

SEPTEMBER 2021

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HILLHURST SUNNYSIDE

VOICE

PRESERVING AND ENHANCING THE QUALITY OF LIFE FOR RESIDENTS OF HILLHURST SUNNYSIDE



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CONTINUES, WEDNESDAYS, 3:00 TO 7:00 PM**

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Please note that due to the HSCA's closure related to COVID-19, only a limited number of staff will be available. We appreciate your patience during this transitional time.

STAFF LISTING

Executive Director Ext. 221	Matt Youens	matt.y@hsca.ca
Community Planning Ext. 229	Ali McMillian	ali.m@hsca.ca
Communications Coordinator Ext. 226	Stephanie Corbett	stephanie.c@hsca.ca
Childhood Director/Daycare Program Manager	Shannon Martel	shannon.m@hsca.ca 403-270-9703
OOSC Program Manager	Genevieve Fisher	genevieve.f@hsca.ca
Facility Services Manager Ext. 223	Karl Kingsley	karl.k@hsca.ca
Seniors' Connection Coordinator Ext. 224	Debbie Olson	debbie.o@hsca.ca
Controller Ext. 225	Amy Kettenbach	accounting@hsca.ca
Sunshine and Rainbow Rooms	Hillhurst Sunnyside Daycare	403-270-9703
Flea Market Coordinator Ext. 231 (drop in on Sundays, or leave a message - calls returned on Wednesdays and Sundays only)	Bonnie Constable	
Community Programs Coordinator Ext. 248	Tolu Okunola	
Community Connections Coordinator Ext. 247	Shaye Radford	shaye.r@hsca.ca



GROWING A GOOD FOOD COMMUNITY

Wednesdays • outdoors • 3-7pm
1320 5th Ave NW





Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers' Market Fresh Food Basket	Tolu Okunola 403-283-0554 ext. 248
Flea Market	Bonnie 403-283-0554 ext. 231 <i>(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)</i>
Neighbour Night	Shaye 403-283-0554 ext 247
Seniors' Knitting	Debbie 403-283-0554 ext. 224

Check out our volunteer portal for opportunities to connect and volunteer with your local Hillhurst Sunnyside Community Association! Visit us at hsca.ca/volunteer.

We are always looking for stories of community to feature on HSCA's social media, the neighbourhood blog, and in the Voice magazine. Check out the submission guidelines at hsca.ca/resident-submissions or contact stephanie.c@hsca.ca for details.

Become an HSCA Membership Partner!

When you become an HSCA Membership Partner, you're supporting our community and inclusive programming. Our Membership Partners offer HSCA members exclusive discounts and/or special offers when they present a valid HSCA membership card. As a Membership Partner, HSCA will:

- Include your company logo on our website on our Membership Partners page with a link to your website
- List your company/or business and the associated membership perks in our monthly print newsletter (The Hillhurst Sunnyside Voice). Our monthly print newsletter is also available online each month.
- Include your company's name and logo in our next monthly e-newsletter announcing our partnership
- Occasionally share and/or repost social media content about your business as part of our #MembershipMonday campaign

If you are interested in becoming an HSCA Membership Partner, please fill out and submit our digital form at www.hsca.ca/membership-partner.

Disclaimer: Published articles, reports or submissions reflect the opinions of the author and should not be considered to reflect the opinions of Great News Media (GNM) and the Hillhurst-Sunnyside Community Association (HSCA). The information contained in this magazine is believed to be accurate but is not warranted to be so. GNM and HSCA do not endorse any person(s) advertising in this newsletter. Advertisements are not an endorsement of any goods or services.



fcss
family & community
support services

Thursdays 6-8pm ONLINE

HSCA hosts an assortment of FREE monthly activities:

1st Thursday -- Activity or Craft

2nd Thursday -- Zoom Movie Viewing

3rd Thursday -- Cooking Class

4th Thursday -- Discord Online Chat

All supplies are included for free and can be picked up at HSCA on Mondays during Fresh Routes from 4-6pm.



Contact Shaye for more information and event links:
(403) 283-0554 ext 247. shaye.r@hsca.ca



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311 Calgary – An Overview of Hillhurst and Sunnyside Service Requests

As part of the City of Calgary's (CoC) commitment to information access, summary level data on the millions of 311 requests made by Calgary citizens is available to download for free from calgary.ca.

What story does the data tell for Hillhurst and Sunnyside (HS)? Here are some questions and answers specific to our community.

How Does HS Compare with Other Communities on the Number of Requests Submitted?

CoC provides a color-coded map on calgary.ca that illustrates the relative number of 311 requests made by each community. It uses seven different colour ranges and while Hillhurst and Sunnyside are reported separately, they are both in the third highest tier for the 2021 year, to date. The colour ranges don't take population into account, so this means HS has higher per capita 311 requests because HS has average to below average populations compared to other neighborhoods.

Looking more closely at the numbers, the average annual requests for HS has been trending downwards over the last few years. This is mostly driven by Hillhurst's numbers trending downwards after a peak in 2014. Sunnyside on the other hand peaked in 2013 due to the flood, and while numbers dipped to a low in 2016, Sunnyside's numbers are trending upwards for the past few years.

It is difficult to interpret what this might mean exactly, as there is not enough data to conclude an answer.

Bottom line, it is better to see increasing request counts. Why? Service requests inform the City on citizen issues and can influence prioritization of city services and projects.

What Sort of Requests Do HSCA Residents Submit?

Specific details of 311 requests, such as the description or name of reporter, are not provided in the data available on calgary.ca. However, the agency that is assigned to a request and the assigned category for request is shared. This provides some good insight about the types of requests submitted by HS citizens.

The agencies and categories assigned to HS requests have evolved over the last 10 years. To understand the issues of concern this year, here is a look at the 3,700 requests made in the first half of 2021.

Top 5 Agencies Assigned to HS 311 Requests in the First Half of 2021

Rank	Top City Agency	Percent
1	Community Standards	25%
2	Roads	19%
3	Building Services	10%
4	Finance	9%
5	Parks	9%

The top agency for HS is Community Standards and the top categories under this agency are graffiti, snow/ice on sidewalk, disturbance concerns and encampment concerns. The top HS categories in roads includes signs, detour inquiries, and back lane maintenance. Building services covers various inspections for new construction and renovations. Finance covers various types of property tax and TIPP inquiries. The top HS categories in parks includes park trees, garbage in parks, and park infrastructure.

Setting the agency aside and looking solely at categories, the top concerns in Hillhurst and Sunnyside are somewhat different. Here's a view at the top ten for both neighborhoods.

Top 5 Categories for Hillhurst 311 Requests 2021 YTD June

Rank	Hillhurst topic	Count
1	Snow/Ice on Sidewalk	129
2	Waste Recycling Cart	118
3	Graffiti	94
4	TIPP Request	79
5	Property Tax Inquiry	70

Top 5 Categories for Sunnyside 311 Requests 2021 YTD June

Rank	Sunnyside topic	Count
1	Graffiti	222
2	Property Tax Inquiry	63
3	Detour Inquiry	56
4	After Hours Transit Concern	51
5	TIPP Request	49

Graffiti is the combined number one request overall for HS with Sunnyside having significantly more requests. This is likely not surprising to most residents for various reasons.

Some other observations: Hillhurst seems to have more concerns with snow on sidewalks and with waste and recycling carts than Sunnyside does. Whereas Sunnyside has more concerns with Transit, likely given the location of the CTrain Station.

What are the top categories for the city as a whole? The City as a whole has similar top 5 concerns to HS, just in a different order. Property Tax and TIPP are the top concern for the City as a whole with waste recycling carts and snow and ice on sidewalk also making it into the top 5.

Top 5 Categories – All Calgary - 311 Requests 2021 YTD June

Rank	Sunnyside topic	Percent
1	Property Tax inquiry	6%
2	TIPP request	5%
3	Waste Recycling Cart Mgmt	4%
4	Inspection - Electrical	3%
5	Snow and Ice on Sidewalk	3%

How Do HS Residents Prefer to Submit Their 311 Requests?

The 311 Request system began in 2012 as primarily a call centre service (hence the “311” name), but it also launched with a web portal option. In the first year of service, HS citizens submitted over 70% of its requests by phone.

In 2013, the CoC introduced the 311 smart-phone app and while its use has grown in popularity, HS residents still have a preference of calling in requests with just under 50% of all 311 requests being made over the phone in the first half of 2021.

It's anticipated that as the 311 smart-phone app grows in use, it will become the preferred method. The app definitely makes it very quick and easy to report issues, particularly when residents come upon a concern when they are out in the neighborhood. An added bonus, there is no wait time to submit your request like there might be on the phone.

The HSCA encourages all HS residents to submit 311 service requests by any method and thanks you for your support of the community!

About 311: 311 is a specific telephone number supported in many North American municipalities that provides access to non-emergency municipal services. In Calgary, the service is known as “311-Calgary” and is provided by the City of Calgary’s (CoC) Citizen Services division. The service has grown beyond just a 24-hour call centre and offers inquiry services through a web portal as well as through a smart phone app.

Tim Schaefer, Sunnyside Resident

Pathway and River Cleanup

The City of Calgary’s annual pathway and river cleanup is happening this fall! Join your neighbours in Hillhurst, Sunnyside, and Kensington for a morning of tidying up the Bow River Pathway on Saturday, September 18 from 9:00 am to 12:00 pm. Supplies will be provided by the City. For more information or if you’re interested in volunteering, please contact Lauren at lauren.knowles26@gmail.com. Hope to see you there.

CALL FOR VOLUNTEERS



THE CITY OF CALGARY'S

**2021
PATHWAY
& RIVER
CLEANUP**

**SEPT
18
2021**

**POPPY PLAZA
KENSINGTON
9AM-12PM**

*Let's keep our
community
beautiful!*

FOR MORE INFO & TO VOLUNTEER,
CONTACT LAUREN AT
LAUREN.KNOWLES26@GMAIL.COM



60 Beans

Ludwig van Beethoven was a musical mastermind. But was he also a coffee connoisseur? He always made sure that his morning cup of coffee had precisely 60 beans in it, no more and no less. If 60 beans per cup is how you like your coffee, well good news! You and Beethoven have the same great taste!

SENIORS CONNECTION PROGRAMS AT HSCA

For all the programs listed below, or for any further information, ideas, concerns or referrals, please contact me by email at Debbie.o@hsc.ca or call me at 403-283-0554, ext. 224 and leave a message. I will get back to you as soon as possible and provide you with the links to join the classes or talk about any other ideas or concerns you would like to share, talk about, or explore.

New - Caregiver Connections

Caregivers provide an important support and connection to parents, family members, and friends. It can also be stressful and lonely, and often there is no one to talk to.

Support provided can be around small supports or they can be very extensive, time consuming, and stressful. You could be providing emotional, physical, or practical support, such as grocery shopping, transportation to appointments, medicine reminders, paying bills, etc. You could be providing this support as a paid or unpaid caregiver and the person you are supporting could be living with you, living in their own home, or even living in a congregate setting, such as supported living or long-term care.

Caregiver Connections will happen on the third Thursday of each month from 7:00 to 9:00 pm. If you would like to connect with others around Caregiving, even if you just want to listen, contact Debbie by phone or email to receive the link.

If you would like to connect, but this day and time do not work for you, send Debbie some suggestions to arrange to hold more than one Connection as needed.

Also check out the HSCA Website for the new Caregiver Connections. This is still a work in progress, but we will be adding information and connections as we go!

There is a link to a Caregiver Survey below that will help to inform about future online sessions, topics, and information for the caregiver site on the HSCA website. Please take a few minutes to provide me with some feedback.

Chair Yoga Online

Chair Yoga Online has returned and there are two classes that participants can join:

- Tuesday at 11:15 am
- Thursday at 11:00 am

Both classes will be accessible half an hour before the class begins and for half an hour after, if anyone wants to connect with other participants.

You will need a link to join the class, so contact me beforehand

so that I can send you the link. Please be sure you join the class at least five minutes before the class start time.

To join either or both classes, you will need a computer, tablet, or cell phone with internet connection to join, but you do not need to have a camera or microphone, just make sure that your volume is turned up so that you can hear, and you will be able to see Sharon on your device so that you can follow the positions.

This class is a great way to keep your muscles, limbs, and joints moving, especially during this time when we may be doing less walking. It is gentle exercise that will help you to move and stay limber. Come join us.

Monday Connections Group

This is currently a small group of seniors who asked to meet to talk with other seniors with the primary purpose of connecting with others virtually, when we are not able to connect in person. Sometimes it is good to talk to someone other than family.

This group meets every two weeks for about an hour, and we talk about changes, challenges, share stories, thoughts, and generally just talk with each other for an hour or so.

Connect with Debbie to receive a link to join the Monday Connections Group.

Volunteers

If you are interested in volunteering with seniors or any of the other programs and supports provided through the Community Connections Program, the food programs, Community Planning, the HSCA Board or Communications, check out Timecounts on our website for postings where volunteers are needed.

If you would like to talk more about possibilities that you might want to explore, but do not see something in Timecounts, send one of us an email, or call and leave a message at any of our extensions. We would love to talk more about the possibilities.

Other Senior Programs

While in-house programs for seniors are on hold, we are exploring other ways of connecting. Stay tuned for more information as these develop. If you have any thoughts or ideas, please share them with me. I am always looking for new ideas that will support the needs of seniors, neighbours, and volunteers in our community. If you can access our website, there is a general survey/questionnaire on the site and you can submit ideas, thoughts, questions, etc. there.

SUSTAINABLE *FOOD PROGRAMMING* AT THE HSCA

CURRENTLY SEEKING VOLUNTEERS

Volunteer opportunities

- Fresh Food Basket Prep
- Check out support



Register to volunteer at

<https://timecounts.org/hillhurst-sunnyside>



Hillhurst Sunnyside Community Association

fresh routes

Mobile Grocery Store

MARKET
GREENS

Ongoing Programming at HSCA

The HSCA is committed to providing a safe environment for all and continues to make every effort to mitigate health risks associated with COVID-19. For the most up-to-date information on HSCA operations and Safety Protocols, please visit www.hsca.ca/covid19.

Every Monday (except holidays): Sustainable Food Programming at HSCA, 4:00 to 6:00 pm. HSCA's Sustainable Food Programming has something for everyone and features: Fresh Routes, Fresh Food Basket, and Market Greens. Visit www.hsca.ca/community-food-program for details.

Every Wednesday: The HSCA Farmers' Market runs outdoors, 3:00 to 7:00 pm. Please visit.

Sunday: The Sunday Flea Market runs 7:00 am to 3:00 pm indoors and on the front pad at HSCA.

Repair Café!

Are you looking for ways to build community spirit?

Would you like to volunteer some time to divert items from the landfill?

HSCA needs Fixers for our first Repair Cafe! If you have skills to share, please contact Shaye at shaye.r@hsca.ca or 403-238-0554, ext. 247.

While these events are typically held in person, we are planning a physically distanced process to adhere to COVID protocols.

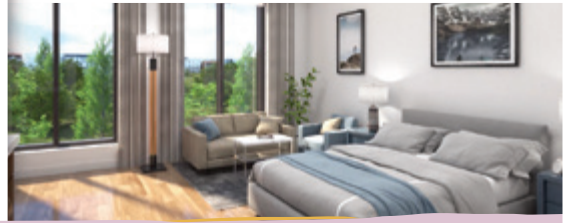
Samaritan Sale

Please note, the Samaritan Club of Calgary has cancelled the Fall Super Sale on Saturday, September 25.

Meet the Queen in a Car Shop

Queen Elizabeth the Second, although a Queen, was once busy doing something much different. She is the only woman in the royal family to have served in the military! At her insistence, she joined the Auxiliary Territorial Service (ATS) when she was 18 and trained as a truck driver and mechanic! Wouldn't that be the coolest trip to the car shop ever?





Discover Inspired Retirement Living

Riverwalk Retirement Residences, the new premier retirement living community is coming to the desirable Mission district area. At Riverwalk Retirement Residences, we believe in individual choice, inspired living, and vitality. Offering Independent Living, Assisted Living and Memory Care, all can be custom tailored for your personalized care needs.

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or visit verveseniorliving.com/riverwalk



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INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE LIFESTYLES

HSCA Spotlight: Introducing HSCA's Community Planning and Engagement Coordinator



HSCA is pleased to introduce Ali McMillian into the newly revamped position of Engagement and Community Planning Coordinator.

"We are thrilled to welcome Ali to HSCA. I am excited to see Ali bring her considerable experience in community engagement and planning to Hillhurst-Sunnyside, and look forward to her contributions to our team, and ultimately to the diverse residents that make up our vibrant community." *Matt Youens, Interim Executive Director, HSCA*

About the Role

As Engagement and Community Planning Coordinator, Ali is responsible for two main portfolios:

1. Supporting, encouraging, and growing community engagement; and
2. Supporting the Hillhurst Sunnyside Planning Committee.

Get to know Ali, In Five Questions or Less

Q1. What is your favourite part of HSCA?

The people are welcoming, creative, and passionate about the community!

Q2. Tell us a fun fact about yourself

My daily driver is a 1977 Volkswagen Van called "The Honey Bus".

Q3. What is your favourite part of the Hillhurst Sunnyside community?

I love the Sunnyside garage murals!

Q4. What keeps you busy outside of your role at HSCA?

With two teenage daughters, we are a crazy basketball family - coaching and being my kid's biggest fan!

Q5. What topic could you give a 20-minute presentation on without any preparation?

Tactical urbanism and placemaking: How residents can be the change they want to see in their neighbourhood!

About Ali

A former teacher, Ali's previous role was as the Planning and Development Director/ Business Liaison for the Bridgeland Riverside Community Association (2015-2021).

Alongside significant volunteer and planning experience, Ali's considerable project portfolio includes: Bridgeland Arctic Adventure (2021), Bridgeland Peony murals (2020), Flyover Park (2016-2021), Bridgeland Hollywood Sign (2019), Bridgeland Mapping/ Wayfinding Project, (2019-2020), Pride Intersection (2019), Village Piazza Revitalization (2018), Polka Dot intersection (2018), East Riverside Master Plan, and the Bridgeland Riverside Area Redevelopment Plan (2018-2020).

Contact:

Ali can be reached via phone at 403-283-0554, extension 229 or by email at ali.m@hsca.ca.



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FEEDING YOUR COMMUNITY

FRESH FOOD BASKET Grocery subsidies for residents of Hillhurst Sunnyside struggling to access good food.

seeking monetary donations
\$10 = 1 week of grocery subsidies for a family in Hillhurst Sunnyside



HSCA
Hillhurst Sunnyside Community Association

FOR DETAILS OR TO DONATE GO TO
WWW.HSCA.CA/COMMUNITY-FOOD-PROGRAM

That's a Wrap!

The Bowview Outdoor Pool will be closed for the season effective Tuesday, September 2. Thank you to our staff, volunteers, and community for making it a wonderful and safe season! Looking forward to the 2022 season!



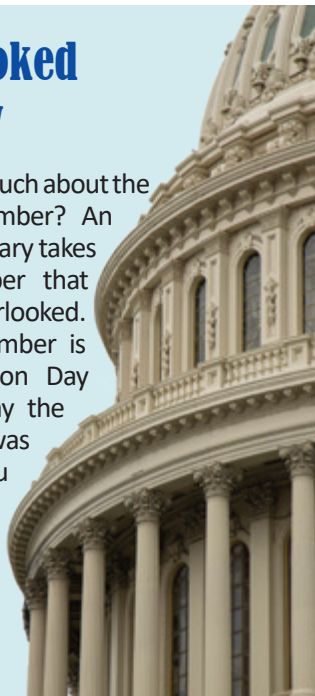
HSCA CHILDCARE

HSCA's OOSC has kindergarten spots available! The HSCA Out of School Care Program provides an environment where children can thrive and flourish! We strive to meet their physical, social, emotional, intellectual, creative, and developmental needs. This involves dynamic outdoor play, sports, building and STEM activities, creative art projects, and talent shows! If your child is registered at Hillhurst School for Kindergarten and you are looking for before and after school care, please email the OOSC Program Manager at Genevieve.f@hsc.ca.

The Hillhurst Sunnyside Daycare has openings for children aged 19 months to 5 years! We are a licensed childcare program, following the Emergent Curriculum approach while ensuring the individual needs of all our children are met through a wide variety of creative, educational, and recreational play. Our location in the HSCA Community Centre allows the program to have access to many of the beautiful spaces Hillhurst Sunnyside has to offer. Please check out our website for more information, <https://www.hsc.ca/daycare>, or reach out to Shannon Martel, Childcare Director at Shannon.m@hsc.ca or 403-270-9703.

The Overlooked Anniversary

Do you ever hear much about the holidays in September? An important anniversary takes place in September that is commonly overlooked. The 17th of September is actually Constitution Day and marks the day the U.S. constitution was adopted. Even if you don't live in the U.S, it is certainly something worth noting!



BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 25

The Good Food Box (GFB)

The Good Food Box is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The Good Food Box is a hands-up program as opposed to hands-out.

Large Box: Includes approximately 40 pounds of produce. Cost: \$35

Medium Box: Includes approximately 30 pounds of produce. Cost: \$30

Small Box: Includes approximately 20 pounds of produce. Cost: \$25

Orders accepted:

Online at the HSCA Web Store: www.hsc.ca/community-food-program.

HSCA Farmers' Market at the welcome table – cash orders only.

Orders may be placed during the pick-up times – cash orders only.

2021 Good Food Box Order and Delivery Dates


Order By 2:00 pm Pick Up Between 1:00 and 3:00 pm

September 14 September 23

October 12 October 21

November 16 November 25

Semptem-ber



In the old Roman calendars, September was actually the seventh month. “Semptem” means seventh, which is where September got its name. However, once the new months were added to the calendars, September became the ninth month. Now its name doesn’t correlate to its order, but it still sounds nice!




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We've Got a New Resident in Hillhurst Sunnyside!

If you're familiar with the Riley Park fairy house, you'll know that it's been through renos, changes, and even a complete rebuild just last year. The fairy house has become a staple and a bright spot during my strolls in Riley Park, particularly during quarantine, and it's great to see these magical residents displaying acts of community by decorating for various events, seasons, and holidays.

Well, now there's a new resident nestled in another Riley Park tree! If you haven't had the chance, why not explore our awesome park, and catch a glimpse of the newest homestead? This hidden house has become a fun and special part of our community over the years, last year a sign was displayed indicating the fairy house was over 20 years old, so please be respectful so we can all continue to enjoy it for years to come.



Nestled in a tree line of Riley Park are two magical fairy homes.

Feeling 'Blah'?

by Joan Gitzel, C.H.N.C.

Has the COVID pandemic left you feeling down? If it has, you're in good company. Here are some things you can do to help yourself feel better.

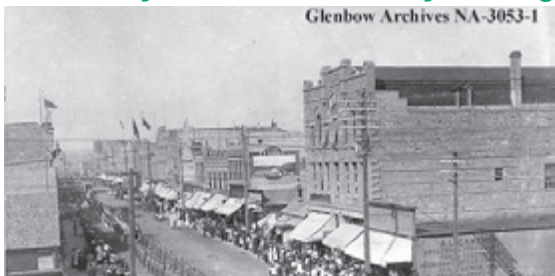
Did you know that 90% of your serotonin, the hormone that makes you feel happy, is produced in your gut by beneficial bacteria, and not in your brain? So, if you're feeling anxious or depressed, take a good look at what you are putting into your mouth. A lack of serotonin may be the result of eating too many "food-like" substances and not enough "real food"! Skip that bag of chips and reach for a piece of fruit. Eat food that doesn't have a label (more fruits and vegetables) because that is what those good gut bugs need to thrive. It's possible that yours are starving if your diet consists of mostly processed food. Eat organic as much as possible too, because the chemicals sprayed on non-organic produce and the growth hormones fed to the animals we consume, are harmful to your microbiome.

So that's the first thing to do. Here are some others:

1. Get active!
2. Limit time on social media and listening to the news.
3. Think positive thoughts.
4. Spend time with people you love – face to face. Limit screen time.
5. Get a good night's sleep. Turn off the screens an hour before bed and go for a walk.
6. Think of five things that you're grateful for before you even get out of bed in the morning!
7. Smile and laugh, even when you don't feel like it. Laughter really is the best medicine! Your brain doesn't know you are faking it, and you will soon feel better. Watch videos on YouTube of laughing babies!



Labour Day: A Celebration of City Building



Labour Day became a statutory holiday in 1894, and Calgary Labour Day traditions since the early 1900s run deep. On the first weekend in September, Calgarians came together to celebrate the hard-working community members who were building this blossoming city. These days, most people see Labour Day as just another long weekend. However, when Calgary was still in its infancy, and labour unions were working hard for the rights of the people building this community, it was much more.

Union groups gathered in this, and many other Canadian cities to celebrate workers with a parade. They acknowledged the difficulty of manual labour and demonstrated a deep appreciation for what the trades were doing. Labourers at the time put in a hard day's work for an honest dollar, but what they were actually doing was building our communities and our heritage.

As we celebrate Labour Day, it seems timely to reflect on Calgary's industrial history, its early businesses, where workers lived, and the tradesmen who built our historic buildings. Ramsay, one of the city's oldest neighbourhoods from the 1880s, is home to Calgary's early industry: Canada Pacific Railyards, the Alberta Stockyards, the Calgary Herald, Calgary Brewery, Standard Soap Company (1905), Western Steel Products (1918), C.C. Snowden Oils (1911), and a sandstone quarry at Scotsman's hill – which supplied the stone for Calgary's historic sandstone structures. Industry helped develop Ramsay, as the community's earliest homes were built near businesses and housed many of its workers and families.

Some of this history has survived, to name a few: the Standard Soap Company Warehouse is now Locomotive Crossing, C.C. Snowden Oils (a mixed-use complex), Western Steel Products warehouse (Ramsay Design Centre), Dominion Bridge/Riverside Ironworks (1927) mixed-use buildings, Canadian Pacific Railyards (still in use), Calgary Brewery (vacant), a CPR boarding house (circa 1890), and a large stock of Edwardian style homes.

Steve Gilks is a Mason and Madison Kitts is a resident of Ramsay. Both are Directors of the Calgary Heritage Initiative Society.

HSCA 2021 CASINO UPDATE

HSCA is currently working with Alberta Gaming about moving forward with Casino dates in 2022.

We are scheduled for the first quarter, which is in January/February/March. The draw for the dates will be done as soon as possible in August and they will let us know our dates moving forward. They have warned us that the location may not be our usual requested casino due to the mass amount of rescheduling.

Once we have the days and location confirmed from AGLC, HSCA will send out an email to past volunteers for the casino as well to those volunteers in Timecounts who have indicated casino as a choice for volunteering.

If you would like to be contacted about the casino when this information is available, please connect with Debbie to be included in the group email.

If you would like to know more about the casino positions and what is involved for volunteers, please connect with Debbie and she will provide you with the information you need.

Debbie Olson: Debbie.o@hsc.ca or leave a message at 403-283-0554 ext. 224 and she will get back to you.

Big Help

by Cheryl Dunkley

The first thing doc said was: "Where's your cane?"

During our visit, I heard the same refrain.

Twice he ordered, so off I went

Got myself a "go any where", money well spent.

Pretty good company, goes in the car.

Just remember to take it out when you plan to walk far.

Once I couldn't find it, nowhere in the house.

Checked the garage - there on the shelf, quiet as a mouse.

It can be in any room, leaning against the wall.

Annoying when it doesn't show up when I call.

Likes to hook on a doorknob, swing off the floor.

The rubber tip could wear out, then back to the store.

The cane is great company, helpful and quiet,

If you need to lighten the pressure, I suggest you try it!

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Operations have been modified to follow physical distancing practices and health and safety protocol from Alberta Health Services.

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GOOD FOOD  STOPS FOR YOU

Responding to Calgarians

The City of Calgary is dedicated to investing citizen tax dollars wisely and maximizing the value citizens receive from our services. Throughout the pandemic, we have worked closely with City Council to adjust and respond to the needs of Calgarians through these difficult times.

Here are some facts about our finances:



65%
to City services

Residential property tax is generally split, 65 per cent goes towards funding City services, while the remaining 35 per cent goes to the province.

\$5.88*

per day



is the cost to a typical Calgary household for City tax-supported services.

77%

of homeowners



saw a reduction or no increase at all to their 2021 property tax bill. The City reduced expenses to support citizens through the pandemic while still providing the critical services needed.

Below-average taxes

In 2019, Calgary had below-average residential property taxes relative to a cross-section of major Canadian cities and regional neighbours for a representative two-storey house.



\$177 million**

in permanent reductions made since July 2019. Calgary was the only major city in Canada to cut taxes during this challenging year and a half.

60%

of property owners



in Calgary pay their property tax monthly through the Tax Instalment Payment Plan (TIIPP).

Learn more about how we're responding to Calgarians at calgary.ca/respond

* Calculation based on typical single residential home assessed at \$445,000 in 2021. Actual values will vary based on your property's assessed value, visit calgary.ca/taxcalculator.

** \$90 million found from the previously approved budget

RE open
connect
spond

Mental Health Moment: The Backfire Effect

by Nancy Bergeron, RPsych | nancy@viewpointcalgary.ca



Have you ever argued with someone until you are blue in the face, only to find they have dug in their heels and are holding onto their side of the argument even stronger? Their perspective is so wrong (in your view) and it's like you are talking to a wall? You have just created what is called the backfire effect. The backfire effect is a cognitive bias that causes people who encounter evidence that challenges their beliefs to reject the evidence, and to strengthen their support of their original stance. The backfire effect means that showing people evidence which proves that they are wrong is often ineffective, and can actually end up backfiring, by causing them to support their original stance more strongly than they previously did. The backfire effect is a subtype of the confirmation bias, which is a cognitive bias that can cause people to reject information which contradicts their beliefs, or to interpret information in a way that confirms those beliefs.

If arguing with facts and evidence backfires, guess what is even worse? Criticizing, blaming, and shaming them for being thoughtless, selfish, stupid, ignorant, or crazy. When was the last time we changed our behavior in response to someone blaming or shaming us?

So, how do we counteract this? With curiosity and empathetic listening. Start by asking questions to show we are truly curious about their answers. Let's use a current hot button topic example: Deciding to not get a COVID-19 vaccine. How do they compare the relative risks of vaccines and COVID? What evidence are they looking at? What makes them doubt the safety of the vaccine? What have they seen and heard? Once they have shared their views, paraphrase what we heard them say to ensure that we have understood them.

Now they feel like we care about their opinion so we can learn from it, and we are actually having a real conversation. Now we ask the more important questions: What do they want? For themselves and for their loved ones? Chances are, this is where we can find common ground. We all want people to be well, to be free from harm, to be free from coercion. We all want the economy to flourish. Even though we may have very different ideas of what this entails. We all want to feel respected and that our concerns are being heard.

From this place, we can begin to explore our differences with curiosity and empathy. "It sounds like you and I want people to be both healthy and free from coercion. And this virus is sort of pitting those values against each other, and I'm coming down more strongly on the side of health, and you appear to value freedom more. But I hear your concerns about your health as well. And actually, I'm in favor of vaccination because I think it will give us all more freedom".

We have now created an environment in which a person can feel safe enough to change their mind/opinion on their own. Remember, we are not guaranteeing the outcome. We don't know how our conversations will go. But when we don't have actual power over someone, it's only through a caring and respectful relationship that you can influence them to change. If perhaps you want a loved one to get vaccinated, approach them with empathy and curiosity, to communicate your caring and respect. I challenge you to give this a try the next time you are confronted with a strong opposing topic of discussion.



Watch Out for Airfare Scams When Booking Your Next Trip

With the availability of COVID-19 vaccines, travel is coming back. That's great news for summer vacation plans... and scammers. BBB Scam Tracker is receiving reports of con artists creating fake airline ticket booking sites or customer service numbers. If you are buying airfare, use caution and double check the URL or phone number before providing your credit card information.

How the Scam Works:

While doing an online search for cheap flights, you come across what seems like a great deal with a major airline. You book the flight—either through the website or by calling a customer support number—and receive a confirmation message. However, when you look more closely at the email, you notice that you never actually received your ticket.

In another version of this scam, you book a flight on a travel website offering deals on airfare. You pay with your credit card like normal. But shortly after making the payment, you receive a call from the company saying that there's been a sudden price increase or an extra charge to finalize your booking. This is something a legitimate company would never do!

In either case, you call the airline to follow up about your flight. After talking to an agent, you find that they have no record of your booking. It turns out you accidentally purchased tickets through a scam website or a phony customer service number. One victim told BBB Scam Tracker: "I received a phone call right after [I booked the flight] stating that they wanted \$100 per passenger to finalize my flight." Then, after calling the airline to complain, the victim discovered that "the flight wasn't available to begin with. The flight was never booked... this company just charged my card."

How to Avoid Travel Scams:

Do your research. If you come across a company you haven't dealt with before, research it before making any purchases. Look on BBB.org for reviews and feedback from previous customers.

Double check the URL before you enter personal and payment information. It can be easy to click on a sponsored ad or imposter website without noticing. Before you enter any sensitive information, double check that you are on the right website and that the link is secure. Secure links start with "https://" and include a lock icon on the purchase page. Learn more at [BBB.org/BBBSecure](https://www.bbb.org/BBBSecure).

Be wary of third-party websites. Some websites appear to offer a legitimate service but are only fronts for a scam. Be suspicious of websites with no working customer service number and no physical address. Typos and grammatical errors can be indications of a scammer's handiwork, too.

Make online purchases with your credit card. Fraudulent charges made on a credit card can usually be disputed, whereas that might not be the case with other payment methods. Unfortunately, there is no way to get back the personal information you may have shared.

Visit [BBB.org](https://www.bbb.org) for more information.



The Number Nine

September is a fun month for numbers! Specifically, the number 9. Not only is it the ninth month, but with nine letters in its name, it is the only month with the same number of letters in its name, as days.



Community Water Fluoridation

by Juliet Guichan, President, Calgarians for Kids Health

There is fluoride in all fresh water. At all ages, fluoride helps protect your teeth from decay.

Fluoridation is a public health program that safely tops up existing levels of fluoride to prevent tooth decay. The safe water fluoride level is set by the Guidelines for Canadian Drinking Water Quality. In Calgary, fluoride occurs at the level of 0.4 parts per million, which is just below the optimal level of 0.7 parts per million.

The decision to adjust the fluoride level in public water supplies is made by our City Council. Calgarians voted yes to fluoridation in plebiscites held in 1989 and 1998. In 2011, City Council decided to stop water fluoridation.

Since fluoridation ended, dental professionals are seeing much more dental decay, both generally, and especially in children.

A recent study of Grade 2 students in Edmonton (fluoridated), and Calgary (non-fluoridated), confirmed that Calgary children had a dramatic rise in decay rates following the cessation of community water fluoridation compared to their fluoridated Edmonton peers. These findings confirm the adverse impact of fluoride cessation on children's dental health in Calgary and supports the need for community water fluoridation.

Dental disease in children leads to poor overall health, impacting their ability to eat, sleep, play, and attend school. Tooth loss can lead to speech impediments, self-consciousness about appearance, and low self-esteem. Millions of school and work hours are lost each year in Canada because of dental-related illness.

Fluoridation is a normal practice around the world, including Edmonton, Winnipeg, Toronto, Red Deer, Ottawa, Hamilton, and Halifax. Fluoridation is like supplementation of other important nutrients, such as iodine in salt, vitamin C in orange juice, and vitamin A and D3 in milk. Some European countries that do not have fluoridation supplement milk or salt with fluoride.

Community water fluoridation is the most effective and reliable source for fluoride consumption.

The Canadian Agency for Drug and Technologies in Health concluded "there is consistent evidence that community water fluoridation protects against dental caries in children and adults and leads to improved oral health outcomes with very uncommon and minor side effects". <https://www.cadth.ca/community-water-fluoridation-programs-health-technology-assessment>. The uncommon side effect is a slight change in colour of the teeth known as "fluorosis" which is usually mild and only detectable by a dental professional.

By helping prevent cavities, water fluoridation reduces the need for dental treatment, saving families and the healthcare system money. The cost to add optimal fluoride into Calgary's water is \$1.29 per citizen, per year, and that would save an average of approximately \$55 per person in avoided dental and medical visit costs. Adjusting fluoride in public drinking water is a simple, low-cost way to prevent tooth decay for all Calgarians, regardless of their age or income.

Please visit the Alberta Health Services website for more detailed information on the benefits of community water fluoridation at <https://myhealth.alberta.ca/Alberta/Pages/ten-fluopride-facts.aspx>.



JEFF DAVISON FOR MAYOR:

As a member of City Council, I've spent the last four years getting things done for Calgary. My priorities are Calgarians' priorities. Here are the issues I'll tackle first as Calgary's next mayor.

1. ATTRACT NEW BUSINESS INVESTMENT

I want my children—and yours—to have a future here. I'll focus on attracting new technology companies (including those in emerging energy and agriculture), growing our film sector, and promoting our experience economy, which includes tourism, culture, and entertainment.

2. KEEP TAXES LOW

It's vital that we retain our advantage as one of the lowest tax cities in Canada and use that advantage to bring new jobs and investment to Calgary. As mayor, I'll prioritize two ways to keep taxes low: 1) control spending, and 2) attract new business investment that expands our tax base, not our tax rate.

3. RESPOND TO LOCAL NEEDS

As mayor, I'll improve community consultation to build the things local communities really want, offer more support for non-official languages, and improve playground, small business, and transit accessibility.

4. FILL OFFICES/ REVITALIZE DOWNTOWN

A strong core supports a strong city. The new Event Centre, BMO Expansion, Green Line construction, and experience economy will reduce the downtown vacancy rate by attracting new investment that draws companies to empty offices, and promotes a commercial-to-residential conversion policy.

5. ENSURE AFFORDABLE HOUSING/LOW COST LIVING

As the economy grows, we need to make sure the cost of living doesn't skyrocket. Keeping taxes low is an important part of this goal. So is making sure there is enough housing available, at a reasonable cost, so that all Calgarians can afford to own a home.

“Division and fighting have led to lost opportunities. As mayor, I'll prioritize collaboration and cooperation to get these priorities done.”



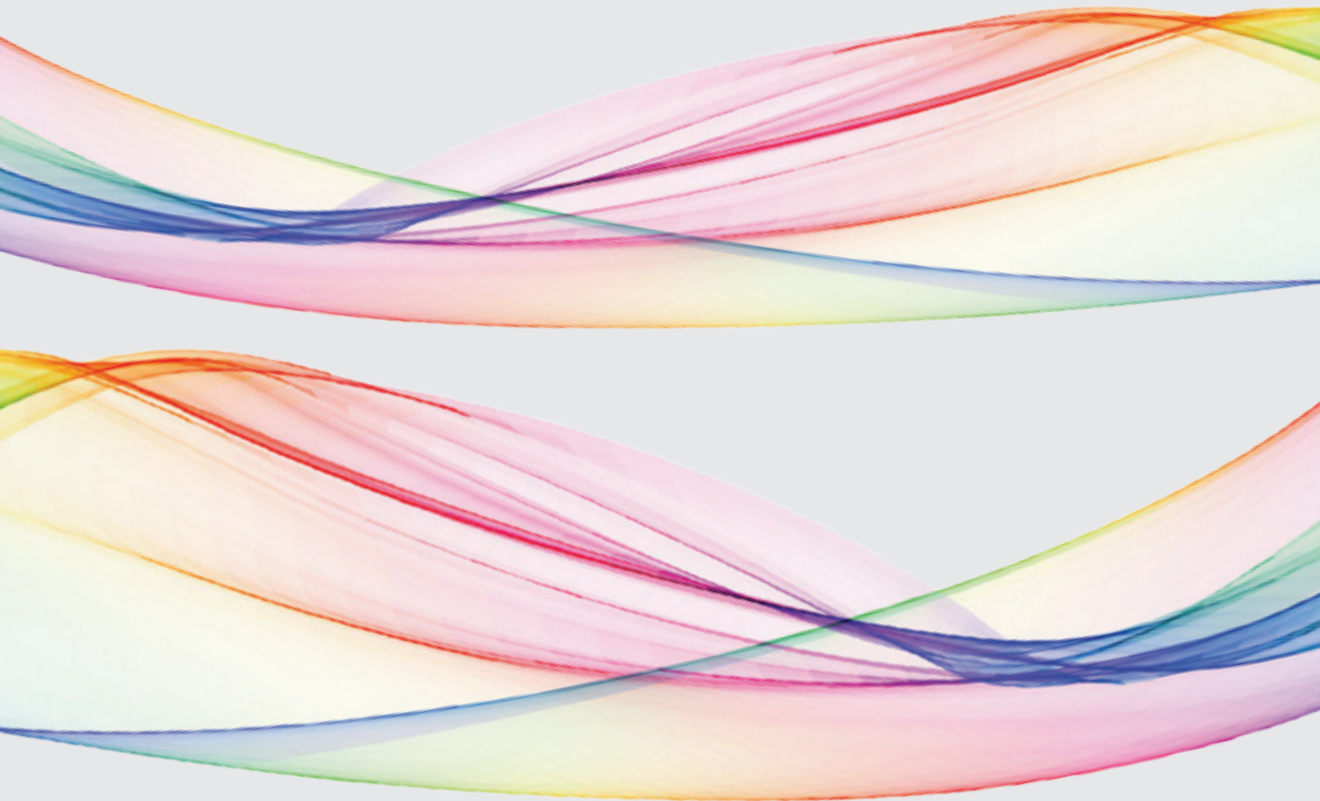
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COLOURING PAGE

by Nicole Rocher



Tokyo 2020 Olympics: How Did Canada Do?

Final Medal Count: Gold: 7 Silver: 6 Bronze: 11
Women: 18 Men: 6

by *Kyla McDonald*

With the decision to postpone the Tokyo Olympics from the summer of 2020 to this past month, many athletes faced a multitude of challenges because of the pandemic. Training facilities were difficult to access, and qualifying events were cancelled, but despite those roadblocks, the athletes persevered. Canada sent 371 athletes to the games this year, the largest group since 1984. However, not all of the athletes remained in Tokyo for the duration of the games, with some arriving just in time for their event and leaving soon thereafter. In the Olympic games, every millisecond matters, which is evident in many of the events won by the athletes this year.

Team Canada's first medal of the games was won by the women's 4 x 100-metre freestyle relay team: Margaret Mac Neil, Penny Oleksiak, Kayla Sanchez, and Rebecca Smith, (Taylor Ruck was an alternate for this race), with a time of 3:32.78 to claim silver. Day three continued with divers Jennifer Abel and Melissa Citrini-Beaulieu also winning silver in the women's 3-metre synchronized platform dive, with a total score of 300.78, which was 25.62 points behind the first-place pair.

Day four led Canada to our first gold medal of the games with Maggie Mac Neil becoming Canada's first Olympic champion of Tokyo 2020 in the 100-metre butterfly, with a time of 55.59, setting the record for North America. Jessica Klimkait also made Canadian Olympic history by taking home bronze in the women's 57 kg event for judo – Canada's first-ever medal in the sport.

Day five was another great day for the Canadian Olympic women, with four medals won throughout the day. Kylie Masse won silver in the women's 100m backstroke with a time of 57.72, women's softball took home bronze for the first time ever at the Olympics, Catherine Beauchemin-Pinard won bronze in the 63kg event, winning team Canada's second judo medal, and Maude Charron won Canada's second gold medal of the games in the women's 64kg weightlifting event.

21-year-old Penny Oleksiak made history on day six with her bronze medal win in the women's 200-metre freestyle swim. Her sixth Olympic medal, and second at the Tokyo games, makes her the most decorated Canadian athlete in the history of the summer games.

Cailleigh Filmer and Hillary Janssens won Canada's tenth medal on day seven, taking home bronze in the women's pair rowing final with a time of 6:52.10.

Day eight was also a good day for rowing, with the women's eight rowing team winning the gold medal for the first time since 1992 in Barcelona. Lisa Roman, Kasia Gruchalla-Wesierski, Christine Roper, Andrea Proske, Susanne Grainger, Madison Mailey, Sydney Payne, Avalon Wasteneys, and Kristen Kit dominated the race with a time of 5:59.13, which was almost a full second ahead of New Zealand.

Kylie Masse won her second silver medal on day nine in the 200-metre backstroke, with a time of 2:05.42.

The women's 4 x 100-metre medley team: Penny Oleksiak, Sydney Pickrem, Maggie Mac Neil, and Kylie Masse finished with a time of 3:52.60 to capture the bronze medal on day ten. This is Oleksiak's seventh medal, which historically marks her as Canada's most decorated Olympian. Sprinter Andre De Grasse also claimed the bronze medal in the men's 100-metre event, becoming the first male athlete to reach the podium this year.

Day thirteen was another successful day for Andre de Grasse, winning gold in the 200-metre event with a time of 19.62, setting the national record for Canada. This is the first time that Canada has won gold in the 200-metre since 1928 in Amsterdam.

Laurence Vincent-Lapointe won silver in the women's 200-metre single canoe sprint on day fourteen, claiming the first-ever silver medal in the sport which made its Olympic debut in Tokyo this year. Lauriane Genest also won bronze in the women's keirin cycling event, with a time of 10.770, and Damian Warner won gold in the men's decathlon with a total of 9,018 points.

Day fifteen had a surprise win for Canada in track and field athletics this year with Evan Dunfee coming in third in the 50-kilometre race walk to claim bronze with a time of 3:50:59. The day continued with Mohammed Ahmed winning the silver medal in the men's 5000-metre final, Aaron Brown, Jerome Blake, Brendon Rodney, and Andre De Grasse taking bronze in the men's 4 x 100-metre relay, and the women's soccer team claiming their first-ever gold medal in the sport for Canada, going into penalty kicks to break the tie with Sweden.

On the final day of the Tokyo 2020 Olympics, Laurence Vincent-Lapointe and Katie Vincent won the bronze in the women's 500-metre double canoe sprint and Kelsey Mitchell won gold and Canada's final medal in the women's track cycling sprint event.



FEDERATION OF
CALGARY COMMUNITIES

Back to School Safety

A message from the Federation of Calgary Communities



It's back-to-school time! A new school year often brings more congestion in playground zones, distractions, and more pedestrians than we have become accustomed to during the summer months.

Here are three tips to keep in mind when driving or walking in playground zones this September and all year round:

Follow the Speed Limit: First and foremost, follow the posted speed limit of 30 km/h. Playground time zones are between the hours of 7:30 am to 9:00 pm, 7 days a week, year-round. A collision with a pedestrian at 30 km/h is more likely to end in injury rather than a possible fatality going at the residential speed of 50 km/h.

Stop and Look Both Ways: We want to set good examples for young pedestrians. Stop, and look both ways. It's always good practice to look one more time to the left and then walk across the street between the crosswalk lines. Attempt to make yourself as visible as possible. These are all good habits to practice and to role model.

Follow Directions: Whether you are driving, walking, or biking, listen and watch for directions from school safety patrollers. Follow the direction of signals, signs, and the specific rules that the school has implemented. These directions are for your safety and others and are there to help reduce congestion and risks.

By exercising caution and care, we can make our communities safer!

For more resources, check out our website at calgarycommunities.com.

Pet Lovers in the Community



If you have a pet and are struggling to make ends meet, "Pet Food Help and Support" can help you out. This organization is a Facebook group that welcomes help to everyone and is dedicated to feeding hungry pets – one pet at a time. Join this Facebook group today for assistance. Once you reach out for help, an arrangement can be made to get you a monthly supply of much needed food for your fur babies.

Please visit our Facebook page at <https://www.facebook.com/groups/albertapethelp> for more information, and to sign up today!

BRAIN GAMES SUDOKU

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

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Back to School Safety

Alberta Health Services (EMS) would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.



Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

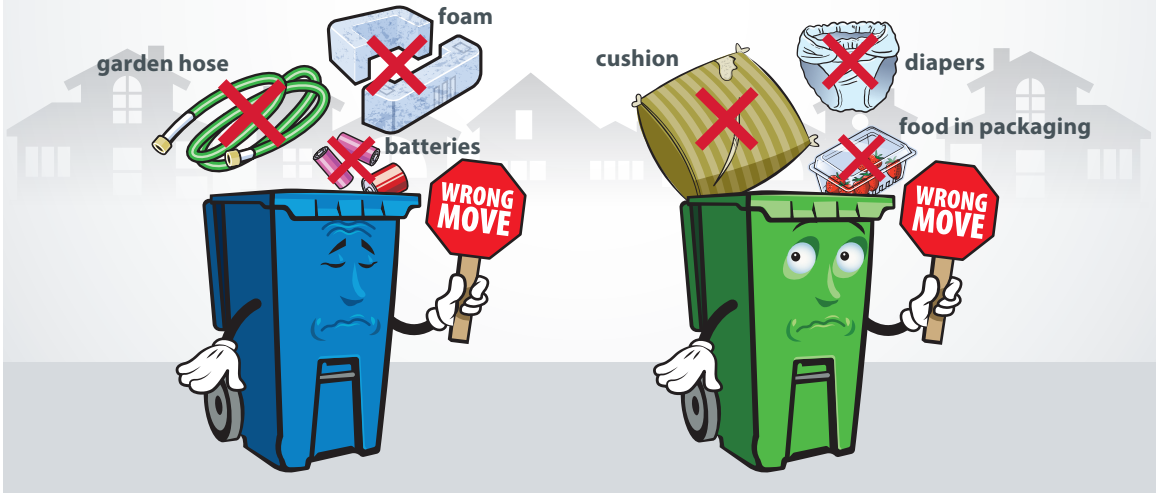
- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Make the right moves

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No batteries



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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.

LANDSCAPING, WINDOW CLEANING, AND SNOW REMOVAL: Weekly yard care starting at \$36. Mulch, rock, and sod installation. Window and gutter cleaning starting at \$99; interior/exterior/screens. Garden beds, stone patios, walkways, raised beds, rock walls, deck and fence builds, small concrete jobs, and pressure washing. A+ Member of BBB, 4.1 Google stars. Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

LOCAL HANDYMAN IN HILLHURST/SUNNYSIDE: Repairs/replacements and odd jobs. Plumbing (e.g. fix/replace leaky/running faucet or toilet, install new garburator), electrical (e.g. repair/replace wall switch or light fixture not working, exhaust fan), install new window hardware and/or coverings, fix sticky door, drywall repairs, painting, etc. Call/text Tom 403-970-4466, or email tomh5566@gmail.com.

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PRIVATE PUPPY AND DOG CLASSES: Do you have a pesky dog behavior you want to get rid of and/or just want a well behaved dog? Call 403-667-0652. Website: tailsofsuccess.ca. We coach the people and train the dogs.

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Starting Fall SMART

Fall is a great time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. It is hard to know if we are moving in the right direction if we don't know where we're going! Goals are like a map, they guide us. They give us a sense of comfort knowing we have a plan, something to work towards. Setting goals gives us the chance to think about what is most important in our lives. Goals that we share and work on with our family, friends or colleagues can also build stronger relationships and closer connections.

Goal setting should not feel like it's "too much work" or leave us feeling trapped. Some people like to call it "intention" setting instead. Intentions come from our beliefs and values but focus on the present rather than on far-off outcomes. Intention setting tells us it's what we do today that matters the most. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

There is no one "right" way to set goals. Some people find the SMART strategy helpful, which gives us the following cues.

- **Specific:** What exactly would you like to do? What is your aim?
- **Measurable:** How will you know if you are moving towards your goal? What will you see?
- **Achievable:** Can you act to reach your goal? Is it something you can do?
- **Relevant:** Does this goal have meaning for you?
- **Time:** When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals.

- **Attitude** (Ex. Being positive, being hopeful, seeing the good, being grateful)
- **Physical Health** (Ex. Being active, eating healthy food, sleeping, drinking water)
- **Relationships** (Ex. Spending more time with family and friends)
- **Public Service** (Ex. Volunteering, helping your community)

Taking time to write out or tell others our goals helps us to reach them! It is also important to see and celebrate our successes along the way. Goals are not all or nothing. Keep in mind how much you have already done instead of focusing on the things you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and fall gently back into our routines again!



MLA Calgary-Mountain View

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This summer, Calgarians were able to return to many of the outdoor summer activities they enjoy most. It was wonderful to see the community come together and once again be able to share in the outdoor spaces and parks Mountain View has to offer, as Albertans continually work to find the balance between a return to normal and keeping our neighbours safe.

Alberta has seen a rise in COVID-19 numbers as public health restrictions eased this summer. And as the temperatures shift and we begin to spend more time indoors, we must remain diligent to keep the most vulnerable members of our society safe during the ongoing pandemic.

Students are returning to classes this month and COVID-19 will continue to play a role in the health and safety of students in the classroom. With the drop in COVID-19 restrictions, it's more important than ever that we work to protect those who can't yet be vaccinated. That's why I am proud to stand with my colleagues in the NDP Caucus in calling for the introduction of an in-school COVID-19 vaccination program this fall. The proposed initiative would allow parents to opt-in to vaccines available through public, private, and charter schools.

Alberta already holds school-based vaccination programs in grades 1, 6, and 9 to vaccinate against viruses like hepatitis B, meningitis, and diphtheria. Community-based vaccine clinics have been successful, and accessibility improves Albertans' participation. Having COVID-19 vaccinations in schools is a natural progression of programs already in place. It is a strong step in protecting those too young to be vaccinated and improves our outcomes overall.

As always, I'm happy to hear from constituents. Please keep in touch through my constituency office: Calgary. MountainView@assembly.ab.ca or 403-216-5445.





Pre-Kindergarten Educational Services at Sunnyside School

Pre-Kindergarten
Ages 3-5 years (Pre-K)
Kindergarten Enhancement (KE)
Out of School Care (OSC)

Website: www.Pre-KindergartenEd.com

Pre-Kindergarten and Kindergarten Enhancement programs have an early literacy focus combining ample play with learning. Our children play and explore our classroom while gaining valuable social skills. Activity centers include math readiness, science, literacy, fine motor work (printing/cutting), art/craft, painting, sand/water, play dough, puzzles, blocks, story corner, and toys. In class guest visitors and off site trips complement the program.

FALL SESSION 2021 NEWS

Pre-Kindergarten /Kindergarten Enhancement:

Heading back to school, we will start the Fall session off with "All About Me" and going into October we will focus on "Fall" activities. Special activities include: bussed field trip to the farm, Hallowe'en party and performance for the parents, and class photographer's visit. Don't miss your child's class picture opportunity!

Out of School Care:

Our programs are open ended and take children's interest into consideration when planning our activities. Our programs blend the best of teacher facilitated and child led programming to maintain maximum interest. We will explore many interesting themes this session, some teacher designed and some which the children will determine. We look forward to off site trips or special in program visitors on some non-school days. Parents will receive a copy of the agenda via our monthly newsletters.

REGISTRATION IS ON-GOING

Email: Register@PreKindergartenEd.com

Sunnyside School – 211 - 7th Street NW

Kindergarten Enhancement – ½ day program
combines with Kindergarten

Out of School Care – Before and After Care Program
Pre-Kindergarten ages 3-5 years



As your Ward 7 City Councillor, I will lead through my personal motto: 'Listen and Learn, then Lead'. I will also work to seek immediate priorities around safe communities, affordable city, and a vibrant Ward 7. My priorities for Ward 7 are:

Safety:

Safe communities promote personal and communal well-being and security and are attractive places to live, work and raise a family. I support a well-funded police force and community programs that promote social innovation and cohesion.

Affordability:

An affordable city requires increased cost-effectiveness through efficient maintenance and delivery of valuable municipal services, transit, roads, parks, amenities, etc. I support accountability, transparency, and public responsibility as hallmarks of trustworthy and cost-effective governance for affordability, and reasonable densification for sustainable development.

Vibrancy:

A revitalized, incentivized, accessible downtown and Ward 7 area brings vibrancy to Calgary's city life. I support a dynamic arts and cultural sector and a strong local business economy. I also promote and advocate for inclusivity, diversity, and equity in municipal development, empowering collaborative civic participation.

My personal and professional experiences:

I am a proud resident of Ward 7. I bring 30 years of business leadership in management, including working at city hall. I also have 6 years of leading Ward 7 to foster a better community through engagement and communication. I live in, shop, dine and support local merchants. I've worked responsibly in the community, and fight for the fairness and rights of all taxpayers: residents and business owners alike. I believe there's never a wrong time to do the right thing. I will 'Do the Right Things and Do Them Right'.



Ward 7 'Prioritize Your Concerns' Questionnaire

Be sure to complete the survey questionnaire at

<http://t.ly/yy3b>; the results will be published mid-September.

Finally, remember to 'Elect Terry Wong'

on Monday, October 18th or at the advanced polls. You can learn more about the campaign at www.terrywong.ca



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4.5



3203



915 33 Street NW

List Price: \$1,939,900

This modern masterpiece with an open layout is a culmination of style, entertainment & solitude.



4.5



2850



907 31 Avenue NW

List Price: \$1,749,900

Designed with purposeful & inspired spaces, this elegant home, steps from Confederation Park, is perfectly balanced with an inviting, warm interior.



1403 21 Street NW

List Price: \$999,900

So pleased for my clients, whose patience never waned. And many thanks for trusting me from afar. Congratulations!



107 34A Street NW

List Price: \$1,749,900

Appreciative to build a rapport with & represent a great family. This remarkable home is sure to bring them many years of enjoyment.

Not intended to solicit buyers or sellers currently under contract with a broker.

CARDINALBYRAMAGE.COM



*Based on Total Dollar Sales Volume for a Single Office