

MARCH 2024

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# The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER

**SUMMER CAMPS  
PAGE 18**

*Cover Photo by Nyckie Rea*

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	13	13	\$968,000	\$950,000
December	23	8	10	\$507,450	\$515,000
November	23	14	11	\$524,900	\$515,000
October	23	17	13	\$530,000	\$520,000
September	23	15	14	\$557,450	\$562,500
August	23	26	23	\$505,000	\$500,000
July	23	21	19	\$529,900	\$521,000
June	23	26	20	\$892,500	\$866,900
May	23	25	19	\$995,000	\$1,050,177
April	23	17	17	\$524,800	\$537,500
March	23	26	15	\$849,000	\$845,000
February	23	16	11	\$960,000	\$949,000

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



# Ten Tips for Dealing with Parental Estrangement

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



Parental estrangement is emotional and physical distancing between a parent/s and their adult child, resulting in a strained or severed relationship. It can be triggered by various factors such as disagreements, misunderstandings, differing values, or more serious issues like emotional or physical neglect or abuse. The reasons behind parental estrangement are complex, and individuals may choose to distance themselves from a parent for their own wellbeing. The experience is emotionally challenging for both the parent/s and the adult child involved.

The following are tips which offer help for either person of the estrangement:

- 1. Acknowledge Your Feelings:** Accept and validate your emotions. Feelings of loss, anger, and confusion are valid responses to the situation.
- 2. Build A Support Network:** Surround yourself with friends or support groups who can offer understanding and encouragement.
- 3. Establish Healthy Boundaries:** Clearly communicate and enforce boundaries that protect your emotional wellbeing.
- 4. Practice Self-Compassion:** Be kind to yourself and avoid self-blame. Estrangement is a complex situation.
- 5. Focus On Personal Growth:** Use the experience as an opportunity for self-discovery and personal development.
- 6. Journaling:** Write down your thoughts and feelings to gain clarity and process your emotions.
- 7. Engage In Activities You Enjoy:** Invest time in hobbies and activities that bring you joy and fulfilment.
- 8. Explore Forgiveness:** Consider forgiveness as a personal process, recognizing that it doesn't necessarily mean reconciliation.
- 9. Give It Time:** Healing from parental estrangement is a gradual process. Be patient with yourself and the situation.
- 10. Seek Professional Help:** Consider therapy to help navigate and express the complex emotions that come with parental estrangement. Therapists can teach effective communication skills to navigate difficult conversations if your child wants to talk. Therapy offers a chance to explore the root causes of the estrangement, helping individuals gain insight into their own contribution to the misunderstanding. Therapists will teach you healthy coping strategies to manage emotions. Finally, therapy can help you understand, create, and enforce healthy boundaries for the repaired relationship moving forward.

Therapy is a personalized journey, and the specific benefits can vary depending on individual circumstances and goals. Remember, there is help and hope.

# SCA Community Centre

277 Strathcona Drive SW, T3H 2A4

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

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

**Email**  
**Website**

info@scacalgary.ca  
www.scacalgary.ca

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

## SCA Board of Directors

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Rink Volunteer Coordinator	info@scacalgary.ca

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

## ELECTED REPRESENTATIVES

Ron Liepert – MP, Calgary Signal Hill	<a href="mailto:Ron.liepert@parl.gc.ca">Ron.liepert@parl.gc.ca</a>	403-292-6666
Mike Ellis – MLA Calgary West	<a href="mailto:Calgary.west@assembly.ab.ca">Calgary.west@assembly.ab.ca</a>	403-216-5439
Richard Pootmans – Councillor, Ward 6	<a href="mailto:Eaward6@calgary.ca">Eaward6@calgary.ca</a>	403-268-1646
Patricia Bolger – Public School Trustee		
Lory Fontana-Iovinelli – Separate School Trustee	<a href="mailto:Lory.iovinelli@cssd.ab.ca">Lory.iovinelli@cssd.ab.ca</a>	403-500-2761



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## MESSAGE FROM THE BOARD

Dear SCA community members,

Welcome to our March edition of the *Gazette*! My, oh my, where to start? March is chock full of events. There are several 'awareness months' celebrated in March - some notable ones being: Women's History Month, National Reading Month, Disability Awareness Month, Multiple Sclerosis Awareness Month, St. Patrick's Day (March 17), Daylight Saving Time (March 10), the first day of spring, Good Friday (March 29) and Easter Sunday (March 31). And of course, who can forget the grandfather of political assassinations, the death of Julius Caesar, on the 15th of March! Caesar recklessly brushed aside the Soothsayer's "beware the Ides of March" warning, strode on to the Senate where he got stabbed by as many as sixty conspirators. Ouch!

March is a month of new growth, new beginnings, a month of birth: the rainy season starts in some parts of the world in March, and in ours the long dark days of Winter begin to recede (even if much slower than we would want). Let us commence this new month by joining the new/young SCA Board in taking bold steps to craft a better future for the SCA Community. Enjoy the month of March with family and friends. Support one of our local bars or restaurants to celebrate St. Patrick's Day, drink some shamrock while decked out in your best green outfit. Let's hope that March brings with it a much sought-after mild temperature. Let's pray that the deep freeze from a few weeks ago does not return.

**Community Engagement:** Here is what is happening in our SCA this month. The Bow Valley Music Club is pleased to announce our Winter/Spring line-up, featuring:

March 2 – Gordie MacKeeman and His Rhythm Boys with Ryland Moranz opening.

March 23 – Russel deCarle with opening act Over The Moon.

For details, please contact the SCA directly.

Safety is still an issue, especially with the recent snowfall. However, as the climate warms up the snow melts but not fast enough in some parts of the community. So, you will find some sidewalks and pathways still caked in ice. Not everybody clears their sidewalk so wear proper footwear as you are out walking.

**Fun Fact:** Did you know that Switzerland invaded Liechtenstein once? On March 1, 2007, a detachment of 170 Swiss infantrymen accidentally invaded neighbouring Liechtenstein when they, get this, got lost on a training mission. Luckily, after explaining the mistake to Liechtenstein, the Swiss army was given directions and returned home safely. Thank heavens for good neighbours. How do you plan on being a good neighbour, neighbour?

*Your SCA Board of Directors*



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### Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.





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SCA 2024 Schedule

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



THE COOKIES ARE COMING!

They're chocolate... and vanilla... and very tasty!

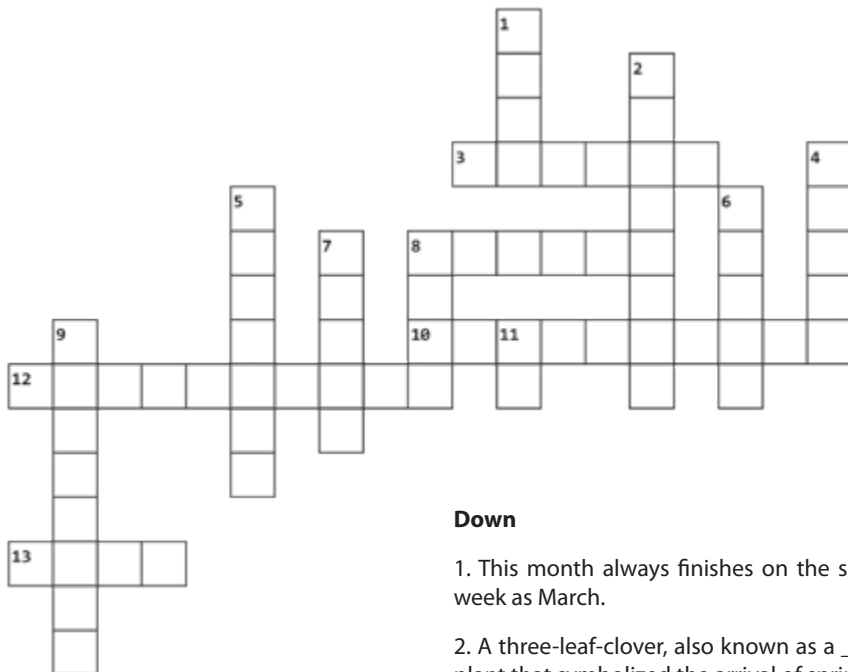
Watch for Girl Guide cookies being sold in your neighbourhood in March and April, and please buy some if you can! By supporting Girl Guide cookie sales, you are supporting the amazing Girl Guide programs we have right here in our Sunset Hills District.

Girl Guide programs for Sparks, Embers, Guides, Pathfinders and Rangers are extremely popular in our community. Girls in Guiding enjoy camping, hiking, sleepovers, chemistry, engineering, campfires, community service, field trips, crafts, songs, and much more. Of course, they also practice communication skills and money management skills when they sell Girl Guide cookies to friends, to neighbours, and to the public!

To learn more about Girl Guides in our area, or to find out where you can pick up some delicious cookies, contact [sunsethillscookies@gmail.com](mailto:sunsethillscookies@gmail.com).



# March Crossword

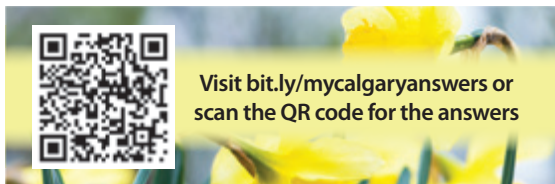


## Across

3. The \_\_\_\_\_ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin \_\_\_\_\_, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The \_\_\_\_\_ of March is well-known as the day Julius Caesar was assassinated.

## Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a \_\_\_\_\_, is a plant that symbolized the arrival of spring for the Celts.
4. International \_\_\_\_\_'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* \_\_\_\_\_ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient \_\_\_\_\_ calendar.
8. Alexander Graham \_\_\_\_\_ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers



# Calendar

<b>Tuesdays, 10:00 am</b>	Walking Group. Meet at Good Earth
<b>March 2, 7:00 pm</b>	Bow Valley Music Club
<b>March 20, 5:30 pm</b>	Spill the Beans Workshop
<b>March 20, 7:00 pm</b>	SCA Board Meeting
<b>March 23, 7:00 pm</b>	Bow Valley Music Club

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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## COMMUNITY NEWS

### Prohibited Roads for Temporary Signs

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

### Join Our Walking Group

Walks take place every Tuesday at 10:00 am.

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

### Neighbourhood Watch Program – Volunteers Needed

The communities of Strathcona, Christie, and Aspen are looking for volunteer administrators for the Neighborhood Watch Program. If you are interested in finding out more about this position, please email us at [info@scacalgary.ca](mailto:info@scacalgary.ca).

### Rink Volunteers Welcome

Join our great group of rink volunteers and lend a hand maintaining the ice this winter. Give as much or as little time as you can. Many hands make light work! If you can help, please send us an email at [info@scacalgary.ca](mailto:info@scacalgary.ca) or call us at 403-249-1138.



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Studies show that people who regularly see their family doctor are healthier, live longer, and have fewer hospital visits. You can find various health support through Primary Care Networks, including:

- Virtual and in-person workshops to support mental health, nutrition, diabetes, exercise, and to help you quit smoking.
- Access to a team of health professionals that could include nurses, mental health therapists, dietitians, pharmacists, and social workers who can provide you with specialized care.
- After-hours care to support you if you can't get in to see your family doctor.

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

**STRATHCONA**



**CHRISTIE  
PARK**



**ASPEN  
WOODS**



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

### Explore the City of Calgary Roadway Activities Map

by the City of Calgary

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

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.



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



### Pre-Schools and School Age Care

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

Ages 3 to 5

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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

Before and after school care.

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

#### Seedlings Spanish Preschool

Ages 2 ½ to 6

Half or full day.

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

### Children's Programs

#### Bollywood Dance and Fitness Classes

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.runjumblead.com](http://www.runjumblead.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).

### 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.

### 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](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, March 29 to May 3, 9:30 to 11:30 am

### Adult Chair Yoga (Sherry)

Ten weeks - \$60 + \$3 GST = \$63  
 Beginner Yoga #1 (More seated postures) – Monday, April 1 to June 10, 12:00 to 1:00 pm  
 No class May 20  
 Intermediate Yoga #2 (More standing postures) – Monday, April 1 to June 10, 1:15 to 2:15 pm  
 No class May 20  
 Intermediate Yoga #3 (More standing postures) – Wednesday, April 3 to June 5, 10:00 to 11:00 am

### SCA Line Dancing (Mary and Peggy)

Ten weeks - \$90 + \$4.50 GST = \$94.50 (BOGO \$135 + GST \$6.75 = \$141.75) Discount of \$45  
 Wednesday, April 3 to June 5  
 #1: Beginner (Level 1) 2:00 to 3:00 pm  
 #2: Improver (Level 2/3) 1:00 to 2:00 pm  
 #3: Intermediate (Level 4) 2:00 to 3:00 pm  
 #4: Advance (Level 5/6) 1:00 to 2:00 pm

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

\$5 Drop-in Fee  
 Friday, March 29 to June 28, 1:00 to 2:00 pm

### Tai Chi (Adrian Buzcek)

Ten Classes \$80 + \$4 = \$84  
 Continuing 1 and Basics – Monday, April 1 to June 10, 1:30 to 2:30 pm  
 No class May 20  
 Basics – Monday, April 1 to June 10, 2:45 to 3:45 pm  
 No class May 20  
 Continuing 2 – Wednesday, April 3 to June 5, 11:00 am to 12:00 pm

*continued on next page*

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



### Summer Camps

#### Alien In-Line Skate Camp

Ages 6 to 12

Date: August 19 to 23

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

For information and registration:

[www.alieninline.com/summer-camps/](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/).

### 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.

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

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

Register / Info: [www.tuckntumble.ca](http://www.tuckntumble.ca).

## Real-Life Fairy Tale

Did you know that the magical world of Disney extended beyond the screen for the voices of Mickey and Minnie Mouse? Wayne Allwine (Mickey from 1977 to 2009) and Russi Taylor (Minnie from 1986 to 2019), added a real-life fairy tale twist to their story. In 1991, they tied the knot, bringing the iconic mouse couple's love to life off-screen.



## YOUR CITY OF CALGARY

### Winter Cart Placement Tips

by The City of Calgary



Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at [calgary.ca/cartplacement](http://calgary.ca/cartplacement).



## EVENTS

### Spill the Beans: Unpacking Your Food Waste – March 20, 5:30 pm

Join our one-hour free workshop to learn practical ways to save money on food and reduce waste.

Please consider purchasing a community membership to support our events.



## Blindfolded Brainiac

Rajveer Meena holds the world record for memorizing the most digits of Pi at 70,000! To put his impressive feat into perspective, if we were to write down 70,000 decimal places of Pi, it would stretch over 21 kilometres in length. So, not only did Rajveer showcase an incredible memory, but he also managed to do it while blindfolded.



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

## STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	5	3	\$1,095,000	\$1,030,000
December	23	4	6	\$772,450	\$755,000
November	23	4	5	\$679,900	\$679,000
October	23	5	4	\$762,500	\$757,500
September	23	10	10	\$669,400	\$660,750
August	23	7	8	\$715,000	\$775,000
July	23	11	13	\$875,000	\$880,000
June	23	14	15	\$849,900	\$858,000
May	23	20	17	\$880,000	\$957,000
April	23	13	11	\$799,999	\$858,000
March	23	11	10	\$793,950	\$806,000
February	23	7	5	\$899,000	\$906,400

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

## CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	5	5	\$769,800	\$745,000
December	23	2	2	\$554,950	\$547,250
November	23	3	5	\$1,155,000	\$1,100,000
October	23	8	4	\$569,200	\$572,500
September	23	8	3	\$1,225,000	\$1,225,000
August	23	6	5	\$750,000	\$780,000
July	23	4	4	\$709,950	\$695,900
June	23	4	3	\$679,900	\$670,000
May	23	4	3	\$1,069,000	\$1,100,000
April	23	3	1	\$675,000	\$676,507
March	23	2	4	\$837,450	\$814,500
February	23	2	2	\$696,894	\$685,073

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

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# COMMUNITY COLOURING CONTEST!

*Sponsored by Jill Stewart, Calgary Realtor*

Email a photo of your creation to [jillscoloringcontest@gmail.com](mailto:jillscoloringcontest@gmail.com) by March 31.  
Please also share your first name and age.

Each submission qualifies you for a chance to win a \$10 Starbucks gift card. Best of luck!



PHOTO

# GALLERY

by Nyckie Rea



*Earth without wildlife is life without beautiful things.*





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## WINNIE IS CANADIAN

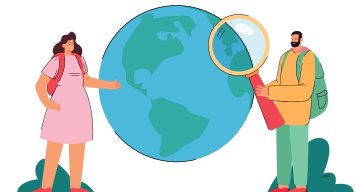
In World War I, Canadian soldier Harry Colebourn adopted a black bear cub, Winnipeg (Winnie). Donated to the London Zoo in 1914, Winnie captured the heart of Christopher Robin Milne. He named his teddy bear after her, inspiring A. A. Milne's creation of the timeless Winnie the Pooh stories. The rest is cuddly, whimsical history!



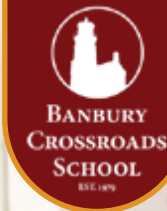
## GAMES & PUZZLES

### Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



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Stormi, *Deer Ridge*

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# Epilepsy Awareness Month

## Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!

MARCH 26  
**Purple Day**



**Light up the Night in Violet Vibes!** Light up your homes, offices, and public spaces in purple to show your solidarity.



**Dress in Grape Glory!** Show your support by wearing purple clothing or accessories on March 26th.

**Spark a Purple Revolution!** Be a part of the change! Donate or start a fundraiser.



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



Share your purple moments using

**#postyourpurple**



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MLA Calgary - West  
**Mike Ellis**

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Calgary, AB T3H 0N6  
☎ 403.216.5439  
✉ calgary.west@assembly.ab.ca

Hello, Ward 6,

With the approval of Home is Here: The City of Calgary's Housing Strategy on September 14, 2023, Council directed Administration to take actions to address the housing crisis. These actions address housing affordability, non-market housing; housing for a city that will grow to two million people in the near future.

One of these actions, Rezoning for Housing, is a proposed rezoning to new base residential districts of either R-CG in established communities, R-G, or HGO in newer communities. With rezoning, Calgarians would have access to a wider variety of housing to meet their needs and it would contribute to increasing the overall housing supply. Increased supply is crucial to addressing affordability.

The Rezoning for Housing report, including the 'What We Heard' report will be delivered to City Council through Calgary Planning Commission on March 7, 2024. Calgary Planning Commission's recommendation will be considered by City Council at the Public Hearing of Council on April 22, 2024.

Learn more about participating in public hearings at [calgary.ca/publichearing](https://calgary.ca/publichearing).

For all information regarding Rezoning for housing visit [calgary.ca/planning/projects/rezoning-for-housing.html](https://calgary.ca/planning/projects/rezoning-for-housing.html). You can use the interactive address map to see how your property will be affected.

### **Calgary Unplugged is an Annual Family-Friendly Earth Hour Event**

Enjoy music, entertainment, and learn what environmental actions you can take in Calgary. Bring along some personal lighting and dance to the DJ when the lights go down for the Earth Hour party!

Location: Central Library (800 3 Street SE)

Date: Saturday, March 23

Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Turn off nonessential lights, "unplug" from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy other hobbies.

Sincerely,

*Councillor Richard Pootmans*

By granting the Alberta Sheriffs more authority, Alberta's highways have become safer. In 2023, Alberta Sheriffs removed over 1,200 impaired drivers from our highways, bringing the total to nearly 4,000 impaired drivers removed from provincial highways since July 2021. In addition to making Alberta's highways safer by immediately removing impaired drivers from the road, the Sheriff Highway Patrol's enforcement efforts help the RCMP keep units on patrol and available to respond to other incidents. The safety of all Albertans and their families remains top priority for me, and for our government.

Albertans who depend on Assured Income for the Severely Handicapped (AISH), Income Support, and the Alberta Seniors Benefit have seen a 4.25% increase in their monthly benefit starting in January 2024. Nearly 200,000 Albertans on the Alberta Seniors Benefit have seen this increase on their January cheques. This increase will assist vulnerable Albertans to ensure benefits cover the increasing costs of food, housing, and other essential goods and services. This amounts to an increase from \$1,787 to \$1,863 for AISH, \$790 to \$824 in Income Support for those who are expected to work, \$919 to \$959 in Income Support for those with barriers to full employment, and \$303 to \$316 for those who receive the Alberta Seniors Benefit. Beginning in March 2024, to make it easier for recipients to pay their monthly bills on time; benefits will be sent out four business days before the end of each month.

The tourism industry is a key driver in diversifying Alberta's economy, bringing \$10 billion a year in visitor spending in our province. The Alberta government is committed to growing this sector, resulting in a strong and resilient provincial tourism industry that continues to be a key player in driving our economy now and in the future. I support the Alberta government's efforts as we work towards an ambitious goal of growing our province's visitor economy to more than \$20 billion by 2035.

*Mike Ellis MLA, Calgary-West*

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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](http://www.communitymediation.ca), 403-269-2707.

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**ST. MARTIN'S CHURCH:** An Anglican Community: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and on Zoom). Sunday School each week. ESL Conversation Club on Tuesdays from 9:30 to 11:00 am. Sandwich Making - Wednesdays at 1:00 pm. Easter Services: Good Friday - 10:00 am and Easter Sunday - 10:00 am.

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**36%** faster

When it's time to sell your home, David sells it **36% faster**. David's listings averaged **14 days** on market vs the rest of the market at 22 days.\*

**101.1%** more

David's listings sell for more! David's listings have sold at **101.1%** of list price on average vs the rest of the market at 100.4%.\*

**460** sold since 2012

With **460 sales** dating back to 2012, David continues to establish himself as the top producing Realtor here on the Westside.

\* MLS data. Calendar 2023. Detached Homes in the Westside - the combined communities of West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona, Coach Hill, Patterson & Cougar Ridge

Friend  
Neighbour  
Realtor®  
**David Pellettier**

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