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- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
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Some restrictions may apply. Reg: \$15,679

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- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,789

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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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Website

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Mother's Day

For all the things your mother was to you, honour her this Mother's Day with a complimentary flower to place on her resting place.

Sunday, May 11 • 10:00 am – 2:00 pm • All welcome for a Free Family BBQ

 **Eden Brook Funeral Home & Cemetery**

by Arbor Memorial

24223 Township Road 242, Calgary, AB • 403-217-3700 • edenbrookcemetery.ca

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MESSAGE FROM THE BOARD

As the snow melts and the days grow longer, April brings fresh opportunities to connect with neighbours, learn something new, and celebrate the changing season. Whether you're interested in art, financial planning, or simply sharing a coffee with local officers, there's something for everyone in our community this month.

Brushworks Popup – April 3, 5:00 to 9:00 pm

Join us for an evening of creativity and artistry at the Brushworks Popup event. Discover unique pieces from talented local artists and experience the vibrant world of community art.

Edward Jones Lunch and Learn: Building the Road to a Solid Financial Future – April 8, 12:00 to 1:30 pm

Want to take control of your finances? This session will explore key investment strategies and financial planning tips to set you on a path to success.

Easter Floral Arrangement Workshop – April 15, 6:00 pm

Celebrate Easter with a hands-on floral arrangement workshop! Learn to create a beautiful seasonal display to brighten up your home.

\$65 per person. Register here: <https://forms.gle/6flLzrb9XUSPiuFw7>.

Edward Jones Lunch and Learn: Longevity and the New Journey of Retirement – April 22, 11:30 am to 1:00 pm

Retirement isn't an endpoint—it's a brand-new chapter. Join this informative session to learn about financial planning for long-term security and a fulfilling retirement.

Coffee With a Uniform – April 29, 10:00 am to 12:00 pm

Stop by the Founders Room for casual coffee and conversation with our Community Resource Officers. Get to know the people working to keep our neighbourhood safe and share any concerns you may have.

Spring Events:

- Spring Cleaning and Safety - Now is a great time to clear out clutter, check smoke alarms, and refresh your outdoor space.
- Gardening Prep - Plan ahead for your spring garden! Choosing native plants supports biodiversity and ensures your garden thrives in Calgary's climate.
- Easter Weekend (April 18 to 20) - Many businesses will have adjusted hours during Easter weekend, so be sure to check ahead before making plans.

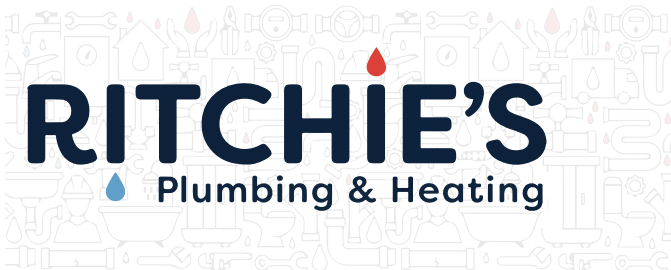
We hope to see you at some of these fantastic events this month! For full event details and updates, visit SCA's website. Our AGM will be held in May, more details to come.

Wishing you a wonderful April!

SCA Board of Directors



A profile card for Bryndis Whitson. On the left is a photo of her in a pink jacket. On the right, the text reads: 'By BOLD Signify' with a logo, 'Bryndis Whitson' in large bold letters, 'FOR CALGARY SIGNAL HILL', 'Supply Chain Connector', 'Community Problem-Solver', 'The Canadian you need', a QR code, 'www.bryndis.ca', and 'bryndis@bryndis.ca'. At the bottom, it says 'Authorized by the Official Agent for Bryndis Whitson'.



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Calendar

Brushworks Popup - April 3, 5:00 to 9:00 pm

Small group of painters showing current, collectable, and intriguing pieces.

Show and Sale in the Founders Room: Thursday, April 3 starting at 5:00 to 9:00 pm at SCA CA - 277 Strathcona Dr SW.

Edward Jones Lunch and Learn: Building the Road to a Solid Financial Future - April 8

Why are some people more successful investors than others? Luck? Probably not. Do they know a “secret”? Definitely not— because there are no real secrets to investing. But there are steps you can follow to work toward your goals. Join us for our presentation “Building the Road to a Solid Financial Future”.

For more information call Ken Zhang at 403-547-5433 or email ken.zhang@edwardjones.com by April 4, 2025.

Easter Floral Arrangement - April 15, 6:00 pm

Get ready for Easter with our Easter Flower Arrangement workshop!

\$65. Register at: <https://forms.gle/6fILzrb9XUSPiuFw7>. Sign-up by April 1 to get a 10% early bird discount.

SCA CA Board Meeting – April 16, 7:00 pm

Edward Jones Lunch and Learn: Longevity and the New Journey of Retirement - April 22

Retirement today is no longer a destination; it’s a new journey, a whole new chapter of life. With the gift of greater longevity, today’s retirees have more opportunity than ever to make the most of their years, activities, contributions, and relationships. Please join

us as we explore how the journey of retirement unfolds, the patterns of people’s experience in retirement, and the keys to thriving along the way.

For more information call Ken Zhang at 403-547-5433 or email ken.zhang@edwardjones.com by April 18, 2025.

Edward Jones Coffee and Muffin: Five Money Questions for Women – May 8

Women and men have differing considerations when it comes to long-term financial goals. For instance, because of a woman’s average longer life span, your needs may be significantly different from those of your spouse or others. Does your financial strategy fit your lifestyle and needs? Please join us to learn more as we explore five critical money questions for women.

For more information call Ken Zhang at 403-547-5433 or email ken.zhang@edwardjones.com by May 5, 2025.

State of Art Society – May 9 and 10

State of Art is thrilled to announce our annual spring show on May 9 and 10 (Friday at 6:00 to 9:00 pm and Saturday 10:00 am to 4:00 pm). We’ve curated a fabulous show featuring amazing art, and the artists will be in attendance to discuss their work!

Whether you’re looking for something new and beautiful for your home or a unique Mother’s Day gift, be sure to mark your calendar and join us.

SCA CA AGM – May 14, 7:00 pm

Please note: Community Association Members are welcome to attend SCA Board Meetings by appointment, please contact info@scacalgary.ca.



COSMIC TRUCE: THE ECLIPSE THAT STOPPED A BATTLE!

On April 6, 648 BC, the Ancient Greeks recorded one of the earliest solar eclipses! Greek historian Herodotus described how the eclipse coincided with the battle between the Lydians and the Medes, scaring the armies into a truce. Talk about a cosmic peacekeeper!





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Admiration... Always

by Cheryl Dunkley

Seventy years fly by fast
 Live in the present, not the past.
 What's your secret, we have to ask
 Joan would say: "at everything you just laugh!"

Joan is a special gal -
 A loyal friend through and through.
 The world would be a better place
 If this skill was one everybody knew.

Her circle has been busy and wide
 Golf, curling, travel, bridge
 But, if you need a friend
 Joan is right there by your side.

She has tackled many sports,
 Always showed up with a smile
 If you need love and support,
 Joan always goes the extra mile.

A kind word, a compliment, a laugh
 She understands what's on your mind.
 She listens, has a thought, perhaps an idea new
 Joan cares about each and everyone of you!

Happy birthday, dear Joan!
 Thank you for being a good friend to all of us.
 We are all better for knowing you and could learn
 from your example.
 We have watched you approach life with
 compassion and intention putting others' need
 first while making light of your own.

**HELP KEEP LOVE
IN THE HOME**



ElderDog Canada is a national registered charity whose mission is to assist and support older adults in the care and wellbeing of their dogs.

We have a vibrant presence here in Calgary! Reach out to us if you are a senior in need of dog care support (dog walking, transportation to a groomer/vet clinic), to volunteer with us, or for more information at calgaryldr@elderdog.ca.

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Tips On Quitting Smoking for Good

by Alberta Health Services

Thinking about quitting smoking in 2025? You're not alone. More than half of adults who smoke cigarettes are seriously thinking about stopping.

Quitting can be hard, but there are things you can do to make it easier. Everyone is different, so it's important to get the right kind of help for you. Use the tools, programs, and services that make sense for you.

The following tips can help you on your journey.

Know Your Reasons for Quitting Smoking

Reflect on why you want to quit smoking. Write down or say out loud the reasons that matter most to you. For example:

- I want to feel better.
- I want to save money.
- I want to protect my family and friends.

Taking stock of why you want to quit is a good first step on the path to quitting for good. This activity can help you decide if you're ready to make a change. It can help you set a goal and stick with it.

Make a Plan

When you're ready, pick a day to quit smoking in the next three weeks. As this date gets closer, pay attention to your urges to smoke. Keep track of the routines, places, and emotions that trigger you. Think about how you'll handle these cravings and stay in control when you're quitting.

Planning ahead helps you stay on track when you're quitting. It sets you up for success in the long run.

Consult the Experts

Reach out for advice and support:

- Call 1-866-710-7848 to speak with an AlbertaQuits counsellor. They'll listen with no judgment and offer you free, confidential advice and helpful tips.
- Ask a physician, pharmacist, or other healthcare provider about medications to reduce cravings, limit withdrawal, and help you feel comfortable when you're quitting.
- Join a QuitCore program in your local area or online.



In six facilitated sessions, you'll learn skills to quit smoking and connect with other people who are trying to quit. Call the AlbertaQuits helpline at 1-866-710-QUIT (7848) to find a QuitCore group in your local area or online.

- Go to AlbertaQuits.ca for guidance and tools to build a quit plan.
- Text 123456 to ABQUITS for free text messages to keep you motivated.

Getting help to quit smoking really works. Research shows that by combining different methods of support, you can double or even triple your odds of success.

Stick With It!

Be mindful that it can take more than one attempt to quit smoking. If you have setbacks, keep trying! Count the days and weeks you were able to go smoke-free as wins and think about what you can learn from them. Reflecting on what worked will help you next time.

Quitting is one of the best things you can do for your health, no matter how old you are or how long you've been smoking. Quitting lowers your risk of heart disease, cancer, lung disease, and diabetes. It improves your health in ways you can see and feel. Within 20 minutes of putting out your last cigarette, your blood pressure and heart rate go down with less stress on your heart and blood vessels.

For more information on smoking and your health, go to MyHealth.Alberta.ca/Tobacco-Smoking-Vaping. For more tips to quit smoking for good, go to AlbertaQuits.ca.

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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	25	5	3	\$624,900	\$575,000
January	25	6	3	\$999,000	\$1,100,000
December	24	5	5	\$629,000	\$639,000
November	24	3	2	\$839,950	\$824,625
October	24	10	9	\$767,500	\$767,500
September	24	9	7	\$918,000	\$1,068,000
August	24	7	13	\$897,500	\$895,000
July	24	15	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

CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	25	4	1	\$449,900	\$462,000
January	25	0	1	\$778,000	\$770,000
December	24	1	0	\$0	\$0
November	24	0	2	\$669,500	\$640,000
October	24	1	2	\$973,950	\$995,000
September	24	3	0	\$0	\$0
August	24	2	3	\$1,014,000	\$1,004,000
July	24	2	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

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

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

Green Calgary Rain Barrel Sales

by The City of Calgary

Did you know, water use in Calgary communities increases up to 20 percent in the summer months? Capturing rainwater can help you and your community build resiliency during times of hot and dry weather while keeping your yard and garden healthy. Rain barrels typically fill up after a single rainfall and help keep water on your property, so less dirt and contaminants wash into the rivers.

Made locally with recycled material, Green Calgary rain barrels can be used to water the plants in your yard. Rain barrels are \$75 after rebate for a limited time with pick-up and delivery options available.

Visit greencalgary.org for details on all sales event dates and locations. Join the thousands of Calgarians already conserving water by using a rain barrel. Pre-order yours at greencalgary.org, starting April 1, 2025.

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SCA 2025 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	Gogo Play, Main hall, 9:30 to 10:30 am	Jazzercise, 9:30 am	Adult Art, 10:00 am	Jazzercise, 9:30 am		Pathfinders, 6:30 pm
Older Adult Yoga, 12:00 pm, 1:15 pm	Mommy and Me Pilates, 11:00 am	Older Adult Yoga, 10:00 am	Gentle but Strong Yoga, 12:00 pm	Bridge Lessons, 9:30 am		
Tai Chi, 1:30 pm, 2:45 pm	Adult Art, 1:00 pm	Tai Chi, 11:00 am	Bridge Lessons, 1:00 to 4:00 pm	Sit Fit Yoga, 11:00 am		
CYP Theatre, 5:30 pm	Explosive Dance, 4:00 to 8:00 pm	SCA Line Dance, from 1:00 pm	CYP Theatre, from 5:30 pm	Bridge, 12:30 pm	PRIVATE RENTALS	
Sparks, 6:30 pm	Chinook Country Line Dancers, 6:00 pm	Karate, from 6:30 pm	Scouts, 6:15 pm	Older Adult Dance, 1:00 pm		
Rangers/Pathfinders, 6:30 pm	CYP Theatre, 6:30 pm	Pathfinders, 6:30 pm				
Karate, 6:30 pm	Young Rembrandts, Basement, 6:30 to 7:30 pm					
Toastmasters, 7:30 pm						

Zucchini Spears with Zesty Tomato Sauce

by Jennifer Puri

Zucchini is a green, oblong squash that is typically served in savoury dishes. It has a mild taste and the smaller to medium-sized zucchinis have the best flavour.

Low in calories but high in fibre, zucchini contains more potassium than a banana. Loaded with vitamins, minerals, and antioxidants, zucchini is good for the digestive system and eye health.

Zucchini can be eaten raw in a salad or with a dip, but it can also be steamed, sautéed, added to breads, muffins, and pancakes, stuffed with rice and meats, or spiralized into zucchini noodles.

Baked zucchini with herbs and parmesan cheese is a quick and easy side dish, as shown in the zucchini spears with zesty tomato sauce recipe below.

Prep Time: 20 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 4 medium-sized zucchinis
- 2 tbsp. olive oil
- 2 tbsp. fresh oregano
- 1 cup finely crushed breadcrumbs
- 1 cup shaved or grated parmesan cheese
- ½ tsp. salt
- ½ tsp. ground black pepper
- 1 tsp. red chilli flakes (optional)

Tomato Sauce

- 1 small can (398 ml) tomato sauce
- 2 cloves garlic, finely chopped
- 8 cherry tomatoes halved
- 2 tbsp. olive oil
- 2 tbsp. oregano
- 1 tsp. sugar
- Salt and pepper to taste

Directions:

1. Preheat oven to 450 degrees Fahrenheit.
2. Rinse the zucchini and pat dry with a paper towel. Place the zucchini on a cutting board, trim the ends off, and then slice into four pieces lengthwise.



3. Place the zucchini spears on a foil-lined baking sheet, drizzle with olive oil, and then sprinkle with salt, pepper, and oregano. Next sprinkle the breadcrumbs evenly over the zucchini followed by the parmesan cheese and red chilli flakes if using.
4. Place the zucchini on the middle rack of the oven and bake for 12 minutes uncovered. Make sure not to overcook the zucchini as it will turn mushy.
5. To make the tomato sauce add olive oil to a small pan over medium heat. Add the chopped garlic and sauté for about a minute, then add the cherry tomatoes and oregano. Sauté for another couple of minutes and then add the tomato sauce, salt, pepper, and the sugar. Simmer until the sauce starts to thicken and then remove from heat.

To serve, place the zucchini spears on a platter and pour some of the tomato sauce over it. Leftover tomato sauce can be stored in the fridge in an airtight container for a couple of days.

Bon Appétit!

The Art of Finding Work: Stop Asking Your Interviewer Cliché Questions

by Nick Kossovian

Most job search advice is cookie-cutter. The advice you're following is almost certainly the same advice other job seekers follow, making you just another candidate following the same script.

In today's hyper-competitive job market, standing out is critical, a challenge most job seekers struggle with. Instead of relying on generic questions recommended by self-proclaimed career coaches, which often lead to a forgettable interview, ask unique, thought-provoking questions that'll spark engaging conversations and leave a lasting impression.

English philosopher Francis Bacon once said, "A prudent question is one half of wisdom."

The questions you ask convey the following:

- Your level of interest in the company and the role.
- Contributing to your employer's success is essential.
- You desire a cultural fit.

Here are the top four questions experts recommend candidates ask; hence, they've become cliché questions you should avoid asking:

"What are the key responsibilities of this position?"

Most likely, the job description answers this question. Therefore, asking this question indicates you didn't read the job description. If you require clarification, ask, "How many outbound calls will I be required to make daily?" or "What will be my monthly revenue target?"

"What does a typical day look like?"

Although it's important to understand day-to-day expectations, this question tends to elicit vague responses and rarely leads to a deeper conversation. Don't focus on what your day will look like; instead, focus on being clear on the results you need to deliver. Nobody I know has ever been fired for not following a "typical day." However, I know several people who were fired for failing to meet expectations. Before accepting a job offer, ensure you're capable of meeting the employer's expectations.

"How would you describe the company culture?"

Asking this question screams, "I read somewhere to ask this question." There are much better ways to research a company's culture, such as speaking to current and former employees, reading online reviews and news articles. Furthermore, since your interviewer works for the company, they're presumably comfortable with the culture. Do you expect your interviewer to give you the brutal truth? "Be careful of Craig; get on his bad side, and he'll make your life miserable." "Bob is close to retirement. I give him lots of slack, which the rest of the team needs to pick up."

Truism: No matter how much due diligence you do, only when you start working for the employer will you experience and, therefore, know their culture firsthand.

"What opportunities are there for professional development?"

When asked this question, I immediately think the candidate cares more about gaining than contributing, a showstopper. Managing your career is your responsibility, not your employer's.

Cliché questions don't impress hiring managers, nor will they differentiate you from your competition. To transform your interaction with your interviewer from a Q&A session into a dynamic discussion, ask unique, insightful questions.

Here are my four go-to questions—I have many more—to accomplish this:

"Describe your management style. How will you manage me?"

This question gives your interviewer the opportunity to talk about themselves, which we all love doing. As well, being in sync with my boss is extremely important to me. The management style of who'll be my boss is a determining factor in whether or not I'll accept the job.

"What is the one thing I should never do that'll piss you off and possibly damage our working relationship beyond repair?"

This question also allows me to determine whether I and my to-be boss would be in sync. Sometimes I ask, "What are your pet peeves?"

"When I join the team, what would be the most important contribution you'd want to see from me in the first six months?"

Setting myself up for failure is the last thing I want. As I mentioned, focus on the results you need to produce and timelines. How realistic are the expectations? It's never about the question; it's about what you want to know. It's important to know whether you'll be able to meet or even exceed your new boss's expectations.

"If I wanted to sell you on an idea or suggestion, what do you need to know?"

Years ago, a candidate asked me this question. I was impressed he wasn't looking just to put in time; he was looking for how he could be a contributing employee. Every time I ask this question; it leads to an in-depth discussion.

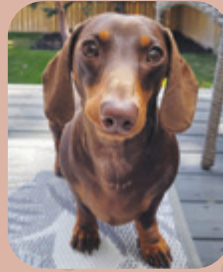
Other questions I've asked:

- "What keeps you up at night?"
- "If you were to leave this company, who would follow?"
- "How do you handle an employee making a mistake?"
- "If you were to give a Ted Talk, what topic would you talk about?"
- "What are three highly valued skills at [company] that I should master to advance?"
- "What are the informal expectations of the role?"
- "What is one misconception people have about you [or the company]?"

Your questions reveal a great deal about your motivations, drive to make a meaningful impact on the business, and a chance to morph the questioning into a conversation. Cliché questions don't lead to meaningful discussions, whereas unique, thought-provoking questions do and, in turn, make you memorable.



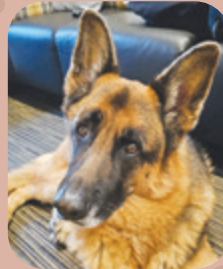
Cats, Canines, & Critters of Calgary



Chestnut,
Canyon Meadows



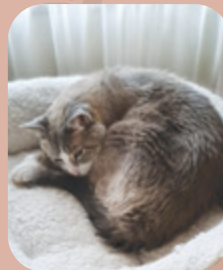
Clifford, Patterson



Essex, Bridlewood



Harry, Rosscarrock



Max, Woodlands



Peanut, Signal Hill



Roxy, Woodlands



Tony, Quarry Park

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SCA PROGRAMS



Pre-Schools and School Age Care

A Child's Garden Preschool Ltd.

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Two, three, and five day programs.

Contact Marilyn at 403-217-5658 or visit www.achildsgarden.ca.

KidZinc School Age Care

Ages 5 to 12

Before and after school care.

Contact 403-240-2059 or visit 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.

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.crypt.ca.

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

Girl Guides

Sunset Hills Guiding needs Sparks, Embers, and Guide Leaders.

Classes for Sparks, Pathfinders, and Rangers.

Contact any-sunsethills@girlguides.ca.

New! Goga Play Kids

Program for ages 3 to 5.

One of a kind visual storytelling with puppets and many uniquely designed props where your child participates throughout! Also included, yoga inspired dance segment and arts and crafts tailored to the stories.

Go to Gogatoys.com for more information and to register. Dates to be announced soon!

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.

Scouts

Thursdays, 6:15 pm

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

Adult Programs

Bridge Lessons – (Freda)

Learn to Play Bridge – Winter and Spring 2025 Lessons

Whether you're new to bridge or looking to refine your skills, we have the perfect class for you! Join our eight-week bridge lessons and discover the joy of this strategic and social card game. Choose from the following levels:

Intermediate Plus Lessons: March 7 to May 2 (No class April 18)

Build on your skills with a review and extension of intermediate topics, focusing on bid and play format, as well as improving declarer and defender play.

Cost: \$100 for eight lessons.

Sign up today and reserve your spot with Freda at 403-241-2990 or fredanychkalo@icloud.com.

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. Each class registered for ten weeks: \$80. Drop-in is available for \$10 per class.

Chair Yoga (Seated Only) – Mondays, April 7 to June 30 from 12:00 to 1:00 pm (No class April 21, 28, and May 5).



Chair Yoga (Beginner/Intermediate) - Mondays, April 7 to June 30 from 1:15 to 2:15 pm (No class April 21, 28, and May 5).

Chair Yoga (Intermediate+) - Wednesdays, April 2 to June 18 from 10:00 to 11:00 am (No class April 23 and 30).

Contact Sherry: sherrynormanyoga@gmail.com.

Child Safe - Babysitter Program

Ages 10+

10:00 am to 5:00 pm

Parented: No

Cost: \$67.95 +GST. What to Bring: doll/teddy bear (build-a-bear size!), water bottle, peanut-free lunch, and pen/pencil.

To register or for more information: childsafecanada.com.

Chinook Country Line Dance

Join our wonderful "Dance for Fun" Program as we take you on a beautiful journey learning how to dance. This activity slows down aging and sharpens our cognitive skills. Come and be a part of an incredible community and meet a happy dancing family of friends. We offer one of the best programs for Adult Dance Classes.

Phone: 403-988-0973

Drop-in Party Bridge

Fridays, 12:30 to 3:30 pm

Come join us for a friendly game of bridge every Friday. You don't have to be an expert player but should know the basics.

Cost is \$3. No partner or membership is required.

If interested, please contact Allan Lau at 403-246-4918 or via email at allan.lau@hotmail.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.

Contact 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 Maureen at jazzstrathcona@gmail.com or 403-461-7694.

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.

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). Offered in-person in the Main Hall and online through Zoom. Equipment needed - yoga mat, bender ball (medium ball), small ball, resistance band, dumbbells. Registered for ten weeks: \$80. Drop-in is available for \$10 per class.

Fridays, April 4 to June 27 from 11:00 am to 12:00 pm (No class April 18, April 25, and May 2).

Contact Sherry: sherrynormanyoga@gmail.com.

Toastmasters

Mondays, 7:30 pm

continued on next page

SCA PROGRAMS



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.

SCA Spring Programs

www.scacalgary.ca

Registration began March 1

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, April 9 to June 11

#1: Beginner (Level 1) 3:00 to 4:00 pm

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

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

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

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

*BOGO Half Off Sale! Must call the office at 403-249-1138

Line Dancing Drop-in (Peggy)

\$5 Drop-in Fee

Spring: Fridays, April 4 to June 13 from 1:00 to 2:00 pm (No class April 18).

Tai Chi (Adrian Buzcek)

Ten Classes - \$85 + \$4.25 = \$89.25

Continuing 1 and Basics – Mondays, April 7 to June 16 from 1:30 to 2:30 pm (No class May 19).

Basics – Mondays, April 7 to June 16 from 2:45 to 3:45 pm (No class May 19).

Continuing 2 – Wednesdays, January 8 to March 12 from 11:00 am to 12:00 pm.

Kids' Summer Camps

Calgary Young People's Theatre

Calgary Young People's Theatre will be bringing their beloved summer camps back to the SCA CA this year! Youth aged 4 to 18.

July 14 to 18: Full Day Camp (ages 6 to 12 from 9:00 am to 4:00 pm); Half Day Camp (ages 4 to 6 from 1:00 to

4:00 pm); and Teen Stage Makeup (ages 12 to 18 from 9:00 am to 4:00 pm).

July 21 to 25: Full Day Camp (ages 6 to 12 from 9:00 am to 4:00 pm); Half Day Camp (ages 4 to 6 from 1:00 to 4:00 pm); and Teen Musical Theatre (ages 12 to 18 from 9:00 am to 4:00 pm).

July 28 to August 1: Full Day Camp (ages 6 to 12 from 9:00 am to 4:00 pm); Half Day Camp (ages 4 to 6 from 1:00 to 4:00 pm); and Teen Improv (ages 12 to 18 from 9:00 am to 4:00 pm).

Registration opened February 1 - cypt.ca/camps.

Dragonfly Arts

Painting with Watercolours

Ages 10 to 15

July 7 to 11, Full Day, 9:00 am to 4:00 pm

Cost: \$375 (includes materials)

Registration/Information: ahodgson@telus.net

Theatre Performance – A Greek Festival

Ages 9 to 15

August 5 to 8, Full Day, 9:00 am to 4:00 pm

Cost: \$325

Registration/Information: ahodgson@telus.net

The Mysteries of the Group of Seven: Art and Creative Writing

Ages 10 to 14

August 18 to 22, Full Day, 9:00 am to 4:00 pm

Cost: \$350

Registration/Information: ahodgson@telus.net

Engineering for Kids

More information to follow.

Little Medical School

Little Doctor School Summer Camp: Calling All Future Doctors

Ages 6 to 11

July 7 to 11: Monday to Friday from 9:00 am to 4:00 pm. Full five-day camp.



Cost: \$395 per child

Little Veterinarian School Summer Camp: Marine Biologists

Ages 6 to 11

August 5 to 8: Tuesday to Friday from 9:00 am to 4:00 pm.
Full four-day camp.

Cost: \$330 per child

Little Veterinarian School Summer Camp – Calling All Future Veterinarians

Ages 6 to 11

August 11 to 15: Monday to Friday from 9:00 am to 4:00 pm. Full Day Camp.

Cost: \$395 per child.

Register at www.littlemedicalschool.com/calgary or calgary@littlemedicalschool.com or 403-755-2151.

Tennis Lessons

This summer, play, learn, and have fun with Aforza's Tennis Camps at SCA!

Are you ready for a summer filled with fun, friends, and tennis? Join us for our Junior Community Tennis Camps where kids of all skill levels can enjoy a week packed with exciting activities and expert coaching.

Summer Camps Dates: June 30 to August 22

Ages 5 to 10 and 11 to 16

Registration Section:

Step 1: Create a Booking account on aforza.ca

Step 2: Visit our community tennis tab

Step 3: Register under "Programs & Camps"

Questions? Community@aforza.ca or 403-835-5583.



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COMMUNITY NEWS

Casino Volunteers Needed – July 24 and 25, 2025

The casino is a major source of funds for the SCA CA – these funds literally keep the lights on!

We will be at the Pure Casino on July 24 and 25. Volunteers will be provided with a free meal, beverages, and snacks during their shift. No experience is required.

This is a great chance to meet other members of your community. It doesn't matter if you've never volunteered at a casino before – everything is explained to you before your shift and the jobs are easy and fun.

If you have questions about volunteering at the casino, please email info@scacalgary.ca and we would be happy to answer them. Visit www.scacalgary.ca to sign up.

Strathcona Park Garden and Walkway

A new idea for our community – a public garden.

We are seeking passionate and enthusiastic residents who want to create a beautiful space in our community. In addition to gardening, we will need skills in IT and social networking, fundraising, communications, and education.

Primarily we welcome your community spirit and love of nature to develop a garden for the future.

For further information to get involved, and for meeting dates and times, please contact us at strathconaparkgardenwalkway@gmail.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 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.

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.

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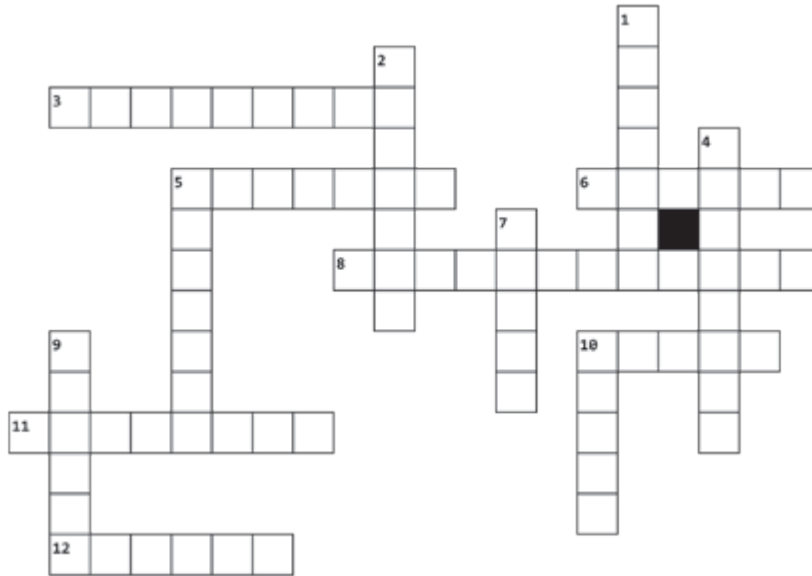
Email len@lentwong.com

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

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	25	15	5	\$579,900	\$550,000
January	25	15	11	\$618,800	\$614,000
December	24	4	10	\$566,500	\$551,000
November	24	9	13	\$579,900	\$552,000
October	24	17	19	\$1,120,000	\$1,090,000
September	24	15	11	\$1,289,900	\$1,190,000
August	24	25	20	\$898,450	\$880,000
July	24	15	13	\$825,000	\$815,000
June	24	19	20	\$1,128,694	\$1,115,500
May	24	26	22	\$1,099,000	\$1,104,000
April	24	16	19	\$949,000	\$950,000
March	24	24	21	\$919,000	\$970,000

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

April Crossword



Across

3. Simon & Schuster released the first-ever _____ puzzle book on April 18, 1924, delighting word game enthusiasts around the world.
5. On April 1, 1919, the Stanley Cup Final between the Montreal Canadiens and the Seattle Metropolitans was cancelled due to the _____ flu pandemic.
6. On April 30, 1952, Mr. _____ Head became the first toy ever to be advertised on television.
8. Terry Fox started his Marathon of Hope on April 12, 1980, in St. John's, _____.
10. This meteor shower takes place in April every year.
11. ABBA won the 1974 Eurovision Song Contest with their song _____ on April 6.
12. This space telescope was first deployed into orbit by the space shuttle Discovery on April 25, 1990.

Down

1. April's birthstone is the _____, a popular choice for engagement rings.
2. Stanley Kubrick's sci-fi adventure film, *2001: A Space _____*, premiered in April 1968.
4. The Royal _____ Air Force was officially established on April 1, 1924.
5. _____ *Island* by Dennis Lehane was first published on April 15, 2003, and later became a film starring Leonardo DiCaprio and Mark Ruffalo.
7. Comedian and actor Seth _____ was born on April 15, 1982, in Vancouver, BC.
9. The World _____ Organization was established by the United Nations on April 7, 1948.
10. On April 16, 2018, Kendrick _____ won the Pulitzer Prize for Music, becoming the first rapper to do so.



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

PHOTO GALLERY

by Nyckie Rea



The House Finch reminds us good times are just around the corner.



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Bicycle Helmet Safety

by Alberta Health Services EMS



Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.

- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example – always wear a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

Getting Your Gut on Track

by Alberta Health Services

You may have heard of the gut microbiome – it's the community of microbes (example: bacteria) that live in your colon (or gut) that influences your health.

It's an exciting area of nutrition research because what you eat and drink can affect the health of your gut and the microbiome. This can affect your risk of chronic diseases like obesity, heart disease, and even certain cancers.

There are many foods that support a healthy gut microbiome which is linked to better overall mental and physical health.

Whole Plant Foods

It's recommended that whole plant foods make up the majority of what you eat. Whole plant foods are vegetables, fruits, whole grains, beans, legumes, and nuts that have undergone limited processing. These foods have fibres that feed your gut microbes. For example, whole grains have benefits for metabolism and immunity. Gut microbes feast on parts of the bran layer in whole grains, which has an anti-inflammatory effect. This is important as many chronic diseases are linked to inflammation.

Having a variety of whole plant foods has been shown to help improve feeling of fullness and can help your body to be more sensitive to the insulin, which regulates blood sugar in your body. Choose a variety of plant foods.

As many Canadians struggle with getting enough whole grains, where possible look for opportunities to replace refined grains with whole grain options.

Protein Foods

The protein foods to support gut health are plant-based protein foods and fatty fish. Examples of plant-based protein foods are kidney beans, chickpeas and lentils, nuts like walnuts or almonds, and fatty fish like Arctic char, mackerel, herring, salmon, sardines, and trout.

Beans and nuts contain fibre and phytochemicals (plant chemicals) which can help to increase the helpful gut microbes. Fatty fish has omega-3 fatty acids which help lower inflammation.

Low Fat and Fermented Dairy Products

Fermented dairy foods that have live bacteria (like kefir and yogurt) can increase the good bacteria in the gut microbiome.

Look for milk, yogurt, and kefir with little or no added sugar and lower milk fat (M.F.). Lower fat dairy (2% M.F. or less) is recommended over higher fat dairy foods like cheese because they are lower in saturated fat.

Saturated fat is linked to inflammation.

What to Limit or Avoid

Red Meat: Small amounts of lean red meat can be included in a healthy eating pattern, as red meat has many nutrients including protein. It is recommended to be included in smaller amounts because it can contribute to inflammation.

Processed meat: Avoid or minimize them because the curing agents in processed meats contribute to cancer forming compounds when they are digested by gut microbes.

Try Mediterranean Style Eating!

The Mediterranean style of eating has been shown to help support a healthy gut microbiome. It includes lots of vegetables, fruits, beans, peas, lentils, fish, nuts, and olive oil. There is some research that it can help support brain function and it can also reduce inflammation as well as frailty in older adults.

If you are looking for practical ways to eat in a way to support a healthy gut microbiome, visit ahs.ca/nutritionhandouts and search for Mediterranean Style of Eating.





April Awakenings: Growing Stronger Together

by Chima Akuchie

It is April, and you know what that means, spring is officially here! The birds are singing, the trees are waking up, and we are all finally shedding our winter coats. But it is not just the weather that is changing; this is the perfect time for us to shake things up as a community. If ever there was a season for making things happen, it is now. So, let us embrace the month of April with a burst of energy, action, and a little bit of humour.

Easter's coming up, and let us be real, who doesn't love chocolate, eggs, and a little extra time with family? But beyond the baskets and bunnies, Easter brings us a much-needed reminder of renewal. Just like the earth is shaking off the winter frost, we have all got the chance to refresh, start over, and take those steps toward the bigger picture. It is the perfect excuse to shed some old habits and embrace a fresh perspective. It is about growth, not just for us but for our community, too. Let us celebrate this season of new beginnings by bringing our best selves forward.

Let us also talk about Earth Day, April 22. Now, we all know that Earth Day is important, but how often do we think about our impact on the other 364 days of the year? This April let us get real about it. Whether it is picking up some trash during your morning jog or switching to more sustainable products, every minor change matters. Community has always been about making a real difference, so let us use Earth Day to set the tone for the rest of the year. It does not take a huge effort, just a few small choices that can lead to an enormous impact.

But here is the thing: while we are out there doing our part for the planet, do not forget about the people around you. April is the ideal time to reconnect with neighbours, old friends, and even strangers. The sun's out, people are getting outdoors, and the vibe is perfect for strengthening our bonds as a community. Whether it is joining a local event, offering a helping hand, or just checking in on someone you have not seen in a while, let us keep the momentum going. A strong community starts with us all showing up for each other, and April is a great reminder that together, we are unstoppable.



Now, while we are out making an impact, do not forget to recharge. We all know the grind can be relentless, and sometimes we forget that personal growth starts with us. This month, take a moment to reset. Whether it is walking through a park, trying a recent activity, or even just getting a little extra sleep, make sure you are putting your well-being first. You cannot give your best to others if you are not at your best. So, let us take care of ourselves and make sure we are bringing our best to our community.

In short, April is all about taking action. It is the time to get outside, engage, and make some fundamental change. We have the energy, the drive, and the sense of community to make this month count. So, let us embrace it with open arms and make this spring the one that sets the tone for everything to come.

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.

Add Your Name to Our Babysitter Listing

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

E-Newsletter

Want to receive our monthly e-newsletter? Send your email address to info@scacalgary.ca.

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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

The Government of Alberta has announced funding for organizations working to stop human trafficking and empower survivors. A total of \$5.5 million has been allocated to 19 organizations. The provincial government recognizes the need to address trafficking and provide supports for those who have been victimized.

I believe strongly that this funding will empower community-based organizations to provide specialized services that will protect vulnerable individuals and disrupt the cycle of exploitation. With these community grants, we are ensuring that traffickers are held accountable, and survivors have the support they need from organizations such as The Albert Centre to rebuild their lives.

During the First Session of the 31 Legislature in Alberta legislature, the government plans to introduce 20 bills, including the following:

The Public Safety and Emergency Services Statutes Amendment Act will improve accountability and protections of freedoms during emergencies. This will enable government agencies to better handle complex disasters and crises. This will enhance community resilience and will ensure that the government has the right tools to protect Albertans.

The Compassionate Intervention Act is a central part of the Alberta Recovery Model. Alberta will build two involuntary treatment centres for addictions in Edmonton and Calgary. \$180 million over three years will be spent to build these two centres which will each have 150 beds.

Fentanyl continues to endanger the lives of Albertans and is devastating to families and communities. By aligning the efforts of community peace officers and local police, we are ensuring a coordinated, team response to combat the illicit drug trade to improve public safety. When community peace officers and local police work together in integrated street patrols, we create a visible and unified front against crime.

May you and your loved ones enjoy the spring season and a very happy Easter!

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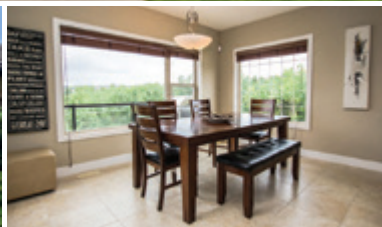
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