

SEPTEMBER 2024

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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

STRATHCONA



CHRISTIE PARK



ASPEN WOODS



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# SCA Community Centre

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**F:** 403-249-7811

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**Emergency**

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**Website**

www.scacalgary.ca

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

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

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## MESSAGE FROM THE BOARD

September is a month filled with dynamic activities and transitions. The SCA Community Association is offering a variety of programs and classes for community members of all ages and interests! By reviewing the SCA Programs in our *Gazette* or contacting our office, you're sure to find programs that will interest you and your family. If you have other interests that aren't covered in our current offerings, please let us know, and we'll do our best to develop new programs to meet those needs.

September marks the return to school for students. Schools are abuzz with activities as students of all ages head back to classrooms. Elementary and high schools are bustling with new students, academic planning, and extracurricular sign-ups. The excitement and energy of a new school year brings a fresh start and a promise of new opportunities for learning and growth.

In Calgary, local events like Beakerhead and ClFF are great ways to bring the community together. Beakerhead, running from September 20 to 22, combines art, science, and engineering into one experience and transforms Calgary into a creative playground, with interactive installations and striking displays. It's all about sparking curiosity and inspiring innovation for people of all ages, making it an ideal family outing.

Another exciting event in Calgary this month is the Calgary International Film Festival (ClFF), happening from September 19 to 29. ClFF is a fantastic showcase of films from around the globe, featuring everything from independent and foreign films to documentaries and shorts. Beyond the screenings, the festival often includes sessions with filmmakers, industry panels, and networking opportunities. Whether you're a film buff or a professional in the industry, ClFF offers a wonderful chance to focus on the world of cinema and experience something truly special.

On the global stage, Saturday, September 14, 2024, is the International Observe the Moon Night. No matter where you are, you can join in on International Observe the Moon Night. It's a wonderful opportunity to connect with fellow Moon enthusiasts and curious individuals from all around the world. This annual event happens when the Moon is in its first quarter, which is perfect for evening observations. During this phase, the views along the terminator — the line between night and day on the Moon — are especially spectacular. The shadows cast

by the craters create a beautifully detailed and stunning views that you won't want to miss.

Within the community, we'd love for you to join us for the "Hands in Art Project" in collaboration with the University of Calgary. Residents are invited to dip a gloved hand into paint and leave their handprint around the hockey rink. A great way to help beautify the rink and leave your mark on the community. Everyone is welcome on September 7 from 10:00 am to 12:00 pm - hope to see you there!

On the following day, Sunday, September 8 from 9:00 am to 1:00 pm, we will be hosting our annual Recycle Day where we will have electronic recycling by Techno Trash, recycling, scrap metal disposal, a bottle drive for Wildcats Football, and free paper shredding for SCA CA members. Our ask to you, we need volunteers to help the day of, if you can help, please sign up by contacting the SCA office either by email at [info@scacalgary.ca](mailto:info@scacalgary.ca) or by phone at 403-249-1138.

Have a great September,

*SCA CA Board*



On September 1, 1972, Bobby Fischer made history by becoming the first American to win the World Chess Championship. He outplayed the reigning champion, Boris Spassky, with a score of 12.5 to 8.5 in what became the most famous chess match at the time, capturing the world's attention!

## Korean Beef Bowl

by Jennifer Puri

Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

**Prep Time:** 12 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



### Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.



Bon Appétit!

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# Calendar

**Tuesdays, 10:00 am**

Walking Group. Meet  
at the gazebo beside  
Sobeys.

**September 7, 10:00 am  
to 12:00 pm**

Hands in Art Project

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

Recycle Day

**September 18, 7:00 pm**

SCA Board Meeting

**October 16, 7:00 pm**

SCA Board Meeting

**October 25, 6:00 pm**

SCA CA Halloween  
Dinner and Movie

**November 20, 7:00 pm**

SCA Board Meeting

**November 29, 7:00 pm**

SCA CA and Wellings of  
Calgary Holiday Seniors  
Dance

**December 7, 10:00 am  
to 4:00 pm**

SCA CA Christmas Craft  
Fair

**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](mailto:president@scacalgary.ca).

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# Fall Super Thrift Sale

**Saturday, September 28**

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**For More Information:  
[samaritanclub.ca](http://samaritanclub.ca)**

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**The Samaritan Club of Calgary's Super Thrift Sale  
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household goods and more.**

## EVENTS

### **Hands in Art Project – Saturday, September 7 from 10:00 am to 12:00 pm**

We need volunteers! If you can help, call the office at 403-249-1138.

Join us on September 7 from 10:00 am to 12:00 pm at the rink behind the SCA CA building to show your community pride. Residents will dip a gloved hand into one of three paint colours – one for each community the SCA CA represents – and leave a handprint at the edge of the hockey rink.

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

We need volunteers! If you can help, please sign up at the link below or contact the SCA office either by email at [info@scacalgary.ca](mailto:info@scacalgary.ca) or by phone at 403-249-1138. Thanks!

Volunteer Signup: [volunteersignup.org/KTWCR](http://volunteersignup.org/KTWCR).

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

Volunteers will be needed to help unload vehicles and to direct traffic.

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

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

### **Halloween Spaghetti Dinner and Movie Night – October 25**

Kids... get your Halloween costumes ready. Join us for a Spook-tacular Dinner, Movie, and Costume Parade on October 25.

Doors open at 5:45 pm, dinner at 6:00 pm, costume parade at 6:45 pm, and the movie *Coco* begins at 7:00 pm.

This event is limited to 200 people. Must have a current SCA CA membership (membership will be available for purchase) and all minors must be accommodated by an adult for the entire event.

### **SCA CA and Wellings of Calgary Holiday Seniors Dance – November 29**

Join us in an evening of live music, dancing, cash bar, and treats prepared by Wellings' chefs. Tickets are \$15 and available beginning October 1.

### **SCA CA Christmas Craft Fair – December 7 from 10:00 am to 4:00 pm**

Come shop for unique, handmade Christmas gifts from one of our 56 vendors.

A current SCA CA membership would be appreciated to help support your community association and this event.



## Pet of the Month

Happy 3rd Birthday Sugar!



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		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	Explosive Dance, 4:00 to 8:00 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	Bridge Lessons, 1:00 to 4:00 pm	Bridge, 12:30 pm	PRIVATE RENTALS	Pathfinders, 6:30 pm
CYP Theatre, 5:30 pm	Chinook Country Line Dancers, 6:00 pm	Explosive Dance, 4:00 to 8:00 pm	Explosive Dance, 4:00 to 8:00 pm	Older Adult Dance, 1:00 pm		
Sparks, 6:30 pm	CYP Theatre, 6:30 pm	Karate, from 6:30 pm	Run.Jump.LEAD!, 4:40 pm			
Rangers/Pathfinders, 6:30 pm		Pathfinders, 6:30 pm	CYP Theatre, from 5:00 pm			
Karate, 6:30 pm			Scouts, 6:15 pm			
Toastmasters, 7:30 pm						

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## Back-to-School Safety

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.


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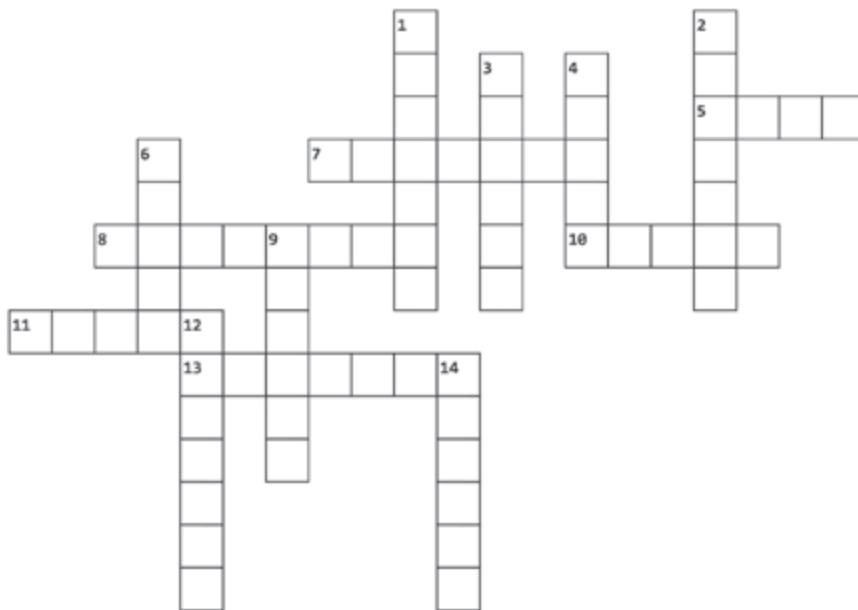
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# September Crossword

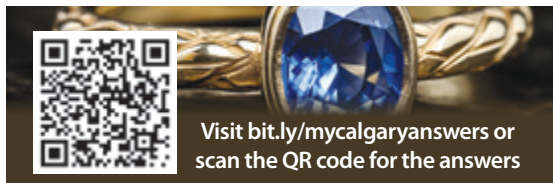


## Across

5. The first \_\_\_\_\_ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World \_\_\_\_\_ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the \_\_\_\_\_, symbolizes royalty and nobility.
10. World \_\_\_\_\_ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 \_\_\_\_\_ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, \_\_\_\_\_ was officially declared a Canadian province.

## Down

1. On September 1, 1972, Bobby \_\_\_\_\_ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, \_\_\_\_\_ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the \_\_\_\_\_ comes from the Greek word for star.
6. Treasured Canadian actor, \_\_\_\_\_ Reeves turns 60 this year on September 2.
9. September 22 is \_\_\_\_\_ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril \_\_\_\_\_ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret \_\_\_\_\_, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.



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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

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



### Pre-Schools and School Age Care

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

Ages 3 to 5

Two, three, and five day programs.

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

#### Calgary Young People's Theatre

Mondays at 5:30 pm, Tuesdays at 6:30 pm, Thursdays at 5:00, 6:30, and 7:00 pm

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

#### New! Explosion Dance

Community dance classes for ages 2 and up. Recreational or Company opportunities. Classes in ballet, jazz, tap, lyrical/contemporary, acro, and hip-hop.

Contact Sarah at [explosionsdancecalgary@gmail.com](mailto:explosionsdancecalgary@gmail.com) or 780-518-4497 for more information.

#### Girl Guides

Classes for Sparks, Pathfinders, and Rangers.

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

#### Karate Classes

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

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

Wednesdays 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 ten-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

Thursdays, 6:15 pm

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

#### Young Rembrandts

Tuesdays, 6:00 pm

Sweep away boredom with artistic fun at Young Rembrandts. Young Rembrandts provides an engaging, creative environment where your child will learn how to draw and strengthen his or her art skills.

More information: [www.youngrembrandts.com](http://www.youngrembrandts.com) or call 403-457-DRAW (3729).

### Adult Programs

#### Art Classes (Karin)

Discover your creative self! If you have ever wanted to learn how to paint in either watercolour or acrylics or hone the skills you might already have, consider joining our classes! Your experienced instructor will guide you as you discover how fun and rewarding it can be to express yourself on paper or canvas. All levels welcome!

Watercolours: Tuesdays, September 17 to December 3, 1:00 to 3:30 pm. Twelve classes - \$186 + \$9.30 GST = \$195.30.

Acrylics: Thursdays, September 19 to November 28, 10:00 am to 12:30 pm. Ten classes - \$155 + \$7.75 GST = \$162.75 (No class November 14).

Register: Contact Karin at [karinrichter@shaw.ca](mailto:karinrichter@shaw.ca) or 403-272-1471.





### **Bridge Lessons (Freda)**

Learn to play Bridge with Freda or update your skills.

New class! Beginner: Thursdays, September 19 to November 7, 1:00 to 4:00 pm. Eight weeks - \$84 + \$4.20 GST = \$88.20.

Intermediate: Fridays, September 20 to November 8, 9:00 am to 12:00 pm. Eight weeks - \$84 + \$4.20 GST = \$88.20.

Register: Contact Freda at 403-241-2990 or [fredanychkalo@icloud.com](mailto:fredanychkalo@icloud.com).

### **Bridge Social**

Fridays, 2:30 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).

### **Chair Yoga (Beginner and Intermediate)**

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

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

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

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

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

Contact Sherry at [sherrynormanyoga@gmail.com](mailto:sherrynormanyoga@gmail.com).

### **Chinook Country Line Dance**

Tuesdays, 6:00 pm

Dancers enjoy fitness and fellowship while dancing to upbeat music in a fun, spirited atmosphere.

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

### **Gentle but Strong Yoga**

Thursdays, 12:00 to 1:15 pm

Yoga-detoxifying, Inspiring, and Restorative. Gentle Hatha poses focusing on breath work for everyone. We also do Myofascial release for range of motion and healthy bodies.

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

### **Jazzercise**

Mondays, Wednesdays, and Fridays, 9:30 to 10:30 am

Offering a high energy, low-impact version of the classic dance-based class format.

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

### **Karate Classes**

Mondays, 6:30 pm (Parent and Child 7+ years)

Wednesdays, 6:30 pm (7 to 12 years)

Wednesdays, 7:30 pm (Adult beginner, 13+)

The Karate Club offers classes for all age groups. The club is a member of Karate Canada, the official governing body of karate, with member clubs across Canada.

Contact Jeffrey Jukes at 403-228-5039.

### **Mommy and Me Pilates**

Tuesdays, 11:00 am

This postpartum mat class is especially designed for new mommas. Bring your babies, make some new friends, and rebuild your core strength in a safe and effective way.

Contact Theresa Toth at [toth31@shaw.ca](mailto:toth31@shaw.ca).

*continued on next page*



## SitFit + Yoga (Sherry)

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

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

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

Contact Sherry at [sherrynormanyoga@gmail.com](mailto:sherrynormanyoga@gmail.com).

## Toastmasters

Mondays, 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

Thursdays, 9:30 am

All levels welcome!

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

## SCA CA Fall Programs

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

Registration started July 15

## Line Dancing (Mary and Peggy)

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

Wednesdays, October 2 to December 4

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

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

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

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

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

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

## Line Dancing Drop-in (Peggy)

\$5 Drop-in Fee

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

## Tai Chi (Adrian Buzcek)

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

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

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

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



## World Coconut Day

September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil.

Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!



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# Smile More: Simple Habits for More Happiness

*by Calgary and area Primary Care Networks*

If you are looking for ways to boost your happiness, there's reason to smile. Research shows simple habits can help you improve your mental and physical health, energy levels, and even reduce pain.

### Daily Mindfulness

Being mindful involves focusing your thoughts on the present moment. Taking a few short breaks each day to practice mindfulness can lower stress and make you feel happier.

"Mindfulness can be as simple as going for a walk. Try to breathe slowly and pay attention to your five senses – for example, notice the sun on your face or the sound of your feet on the pavement. Being aware of the present moment is a great way to check-in with how you're feeling," says Tracy Mullen Primary Care Network Health Management Nurse.

### Focus on the Positives

Happiness research looks at ten positive emotions – joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love. Studies show we need more positive emotions to balance negatives.

"Doing positive activities, like volunteering or spending time with friends and family, can help us tip the emotional scale from negative to positive and make us feel happier," says Mullen.

### Get Moving

Being physically active can improve your mood, energy levels, and overall well-being. Try to make time every day for movement you enjoy. Activities like gardening, yoga, or taking a short walk are great ways to be active.

### Learn Happiness Habits

Alberta Primary Care Networks offer a free 'Happiness Basics' workshop where you can learn strategies to be happier. Sign up to attend online or in-person at [www.albertapcns.ca](http://www.albertapcns.ca). You can also talk to your family doctor about your mental health.



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**[calgaryfreshjock.com](http://calgaryfreshjock.com)**



# Importance of Natural Areas for Biodiversity

by the City of Calgary

Biodiversity refers to the variety of life on Earth. It encompasses all living things from plant life, wildlife, insects, birds, reptiles, amphibians (and more), how they interact with each other and the ecosystems in which they live. These areas provide pieces of land for our wildlife neighbours to be able to move within our city limits, providing essential habitats.



The community of Strathcona is lucky to have a natural area situated right in the middle of the community. It is our responsibility as good neighbours to ensure that these areas remain as natural as possible. Any misuse of the park over time can degrade the biodiversity of this park, changing it from a healthy ecosystem, to one that has issues with invasive species, erosion, etc. This causes the ecological health of this important natural area to decline. Misuse of a natural area can be classified as mowing, cutting down of trees and shrubs, building of bike ramps, feeding wildlife, building of structures out of natural materials and so on.



There are many things that you as a park user can do to ensure the health of this significant natural area.

## How to Help:

1. Keep your pets on a leash in the natural area so that they aren't breaking branches off young trees and shrubs.
2. Stay on designated trails. This helps to prevent erosion in the park.
3. Do not cut down any trees or shrubs in the park.
4. Clean up any litter that you see. You can get a TLC (the litter clean up) Kit from the Shaganappi Community Association and do a small clean up. Every little bit helps.
5. Do not feed any of the wildlife. There is plenty of food for them in our park spaces.
6. Review Parks Bylaws to ensure that you are following the rules. All bylaws can be found on Calgary.ca.

- Parks and Pathways Bylaw 11M2019
- Responsible Pet Ownership Bylaw 23M2006
- Tree Protection Bylaw 23M2002
- Encroachment Bylaw 9M2020

For further information on being a Good Parks User please go to: [www.calgary.ca/parks/activities/user-guide.html](http://www.calgary.ca/parks/activities/user-guide.html).

For more information on Biodiversity in the City of Calgary go to [www.calgary.ca/csps/parks/planning-and-operations/biodiversity.html](http://www.calgary.ca/csps/parks/planning-and-operations/biodiversity.html).

### Cleaning Services

- ☒ Dry Cleaning
- ☒ Tablecloths
- ☒ Napkins
- ☒ Table Skirts
- ☒ Chair Covers
- ☒ Massage Sheets
- ☒ Face Cradles
- ☒ Gym Towels
- ☒ Face Cloths
- ☒ Chef Coats
- ☒ Coveralls
- ☒ Microfibre Cloths
- ☒ Dish Rags

### Mat Rentals

- ☒ Standard
- ☒ Waterhog
- ☒ Scraper
- ☒ Logo

### Paper Products

- ☒ Tork Dispensers
- ☒ Paper Towel
- ☒ Centre Pulls
- ☒ Toilet Paper
- ☒ Facial Tissues

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## Calgary's Food History

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

The leaves are turning, the nights are colder, and it's time to harvest the garden. Whether you're jarring, pickling, or having a family dinner, our stunning natural landscape is a breadbasket.

After the last Ice Age 11,000 years ago, Indigenous peoples thrived on buffalo. Herds traversed down the escarpment to reach the Bow River along the path today called Edmonton Trail. Nearby, the confluence of Mohkinstsis, meaning "elbow", and the Bow River was a fine place to camp during the seasonal round. Europeans and Métis then arrived to trade manufactured goods for beaver pelts, Canada's main export for a century.

Southern Alberta was investigated for its agricultural suitability by Captain John Palliser (the Palliser Hotel, Square, and neighbourhood are named in his honour). His expedition travelled from 1857 to 1859, determining parts of the Palliser Triangle area as suitable for livestock and a smaller, fertile part for settlement. More land opened to agriculture thanks to government scientists' introduction of Marquis wheat, a crop that matures before the fall frost. Farmers' irrigation infrastructure helped too. You can visit Calgary's very own canal, which begins at Western Headworks below Max Bell Arena and empties into Chestermere Lake.

In 1914, under the Vacant Lots Garden Club, the City purchased land for community gardens and beautification. The Club was supported by Annie Gale, the first woman city councillor in the British Empire. These plots became Victory Gardens during WWII to support the war effort. You can still visit the last of these gardens in Bridgeland-Riverside, at the Vacant Lot Gardens municipal historic site.

Calgary is also famous for ginger beef. In 1975, Louise Tang and Lily Wong of Hong Kong opened Silver Inn Restaurant. They included a beef centered menu item among other Beijing-style Chinese dishes to introduce the cuisine and cater to the palates of Calgarians.

Today, Calgarians enjoy cuisines from all over the world. You can participate too by volunteering at your local community garden or visiting farmers' markets. You

can also join Light Cellar's foraging community to find nature's goods yourself. We are blessed to be stewards of this bountiful land.

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[https://commons.wikimedia.org/wiki/File:Silver\\_Inn\\_Restaurant\\_\(02\)\\_\(9520722503\).jpg](https://commons.wikimedia.org/wiki/File:Silver_Inn_Restaurant_(02)_(9520722503).jpg) Silver Inn Restaurant, 2013, Calgary. Photo by Mike W., via Creative Commons Attribution-Share Alike 2.0 Generic license.



"Mrs. Annie Gale and her son Bill, Calgary, Alberta," 1914, (CU1198772) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1T51CF?WS=SearchResults>.



Vacant Lot Garden Municipal Historic Site, Bridgeland-Riverside, June 2024. Photo courtesy of Anthony Imbrogno.

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

### Join Our Walking Group

Walks take place every Tuesday at 10:00 am.

Meet outside the gazebo beside Sobeys. 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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# 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.

## CONCERT TICKET INFORMATION

CONCERT TICKET PACKS AND SINGLE CONCERT TICKETS  
INFORMATION IS AVAILABLE ONLINE AT  
[bowvalleymusicclub.org](http://bowvalleymusicclub.org)



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

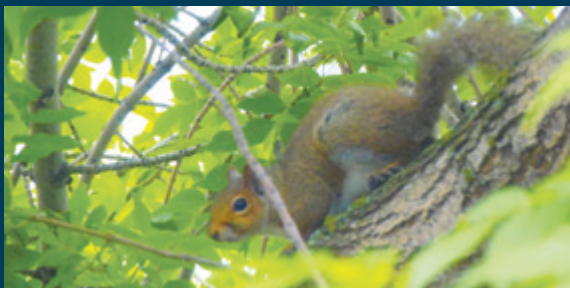
@bowvalleymusic



PHOTO  
**GALLERY** by Nyckie Rea



*Wine cheers the sad, revives the old, inspires the young, and makes weariness forget his tail.*



*Wilderness is not a luxury, but a necessity of the human spirit.*

## MONTHLY NOTICES

### SkipTheDepot and Donate to the SCA

We have partnered with SkipTheDepot to allow you to donate the money from your recyclables to the SCA.

It's easy! Just follow these steps:

1. Download the app or register online
2. Enter your home address and pick a date
3. Cash out or donate to charity

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.skipthedepot.com/scacalgary](http://app.skipthedepot.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).

### E-Newsletter

Want to receive our monthly e-newsletter? Send your email address to [info@scacalgary.ca](mailto:info@scacalgary.ca).

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## YOUR CITY OF CALGARY

### What is Cart Contamination?

*by the City of Calgary, Waste and Recycling Services*



We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures materials end up at the right facility to be turned into new products or to be disposed of properly.

Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

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



## BUFFALO RUN DENTAL



**Buffalo Run Dental welcomes Dr Peter Lam to the team!**

**Dr Peter Lam has worked in Calgary for over 20 years and in addition to all aspects of general dentistry, he is happy to offer the following services at Buffalo Run Dental:**

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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
July	24	18	8	\$766,950	\$761,750
June	24	10	13	\$888,000	\$870,000
May	24	16	12	\$726,950	\$759,750
April	24	13	13	\$799,990	\$798,000
March	24	8	9	\$799,900	\$775,000
February	24	8	9	\$699,900	\$675,000
January	24	6	3	\$1,095,000	\$1,030,000
December	23	4	6	\$772,450	\$755,000
November	23	4	5	\$679,900	\$679,000
October	23	5	4	\$762,500	\$757,500
September	23	10	10	\$669,400	\$660,750
August	23	7	8	\$715,000	\$775,000

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
July	24	4	3	\$1,280,000	\$1,285,000
June	24	2	2	\$940,000	\$902,250
May	24	6	4	\$1,137,500	\$1,201,000
April	24	7	7	\$1,099,000	\$999,900
March	24	3	2	\$830,000	\$817,375
February	24	7	8	\$800,000	\$845,000
January	24	4	5	\$769,800	\$745,000
December	23	2	2	\$554,950	\$547,250
November	23	3	5	\$1,155,000	\$1,100,000
October	23	8	4	\$569,200	\$572,500
September	23	8	3	\$1,225,000	\$1,225,000
August	23	6	5	\$750,000	\$780,000

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



Councillor, Ward 6  
**Richard Pootmans**

📞 403-268-1646

✉️ Eaward6@calgary.ca

🌐 Calgary.ca/ward6 X @pootmans

📱 @richardpootmans9



MLA Calgary - West

**Mike Ellis**

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Hello, Ward 6,

I hope you enjoyed a wonderful summer and are now in the swing of your regular September routine. One question that the Ward 6 office receives is who to call when you might need help from first responders, but you know there isn't an emergency. There are other numbers available to call that still get you the help you need without tying up an emergency line.

### **Healthlink – 8-1-1**

If a medical situation is not life threatening, and you aren't sure if an ambulance is what you need, Healthlink at 8-1-1 will connect you with a registered nurse who can walk you through your symptoms and direct you to the right help for your situation.

### **Non-Urgent Police Concerns**

For police concerns of a non-urgent nature such as a minor accident, general noise complaints, or late reporting incidents, including stolen or damaged property, call the police non-emergency number at 403-266-1234.

### **Non-Urgent Fire Department Concerns**

3-1-1 can assist with questions for the fire department that do not require dispatch. If you want to know where to take old paint and chemicals, don't call 9-1-1. The fire department has collection sites for old paint and chemicals, as well as Fire Prevention information, all accessible through 3-1-1. The Calgary Fire Department can also be contacted at the non-emergency number at 403-264-1022.

### **Text with 9-1-1**

We offer the Text with 9-1-1 (T911) service in the Calgary region for deaf, deafened, hard of hearing, or speech impaired persons. This service allows members of this community to communicate with 9-1-1 services using wireless-based text messaging. Dial 9-1-1 on your cell phone. You will not need to speak, as the Emergency Communications Officer taking your 9-1-1 call will receive an indicator that tells them that they need to communicate with you via text messaging.

Sincerely,

*Councillor Richard Pootmans*

With the arrival of September, families will be getting acquainted and reintroduced to schedules that center around school activities and extra curricular pursuits. I wish all students, parents, and those who offer support to them a very successful school year!

I have enjoyed meeting many constituents at community events and in my constituency office over the summer months. I am grateful for your support and encouragement. As Minister of Public Safety and Emergencies, the wildfire season brought anticipated and unanticipated challenges that have kept me very busy. I am proud of the determination and resilience shown by many Albertans as fellow Albertans have been impacted, displaced, or had their homes and businesses destroyed by wildfires. The Alberta government has provided both physical and monetary supports for evacuees. My gratitude to those who bravely stand against the infernos, protecting precious properties and averting further tragedy.

Alberta is seen as a beacon of hope by the many national and international newcomers who choose to move here. Alberta school boards facing unprecedented student growth will receive an additional \$215 million in provincial support this school year. \$125 million will be dispersed to school districts to help with operational costs: \$90 million will go toward adding more modular classrooms in Calgary, Edmonton, and Airdrie.

This \$215-million boost is on top of the \$2.1 billion in capital funding over three years allocated to building new schools in the Alberta government's 2024 budget.

Each of the 347 eligible public, separate, francophone, charter, ECS private operators, and private school authorities in Alberta will receive a share of the \$125 million, based on their number of students and level of need. The money can be used to hire teachers or educational assistants, or to ensure escalating operating costs don't take away from student learning.

*Mike Ellis MLA, Calgary-West*





# Open House

*Verve* sunset on summer

*Join us to discover the delights of our community*

**Join us at Verve Aspen Woods Retirement Residence**

**Saturday, September 21 from 1-3pm**

Join our send-off to summer as we sample foods of the season, enjoy live music, create a craft, and, of course, view the residence.

Learn more about the joys of living life to the fullest!

*Call to RSVP!*

**(403) 240-4404**

10 Aspenshire Dr. SW, Calgary

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



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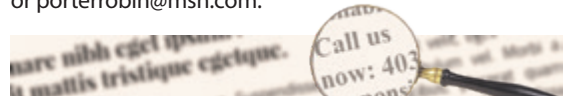
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Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than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

**BRAIN  
GAMES**

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# David.

## KNOWS THE WESTSIDE

Why your neighbours choose **David** when it's time to sell their home

**101.3%** more

David's listings lead the market once again, having sold at 101.3% year to date.

**47%** faster

When it's time to sell your home, David sells it 47% faster. David's listings averaged 10 days on market vs the rest of the market at 19 days.\*

**16** sold this year

With 16 sales this year, David continues to establish himself as the top producing Realtor here on the Westside.\*

\* Detached Homes - SOLD, January - June 2024. West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona, Coach Hill, Patterson & Cougar Ridge.  
Photos represent David's detached homes SOLD, January - June 2024, on the Westside.

Friend  
Neighbour  
Realtor®  
**David Pellettier**

403-869-7971 | david@davidpellettier.ca | davidpellettier.ca



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