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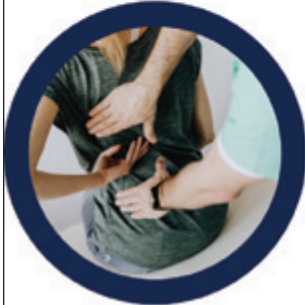
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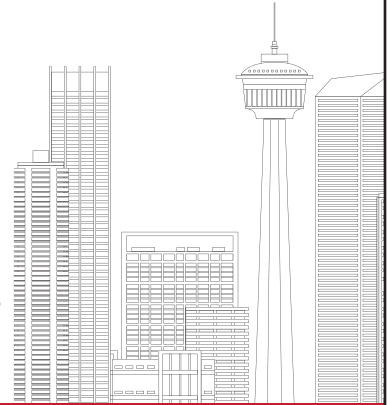


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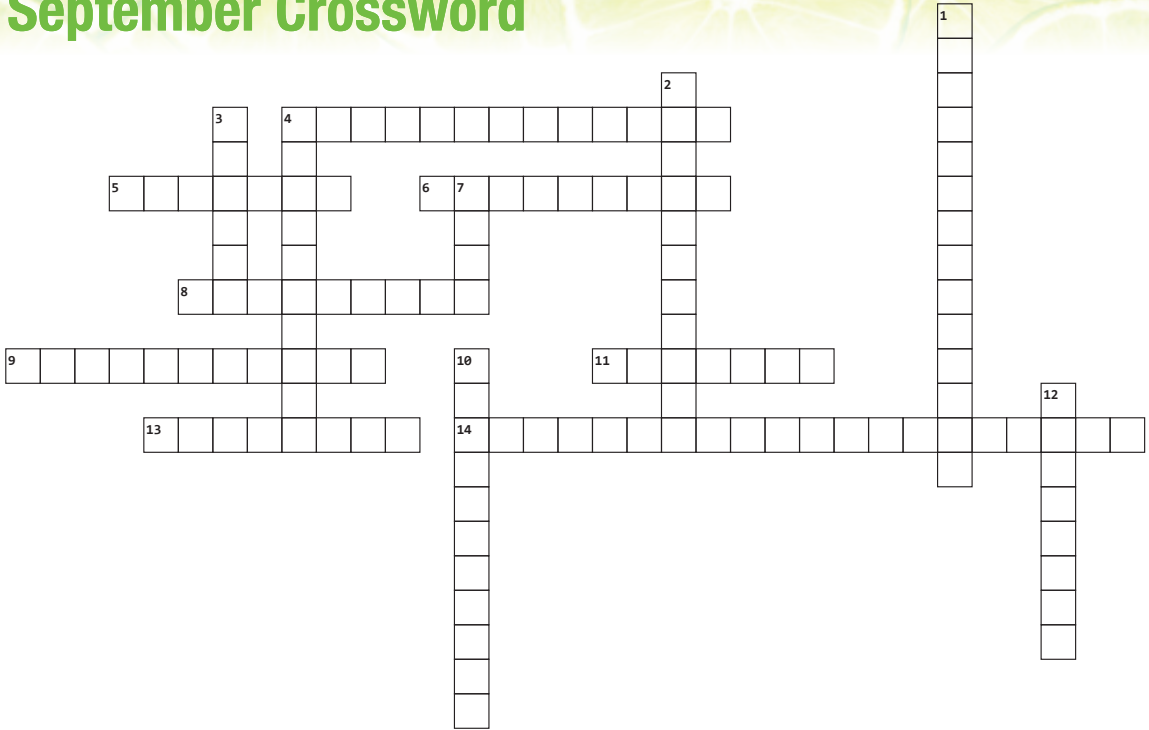


GREENVIEW



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September Crossword



Across

4. On September 23, 2023, also known as the _____, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _____ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the _____ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal _____ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International _____ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



SCAN THE QR CODE
FOR THE ANSWER KEY

10 Signs That You May Be Suffering from Anxiety

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.

Brunch Asparagus with Goat Cheese

by Jennifer Puri

Native to the Mediterranean, the roots of the asparagus plant can be traced back to the ancient Egyptians, Romans, and Greeks. Records show it was a prized vegetable in Rome during the Middle Ages. Asparagus saw a rise in popularity in France during the reign of Louis XIV and was enjoyed by fashionable society across Europe. Asparagus was always considered a luxury item until recent times.

Asparagus or “sparrow grass” has been referred to as the King of Vegetables and is low in calories, high in fiber and folate, and rich in vitamins, minerals, and antioxidants.

There are 300 species of asparagus and people have been eating these dark green vegetable spears with tiny leaves on top for centuries. Asparagus has a distinct flavour and is related to onions, leeks, and garlic. Green asparagus is eaten worldwide. White and purple asparagus are sweeter and more flavourful.

Contrary to popular belief, thickness is not an indication of toughness or tenderness. Asparagus stalks are thick or thin from the moment they spring from the ground.

Asparagus can be steamed, sautéed, grilled, or roasted as it is in the following brunch asparagus with goat cheese recipe.

Prep Time: 20 minutes

Cook Time: 25 minutes

Servings: 3 to 4

Ingredients:

- 1 lb. Asparagus spears
- 1 tbsp. Dijon mustard
- 2 tbsp. rice wine vinegar
- ½ tsp. salt
- ½ tsp. coarse ground black pepper
- ½ cup extra virgin olive oil
- 2 cups of cubed white, brown, or multigrain bread
- 2 cups of cherry tomatoes
- ½ cup of crumbled goat cheese or feta cheese
- 2 tbsp. of finely chopped parsley, basil, or chives



Directions:

- Prepare marinade by combining mustard, vinegar, salt, pepper, and olive oil in a small bowl. Stir until all ingredients are blended and form a smooth mixture.
- Heat Oven to 375 degrees Fahrenheit.
- In a medium size bowl, toss together bread cubes, cherry tomatoes, and 2 tbsp. of the marinade. Spread the bread cubes and cherry tomatoes in a single layer on a baking tray. Place tray on the middle rack of the oven and bake until bread cubes turn a light brown and cherry tomatoes have softened (approximately 12 minutes).
- Remove from oven and set aside.
- Increase oven heat to 400 degrees Fahrenheit.
- Prep the asparagus spears by rinsing under cold water and patting dry with paper towel. Remove and discard the tough bottom parts of the spears and then spread them in a single layer on a foil lined baking tray. Drizzle remaining marinade over the spears and then place on the middle rack in oven. Bake time is 8 to 10 minutes for thin spears, 10 to 12 minutes for medium spears, and 12 to 14 minutes for thick spears.
- Remove asparagus when cooked and arrange on a serving platter. Top with croutons, cherry tomatoes, crumbled goat cheese, and garnish with chopped fresh parsley, chives, or basil leaves.

Brunch asparagus with goat cheese can be served at lunch or brunch and pairs well with eggs, roast ham, chicken, or turkey.

Bon Appétit!



Calgary's Bar, Pub, and Restaurant Heritage

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

In virtually every Western movie, there's the inevitable confrontation in the town saloon. As a western prairie town, there's little doubt Calgary was home to a saloon when its first neighbourhood, Inglewood, was settled in 1875. Indeed, the area was first known as Brewery Flats.

The 1890 Italianate-style Alberta Hotel building boasted the longest bar between Winnipeg and Vancouver. But it's the King (Eddy) Edward that lasted, opening in 1905 until it closed 99 years later as Calgary's longest operating bar. In 2018, it resumed its storied place in the city's nightlife as part of the National Music Centre.

There's the Palliser Hotel, which opened in 1914 and entertained Calgarians in its Oak Room (now remodelled). After prohibition ended in Alberta in 1924, the Palliser was the first to receive a liquor licence. The (in)famous St. Louis Hotel also opened in 1914.

Another city establishment is Hy's Steakhouse, Calgary's oldest restaurant. Hy Aisenstate, the son of Russian Jewish immigrants, opened it in 1955. He had started law school at UBC but was forced into entrepreneurship due to a family crisis. The current iteration opened in 2014.

Let's not forget Caesar's Steak House, part of local folklore. It opened in 1972 because Greek immigrant Con Giannoulis wanted to own a restaurant and the building housing it. It's said the Caesar cocktail was popularized here, though it was perfected and named in 1969 at the Calgary Inn (now the Westin) by Italian bartender Walter Chell. Nevertheless, who doesn't want a Caesar at Caesar's?

Then there's more recent but no less important places, like Bottlescrew Bill's Pub, opened in 1985 by the Allan family in the old Calgary Press Club site, and Kensington Pub (K-Pub), established in 1982 in a residence from 1911.

Nowadays, several establishments occupy the buildings and residences of the city's past. There's Bank & Baron, located in the Bank of Nova Scotia building built in 1930, and Civic Tavern, operating in a 1905 Queen Anne Revival-style home. Next time you're heading out on the town, keep an eye out for some of Calgary's heritage.

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"Bartender Dick Bellamy serving drinks at the Calgary Press Club," 1969, Bill Onions Fonds, City of Calgary Archives, Item CalA 2011-006-0880. Permission obtained from City of Calgary Archives.



Civic Tavern, 213 12 Ave SW, Calgary, 2023. Photo courtesy of Anthony Imbrogno.



Caesar's Steak House, 512 4 Ave SW, Calgary, 2023. Photo courtesy of Anthony Imbrogno.



Kensington Pub, 207 10A St NW, Calgary, 2023. Photo courtesy of Anthony Imbrogno.

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News from the Friends of Nose Hill

by Anne Burke

What Happened 50 Years Ago to Preserve Nose Hill?

The Calgary Council of Women wanted a legacy. In 1973, the City created the park after a lengthy debate. Council rejected a development application when communities favoured a major natural environment park. "Citizens for Nose Hill" presented a "Citizens' Brief." Then a steering committee produced the "Nose Hill Design Brief."

A rezoning challenge was only one of the obstacles because much of the land was privately owned. It was urgent to preserve it because some was already sold to developers, with a parcel to a homebuilder.

Community leaders and concerned citizens collected over 5,000 signatures on a petition opposing the rezoning. They organized a march along John Laurie Boulevard in defence of Nose Hill. There was even a children's petition, and their voices were heard.

City Council voted against any rezoning. However, the City still needed more time to buy up the land. The Supreme Court of Canada gave Calgary the right to purchase land on Nose Hill at its own pace. The provincial government agreed and declared that the Nose Hill lands be retained as a public open space in perpetuity.

THE FIRST CANADIAN SATELLITE

On September 29, 1962, Canada became the third country (after the Soviet Union and U.S.) to launch a satellite into space. Named after a popular French song, Alouette-1 was sent to study the ionosphere. It exceeded its expected lifespan of one year, remaining operational for 10 years, and sent millions of groundbreaking data back to Earth.



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Back-to-School Safety Tips for Pedestrians and Motorists

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.

Prevent the Risk of Strokes

from Alberta Health Services

Risk factors such as high blood pressure, diabetes, smoking, high cholesterol, physical inactivity, age, family history, and more put you at a higher risk of experiencing a stroke.

What is a Stroke?

A stroke occurs when a blood vessel in the brain bursts or is blocked. Without blood and the oxygen that it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Symptoms of a stroke happen quickly, and brain damage can begin within minutes. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

The acronym FAST is a simple way to remember the main symptoms of stroke. FAST stands for:

Face – Is it drooping?

Arms – Can you raise both?

Speech – Is it slurred or jumbled?

Time – Call 911 immediately.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services right away. A stroke can't be self-managed at home. To learn more, visit www.ahs.ca/heartandstroke.

How Can I Identify My Risk for Stroke?

Knowing your personal risk can help you act to lower your risk. You and your healthcare provider can look at things that put you at risk for a heart attack and stroke. He or she might look at many things, such as:

- Your cholesterol levels
- Your blood pressure
- Your age
- Your race
- Whether you are male or female
- Whether or not you smoke

Learn about cardiovascular disease risk screening or visit the risk calculator tool.



How Can You Prevent a Stroke?

You can make some lifestyle changes that can reduce your risk of stroke and improve your overall health. It's important to know that if you've had a stroke, you are at risk of having another one. You can work with your healthcare provider to help identify your risk and create a plan to help manage any health conditions. Examples are as follows:

Treat any health problems that you have:

- Manage high blood pressure or high cholesterol by working with your doctor.
- Manage diabetes. Keep your blood sugar levels within a target range.
- If your doctor recommends taking aspirin or a blood thinner, take it.
- Take your medicine exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Get the influenza (flu) vaccine every year.

Adopt a healthy lifestyle:

- Don't smoke or allow others to smoke around you.
- Limit alcohol.
- Stay at a healthy weight. Being overweight makes it more likely that you will develop high blood pressure, heart problems, and diabetes. These conditions make a stroke more likely.
- Be active. Ask your doctor what type and level of activity is safe for you. If you are in a stroke rehab program, your rehab team can make an exercise program that is right for you.
- Eat heart-healthy foods. These include fruits, vegetables, high-fibre foods, fish, and foods that are low in sodium, saturated fat, and trans fat.

For more information on strokes, please speak with your family doctor or call Health Link at 811 to speak with a registered nurse.



Thornclyffe Real Estate Update

Last 12 Months Thornclyffe
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2023	\$437,000	\$423,500
June 2023	\$525,000	\$519,500
May 2023	\$448,000	\$458,000
April 2023	\$429,900	\$425,000
March 2023	\$260,000	\$270,000
February 2023	\$459,950	\$466,799.50
January 2023	\$537,450	\$520,000
December 2022	\$399,900	\$390,000
November 2022	\$324,900	\$314,750
October 2022	\$449,900	\$439,000
September 2022	\$429,000	\$410,000
August 2022	\$455,000	\$439,000

Last 12 Months Thornclyffe
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2023	14	12
June 2023	16	13
May 2023	19	23
April 2023	12	13
March 2023	19	13
February 2023	11	10
January 2023	6	6
December 2022	8	9
November 2022	5	4
October 2022	7	15
September 2022	11	11
August 2022	12	17

To view more detailed information that comprise the above
MLS averages please visit thor.mycalgary.com

Greenview Real Estate Update

Last 12 Months Greenview
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2023	\$189,000.00	\$195,500.00
June 2023	\$189,500.00	\$186,000.00
May 2023	\$199,900.00	\$175,000.00
April 2023	\$194,900.00	\$188,500.00
March 2023	\$148,000.00	\$140,000.00
February 2023	\$174,900.00	\$170,000.00
January 2023	\$234,350.00	\$237,900.00
December 2022	\$155,000.00	\$149,000.00
November 2022	\$262,450.00	\$255,000.00
October 2022	\$209,900.00	\$205,000.00
September 2022	\$164,950.00	\$159,950.00
August 2022	\$179,900.00	\$183,000.00

Last 12 Months Greenview
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2023	10	9
June 2023	5	7
May 2023	10	7
April 2023	2	5
March 2023	4	5
February 2023	5	6
January 2023	5	4
December 2022	5	2
November 2022	6	4
October 2022	3	3
September 2022	3	4
August 2022	6	5

To view more detailed information that comprise the above
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Greetings Ward 4 Residents,

Excitement is building as City Council has officially approved RouteAhead, a comprehensive 30-year strategic plan for Calgary Transit. This plan has been shaped by valuable input from Council members, administration, and the public, providing a clear roadmap for the future of Calgary Transit.

RouteAhead outlines a range of 16 Council-approved projects designed to expand the Primary Transit Network. Notably, the Green Line and the Airport Transit Connector are among the key projects featured in the plan. The Green Line in particular has received the highest benefits score of 99/100 among all 16 future transit projects. This score was determined by analyzing five crucial categories, including ridership, customer experience, economic impact, social benefits, and environmental advantages.

By prioritizing benefits that maximize value for the most customers, the Green Line's Stage 1 promises an array of positive outcomes. These include job creation, improved connectivity, reduced emissions, enriched green spaces along the alignment, and community revitalization.

Council has already given the green light to Stage 1 of the Green Line, extending from Shepard to 16 Avenue North, and with the approval of all funding partners in 2021, the project is set to move forward.

Additionally, the RouteAhead plan envisions a future Airport Transit Connector, which will seamlessly link the Blue Line and the Green Line to the Calgary International Airport. This connector will serve as a vital transportation link for travelers and employees, facilitating easy access to and from the airport and strategically connecting key industrial areas along the route.

Phase 1 of the Green Line will offer Calgarians swift, frequent, and reliable transit service to various communities, activity centres, main streets, tourist destinations, and essential services.

For more in-depth information, you can explore the full RouteAhead report at calgary.ca/RouteAhead. The future of transit in Calgary is looking bright, and these projects will undoubtedly have a significant and positive impact on the city's transportation landscape.

Thank you for your attention.

Best regards,

Sean Chu

Hello! My name is Lizette Tejada, and I am very proud to represent the communities of Calgary-Klein in the Alberta Legislature as a Member of His Majesty's Official Opposition. I'm excited to work with the citizens, community leaders, and organizations that call our constituency home.

As summer comes to a close, I reflect on how wonderful it has been to connect with you all on Neighbour Day, at Stampede, at graduations, and many other community celebrations. If I missed you, please reach out to my office to let us know about your next event! I'd also like to extend a special congratulations to Highland Park Community Association for being recognized by the Calgary Stampede for their efforts in organizing a fantastic Stampede event this year!

It is amazing just to think of the span of Calgary-Klein as it includes the North East, North West and South East - all with so much to offer in terms of community connections, service organizations, restaurants, businesses, and schools. I've recently been appointed Opposition Critic for Anti-Racism, Diversity, and 2SLGBTQ+ issues and am proud of the welcoming spirit we have here, our diversity, and caring communities.

Of course, September will see many of our students returning to school. I wish you all the best on this journey of discovery and growth. I hope you'll take time to welcome new faces, take care of each other, enjoy time with friends, and take on new challenges with enthusiasm. You've got this!

Please don't hesitate to reach out to my office with any questions or concerns you may have, especially as they relate to provincial matters. We will do our best to help you navigate and provide resources where possible.

Please email us at Calgary.klein@assembly.ab.ca or call 403-216-5430.



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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

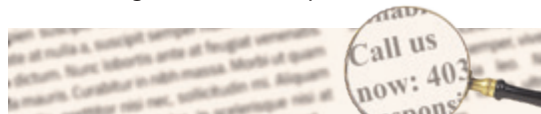
ENGLISH TUTOR: Teacher with 25 years of experience has immediate openings for one-on-one tutoring at Thorncliffe Library. Specializing in ELA 30-1/-2 diploma prep, ELA and social studies course support grades 7-12, reading, writing, base skills, grade 9 PAT prep, college/university English course support, editing, AP and IB course support/exam prep. \$50/hour. Send a detailed text to 587-438-1698 or email darcy.burtch@gmail.com.

FALCONER HANDYMAN SERVICES LTD: Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

HAIR BY TIA: A licensed home-based hair salon located in the heart of Huntington Hills. Book now for any haircut or colour service. I specialize in colour, fun colour, hair makeovers, balayage. Call 403-305-7041. Email Hair.by.tia@hotmail.com. Portfolio on Facebook Hair.by.tia.yyc.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

DEMOCRACY WORKSHOP: To help improve our democracy. Thursday, September 28, 2023 from 9:00 am to 5:00 pm. Registration is \$25. For more information go to www.futurepolitics.ca.



mybabysitterlist

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.



Learn the signs of stroke

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.

Act **F A S T**. Lifesaving treatment begins the second you call 9-1-1.

heartandstroke.ca/FAST

