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CONTENTS

- 6 TAKE ON WELLNESS: SMILE MORE
- 8 SEPTEMBER CROSSWORD
- 9 SAFE AND SOUND: BACK-TO-SCHOOL SAFETY
- 11 NEWS FROM THE FRIENDS OF NOSE HILL
- 13 BUSINESS CLASSIFIEDS



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PANORAMA HILLS



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Smile More: Simple Habits for More Happiness

by Calgary and area Primary Care Networks

If you are looking for ways to boost your happiness, there's reason to smile. Research shows simple habits can help you improve your mental and physical health, energy levels, and even reduce pain.

Daily Mindfulness

Being mindful involves focusing your thoughts on the present moment. Taking a few short breaks each day to practice mindfulness can lower stress and make you feel happier.

"Mindfulness can be as simple as going for a walk. Try to breathe slowly and pay attention to your five senses – for example, notice the sun on your face or the sound of your feet on the pavement. Being aware of the present moment is a great way to check-in with how you're feeling," says Tracy Mullen Primary Care Network Health Management Nurse.

Focus on the Positives

Happiness research looks at ten positive emotions – joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love. Studies show we need more positive emotions to balance negatives.

"Doing positive activities, like volunteering or spending time with friends and family, can help us tip the emotional scale from negative to positive and make us feel happier," says Mullen.

Get Moving

Being physically active can improve your mood, energy levels, and overall well-being. Try to make time every day for movement you enjoy. Activities like gardening, yoga, or taking a short walk are great ways to be active.

Learn Happiness Habits

Alberta Primary Care Networks offer a free 'Happiness Basics' workshop where you can learn strategies to be happier. Sign up to attend online or in-person at www.albertapcns.ca. You can also talk to your family doctor about your mental health.

Guess the Musician!

1. This individual holds the Guinness World Record for best-selling solo artist.
2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
3. On his debut album, this musician is said to have played 27 different instruments.
4. At 1,560 words, this artist has the most words spoken in a single song.
5. This famous musician's stage name came from a popular song by the band 'Queen'.
6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.



SCAN THE QR
CODE FOR THE
ANSWERS!

What is Cart Contamination?

by the City of Calgary, Waste and Recycling Services



We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures materials end up at the right facility to be turned into new products or to be disposed of properly.

Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at calgary.ca/contamination.

WORD OF THE MONTH

Thaumaturgy: noun (thaw-muh-tur-jee)

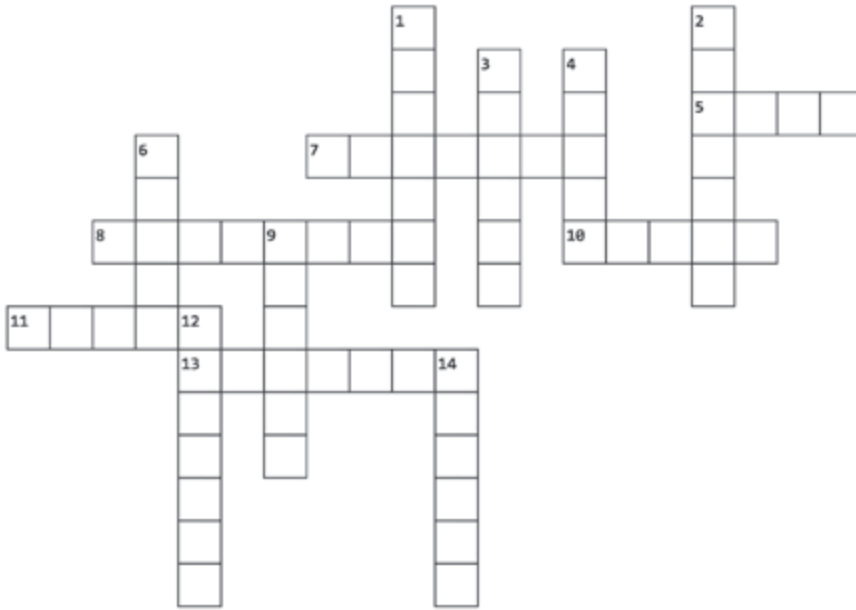
The workings of magic or miracles.

They used thaumaturgy to ensure the people felt at peace.



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September Crossword



Across

5. The first _____ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World _____ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the _____, symbolizes royalty and nobility.
10. World _____ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 _____ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, _____ was officially declared a Canadian province.

Down

1. On September 1, 1972, Bobby _____ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, _____ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the _____ comes from the Greek word for star.
6. Treasured Canadian actor, _____ Reeves turns 60 this year on September 2.
9. September 22 is _____ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril _____ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret _____, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.



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

Back-to-School Safety

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some 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 that a bus is slowing down to stop – motorists should do so 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.

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- We invite you to participate in a short interview so we can learn how you have been doing.

For more information, please contact:
403-210-8740 or napls@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved this research study "Predictors and Moderators of Long-Term Outcome of Persons at Clinical High Risk for Psychosis" (REB21-1762)



Samaritan Club
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Fall Super Thrift Sale

Saturday, September 28

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News from the Friends of Nose Hill

by Anne Burke

The BiodiverCity Advisory Committee advises the City about urban biological diversity in the natural world in all its forms. The aim is to advance a Plan based on The Durban Commitment: Local Governments for Biodiversity. The City must work toward better protection of natural area biodiversity and has introduced targeted grazing, naturalization, and the elimination and prevention of invasive plant species. While the City has developed certain policies and procedures, the Advisory Committee continues reviewing City initiatives impacting biodiversity and measures their progress against the City's strategic plan.

The Advisory Committee reports to the Community Development Committee and to City Council when it provides an annual progress report. The Committee has 15 members appointed by Council, ten from the public with specialized knowledge and relevant experience, including one youth (18 to 30) and five staff from specific departments who meet regularly in person (or join online). Meetings are open to the public. However, despite many accomplishments, the mandate to engage Council as citizen scientists who make recommendations has proven to be difficult.

The Committee struggled in past years to gain their attention and staff time is limited. Now even the status of the Committee is in doubt. With the end of the Calgary ten-year Biodiversity Strategic Plan (2015-2025), City Council voted to dissolve the Committee next year on what will be its 10th anniversary. ("2024 Annual Update from Boards, Commissions, and Committees") An option to collaborate with the Anti-racism Committee, regarding access to natural areas, was put on hold to explore the merger of the BiodiverCity Advisory Committee with the Climate Advisory Committee. Nevertheless, the members are preparing a full and final report for 2025. Past reports are available at www.calgary.ca/committees/biodiversity-advisory.html.



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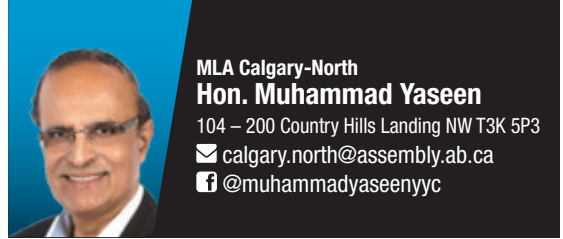
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Here are some updates related to new City initiatives and programs.

Secondary Suite Incentive Program Launch

To encourage safe and accessible housing, the City has launched its Secondary Suite Incentive Program as part of our official Housing Strategy. It provides qualifying homeowners with up to \$10,000 to cover a portion of costs to develop and register a safe secondary suite. Only suites built within main dwellings are eligible to apply for the following:

- Egress windows
- Hardwired and interconnected smoke and carbon monoxide alarms
- Protected exiting
- Smoke-tight barriers
- Split heat/separate air

Additional funding is also available for accessibility and energy efficiency. View the full details and application process at calgary.ca/suite-incentive.

Call for Volunteers: Older Adult Advisory Table

If you have first-hand insight on living as an older adult or as a caregiver to one, your insights and ideas are needed. Consider volunteering for the Older Adult Advisory Table to help inform strategies and actions for the Age-Friendly Calgary Steering Committee. The Committee is tasked with advising on ways to help make Calgary more age friendly.

Requirements are:

- Aged 45+
- Live in Calgary
- Understanding of older adults' needs now and/or in the future
- Commitment to monthly meetings on a two-year term

Apply by September 11 at calgary.ca/OATT.

For questions and concerns or to view my voting record, visit www.jasminemian.ca.

Welcome back, students, teachers, and support staff, to an exciting new school year. I hope your summer was filled with rest, reflection, and rejuvenation, and that you are ready to begin a productive year of learning.

Alberta's population is booming and causing unprecedented growth in our education system, adding a historic number of new students across the province for the 2024 to 2025 school year. Alberta's government recognizes and sympathizes with the challenges school authorities face with increasing enrolment, rising operational costs, and inflation. That is why it is investing \$215 million to help alleviate these pressures, beginning in the 2024 to 2025 school year. Through this investment, the Alberta government is creating up to 2,500 new spaces for students by building and installing up to 100 new modular classrooms.

50 modular classrooms will be relocated to rapidly growing communities in the Calgary Metropolitan Region and Edmonton, supporting up to 1,250 students. The Calgary Board of Education will receive up to 31 new modular classrooms, with up to 14 relocated, while the Calgary Catholic School Division will get up to 14 new modular classrooms, with up to six relocated.

School authorities can use this additional funding to hire more teachers and support staff, helping to manage class sizes and address rising costs without affecting student learning.

Moody's Ratings upgraded Alberta's credit rating outlook to positive from stable and confirmed the Aa2 standing, recognizing the province's commitment to balancing the budget, controlling spending, and paying down debt.

This is the fourth credit upgrade for the Government of Alberta in the past year and the fifth in 18 months. This upgrade follows Fitch's upgrade in June, reaffirming Alberta as Canada's economic engine. Meanwhile, the Alberta government has invested record amounts in healthcare and education, continues to pay debts, and saves for the future.



MLA Calgary
Amanda Chapman
 106 – 8220 Centre St, NE
 ✉ calgary.beddington@assembly.ab.ca
 ☎ 403-282-7980 ✂ amandachapman
 📱 @amandachapmandp

Another summer is winding down and students, teachers, and support staff are getting ready to head back to school. Recently, the Government of Alberta made an announcement of additional education funding. Unfortunately, this 1% increase in spending will be spread too thin to address needs in our classrooms and our students remain the lowest funded in the country.

Utilization rates across Calgary Board of Education and Calgary Catholic schools are at or approaching 100% in most areas of the city. We will run out of learning spaces soon if the government doesn't immediately address this space crunch. Portable classrooms are only a band-aid, we need to move quickly to build the new schools that our growing city needs. We can and must do so much better for our young learners. As your Opposition Education Critic, I will continue to advocate for adequate supports in our schools for students and teachers.

If you and your family have questions, concerns, or have a story to share about your school, please feel free to reach out to my office. I want to hear from you so that I can take these concerns directly to the Legislature.

As a teacher recently wrote to me - hope is contagious. Every day our educators work to provide the very best for our students, the future of our province. Despite the challenges we face in education, the persistence of these incredible people provides hope.

Thank you for all you do, and welcome back.



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