

APRIL 2024

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The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER

**SUMMER CAMPS
PAGE 18**



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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.

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SCA Community Centre

277 Strathcona Drive SW, T3H 2A4

T: 403-249-1138	F: 403-249-7811	Email	info@scacalgary.ca
Emergency	403-214-1838	Website	www.scacalgary.ca
Office Hours: Monday to Friday, 10:00 am to 1:00 pm			

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Contact us at info@scacalgary.ca

ELECTED REPRESENTATIVES

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Mike Ellis – MLA Calgary West	Calgary.west@assembly.ab.ca	403-216-5439
Richard Pootmans – Councillor, Ward 6	Eaward6@calgary.ca	403-268-1646
Patricia Bolger – Public School Trustee		
Lory Fontana-Iovinelli – Separate School Trustee	Lory.iovinelli@cssd.ab.ca	403-500-2761



April Fools

Although the origins of April Fools' Day are a bit murky, some historians believe it originated in the 16th century when France changed from the Julian to Gregorian calendar. Julian calendar New Years began in April, folks clinging to the old date got teased as they celebrated New Years on April 1 instead of January 1.

MESSAGE FROM THE BOARD

Dear SCA Community Members,

Welcome to spring! April is a month of rejuvenation. Below we share ways to celebrate with friends and family to bring on the new, revitalized energy!

World Health Day - April 7: This year's theme focuses on building a fairer, healthier world for everyone. To mark the occasion, why not prioritize your well-being by spending time outdoors with friends or family? Enjoy the rejuvenating benefits of nature by exploring our beautiful parks and trails in our community. If you're looking for some high-energy activities, consider checking out Hot Shop, F45, or Rumble Boxing for an exhilarating workout experience.

Big Band Gala at Ernest Manning High School - April 10 at 6:00 pm: Music is good for the mind, body, and soul. Get ready to fill your evening with toe-tapping melodies by our up-and-coming local musicians at Ernest Manning! Let's support our vibrant arts scene in our community.

Earth Day - April 22: As stewards of our planet, on April 22, let's celebrate Earth Day by taking meaningful actions to protect and preserve our environment. We encourage families to participate in eco-friendly activities that promote sustainability and conservation. We live in a beautiful community, let's continue to create a greener, more sustainable future for generations to come.

We hope these suggestions inspire you to make the most of April with your loved ones!

A reminder that City Council will vote on the Blanket rezoning on Monday, April 22. This has a direct impact on all Calgarians and homeowners. If passed, the universal rezoning will grant all properties to be considered R-CG, which means, on any residential designated land, properties can be built as two or single duplexes, row houses or single-family homes with or without secondary suites. Should you wish to participate at the public hearing, be sure to submit your comment(s) or register to attend at www.calgary.ca.

April is distracted drivers' safety awareness month. According to the national safety council in 2019, mobile phones and distracted driving lead to 1.6 million crashes. And in 2019 for the first time, distracted driving fatalities have surpassed those caused by impaired driving in some

parts of Canada. Remember to prioritize safety by always staying focused on the road. Avoid distractions like texting, eating, or adjusting the radio while driving. Your full attention behind the wheel can save lives and can reduce your risk of collision.

As always, your SCA CA Board is here to support you to make the community better. If you have ideas, suggestions, or upcoming events you'd like to feature, please contact us at info@scacalgary.ca.

Keep safe,

SCA CA Board of Directors



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January	24	14	13	\$968,000	\$950,000
December	23	8	10	\$507,450	\$515,000
November	23	14	11	\$524,900	\$515,000
October	23	17	13	\$530,000	\$520,000
September	23	15	14	\$557,450	\$562,500
August	23	25	23	\$505,000	\$500,000
July	23	21	19	\$529,900	\$521,000
June	23	26	20	\$892,500	\$866,900
May	23	25	19	\$995,000	\$1,050,177
April	23	17	17	\$524,800	\$537,500
March	23	26	15	\$849,000	\$845,000

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

Ham and Pineapple Bake

by Jennifer Puri

Cheap and easy to prepare eggs are an inexpensive source of high-quality protein. Eating enough protein can help with weight loss, increase muscle mass, optimize bone health, and lower blood pressure.

A whole egg contains a tiny bit of every nutrient you need and there are many ways to prepare eggs but poaching or boiling them preserves most of their nutritional benefits.

Tasty and filling, eggs have been popular for thousands of years and in many cultures, eggs are a symbol of new life, fertility, and rebirth.

Eggs are a breakfast mainstay and frittatas, quiches, burritos, quesadillas, devilled, pickled, or creamed eggs are just some of the delicious ways to consume eggs.

This Ham and Pineapple Bake can be enjoyed any time of the day and pairs well with a side of fingerling potatoes and a tossed salad.

Prep Time: 20 minutes

Cook Time: 45 minutes

Servings: 4

Ingredients:

- 1 small loaf of French bread
- 4 tbsps butter
- ½ lb cooked ham cut into small pieces
- 1 cup shredded cheddar cheese
- ¾ cup drained pineapple bits
- 4 eggs



- 2 ¼ cups milk
- 1 tsp ground mustard
- ½ tsp salt
- ½ tsp black pepper
- 1 tbsp chopped chives

Directions:

1. Butter a medium size glass baking dish. Slice the French bread and then spread butter on one side of each slice.
2. Next slice the bread into one-inch cubes and place in baking dish. Spread the ham cubes and pineapple bits on top of the bread and sprinkle with cheddar cheese.
3. In a mixing bowl, beat the eggs and then blend in the mustard, salt, pepper, milk, and chives. Pour the mixture evenly over the bread mixture. Cover tightly with saran wrap and refrigerate overnight.
4. The next day preheat oven to 350 degrees Fahrenheit.
5. Remove baking dish from refrigerator and place on middle rack of oven. Bake uncovered for 45 minutes or until puffed and golden in colour. A knife inserted in the centre should come out clean. Serve immediately.

Bon Appétit!



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Calendar

Tuesdays, 10:00 am Walking Group. Meet at Good Earth

April 13, 7:00 pm Bow Valley Music Club

April 17, 7:00 pm SCA Board Meeting

May 4, 7:00 pm Bow Valley Music Club

May 15, 7:00 pm SCA Board Meeting

Please note Community Association Members are welcome to attend SCA Board Meetings by appointment, please contact president@scacalgary.ca.



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Bicycle Helmet Safety

by Alberta Health Services EMS

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.





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SCAN THE QR CODE
FOR THE SOLUTION



Zoey, the snowy-nosed golden, enjoying the March snowfall in full gear!

If you have a photo you'd like to share, please send it to cathy.duke@scacalgary.ca.

Prohibited Roads for Temporary Signs

There has been an update to the Mobile Community Signs and Other Temporary Signs allowance as of January 1, 2024. The update has been made to the Prohibited Roads list, which now includes many of the roads in our communities. The updated prohibited roads list and an online map version of the prohibited roads for temporary signs can be found on our website at www.scacalgary.ca.

Join Our Walking Group

Walks take place every Tuesday at 10:00 am.

Meet outside Good Earth in the Sobeys parking lot. Dogs and strollers are welcome. Please register at 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.

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SCA 2024 Schedule						
MON	TUES	WED	THURS	FRI	SAT	SUN
A Child's Garden: Morning and Afternoon Pre-school Programs (3 to 4 years old)						
Seedlings Spanish Preschool: Morning and Afternoon Pre-school Programs (2 1/2 to 5 years old)						
KidZinc before and after school care Grades 1 to 6						
Jazzercise, 9:30am	Mommy & Me Pilates, 11:00am	Jazzercise, 9:30am	Zumba, 9:30am	Jazzercise, 9:30am		Bollywood Dance & Fitness, from 9:30am
Older Adult Yoga, 12:00pm, 1:15pm	Adult Art, 1:00pm	Older Adult Yoga, 10:00am	Adult Art, 10:00am	Bridge Lessons, 9:30am		
Tai Chi, 1:30pm, 2:45pm	Chinook Country Line Dancers, 6:00pm	Tai Chi, 11:00am	Gentle but Strong Yoga, 12:00pm	Sit Fit Yoga, 11:00am		
Run.Jump.LEAD!, 4:50pm	CYP Theatre, 6:30pm	SCA Line Dance, from 1:00pm	Run.Jump.LEAD!, 4:40pm	Bridge, 12:30pm	PRIVATE RENTALS	Pathfinders, 6:30pm
CYP Theatre, 5:30pm	Pathfinders/Rangers, 6:30pm	Karate, from 6:30pm	CYP Theatre, from 5:00pm	Older Adult Dance, 1:00pm		
Sparks, 6:30pm		Pathfinders, 6:30pm	Scouts, 6:15pm			
Rangers/Pathfinders, 6:30pm						
Karate, 6:30pm						
Bollywood, 6:30pm						
Toastmasters, 7:30pm						

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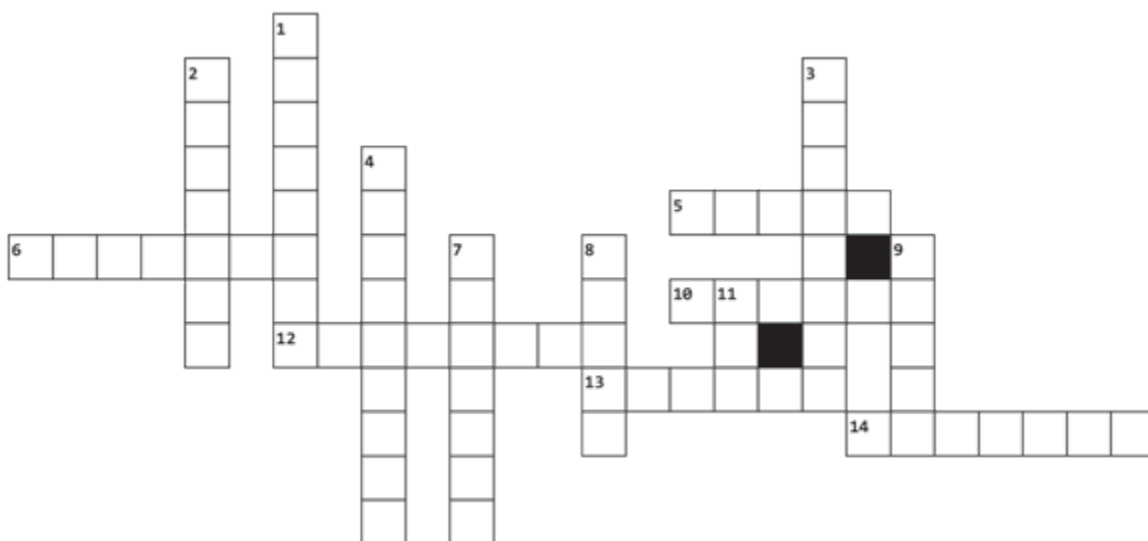
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April Crossword



Across

5. The _____ and the Sweet Pea are April's official birth flowers.

6. This famous Leonardo was born on April 15, 1452.

10. In April of 1970, _____ 13 launched and famously ran into difficulties 56 hours later.

12. *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, recently made into a feature film directed by Martin _____, was originally published on April 18, 2017, and written by David Grann.

13. This popular holiday, typically in April, is thought to be named after the goddess "Eastre".

14. Noah _____ copyrighted this eponymous, well-known dictionary used by many on April 14, 1828.

Down

1. After a 1,500-year break, this international multi-sport event was reintroduced in Athens on April 6, 1896.

2. Famously nicknamed "The Unsinkable", this ship went down on April 14, 1912, in the North Atlantic Ocean.

3. This year, the World Ski and Snowboard Festival will be held the second week of April in _____, BC.

4. This cultural hub of Canada was incorporated into the country as a city on April 6, 1886.

7. Ford released the first version of this beloved muscle car on April 17, 1964.

8. "I Want to Break Free" by _____ was released in April of 1984, with a controversial yet playful music video.

9. Vancouver-born _____ Smulders, who famously plays Robin Scherbatsky in *How I Met Your Mother*, celebrates her birthday on April 3.

11. On April 11, National _____ Day is celebrated and advocates against animal violence and cruelty.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

SCA PROGRAMS



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Seedlings Spanish Preschool

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Children's Programs

Bollywood Dance and Fitness Classes

BollyFit (16 years and up) Sunday, 9:30 am

BollyStars (13 and up) Sunday, 10:30 am

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

Bollyblooms (6 to 8 years) Monday, 6:30 pm

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.

Girl Guides

Classes for Sparks, Pathfinders, and Rangers.

Contact 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.

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 for more information.

Scouts

Thursday at 6:15 pm

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

Adult Programs

Bollywood Dance and Fitness Classes

Classes are offered on Sunday and Monday. Visit www.bollywoodcalgary.com to view our schedule.

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.

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 Wendy at 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 Thursday at 10:00 am

Contact Theresa Toth at toth31@shaw.ca.

SitFit + 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 through Zoom. Recordings are provided each week. Equipment includes yoga mat, small and medium ball, resistance band, and set of small dumbbells.

Dates: April 5 to June 21, 11:00 am to 12:00 pm. No class May 10 and 17. Register for ten weeks for \$75. Five-class pass is available. Drop-in an option (Free for first class).

Contact Sherry at sherrynormanyoga@gmail.com.

Toastmasters

Monday at 7:30 pm

Toastmasters helps you to improve your public speaking. We offer both online and in-person meetings. For more information, please contact us at 403-470-2005. Visit www.westhillstoastmasters.easy-speak.org.

Zumba

Thursday at 9:30 am

All levels welcome!

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

SCA Spring Programs

www.scacalgary.ca

Bridge Lessons – Intermediate (Freda)

Six weeks - \$63 + \$3.15 GST = \$66.15

Friday, March 29 to May 3, 9:30 to 11:30 am

Adult Chair Yoga (Sherry)

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

Beginner Yoga #1 (More seated postures) – Monday, April 1 to June 10, 12:00 to 1:00 pm

No class May 20

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

No class May 20

Intermediate Yoga #3 (More standing postures) – Wednesday, April 3 to June 5, 10:00 to 11:00 am

SCA Line Dancing (Mary and Peggy)

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

Wednesday, April 3 to June 5

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

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

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

#4: Advance (Level 5/6) 1:00 to 2:00 pm

SCA Line Dancing Drop-in (Peggy)

\$5 Drop-in Fee

Friday, March 29 to June 28, 1:00 to 2:00 pm

Tai Chi (Adrian Buzcek)

Ten Classes \$80 + \$4 = \$84

Continuing 1 and Basics – Monday, April 1 to June 10, 1:30 to 2:30 pm

No class May 20

Basics – Monday, April 1 to June 10, 2:45 to 3:45 pm

No class May 20

Continuing 2 – Wednesday, April 3 to June 5, 11:00 am to 12:00 pm

continued on next page

SCA PROGRAMS



Summer Camps

Alien In-Line Skate Camp

Ages 6 to 12

Date: August 19 to 23

Ready for an out of this world skating experience? Alien In-Line offers summer camps for kids and youth built around the activity of in-line skating. Take advantage of our early bird pricing until February 29.

For information and registration:

www.alieninline.com/summer-camps/.

Calgary Young People's Theatre

Dates: July 8 to 12; July 15 to 19; July 22 to 26 (Half day and full day options available).

CYPT summer drama camps are a fun way to break up that long summer vacation. 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. Please visit www.cypt.ca/camps to see our wide variety of drama camps being offered this summer!

Engineering for Kids

Ages 5 to 12

Dates: July 2 to 5; July 29 to August 2; August 12 to 16

The fun educational summer camp your child is bound to enjoy! 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. Keep their growing minds engaged, even when schools are out!

Register: www.engineeringforkids.com/calgary.

Good Times Multi-Sport Camp

Ages 5 to 12 (must have completed kindergarten)

Dates: July 29 to August 2 and August 12 to 16 from 9:00 am to 4:00 pm (\$375 per week)

Never a dull moment! Have fun. Play sports.

Come try a variety of sports (soccer, BASE-sports, kickball, handball, ultimate frisbee, and more!) Kids will be on a team, try new sports, develop skills, and increase their sports IQ, while building confidence and the ability

to work with a team! All skill levels welcome.

Camp t-shirt and a personalized award for every kid! Drills, mini-competitions, actual games, team building activities, large group games...every part of the day is designed with fun at the centre!

Register at: www.goodtimesmultisport.ca and use code COMMUNITY20 for \$20 discount.

Little Medical School

Ages 6 to 11

Little Veterinarian School Summer Camp: Calling All Future Veterinarians

July 2 to 5, 9:00 am to 4:00 pm

Cost: \$320 per child

These future veterinarians will have a paw-some and purr-fect summer as they learn about the key responsibilities of veterinarians specializing in dog and cat medical care, practicing how to do a nose to tail exam, learn some basic surgical skills and more. They also get to take home their own lightweight doctor's coat and a premium plush LMS dog at the end of the camp.

Little Doctor School Summer Camp: Calling All Future Doctors

August 12 to 16, 9:00 am to 4:00 pm

Cost: \$390 per child

Calling All Future Doctors! Students will have an unforgettable awesome summer exploring the exciting field of medicine with a complete mini medical school experience through hands on interactive instruction, role play, crafts, and games. They also get to take home their own lightweight doctor's coat and stethoscope at the end of the camp.

Register at: www.littlemedicalschool.com/calgary.

Polyglots

Ages 5 to 10

Dates: July 22 to 26; July 29 to August 2.

Half Day \$160 and Full Day \$315 options available.

Pre and post care available from 8:30 am to 4:30 pm for an additional \$25 per week.



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.

Contact: Polyglots.ca/immersion camps/.

Swiftie Summer Camp

Ages 7 to 12

Dates: August 6 to 9, 10:00 am to 2:00 pm

Cost:\$229

Produce, direct, film, and star in your own Swiftie Music Video! Costume design, Taylor Trivia, Dance challenge and more...

Register at www.dancecalgarykids.ca.

Tennis

Ages 5 to 12

Dates: Every week in July and August, Monday to Friday, Morning and Afternoon Sessions.

Learn or improve your tennis skills this summer with eight weeks of summer camps and all-day sports camps with a qualified instructor.

Register at www.aforza.ca/community-tennis community-programs/.

Tuck N Tumble

Ages 4 to 10

Dates: August 19 to 23, 8:30 am to 4:30 pm.

Cost:\$350

Pre and post care available upon request. Pick up and drop off service available from other camps.

Register your child for a gymnastics summer camp! We offer full-day camps that are filled with games, crafts, activities, and of course gymnastics! Children will learn at their own pace, in a fun and safe environment with a certified and experienced coach.

Register / Info: www.tuckntumble.ca.



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- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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Some restrictions may apply. Reg: \$12,679

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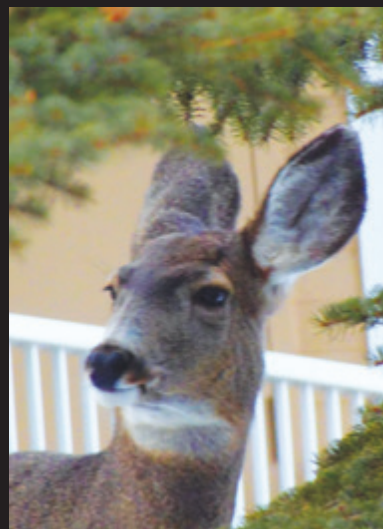
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How to Heal from Intimate Betrayal

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



Healing from intimate betrayal trauma is a complex and deeply personal journey. Here are twenty strategies that may be helpful in your healing process:

1. Seek Professional Help - Support from a therapist trained in trauma and betrayal can provide guidance and a safe space for processing overwhelming emotions. There are many modalities for treating trauma. It is not a one size fits all.

2. Practice Self-Compassion - Be gentle and understanding towards yourself, recognising that healing takes time, support, and effort.

3. Establish Healthy Boundaries - Set clear boundaries to protect yourself from further harm and create a sense of safety. This is not just with your partner, but friends and family as well.

4. Engage in Self-Care Activities - Prioritize activities that nurture your physical, emotional, and mental well-being, such as exercise, meditation, and spending time in nature.

5. Join a Support Group - Connecting with others who have a shared lived experience can provide validation, understanding, and a sense of belonging.

6. Journaling - Writing about your thoughts, feelings, and experiences can be a therapeutic way to process emotions and gain insight into your healing journey. It is also beneficial to do this as a 'mind dump' to keep rumination at bay.

7. Educate Yourself - Learn about the impact of betrayal trauma and explore resources on healing and recovery.

8. Practice Mindfulness - Cultivate present-moment awareness to manage overwhelming emotions and reduce anxiety. Ground yourself in what you are doing in the here and now.

9. Express Yourself Creatively - Engage in activities such as art, music, or dance to express overwhelming emotions and foster self-expression.

10. Challenge Negative Beliefs - Identify and challenge negative beliefs about yourself, relationships, and trust that may have developed as a result of the betrayal.

11. Cultivate Forgiveness - Explore forgiveness as a way to release resentment and find peace, recognizing that forgiveness is a process and may not happen immediately. This includes yourself as well as your partner.

12. Engage in Healthy Relationships - Surround yourself with supportive and understanding people who respect your boundaries and encourage your healing journey. Be discerning about whom you choose to share with.

13. Set Realistic Expectations - Be patient with yourself and recognize that healing is not linear, and there may be setbacks along the way. It takes time to process trauma and heal from PTSD.

14. Practice gratitude - Focus on aspects of your life that bring you joy and gratefulness, even amidst the pain of betrayal.

15. Connect with your Spirituality - Draw strength and comfort from your spiritual beliefs and practices, if applicable.

16. Engage in Activities You Enjoy - Participate in hobbies and activities that bring you pleasure and fulfilment, helping to restore a sense of joy and purpose.

17. Practice Relaxation Techniques - Incorporate relaxation techniques such as deep breathing, progressive muscle relaxation, or guided imagery to reduce stress and promote relaxation.

18. Seek Closure - Explore ways to find closure, whether through conversations, rituals, or symbolic gestures, to help facilitate the healing process.

19. Focus on Personal Growth - Use the experience of betrayal as an opportunity for self-reflection, growth, and transformation.

20. Celebrate Milestones - Acknowledge and celebrate your progress and achievements along your healing journey, no matter how small they may seem.

It's important to remember that healing from intimate betrayal trauma is a gradual and individualized process. What works for one person may not work for another. It's okay to seek professional help and support as needed, and to honour your unique journey towards healing and recovery.



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YOUR CITY OF CALGARY

3-1-1 Calgary Introduces New Call Back Feature to Reduce On-Hold Wait Times

by The City of Calgary

The City of Calgary has launched a new feature for its 24/7 services and information line. When you call 3-1-1, you'll be notified of the wait time, and you can choose to receive a callback if it is longer than one minute.

If the expected wait is longer than one minute, the system will advise on the estimated wait time before providing the option for a callback.

The callback feature is available on the ten-digit 403-268-CITY (2489) and 3-1-1 lines between the hours of 8:00 am and 4:30 pm, seven days a week. These hours of operation experience the highest volume of call demand, often resulting in longer wait times.

"This technology allows for 3-1-1 to strengthen our commitment and focus on providing enhanced customer service to our citizens," says Clarke Bellamy, Manager, 3-1-1, Customer Service and Communications. "We anticipate this new feature will provide additional options to callers that prefer not to wait on hold."

The City of Calgary is the first 3-1-1 service in western Canada to offer a daily callback feature.

Contact 3-1-1 via mobile app and by phone for City information and non-emergency services, such as bylaw-related issues, snow removal concerns, potholes, street cleaning, and tax account inquiries. Language translation and accessibility services are available.

Find out more at calgary.ca/311.



EVENTS

Christie Residents' Association AGM - Wednesday, April 17, 7:00 pm

We will be discussing enhanced landscaping in Christie Park.

Please consider purchasing a community membership to support our events.



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MLA Calgary - West
Mike Ellis

234 – 333 Aspen Glen Landing SW
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☎ 403.216.5439
✉ calgary.west@assembly.ab.ca

Hello, Ward 6,

Our region is in a drought, and that's why now, more than ever, every drop counts. With another dry summer expected this year, we all need to do our part to conserve water and use it wisely. This can include fixing leaks, taking shorter showers, and only doing full loads of laundry. As Calgarians look ahead to spring and the likelihood of outdoor water restrictions, we encourage Calgarians to consider ways they can adapt their yards and gardens to use less water and to seek out ways they can conserve water inside the home.

A rain barrel is a great way to capture and reuse any rainwater Mother Nature provides this season. You can use what you collect to water your trees, lawn, and garden – even when outdoor water restrictions are in place.

Links to information and resources about drought are available at [Calgary.ca/droughtinfo](https://calgary.ca/droughtinfo).

Explore the City of Calgary Roadway Activities Map

Curious about the ongoing road projects in your area? Wondering when the last time your neighbourhood roads were repaved? Plan your routes with ease by checking out the City of Calgary Roadway Activities Map. This interactive map compiles information on construction projects, repair work, and special events across Calgary. Visit maps.calgary.ca/RoadwayActivities/ to stay informed and navigate the city hassle-free.

Regards,

Councillor Richard Pootmans

[Calgary.ca/ward6](https://calgary.ca/ward6)



I was pleased to attend the opening of the Alberta representative office in Ottawa, as the province reopened an office there for the first time in nine years. The three-person team's mandate is to build relationships and the understanding of Alberta within Canada, as they raise Alberta's profile and stature. The team's goal is to play a key role in identifying and organizing contacts, convey provincial key messages to high-level business and government decision-makers, and seek federal partners to advance solutions. Promoting energy and the environment will be top priorities, along with agriculture, childcare, and health.

I joined provincial, territorial, and federal emergency response Ministers during two days of meetings in Ottawa, as we collaborated and coordinated our responses to the upcoming hazard season. Within Alberta, the provincial government works with our province's ministries to coordinate the education, training, and hiring of related personnel. The Alberta Wildfire Coordination Centre, located in Edmonton, works with the ten forest areas in the Forest Protection Area of Alberta to coordinate wildfire response. As Minister of Public Safety and Emergency Services, I, along with the Alberta government, continue to focus and invest in the safety of Albertans.

The oil and gas industry is a key contributor to the national economy, having generated \$235 billion of nominal (or 9% of total) GDP in 2022. In 2023 (January through November), energy products comprised 26% of Canadian merchandise exports. Alberta, of course, is a major player in that segment, producing the majority of output in Canada (83% of oil and 67% of natural gas). Oil companies are ramping up output in anticipation of the completion of the Trans Mountain Pipeline expansion project (TMX). TMX will add 590,000 barrels per day of additional capacity, as it has finally received clearance from the Canadian Energy Regulatory to finish construction.

Please contact my office should you have constituency related concerns that you would like to bring to my attention.

Mike Ellis MLA, Calgary-West

Fitting In Physical Activity During the Day

by Alberta Health Services

Finding time to exercise during the day can be challenging, especially for the busiest of people with the most action-packed schedules.

But here's some good news. You don't need to spend hours at the gym or on a treadmill to be healthy. Experts recommend at least 2.5 hours of moderate to vigorous activity a week, so with some planning and creativity, you can make physical movement a regular part of your daily life.

Being active for shorter periods of time, throughout the day and week, can add up quickly! A little goes a long way, and consistent, small steps often have the greatest impact on our health.

Sit Less, Move More!

Moderate to vigorous activities elevate your heartbeat and increase the amount of oxygen that goes to the heart and muscles, which allow them to work longer. Many activities, including many kinds of daily activities, that raise the heart rate and keep it up for an extended period can improve aerobic fitness. If these activities are done regularly and long enough, they can help improve fitness.

Children as young as preschool age benefit from being active while it is best for teens and children (starting at age five) to do moderate to vigorous activity at least one hour every day.

Ways To Fit Physical Activity into A Busy Lifestyle

Fitting movement into your busy life doesn't have to be complicated. Add variety and do things you enjoy. If your job or lifestyle includes a lot of sitting, try adding short bursts of activity to your day.

Some examples include:

- Setting a "movement timer" to remind you to get up and stretch at least every hour.
- Use your commute to add in an extra walk or bike ride to your day. Park several blocks away or get off the bus a few stops early.



- Use the stairs instead of the elevator, at least for a few floors.
- Suggest holding meetings with co-workers during a walk inside or outside of the building.
- Use a free smartphone app or online exercise video. These programs often have short interval training ideas or 15-minute workouts for all abilities and fitness levels.
- Use your morning and afternoon breaks to take a quick walk.
- Go the distance when you can. Get your coffee on another floor or use the washroom that's farthest from your office.
- Find a work buddy who you can do activities with. Being accountable to someone can serve as a reminder to incorporate movement into your day.
- Put it in your calendar! Whether it's 15 minutes, 30 minutes, or an hour, block off time for your activity or activities.
- Plug in your favourite music, book, or podcast, lace up your running shoes, and head outside. You'll be amazed how differently you feel, even after a few minutes.
- Get your family involved. Combining family time with exercise is a fun way for busy parents and children to find time together and to live an active lifestyle. It's a win-win for everyone!

Mix It Up!

Adding activity into your day shouldn't feel like a chore or a punishment. It should be fun! Choose activities that you enjoy and mix it up with different types of exercise.

The goal of aerobic fitness is to increase the amount of oxygen that goes to the heart and muscles, which allows them to work longer.

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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	24	8	9	\$699,900	\$675,000
January	24	6	3	\$1,095,000	\$1,030,000
December	23	4	6	\$772,450	\$755,000
November	23	4	5	\$679,900	\$679,000
October	23	5	4	\$762,500	\$757,500
September	23	10	10	\$669,400	\$660,750
August	23	7	8	\$715,000	\$775,000
July	23	11	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

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	24	7	8	\$800,000	\$845,000
January	24	4	5	\$769,800	\$745,000
December	23	2	2	\$554,950	\$547,250
November	23	3	5	\$1,155,000	\$1,100,000
October	23	8	4	\$569,200	\$572,500
September	23	8	3	\$1,225,000	\$1,225,000
August	23	6	5	\$750,000	\$780,000
July	23	4	4	\$709,950	\$695,900
June	23	4	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

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