

SEPTEMBER 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

the WSCR news

BRINGING WEST SPRINGS, COUGAR RIDGE, & WENTWORTH TOGETHER



David knows the Westside.

403-869-7971 | david@davidpellettier.ca | davidpellettier.ca



Friend
Neighbour
Realtor®

David Pellettier

wscr.ca

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca



CENTURY 21
Bamber Realty Ltd.

Our Services

Professional Photography/
Videography/Aerials
Digital Marketing
Print Materials
Global Exposure

#1 Agent in the West Side

#9 Producer Canada-wide for
Century 21 for the first half of 2024

**67 transactions and
66 million sold in 2023**

268 Snowberry Circle



\$3,988,000

5 Bed, 5.5 Bath | Guest Suite | Breathtaking Views

44 Spring Valley Lane SW



\$3,488,000

5 Bed, 5.5 Bath | Mountain Vistas | 6,300 sqft

309 Wild Rose Close



\$2,288,000

3 Bed, 4.5 Bath | Bragg Creek Retreat | 11 Acres

2301 13 Street NW



\$1,488,000

4 Bed, 3.5 Bath | Facing Confederation Park | Rooftop Patio



www.dwellbelmont.com



\$528,000

3 Bed, 2.5 Bath | Double Tandem Garage | 9ft Ceilings | LVP | Quartz Counters
Brittany McIntyre 403-714-1463 | Mark Evernden 403-829-3776

Mark D. Evernden | 403.829.3776
www.evergroupcalgary.com



Image Dental
Family & Cosmetic Dentistry

New Patients Welcome

We Are Open Evenings & Weekends

Direct Billing to Insurance

Family & Cosmetic Dentistry | Botox | Invisalign

Dr. Travis Polischuk DMD, B.Eng

Dr. Kamea Aloha Lafontaine DMD, B.Sc

Phone: 403.217.3100

Email: info@imagedentalcalgary.ca

#315, 917 - 85th Street S.W, Calgary, AB T3H 5Z9

Services are provided by general dentists



**FREE Electric Toothbrush with a
Complete Exam Including X-Rays &
Hygiene Appointment**

SPRINGBANK BOTTLE
DePOT
It's Worth It

Clean • Honest • Local

FREE USE of a truck or trailer anytime of
the year

STATE OF THE ART recycling automation

E-CYCLING computers, printers, TVs, etc

Monday-Saturday 9-5
Sundays 10-4

📍 12 110 Commercial Drive

☎ +1 (877) 683-1251

✉ springbankbd@gmail.com



OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca



DUNCAN LAW

**Impeccable
Legal Advice.**

- Personal Injury
- Real Estate
- Wills & Estates
- Family Law



📍 Conveniently located in Aspen Landing

Phone: 403.300.0870 | DuncanLawYYC.ca



Fresh Jock

**No matter how much
you sweat, we can get
the stink out!**

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

CALL US TODAY AT

403-726-9301

calgaryfreshjock.com

CONTENTS

- 7 CITY OF CALGARY'S BACK-TO-SCHOOL SAFETY TIPS
- 10 MENTAL HEALTH MOMENT: HOW TO DEAL WITH RESENTMENT
- 14 PSA: HIRING A LICENSED CONTRACTOR
- 17 SEPTEMBER CROSSWORD
- 23 SAFE AND SOUND: BIKE SAFETY FOR EVERYONE
- 28 BUSINESS CLASSIFIEDS



SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

WEST SPRINGS



COUGAR RIDGE



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so. Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



What does the WSCRCA do?

- We run youth and family related programs.
- We are your voice at City Hall. Dealing with planning and development proposals, traffic, parks and recreation, and a direct voice to our local City Councillor.
- We support community initiatives and events. Community clean up, Charity Stampede Breakfast, community garden, and so much more!

Community Association Versus Residents Association

The community of West Springs/ Cougar Ridge encompasses several subdivisions, some of which have a Residents or Homeowners Association. Both play an important, but different role, in the community.

COMMUNITY ASSOCIATION	RESIDENTS ASSOCIATION
✓ Membership is voluntary	✓ Membership is mandatory
✓ Represents all households in the WSCRCA boundaries	✓ Annual fees registered against property title. Fees must be paid in full prior to the sale of the home.
✓ Organizes community wide events and programs	✓ Maintains the landscaping and other amenities in the public green spaces for a specific subdivision

Check out our website, www.wscr.ca, for all that we do! Want to stay up to date and have early access to all our events and offerings? Become a member!

Become a West Springs Cougar Ridge Community Association Member

\$25 per Household or \$15 for Seniors

That gets you:

- Priority registration and discounts for WSCRCA run program and events.
- Support for a more vibrant community by supporting community-based initiatives.
- Members only emails.
- The right to vote at the AGM if you are a WSCR resident.

You can still become a member even if you do not live in the community!

Purchase your membership online at www.wscr.ca.





Become a Member


We have strong community spirit in West Springs Cougar Ridge. Do your part and join the Community Association and, if you can, volunteer to make it even stronger – we can always use more help and it's a great way to meet residents of your community! Visit wscr.ca for more information.

FOLLOW US ON

 Facebook: <https://www.facebook.com/wscrca/>

 X (Twitter): @WSCRCA

 Instagram: @wscrca

 Website: <https://wscr.ca>

City of Calgary's Back-to-School Safety Tips

Make sure your child knows:

- Their full name, age, address, area code, home phone number, and parents' work/cell phone number.
- How to use a pay phone to make both local and long-distance phone calls.
- How to contact police, fire and EMS in an emergency (9-1-1) and in a non-emergency (403-266-1234).
- To use the same route to and from school.
- Where the safe places are to play (front and backyards, playgrounds).
- What places to avoid (vacant lots, dark, wooded, bushy areas).

If your child is being followed by a person or car, make sure they know to do the following:

- Turn and run in the opposite direction.
- Get a description and licence number of the stranger's vehicle if possible.
- Run to the closest safe place; and,
- Stay in open areas that are visible.
- Remember to tell them that uniformed police officers are friends who can be trusted.

The Stranger Rules

Familiarize your child with "the stranger rules" - these rules will help keep them safe.

- Never talk to strangers.
- Never take anything from strangers.
- Never go anywhere with a stranger.
- Do not be fooled by tricks or phoney conversation.
- If a stranger tries to grab you, yell, scream and kick.
- Never tell a stranger you are by yourself or that your parents or guardian are not home.



Cats, Canines, & Critters of Calgary



Lake and London, *Cranston*



Theo and Rupert, *Bankview*



Thor and Loki, *Shawnessy*



Tiger and Lily, *Evanston*

To have your pet featured, email news@mycalgary.com



EXECUTIVE COMMITTEE

Position	Name	Email
President	Karla Gibson	president@wscr.ca
Vice President	Kelly Smith	vicepresident@wscr.ca
Secretary	Gloria Wilkinson	secretary@wscr.ca
Treasurer	Tenzin Sangalabrang	treasurer@wscr.ca
Board Executive Assistant	Kaitlin Mitchell	admin@wscr.ca

COMMITTEES

Committee	Member(s) <i>*Bold font indicates Board Director</i>	Email
Charity Casino	Eileen Teasdale Kimberly Paw	casino@wscr.ca
Communications	Heather Zaba	communications@wscr.ca
Newsletter	Brianna Norgaard	newsletter@wscr.ca
Family Programs	Vacant	
Membership	Eileen Teasdale	membership@wscr.ca
Planning and Development	Joe Healey Eileen Teasdale Denis Ho Linda Nesset Patrick Sinclair Yvonne Harper Renee Alessio Gloria Wilkinson	planning@wscr.ca
Sponsorship	Taiwo Adetola Latosia Campbell-Walters	sponsorship@wscr.ca
Treasurer Coordinator	Samantha See	
Website Editor	Caroline Anderson	
Soccer	Kimberly Paw Steve Berman	soccer@wscr.ca
Skating	Kimberly Paw	skating@wscr.ca
Volunteers	Boyd England	
Recycling Event	Faheem Ahmed	communityrecycling@wscr.ca
Director of Community Mobility	Denis Ho	traffic@wscr.ca
Building Safer Communities Group	Heather Zaba	safercommunity@wscr.ca
Stampede Breakfast	Justin Barrett	
Community Garden	Evan Ashdown Bhavna Lobo	
Directors at Large	Boyd England Stavrianna Kodellas	

WSCRC Board Meetings

Meetings are typically held on the second Wednesday of every month in the upstairs community room of the Calgary Co-op on 85 Street SW, however, we are presently meeting via Zoom video conferencing. Anyone in the community is welcome to attend these meetings. If you would like to discuss a particular issue or idea, please notify our secretary by email a week before the meeting at secretary@wscr.ca.

The WSCRC Planning and Development Committee meets on the fourth Wednesday of the month. Currently meetings are held via Zoom video conferencing. Anyone in the community is welcome to attend, and if you are interested in attending, please email planning@wscr.ca.

WSCRC Babysitters Group



You can stay in touch with your community by following us on Facebook and joining this FB Group. It's a great way to grow our community and keep up to date on what is happening in WSCRC.

The WSCRC Babysitters Group: A place where parents can find local babysitters, as well as where local babysitters, aged 12 to 25, can add themselves to the list to find jobs. Follow this group here: <https://www.facebook.com/groups/wscrbabysitters/>.

Follow the main WSCRC page here: <https://www.facebook.com/wscr.ca/>.

Cleaning Services

- ☒ Dry Cleaning
- ☒ Tablecloths
- ☒ Napkins
- ☒ Table Skirts
- ☒ Chair Covers
- ☒ Massage Sheets
- ☒ Face Cradles
- ☒ Gym Towels
- ☒ Face Cloths
- ☒ Chef Coats
- ☒ Coveralls
- ☒ Microfibre Cloths
- ☒ Dish Rags

Mat Rentals

- ☒ Standard
- ☒ Waterhog
- ☒ Scraper
- ☒ Logo

Paper Products

- ☒ Tork Dispensers
- ☒ Paper Towel
- ☒ Centre Pulls
- ☒ Toilet Paper
- ☒ Facial Tissues

CALGARY MAT & LINEN SERVICES

Pick-Up & Drop-Off Services



calgarymatandlinen.com | 403-279-5554

Prepare For Fall

As fall approaches, it's important to prepare for the changing season. Here are some essential tasks and activities to consider for the upcoming months.



- **Heating System Check:** Make sure to have your furnace inspected and serviced to ensure it's ready for colder temperatures.
- **Window and Door Inspections:** Check for drafts and seal any gaps to improve energy efficiency in your home.
- **Garden Cleanup:** Remove dead plants, mulch flower beds, and consider planting fall flowers such as asters and ornamental kale to spruce up your garden for the season.
- **Seasonal Clothing:** Store away your summer clothes and bring out warmer items like sweaters, jackets, and boots.
- **Winter Tires:** Consider switching to winter tires for better traction as temperatures drop.
- **Emergency Kit:** Update your car's emergency kit with warm blankets, snacks, and a first aid kit to prepare for any unexpected situations.
- **Explore Nature:** Take advantage of the beautiful fall colours by going for hikes in nearby parks such as Fish Creek Provincial Park or Nose Hill Park.
- **Fall Cooking:** Try out hearty meals using seasonal ingredients like squash, apples, and root vegetables for delicious fall dishes.

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!



Sealing the following surfaces:

Exposed Aggregate | Stamped Concrete | Garage Floors
Asphalt | Brushed Concrete | Epoxy Coatings | Paving Stones

Contact John for
a Free Quote!



(403) 604-9029

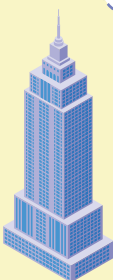
www.johnsdrivewaysealing.ca

End of Season Pricing in Effect!

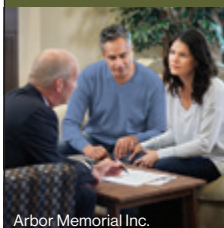
JOKE OF THE MONTH

Can a kangaroo jump higher
than the Empire State Building?

Of course. The Empire State
Building can't jump!



The next step in your estate and retirement planning



Include final arrangements
in your planning to protect
your family.



Eden Brook
Funeral Home & Cemetery
by Arbor Memorial

Arbor Memorial Inc.

edenbrookcemetery.ca • 403-217-3700

How to Deal with Resentment: A Better Way to Process the Poison We Drink, Expecting the Other to Die

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



In the recovery community, resentment is a hot topic. It's often referred to as "drinking poison hoping the other person will die." Psychologist Susan Albers, PsyD, shares some of the signs you might be harbouring resentment, along with ways you can pull yourself out of it.

Resentment is a complex emotional reaction to being or feeling mistreated or wronged by another person, situation, or series of circumstances. Resentment can feel like a mix of anger, bitterness, disgust, or disappointment toward the person or events from your perception. It can be triggered by several things:

- Being taken advantage of by others.
- Being put down, dismissed, or ignored.
- Feeling inadequate, overlooked, or unheard.
- Having unrealistic expectations of others or the world around you.
- Maintaining relationships with people who insist their needs are more important than your own.
- Having interactions with people who undermine your authority.

The challenge with resentment is that if you hold onto it tightly, it becomes harder to forgive or let go and move on from the situation. When you've been mistreated or wronged, it's common to experience an overlap of

negative emotions that continue to resurface and return whenever you're confronted with these individuals, situations, or memories. These emotions may include anger, hostility, hate, bitterness, discomfort, or disgust. Suppressing these emotions over time, can lead to resentment, which can have significant negative effects on your mental and physical health. "In the short-term, suppressing feelings may seem like a way of coping. However, in the long run, pushing down or ignoring emotions can be an entry into mental health issues like PTSD, trauma, depression, and anxiety," warns Dr. Albers.

Resentment can make it difficult to let go of your anger. You find yourself hyper-focusing on these feelings, especially whenever you're confronted by the person or situation that caused them in the first place. You might even be enraged or experience strong urges to seek revenge. These things can take a significant toll on your mental and physical health. "Emotions are not solely confined to our minds; they can also take residence in our bodies," clarifies Dr. Albers. "Anger, if left unaddressed, can manifest physically by increasing your heart rate and blood pressure, causing muscle tension and headaches, digestive issues, weakening your immune system, and causing sleep disturbances. These can all put you at higher risk for cardiovascular issues like high blood pressure and heart disease or chronic conditions like diabetes and autoimmune disorders."

When emotions like resentment linger, we tend to associate it with other feelings like regret, shame, guilt, or remorse, especially if we're made to feel like we're at fault. When you're resentful, you're on guard. Why would you ever surround yourself with the same people or situations that hurt you again from the start? We see this often in relationships. If you've been wronged in the past by a previous partner, you might resent them and anyone else who reminds you of them or presents that kind of behaviour because it triggers your fears and anxiety around betrayal and lack of commitment. On the surface, resentment may appear to offer you the ability to have power and control over the situation. But internally, it can cause real, long-lasting damage to your mental health. "At first, it may seem like avoiding the situation is a way of coping. However, by engaging in avoidance behavior, we inadvertently fuel the flames of resentment, allowing it to fester and intensify inward," says Dr. Albers.

When you're ready to let go, and leave resentment in the past, these steps are useful:

- Do a personal inventory of what's important to you. What would it take for you to "settle the score"? Are you looking for an apology? Are you looking for an explanation? Or are you looking to make amends?
- Acknowledging where you stand on the issue, what you need in order to heal, and what your expectations are for yourself and the other party involved are the keys to handling any unresolved conflict.
- "Empathy plays a vital role in putting a stop to resentment, as it allows us to step into the shoes of others and understand their perspective," says Dr. Albers. "Coming to terms with the person or situation that caused resentment can open the door to healing and closure, as it enables us to find empathy towards ourselves and create space for forgiveness and growth."
- When you're steeped in doubt and negativity, lean on the people, places, and things that bring you peace and positivity by practicing gratitude. Try keeping a gratitude journal of all the things that make you happy and serve as a positive step toward improving your well-being.

"It's OK to seek support because navigating resentment alone is not easy," reaffirms Dr. Albers. "Working with a therapist can help you to see the situation from a new perspective and access self-compassion, which becomes key to making a manageable journey of healing and growth."

Finding ways to practice self-love and compassion will not only set you up for success in the future. It will also help you recognize that when you feel like you're caught in the throes of resentment, you can stop drinking the poison hoping the other person will die.

Pet Fosters Needed

Have you thought about fostering a pet? Give a safe and loving space to dogs and cats in need today!

Whether they're recovering from illness, working on their behaviour, or just waiting for their forever family, your care means the world to these animals. Foster parents like you play a crucial role in their lives. You're not only saving them but also helping us rescue more animals in need.

What does a foster parent do?

- Welcome them into your home
- Shower them with affection
- Feed them
- Keep them active
- Making sure they look their best
- Giving them medicine if needed
- Helping them with behavioural issues with the help of our Animal Behaviour Coordinators

We'll provide all the essentials like veterinarian care, medications, food, bowls, collars, and toys, carrier, litter boxes, poop bags, among other things.

Make a positive impact and change lives by choosing to foster today! Visit <https://www.calgary.ca/volunteer/foster-animals.html> to apply.



Services

Plumbing & Drain Cleaning
Heating & Gasfitting
Inspections
Tank Replacement
Sewer Camera Inspections

24 HOUR EMERGENCY SERVICE tel. 587 392 6486

Calgary's Food History

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

The leaves are turning, the nights are colder, and it's time to harvest the garden. Whether you're jarring, pickling, or having a family dinner, our stunning natural landscape is a breadbasket.

After the last Ice Age 11,000 years ago, Indigenous peoples thrived on buffalo. Herds traversed down the escarpment to reach the Bow River along the path today called Edmonton Trail. Nearby, the confluence of Mohkinstsis, meaning "elbow", and the Bow River was a fine place to camp during the seasonal round. Europeans and Métis then arrived to trade manufactured goods for beaver pelts, Canada's main export for a century.

Southern Alberta was investigated for its agricultural suitability by Captain John Palliser (the Palliser Hotel, Square, and neighbourhood are named in his honour). His expedition travelled from 1857 to 1859, determining parts of the Palliser Triangle area as suitable for livestock and a smaller, fertile part for settlement. More land opened to agriculture thanks to government scientists' introduction of Marquis wheat, a crop that matures before the fall frost. Farmers' irrigation infrastructure helped too. You can visit Calgary's very own canal, which begins at Western Headworks below Max Bell Arena and empties into Chestermere Lake.

In 1914, under the Vacant Lots Garden Club, the City purchased land for community gardens and beautification. The Club was supported by Annie Gale, the first woman city councillor in the British Empire. These plots became Victory Gardens during WWII to support the war effort. You can still visit the last of these gardens in Bridgeland-Riverside, at the Vacant Lot Gardens municipal historic site.

Calgary is also famous for ginger beef. In 1975, Louise Tang and Lily Wong of Hong Kong opened Silver Inn Restaurant. They included a beef centered menu item among other Beijing-style Chinese dishes to introduce the cuisine and cater to the palates of Calgarians.

Today, Calgarians enjoy cuisines from all over the world. You can participate too by volunteering at your local community garden or visiting farmers' markets. You

can also join Light Cellar's foraging community to find nature's goods yourself. We are blessed to be stewards of this bountiful land.

*All copyright images cannot be shared without prior permission.



Copyright status: Public domain. "Plains Cree driving buffalo into pound," [ca. 1871], (CU181370) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OY2C1M7WS=SearchResults>.



Copyright status: Public domain. "Cowboys and cattle in corral on 'CC' ranch, Mosquito Creek, Alberta," [ca. 1905-1906], (CU1125928) by Steele and Company. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F3ADX07WS=SearchResults>.



Copyright status: Public domain. "Harvesting wheat at Brooks, Alberta," 1912, (CU183021) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OM0GCA7WS=SearchResults>.



Copyright status: Public domain. "Calgary headworks and main canal, Western section, Calgary area, Alberta," 1922-06-09, (CU145290) by Western Irrigation District. Courtesy of Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1DDFFX7WS=SearchResults>.



[https://commons.wikimedia.org/wiki/File:Silver_Inn_Restaurant_\(02\)_\(9520722503\).jpg](https://commons.wikimedia.org/wiki/File:Silver_Inn_Restaurant_(02)_(9520722503).jpg) Silver Inn Restaurant, 2013, Calgary. Photo by Mike W., via Creative Commons Attribution-Share Alike 2.0 Generic license.



"Mrs. Annie Gale and her son Bill, Calgary, Alberta," 1914, (CU1198772) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1T51CF7WS=SearchResults>.



Vacant Lot Garden Municipal Historic Site, Bridgeland-Riverside, June 2024. Photo courtesy of Anthony Imbrogno.

Easy Apple Crisp Recipe



Ingredients:

- Sliced apples (about 4 to 5 medium apples)
- 1 tablespoon lemon juice
- 1 cup brown sugar
- 1 cup rolled oats
- ½ cup all-purpose flour
- 1 teaspoon cinnamon
- ½ cup unsalted butter, melted
- Pinch of salt

Instructions:

- Preheat your oven to 350°F (175°C).
- Prepare the apples in a large bowl, toss the sliced apples with lemon juice, and half of the cinnamon (½ teaspoon). Spread them evenly in a greased 9x13 inch baking dish.
- Make the topping: In another bowl, combine brown sugar, oats, flour, remaining cinnamon, and salt. Pour in the melted butter and mix until crumbly.
- Assemble: Sprinkle the oat mixture evenly over the apples.
- Bake in the preheated oven for about 30 to 35 minutes, or until the topping is golden brown and the apples are tender.
- Serve: Let it cool slightly before serving. Enjoy it warm, optionally with vanilla ice cream or whipped cream!

SOLAR YYC

Calgary's most trusted solar installer since 2016.

FREE QUOTE

www.solaryyc.ca

587-296-7375

Stemp & Company
We find solutions®

<ul style="list-style-type: none"> • Copyright Law • Patents • Trademarks • Corporate Law <p>kari@stemp.com</p>	<ul style="list-style-type: none"> • Wills & Estates • Probate • Real Estate/Conveyancing • Litigation <p>tasha@stemp.com</p>
---	--

403-777-1122 (Toll Free 1-800-665-4447)

www.stemp.com | bill@stemp.com

#1670, 734 - 7 Ave SW, Calgary, AB T2P 3P8

UNIVERSITY OF CALGARY

Were you in a NAPLS study?

- We are trying to find people who previously took part in any of our NAPLS studies at the At-Risk for Mental Illness Research Program.
- We invite you to participate in a short interview so we can learn how you have been doing.

For more information, please contact:
403-210-8740 or napls@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved this research study "Predictors and Moderators of Long-Term Outcome of Persons at Clinical High Risk for Psychosis" (REB21-1762)

PSA: Hiring A Licensed Contractor



The City wants to remind Calgarians of the following when choosing a contractor:

- Check the identification tag of any door-to-door salespeople, for authenticity and a name.
- Do not pay for services in full before they are completed.
- Ensure that the contractor holds a valid City of Calgary Business Licence by phoning 3-1-1 or using the Calgary.ca database tool to search the list of licensed trade contractors.

- Ask for detailed estimates from multiple contractors. When you have decided on who to hire, ask the contractor to provide a comprehensive, written contract that includes both project and business details.
- Ask potential contractors for references.
- Verify that the contractor carries liability insurance.
- After the work is complete, verify that there are no builder's liens registered to your land title. A builder's lien is a legal notice filed by unpaid suppliers or subcontractors for materials or work on your property.

Fraud prevention begins with fraud awareness. Calgarians should make sure a company is licensed before entering into a contract. Businesses licensed by The City of Calgary have had their qualifications validated and meet the necessary regulations and standards to operate in Calgary. There are more than 10,000 licensed contractors in the city who provide excellent services for Calgarians.

Don't pay upfront

Get a detailed contract in writing

Research contractors to verify legitimacy

Beware of short-term offers & pressure to buy

Calgary Police Service

CONTRACTOR SCAMS

SAFETY TIPS

Navigating Your Mortgage Renewal with Confidence

by Arefa Kachwala, CFA

As your mortgage renewal date approaches, it's a perfect time to reassess your financial situation and explore options to enhance your financial well-being. Here are key tips to make the most of your mortgage renewal:

Shop Around for Rates and Offers

Don't settle for the first renewal offer. Compare rates and cash back offers from different lenders. A bit of homework could save you money over the term of your mortgage.

Review Terms and Conditions

Carefully review the renewal terms, including interest rates and amortization periods. Ensure they align with your long-term financial goals to avoid surprises.

Assess Your Financial Situation

Take this opportunity to evaluate your overall financial health. Review all debts, such as credit cards and personal loans, and consider debt consolidation. Combining high interest debts into your mortgage could simplify payments and reduce interest costs.

Consider Penalties for Mid-Term Changes

Life is unpredictable, and you may need to change your mortgage mid-term. Review the penalties for breaking your mortgage early to make informed decisions and avoid financial pitfalls.

Optimize Your Mortgage for Faster Payoff

If your goal is to pay off your mortgage faster, consider:

- **Making Lump-Sum Payments:** Apply any bonuses or tax refunds as lump-sum payments.
- **Increasing Monthly Payments:** Adding \$100 monthly can save thousands in interest and shorten your mortgage term. For example, on a \$400,000, 25-year mortgage at 4.5% interest, this could reduce your mortgage period by around 22 months and reduce total interest paid by \$23,500.
- **Bi-Weekly Payments:** Switching to accelerated bi-weekly payments results in an extra payment each year, reducing your mortgage term.

Evaluate Cash Flow and Savings Goals

Assess how your cash flow aligns with your financial goals. Optimize spending and saving strategies. Consult



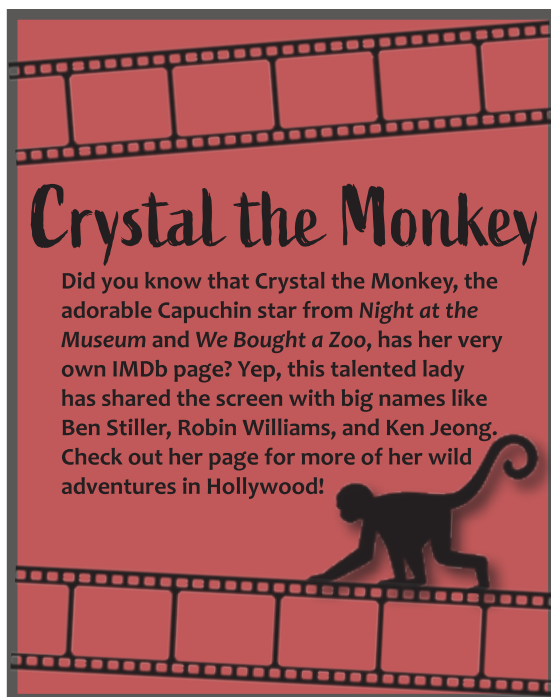
a qualified financial advisor to identify opportunities to increase your net worth and ensure your mortgage renewal supports your broader strategy.

Know Your Options

Being informed about your options - whether switching lenders, adjusting terms, or exploring different mortgage types - empowers you to make the best financial decisions.

Key Takeaways:

1. Shop around for rates and offers.
2. Optimize for faster payoff.
3. Review your overall financial goals and consult with a financial professional.



YOUR HOME SOLD GUARANTEED!*

Call to find out more about our Innovative Consumer Programs



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



Call or Text 📞 403-606-8888 ✉️ len@lentwong.com 🌐 calgaryhomesearch.com 🌐 calgaryluxuryhomesearch.com

*Guarantee is being offered by Greater Property Group. Terms and Conditions apply.

WEST SPRINGS COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	24	25	22	\$694,450	\$685,000
June	24	26	19	\$600,000	\$605,000
May	24	33	32	\$764,450	\$770,000
April	24	25	19	\$874,900	\$875,000
March	24	24	27	\$729,231	\$755,000
February	24	18	10	\$469,450	\$480,500
January	24	19	16	\$666,500	\$667,500
December	23	7	10	\$554,900	\$538,500
November	23	12	14	\$719,900	\$715,000
October	23	23	16	\$747,450	\$741,150
September	23	11	18	\$775,000	\$768,250
August	23	15	12	\$520,500	\$508,250

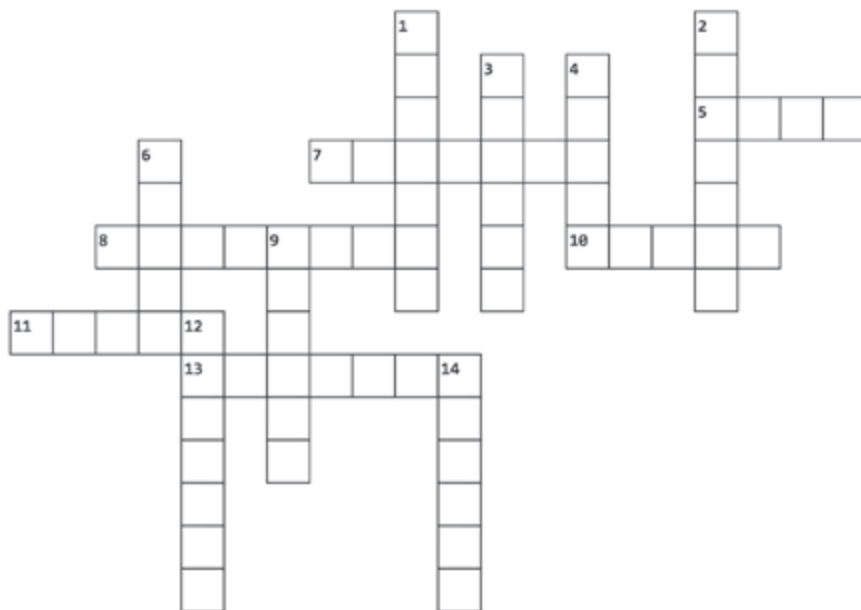
To view more detailed information that comprise the above
MLS averages please visit wsp.mycalgary.com

COUGAR RIDGE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	24	12	12	\$732,000	\$726,250
June	24	11	9	\$700,000	\$751,000
May	24	17	18	\$774,900	\$821,000
April	24	15	13	\$725,000	\$805,000
March	24	8	8	\$774,450	\$800,000
February	24	7	10	\$750,000	\$752,000
January	24	3	5	\$729,900	\$715,000
December	23	7	0	\$0	\$0
November	23	2	5	\$710,000	\$703,000
October	23	3	7	\$849,900	\$865,000
September	23	15	9	\$750,000	\$750,000
August	23	6	6	\$780,000	\$770,000

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

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.



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

The Art of Finding Work: A Job Search Game Changer: Assertive Communication

by Nick Kossovan



King of all skills: communication skills.

Clear, concise communication is the key to getting and keeping an interviewer's attention. An hour-long interview boils down to having 30 minutes to make your case.

First 15 minutes: Small talk, building rapport, setting the tone for the interview.

30 minutes: Actual interview.

Last 15 minutes: Asking questions and wrapping things up, which influences how your interviewer will remember you.

Making your case in 30 minutes requires assertive communication, a powerful skill for conveying your message clearly and directly. When you start using assertive communication, you'll experience a game-changing shift in your job search and career because it's linked to self-confidence and an alpha-like personality, traits that are valued in business environments.

During the interview process, your competitors will likely exhibit signs of passivity or aggression. In this context, assertive communication is a strategic advantage, making you stand out and, most importantly, be taken seriously. You want to aim for the sweet spot between the timid passivity of "I'm not sure, whatever you think is fine" and the overly aggressive "This is how it's going to be."

The assertive communicator strikes a balance between self-promotion and humility. They state their case firmly

but also listen to the other person's point of view. This balance is crucial during an interview, where you must promote yourself by showcasing your qualifications while appearing poised, professional, and easy to work with.

Assertive communication has three elements:

1. Adamantly believing in what you speak of.
2. Knowing why you believe what you believe.
3. Being ready to prove why you believe, think, or feel what you do; otherwise, it's just your opinion, and "opinions" rarely convince anyone to take action.

A few examples of assertive communication in an interview setting:

Scenario 1: Discussing salary expectations

Passive approach: "I'm open to whatever you offer for this role."

Aggressive approach: "To take this job, I need no less than \$80,000."

Assertive approach: "Based on my 20 years of experience managing inside sales teams and my track record for exceeding sales targets, I think \$85,000, plus a commission and quarterly bonus, which we can work out, would be fair. Would this work for you?"

The assertive communicator clearly and confidently states their salary expectations, acknowledges the employer's perspective, and leaves room for negotiation. Rather than just throwing out a number, they provide context and explanation.

Scenario 2: Addressing a weakness

Passive approach: "I definitely need to improve my public speaking. It's something I struggle with."

Aggressive approach: "Public speaking is not my weakness at all. I'm an excellent presenter and communicator."

Assertive approach: "I'm actively improving my public speaking skills. In my last role, I volunteered to conduct more team presentations. This past March, I joined Toastmasters and have given three talks since. Although I am proud of my progress, there is still room for improvement."

An assertive communicator acknowledges their weaknesses honestly and explains how they're addressing them, demonstrating self-awareness and a growth mindset, qualities employers find attractive.

Scenario 3: "Do you have any questions for me?"

Passive approach: "No, you've covered everything."

Aggressive approach: "When can I expect a job offer?"

Assertive approach: "Yes, I do. I'm excited about this opportunity and believe I would excel in this role. How soon can I expect to hear from you regarding next steps? I'm eager to move forward."

Scenario 4: Expressing interest in the job.

Passive approach: "I'd be happy to work here."

Aggressive approach: "I am perfect for this job. I expect you to offer it to me today."

Assertive approach: "This opportunity excites me. Based on our discussion, I can see how my qualifications and experience align with being able to meet the expectations you have for this role; therefore, I'm confident I would excel in this role. I'm very interested in joining your team. Is there anything else I can tell you about my background to help you decide to hire me? Otherwise, when can I expect to hear from you regarding next steps?"

The assertive communicator expresses interest and enthusiasm for the job while respecting the employer's decision-making process. They state their case compellingly without demanding or pressuring the interviewer.

Today's job market is hyper-competitive, making job seekers desperate. Hence, it's becoming common for candidates to ask outright at the end of an interview, "Am I hired?" No matter how much you need or want the job, never ask outright if you got the job.

While it's understandable you want to "close the deal," putting pressure on the hiring manager to tell you whether you got the job will create an uncomfortable situation. As I mentioned earlier, how you end your interview will influence how you're remembered. Creating an uncomfortable situation isn't what you want to be remembered for.

Finding the right balance is the key to assertive communication. Your goal: Be bold and confident without being arrogant or confrontational. Assertive communication is a superpower. Few do it well. It shows employers that you're self-assured, adaptable, and can advocate for yourself. By embracing assertive communication, you'll be far ahead of your competition.

Residential Waste Drop-Off Facilities: New Eco Centres

The City is offering a new way to streamline your recycling efforts. The new Eco Centres are a one-stop shop to dispose of a variety of materials. Rather than driving around to all the specialized recycling centres around the City you can now bring it to one convenient location. Some items can be dropped off for free, while others include a cost for details see the webpage at calgary.ca/waste/drop-off/eco-centres.html.



**Need Mortgage Solutions?
We've Got You Covered!**

Prime, Alternative,
Reverse – We Do It
All! Let Us Find Your
Perfect Fit Today!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

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.

Reduce The Fire Risk Around Your Home

Do not store propane tanks, firewood or yard waste next to your house.

Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.

Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

It is imperative that every family has a home escape plan that is practiced twice per year. In a typical home fire, you may have as little as two minutes to escape from the time the smoke alarm sounds. Knowing how to use those minutes can make a lifesaving difference.

A home escape plan contains the layout of your home, the escape routes that should be used, and where to meet once you are outside. It is important to create and practice an escape plan with everyone who lives in your home so that they know what to do if there is a fire. For more information on fire prevention and fire safety, please visit calgary.ca/fire.

Do You Remember?

Do you remember the 21st night of September? Neither does Earth, Wind & Fire! The legendary band chose that date for their hit “September” simply because it flowed perfectly with the music. Even without a profound backstory, this funky disco anthem has endured, keeping dance floors alive and kicking!

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

**Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.**

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

	4	9		2				
2						5	4	
	3			4				2
		1	7					4
	2		6	1	3		7	
9					4	3		
8				5			1	
		2						
				6		4	5	

SCAN THE QR CODE
FOR THE SOLUTION



GAMES & PUZZLES

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.



SCAN THE QR
CODE FOR THE
ANSWERS!



**Jackson
& Jackson**
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF
CONSTRUCTION & LANDSCAPE**
INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping
Landscape Construction
Year-Round Maintenance
Spring and Fall Cleanup
Commercial and Condo
Property Management
Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca
contact@jacksonjackson.ca



www.jacksonjackson.ca

Bike Safety for Everyone

by Alberta Health Services

Biking can be a great way to get around and to keep fit. To ride safely though, good balance, control, strength, and judgement are key tools to remember each time you get on your bike.

Here are some important safety tips to lower the risk of injuries while biking:

- Obey the same rules when you ride on the road as you do when you drive a car. This includes riding on the right side of the road so you're going in the same direction as traffic and stopping at all intersections.
- Look behind you (shoulder check) each time you turn or move out to pass.
- Learn and use hand signals.
- Look left, right, and left again before going ahead.
- Watch the road for hazards like debris, grates, or holes.
- Be extra careful in wet or cold weather that could affect the road conditions or how well you can see.
- Watch for people walking, animals, and others on bicycles when you ride in shared spaces like bike paths or trails.
- Plan your route and choose the safest way to your destination.
- Ensure your bike fits you correctly. Adjust the seat to fit your height. Ensure your bicycle is working properly and do an ABC quick check before every ride: A for air (make sure the tires are firm), B is for brakes, bar, and bell (check your brake levers are working, handlebars are at the right height, and test your bell.)

Do You Have Protective Gear?

Bike helmets protect people of all ages. It's the law in Alberta that anyone younger than 18 years must wear a helmet when riding a bicycle. Here are some things to consider when selecting a helmet and ensuring you will be well protected on your bike:

- Make sure your bike helmet meets current, approved helmet safety standards. Look for a CSA, Snell, or ASTM sticker to know if the helmet is approved.
- Take the Bike Helmet YES Test to make sure your helmet fits properly. It should be snug, level, and stable.
- Replace your helmet every five years, or whenever recommended by the helmet manufacturer or, after you've been in a crash.



- Set a good example for children by wearing your bike helmet.
- Let your child choose their own bike helmet because they'll be more likely to wear it.

Other protective gear includes things like a bell or horn for your bike, gloves for a better grip on the handlebars, proper supportive shoes, reflective tape, reflectors, and lights so it's easier to see you at night. Reflectors should be on the front, back, and spokes of the bicycle. Wear bright clothing during the day so it's easier for other people to see you on your bike.

Staying Safe While Riding with Children

Children can often ride a bicycle before they understand how to be safe. Children aren't ready to ride alone until they understand road safety rules, know how to signal, and know how to avoid major risks. When riding bicycles, young children should always:

- Ride with an adult.
- Ride in a single line behind an adult who knows how to ride safely.
- Use hand signals.
- Get off their bicycles to cross the street.

Most children have the skills they need to ride on the road alone at ten-years-old. But every child is different, so supervise actively. Stay where you can see, hear, and reach them, and pay close attention to what they're doing. Lead by example and show children how to be safe. Teach them the safety rules and make sure they follow them.

Encouraging Physical Activity in Children

by Alberta Health Services

Physical activity is key to lifelong health and wellbeing. Children as young as preschool age benefit from exercise and fitness as much as adults do.



Being active helps children and teens to feel stronger and have more energy to do all the things they like to do. It can help them feel, think, and sleep better. It allows them to focus when they're at school and perform better in sports. They can reach and stay at a healthy weight and build lean muscle. Being physically active lowers the risk for serious health problems, and keeps bones, muscles, and joints strong.

Tips for Getting Moving!

One of the best things you can do for your child's health is to help make physical activity a habit, something that will be a natural part of your child's daily life through adulthood.

Stay positive! It's important for children to have fun, so don't force them to exercise. Instead, find activities they like to do and will do without being asked.

Create ways for your child to be active for at least one hour each day. Try to break it up throughout the day so it adds up to one hour. Encourage your child to do things like running, jumping rope, or playing soccer.

Plan family activities that involve exercise. Hike, bike, wash the car, walk ... the options are endless. Try an online exercise video. Offer choices, and let your child decide.

Have your child invite a friend over. This can be a weekly planned physical activity, such as a bike ride, water balloon toss, or building a snow fort in the yard.

Join other families and create neighbourhood time. Include group activities like touch football, basketball, or hide-and-seek.

Let your child try different organized activities. See what your child enjoys! Basketball, lacrosse, dance, soccer, martial arts ... again, the options are endless. Praise your child for doing exercise that they enjoy.

Talk to your child's caregiver or sitter. Discuss ways they can encourage your child to be physically active throughout the day.

Get your child involved in activities at schools or clubs. Check local schools, YMCAs, and other community resources for exercise or sports programs. Take your child with you to your health club if it has a family exercise time or a swimming pool.

Types of Activities for Children

There are three types of activities that children should take part in:

- **Aerobic or "cardio" exercise:** This kind of exercise strengthens the heart and lungs and builds endurance. Children often get aerobic activity without realizing it. Playing tag, dancing, swimming, racing down the street, walking, and playing catch with friends all provide aerobic exercise. Many schools and communities have programs for soccer, T-ball, and other activities. These are great ways for your child to get aerobic exercise and meet new friends.
- **Muscle strengthening:** This type of exercise helps support proper posture, balance, coordination, and reduces the risk of injuries. Regular strength training can help regulate metabolism and improve insulin sensitivity, reducing the risk of obesity and related metabolic disorders in children. Playing on playground equipment, monkey bars, rope or tree climbing, and gymnastics are a few examples of activities that work on muscle strengthening.
- **Bone strengthening:** Anything that uses the body to work against gravity, like running, jumping rope, playing hopscotch, and playing basketball are activities that help with bone growth and strength. Many bone strengthening activities are also aerobic and muscle strengthening exercises.

Your Child's Habits Start with You!

The most important thing to remember is that you are your child's role model. Your habits affect your children's habits. If your habits are healthy – eating a balanced diet, getting regular exercise, looking forward to tomorrow, for example – your children are more likely to build those habits in their own lives.



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**



A Big Thank You to Our Local Sponsors

Platinum Level			
Fergus & Bix	Preventous Cosmetic Medicine	Servus Credit Union	722 World Bier Haus
Tim Hortons	Calgary French & International School	Truman	Cam Naghshineh ReMax

Gold Level			
Blair's No Frills	Co-op West Springs	Scotiabank	TD Bank
Time Music Studios	Telus	Massage Experts	Ultimate Renovations
Scholars Calgary West			

Silver Level			
West Springs Church	Code Ninjas		

Bronze Level			
Barricades & Signs	Beaners	Blink eyewear optometry	The Co- operators
KFC	Mercato	Nirvana Nail Bar	Orange Theory Fitness
Shoppers Drug Mart	Momentum Health West Springs	Homeward Bound Pet Food Delivery	AKIDEMY Preschool

Learn more about sponsoring your local WSCRCA Community Association at www.wscr.ca/sponsors.

YOUR CITY OF CALGARY

City of Calgary

Home and Small Business Webinars

by the City of Calgary

Register today for an upcoming home and small business webinar where City experts share valuable insights on a variety of planning and development topics. Our live and recorded webinars cover everything you need to know about home renovation requirements, small business best practices, building secondary and backyard suites, and more.

For home renovation DIYers, we walk you through topics like building permit types and how to apply, safety code requirements, land use bylaws, and tips on how to hire a contractor and prepare for inspections.

Whether you're a small business owner or thinking about starting one, join us as we share best practices for both commercial and home-based businesses and show you how to apply for a business licence and register your business.

If you're thinking about expanding the capabilities of your property, our webinars outline the steps to develop a secondary or basement suite covering processes like how to apply for permits, register your suite, legalize a new or existing suite, and discuss programs like the Secondary Suite Incentive Program.

For more information, visit calgary.ca/webinars.

Happy Hobbit Day!

September is a legendary month in Hobbit history! On September 21, 1937, J.R.R. Tolkien's *The Hobbit* hit the shelves, kicking off the journey through Middle-earth. Then, on September 22 — known as Hobbit Day — both Bilbo and Frodo Baggins, two of the most cherished hobbits ever, celebrate their birthdays!



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.

**HearingLife**

Love your ears

Your hearing needs are *unique*.
Find the right hearing aid for *you*.

**Start your 30-day FREE trial!**

When you're ready to purchase

Save up to \$1,700

— off select hearing aids! —

Key Features of the Latest Hearing Aids:

Improved sound clarity



Long-lasting rechargeable battery



Discreet and comfortable wear



Seamlessly connect to phone, TV & other devices

Experience the benefits of personalized hearing care and on-going support.

Start with a FREE hearing test*

We are in your neighbourhood, with 350+ clinics across Canada.

Calgary - West Springs
8 Weston Drive SW, Unit 39

1-888-745-1581Mention code: **NSP-TRLD-WSCR**

Book online

HearingLife.ca/care

*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. Depending on the province you're located in, an administrative fee may apply if a copy of an Audiological Report is requested. This promotion is valid for select premium or advanced hearing aid models and cannot be combined with any other discount. Applies to private sales of premium or advanced hearing aids and discount is applied after any Government funding has been deducted. Some conditions apply, see clinic for details. Offer not valid in Quebec. Offer expires 09/30/2024.

For business classified ad rates contact**Great News Media****at 403-720-0762 or sales@greatnewsmedia.ca**

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in West Springs and Cougar Ridge. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

WESTSPRINGS | COUGARRIDGE MORTGAGE BROKER:

Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

BUSINESS CLASSIFIEDS

FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

A+ CANADIAN CLEANING: A private, residential, customized cleaning service, established in 2007. References available from longstanding clientele. Got pets? No problem, we love all animals. To schedule an estimate, call or text Laura at 403-370-5885 or visit www.apluscanadiancleaning.com.

WESTSPRINGS | COUGAR RIDGE PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

CERTIFIED MASTER ELECTRICIAN: Terry Raabis, RME/ CME, CQT – Big Sky Ventures. Call: 587-228-9371 or e-mail: bigskyventures@shaw.ca. Home renos, re-wiring, troubleshooting, vehicle charger connections, smoke and carbon monoxide detectors, service panel upgrades, and much much more! Fully licensed and insured. Customer satisfaction guaranteed. Call us for a no-charge site visit and estimate.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

PERFECTION PRUNING: Have you been noticing that your trees and shrubs are in need of some care and attention? We can help make your yard look beautiful again! Experienced arborist with excellent climbing, pruning and removal skills. Free quotes, licensed and insured - 100% satisfaction guaranteed! Call or text Caleb at 403-660-7475. Website: www.perfectionpruning.com.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.



the Gutter Doctor

403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!



BUFFALO RUN DENTAL



Buffalo Run Dental welcomes Dr Peter Lam to the team!
Dr Peter Lam has worked in Calgary for over 20 years and in addition to all aspects of general dentistry, he is happy to offer the following services at Buffalo Run Dental:

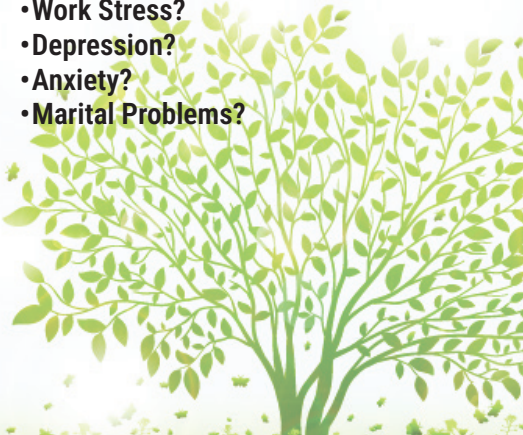
- Dental implants
- Gum and bone grafting
- Cosmetic dentistry
- Invisalign orthodontics
- Therapeutic and cosmetic botox
- Oral and nitrous sedation
- Snoring and sleep apnea oral devices

📍 109, 11501 Buffalo Run Blvd., Tsuut'ina, AB T3T 0E4

📞 buffalorundental.com | ☎ 403-226-9627 | ✉ info@buffalorundental.com

ARE YOU EXPERIENCING...

- Work Stress?
- Depression?
- Anxiety?
- Marital Problems?



Video and Phone Mental Health Counselling
Local Psychotherapist
Covered by Many Insurance Plans

226-338-7700

WWW.ALANASHERIDANCOUNSELLING.COM



Bilingual
begins here!

Start **FULL DAY
KINDERGARTEN
in September 2024**



**Apply today
at CFIS.com**



Join us to discover the delights of our community

Join us at Verve Aspen Woods Retirement Residence

Saturday, September 21 from 1-3pm

Join our send-off to summer as we sample foods of the season,
enjoy live music, create a craft, and, of course, view the residence.

Learn more about the joys of living life to the fullest!

Call to RSVP!

(403) 240-4404

10 Aspenshire Dr. SW, Calgary

VerveAspenWoods.com



ASPEN WOODS
INSPIRED SENIOR LIVING

INSPIRED SENIOR LIVING WITH





David.

KNOWS THE WESTSIDE

Why your neighbours choose **David** when it's time to sell their home

101.3% more

David's listings lead the market once again, having sold at 101.3% year to date.

47% faster

When it's time to sell your home, David sells it 47% faster. David's listings averaged 10 days on market vs the rest of the market at 19 days.*

16 sold this year

With 16 sales this year, David continues to establish himself as the top producing Realtor here on the Westside.*

* Detached Homes - SOLD, January - June 2024, West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona, Coach Hill, Patterson & Cougar Ridge.

Photos represent David's detached homes SOLD, January - June 2024, on the Westside.

Friend
Neighbour
Realtor®
David Pellettier

403-869-7971 | david@davidpellettier.ca | davidpellettier.ca



RE/MAX First