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Word of The Month

Mellifluous: adjective (muh-lif-loo-uhs)

Sweet or smooth sounding, as in a voice or string of words.

She believed Spanish to be the most mellifluous language in the world.



Calgary's Outdoor Promenades

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

In January, we surveyed Calgary's first shopping mall. In summertime, let's consider its outdoor promenades.

Stephen Avenue comes to mind. It's a National Historic Site and served as Calgary's main commercial street from 1880 until the 1930s. Its centrality is marked by beautiful examples of Victorian, Art Deco, and Beaux-Arts architecture. I have fond childhood memories of visiting Stephen Ave to see Aunt Barb, who worked in the 1932 Bank of Montreal building, or to take luncheon with Aunt Maria at the 1913 Hudson's Bay Department Store (the fries and gravy were a must!)

Stephen Ave's grandeur contrasts with the workhorse nature of Bridgeland-Riverside's two main streets, 1 Ave NE and 4 Street. Bridgeland dates back to the 1880s, when Russian-German immigrants, then Ukrainians and Italians, took up residence. Over the decades, it's been a first stop for many newcomers to our bustling prairie city. Its main streets contain fine examples of Edwardian commercial buildings, including the 1911 Morasch Block and 1909 Reliance (Armour) Block. Today, many eclectic shops, eateries, and services await you.

A modern promenade is Britannia Plaza (Elbow Drive and 49 Ave SW). Britannia was Calgary's first comprehensively planned community designed by the City's Planning Department. It's a complete neighbourhood, with a park, public building (today's B'nai Tikvah Temple), mixture of dwellings, and a shopping plaza, completed in 1955.

The Plaza joined the area's other destinations, the Calgary Golf and Country Club (Alberta's oldest private golf club, est. 1909) and the Windsor Park Riding Stables and Racetrack. It fit in nicely with the existing stores, McDermid Greig Drugs and the no.7 branch of Jenkins Groceteria. Henry Jenkins brought the first self-serve grocery store to Canada in 1918. Behind Jenkins was the end of the trolley line. The building burnt down in 1978 and was rebuilt, today housing Sunterra Market.

The Plaza was a model for other promenades, including Cambrian Heights, Haysboro, Mayland Heights, and the now-demolished Stadium Shopping Centre. With its

suburban London feel and old-world name, Britannia Plaza retains a unique charm and ambiance.

Take a stroll before the season changes and enjoy Calgary's outdoor promenades.

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The Reliance (Armour) Block, an Edwardian commercial-style building constructed in 1909-1912, former site of Wiggins Hall, June 2024. Photo courtesy of Anthony Imbrogno.



Hudson's Bay Company building, corner of 1 St SW and 8 Ave, 2019. Photo courtesy of Olivia Breytenbach, Calgary Heritage Initiative.



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Britannia Plaza, Elbow Drive and 49 Avenue SW, June 2024. Photo courtesy of Anthony Imbrogno.

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.

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Hydration and You

by Alberta Health Services



Water keeps every part of your body working properly. It helps your body flush waste and stay at the right temperature. It can help prevent kidney stones and constipation.

You lose water throughout the day through your breath, sweat, urine, and bowel movements. If you live somewhere hot, you could lose even more fluid.

It is important to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. If you get very dehydrated, your body no longer has enough fluid to get blood to your organs which can be very dangerous.

What is the Right Amount of Water to Drink Each Day?

All liquids help you stay hydrated, but water is usually the best choice. A common recommendation is to drink six to eight glasses of water per day (250 ml or 8 fl oz). Some adults may need more depending on your overall health, how much you exercise, and how hot or dry the climate is.

Most people get enough fluid through the beverages they normally drink each day. You also get water through food. Some fruits and vegetables contain a lot of water, such as watermelon and lettuce.

Did you know? Experts say it is not true that beverages containing caffeine – coffee, tea, and cola drinks – are dehydrating. Healthy individuals who consume moderate amounts of caffeine do not lose more fluid than people who don't have any caffeine. A moderate amount of caffeine is about 200 to 300 mg per day which is about two to four cups (250 ml or 8 fl oz) of coffee.

If you are feeling well, you urinate every few hours during the day, and are not feeling thirsty often, you are likely drinking enough water.

People with certain health problems, especially heart and kidney problems, need to speak with a doctor about how much water to drink.

Ways to Consume More Water During the Day

If you struggle with consuming water or remembering to drink enough throughout your day, these suggestions may help:

- Drink a glass of water when you get up in the morning, before drinking coffee or tea.
- Keep a cup or water bottle by your desk at work. Take several sips of water each hour. If you don't have a desk job, carry a container of water with you and take sips throughout the day.
- Take a sip whenever you pass a drinking fountain.
- Mix it up! Add sugarless flavouring to your water or a slice of lemon/lime. Alternate with sparkling water.



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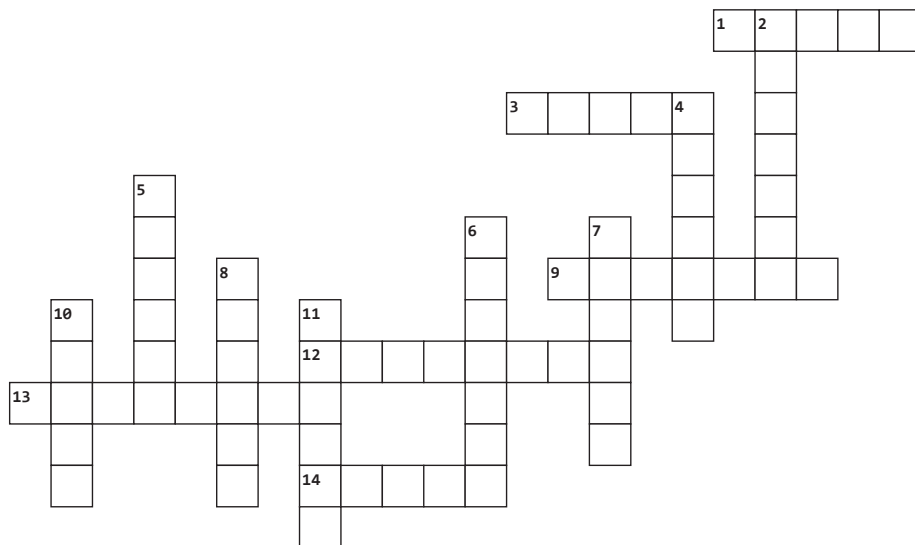
Sadly, at the Annual General Meeting last month, we were unable to elect a new board of directors. Because of this, the Sage Hill Community Association is dissolving and needs new leadership to revive.

Please contact Aaron Taylor from the City of Calgary or me regarding the process of taking over.

Ross Utigard

Past President

August Crossword



Across

1. One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
3. On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _____" speech.
9. This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
12. On the first Monday in August, Albertans celebrate _____ Day, which recognizes the multicultural landscape of the province.
13. In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the _____ Gold Rush.
14. The Summer Olympics takes place in which French city from July 26 to August 11 this year?

Down

2. Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
4. The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
5. August is a popular name for boys in this Scandinavian country.
6. On August 8, 1969, The _____, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
7. The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
8. The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
10. Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
11. Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



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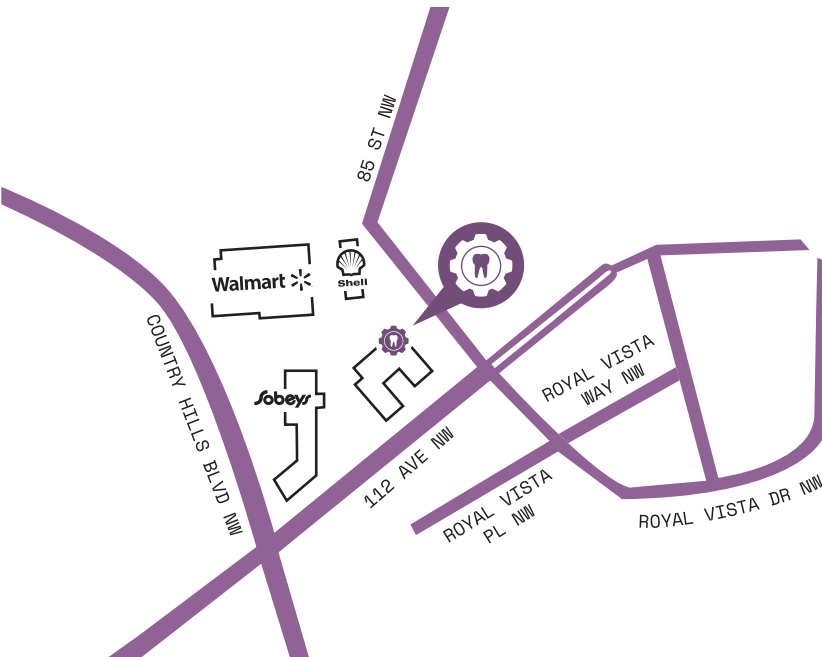


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Declutter and Discover! Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

by The City of Calgary, Waste and Recycling Services

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on September 7 and 8. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

Event Details:

- Dates: September 7 and 8
- Look through your home and gather any reusable items that you no longer need.
- Mark them with a "Free" label and place them at the curb on the designated event days.
- Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it's like a free garage sale right at your doorstep!
- If it's still on the curb, let's keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighbourhoods, find unique items, and meet new people. It's a wonderful opportunity to strengthen our community ties and supports our goal of reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.



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We hope that your summer in Symons Valley has been spent enjoying the community and outdoors, maybe by attending one of the Stampede events hosted by our local Community Associations, as these were great opportunities to reconnect with your neighbours, along with enjoying some food and fun in the sun.

In the coming months, we are working on some exciting things, including building relationships and collaborating with stakeholders in government and businesses to work together to advance our project. We've developed a business plan and a fundraising strategy that's meant to help us raise the first \$500,000 of our project finances. While we worked through these critical activities, we also kicked off a committee to organize a Movie in the Park on Saturday, September 21.

With all this going on, we also wanted to reach out to our biggest stakeholders in the community, you.

We are asking your family or your business to consider donating to our project today, so that we can fund the development of our park. Donating to an outdoor park project can be a wonderful way to contribute to the community and support the development of our local public space, along with these other great benefits:

Make a difference in the lives of others. By donating, you can contribute to our efforts aimed at improving the well-being and quality of life for the residents of Symons Valley and beyond.

Create positive social change. By donating, you support our initiative to build a space that will make a lasting impact and improve the overall well-being of the community.

Tax benefits. By donating to our project through our partner, Parks Foundation Calgary, it could allow you to reduce your taxable income and potentially receive tax credits.

We have established some sponsorship levels, and ask that you consider donating today:

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If you agree that the benefits of donating to Symons Valley Park are significant, then we ask you to give today. Please go to www.symonsvalleypark.ca to learn more about safely donating or reach out to us directly by email at hello@symonsvalleypark.ca.

Stay cool and enjoy the outdoors,

Kris McPherson

President, Symons Valley Park

DYNAMITE!



When K-Pop group BTS released their single "Dynamite" on August 21, 2020, they changed the music industry forever. Their upbeat music video set an impressive world record by becoming the first video to be watched more than 100 million times in just 24 hours on YouTube! Talk about explosive popularity!

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Don't Get Burnt by Solar This Summer. Here Are Six Things to Consider While Shopping for Your New Solar System

by Taylor Holbrook, Solar Sales Consultant

1. Beware of pushy sales tactics. Solar is a big-ticket renovation to your home, much like a new kitchen or bathroom. If you don't hire the right team, the value and peace of mind it brings can turn into a headache overnight. Take your time when making such an important financial decision about your home. This might be one of the largest investments you make on your home, so make sure you never sign up "at the door." Take your time and make sure you feel like you've had time to digest the information, ask any questions, and that you are fully comfortable with the next steps. The best practice is to shop around – get a few quotes from reputable, local installers and move on from there. Industry standard does not require a deposit with a quote, so be wary of companies "locking you in" for a fee at the door, these are often predatory.

2. Check reviews! There will be a lot of new solar sales and installation companies popping up in Calgary in the coming years as the industry grows. Take into account their reputation. How long have they been in the industry? What are their customers saying about them? You can tell a lot about a company by their reviews. Tip: make sure to read through and ensure the reviews are genuine and from customers, not their staff!

3. Do they subcontract out the installation? There are two main ways that solar companies go about installation: through an in-house install team or subcontracted out to a third-party installer. Although not always the case, there have been instances where the third-party installation company does a less-than-stellar job, and since the solar sellers are not liable for the third-party installer's practices, this leaves the homeowner high and dry with their problems. We recommend choosing a solar company that does both the solar sale and installation, so all your warranties and customer service are in one place.



4. Do they follow safety standards? It only takes one OH&S violation to derail your entire project or stop it completely! Feel free to ask your solar sales representative about their company's installation safety practices. Great questions to ask include: Do they space their panels with enough distance between to safely access the panels if maintenance is required? Do they require safety practices for the installation team? You can also tell a lot from the design, like are the panels too close to or extended over the perimeter of your roof?

5. Is your quote accurate? Make sure that what your solar sales representative is offering you is actually obtainable and do your homework. Do they take into account the shade from the neighbour's house or the large evergreen in your front yard? Cross reference quotes and ask your representative what the accuracy percentage is on their designs. If one company is offering you 103% offset with eight panels, and another is offering you 98% with 12... the likely story is the eight-panel system is over-promising.

6. Do they offer a warranty? There is always a risk with any technological installation that either the technology itself needs replacing, or the workmanship may need a redo. Make sure both your system and the work are under warranty. At the moment, the best industry warranty that companies are offering is a 25-year workmanship warranty.

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Vilma Mydliar, LLB

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