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The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER



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SEPTEMBER 8
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		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	11	13	\$888,000	\$870,000
May	24	16	12	\$726,950	\$759,750
April	24	13	13	\$799,990	\$798,000
March	24	8	9	\$799,900	\$775,000
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

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
June	24	2	2	\$940,000	\$902,250
May	24	6	4	\$1,137,500	\$1,201,000
April	24	7	7	\$1,099,000	\$999,900
March	24	3	2	\$830,000	\$817,375
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

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

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Website

www.scacalgary.ca

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

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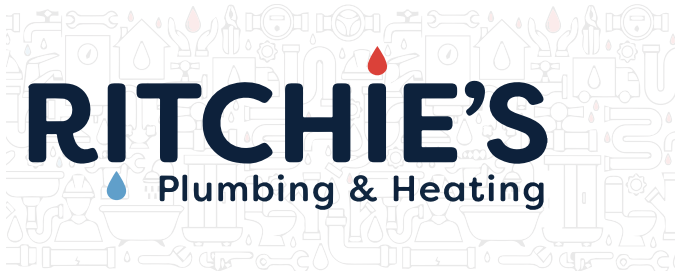
SCA Office

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IT Admin	Michael Smith
Rink Volunteer Coordinator	info@scacalgary.ca
Office Assistant	Sherry Norman

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
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MESSAGE FROM THE BOARD

Although August is typically the month of the year where we recognize August 1 as Emancipation Day, August 15 as National Acadian Day, and the third week of August as Public Service Pride week, I am hoping to divert from the norm and consider the often-overlooked household electrical safety. Many renters and homeowners are not checking their smoke detectors once per month or replacing smoke detectors at least every ten years, as per the Canadian fire safety recommendations, and although those are important, there is the even more frequently overlooked GFCI breakers/receptacles and Arc Fault breakers. First, you may not be aware of how important these are or what they do or even how they're different, and likely, you've never ever tested these unless you've had a fault.

The ground-fault circuit interrupter, or GFCI, is a fast-acting circuit breaker designed to shut off electric power in the event of a ground-fault within as little as 1/40 of a second. It works by comparing the amount of current going to and returning from equipment along the circuit conductors. When the amount going differs from the amount returning by approximately five milliamperes, the GFCI interrupts the current. Now, I realize that this may not sound very interesting, but since GFCIs have been required, there has been an 81 percent drop in home electrocutions and a 95 percent drop in electrocutions from consumer, electrical powered products. The number of fatalities dropped from 1,000 annually to around 100 (in what time?). You likely have noticed the GFCI receptacles on either side of your sink in the kitchen, in your washroom or outside your home/apartment. Frequently, they are daisy chained from one receptacle to the next meaning that a second bathroom in your home is likely protected by the GFCI receptacle in the first bathroom in your home. It is recommended to test your GFCI receptacles once per month, and if you have a GFCI breaker in your electrical panel, it should also be tested once per month. If it fails to reset, then it is time for a new receptacle or breaker.

An arc-fault circuit interrupter (AFCI) or arc-fault detection device (AFDD) is a circuit breaker that breaks the circuit when it detects the electric arcs that are a signature of loose connections in home wiring. Loose connections, which can develop over time, can sometimes become hot enough to ignite house fires. Depending upon when your home or apartment was

built or renovated, you may not have any arc fault breakers in your electrical panel (2003 CE Codebook required only in bedrooms, 2015 CE Codebook required for almost the whole home). Thanks to AFCIs and better construction materials and other fire prevention technologies, this recent data shows a significant decrease in the overall number of electrical residential fires that occur each year with related deaths falling by 15 percent and injuries by 20 percent during that same time. Arc Fault breakers in your electrical panel should be tested monthly. If the breaker fails to reset, it is time for a new breaker.



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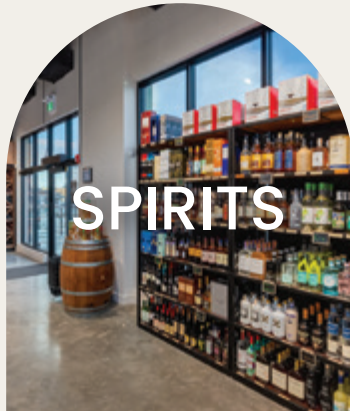


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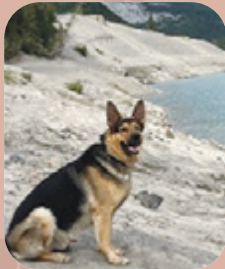
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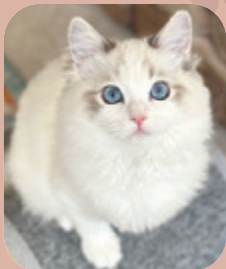
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Calendar

Tuesdays, 10:00 am Walking Group. Meet at the gazebo beside Sobeys.

September 8, 9:00 am to 1:00 pm Recycle Day

September 18, 7:00 pm SCA Board Meeting

October 16, 7:00 pm SCA Board Meeting

October 25 SCA CA Halloween Event

November 20, 7:00 pm SCA Board Meeting

December 18, 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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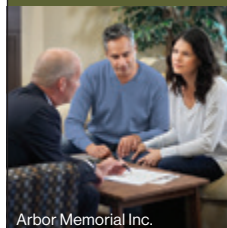
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Sleep and Headaches

by Alberta Health Services

Headaches and sleep issues often go hand in hand, with one condition leading to the other or vice versa. Individuals with headaches are two to eight times more likely to have sleep disorders compared to those without headaches. This connection is especially common in people with chronic headaches, occurring 15 or more days per month, compared to those with episodic headaches, which occur 14 days or less per month.

Research indicates that similar brain regions control both sleep and pain, and that inadequate or excessive sleep can trigger headaches, particularly migraines. Sleep can potentially alleviate a headache attack, while poor sleep may exacerbate an episodic headache into a chronic pattern.

Migraines and cluster headaches often occur during rapid eye movement (REM) sleep and can lead to lower levels of melatonin. Conditions such as sleep apnea and depression are common in individuals who wake up with headaches or migraines and suffer from sleep problems.

Common Sleep Problems for People with Headaches

There are several common sleep problems among people with headaches. Those include:

Insomnia – The most common sleep issue for people with headaches is insomnia. Insomnia occurs when an individual has a difficult time falling asleep and/or staying asleep, waking up too early and not being able to get back to sleep, or not feeling refreshed when waking up.

Obstructive Sleep Apnea (OSA) – The second most common sleep issue for people with headaches is OSA which is when a person stops breathing for short periods while they sleep. This happens because their airway doesn't stay open like it is supposed to. OSA is more common in men than women.

You may have OSA if:

- you snore
- you feel very tired during the day
- someone has noticed that you seem to stop breathing during the night



Some risk factors for OSA are:

- obesity
- long-term use of alcohol, sedatives, muscle relaxants, or medicine with codeine or morphine

When OSA is diagnosed and treated, both OSA and headaches can get better. OSA is usually diagnosed with an overnight sleep study. Many people with sleep apnea must use a continuous positive airway pressure (CPAP) machine at night. The CPAP machine helps keep the airway open. If you think you may have sleep apnea, talk to your doctor, who may refer you to a sleep specialist.

Other breathing problems – Other breathing problems at night such as snoring and upper airway resistance syndrome (UARS) have also been linked to headaches. With UARS, the airway narrows, and the lungs and diaphragm have to work harder. If UARS isn't treated, it may turn into sleep apnea. Treatments for UARS include mouth splints, surgery, weight loss, and sleeping on the side instead of the back.

Managing Your Headache Could Affect Your Sleep

Headache researchers Ong and Park say other factors affect sleep according to the popular Biobehavioural Model. The model says that a person may already have issues (predisposing factors) like anxiety which, when combined with stress or daily hassles (precipitating factors), may cause short-term sleep problems. The person may then try to find short-term ways to cope (e.g., take naps, take sleep medicine at night, or use caffeine during the day). These ways of coping may become factors themselves (perpetuating factors), which can make sleep problems continue. This model may have special meaning for people with headaches. This is because some perpetuating factors are common ways to manage headaches, like:

- using caffeine to stop a headache
- napping during the day to sleep off a headache

If people aren't careful, regular use of these strategies might lead to chronic sleep and chronic headache problems. A better solution is to learn ways to manage stress and to use sleep hygiene strategies.

Ways to Improve Sleep and Headaches

There are many ways to improve your sleep patterns and, potentially, alleviate headaches caused by sleep issues.

Some examples include:

- Using a headache diary to find your triggers. Notice any patterns that occur in correlation to your sleep or how rested you feel.
- Keep regular sleep patterns. Sleeping too much or too little can trigger headaches. If you do get a headache when your sleep pattern has changed, this may be a trigger that you can control.
- Manage stress. Exercise and eat nourishing food on a regular schedule.
- Seek treatment if you have depression or anxiety, which can both contribute to poor quality of sleep and headaches.
- Practice good posture to reduce neck strain. Reduce eye strain from computers at work and at home. Be mindful of jaw clenching, which can cause muscle tension in your face.

Visit 'Headache Management: Sleep Strategies' or talk to your healthcare provider for more information on the correlation between headaches and sleep.

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Putting Yourself First!

by Alberta Health Services

Life brings with it everyday stresses, but it is important to have coping strategies that can be used to regulate and balance our feelings and emotions. Sometimes we do not have control of stressors that cause the stress, but we can have control of our emotions or how we react to those stressors. Calming strategies help slow down the immediate response that we have by decreasing the amount of cortisol in our body, also known as the stress hormone. There are many coping strategies, and it is important to find what works best for you.

Here is a list of strategies that can be used by anyone, anytime, and anywhere.

Managing Emotions

Commonly referred to as “name it to tame it,” this is a technique that involves naming your emotions to allow you to pause and reflect rather than allowing your emotions to spiral or cause impulse decisions. Make it a habit to recognize how you feel. Did you feel embarrassed, sad, jealous, or upset? Simply notice that emotion and name it in your mind.

Mindfulness

Focusing on the present moment will help calm your mind and manage your emotions. What can you see, hear, touch, feel, or move in the environment you are presently in? This technique will help your brain focus on the current rather than the “what if.”

Breathwork

Slowing and deepening your breaths has been shown to help you self-regulate by calming your emotions. Use breathing techniques that work for you, which can include box breathing or even paced breathing.

The importance of the above strategies is focusing on yourself. Everyone is different, so find techniques that resonate with you so you can be the best version of yourself!

References

AHS (2024). *D-Stress*. Retrieved March 12, 2024 from <https://www.albertahealthservices.ca/amh/page16759.aspx>.

Mindfulness.Com (2024). *Name It to Tame It: Label Your Emotions to Overcome Negative Thoughts*. Retrieved March 12, 2024 from <https://mindfulness.com/mindful-living/name-it-to-tame-it>.



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EVENTS

Recycle Day – Sunday, September 8, 9:00 am to 1:00 pm

Drop off is free for SCA CA members. For non-members, a fee will apply for paper shredding. Items will be limited to one vehicle load per family.

Volunteers will be needed to help unload vehicles and to direct traffic. If you can help, please sign up at the link below or contact the SCA office either by email at info@scacalgary.ca or by phone at 403-249-1138. Thanks!

Volunteer Signup: volunteersignup.org/KTWCR.

This year, the following recyclers will be at our event:

- Electronics Recycling by Techno Trash
- Paper Shredding: Free for SCA CA Members; \$20 fee for non-members.
- Waste and Compost Trucks from City of Calgary *Limit one vehicle load per family*
- The Cerebral Palsy Association
- Scrap Metal Disposal
- Bottle Drive in support of Wildcats Football



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SCA 2024 Schedule

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

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Seedlings Spanish Preschool

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www.seedlingspreschool.ca.

Children's Programs

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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

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Girl Guides

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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+)

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Grades 4 to 6: Mondays, 4:55 pm

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Visit www.runjumplead.com for more information.

Scouts

Thursday at 6:15 pm

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

Young Rembrandts

Tuesday at 6:00 pm

www.youngrembrandts.com.

Adult Programs

Art Classes (Karin)

Twelve classes - \$186 + \$9.30 = \$195.30

Watercolours: Tuesdays, September 17 to December 3, 1:00 to 3:30 pm

Ten classes - \$155 + \$7.75 = \$162.75 (No class November 14)

Acrylics: Thursdays, September 19 to November 28, 10:00 am to 12:30 pm

Register: Contact Karin at karinrichter@shaw.ca or 403-272-1471.

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.

Chair Yoga (Beginner and Intermediate)

Chair yoga offers a gentle yet effective way for people of all ages and abilities to experience the benefits of yoga in a safe and supportive environment. Benefits of yoga include improved flexibility, strength, posture, reduced stress levels, better concentration, and a greater sense of overall well-being. Offered both in-person and online through Zoom.

Beginner Chair Yoga (more seated poses): Mondays, September 9 to December 16, 12:00 to 1:00 pm (No Class September 14 and November 11)

Intermediate Chair Yoga (more standing poses): Mondays, September 9 to December 16, 1:15 to 2:15 pm (No Class September 14 and November 11)

Intermediate Chair Yoga (more standing poses): Wednesdays, September 11 to December 4, 10:00 to 11:00 am

Registered for thirteen weeks: \$104. Drop-in and five-class pass options are available.

Contact Sherry: sherrynormanyoga@gmail.com.

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 LO

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

Jazzercise Strathcona Homecoming Fall 2024

Maureen has returned to teach the Strathcona Jazzercise class – offering a high energy, low-impact version of the

classic dance-based class format. If you've been missing the fun, the fitness, the friends – it's time to come home. If you always wanted to give it a try – now is the time. Bring a mat for the floor work, weights are provided.

Passes are \$75 per month, \$20 drop-in or \$150 for a ten-class pass (mention this ad for one free class).

For more information contact Maureen at jazzstrathcona@gmail.com or at 403-461-7694.

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

Contact Theresa Toth at toth31@shaw.ca.

SitFit + Yoga (Sherry)

A full body workout that combines weights and resistance training within the mindfulness of yoga. Ideal for anyone who needs the comfort and/or safety of seated exercise (standing is optional). The class is held in the main hall of the Strathcona Community Centre as well as streamed online.

Fridays, September 13 to December 13, 11:00 am to 12:00 pm

Registered for fourteen weeks: \$112. Drop-in and five-class pass options are available.

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.

continued on next page

SCA PROGRAMS (CONTINUED)



Zumba

Thursday at 9:30 am

All levels welcome!

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

Fall Programs

www.scacalgary.ca

Registration started July 15

Bridge Lessons – (Freda)

Eight weeks - \$84 + \$4.20 GST = \$88.20

Beginner: Thursdays, September 19 to November 7, 1:00 to 4:00 pm

Intermediate: Fridays, September 20 to November 8, 9:00 am to 12:00 pm

Line Dancing (Mary and Peggy)

Ten weeks - \$95 + \$4.75 GST = \$99.75 (BOGO \$47.50 + GST \$2.38 = \$49.88 Discount of \$47.50)

Wednesdays, October 2 to December 4

Beginner (Level 1), 3:00 to 4:00 pm – New class

Beginner Plus (Level 1+ / 2), 2:00 to 3:00 pm

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

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

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

**BOGO Sale must call the office – 403-249-1138

Line Dancing Drop-in (Peggy)

\$5 Drop-in Fee

Fridays, September 20 to December 6, 1:00 to 2:00 pm

Tai Chi (Adrian Buzcek)

Twelve Classes - \$102 + \$5.10 GST = \$107.10

Continuing 1 and Basics – Mondays, September 9 to December 9, 1:30 to 2:30 pm (No class October 14 and November 11)

Basics – Mondays, September 9 to December 9, 2:45 to 3:45 pm (No class October 14 and November 11)

Continuing 2 – Wednesdays, September 18 to December 4, 11:00 am to 12:00 pm

Adult Summer Programs

Adult Chair Yoga (Sherry)

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

All levels

Tuesdays, June 25 to August 27 - 10:00 to 11:00 am

Thursdays, June 27 to August 29 – 10:00 to 11:00 am

Register: sherrynormanyoga@gmail.com

Tai Chi (Adrian Buzcek)

Eight Classes \$64.00 + \$3.20 = \$66.20

Basics and Continuing: Mondays, June 17 to August 19, 2:00 to 3:00 pm (No classes July 1 or August 5)

Continuing 2 – Wednesdays, June 24 to August 14, 11:00 am to 12:00 pm

Register: www.scacalgary.ca

Pickleball Lessons

Pickleball Connect will offer lessons at the Strathcona courts.

Learn to Play Level 1 - Monday and Wednesday, 5:00 to 6:30 pm, starting August 7

Refine your Pickleball Technique: Skill Development Level 1.5 - Monday and Wednesday, 5:00 to 7:00 pm, starting July 22

Pickleball Skills: Enhance Your Abilities Level 1.5 - Monday and Wednesday, 5:00 to 6:30 pm, starting August 26

Crafting Your Pickleball Prowess: Skill Enhancement Level 2 - Monday and Wednesday, 6:30 to 8:00 pm, starting August 7

Pickleball Proficiency: Sharpening Your Game Level 2.5 - Monday and Wednesday, 7:00 to 9:00 pm, starting July 22

Mastering The Court: Level 2.5 - Monday and Wednesday, 6:30 to 8:00 pm, starting August 26

Register: www.pickleballconnect.ca

Kids' 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.

For information and registration:
www.alieninline.com/summer-camps/.

Dancing in the Park!

Ages 3 to 5

Date: August 6 to 10, 9:30 am to 12:00 pm

Ages 6+

Dates: August 6 to 10, 1:00 to 4:00 pm

Dance, crafts, and a lot of fun.

Register at: explosiondancecalgary@gmail.com.

Engineering for Kids

Ages 5 to 12

Dates: 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.

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.

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/.

www.kilbco.com

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How to 'Hold Space' for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and

set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

COMMUNITY NEWS

Welcome to our New Office Assistant, Sherry Norman

We are delighted to announce a wonderful addition to our SCA family. Please join us in extending a warm welcome to Sherry Norman, who has recently joined us as our new Office Assistant reporting directly to our Office Manager.

For more information, visit our website: <https://scacalgary.ca/2024/06/25/welcome-to-our-new-office-assistant-sherry/>.

Guardians of the Gate

We are a volunteer 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 mjritzler2@outlook.com.

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 info on routes. No membership is required to take part.



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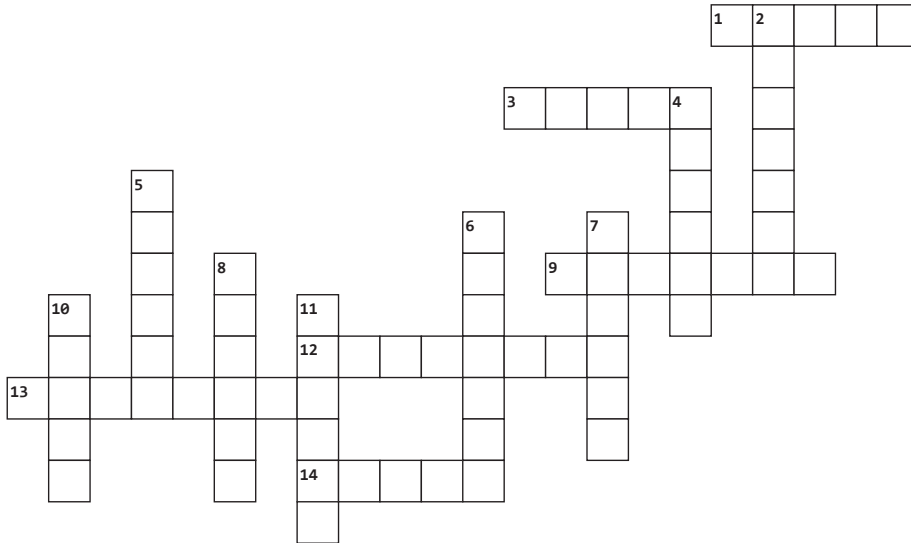
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August Crossword



Across

- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _____" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate _____ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the _____ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
- The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The _____, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
- Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



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



GAMES & PUZZLES

Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



BRAIN GAMES SUDOKU

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	4						8	
		2						6
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Flowers are sunshine, food, and medicine for the soul.

Creamy Potato Salad

by Jennifer Puri

Potatoes are normally used in place of bread, pasta, or rice. More than a billion people consume potatoes, and they are considered the third most valuable food crop around the world.

Potatoes contain several important vitamins and are 99% fat-free. They also contain half the number of calories of an equivalent portion of cooked rice or pasta as they have a high-water content.

To get the most antioxidants out of potatoes, leave the skins on and choose colourful varieties like red or purple. Baked potato skin is a good source of potassium, magnesium, and fiber which is beneficial for digestive health.

Raw potatoes contain a lot of water making them unsuitable for freezing so only cooked or partially cooked potatoes should be frozen.

Boiled, roasted, or mashed potatoes can be found in soups, casseroles, latkes, gnocchi, samosas, or curries to name a few, or as shown in this crowd-pleasing recipe below.

Prep Time: 15 minutes

Cook Time: 20 minutes

Servings: 4 to 6

Ingredients:

- 2 lbs. mixed red, purple, or golden baby potatoes
- 1 cup thinly sliced celery
- ½ cup thinly sliced green onions
- ½ cup chopped dill pickles
- 1 cup mayonnaise or veganise
- 2 tbsp. whole grain Dijon mustard
- ¾ tsp. salt
- ½ tsp. coarsely ground black pepper
- 4 hard boiled eggs, peeled and quartered
- 1 cup whole black or green pitted olives
- Juice of half a lime
- 1 tsp. paprika (optional)



Directions:

- Place potatoes in a large saucepan or pot and add enough salted water to cover. Bring to a boil and then reduce heat and simmer covered for about 15 minutes or until potatoes are tender. Drain and set aside to allow potatoes to cool.
- In a medium sized bowl, add mayonnaise or veganise, mustard, dill pickles, salt, pepper, olives, celery, green onions, and the lime juice. Next slice the cooked potatoes in halves (leaving the skins on) and add to the dressing.
- Finally, gently stir in the cooked eggs until potatoes and eggs are nicely covered. Cover with saran wrap and allow potato salad to chill in the refrigerator for a minimum of six hours, preferably overnight.
- Prior to serving, garnish the creamy potato salad with green onions and smoked paprika if desired.

Bon Appétit!





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February	24	23	16	\$597,450	\$610,000
January	24	14	13	\$968,000	\$950,000
December	23	8	10	\$507,450	\$515,000
November	23	14	10	\$522,400	\$510,000
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

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



Over recent years, many Calgary-West residents who support the Calgary Catholic School District (CCSD) advocated diligently for a high school to be built in our community. Great news! A new west Calgary CCSD high school will be open in the fall of 2028! Though this new school will be beneficial to CCSD students, it will also benefit families and students who attend the Calgary Board of Education (CBE), as this new high school will reduce the overcrowding that has been present in Earnest Manning High School.

Starting this school year, students will have limits placed on their personal mobile devices. Students will no longer be permitted to use personal mobile devices during class time. Access to social media sites in schools will be restricted.

Situations where students will be able to use those devices include medical or health reasons, special learning needs, or as directed by a teacher or principal on a case-by-case basis.

These rules represent minimum standards. A school board has the autonomy and flexibility to implement and enforce additional restrictions. During class time, all devices must be turned off and stored out of sight. Parents must be notified if their child(ren) violate the new rules.

The Alberta government recognizes that personal mobile devices can be important research and learning tools. Personal mobile devices will be permitted for educational or other purposes as determined by a principal or equivalent on a case-by-case basis.

Approximately 68,000 responses were collected during a province-wide survey. 90 percent of respondents were concerned over the proliferation of devices in classrooms.

These rules apply to all public, separate, francophone, public charter, and independent school authorities.

I extend my best wishes to students and parents for an exciting, productive start to the 2024 to 2025 school year!

Mike Ellis MLA, Calgary-West

Hello, Ward 6,

The District 2 Calgary Police Service would like Ward 6 residents to be aware of an uptick in break and enters. This time of year, CPS generally sees an increase of break and enters due to the warm weather. We encourage you to be diligent in completing the 9PM routine.

The 9PM routine recommends: Removing valuables from vehicles including keys and garage door openers. Ensuring vehicles are locked, windows are closed, and, if possible, parked in a garage. Closing garage doors and windows. Locking any person-doors in the garage, including those leading into a house. Checking that all house doors are locked. Ensuring all windows are shut. Turning on an exterior light. Report suspicious activity by calling the non-emergency number at 403-266-1234.

Another advisory that we would like to make sure you are aware of is parking payment scams. Physical parking tickets are being placed on vehicles which include a fraudulent website link - CalgaryParkPlus.com - for payment of tickets.

What Calgarians should know:

Fake vs Real: Fake tickets direct individuals to make payments at CalgaryParkPlus.com. This is not the authorized website that Calgary Parking uses for paying tickets. Calgary Parking's official website for ticket payments is www.calgaryparking.com/tickets.

Verify it: If you receive a parking ticket, you can verify its authenticity by contacting Calgary Parking at 403-537-7000 or online at CalgaryParking.com.

Destroy it: If you identify a parking ticket as fake, please destroy it immediately to prevent further confusion. Do not follow any instructions provided on the fraudulent ticket.

Report it: If you have any information or witness individuals distributing these fake parking tickets, please report it to the Calgary Police Service (CPS) non-emergency line at 403-266-1234.

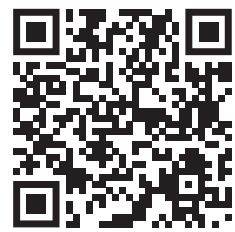
Protect Yourself: Do not share personal information online or over the phone unless you are sure it's safe.

Sincerely,
Councillor Richard Pootmans

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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, 403-269-2707.

CAPSTONE ENGINEERING ACADEMY: Enroll now for grades 1 to 9 STEM education at Vivo for Healthier Generations Rec. Centre! Featuring a full Alberta curriculum with immersive, hands-on Engineering and Technology focus. Secure your spot for September classes now! See our website for more information and to apply: www.capstoneacad.ca.

CHELSEA HUGHES AESTHETICS INC: Strathcona Park. Local RN specializing in Botox injections for wrinkles and excessive sweating. I offer customized treatments to help you look and feel your best. Free consultations and free touch-ups after your treatment. Accredited and Licensed. Online bookings. Free parking. No tip policy. www.ChelseaHughesRN.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 look beautiful again! Experienced arborist with excellent climbing, pruning and removal skills. Free quotes, licensed and insured - 100% satisfaction guaranteed! Call or text Caleb at 403-660-7475. Website: www.perfectionpruning.com.

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TOP RANK TILE & STONE: "Miracles We Can Do Right Now, The Impossible May Take A Little Longer". Master Stonemason with 35+ years of experience. Specialist in tile, stone, hardwood, LVP, showers, renovations, and repairs. View previous work @topranktileandstone (Instagram). All work guaranteed ~ call Robert at 403-679-9063 or email rjhrank@gmail.com. Licensed and insured.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

A+ CANADIAN CLEANING: A private, residential, customized cleaning service, established in 2007. References available from longstanding clientele. Got pets? No problem, we love all animals. To schedule an estimate, call or text Laura at 403-370-5885 or visit www.apluscanadiancleaning.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.

ST. MARTIN'S ANGLICAN CHURCH: Where Faith and Community Meet. 1009 Prominence Way SW. stmartinschurch.ca. Worship & Sunday School at 10:00 am. ESL Conversation Café: Tuesdays, 9:30 to 11:00 am. Sandwich Ministry Wednesdays at 1:00 pm. Free hot dog lunch on Welcome Back Sunday at 10:00 am, Sunday, September 15.



the Gutter Doctor 403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

David.

I ❤️ THE WESTSIDE

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From hidden gems to must have moments, share the favourite things about your neighbourhood with your Westside community.

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