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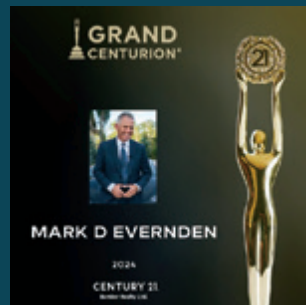
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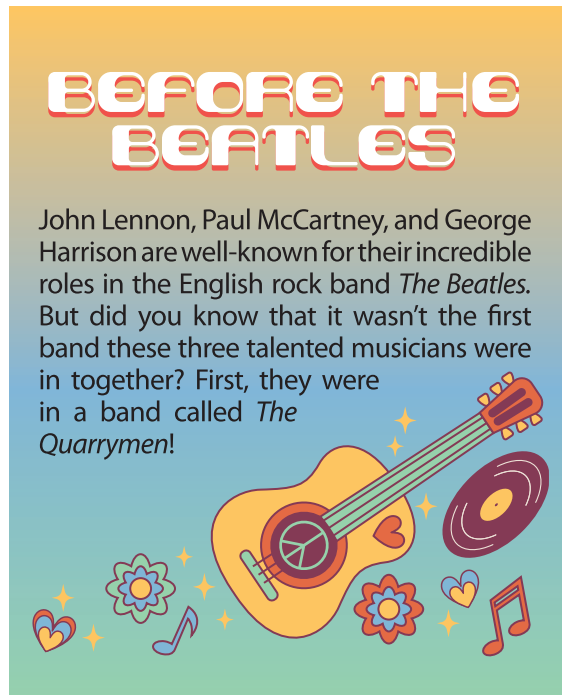


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**BEFORE THE BEATLES**

John Lennon, Paul McCartney, and George Harrison are well-known for their incredible roles in the English rock band *The Beatles*. But did you know that it wasn't the first band these three talented musicians were in together? First, they were in a band called *The Quarrymen*!

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STRATHCONA



CHRISTIE PARK



ASPEN WOODS



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# SCA Community Centre

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**F:** 403-249-7811

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**Emergency**

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**Website**

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

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## Word of the Month

**Lugubrious: Adjective**  
(loo-GOO-bree-us)



Looking or sounding  
very gloomy and sad.

He droned on in his  
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- Supply & install new granite or quartz countertops with undermount sink

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## MESSAGE FROM THE BOARD

We hope you're all enjoying the beautiful summer weather! We wanted to take this opportunity to share some important updates and express our heartfelt gratitude to our wonderful community members.

### Upcoming Construction Notice

We want to inform you of scheduled maintenance work that will enhance the safety and structural integrity of our building. In July, we will be undertaking necessary reinforcement work on one of the exterior columns on the east side of the building. This project is expected to take approximately four weeks to complete. While we understand that construction can be inconvenient, this important work will ensure the continued safety and longevity of our home. We appreciate your patience and understanding during this time.

### Summer Safety Reminder

As summer is in full swing, we'd like to remind everyone to stay mindful of safety in our community. With more outdoor activities and visitors enjoying our beautiful neighbourhood, please continue to watch out for pedestrians, adhere to speed limits, and ensure children are supervised near streets and playgrounds. Together, we can keep Strathcona Christie Aspen a safe and welcoming place for all.

### July Fun Fact

Did you know that July was originally the fifth month of the year? It was named after Julius Caesar and was called "Quintilis" (meaning fifth) in the original Roman calendar, which began in March. When Caesar reformed the calendar and moved the start of the year to January, July kept its name honouring the famous leader.

Looking for summer camps for your children, check out camps taking place in your neighbourhood at [www.scacalgary.ca/summer-camps/](http://www.scacalgary.ca/summer-camps/).

Warm regards,

*The Board of Directors*





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EVENTS RECAP

Recycle Day

Recycle Day on May 17 – Huge shout out to all the volunteers and sponsors for another successful day!

Sponsors: Alberta Recycling Management Authority, City of Calgary, Panago Pizza, Recon Metal, Enviro Shred, Cerebral Palsy Alberta, Calgary Food Bank, Girl Guides, Calgary Flames Sports Bank, Techno Trash.



Seniors Dance

Thank you to Wellings of Calgary for sponsoring another successful event on June 13.

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	Adult Art, 1:00 pm	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	Explosive Dance, 4:00 to 8:00 pm	Tai Chi, 11:00 am	Bridge Lessons, 1:00 to 4:00 pm	Sit Fit Yoga, 11:00 am		
Level Up Learning, 5:30 pm	Kings Dance, 4:30 pm	SCA Line Dance, from 1:00 pm	Zumba Fitness, 5:15 to 6:15 pm	Bridge, 12:30 pm		
CYP Theatre, 5:30 pm	Level Up Learning, 5:30 pm	Level Up Learning, 5:30 pm	CYP Theatre, from 5:30 pm	Older Adult Dance, 1:00 pm		
Sparks, 6:30 pm	Chinook Country Line Dancers, 6:00 pm	Karate, from 6:30 pm	Scouts, 6:15 pm			
Rangers/Pathfinders, 6:30 pm	CYP Theatre, 6:30 pm	Pathfinders, 6:30 pm	Flow Yoga, 7:30 pm			
Karate, 6:30 pm						
Toastmasters, 7:30 pm						

## Celebrating Calgary 150 - Oil Town

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

Calgary was booming by 1920.

The CPR built the Palliser Hotel, called the “Castle by the Tracks”, which employed immigrants like my Nona and father. The Kings Arm Tavern inside was frequented by gay men. Meanwhile, Fort Calgary was razed.

A splendid City Hall reflected Calgary’s prominence. And another public building is Heritage Hall, Western Canada’s first post-secondary institution. Hudson’s Bay’s new store opened with a granite columned arcade, unique in North America.

Parks Superintendent William Reader sought to beautify Calgary with Reader Rock Garden, his experimental site. Shaganappi (“rawhide lacing” in Cree), an Indigenous gathering place, became the first municipal golf course (ca.1914).

St. George’s Island became the zoo’s home, with concrete dinosaurs added in 1935. Dinny is the only survivor. Annie Gale, the British Empire’s first woman city councillor, supported self-sufficiency through the Vacant Lot Gardens Club.

Energy resources started dominating the economy. Coal was mined in the Crowsnest Pass - my great-grandfather Salvatore was a miner who died in an accident. Nearby is Turtle Mountain, known to Indigenous peoples as “the mountain that moves”. On April 29, 1903, the Frank Slide destroyed the mine and several homes. Between 70 and 90 people perished.

At Turner Valley, William Herron’s well struck gas. He’s considered the father of Alberta’s petroleum industry. The Herald wrote, “a lively but fairly sane cow town became a madhouse”. Oil was discovered in 1936, sealing Calgary’s fate as Oil Town.

New main streets developed. Off 10 Street NW is the Art Deco-style Plaza Theatre (ca.1934). Apartment buildings also appeared, including Spanish Colonial-style President Apartments and Tudor Revival-style Barnhart Apartments.

Another kind of community formation occurred in 1928 when Métis Nation of Alberta was founded to establish eight settlements.

Then the Great Depression began in 1929. Public works projects generated employment, including the Glenmore Reservoir and Banff-Jasper Highway. Norman Luxton spearheaded Banff’s Winter Carnival and Buffalo Nations Museum. Mount Norquay and Sunshine became ski resorts.

During hard times, sport offered respite. The Calgary Tigers played rugby football and threw Canada’s first forward pass in 1929. The Stampeders won their first game in 1945, perfect for a city approaching 100,000.

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“Palliser Hotel, Calgary, Alberta,” 1929-06-20, (CU1101121) by Oliver, W. J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1WU3E87WS=SearchResults>.



“City Hall, Calgary, Alberta,” [ca. 1911], (CU169103) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1SLYACF?WS=SearchResults>.

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“Provincial Institute of Technology, Calgary, Alberta,” [ca. 1925], (CU1212545) by Oliver, W. J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1ZY6LN>.



“Dinny the Dinosaur under construction at zoo, Calgary, Alberta,” 1937, (CU1225525) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O8Q5OQ>.



"Hudson's Bay Company Department Store, Calgary, Alberta," 1917, (CU166208) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F3I3I7WS=SearchResults>.



"First Nations camp, Shaganappi Point, Calgary, Alberta," 1901, (CU1125950) by Notman. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Please credit Notman Archives, McCord Museum. On occasion of Royal Visit of Duke and Duchess of Cornwall and York. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF108XTG9?WS=SearchResults>.



"Entry to St. George's Island, Calgary, Alberta," [ca. early 1920s], (CU1104276) by McDermid Photo Laboratories. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1XZKVOH>.



"View of Turtle mountain and slide area, Frank, Alberta," [ca. 1903], (CU1104678) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F1MFB1WS=SearchResults>.



"View of Dingman #1 (Calgary Petroleum Products #1) well, Turner Valley, Alberta," 1914, (CU1157433) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FRZGBP?WS=SearchResults>.



"Filtration plant, Glenmore dam, Calgary, Alberta," [ca. 1938], (CU1130063) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FP1RIS?WS=SearchResults>.



"Stoney at Banff Carnival, Banff, Alberta," 1922, (CU1154126) by McCowan, Dan. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OKFKF?WS=SearchResults>.



"Sunshine ski lodge, Simpson Pass, Alberta," [ca. 1936-1937], (CU1118448) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

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1. This famous hockey player holds or shares 61 NHL records.
2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



**SCAN THE QR CODE FOR THE ANSWERS!**



## BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

**Servings:** 4

### Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

### Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

### Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

### Casino Volunteers Needed – July 24 and 25

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](mailto:info@scacalgary.ca) and we would be happy to answer them. Visit [www.scacalgary.ca](http://www.scacalgary.ca) to sign up.

### Let's Play Pickleball!

Looking for a fun way to get active, meet new people, and build a stronger sense of community? Come join us for some friendly pickleball games—all about good vibes, connection, and a little healthy competition!

Tuesdays at 6:00 pm. Sundays at 9:00 am.

SCA Community Hockey Rink

More information: [scacalgary.ca/programs/adult/pickleball-informal-meet-up/](http://scacalgary.ca/programs/adult/pickleball-informal-meet-up/).

Whether you're a seasoned player or trying it for the very first time—everyone is welcome! Bring your paddle, net, your smile, and your love for community.

Let's get moving, get social, and get to know our neighbours.

If you're interested or have any questions, feel free to reach out to me directly! Wendie: 587-432-5680.

Can't wait to see you on the court! Everyone will need to abide by the SCA CA's Court rules ([scacalgary.ca/community-directory/community-tennis-courts/](http://scacalgary.ca/community-directory/community-tennis-courts/)) and have a current membership.

### Join Our Walking Group

Walks take place every Tuesday at 10:00 am.

Meet outside the gazebo beside Sobeys. Dogs and strollers are welcome. 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 Jaime at [jaime.enachescu@gmail.com](mailto:jaime.enachescu@gmail.com).

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# What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.





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		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	25	36	18	\$1,236,500	\$1,182,500
April	25	17	11	\$548,800	\$568,000
March	25	17	13	\$570,000	\$560,000
February	25	11	5	\$579,900	\$550,000
January	25	14	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

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

## 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 Spark, Embers, and Guide Leaders!

Classes for Sparks, Pathfinders, and Rangers. [any-calgarysunsethills@girlguides.ca](mailto:any-calgarysunsethills@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. 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](mailto:strathcona215gc@gmail.com) or visit [www.scouts.ca](http://www.scouts.ca).

#### 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](http://childsafecanada.com).

### Adult Programs

#### New Calgary Sewing School

Learn to sew with Calgary sewing school!

Beginner Adult Sewing Class: Tote Bag and Pencil Case.

Sunday, August 10, 9:00 am to 3:30 pm.

More information: [www.scacalgary.ca/programs/adult/sewing-school/](http://www.scacalgary.ca/programs/adult/sewing-school/).

#### 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.

July 2 to August 2 (six weeks).

Wednesday, 10:00 to 11:00 am (No classes on July 16, 23, or 30).



Registered for six weeks: \$48. Drop-in: \$10.

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

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

### **Jazzercise**

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

A high-energy, low-impact version of the classic dance-based class format. Bring a mat for the floor work, weights are provided.

Passes are \$75 per month, \$20 drop-in, or \$150 for a ten-class pass.

Mention this ad for one free class.

For more information, contact Maureen at [jazzstrathcona@gmail.com](mailto:jazzstrathcona@gmail.com) or 403-461-7694.

Jazzercise has been offered at the Strathcona Community Centre for the last four decades.

### **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.

### **New! King Dancing Inc. (Dance Studio)**

Dance is meant to be fun! King Dancing Inc. is offering:

Hip Hop for Seniors from 4:30 to 5:30 pm on Tuesdays with Mr. Philip King.

Feminine Jazz for Adults from 5:30 to 6:30 pm on Tuesdays with Miss Vanessa King.

July 8 to August 26

Register through our website: [www.kingdancinginc.com](http://www.kingdancinginc.com).

### **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.

July 4 to August 29.

Fridays, 11:00 am to 12:00 pm.

Registered for nine weeks \$72. Drop-in: \$10.

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

### **Toastmasters**

Mondays, 7:30 pm

Toastmasters helps you to improve your public speaking. We offer both online and in-person meetings. For more information, please contact us at 403-470-2005. Visit [www.westhillstoastmasters.easy-speak.org](http://www.westhillstoastmasters.easy-speak.org).

*continued on next page*



## SCA PROGRAMS



### New Zumba Fitness

Are you ready to dance your way to fitness? Join me for a fun-filled Zumba class on Thursday evenings, where we'll groove to energetic music, burn calories, and have an amazing time! Everyone is welcome! Let's move, laugh, and stay healthy together! Starting April 3 at 5:15 pm. For more information contact Andrea at 403-816-6897.

### SCA Summer Programs

Summer registration started on May 26.

#### Summer Tai Chi (Adrian Buzcek)

Seven Classes - \$59.50 + \$2.98 = \$62.48

Basics and Continuing – Mondays, June 23 to August 11 from 2:00 to 3:00 pm (No class August 4).

For the dates of July 14, 21, and 28, classes will be held outside in the rink. Makeup classes will be taking place in August should the weather not accommodate outdoor classes.

Continuing 2 – Wednesdays, July 2 to August 13 from 11:00 am to 12:00 pm.

For the dates of July 16, 23, and 30, classes will be held outside in the rink. Makeup classes will be taking place in August should the weather not accommodate outdoor classes.

### SCA Fall Programs

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

Registration begins July 15

#### Line Dancing (Mary and Peggy)

Temn weeks - \$95.00 + \$4.75 GST = \$99.75 (BOGO \$47.50 + GST \$2.38 = \$49.88) Discount of \$47.50

Wednesdays, September 24 to November 26

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

#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 - 2:00 pm

\*BOGO Half Off Sale must call the office at 403-249-1138

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

\$5 Drop-in Fee – Must have community membership

Fridays, September 19 to December 12 from 1:00 to 2:00 pm

#### Tai Chi (Adrian Buzcek)

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

Continuing 1 and Basics – Mondays, September 15 to December 15 from 1:30 to 2:30 pm (No class October 13 or 20).

Basics – Mondays, September 15 to December 15 from 2:45 to 3:45 pm (No class October 13 or 20).

Continuing 2 – Wednesdays, September 24 to December 10 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](http://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](mailto: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](mailto: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](mailto:ahodgson@telus.net)

### **Engineering for Kids**

Let your child become a creator, innovator, and explorer this summer! From Minecraft modding and robotics to game design and STEAM inventions, our hands-on camps turn curiosity into real-world skills. Epic Themes Include: Minecraft Modding and Game Design; VEX Robotics and Mechatronics; Junior Inventors and STEAM Fun; and more for young explorers!

Dates: July 7 to 11, August 11 to 15, August 18 to 22

Time: Half-Day (9:00 am to 12:00 pm or 1:00 to 4:00 pm)  
| Full-Day (9:00 am to 4:00 pm)

Price: \$250 Half-Day | \$440 Full-Day

Spots are limited – Register Now! [app.amilia.com/store/en/engineering-for-kids-calgary/shop/programs/112891](http://app.amilia.com/store/en/engineering-for-kids-calgary/shop/programs/112891).

### **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 403-835-5583.



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

## STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	25	17	12	\$912,400	\$928,750
April	25	25	15	\$725,000	\$715,000
March	25	4	7	\$850,000	\$835,000
February	25	5	3	\$624,900	\$575,000
January	25	4	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

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
May	25	3	6	\$475,000	\$466,500
April	25	6	2	\$974,900	\$1,012,500
March	25	5	4	\$1,000,000	\$990,000
February	25	3	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

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

## 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/scalgary](http://app.skipthedepot.com/scalgary).

### Add Your Name to Our Babysitter Listing

Check out our listings at [www.scalgary.ca](http://www.scalgary.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@scalgary.ca](mailto:info@scalgary.ca).

### E-Newsletter

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

### Follow Us On Facebook and Instagram

## Photo Corner



*Chiko. Double look. Interesting prospective.*



*Photos by Nyckie Rea*

## Québec Village



On July 3, 1608, a trading post was established on the site of present-day Québec City that was part fort and part village. Samuel de Champlain fostered fur trades and used this building as a base. We're sure it looked a whole lot different back then!





### Downtown Summer Festivals and Events

by The City of Calgary



Calgary's Summer Festival Season is in full-swing and downtown is where you'll find the electric energy as people come to experience the ultimate celebration of community, creativity, and culture. With over 100 festivals and events happening downtown this summer, the heart of our city will be bursting with fun and entertainment for everyone.

Whether you are a resident or a visitor, this is your invitation to immerse yourself in the vibrant spirit of our Downtown Summer Festival Season. Downtown is home to some of our proudest landmarks and our biggest celebrations, like Canada Day, Stampede, Carifest, and the Calgary Folk Music Festival. The best of our city is reflected in these festivals and events, as people come together to have fun, celebrate, and enjoy life's moments.

With a wide variety of entertainment, the Downtown Summer Festival Season has something for everyone and this year, we want to make sure you're just a click away from staying connected. That's why we've created the Downtown Summer Festival Itinerary; a guide to keep you informed about the festivals and events happening downtown from now until the end of September.

Mark your calendars, gather your friends and family, and get ready for an unforgettable Downtown Summer Festival Season. Ready, set, explore! To learn more about the exciting festivals and events happening downtown, visit [calgary.ca/exploredowntown](http://calgary.ca/exploredowntown).

### Six Steps to Keeping Our Rivers Healthy

by The City of Calgary



Calgary is a growing city on a small river. When it rains, water runs off our streets, driveways, and yards and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, fertilizers, dirt, and other debris, washing it into our storm drains and our rivers. Calgary is seeing

higher volumes of stormwater, which is resulting in urban flooding and more river pollution.

The City of Calgary and Calgarians need to work together to manage our stormwater. The City uses storm ponds to naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is critical. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

You can help keep stormwater clean and our rivers healthy by doing these simple actions:

- Point downspouts toward lawns and gardens or use a rain barrel.
- Limit the use of fertilizers and pesticides.
- Sweep up debris from your garage and driveway instead of washing it away.
- Wash your vehicle at a car wash instead of your driveway.
- Never pour anything down the storm drain.
- Pick up pet waste and litter and put them in the proper waste containers.

What ends up on our streets, ends up in our rivers. Visit [calgary.ca/stormwater](http://calgary.ca/stormwater) to learn more.

## Get the Lowdown on Slow Downs: How We Keep Calgarians Moving

by The City of Calgary



We know construction season can be frustrating; The City of Calgary's Mobility teams work in close collaboration with project managers and city event organizers to avoid multiple delays and plan for traffic flow congestion. The City's Traffic Management Centre monitors roadways 24/7 by using traffic cameras, live traffic data, and digital road signs.

It's not a pain when you have a plan, and we have Waze to help. The City's partnership with Waze means you can get real-time traffic flow and construction updates right in the app. This free download is our preferred navigation tool because it syncs with The City's advanced traffic system. With the right tools you can get to where you need to go.

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

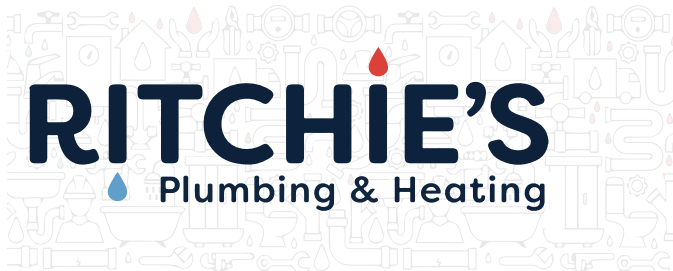
## Game On! Calgary Soccer Centre Dome Opened for Public Bookings May 31

by The City of Calgary



Soccer lovers, rejoice! The new air-supported dome and turf field at the Calgary Soccer Centre is now open for public bookings, complementing the existing amenities at the facility. The facility is set to inflate new opportunities for competitive and recreational users, providing players with a high-quality, year-round space for practice and play.

The Soccer Centre Dome features a competition-sized artificial turf field and an amenity building with eight change rooms, one referee change room, and a universal public washroom. The parking lot was also upgraded, adding approximately 100 additional parking spaces at the facility.



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# Building Your Emergency Food Kit

by Alberta Health Services



Emergencies often happen without warning. They may be natural disasters like floods, wildfires, or severe storms that require evacuation. They could also be events such as extended power outages that require you to shelter in place for some time. In both cases, access to food and water may be limited so it's a good idea to have an emergency food kit ready. Your kit should contain a collection of non-perishables, ready-to-eat food items stored for use during emergencies when access to supplies may be disrupted.

This article will provide information on what emergency food kits are, why they are necessary, and what to include in your kit.

### Why An Emergency Food Kit Matters

During a disaster, you may not be able to shop for food, cook, or access clean water. You may have to evacuate your home with very little notice or be asked to shelter in place. Having an emergency kit is essential. An emergency food kit contains non-perishable foods designed to sustain your family during unexpected situations like natural disasters. Food items that can be stored for a long time without refrigeration are

ideal for emergencies. In addition to peace of mind, having an emergency kit ensures you will have enough energy to handle the physical and emotional stress that emergencies often cause.

When assembling an emergency food kit, it's important to consider both nutrition and practicality. Focus on non-perishable items that are easy to prepare, require minimal cooking, and meet basic needs. Your grab and go emergency kit should contain enough food and water for each member of your family for a minimum of 72 hours. If sheltering at home, ensure that you are prepared for a minimum of 14 days.

### Items to Include

Choose non-perishable foods using the principles from Canada's Food Guide and consider what you might have for meals and snacks. Examples include dry cereal with shelf-stable milk and dried fruit or canned fish, with whole grain crackers and canned vegetables.

Some of these items require minimal heating. If you do not have a camp stove and fuel, as well as pots for an emergency kit, do not choose foods that require some heating.

- **Water:** 4 litres per person, per day for drinking and basic hygiene.
- **Vegetables and Fruits:** Dehydrated potatoes, canned fruits and vegetables, canned vegetable soups, as well as dried fruits.
- **Grain Foods:** Crackers, cereal, granola bars, instant oatmeal, rice, and pasta. Consider whole grain crackers and cereal for added nutrition.
- **Protein Foods:** Protein options include canned beans or canned meat, nuts, seeds, nut butters, and jerky.
- **Milks and Plant-Based Beverages:** Choose options that are sold at room temperature and in special cartons or in cans. These do not need refrigeration until they are opened.
- **Special Diet Foods:** If you have individuals with dietary restrictions, ensure that your kit contains enough specialty foods to last for the full duration of the emergency.
- **Other Foods:** While it's important to focus on essentials, you may also want to include some foods such as canned pudding, chocolate or packaged snacks, tea or coffee.
- **Meal Preparation Materials:** Include plates, cutlery, a multipurpose knife, manual can opener, and hand sanitizer. If you have a camp stove, store it with your emergency food kit as well as fuel and a pot or pan.
- If you have pets, remember to include their water and food needs.

### Practical Considerations

Store food in a cool, dry place and avoid areas prone to moisture or pests. When packing canned and dried goods, opt for smaller containers that can be consumed in one sitting to prevent spoilage once opened. Check foods every year and rotate out those that are nearing expiry as needed. Some foods may last for several years.

Emergency preparedness is essential for every household, and a well-planned food kit can provide comfort, nutrition, and safety during crises. By incorporating a variety of non-perishable items and water, you can ensure that you and your family remain well-nourished and prepared for any emergency.

Setting aside food for emergencies may not be possible for everyone due to cost. There may be resources in your social network or community to go to in case of emergency. Call, text, or chat with 2-1-1 Alberta (ab.211.ca/) to find out about financial benefits, programs, and services.



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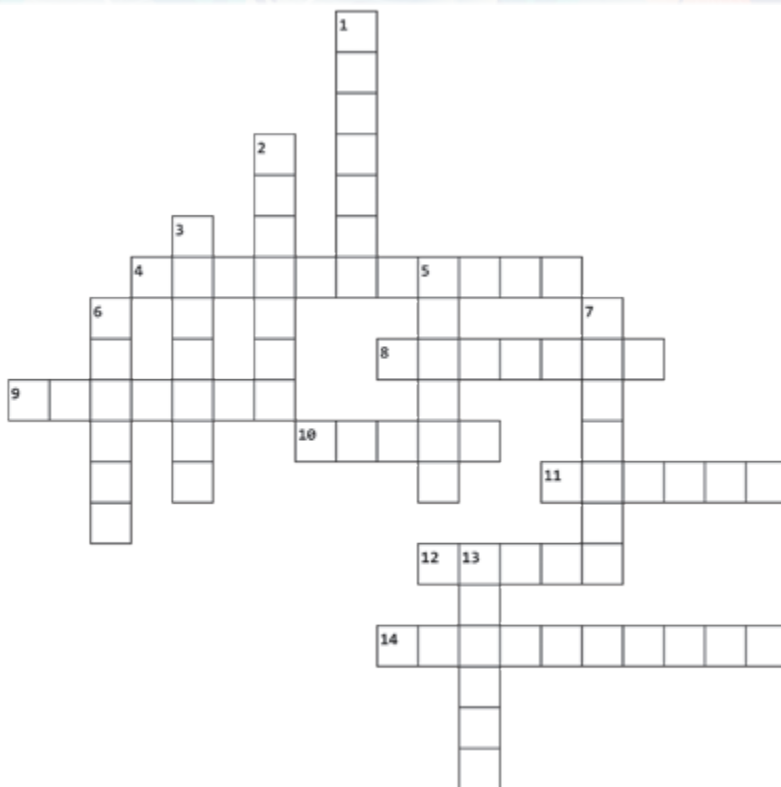
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# July Crossword



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## Across

4. Harper Lee's Southern Gothic novel, *To Kill a \_\_\_\_\_*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast \_\_\_\_\_ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate \_\_\_\_\_ celebrates her 22nd birthday on July 1.
14. Lucy Maud \_\_\_\_\_, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

## Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan \_\_\_\_\_ premiered on July 22, 1988.
3. The popular mobile game, \_\_\_\_\_ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first \_\_\_\_\_ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.

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The Springbank Reservoir is now fully operational, protecting Calgary and nearby downstream communities along the Elbow River from major flooding. Designed to work in tandem with the Glenmore Reservoir, this \$849 million project can store over 70 million cubic metres of water and will help to mitigate and prevent the kind of damage seen in past floods. It is designed to work in tandem with the Glenmore Reservoir to accommodate water volumes equal to the 2013 floods on the Elbow River. The Springbank Reservoir will also safeguard local wildlife and habitat, protecting both communities and the natural areas Albertans value.

The Alberta government has released new Bow and Elbow River flood maps showing Calgary's flood risk along the Elbow River. For more details, visit <https://www.alberta.ca/release.cfm>.

Alberta Emergency Alerts are issued to provide you with critical information about a potentially life-threatening situation in your area, including wildfires, floods, and tornadoes. Emergency alerts include information about the location of an emergency and what action you need to take to protect yourself. Alerts are sent out on TV, radio, websites, social media, the Alberta Emergency Alert mobile app, and compatible smart phones.

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During the summer season, we will have opportunities to participate in family and community related events. Enjoy these precious times with your loved ones!

Wishing you a safe, relaxing summer!

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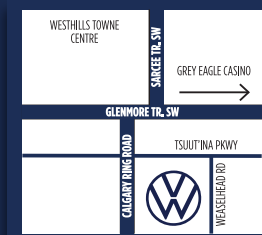


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