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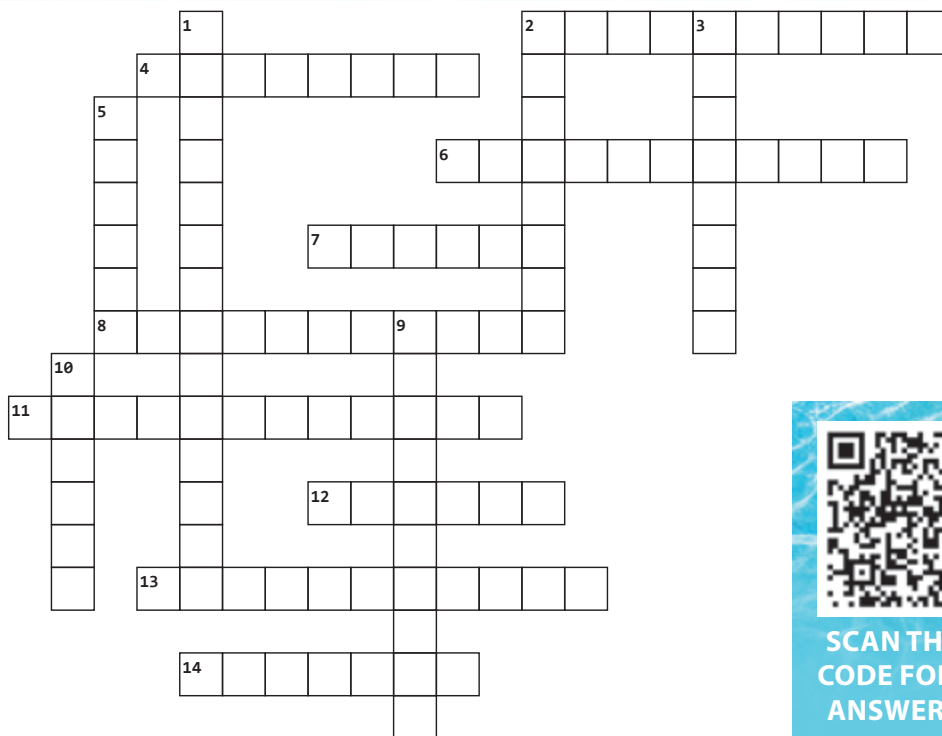
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August Crossword



SCAN THE QR
CODE FOR THE
ANSWER KEY

Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National _____ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National _____ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the _____ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

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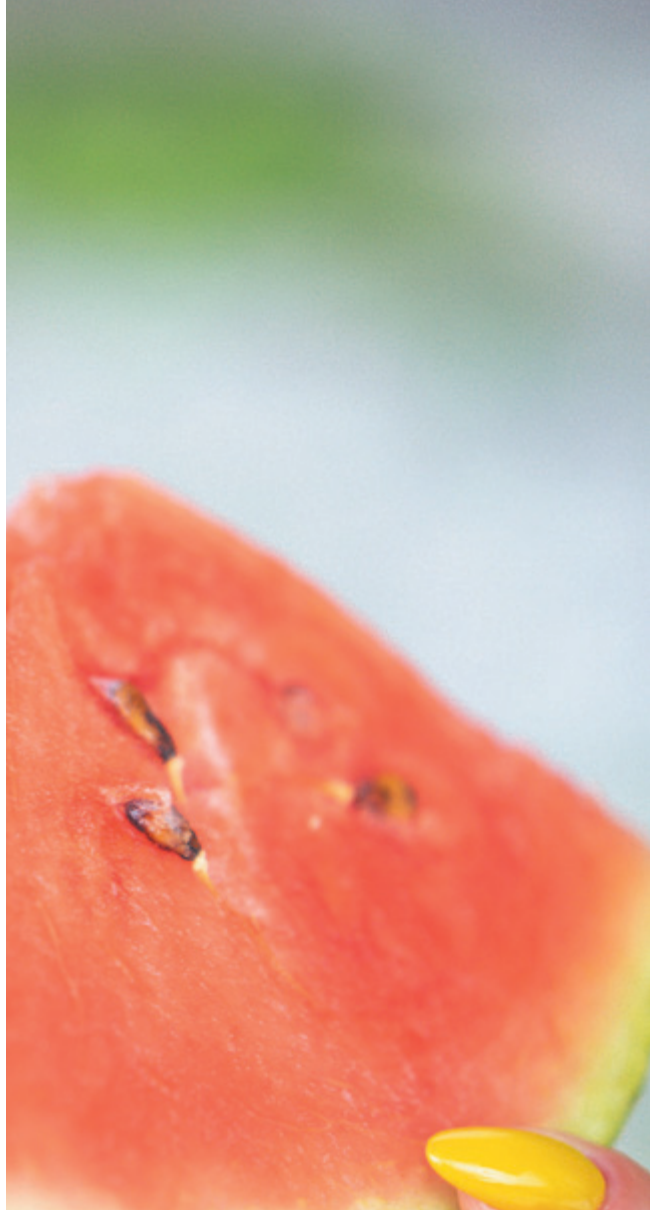


SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

NOLAN HILL

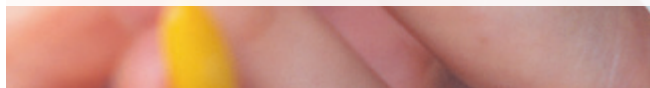


SAGE HILL



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GAMES & PUZZLES

Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



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FOR THE ANSWERS!

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How to Spot a Credit Check Scam When Apartment Shopping

from the Better Business Bureau

Moving this summer? Watch out for a new twist on fake rental ads. According to multiple BBB Scam Tracker reports, scammers use fake tenant credit checks to trick potential renters into compromising sensitive personal information.

How the Scam Works

You find a good deal on an apartment while browsing rental listings online. When you call the number to inquire, the owner asks you to complete a credit check before you can see the place. If you agree, they'll send you a link to a website where you can get the credit check done.

The website may look professional, but it's all part of a scam. After you enter your sensitive information and pay for the credit check, the "landlord" will disappear. Your credit card information could be compromised, and you could even be at risk for identity theft.

One consumer reported the following experience: "I gave my name, address, and social security number to obtain my credit score from this website. I was asked to take a screenshot of my score and send it to the same address that emailed me the link. Afterward, I was sent an email with a showing time, but the house number was not listed on this email or on the listing on Craigslist." Afterward, the consumer was unable to reach anyone about the apartment. Their calls and emails went unanswered.

How to Avoid Credit Check Rental Scams

Be wary of lower-than-usual prices. If the rent for an apartment is well below the going market rate, consider it a red flag. Scammers love to draw people in with claims that sound too good to be true.

Do some research. Search the listing online, as well as the associated phone number and email address. If you find another listing for the same property in a different city, you've spotted a scam. Reverse image searches can be helpful, too, as can searching the alleged landlord's name along with the word "scam." These searches only take a few minutes and are well worth the effort.

Always see the property in person. Many rental scams involve listings for properties that don't exist. Something is fishy if the renter refuses to let you know where the apartment is before you complete a credit check or pay them a deposit. Be wary, too, if you are given the address of a home with a "for sale sign" in the yard. You might not be in contact with the actual owners.

Verify the property owner's information. Contact a licensed real estate agent to see who owns a property or check the property appraiser's website. Ask the landlord for a copy of their ID to verify that they are who they claim to be before you offer up sensitive personal information like your social security number for a credit check. If the landlord refuses or gets upset, you could be dealing with a scammer.

Be cautious about credit check websites. If you need a credit check, always use reputable sources, such as those recommended by the Financial Consumer Agency of Canada.



101 Ways to Reduce Stress

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

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes

PRESIDENT'S MESSAGE

The Community Association did not meet in July as we recognized not enough board members would be present for us to obtain Quorum. As you may recall from reading the July newsletter, Quorum was also not achieved at the June meeting. Historically, summer board meetings have always proven difficult which is why we stopped meeting in August many years ago. The Community Association has remained in continual discussions on ongoing issues such as maintenance, coyotes, traffic lights, temporary street signs, traffic calming measures, and construction.

As for follow up to the July newsletter, firstly, I must make a correction as I unintentionally signed off as a representative of the Sage Hill Residents Association (to which I blame autocorrect) and I do apologize for the typo and any confusion it may yet cause. For clarification, I have had the honour of serving as volunteer President of the Sage Hill Community Association for 10 years and our associations mandate is to improve daily life for all Sage Hill residents through community sports, social programs, events, and advocacy to various stakeholders, such as developers, the City, the province, and even the federal government. We are a separate group from the Sage Hill Residents Association (or Symons Gate Homeowners Association) but try to work together to passionately represent our residents to the best of our ability.

We will be returning to our monthly meetings in September and look forward to providing a more detailed update on upcoming events.

As a reminder, we are still in need of volunteers to fill our board and the various subcommittees. Our two largest needs are Event Planning and upcoming Ice Rink Maintenance. If anyone has the desire to give back to the community and help rebuild our association, please consider joining and contact us though our website, www.sagehillyyc.com.

Thank you,

Ross Utigard

President

Sage Hill Community Association



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BRAIN
GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION





Symons Valley Park Update

Hello from Symons Valley Park,

We hope that your summer in Symons Valley has been spent enjoying the community and outdoors. We've been spending time outdoors as well, attending the events hosted right in our home communities. We hope you attended one of the Stampede events hosted by our local Community Associations, as these were great opportunities to reconnect with your neighbours, along with enjoying some food and fun in the sun. If you see us at an event, be sure to come say hello and learn more about our project.

In the coming months, we are working on some exciting relationship building and collaboration with stakeholders in government and business to work together on advancing our project. We're also developing a fundraising strategy to help us raise the first \$250,000 of our project finances. While we work through these critical activities, we wanted to reach out to our biggest stakeholders in the community, you.

We are asking you to consider donating to our project today, so that we can begin to fund the development of our park. Donating to an outdoor park project can be a wonderful way to contribute to the community and support the development of our local public space, along with these other great benefits:

- **Make a difference in the lives of others:** By donating, you can contribute to our efforts aimed at improving the well-being and quality of life for the residents of Symons Valley and beyond.
- **Create positive social change:** By donating, you support our initiative to build a space that will make a lasting impact on the community.
- **Tax benefits:** By donating to our project through our partner, Parks Foundation Calgary, it could allow you to reduce your taxable income and potentially receive tax credits.
- **Personal fulfillment and happiness:** By donating to a non-profit, it allows you to contribute to something larger than yourself, and we hope that our cause resonates with your values and gives you fulfillment and satisfaction.
- **Strengthen our communities:** By donating, you can support a project that will strengthen and improve the overall well-being of the community.

If you agree that the benefits of donating to Symons Valley Park are significant, then we ask you to give today. Please go to www.symonsvalleypark.ca to learn more about donating or reach out to us directly by email at hello@symonsvalleypark.ca.

Stay cool and enjoy the outdoors,

Kris McPherson

President, Symons Valley Park

CRIME STATISTICS

Nolan Hill Crime Activity was Up in June 2023

The Nolan Hill community experienced 2 crimes in June 2023, in comparison to 1 crime the previous month, and 7 crimes in June one year ago. Nolan Hill experiences an average of 4.1 crimes per month. On an annual basis, Nolan Hill experienced a total of 49 crimes as of June 2023, which is down 8% in comparison to 53 crimes as of June 2022. To review the full Nolan Hill Crime report visit nola.mycalgary.com.

Sage Hill Crime Activity was Down in June 2023

The Sage Hill community experienced 4 crimes in June 2023, in comparison to 6 crimes the previous month, and 12 crimes in June one year ago. Sage Hill experiences an average of 8.8 crimes per month. On an annual basis, Sage Hill experienced a total of 105 crimes as of June 2023, which is unchanged 0% in comparison to 105 crimes as of June 2022. To review the full Sage Hill Crime report visit sage.mycalgary.com.

How To Report Crime In Nolan Hill | Sage Hill: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text ttTIPS to 274637.

Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

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Joke of the Month

Why do seagulls fly over the sea?

Because if they flew over a bay, they would be bagels.

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Nolan Hill Real Estate Update

Last 12 Months Nolan Hill
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 23	\$515,000	\$520,000
May 23	\$675,000	\$645,000
April 23	\$627,000	\$629,250
March 23	\$585,000	\$620,000
February 23	\$419,900	\$423,950
January 23	\$534,900	\$521,350
December 22	\$674,900	\$650,000
November 22	\$559,900	\$550,000
October 22	\$432,000	\$427,500
September 22	\$550,000	\$538,500
August 22	\$699,900	\$688,000
July 22	\$480,000	\$491,000

Last 12 Months Nolan Hill
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 23	23	19
May 23	14	11
April 23	15	14
March 23	18	23
February 23	12	8
January 23	12	10
December 22	5	5
November 22	11	11
October 22	11	14
September 22	13	12
August 22	22	21
July 22	12	19

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

Sage Hill Real Estate Update

Last 12 Months Sage Hill
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 23	\$464,450	\$470,393
May 23	\$384,999	\$382,000
April 23	\$425,000	\$424,900
March 23	\$335,000	\$350,200
February 23	\$349,999	\$355,000
January 23	\$549,900	\$495,000
December 22	\$298,800	\$280,000
November 22	\$344,900	\$338,500
October 22	\$399,000	\$394,000
September 22	\$289,900	\$281,500
August 22	\$315,000	\$311,450
July 22	\$372,450	\$356,250

Last 12 Months Sage Hill
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 23	42	42
May 23	40	41
April 23	24	34
March 23	38	25
February 23	27	21
January 23	15	15
December 22	11	11
November 22	18	29
October 22	19	20
September 22	21	24
August 22	36	24
July 22	36	32

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

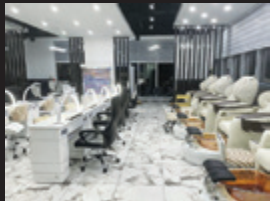


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Prior to the summer adjournment I raised questions in the House of Commons about the high cost of living and the impact of interest rate increases on homeowners with mortgages, and on those who want to buy their first home.

Many homeowners are concerned about the impact of high interest rates on monthly budgets when their mortgages renew. The cost of government is driving up the cost of living and pushing up interest rates. Persistent deficits, which began well before the COVID crisis, contribute to inflation, which causes interest rates to go up, resulting in higher payments.

Many young Canadians are giving up on the dream of homeownership, and renting is increasingly unaffordable. I urged the government to reign in its spending to get inflation and interest rates under control, and to stop blocking energy infrastructure projects to preserve and create high paying jobs in Alberta.

The government has also made necessities like fuel, food, and home heating more expensive with a significant increase to the carbon tax on April 1, and the introduction of a second carbon tax (clean fuel regulation) which came into effect on July 1. I repeatedly asked the government to stop raising taxes that increase the price of basic necessities and disproportionately impact the vulnerable.

I worked on two Parliamentary reports recently tabled in the House of Commons. The Defence committee tabled "Cyber Defence of Canada", and the Access to Information Privacy and Ethics committee tabled "The State of Access to Information in Canada". Both reports contain important recommendations that I hope the government will act upon.

I have enjoyed spending time with people at community events this summer. If you would like me to participate in an event, please contact my office with the details, and I will be pleased to attend if my schedule allows.




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Parks Wayfinder: Discover Calgary Parks

Summer is in full force and it's the perfect time to enjoy the outdoors and visit Calgary's many parks. The Parks Wayfinder Map is a tool that helps you search for the nearest washroom, drinking fountain, waste/recycling disposal, firepit, picnic table, off-leash area, sports field, park vendor, and other amenities available in City parks.

Visit <https://maps.calgary.ca/ParksWayfinder/> to learn more.

When it Roars, Stay Indoors

Summer is a beautiful time of year to spend outside under the warm sun, but it's also Calgary's most active storm season. While storms can be mesmerizing and exciting, they can also be dangerous.

Summer storms often bring hail which can damage property and cause injuries. Plan ahead by parking under shelter, securing items that might blow away, removing weak branches from trees, and clearing debris from your yard.

During a storm, it's best to stay in an enclosed building or hard-topped vehicle. Stay away from high ground, trees, telephone poles, picnic shelters, and open spaces, to avoid being hit by lightning.

Sign up for emergency alerts and learn more about how you can prepare by visiting calgary.ca/getready.

Four-Legged Friends Seeking Homes

The City has reinstated its adoption program to help more animals find homes. For a limited time, adopt your furever companion at Animal Services at a reduced rate!

Now only \$100, the adoption fee covers:

- Spay or neutering surgery
- Microchip implant for identification
- A twelve-month City of Calgary license
- First set of vaccinations (excluding rabies)
- De-worming
- A bag of pet food

By adopting from a local shelter, you can make a direct impact by saving a life and contributing to the overall welfare of animals in your area.

Interested in adopting a pet? Check out the adoptable animals on calgary.ca/pets.

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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.

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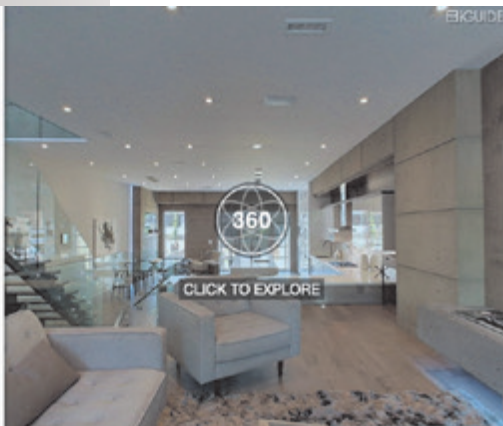


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