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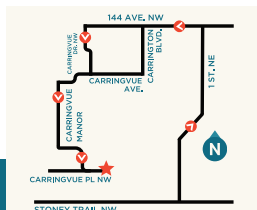
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**NOLAN HILL**

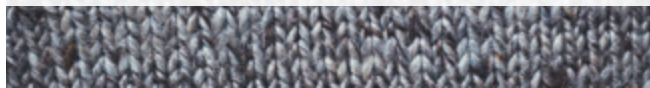


**SAGE HILL**



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(Edgemont, Evanston, Glacier Ridge, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill)



The 110th Calgary Guides in Aurora Sky district have started off the Guiding year with a bang! After a few introductory meetings, they spent an evening swimming and doing some swim evaluations needed for canoeing. The first weekend in October, they had a full day camp at Camp Westover, a wilderness campsite and Girl Guides of Canada property. Most of the day at Westover was spent on the lake getting an introduction to canoeing.

This unit is a large unit with lots of active Guides who like crafts. The Guiders try to keep the regular meetings as active as possible with games and hands-on activities. The Guides will help plan the remainder of the Guiding year, and so far, have asked for cooking or baking lessons, sleepovers, and a spring tenting camp.

There are several third year Guides in the unit who will be working on their Lady Baden-Powell awards this year - the highest award you can earn in Guides. Among many other requirements, the Guides will be planning and undertaking their own service projects. Keep an eye out for them supporting others!

The Guides have been out in the community selling the chocolatey mint Girl Guide cookies and are very appreciative of the community support. The fundraising helps them buy regular meeting supplies, earned badges, fun crests, and lowers the costs for camps and outings. Thank you to everyone who has purchased cookies and helped with the fundraising efforts!

## Cats, Canines, & Critters of Calgary



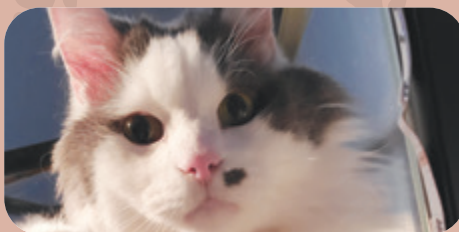
Bowser, Remus, Riku, *Montgomery*



Teddy and Sassy, *Foothills*



Tika and Chiko, *Stradwick Rise*



Tonu, *Seton*

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

# Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

### When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

### When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights

flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.

- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.



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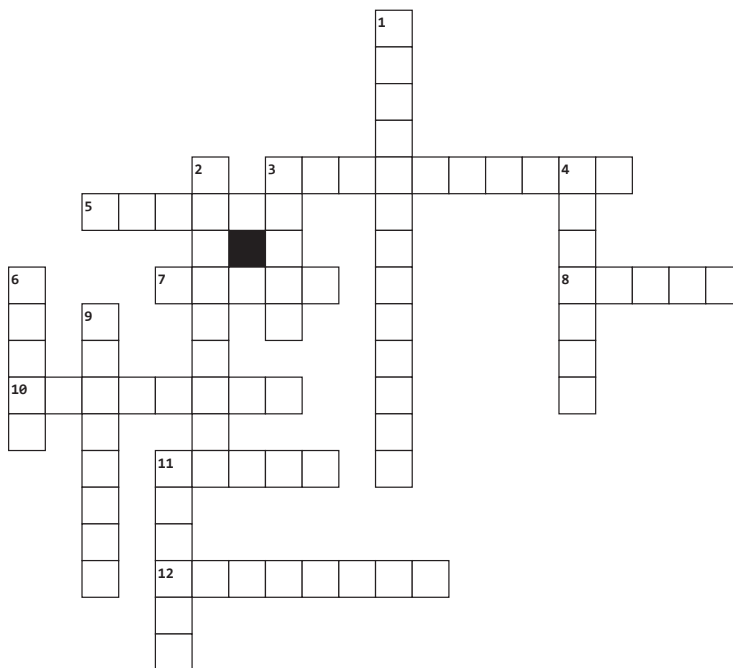
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# November Crossword



Visit [bit.ly/mycalgary](https://bit.ly/mycalgary)  
answers or scan  
the QR code for the  
answers

## Across

3. Frederick Banting, co-discoverer of insulin and recipient of the Nobel Prize in \_\_\_\_\_/Medicine, was born on November 14, 1891, in Alliston, Ontario.
5. In November 1999, beloved musician, \_\_\_\_\_ Dion, was inducted into the Canadian Broadcast Hall of Fame.
7. In November 2020, Baby \_\_\_\_\_ by Pinkfong became the most watched YouTube video of all time with over 7 billion views.
8. November has two birthstones, \_\_\_\_\_ and Citrine, best known for their warm yellow hue.
10. World \_\_\_\_\_ Day, celebrated on November 13, reminds everyone to show compassion and be helpful in their communities.
11. Canadian rock musician, \_\_\_\_\_ Adams, was born on November 5, 1959, in Kingston, Ontario and has sold more than 100 million records worldwide.
12. Known as Remembrance Day in Canada, the U.S. celebrates \_\_\_\_\_ Day on November 11 annually.

## Down

1. November's birth flower, also called "mum", comes in a variety of colours and generally symbolizes longevity and happiness.
2. On November 22, 1995, *Toy Story* was released introducing the world to Woody and Buzz \_\_\_\_\_.
3. *Friends, Lovers, and the Big Terrible Thing*, written by Canadian actor Matthew \_\_\_\_\_, was released on November 1, 2022.
4. "The Great One", Wayne \_\_\_\_\_, scored his 600th career goal in the National Hockey League (NHL) on November 23, 1988.
6. This mixed-breed dog was the first live animal sent to space in Sputnik 2 on November 3, 1957.
9. The \_\_\_\_\_ Broadcasting Corporation was founded and established as a Crown Corporation on November 2, 1936.
11. November's full moon is named after Canada's national animal, the \_\_\_\_\_.



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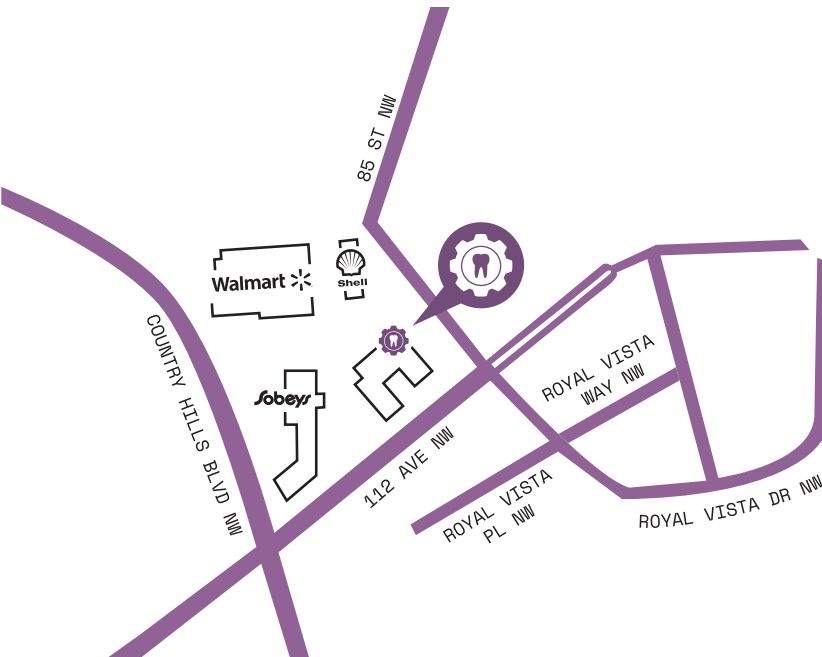


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# Save The Community Association!



The Sage Hill Community Association has dissolved and  
needs new leadership to revive.

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

# Helping Your Child Manage Stress

by Alberta Health Services



Children and teens notice and react to stress in their family and feel their own stress. It is important to recognize stress in children and teens and help them with healthy coping strategies. The strategies they learn often stay with them into adulthood.

In general, anything that may cause children fear and anxiety can cause stress. This can include being away from home, starting a new school or moving to a new location, being separated from parents or caregivers, worrying about school and getting along with others, worrying about their changing bodies, and worrying about the future.

### Watching for Signs of Stress in Children and Teens

There are many ways children and teens experience stress and it can often look different than it does in adults.

#### Preschool and toddlers:

- Anger
- Anxiety
- Problems with eating and sleeping, including nightmares
- Fear of being alone
- Irritability
- Regressing to infant behaviours
- Trembling with fright
- Uncontrollable crying
- Withdrawal

#### Elementary-age children:

- Being distrustful
- Complaining of headaches or stomach aches
- Feeling unloved
- Having no appetite
- Having trouble sleeping
- Needing to urinate often
- Wetting the bed
- Not caring about school or friendship
- Acting withdrawn
- Worrying about the future

#### Preteens and teens:

- Anger
- Disillusionment
- Distrust of the world
- Low self-esteem
- Stomach aches and headaches
- Panic attacks
- Rebellion

### What Can You Do to Help?

Parents and caregivers can play a big role in reducing stress in children. Some of the ways you can help include:

- Acknowledge your child's feelings. When children seem sad or scared, for example, tell them you notice that they are sad or scared. If appropriate, reassure them that you can understand why they would feel sad or scared.
- Build trust. Let your child know that mistakes are learning experiences.
- Be supportive. Listen to your child's concerns. Allow your child to try to solve their own problems, if you can. But offer to help and be available to your child when they need you.
- Show love, warmth, and care. Hug your child often.
- Have clear expectations without being too strict. Let your child know that cooperation is more important than competition.
- Don't over-schedule your child with too many activities.
- Provide a good example. Keep calm and express your anger in appropriate ways. Think through plans to reduce stress and share them with your family.
- Teach about consequences. Children need to learn about the consequences—good and bad—of their actions. For example, if they do all of their chores on time, they will get their allowance. If they break another child's toy, they must find a way to replace it.

- Encourage healthy thinking. Help your child understand what is fantasy and what is reality. For example, help your child see that their behaviour didn't cause a divorce.
- Provide your child with some control. Allow your child to make choices within your family framework. For example, let your child arrange their room, choose family activities, and help make family decisions.

### Relieving Stress in Healthy Ways

Try some of these stress reducing tips and notice big changes in your child, preteen, or teen:

- Exercise. Regular exercise is one of the best ways to manage stress. For children, this means activities like walking, bike riding, outdoor play, and solo and group sports.
- Write or draw. Older children often find it helpful to write about the things that bother them. Younger children may be helped by drawing about those things.
- Let feelings out. Invite your child to talk, laugh, cry, and express anger when they need to.
- Reduce screen time. Instead, encourage your child to do something else they enjoy, like playing board games, practicing a hobby, or spending time with friends. Volunteer work or work that helps others can be a great stress reliever for older children.
- Learn ways to relax. This can include breathing exercises, muscle relaxation exercises, meditating, praying, or yoga.
- Laugh. Laughter really can be the best medicine. You can be a good role model in this area by looking for the humour in life. Your child can learn this valuable skill by watching you.
- Eat healthy foods. Encourage your child to form healthy habits, including choosing healthy foods.

## WINDOWS 1.0

Microsoft introduced Windows 1.0 on November 10, 1983, but it took almost two years to release. When it launched on November 20, 1985, anyone with a personal computer could use programs such as Calculator, Paint, Notepad, Write, Clock, and even the game Reversi!





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# Landlord and Tenant Law – Signing and Moving In

by Charmaine Coutinho



As a volunteer lawyer with Calgary Legal Guidance, I advise clients who would otherwise be unable to access legal services to empower them to take the next steps in their legal matters independently. I frequently advise on landlord and tenant disputes.

This article only discusses leases covered by Alberta's Residential Tenancies Act (RTA). This excludes tenants sharing living space with a landlord and a few other scenarios. I aim to help our community become more familiar with a few RTA topics, at a time when both landlords and tenants are under stress and looking for ways to improve their circumstances.

### **Security Deposit, Damage Deposit, Key Deposit, Pet Deposit**

Under the RTA, they're all the same: any amount payable by the tenant to the landlord, returnable if some specified circumstance occurs (end of tenancy, etc.), is called a "security deposit." The RTA limits the amount of all the deposits together to one month's rent. A landlord is not permitted to ask for more if the rent increases.

There is no exception for pet deposits. However, a landlord is permitted to ask for a non-refundable pet fee in addition to the rent, monthly or upon signing.

A landlord is permitted to retain the security deposit only if there are valid move-in and move-out inspection reports and damage to the unit, or there is money owing.

To keep any portion of the security deposit, the landlord must give the tenant a statement detailing the specific costs to be reimbursed. Any deposit amount not covered by this statement must be returned within ten days of the end of the tenancy. If the statement includes any estimates (e.g.: cleaning or repairs), the landlord must send the tenant a final statement and return any unused funds within 30 days of the end of the tenancy.

The tenant can apply to the Residential Tenancy Dispute Resolution Service (RTDRS) to contest the landlord retaining a deposit. Conversely, a landlord can sue the tenant if the deposit is insufficient to cover the landlord's costs or missing rent. Neither the RTDRS nor the civil courts have automatic enforcement mechanisms though, so collection may be difficult.

### **Repairs**

There is little a tenant can do to force a landlord to repair a rental unit.

A tenant can pay for repairs, then ask the RTDRS for a rent abatement, but cannot withhold rent to incentivize a landlord to make repairs.

If the damage to the rental unit is endangering a tenant's health, the tenant can call Alberta Public Health (APH). Alberta has Minimum Housing and Health Standards regarding critical amenities like clean air and water, plumbing and sewage disposal, overcrowding, access to the unit, electricity, and heating. If a tenant contacts APH and APH finds evidence that the minimum standards are not being met, APH can mandate repairs.

However, a tenant should prepare for all eventualities: APH may do nothing, may force a landlord to make repairs, or may even condemn a rental space requiring that the tenant move out immediately. In the current market, housing is scarce and may be difficult to acquire quickly. If a tenant is not prepared for all possibilities from an APH investigation, it may be better to rethink contacting APH.

A landlord is not permitted to evict a tenant just for contacting APH. However, there is no ban on eviction for other reasons after a tenant has called public health authorities.

Thanks for spending a few minutes of your time with me. If you have a friend renting, be a good neighbour and share your new knowledge with them!



MP Calgary Rocky Ridge

**Pat Kelly**

202 – 400 Crowfoot Crescent NW

Calgary, AB T3G 5H6

📞 403-282-7980 📠 403-282-3587

✉ pat.kelly@parl.gc.ca

Parliament resumed on September 16, and I continue to stand up for Canadians struggling with the price of food, gas, heating, and housing. On September 18, Conservatives gave notice of a motion of non-confidence and are calling on the other opposition parties to join Conservatives and vote to bring down the government so that Canadians can have a federal election this fall.

I have returned to the Finance Committee where I will have the opportunity to hold this government to account for increasing taxes, excessive spending, and ongoing deficits. The Finance Committee is currently studying the current Government's proposed increase in the capital gains inclusion rate. This tax increase does not only affect the "ultra rich", but it is also a tax increase that will be paid by doctors, small businesses, farmers, homebuilders, seniors, and many other middle-class Canadians. It will discourage investment in Canada at a time when Canada desperately needs investment to reverse declining per capita GDP which has left Canadians poorer than they were ten years ago. Canadians are encouraged to write to the Finance Committee about how the proposed capital gains tax will affect them. Contact my Calgary office for more information.

I saw many people at community events this fall. Thank you, to the local organizations for inviting me to participate. I attended the third Annual Canadian Walk for Veterans. I also spoke at, and participated in, local community and cultural celebrations, including Hong Culture Day, the LDS Church Annual Corn Bust, the Silver Springs Botanical Gardens Celebration, and the Hawkwood Fall Festival.

It remains my honour to represent you at the House of Commons as your Member of Parliament.

Feedback from Calgarians is very important to me. If you would like to share your thoughts with me on national issues, please feel welcome to contact me through my Calgary office.



Councillor, Ward 2

**Jennifer Wyness**

📞 403-268-2430

✉ Ward2@calgary.ca

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Dear Friends and Neighbours,

As we move into November, the chill in the air reminds us that winter is just around the corner. With the holidays on the horizon, there's plenty happening in Ward 2! This month, we're highlighting important tips and tricks on how to get ready for the winter and keep your pipes clean and clear. Stay tuned and stay connected as we navigate the last few weeks of autumn together!

Visit the Homeowner Fall Checklist to help prepare your home for winter. You'll find tips like:

- Check your toilets, taps, humidifier, hot water heater, and other water using devices for leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid leaks.
- Leave plant debris in plant beds over winter to provide habitat for pollinators.

When it comes to residential and household leaks, toilets, faucets, and outdoor irrigation are the most common culprits. The online Homeowner Water Guides provides step-by-step guidance to identify and repair leaks in our homes, ideas to improve water efficiency, and tips to prepare yards for winter.

To find everything you need, visit [calgary.ca/waterguide](http://calgary.ca/waterguide).

### Protect Your Pipes!

Autumn is a season for gathering with family, enjoying delicious meals, and making lasting memories. With Christmas around the corner, the thought of savory dishes like turkey, gravy, and bacon might already be top of mind.

But don't forget: Any fats, oils and grease can block your pipes and may result in messy (and costly) sewage backups.

Remember to:

- Cool it: in a disposable can or container.
- Scrape it: into a certified, compostable bag or paper bag.
- Compost it: place the rolled up or tied up bag in your green cart.

Smaller amounts of oils can be wiped with a paper towel and placed in your green cart. Learn more at [calgary.ca/protectyourpipes](http://calgary.ca/protectyourpipes).

## GAMES & PUZZLES

### Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The \_\_\_\_\_ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100<sup>th</sup> anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



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