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How a Girl Guide Unit Works, Generally Speaking

by Karla W.

I wanted to write an article in my own words about how a Girl Guide unit works – a little birdie told me it might interest some of you who have never been in a unit or haven't been in Girl Guides for some time.



To register youth in a unit, there needs to be a unit open. In order to have a unit open:

- There always needs to be at least two female supervisors. One could be a Girl Guide leader, and one could be a (PRC-cleared) parent volunteer.
- Even though Girl Guides of Canada used to have a basic minimum number of youth members in a unit, a unit can vary from two youth members (e.g. the older units like Rangers) to over 30. Most units tend to have between ten and 20 members.
- There are “branches”. Sparks: ages 5 to 6 years, Embers: ages 7 to 8 years, Guides: ages 9 to 12 years, Pathfinders: ages 13 to 15 years, and Rangers: ages 16 to 18 years.
- Planning meetings – even at the youngest age level, units aim to make the program girl-driven. Whether it be through dot-mocracy, or brainstorming their favourite activities for example, leaders try really hard to plan activities that the girls want to try doing.
- The program is also based on badges. There are a total of 32 badges that can be earned, but it is harder (i.e. takes more time and effort) for say a Ranger to earn a badge, versus a little Spark.

The Girl Guide program has morphed over the years, but generally speaking, Girl Guides aim to make their members confident young people who contribute meaningfully to their community and have fun doing it. This can be through volunteering in the community with service projects, gaining outdoor skills while camping, or learning new non-traditional skills like fixing cars or building structures.

If you would like more information about Girl Guides, please email any-calgarypr@girlguides.ca.

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Richmond-Knob Hill Real Estate Update

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

	Median Asking Price	Median Sold Price
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
August 2023	\$686,950	\$699,250

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

	No. New Properties	No. Properties Sold
July 2024	18	4
June 2024	19	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
August 2023	22	18

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



Smile More: Simple Habits for More Happiness

by Calgary and area Primary Care Networks

If you are looking for ways to boost your happiness, there's reason to smile. Research shows simple habits can help you improve your mental and physical health, energy levels, and even reduce pain.

Daily Mindfulness

Being mindful involves focusing your thoughts on the present moment. Taking a few short breaks each day to practice mindfulness can lower stress and make you feel happier.

"Mindfulness can be as simple as going for a walk. Try to breathe slowly and pay attention to your five senses – for example, notice the sun on your face or the sound of your feet on the pavement. Being aware of the present moment is a great way to check-in with how you're feeling," says Tracy Mullen Primary Care Network Health Management Nurse.

Focus on the Positives

Happiness research looks at ten positive emotions – joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love. Studies show we need more positive emotions to balance negatives.

"Doing positive activities, like volunteering or spending time with friends and family, can help us tip the emotional scale from negative to positive and make us feel happier," says Mullen.

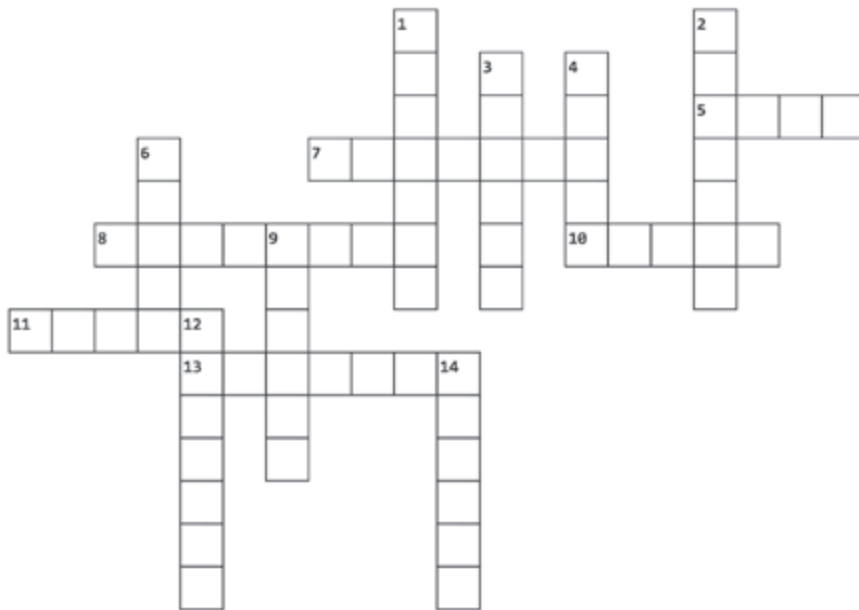
Get Moving

Being physically active can improve your mood, energy levels, and overall well-being. Try to make time every day for movement you enjoy. Activities like gardening, yoga, or taking a short walk are great ways to be active.

Learn Happiness Habits

Alberta Primary Care Networks offer a free 'Happiness Basics' workshop where you can learn strategies to be happier. Sign up to attend online or in-person at www.albertapcns.ca. You can also talk to your family doctor about your mental health.

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.





Samaritan Club
of Calgary

Fall Super Thrift Sale

Saturday, September 28

9:00am-1:00pm

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



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.

**For More Information:
samaritanclub.ca**

**All proceeds will benefit
Calgarians in need**



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

by the City of Calgary

If you have first-hand insight on living as an older adult or as a caregiver to an older adult, your experience and ideas are needed. Consider volunteering for the Older Adult Advisory Table (OAAT). Your expertise will be used to inform strategies and actions for the Age-Friendly Calgary Steering Committee, action teams and staff.

Your Role as a Volunteer

- Inform and support strategic and action planning of the Seniors Age-Friendly Strategy in an advisory capacity.
- Provide the perspective of older adults to help make Calgary more age friendly.
- Share ideas and perspectives from your personal networks or social groups with OAAT.
- Bring OAAT ideas and perspectives back to your personal networks or social groups.
- Share information about Age-Friendly Calgary with people you know and support the vision of Age-Friendly Calgary.

Requirements

- Aged 45 or over.
- Live in Calgary.
- Passionate about your community.
- Understand older adults' needs now or in the future/ have experience as a caregiver.
- Feel comfortable to share and to provide feedback in a group setting.
- Commit to take part in monthly meetings and a two-year term.

Benefits

- Have your voice heard; help shape City programs and services.
- Make connections and broaden your network.
- Build and expand your skills.

Deadline for online applications is Wednesday, September 11. For more information visit calgary.ca/OAAT.

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.



Checkmate!



On September 1, 1972, Bobby Fischer made history by becoming the first American to win the World Chess Championship. He outplayed the reigning champion, Boris Spassky, with a score of 12.5 to 8.5 in what became the most famous chess match at the time, capturing the world's attention!



MLA Calgary-Currie
Janet Eremenko

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With another school year kicking off, I thought it was important to highlight the dire need for funding in our public education system.

The government announced an additional \$215 million over the summer. A chunk of that money (\$90 million) will go towards building and installing 100 new modular classrooms while relocating another 50 or so. The rest goes to operations to be divided amongst Alberta's school boards.

As needed as this was, it's another band-aid solution to a chronic problem. We desperately need new schools to be built, not just modulars.

A trustee with the Calgary Board of Education says there are 33 schools overflowing to 48 other schools in the district, which means students are traveling further from home.

A principal at one school in Calgary-Currie said they were welcoming 15 new students every month.

We also need investments in staffing. There are many classrooms that are packed with up to 40 students and more and more of them have complex needs that impact their ability to learn.

Last October, I heard from a teacher who described how her colleagues often ended their days in tears. Others took stress leave after just one month of school while others were considering quitting altogether.

Teachers are burning out and hiring more education assistants could help ease the burden.

Alberta reported an enormous \$4.3 billion surplus in June, yet our province continues to be last in Canada on per student operational funding, roughly \$2,000 below the national average.

I plan to visit more schools this year, but I want to hear from parents directly about any concerns they have about their children's classrooms. Please send me an email and share your thoughts. We can advocate for enhancing their education together.

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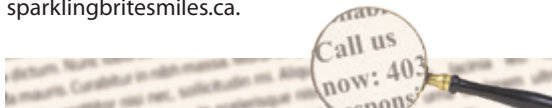
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World Coconut Day



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!

Calgary



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Unique character community elements

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