

MARCH 2025

DELIVERED MONTHLY TO 7,775 HOUSEHOLDS

# The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER

**WELLNESS RETREAT  
MARCH 15**



Cover Photo by Shaun Frenette

**David knows the Westside.**

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



RE/MAX First

Friend  
Neighbour  
Realtor®

**David Pellettier**

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

Great News Media | Call 403-720-0762 for advertising opportunities | [www.greatnewsmedia.ca](http://www.greatnewsmedia.ca)



**CENTURY 21.**  
Bamber Realty Ltd.

## Our Services

Professional Photography/  
Videography/Aerials  
Digital Marketing  
Print Materials  
Global Exposure

#2 Real Estate Advisor  
for 2024

Top 1% Performer

**83 transactions and  
New Beginnings**

(Source of date from Century 21 System)



1404 22 Ave NW – Capitol Hill



**\$837,200**  
2 Bed, 3 Bath | MLS# A2182887

15 Sterling Springs Crescent – Rocky View County



**\$1,795,000**  
5 Bed, 4 bath | MLS# A2189162

30 Elmont Cl SW – Springbank Hill



**\$598,000**  
Lot | MLS# A2179896

255161 Bears paw Road – Bears paw



**\$1,388,000**  
Renovation Opportunity | MLS# A2184187

109 5 Ave E – High River



**\$528,000**  
3 Bed, 2.5 Bath | MLS# A2179722

251 Gleneagles View – Cochrane



**\$1,178,000**  
5 Bed, 3 Bath | MLS# A2176646

**Mark D. Evernden | 403.829.3776**  
**www.evergroupcalgary.com**

MANY OTHER PACKAGES AVAILABLE!

# 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**  
*Limited Supplies*

**We Also Specialize in En Suites & Custom Bathrooms**  
**PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!**



**WESTERN BATHROOMS & RENOVATIONS**

*Serving Calgary since 1989*

**403-257-3222 | WWW.WESTERNBATHROOMS.CA**

**All Labour & Material Included**

All packages pertain to standard size bathrooms

Are you an  
Executor?  
Don't know  
what to do?

**ESTATE**  
options

Geraldine Hampton,  
Estate Lawyer, can help.

**403-483-2020**

[estateoptions.ca](http://estateoptions.ca)



Looking  
for a new  
home?



Geraldine Hampton,  
Realtor<sup>®</sup>, can help.

**RE/MAX** Real Estate (Mountain View)

**403-606-5776**

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



Pet CPR  
Certified

Insured &  
Bonded

**15% OFF YOUR FIRST WEEK**

**WHEN YOU USE CODE**

**WAG15**

### Professional Dog Walking



- Convenient pick-up and drop-off
- 45-60 minute off-leash group walks
- Flexible weekly subscriptions, online booking, regular promotions and a paw-some rewards program!

**Call, text, or email us**



📞 (403) 470-5634

✉️ [info@wagnwander.com](mailto:info@wagnwander.com)

🌐 [www.wagnwander.com](http://www.wagnwander.com)



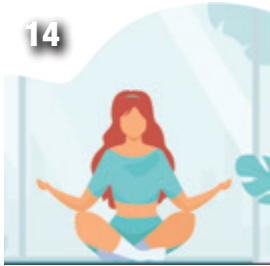
Contact us to inquire about employment  
and referral opportunities!



# CONTENTS

---

- 7 MESSAGE FROM THE BOARD
- 14 EVENTS
- 16 SCA PROGRAMS
- 20 COMMUNITY NEWS
- 25 TAKE ON WELLNESS: PREVENTING CERVICAL CANCER
- 28 BUSINESS CLASSIFIEDS



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



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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



# SCA Community Centre

277 Strathcona Drive SW, T3H 2A4

**T:** 403-249-1138

**F:** 403-249-7811

**Email**

[info@scacalgary.ca](mailto:info@scacalgary.ca)

**Emergency**

403-214-1838

**Website**

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

## SCA Office

Office Manager	Shelley Lakatos
IT Admin	Michael Smith
Rink Volunteer Coordinator	<a href="mailto:info@scacalgary.ca">info@scacalgary.ca</a>
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



**SORELL**  
INSULATION



[WWW.SORELL.CA](http://WWW.SORELL.CA)



403.472.2676



[info@sorell.ca](mailto:info@sorell.ca)

Attics | Walls | Thermal | Sound

## MESSAGE FROM THE BOARD

Hello neighbours!

As we welcome March, longer days and (hopefully) warmer weather are just around the corner! This month brings plenty of reasons to celebrate and enjoy everything Calgary has to offer. We'd like to remind you that this year we will be having a municipal election. The SCA is non-partisan, we do wish to promote democracy. Keep an eye out for news and do your best to learn about your candidates.

### March Holidays and Celebrations

International Women's Day (March 8) – A time to recognize and celebrate the incredible contributions of women in our community and beyond. Consider supporting local women-owned business or attending one of the many events happening around Calgary. If you are a women-owned business or know of someone in the area, please let us know so we can share this information on our social media pages!

St. Patrick's Day (March 17) – Get your green on and enjoy the festive spirit! Whether it's grabbing a pint at an Original Joes, Pizza Project, or New Camp. If you're staying in, there are lots of green-friendly crafts.

Spring Equinox (March 19) – The official first day of spring! It's a great time to start planning your garden, take a walk in one of our beautiful parks, or simply enjoy the longer daylight hours. Gardening is a great way to beautify your space and exchange some ideas with neighbours!

### Things to Do in Calgary This March

Winter Festivals and Outdoor Fun – March is a fantastic time to enjoy the last of winter activities before spring fully arrives. Find a local ice rink. Yes! We have some within our communities.

Family Adventures – Venture out of our community to The Calgary Zoo, Heritage Park has seasonal activities for all ages. If you're looking for something new, check out the Spark Science Centre's latest exhibits!

### Get Involved in Your Community

Our community is stronger when we come together! Stay connected by attending local events, volunteering, or joining us at the next SCA Community Association meeting. Have an idea for an event? We'd love to hear from you!

Stay warm, stay active, and let's make the most of March!

*Strathcona, Christie, Aspen Community Association Board of Directors*



## Joke of the Month



Which is faster,  
hot or cold?

Hot, because you  
can catch a cold.



**MOUNTAIN**  
ADVENTURE SCHOOL

THIS JOURNEY WILL  
**CHANGE YOUR LIFE**

## HIGH SCHOOL SUMMER CAMP

Start earning credits right after Grade 9!

SESSIONS STARTING IN JULY AND AUGUST

## SIGN UP TODAY!

TO REGISTER NOW OR FOR MORE  
INFORMATION CONTACT US:

Progressive Academy  
mountainadventure.school  
780-455-8344

# Calendar

**March 15, 10:00 am** SCA CA Wellness Retreat

**March 16, 9:00 am** First Aid Training

**March 18, 6:30 pm** The Right Tree Right Location Information Session

**March 19, 7:00 pm** SCA CA Board Meeting

**March 19, 7:00 pm** Christie Residents Association AGM

**March 20, 6:00 pm** SCA CA and CCIS Seminar Wills and Estates

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

**April 15** Easter Floral Arrangement

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

**May 14, 7:00 pm** SCA CA AGM

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



## STRUGGLING WITH BUSINESS DEBT?

Overwhelmed by Accounts Payable?  
Facing Repayment Deadlines?  
Experienced an Unexpected Loss?

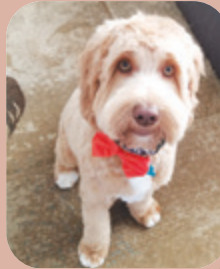
## OUR LAWYERS CAN HELP

Corporate restructuring and commercial insolvency advice.

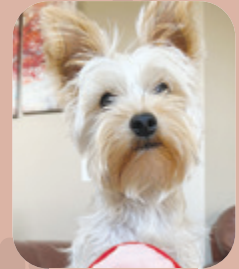
**CONTACT US TODAY**  
[info@bakerlawfirm.ca](mailto:info@bakerlawfirm.ca)  
403.455.0339

**BAKER**  
LAW FIRM

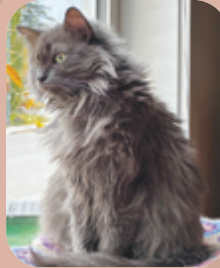
# Cats, Canines, & Critters of Calgary



Jax, McKenzie Towne



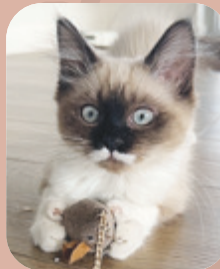
Louie, Panorama Country Hills



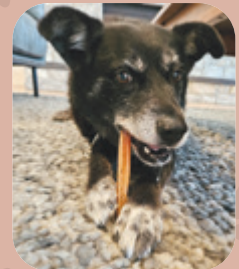
Luna, Marda Loop



Luna, West Hillhurst



Lutik, Douglas Quarry



Mystery, Christie Park



Neville, Douglas Glen



Snoop, Southwood

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)





LEN T WONG + ASSOCIATES



## ASPEN WOODS COMMUNITY REAL ESTATE ACTIVITY

# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our  
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program\*

Trade Up Program\*

Blanket Home Warranty Program\*

Accepting Crypto Currency

Call us to help you navigate through  
the changing real estate world

**Call or Text 403-606-8888**

**Email [len@lentwong.com](mailto:len@lentwong.com)**

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

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	25	15	11	\$618,800	\$614,000
December	24	4	10	\$566,500	\$551,000
November	24	10	13	\$579,900	\$552,000
October	24	17	19	\$1,120,000	\$1,090,000
September	24	15	11	\$1,289,900	\$1,190,000
August	24	25	20	\$898,450	\$880,000
July	24	15	13	\$825,000	\$815,000
June	24	19	20	\$1,128,694	\$1,115,500
May	24	26	22	\$1,099,000	\$1,104,000
April	24	16	19	\$949,000	\$950,000
March	24	24	21	\$919,000	\$970,000
February	24	23	16	\$597,450	\$610,000

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

# The Art of Finding Work: Hiring Is a Process of Elimination

by Nick Kossovan

Job seekers owe it to themselves to understand and accept; fundamentally, hiring is a process of elimination. Regardless of how many applications an employer receives, the ratio revolves around several applicants versus one job opening, necessitating elimination.

Essentially, job gatekeepers (recruiters, HR, and hiring managers) are paid to find reasons and faults to reject candidates to find the candidate most suitable for the job and the company.

Nowadays, employers are inundated with applications, which forces them to double down on reasons to eliminate. It's no surprise that many job seekers believe that "isms" contribute to their failure to get interviews, let alone get hired. Employers have a large pool of highly qualified candidates to select from. Job seekers attempt to absolve themselves of the consequences of actions and inactions by blaming employers, the government, or the economy rather than trying to increase their chances of getting hired by not giving employers reasons to eliminate them because of:

### **Typos, Grammatical Errors, Poor Writing Skills**

"Communication, the human connection, is the key to personal and career success." - Paul J. Meyer.

The most vital skill you can offer an employer is above-average communication skills. Your resume, LinkedIn profile, cover letters, and social media posts should be well-written and error-free.

### **Failure to Communicate the Results You Achieved for Your Previous Employers**

If you can't quantify (e.g. \$2.5 million in sales, \$300,000 in savings, lowered average delivery time by six hours, answered 45 to 75 calls daily with an average handle time of three and a half minutes), then it's your opinion. Employers care more about your results than your opinion.

### **An Incomplete LinkedIn Profile**

Before scheduling an interview, the employer will review your LinkedIn profile to determine if you're

interview-worthy. I eliminate any candidate who doesn't have a complete LinkedIn profile, including a profile picture, banner, start and end dates, or just a surname initial; anything that suggests the candidate is hiding something.

### **Having a Digital Footprint That's a Turnoff**

If an employer is considering your candidacy, you'll be Googled. If you're not getting interviews, before you assert the unfounded, overused excuse, "The hiring system is broken!" look at your digital footprint. Employers are reading your comments, viewing your pictures, etc. Ask yourself, is your digital behaviour acceptable to employers, or can it be a distraction from their brand image and reputation? On the other hand, not having a robust digital footprint is also a red flag, particularly among Gen Y and Gen Z hiring managers. Not participating on LinkedIn, social media platforms, or having a blog or website can hurt your job search.

### **Not Appearing Confident When Interviewing**

Confidence = fewer annoying questions and a can-do attitude.

It's important for employers to feel that their new hire is confident in their abilities. Managing an employee who lacks initiative, is unwilling to try new things, or needs constant reassurance is frustrating.

Job searching is a competition; you're always up against someone younger, hungrier, and more skilled than you.

Besides being a process of elimination, hiring is also about mitigating risk. Therefore, being seen as "a risk" is the most common reason candidates are eliminated, with the list of "too risky" being lengthy, from age (will be hard to manage, won't be around long) to lengthy employment gaps (raises concerns about your abilities and ambition) to inappropriate social media postings (lack of judgement).

Envision you're a hiring manager hiring for an inside sales manager role. In the absence of "all things being equal," who's the least risky candidate, the one who:

- Offers empirical evidence of their sales results for previous employers, or the candidate who "talks a good talk"?
- Is energetic, or the candidate who's subdued?

- Asks pointed questions indicating they're concerned about what they can offer the employer or the candidate who seems only concerned about what the employer can offer them.
- Posts on social media platforms, political opinions, or the candidate who doesn't share their political views?
- On LinkedIn and other platforms, criticizes how employers hire or the candidate who offers constructive suggestions?
- Has lengthy employment gaps, short job tenure, or a steadily employed candidate?
- Lives ten minutes from the office or 45 minutes away?
- Has a resume/LinkedIn profile that shows a relevant linear career or the candidate with a non-linear career?
- Dressed professionally for the interview, or the candidate who dressed "casually"?

An experienced hiring manager will lean towards candidates they feel pose the least risk. Hence, presenting yourself as a low-risk candidate is crucial to job search success. It is worth noting, the employer determines their level of risk tolerance, not the job seeker, who doesn't own the business—no skin in the game—and has no insight into the challenges the employer has experienced due to bad hires and are trying to avoid similar mistakes.

"Taking a chance" on a candidate isn't in an employer's best interest. What's in an employer's best interest is to hire candidates who can hit the ground running, fit in culturally, and are easy to manage. You can reduce the odds (no guarantee) of being eliminated by demonstrating you're such a candidate.




**DUNCAN LAW**

**Impeccable  
Legal Advice.**

- ▶ Personal Injury
- ▶ Real Estate
- ▶ Wills & Estates
- ▶ Family Law



📍 Conveniently located in Aspen Landing  
Phone: 403.300.0870 | [DuncanLawYYC.ca](http://DuncanLawYYC.ca)

**OFFICIAL**

**PLUMBING & HEATING**

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

**Service Call Fee**



**403-837-4023**  
[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

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						



**ANESTHESIA-FREE CANINE TEETH CLEANING IN COUGAR RIDGE**

- Call or text Holly Marinelli at 403-616-4351 to book an appointment
- Not a replacement for a dental cleaning with your veterinarian
- Find me on Instagram @smiling\_pups\_

**Stemp & Company**  
We find solutions®

- Copyright Law
- Patents
- Trademarks
- Corporate Law
- Wills & Estates
- Probate
- Real Estate/Conveyancing
- Litigation

kari@stemp.com | tasha@stemp.com

**403-777-1122** (Toll Free 1-800-665-4447)

www.stemp.com | bill@stemp.com

#1670, 734 - 7 Ave SW, Calgary, AB T2P 3P8

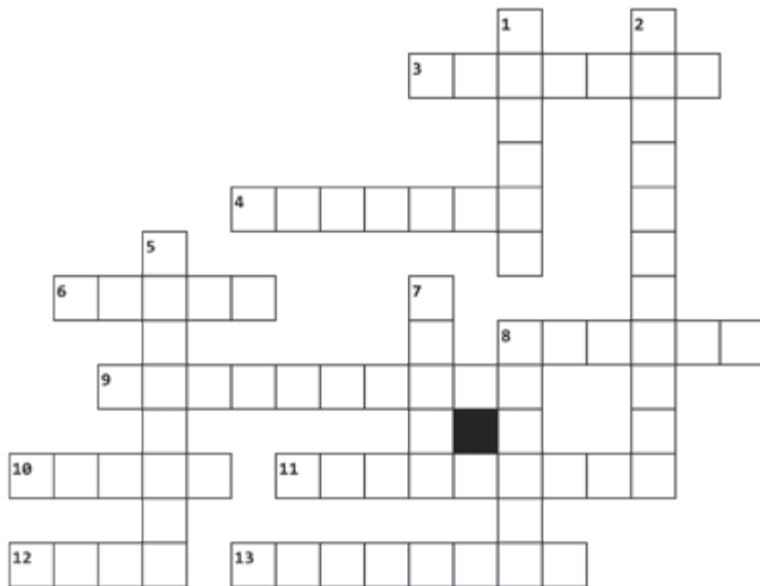


**Services**

- Plumbing & Drain Cleaning
- Heating & Gasfitting
- Inspections
- Tank Replacement
- Sewer Camera Inspections

**24 HOUR EMERGENCY SERVICE tel. 587 392 6486**

# March Crossword



## Across

3. Known as the “Fight of the Century”, on March 8, 1971, Muhammad Ali’s 31-fight winning streak was ended by Joe \_\_\_\_\_ in Madison Square Garden.

4. Nathan \_\_\_\_\_ was born on March 27, 1971, in Edmonton, Alberta, and is best known for his role as Captain Malcolm on *Firefly*.

6. Pink \_\_\_\_\_’s album *The Dark Side of the Moon* was released on March 1, 1973, and stayed on the Billboard Top 200 album charts for 741 weeks!

8. A \_\_\_\_\_ *Life*, an emotional novel following the lives of four friends and written by Hanya Yanagihara, was first published on March 10, 2015.

9. This pale-blue gemstone is one of March’s birthstones.

10. On March 26, 1953, Dr. Jonas Salk successfully tested a vaccine for this disease that has affected notable individuals such as Frida Kahlo, Franklin D. Roosevelt, Joni Mitchell, and Neil Young in the past.

11. Known for her roles in *Schitt’s Creek*, *Home Alone*, and *Beetlejuice*, \_\_\_\_\_ O’Hara was born on March 4, 1954, in Toronto, Ontario.

12. The month of March is named after this Roman god of war.

13. This iconic film about a giant ape causing chaos in New York City first premiered on March 2, 1933, at Radio City Music Hall.

## Down

1. Daylight \_\_\_\_\_ Time will start on Sunday, March 9 this year.

2. This national park with geothermal features spanning across Wyoming, Montana, and Idaho became the first national park in the world on March 1, 1872.

5. Daffodils and \_\_\_\_\_ are the official birth flowers of March.

7. March is officially \_\_\_\_\_ Heritage Month in Canada and celebrates the history and impact of individuals, past and present, from the country nicknamed the “Emerald Isle”.

8. On March 2, 2024, \_\_\_\_\_ James made NBA history by becoming the first player to score 40,000 career points.



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

## 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: [scacalgary.getcommunal.com/login](https://scacalgary.getcommunal.com/login)



## SAFE AND SOUND

### Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

#### Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

#### First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over-the-counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

#### Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

An advertisement for Code Ninjas Spring & Summer Camps. The top part features the Code Ninjas logo and a photo of children in a classroom setting. Below the photo is a green circular graphic with the text 'SPRING & SUMMER CAMPS'. Underneath that, it says 'For Kids Ages 5-14'. The main text reads 'TRANSFORM YOUR CHILD'S LOVE FOR TECHNOLOGY INTO EXCITING LEARNING ADVENTURES!'. A list of activities includes Artificial Intelligence, Mobile App Development, Digital Data Defenders, Crack the Code, Python, Web Development, Robotics, Retro Style Game Creation, 3D Printing, Roblox, Minecraft Modding, Become a YouTuber, Digital Arts, Animation, STEM & More. At the bottom, there is a QR code and contact information for Code Ninjas West Springs Calgary, including the address, phone number, and website.

**CODE NINJAS**  
SPRING & SUMMER CAMPS  
For Kids Ages 5-14  
**TRANSFORM YOUR CHILD'S LOVE FOR TECHNOLOGY INTO EXCITING LEARNING ADVENTURES!**

- \* Artificial Intelligence, Mobile App Development, Digital Data Defenders, Crack the Code,
- \* Python, Web Development, Robotics,
- \* Retro Style Game Creation, 3D Printing,
- \* Roblox, Minecraft Modding, Become a YouTuber, Digital Arts, Animation, STEM & More

SCAN THE QR CODE TO FIND YOUR FAVORITE CAMP!  
**CODE NINJAS WEST SPRINGS CALGARY**  
8560 8A AVE SW STE 410, CALGARY, AB T3H 0J5  
**587-578-7564**  
[codeninjas.com/west-springs-calgary-ab-ca/camps](https://codeninjas.com/west-springs-calgary-ab-ca/camps)

# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our Innovative Consumer Programs



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



Call or Text 📞 403-606-8888 ✉️ len@lentwong.com 🌐 calgaryhomesearch.com 🌐 calgaryluxuryhomesearch.com

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

## STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	25	7	3	\$999,000	\$1,100,000
December	24	5	5	\$629,000	\$639,000
November	24	3	2	\$839,950	\$824,625
October	24	10	9	\$767,500	\$767,500
September	24	9	7	\$918,000	\$1,068,000
August	24	7	13	\$897,500	\$895,000
July	24	15	8	\$766,950	\$761,750
June	24	10	13	\$888,000	\$870,000
May	24	16	12	\$726,950	\$759,750
April	24	13	13	\$799,990	\$798,000
March	24	8	9	\$799,900	\$775,000
February	24	8	9	\$699,900	\$675,000

## CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	25	0	1	\$778,000	\$770,000
December	24	1	0	\$0	\$0
November	24	0	2	\$669,500	\$640,000
October	24	1	2	\$973,950	\$995,000
September	24	3	0	\$0	\$0
August	24	2	3	\$1,014,000	\$1,004,000
July	24	2	3	\$1,280,000	\$1,285,000
June	24	2	2	\$940,000	\$902,250
May	24	6	4	\$1,137,500	\$1,201,000
April	24	7	7	\$1,099,000	\$999,900
March	24	3	2	\$830,000	\$817,375
February	24	7	8	\$800,000	\$845,000

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

To view more detailed information that comprise the above MLS averages please visit [chr.mycalgary.com](http://chr.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 [explosionsdancecalgary@gmail.com](mailto:explosionsdancecalgary@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. 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.runjumblead.com](http://www.runjumblead.com) for more information.

#### Scouts

Thursdays, 6:15 pm

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

### Adult Programs

#### Bridge Lessons – (Freda)

##### Learn to Play Bridge – Winter and Spring 2025 Lessons

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

Intermediate Plus Lessons: March 7 to May 2 (No class March 28 or 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 [fredanychkalocloud.com](mailto:fredanychkalocloud.com).

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

Chair yoga offers a gentle yet effective way for people of all ages and abilities to experience the benefits of yoga in a safe and supportive environment. Benefits of yoga include improved flexibility, strength, posture, reduced stress levels, better concentration, and a greater sense of overall well-being. Offered both in-person and online through Zoom. Each class registered for ten weeks: \$80. Drop-in is available for \$10 per class.

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

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

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

Contact Sherry: [sherrynormanyoga@gmail.com](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: [childsafecanada.com](http://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.

### **Karate Classes**

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

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

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

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

Contact Jeffrey Jukes at 403-228-5039.

### **Mommy and Me Pilates**

Tuesdays, 11:00 am

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

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

*continued on next page*

## SCA PROGRAMS



### SitFit + Yoga (Sherry)

A full body workout that combines weights and resistance training within the mindfulness of yoga. Ideal for anyone who needs the comfort and/or safety of seated exercise (standing is optional). Offered in-person in the Main Hall and online through Zoom. Equipment needed - yoga mat, bender ball (medium ball), small ball, resistance band, dumbbells. Registered for ten weeks: \$80. Drop-in is available for \$10 per class.

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

Contact Sherry: sherrynormanyoga@gmail.com.

### Toastmasters

Mondays, 7:30 pm

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 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**

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 403-835-5583.



**We make pre-planning easy**

Make your final plans with confidence. We provide the step-by-step guidance you need to create personalized pre-plans that honour your life, help protect your family, and save money.

**Start planning. Book an appointment today:  
403-217-3700**

**Eden Brook Funeral Home & Cemetery**  
by Arbor Memorial

24223 Township Road 242, Calgary, AB • [edenbrookcemetery.ca](http://edenbrookcemetery.ca)



Arbor Memorial Inc.

## 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.

### Guardians of the Gate

We are a volunteer team of committed volunteers who care for – and maintain – Strathcona Park's main entranceway. We meet at least once a month (during spring, summer, and fall) for an hour or two (as weather and weeds require).

Donations of any amount are greatly appreciated and put to good use to cover annual costs: plant replacement, soil amendment, fertilizers, mulch, etc. For more information, please contact Marlene at [mjfritzler2@outlook.com](mailto:mjfritzler2@outlook.com).



Jackson  
& Jackson  
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF  
CONSTRUCTION & LANDSCAPE**  
INCLUDING SMALLER IN-HOME PROJECTS



## Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo  
Property Management

Snow and Ice Removal

## Contact Us

### Address

20 Sunvale Place SE  
Calgary, AB T2X 2R8

### Call us now

(403) 256-9282

### Email us

[info@jacksonjackson.ca](mailto:info@jacksonjackson.ca)  
[contact@jacksonjackson.ca](mailto:contact@jacksonjackson.ca)



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

## Epilepsy Awareness Month

Shine a Light on Epilepsy



Share your purple  
moments using  
**#postyourpurple**

MARCH 26

Purple  
Day



epilepsy  
association  
OF CALGARY

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

# Landlord and Tenant Law in Condominiums

by Charmaine Coutinho, Volunteer Lawyer



This article will only discuss leases covered by Alberta's Residential Tenancies Act (RTA), and only when the rental unit is a condo unit. I will highlight some of the differences between the RTA and the Condominium Property Act that may surprise both landlords and tenants.

### Renting a Condominium Unit

Though rental of a whole condo unit is generally covered by the Residential Tenancies Act (RTA), the Condominium Property Act trumps the RTA in some circumstances. Importantly, condo bylaws take precedence over the terms of a lease, so a tenant in a condo unit should always ask for the condo bylaws. If, for example, you sign a lease for a condo unit that permits pets, but the condo bylaws permit only dogs under 20 lbs, you may be evicted by the condo board for keeping a cat or a large dog in your unit. This scenario also demonstrates that a condo board has authority to sanction and/or evict a tenant even when a landlord may not. Even if a landlord is prohibited from taking action under the RTA (for example, from evicting a non-harmful, rent-paying tenant in the midst of a fixed-term lease), the condo board may have authority to do so under condo legislation or the condo bylaws.

If a tenant breaches the bylaws or damages common property, the condo board is entitled to sanction or evict the tenant without the landlord's (the condo unit owner) consent. If the condo board evicts a tenant, the tenancy terminates on the last day of the month immediately following the month during which the

notice was delivered. So, for example, regardless of whether the condo board issues an eviction notice on August 1 or August 25, the tenancy will terminate on September 31. This notice period is much shorter than needed from a landlord for a periodic tenancy and even trumps a fixed-term lease.

The condo board also has the authority to require a tenant to redirect their rent payment to the condo board. In these circumstances, condo legislation deems the rent to have been paid to the landlord such that the tenant is not considered in breach of their obligations under the lease.

The condo board can also require an owner to pay a deposit for renting out the unit. All deposits requested by the landlord are aggregated and considered a 'security deposit' under the RTA, and a security deposit cannot exceed the amount of the first month's rent. Any deposit requested by the condo board is payable by the landlord; if a landlord asks the tenant for this amount, it too is lumped in with any other deposit and considered a component of the 'security deposit'. Regardless of any requirement by the condo board on the owner, the security deposit payable by a tenant cannot exceed the amount of the first month's rent.

I hope that this brief helps community members to understand their rights and obligations in the context of a condo lease covered by the Residential Tenancies Act. I wish my neighbours amicable tenancies and peaceful enjoyment of their rental premises!

## Breakfast Quesadilla

by Jennifer Puri



Eggs are tasty, filling, and good for your health as a whole; eggs contain a little bit of every nutrient you need. Cheap and easy to prepare, they are an inexpensive source of high-quality lean protein.

Blue, green, brown, or white eggs may have different colours but there is no difference in taste or nutrition between them. An average hen lays 300 to 325 eggs per year. The colour of the yolk depends on the hen's diet and age, and typically as hens age, their eggs become larger.

An extremely versatile ingredient, eggs are not just for eating but are used to make beauty products such as face masks, compost, and garden fertilizer. In many cultures, the egg is a symbol of new life, fertility, and rebirth.

Eggs are also a breakfast/brunch mainstay, and scrambled, poached, baked, or fried are some of the ways to consume eggs. Quick and simple to cook, eggs can also be used in burritos or quesadillas as shown in the recipe for breakfast quesadillas below.

**Prep Time:** 20 minutes

**Cook Time:** 20 minutes

**Servings:** 2

### Ingredients:

- 2 large tortillas
- 1 ½ tsp. olive oil
- 1 chorizo sausage, cooked and casing removed
- 3 eggs lightly beaten
- ¼ tsp. salt
- 1 tbsp. butter

- 1 cup shredded Mexican cheese
- 2 cups kale washed, stemmed, and coarsely chopped
- 1 cup sliced button mushrooms
- ¼ cup chopped green onion
- ½ cup chopped red bell pepper
- ½ jalapeno, seeds removed and chopped (optional)
- Cooking spray

### Directions:

- Heat olive oil in a pan or nonstick skillet on medium heat. Add onions and sauté for about two minutes. Next add red peppers and mushrooms and sauté for another two minutes and then add kale, jalapeno pepper, and chorizo sausage. Cook until veggies are tender and then remove from heat and keep warm.
- In a skillet, melt butter on medium heat and pour in the egg mixture with a ¼ tsp. of salt. Cook eggs while stirring until they start to firm up then scramble until they are cooked through and remove from heat.
- Coat a large skillet or fry pan with cooking spray and heat on medium heat. Place a tortilla in the pan and sprinkle a ¼ cup of cheese on one half of the tortilla followed by half the veggie mixture and half the scrambled egg. Top with a ¼ cup of cheese and fold tortilla in half over filling. Cook for a few minutes until tortilla is golden brown, turning once.
- Transfer quesadilla to a cutting board and repeat the process with the second tortilla.
- Slice each quesadilla into two or three slices and serve with your favourite hot salsa, guacamole, or sour cream.

Bon Appétit!



# PHOTO GALLERY

by Nyckie Rea



*It's almost impossible to watch a sunset and not dream.*

## LOW MAINTENANCE LANDSCAPES

Full Residential Landscape Construction Services



We Are A Certified  
Allan Block Wall Installer  
CMHA Paving Stone Installer

Get in touch  
403-604-2585

[westernelementslandscaping.ca](http://westernelementslandscaping.ca)

## Everything you deserve in retirement.



THE MANOR VILLAGE  
**LIFE CENTERS™**  
AT SIGNATURE PARK



Restaurant & chef

Social connections:  
activities, fitness  
& theatre  
Secure 24/7  
monitoring & support

Travel bus for  
shopping & outings

Locally owned  
& operated

Maintenance free with  
housekeeping services  
1 & 2 bedroom  
renovated suites with  
full kitchens & laundry

## What's in your future?

Call Terry for your personal tour 403-288-6266

Mention promo code 'Signature' for a special incentive

## 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

## BMAX BROKERS


### MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

### Services

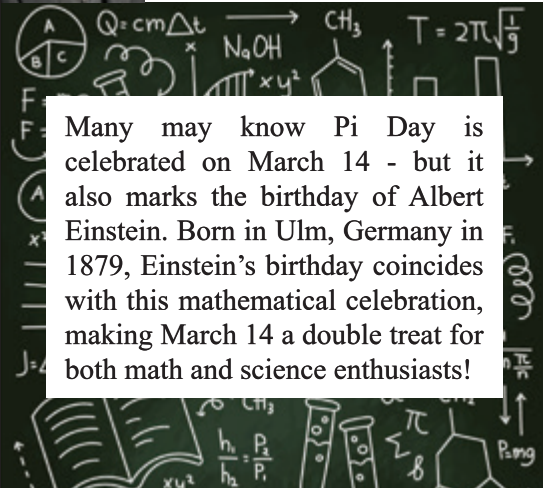
- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ [info@bmaxbrokers.com](mailto:info@bmaxbrokers.com) | ☎ 403-249-2269



## Pi and Einstein, a Perfect Pair!

Many may know Pi Day is celebrated on March 14 - but it also marks the birthday of Albert Einstein. Born in Ulm, Germany in 1879, Einstein's birthday coincides with this mathematical celebration, making March 14 a double treat for both math and science enthusiasts!



## Need Mortgage Solutions? We've Got You Covered!

Prime, Alternative, Reverse - We Do It All! Let Us Find Your Perfect Fit Today!



# ANITA 403-771-8771

[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

Licensed by Avenue Financial



# Preventing Cervical Cancer

by Alberta Health Services

Alberta Health Services (AHS) recommends cervical cancer screening once every three years, or as your healthcare provider recommends, for women and people with a cervix between the ages of 25 and 69 who are or have been sexually active.

A Pap test checks for abnormal cells in your cervix, which can lead to cervical cancer. Pap tests can also check if you already have cervical cancer. The earlier cancer is found, the easier it is to treat. Regular Pap tests and follow-up care can prevent about 90 percent of cervical cancer cases.

It's important to have regular Pap tests, even if:

- You feel healthy and have no symptoms of cervical cancer.
- You've only had one sexual partner.
- You've had the human papillomavirus (HPV) vaccine.
- You've been through menopause.
- You're no longer sexually active.
- You're a lesbian, bisexual, or queer woman.

### Human Papillomavirus (HPV) Immunization

HPV is a virus. It is the most common sexually transmitted infection and can cause genital warts and certain cancers. An HPV infection will often go away on its own. However, some people get a long-term infection. This can lead to cancer of the vagina, vulva, cervix, penis, anus, mouth, or throat. HPV causes almost all cervical cancers.

You can prevent cervical cancer by getting immunized with the HPV-9 vaccine. The HPV-9 vaccine protects against nine strains (types) of HPV. Some of these strains may cause up to 92% of cervical cancers.

Grade six students can get the HPV-9 vaccine as part of the school immunization program. Students can only be immunized in school with a parent or caregiver's permission (consent).

If you did not get the HPV-9 vaccine in Grade six, you can still get it for free up to and including age 26 years. Talk to your doctor to find out if it is a good idea for you. If you are unsure about getting the HPV vaccine for yourself or your child, try the HPV Vaccine Decision Tool.



### Other Ways to Reduce Your Risk

Regular cervical cancer screening and vaccination help lower the chances of getting cervical cancer and finding it early. You can also reduce your risk by:

- Quitting commercial tobacco and avoiding second-hand smoke. Talk to your healthcare provider or visit [AlbertaQuits.ca](https://AlbertaQuits.ca) for information and support to help you quit when you are ready.
- Practice safer sex. Use a barrier method of protection such as a condom, internal condom, or dental dam.

### Get Screened and Raise Awareness

Contact your healthcare provider's office or a women's health clinic to book a Pap test. If you do not have a healthcare provider:

- Visit <https://albertafindadoctor.ca/>.
- Use the [screeningforlife.ca](https://screeningforlife.ca) locator tool and select "cervical" as the type of test to find screening options near you.
- Call Health Link at 8-1-1.

Learn more about cervical cancer at <https://screeningforlife.ca/cervical/>.

## What Goes Where?

by The City of Calgary



Sorting can be tricky, but every decision counts, and we're here to help you become a sorting pro.

Green bins are for food scraps and yard waste, and your blue bin is for acceptable household paper, cardboard, and container packaging.



Some old and broken household items don't always have to end up in the black bin, there are a range of programs and services to help divert waste from our landfills and give items a second life.

Together, we can make a big impact and become recycling and composting champions.

If you're unsure where an item belongs, visit [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere) to find the 'Right Bin for the Win!'

## Find Your Next Job at the Youth Hiring Fair – March 27

by The City of Calgary

Mark your calendars! The Youth Employment Centre (YEC) is excited to announce the return of the Youth Hiring Fair on Thursday, March 27 at the Big Four Building from 1:30 to 6:00 pm. If you're between the ages of 15 and 24, this event is your opportunity to meet with 80 employers ready to hire for part-time, full-time, permanent, or seasonal positions.

Whether you're starting your job search or advancing your career, the Youth Hiring Fair is the place to be. You'll have the chance to connect directly with employers from various industries offering diverse opportunities for all skill levels.

Before the event, be sure to visit the Youth Employment Centre at 315 – 10 Ave SE to receive free assistance with resume building and interview preparation. Our expert employment counsellors are available to help you build confidence and ensure you're ready to make a strong impression on potential employers.

Don't miss out on this fantastic opportunity to secure your next job. Visit [calgary.ca/yechiring](http://calgary.ca/yechiring) for more details!



## GET NOTICED

### ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)



SCAN ME

## GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



# MARK YOUR CALENDARS



STRATHCONA CHRISTIE ASPEN COMMUNITY

**The Bow Valley Music Club – Concerts Close to Home.**

**March 22** – Calling all Maritimers, Saskatchewanites and good-time music lovers! Twinbill with Cassie & Maggie and Saskatchewan’s Eliza Doyle Trio

### Cassie & Maggie

“It’s hard to think of a more entertaining act in music right now. As always, the bottom line is the music, and they play it superbly.”- Live Ireland Radio.

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 & Maggie bring an exhilarating energy that is both timeless and irresistibly modern. Their eagerly anticipated 5th studio album, *Gold and Coal*, is poised to solidify their status as folk music trailblazers.



### 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.

### Club Volunteers – Love Music and Enjoy Volunteering?

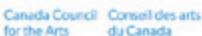
The Bow Valley Music Club series is always happy to welcome new folks to our enthusiastic crew. Please contact BVMC at [info@bowvalleymusicclub.org](mailto:info@bowvalleymusicclub.org) or 403-287-2299 for tickets and volunteer opportunities.

## OUR NEXT LIVE CONCERT DATE

**March 22, 2025 - DOORS OPEN AT 7:00 PM**

**PURCHASE TICKETS AT**

**[WWW.BOWVALLEYMUSICCLUB.ORG](http://WWW.BOWVALLEYMUSICCLUB.ORG)**



<http://bowvalleymusicclub.org/>

@bowvalleymusic



MLA Calgary - West

**Mike Ellis**

234 – 333 Aspen Glen Landing SW  
Calgary, AB T3H 0N6

📞 403.216.5439

✉️ calgary.west@assembly.ab.ca

As Minister of Public Safety and Emergency Service, I have been taking swift action that will curb illegal border activities and strengthen the nation's border security. New measures will immediately crack down on illegal migrants and drug trafficking across the border.

Alberta's government has long recognized the need for additional capacity to patrol Alberta's vulnerable international borders, where any amount of illegal activity is too much. I look forward to working with our partners in law enforcement and across government as we send a clear message to prospective offenders that criminal activity, such as fentanyl trafficking, will not be tolerated at our borders or anywhere else in our province.

A new Interdiction Patrol Team (IPT) within the Alberta Sheriffs will crack down on drug smuggling, gun trafficking, and other illegal activities occurring along Alberta's 298-kilometre international boundary. This team will patrol to detect and intercept illicit drugs, illegal firearms, and unlawful attempts at illegal international border crossing.

To help build relationships with our American partners, I recently took a ministerial mission to Texas for several important meetings and learning opportunities. Along with Minister Amery, I met with officials from government, law enforcement, and non-government organizations in both Dallas and Austin to learn and exchange information on best practices in public safety, justice, and emergency management. Insights and information gathered over the course of these engagements may help inform the development of future policies, programs, and services in Alberta.

This was a great opportunity for me to represent Alberta, and, of course, Calgary-West, as I spoke about some of the great successes we have had at home when it comes to border security and building safer communities.

Through sharing experiences and strategies, we can enhance public safety and foster trust between law enforcement and the communities they serve.

*Mike Ellis MLA, Calgary-West*

**For business classified ad rates contact  
Great News Media  
at 403-720-0762 or sales@greatnewsmedia.ca**

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Strathcona, Aspen Woods, and Christie Park. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

**ASPEN WOODS MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**PAINTER SERVICING ASPEN WOODS | STRATHCONA | CHRISTIE:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

# BUSINESS CLASSIFIEDS

**CERTIFIED MASTER ELECTRICIAN:** Terry Raabis, RME/CME, CQT – Big Sky Ventures. Call: 587-228-9371 or e-mail: bigskyventures@shaw.ca. Home renos, re-wiring, troubleshooting, vehicle charger connections, smoke and carbon monoxide detectors, service panel upgrades, and much much more! Fully licensed and insured. Customer satisfaction guaranteed. Call us for a no-charge site visit and estimate.

**EKS ACCOUNTING & BOOKKEEPING:** Your neighbourhood professional Accountant & Tax Preparer. Standard services for businesses and individual clients: Bookkeeping, GST, payroll, financial statements, year end, T1 and T2 tax return. Free electronic filing, half price on preparation of dependent children's tax returns, seniors 20% discount. Contact Evelyn at 403-255-2598/403-826-9027 or evelynk@eksaccounting.com, www.eksaccounting.com.

**CERTIFIED MOBILE REFLEXOLOGY THERAPIST:** Specializing in hand & foot reflexology, offering natural and therapeutic sessions that enhance overall well-being. Experience stress relief, improved sleep, and enhanced circulation through the convenience of mobile services. I bring relaxation and healing to your doorstep. Monday to Saturday, 10:00 am to 8:00 pm | 403-483-4510 | www.epcreflex.com | info@epcreflex.com.

**JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

**MASTER ELECTRICIAN AND HOME HANDYMAN:** Professional, quality electrical installations and home handyman repairs. Specializing in residential and commercial electrical installations and repairs, as well as handyman household repairs, renovations large or small. Very competitive rates for insured, quality work. Give me a call for a free quote! Contact Robin at 587-664-6961 or porterrobin@msn.com.

**PERFECTION PRUNING:** Have you been noticing that your trees and shrubs are in need of some care and attention? We can help make your yard look beautiful again! Experienced arborist with excellent climbing, pruning and removal skills. Free quotes and 100% satisfaction guaranteed! Call or text Caleb at 403-660-7475. www.perfectionpruning.com.

**ST. MARTIN'S ANGLICAN CHURCH:** 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and on Zoom). Sunday School each week. ESL conversation on Tuesdays from 9:30 to 11:30 am. Sandwich making for Alpha House on Wednesdays at 1:00 pm.

**ROB COKE ACCOUNTING SERVICES:** Offering personal tax services for individuals/sole proprietors & bookkeeping services including GST remittance, full cycle accounting and tax planning. With 7+ years of tax experience, let me uncomplicate the process of filing your personal taxes. EFILE available for eligible returns. Contact robb.coke@gmail.com | 403-863-7724 | Rob Coke - BBA.



## Penny For Your Thoughts

Some hummingbirds weigh less than a penny! The Bee Hummingbird, the tiniest bird in the world, weighs only 1.6 to 2 grams.



ASPEN WOODS  
INSPIRED SENIOR LIVING

## A Majestic Mediterranean Odyssey Awaits



Port with us on **Saturday, April 5**  
for the Verve Aspen Woods

*Verve*  
JOIN US

# Open House

Join us for this Mediterranean themed event  
from **1-4pm.**

Enjoy live musical entertainment by Silence in B'tween • Meet our team  
Get a taste of the Mediterranean with themed food & cocktails

Call to RSVP to our annual sun & sea adventure **(403) 240-4404**

10 Aspenshire Dr SW, Calgary [Visit us at VerveAspenWoods.com](https://www.verveaspenswoods.com)



**we specialize in**

*Stucco Coatings  
Stucco Repair*

## hassle-free exterior **restorations.**

Mountain View Painters is a full-service painting company, specializing in elastomeric stucco coatings. We have access to a wide array of top-quality products that are proven to improve the durability and appearance of your property, guaranteed!

**the leading professionals in :**

- Exterior Painting
  - Interior Painting
  - Powerwashing
  - Colour Consultation
- ...and much more

**mvp**

Calgary Owned  
and Operated!

find us on    houzz

[mvpcanada.ca](http://mvpcanada.ca)



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

**David sells faster.**

**38%**  
faster

When it's time to sell your home, David sells it **38% faster**. David's listings averaged **20 days on market** vs the rest of the market at 32 days, over the past 5 years.\*

**David sells for more.**

**100%**

Over the past 5 years, David's listings have sold at **100%** of list price on average vs the rest of market at 99.4%.\*

**David sells more.**

**490** sales

With **490 sales** dating back to 2012, David has established himself as the top producing Realtor here on the Westside.

**David's sales represent more than twice the volume of his closest competitor over the past 10 years!**

\* Detached homes – Listed & Sold – Calendar 2012 - 2024 – West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona Park, Coach Hill, Patterson & Cougar Ridge

Friend  
Neighbour  
Realtor®  
**David Pellettier**

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



RE/MAX First