified instructor.

Tuesday at 4:00 pm (Age 5 to 8)

Tuesday at 5:00 pm (Age 9 to 12)

Visit www.firstservetennis.ca.

Young Rembrandts

Tuesday at 5:00 pm and 6:00 pm

Visit www.youngrembrandts.com/southernalberta/view-classes-enroll.

Adult Programs

5D Souls – New

Sound healing and guided meditation

Wednesdays, 7:00 to 8:00 pm, beginning June 28

Desireeporrelli5d@gmail.com or 5dsouls.weebly.com.

Bridge

Friday from 12:30 to 3:30 pm

Free to join, and you don't have to be an expert player.

We play party bridge; drop-in when it suits your schedule. If interested, please contact Tom Wilcock at 403-460-8241 or email twilcock@telus.net.

Chinook Country Line Dance

Tuesday at 6:00 pm

Visit www.cclinedancers.ca.

Colour on Fire Art Education Workshops

Thursday from 12:00 to 1:15 pm

Visit www.colouronfireartstudio.com.

Gentle but Strong Yoga

Thursday from 12:00 to 1:15 pm

Contact mjgerlitz@gmail.com.

Jazzercise

Monday, Wednesday, and Friday from 9:30 to 10:30 am

Contact Cherie at jazzcherie1@hotmail.com.

Karate Classes

Monday at 6:30 pm (Parent and child, age 7+)

Wednesday at 6:30 pm (Age 7 to 12)

Wednesday at 7:30 pm (Adult beginner, 13+)

Contact Jeffrey Jukes at 403-228-5039.

Mommy and Me Pilates

Tuesday at 11:00 am and Friday at 10:00 am

Contact Theresa Toth at toth31@shaw.ca.

Sit/Fit Yoga (Sherry)

10 classes - \$75 + \$3.75 GST = \$78.75

Hybrid (Online/in-person)

Drop-in available (free for first class, \$10 after)

Friday from 11:00 am to 12:00 pm, April 14 to June 16

This class combines mobility and strength exercises with the mindfulness of yoga. Ideal for individuals who need the comfort and/or safety of seated exercise (standing is optional). This class is streamed online (watch from home) and limited space is available for those wishing to come into the community centre. Equipment suggested includes small and medium ball, resistance band, and set of small dumb bells.

Contact Sherry at sherrynormanyoga@gmail.com.

Toastmasters

Monday at 7:30pm

Visit www.westhillstoastmasters.easy-speak.org.

Zumba

Tuesday and Thursday at 9:30 am

All levels welcome!

For more information or to register, call 403-816-6897.

SCA Spring Programs

Register at www.scacalgary.ca.

Adult Art Classes (Karin)

6 classes - \$100.80 + \$5.40 GST = \$105.84

Watercolours Art #1: Tuesday, April 18 to May 23, 1:00 to 3:30 pm

Acrylics Art #2: Thursday, April 20 to May 25, 10:00 to 12:30 pm

continued on next page

SCA PROGRAMS (CONTINUED)

Adult Chair Yoga (Sherry)

10 weeks - \$60 + \$3 GST = \$63

Hybrid (Online/in-person)

Beginner Yoga #1 (More seated postures) - Monday, April 10 to June 19, 12:00 to 1:00 pm. No classes May 22.

Intermediate Yoga #2 (More standing postures) - Monday, April 10 to June 19, 1:15 to 2:15 pm.

No classes May 22.

Intermediate Yoga #3 (More standing postures) - Wednesday, April 12 to June 14, 10:00 to 11:00 am.

SCA Line Dancing (Mary and Peggy)

10 weeks - \$94.50 (Buy one get one half price: \$141.75)

Wednesday, March 29 to June 7 (No class May 17)

#1: Beginner (Level 1) Wednesday from 2:00 to 3:00 pm

#2: Improver (Level 2/3) Wednesday from 1:00 to 2:00 pm

Wednesday, March 29 to May 31

#3: Intermediate (Level 4) Wednesday from 2:00 to 3:00 pm

#4: High Intermediate (Level 5) Wednesday from 1:00 to 2:00 pm

SCA Line Dancing Drop-In (Peggy)

\$5 drop-in fee

Friday, April 14 to June 30 from 1:00 to 2:00 pm (No class May 19)

Tai Chi (Adrian)

10 Classes - \$84

Continuing 1 and Basics: Monday, April 10 to June 19, 1:30 to 2:30 pm. No classes May 22.

Basics: Monday, April 10 to June 19, 2:45 to 3:45 pm.

No classes May 22.

Continuing 2: Wednesday, April 12 to June 14, 11:00 to 12:00 pm.

Summer Camps at the SCA

Calgary Young People's Theatre

We offer a variety of different camp experiences for kids of different ages and skill levels, but have no fear, no experience is required! All our camps are taught by trained theatre professionals.

Dates: July 31 to August 2; August 8 to 11; August 14 to 18

Cost: \$200 to \$480

Register: www.cypt.ca/camps

Colour on Fire Art Studio and School

Ages 5 to 12

Kids are engaged in a variety of art projects which include instruction in drawing and in applying various

mediums like watercolour and acrylic paint, chalk and oil pastel, charcoal and more. Kids enjoy drawing nature while on 'sketch and walks' and learning more about creating shapes and using colour in their artwork.

Dates: July 3 to 7; July 10 to 14; July 17 to 21; July 24 to 28; August 14 to 18; August 21 to 25

Cost: \$195 for half day (8:30 to 12:00 pm or 12:30 to 4:00 pm) and \$365 for full day (8:30 to 4:00 pm)

Register: www.colouronfireartstudio.com or call 403-542-0178

Engineering for Kids

Ages 4 to 14

Let your imagination run wild this summer with our STEM summer camps! EFK offers a diverse selection of themed camps to give your child the summer of a lifetime.

July 10 to 14

- Juniors (Ages 4 to 7) Digging for Dins + Dino Bots with Lego Robotics

- Apprentice (Ages 8 to 14) Mechatronics and Robotics + Harry Potter: Academy of Science and Magic

- July 24 to 28

- Juniors (Ages 4 to 7) Space Camp + Go Mouse Robot and Code

- Apprentice (Ages 8 to 14) EV3 Lego Robotic Games Summer Camp + Creative Game Design with Bloxels

Register: www.engineeringforkids.com/calgary

Polyglots

Ages 5 to 11

Join us for a fulfilling learning experience this summer with our imaginary adventures in different countries and learn French or Spanish. No previous language experience required. Full of fun activities, games, arts and crafts, and language learning.

Dates: August 21 to 25 - Celebrate Mexican culture as you learn Mariachi tunes, make a sombrero, and experiment with dissolving limestone. Create your own art masterpieces.

Half day and full day options available. Pre/post care available from 8:30 am to 4:30 pm for full day

Register: www.polyglots.ca

Tennis Lessons

Ages 5 to 12

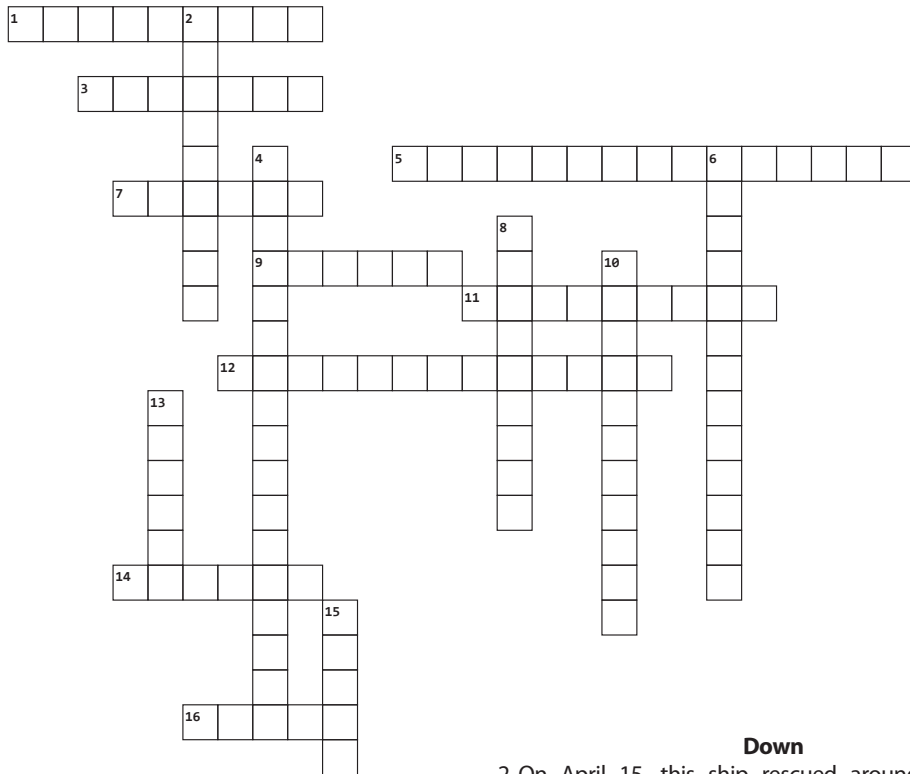
Learn or improve your tennis skills this summer with weekly lessons with qualified instructors.

Dates: Every week in July and August

Time: Monday to Friday, morning sessions

Register: www.firstservetennis.ca/lessons

April Crossword Puzzle



Across

- The smell that is caused by the mixture of rainwater and various earthly compounds.
- Kids will leave these out for the Easter bunny in case he gets hungry.
- Born on April 15, 1452, this artist's painting was famously stolen.
- On April 11, this national observance advocates against animal violence and cruelty.
- The Latin root for the word 'April'.
- This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
- This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
- Literature lovers will know that April is National _____ Month.
- A colourful and popular marshmallow Easter treat.

Down

- On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
- What makes April 9, 1917, an important date to many Canadians?
- It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
- Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
- This Chilean-American *The Last of Us* actor was born on April 2, 1975.
- In the United States, spring is said to have arrived when this bird comes to town.
- One of April's birth flowers that comes from the Old English phrase 'dægeseage'.

SCAN THE QR CODE FOR
THE ANSWER KEY





How to Meet Your Neighbours

A message from the Federation of Calgary Communities



Moving to a new neighbourhood can be exciting and intimidating if you don't know anyone. Welcoming new neighbours into your community can be a great way to meet new friends and establish good relationships with neighbours. It has numerous benefits and even reduces the possibility of crime because people who know each other are more likely to look out for one another.

Do your part to transition new neighbours into your community or to meet neighbours who have been in your community for a while that you haven't met yet. There are little things you can do that will go a long way for bringing neighbours together!

1. Introduce yourself to your neighbours and ask them a few questions about themselves. Tell them some information about yourself too. Some good starting points could be where they moved from

or how long they've been in the community. Also, new neighbours could use information about the community association's programs and services, how to become a member, upcoming events, and even great local businesses or restaurants.

2. Welcome your neighbour by making a small yet caring gesture or gift. It can be the traditional pie, a cup of coffee, some flowers, vegetables from your garden, or even an invite to dinner. Moving is hard work and a warm meal will be appreciated by your new neighbours!
3. After introducing yourself, make the effort to wave, greet, and make small talk with your neighbours continuously. This encourages friendly discussion and makes neighbours feel continuously welcomed.

Community Association Welcoming Committees

Welcoming committees are a team of people who welcome new residents as they move to the community. Usually, they create welcome kits full of community association information on programs and services, business cards of local shops and restaurants, My Neighbour cards, emergency information and services, and maybe some small gifts like coffee cards. Upon moving into a home in the community, Welcoming Committees present these to new neighbours! Check with your community association to see if they have a welcoming committee, and if not, offer your help to develop one. One way to help distribute welcome kits is by asking local realtors, rental management companies, apartment managers, and landlords to inform the committee of new additions to the community. Then, you and your committee can deliver the packages!

Being welcoming can be very easy but it can be intimidating crossing cultural barriers. Keep in mind that good neighbours can be of all cultural backgrounds. Having an open heart and wanting to learn from new neighbours can make your community a diverse cultural hub. Be interested in getting to know your new neighbours, celebrating cultures, and sharing your family's own traditions.



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		Listed	Sold	Listed	Sold
February	23	18	10	\$949,400	\$943,900
January	23	7	9	\$484,900	\$485,000
December	22	7	5	\$854,000	\$825,000
November	22	4	7	\$1,128,800	\$1,070,000
October	22	10	18	\$1,182,450	\$1,140,000
September	22	14	15	\$799,800	\$798,000
August	22	14	6	\$899,900	\$877,500
July	22	19	13	\$850,000	\$813,000
June	22	26	25	\$825,000	\$850,000
May	22	20	14	\$944,950	\$937,500
April	22	28	37	\$790,000	\$780,000
March	22	45	37	\$898,800	\$915,000

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

Safe Driving for Teens

from Alberta Health Services

Road crashes are the third-leading cause of death among young people in Canada. In 2020, transportation-related injuries were the third-leading cause for emergency departments and urgent care centre visits among Albertan youth aged 15 to 19.

The risk of accidents increases even after just one second of taking your eyes off the road.

Distracted driving can be:

- Visual distraction: When a driver's eyes leave the roadway.
- Manual distraction: When a driver's hands leave the steering wheel.
- Cognitive distraction: When a driver's mind is no longer on the task at hand.
- Actions – such as texting or calling while driving, talking to friends in the car, switching songs, or eating and drinking – that take a driver away from the task at hand and increase the risk of accidents and injuries on the road.



Avoid distracted driving by:

- Turning your phone off or using the “do not disturb” feature while driving.
- Giving your phone to a friend.
- Parking safely before checking your phone or making a call.

Parents can also set good examples for their children and teens by keeping their phones out of reach when driving.

Speeding, sleep deprivation, as well as drug and alcohol impairment and aggressive driving also increase the risk of crashes and injuries on the road.



Spring Cleaning Around the House

from the City of Calgary



As you start your spring cleaning around the house, find the right place for your unwanted items:

Gently used toys, small furniture, and pots and pans: Donate to a local charity. Small broken household items go in your black cart.

Old paint and cleaning chemicals: Take them to a designated fire station or City landfill for safe disposal. Visit calgary.ca/hhw to view locations.

Clothing, shoes, and linens: Donate useable clothes, shoes, and linens to a local charity or take them to a textiles recycling bin at City landfills.

Old electronics: Take your old and broken gadgets to an electronics drop-off for proper recycling. Check out the list of locations at calgary.ca/electronics.

Household batteries: Safely dispose of household batteries by taking them to a participating retailer for free recycling. Learn more at calgary.ca/battery.

Fridge and pantry cleanup: Remove food from packaging and put it in your green cart for composting. If you're unsure how to dispose of an item, look it up at calgary.ca/whatgoeswhere.

We would also like to kindly remind residents to clear snow off their blue cart lid and keep the lid closed to ensure that paper and other recyclables stay dry from snow or rain.

Keeping Storm Drains Clear This Spring

from the City of Calgary



Storm drains are a part of Calgary's stormwater system. There are about 60,000 storm drains in Calgary working to capture water and melting snow off sidewalks, streets, and roads.

Keep Your Storm Drains Free and Clear of Snow, Leaves, and Debris

If it's safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to help water flow.

Pooled Water on Your Street

In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a Trap Low), until the stormwater system can accept the extra water.

Take a Picture

If the storm drain remains submerged for more than 90 minutes or you cannot safely clear ice and snow away, take a photo and submit it via the 311 app or a web request. Attaching a photo goes a long way in helping our crews respond on a priority basis.

For more information on storm drains and to locate the closest one to you, visit calgary.ca/stormdrains.

Hoisin Pork with Pineapple Rice

by Jennifer Puri

Deliciously yellow fruit, a pineapple is neither a pine nor an apple but is a group of berries fused together.

Pineapples are indigenous to South America and are believed to have originated in the forests of Brazil and harvested by tribes who lived in the area. Christopher Columbus is credited with introducing the pineapple to Europe and “Pina Des Indes” or “Pinecone of the Indes” were the names used to describe the fruit by the Spanish.

The pineapple plant has a life span of up to fifty years, can take up to three years to grow and mature, and only one pineapple is produced by a plant in a season.

Pineapple goes well with ham, seafood, chicken, tofu, yoghurt, and cottage cheese.

The combination of hoisin pork and pineapple rice fuses together delicious flavours and can be prepped and cooked in a relatively short amount of time. The filet or tenderloin used in this recipe is one of the healthier cuts of meat and is just as lean as skinless chicken breasts.

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Servings: 2 to 3

Ingredients:

- 1 pork tenderloin
- 2 tbsps. hoisin sauce
- 2 tbsps. soya sauce
- 1 tbsp. grainy Dijon mustard
- 2 tsps. honey
- 1 ½ tsps. rice vinegar
- 2 tbsps. vegetable oil
- 4 cups cooked white or jasmine rice
- 2 tbsps. butter
- ½ tsp. red chilli flakes
- 2 tbsps. chopped coriander leaves
- 1 can (398 ml) pineapple tidbits, drained
- ½ tsp. salt



Directions:

- In a small bowl, mix together hoisin sauce, soya sauce, honey, Dijon mustard, and half a teaspoon of rice vinegar. Spread the marinade all over the tenderloin and let it sit for ten minutes.
- Preheat oven to 400 degrees Fahrenheit.
- Add two tablespoons of oil to a large skillet and place the tenderloin in it. On medium heat, brown the tenderloin on all sides, approximately three to four minutes. Remove tenderloin from skillet and place on a foil-lined baking tray. Pour any remaining marinade over it and then place it on the middle rack of the oven. Bake uncovered for 20 minutes or until cooked through.
- On medium heat, melt butter in a wok or skillet, add drained pineapple pieces, chilli flakes, chopped coriander, one teaspoon of rice vinegar, and salt. Stir fry for a couple of minutes and then add the cooked rice and gently blend all the ingredients together. Remove from heat and garnish with coriander leaves and a few pineapple pieces.
- Remove tenderloin from oven, cover and let stand for five minutes. Serve sliced tenderloin with small bowls of Pineapple Rice and use Hoisin sauce as a dip if desired.

Bon Appétit!

GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



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Presidential Raccoon

In 1926, US President Calvin Coolidge was sent a raccoon who was supposed to be cooked for Thanksgiving dinner! Coolidge decided instead to adopt the critter. The family named her 'Rebecca' and gifted her with an engraved collar saying, "White House Raccoon."



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PHOTO GALLERY

by Nyckie Rea



"Everything pales in comparison to deer."



"Live bold, without fear. This is life amongst deer."

Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau



Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?," or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at [BBB.org](https://www.bbb.org).

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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	23	7	5	\$899,000	\$906,400
January	23	5	3	\$749,900	\$772,000
December	22	1	3	\$739,900	\$775,000
November	22	5	5	\$699,000	\$679,000
October	22	6	10	\$557,450	\$564,750
September	22	9	12	\$637,500	\$623,000
August	22	12	10	\$682,400	\$687,500
July	22	8	3	\$550,000	\$580,000
June	22	8	12	\$614,900	\$594,000
May	22	18	11	\$739,900	\$775,000
April	22	15	16	\$774,950	\$775,000
March	22	14	13	\$738,000	\$750,000

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

CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	23	2	2	\$696,894	\$685,073
January	23	1	1	\$869,900	\$840,000
December	22	1	0	\$0	\$0
November	22	4	3	\$778,000	\$743,000
October	22	2	2	\$352,400	\$325,000
September	22	2	0	\$0	\$0
August	22	2	1	\$348,800	\$358,800
July	22	2	2	\$339,950	\$334,950
June	22	4	4	\$612,450	\$597,500
May	22	7	6	\$674,900	\$675,500
April	22	1	7	\$795,000	\$783,000
March	22	11	2	\$809,700	\$809,250

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TOP RANK TILE & STONE: 25+ years' expert experience as master stonemason and master craftsman. Apprenticed in UK and Scotland. Specialist in all tile, stone, hardwood, LVP, in-floor heating, showers, water features, etc. Kitchen and bathroom renovations. Interior and exterior design. To view some of our previous work, please visit [@topranktileandstone](https://www.instagram.com/topranktileandstone) on Instagram. Free quotes, all work guaranteed. Call Robert at 403-679-9063 or email at rjhrank@gmail.com.

KITCHEN CABINETS REFINISHED: Hate the orange in your oak cabinets? Restore wood cabinets, water damage, get grime removed for approximately \$1495. Or change the look with a new colour spray finish for about \$3695. Environmentally friendly alternative to replacing or refacing. Call Doug at 'Not Just Paint' for a free estimate/consult. 403-671-0324.

WEDDINGS BY BRENDA & COMMISSIONER OF OATHS: Contact Marriage Commissioner, Brenda Platzer! Call 403-875-9005. Email brenplatzer@telus.net.

RUSSELL'S LAWN SERVICE: Since 2000, locally owned, family operated, insured, WCB clearance, and BBB accredited. Providing quality, reliable service, free estimates, and a 15% senior discount. Specializing in mowing, power-raking, aerating, fertilizing, tree/hedge trimming, and landscaping/xeriscaping. Lawn service bookings are limited, reserve now. Visit us at www.russellslawn.com or call 403-686-LAWN (5296).

ST. MARTIN'S ANGLICAN CHURCH: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and by Zoom). Sunday School: Second Sunday of the month. Sandwich making for Alpha House on Wednesday afternoons. ESL conversation Tuesdays, 9:30 to 11:00 am. More information at <https://smartinschurch.ca> or call 403-249-3014.

The Day's Eyes

The daisy is April's birth flower, and its name is more than just pretty; it's symbolic. 'Daisy' comes from the Old English phrase 'dæges-eage,' which means 'day's eyes.' This is because each night as the sun goes down, daisies close their 'eyes' by pulling their petals inwards. In the morning, they reopen their petals, or 'eyes,' as the sun rises.



REASON #3

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Real Estate (Central)

* MLS data, Calendar 2012 - 2022 inclusive. Detached homes on the Westside - the combined communities of West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona Park, Coach Hill, Patterson, & Cougar Ridge.