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Dr. A.O. OLAWUNI MD, MPA (HS), MBA, MRCPI, MRCPS (Glasg), MICGP, DMOP, FRSPH, Dip (PEDS), CCFP

Dr. C. O. NDUBUBA MD, DRCOG (UK), MRCGP (UK), LMCC, CCFP

DR. THULANI GUMEDE BSc (SA), MBChB (SA), (Special Interest: Geriatrics and Mental Health)

Call: 587-392-9670 Visit: bowglenmedicalcentre.com



**Samaritan Club
of Calgary**

Fall Super Thrift Sale

Saturday, September 28

9:00am-1:00pm

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



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.

For More Information:
samaritanclub.ca

**All proceeds will benefit
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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.

Parkdale Petfest

Parkdale Petfest is a free, family-friendly, and pet-friendly outdoor market that features pet themed vendors! We are back again on Saturday, September 7 for our biggest and best Petfest yet! Parkdale Petfest started as a fundraising idea in 2017 and with the help of many, many volunteers, we had our inaugural year in 2018 in the snow! Yup, it snowed our very first year, but that didn't stop vendors or the public from showing up and enjoying the event. Since then, we have grown both the vendor offering and event followers year after year.

We are excited to bring you more than 50 vendors including your favourite pet stores, small businesses, artisans, service providers, makers, and non-profit rescues! Once again, we will be welcoming the Global Pet Food's SuperDogs as well as the wiener dog races supporting Alberta Dachshund Rescue. New this year is the Central Bark mobile dog park. Please visit us at www.parkdalepetfest.com for more information and to get involved.

Follow us on Instagram (@parkdalepetfest) and Facebook (@parkdalepetfest) for updates on the event including all of the contests and giveaways we have planned! We have a ton of free swag to give away and you do not want to miss out (your pets told us to tell you that).

Save the Date – Parkdale Petfest is on Saturday, September 7, 2024, from 10:00 am to 4:00 pm. See you there!



World Coconut Day



September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil. Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!



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SATURDAY, SEPTEMBER 7 | 10-4

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Back-to-School Safety

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Cats, Canines, & Critters of Calgary



Lake and London, Cranston



Theo and Rupert, Bankview



Thor and Loki, Shawnessy



Tiger and Lily, Evanston

To have your pet featured, email news@mycalgary.com



Good vibes,
great care.

It's official: our second location is opening in the University District this fall. Sign up for our patient waitlist and be the first to experience Swish 2.0.

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swishoralcare.ca

[@swishoralcare](https://www.instagram.com/swishoralcare)

At Swish, great care comes easy.

Swish is a locally-owned dental clinic, opening this fall in the University District. Since opening our Bridgeland location in the summer of 2022, we've earned over 500 5-Star Reviews for our people-first, hospitality-inspired approach to dentistry. Our mission? To make every dental appointment feel less like a chore, and more like your favourite self-care routine.

Say goodbye to dental anxiety and switch to Swish. Join our patient waitlist and be the first to experience our brand-new University District location.

Good Vibes +
Shame-Free
Treatment

Fast and
Convenient
Direct Billing

Experience
the Extras at
No Extra Cost



The key to great
care? It all starts
with our people.

Book an appointment with
our dream team at Swish
Bridgeland.

Why Switch to Swish?

Designed for Care & Comfort.

We've partnered with award-winning designer, Sarah Ward Interiors, to create a clinic that's anything but clinical. Say no to the fluorescent glow and yes to thoughtful design details that put your mind at ease. Sneak-a-peek at our new space on Instagram at @swishoralcare.

Tailored to Your Tastes

Mint or Strawberry floss? Netflix or Disney+? A scoop of Village Ice Cream or a cup of coffee from Monogram? Everything you didn't know you needed from your dentist, at your fingertips, at no extra cost.

Healthcare, Meet Hospitality

Our philosophy of care puts people first, always. We ease dental anxiety with kindness, compassion, and empathy. When you enjoy your routines and rituals, great care comes easily.

See the *Swish* Experience:

We're beyond excited to be part of the University District community. Ahead of our opening this fall, you can find the Swish team at these fun community events.

U/D Night Market: Wednesday, August 28 from 5:00 – 9:00 PM

Play a game of cornhole at the Swish booth and enter to win prizes from us and our U/D neighbours.

U/D Block Party: Sunday, September 15 from 1:00 – 4:00 PM

Stop by the Swish U/D patio for even more giveaways and shoot your shot with a round of 1-on-1 basketball.

Ronald McDonald Hustle for the House: Sunday, September 29 at 9:30 AM

Swish is proud to sponsor this year's Ronald McDonald Hustle for the House! You can find the Swish Bar Refreshment Station along the race route, where we'll be handing out complimentary waters and Swish gift bags for all participants.

Say ahhh...

Swish specializes in all things dental for all ages. From essentials to emergencies, our services are priced according to the Alberta Dental Association fee guide.



The Essentials

A comprehensive dental exam, cleaning, 3D wellness scan, x-rays, complimentary oral cancer screening, and free whitening.



Fresh 5

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*Price updated January 1, 2023, as per the Alberta Dental Association Fee Guide.



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Invisalign

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Emergencies

Broken or chipped tooth? Extreme toothaches? Say no more – we're on it.

Brush up on all things

Swish

Opening this fall in the University District. Be the first to book – join our patient waitlist.

Find us online:



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hello@swishoralcare.ca



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Calgary Confederation
Len Webber, MP
 2020 – 10 St NW
 Calgary, AB T2M 3M2
 ☎ 403-220-0888
 ✉ len.webber@parl.gc.ca

Work Opportunities

Unemployment in Calgary continues to rise, but many do not know where to start the job search, especially if they are looking to change careers. Our local economy benefits when those looking to fill jobs get connected with the right people.

Whether you are in need of a job, or simply looking to shift direction into a new career, the federal government's Job Bank is a great place to start. Simply visit www.jobbank.gc.ca. You can also download the app for use on your phone and use the alert system to highlight new opportunities as they happen.

The Job Bank allows you to search for jobs under many different criteria. Currently, there are more than 10,000 jobs listed in Calgary alone. More than half of them pay over \$40,000 per year and about 15% of them pay over \$60,000 per year. It should be noted that about 90% of these jobs are permanent positions and have been verified.

You can search for jobs by location, pay rate, job type, language, contract length, or by employer. You can also search for employment opportunities that are targeted to certain employment groups like veterans, persons with disabilities, youth, mature workers, and Indigenous people.

In addition, the website has a number of career planning tools and lots of labour market information. This allows you to see the skills/education/certification needed and the types of wages being offered for particular jobs here and across Canada. This also allows you to know if the wage you are being offered is competitive or not.

Finally, it is worth mentioning that employers can list on the Job Bank for free. By posting your employment opportunities here, you will ensure a wide audience on a reputable website which will help you recruit the best talent available for your business.

Give it a try!



MLA Calgary - Varsity
Dr. Luanne Metz
Opposition Critic for Health
 ☎ 403-216-5436
 ✉ calgary.varsity@assembly.ab.ca
 📱 @drmetzndp | 📧 @luanne_metz

Constituency Office New Location
#232A, 3630 Brentwood Rd NW
Calgary, AB T2L 1K8

The Calgary-Varsity Constituency Office has moved! You can now find us at Brentwood Village Shopping Centre, on the second floor of the Office/Professional Building directly opposite from the main mall entrance and Starbucks.

Please note that the MLA constituency offices continue to be appointment only for security reasons.

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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.

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News, Events,
& More



Crime
Statistics



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Statistics





RINK
DAILY HOURS OF
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9:00AM – 9:00PM
(LIGHTS OFF)



PCA RINK RULES

Please make yourself aware of the fire safety plan posted about the fire wood.

Keep the area clean. Garbage must be removed before leaving the area.

Fire pit door may be hot, use caution when opening.

When you're finished, ensure the fires completely out.

In case of an emergency call 911



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Interested? Please email
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PCA RINK RULES

Use At Your Own Risk

1. **No** Skateboarding
2. **No** Use of Ramps, Rails or Obstacles
3. **No** Hanging on Basketball Rims
4. **No** Game Play Outside of the Rink
5. Protective Equipment Highly Recommended (helmets, padding)
6. **Do Not** Damage PCA Property / Facility Equipment
7. Volunteer Run, Please Help Keep it Clean

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MICRO-GRANTS PROJECT

PCA Micro-grants of up to \$500 will be awarded to initiatives that encourage community involvement and good citizenship. This program is meant to encourage active citizenship by providing residents with funds to implement creative projects that benefit their local community.

To learn more & apply, please visit email Jean-Michel Pare at
volunteer@parkdaleyyc.com




**Parkdale
Community
Association**

Bringing together Calgary's
most vibrant community

SWAG PRICE LIST

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| Hoodie M | \$50 |
| Hoodie L | \$50 |
| Hoodie XL | \$50 |
| Hoodie 2XL | \$50 |
| Water Bottle - 500mL | \$40 |
| Ball Cap | \$35 |
| Beanie | \$30 |



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Association

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