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# The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER

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

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PARK**

**ASPEN  
WOODS**



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# SCA Community Centre

277 Strathcona Drive SW, T3H 2A4

**T:** 403-249-1138  
**Emergency**

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

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

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

## SCA Board of Directors

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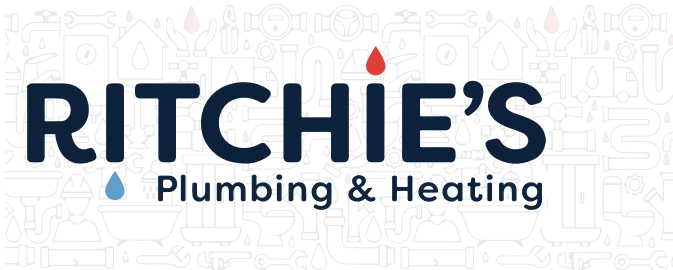
## SCA Office

Office Manager	Shelley Lakatos
Building Superintendent	Vacant
Communications Manager	Cathy Duke
IT Admin	Michael Smith
Rink Volunteer Coordinator	info@scacalgary.ca

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

## ELECTED REPRESENTATIVES

Ron Liepert – MP, Calgary Signal Hill	Ron.liepert@parl.gc.ca	403-292-6666
Mike Ellis – MLA Calgary West	Calgary.west@assembly.ab.ca	403-216-5439
Richard Pootmans – Councillor, Ward 6	Eaward6@calgary.ca	403-268-1646
Patricia Bolger – Public School Trustee		
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# Managing Seasonal Allergies

by Alberta Health Services

Allergies occur when your immune system overreacts in response to certain substances, mistaking harmless elements as harmful germs or viruses. Numerous triggers can cause this to happen such as pollens, medicine, food, dust, animal dander, and mould.

If your allergy symptoms occur seasonally, it's likely due to an allergy to specific pollens from trees, grasses, or weeds.

Allergies can range from mild to severe, and some over-the-counter allergy medications may alleviate certain symptoms. Remember to carefully read and follow the instructions on medication labels.

Effectively managing your allergies is key to maintaining good health. Your healthcare provider might recommend tests to pinpoint the exact cause of your allergies. Once you identify your triggers, you can take steps to avoid them, which will help prevent allergy symptoms and potential health complications.

In some cases, immunotherapy could be beneficial. This treatment involves injections or pills containing small amounts of specific allergens. Over time, your body becomes desensitized to these allergens, resulting in reduced or prevented allergic reactions.

### Symptoms and Treatment of Seasonal Allergies

Seasonal allergies can happen during any season and are very common. Some symptoms include:

- Itchy, watery eyes
- Sneezing
- Runny, stuffy, or itchy nose
- Temporary loss of smell
- Headache and fatigue
- Dark circles under the eyes ("allergic shiners")
- Drainage from the nose down the back of the throat (post-nasal drip)
- Sore throat, coughing, or snoring

Home treatments are usually all you need to treat seasonal allergies, depending on your symptoms. Medicines you can try for a stuffy nose include steroid nasal sprays, which can also help with red, itchy, watery eyes.

### Other treatments include:

- Clean the inside of your nose with salt water to provide relief of a stuffy nose.
- Use a humidifier in the bedroom and take hot showers to help clear a stuffy nose. Follow the directions for cleaning the humidifier.
- If your nose is red and raw from rubbing, put petroleum jelly on the sore area.
- Use over-the-counter allergy medicine to help your symptoms. Use a nasal or oral decongestant (such as Drixoral) to relieve a stuffy nose. For itchy, watery eyes; sneezing; or a runny, itchy nose, try a non-sedating over-the-counter antihistamine, like fexofenadine (such as Allegra) or loratadine (such as Claritin). To help relieve pain, try acetaminophen or ibuprofen.

### Preventing Seasonal Allergies

You can reduce your exposure to pollen and other allergens that cause seasonal allergies by:

- Keeping your house and car windows closed.
- Checking the Air Quality Health Index before you go outside.
- Limiting the time you spend outside when pollen counts are high (during midday and afternoon).
- Wearing a pollen mask or dust mask if you need to mow the lawn.
- Limiting your mowing tasks if you can.
- Rinsing your eyes with cool water or saline eyedrops to remove clinging pollen after you come indoors.
- Taking a shower and changing your clothes after you work or play outside.



## MESSAGE FROM THE BOARD

Dear SCA Community Members,

Welcome to June! As we transition into summer, we're excited to share some fun events and important reminders to keep you and your loved ones safe and engaged in our community.

June is National Indigenous History Month in Canada. This month, we celebrate unique cultures, traditions and experiences of First Nations, Inuit, and Métis peoples. We encourage everyone to take some time to learn about the history and experiences of Indigenous peoples, and to participate in events and activities that promote reconciliation and understanding.

With warmer weather here, it's important to be aware of the signs and dangers of heatstroke. Never leave children or pets alone in a hot car, even for a minute. Be sure to drink plenty of water and limit strenuous outdoor physical activity during peak heat hours. Check on elderly neighbours and watch for symptoms of heat exhaustion like dizziness, headache, and nausea. Staying informed on summer safety helps us look out for each other.

Yeehaw! Our annual Neighbour Day Stampede breakfast is just around the corner on Saturday, June 15 from 9:00 to 11:30 am at the community centre. Come hungry for a true Calgary experience complete with pancakes, sausages, coffee, juice, and good company. This is a fantastic opportunity to connect with your neighbours and kick off the Stampede spirit. We'll have fun activities for the kids as well so bring the whole family. Don't forget to wear your plaid, hat, and boots! If you would like to volunteer for this event, please sign up on our website.

We hope everyone has a fun and safe June. Reach out to us at [info@scacalgary.ca](mailto:info@scacalgary.ca) with any community updates! Reminder: we will be on hiatus during July and August but please feel free to reach out if you have any questions or concerns.

*The SCA CA Board*



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## RESIDENT PERSPECTIVES

# Stargazing with Pat J: Why Pluto Got Downgraded to a Dwarf Planet

by Patricia Jeffery © 2024, Calgary Centre of the Royal Astronomical Society of Canada

Upon its discovery in 1930, Pluto was immediately proclaimed the ninth planet in our solar system. Astronomers however were always puzzled by its minuscule size (much smaller than Mercury) and a bizarre orbit that overlapped with Neptune's.



 To qualify as a planet, an object must: 1) orbit the Sun, 2) have enough mass and gravity to be circular in shape, 3) possess enough gravitational force to clear its orbit of other objects. As Pluto's orbit is littered with asteroids and other space debris, it failed to meet the last criterion.

After four similar sized objects were detected in the 1990s, Pluto was demoted to dwarf planet status in 2006.

### Facts About Pluto:

- Named for the Roman god of the underworld, not a cartoon dog.
- If our Sun is the goal post of a CFL football field, Earth is on the two-yard line; Pluto on the opposing team's 31-yard line.
- Located far beyond Neptune in an area known as the Kuiper belt.
- 170 Plutos could fit inside Earth.
- Lying almost on its side, it rotates backwards on its axis every six days; thus, the Sun rises in the west and sets in the east.
- An egg-shaped orbit tilted 17 degrees which passes inside Neptune's orbit for 20 of the 248 years it takes to circle the Sun.
- Average temperature: -232 C.
- Sunlight takes 5.5 hours to get there.
- No rings but has five moons, Charon, the largest, is over half the size of Pluto.
- A NASA probe did a fly-by in 2015. Photos revealed a thin atmosphere and a surface pockmarked with craters, but also glaciers, mountains, valleys, and a massive heart-shaped plain; all composed of frozen nitrogen, methane, and carbon monoxide.

## Calendar

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

**June 1, 8:00 am to 2:00 pm** Parade of Garage Sales

**June 15, 9:00 to 11:30 am** Neighbour Day Stampede Breakfast

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

Please note Community Association Members are welcome to attend SCA Board Meetings by appointment, please contact [president@scacalgary.ca](mailto:president@scacalgary.ca).



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# Anxious Attachment Style? Ten Ways to Show up More Secure in Your Romantic Relationships and Ten Ways You Can Help Your Partner to Feel More Secure

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Showing up as secure in romantic relationships involves fostering trust, communication, and self-awareness.

**1. Work on Yourself** – Build your self-esteem and confidence. Know your worth and understand that you are deserving of love and respect.

**2. Communicate Openly** – Express your thoughts, feelings, and needs openly and honestly with your partner. Encourage them to do the same.

**3. Trust** – Trust yourself and trust your partner. Trust is the foundation of a healthy relationship. Avoid unnecessary jealousy and possessiveness. Unless they truly show you otherwise, then trust your gut.

**4. Set Boundaries** – Establish clear boundaries and respect each other's boundaries. Boundaries help maintain a sense of safety and autonomy within the relationship.

**5. Be Supportive** – Offer support and encouragement

to your partner. Show empathy and understanding towards their experiences and emotions.

**6. Maintain Independence** – While it's important to be close to your partner, maintain your independence and individual interests. This helps prevent co-dependency and maintains a healthy balance in the relationship. This also helps you show up as a whole person.

**7. Address Insecurities** – Recognize and address your own insecurities. They can self-sabotage good relationships. Seek therapy or counselling if necessary to work through deeper issues. Do the personal work, you won't regret it.

**8. Practice Self-Care** – Take care of yourself physically, emotionally, and mentally. Prioritize activities and habits that promote your wellbeing. Your partner will support you in this if they too are healthy.

**9. Focus on the Present** – Avoid dwelling on past relationship traumas or projecting future fears onto

your current relationship. Stay present and focus on building a positive connection with your partner. Take the time to get to know the new person in your life before making big changes and decisions with them.

**10. Seek Growth Together** – Continuously work on personal growth and relationship skills together. Attend couples therapy or workshops to strengthen your bond and deepen your understanding of each other. A partner who is open to their own growth and self-awareness is a green flag.

**The following are tips to help your anxious partner to feel more secure:**

**1. Communication** – Keep open and honest communication about your feelings, plans, and concerns.

**2. Reassurance** – Offer regular affirmations of your love, commitment, and support.

**3. Trust** – Build and maintain trust by being reliable, dependable, and transparent. This allows space for both of you to share and explore your vulnerabilities.

**4. Empathy** – Listen actively (listen to understand, not defend) and empathize with your partner's emotions and experiences.

**5. Boundaries** – Respect your partner's boundaries and communicate your own clearly.

**6. Quality Time** – Spend meaningful time together, creating positive experiences and memories.

**7. Appreciation** – Show appreciation for your partner's efforts, qualities, and contributions.

**8. Consistency** – Be consistent in your actions and behaviours to foster a sense of security and stability.

**9. Problem Solving** – Work together to address any concerns or challenges that arise in the relationship. A relationship is not one sided.

**10. Self-Care** – Take care of yourself mentally, emotionally, and physically. Your own well-being contributes to the overall health of the relationship.

**Book Suggestions:**

- *The Power of Attachment* – Diane Poole Heller
- *You are the One You've Been Waiting For* – Richard C. Schwartz
- *Attached* – A. Levine & S. Heller

**SkipTheDepot and Donate to the SCA**

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2. Enter your home address and pick a date
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SkipTheDepot will count your bags and credit your account within 48 hours after pickup. Funds will be donated to the SCA! Sign up at [app.skipthedept.com/scacalgary](http://app.skipthedept.com/scacalgary).

**Add Your Name to Our Babysitter Listing**

Check out our listings at [www.scacalgary.ca](http://www.scacalgary.ca) under Community Directory. If you would like to add your name to our list, email your name, age, community, and phone number to [info@scacalgary.ca](mailto:info@scacalgary.ca).

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# MARK YOUR CALENDARS



The Bow Valley Music Club returns this fall, presenting more great regional, national and international artists on our intimate stage.

Our Fall season kicks off on September 28 with Joe Nolan opening for The Ennis Sisters.

For over 25 years, The Ennis Sisters have been connecting to audiences worldwide. From arts centres in their home province of Newfoundland/Labrador to performing for International leaders and delegates at the 75th anniversary of D-Day on Juno Beach, their harmonies resonate with us all. A Juno Award, multiple ECMAs, and a SOCAN for the top-grossing Canadian country song—along with endless accolades from fans and critics alike—are tangible proof that they've tapped into something universal beyond the notes on the page.

Flavoured by Celtic and traditional Newfoundland influences, Maureen, Karen and Teresa are known for their captivating sibling harmonies and powerful, humorous storytelling.

Live performance has been a staple of the Ennis' experience and continues to be. Proven road warriors since 1997, they start BVMC's 33rd season in grand style.

Joe Nolan hails from Fort Saskatchewan, Alberta. Influenced by roots-music gentry like Leonard Cohen, Patti Smith, Bruce Springsteen, Lucinda Williams, and Bob Dylan, Nolan reflects on his vagabond lifestyle that takes him to festivals and venues throughout Canada's peaks and valleys. A typical year will see him playing anywhere from 150 to 200 shows; he is a true workhorse and road warrior.

"An Americana wunderkind to look out for..."  
The Globe & Mail.

Individual tickets will be available on Showpass or contact BVMC for our ticket pack options.

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[bowvalleymusicclub.org](http://bowvalleymusicclub.org)

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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, 6:30pm						
Toastmasters, 7:30 pm						



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## Enjoy Off-Leash Dog Parks Safely This Summer

*by the City of Calgary*

Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. As summer approaches, many pet owners are eager to enjoy the warm weather and spend quality time with their furry friends. However, it is crucial to ensure that off-leash interactions are safe and enjoyable for everyone. Here are some steps you can take:

### Make Sure Your Licence is Up to Date

Make sure that your dog is wearing its licence tag and that the licence is up to date: if your dog becomes lost, its licence is its ticket home. The risk for having an unlicensed dog is a \$250 fine.

### Know Your Dog

Some off-leash parks have fenced areas where owners can schedule a play date or utilize them if their pet isn't quite up to speed on their recall skills. This still allows their pet to get exercise and have some fun off-leash.

### Supervision and Control

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions. One of the best ways to safeguard for a stress-free outing is to ensure your dog has strong recall skills.

### Bring Essential Supplies

Carry essential supplies such as water, waste bags, and toys for your dog. Clean up after your pet to maintain cleanliness and hygiene in the park.

Calgary's off-leash dog parks provide a fantastic opportunity for dogs to socialize, exercise, and have fun during the summer months. To license your dog before you head out to the park, visit [calgary.ca/pets/licences](http://calgary.ca/pets/licences).



### Parade of Garage Sales

Thank you to our sponsor The Manor Village at Signature Park for their support of this event!

### Neighbour Day Stampede Breakfast – June 15, 9:00 to 11:30 am

Everyone is invited to our annual Stampede Breakfast – our most popular event of the year!

Pancakes and sausages for the first 1,500 people. Family friendly activities for the kids. Come enjoy the great fun, food, and music – rain or shine!

Volunteers are needed – can you help? We need help with the kids play area as well as helpers for setup and cleanup – great job for the strong and energetic youth in your family! Please sign up on our website or contact the SCA office at 403-249-1138 to register.

Thank you to our sponsors for their support of this event!

- Mike Ellis – MLA Calgary-West
- Calgary Stampede Caravan Committee
- A Child's Garden Pre-School Ltd.
- Boston Pizza
- Calgary Newcomers' Club
- Canadian Beauties
- 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!

### Joke of the Month

What do you get from a pampered cow?

Spoiled milk.



## SCA PROGRAMS



### Pre-Schools and School Age Care

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

Ages 3 to 5

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Contact Marilyn at 403-217-5658 or visit

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

#### KidZinc School Age Care

Ages 6 to 12

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

#### Seedlings Spanish Preschool

Ages 2 ½ to 6

Half or full day.

Contact Judith at 403-210-0604 or visit

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

### Children's Programs

#### Adagio School of Music – Lessons for Children

One-on-one lessons in piano, violin, or keyboard for children ages 4 to 15 years.

For more information or to register, contact 403-975-6308 or [adagioschoolinfo@gmail.com](mailto:adagioschoolinfo@gmail.com).

#### 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](http://www.bollywoodcalgary.com)

#### Calgary Young People's Theatre

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

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

#### Girl Guides

Classes for Sparks, Pathfinders, and Rangers.

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

#### Karate Classes

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

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

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

Contact Jeffrey Jukes at 403-228-5039.

#### Run.Jump.LEAD!

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

Grades 4 to 6: Mondays, 4:55 pm

Grades 1 to 3: Thursdays, 4:40 pm

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

#### Scouts

Thursday at 6:15 pm

Email [strathcona215gc@gmail.com](mailto:strathcona215gc@gmail.com) or visit [www.scouts.ca](http://www.scouts.ca).

#### Young Rembrandts

Tuesday at 5:00 pm

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

### Adult Programs

#### Bollywood Dance and Fitness Classes

Classes are offered on Sunday and Monday. Visit [www.bollywoodcalgary.com](http://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](mailto:twilcock@telus.net).

#### Chinook Country Line Dance

Tuesday at 6:00 pm

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





### **Gentle but Strong Yoga**

Thursday from 12:00 to 1:15 pm

Contact [mjgerlitz@gmail.com](mailto:mjgerlitz@gmail.com).

### **Jazzercise**

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

Contact Wendy at [wendy.p.craig@gmail.com](mailto:wendy.p.craig@gmail.com) or 587-889-4186.

### **Karate Classes**

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

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

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

Contact Jeffrey Jukes at 403-228-5039.

### **Mommy and Me Pilates**

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

Contact Theresa Toth at [toth31@shaw.ca](mailto: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](mailto: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](http://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](http://www.scacalgary.ca)

### **Bridge Lessons – Intermediate (Freda)**

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

Friday, April 5 to May 10, 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, April 5 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 (CONTINUED)



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

#### 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](http://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

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](http://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/](http://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](http://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](http://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](http://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](http://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_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](http://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/).

### Tuck N Tumble

Ages 4 to 10

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

Cost: \$350

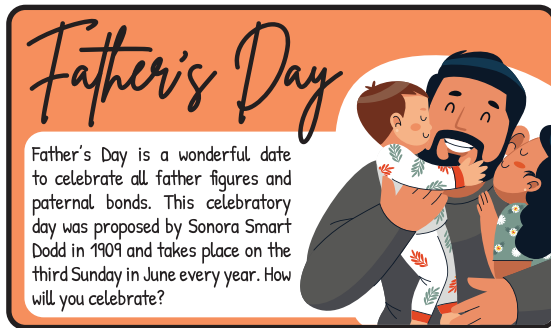
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## SCA PROGRAMS (CONTINUED)

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/Information: [www.tuckntumble.ca](http://www.tuckntumble.ca).



*Father's Day*

Father's Day is a wonderful date to celebrate all father figures and paternal bonds. This celebratory day was proposed by Sonora Smart Dodd in 1909 and takes place on the third Sunday in June every year. How will you celebrate?

An illustration of a man with a beard and a blue cap holding a young boy, with a woman kissing him on the cheek.



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## STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
May	23	20	17	\$880,000	\$957,000

## CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
May	23	4	3	\$1,069,000	\$1,100,000

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

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

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Pet of the Month



This is Sugar and according to her owner, Ana, she is the loveliest cat on earth!

**Survey: Bridge Lessons at the SCA**

Please help us out by participating in our survey! We are looking to gauge interest in beginner and intermediate bridge lessons at the SCA in the fall. Visit our website to access the survey and feel free to share the survey with family and friends.

**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](mailto:mjfritzler2@outlook.com).

**Join our Walking Group**

Walks take place every Tuesday at 10:00 am.

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

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## One Pan Chicken Fajitas

by Jennifer Puri

Originating in South and Central America, bell peppers have been cultivated for thousands of years. Available in a variety of colours: red, orange, yellow, green, and even purple, they are related to chili peppers, tomatoes, and breadfruit.

All bell peppers start out as green, but their colour and ripeness depend on the amount of time the pepper spends on the plant. Red peppers are riper, and their flavour is typically sweeter, milder, and generally easier for most people to digest. They can be eaten raw, cooked, dried, or powdered.

Bell peppers are an excellent addition to a healthy diet as they are mainly composed of water with smaller amounts of carbohydrates, protein, fiber, and fat. Rich in many vitamins, antioxidants, and carotenoids they are beneficial for eye health and reduced risk of anaemia.

Peppers can be enjoyed as a snack, in a salad, stuffed, grilled, roasted, pickled, raw, or sautéed as shown in the one pan chicken fajitas recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### Ingredients:

- 3 boneless chicken breasts
- 1 medium white onion
- 1 lime
- 3 red and yellow bell peppers
- 5 tbsp. extra virgin olive oil
- ¾ tsp. chili powder
- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. cumin powder
- ¼ tsp. black pepper
- ¼ tsp. oregano
- Salt to taste

### Directions:

- Slice onion and bell peppers (seeds and stems removed) into ¼ inch thick slices.

- In a small mixing bowl, combine 3 tbsp. of olive oil, juice of half a lime, chili and garlic powder, paprika, cumin, black pepper, oregano, and salt to taste. Slice chicken breasts into thin strips and add to the spice mixture.
- Add half the chicken pieces to a large non-stick frying pan or skillet and sauté over medium to high heat until cooked, about four to five minutes. Remove from pan and repeat with remaining chicken.
- Set cooked chicken aside and add 2 tbsp. of olive oil and the sliced onions to the frying pan. Sauté for two minutes then add the sliced peppers and continue sautéing until peppers are cooked and brown at the edges. Add the cooked chicken and combine with the peppers and onion until heated through.
- Serve chicken fajitas over warm tortillas with a squeeze of lime, avocado, sour cream, and pico de gallo.

Bon Appétit!







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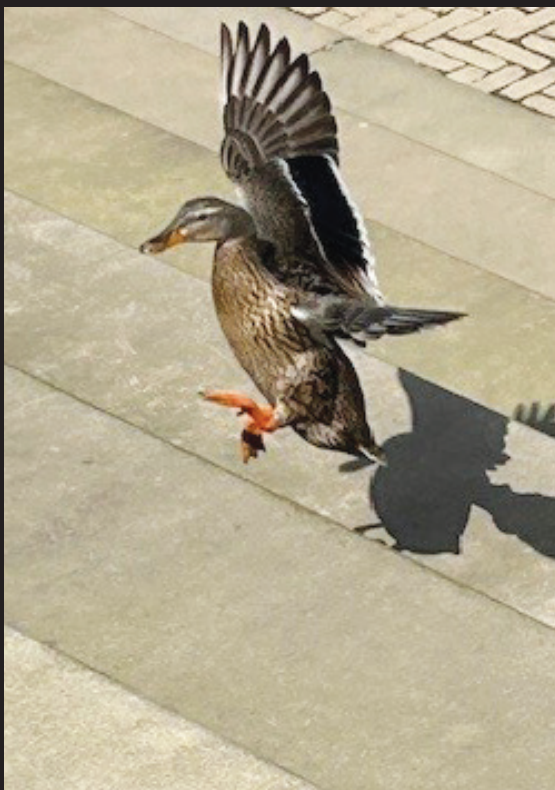
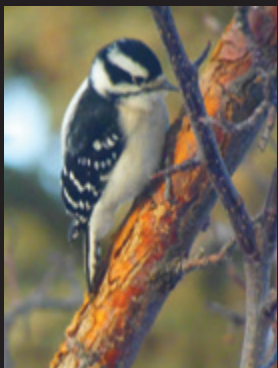
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\*Guarantee is being offered by Greater Property Group.  
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	24	20	19	\$949,000	\$950,000
March	24	25	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
May	23	25	19	\$995,000	\$1,050,177

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

PHOTO  
**GALLERY** by Nyckie Rea



*Spread your wings...*

*Try to be a rainbow in someone's cloud.*



Hello, Ward 6,

Seniors' Week is celebrated annually across Alberta and this year it will be held from June 3 to June 9. It is a time to show appreciation for older adults and the significant contributions they make to our communities. They support their families and friends, volunteer their time and resources to various charities, and play an essential role in making our communities better places to live.

Get involved! Whether or not you choose to attend a Seniors' Week event, Age-Friendly Calgary encourages you to celebrate aging in your own way. Help spread Seniors' Week awareness with the social media hashtags #seniorsweek and #agefriendlyyyyc.

Seniors' Week events and updates will be posted at [calgary.ca/seniorsweek](http://calgary.ca/seniorsweek).

Another celebratory event happening just around the corner is Canada Day. This City of Calgary event is free and family-friendly, featuring Indigenous and cultural performances, live music, activities, art, and more.

Canada Day is for everyone. It's a time to honour the rich traditions of Indigenous history and culture and welcome those who have moved here from all over the world. We can all be proud to live in a great city and country where people from all walks of life unite on Canada Day to celebrate culture and community.

We want Canada Day celebrations to reflect the many different interests and backgrounds of Calgarians. Whether you attend often or haven't attended for a while, this is your opportunity to tell us what's important to you on Canada Day and what an ideal downtown event looks like.

Have your say at [calgary.ca/CanadaDaySurvey](http://calgary.ca/CanadaDaySurvey). The deadline to provide input is July 4, 2024. Feedback collected will be used to shape future Canada Day celebrations in Calgary.

Regards,

*Councillor Richard Pootmans*

Over the past six months, Alberta generated 90% of all new private sector jobs in Canada. The BMO and Desjardins have noted that Alberta is one of the only two provinces that managed to keep the budget balanced this year. Desjardins hailed Alberta as a fiscal star among the provinces. Scotiabank is projecting that Alberta will lead Canada in economic growth again this year.

De Havilland Canada has moved its head office from Toronto to Calgary. Their airplane manufacturing plant in Wheatland County is expected to create 1,500 jobs. To date, they have hired 750 employees, with plans to add 300 to 400 employees by year-end.

Imperial Oil is constructing Canada's largest renewable diesel facility at its Strathcona Refinery — a \$720 million investment that is creating 600 local construction jobs.

Mondi Group is expanding in Hinton, with a significant investment in pulp and paper, adding 120 jobs.

In total, there are 322 major projects under construction in Alberta, with nearly \$82.7 billion being poured into our economy.

Every Albertan deserves the opportunity to access treatment and pursue recovery from mental health challenges and addiction. As part of the health care refocusing, the Alberta government is creating Recovery Alberta, a new mental health and addiction organization. Recovery Alberta is the result of the work that has been done over the past five years to build the Alberta Recovery Model, which provides a full continuum of addiction and mental health services, including prevention, intervention, treatment, and recovery.

Mental health and addiction services currently delivered by AHS will be delivered under Recovery Alberta, while focusing on delivering more patient-centered care to Albertans.

The provincial government is introducing the Canadian Centre of Recovery Excellence (CoRE) to support the Alberta Recovery Model. Alberta leads the country in recovery-oriented care. CoRE supports this with research and exploration of best practices from around the globe.

Enjoy the beginning of the summer months!

*Mike Ellis MLA, Calgary-West*

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