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Moose on the Move

Moose are excellent swimmers! They can swim up to 10 kilometres without stopping and reach speeds of about 10 km/h in the water. They even dive underwater—sometimes as deep as 6 metres—to munch on tasty aquatic plants!



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Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



"Court appointed" couriers don't exist. If someone asks to come to your home to pick up payment, it's a scam.



If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

CALGARY
POLICE
SERVICE

If you have lost money or the scam is in progress, contact the Calgary Police Service at [403-266-1234](tel:403-266-1234)

To report a scam in general, contact the Canadian Anti-Fraud Centre at [1-888-495-8501](tel:1-888-495-8501)

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THORNCLIFFE



GREENVIEW



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Learn more about your Calgary Catholic School District Board of Trustees!

Welcome Back!

September is one of my favourite times of the year. There is something special about the excitement that comes with a new beginning.

After a summer that reminded me just how precious family, faith, and community truly are, the beginning of a new school year is a welcome reminder that God continually blesses us with new beginnings and renewed hope. As our hallways once again fill with the laughter of students and classrooms come alive with curiosity, we are reminded that each new school year is a gift and opportunity to learn, grow, and to journey together in faith.

On behalf of the Calgary Catholic School District (CCSD) Board of Trustees, I extend a heartfelt welcome to all our students, families, and staff as we begin another exciting school year.

Whether your child is entering school for the first time, beginning a new grade, or celebrating their final year before graduation, every student is welcomed into a caring Catholic community, committed to nurturing their God-given gifts. Student success is never the work of one person alone. It is built through the partnership of families, teachers, support staff, school leaders, parish communities, and volunteers who share a common commitment to our children. When we work together with trust, respect, and a shared purpose, our students flourish.

One of the most meaningful ways families can become part of that partnership is through their school council. School councils strengthen the connection between

home and school by bringing parents, principals, staff, and trustees together to support student learning and well-being. Their leadership, ideas, and volunteer spirit help create vibrant school communities where students feel supported and families feel connected.

I warmly invite all school council chairs, executive members and parents interested in becoming involved to join us for the School Council Executive Orientation on Tuesday, October 6, at 7:00 pm. This virtual gathering is an excellent opportunity to connect with parent leaders from across the district, learn more about the important role of school councils, and begin another year of working together in service of our students. Learn more here: ccsd.ab.ca/school-council.

As we embark on this new school year, may we continue to encourage one another, celebrate one another's gifts and remain united in our shared commitment to every child entrusted to our care. Together, we can accomplish far more than any one of us could alone. As St. Paul reminds us:

"Therefore, encourage one another and build each other up, just as in fact you are doing." 1 Thessalonians 5:11. May God bless each of you and your families throughout the year ahead. Let us continue creating Calgary Catholic together, where every child is known, every family is valued, and every student is inspired to realize their full potential. Welcome back, and may this be a year filled with faith, hope, joy, and abundant blessings.

Lory Iovinelli

Board Chair, Calgary Catholic School District

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to
donate or visit
gofund.me/31fdeef6f



Any help is
appreciated ♥



News from the Friends of Nose Hill

by Anne Burke

A Nose Hill supporter told me there used to be a plaque in memory of John Lee Laurie at the Brisebois parking lot entrance to Nose Hill Park (Many Owls parking area). It appears that the plaque has now gone missing. He said, "Do you happen to know what happened to it and whether there are any plans for it to be reinstalled in the future?" I responded that my city contact would ask our Infrastructure folks to see if they knew.

A colleague did walk over to read the plaque once, but that was many years ago. It spoke of the help Laurie gave to First Nations. The official name of Mount Yamnuska is Mount John Laurie, but he has no knowledge of the installation of the plaque. When I chaired the Nose Hill Park Management Advisory Committee, the John Laurie Rock Society obtained the City's permission to install the boulder that was moved during construction of the roadway.

John Lee Laurie (1899-1959) was a prominent educator and political activist in Calgary, best known for First Nations advocacy. From 1944 to 1956, he was the honorary secretary of the Indian Association of Alberta. When adopted by the Stoney Nakoda Nations, he was named "White Cloud" and recognized by having a major Calgary roadway and a Canadian Rockies peak named after him. Mount Yamnuska was officially renamed at the request of the Stoney Nakoda First Nation in 1961. Its original Stoney Nakoda name, Îyâmnathka, combines root words of "mountain" and "flat", so "flat-faced mountain". In 1979, concerned citizens collected over 5,000 signatures on a petition and on the Sunday before Monday's Council meeting, marched along John Laurie Blvd in defence of Nose Hill Park. City Council voted against any development rezoning of Nose Hill Park lands.



The Calgary Cottonwoods

by Garth Paul Ukrainetz

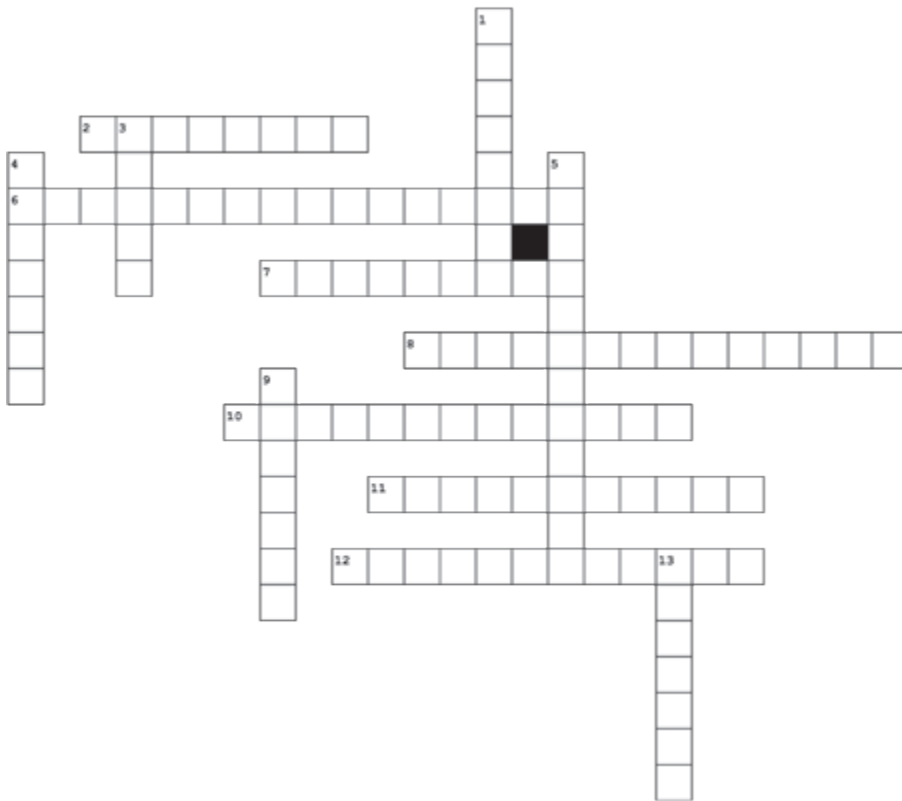
At great bar of Bow River
Drink the Calgary Cottonwoods
Thirsty trees of the prairies
Swill their fill on high plains

Lined along their trough flowing
Massive tree trunks for bar stools
Guzzling grog of the glaciers
Mixed with snowmelts and rains

Another round for the woodlands
Another round for Bow Valley
West Alberta's fine water
To the mountains they toast

Mammoth roots, gentle giants
Anchored tightly to city
Drink the Calgary Cottonwoods
With their Bow River host

September Crossword



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

Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."

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SCAN ME



A Legacy at Risk

History has shaped Nose Creek—it's up to us to protect its future.

In the millennia before, people lived by the Nose Creek Valley in harmony with the natural landscape, and all life benefited from the nourishment that the valley provided. Learning about the valley's history while working with students at Mount Royal University, one of the projects focused on a timeline of the Nose Creek Valley:

2 Million Years Ago: Much of Alberta was covered with massive glaciers until about 20,000 years ago.

PLATE 35



A.—Beddington erratic. A glacial boulder of quartzite sandstone, 24 feet long, 23 feet wide and 15 feet above surface of ground, transported by ice from Rocky Mountains, to Nose creek valley, section 26, township 25, range 1, west of fifth meridian, about five miles north of Calgary.

14,000 Years Ago: After the glaciers receded, humans migrated to Canada (Turtle Island) from Siberia around 14,000 years ago.

1886 to 1900: Once the Canadian Pacific Railway reached what is now known as Alberta, settlers immigrated in great frequency.

1906 to 1955: In the last millennia, our city had a population spike jumping from 12,000 to 200,000 people. This rapid urbanization of the time saw the encroachment on the Nose Creek watershed as a dumping ground for waste from agricultural and industrial activities.

1955 to Yesterday: Calgary's urban sprawl has surrounded the Nose Creek Valley affecting the structure

of the creek, the native wildlife population, biodiversity, and water quality.



Now: It's not too late to repair the Nose Creek ecosystem.



"Everyone lives in a watershed.... Our fate flows with that of rivers."

Robert McFarlane, "Is A River Alive?"

Looking back and learning more about Nose Creek's history and the unsustainable decisions of the past, I know we can do better. As the current council lead of the Nose Creek Preservation Society, I want leadership at all levels to prioritize saving native land and the biodiversity it offers and embrace roles as stewards of this land we call home.

The land today would be unrecognizable to the first peoples who managed the land for over 14,000 years. It is sad to realize that it has taken humans less than a hundred years to transform the land so completely. Right now, the more we continue to develop unsustainably, the less biodiversity flourishes. We have driven nature away, not realizing that it's in connection to nature that we experience a better life.

We know it's not too late, there's always something we can do. Dedicated community members, organizations, and volunteers have made strides to reverse some of the damage through habitat restoration, pollution control, and public awareness.

Yet we need more. Every voice matters.

Humans are amazing creative beings... I think it's time that together we collaborate with nature in our own backyards to build healthier neighbourhoods.

Interested in learning more? Save the date for our annual general meeting on Sunday, September 27. We will be hosting our fourth annual AGM at the Nose Creek Valley Museum. Become/renew your memberships for the 2026-27 year and be invited to join in on a custom tour.

Please sign up for our newsletter for notification and details at savenosecreek.com/contact.

by Crystal Perzylo-Reynolds

Council Lead of Nose Creek Preservation Society



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Joke of the Month

Why are writers always so cold?

They are always surrounded by drafts.



Back to School Safety

by Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some basic 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 a bus is slowing down to stop—motorists should do 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.

Fall Migration is Underway: How to Help Southern Alberta's Travelling Birds

by the Calgary Wildlife Rehabilitation Society



As summer starts to cool with the dawn of fall, one of nature's most remarkable journeys is underway across Southern Alberta. Countless birds begin migrating south, travelling hundreds or even thousands of kilometres to reach warmer wintering grounds. For many species, September marks the peak of this seasonal movement, making it one of the best times to observe birds, and one of the most important times to help mitigate human-related risks.

During migration, birds rely on favourable weather and places where they can rest and refuel. They navigate using natural cues such as the sun and stars, known landmarks, and the Earth's magnetic field to complete their journeys. Along the way, they stop in wetlands, grasslands, parks, and urban green spaces throughout Alberta before continuing south.

While migration is a natural process, urban areas can present unexpected hazards. One of the greatest human-related threats is window collisions. Birds do not recognise glass as a solid barrier. Instead, they often see reflections of trees or open sky, or they

mistake transparent glass for open space. During migration, when many birds move through unfamiliar urban areas, such collisions become much more common. Research estimates tens of millions of birds die each year in Canada after striking windows, with most collisions occurring at homes and low-rise buildings rather than skyscrapers.

Fortunately, small changes at home can make a significant difference.

One of the most effective ways to reduce collisions is to make windows more visible to birds. Applying patterns, decals, tape, or specialised films to the outside of glass helps birds recognise it as a barrier. For the greatest effectiveness, the markings should cover the entire window, with gaps no larger than 5 centimetres. While they cover a large area, these covers are unobtrusive and don't block the view from a window.

Reducing unnecessary outdoor lighting at night can also help migrating birds. Many songbirds migrate after dark and use the moon and stars for navigation. Bright artificial lighting can disorient them, drawing



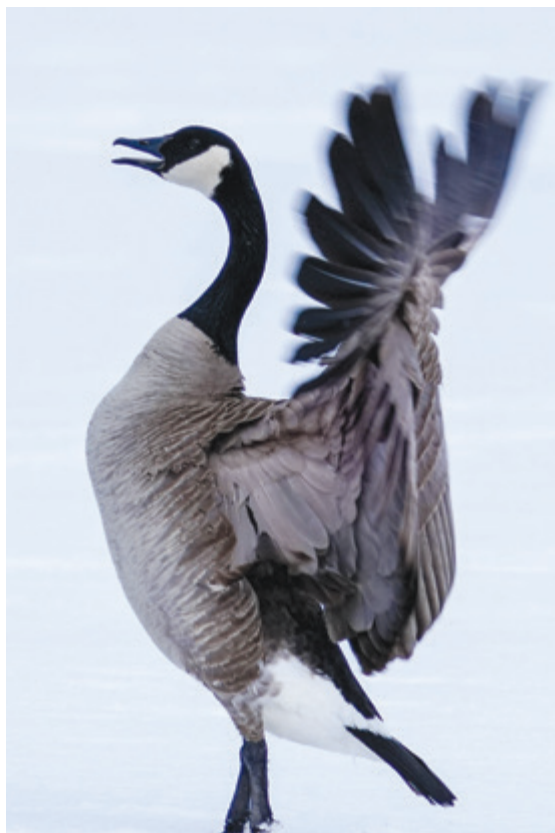
birds into urban areas where the risk of collisions with buildings and windows increases. Turning off unnecessary exterior lights or closing blinds after dark during migration season can help reduce this risk.

Although food is important during migration, Calgary Wildlife does not recommend putting out bird feeders. Feeders bring many birds together around shared food and surfaces, where contaminated seed, water, saliva, and droppings can increase the spread of disease. This is especially concerning during migration, when local birds mix with visitors travelling long distances, and infections may be carried between populations.

A bird bath can provide water without concentrating birds around a food source, but it still requires careful maintenance. Replace the water daily or every other day, scrub the basin regularly and place it away from untreated reflective windows. Planting native flowers, shrubs, and trees is an even better way to support migrating birds by providing natural food, shelter, and resting places without drawing large numbers of birds to a single feeder.

Position any bird baths either within one metre of windows or away to help reduce the likelihood of high-speed collisions. Research has also shown that landscaping and vegetation placed directly in front of reflective windows can unintentionally increase the risk of collisions. Rather than removing valuable habitat, take special care of nearby glass and try to make the glass visible to birds using effective collision-prevention treatment.

Fall migration offers a chance to witness an extraordinary natural event happening right above our communities. Whether you notice flocks of geese overhead, hear the calls of migrating songbirds, or spot unfamiliar visitors in your neighbourhood, these travellers are making an incredible journey that depends on safe places to rest along the way. Small choices at home can make a meaningful difference for birds travelling hundreds or even thousands of kilometres.





Councillor, Ward 4
D.J. Kelly
✉ ward4@djkelly.ca
📷 @djkelly.ca
📺 @djkelly

Hey, neighbour!

While this September promises a few more great weeks of weather, it also means kids going back to school. Over the summer my office has heard from many parents who are concerned about the safety of their children. They want safe routes to school, with more crosswalks and safe ways to cross roads along those routes.

This September I plan on bringing forward a notice of motion before council to introduce safer timing for pedestrian cross lights at intersections. This motion, if passed, will improve safety for pedestrians and provide more certainty for drivers by ensuring that there is less conflict for people crossing roads and turning through intersections. We know that distraction is frequently the cause for traffic collisions, and this motion will reduce conflict between pedestrians and vehicles using the same part of the road at the same time.

This is one way that I am working towards addressing the pedestrian danger crisis in our city, but it isn't the only way. I have been working with the City of Calgary's mobility department to improve safety on some of the most dangerous roads in Ward 4. I also co-sponsored a motion that would allow additional locations for rapid flashing beacons each year.

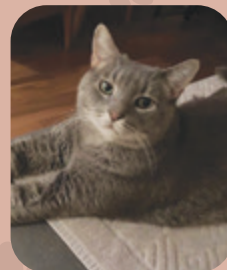
Though, we can do more, and I want your feedback on what my office can do to even further improve traffic safety. From new turning lights, pedestrian rapid flashing beacons, speed signs, speed bumps, or more, I want to hear from you about what makes sense to make your street safer. You can email me at any time at ward4@calgary.ca.

In the meantime, please slow down and watch for cars and pedestrians, and let's make this the safest back to school September ever for Ward 4.

Cats, Canines, & Critters of Calgary



Chet, Auburn Bay



Chet, Ertlton



Georgia Bell, Auburn Bay



Jack, Dalhousie



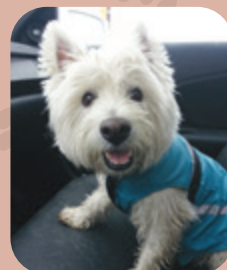
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Rear Admiral Zao,
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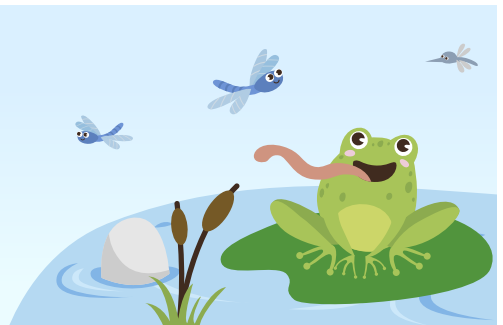
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A Word with Two Worlds

The word amphibious comes from the Greek words amphi (“both”) and bios (“life”). Together, they mean “double life”—a fitting name for animals like frogs and salamanders that spend part of their lives in the water and part on land.



Medicine Place

GRAND OPENING

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