

SEPTEMBER 2023

DELIVERED MONTHLY TO 6,825 HOUSEHOLDS

# The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER

**TREASURE HUNT**  
**SEPTEMBER 9 AND 10**  
**FAMILY DINNER**  
**AND MOVIE**  
**OCTOBER 6**



**David is the Realtor<sup>®</sup> your  
neighbours trust.**

403-869-7971 | david@davidpellettier.ca | davidpellettier.ca



Real Estate (Central)

Friend  
Neighbour  
Realtor<sup>®</sup>

**David Pellettier**

[www.scacalgary.ca](http://www.scacalgary.ca)

Great News Media | Call 403-720-0762 for advertising opportunities | [www.greatnewsmedia.ca](http://www.greatnewsmedia.ca)

[www.evergroup.ca](http://www.evergroup.ca)

# ever

## GROUP

## Where Productivity Meets Experience

With our marketing expertise, you'll receive maximum exposure locally, nationally, and globally, with proven results. Our results-driven approach ensures that your unique needs are not only met but exceeded. We are available 24/7 to provide personal support and draw on our extensive network of real estate professionals, industry partners, and custom builders to provide you with a world-class experience. Our intimate insights into the Calgary real estate market have earned us an impeccable track record of success. Contact us today and let us take care of you.

Let us help you find your forEVER home.  
**Elevate your experience.**

### Services

- Professional and Award Winning Photography and Videography
- Premium Floor Plans and RMS
- Professional Staging - Virtual or In-Home
- Detailed Property Exposure Book
- Social Media Campaign for Your Home
- Global and Local Network
- Geographic Targeted Marketing

## Call today for your free home valuation!



Mark D. Evernden  
403.829.3776



BLUE  
DIAMOND  
MEDICAL

## Welcome Nurse Practitioner Karin Dixon!

Our certified nurse practitioner specializes in cosmetic fillers and Botox injections. She can help you with lip, cheek, chin, and skin enhancements using Botox and fillers.

Book your appointment today and take advantage of the 10% discount and free consultation, which will be offered for a limited time only.

Moreover, we are offering gifts when you book a consultation appointment with NP Karin to celebrate our clinic's one year anniversary!

Also, Dr. Farhat performs Botox injections for patients who suffer from chronic migraines.

This treatment might be covered by your health insurance.

Please ask our MOAs for more information.

T: 825-413-1113 | F: 825-413-1333 | 23 - 8 Weston Drive SW  
[www.bluediamondmedical.ca](http://www.bluediamondmedical.ca)

# GET NOTICED

**ACQUIRE AND RETAIN NEW CUSTOMERS.**

Your Ad Geofenced Precisely in Your Target Market  
on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)



**SCAN ME**

**GREAT NEWS MEDIA**

LEADERS IN COMMUNITY FOCUSED MARKETING

# CONTENTS

---

- 9 MESSAGE FROM THE BOARD
- 11 SAFE AND SOUND: PREVENT THE RISK OF STROKES
- 16 SCA PROGRAMS
- 19 FEDERATION OF CALGARY COMMUNITIES: BACK-TO-SCHOOL SAFETY TIPS
- 25 RECIPE: BRUNCH ASPARAGUS WITH GOAT CHEESE
- 30 BUSINESS CLASSIFIEDS



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

**STRATHCONA**

**CHRISTIE  
PARK**

**ASPEN  
WOODS**



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

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.





Jackson  
& Jackson  
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF  
CONSTRUCTION & LANDSCAPE**  
INCLUDING SMALLER IN-HOME PROJECTS



## Services

Residential Landscaping  
Landscape Construction  
Year-Round Maintenance  
Spring and Fall Cleanup  
Commercial and Condo  
Property Management  
Snow and Ice Removal

## Contact Us

### Address

20 Sunvale Place SE  
Calgary, AB T2X 2R8

### Call us now

(403) 256-9282

### Email us

info@jacksonjackson.ca  
contact@jacksonjackson.ca



[www.jacksonjackson.ca](http://www.jacksonjackson.ca)



BANBURY  
CROSSROADS  
SCHOOL  
EST. 1999



8:1 student-teacher ratio • self-directed learning

Call to book in-person info  
sessions at 403.270.7787

[admissions@banburycrossroads.com](mailto:admissions@banburycrossroads.com)

[www.BanburyCrossroads.com](http://www.BanburyCrossroads.com)



# DUNCAN LAW

## Impeccable Legal Advice.

- ▶ Personal Injury
- ▶ Real Estate
- ▶ Wills & Estates
- ▶ Family Law



📍 Conveniently located in Aspen Landing

Phone: 403.300.0870 | [DuncanLawYYC.ca](http://DuncanLawYYC.ca)

# 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

President	George Diwan
Vice President	Pascal Siewe
Treasurer	Geoff Kalyniuk
Secretary, Community Engagement	Nina Rehill
Traffic and Development	Carrie Stewart
City Planning and Development	Taylor Zwarych
Education and Integration	Davood Khairkiah
Director of Events	Vacant

## SCA Office

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

Contact us at [info@scacalgary.ca](mailto:info@scacalgary.ca)

## 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		
Patricia Bolger – Public School Trustee		
Lory Fontana-Iovinelli – Separate School Trustee	Lory.iovinelli@cssd.ab.ca	403-500-2761



## Word of the Month

**Metanoia: noun (met-uh-noi-uh)**

A transformative change of heart.

“Upon finishing her book, Alice experienced a metanoia.”



LEN T WONG + ASSOCIATES



## ASPEN WOODS COMMUNITY REAL ESTATE ACTIVITY

# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our  
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program\*

Trade Up Program\*

Blanket Home Warranty Program\*

Accepting Crypto Currency

Call us to help you navigate through  
the changing real estate world

**Call or Text 403-606-8888**

**Email [len@lenthong.com](mailto:len@lenthong.com)**

\*Guarantee is being offered by Greater Property Group.  
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	23	21	19	\$529,900	\$521,000
June	23	29	21	\$935,000	\$908,800
May	23	27	19	\$995,000	\$1,050,177
April	23	17	17	\$524,800	\$537,500
March	23	26	15	\$849,000	\$845,000
February	23	16	11	\$960,000	\$949,000
January	23	7	9	\$484,900	\$485,000
December	22	5	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

To view more detailed information that comprise the above  
MLS averages please visit [asp.mycalgary.com](http://asp.mycalgary.com)



## MESSAGE FROM THE BOARD

'Tis the season – back to school we go! It's hard to believe the months of summer are coming to an end! With this gorgeous weather, we wanted to share some tips to help reduce traffic during pick-up and drop-off and encourage some extra outdoor time:

- You and the kiddos can sneak in a few extra steps – or spins – by walking or biking to school.
- Create a walking group with your neighbours and have parents rotate between pick-up and drop-off. It's a great way to meet your neighbours, too!
- For older kids, show them the pathways to get to school so that they know how to get to and from school safely.
- Try out a new mode of transportation – bike, unicycle, scooter! The possibilities are endless.
- Pack a water bottle for the hot days and a jacket for the cooler days. And don't forget to protect your head with a helmet if you're biking, unicycling, or scootering.

With a keen interest in urban planning, we'd like to introduce you to Taylor! Taylor is on the board as director of planning, development, and special projects. Taylor has lived in the community her whole life and grown up in the area; seeing its potential for increased community connection, she wanted to be part of the board to activate the spaces all of us call home. Taylor has a special interest in activating spaces that bring people together, bike safety within the community, and strengthening community connection.

We have a couple of events to tell you about. First is the Curbside Community Treasure Hunt on September 9 and 10. We invite you to discover hidden treasures in your neighbourhood and give unused items a new life while keeping them out of landfills.

Here's how to join the fun:

- Gather reusable items that you no longer need from your home such as books, electronics, toys, kitchen gadgets, and more.
- Mark them with a "Free" label and place them on your property next to the sidewalk or curb during the event days.
- Anyone can pick up these items for use. It's like a free garage sale at your doorstep!
- Remove items not picked up by 5:00 pm on Sunday and donate them to local charitable organizations.

Next, we are pleased to be bringing back our Family Dinner and Movie Night on Friday, October 6, featuring the *Super Mario Bros. Movie*. Kids... wear your Halloween costume! The event is free for SCA members and memberships (\$20/family) will be available at the event. Space is limited to the first 250 people and all minors must be accompanied by an adult.

For more information on these events, visit our website at [www.scacalgary.ca](http://www.scacalgary.ca).

Reminder that the SCA board will be reconvening this month after a hiatus for the summer. Our next board meeting is on Wednesday, September 20 at 7:00 pm. Please feel free to email us at [info@scacalgary.ca](mailto:info@scacalgary.ca) should you wish to discuss any community topics!

See you out there,

*SCA Board*



## 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](http://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](mailto:info@scacalgary.ca).

### **Want to receive our monthly e-newsletter?**

Send your email address to [info@scacalgary.ca](mailto:info@scacalgary.ca).

### **Like us on Facebook**



# TWIN BILL WITH DIYET & THE LOVE SOLDIERS AND BLUE MOON MARQUEE



Canada's music landscape is thriving with a multitude of talented artists who are making waves both nationally and internationally. Each artist brings a unique sound to the table, drawing inspiration from their life experiences to craft extraordinary lyrics that enchant audiences and etch an indelible mark.

Blue Moon Marquee writes and performs original compositions influenced by anything that swings, jumps, or grooves. A.W. Cardinal (vocals/guitar) and Jasmine Colette a.k.a. Badlands Jass (vocals/bass/drums) have played for a vast gamut of crowds at jazz clubs, Lindy Hop dance halls, folk venues, blues haunts, hospitals, prisons, markets, motorcycle joints, dive bars, and prestigious festival stages.

The result of 9 years of rigorous touring across Europe and North America, there is a distinct energy and style from this acclaimed duo.

Carving a path through blues, jazz, jump jive, folk, country, swing, and Indigenous soul with an authentic spirit, their sound does not idly ease in one certain category.

Diyet & The Love Soldiers is alternative country, folk, roots, and traditional with catchy melodies and stories deeply rooted in Diyet's Indigenous worldview and northern life. Diyet sings in both English and Southern Tutchone (her native language) and plays bass guitar.

Backed by Love Soldiers: husband and collaborator, Robert van Lieshout (acoustic guitar, drums, & percussion) and Juno award-winning producer, Bob Hamilton (electric guitar, pedal steel, & mandolin). This multi-instrumental trio from the Yukon has a sound that can fill a big stage or capture an intimate room.

Get your tickets today.

## OUR NEXT LIVE CONCERT DATE

OCTOBER 14 - DOORS OPEN AT 7:00 PM

SINGLE TICKETS - \$30 + tax

STRATHCONA CHRISTIE ASPEN COMMUNITY CENTRE



<http://bowvalleymusicclub.org/>

@bowvalleymusic

# Prevent the Risk of Strokes

from Alberta Health Services

Risk factors such as high blood pressure, diabetes, smoking, high cholesterol, physical inactivity, age, family history, and more put you at a higher risk of experiencing a stroke.

### What is a Stroke?

A stroke occurs when a blood vessel in the brain bursts or is blocked. Without blood and the oxygen that it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Symptoms of a stroke happen quickly, and brain damage can begin within minutes. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

The acronym FAST is a simple way to remember the main symptoms of stroke. FAST stands for:

**Face** – Is it drooping?

**Arms** – Can you raise both?

**Speech** – Is it slurred or jumbled?

**Time** – Call 911 immediately.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services right away. A stroke can't be self-managed at home. To learn more, visit [www.ahs.ca/heartandstroke](http://www.ahs.ca/heartandstroke).

### How Can I Identify My Risk for Stroke?

Knowing your personal risk can help you act to lower your risk. You and your healthcare provider can look at things that put you at risk for a heart attack and stroke. He or she might look at many things, such as:

- Your cholesterol levels
- Your blood pressure
- Your age
- Your race
- Whether you are male or female
- Whether or not you smoke

Learn about cardiovascular disease risk screening or visit the risk calculator tool.



### How Can You Prevent a Stroke?

You can make some lifestyle changes that can reduce your risk of stroke and improve your overall health. It's important to know that if you've had a stroke, you are at risk of having another one. You can work with your healthcare provider to help identify your risk and create a plan to help manage any health conditions. Examples are as follows:

Treat any health problems that you have:

- Manage high blood pressure or high cholesterol by working with your doctor.
- Manage diabetes. Keep your blood sugar levels within a target range.
- If your doctor recommends taking aspirin or a blood thinner, take it.
- Take your medicine exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Get the influenza (flu) vaccine every year.

Adopt a healthy lifestyle:

- Don't smoke or allow others to smoke around you.
- Limit alcohol.
- Stay at a healthy weight. Being overweight makes it more likely that you will develop high blood pressure, heart problems, and diabetes. These conditions make a stroke more likely.
- Be active. Ask your doctor what type and level of activity is safe for you. If you are in a stroke rehab program, your rehab team can make an exercise program that is right for you.
- Eat heart-healthy foods. These include fruits, vegetables, high-fibre foods, fish, and foods that are low in sodium, saturated fat, and trans fat.

For more information on strokes, please speak with your family doctor or call Health Link at 811 to speak with a registered nurse.



## NEW CONDOS COMING TO U/D!

University District is excited to announce a new luxury bungalow-style condo project launching this fall. We can hardly wait to share all the exciting details with you! Visit our website for more information.

**UNIVERSITY DISTRICT**  
— CALGARY —

[myuniversitydistrict.ca](http://myuniversitydistrict.ca)

Proudly owned in *Calgary* serving Calgary businesses



**CALL 403.279.5554**

*Calgary*  
Mat & Linen Services



### MATS

Commercial mat rentals and purchases



### HOSPITALITY SERVICES

Linens for tables, chairs, and napkins. Laundry and pressing services



### WORKWEAR

Workwear and cleaning of uniforms and coveralls



### CLEANING

One-stop service for cleaning supplies and paper products

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

[www.kilbco.com](http://www.kilbco.com)

## CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

**FREE ESTIMATES**

**SEALED**

**UNSEALED**

**KILBCO**  
CONCRETE CURBING

Locally Owned & Operated

**Free Estimates to 403.870.0737**

**OFFICIAL**  
PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

**Service Call Fee**



**403-837-4023**

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

## A Shopper's Guide to Premiumization

by the Better Business Bureau

Premiumization is when companies offer higher-end products and services for a premium price. Airlines selling both business class and economy seats is a classic example. Another is car manufacturers offering a standard model and one featuring heated seats and leather trim.

While these two examples have been around for decades, premiumization has expanded since the COVID-19 pandemic. Now, businesses selling everything from beauty products to booze are adding new premium options and services. As a consumer, evaluating premium options can be tricky. Here are BBB's tips for weighing new premium options and ensuring you get the promised value.

### Tips for Navigating Premiumization as a Shopper

**Do Your Homework.** Brands that offer premium products or services may look like luxury, but as with any purchase, doing some research is vital. Before paying a premium price, ensure the vendor is a trustworthy business with a reputation for good customer service. Look up businesses online to review business ratings and comments from customers.

**Understand What Makes a Product Premium.** Many business owners are working to maintain profit margins by offering their clients added value in a premium package. However, if a product or service claims to be premium, find out why. Specifically, what makes it better than the basic option? If a vendor can't give you a good answer, skip the premium price and shop elsewhere.

**Comparison Shop.** To get the best deal on anything, comparison shopping is a must. This is also true when considering a company's premium offerings. Find out what similar companies offer and their price point to see if you are really getting added value for the higher price.

**Watch for "Greenwashing."** Many companies promote premium options as more sustainable, lower waste, or all-natural. But be wary of misleading green marketing claims. The Federal Trade Commission advises consumers to look for specific information on packages and products that explain why the product is green.

## Calendar

<b>Tuesdays at 10:00 am</b>	Walking Group (Meet by Good Earth)
<b>Saturday and Sunday, September 9 and 10</b>	Curbside Community Treasure Hunt
<b>Wednesday, September 20, 7:00 pm</b>	SCA Board Meeting
<b>Saturday, September 23, 7:00 pm</b>	Bow Valley Music Club
<b>Friday, October 6, 6:00 pm</b>	Family Dinner and Movie Night
<b>Saturday, October 14, 7:00 pm</b>	Bow Valley Music Club
<b>Wednesday, October 18, 7:00 pm</b>	SCA Board Meeting
<b>Thursday, October 26, 5:30 pm</b>	CCIS Family Law Workshop
<b>Friday, October 27, 6:00 to 9:00 pm</b>	SAS Art Show
<b>Saturday, October 28, 10:00 am to 4:00 pm</b>	SAS Art Show
<b>Saturday, November 4, 7:00 pm</b>	Bow Valley Music Club
<b>Wednesday, November 15, 7:00 pm</b>	SCA Board Meeting
<b>Friday, November 24, 7:00 pm</b>	Seniors' Dance
<b>Saturday, November 25, 7:00 pm</b>	Bow Valley Music Club
<b>Saturday, December 2, 10:00 am to 4:00 pm</b>	SCA Christmas Craft Fair
<b>Wednesday, December 20, 7:00 pm</b>	SCA Board Meeting
<b>Monday, December 25, 12:00 to 3:00 pm</b>	SCA Christmas Day Skate

Community association members are welcome to attend SCA board meetings by appointment; please contact [president@scacalgary.ca](mailto:president@scacalgary.ca).

# 9 PM

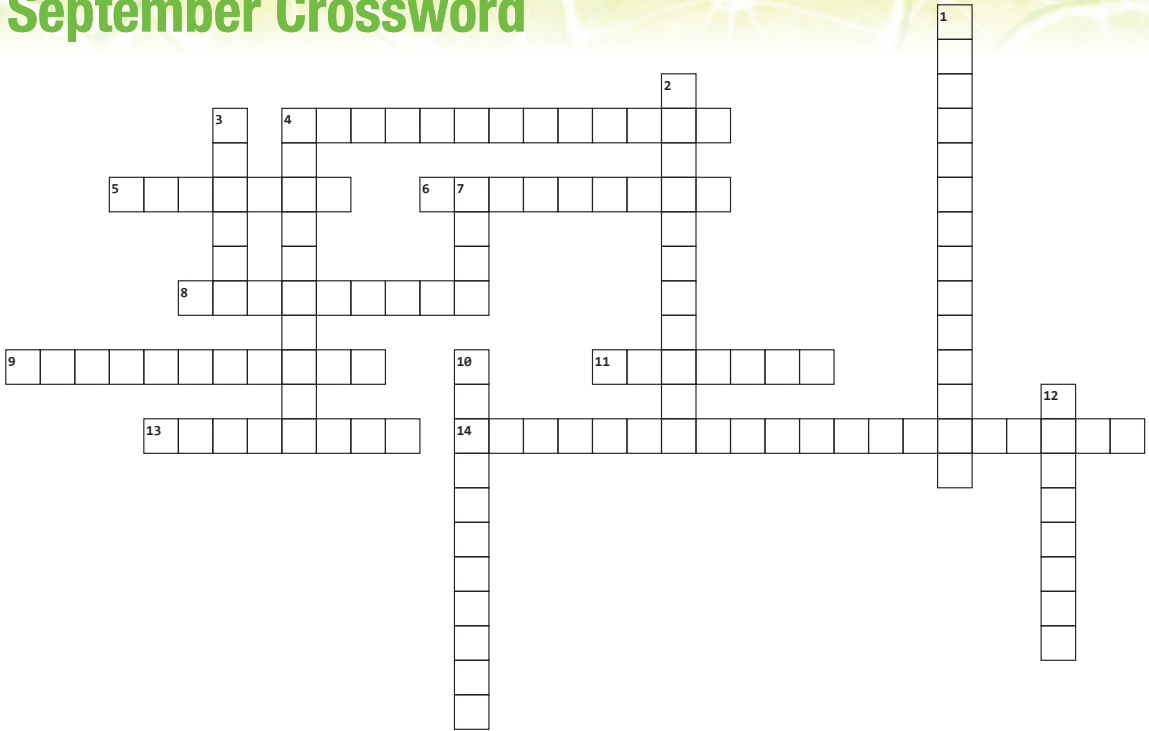
## ROUTINE

**✓ CHECKLIST**

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

**CALGARY  
POLICE  
SERVICE**

# September Crossword



## Across

4. On September 23, 2023, also known as the \_\_\_\_\_, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as \_\_\_\_\_ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

## Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the \_\_\_\_\_ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal \_\_\_\_\_ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International \_\_\_\_\_ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



SCAN THE QR CODE  
FOR THE ANSWER KEY

## 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	Ready Set Dance!, 9am	Jazzercise, 9:30am	Zumba, 9:30am	Jazzercise, 9:30am	PRIVATE RENTALS	Bollywood Dance & Fitness, from 9:30am	
Older Adult Yoga, 12pm, 1:15pm	Zumba, 9:30am	Older Adult Yoga, 10am	Adult Art, 10am	Bridge Lessons, 9:30am			
Tai Chi, 1:30pm, 2:45pm	Mommy & Me Pilates, 11am	Tai Chi, 11am	Gentle but Strong Yoga, 12pm	Sit Fit Yoga, 11am			
Run.Jump.LEAD!, 4:50pm	Adult Art, 1pm	SCA Line Dance, from 1pm	Adult Art Workshops, 12:1-1:15pm	Bridge, 12:30pm		Pathfinders, 6:30pm	
CYP Theatre, 5:30pm	Young Rembrandts, from 5pm	Performing Arts, 4:45pm	Run.Jump.LEAD!, 4:40pm	Older Adult Dance, 1pm			
Sparks, 6:30pm	Chinook Country Line Dancers, 6:00pm	Colour on Fire, 5:15pm, 6:30pm	CYP Theatre, from 5pm				
Rangers/Pathfinders, 6:30pm	CYP Theatre, 6:30pm	Karate, from 6:30pm	Scouts, 6:15pm				
Karate, 6:30pm	Pathfinders/Rangers, 6:30pm	Pathfinders, 6:30pm	Kids Art, from 5:15pm				
Toastmasters, 7:30pm							

*Ditch the workout, join the party!!*

---

Tuesdays and Thursdays @ 9:30 am  
(Strathcona Community Centre)

Space is limited; register today!

More information:  
 Andrea | 403-816-6897 | andrea@andreamuir.com  
 All levels welcome.

HAIL CLAIMS WELCOME

We do roofing, siding, and exteriors

- Sunik Roofing has been in business for 34 years
- Winner of the Consumer Choice award for 14 consecutive years, and the BBB Ethics award
- BBB member for 30 years
- Estimators are Journeyman roofers

403-280-2803 | [www.sunikroofingcalgary.ca](http://www.sunikroofingcalgary.ca)



While some countries and nations are hundreds of years old, some are barely older than a decade! This is the case for South Sudan in Africa; in 2011, they gained independence from Sudan, making them the youngest country on Earth! Other young countries include Kosovo (2008), Montenegro (2006), and Serbia (2006).

## SCA PROGRAMS (DUE TO COVID-19 PROGRAMS MAY NOT RUN AS ADVERTISED)



### Pre-Schools and School Age Care

#### A Child's Garden Preschool Ltd.

Ages 3 to 5

2, 3, and 5 day programs

Contact Marilyn at 403-217-5658.

#### KidZinc School Age Care

Ages 6 to 12

Before and after school care.

Contact 403-240-2059 or visit [www.calgarykidzinc.ca](http://www.calgarykidzinc.ca).

#### Seedlings Spanish Preschool

Ages 2 ½ to 6

Half or full day.

Contact Judith at 403-210-0604 or visit [www.seedlingspreschool.ca](http://www.seedlingspreschool.ca).

### Children's Programs

#### Bollywood Dance and Fitness Classes

Fitness: Fun-filled way of core strengthening, upper and lower body muscle toning, and cardio to the rhythm of fast-paced Bollywood music.

BollyFit (16+): Sundays, 9:30 to 10:30 am

Dance: Participants can expect vigorous footwork and hip movement together with a perfect blend of rhythmic hand and foot coordination and beautiful facial expressions.

BollyStars (18+): Sundays, 10:30 to 11:30 am

BollyTweens (9 to 12 years): Sundays, 11:30 am to 12:30 pm

BollyTeens (13 to 17 years): Sundays, 12:30 to 1:30 pm

To register, please call Madhu at 403-803-9720 or register at [www.bollywoodcalgary.com](http://www.bollywoodcalgary.com).

#### Calgary Young People's Theatre

Monday at 5:30 pm, Tuesday at 6:30 pm, Thursday at 5:00 pm, 6:30 pm, and 7:00 pm

Visit [www.cypt.ca](http://www.cypt.ca).

#### Colour on Fire Art Studio and School

##### • Kids' Art Education Classes

Ages 5 to 12

Wednesday at 6:30 pm

Thursday at 5:15 pm and 6:30 pm

##### • You and Me Art Classes

One adult and one child (Age 5 to 17)

Wednesday, 5:15 pm

##### • Teen Art Education Classes

Thursday at 7:30 pm

Visit [www.colouronfireartstudio.com](http://www.colouronfireartstudio.com).

##### Girl Guides

Classes for Sparks, Pathfinders, and Rangers.

Contact [any-calgarysarceehills@girlguides.ca](mailto:any-calgarysarceehills@girlguides.ca).

##### 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.

##### Performance Arts Workshop

Ages 8 to 15 years

If you love to act, sing, and dance, this is the class for you!

Wednesdays at 4:45 pm

Visit [www.dancecalgarykids.ca](http://www.dancecalgarykids.ca) for more information.

##### Ready Set Dance!

Ages 2 to 5 years

A fun-paced dance class for toddlers and parents.

Tuesdays at 9:00 am

Visit [www.dancecalgarykids.ca](http://www.dancecalgarykids.ca) for more information.

##### Run.Jump.LEAD!

Run.Jump.LEAD! is a leadership and multi-sport training program specifically designed for girls! Their team of dedicated coaches deliver hands-on leadership training, fun physical activity, and inclusive sport. Positive and empowering 10-week sessions increase self-confidence, introduce girls to various sports, and nurture the development of practical leadership skills.

Grades 4 to 6: Mondays, 4:55 pm

Grades 1 to 3: Thursdays, 4:40 pm

Visit [www.runjumplead.com](http://www.runjumplead.com) for more information.





### Scouts

Thursday at 6:15 pm  
Email [strathcona215gc@gmail.com](mailto:strathcona215gc@gmail.com) or visit [www.scouts.ca](http://www.scouts.ca).

### Talent Show – Free Class

Ages 6 to 17  
Thursdays, 4:30 to 6:00 pm  
Anything you want to show the world? Contact Girolamo at 403-589-7882 (text or call) or email [girolamoraimondi@outlook.com](mailto:girolamoraimondi@outlook.com).

### Young Rembrandts

Tuesday at 5:00 pm and 6:00 pm  
Visit [www.youngrembrandts.com/southernalberta/view-classes-enroll](http://www.youngrembrandts.com/southernalberta/view-classes-enroll).

## Adult Programs

### Bollywood Dance and Fitness Classes

Dance: Participants can expect vigorous footwork and hip movement together with a perfect blend of rhythmic hand and foot coordination and beautiful facial expressions.  
BollyStars (18+): Sundays, 10:30 to 11:30 am

### 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](mailto:twilcock@telus.net).

### Chinook Country Line Dance

Tuesday at 6:00 pm  
Visit [www.cclinedancers.ca](http://www.cclinedancers.ca).

### Colour on Fire Art Education Workshops

Thursday from 12:00 to 1:15 pm  
Visit [www.colouronfireartstudio.com](http://www.colouronfireartstudio.com).

### Gentle but Strong Yoga

Thursday from 12:00 to 1:15 pm  
Contact [mjgerlitz@gmail.com](mailto:mjgerlitz@gmail.com).

### Jazzercise

Monday, Wednesday, and Friday from 9:30 to 10:30 am  
Contact Wendy at [wendy.p.craig@gmail.com](mailto:wendy.p.craig@gmail.com) or 587-889-4186.

### 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](mailto:toth31@shaw.ca).

### Sit/Fit Yoga (Sherry)

Full body workout that combines weights and resistance training with the mindfulness of yoga. Ideal for those wanting the comfort/safety of seated exercise (standing is optional). Attend in-person or virtual classes. Recordings provided each week. Equipment includes small and medium ball, resistance band, and set of small dumbbells. Register for 14 weeks for \$105. Drop-in is available (free for first class, \$10 after).  
Fridays, 11:00 am to 12:00 pm  
Contact Sherry at [sherrynormanyoga@gmail.com](mailto:sherrynormanyoga@gmail.com).

### Toastmasters

Monday at 7:30 pm  
Visit [www.westhillstoastmasters.easy-speak.org](http://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 Programs

Register at [www.scacalgary.ca](http://www.scacalgary.ca).

### Adult Art Classes (Karin)

10 classes - \$168 + \$8.40 = \$176.40

Art #1: Watercolours - Tuesday, September 12 to November 14

1:00 to 3:30 pm

Art #2: Acrylics - Thursday, September 14 to November 16  
10:00 am to 12:30 pm

*continued on next page*

## SCA PROGRAMS (CONTINUED)

### Duplicate Bridge Lessons for Beginners

10 classes - \$100 + \$5 GST = \$105

Beginner - Friday, September 15 to November 17  
9:30 to 11:30 am

### Adult Chair Yoga (Sherry)

Hybrid (online/in-person)

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

Beginner Yoga #1 (More seated postures)  
Monday, September 11 to November 20  
12:00 to 1:00 pm (No class October 9)

Intermediate Yoga #2 (More standing postures)  
Monday, September 11 to November 20  
1:15 to 2:15 pm (No class October 9)

Intermediate Yoga #3 (More standing postures)  
Wednesday, September 13 to November 15  
10:00 to 11:00 am

### SCA Line Dancing (Mary and Peggy)

10 classes - \$90 + \$4.50 GST = \$94.50 (BOGO \$135 + \$6.75 GST = \$141.75 - Discount of \$45)

Beginner (Level 1) - Wednesday, September 13 to November 22  
2:00 to 3:00 pm

Improver (Level 2/3) - Wednesday, September 13 to November 22  
1:00 to 2:00 pm

Intermediate (Level 4) - Wednesday, September 13 to November 22  
2:00 to 3:00 pm

Advanced (Level 5/6) - Wednesday, September 13 to November 22  
1:00 to 2:00 pm

### SCA Line Dancing Drop-in (Peggy)

\$5 drop-in fee

Various levels - Begins Friday, September 15 (on-going)  
1:00 to 2:00 pm

### Tai Chi (Adrian Buczek)

12 Classes - \$96 + \$4.80 GST = \$100.80

Continuing 1 and Basics - Monday, September 11 to December 4

1:30 to 2:30 pm (no class on October 9)

Basics - Monday, September 11 to November 29  
2:45 to 3:45 pm (no class on October 9)

Continuing 2 - Wednesday, September 13 to December 6  
11:00 am to 12:00 pm

## RESIDENT PERSPECTIVES

### Stargazing with Pat J

#### Supernova: Going Out With a Bang

by Patricia Jeffery © 2023 Calgary Centre of the Royal Astronomical Society of Canada



In 1054, Chinese astronomers noticed a new star that was so bright that it was visible during the daytime for three weeks before slowly fading from view.

Every star begins life as a cloud of gas and dust. Gravity causes the cloud to condense which increases pressure and temperature until nuclear fusion occurs in the core and the star ignites. As hydrogen is converted into helium, energy is released, which produces an outward force that counteracts gravity, creating a delicate equilibrium that can persist for millions, even billions of years.

The fusion reaction in a massive star needs to happen at a faster rate in order to sustain the balance with gravity. As a result, these stars burn brighter and hotter, shortening their life span in some cases to only a few million years.

When a star runs out of hydrogen, the core can no longer generate energy by nuclear fusion, but as it contracts, heat is generated, which causes the star's outer layers to expand and cool, transforming the star into a red giant.

After converting all the helium to carbon, the star works its way through the periodic table, fusing elements which produce less and less energy until it arrives at iron, which unfortunately produces zero energy. Suddenly unopposed, gravity squeezes the core, raising its temperature to over 100 billion degrees Celsius. The pressure is so great that electrons and protons combine to form neutrons. The moment this occurs, the compressed neutrons rebound with such force that they overcome gravity and the star explodes. If the recoil isn't strong enough, gravity will crush the core into infinity, creating a black hole.

The supernova that the Chinese astronomers witnessed is known today as M1: the Crab Nebula. Located in constellation Taurus, M1 is all that remains of a star ten times larger than our Sun; yet, its heart still beats in the form of a wildly spinning neutron star, which like a lighthouse, ejects twin beams of radiation out into space at 30 pulses per second.



## Back-to-School Safety Tips

*A message from the Federation of Calgary Communities*

The school year should be safe and educational for everyone – kids and parents should be aware of the following safety tips before the start of the semester.

### Safety Tips for Your Child:

Make sure that your child knows the following:

- Their full name, age, address, area code, home phone number, and parents' work/cellphone number(s).
- How to contact police, fire, and EMS in an emergency (9-1-1) and in a non-emergency (403-266-1234).
- To use the same route to and from school.
- Where the safe places are to play (front and backyards, playgrounds).
- What places to avoid (vacant lots or dark, wooded, bushy areas).

If your child is being followed by a person or car, make sure that they know to do the following:

- Turn and run in the opposite direction;
- Get a description and licence plate number of the stranger's vehicle if possible;
- Run to the closest safe place; and,
- Stay in open areas that are visible.

Remember to tell them that uniformed police officers are friends who can be trusted.

### The Stranger Rules

Familiarize your child with "the stranger rules." These rules will help keep them safe.

- Never talk to strangers.
- Never take anything from strangers.
- Never go anywhere with a stranger.
- Do not be fooled by tricks or phoney conversation.
- If a stranger tries to grab you, yell, scream, and kick.
- Never tell a stranger that you are by yourself or that your parents or guardian are not home.
- It's a good idea to implement a difficult to guess, but easy to remember, "code word" that an adult must share with your child before your child trusts/goes anywhere with them (e.g., the colour of their shirt, what they had for breakfast that morning, etc.).



## THE FIRST CANADIAN SATELLITE

On September 29, 1962, Canada became the third country (after the Soviet Union and U.S.) to launch a satellite into space. Named after a popular French song, *Alouette-1* was sent to study the ionosphere. It exceeded its expected lifespan of one year, remaining operational for 10 years, and sent millions of groundbreaking data back to Earth.

# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our Innovative Consumer Programs



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



Call or Text 📞 403-606-8888 ✉️ len@lentwong.com 🌐 calgaryhomesearch.com 🌐 calgaryluxuryhomesearch.com

\*Guarantee is being offered by Greater Property Group. Terms and Conditions apply.

## STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	23	12	13	\$875,000	\$880,000
June	23	14	15	\$849,900	\$858,000
May	23	20	17	\$880,000	\$957,000
April	23	13	11	\$799,999	\$858,000
March	23	11	10	\$793,950	\$806,000
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

To view more detailed information that comprise the above  
MLS averages please visit [str.mycalgary.com](http://str.mycalgary.com)

## CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	23	4	4	\$709,950	\$695,900
June	23	5	3	\$679,900	\$670,000
May	23	4	3	\$1,069,000	\$1,100,000
April	23	3	1	\$675,000	\$676,507
March	23	2	4	\$837,450	\$814,500
February	23	2	2	\$696,894	\$685,073
January	23	1	1	\$869,900	\$840,000
December	22	1	0	\$0	\$0
November	22	3	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

To view more detailed information that comprise the above  
MLS averages please visit [chr.mycalgary.com](http://chr.mycalgary.com)

## EVENTS

# Cats, Canines, & Critters of Calgary



Biscuit, *Deer Run*



Tiger, *Copperfield*



Walter, *Evergreen*



Xanthe, *Copperfield*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

### Curbside Community Treasure Hunt

**September 9 and 10**

Discover hidden treasures in your neighbourhood and give unused items a new life while keeping them out of landfills. The ultimate treasure hunt is happening on September 9 and 10 and we want you to be part of it!

Here's how to join the fun:

- Gather reusable items that you no longer need from your home such as books, electronics, toys, kitchen gadgets, and more.
- Mark them with a "Free" label and place them on your property next to the sidewalk or curb during the event days.
- Anyone can pick up these items for use. It's like a free garage sale at your doorstep!
- Remove items not picked up by 5:00 pm on Sunday and donate them to local charitable organizations.

Rules of Participation:

1. Only items labelled as "Free" are part of the event.
2. Keep sidewalks and fire hydrants clear, obey traffic laws, and be considerate of others.
3. Remember not to share unsafe or dangerous items like mattresses, toilets, or certain infant and safety equipment.
4. Let's keep our community tidy and avoid cluttering public spaces. Remove all items after the event.

Get ready to give and receive within your community! Let's make this year's event successful by reducing waste and finding hidden treasures. Happy hunting!

For further details and updates, visit our website at [www.scacalgary.ca](http://www.scacalgary.ca).

### Family Dinner and Movie Night

**October 6 at 6:00 pm**

Kids ... wear your Halloween costume!

Doors open at 5:45 pm. Dinner is at 6:00 pm and *The Super Mario Bros. Movie* starts at 7:00 pm.

This event is limited to 250 people. Must have a current SCA membership (memberships will be available for purchase). All minors must be accompanied by an adult.

## Calgary's Bar, Pub, and Restaurant Heritage

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

In virtually every Western movie, there's the inevitable confrontation in the town saloon. As a western prairie town, there's little doubt Calgary was home to a saloon when its first neighbourhood, Inglewood, was settled in 1875. Indeed, the area was first known as Brewery Flats.

The 1890 Italianate-style Alberta Hotel building boasted the longest bar between Winnipeg and Vancouver. But it's the King (Eddy) Edward that lasted, opening in 1905 until it closed 99 years later as Calgary's longest operating bar. In 2018, it resumed its storied place in the city's nightlife as part of the National Music Centre.

There's the Palliser Hotel, which opened in 1914 and entertained Calgarians in its Oak Room (now remodelled). After prohibition ended in Alberta in 1924, the Palliser was the first to receive a liquor licence. The (in)famous St. Louis Hotel also opened in 1914.

Another city establishment is Hy's Steakhouse, Calgary's oldest restaurant. Hy Aisenstate, the son of Russian Jewish immigrants, opened it in 1955. He had started law school at UBC but was forced into entrepreneurship due to a family crisis. The current iteration opened in 2014.

Let's not forget Caesar's Steak House, part of local folklore. It opened in 1972 because Greek immigrant Con Giannoulis wanted to own a restaurant and the building housing it. It's said the Caesar cocktail was popularized here, though it was perfected and named in 1969 at the Calgary Inn (now the Westin) by Italian bartender Walter Chell. Nevertheless, who doesn't want a Caesar at Caesar's?

Then there's more recent but no less important places, like Bottlescrew Bill's Pub, opened in 1985 by the Allan family in the old Calgary Press Club site, and Kensington Pub (K-Pub), established in 1982 in a residence from 1911.

Nowadays, several establishments occupy the buildings and residences of the city's past. There's Bank & Baron, located in the Bank of Nova Scotia building built in 1930, and Civic Tavern, operating in a 1905 Queen Anne Revival-style home. Next time you're heading out on the town, keep an eye out for some of Calgary's heritage.

All copyright images cannot be shared without prior permission.



Copyright Status: Public domain. "John Matthew McCloy in bar of Alberta Hotel, Calgary, Alberta.," [ca. 1907], (CU1100425) by Cockburn. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.

Copyright Status: Public domain. "Alberta Hotel under construction, Calgary, Alberta.," 1888-12-20, (CU1127189) by Ross, Alexander J. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.



Copyright Status: Public domain. "Bar at King Edward Hotel, Calgary, Alberta.," 1910, (CU178910) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.



"Bartender Dick Bellamy serving drinks at the Calgary Press Club," 1969, Bill Onions Fonds, City of Calgary Archives, Item CALA 2011-006-0880. Permission obtained from City of Calgary Archives.



Civic Tavern, 213 12 Ave SW. Calgary, 2023. Photo courtesy of Anthony Imbrogno.



Caesar's Steak House, 512 4 Ave SW. Calgary, 2023. Photo courtesy of Anthony Imbrogno.



Kensington Pub, 207 10A St NW. Calgary, 2023. Photo courtesy of Anthony Imbrogno.



**Celebrate  
Calgary  
Culture Days**

*from the City of Calgary*

Calgary Culture Days takes place from September 1 to 30, 2023, and is an opportunity for all

Calgarians to discover, experience, and celebrate arts and culture in their community, downtown, and across the city.

Calgary Culture Days coincides with Alberta Culture Days through the month of September and with National Culture Days, which is celebrated from September 22 to October 15, 2023.

Find out more information on Calgary Culture Day events on [calgary.ca/culturedays](http://calgary.ca/culturedays).

SPRINGBANK LADIES' TIME OUT Invites  
New & Returning Members to Our...

# FALL REGISTRATION

Visit our website for a sneak peek at our fall line-up and mark your calendars to join us for Registration Day! All are welcome!

**MONDAY, SEPTEMBER 18, 2023**  
9:00AM TO 11:00AM

[WWW.SPRINGBANKLTO.CA](http://WWW.SPRINGBANKLTO.CA)  
FB SPRINGBANKLADIESTIMEOUT  
INSTA @SPRINGBANKLTO

EDEN BROOK MEMORIAL  
24223 TOWNSHIP ROAD 242, CALGARY

**BRAIN GAMES** **SUDOKU**

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

**SCAN THE QR CODE FOR THE SOLUTION**

## INCREASE YOUR HOME VALUE

**KODACONCRETE**

**STAMPED & COLOURED PATIOS  
WALKWAYS - STAIRS - DRIVEWAYS  
GARAGE PADS - FIREPLACE SURROUNDS  
CONCRETE RESTORATION & REPAIR**

**306-250-6595**  
**WWW.KODACONCRETE.COM**

## COMMUNITY NEWS

### Join Our Walking Group

Walks take place every Tuesday at 10:00 am. Evening walks will be starting soon!

Meet outside Good Earth in the Sobeyes parking lot. Dogs and strollers are welcome. Please register at [www.scacalgary.ca](http://www.scacalgary.ca) or by calling our office at 403-249-1138 so we can share information on routes. No membership is required to take part.

### 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 us at [info@scacalgary.ca](mailto:info@scacalgary.ca).

### Guardians of the Gate

We are a team of committed volunteers who care for – and maintain – Strathcona Park's main entranceway. We meet at least once a month (during spring, summer and fall) for an hour or two (as weather and weeds require).

Donations of any amount are greatly appreciated and put to good use to cover annual costs: plant replacement, soil amendment, fertilizers, mulch, etc. For more information, please contact Marlene at [mjfritzler2@outlook.com](mailto:mjfritzler2@outlook.com).

Grateful thanks to volunteers, residents, and local business Greenhough Real Estate for generous contributions.



Exposed Aggregate | Stamped Concrete | Epoxy Coatings  
Asphalt | Brushed Concrete | Garage Floors | Paving Stones

Contact John for  
a Free Estimate!



(403) 604-9029

[www.johnsdrivewaysealing.ca](http://www.johnsdrivewaysealing.ca)



## Nature's Ottoman

Capybaras, the largest rodents on Earth, are one of the friendliest creatures in the animal world. They're referred to as "nature's ottomans" because they'll allow birds, monkeys, rabbits, and other small critters to cuddle with them or hitch a ride on their backs. Capybaras will even befriend crocodiles and ride on their backs!

## GAMES & PUZZLES

### Guess That Animal!

1. Male \_\_\_\_\_ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans; which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The \_\_\_\_\_ is the only mammal that can truly fly and not simply glide.
6. \_\_\_\_\_ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



SCAN THE QR  
CODE FOR THE  
ANSWERS!



# Brunch Asparagus with Goat Cheese

by Jennifer Puri

Native to the Mediterranean, the roots of the asparagus plant can be traced back to the ancient Egyptians, Romans, and Greeks. Records show it was a prized vegetable in Rome during the Middle Ages. Asparagus saw a rise in popularity in France during the reign of Louis XIV and was enjoyed by fashionable society across Europe. Asparagus was always considered a luxury item until recent times.

Asparagus or “sparrow grass” has been referred to as the King of Vegetables and is low in calories, high in fiber and folate, and rich in vitamins, minerals, and antioxidants.

There are 300 species of asparagus and people have been eating these dark green vegetable spears with tiny leaves on top for centuries. Asparagus has a distinct flavour and is related to onions, leeks, and garlic. Green asparagus is eaten worldwide. White and purple asparagus are sweeter and more flavourful.

Contrary to popular belief, thickness is not an indication of toughness or tenderness. Asparagus stalks are thick or thin from the moment they spring from the ground.

Asparagus can be steamed, sautéed, grilled, or roasted as it is in the following brunch asparagus with goat cheese recipe.

**Prep Time:** 20 minutes

**Cook Time:** 25 minutes

**Servings:** 3 to 4

**Ingredients:**

- 1 lb. Asparagus spears
- 1 tbsp. Dijon mustard
- 2 tbsp. rice wine vinegar
- ½ tsp. salt
- ½ tsp. coarse ground black pepper
- ½ cup extra virgin olive oil
- 2 cups of cubed white, brown, or multigrain bread
- 2 cups of cherry tomatoes
- ½ cup of crumbled goat cheese or feta cheese
- 2 tbsp. of finely chopped parsley, basil, or chives



**Directions:**

- Prepare marinade by combining mustard, vinegar, salt, pepper, and olive oil in a small bowl. Stir until all ingredients are blended and form a smooth mixture.
- Heat Oven to 375 degrees Fahrenheit.
- In a medium size bowl, toss together bread cubes, cherry tomatoes, and 2 tbsp. of the marinade. Spread the bread cubes and cherry tomatoes in a single layer on a baking tray. Place tray on the middle rack of the oven and bake until bread cubes turn a light brown and cherry tomatoes have softened (approximately 12 minutes).
- Remove from oven and set aside.
- Increase oven heat to 400 degrees Fahrenheit.
- Prep the asparagus spears by rinsing under cold water and patting dry with paper towel. Remove and discard the tough bottom parts of the spears and then spread them in a single layer on a foil lined baking tray. Drizzle remaining marinade over the spears and then place on the middle rack in oven. Bake time is 8 to 10 minutes for thin spears, 10 to 12 minutes for medium spears, and 12 to 14 minutes for thick spears.
- Remove asparagus when cooked and arrange on a serving platter. Top with croutons, cherry tomatoes, crumbled goat cheese, and garnish with chopped fresh parsley, chives, or basil leaves.

Brunch asparagus with goat cheese can be served at lunch or brunch and pairs well with eggs, roast ham, chicken, or turkey.

Bon Appétit!





JOIE DE  
*Verve*

It's more than a place. It's a feeling.

**Now Open: Verve Aspen Woods** Faces that light up when they see you. Interests to share. Amenities to enjoy. Who knew independence could feel this inclusive? **Come to the Verve International Fare Open House, September 16th, 1 to 4 pm, or call for your personal tour.**



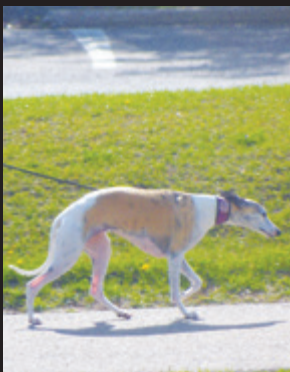
INSPIRED  
SENIOR  
LIVING



verveaspenwoods.com | (403) 240-4404 | 10 Aspenshire Drive S.W.

PHOTO  
**GALLERY** by Nyckie Rea

*Humankind's best friend.*





## Back-to-school made *easy!*

Delivering an A+ start to the school year with our local, organic products and unbeatable savings.

**\$10 OFF!**

When you spend \$100 or more at  
Blush Lane Organic Market



VALID AT ANY BLUSH LANE ORGANIC MARKET. YOU MUST PRESENT THIS COUPON AT THE TIME OF PAYMENT. A MINIMUM PURCHASE OF \$100 IS REQUIRED. NO CASH VALUE. ONE COUPON PER CUSTOMER, PER TRANSACTION, PER DAY. CANNOT BE COMBINED WITH ANY OTHER OFFER. VALID UNTIL SEPTEMBER 30, 2023.

**Blush Lane**  
ORGANIC MARKET

SUSTAINABLE / LOCAL / SEASONAL

VISIT US AT 3000-10  
ASPEN STONE BLVD SW

# New Patients Welcome

**WE ARE OPEN EVENINGS & WEEKENDS**

**Direct Billing to Insurance**

**Family & Cosmetic Dentistry | Botox | Invisalign**

FREE Electric Toothbrush with a Complete Exam  
Including X-Rays & Hygiene Appointment

**Dr. Travis Polischuk DMD, B.Eng**  
**Dr. Harry Harder DDS**  
**Dr. Kamea Aloha Lafontaine DMD, B.Sc**  
**Dr. Corr Burgess DDS**

Phone: 403.217.3100

Email: [info@imagedentalcalgary.ca](mailto:info@imagedentalcalgary.ca)

#315, 917 - 85th Street S.W., Calgary, AB T3H 5Z9

Services are provided by general dentists



**Image Dental**  
Family & Cosmetic Dentistry

# Starting Fall SMART

from Alberta Health Services



Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing that we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends, or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be overwhelming or leave us feeling trapped, which is why many reframe it and call it “intention” setting. Intention is rooted in our beliefs and values but focuses on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

**Specific** – What exactly would you like to do? What is your aim?

**Measurable** – How will you know if you are moving towards your goal? What will you see?

**Achievable** – Can you act to reach your goal? Is it something you can do?

**Relevant** – Does this goal have meaning for you?

**Time** – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:

**Attitude** – Being positive, hopeful, and grateful or seeing the good.

**Physical Health** – Being active, eating healthy food, sleeping, and drinking water.

**Relationships** – Spending more time with family and friends.

**Public Service** – Volunteering, helping your community.

Taking the time to write, type, or vocalize our goals will set the stage for us to reach them! Another important piece of the puzzle is to celebrate our successes along the way. Focus on all that you have done rather than on things that you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and fall gently back into our routines again!



# Spirit of Math®

Releasing the Genius.®

## Free Trial Class

An opportunity for your **high-performing child** to experience Canada's premier after school math program for **Grades K-11**



### Advancing Human Intelligence Since 1994

**OFFER VALID** SEPT 11-OCT 14, 2023  
&  
JAN 8-FEB 17, 2024



Scan the QR code to book a **Free Trial Class** at your nearest Calgary campus today.

📍 **North Campus:** Vivo for Healthier Generations, 11950 Country Village Link NE Calgary AB T3K 6E3  
📍 **West Campus:** 3333 Richardson Way SW Calgary AB T3E 7B6  
📞 403-450-3405 ✉️ [calgary@spiritofmath.com](mailto:calgary@spiritofmath.com)

This ticket is valid for one free trial class for new students only. Minimum B+ average and entrance interview is required for acceptance. No cash value.

For business classified ad rates contact  
Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Strathcona, Aspen Woods, and Christie Park. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**ASPEN WOODS MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

# BUSINESS CLASSIFIEDS

**CERTIFIED MASTER ELECTRICIAN:** Terry Raabis, RME/CME, CQT – Big Sky Ventures. Call: 587-228-9371 or e-mail: bigskyventures@shaw.ca. Home renos, re-wiring, troubleshooting, hot tub connections, smoke and carbon monoxide detectors, breaker panel upgrades, and much more! Fully licensed and insured. Customer satisfaction guaranteed.

**EKS ACCOUNTING & BOOKKEEPING:** Your neighbourhood professional Accountant & Tax Preparer. Standard services for businesses and individual clients: Bookkeeping, GST, payroll, financial statements, year end, T1 and T2 tax return. Free electronic filing, half price on preparation of dependent children's tax returns, seniors 20% discount. Contact Evelyn at 403-255-2598/403-826-9027 or evelyn@eksaccounting.com, www.eksaccounting.com.

**JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

**CLEANING SERVICES:** Excellent references. Insured and WCB coverage. Weekly, bi-weekly at reasonable prices. For free estimates call Mary at 403-606-6977.

**TODDLER MUSIC CLASSES!** Music + Neuroscience + Fun = Smart Start. A program by the Royal Conservatory of Music which is tailored specifically to the developmental stages of toddlers. Benefits for every child! Register in this transformative early childhood music program, weekly classes, for 2 to 3 year olds at rwmelanie@gmail.com.

**HEART & HANDS FOR SENIORS:** A trustworthy company with a big heart providing companionship services. Someone to lift spirits, provide friendship, help around the house, and with errands. Heart & Hands provides comfort and peace of mind so that we can assist you or your loved one to stay home. www.heartandhands.ca or 368-999-4447.

**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: Sunday School each week. 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.

**LOCAL HANDYMAN:** Fully insured. Your neighbourhood handyman with over 15 years' experience providing quality workmanship for all home repairs. Drywall, paint, kitchen/bath remodels, plumbing repair, small renovations, minor electrical, window/door replacement, decking/fencing and more. Projects you just don't have time for. For a free estimate call Don at 825-413-3120 or email handymanadvantageyc@gmail.com | References available.

**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 on Instagram. Free quotes, all work guaranteed. Call Robert at 403-679-9063 or email at rjhrank@gmail.com.

**PERFECTION PRUNING:** Have you been noticing that your trees and shrubs are in need of some care and attention? We can help make your yard beautiful again! Experienced arborist with excellent climbing and pruning skills! Free quotes and 100% satisfaction guaranteed! Call or text Caleb at 403-660-7475.



# David is a friend.

David believes in the power of friendship and building strong communities. That is why he continually supports our community through his Artist in Residence programs with our local schools, the annual Music in the Park event in Discovery Ridge, and helping homeowners get the most value from their investments.

**David is the REALTOR® your neighbours turn to for advice and support.**



When it's time to sell your home,  
**David is a friend you can count on.**

Scan the QR Code to learn more.

Friend  
Neighbour  
Realtor®  
**David Pellettier**

403-869-7971 | david@davidpellettier.ca | davidpellettier.ca



Real Estate (Central)