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**Samaritan Club
of Calgary**

Fall Super Thrift Sale

Saturday, September 28

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**

**For More Information:
samaritanclub.ca**

**All proceeds will benefit
Calgarians in need**



The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

Preparing or Updating Your Will



Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney (EPA)* and a *Personal Directive (PD)*.

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

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SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- 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
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

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SALE \$9,379

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Web page: www.hamptonscalgary.ca

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Community Designated Schools

(FR) Denotes French Immersion Program

Hamptons Elementary
Captain John Palliser Elementary
Tom Baines Junior High
Sir Winston Churchill Senior High
St. Dominic Fine Arts
St. Jean Brebeuf Junior High
St. Francis Senior High
St. Luke Elementary (FR)
Madeleine d'Houet Junior High (FR)
École Terre des Jeunes (FR)
Ste-Marguerite-Bourgeoys (s)(FR)
École de la Rose sauvage (FR)

YOUR CITY OF CALGARY

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.



SCAN HERE TO VIEW ADDITIONAL HAMPTONS CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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Hamptons Homeowners Association
Clean Up
Coming Soon!



We all have a role to play

Date TBD

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*Proof of Hamptons Address will be required for event

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SEPTEMBER
20 - 22

**DAYTIME ACTIVITIES +
EVENING PERFORMANCES**

Pop-up Market • Instrument Demonstrations
• Costume Displays • Lion and Dragon
Dances • Singing Contest • Matinee
Performances by Vancouver Chinese Music
Ensemble (Sept 21) and Calgary's Gai Lan
Ensemble (Sept 22) • **SEPT 20:** Evening
performance by 2023 Western Canadian Music
Instrumental Artist of the Year Award Winner,
Jasmine Jazz featuring JUNO-nominated
bassist and composer, Jodi Proznick Trio and
Vancouver Chinese Music Ensemble •
SEPT 21: Evening performance by instrumental
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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.



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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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.

Soccer in the Community

Open to players ages 4-19

northsidesoccer.ca

How a Girl Guide Unit Works, Generally Speaking

by Karla W.

I wanted to write an article in my own words about how a Girl Guide unit works – a little birdie told me it might interest some of you who have never been in a unit or haven't been in Girl Guides for some time.



To register youth in a unit, there needs to be a unit open. In order to have a unit open:

- There always needs to be at least two female supervisors. One could be a Girl Guide leader, and one could be a (PRC-cleared) parent volunteer.
- Even though Girl Guides of Canada used to have a basic minimum number of youth members in a unit, a unit can vary from two youth members (e.g. the older units like Rangers) to over 30. Most units tend to have between ten and 20 members.
- There are “branches”. Sparks: ages 5 to 6 years, Embers: ages 7 to 8 years, Guides: ages 9 to 12 years, Pathfinders: ages 13 to 15 years, and Rangers: ages 16 to 18 years.
- Planning meetings – even at the youngest age level, units aim to make the program girl-driven. Whether it be through dot-mocracy, or brainstorming their favourite activities for example, leaders try really hard to plan activities that the girls want to try doing.
- The program is also based on badges. There are a total of 32 badges that can be earned, but it is harder (i.e. takes more time and effort) for say a Ranger to earn a badge, versus a little Spark.

The Girl Guide program has morphed over the years, but generally speaking, Girl Guides aim to make their members confident young people who contribute meaningfully to their community and have fun doing it. This can be through volunteering in the community with service projects, gaining outdoor skills while camping, or learning new non-traditional skills like fixing cars or building structures.

If you would like more information about Girl Guides, please email any-calgarypr@girlguides.ca.

Happy Hobbit Day!

September is a legendary month in Hobbit history! On September 21, 1937, J.R.R. Tolkien's *The Hobbit* hit the shelves, kicking off the journey through Middle-earth. Then, on September 22 — known as Hobbit Day — both Bilbo and Frodo Baggins, two of the most cherished hobbits ever, celebrate their birthdays!



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As our kids head back to school and we look towards a new semester, you might start wondering about ways you can support your community, or what resources are available to help you launch your new business or permit your basement suite. If this is you, read on!

City of Calgary Home and Small Business Webinars

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

For more information, visit calgary.ca/webinars.

Call for Volunteers!

If you have first-hand insight on living as an older adult or as a caregiver to an older adult, your experience and ideas are needed. Consider volunteering for the Older Adult Advisory Table, where you can help make Calgary more age friendly. Your expertise will be used to inform strategies and actions for the Age-Friendly Calgary Steering Committee, action teams, and staff.

Requirements

Aged 45 or over, lives in Calgary, passionate about your community, understand older adults' needs now or in the future/have experience as a caregiver, feel comfortable to share and to provide feedback in a group setting, commit to take part in monthly meetings and a two-year term.

Deadline for online applications is Wednesday, September 11. For more information visit calgary.ca/OAAT.

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.





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