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# The Gazette



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## MESSAGE FROM THE BOARD

Dear Strathcona, Christie, and Aspen neighbours,

February is here, and it's shaping up to be an exciting month in our community! As we embrace this season of connection and warmth, we want to highlight a few key celebrations and updates for our vibrant neighbourhood. We kicked off the year with a Wellness Week that was hosted right here in our community centre. Folks were able to really take pause and look inward at their health and leave with actionable items for the remainder of the year. If you participated in the program, we'd love to hear from you and consider a mid-year check-in.

As we continue on with 2025, Happy Family Day! This special day on February 19 reminds us to cherish and spend meaningful time with loved ones. It's a wonderful opportunity to explore the many family-friendly spaces in our area—whether it's a winter walk in our parks, some tobogganing fun with the kids, ice skating, or even just warming up with a tea in a local café.

We'd also like to take this time to invite you to consider joining the Strathcona Christie Aspen Community Association Board! As a board member, you'll have the chance to help shape the future of our community, bring forward new ideas, and work on projects that make a real difference. Whether you're passionate about enhancing community events, improving local amenities, or fostering connections among neighbours, your voice is needed, especially with the municipal election in the horizon.

As we plan for the year ahead, we'd love to hear from you. What would you like to see in our community? Are there events, programs, or initiatives that would bring value or joy to your family and neighbours? Your input is invaluable in helping us build a stronger, more vibrant community.

Speaking of meetings, we encourage everyone to attend our monthly board meetings, held on the third Wednesday of the month. These are open to the public and a wonderful opportunity to share your ideas or learn about ongoing projects. The next meeting is scheduled for February 20 at 7:00 pm at the community centre.

Let's keep the spirit of community alive and growing. Your involvement, big or small, makes all the difference.

Keep warm,

*SCA CA Board of Directors*

## Calendar

<b>February 19, 7:00 pm</b>	SCA CA Board Meeting
<b>February 20, 6:00 pm</b>	Tropical Flower Arrangement
<b>March 15, 10:00 am</b>	SCA CA Wellness Retreat
<b>March 16</b>	First Aid Training
<b>March 19, 7:00 pm</b>	SCA CA Board Meeting
<b>April 3, 5:00 to 9:00 pm</b>	Brushworks Popup
<b>April 15</b>	Easter Floral Arrangement
<b>April 16, 7:00 pm</b>	SCA CA 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).

## COMMUNITY NEWS

### 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](http://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.

### Rink Volunteers Welcome

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

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# SCA Community Centre

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**F:** 403-249-7811

**Email**

info@scacalgary.ca

**Emergency**

403-214-1838

**Website**

www.scacalgary.ca

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

## SCA Board of Directors

President	George Diwan
Vice President	Vacant
Treasurer	Geoff Kalyniuk
Secretary, Community Engagement	Nina Rehill
Traffic and Development	Carrie Stewart
Education and Integration	Davood Khairkhah
Director of Events	Stephen Karinatei Bomi

## SCA Office

Office Manager	Shelley Lakatos
IT Admin	Michael Smith
Rink Volunteer Coordinator	info@scacalgary.ca
Office Assistant	Sherry Norman
Marketing and Communications	Vacant

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

## ELECTED REPRESENTATIVES

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

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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
February 24	23	16	\$597,450	\$610,000
January 24	13	13	\$968,000	\$950,000

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

## February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*

- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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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	PRIVATE RENTALS	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		
Run.Jump.LEAD!, 4:50 pm	Explosive Dance, 4:00 to 8:00 pm	SCA Line Dance, from 1:00 pm	Run.Jump.LEAD!, 4:40 pm	Bridge, 12:30 pm		
CYP Theatre, 5:30 pm	Chinook Country Line Dancers, 6:00 pm	Karate, from 6:30 pm	CYP Theatre, from 5:30 pm	Older Adult Dance, 1:00 pm		
Sparks, 6:30 pm	CYP Theatre, 6:30 pm	Pathfinders, 6:30 pm	Scouts, 6:15 pm			
Rangers/Pathfinders, 6:30 pm	Young Rembrandts, Basement, 6:30 to 7:30 pm					
Karate, 6:30 pm						
Toastmasters, 7:30 pm						

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# The Art of Finding Work: Job Search Success Is Not Complicated

by Nick Kossovan

Most people over-complicate the process of achieving success.

Achieving success is often perceived as a complex puzzle, or according to those who play the 'I'm a victim!' card, only available to those who are supposedly privileged. The fact is there's a simple equation for achieving success, which Zig Ziglar famously encapsulated, "You can have everything in life you want if you will just help other people get what they want."

Side note: "all you want" should be interpreted as "all you need."

I recommend considering the hiring process from the employer's perspective. By doing so, you'll empathize with employers and understand that positioning yourself as a candidate who has the skills, experience, and proven track record of helping employers get what they want is a job search strategy that'll set you apart from your competition, who aren't approaching their job search with an "I want to help employers" mindset as they have the all-too-common "I want!" mindset.

Success isn't a complicated journey. With the right mindset, it's a simple path—help others achieve what they want. However, the mindset I come across most often is the exact opposite; job seekers focused on what they want, as opposed to what employers want, resulting in employers being turned off. Who isn't turned off by someone solely concerned with their needs and wants, who comes across as "predatory"?

Most job seekers: "Employers need to understand my issues and needs."

Savvy job seekers: "I need to understand the employer's issues and needs."

Job seekers who are thinking clear and show employers how they can help them achieve what they want are few and far between. Being that rare candidate makes

you unique and highly valuable, which is a significant competitive advantage. I can guarantee that your interviewer almost never encounters a candidate who projects an "I'm here to help you" aura.

When viewed holistically, employers want five things:

1. Be profitable
2. Reduce/control costs
3. Have low employee turnover
4. Optimize employee performance
5. Provide excellent customer experiences

How can you help an employer achieve any of, or a combination of, the above?

### What's Your Employee Value Proposition?

For instance, you can never go wrong assuming the employer wants to be profitable; hence, suggesting cost-saving measures or revenue-generating ideas during your interview will demonstrate your desire to help the company get what it wants, which is to be profitable.

Imagine yourself as a hiring manager. One of your standard interview questions is: "How will you contribute to the company's success?" or, more directly, "Why should I hire you?"

Candidate A:

"If hired, I will bring enthusiasm, dedication, and hard work to the team. I am a fast learner and have a strong work ethic. I am also a team player."

Candidate B:

"I bring over 15 years of technical expertise, problem-solving skills, and a commitment to innovation. As head of Gekko's IT, I led a project to streamline its data analysis processes, increasing efficiency by 20% and reducing employee hours. I achieved this by implementing Cyberdyne Systems' latest data visualization tools and automating repetitive tasks. I plan to bring this kind of efficiency oversight to Soylent Corporation."

Which candidate would you lean towards hiring?

Candidate A offers nothing more than their unsubstantiated opinions, which, as I've stated in previous columns, employers don't hire; they hire



results. Opinions about yourself, which you should rarely give without quantifying, don't help your interviewer envision how you'll help the company get what it wants.

On the other hand, candidate B outlined how they can help the company achieve wanting to optimize employee performance and cost savings. Candidate B thinks like an employer and understands employers are a sucker for candidates with a track record of helping employers get what they want.

Getting hired doesn't come down to having the shiniest resume, with all the right keywords, being impeccably dressed, having a perfect smile, or sheer luck. Employers hire candidates they feel will get them what they want.

Consider all the successes around you and why they exist.

- Amazon: Shopping delivered to your door.
- Apple iPhone: Handheld communication.
- Facebook: Having a voice. Keeping in touch.
- Starbucks: Coffee served around an experience.
- Taylor Swift: Music young people in angst can relate to.
- MasterCard: Easy to use credit.
- Zig Ziglar: Motivation and encouragement.

The success of the above can be attributed to the fact that they've designed their offering with the end-user in mind, helping people get what they want.

- Amazon: Convenience
- Apple iPhone: Connectivity
- Facebook: Popularity
- Starbucks: Self-care
- Taylor Swift: Understanding
- MasterCard: Lifestyle
- Zig Ziglar: Hope

All successful businesses are based on selling a product or service that will help people get what they want, which is usually intrinsic. A product or service must satisfy a need or want in order to sell. The same applies to job searching. You must fulfill an employer's need or want. Think of employers as the end users of your services; how do you help employers achieve what they want? Are you communicating your how and willingness to help throughout your job search?

Showing how you can help employers get what they want is how you achieve job search success.

# How to Know if You Are Ready For Couples Therapy or Not

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

## Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

**Prep Time:** 25 minutes

**Cook Time:** 35 minutes

**Servings:** 4

### Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

### Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

### Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!



## Celebrate Calgary 150 - Life on the Prairies

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

Ancient hunter-gatherers entered Alberta through ice-free corridors. They encountered hot springs, like Cave and Basin National Historic Site.

The earliest habitation sites contain fluted projectile points called arrowheads. Wally's Beach on St. Mary Reservoir contains evidence of point production for hunting.

At Writing-on-Stone Provincial Park, Indigenous peoples carved the Great Plains' greatest concentration of rock art. The shapes, people, and animals show the site's sacredness, where spiritual guidance is sought.

At Head-Smashed-In Buffalo Jump World Heritage Site, herds were steered over a precipice, providing plentiful food and material for daily life.

Calgary was an important stop on the seasonal round following buffalo herds because prairie meets foothills along several river valleys, including the Bow's confluence with Mohkinstsis ("elbow"). There's a buffalo jump at Paskapoo Slopes and stone circles on Nose Hill.

Calgary's region is home to many First Nations. Westward is Tsuut'ina Nation, who share culture and language with the Dene Nation.

Further west lies Stoney Nakoda Nation, comprising the Bearspaw, Chiniki, and Goodstoney. The name "stoney" is from Europeans observing cooking with stones.

East of Calgary is Siksiká ("black foot") Nation, part of the Blackfoot Confederacy. The Blackfoot are linked through historical ties, culture, and language.

South of Lethbridge is Kainai Nation. Part of the Blackfoot Confederacy, it's also known as the Blood Tribe because Cree-speaking foes called them Mihkowiyniw ("blood stained").

Further west is Pi'ikanni Nation, members of the Blackfoot Confederacy with a long history connected to Blackfeet Reservation in Montana.

Calgary is also located in Métis Nation District 5 and 6. Indigenous women and the European men working for fur-trading companies founded the Métis.

Europeans' arrival began on the rivers with French fur traders, les voyageurs. Hudson's Bay Company established fur trading posts and sent explorers in the prairies, like Anthony Henday in 1754. A rival, the North West Company, sent David Thompson to find the Pacific Ocean.

Peter Fidler of HBC reached the Rocky Mountains in 1792 and developed maps with information from Siksiká Chief Old Swan.

These interactions between First Nations, Métis, and fur traders changed our region. Visit CHI's website for more details.

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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1XK3NB7?WS=SearchResults>. "Cave and Basin swimming pool, Banff, Alberta.", 1931, (CU1227965) by Devereux, Daisy. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



[https://commons.wikimedia.org/wiki/File:Writing\\_on\\_stone990.jpg](https://commons.wikimedia.org/wiki/File:Writing_on_stone990.jpg). Áísinaí'pi National Historic Site of Canada - rock carvings, 2011. Photo by Matthias Süßen, via Creative Commons Attribution-Share Alike 3.0 Unported license.



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# PHOTO GALLERY

by Nyckie Rea



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[https://commons.wikimedia.org/wiki/File:Elk\\_Point,\\_Alberta\\_\(28288283940\).jpg](https://commons.wikimedia.org/wiki/File:Elk_Point,_Alberta_(28288283940).jpg). Peter Fidler statue, Elk Point, Alberta, 2016. Photo by Jonathan Koch, via Creative Commons Attribution 2.0 Generic license.



There are two boxes that must be checked off for a year to be a Leap Year. First, it must be divisible by four; second, it will not be divisible by 100 unless it's also divisible by 400. 2025 does not check off these boxes, but you can still look forward to it because the next Leap Year will be February 29, 2028!

## SCA PROGRAMS



### 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 5 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).

#### 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](mailto: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](mailto: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](http://Gogatoys.com) for more information and to register for February 4 at 9:30 to 10:30 am. More 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.

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

### 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, January 14 to March 18 from 1:00 to 3:30 pm

Acrylics: Thursdays, January 16 to March 20 from 10:00 am to 12:30 pm

\$175.00 plus GST – Ten Classes

To register, contact Karin at [karinrichter@shaw.ca](mailto:karinrichter@shaw.ca) or 403-272-1471.





**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.

Beginner Bridge Lessons: March 6 to April 24

If there is enough interest, we'll be offering an eight-week introductory course for beginners, covering the basics of the game.

Cost: \$100 for eight lessons.

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

Beginner Chair Yoga (more seated poses): Mondays, January 6 to March 13, 12:00 to 1:00 pm (No Class February 17).

Intermediate Chair Yoga (more standing poses): Mondays, January 6 to March 13, 1:15 to 2:15 pm (No Class February 17).

Intermediate Chair Yoga (more standing poses): Wednesdays, January 8 to March 31, 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).

**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: [www.childsafecanada.com](http://www.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](mailto: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.

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 Maureen at [jazzstrathcona@gmail.com](mailto:jazzstrathcona@gmail.com) or 403-461-7694.

*continued on next page*

## SCA PROGRAMS



### 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). The class is held in the main hall of the Strathcona Community Centre as well as streamed online.

Fridays, January 10 to March 28, 11:00 am to 12:00 pm

Registered for twelve weeks: \$96. Drop-in and five-class pass options are available.

Contact Sherry at 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).

## SCA Spring Programs

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

Registration begins 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

Winter: Fridays, January 10 to March 14 from 1:00 to 2:00 pm.

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 opens February 1 - [cypt.ca/camps](http://cypt.ca/camps).

### 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](http://www.littlemedicalschool.com/calgary) or [calgary@littlemedicalschool.com](mailto: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](http://aforza.ca)

Step 2: Visit our community tennis tab

Step 3: Register under "Programs & Camps"

Questions? [Community@aforza.ca](mailto:Community@aforza.ca) or 403-8355583.

## Word of the Month

**Eudaemonia: noun (yoo-di-moh-nee-uh)**

Happiness, well-being, good spirit.

*We are all trying to experience Eudaemonia.*

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Howie and Pepper, *Crestmont*



Tucker and Bentley, *McKenzie Towne*

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# BATHROOM RENOVATION SALE

## SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- 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
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

**ABSOLUTELY NO HIDDEN COSTS**

*Some restrictions may apply. Reg: \$15,679*

**SALE \$11,679**  
*Limited Supplies*

## TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

**ABSOLUTELY NO HIDDEN COSTS**

*Some restrictions may apply. Reg: \$13,679*

**SALE \$9,879**  
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## February Snow

by Garth Paul Ukrainetz, Poet of the Blackmud Creek

February snow can't miss your falling  
Always sure to drift my way  
Cling to pant legs, holding tightly  
Begging me to come and play  
Slide upon a long toboggan  
Skate across a pond of ice  
Downhill ski on powdered mountain  
Friendly little snowball fight  
February snow I know you're lonely  
This time of year I feel it too  
Maybe we should get together  
Wintertime is over soon  
Glide along the trails cross country  
Snowshoe thru the meadows white  
Snowmen build in brightest sunshine  
Angels make on moonlit night



## EVENTS

### SCA CA Wellness Retreat

March 15, 10:00 am to 2:00 pm.

This special wellness event offers an escape from everyday life to help you recharge, unwind and find a sense of inner peace.

Day includes:

- Yoga – Gentle stretch and relax, suitable for all levels
- Meditation – Ease stress and enhance clarity
- Stress Management – Practical tools to handle life's challenges
- Healthy Lunch – Nourishing meal that supports your wellness

Spaces are limited. Price: \$60.

Registration: <https://scacalgary.getcommunal.com/login>



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# Landlord and Tenant Law – Sublets and Options in DV Situations

by Charmaine Coutinho

As a volunteer lawyer with Calgary Legal Guidance, I advise clients who would otherwise be unable to access (paid) legal services to empower them to take the next steps in their legal matters independently. I commonly deal with landlord and tenant disputes.

This article discusses only leases covered by Alberta's Residential Tenancies Act (RTA). The RTA excludes tenants sharing living space with a landlord, supported living accommodations, and a few other scenarios. I aim to help our community become more familiar with a few RTA topics, at a time when landlords and tenants are under stress and possibly looking for options.

### Subletting

As the cost of living dramatically increases, the proportion of income we allocate to rent may shrink. Many now find themselves unable to afford what may once have been a comfortable rent. The solution, particularly for those in a fixed term lease, may be to sublet.

However, many leases purport to ban sublets. According to the RTA, a tenant can ignore any term in a lease that purports to erase a protection offered to tenants by the RTA. So, a tenant can ignore a lease term that bans subletting.

Under the RTA, a tenant needs a landlord's written consent to sublet, and a landlord cannot refuse to provide consent without reasonable grounds. If a landlord has not given the tenant their written reasons for denial within 14 days of receiving the request, a tenant can assume that the landlord agrees to the sublet. A landlord also cannot charge the tenant a fee for giving consent for the sublease.

Before subletting, a tenant should understand how a sublet works: the primary lease between the tenant and the landlord still exists. As such, all of the tenant's responsibilities and obligations under that primary



lease continue despite the sublet. If the subletter fails to meet their tenancy obligations, the primary tenant would be responsible for meeting these obligations. For example, if a subletter fails to pay rent, the primary tenant is responsible for paying rent to the landlord. If a subletter damages the rental unit during or at the end of the tenancy, the primary tenant would be responsible for repairing the unit before surrender to the landlord or could be sued by the landlord for repairing the cost of damages done by the subletter. Any tenant planning to sublet should seriously consider the risks involved before entering into a sublease.

It is possible for a landlord to voluntarily agree to end the primary lease early, with pre-defined or no penalty fees, and set up a new lease with the interested subletter; this would be exclusively at the discretion of the landlord and cannot be forced by the tenant.

### Domestic Violence and Tenancies

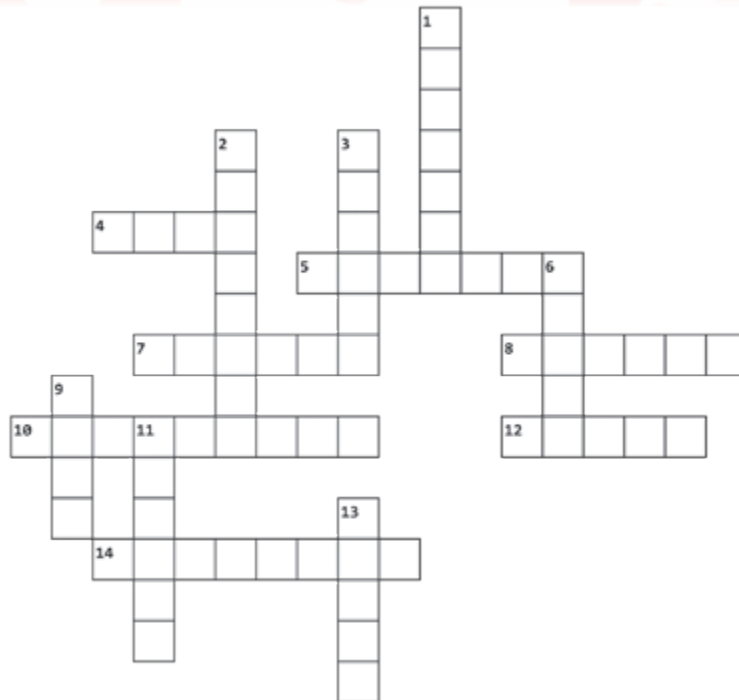
Victims of domestic violence can end a tenancy early and without financial penalty, without a landlord's consent. This right arises in circumstances where the tenant's or a dependant individual's safety is at risk. There is a process to request an authorization certificate from the Alberta government; once the required documents are submitted, the applicant can receive a certificate within seven days. This certificate must be served on the landlord at least 28 days before the applicant terminates the tenancy.

If the applicant fears for their continued safety, they may leave the rental unit before receiving a certificate or before the end of the 28-day period.

Please reach out - there are supports from the city, province, and legal organizations serving vulnerable individuals, ready to offer confidential advice and assistance to those escaping domestic violence.



# February Crossword



## Across

- Canadian filmmaker, Denis Villeneuve's sci-fi adventure film \_\_\_\_\_: *Part Two* first premiered in February 2024.
- Fleetwood Mac's best-selling album, \_\_\_\_\_, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
- Born on February 1, 1994, England-born pop sensation, Harry \_\_\_\_\_ rose to fame as part of a boy band before going off on his own.
- On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as \_\_\_\_\_, was founded.
- Something that is typically given to a significant other or friend(s) during the month of February.
- February is National \_\_\_\_\_ Month, highlighting the importance of cardiovascular health.
- Singer-songwriter and multi-instrumentalist, Joni \_\_\_\_\_, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

## Down

- In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
- February's purple birthstone, the \_\_\_\_\_ is believed to be a symbol of protection.
- The Grammy Award-winning song "No \_\_\_\_\_" by TLC was released on February 2, 1999.
- 2025's Chinese Zodiac is this slippery, slithery creature.
- Angie Thomas' young adult bestseller, *The \_\_\_\_\_ U Give* was originally published on February 28, 2017.
- Canadian actor, \_\_\_\_\_ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
- \_\_\_\_\_ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



## Stay Safe, Stay Off Storm Ponds

by The City of Calgary

This winter season, be safe while enjoying the outdoors and stay off storm ponds. Any recreational activity including skating, sledding, or even walking across a storm pond is not allowed under the Stormwater Bylaw because it's simply not safe.

With more than 300 storm ponds across the city, they might look like natural ponds, but they don't function the same and the ice is less predictable.

Unlike a normal pond, storm ponds are designed to collect runoff to protect communities from overland flooding and clean water before returning it to the river. The water in storm ponds contain road salt and other contaminants that eat away at the ice. Beneath the ice surface, water is constantly flowing, and levels are changing as water moves between inlet and outlet pipes. This weakens the ice and creates unstable air gaps and vary the ice thickness.

Looking to safely skate? Skaters of all levels can use one of the over 65 volunteer maintained Adopt-a-rinks in communities across Calgary or a City of Calgary natural ice rink. Rinks maintained by The City are among the safest places to skate because they are checked daily for ice thickness and quality, and surfaces are flooded as needed to make sure they're safe for skating. To find safe outdoor skating rinks near you visit [calgary.ca/rinks](http://calgary.ca/rinks).





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## The Little Month



We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February “y mis bach,” which means “the little month”.

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## 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).

### Follow Us On Facebook and Instagram

## YOUR CITY OF CALGARY

# Celebrate the Season at Chinook Blast, Calgary's Winter Festival

by *The City of Calgary*



Chinook Blast is back for its fifth year, running from January 31 to February 17, 2025. This beloved winter celebration is a must-attend tradition, drawing Calgarians and visitors alike to discover Calgary and its downtown in a whole new way.

This year's festival will once again showcase the city's creativity and community spirit with a spectacular lineup of events and experiences for all ages. From live music performances to thrilling outdoor sports, captivating art installations and unique cultural experiences, there's truly something for everyone to enjoy.

Whether you're exploring downtown, discovering local artists, or simply embracing the winter magic with friends and family, Chinook Blast is a perfect way to warm up Calgary's coldest season!

Mark your calendars and don't miss out on this incredible winter tradition. Visit [chinookblast.ca](http://chinookblast.ca) to learn more.

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# MARK YOUR CALENDARS



STRATHCONA CHRISTIE ASPEN COMMUNITY CENTRE

The Bow Valley Music Club continues with the second half of its 2024-25 season with two concerts in March, the 1st and the 22nd. **Contact BVMC** at [info@bowvalleymusicclub.org](mailto:info@bowvalleymusicclub.org) or **403-287-2299** for **tickets and info**.

**March 1 – Tom Jackson** – Recording artist to some, celebrated actor and author to others, philanthropist to most – **Tom Jackson** is extraordinarily passionate about creating change. A bass-baritone voice for food banks, the disenfranchised, the traumatized, and an Ambassador and Member of the order of the Red Cross, Tom is a ‘minstrel with a mission’ and renaissance man and one of Canada’s foremost actor/musicians.

Opening: **Floen** – Lana and Keith Floen are the co-founders of the popular Alberta-based group, The Travelling Mabels. For this concert they are bringing their dynamic duo energy to BVMC as they open for their longtime friend Tom Jackson.

**March 22 - Twinbill - Cassie and Maggie; The Eliza Doyle Trio** – East Coast Maritimers meet high-energy prairie folk-bluegrass trio for what should be a lively and entertaining evening.

With over 17 combined Canadian Folk Music, East Coast Music, and Music Nova Scotia awards and nominations, the Juno-nominated powerhouse duo, **Cassie and Maggie**, emerge as an unstoppable force on the global folk stage. Unleashing a magnetic energy, they seamlessly weave their deep Celtic heritage with contemporary influences.

Committed to not just preserving but also propelling Nova Scotia's folk traditions into new realms, Cassie and Maggie bring an exhilarating energy that is both timeless and irresistibly modern.

**Eliza Doyle Trio** - Eliza has had a twenty-year career in groups, as a solo artist, as a professional session musician, singing, and performing with the banjo, dobro, guitar, and mandolin. She has released nine full-length albums, won a Juno with the group The Dead South (which she toured with from 2016-2018), and has toured Canada, the USA, and Europe extensively. Doyle has been a regional finalist in CBC’s Searchlight Canada competition and past winner of Bell Media’s contest, The Next Big Thing.

**BVMC Casino** – Our major fundraiser takes place Sunday, March 30th and Monday, March 31st. Anyone interested in and available to volunteer for a shift please contact us.

## OUR NEXT LIVE CONCERT DATE

FEBRUARY 8, 2025-DOORS OPEN AT 7:00 PM

PURCHASE TICKETS AT

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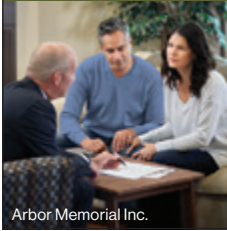


<http://bowvalleymusicclub.org/>

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## The Great Joni Mitchell

Canada's Juno Hall of Fame features many incredible artists from over the years. A very special addition was made on February 5, 1981, when Alberta-born singer-songwriter and multi-instrumentalist Joni Mitchell joined those honoured. Way to go, Joni! She really couldn't be any cooler.





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## Joke of the Month



Why aren't dogs good dancers?  
They have two left feet.

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## STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
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
February 24	8	9	\$699,900	\$675,000
January 24	6	3	\$1,095,000	\$1,030,000

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
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
February 24	7	8	\$800,000	\$845,000
January 24	4	5	\$769,800	\$745,000

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\* Detached Homes - SOLD, Calendar 2024. West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Strathcona, Coach Hill, Patterson & Cougar Ridge. Photos represent David's detached homes SOLD, Calendar 2024.

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