

MAY 2025

DELIVERED MONTHLY TO 7,775 HOUSEHOLDS

The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER

**NEW EVENTS AND VOLUNTEER
OPPORTUNITIES
AGM AND APPRECIATION
EVENING
MAY 21**



Cover Photo by Nyckie Rea

David knows the Westside.

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



Friend
Neighbour
Realtor®
David Pellettier

www.scacalgary.ca

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca



CENTURY 21.
Bamber Realty Ltd.

Our Services

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

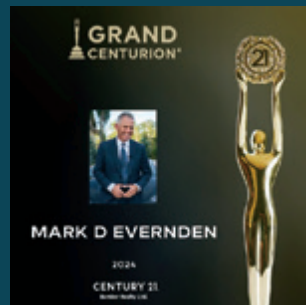
#2 Real Estate Advisor
for 2024

#10 in Canada

Top 1% Performer

**83 transactions and
New Beginnings**

(Source of data from Century 21 System)



27 Corral View – Springbank



\$1,589,000

3 Bed, 3.5 Bath | MLS# A2191163

43062 Township Road 250



\$4,998,000

Quarter Section | 3 Bed, 2.5 Bath | MLS# A2205704

244114 Panorama Ridge – Springbank



\$3,550,000

9.74 Acres | 4540 sqft Living Qtrs | MLS# 2163998

301, 17 Mahogany Circle SW – Mahogany



\$2,498,800

Penthouse | 2 Bed, 2 Bath | MLS# A2197328

"YOUR HOME"



**Call me directly for a listing
evaluation with NO obligation**

980 101 Street SW



\$5,988,800

6 Bed, 6 Bath | MLS# A2195915

Mark D. Evernden | 403.829.3776
www.evergroupcalgary.com



**MR. MIKE'S
PLUMBING
+ HEATING**

403-520-2040
mrmikesplumbing.ca

- 💧 RESIDENTIAL + COMMERCIAL
- 💧 PLUMBING + DRAIN CLEANING
- 💧 WATERLINE REPLACEMENT
- 💧 TRENCHLESS PIPE BURSTING
- 💧 DRAIN JETTING + SEWER REPAIR
- 💧 FURNACES + BOILERS
- 💧 HYDROVAC SERVICES
- 💧 FULL EXCAVATION SERVICES



**MR. TRENCHLESS
SEWER + WATER**

ROOT PROBLEMS?

ROOTS DESTROYING YOUR PIPES?
**WE CAN FIX IT WITH TRUE, NO
DIG PIPELINING TECHNOLOGY!**

587-205-9004



BEFORE



AFTER



Your Patio Furniture Superstore!

YETI **Wicker Land Patio** **weber**

TRAEGER **BBQ LAND** **Modern Patio** RATANA

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.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
official-plumbing-heating.ca



www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED **UNSEALED**

KILBCO
CONCRETE CURBING

Locally Owned & Operated

Free Estimates to 403.870.0737



SUMMER CAMPS
Ages 5-14
July 2 - August 29

ROBLOX • MINECRAFT • PYTHON • ROBOTICS • 3D PRINTING
ARTIFICIAL INTELLIGENCE • MOBILE APP DEVELOPMENT
YOUTUBE • CRACK THE CODE • RETRO STYLE GAME CREATION
DIGITAL DATA DEFENDERS • WEB DEVELOPMENT
DIGITAL ART • ANIMATION • STEM

Summer Camps in West Springs, Calgary!
Learn new skills! Make new friends!
Transform your child's love for technology into an exciting learning adventure!

Full-Day Full-Week, Half-Day Full-Week Camps
(9:00 AM - 4:00 PM everyday)

SCAN CODE TO FIND YOUR FAVOURITE CAMP!
CODE NINJAS WEST SPRINGS
8560 8A AVE SW #410, CALGARY, AB T3H 0J5
587-578-7564
codeninjas.com/west-springs-calgary-ab-ca/camps

CONTENTS

- 7 MESSAGE FROM THE BOARD
- 13 MAY CROSSWORD
- 16 SCA PROGRAMS
- 20 COMMUNITY NEWS
- 26 POEM BY GARTH PAUL UKRAINETZ
- 28 BUSINESS CLASSIFIEDS



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

STRATHCONA



CHRISTIE PARK



ASPEN WOODS



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

Emergency

403-214-1838

Website

www.scacalgary.ca

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

SCA Board of Directors

President	George Diwan
Vice President	Vacant
Treasurer	Geoff Kalyniuk
Secretary, Community Engagement	Nina Rehill
Traffic and Development	Carrie Stewart
Education and Integration	Davood Khairkhah

SCA Office

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

Contact us at info@scacalgary.ca

ELECTED REPRESENTATIVES

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



Services

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

24 HOUR EMERGENCY SERVICE tel. 587 392 6486

MESSAGE FROM THE BOARD

Hello neighbours of Strathcona, Christie, and Aspen!

We're excited to invite you to our 2nd Annual Volunteer and Tenant Appreciation Night and Annual General Meeting on Wednesday, May 21, from 6:30 to 7:30 pm. Join us in the loft on the second floor of the Strathcona Christie Aspen Community Association for an evening of celebration, connection, and community updates.

What To Plan For:

Appreciation Night – A special thank you to the volunteers and tenants who make our community thrive.

Annual General Meeting – Catch a short video recap of the past year and hear about the exciting work our Board has been doing.

Exciting Prizes for SCA CA Members! Win a free one-year membership. Enjoy a free class of your choice for you and a friend.

Beyond our AGM, our neighbourhood is buzzing with exciting events this month! Mark your calendars and join in the fun:

SCA CA Recycle Day – May 17, 9:00 am to 1:00 pm

Bring your recyclables and help keep our community clean! We'll also be collecting donations for the Calgary Food Bank. Sign up to help as a volunteer.

Parade of Garage Sales – May 10, 8:00 am to 2:00 pm

Join your neighbours in a massive garage sale event across Strathcona, Christie, and Aspen! We'll provide maps listing all participating homes. Free for SCA CA members.

Community member hosted events this month include:

Watercolour Class: Flower Greeting Card – May 4, 2:00 to 4:00 pm

Create a beautiful floral greeting card just in time for Mother's Day! Open to adults and older teens. Cost: \$30 (materials included).

RSVP: JennaAnandArtworks@gmail.com.

State of Art Society Spring Show – May 9 and 10

Discover and purchase amazing local art! Artists will be in attendance to discuss their work.

Friday: 6:00 to 9:00 pm | Saturday: 10:00 am to 4:00 pm.

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

Learn how to make informed financial decisions tailored to women's unique needs. RSVP by May 5: ken.zhang@edwardjones.com.

Volunteer Opportunities

We're always looking for community volunteers! Sign up for:

- **Recycle Day (May 17)** – Help unload vehicles and direct traffic.
- **Coming Up: Neighbour Day Stampede Breakfast (June 21)** – Support set-up, coffee stations, and fun activities!

Don't miss out on these fantastic events and a chance to connect with neighbours, celebrate our vibrant community, and make a difference.

We look forward to seeing you!

SCA Board of Director

DUNCAN LAW

Impeccable Legal Advice.

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

Conveniently located in Aspen Landing

Phone: 403.300.0870 | DuncanLawYYC.ca



Calendar

Parade of Garage Sales – May 10, 8:00 am to 2:00 pm

Join our Parade of Garage Sales encompassing Strathcona, Christie, and Aspen. You'll host your own garage sale, and we'll help you advertise it. We will include your address on a map listing of all participating homes and distribute the maps from the SCA CA on Saturday morning. A link will also be available on our website. We will also advertise on boulevard signs and in the *Calgary Herald* (print and online) drawing shoppers from across the city. You will host your own garage sale; keep all the money you make, and deal with any unsold items. You can register on our website scacalgary.ca/programs/register/ or call the office at 403-249-1138. Participation is free with your SCA membership.

SCA CA AGM and Appreciation Evening – May 21, 6:30 pm

We are excited to bring you our second annual Volunteer and Tenant Appreciation Night, and Annual General Meeting on Wednesday, May 21, from 6:30 to 7:30 pm at the Strathcona Christie Aspen Community Association. The event will take place in the loft on the second floor of the building.

The evening will celebrate the contributions of our community members and volunteers. In addition, hear what the Board has been up to this past year.

Highlights of the Evening:

- Appreciation Night: A heartfelt thank you to all our incredible volunteers and tenants who make our community vibrant and strong.
- Annual General Meeting: Watch a short video on what's happened in our community.

Exciting Prizes! SCA CA Members will have a chance to win:

- Free membership for one year.
- Free class of your choice for you and a friend at the SCA CA.

Don't miss out on this evening filled with fun, appreciation, and community spirit. Light snacks and refreshments will be served. RSVP by responding to the SCA CA's email or show up the night of.

Your friendly neighbourhood SCA CA Board of Directors

P.S. Bring a friend or neighbour! The more the merrier.

Recycle Day – Saturday, May 17, 9:00 am to 1:00 pm

Bring your recyclables and be part of the solution for a cleaner, greener future!

Items will be limited to one vehicle load per family. Free for everyone but there is a fee for paper shredding for non-SCA CA members. The last car must be in the line up at 12:45 pm.

For items we accept, see our website at www.scacalgary.ca.

This year we are incorporating a Spring Drive to support the Calgary Food Bank. Along with canned goods they need personal hygiene items, baby supplies, pet food, and birthday party items. See full wish list at Donate Food, Our Wish List | Calgary Food Bank.

Volunteers will be needed to help unload vehicles and to direct traffic. If you can help, please sign up at <https://scacalgary.getcommunal.com/member/volunteer-opportunities/765> or contact the SCA office either by email at info@scacalgary.ca or by phone at 403-249-1138.

The following recyclers will be at our event:

- Electronics Recycling by Techno Trash – TVs, computers, printers, or copy machines.
- Paper Shredding by EnviroShred: Will be available from 10:00 am to 1:00 pm only. Free for SCA CA Members; \$20 fee for non-members.
- Solid waste/rubbish trucks from City of Calgary. Limit one vehicle load per family. Please stay behind the designated coned area.
- The Cerebral Palsy Association – Clothing and small household items.
- Scrap Metal Disposal by Recon Metal (they are also accepting car batteries).
- Bottle donation in support of Girl Guides.
- Flames Sports Bank – See full list of equipment they will take at Equipment Donation | Flames Sports Bank.
- Calgary Food Bank will be there to receive donations.

Seniors Dance – June 13, 7:00 to 10:00 pm (Doors open at 6:30 pm)

Celebrate the summer season on June 13 from 7:00 to 10:00 pm with an evening of dancing and wonderful music.

The Spring Fling Dance is a joyful partnership between SCA CA and Wellings of Calgary (Carefree Living for 55+). Both organizations are dedicated to creating a warm and welcoming event that brings together older adults for a night of connection and fun.

Along with a cash bar and other refreshments, guests will be treated to a thoughtfully curated selection of light snacks, prepared by the talented chefs at Wellings of Calgary. The snacks are prepared with fresh, high-quality ingredients, reflecting the care and attention to detail that goes into every dish.

Musical partners Jana and Danny will be performing their excited blend of high energy and unique international flavour. Their musical style covers classical, big band, the swing 60s, groovy 70s, Latin, and Broadway. Jana and Danny promise there will be something for everyone!

Tickets sales opened on April 1, 2025.

Neighbour Day Stampede Breakfast – June 21, 9:00 to 11:30 am

Join us for a morning of fun, food, and entertainment at the Neighbour Day Stampede Breakfast – rain or shine!

Enjoy pancakes and sausages for the first 1,500 people while listening to live music that will get your boots tapping. Bring the whole family and dive into our exciting fun zone, featuring awesome bounce castles and other activities and entertainment for kids and adults alike. Plus explore our various programs, where you can learn about our various community offerings and opportunities available.

Volunteers are needed – can you help? We need help with the kids play area as well as helpers for setup and cleanup – great job for the strong and energetic youth in your family! Please sign up on our website or contact the SCA office at 403-249-1138 to register.

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

Women and men have differing considerations when it comes to long-term financial goals. For instance, because of a woman's average longer life span, your needs may be significantly different from those of your spouse or others. Does your financial strategy fit your

lifestyle and needs? Please join us to learn more as we explore five critical money questions for women.

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

State of Art Society – May 9 and 10

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

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

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



Time to Renew Your Mortgage?

Don't Settle – Discover Better Rates and Options! Get Ready to Save Big!



ANITA 403-771-8771
anita@anitamortgage.ca
Licensed by Avenue Financial

HEY MAMAS!

Does your daughter
need a confidence
boost in math?



NUMBERS IN BLOOM BACK TO SCHOOL BOOTCAMP (...BUT FUN) MATH. MINDSET. MAGIC

AUGUST 25-29 / WILDWOOD COMMUNITY CENTRE

REG. OPENS MAY 1ST / HALF-DAY CAMP ★ ONLY 10 SPOTS PER GROUP ★

REGULAR PRICE: \$400 / EARLY BIRD UNTIL JUNE 7TH: \$350 (SAVE \$50!)

SIGN UP WITH A FRIEND TO EACH SAVE AN ADDITIONAL \$25

+ ♥ LIL' SURPRISE FOR THE FIRST 5 CAMPERS TO SIGN UP!



Scan QR code or email to
learn more!

erin@numbersinbloom.com

IG @numbersinbloom



BECAUSE CONFIDENCE IS THE BEST BACK TO SCHOOL SUPPLY.

BRAIN GAMES

SUDOKU

6								
				1		6		
	7	9			6			
		2					7	8
	9						5	
	3		4	5		9		
9				8	2	5	6	
2			7				8	
3								1

SCAN THE QR CODE
FOR THE SOLUTION



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 | 403-249-2269

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

SUPREME 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 new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

ABSOLUTELY NO HIDDEN COSTS

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

SALE \$13,879

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

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		
Level Up Learning, 4:15 pm	Explosive Dance, 4:00 to 8:00 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, 4:15 pm	Level Up Learning, 4:15 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				
Karate, 6:30 pm						
Toastmasters, 7:30 pm						

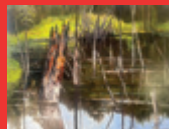
GROUND CONTROL TO MAJOR TOM

On May 12, 2013, an unlikely beautiful voice in space emerged. Canadian astronaut Chris Hadfield, aboard the International Space Station, fittingly recorded a cover of David Bowie's "Space Oddity". His video, featuring him floating in zero gravity while singing, quickly went viral.



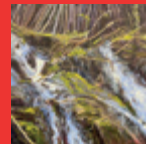
Original OIL PAINTINGS

Janet B. Armstrong, AFCA, SCA

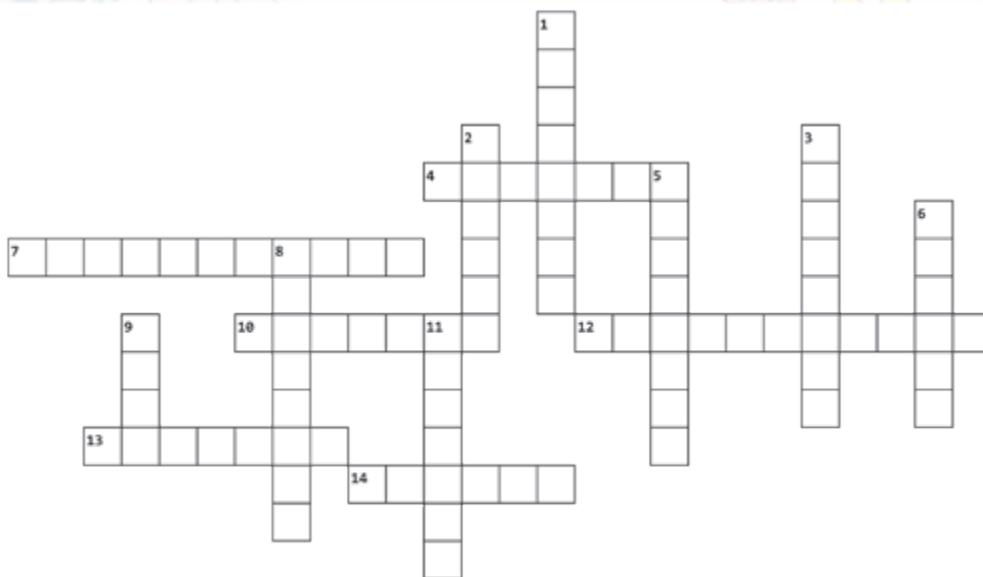


Website: cracklinghollows.com

Email: faso@cracklinghollows.com



May Crossword



Down

1. Cory _____, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first _____ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil _____ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco _____, released her eponymous perfume, _____ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after _____, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West _____ Police on May 23, 1873.

Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich _____ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first _____ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia _____ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The _____ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



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

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
March	25	5	7	\$850,000	\$835,000
February	25	5	3	\$624,900	\$575,000
January	25	5	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

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

CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	25	6	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
May	24	6	4	\$1,137,500	\$1,201,000
April	24	7	7	\$1,099,000	\$999,900

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

Window and Balcony Safety

by Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



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

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.

KidZinc School Age Care

Ages 5 to 12

Before and after school care.

Contact 403-240-2059 or visit www.calgarykidzinc.ca.

Seedlings Spanish Preschool

Ages 2 ½ to 6

Half or full day.

Contact Judith at 403-210-0604 or visit
www.seedlingspreschool.ca.

Children's Programs

Calgary Young People's Theatre

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

Visit www.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 or 780-518-4497 for more information.

Girl Guides

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

Classes for Sparks, Pathfinders, and Rangers.

Contact any-sunsethills@girlguides.ca.

New! Goga Play Kids

Program for ages 3 to 5.

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

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

Karate Classes

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

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

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

Contact Jeffrey Jukes at 403-228-5039.

New! June Diploma Prep - Biology, Chemistry, and Math

At Level-up Learning, we are dedicated to enabling students to reach their academic goals. Our Diploma Prep courses offer 16 hours of instructional review for each subject in a small class setting. The focus will be on content as well as the nuances of writing the Alberta Diploma Exams in Biology 30, Chemistry 30, and Mathematics 30-1.

Taught by current, qualified, and highly experienced high school teachers with a track record of success in helping their students reach their potential on the provincial exams.

Please see www.level-uplearning.com for more information.

Scouts

Thursdays, 6:15 pm

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

Adult Programs

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 May 5).

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

Chair Yoga (Intermediate+) – Wednesdays, April 2 to June 18 from 10:00 to 11:00 am.

Contact Sherry: sherrynormanyoga@gmail.com.

Child Safe - Babysitter Program

Ages 10+

10:00 am to 5:00 pm

Parented: No

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

To register or for more information: childsafecanada.com.

Chinook Country Line Dance

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

Phone: 403-988-0973

Drop-in Party Bridge

Fridays, 12:30 to 3:30 pm

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

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

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

Gentle but Strong Yoga

Thursdays, 12:00 to 1:15 pm

Yoga-detoxifying, Inspiring, and Restorative. Gentle Hatha poses focusing on breath work for everyone. We also do

Myofascial release for range of motion and healthy bodies.

Contact mjgerlitz@gmail.com.

Jazzercise

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

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

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

Karate Classes

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

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

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

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

Contact Jeffrey Jukes at 403-228-5039.

Mommy and Me Pilates

Tuesdays, 11:00 am

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

Contact Theresa Toth at toth31@shaw.ca.

SitFit + Yoga (Sherry)

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

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

Contact Sherry: sherrynormanyoga@gmail.com.

continued on next page

SCA PROGRAMS



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.

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 Spring Programs

www.scacalgary.ca

Registration began March 1

Line Dancing (Mary and Peggy)

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

Wednesdays, April 9 to June 11

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

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

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

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

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

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

Line Dancing Drop-in (Peggy)

\$5 Drop-in Fee

Spring: Fridays, April 4 to June 13 from 1:00 to 2:00 pm

Tai Chi (Adrian Buzcek)

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

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

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

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

Kids' Summer Camps

Calgary Young People's Theatre

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

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

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

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

Registration opened February 1. cypt.ca/camps.

Dragonfly Arts

Painting with Watercolours

Ages 10 to 15

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

Cost: \$375 (includes materials)

Registration/Information: ahodgson@telus.net

Theatre Performance – A Greek Festival

Ages 9 to 15

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

Cost: \$325

Registration/Information: ahodgson@telus.net

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

Ages 10 to 14

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

Cost: \$350



Registration/Information: ahodgson@telus.net

Engineering for Kids

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! <https://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 or calgary@littlemedicalschool.com or 403-755-2151.

Tennis Lessons

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

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

Summer Camps Dates: June 30 to August 22

Ages 5 to 10 and 11 to 16

Registration Section:

Step 1: Create a Booking account on aforza.ca

Step 2: Visit our community tennis tab

Step 3: Register under "Programs & Camps"

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

Word of the Month

Filipendulous: adjective
(fil-i-pen-du-lous)

Suspended by a thread.

The artist crafted a gallery full of filipendulous drawings and artworks.

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 and we would be happy to answer them. Visit www.scacalgary.ca to sign up.

Strathcona Park Garden and Walkway

On March 24 and 25 we invited everyone to talk about creating an extensive new garden in the Strathcona Park neighbourhood. The idea is to create a haven close to home for beauty, to promote nature, to provide respite, good mental health, and neighbourliness.

While the dream is evocative and desirable, these sorts of projects take many hands and many hours to develop. The starting point is to have our project understood and endorsed by the City of Calgary and decide on a suitable site. The hard ingredients contributing to a successful garden will include suitable soil, available water, and accessibility. We discussed locating within the utility corridor running along the south side of Bow Trail just west of Sarcee as a premium location. Other locations were discussed and will be examined for suitability.

The softer requirements include permissions, licensing, land use and zoning and this is where our group is now. If you would like to participate in development of the concept and location selection, please contact us at strathconaparkgardenwalkway@gmail.com.

Join Our Walking Group

Walks take place every Tuesday at 10:00 am.

Meet outside the gazebo beside Sobeys. Dogs and strollers are welcome. Please register at scacalgary.ca or by calling our office at 403-249-1138 so we can share information on routes. No membership is required to take part.

Guardians of the Gate

We are a volunteer team of committed volunteers who care for – and maintain – Strathcona Park's main

entranceway. We meet at least once a month (during spring, summer, and fall) for an hour or two (as weather and weeds require).

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

Stemp & Company

We find solutions®

- | | |
|---|--|
| <ul style="list-style-type: none"> • Copyright Law • Patents • Trademarks • Corporate Law | <ul style="list-style-type: none"> • 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



**Save more
with solar!**

**Turnkey solar systems from local experts!
Claim your FREE consultation today!**

info@solun.ca
www.solun.ca

- ☒ Lower energy bills.
- ☒ Increased property value.
- ☒ Sustainable energy.





Calgary
Humane
Society

REPORT

ANIMAL ABUSE

ANIMAL NEGLECT

ANIMAL ABANDONMENT

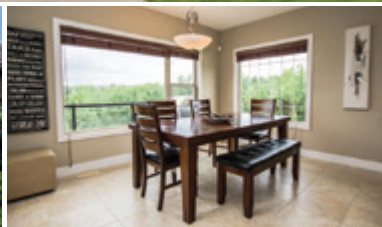
END ANIMAL CRUELTY

To report animal cruelty call 403-205-4455

Learn more at CalgaryHumane.ca



403-607-0316
info@mvpcanada.ca



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

PHOTO GALLERY

by Nyckie Rea



Happiness held is the seed; happiness shared is the flower.

Father's Day



For all the things your father was to you, honour him this Father's Day by placing a complimentary flower on his resting place.

Sunday, June 15 • 10:00 am – 2:00 pm • All welcome for a Free Family BBQ

 **Eden Brook Funeral Home & Cemetery**

by Arbor Memorial

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

Arbor Memorial Inc.

CANADIAN UNICORNS

Around 75% of the world's narwhal population calls the northern waters of Nunavut, Canada, home. These real-life "sea unicorns" thrive in our Arctic waters, especially in the summer months. How magical!



Understanding Prediabetes

by Alberta Health Services



Did you know that in Canada, 6.1% of adults over the age of 20 have prediabetes? Having prediabetes increases the risk of progressing to Type 2 diabetes (T2D). However, there are lifestyle changes that can reduce this risk.

Prediabetes occurs when blood sugar levels are higher than normal but are not yet high enough to be classified as T2D. T2D is a chronic condition where the body is unable to use insulin properly, leading to high blood sugar that may result in other complications like heart disease or nerve damage.

What Causes Prediabetes?

Our body uses blood sugar (glucose) for energy. After eating, our body breaks some of the food we eat down into glucose. The hormone insulin then helps move the glucose into our cells to be used for energy. In prediabetes, insulin does not work as well as it used to. This leads to higher blood sugar levels resulting in prediabetes. Often, there are no physical symptoms of prediabetes.

Prediabetes can develop into T2D. However, progression is not inevitable and making changes sooner can reduce the chances of developing T2D.

For people with prediabetes, it is important to know that blood sugar levels are affected by what and when you eat.

Tips For Eating to Manage Blood Sugars

1. Limit juices and drinks with added sugar. Choose whole fruit or flavoured water with lemon or lime.
2. Eat three meals a day, with about four to six hours between meals. This can manage blood sugar and feelings of hunger.

3. Build your plate according to Diabetes Canada. Cover half your plate with vegetables, such as broccoli, spinach, and cabbage. Cover another quarter of your plate with whole grain products or starchy vegetables such as potatoes, corn, and yams. Put protein foods on the remaining ¼ plate such as lentils, tofu, meat, fish, and eggs. Visit diabetes.ca/nutrition to find the healthy eating section with additional tips.

4. Choose foods with fibre. Fibre slows down digestion and helps maintain stable blood sugar levels. Include whole grains like oats, quinoa, and barley along with vegetables and fruits to boost your fibre intake. Aim for 30 grams or more per day. Visit ahs.ca/nutritionhandouts and search Fibre for more information about foods with fibre.

5. Choose unsaturated fats. Prediabetes increases the risk of developing heart disease. Replacing saturated fat in the diet with unsaturated fat can help decrease this risk. Unsaturated fat can also help improve insulin sensitivity.

Foods high in unsaturated fats:

- Soft margarine
- Oils: canola, olive, peanut, sunflower
- Avocado, nuts and seeds, nut butters
- Ground flax seeds, chia seeds, or hemp seeds
- Fish instead of other animal proteins

Foods high in saturated fats:

- Coconut oil, lard, butter, hard margarine
- Red meat, deep fried foods, processed cheeses
- Cream and ice cream

Getting Active to Prevent Prediabetes

Physical activity is a powerful tool in managing prediabetes. Physical activity helps your body use insulin to lower blood sugar levels. Start slowly and build up to 30 minutes each day, five to seven days a week. Brisk walking, swimming, cycling, or any other activity you enjoy is a great place to start.

Resistance training such as lifting weights or bodyweight exercises can also be beneficial for building muscle and improving blood sugars.

Remember that physical activity is cumulative and does not need to be completed in one session. Even

a brief ten-minute walk after a meal has been shown to improve blood sugar levels. For more information visit csepguidelines.ca.

Excess body weight is a factor that may contribute to having prediabetes and the development of T2D. A reduction as little as 5% of initial weight can greatly reduce the risk of developing T2D, for example for a person who weighs 90 kg (200 lb.), 5% weight loss would be 4.5 kg (10 lb.). Rather than focusing on rapid weight loss, aim for gradual, sustainable changes. Visit ahs.ca/nutritionhandouts and search Eating Well for Weight and Health to learn more about weight management.

Making changes can help reduce risk while still maintaining an enjoyable lifestyle. However, change can be hard, especially if we try to make too many changes too fast. Set achievable goals and take small, gradual steps to ensure that your approach is sustainable.

Consider ways to support your health that work for you and seek guidance from healthcare providers for personalized advice.

**READY TO
INCREASE YOUR
CURB APPEAL?**





Need a border between your grass and existing garden? Thinking of creating a new garden? Kilbco can help.

With a variety of colors, stamps and profiles, our steel cable enforced landscape curbing is a cost effective and a practical solution for residential and commercial properties.

Curbing will beautify your landscape and add value to your property

Free Estimates
www.kilbco.com | 403-870-0737

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



Geraldine Hampton,
Estate Lawyer, can help.

403-483-2020

estateoptions.ca

Thinking
of selling?
Want to know
your home's
value?



Geraldine Hampton,
Realtor[®], can help.

RE/MAX Real Estate (Mountain View)

403-606-5776

geraldinehampton.com



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

contact@jacksonjackson.ca



www.jacksonjackson.ca

In Loving Kindness

by Garth Paul Ukrainetz

Be not abashed when life is tough

No shame in having need

At times the road is harsh and rough

Confused this world indeed

It's crucial that we all reach out

In giving and receiving

To rise above the walls of doubt

Together we're believing

We're here to care, we're here to share

For that's what life's about

In loving kindness, hearts prepare

The Food Bank helping out



BUTTER KEEP A SECRET!



**Have you heard the
rumor about butter?**

**Never mind, I shouldn't
be spreading it.**

MONTHLY NOTICES

SkipTheDepot and Donate to the SCA

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

It's easy! Just follow these steps:

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

SkipTheDepot will count your bags and credit your account within 48 hours after pickup. Funds will be donated to the SCA! Sign up at app.skipthedepot.com/scacalgary.

Add Your Name to Our Babysitter Listing

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

E-Newsletter

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

Follow Us On Facebook and Instagram



MLA Calgary - West

Mike Ellis

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

403.216.5439

calgary.west@assembly.ab.ca

Budget 2025 is meeting the challenges facing Alberta with responsible decisions to fund the priorities of today, the challenges of uncertainty in trade and security, and a rapidly growing population.

Budget 2025 delivers the promised tax cut that will save Albertans hundreds of dollars starting this year to help with the rising cost of living. The new 8% personal income tax bracket for income up to \$60,000 is starting two years ahead of schedule. It will save Albertans up to \$750 in 2025.

To meet the needs of a population that has grown rapidly in the last few years, the budget makes another record investment in health care and moves forward with its commitment to build schools and classroom spaces faster. The budget continues to support vulnerable Albertans, keep communities and provincial borders safe, and diversify the economy.

Priority Investments Include:

- Health and mental health supports
- Education supports
- Social supports
- Workforce supports
- Public safety supports
- Wildfire supports
- Water management and drought preparedness supports
- Capital supports

The fiscal framework introduced in spring 2023 requires the government to use at least half of any available surplus to pay down debt, freeing more money to support Albertans. The province is retaining more than \$1 billion in investment earnings from 2023-24 in the Alberta Heritage Savings Trust Fund. Alberta's government will deposit another \$2 billion from the Alberta Fund, increasing the value of the Heritage Savings Trust Fund to a forecast of \$25 billion.

I support this significant investment in the future of Albertans and the province's long term investment goals.

The province is continuing to focus on building the Heritage Fund to \$250 billion by 2050. An independent board of directors and a new Heritage Fund Opportunities Corporation will unlock access to new opportunities and partnerships with global sovereign wealth funds.

For further information visit alberta.ca/budget-highlights.

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

BUSINESS CLASSIFIEDS

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.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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.

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.

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.

BUILD YOUR DREAM HOME WITH ALLEN CREEK CONSTRUCTION! Trusted experts in home building and renovations. Whether it's a custom home or a major renovation, we deliver quality and craftsmanship you can count on. Contact Jeff at 401-510-5032 or info@allencreek.ca. Your vision, our expertise!

ARROWHEAD LANDSCAPING: Weekly and biweekly lawn care starting at only \$38/ea. Complete landscaping services - garden beds, patios, stone work, sodding, decking, pergolas. Power raking and lawn cleanup from \$120. Local operator in West Calgary. Also servicing acreage homesites in Springbank, Elbow Valley, and Bears paw. Text/Call 403-370-7503 or visit www.arrowheadcalgary.com for complete service lists and pricing.

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.

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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

SIMPLIFY YOUR FINANCES WITH PRIMA BOOKKEEPING SERVICES: Let us handle the numbers while you focus on growing your business. We provide accurate & reliable bookkeeping, payroll & tax preparation, financial reports & insights. Affordable & customized services. Call Makda Abraham, CPA today at 587-353-1002 or 587-432-8956 or email us at info@primataxes.com.

PICTURE PERFECT HOME PAINTING: Give your home or condo a fresh look with our expert painting services! Whether it's a full makeover or just a few walls, you'll love our results. Contact Peter at 403-837-2161 or peter@pictureperfecthome.ca for a free estimate. Let your space reflect your unique style!

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.

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.

BUSINESS PROFESSIONALS - LOST YOUR PATH? TIME TO PIVOT AND CHANGE DIRECTION! Take a bold step towards creating a business and life on your terms! More than a program...it's a transformation, a brand-new skill set!!! The economy in the online world is booming!!! Get off the sidelines! Your future is waiting! dailypayblueprint.info.

**Gutter Doctor**
403-714-0711
gutterdoctor.ca

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



Chanel No. 5

On May 5, 1921, Coco Chanel, teaming up with perfumer Ernest Beaux, launched her iconic fragrance. Why No. 5? Because five was her lucky number, and she made sure to release it on the fifth day of the fifth month for extra good fortune!





LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



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@lenthwong.com

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

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	25	22	13	\$570,000	\$560,000
February	25	15	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
May	24	26	22	\$1,099,000	\$1,104,000
April	24	16	19	\$949,000	\$950,000

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

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

Call 403-720-0762 | grow@greatnewsmedia.ca



*Happy,
Mother's
Day!*



SCAN ME



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 Pelletier

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



RE/MAX First