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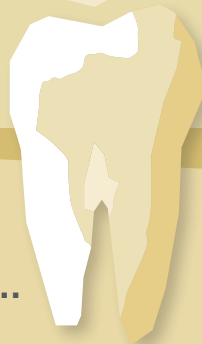


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Calgary's Outdoor Promenades

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

In January, we surveyed Calgary's first shopping mall. In summertime, let's consider its outdoor promenades.

Stephen Avenue comes to mind. It's a National Historic Site and served as Calgary's main commercial street from 1880 until the 1930s. Its centrality is marked by beautiful examples of Victorian, Art Deco, and Beaux-Arts architecture. I have fond childhood memories of visiting Stephen Ave to see Aunt Barb, who worked in the 1932 Bank of Montreal building, or to take luncheon with Aunt Maria at the 1913 Hudson's Bay Department Store (the fries and gravy were a must!)

Stephen Ave's grandeur contrasts with the workhorse nature of Bridgeland-Riverside's two main streets, 1 Ave NE and 4 Street. Bridgeland dates back to the 1880s, when Russian-German immigrants, then Ukrainians and Italians, took up residence. Over the decades, it's been a first stop for many newcomers to our bustling prairie city. Its main streets contain fine examples of Edwardian commercial buildings, including the 1911 Morasch Block and 1909 Reliance (Armour) Block. Today, many eclectic shops, eateries, and services await you.

A modern promenade is Britannia Plaza (Elbow Drive and 49 Ave SW). Britannia was Calgary's first comprehensively planned community designed by the City's Planning Department. It's a complete neighbourhood, with a park, public building (today's B'nai Tikvah Temple), mixture of dwellings, and a shopping plaza, completed in 1955.

The Plaza joined the area's other destinations, the Calgary Golf and Country Club (Alberta's oldest private golf club, est. 1909) and the Windsor Park Riding Stables and Racetrack. It fit in nicely with the existing stores, McDermid Greig Drugs and the no.7 branch of Jenkins Groceteria. Henry Jenkins brought the first self-serve grocery store to Canada in 1918. Behind Jenkins was the end of the trolley line. The building burnt down in 1978 and was rebuilt, today housing Sunterra Market.

The Plaza was a model for other promenades, including Cambrian Heights, Haysboro, Mayland Heights, and the now-demolished Stadium Shopping Centre. With its

suburban London feel and old-world name, Britannia Plaza retains a unique charm and ambiance.

Take a stroll before the season changes and enjoy Calgary's outdoor promenades.

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Hudson's Bay Company building, corner of 1 St SW and 8 Ave, 2019. Photo courtesy of Olivia Breytenbach, Calgary Heritage Initiative.



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The Reliance (Armour) Block, an Edwardian commercial-style building constructed in 1909-1912, former site of Wiggins Hall, June 2024. Photo courtesy of Anthony Imbrogno.



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Britannia Plaza, Elbow Drive and 49 Avenue SW, June 2024. Photo courtesy Anthony Imbrogno.



Prairie Winds 4-H Club August Update

by Prairie Winds 4-H Club Reporter, Abigail Dowler

Another busy and fun month of 4-H has gone by! The month started off with our final 4-H general meeting. Even though our general meetings are done, some of the club projects will continue through the next three months as our current 4-H year is officially done by the end of September. During the general meeting we did our Club Photos, which will be used in our record books and in the Club Historian Book. The canine members had an opportunity to show off what they did during the year with their dog. We started outside as two of the members were able to bring their dogs and demonstrate some commands, tricks, and one even used a mini agility course. The other two canine members pre-recorded a video to demonstrate some of their canine work. The canine members are one of the projects that will be continuing over the summer and members will be handing in their record books in September to their leader.



We did one Explore 4-H project during June, puppy yoga. During this unique project, members were taught yoga while puppies wandered around them. I am not sure how they were even able to concentrate with all that cuteness. As the end of the year crept up, we did an achievement day for all projects to show off what they did in the year. This day

included trifolds and table displays, awards including medals for diary points and club participation, a taco bar lunch, and then bowling as a social. Bowling was lots of fun, especially with friends.

More to come next month, as we will be doing other club activities this summer.

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Back in 2012 at the London Olympics, Usain Bolt made history by becoming the first athlete ever to win both the 100 metre and 200 metre races in consecutive Olympics. Talk about lightning speed! Bolt still holds the record for the fastest 100 meters at 9.58 seconds and the fastest 200 meters at 19.19 seconds.

Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child.
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.



- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested.

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

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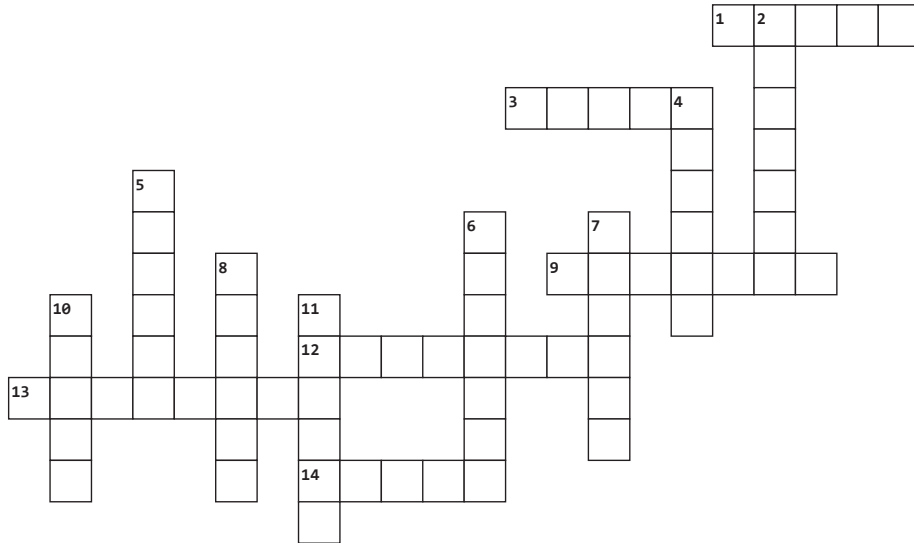
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August Crossword



Across

1. One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
3. On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _____" speech.
9. This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
12. On the first Monday in August, Albertans celebrate _____ Day, which recognizes the multicultural landscape of the province.
13. In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the _____ Gold Rush.
14. The Summer Olympics takes place in which French city from July 26 to August 11 this year?

Down

2. Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
4. The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
5. August is a popular name for boys in this Scandinavian country.
6. On August 8, 1969, The _____, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
7. The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
8. The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
10. Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
11. Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



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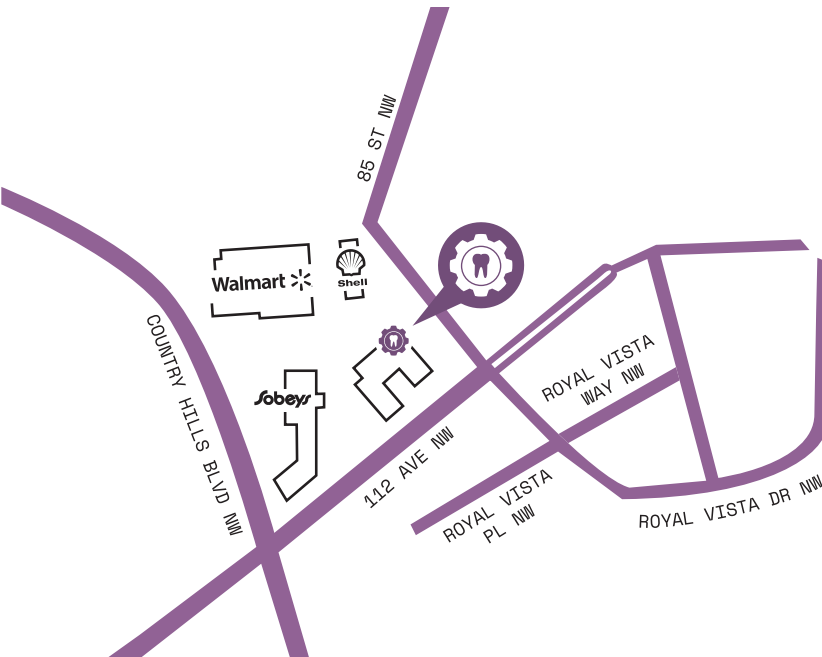


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How to 'Hold Space' for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

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Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

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Tuscany Real Estate Update

Last 12 Months Tuscany

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2024	\$668,900	\$675,000
May 2024	\$749,900	\$732,500
April 2024	\$699,900	\$709,230
March 2024	\$659,900	\$684,000
February 2024	\$589,000	\$621,000
January 2024	\$617,500	\$640,000
December 2023	\$609,700	\$614,579
November 2023	\$650,000	\$649,788
October 2023	\$675,000	\$687,350
September 2023	\$649,900	\$648,000
August 2023	\$675,000	\$680,000
July 2023	\$629,900	\$642,893

Last 12 Months Tuscany

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2024	30	29
May 2024	36	29
April 2024	35	39
March 2024	32	27
February 2024	25	21
January 2024	16	14
December 2023	8	10
November 2023	14	19
October 2023	22	22
September 2023	20	17
August 2023	26	33
July 2023	28	26

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Saving Grandma's Garden

Article and Photos by Monika Smith

As my mom descended into dementia last year and could no longer live in her home, I had to sell her property. As with so many older residential properties on the market, many of my mom's and baby boomer generation had gorgeous gardens.

I needed to save a few token plants that she had tended over the years. They had brought her joy and a funny and often acrimonious relationship with Joe. Joe was born into a farming family, and although he became citified, he was a proud vegetable grower. But flowers? Heck no. He'd occasionally get into a mood and just rip out my mom's hard work, because they were not food.

Just before the new owner took over, I had a moment of, "I have to bring some of mom's plants to my place!" She had been growing them for decades. I broke a number one rule: if you get a plant, there's a hole in the ground ready for it! I basically dug out a big bunch of plant shoots and roots and dumped them into a bucket of soil.

What did I take home, dig in, and promptly forgot about? Primroses (*Primula auricula*), bergenia (*Bergenia crassifolia*), and leopard's bane (*Arnica montana*).

There's another very good rule about plants, 'right plant in the right space'. However, plants want to survive and will make an effort. Just don't expect anything lush or healthy looking.

I was surprised in late May by a few leaves emerging in strange places, like near my Colorado spruce. What is that? Primroses! Ok, so that's where I put them. They were shorter than normal and looking a bit stunned. That's what a spruce tree and lean soil will do. We did have a wet-ish May that helped, and June has coaxed more plant out of the ground.

Mom had a big row of bergenia that I chopped apart and shovelled into a bucket. A gorgeous umbel of pink flowers emerged in the spring where I didn't remember putting them. Those famous big leaves were small! Another super hardy and evergreen perennial, if conditions are right.

Last but not least is leopard's bane. Such a cheerful yellow and the earliest blooming daisy. None of these

plants are 'native', but that got me to thinking of maybe leaving those plants in a 'cultivated' zone? Not large — as I prefer native plants — but these are from my mom's garden, and I needed something that is more than a piece of jewelry, art, or her favourite baking pan.

My message is simple. Save those old garden plants! If they are your grandmother's, aunt's, family members', or an aging friend's that has to move, ask if you can dig up a few favourites. Or chat with the developer if the house is sold. They don't care as long as you are not in the way or trespassing.

If you're new to gardening, these old plants are time tested to grow well. Find out how to remove a batch from a knowledgeable friend, or contact Calgary Horticulture, or even myself.

Keeping these hardy and old-fashioned plants lovingly tended to by my mom is a special legacy which I honour.

Thanks mom, your plants will remind me of you and wonderful memories of gardening and growing up.



This lovely pink umbel is one of the early flowering bergenia. An old fashioned, but lovely addition to any yard.

The yellow leopard's bane daisy is such a cheerful addition in a garden.



You've all seen this kind of primula. It's super hardy and will brighten a spring day.



Are You Prepared?

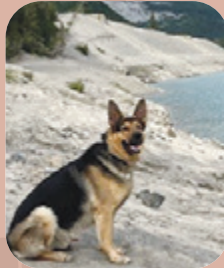
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Dude, Evanston



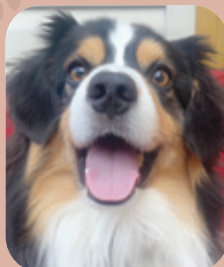
Harry, Bridgeland



Pikko, Hillhurst Sunnyside



Riley, Kensington



Sawyer, Beddington



Snowbelle,
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The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)

Declutter and Discover! Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

by The City of Calgary, Waste and Recycling Services

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on September 7 and 8. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

Event Details:

- Dates: September 7 and 8
- Look through your home and gather any reusable items that you no longer need.
- Mark them with a "Free" label and place them at the curb on the designated event days.
- Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it's like a free garage sale right at your doorstep!
- If it's still on the curb, let's keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighbourhoods, find unique items, and meet new people. It's a wonderful opportunity to strengthen our community ties and supports our goal of reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.

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Hello, Ward 1! As we transition from July to August, we wanted to remind you of some community updates and initiatives in Ward 1 and around the city to keep you in the know!

Water Safety

As summer winds down, it's important to prioritize safety when enjoying Calgary's waterways. Plan your day on the water by checking river conditions, weather forecasts, safety advisories, river access points, and health advisories to ensure a safe and enjoyable experience for your family and friends.

School Zones

As the new school year approaches, the Ward 1 office would like to stress the importance of driving cautiously near schools and residential areas. Please note that playground zones are active around schools every day from 7:30 am to 9:00 pm throughout the year. It is very important to adhere to the regulations, and passing another vehicle within a playground zone is strictly prohibited. If you have any traffic safety concerns in your local area, you can submit a Traffic Service Request at calgarypolice.ca. A member of the Calgary Police Service's Traffic Section will then contact you to discuss the matter further.

Bus Route Changes

In September, Calgary Transit will be implementing changes to several bus routes in Ward 1 as part of the 2024 Transit Service Review program. These changes will include the introduction of the new Route 26 Tuscany/Westbrook and an extension of Route 134 to Rockland Park.

Additionally, there will be minor adjustments to Route 108 and Route 120. The Ward 1 office is excited about the new route to Rockland and would like to thank the Rockland residents for their advocacy for the new bus route. You can visit calgarytransit.com for more detailed information about these upcoming changes to transit services in our community.



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