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# the news

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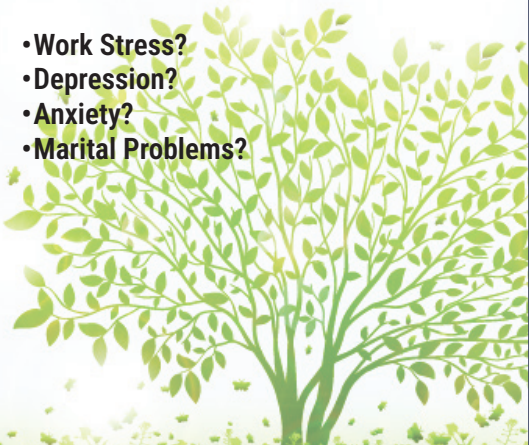
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**WEST SPRINGS**



**COUGAR RIDGE**



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# What does the WSCRCA do?

- We run youth and family related programs.
- We are your voice at City Hall. Dealing with planning and development proposals, traffic, parks and recreation, and a direct voice to our local City Councillor.
- We support community initiatives and events. Community clean up, Charity Stampede Breakfast, community garden, and so much more!

## Community Association Versus Residents Association

The community of West Springs/ Cougar Ridge encompasses several subdivisions, some of which have a Residents or Homeowners Association. Both play an important, but different role, in the community.

COMMUNITY ASSOCIATION	RESIDENTS ASSOCIATION
✓ Membership is voluntary	✓ Membership is mandatory
✓ Represents all households in the WSCRCA boundaries	✓ Annual fees registered against property title. Fees must be paid in full prior to the sale of the home.
✓ Organizes community wide events and programs	✓ Maintains the landscaping and other amenities in the public green spaces for a specific subdivision

Check out our website, [www.wscr.ca](http://www.wscr.ca), for all that we do! Want to stay up to date and have early access to all our events and offerings? Become a member!

### Become a West Springs Cougar Ridge Community Association Member

\$25 per Household or \$15 for Seniors

That gets you:

- Priority registration and discounts for WSCRCA run program and events.
- Support for a more vibrant community by supporting community-based initiatives.
- Members only emails.
- The right to vote at the AGM if you are a WSCR resident.

You can still become a member even if you do not live in the community!

Purchase your membership online at [www.wscr.ca](http://www.wscr.ca).



## Become a Member

We have strong community spirit in West Springs Cougar Ridge. Do your part and join the Community Association and, if you can, volunteer to make it even stronger – we can always use more help and it's a great way to meet residents of your community! Visit [wscr.ca](http://wscr.ca) for more information.

## FOLLOW US ON

- Facebook: <https://www.facebook.com/wscrca/>
- X (Twitter): @WSCRCA
- Instagram: @wscrca
- Website: <https://wscr.ca>

## WSCRC Garden Group

Our amazing WSCR Community Hub and Garden Group harvested and donated 100 lbs of beets, carrots, and potatoes to the Calgary Food Bank this year!

A team of gardeners assembled on September 7 to reap the harvest from the philanthropic beds. These beds are reserved and planted each year specifically for produce donation.

Thank you to all the community gardeners who helped tend these beds this year! Also, a big thank you to Geri and David Hall who helped with the planting and harvesting of these beds!



# SHIPWRECKED

Of course, it is nearly impossible to know the exact number of shipwrecks on the ocean floor. However, the current estimate is that there are about three million shipwrecks scattered down there. These wrecks include everything from sunken war ships to small, abandoned recreation boats.



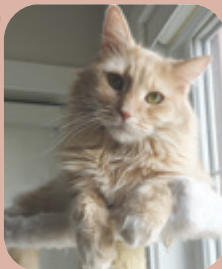
## Cats, Canines, & Critters of Calgary



Buck, *Montgomery*



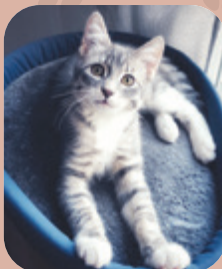
Dry Bones, *McKenzie Lake*



Harper Lee, *Beddington*



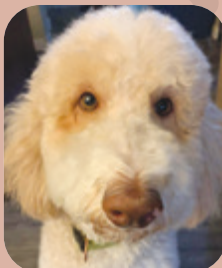
Hemi, *Shawnessy*



Jasper, *Mahogany*



Josie, *Springbank Hill*



Leo, *Panorama Hills*



Percy, *Evanston*

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### EXECUTIVE COMMITTEE

Position	Name	Email
President	Karla Gibson	president@wscr.ca
Vice President	Kelly Smith	vicepresident@wscr.ca
Secretary	Gloria Wilkinson	secretary@wscr.ca
Treasurer	Tenzin Sangalabrang	treasurer@wscr.ca
Board Executive Assistant	Kaitlin Mitchell	admin@wscr.ca

### COMMITTEES

Committee	Member(s) <i>*Bold font indicates Board Director</i>	Email
Charity Casino	<b>Eileen Teasdale</b> <b>Kimberly Paw</b>	casino@wscr.ca
Communications	<b>Heather Zaba</b>	communications@wscr.ca
Newsletter	Brianna Norgaard	newsletter@wscr.ca
Family Programs	Vacant	
Membership	<b>Eileen Teasdale</b>	membership@wscr.ca
Planning and Development	<b>Joe Healey</b> <b>Eileen Teasdale</b> <b>Denis Ho</b> Linda Nessel Patrick Sinclair Yvonne Harper Renee Alessio Gloria Wilkinson	planning@wscr.ca
Sponsorship	<b>Taiwo Adetola</b> <b>Latosia Campbell-Walters</b>	sponsorship@wscr.ca
Treasurer Coordinator	Samantha See	
Website Editor	Caroline Anderson	
Soccer	<b>Kimberly Paw</b> <b>Steve Berman</b>	soccer@wscr.ca
Skating	<b>Kimberly Paw</b>	skating@wscr.ca
Volunteers	Boyd England	
Recycling Event	Faheem Ahmed	communityrecycling@wscr.ca
Director of Community Mobility	<b>Denis Ho</b>	traffic@wscr.ca
Building Safer Communities Group	<b>Heather Zaba</b>	safercommunity@wscr.ca
Stampede Breakfast	<b>Justin Barrett</b>	
Community Garden	Evan Ashdown Bhavna Lobo	
Directors at Large	<b>Boyd England</b> <b>Stavrianna Kodellas</b>	

## WSCRCA Board Meetings

Meetings are typically held on the second Wednesday of every month in the upstairs community room of the Calgary Co-op on 85 Street SW, however, we are presently meeting via Zoom video conferencing. Anyone in the community is welcome to attend these meetings. If you would like to discuss a particular issue or idea, please notify our secretary by email a week before the meeting at secretary@wscr.ca.

The WSCRCA Planning and Development Committee meets on the fourth Wednesday of the month. Currently meetings are held via Zoom video conferencing. Anyone in the community is welcome to attend, and if you are interested in attending, please email planning@wscr.ca.

## WSCR Babysitters Group



You can stay in touch with your community by following us on Facebook and joining this FB Group. It's a great way to grow our community and keep up to date on what is happening in WSCR.

**The WSCR Babysitters Group:** A place where parents can find local babysitters, as well as where local babysitters, aged 12 to 25, can add themselves to the list to find jobs. Follow this group here: <https://www.facebook.com/groups/wscrbabysitters/>.

Follow the main WSCRCA page here: <https://www.facebook.com/wscrca/>.

## Scary, Spooky. Skeletons

Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.





# October's Traffic Focus Is Pedestrian Safety

## Tips for Motorists

- Stop for all pedestrians crossing in a crosswalk – it's the law.
- Ensure proper visibility of your vehicle. Make sure your windshield and headlights are clean and don't obstruct your view.
- Drive at a safe speed and be aware of pedestrian activity around you.
- Never pass a vehicle at a crosswalk.
- Wait until the pedestrian has completely cleared the intersection before proceeding.
- Make eye contact.
- When turning left at an intersection, check to your left to make sure there are no pedestrians.
- Don't park within five metres of a marked crosswalk or intersection.
- When turning right, check both ways to ensure there are no pedestrians nearby.



## Tips for Pedestrians

- Ensure you are crossing the street safely.
- Make eye contact with the driver of vehicles at or near the intersection before crossing.
- Use the Point, Pause, and Proceed method to make motorists aware you are trying to cross the street.
- Wear light-coloured clothing and reflective devices so you are visible to motorists.
- Never cross the street at mid-block or against a signal.
- Understand and follow signals.
- Research indicates that children under the age of nine should always be accompanied by a responsible adult or older child.

Let's share the road safely and look out for each other. Learn more at [Calgary.ca/traffictips](http://Calgary.ca/traffictips).



## RESIDENT PERSPECTIVES

### Persons Day

by Danielle Robbartz

October is a special month for women in Canada with the celebration of Women's History Month and International Day of the Girl Child. There is also Persons Day which has a



close connection to Albertans. You might find yourself wondering, what exactly is Persons Day, and how does it relate to women? The name may sound unusual, but the history behind it is deeply impactful. Before 1929, women were not considered "persons" in Canada's legal system. It wasn't until five determined women from Alberta decided to fight against this that the definition changed.

In 1927, the Famous Five - Emily Murphy, Nellie McClung, Louise McKinney, Irene Parlby, and Henrietta Muir Edwards - asked the supreme court of Canada what the word "persons" entailed. They were surprised to hear that the definition of "persons" in the British North America Act did not include women. The British North American Act (now known as the Constitution Act, 1867) was a significant piece of law at the time as it laid out the obligations and power structure of the federal government and Canadian provinces. Therefore, it was especially significant that this Act did not include women in the definition of "persons."

The Famous Five did not take this omission lightly and went to Canada's highest court of appeal to fight against this injustice. Then on October 18, 1929, the Famous Five won their fight and they along with their fellow women were finally considered "persons." Which also meant women could serve on all levels of government.

Though there was (and some could argue still is) a long way to go in making the definition of "persons" more inclusive - not only in law but also in society (including people of colour, Indigenous people, etc.) - it was at least a step in the right direction. So, for this Persons Day let it be a kind reminder to us all that we are all "persons," and that no individual should be excluded from that ever, no matter their ethnicity, religion, race, nationality, sexual orientation, or gender.

# Striving for a Successful School Year? Try Making Nice with Conflict

by K.L. Campbell, M.Ed., Retired CBE Principal, Community Mediation Society of Calgary, Roster Member (CMSC)



This week, students across Canada return to school as the familiar rhythms and routines of school land with a bang into family life. Despite the upbeat and wholesome cultural branding associated with this season; sharp pencils, new clothes, and bold resolutions, ambivalence lurks.

For many, woven into the general sense of optimism, dwells a host of uncomfortable worries that can scrub the joy out of this fresh start. For students, parents, and educators, a return to the schoolhouse is a return to expectation. For in this place where humans gather, so too does conflict. Aye, there's the rub. Objectively, conflict is part of the package, and so we are well-advised to reflect on this aspect of our nature from outside the ring in preparation for the conflict scenarios that surely await us all. If the adage, to know better is to do better, is true, September is as good a time as any to renew and review the toolbox for navigating the inevitable conflicts associated with school life. The big dream is that we learn to interact with conflict scenarios in a way that is productive, respectful, and dignified. Consider the

following ideas to support your family to understand how engaging in conflict can bring progress.

### Start With Yourself

"You better get yourself together, darling, and join the human race." - John Lennon.

I get it. They're mad, he is hurt, and she is overwhelmed. As the saying goes, you've got one nerve left and someone is standing on it. Truly, the first thing one needs to manage in a conflict is oneself. What are your family's go-to routines to support overall well-being? Can you commit to strategies for self care that help you to think and act clearly? What are your priorities and how do you recognize triggers?

A person who is hydrated, rested, clear thinking, and ready to listen and speak on a matter of concern is an excellent way to advocate for change as well as to gain perspective on a matter. Engaging with others in a respectful manner is sure to increase good will and enhance credibility.

### Your Personal Stake

"Be Curious, Not Judgmental." - Walt Whitman.

There is no shortage of concerns to fan the flames of conflict and division in a school community. When wrestling with situations that seem unjust, try to step back and take stock.

- Reflect on the information and the individuals involved.
- Take a moment to consider possible alternative explanations for the situation.
- Resist the urge to be influenced by special interests and compelling personal circumstances without doing some of your own research.
- Endeavor to remain grounded and clear about your interests.

Now, in 25 words or less describe the issue and why it matters. This will help to frame the scenario from your perspective. This is not to be confused with prescribing a specific outcome, rather it is a clear statement of interest to lay the foundation for a conversation.

### Make an Action Plan

"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." - Viktor E. Frankl.

Decide specifically what you need to inquire about and/or communicate. Reach out to whomever is needed to initiate communication. This can be an email, a phone call, a knock at the door, or a brief conversation at the curb to request an open conversation to share your concerns and ask for consideration.

Speak. Listen. Reflect. Adjust. (Repeat as needed.)

### **Give Yourself (and Others) Grace**

“You cannot shake hands with a clenched fist.” -  
Indira Gandhi

For many, normalizing problematic behaviour is a barrier to engaging neighbours, colleagues, and friends in a potential conflict conversation. The Thursday carpool is late, every time. A colleague regularly overshares and compromises the productivity of a meeting. The teacher doesn't reply to an email and the issue continues to percolate. A volunteer cancels three out of four times. Assumptions prevail and ill will begins to inform perspective.

By not addressing these chronic concerns directly, good people are denied the opportunity to do better or to account for the circumstances that caused these issues. Instead, what's more likely is low grade frustration and an erosion of respect that can insert itself in an unkind and hurtful way. Consequently, sarcasm, avoidance, personality attacks, and hard feelings begin to erode a culture of possibility.

### **Be Proactive**

“A mind is like a parachute; it only works when it's open.”  
- Frank Zappa

Are you on/in a new team, newly formed school council, new carpool, new neighbourhood? Consider engaging others in a conversation to establish what you can expect of each other. Call it whatever you like: ground rules, a team charter, a game plan, a success strategy; and keep it basic. Introducing this concept and eliciting a few key requirements sets the tone for productive collaboration and for addressing emergent issues down the road.

This type of exercise lays the foundation for success and good will both within the home and in the community. Moreover, it establishes a framework that opens the lines of communication to tweak a plan, switch days, firm up

start and end times, all while acknowledging that there will be exceptional circumstances that require flexibility.

### **Surviving the Collision with Reality**

“When patterns are broken, new worlds emerge.” -  
Tuli Kupferberg

As you hone your capacity for engaging in a conflict scenario, expect your rehearsed approach to run amok in real time. This is when your dedication to improving understanding through dialogue will emerge as a voice of reason. We remember that conflict scenarios hold significance for all stakeholders and the path to resolution necessarily requires the discipline to remember that you do not have all the information, nor do you share the experiences of the conflict partner.

Ultimately, a well-intentioned effort to resolve a conflict may not yield the ideal outcome. However, practicing the elements of dialogue through proactive strategies, emotional regulation, clear thinking, active listening, curiosity, and respect will almost certainly enhance and improve the home, community, and school partnership.

## **Eco Centres Now Open**

The City is offering a new way to streamline your recycling efforts. The new Eco Centres are a one stop shop to dispose of a variety of materials. Rather than driving around to all the specialized recycling centres around the City you can now bring it all to one of three landfill locations. Some items can be dropped off for free, others include a cost. More information available at [www.calgary.ca](http://www.calgary.ca).





# Tips for a Healthier Relationship with Social Media and News

by Alberta Health Services



Social media and news can help you stay connected. But all that information can also be overwhelming. It can disrupt your day, and it's easy to form habits you didn't mean to.

Be sure to stay safe while using social media. Be careful with the information you share and who you share it with when you're online. If someone is harassing or threatening you, unfriend or remove them from your friends list, block them, and report them to the site administrator. Learn about how to use the privacy settings on social media and keep your security software up to date.

### Tips to Consume Social Media and News in a Healthy Way

- Know your goal. If you want to use social media to stay up to date on community events, log off after you have the information you need. If you're trying to stay caught up on the day's events, do you need to keep an eye on the headlines all day? Maybe a check-in once a day is enough.
- Notice how it makes you feel. Does seeing what friends are sharing make you happy? Or does it make you feel down? Does the daily news stress you out? When you know how news and social media affect you, you can decide if you need to make some changes to how you use them.
- Don't compare your everyday life to someone else's online life. People usually post about the shiny parts of their lives instead of daily struggles or disappointments. So even if what you're seeing is a true story, remember that it won't be the whole story. Add to your life and learning with real-world experience.
- Change notification settings. That way you can find information you want when you're ready for it, instead of letting it find you.
- Unfollow and hide feeds as needed. If accounts you follow or friends you have post things that stress you out, get rid of them. If you don't want to "unfriend" someone, just change your settings so that you don't see what they post anymore. They'll never know.
- Follow the feel-good stuff. The news can be heavy. Try to find balance by focusing on things that make you feel happy. Try following social media accounts that are focused on your interests or on things that make you laugh. And sign up for "good news" mailers. Most major news outlets offer them, or something like it. To help you find balance try tracking how much time you spend on social media or reading news.
- Set a time to step away. Make time to disconnect from news and social media. Close your apps and turn off the TV. Read a book, get outside, work on a puzzle, or call a friend. It doesn't matter what you choose to do. Just make sure it's something that feels supportive and worth your time.



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# A Day in the Life of a Girl Guide Leader

by Karla W.



This article will talk about literally - a day in the life of a leader. The day of an actual unit meeting. From the perspective of an Ember leader (younger age group, six-to-seven years old).

Up to this point, planning for today's meeting has already been going on for some time. Perhaps a meeting in the summer sketching out a rough draft of what badge to work on, or prepping and buying materials, etc.

On the day of, many leaders (unpaid volunteers) work full-time so they prep before and pack up supplies for the meeting, maybe on the weekend. We make supper, eat fast, and are on our way to the meeting spot, arriving earlier than everyone else. We get there, haul our supplies to the door, and wait for the doors to get unlocked.

We then set up the sign-in table, bring our stuff downstairs, and try to setup before girls arrive. Next, we complete sign-ins and answer parents' questions.

Remember at this point it's a team effort. One leader can handle sign-in and bring the girls downstairs while the other leader(s) get ready and set up. That's one really great thing about Girl Guides - shared leadership.

We do opening activities, which can range from active games and colouring to having the girls help set up supplies. Once we do our opening, i.e. sing an opening song, talk about their week and what we are doing today, we are off.

It is during this meeting time that the things that inspire us can happen, the things that make all the work and effort worth it.

Like seeing someone share her friendship beads with a girl sitting in the corner by herself, or the look of triumph after building a super tall, strong structure out of marshmallows and toothpicks. Building a wood project for the first time, or discovering that yes, you can swing a hammer/ "do science." Having a normally very quiet girl successfully take the lead on an activity, game, or song, or even just listening to the screams of girls having a blast playing games.

These are the things that make it all worthwhile.



## Staying Hydrated

by Alberta Health Services



Remember to drink water throughout the day. Staying hydrated is crucial for many functions in the body. Our bodies need fluids to digest food, cool down, and move nutrients and waste.

Most adults need nine to 12 cups of fluid daily; however, every person's needs depend on age, sex, body size, activity level, and health status. For example, a young adult may need more fluids if exercising intensely and in hot temperatures.

### Did You Know?

Older adults and children are more likely to become dehydrated? Older adults have a diminished thirst sensation, and young children may not always be attentive to their thirst signals when they are busy playing. Watch for signs of dehydration, which include

dizziness, headaches, feeling tired, or having a dry mouth, lips, and tongue.

Be mindful of your hydration levels at all times. Drink beverages and eat foods with fluid content to help you stay hydrated. Here are some refreshing tips to beat the heat:

- Add flavour – Infuse your water with fruits and herbs like lemon, cucumber, or fresh berries with mint for a cool and citrusy twist.
- Enjoy variety – Besides water, choose unsweetened drinks like lower fat milk (1%, 2%, and skim), fortified plant-based soy or almond beverage, or iced herbal teas.
- Make fruit easy-to-go – Pack up fruit kabobs by threading strawberries, blueberries, raspberries, and grapes onto skewers. Serve with a yogurt dip.



# *Nobel Canadians*

Nobel Prize winners are announced in the first two weeks of October. Since the very first awards, Canada has won 27 Nobel Prizes. From 1923 to 2021, Canadians have received the award for everything from Economics and Physics to Literature.



- Prepare a tangy and sweet fruit salad – Combine chopped apples, oranges, and pears in a bowl. Add lime juice and spice it up with a hint of chili powder for a tangy flavour.
- Make a zesty cucumber smash salad – Smash cucumbers with a rolling pin until they form bite size pieces. Add rice vinegar, sesame oil, and a dash of soy sauce. Mix and enjoy.

## **Common Beliefs and Misconceptions About Drinks**

### **Does adding a pinch of salt to water make it more hydrating?**

A recent social media trend claimed that adding salt to water can hydrate better than plain water because it replaces electrolytes. It is true that electrolytes like sodium play an important role in maintaining fluid balance; however, adding salt (which contains sodium) to water is unnecessary for the general, healthy population. Most people get enough salt from the foods they eat. Adding extra salt to your water will not improve your hydration and for some people, it can harm their health. Drink tap or filtered water and eat a balanced diet to stay hydrated and maintain your electrolyte balance.

### **Do you need sports drinks after exercising?**

You may lose more water and electrolytes if you exercise longer than one hour, or intensely, in hot and humid conditions. In this scenario, a sports drink (which contains water, sugar, and electrolytes like sodium and potassium) may help replace the water and sodium you lose in sweat. However, for most active people drinking water is enough for proper hydration.

### **Does coconut water hydrate better than water?**

Coconut water is not more hydrating than water. Just like sports drinks, coconut water contains sodium, potassium, and sugar in various amounts depending on the brand. Aside from the additional flavour that coconut water offers, research suggests that there is little to no difference between drinking coconut water or plain water for hydration in healthy adults.

### **The bottom line?**

Water works! Choose water most often to stay hydrated.

To learn more about hydration and healthy drink choices, search 'drinks' at [ahs.ca/nutritionhandouts](https://www.ahs.ca/nutritionhandouts).

## **9-1-1 Call Tip – Know Your Location**

In an emergency, every second counts. When you call 9-1-1, you'll be asked "what is the address of the emergency?" But what if you're somewhere outside and there's no clear address?



Your cell phone's GPS provides a general location to the 9-1-1 Emergency Communications Officer, but you can help pinpoint your exact location by looking for nearby cross streets, buildings, or landmarks.

Some #YYC pathways have yellow emergency locator signs with letters and numbers. Share these details with the 9-1-1 Emergency Communications Officer and they'll know the exact spot to send emergency crews.

Learn more at [calgary.ca/911](https://calgary.ca/911).

# Warm Up this Fall with Delicious Pumpkin Soup!



As the leaves start to fall and the weather begins to cool, there's nothing quite like a warm bowl of soup to comfort and nourish you. This pumpkin soup recipe is the perfect way to enjoy the flavours of fall while staying cozy and satisfied.

Made with roasted pumpkin, aromatic spices, and a savoury broth, this soup is easy to make and bursting with flavour. Whether you're looking for a hearty lunch or a comforting dinner, this recipe is sure to please.

Grab your apron and let's get cooking!

## Ingredients:

- 1 medium-sized pumpkin
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 4 cups chicken or vegetable broth
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- Salt and pepper to taste
- Optional toppings: croutons, sour cream, chopped parsley

## Instructions:

1. Preheat the oven to 375°F. Cut the pumpkin in half and remove the seeds and pulp.
2. Brush the pumpkin halves with olive oil and place them cut side down on a baking sheet. Roast for 45 minutes or until the flesh is tender.

3. Remove the pumpkin from the oven and let it cool. Scoop out the flesh and set it aside.

4. In a large pot, sauté the onion and garlic in olive oil until they are soft and golden.

5. Add the roasted pumpkin flesh, chicken or vegetable broth, cinnamon, nutmeg, ginger, salt, and pepper to the pot. Bring to a boil.

6. Reduce the heat and let the soup simmer for 20 to 25 minutes.

7. Use an immersion blender or transfer the soup to a blender and blend until smooth.

8. Serve hot with your desired toppings.



# Mmm, Coffee!



October 1 signifies not only the start of a new month, but an occasion that has sparked events all around the world in celebration of one of our favourite hot (or cold depending on how you like it!) beverages. It is International Coffee Day! So, especially on this day, make sure to enjoy your coffee, however you take it!

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## WEST SPRINGS COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	24	37	17	\$819,900	\$850,000
July	24	24	22	\$694,450	\$685,000
June	24	26	19	\$600,000	\$605,000
May	24	33	32	\$764,450	\$770,000
April	24	25	19	\$874,900	\$875,000
March	24	24	27	\$729,231	\$755,000
February	24	18	10	\$469,450	\$480,500
January	24	19	16	\$666,500	\$667,500
December	23	7	10	\$554,900	\$538,500
November	23	12	14	\$719,900	\$715,000
October	23	23	16	\$747,450	\$741,150
September	23	11	18	\$775,000	\$768,250

## COUGAR RIDGE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	24	6	2	\$584,450	\$584,000
July	24	12	12	\$732,000	\$726,250
June	24	11	9	\$700,000	\$751,000
May	24	17	18	\$774,900	\$821,000
April	24	15	13	\$725,000	\$805,000
March	24	8	8	\$774,450	\$800,000
February	24	7	10	\$750,000	\$752,000
January	24	3	5	\$729,900	\$715,000
December	23	7	0	\$0	\$0
November	23	2	5	\$710,000	\$703,000
October	23	3	7	\$849,900	\$865,000
September	23	15	9	\$750,000	\$750,000

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

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



## Haunted Calgary

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

During Halloween, the past comes alive owing to its connection to Samhain, the Gaelic festival at harvest's end, and then later to vigils held to mark Christian saints and martyrs. Halloween also serves to remind us of Calgary's fiendish and ghoulish side.

Dean House was built in 1906 as the home of Fort Calgary superintendent Captain Richard Deane. It became a rooming house during the Great Depression and was a crime scene in 1971 after a murder-suicide. Ghostly figures, a man with a smoking pipe, other times an Indigenous man, have been reported. There's also a bloodstain that changes shape, and a closet that refuses to stay locked (though none of this stopped my sister from getting married on its grounds).

At Heritage Park, Prince House is the 1894 mansion of the owner of Eau Claire sawmill (located on Prince's Island and closed in 1945). His story has an unfortunate side, with Prince's first three wives all dying prematurely from diseases within a decade. No wonder staff and visitors have reported apparitions of women standing at the windows. They're friendly, so say hello next time you visit.

There are plenty of pubs with haunted histories too. The former Rose and Crown was originally Davidson House, built around 1906. It was expanded in 1935 in the Tudor Revival style as a memorial chapel, the first of its kind in Calgary. An apparition of a little boy known to have died there reportedly hides in the basement. The building will once again be home to a pub, but its heritage status remains unprotected.

The Cat 'n Fiddle Pub, built 60 years ago, also served as a chapel, funeral home, and crematorium. It was converted to a pub in 1992. You can still see the old pipes used for washing bodies. Its ghosts have all been friendly: a woman in a red dress, a man in a top hat and tails, and even a biker. Some apparitions haven't stopped painting the town red.

This Halloween, take a ghost tour, remember the past, and think of those who still share our fine city.

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"Superintendent Burton Deane's house being moved to the east side of the Elbow River.", 1929-08, (CU193485) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O1WDUK>.



Glenbow Archives NA-3691-29

"Guests at Halloween party, Nimmons residence, Calgary, Alberta.", 1910, (CU1100568) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OZJFT>.



"Peter A. Prince home, Calgary, Alberta.", [ca. 1896], (CU181025) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Located at 238 4 Avenue SW. Team and buggy in front. John E. Prince driving. Mrs. Margaret Prince beside him. Mrs. Peter Eide (Rosanna), sister of John E. Prince, in back. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OYMO13?WS=SearchResults>.



Future home of Elephant & Castle pub, formerly Davidson House (with 4th Street Lofts Tower in the background), August 2024. Photo courtesy of Anthony Imbrogno.

# Fire Prevention Week is October 6 to 12, 2024

In Calgary, cooking is the leading cause of home fires and home fire injuries. Unattended cooking is the leading cause of cooking fires and deaths.

Follow these key safety tips to help reduce the risk of a cooking fire.

1. Watch what you heat. Always pay close attention to what you are frying, grilling, broiling, boiling or baking. Set a timer to remind you that you are cooking. If you leave the kitchen for even a brief period of time, turn off the stove and remove any pots or pans from the burner.
2. Turn pot handles toward the back of the stove. Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan if you feel safe doing so, then turn off the burner, exit your home and call 9-1-1.
3. Have a “kid- and pet-free zone” of one metre around the stove or grill and anywhere hot food or drink is prepared or carried.

Also, ensure your smoke alarms are installed, tested, and working. A few minutes today can save lives tomorrow. For more tips, visit [calgary.ca/FirePreventionWeek](http://calgary.ca/FirePreventionWeek).



## BRAIN GAMES SUDOKU

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5				7			4	2
6		8			2			3
	4					8		

SCAN THE QR CODE FOR THE SOLUTION



## GAMES & PUZZLES

### Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR CODE FOR THE ANSWERS!

# The City of Calgary Launches Phase 2 Engagement on Short-Term Rentals

The City of Calgary invites Calgarians to participate in an online survey from August 26 to September 30, 2024, to share your feedback and help shape short-term rental (STR) regulations. The purpose of the Short-Term Rental Study is to examine market characteristics, public perceptions, operational challenges and the impact short-term rentals have on the housing market.

As part of a multi-year study in collaboration with the University of Calgary (UCalgary) through the Urban Alliance partnership, the Short-Term Rental Study will provide the City with the necessary information to implement appropriate regulations for Calgary. Phase 1 of the study, launched in October 2023, included an online survey, focus groups and one-on-one interviews with interested parties, operators, and hosts. The “What We Heard” report from Phase 1 is available at [engage.calgary.ca/STR](https://engage.calgary.ca/STR).

Stay informed and offer your input by visiting our dedicated website at [engage.calgary.ca/STR](https://engage.calgary.ca/STR). You can find the number of licensed short-term rentals in Calgary via the interactive map tool here. To learn more about short-term rentals in Calgary, visit [Calgary.ca/str](https://Calgary.ca/str).

## About the Short-Term Rental Study

Through the Urban Alliance partnership, UCalgary and The City of Calgary are collaborating on a multi-year study of Calgary’s short term rental market. This research aims to gain an in-depth understanding of Calgary’s STR market and the challenges and opportunities it presents, and to use this knowledge to recommend an updated regulatory approach for STRs which are homes or part of parts of homes rented for up to 30 consecutive days, often through services like Airbnb or VRBO.



## Community Safety & Wellbeing News to Share

**Hail Preparedness:** The City of Calgary has prepared an easy to follow guide on how to prepare for a hail storm, how to stay safe during a hail storm and what to expect afterwards, including tips on hiring a safe and reliable contractor. It is available in multiple languages at [www.calgary.ca/emergencies/hail-storm.html](https://www.calgary.ca/emergencies/hail-storm.html).



**Camp Courage a Huge Success:** On July 21, the Calgary Fire Department, Calgary Police Service and Alberta Health Services EMS celebrated the graduation of 24 young women from [Camp Courage Calgary](#). Participants in the week-long event gained firsthand knowledge of what it is like to work in emergency services, while being empowered to reach their full potential through information, education, and inspiration. Well done graduates!

**Back to School Safety Tips:** The school year should be safe and educational for everyone. The Calgary Police Service has prepared tips for kids, parents and guardians to ensure a safe start to the semester. <https://www.calgary.ca/cps/community-programs-and-resources/crime-prevention/back-to-school-safety-tips.html>





## YOUR CITY OF CALGARY

# Join the Climate Conversation at the 6th Annual Calgary Climate Symposium

by the City of Calgary

The City is hosting its 6th annual Calgary Climate Symposium to continue the conversation about climate change, share how it affects Calgarians, and how we can work together to ensure no one is left behind. Connect with community leaders, climate experts, and more for a series of unique, free learning opportunities between October 21 and October 25, 2024.

We invite you to join Mayor Gondek and Climate and Environment Director, Carolyn Bowen, on October 21 at 10:00 am as they kick off the week with an opening speech at the Calgary Public Library.

This year's Climate Symposium theme is 'Innovating for a Resilient and Equitable Future: Calgary's Path to Climate Solutions.'

The Calgary Climate Symposium sessions will explore:

- Understanding climate change and the effects of climate hazards on Calgarians and the natural environment.
- How Calgary can position itself for a low carbon future and leverage economic opportunities.
- How our communities can take collective action to reduce the impacts of climate change and build a more resilient city.

Everyone has a part to play in preserving and protecting Calgary's natural environment. Join the conversation to learn how your community can take collective actions to increase our climate resiliency and create a more equitable future for all Calgarians.

We look forward to seeing you in-person at the opening ceremony and online. Recordings of the sessions will be available on [calgary.ca/climatesymposium](http://calgary.ca/climatesymposium) in November.

To learn more and register for sessions, visit [calgary.ca/climatesymposium](http://calgary.ca/climatesymposium).

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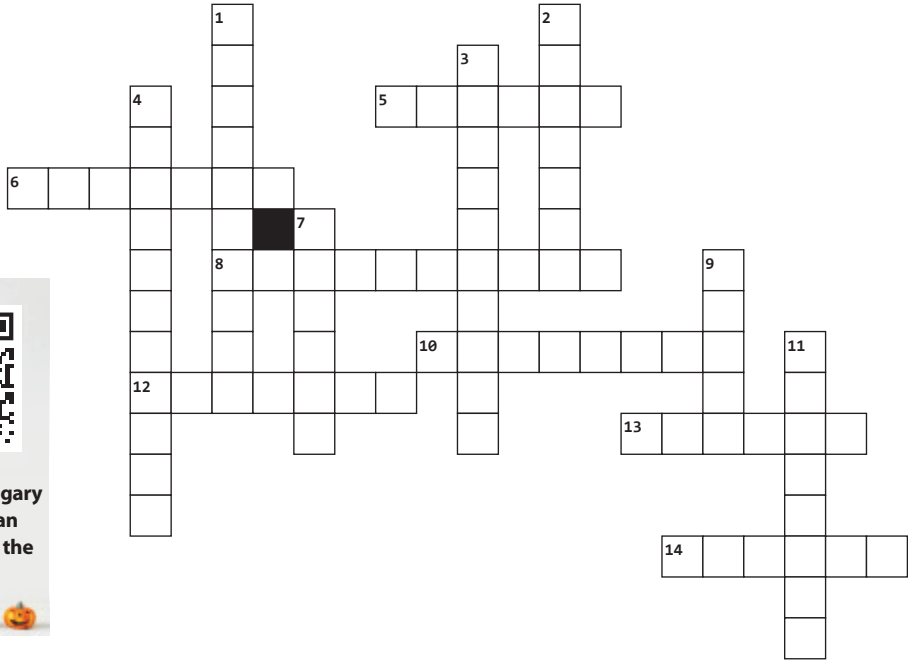


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# October Crossword




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



## Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World \_\_\_\_\_ Day.
6. In October, Canadians commemorate Women's \_\_\_\_\_ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League \_\_\_\_\_'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian \_\_\_\_\_, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, \_\_\_\_\_ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance \_\_\_\_\_, was born on October 29, 1998.

## Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for \_\_\_\_\_ on October 13, 2016.
2. *Joker*, starring Oscar-winner \_\_\_\_\_ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. \_\_\_\_\_, was first published on October 14, 1926.
11. October's birth flower, the \_\_\_\_\_, is a popular bright orange and yellow flower used during Día de los Muertos festivities.

## Use the Homeowner Water Guide Fall Checklist to Prepare Your Home and Yard for Winter

by the City of Calgary



Wondering how to prepare your home for winter? The Homeowner Water Guide Fall Checklist is a great place to start.

You'll find reminders and tips like:

- Check your toilets, taps, humidifier, hot water heater, water softener, and other water using devices for leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid winter leaks.
- Check the Watering 101 Guides to find out when to stop watering plants, shrubs, trees, and lawns.
- Leave plant debris in plant beds over winter to provide habitat for pollinators.

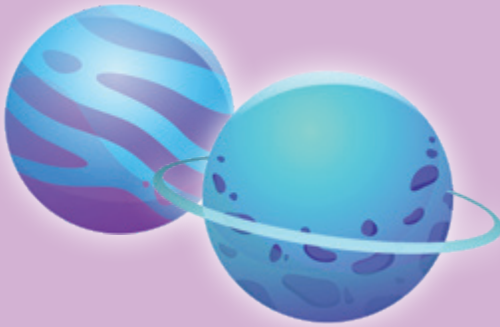
When it comes to residential and household leaks, toilets, faucets, and outdoor irrigation are the most common culprits. Our library of Homeowner Water Guides provides step-by-step guidance to identify and repair leaks in our homes, ideas to improve water efficiency, and tips to prepare yards for winter.

Together, we can make every drop count.

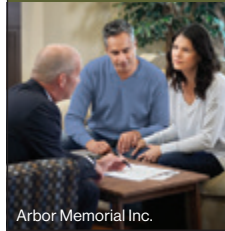
To find everything you need, including the Fall Checklist, visit [calgary.ca/waterguide](http://calgary.ca/waterguide).

## ICE GIANTS

Uranus and Neptune are two ice giants in our Solar System. Ice giants are planets that are made up of elements heavier than hydrogen and helium, they are also as the name suggests, giant. From what we know, the surfaces of these planets are mostly made up of liquids and gases, and do not have solid surfaces.



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### Were you in a NAPLS study?

- We are trying to find people who previously took part in any of our NAPLS studies at the At-Risk for Mental Illness Research Program.
- 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](mailto: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)*



# Protect Your Knees: Top Strategies for Preventing Knee Injuries

by Alberta Health Services

Knee injuries can happen to anyone.

Sometimes issues develop from everyday wear and tear from jobs, sports, physical activities, having a disease such as osteoporosis or arthritis, or simply aging can increase your chances of having problems with your knees.

There are many ways to help reduce the risk of knee injuries – here are a few strategies to consider.

### Top Tips for Preventing Knee Injuries

- Stay at a healthy weight.
- Wear kneepads when kneeling on hard surfaces. Avoid prolonged kneeling.
- Avoid deep knee bends.
- Avoid running downhill unless you are fully conditioned.
- Wear shoes with good arch supports.
- Always do a warm-up before physical activities such as five to ten minutes of light jogging or riding a stationary bicycle.
- Make stretching part of your warm-up before the activity and your cool-down after the activity. Stretching can help you keep and improve your range of motion and reduce stiffness in your joints.

### Strength Training and Conditioning

Strengthening your leg muscles can greatly reduce the risk of knee injuries. Pay special attention to your front and back thigh muscles (quadriceps and hamstrings).

Try these strength training activities:

- **Agility.** Learning to crouch and bend at the knees and hips when turning may reduce the stress on your knees. Agility exercises include running forward and backward and running in diagonals (run diagonally to one spot, then cut the other way and run to another).
- **Jumping and spinning.** On the same spot, bend your knees and jump into the air. Spin one-quarter turn (90 degrees) to the right and land on both feet. Repeat to the left. Advance how much you spin to a half turn, three-quarters turn, and full turn.



- **Tuck jumps.** On the same spot, jump straight up with your hands at your side. As you jump, bring your knees up toward your chest. Repeat immediately ten times.
- **Hopping.** You will need a small object to hop over for this exercise. You can start with a small object like a book or even a piece of tape along the floor. Place the object or tape on the floor to your left and hop over it using both legs. Then hop back to your right. Hop back and forth over the object 20 times. You may also hop back and forth on one leg.
- **Landing skills.** When landing after jumping always remember to:
  - Land with the knees bent. As the knees bend during landing, make sure they travel in a straight path. Do not let them move closer together.
  - Land softly on the balls of the feet and roll back onto the heels.
  - Keep your knees and hips aligned and your upper body upright. Don't bend too far forward or backward as you land.
  - Try not to land on one foot. If this is not possible, bring the other foot down as soon as possible to distribute weight evenly.



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## Word of the Month

**Flibbertigibbet:** *noun* (flib-er-tee-jib-it)

An excessively talkative, flighty, or light-headed person.

*She was sitting next to a flibbertigibbet on the train ride to work.*

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Learn more about sponsoring your local WSCRCA Community Association at [www.wscr.ca/sponsors](http://www.wscr.ca/sponsors).

## YOUR CITY OF CALGARY

# Tips For Using Your Green Cart This Fall

*by the City of Calgary Waste and Recycling Services*

- Yard waste like leaves, branches, grass, and plants can go directly inside the green cart.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed to prevent spills and allow your collector to pick up the bags.
- Place extra yard waste bags at least two feet to the side of your green cart for collection. Make sure you can lift the bag with one hand.
- Do not use plastic bags in your green cart.

Starting in November, the City will pick up your green cart once every other week. Weekly green cart collection will resume in the spring.

Visit [calgary.ca/collection](http://calgary.ca/collection) to check your schedule and sign up for reminders.



# A Canadian Gem

October 23, 1976, is the birthday of one of Canada's biggest gems in the movie industry. He was born in the lovely city of Vancouver, British Columbia before moving to LA in the late 90s. A charismatic, goofy, fun-loving guy, Mr. Ryan Reynolds turns 48 this year! Looking good, Ryan!



## Halloween Safety

by Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.



Councillor, Ward 6  
**Richard Pootmans**  
 ☎ 403-268-1646  
 ✉ Eaward6@calgary.ca  
 🌐 Calgary.ca/ward6 X f @pootmans  
 📷 @richardpootmans9

Hello, Ward 6,

October's traffic safety focus is pedestrian safety.

Most pedestrian collisions happen when we're rushing to get to work, school, an activity, or home.

Weather conditions and daylight changes in the fall make it harder for people to see.

When driving or cycling, be ready in case pedestrians make unexpected moves.

Never pass a stopped vehicle at a crosswalk.

Pay attention to pedestrians when turning.

Watch for children. Drive cautiously through areas where children could be walking or playing.

Be patient – especially with seniors or pedestrians with disabilities who need time to cross the road.

Pedestrians: Don't assume drivers see you. When waiting to cross a road, make sure cars have come to a stop before proceeding. Make eye contact and wave.

Don't walk distracted. Keep your head up.

Walk on sidewalks. If there's no sidewalk, walk facing traffic.

When walking to train stations, look both ways when crossing the tracks and obey traffic signals.

Use point, pause, proceed to let drivers know you're entering a crosswalk.

It's important to teach children how to safely cross the street. Practice safe crossing skills to help them learn how to navigate our streets safely.

Remind kids not to run into the street or cross between parked cars.

Help kids to identify and understand car turn signals and back up lights and to be alert for cars turning or backing up.

Teach kids to put phones, headphones, and devices down when crossing the street.

Sincerely,

*Councillor Richard Pootmans*

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