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|-------|-------------------|
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- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
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- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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THORNCLIFFE



GREENVIEW



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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.

City of Calgary Home and Small Business Webinars

by the City of Calgary

Register today for an upcoming home and small business webinar where City experts share valuable insights on a variety of planning and development topics. Our live and recorded webinars cover everything you need to know about home renovation requirements, small business best practices, building secondary and backyard suites, and more.

For home renovation DIYers, we walk you through topics like building permit types and how to apply, safety code requirements, land use bylaws, and tips on how to hire a contractor and prepare for inspections.

Whether you're a small business owner or thinking about starting one, join us as we share best practices for both commercial and home-based businesses and show you how to apply for a business licence and register your business.



If you're thinking about expanding the capabilities of your property, our webinars outline the steps to develop a secondary or basement suite covering processes like how to apply for permits, register your suite, legalize a new or existing suite, and discuss programs like the Secondary Suite Incentive Program.

For more information, visit calgary.ca/webinars.

Crystal the Monkey

Did you know that Crystal the Monkey, the adorable Capuchin star from *Night at the Museum* and *We Bought a Zoo*, has her very own IMDb page? Yep, this talented lady has shared the screen with big names like Ben Stiller, Robin Williams, and Ken Jeong. Check out her page for more of her wild adventures in Hollywood!



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!

The Art of Finding Work: A Job Search Game Changer: Assertive Communication

by Nick Kossovan



King of all skills: communication skills.

Clear, concise communication is the key to getting and keeping an interviewer's attention. An hour-long interview boils down to having 30 minutes to make your case.

First 15 minutes: Small talk, building rapport, setting the tone for the interview.

30 minutes: Actual interview.

Last 15 minutes: Asking questions and wrapping things up, which influences how your interviewer will remember you.

Making your case in 30 minutes requires assertive communication, a powerful skill for conveying your message clearly and directly. When you start using assertive communication, you'll experience a game-changing shift in your job search and career because it's linked to self-confidence and an alpha-like personality, traits that are valued in business environments.

During the interview process, your competitors will likely exhibit signs of passivity or aggression. In this context, assertive communication is a strategic advantage, making you stand out and, most importantly, be taken seriously. You want to aim for the sweet spot between the timid passivity of "I'm not sure, whatever you think is fine" and the overly aggressive "This is how it's going to be."

The assertive communicator strikes a balance between self-promotion and humility. They state their case firmly

but also listen to the other person's point of view. This balance is crucial during an interview, where you must promote yourself by showcasing your qualifications while appearing poised, professional, and easy to work with.

Assertive communication has three elements:

1. Adamantly believing in what you speak of.
2. Knowing why you believe what you believe.
3. Being ready to prove why you believe, think, or feel what you do; otherwise, it's just your opinion, and "opinions" rarely convince anyone to take action.

A few examples of assertive communication in an interview setting:

Scenario 1: Discussing salary expectations

Passive approach: "I'm open to whatever you offer for this role."

Aggressive approach: "To take this job, I need no less than \$80,000."

Assertive approach: "Based on my 20 years of experience managing inside sales teams and my track record for exceeding sales targets, I think \$85,000, plus a commission and quarterly bonus, which we can work out, would be fair. Would this work for you?"

The assertive communicator clearly and confidently states their salary expectations, acknowledges the employer's perspective, and leaves room for negotiation. Rather than just throwing out a number, they provide context and explanation.

Scenario 2: Addressing a weakness

Passive approach: "I definitely need to improve my public speaking. It's something I struggle with."

Aggressive approach: "Public speaking is not my weakness at all. I'm an excellent presenter and communicator."

Assertive approach: "I'm actively improving my public speaking skills. In my last role, I volunteered to conduct more team presentations. This past March, I joined Toastmasters and have given three talks since. Although I am proud of my progress, there is still room for improvement."

An assertive communicator acknowledges their weaknesses honestly and explains how they're addressing them, demonstrating self-awareness and a growth mindset, qualities employers find attractive.

Scenario 3: "Do you have any questions for me?"

Passive approach: "No, you've covered everything."

Aggressive approach: "When can I expect a job offer?"

Assertive approach: "Yes, I do. I'm excited about this opportunity and believe I would excel in this role. How soon can I expect to hear from you regarding next steps? I'm eager to move forward."

Scenario 4: Expressing interest in the job.

Passive approach: "I'd be happy to work here."

Aggressive approach: "I am perfect for this job. I expect you to offer it to me today."

Assertive approach: "This opportunity excites me. Based on our discussion, I can see how my qualifications and experience align with being able to meet the expectations you have for this role; therefore, I'm confident I would excel in this role. I'm very interested in joining your team. Is there anything else I can tell you about my background to help you decide to hire me? Otherwise, when can I expect to hear from you regarding next steps?"

The assertive communicator expresses interest and enthusiasm for the job while respecting the employer's decision-making process. They state their case compellingly without demanding or pressuring the interviewer.

Today's job market is hyper-competitive, making job seekers desperate. Hence, it's becoming common for candidates to ask outright at the end of an interview, "Am I hired?" No matter how much you need or want the job, never ask outright if you got the job.

While it's understandable you want to "close the deal," putting pressure on the hiring manager to tell you whether you got the job will create an uncomfortable situation. As I mentioned earlier, how you end your interview will influence how you're remembered. Creating an uncomfortable situation isn't what you want to be remembered for.

Finding the right balance is the key to assertive communication. Your goal: Be bold and confident without being arrogant or confrontational. Assertive communication is a superpower. Few do it well. It shows employers that you're self-assured, adaptable, and can advocate for yourself. By embracing assertive communication, you'll be far ahead of your competition.

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Korean Beef Bowl

by Jennifer Puri



Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!



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.



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Thorncliffe Real Estate Update

Last 12 Months Thorncliffe
MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| July 2024 | \$ 524,900 | \$ 540,000 |
| June 2024 | \$ 589,900 | \$ 625,000 |
| May 2024 | \$ 614,500 | \$ 612,500 |
| April 2024 | \$ 456,900 | \$ 517,500 |
| March 2024 | \$ 635,000 | \$ 630,000 |
| February 2024 | \$ 324,450 | \$ 332,500 |
| January 2024 | \$ 569,900 | \$ 578,888 |
| December 2023 | \$ 479,450 | \$ 471,750 |
| November 2023 | \$ 589,000 | \$ 586,000 |
| October 2023 | \$ 360,000 | \$ 430,000 |
| September 2023 | \$ 425,000 | \$ 430,000 |
| August 2023 | \$ 539,900 | \$ 533,000 |

Last 12 Months Thorncliffe
MLS Real Estate Number of Listings Update

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| July 2024 | 14 | 9 |
| June 2024 | 20 | 19 |
| May 2024 | 13 | 8 |
| April 2024 | 9 | 6 |
| March 2024 | 8 | 7 |
| February 2024 | 8 | 8 |
| January 2024 | 5 | 5 |
| December 2023 | 3 | 4 |
| November 2023 | 8 | 10 |
| October 2023 | 9 | 9 |
| September 2023 | 11 | 15 |
| August 2023 | 14 | 15 |

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 2024 | \$ 209,000 | \$ 200,000 |
| June 2024 | \$ 287,450 | \$ 294,250 |
| May 2024 | \$ 349,900 | \$ 345,000 |
| April 2024 | \$ 312,400 | \$ 336,400 |
| March 2024 | \$ 232,400 | \$ 243,500 |
| February 2024 | \$ 259,900 | \$ 254,600 |
| January 2024 | \$ 669,900 | \$ 648,000 |
| December 2023 | \$ 330,000 | \$ 361,000 |
| November 2023 | \$ 219,900 | \$ 214,000 |
| October 2023 | \$ 199,900 | \$ 237,276 |
| September 2023 | \$ 274,900 | \$ 303,800 |
| August 2023 | \$ 205,000 | \$ 197,000 |

Last 12 Months Greenview
MLS Real Estate Number of Listings Update

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| July 2024 | 3 | 5 |
| June 2024 | 6 | 8 |
| May 2024 | 7 | 3 |
| April 2024 | 7 | 10 |
| March 2024 | 8 | 10 |
| February 2024 | 6 | 3 |
| January 2024 | 3 | 3 |
| December 2023 | 0 | 3 |
| November 2023 | 9 | 7 |
| October 2023 | 7 | 7 |
| September 2023 | 9 | 9 |
| August 2023 | 9 | 7 |

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Hello, Ward 4 Residents,

Call For Volunteers: Help Plan Calgary's Future for Older Adults!

Do you have firsthand experience living as an older adult or caring for one? We need your insights and ideas! Volunteer for the Older Adult Advisory Table (OAAT) and help guide strategies for the Age-Friendly Calgary Steering Committee, action teams, and staff.

Your Role as A Volunteer

Advise on the strategic and action planning of the Seniors Age-Friendly Strategy, offer the perspective of older adults to make Calgary more age friendly, share and gather ideas from your personal networks or social groups, communicate OAAT ideas and perspectives back to your networks, promote the Age-Friendly Calgary vision within your community.

Requirements

Aged 45 or over, lives in Calgary, passionate about your community, understanding of older adults' needs or experience as a caregiver, comfortable sharing and providing feedback in group settings, available for monthly meetings and a two-year term.

Benefits

Help shape City programs and services, connect with others and expand your network, develop and enhance your skills.

Deadline for online applications is Tuesday, October 4. For more information visit calgary.ca/OAAT.

The City of Calgary is excited to introduce the Secondary Suite Incentive Program, designed to promote safe and accessible housing. As part of Home is Here: The City of Calgary's Housing Strategy, this program offers up to \$10,000 to qualifying homeowners to help cover construction costs for safe secondary suites within their main dwelling.

Incentive Details

Applies to suites built within the main dwelling (not backyard or detached suites). One application per person; property must be owned throughout the process. Eligible for expenses like egress windows, smoke and carbon monoxide alarms, protected exits, smoke-tight barriers, split heat/separate air, and additional funding for accessibility and energy efficiency. Applications are now open. Learn more about the program or apply at calgary.ca/suite-incentive.


Thank you for your attention.

BRAIN GAMES

SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 4 | 9 | | 2 | | | | |
| 2 | | | | | | 5 | 4 | |
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| | | 1 | 7 | | | | | 4 |
| | 2 | | 6 | 1 | 3 | | 7 | |
| 9 | | | | | 4 | 3 | | |
| 8 | | | | 5 | | | 1 | |
| | | 2 | | | | | | |
| | | | | 6 | | 4 | 5 | |

SCAN THE QR CODE FOR THE SOLUTION



GAMES & PUZZLES

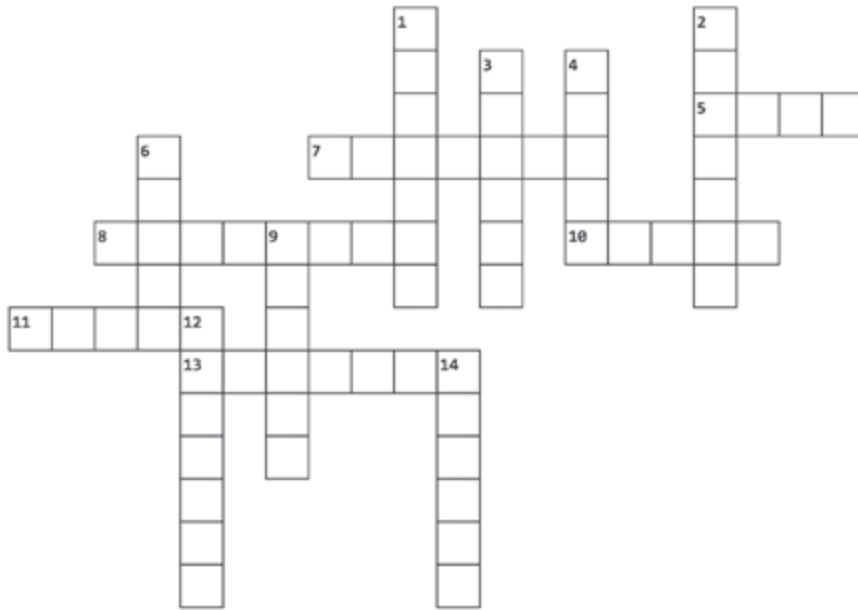
Guess the Musician!

1. This individual holds the Guinness World Record for best-selling solo artist.
2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
3. On his debut album, this musician is said to have played 27 different instruments.
4. At 1,560 words, this artist has the most words spoken in a single song.
5. This famous musician's stage name came from a popular song by the band 'Queen'.
6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.



SCAN THE QR CODE FOR THE ANSWERS!

September Crossword



Across

5. The first _____ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World _____ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the _____, symbolizes royalty and nobility.
10. World _____ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 _____ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, _____ was officially declared a Canadian province.

Down

1. On September 1, 1972, Bobby _____ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, _____ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the _____ comes from the Greek word for star.
6. Treasured Canadian actor, _____ Reeves turns 60 this year on September 2.
9. September 22 is _____ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril _____ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret _____, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

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Fall Super Thrift Sale

Saturday, September 28

9:00am-1:00pm

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

**For More Information:
samaritanclub.ca**

**All proceeds will benefit
Calgarians in need**



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.