

AUGUST 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

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VOLUME 195

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## 4-H Members Display Their Achievements to the Public

*by Emmett Donner, Club Reporter*

The final requirement for 4-H members is to participate in Achievement Day. This year it was at the Bears paw Lifestyle Centre. Firstly, a huge thank you to the Bears paw Lifestyle Centre for providing us with a venue for our Achievement Day and a homebase for the next year.



Members arrived and set up their trifold table displays which showed 4-H activities they did this year. Some members discussed their favourite parts of the year, while others talked about an overview of the whole year. This portion of the event was also open to the public, so thanks to all those who came by and said hi! After the fantastic and informational table displays, the awards presentation followed. The

CEO of 4-H Alberta spoke about what he's doing for 4-H and some of his own experiences. Next up, the historian's memorable slideshow was played. Then, certificates for the different committees, executive positions, and those for completing the year were handed out. This ended with group pictures.

By this point people were getting a bit hungry. All enjoyed the delicious potluck variety of foods, from burgers and hot dogs to homemade pasta salads and desserts. Lastly, there was still some fun in store for the members. The Achievement Day Committee members led activities ranging from line dancing to human wheelbarrow relay races.

Overall, the Achievement Day was a great success. The Prairie Winds 4-H Club eagerly looks forward to next year and what it will bring.

For more information, join us at our open house at the Bears paw Lifestyle Centre on Friday, September 15 from 7:00 to 8:00 pm or email us at [Prairiewinds4h@gmail.com](mailto:Prairiewinds4h@gmail.com).

# 101 Ways to Reduce Stress

by Nancy Bergeron R. Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

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

## Back-to-School Rules – Traffic Safety

Families are starting to think about the list of things that need to get done before the first day of school. We are often swept-up by the excitement of taking those back-to-school photos on the first day, not the mad rush to get out the door as school routines commence. Please take a few minutes ahead of time to think about some back-to-school traffic safety tips.

**Observe School Zone Speeds:** Every year, a few more students venture into the realm of walking to school on their own. Children often get distracted when crossing the road so it is important that drivers in the community pay a little extra attention to our large school zone area as you never know when little feet may dart out from a parked car unexpectedly.

**School Bus Rules:** Most events happen outside of a school bus. Don't arrive too early at the bus stop if you're dropping off as little minds can get distracted and wander. Remind children to stay away from the school bus until it has come to a complete stop so the driver can see them. Staying seated on the school bus for the duration of their ride prevents accidents and driver distraction. Follow the rules of the bus driver. Children leave the bus in single file, never pushing. Lastly, if a child drops something near the bus, don't pick it up. Tell the bus driver or an adult first.

**School Drop-Off Zones:** There are designated drop-off zones in front of schools. If you're driving to school, obey the rules of these zones. Don't park in areas where there is traffic congestion. Consider leaving the house a few minutes earlier and park farther away; better yet, try walking to school instead.



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JC Cat, *Evanston*



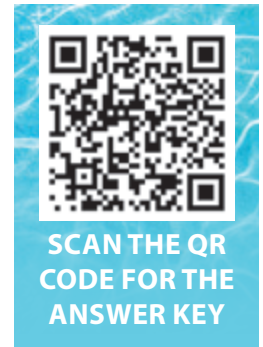
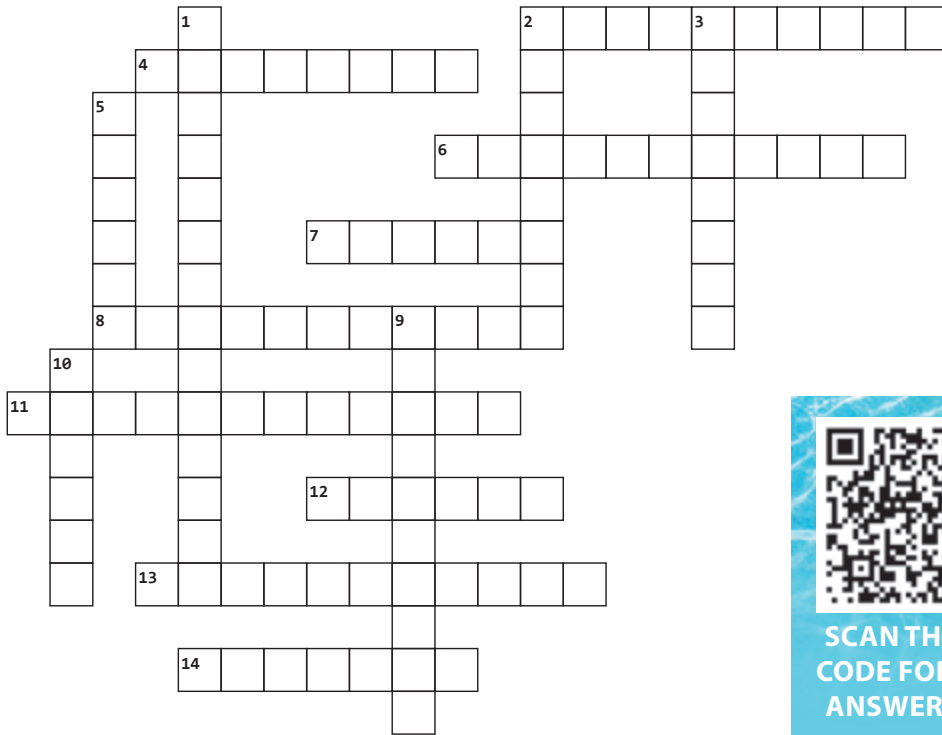
Pepper, *Evergreen*



Tuxedo Joe, *Cranston*

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# August Crossword



## Across

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

## Down

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





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	Properties		Median Price		
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June	23	20	17	\$525,000	\$560,000
May	23	16	16	\$534,850	\$532,400
April	23	8	11	\$549,900	\$515,339
March	23	13	10	\$537,000	\$543,000
February	23	10	8	\$507,493	\$512,500
January	23	5	5	\$650,000	\$633,900
December	22	4	4	\$426,500	\$415,000
November	22	6	13	\$524,900	\$540,000
October	22	10	11	\$529,500	\$518,500
September	22	12	22	\$499,450	\$495,000
August	22	26	12	\$433,950	\$423,277
July	22	13	20	\$487,450	\$497,500

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



## News from the Friends of Nose Hill

by Anne Burke

The Open Space Plan says that our city's greatest asset is the natural environment and wildlife, so we should foster stewardship with nature education programs. Calgary parks are linked by pathways and green belts. We must protect and conserve the river valley system, unique prairie, urban forest, and foothill ecosystems.

The Plan conforms with provincial land use policies and the Municipal Government Act. There are some general principles. We will preserve natural environment parks and environmentally significant areas, enhanced by restoration to prevent loss. Site-specific plans recommend that we record biophysical inventories and historical resources for cultural landscapes such as Nose Hill.

The Open Space Plan is under review. One of the aims is learning how to improve natural environment parks through decision-making that puts the environment first. Natural habitats offer places for wildlife to find food, water, cover, and to raise their young. We can reconnect, rest, and mentally recharge. Nose Hill offers sacred indigenous spaces of culture—past, present, and future.

*Connect: Calgary's Parks Plan*, Phase 1 engagement ran from April 17 to May 19. A *What We Heard Report* will be published online this summer. Phase 2 starts in October 2023.

## SAFE & SOUND

### Accidental Poisoning

by Alberta Health Services

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

#### Medication Storage

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

#### Safety Tips

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

#### Prevention

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

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

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

### Joke of the Month

Why do seagulls fly over the sea?  
Because if they flew over a bay, they would be bagels.

## CRIME STATISTICS



### Hidden Valley Crime Activity was Down in June 2023

The Hidden Valley community experienced 4 crimes in June 2023, in comparison to 6 crimes the previous month, and 15 crimes in June one year ago. Hidden Valley experiences an average of 6.1 crimes per month. On an annual basis, Hidden Valley experienced a total of 73 crimes as of June 2023, which is down 42% in comparison to 126 crimes as of June 2022. To review the full Hidden Valley Crime report visit [hidd.mycalgary.com](http://hidd.mycalgary.com).

*How To Report Crime In Hidden Valley: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*



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# How to Spot a Credit Check Scam When Apartment Shopping

*from the Better Business Bureau*

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

### How the Scam Works

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

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

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

### How to Avoid Credit Check Rental Scams

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

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

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

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

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





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## GAMES & PUZZLES

### Guess That Canadian City!

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



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**MLA Calgary-North**  
**Hon. Muhammad Yaseen**  
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The last month of summer is officially here! While the weather is still hot, here are some fun outdoor events happening across Ward 3 and the City throughout August.

**Park n’ Play**

Park n’ Plays are free games and activities hosted at parks across the city for ages 3 to 12. Sessions are drop-in only and on a first come-first serve basis. Ward 3 has one more Park n’ Play happening this summer: from August 21 to 28, Nose Creek School will have outdoor programming for ages 6 to 12. Check out [calgary.ca/parks-rec-programs](http://calgary.ca/parks-rec-programs) for more information.

**Sport Calgary – All Sport One Day**

Sport Calgary is also hosting a variety of sports programs for ages 6 to 17. On August 19, children can try a new sport or activity for the first time, completely free! Registration opens August 10, and spots fill up quickly. Check out [sportcalgary.ca/all-sport-one-day](http://sportcalgary.ca/all-sport-one-day) for more information.

For more information on all things related to Ward 3 or to contact my office directly, visit [jasminemian.com](http://jasminemian.com).



**Announcing Alberta’s New Cabinet:** On June 9, Premier Smith swore in Alberta’s new cabinet. Cabinet will work collaboratively to accomplish the goals Albertans voted for, including continuing to grow and diversify the economy, keeping life affordable, reforming the health care system, tackling crime, providing help for those struggling, and defending Alberta’s interests. I have been appointed Minister of Immigration and Multiculturalism and look forward to serving Albertans in my new role.

**Fuel Tax:** Alberta Government has extended the provincial fuel tax relief program to the end of the year. To learn more, visit <https://www.alberta.ca/release.cfm?xID=885154C375949-B22A-8D82-8D4BBF727B88A3E>.

**Stampede:** I want to thank all those who invited me to events during stampede and throughout the summer. I had a lot of fun and met so many incredible people. These events cannot happen without the tremendous help of volunteers who make it possible. Kudos to all of you!

**Thank You:** I am very thankful to you for your trust and confidence in re-electing me as your MLA. I am very much looking forward to continuing to serve the residents of Calgary-North. Please do not hesitate to reach out to me at any time should you need assistance.

Wishing you a relaxing summer!



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<p><b>News, Events, &amp; More</b></p> 	<p><b>Crime Statistics</b></p> 	<p><b>Real Estate Statistics</b></p> 
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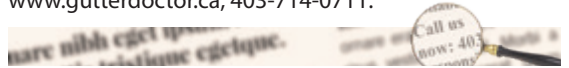
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BRAIN GAMES

SUDOKU

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

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