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- Supply & install a new toilet with soft close seat
- Supply & install a new corner caddy with soap dish
- Supply & install new sub-floor
- Installing of new tile flooring
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new vanity

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March	24	24	21	\$919,000	\$970,000
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
June	23	26	20	\$892,500	\$866,900

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

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

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Happy Dominion Day, eh!



Canada Day is celebrated annually on July 1. But did you know that before 1982, it was called Dominion Day? This name reflected Canada's status as a self-governing colony within the British Empire. However, in 1982 it was changed to the patriotic name we know and love today to better assert Canada's independence

MESSAGE FROM THE BOARD

Dear Community Members,

We hope this message finds you well and in good health!

First and foremost, we would like to extend our heartfelt thanks for the turnout at the Annual General Meeting (AGM) in May. We especially thank Councillor Pootmans and Constable Lavictoire who spent time answering attendees' questions. Your participation and input are invaluable to the continued growth and success of our community.

A special thank you to all the volunteers who have made an impact on the SCA and our community over the years. Without their hard work or them working tirelessly behind the scenes, we would not be where we are today. The board of directors were joined with members of our community to celebrate the unwavering dedication of David White who is our expert behind maintaining the ice rink during those cold winter months, and Karla Pollock for chairing our casino fund!

As part of our AGM, we celebrated the milestone achievements and presented plaques to our community partners who have been serving our communities for the past four decades. Thank you to Seedlings Preschool, A Child's Garden, and KidZinc for helping us shape our CA into what it is today.

Canada Day, celebrated on July 1, is a time for us to come together and honour the rich history, diverse culture, and shared values that define our great nation. It's a day to reflect on the freedoms we enjoy, the progress we've made, and the unity that binds us as Canadians. Whether you're attending a local parade, enjoying fireworks, or having a barbecue with family and friends, we hope you have a wonderful and safe celebration.

The great debate among Calgarians - is it Yahoo, or Yee-Haw? Whichever way you say it, the Greatest Outdoor Show on Earth, the Calgary Stampede is here! Whether you're one of the 400,000 people taking in the parade, the 120,000 people entering the gates daily, or eating one of the 125,000 hotdogs served on the grounds, or the lucky winner of the show home, remember to take a moment and reflect on the western heritage that the Calgary Stampede represents.

With schools out for the summer, it's important to ensure the safety of all our children and families as they enjoy their break.

Here are a few safety tips to keep in mind:

- 1.) Road Safety: Remind children to be cautious when crossing streets and to always use pedestrian crossings. Drivers should be extra vigilant for children playing near roads and be mindful of increased bicycle traffic.
- 2.) Sun Protection: Make sure to apply sunscreen regularly, wear hats and sunglasses, and stay hydrated.
- 3.) Water Safety: Supervise children at all times when they are in or near water.
- 4.) Outdoor Activities: Encourage the use of helmets and other protective gear for activities like biking, skateboarding, and rollerblading.
- 5.) Fire Bans: Remember to pay attention to any fire bans that may be in effect.
- 6.) Moose Safety: There have been a few moose sightings in our neighbourhood! In most situations, moose are not aggressive, however, this doesn't mean go close to a moose! When you see a moose on the loose, do not approach, yell, or try to fight it off. If you are chased by a moose, run as fast as you can and hide behind a tree, car or other large barrier.

We want to express our deepest gratitude to Cathy Duke for her nine years of dedicated service as our Communications Manager. Cathy has been instrumental in keeping our community informed and connected through her diligent work and unwavering commitment. We wish her all the best in her future endeavours. She will be greatly missed.

Lastly, if you are looking to make a difference in our community and have a creative mind, our board would love to hear from you. We are actively looking for new board members to join us on our journey. If you, or someone you know is interested, please email us at info@scacalgary.ca and a board member will reach out.

Happy Canada Day from our families to yours!

SCA Board of Directors

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Calendar

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

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

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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Heritage In and Around Stampede Park

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Stampede is chock-full of Calgary's history. But did you know there's plenty of heritage in and around Stampede Park? Let's take a tour.

Named after Guy Weadick, the organizer of the first Stampede, Weadickville is a replica Western streetscape from 1912. Some of its buildings were moved to Enmax Park, including Quirk Cabin, which was built around 1885 and now displays stories from the past. Also, in Enmax Park is Indian Village, designated Elbow River Camp in 2018. Visit a living cultural site of the Treaty 7 First Nations.

While still on the grounds, stop by Victoria Pavilion. Located in the Agriculture Building, the concrete, rectangular-shaped amphitheatre dates back to 1919 and is the oldest functional building in Stampede Park. It hosts dairy shows, bull sales, and livestock judging. It was also the venue for Stampede Wrestling, featuring Stu Hart.

There's more to see around Stampede Park. At Enbridge Plaza, check out Dorothy Hall, a replica of Westbourne Church, containing some of its original windows and bricks. At church in 1915, William Aberhart first delivered Sunday sermons, putting him on course to becoming Alberta's seventh premier.

Across the Plaza is Weston (Golden West) Bakery. It functioned as a bakery until 1989, producing 1,800 loaves per hour when it opened in 1930. Soon to be moved is the Stephenson & Co. building. Built in 1911, it served Victoria Park as a grocery store and post office. And the brand-new Sam Centre houses over 100 years' worth of Stampede history.

At Rundle Ruins are the remains of Calgary's Second General Hospital, circa 1895. Jimmy Smith, a Chinese and Christian businessman, died of tuberculosis and willed to the hospital its first funds. Across the street you can check out a railway worker's Edwardian cottage, built in 1906. For comparison, see how professionals at the time lived at Dafoe Terrace, located beside Cowboys Casino. It's a 1910 wood frame Georgian Revival-style terraced apartment building, which today houses shops and an Italian restaurant.

Don't forget to take in the Olympic Saddledome too. It's slated for demolition in the near future. Happy Stamping!

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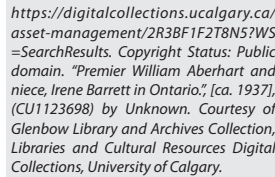
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Westbourne Church in April, just prior to its demolition in June 2017. Calgary Heritage Initiative.



Formerly the Weston (Golden West) Bakery, now the Calgary Arts Academy's Erickson South Campus, located at Calgary Stampede's Youth Campus, 2019. Photo courtesy of Karen Paul.

Modern Photos:



Skyline of Calgary during Stampede at sunset, Alberta, Canada, no date. ID 120803367 © Golasza/Dreamstime.com. Editorial license paid.



Rundle Ruins, 631 12 Ave SE, 2023. Photo courtesy of Anthony Imbrogno.



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

E-Newsletter

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A Helpful Guy

by Cheryl Dunkley

Cary is helpful and fun.
He's the guy who can get things done!
He takes on a project happily
And, does his homework carefully.

Cary never says, "No, I'm too busy today."
Rather, "I'll be over at noon, Is that okay?"
A new hubby, a new dad...
He really needs his rest
Up and at 'em, out the door,
Cary always gives his best!



GAMES & PUZZLES

Guess That Fruit!

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The _____ plant produces only one fruit per plant at a time.



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EVENTS

Neighbour Day Stampede Breakfast

Unfortunately, our Stampede Breakfast was cancelled due to the water restrictions.

We would still like to take this opportunity to thank the sponsors below for their support of our event.

We would also like to thank the volunteers who stepped up to help.

- Mike Ellis – MLA Calgary-West
- Calgary Stampede Caravan Committee
- A Child's Garden Pre-School Ltd.
- Boston Pizza
- Calgary Newcomers' Club
- Canadian Beauties
- Code Ninjas
- Dance Calgary
- Explosion Dance Calgary
- Girl Guides
- Good Times Multi Sport Camp
- Little Medical School
- Westside King's Church
- Westview By Silvera

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

More details to follow!



Word of the Month

Tintinnabulation: noun (tin-tin-nab-u-la-tion)

A sound which emulates a ringing, jingling, or tinkling of bells.

The orchestra played a composition where the percussion section summoned a ceaseless tintinnabulation, creating a wonderful echo of sound.

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		
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						Pathfinders, 6:30 pm
Karate, 6:30 pm						
Bollywood, 6:30 pm						
Toastmasters, 7:30 pm						



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Motor Development in Infancy

by Rima Madi ECE

When babies are born, most of their movements are natural reflexes — they don't have to learn them, they just happen automatically when they feel or see something. Some examples of reflexes are: Palmar, stepping, and tonic neck. Reflexes are important in human infancy because they provide information about the integrity of the brain and the nervous system. In addition to reflexes, the newborn will come equipped with congenitally organized behaviours such as looking, sucking, and crying. These behaviours illustrate that babies come equipped with tools for acting on their world as well as for reacting to it (Vista et al., 1995).

Motor development is a critical aspect of human infancy, serving as a toolkit that empowers babies to navigate their environment, embark on exciting adventures, and most importantly to manifest their agencies. (Vasta et al.1995). Motor development encompasses two main categories: locomotion (gross motor) and prehension (fine motor). Locomotion involves movement through space, such as walking and crawling, while prehension refers to the ability to grasp and manipulate objects using the hands (Vasta et al.1995).

The progression of motor skills follows two general principles. The first is proximodistal development, where body parts closest to the center of the body gain control before those farther out. The second principle, cephalocaudal development, describes the progression from head to foot in maturing body parts. As infants grow, mastering locomotor skills requires increasing timing, balance, and coordination (Vasta et al.1995).

Babies achieve locomotor milestones at varying ages and through different methods. While genetic factors set the stage for various achievements, these milestones are actualized through interactions with the real world of events and objects. Motor development isn't something that happens to babies; rather, it is largely driven by their desire to interact with the world (Vasta et al.1995).

Top of Form

Vasta et al (1995) stated that: "Whereas extra training may not accelerate children's motor development,

some amount of experience appears necessary for development to occur normally. Infants deprived of physical stimulation or the opportunity to move about were found to have delayed motor development" (p.187).

In summary, each infant achieves developmental milestones at their own unique pace and timing. Movement develops through both nature (the child's biology) and nurture (experience). Guardians and caregivers should reduce the amount of passive time infants spend restrained in commercial baby "containers" during waking hours. To support infants' natural abilities, it is essential to create a supportive, inclusive, and responsive physical environment that encourages free movement. Placing infants on a firm surface on their backs and allowing them to move freely helps strengthen the neck and chest muscles. The Pikler approach emphasizes that this fosters the natural development of muscle systems. When ready, babies will naturally begin to roll onto their sides and eventually turn over onto their stomachs by themselves, enabling them to participate in their own tummy time. It is also essential to trust infants to create their own meaningful activities, embrace their self-chosen struggles, and take reasonable physical and social risks (Gonzalez-Mena and Eyer, 2011).

References

- Gonzalez-Mena, J. and Eyer, D. W. (2021). Infants, toddlers, and caregivers: A curriculum of respectful, responsive, relationship-based care and educations (12th ed.). McGraw-Hill.
- Vasta, R. and Haith, M; M. Miller, A; S. (1995). Child psychology. (2nd edition). New York.

Know the signs of STROKE

- F** **Face**
is it drooping?
- A** **Arms**
can you raise both?
- S** **Speech**
is it slurred or jumbled?
- T** **Time**
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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

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Contact Sarah at explosiondancecalgary@gmail.com or 780-518-4497 for more information.

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.

Young Rembrandts

Tuesday at 5:00 pm

www.youngrembrandts.com.

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.

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 7:00 pm, starting June 3

Learn to Play Level 1 - Monday and Wednesday, 5:00 to 7:00 pm, starting July 8

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

Elevate your Pickleball Performance: Skill Building Level 1.5 - Monday and Wednesday, 5:00 to 7:00 pm, starting June 17

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

continued on next page

SCA PROGRAMS (CONTINUED)



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

Pickleball Mastery: Developing Your Game Level 2 - Monday and Wednesday, 7:00 to 9:00 pm, starting June 3

Unlocking Pickleball Potential: Skill Development Level 2 - Monday and Wednesday, 7:00 to 9:00 pm, starting July 8

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

Pickleball Skills: Level Up Your Game Level 2.5 - Monday and Wednesday, 7:00 to 9:00 pm, starting June 17

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/.

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!

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: 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.

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/](http://Polyglots.ca/immersion%20camps/).

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/](http://www.aforza.ca/community-tennis-community-programs/).

GOOEY GOODNESS

Have you ever wondered why it is called a marshmallow? The gooey treat we love today was originally enjoyed by Ancient Egyptians and made from the mallow plant (*Athaea officinalis*), which grows wild in marshes!

BRAIN GAMES

SUDOKU

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SCAN THE QR CODE FOR THE SOLUTION

Recognizing and Managing Fatigue

by Alberta Health Services



Fatigue is a feeling of physical and/or mental tiredness or exhaustion that impacts your ability to perform at your best. You may feel fatigued because of overwork, poor sleep, worry, boredom, or lack of exercise. Any illness may cause fatigue and it usually goes away as the illness clears up. Most of the time, mild fatigue occurs with a health problem that will improve with home treatment and doesn't usually require a visit to a doctor.

Nearly everyone struggles with being overtired from time to time. Fatigue can be influenced by extended work hours, tough physical or mental activities, and loss of sleep.

Chronic fatigue is a constant state of weariness that develops over time and reduces your energy and mental capacity. Chronic fatigue can impact your emotional and psychological well-being.

Causes of Fatigue

Fatigue can be linked to your habits and routines, which can include:

- Sleep disturbances (e.g. snoring, night sweats, and loud noises)
- Home environment (e.g. window shades, bed surfaces, room temperatures, etc.)
- Level of support (e.g. peer support, family support, etc.)
- Too little or too much exercise
- Dehydration
- Medication
- Alcohol, caffeine, or drug use

Fatigue can impact your health, safety, and productivity at work and in life. In some cases, fatigue is a symptom of an underlying medical problem that requires medical treatment. Remember to reach out to a medical professional when needed.

Fatigue and getting good quality sleep are an important part of maintaining your health and wellness. But how do you know if you are feeling the impacts of fatigue?

Symptoms of Fatigue

The feelings associated with fatigue can be broken into three categories: physical, mental, and emotional. Being mindful of how you experience fatigue can help you understand how to address it.

Physical Signs:

- Yawning
- Drooping eyes
- Rubbing of eyes
- Head drooping
- Digestive problems

Mental Signs:

- Difficulty concentrating on tasks
- Lapses in attention
- Difficulty remembering tasks being performed
- Unable to communicate important information
- Failure to anticipate events or actions
- Accidentally doing the wrong thing

Emotional Signs:

- Quieter or more withdrawn than usual
- Lack of energy
- Lack of motivation to perform tasks

Being proactive and taking care of your health and wellness can help mitigate the risks associated with fatigue. Getting quality sleep – and enough of it – is an important way to manage fatigue.

Tips for a Good Night's Sleep

Sleep is an important part of maintaining your health and wellness. Not getting enough sleep can lead to feelings of fatigue, low alertness, negative mood, lengthier response times, and diminished attention and memory. Over long periods of time, not getting enough sleep can negatively impact health and has been linked to the development of chronic diseases including obesity, Type 2 diabetes, cardiovascular disease, and depression.



There are many things that can be done to improve your ability to sleep. Build healthy sleep patterns by:

- **Routines:** establish a pre-bedtime routine that includes quiet relaxing activities. Go to bed and get up at the same time every day.
- **Quiet:** reduce the amount of noise. White noise or earplugs are good options if the room is not quiet enough.
- **Cool:** ensure your room is the right temperature. The body typically sleeps best when the environment is between 18 and 22 degrees Celsius.
- **Dark:** block out as much light as possible. Darker rooms tend to encourage deeper and prolonged sleep.
- **Nutrition:** eat at regular intervals and consume a balanced diet.
- **Minimize distractions:** use your bed primarily for sleeping. Try not to watch television, play on electronics, or consume screen time in excess before bedtime.
- **Caffeine:** minimize caffeine intake prior to sleep. Caffeine acts as a stimulant and can last for up to six hours after consumption.
- **Stress free:** try to reduce stress before sleeping.

Make sleep a priority and allow yourself enough time to get the sleep you need!

What to Do If You Are Experiencing Prolonged Fatigue?

Fatigue that lasts longer than two weeks usually requires a visit to a doctor. This type may be caused by a more serious health problem, such as:

- A decrease in the amount of the substance that carries oxygen in red blood cells (anaemia).
- Problems with the heart, such as coronary artery disease or heart failure.
- Metabolic disorders, such as diabetes.
- Problems with the thyroid gland. It regulates the way the body uses energy.
- Kidney disease and liver disease.

Fatigue is a common symptom of mental health problems, such as anxiety or depression. If you think that your fatigue may be caused by a mental health problem, see your doctor.

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COMMUNITY NEWS

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 mjfritzler2@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.scalgary.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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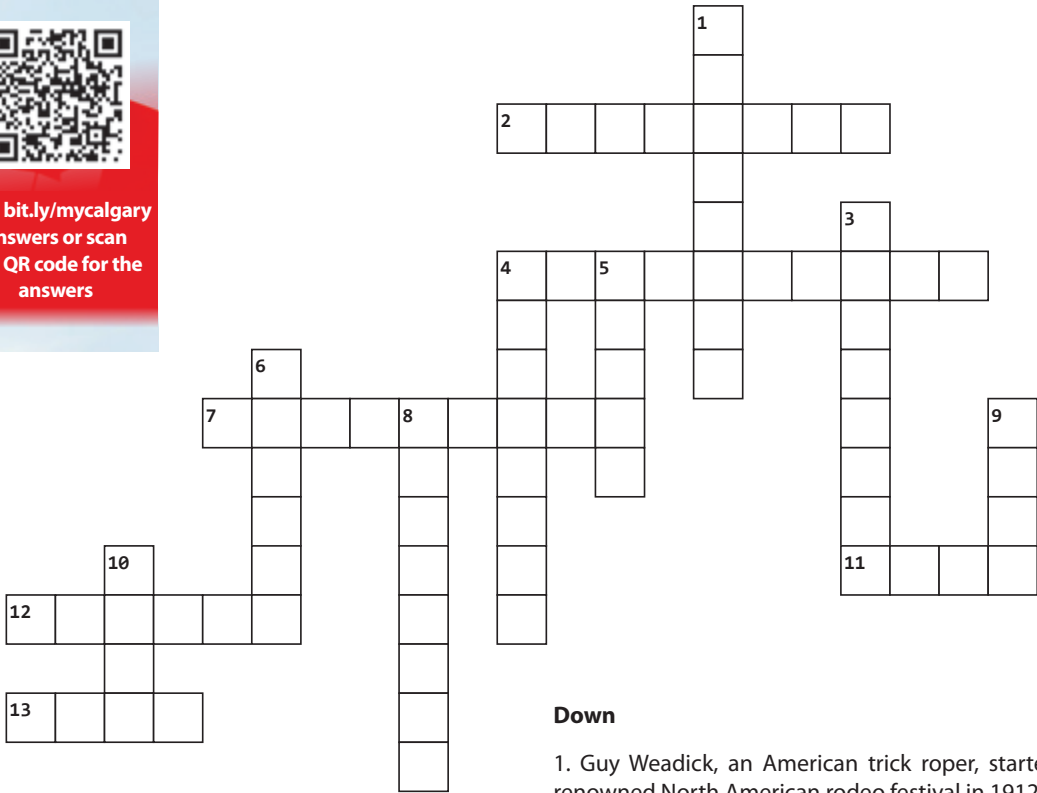
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July Crossword



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Across

2. Pamela Anderson, famous for her role in _____, was born in Ladysmith, BC on July 1, 1967.
4. This popular magical, family-friendly theme park opened on July 17, 1955, in the United States.
7. AT&T launched the Telstar, a communications _____, on July 10 of 1962, which paved the way for communications on cell phones and Wi-Fi technology.
11. This July birthstone is also known as "Ratnaraj" which is Sanskrit for "King of Gems."
12. July is named after the Roman General, Julius _____.
13. The Calgary _____ Music Festival has been a music highlight in Calgary's artistic scene since 1980 and takes place from July 25 to 28 this year.

Down

1. Guy Weadick, an American trick roper, started this renowned North American rodeo festival in 1912.
3. *The Catcher in the Rye*, written by J.D. _____, was released on July 16, 1951.
4. Canada Day is celebrated on July 1 every year but was originally referred to as _____ Day.
5. What type of animal was Dolly, the first mammal ever cloned in July of 1996?
6. The Rolling Stones, with frontman Mick _____, played their first ever concert on July 12, 1962.
8. One of July's birth flowers, the _____, is also known as a delphinium.
9. This action sci-fi prequel to the *Predator* franchise, filmed in Alberta, was released on July 21, 2022.
10. On July 20, 1969, the Apollo 11 mission landed on the moon with commander _____ Armstrong.

Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.



- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



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PHOTO
GALLERY by Nyckie Rea



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Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri

Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered “heart-friendly” as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

Prep Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves

- 2 avocados
- ½ small red onion, finely sliced
- ½ cup shredded almonds
- ½ cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper

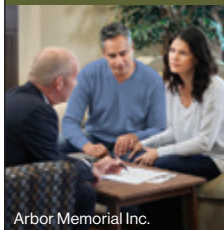
Directions:

- Prepare dressing by combining the olive oil, Dijon mustard, maple syrup, lemon juice, salt and black pepper in a small bowl or jar, blend well and set aside.
- Place the washed spinach, strawberries, and sliced onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!



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Mike Ellis
 234 – 333 Aspen Glen Landing SW
 Calgary, AB T3H 0N6
 403.216.5439
 calgary.west@assembly.ab.ca

Hello, Ward 6,

With the advent of summer, the warmer weather is now starting. Unfortunately, so is the concern of another potential drought season. On a positive note, based on significant rainfall and cooler temperatures across the region during May and into June, drought conditions have improved across the Bow River Basin. The mountain snowpack is melting at a normal rate, upstream and Glenmore reservoir storage are normal for this time of year, and water demand is normal.

While these things are welcome changes to our watershed conditions, we must remain prepared for drought this year. We continue to encourage Calgarians to use water wisely, especially outdoors, to make every drop count. We have a variety of waterwise tips available at calgary.ca/drought.

You can read about watering wisely, choosing water-wise plants, installing a rain barrel, adding mulch to your garden, mowing less often, pointing your downspout toward your garden, adding good-quality soil, prioritizing watering trees, and checking your irrigation system for leaks.

Summer Activities

With summer also comes our free outdoor activities for children, youth, and families, all starting in July. The City of Calgary's safe and supervised programs are great for making new friends and learning new activities. You can find activities in Ward 6 by visiting www.calgary.ca/parks-rec-programs/free-activities.html for more information.

Are you a golfer or want to learn to golf? The City has seven municipal golf courses at five locations throughout the city, for beginners to experienced players. Stay up to date with the latest information and golf specials by signing up for the golf newsletter here: www.calgary.ca/rec-locations/golf/newsletter.html.

You can also download the app to book a tee time, get golf deals, and so much more here: www.calgary.ca/content/www/en/home/rec-locations/golf/mobile-app.html.

Sincerely,

Councillor Richard Pootmans

It is crucial that the Alberta government responds quickly and decisively during emergencies to protect Albertans and the communities where we live. While Alberta already had a strong emergency management framework; the Emergency Statutes Amendment Act, 2024, provides clarity and transparency to ensure that the province effectively manages emergencies more quickly.

Municipalities are critical partners in an emergency. They have the best on-the-ground information that is needed for an emergency response. Amendments made under Bill 21 ensure Alberta's government can, when needed, assume authority over local emergency response efforts in situations where additional provincial oversight and support is required. These changes define provincial authorities and will help foster coordination during particularly challenging situations.

To ensure that emergencies are responded to in the most effective, efficient manner, amendments clarify and enhance the province's discretionary authority to conduct emergency wildfire response on all provincial lands, both inside and out of the Forest Protection Area. These changes help ensure that, when large or multi-jurisdictional wildfires occur, Alberta's government can step in to support and potentially lead response efforts.

Bill 21 helps government to protect the supply of water for all communities and ensures water is readily available for priority uses, including public health and safety needs, livestock welfare, critical infrastructure, and critical environmental needs. These proposed amendments could only be used as a last resort if a water-related emergency is declared and would only apply to the geographic area designated within the emergency declaration.

Changes to the Election Act moves Alberta's set election date from May to October so it does not coincide with the spring and summer wildfire, drought, and flood season. The new set election date would be the third Monday in October in the fourth calendar year following the election day of the last general election.

Mike Ellis MLA, Calgary-West

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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	24	18	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
June	23	14	15	\$849,900	\$858,000

CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	24	5	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
June	23	4	3	\$679,900	\$670,000

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

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

BUSINESS CLASSIFIEDS

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