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Neuschwanstein Castle is a grandiose, Romanesque-style castle built atop a mountain in the Bavarian Alps of Germany. With its dainty turrets and towers, it was an inspiration to Walt Disney. Disney's logo, theme parks, and two of its films (*Cinderella* and *Sleeping Beauty*) drew inspiration from this magnificent German palace!

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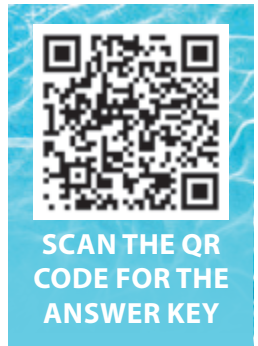
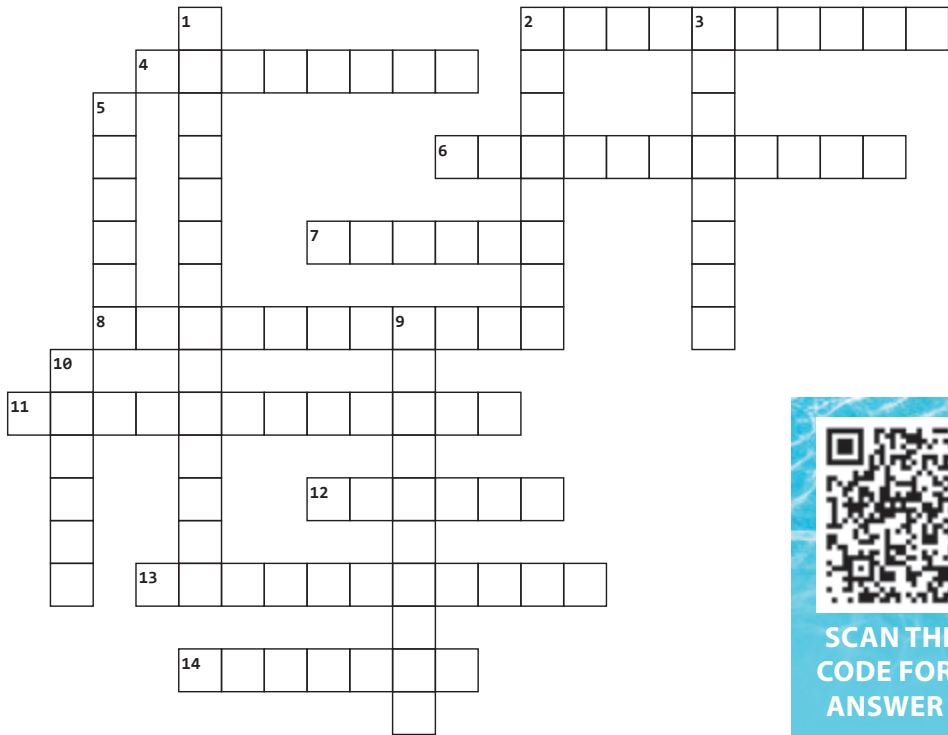
**Real Estate  
Statistics**



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# August Crossword



## Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and \_\_\_\_\_ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National \_\_\_\_\_ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National \_\_\_\_\_ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

## Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the \_\_\_\_\_ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

## What's Happening at HHCA?

On July 15, we had our annual Stampede Breakfast! Thank you to everyone who came out to grab some yummy pancakes and sausages. We also wanted to extend a special thank-you to Hon. Amanda Chapman, Telus, A&W Beddington, Planet Youth, Closer to Home Community Services, and all our amazing volunteers who helped make the day a roaring success!



We are so excited to announce that our membership sign-up and renewal for this calendar year is now open! The whole family can enjoy all the benefits that come with our membership for only \$25 per family. Sign up or renew your membership today, and get access to exclusive perks and discounts, drop-in activities, and registered programs. Our members currently get 10% off at A&W Beddington, Boston Pizza Beddington, and Kung Fu Tea Huntington! Join today!

Are you ready to lace up your skates and hit the ice? The first sessions of our much-anticipated Shiny Hockey and Learn to Skate programs will be open for registration on August 15! Our Learn to Skate program will once again be 10 weeks in duration and is best suited for children aged 4 to 13. Shiny Hockey will be 7 weeks in duration and is best suited for children aged 7 to 11. Our coaches provide comprehensive instruction while also creating a fun and enjoyable environment! Don't miss out. Sign your children up on August 15 and join us for a season of frozen fun! For more information and a detailed schedule, visit our website.

Why not play some pickleball? Join us at HHCA for pickleball drop-in! Times are available Monday to Friday. Whether you're a pro or just starting out, our drop-in pickleball is a welcoming space for all skill levels. The first drop-in is always free; after that, you can come in for \$5 per session or purchase a \$20 five-time pickle pass!

Get your brooms ready, curlers! The Huntington Hills Curling Club 2023/2024 season is almost here. Registration will be opening on August 14 for curling leagues. Make sure you're ready to slide into the new season!

Did you know that our evening yoga sessions are now also available for drop-in? Come by for a relaxing session of Slow and Strong Yoga on Tuesday evenings or Flow Yoga on Thursday evenings. Our evening yoga is available for only \$12 per session. If you can't make it to the evening yoga, drop-in is also available Friday mornings at 9:30 am for only \$10 a session!

Looking for pre-season ice? August marks the month when the ice will be returning to our arena! Book August ice times at great rates. For more information, contact [carrie.williams@huntringtonhillscalgary.com](mailto:carrie.williams@huntringtonhillscalgary.com).

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2023

# Learn to Skate

Registration  
open Aug 15

Ages 4 to 13



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## NATIONAL Terry Fox DAY

After a cancer diagnosis and leg amputation in 1977, 18-year-old Terry Fox began a cross-Canada run to raise funds for cancer research. He ran from 4:30 am to 7:00 pm for 143 days! Thanks to Terry and his incredible legacy, a total of \$850M has been raised! In honour of this indomitable Canadian, August 7 is National Terry Fox Day.

BRAIN GAMES

## SUDOKU

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

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### Staying Healthy When You Travel

from Alberta Health Services

The best way to stay healthy on your trip is to plan ahead. Talk with your doctor several months before you travel to another country. It's also important to allow enough time to get the vaccine doses that you need. For example, if you need the hepatitis A vaccine, you'll need two doses spaced at least six months apart. Also ask your doctor if there are medicines or extra safety steps that you should take. Check with your local health unit or travel health clinic for other travel tips.

#### Get Necessary Vaccines

Make sure that you are up to date with your routine shots. They can protect you from diseases such as polio, diphtheria, and measles. These diseases are still a problem in some developing countries.

Get other vaccines that you may need. Your doctor or a health clinic can tell you which ones you need for your travels. Here are some examples:

- Hepatitis A vaccine - if you are traveling to developing countries.
- Yellow fever vaccine - if you are visiting places in South America and Africa where the disease is active.
- Typhoid fever vaccine - if you are traveling to Central and South America, Africa, or some areas of Asia.

#### Bring Medicine with You

If you take medicine, bring a supply that will last the length of your trip. Get a letter from your doctor that lists your medical conditions and the medicine that you take. Bring prescriptions for refills if you will be gone for a long time. Also bring any medical supplies that you may need, such as blood sugar testing supplies or insulin needles.

If you are going to an area where malaria is a risk, ask your doctor or health clinic for a prescription to help prevent infection. This medicine works best if you take it before, during, and after your trip.

You may want to bring medicine for traveller's diarrhea. Over-the-counter medicines include:

- Bismuth subsalicylate (Pepto-Bismol)
- Loperamide (Imodium)



Your doctor may also prescribe an antibiotic to take with you. If so, take it as directed. This can treat diarrhea if you're going to an area where modern medical care isn't readily available.

#### Make Safer Choices as You Travel

Practice safer sex. Using condoms can prevent sexually transmitted infections.

In areas where mosquito-borne illnesses are found, use DEET insect repellent. Wear long pants and long-sleeved shirts. Use mosquito netting to protect yourself from bites while you sleep.

Many developing countries don't have safe tap water. Only have drinks made with boiled water, such as tea and coffee. Canned or bottled carbonated drinks, such as soda, beer, wine, or water, are usually safe. Don't use ice if you don't know what kind of water was used to make it. Don't use tap water to brush your teeth.

Be aware that you could be injured in cars, boats, or public transportation. Driving can be dangerous due to bad roads, poor driver training, and crowded roadways. Always wear your seat belt if available. If you hire a driver or taxi, ask the driver to slow down or drive more carefully if you feel unsafe.

Air pollution in some large cities can be a problem if you have asthma or other breathing problems. Avoid such cities when air quality is poor or stay indoors as much as possible.

Be careful around dogs and other animals. Dogs in developing countries are often not tame and may bite. Rabies is more common in tropical and subtropical regions.

If you're going to a place that's much higher above sea level than you're used to, ask your doctor how to avoid altitude sickness. Your doctor may also prescribe medicine to help treat it.



## News from the Friends of Nose Hill

by Anne Burke

The Open Space Plan says that our city's greatest asset is the natural environment and wildlife, so we should foster stewardship with nature education programs. Calgary parks are linked by pathways and green belts. We must protect and conserve the river valley system, unique prairie, urban forest, and foothill ecosystems.

The Plan conforms with provincial land use policies and the Municipal Government Act. There are some general principles. We will preserve natural environment parks and environmentally significant areas, enhanced by restoration to prevent loss. Site-specific plans recommend that we record biophysical inventories and historical resources for cultural landscapes such as Nose Hill.

The Open Space Plan is under review. One of the aims is learning how to improve natural environment parks through decision-making that puts the environment first. Natural habitats offer places for wildlife to find food, water, cover, and to raise their young. We can reconnect, rest, and mentally recharge. Nose Hill offers sacred indigenous spaces of culture—past, present, and future.

*Connect: Calgary's Parks Plan*, Phase 1 engagement ran from April 17 to May 19. A *What We Heard Report* will be published online this summer. Phase 2 starts in October 2023.

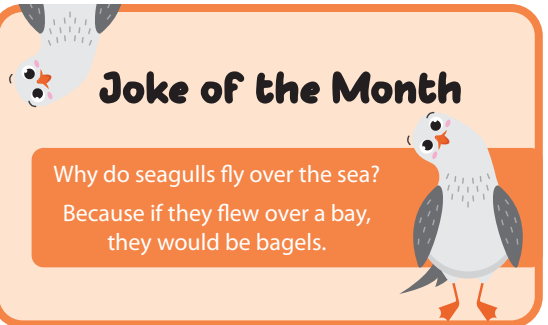
## GAMES & PUZZLES

### Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



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# 2023 CURLING REGISTRATION

## Open August 14



## FOOT PAIN?

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# 101 Ways to Reduce Stress

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

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes



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**Councillor, Ward 4**

**Sean Chu**

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 www.seanchu.ca

Dear Ward 4 Residents,

We are excited to share valuable information with you about Calgary's Parks Wayfinder and ensuring a safe community. Please take a moment to read the following updates.

### **Discover Calgary's Parks Wayfinder: Your Guide to Park Amenities**

Embrace the summer season and bask in the beauty of Calgary's abundant parks. The Parks Wayfinder Map is an invaluable resource for maximizing your outdoor experiences. This interactive map showcases various amenities offered by Calgary Parks, making it easy for you to locate essential facilities during your park visits. Find the nearest washrooms, drinking fountains, waste/recycling disposal areas, firepits, picnic tables, off-leash areas, sports fields, park vendors, and more within City parks. Simply visit <https://maps.calgary.ca/ParksWayfinder/> to access the map. Don't forget to explore other useful maps provided by the City of Calgary in our Map Gallery at <https://mapgallery.calgary.ca>.

### **Right Call, Right Response for a Safe Community**

Feeling secure is a fundamental right, regardless of your location or the time of day. We believe in fostering a safe environment where everyone can thrive, whether it's in our homes, workplaces, schools, or recreational spaces. To ensure your peace of mind, we have compiled a list of local teams dedicated to assisting you in situations that might compromise your sense of safety. By connecting with these resources, available at <https://www.calgary.ca/safety-contacts.html>, you'll have access to the right response when faced with challenging circumstances. Our goal is to empower you with the support you need to feel comfortable and secure at all times.

Have a great summer!

Thank you for your attention.

Best regards,

*Sean Chu*

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In the 1940s, American naval engineer Richard T. James accidentally knocked a spring off a shelf. The spring arched and flipped over itself, landing on several surfaces before falling back into a coil. This inspired his invention of the ever-popular "Slinky" spring toy. As a result, August 30 is National Slinky Day in the US!



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