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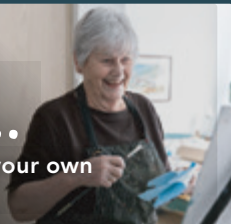
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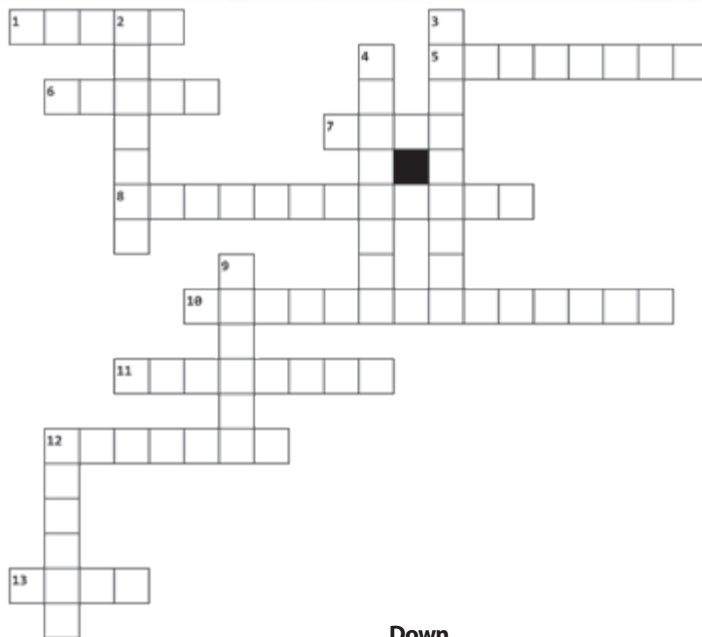


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# August Crossword



## Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris \_\_\_\_\_, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank \_\_\_\_\_.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, \_\_\_\_\_.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and \_\_\_\_\_.
12. The \_\_\_\_\_ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International \_\_\_\_\_ Handers Day is observed annually on August 13.

## Down

2. In August 2008, the \_\_\_\_\_ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the \_\_\_\_\_ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac \_\_\_\_\_ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.



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## WORD OF THE MONTH

**Galumph: Verb**  
(guh-LUMF)

To move in a noisy or  
awkward style.



*They galumphed around the living room looking  
for Sara's phone.*

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## Lake Windermere

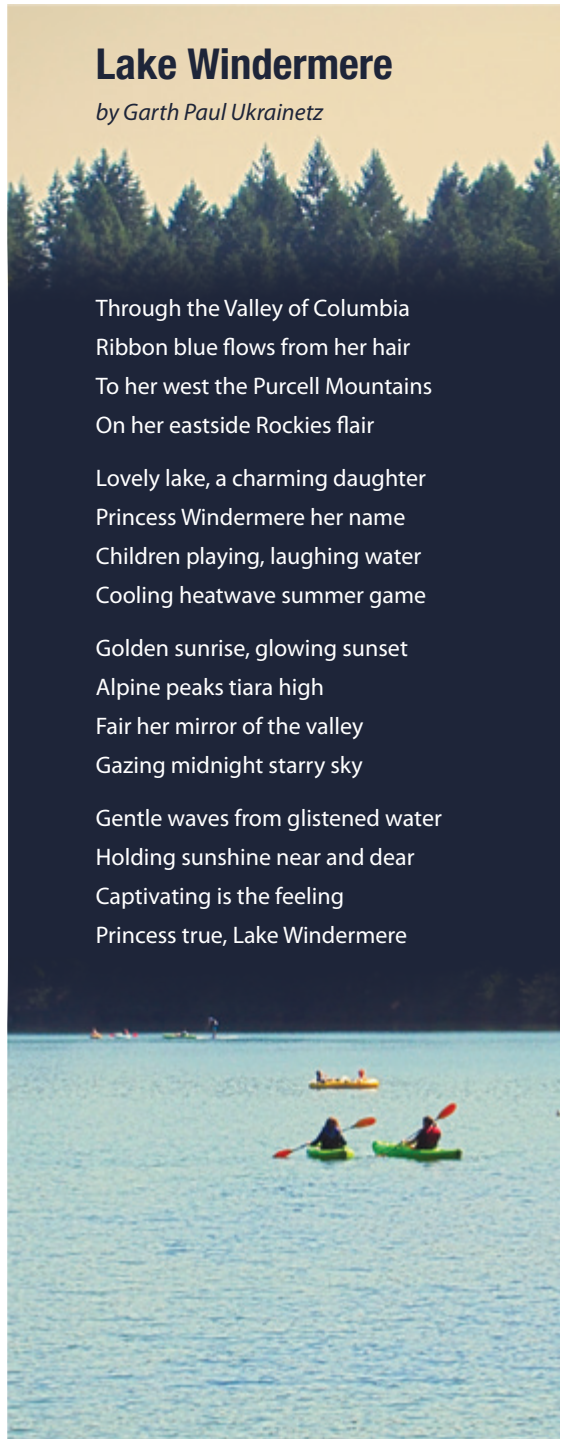
*by Garth Paul Ukrainetz*

Through the Valley of Columbia  
Ribbon blue flows from her hair  
To her west the Purcell Mountains  
On her eastside Rockies flair

Lovely lake, a charming daughter  
Princess Windermere her name  
Children playing, laughing water  
Cooling heatwave summer game

Golden sunrise, glowing sunset  
Alpine peaks tiara high  
Fair her mirror of the valley  
Gazing midnight starry sky

Gentle waves from glistened water  
Holding sunshine near and dear  
Captivating is the feeling  
Princess true, Lake Windermere



# The Art of Finding Work: Rare is the Jobseeker Who Does Their Homework

by Nick Kossovan

In the late '90s, I was interviewing for a call centre management position with a well-known insurance company. Karl, my interviewer, and I clicked. Small talk revealed we shared a love of golf and agreed that Rhum Corner makes the best mojitos in Toronto. Karl seemed impressed by my STAR stories and experience creating incentive programs that drove sales. Forty minutes into the interview, Karl asked, "Knowing you'd be interviewing here, did you call the call centre?"

I hadn't.

I didn't get the job.

Hard lesson learned.

Since my interview with Karl, I have always made it a point to contact the company's call centre, use their products if I'm not a current user, speak to previous employees, and review recent media coverage. My goal is to gather as much information as possible, which I can leverage in my interview. If it's a job I'm eager to land, I'll gather information to mention in my cover letter.

"Last night, I called your call centre and waited more than three minutes before speaking with Stacy, who was pleasant. What's the average wait time for customers calling the Bank of Galicia call centre? While managing NOLA Bank's 60-seat call centre, I reduced the average wait time from 2:45 minutes to less than 42 seconds by..."

Candidates who've done their homework are few and far between, and those who have always stood out in my mind.

When I say "homework," I'm not talking about visiting the company's website and simply reviewing the rudimentary aspects of the business, such as what they do, annual revenue, the name of the CEO, and such. I'm talking about doing a deep dive—thinking like a private investigator—looking to uncover possible pain points (read: challenges) the employer is experiencing, such as my above example regarding average wait time and explaining how you'd resolve it.



**In preparation for an interview, start by visiting the company's website; then go the extra mile. Here are some examples:**

**Call the employer's call centre (or visit their stores, branches, dealerships, etc.)**

Since I'm in the call centre management space, my interviews have been for call centre management positions. Karl's question made me realize that calling the employer's call centre to gauge its performance is worthwhile, even if only to understand what I'm getting into and what challenges I'll encounter. Whether you're applying for a call centre management position or not, calling the company's call centre will give you an insight into the company's culture and how important customer service is to the employer,

In my case, I'll call the employer's call centre several times and assess how easy it is to navigate their IVR (Interactive Voice Response), how long it takes for an agent to answer my call, how their agents introduce themselves, etc. During the interview, I'll discuss my experiences with the call centre and how I would resolve any issues.



### Experience the employer's product

While overseeing Crocs' customer service department, I had to hire several agents. Although all the candidates I interviewed knew what Crocs did, few wore them. Several candidates even admitted they weren't "a fan of" Crocs. Crocs have been a part of my life for a few years, so when I interviewed with Crocs, I wore a pair of my Crocs, which my interviewer and to-be boss noticed. During the interview, I shared the good and bad aspects of wearing Crocs, how I felt Crocs compared to Birkenstock, Skechers, Teva, and Vans, and how I see Crocs positioned in the footwear market.

Demonstrating that you use the employer's products and why you choose them over their competitors will give you an edge over other candidates. What employer wouldn't want to hire one of their fans, someone enthusiastic about their brand? If you have never experienced the employer's product(s), you should do so and let your interviewer know what you think.

Imagine you're interviewing for a social media manager position at a Mexican restaurant chain called Taco Loco. You've never eaten at a Taco Loco before, so you go to Taco Loco for lunch two days before your interview.

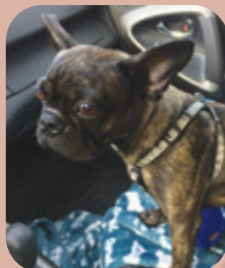
"The other day, I had lunch at your Dundas Square location. I had the Tres Quesabirria Tacos. Both the food and the atmosphere were on point. Something you should consider is offering keto-friendly and gluten-free options since these diets have become mainstream. As Taco Loco's social media manager, I'd lean more towards creating behind-the-scenes content, such as videos of meal preparations and customer testimonials, instead of simply posting pictures of dishes. Furthermore, I would increase followers and engagement by offering a 25% off coupon to anyone who follows Taco Loco's Instagram account or by hosting a contest where you can win a \$200 Taco Loco gift card by posting a selfie of yourself eating at Taco Loco and tagging Taco Loco."

### Other ways to do in-depth homework:

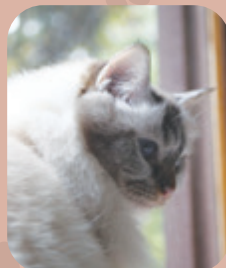
- Read the company's annual report.
- Read reviews and look for common complaints.
- Google [company name] under 'News.'
- Speak to current and former employees.

Doing more homework than most job seekers shows that you're committed to contributing to the company's success, making it harder not to hire you.

## Cats, Canines, & Critters of Calgary



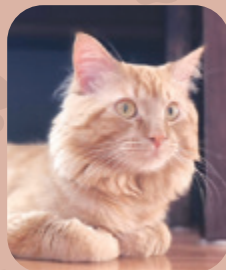
Bugsy, Dalhousie



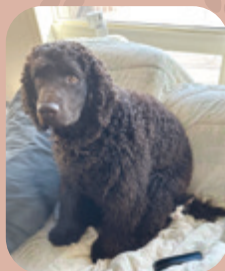
Ella, Mount Royal



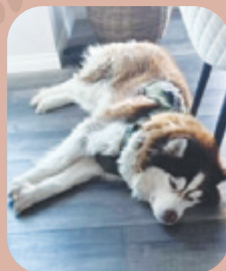
Mac, Evanston



Mango, Evanston



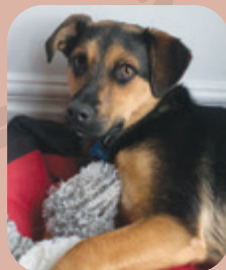
Mick and Turd,  
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

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### 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.

### Calgary Hail

by Garth Paul Ukrainetz

They say it starts from tips of mountains  
Ice and snow on summits high  
Taken by the gales of summer  
Blown towards the prairie sky

Across the foothills with a vengeance  
Hard blizzard grows within the cloud  
Alberta you must run for cover  
Distant rumbling growing loud

Big city, heed the alpine warning  
Keep rivers clean and clear within  
The Rockies send a stark reminder  
From glaciers pure it all begins

Thru flashing lightning, thunder shaking  
High avalanche comes crashing down  
They say it starts from tips of mountains  
And ends in Calgary on the ground

### Sturgeon Moon



The gorgeous full moon that occurs in August is called the Sturgeon Moon. If you didn't already know, a sturgeon is a prehistoric-looking fish that has been traced back to around 136 million years ago! The name of this full moon comes from these fish that used to be abundant in the Great Lakes.

# Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

### Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

### We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

### We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



### What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

### Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.







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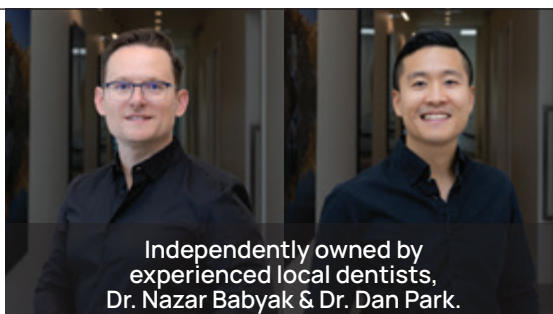
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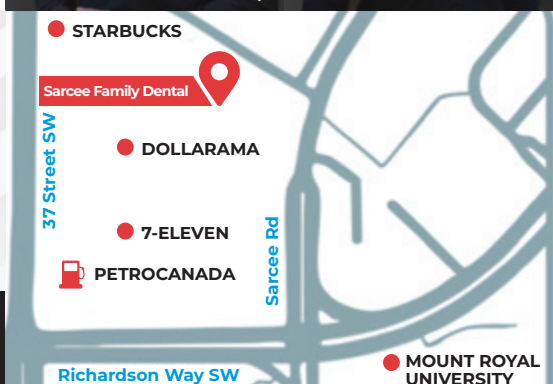
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**3207 Alfege Street SW**  
**Upper Mt. Royal / \$3,199,900**  
2,971 SQ.FT | 4 BEDROOMS | 5 BATHS

### SOLD



**6428 Law Drive SW / Lakeview / \$2,725,000**

### SOLD



**1020 Premier Way SW**  
**Upper Mt. Royal**  
**\$2,300,000**

### SOLD



**6972 Leaside Drive SW**  
**Lakeview**  
**\$1,900,000**

#### LAKEVIEW JUNE 2025 STATISTICS



#### NORTH GLENMORE PARK JUNE 2025 STATISTICS



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