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The Thrive Five

by Alberta Health Services



Everybody has mental health; and the way we support it will look different for everyone. For example: engaging in culture, being in nature, and spiritual and gratitude practices. The most important thing is you find something you value.

Thrive Five are factors that are evidence-based that can help foster and maintain a healthy mind. These include exercise, sleep, healthy nutrition, supportive relationships, and helping others.

Here are the Thrive Five and tips to embrace these factors:

Sleep Soundly

We need between seven to nine hours of “restful” sleep a day. To help reach this amount, turn off screens before bed, wake up and go to bed at the same time, and consider taking a short nap as needed as long as it does not interfere with your nightly ZZZs. Establish a routine that works for you!

Eat Well

You must nourish to flourish! Fuel your body in a balanced way that feels right. A balanced diet can fuel your body and reduce symptoms associated with poor

mental health. Have a plan to incorporate nutritious, wholesome foods alongside those you genuinely enjoy. It is all about balance!

Move More

Adding movement of at least 30 minutes a day can help manage stress and boost mood. Take a walk around your neighbourhood, join a community exercise class, or explore with a hike. Remember, the movement you seek should not be something you force, but something you enjoy!

Give Back

People who are kind, generous, and compassionate see clear benefits to their well-being and happiness. Lend a helping hand by running errands or shoveling the driveway of a neighbour, or volunteering with a local organization. Give back in a meaningful way that resonates with you.

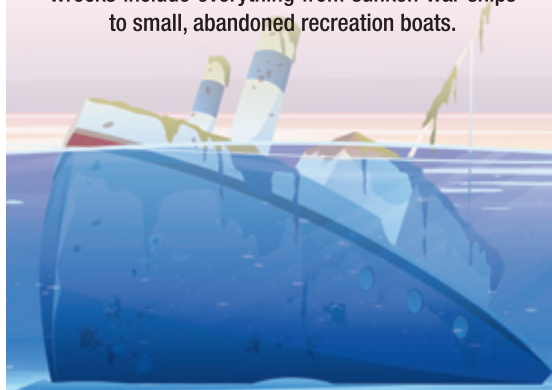
Say Hi

Say hi, smile, and connect with others to foster your social relationships. Spending time with those in your community can provide a sense of belonging and natural support. Connect with those that lift you up and bring positive energy to your day!



SHIPWRECKED

Of course, it is nearly impossible to know the exact number of shipwrecks on the ocean floor. However, the current estimate is that there are about three million shipwrecks scattered down there. These wrecks include everything from sunken war ships to small, abandoned recreation boats.



Richmond-Knob Hill Real Estate Update

Last 12 Months Richmond-Knob Hill
MLS Real Estate Sale Price Update

	Median Asking Price	Median Sold Price
August 2024	\$ 429,900	\$ 457,600
July 2024	\$ 879,450	\$ 872,000
June 2024	\$ 859,950	\$ 884,675
May 2024	\$ 995,000	\$ 990,000
April 2024	\$ 875,000	\$ 900,000
March 2024	\$ 874,900	\$ 845,000
February 2024	\$ 849,900	\$ 887,500
January 2024	\$ 833,500	\$ 859,250
December 2023	\$ 849,900	\$ 840,000
November 2023	\$ 899,000	\$ 850,000
October 2023	\$ 893,950	\$ 890,000
September 2023	\$ 879,000	\$ 885,000

Last 12 Months Richmond-Knob Hill
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2024	18	7
July 2024	18	4
June 2024	15	16
May 2024	23	17
April 2024	18	23
March 2024	21	17
February 2024	12	19
January 2024	20	12
December 2023	5	11
November 2023	11	9
October 2023	15	16
September 2023	23	21

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

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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Striving for a Successful School Year? Try Making Nice with Conflict

by K.L. Campbell, M.Ed., Retired CBE Principal, Community Mediation Society of Calgary, Roster Member (CMSC)



This week, students across Canada return to school as the familiar rhythms and routines of school land with a bang into family life. Despite the upbeat and wholesome cultural branding associated with this season; sharp pencils, new clothes, and bold resolutions, ambivalence lurks.

For many, woven into the general sense of optimism, dwells a host of uncomfortable worries that can scrub the joy out of this fresh start. For students, parents, and educators, a return to the schoolhouse is a return to expectation. For in this place where humans gather, so too does conflict. Aye, there's the rub. Objectively, conflict is part of the package, and so we are well-advised to reflect on this aspect of our nature from outside the ring in preparation for the conflict scenarios that surely await us all. If the adage, to know better is to do better, is true, September is as good a time as any to renew and review the toolbox for navigating the inevitable conflicts associated with school life. The big dream is that we learn to interact with conflict scenarios in a way that is productive, respectful, and dignified. Consider the

following ideas to support your family to understand how engaging in conflict can bring progress.

Start With Yourself

"You better get yourself together, darling, and join the human race." - John Lennon.

I get it. They're mad, he is hurt, and she is overwhelmed. As the saying goes, you've got one nerve left and someone is standing on it. Truly, the first thing one needs to manage in a conflict is oneself. What are your family's go-to routines to support overall well-being? Can you commit to strategies for self care that help you to think and act clearly? What are your priorities and how do you recognize triggers?

A person who is hydrated, rested, clear thinking, and ready to listen and speak on a matter of concern is an excellent way to advocate for change as well as to gain perspective on a matter. Engaging with others in a respectful manner is sure to increase good will and enhance credibility.

Your Personal Stake

"Be Curious, Not Judgmental." - Walt Whitman.

There is no shortage of concerns to fan the flames of conflict and division in a school community. When wrestling with situations that seem unjust, try to step back and take stock.

- Reflect on the information and the individuals involved.
- Take a moment to consider possible alternative explanations for the situation.
- Resist the urge to be influenced by special interests and compelling personal circumstances without doing some of your own research.
- Endeavor to remain grounded and clear about your interests.

Now, in 25 words or less describe the issue and why it matters. This will help to frame the scenario from your perspective. This is not to be confused with prescribing a specific outcome, rather it is a clear statement of interest to lay the foundation for a conversation.

Make an Action Plan

"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." - Viktor E. Frankl.

Decide specifically what you need to inquire about and/or communicate. Reach out to whomever is needed to initiate communication. This can be an email, a phone call, a knock at the door, or a brief conversation at the curb to request an open conversation to share your concerns and ask for consideration.

Speak. Listen. Reflect. Adjust. (Repeat as needed.)

Give Yourself (and Others) Grace

"You cannot shake hands with a clenched fist." - Indira Gandhi

For many, normalizing problematic behaviour is a barrier to engaging neighbours, colleagues, and friends in a potential conflict conversation. The Thursday carpool is late, every time. A colleague regularly overshares and compromises the productivity of a meeting. The teacher doesn't reply to an email and the issue continues to percolate. A volunteer cancels three out of four times. Assumptions prevail and ill will begins to inform perspective.

By not addressing these chronic concerns directly, good people are denied the opportunity to do better or to account for the circumstances that caused these issues. Instead, what's more likely is low grade frustration and an erosion of respect that can insert itself in an unkind and hurtful way. Consequently, sarcasm, avoidance, personality attacks, and hard feelings begin to erode a culture of possibility.

Be Proactive

"A mind is like a parachute; it only works when it's open."
- Frank Zappa

Are you on/in a new team, newly formed school council, new carpool, new neighbourhood? Consider engaging others in a conversation to establish what you can expect of each other. Call it whatever you like: ground rules, a team charter, a game plan, a success strategy; and keep it basic. Introducing this concept and eliciting a few key requirements sets the tone for productive collaboration and for addressing emergent issues down the road.

This type of exercise lays the foundation for success and good will both within the home and in the community. Moreover, it establishes a framework that opens the lines of communication to tweak a plan, switch days, firm up start and end times, all while acknowledging that there will be exceptional circumstances that require flexibility.

Surviving the Collision with Reality

"When patterns are broken, new worlds emerge." - Tuli Kupferberg

As you hone your capacity for engaging in a conflict scenario, expect your rehearsed approach to run amok in real time. This is when your dedication to improving understanding through dialogue will emerge as a voice of reason. We remember that conflict scenarios hold significance for all stakeholders and the path to resolution necessarily requires the discipline to remember that you do not have all the information, nor do you share the experiences of the conflict partner.

Ultimately, a well-intentioned effort to resolve a conflict may not yield the ideal outcome. However, practicing the elements of dialogue through proactive strategies, emotional regulation, clear thinking, active listening, curiosity, and respect will almost certainly enhance and improve the home, community, and school partnership.

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With Thanksgiving right around the corner, I put some thought into what I'm thankful for in 2024.

I'm thankful for this year's bountiful harvest brought in by Alberta's farmers. It was looking bleak at the beginning of the season as a multi-year drought persisted. But rain did eventually fall, giving farmers some much-needed relief. Support our food producers and buy local when you can!

I'm thankful for the first responders for putting their lives on the line every day, especially those who have spent a long season fighting wildfires across Alberta. It's a taxing and dangerous job that asks so much of workers and their families. Thank you for your service and sacrifice.

I'm thankful for healthcare workers who put up with a lot of grief and uncertainty that started with the pandemic and seems to have only worsened since. I'm thankful for their persistence in providing world-class care despite the challenges.

I'm thankful for teachers! As parents, we trust that each day we send our kids off to school, they will learn all that they need to be successful, secure, and happy in the classroom and beyond. This is no easy feat! We've started a fun tradition of visiting the 30 schools in Calgary-Currie with a little treat to welcome the staff back. It is certainly well-earned.

Thank you to the businesses that dot the riding, thank you for your wares, your service, and your delicious food. It's no secret that supporting small and local businesses is a favourite pastime of mine. You are the key to a resilient economy and workforce.

Lastly, I'm thankful for the honour of being your elected representative. I'm proud to be entrusted with your stories, your challenges, and your successes, and I'll continue to serve each and every resident of Calgary-Currie with integrity, honesty, and an open-mind.

Happy Thanksgiving! I hope you are able to spend time with your family on this holiday, and that you have significant memories to be thankful for from the past year.

I'm thankful for the responses I've received from so many of you about the work I continue to push in Parliament. This past summer, I wrote about the effects that the changes to Canada's Competition Act – embedded in the omnibus Bill C-59 Fall Economic Statement – would have on anyone doing business in Canada, particularly those that are aiming for better environmental outcomes. As I explained, the Bill will erode freedom of speech (if allowed by Canada's Courts), lessen competition, weaponize our Competition Tribunal, and cast a chill on business investment in this country. As if we haven't seen enough of a flight of capital pursuing opportunities outside of Canada.

The bigger issue for Canadians is the role of 'omnibus' bills in eliminating what many of us view as democratic process in the construction of Canada's underlying legal statutes. These bills package too many legislative changes into one process, thereby denying parliamentarians the ability to properly debate the substance of the changes in the bill. Even the committee process – where these amendments are usually examined in detail – is short-circuited with time allocation mechanisms. We end up with legislation where Parliament passes a series of legislative changes where the 'intent' is not even discussed. Thus, any future Court ruling on the matter is denied that perspective, which is usually sought.

Many participants responded to my request to submit opinions to the Commissioner, which could be done until September 27. I believe the changes need significant input and parliamentary revisions in order to meet the desired objectives.



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GAMES & PUZZLES

Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.

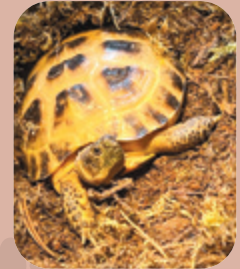


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West Elbow Communities Local Area Planning

Your input today will help shape how your community evolves over the next 30 years.

We want to hear from you

We are continuing to work together to refine the West Elbow Communities Local Area Plan and encourage you to participate in this important phase of engagement.

Phase 3: REFINE of the West Elbow Communities Local Area Planning project is taking place September 17 to October 15. In this phase, we are looking to further discuss and refine how redevelopment and revitalization could happen in the West Elbow Communities of Altadore, Bankview, Cliff Bungalow, Elbow Park, Erlton, Garrison Woods, Lower Mount Royal, Mission, North Glenmore Park (north of Glenmore Trail SW), Richmond (east of Crowchild Trail SW), Rideau Park, Roxboro, Scarboro (east of Crowchild Trail SW), South Calgary, Sunalta, and Upper Mount Royal.

Provide your input on topics including:

- Draft local area plan maps. These maps are not finalized. Your input is needed to help inform what types of development could potentially fit best where if proposed in the future.
- Community improvement ideas. Your input is needed to determine what community improvements and investments are needed — such as upgrades to mobility connections or enhancements to local parks.

**Share your thoughts
from September 17
to October 15**

Online

Join online at calgary.ca/WestElbowPlan.

Engagement Booklet

Through an engagement booklet (delivered to homes and businesses starting September 17).

Each engagement booklet includes a feedback form that can be mailed in with pre-paid postage.

You can also pick a booklet up at an Engagement Station (see location map online).

In-person

Join a virtual or in-person engagement session – check out the schedule at calgary.ca/WestElbowPlan.

Learn more at
[calgary.ca/
WestElbowPlan](http://calgary.ca/WestElbowPlan)

