

AUGUST 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

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VALLEY



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VOLUME 219

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## Age-Friendly Calgary Essential Numbers for Seniors in Calgary

### 9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

### 8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

### 3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services.  
www.calgary.ca.

### 2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services.  
www.ab.211.ca.

### 403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

### 403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

### 403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

### 403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.



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## Reconnect! Discover! Square Dance Program

Intro to Today's  
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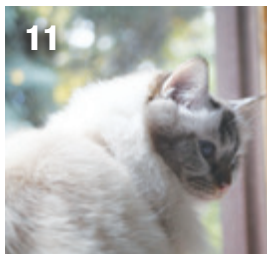
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**SCAN HERE TO VIEW ADDITIONAL  
HIDDEN VALLEY CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**

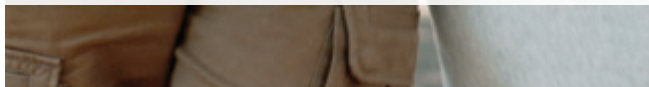


**Real Estate  
Statistics**

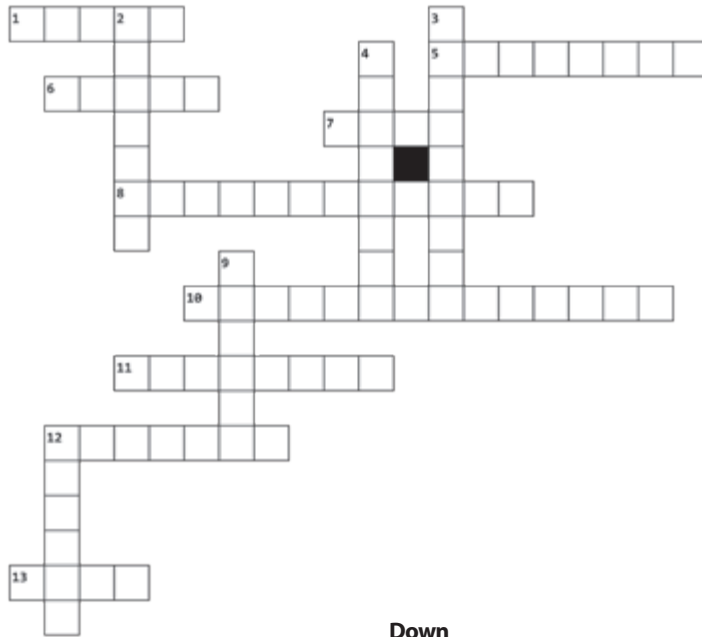


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# August Crossword



## Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris \_\_\_\_\_, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank \_\_\_\_\_.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, \_\_\_\_\_.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and \_\_\_\_\_.
12. The \_\_\_\_\_ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International \_\_\_\_\_ Handers Day is observed annually on August 13.

## Down

2. In August 2008, the \_\_\_\_\_ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the \_\_\_\_\_ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac \_\_\_\_\_ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.



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## TAKE ON WELLNESS

### Putting Yourself First!

*by Recovery Alberta – Community Health Promotion Services*



Life brings with it everyday stresses, but it is important to have coping strategies that can be used to regulate and balance our feelings and emotions. Sometimes we don't have control of stressors that cause the stress, but we can control our emotions or how we react to those stressors. Calming strategies help slow down the immediate response that we have by decreasing the amount of cortisol in our body, also known as the stress hormone. There are many coping strategies, and it is important to find what works best for you.

**Here is a list of strategies that can be used by anyone, anytime, and anywhere:**

#### Managing Emotions

Commonly referred to as "name it, to tame it", is a technique that involves naming your emotions to allow you to pause and reflect rather than allowing your emotions to spiral or cause impulse decisions. Make it a habit to recognize how you feel. Did you feel embarrassed, sad, jealous, or upset? Simply notice that emotion and name it in your mind.

#### Mindfulness

Focusing on the present moment will help calm your mind and manage your emotions. What can you see, hear, touch, feel, or move in the environment you are presently in? This technique will help your brain focus on the present rather than the "what if".

#### Breathwork

Slowing and deepening your breaths have been shown to help you self-regulate. Use breathing techniques that work for you; these can include box breathing or even paced breathing.

The key to all the above strategies is focusing on yourself. Everyone is different, so find techniques that resonate with you so you can be the best version of yourself!

### Udder-ly Adorable

Cows have best friends! Humans aren't the only ones who know the importance of and reap the benefits of having a bestie. Studies have shown that the heart rate of a cow will slow, and they will be less stressed and calmer when they are with their best friend/favourite partner.

# The Art of Finding Work: Rare is the Jobseeker Who Does Their Homework

by Nick Kossovan

In the late '90s, I was interviewing for a call centre management position with a well-known insurance company. Karl, my interviewer, and I clicked. Small talk revealed we shared a love of golf and agreed that Rhum Corner makes the best mojitos in Toronto. Karl seemed impressed by my STAR stories and experience creating incentive programs that drove sales. Forty minutes into the interview, Karl asked, "Knowing you'd be interviewing here, did you call the call centre?"

I hadn't.

I didn't get the job.

Hard lesson learned.

Since my interview with Karl, I have always made it a point to contact the company's call centre, use their products if I'm not a current user, speak to previous employees, and review recent media coverage. My goal is to gather as much information as possible, which I can leverage in my interview. If it's a job I'm eager to land, I'll gather information to mention in my cover letter.

"Last night, I called your call centre and waited more than three minutes before speaking with Stacy, who was pleasant. What's the average wait time for customers calling the Bank of Galicia call centre? While managing NOLA Bank's 60-seat call centre, I reduced the average wait time from 2:45 minutes to less than 42 seconds by..."

Candidates who've done their homework are few and far between, and those who have always stood out in my mind.

When I say "homework," I'm not talking about visiting the company's website and simply reviewing the rudimentary aspects of the business, such as what they do, annual revenue, the name of the CEO, and such. I'm talking about doing a deep dive—thinking like a private investigator—looking to uncover possible pain points (read: challenges) the employer is experiencing, such as my above example regarding average wait time and explaining how you'd resolve it.



**In preparation for an interview, start by visiting the company's website; then go the extra mile. Here are some examples:**

**Call the employer's call centre (or visit their stores, branches, dealerships, etc.)**

Since I'm in the call centre management space, my interviews have been for call centre management positions. Karl's question made me realize that calling the employer's call centre to gauge its performance is worthwhile, even if only to understand what I'm getting into and what challenges I'll encounter. Whether you're applying for a call centre management position or not, calling the company's call centre will give you an insight into the company's culture and how important customer service is to the employer,

In my case, I'll call the employer's call centre several times and assess how easy it is to navigate their IVR (Interactive Voice Response), how long it takes for an agent to answer my call, how their agents introduce themselves, etc. During the interview, I'll discuss my experiences with the call centre and how I would resolve any issues.



## Experience the employer's product

While overseeing Crocs' customer service department, I had to hire several agents. Although all the candidates I interviewed knew what Crocs did, few wore them. Several candidates even admitted they weren't "a fan of" Crocs. Crocs have been a part of my life for a few years, so when I interviewed with Crocs, I wore a pair of my Crocs, which my interviewer and to-be boss noticed. During the interview, I shared the good and bad aspects of wearing Crocs, how I felt Crocs compared to Birkenstock, Skechers, Teva, and Vans, and how I see Crocs positioned in the footwear market.

Demonstrating that you use the employer's products and why you choose them over their competitors will give you an edge over other candidates. What employer wouldn't want to hire one of their fans, someone enthusiastic about their brand? If you have never experienced the employer's product(s), you should do so and let your interviewer know what you think.

Imagine you're interviewing for a social media manager position at a Mexican restaurant chain called Taco Loco. You've never eaten at a Taco Loco before, so you go to Taco Loco for lunch two days before your interview.

"The other day, I had lunch at your Dundas Square location. I had the Tres Quesabirria Tacos. Both the food and the atmosphere were on point. Something you should consider is offering keto-friendly and gluten-free options since these diets have become mainstream. As Taco Loco's social media manager, I'd lean more towards creating behind-the-scenes content, such as videos of meal preparations and customer testimonials, instead of simply posting pictures of dishes. Furthermore, I would increase followers and engagement by offering a 25% off coupon to anyone who follows Taco Loco's Instagram account or by hosting a contest where you can win a \$200 Taco Loco gift card by posting a selfie of yourself eating at Taco Loco and tagging Taco Loco."

## Other ways to do in-depth homework:

- Read the company's annual report.
- Read reviews and look for common complaints.
- Google [company name] under 'News.'
- Speak to current and former employees.

Doing more homework than most job seekers shows that you're committed to contributing to the company's success, making it harder not to hire you.

## Lake Windermere

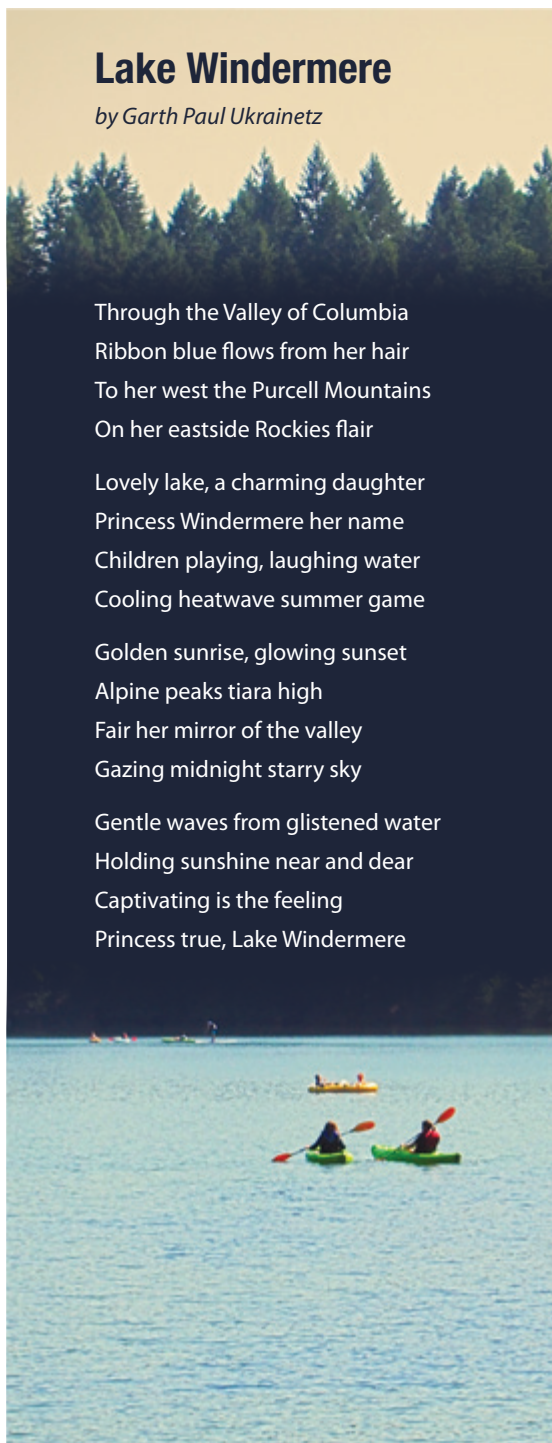
*by Garth Paul Ukrainetz*

Through the Valley of Columbia  
Ribbon blue flows from her hair  
To her west the Purcell Mountains  
On her eastside Rockies flair

Lovely lake, a charming daughter  
Princess Windermere her name  
Children playing, laughing water  
Cooling heatwave summer game

Golden sunrise, glowing sunset  
Alpine peaks tiara high  
Fair her mirror of the valley  
Gazing midnight starry sky

Gentle waves from glistened water  
Holding sunshine near and dear  
Captivating is the feeling  
Princess true, Lake Windermere



# Evaluating Online Health Information

by Alberta Health Services



Many Canadians go online to search for medical and health-related information. The internet is the first source of information for many people, before even speaking to a doctor or other healthcare provider.

Online health information can have many positive impacts on our health knowledge, behaviours, and well-being. Unfortunately, the quality and accuracy of online health information is not consistent, including social media where information quality can be very low.

Being able to evaluate online health information is an important skill.

### How Do I Evaluate Online Health Information?

Use the steps below to evaluate the health information you find online.

- **Check the Date:** Look to see when the website was created or last updated. Health information should be up to date to make sure it is relevant and accurate. Even if the information has not changed, it should be regularly reviewed.
- **Check the Author:** Identify the author to determine if they have the necessary background, experience, or training to accurately discuss the topic.
- **Look For the Evidence:** Health information should be based on facts rather than opinion, rumours, or personal stories. Authors and websites should clearly list their sources, so that you can check the information for yourself.

• **Understand the Purpose:** Read a website's "About Us" page to understand the website's purpose and who runs it. Are they credible and unbiased? Be cautious of websites selling a product. Their information may already be biased, as the goal is to make profit rather than present clear facts. Often product claims are too good to be true.

• **Be Critical of the Details:** Be skeptical of websites that look outdated, contain broken links, or have spelling and grammar errors. Patient information should be written in plain language, making it easy to follow.

• **Protect Your Privacy:** Be careful when sharing your personal information. Look for a privacy policy to find out how and why your information is being used, stored, or shared.

You should carefully consider the source of the information you find on the internet and discuss that health information with your healthcare provider.

Learn more about evaluating online health information from <https://acalibrary.libguides.com/friendly.php?s=patients/evaluatingohi>.

### Misinformation and Disinformation

Finding information online is faster and easier than ever before. While the information you find online can often be helpful and trustworthy, it is important to keep in mind that the internet also allows for rapid and widespread distribution of false and misleading information.

As you look online for health information, you need to watch for both misinformation and disinformation.

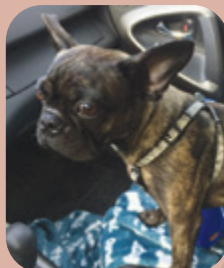
- Misinformation is inaccurate information. In other words, it means getting the facts wrong.
- Disinformation is false information that is deliberately meant to mislead.

### Getting Help

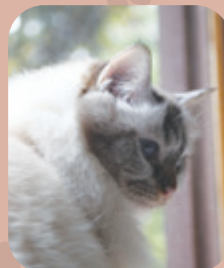
Alberta Health Services Knowledge Resource Service library staff are available at healthcare facilities across the province. They can work with you to help you find and evaluate online health information.

The Knowledge Resource Service also offers a free online course for patients and caregivers on evaluating online health information. Find more information and register at: [krs.ahs.ca/patients/evaluatingohi](https://krs.ahs.ca/patients/evaluatingohi).

## Cats, Canines, & Critters of Calgary



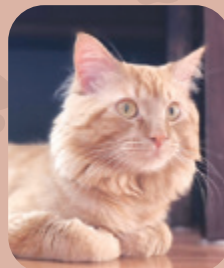
Buggy, Dalhousie



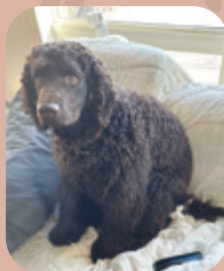
Ella, Mount Royal



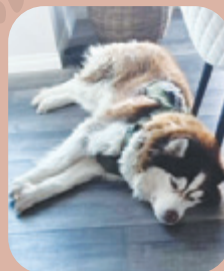
Mac, Evanston



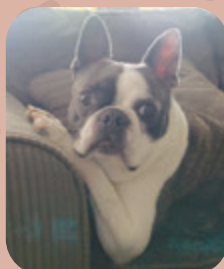
Mango, Evanston



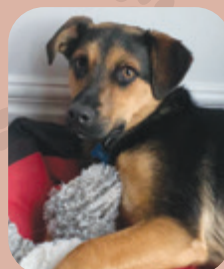
Mick and Turd,  
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



## Celebrate Calgary Culture Days All September Long!

by The City of Calgary



Arts and culture help shape the unique character of our city by bringing people together, telling our stories, and adding vibrancy to our communities. Whether it's murals and music, film and festivals, or dance and delicious food, culture is all around us.

Calgary Culture Days is a month-long celebration that highlights the diverse artists, cultural groups, and community organizations that make Calgary special. Throughout September, events and activities will take place in neighbourhoods across the city — many of them free and family-friendly.

From live performances and art exhibits to hands-on workshops and cultural showcases, there's something for everyone to discover and enjoy.

Explore what's happening near you and be part of the celebration! Visit [calgary.ca/culturedays](https://calgary.ca/culturedays) to learn more.



## News from the Friends of Nose Hill

by Anne Burke

Long ago, what we know as Alberta was underwater, covered by the ocean and surrounded by tropical forests. As many as 20 major glacial advances and retreats reshaped the landscape, including the continuous plateau of Nose Hill and Lake Calgary. Nose Hill provides spectacular views of the Bow River Valley and the uplands across the valley. Their geological history began in the floodplain of the Bow River which flowed at the top level of the present Hill where the river deposited gravel, sand, and mud. These are relatively thin on the steeper slopes. Nose Hill is bounded by the overflow spillway system, now Beddington and Nose Creek. Big Hill Springs Coulee is what remains.

Erratics are stones, boulders, or big blocks picked up and moved from one place to another during the last ice age. There are many in Nose Hill Park traced to a landslide from Mount Edith Cavell in Jasper National Park; they are part of a series across the Foothills region of Alberta. The Foothills Erratics Train runs from near Hinton, Alberta, to the Montana border. Some large boulders, such as the Nose Hill Buffalo Rubbing Stone, were used centuries ago. You can hike up to the Nose Hill 64 Avenue Glacial Erratic from the parking lot off 14 Street NW. At the top of Nose Hill Park there are several scattered glacial erratics of different sizes grouped close together. The Nose Hill Brisebois Glacial Erratic is between the south Nose Hill Parking Lot at Brisebois Drive and John Laurie Blvd. The Nose Hill Tower Glacial Erratic is on the top of the hill near transmission poles and a small building. Access is by an uphill hike from the North Hill SE Parking Lot along an old access road.



## Organ and Tissue Donation

by Alberta Health Services



One organ donor can save up to eight lives and one tissue donor can dramatically improve up to 75 lives.

### How to Act on Your Good Intentions

A deceased person can donate organs such as lungs, heart, kidneys, and liver – and/or tissues such as eyes, skin, bone, and tendons. If you're interested in leaving these gifts, please register your decision online at [GiveLifeAlberta.ca](https://www.givelifealberta.ca) or in person at a motor vehicle registry office. Donor cards don't exist anymore; if you have signed the back of your Alberta Health card in the past, you are asked to join Alberta's registry in one of the ways above.

Albertans are also encouraged to share their wishes with their loved ones. Generally, if someone is eligible to donate at the time of their death, the Give Life Alberta donation team will check the registry and inform their family about their donation decision. It will then be up to their family to decide if they'd like to proceed with donation or not. Many

previous donor families have found that decision was easier if they knew what their loved one wanted.

### Sharing Your Donation Decision

Donation discussions don't need to be grim. The national award-winning Give Life Alberta public awareness campaign *All the Ways* portrays creative ways one could tell their family they'd like to be a donor, for example in the form of a cake, a card, or even a t-shirt. Families could also spark the conversation by watching public awareness videos and real-life donor and transplant recipient stories on [GiveLifeAlberta.ca](https://www.givelifealberta.ca).

### Constant Need for Organs and Tissues

While Alberta marked another record year in 2024 – with 317 deceased organ and tissue donors — there are more than 500 people waiting for life-saving transplants in our province. Last year, 33 people on the wait list died.

For contact information and to learn more about organ and tissue donation, visit [GiveLifeAlberta.ca](https://www.givelifealberta.ca).



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### **Back to School Ice Cream Social!**

Hosted by MLA Amanda Chapman

Summer's winding down—but the fun isn't over yet!  
Join us for a sweet send-off before school starts:

**Saturday, August 23**

**2:00 to 4:00 pm**

**Beddington Theatre Arts Centre (BTAC)**

**375 Bermuda Drive NW (Just off Beddington Blvd)**

Bring the whole family for:

- Free ice cream
- Fun activities
- Great conversations with your local community

Bring the family and celebrate a great summer gone by and look forward to the year to come!

Let's build community—one scoop at a time.

See you there!



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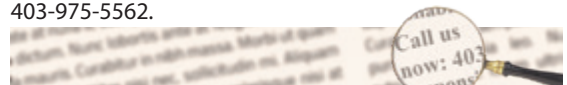
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## WORD OF THE MONTH

**Galumph: Verb (guh-LUMF)**

To move in a noisy or awkward style.

*They galumphed around the living room looking for Sara's phone.*





LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



## HIDDEN VALLEY-HANSON RANCH COMMUNITY REAL ESTATE ACTIVITY

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Blanket Home Warranty Program\*

Accepting Crypto Currency

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the changing real estate world

**Call or Text 403-606-8888**

**Email [len@lenthong.com](mailto:len@lenthong.com)**

\*Guarantee is being offered by Greater Property Group.  
Terms and Conditions Apply.

|           |    | Properties |      | Median Price |           |
|-----------|----|------------|------|--------------|-----------|
|           |    | Listed     | Sold | Listed       | Sold      |
| June      | 25 | 21         | 18   | \$649,450    | \$645,750 |
| May       | 25 | 24         | 15   | \$599,900    | \$595,300 |
| April     | 25 | 18         | 10   | \$684,450    | \$673,750 |
| March     | 25 | 14         | 15   | \$579,999    | \$568,750 |
| February  | 25 | 14         | 9    | \$649,900    | \$644,500 |
| January   | 25 | 6          | 2    | \$552,000    | \$548,500 |
| December  | 24 | 6          | 6    | \$647,450    | \$637,194 |
| November  | 24 | 5          | 10   | \$614,950    | \$601,250 |
| October   | 24 | 9          | 14   | \$577,450    | \$585,000 |
| September | 24 | 11         | 7    | \$629,000    | \$613,000 |
| August    | 24 | 13         | 13   | \$580,000    | \$595,000 |
| July      | 24 | 14         | 9    | \$600,000    | \$627,000 |

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