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- Remove all old materials from bathroom and job site
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- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE \$10,769

Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
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- Supply & install one corner caddy with soap dish

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**News, Events,
& More**



**Crime
Statistics**

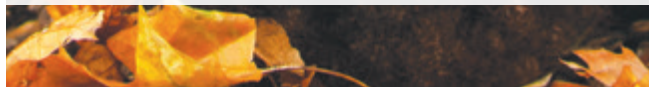


**Real Estate
Statistics**



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City of Calgary Home and Small Business Webinars

by the City of Calgary

Register today for an upcoming home and small business webinar where City experts share valuable insights on a variety of planning and development topics. Our live and recorded webinars cover everything you need to know about home renovation requirements, small business best practices, building secondary and backyard suites, and more.

For home renovation DIYers, we walk you through topics like building permit types and how to apply, safety code requirements, land use bylaws, and tips on how to hire a contractor and prepare for inspections.

Whether you're a small business owner or thinking about starting one, join us as we share best practices for both commercial and home-based businesses and show you how to apply for a business licence and register your business.



If you're thinking about expanding the capabilities of your property, our webinars outline the steps to develop a secondary or basement suite covering processes like how to apply for permits, register your suite, legalize a new or existing suite, and discuss programs like the Secondary Suite Incentive Program.

For more information, visit calgary.ca/webinars.

GAMES & PUZZLES

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.



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Bike Safety for Everyone

by Alberta Health Services

Biking can be a great way to get around and to keep fit. To ride safely though, good balance, control, strength, and judgement are key tools to remember each time you get on your bike.

Here are some important safety tips to lower the risk of injuries while biking:

- Obey the same rules when you ride on the road as you do when you drive a car. This includes riding on the right side of the road so you're going in the same direction as traffic and stopping at all intersections.
- Look behind you (shoulder check) each time you turn or move out to pass.
- Learn and use hand signals.
- Look left, right, and left again before going ahead.
- Watch the road for hazards like debris, grates, or holes.
- Be extra careful in wet or cold weather that could affect the road conditions or how well you can see.
- Watch for people walking, animals, and others on bicycles when you ride in shared spaces like bike paths or trails.
- Plan your route and choose the safest way to your destination.
- Ensure your bike fits you correctly. Adjust the seat to fit your height. Ensure your bicycle is working properly and do an ABC quick check before every ride: A for air (make sure the tires are firm), B is for brakes, bar, and bell (check your brake levers are working, handlebars are at the right height, and test your bell.)

Do You Have Protective Gear?

Bike helmets protect people of all ages. It's the law in Alberta that anyone younger than 18 years must wear a helmet when riding a bicycle. Here are some things to consider when selecting a helmet and ensuring you will be well protected on your bike:

- Make sure your bike helmet meets current, approved helmet safety standards. Look for a CSA, Snell, or ASTM sticker to know if the helmet is approved.
- Take the Bike Helmet YES Test to make sure your helmet fits properly. It should be snug, level, and stable.
- Replace your helmet every five years, or whenever recommended by the helmet manufacturer or, after you've been in a crash.



- Set a good example for children by wearing your bike helmet.
- Let your child choose their own bike helmet because they'll be more likely to wear it.

Other protective gear includes things like a bell or horn for your bike, gloves for a better grip on the handlebars, proper supportive shoes, reflective tape, reflectors, and lights so it's easier to see you at night. Reflectors should be on the front, back, and spokes of the bicycle. Wear bright clothing during the day so it's easier for other people to see you on your bike.

Staying Safe While Riding with Children

Children can often ride a bicycle before they understand how to be safe. Children aren't ready to ride alone until they understand road safety rules, know how to signal, and know how to avoid major risks. When riding bicycles, young children should always:

- Ride with an adult.
- Ride in a single line behind an adult who knows how to ride safely.
- Use hand signals.
- Get off their bicycles to cross the street.

Most children have the skills they need to ride on the road alone at ten-years-old. But every child is different, so supervise actively. Stay where you can see, hear, and reach them, and pay close attention to what they're doing. Lead by example and show children how to be safe. Teach them the safety rules and make sure they follow them.

Stroke Prevention and You

by Alberta Health Services

It is important to learn the signs of stroke, not only to protect yourself but your loved ones around you. But first, let's start with the basics. What is a stroke?

A stroke is damage to the brain that occurs when a blood vessel in the brain bursts or is blocked by a blood clot. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly. Brain damage can start within minutes of a stroke, so it is important to act quickly because timely treatment can help limit the damage and increase the chance of a full recovery.

Causes and Symptoms of Stroke

There are two types of strokes which have different causes:

An ischemic (say "iss-KEE-mick") stroke is caused by a blood clot that blocks blood flow to the brain. A blood clot can form in an artery that supplies blood to the brain. Or a blood clot can form in another part of the body (often the heart) and travel through the bloodstream to the brain. Ischemic strokes are the most common type of stroke.

A haemorrhagic (say "heh-muh-RAW-jick") stroke is caused by bleeding in or around the brain. It happens when an artery in the brain leaks or bursts. Haemorrhagic strokes are less common than ischemic strokes.

Symptoms can happen suddenly, so knowing what to look for can ensure you or your loved one is treated quickly. The best way to remember stroke symptoms is by using the acronym **FAST**.

- **Face** – is it drooping?
- **Arms** – can you raise both?
- **Speech** – is it slurred or jumbled?
- **Time** – to call 9-1-1 right away

Other stroke symptoms include loss of balance or trouble walking, trouble seeing out of one or both eyes, sudden confusion, sudden trouble understanding simple statements, fainting, a seizure, and a sudden, severe headache.



When you know what stroke symptoms are, you will know when it's important to call for medical help. Quick treatment can limit damage from a stroke, and it may save your life or someone else's life.

Stroke Prevention

Managing health problems such as atrial fibrillation, diabetes, high blood pressure, and high cholesterol can minimize the risk of stroke but there are other ways to prevent.

Some examples include:

- Maintaining a heart-healthy lifestyle, including healthy eating and regular physical activity. Include heart-healthy foods like vegetables, fruits, nuts, beans, lean meat, fish, and whole grains. Limit sodium and sugar.
- Ensure you incorporate at least 2.5 hours of moderate to vigorous exercise a week. Walking is an easy, low-impact option but other activities can include running, swimming, cycling, or playing tennis or team sports.
- Don't smoke. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Limit alcohol intake.
- Stay at a healthy weight.
- Limit and manage stress.
- If you are diabetic, it is important to control your diabetes. To learn more about how to manage your diabetes, see myhealth.alberta.ca/health/pages/conditions.aspx?hwid=center1010.

If you think you may have a problem with alcohol or drug use, talk to your doctor. If you use hormone therapy for menopause or hormonal birth control, talk with your doctor. Ask if these are right for you. They may raise the risk of stroke in some people. Decide with your doctor whether you will also take medicines to help lower your risk. For example, you and your doctor may decide you will take a medicine that prevents blood clots.



The Dalhousie Digest newsletter is now online and distributed quarterly.



Sign up to receive the newsletter via email at dalhousiecalgary.ca.

DCA members can still request delivery (attenuated postcard version) or pickup at the DCA and Dalhousie Co-op.

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Korean Beef Bowl

by Jennifer Puri



Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!

The Month of Septem

Did you know September was originally the seventh month of the year in the Roman calendar? It wasn't until the Gregorian calendar was introduced that it became the ninth month. In fact, September comes from the ancient Roman word "septem" which means seven.



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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.

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION





Councillor, Ward 4

Sean Chu

403-268-3727

ward04@calgary.ca

www.calgary.ca/ward4

www.seanchu.ca

Hello, Ward 4 Residents,

Call For Volunteers: Help Plan Calgary’s Future for Older Adults!

Do you have firsthand experience living as an older adult or caring for one? We need your insights and ideas! Volunteer for the Older Adult Advisory Table (OAAT) and help guide strategies for the Age-Friendly Calgary Steering Committee, action teams, and staff.

Your Role as A Volunteer

Advise on the strategic and action planning of the Seniors Age-Friendly Strategy, offer the perspective of older adults to make Calgary more age friendly, share and gather ideas from your personal networks or social groups, communicate OAAT ideas and perspectives back to your networks, promote the Age-Friendly Calgary vision within your community.

Requirements

Aged 45 or over, lives in Calgary, passionate about your community, understanding of older adults’ needs or experience as a caregiver, comfortable sharing and providing feedback in group settings, available for monthly meetings and a two-year term.

Benefits

Help shape City programs and services, connect with others and expand your network, develop and enhance your skills.

Deadline for online applications is Tuesday, October 4. For more information visit calgary.ca/OAAT.

The City of Calgary is excited to introduce the Secondary Suite Incentive Program, designed to promote safe and accessible housing. As part of Home is Here: The City of Calgary’s Housing Strategy, this program offers up to \$10,000 to qualifying homeowners to help cover construction costs for safe secondary suites within their main dwelling.

Incentive Details

Applies to suites built within the main dwelling (not backyard or detached suites). One application per person; property must be owned throughout the process. Eligible for expenses like egress windows, smoke and carbon monoxide alarms, protected exits, smoke-tight barriers, split heat/separate air, and additional funding for accessibility and energy efficiency. Applications are now open. Learn more about the program or apply at calgary.ca/suite-incentive.

Thank you for your attention.



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September has already arrived.

I had a fantastic time over the summer connecting with constituents of Calgary-Edgemont during community events, Stampede Breakfasts, and of course, at people's doorsteps. I am proud to say that this community has some of the best events in the city!

September means that the kids are back in the classrooms. It is also an opportune time to remind the government that our students are currently learning in overcrowded classrooms with an inadequate curriculum and that Alberta has the lowest per-student funding in Canada.

During the spring session, I introduced Bill 208 in the Legislative Assembly. Not only does the Psycho-Educational Assessment Access Act ensure that students who need psych-eds receive them, but it goes a step further, ensuring teacher training and funding for complex classrooms are also addressed. It is a critical step to ensure students, teachers, and staff have the support they need to ensure Alberta education stays world-class.

I will continue to be out enjoying the warm fall weather at your community events, as well as chatting with you and your neighbours on the doorstep. I hope I have the opportunity to connect with you. If you see me out and about in your community, please come over and say hi! You can follow me on social media at [@NDPJulia](#) to hear about all my adventures.

Did you know that as your MLA, I can provide services such as notarizing documents and letters of support. My office can arrange a commemorative scroll of congratulations on a life event such as a wedding, anniversary, or a milestone birthday.

Please do not hesitate to contact my office if you have questions or need assistance related to provincial matters: calgary.edgemont@assembly.ab.ca or 403-288-4453.



Work Opportunities

Unemployment in Calgary continues to rise, but many do not know where to start the job search, especially if they are looking to change careers. Our local economy benefits when those looking to fill jobs get connected with the right people.

Whether you are in need of a job, or simply looking to shift direction into a new career, the federal government's Job Bank is a great place to start. Simply visit www.jobbank.gc.ca. You can also download the app for use on your phone and use the alert system to highlight new opportunities as they happen.

The Job Bank allows you to search for jobs under many different criteria. Currently, there are more than 10,000 jobs listed in Calgary alone. More than half of them pay over \$40,000 per year and about 15% of them pay over \$60,000 per year. It should be noted that about 90% of these jobs are permanent positions and have been verified.

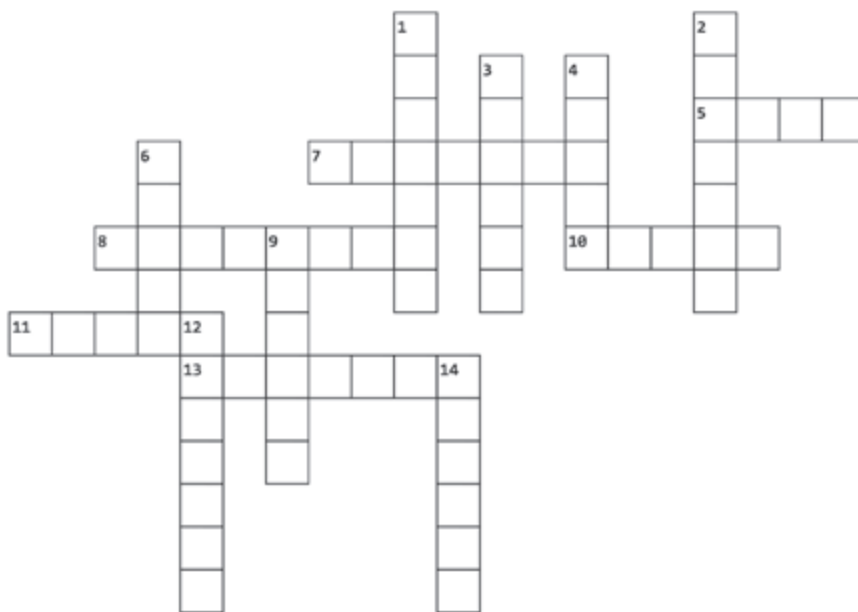
You can search for jobs by location, pay rate, job type, language, contract length, or by employer. You can also search for employment opportunities that are targeted to certain employment groups like veterans, persons with disabilities, youth, mature workers, and Indigenous people.

In addition, the website has a number of career planning tools and lots of labour market information. This allows you to see the skills/education/certification needed and the types of wages being offered for particular jobs here and across Canada. This also allows you to know if the wage you are being offered is competitive or not.

Finally, it is worth mentioning that employers can list on the Job Bank for free. By posting your employment opportunities here, you will ensure a wide audience on a reputable website which will help you recruit the best talent available for your business.

Give it a try!

September Crossword

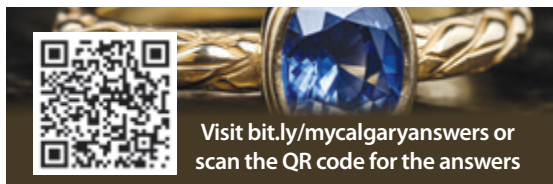


Across

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.



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PAINTING WITH JOY – NEW ART CLASS: Adult beginner starts October 18 in watercolour and acrylics. Fridays 12:30 to 2:45 pm. \$136. Fall, Winter & Spring 8-week sessions at the Dalhousie Community Centre. Learn techniques, colour harmony, drawing & composition with paint along demos. For more information and to register contact Joy Kaitman at jkaitman@telus.net.

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(No Obligation)



Large Varsity Bungalow



Large Brentwood Bungalow



Braeside Townhouse



Saddle Ridge Apartment



2-Storey Varsity Villa



Varsity Apartment

RE/MAX Real Estate (Mountain View) Suite 201, 4600 Crowchild Trail NW T3A 2L6