

AUGUST 2023

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# RIDGE review

THE OFFICIAL DISCOVERY RIDGE COMMUNITY NEWSLETTER

**DRCA MUSIC  
IN THE PARK  
SATURDAY,  
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Pepper, Evergreen



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# DISCOVERY RIDGE COMMUNITY ASSOCIATION (DRCA) EXECUTIVE (2022/23)

## BOARD OF DIRECTORS

President	drca_pres@discoveryridge.com		
Past President	Anil Tahiliani		
Vice President	Dana Fleury	drca_vp@discoveryridge.com	
	Jacque Hansen-Sydenham		
Treasurer	Sunny Sun	drca_treasurer@discoveryridge.com	
Secretary	drca_secretary@discoveryridge.com		
Directors	Andrei Romaniuk	Collen Delany	Kristin Mould
	Ameeta Cordell	Darrell Martindale	Lillian VanGenderen
	Ben Lee	Doug Leighton	Shay Heron
	Paul Decloux	Braden Teitge	

## CURRENT COMMITTEES

Communications	Anil Tahiliani	communications@discoveryridge.com newsletter@discoveryridge.com website@discoveryridge.com
Environment Casino	Andrei Romaniuk	environment@discoveryridge.com fundraising@discoveryridge.com
Membership Special Events	Ameeta Cordell	membership@discoveryridge.com events@discoveryridge.com
Traffic		traffic@discoveryridge.com
Volunteer	Lillian VanGenderen	volunteer@discoveryridge.com
Planning Committee	Doug Leighton	planning@discoveryridge.com
Wildlife and Cohabitation		
Recreation Facility	Paul and Darrell	

## DRCA Channels of Communication

Our community association has several channels to communicate to you, and for you to communicate with us!

### Member Emails

Get a membership and provide your email for 'what's new' updates

### Ridge Review Newsletter

Twelve publications per year

### Website

www.discoveryridge.com

### Facebook

DiscoveryRidgeCommunityAssociation

### Twitter

@DiscoveryRidge1

### Email Us

See listing or the website 'contact us' page for contacts

## Do You Want to See Your Photo in Print?

The Ridge Review and Discovery Ridge social media channels are always looking for photos to use as a cover or in the photo gallery. We invite both amateur and professional photographers of all ages to submit photos for all seasons and events in Discovery Ridge. Please send your name and photos as high-quality JPEGs (300 DPI and 1MB in file size) to newsletter@discoveryridge.com.



### DRCA Music in the Park – Saturday, September 9

Did you know that board meetings happen monthly and all DRCA members are welcome to attend?

Please stop by to learn more about what the DRCA does for the community and our future plans. Email drca\_pres@discoveryridge.com for more information on the DRCA and if you wish to attend upcoming meetings.

# Please Donate to the DRCA Bottle Shack

## Where Does the Money Go from the Bottles Collected at the Bottle Shack?

The money made from these resident donations helps:

- Supports the recreational facilities
- DRCA operating costs

## How Should the Bottles be Packaged When Donated?

- Please have bottles in bags or boxes. Make sure the are bags are safely tied and the boxes taped shut to keep our volunteers safe.

## Is There Any Other Way I Can Help Support the Bottle Shack?

- Yes, we are always looking for volunteers to help empty the shack.
- If you can volunteer 15 minutes every month or so, please email [volunteer@discoveryridge.com](mailto:volunteer@discoveryridge.com).

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# DISCOVERY RIDGE BUSINESS DIRECTORY

## MEDICAL SERVICES

Cornerstone Veterinary Hospital  
Discovery Ridge Pharmacy & Travel Clinic  
Discovery Dental Centre  
Good Life Matters, Jack Dobbs, Registered  
Psychologist (Lic. #1857)  
Healing Matters Psychological Services  
Hygieia Medical Clinic  
Moroz Child Psychology Group  
New Discovery Psychological Services  
Discovery Massage & Wellness

## GENERAL SERVICES

Cutting Edge Barber Shop  
Laque Nail Bar  
Maharajah East India Cuisine  
Aura Custom Blinds & Shades  
Soular Child Montessori Development Centre  
Griffith Store & Dry Cleaning  
New Discovery Fine Wine & Spirits  
Wonder Donuts

Are you interested to help to make our community even more beautiful?

## Join DRCA Environment Committee!

The Environment Committee has two key events in its portfolio—Earth Day Litter Pick-Up (late April) and Community Cleanup (late May). We appreciate all the volunteer help we are getting for these two important projects. But we can do more if we have more people in the Committee!

These are some of the ideas we could do if we can extend our team:

- Fighting littering
- Tree planting and grants
- Preventing graffiti
- Addressing doggy doo-doo on sidewalks
- Exploring energy efficiency programs for community
- Conducting fire-related informational programs as we live close to the woods
- Informing the community on environment projects via DRCA Ridge Review
- Keeping in touch with the City of Calgary with regards to flood response and other environment-related issues

If you are interested but have limited time—that's not a problem. We do not need large time commitments. Let's have a talk and see what works.

Please contact Andrei Romaniuk, Chair for Environment Committee, at [environment@discoveryridge.com](mailto:environment@discoveryridge.com).



## DRCA MEMBERSHIP FORM

New Membership     Renewal Membership

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

### I can volunteer for:

- General assistance
- Communications
- Special Events
- Sponsorship
- Membership
- Environment
- Skating Rink maintenance

### Payment: \$25

- Cheque     Cash     CC     Pay online at [www.discoveryridge.com/membership](http://www.discoveryridge.com/membership)

Membership runs from September 1 to August 31 each fiscal year.

Make cheques payable to Discovery Ridge Community Association.

Mail to: Discovery Ridge Community Association - 160 Discovery Ridge Blvd - T3H 4Y3

Undersigned hereby consents to: (1) the collection of the personal information on this form; (2) the use of the information for the following purposes: to solicit volunteers for DRCA's programs and activities; to recruit members and solicit renewal of membership in DRCA; to solicit participation or membership in programs or activities provided by DRCA; to provide information to you on the DRCA programs and activities; (3) disclosure of the information in the DRCA register of members which is available for review by various members of the public as required by law. The purpose of collection of the information is to provide contact and registration information for DRCA and to use in and disclose it as described above. The DRCA does not sell membership lists. Designated members of the board of the DRCA are able to answer questions about the collection of the information.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## Benefits of DRCA Membership

### What does the DRCA do for me?

- Organizes social events such as Music in the Park, annual Stampede breakfast, Santa event.
- Coordinates the Ridge Review community newsletter.
- Provides up-to-date information about issues affecting you and the community through member only email provides updates on important items for all at [www.discoveryridge.com](http://www.discoveryridge.com).
- Communicates regularly with the Ward 6 Office and Councillor Pootmans on community and city related issues.
- Provides effective representation and advocacy to external third parties about issues of concern to the community, including public safety, development and the natural environment.
- Attains and works casinos to fundraise for the community.
- Creates a sense of community pride through participation in community activities.

### Membership Perks!

Did you know that only up-to-date DRCA Members receive regular community emails informing them of events and ongoing activities in your community? Visit [discoveryridge.com](http://discoveryridge.com) to purchase your \$25 membership or see the membership.

Visit [www.discoveryridge.com](http://www.discoveryridge.com)

### How To Report Crime In Discovery Ridge

- Dial 911 for emergencies or crimes in progress.
- For non-emergencies, dial 403-266-1234.
- To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text ttTIPS to 274637.

### Concerns or issues about Discovery Ridge traffic or Griffiths Woods

- Dial 311 to contact City of Calgary

**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.

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# Homeowners' Association (NDHA) News

Happy summer to all! The weather this season has been quite interesting and created a variety of challenges to the community landscaping this year. Special thanks to Pixie Gardens for keeping our flower planters looking great, and to ULS for their ongoing excellent work to keep our community looking its best! During hot stretches, our watering truck program and irrigation system certainly help the condition of foliage at the entrance and along the medians; please use caution when passing this large, slow-moving vehicle.

**Landscaping and Mowing:** The landscaping projects described in our July article (see our website for details) should be finished or nearing completion by the time that you read this. We particularly appreciate the patience of those who have had to contend with extra activity in the areas of new mulch application, but we hope that in the end, you will agree that it was worth it!



As a reminder, in the event of excessive rain, you may find that a portion of our green spaces are missed by the mowing crews. This is intentional; if the ground becomes saturated or has drainage issues, the heavy mowers will tear up the turf as they pass over it. Also, some greenspaces have grassy slopes. ULS crews will not mow turf on these slopes if it is determined that slippery conditions could pose a danger to the operator. ULS crews must wait until things dry up to safely resolve the issue of unusually long grass in those areas; we thank you for your patience.

**Chinch Bugs:** Chinch bugs have become problematic in some west Calgary communities. If your grass looks dead/patchy despite being well-watered, you may have chinch bugs. See our website (Home page, HOA News) for pest control advice from the City of Calgary. They won't go away one their own.

**Outstanding Fees:** The 2022 NDHA fee of \$325 was due on June 29. We would like to thank our members who have paid their fee on time, and ask that those who have not, please remit immediately. If you are unsure of your payment status, please access your membership portal on our website. If you have questions or concerns, you may contact the NDHA treasurer at [accounts@ndha.ca](mailto:accounts@ndha.ca) or our membership director at [NDHAMembership@ndha.ca](mailto:NDHAMembership@ndha.ca). Please reference your property address.

**Can You Help?** The NDHA is currently managed by eight community volunteers. The work of these volunteers (your neighbours) saves the association more than \$100,000 per year – money that would otherwise be paid to a professional management company. That's the equivalent of NDHA fees for 325+ homes! These savings are why we have the funds to invest in the landscape upgrades and maintenance that have made Discovery Ridge one of the most striking communities in the city.

Many new, young families have moved to Discovery in recent years. This is fantastic; it means that our community is alive and continues to be desired by those looking for a home in Calgary, even 23 years after it was started! Extraordinary! But it's time to bring new faces into the NDHA board. Make this community what you want it to be for the next 23 years! Please consider volunteering with us so that the torch can be passed on. All skill sets welcome; current board members will help to transition the position of secretary, landscape contractor management, news coordinator, and other roles! Contact us anytime by sending an email to [general@ndha.ca](mailto:general@ndha.ca) if you have questions or can join the team!

We are quite proud of how our community looks and hope that you are as well. If you happen to notice an area that might need attention, such as a bed being missed or damage incurred due to storms or other factors, please let the NDHA know. We are always happy to hear from our members. Please access our website at [www.ndha.ca](http://www.ndha.ca) to send an email or call us at 403-237-9595.

Have a wonderful August! Safe travels to all!



# Wildfire Smoke and Your Health

from Alberta Health Services

When wildfire smoke enters a community, it can cause problems for the people who live there. Smoke contains small particles, which are a big health risk. These particles can get in your eyes, breathing (respiratory) system, and bloodstream. They can cause:

- burning eyes
- a runny nose
- coughing
- trouble breathing or illnesses such as bronchitis.

### **If smoke is a problem where I live, what can I do to lower my health risk?**

Stay inside as much as possible and keep all windows and doors closed. Here's what else you can do to keep your indoor air clean:

- Close fresh air intakes from furnaces, fireplaces, or stoves.
- If you have air conditioning, turn it on and set it to recirculate. Keep it running to help filter the air and keep your family cool. Just remember that some air conditioning systems don't filter the air or improve indoor air quality.
- If you have room air cleaners with high-efficiency particulate air (HEPA) filters, turn them on. Don't use air cleaners that may produce ozone. For portable air cleaners, follow all the manufacturer's instructions for changing the filter, where to place the device, and the size of room it's meant to be used in.
- Use humidifiers, which may remove some of the smoke. The humid air can also help keep your nose and mouth moist.
- Don't use wood stoves, gas stoves, or candles, because they can make the indoor air quality worse. If you can, prepare foods that you don't have to cook. Cooking (especially frying and broiling) can affect the air quality in your home.
- Don't use spray air fresheners or electric fragrance dispensers because they can affect air quality.
- Don't vacuum because it stirs up particles that are already inside your home.
- Don't let anyone smoke, vape, or use e-cigarettes in your home.

### **What can I do if it's too warm inside my home?**

When you keep doors and windows closed to keep smoke out and you don't have air conditioning, your house may get very warm. If you need to cool down, you should visit a place that is more air-tight with cooler filtered air. Examples include a shopping mall, library, community centre, or movie theatre.

If you can't leave your home, watch for signs of heat-related illness, such as heat exhaustion or heatstroke. Turn on the furnace fan or standalone fans to move air around in your home. If the air quality gets better, you can air out your home by opening doors and windows.

Smoke can also be harmful to pets. Try to keep your pets inside as much as possible and make sure that they have lots of water. If your pet has trouble breathing, contact your vet.

### **How can I stay aware of what's going on in my community?**

When wildfire smoke is in your community, regularly check for air quality updates on local media (TV, radio, or online). If you have neighbours, friends, or relatives who live alone, check on them to make sure they're okay.

### **What if I need to leave my home?**

- If you are in your vehicle, and the air quality is poor, keep the windows closed. Put the air system on recirculate so smoky air doesn't get inside.
- When driving through an area with low or no smoke, switch the circulation system to let outside air into your vehicle.
- If you're in a wildfire area, be ready to evacuate. Follow all public service announcements.
- Create an emergency kit and have it ready by the door.

### **Can I still be active when there's wildfire smoke in the air?**

- Pay attention to the local air quality health index (AQHI). Adjust your activities according to the AQHI messages.
- Move outdoor activities indoors and keep your indoor air as clean as possible. Reschedule or cancel outdoor events (such as sports) if smoke levels are too high. Don't do any heavy activity or exercise outside. Heavy activity and exercise can make you breathe 10 to 20




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times more than you do while you're resting. Stop or slow down if what you're doing makes you cough or feel overly tired.

- Drink lots of water to stay hydrated. This will keep your nose and mouth moist, which makes it easier to breathe. This is important when you're inside and outside.
- When there is a lot of haze in the air, don't let your children play outside for a long time.
- If you have heart or lung problems, the smoke can make it worse. If you have chest tightness, chest pain, shortness of breath, or another health emergency, call 911 or go to the nearest emergency department right away.
- For 24/7 nurse advice and general health information, call Health Link at 811.



## Joke of the Month

Why do seagulls fly over the sea?  
Because if they flew over a bay,  
they would be bagels.



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## Hawaiian Rice Bowl

by Jennifer Puri



Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world's largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

China is the world's largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

**Prep Time:** 25 minutes

**Cook Time:** 5 minutes

**Servings:** 4



### Ingredients:

- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

### Directions:

- Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

\*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!

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## Calgary's Early Residences: Brower House

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

While driving along Calgary's boulevards and trails, have you ever noticed an old building or two that seem to stick out from the surrounding area? One such place is Brower House, located just east of the intersection of Memorial Drive and 10 Street NW.

Sunnyside is better known today for its abundance of condo buildings, infills, and retail spaces than structures like Brower House, but it represents how the neighbourhood used to look, with stately homes overlooking the Bow River.

Actually, these homes came later. Sunnyside was settled in the 1880s by homesteaders. Then, workers and their families from Eau Claire Sawmill and the Canadian Pacific Railway moved in. Their homes were wood-framed cottages, the sidewalks were also wooden, and the roads were dirt. Over time, mansions were constructed facing the river along Memorial Drive (formerly called Sunnyside Boulevard, until it was renamed after the Great War).

Brower House is one of these residences. It was listed on Calgary's Inventory of Evaluated Historic Resources in 2010 as one of the oldest houses in the neighbourhood. Built in 1907, Brower House symbolizes the expansion of urban life northward across the river from the city's centre.

It's also unique for its construction. Its architectural style is Queen Anne Revival, which was popular in Calgary roughly between 1890 and 1914 and features fanciful and exuberant flourishes. While more moderate than other examples, Brower House's large front veranda with turned supports, its flat roof deck, and buff-coloured bricks all fit the mark.

Real estate speculation at the time of its construction meant Brower House had five different owners within three years, until it was bought by the Brower family in 1919. Frank C. Brower published the *Olds Gazette* and lived there with his brother Archibald and family.

The House was spared destruction when the CTrain's "Northwest Line" was built in 1987. In 1993, it was sold by the family. Today, Brower House is a Calgary Heritage Award-winning office space redevelopment. It's no longer a home (and has no official heritage protection), but it retains its charm and history as one of Calgary's early residences.



"Panoramic view of Sunnyside district, Calgary, Alberta., 1911, (CU183159) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OWLXGQK?WS=PackagePres>.



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"Memorial Drive, Calgary, Alberta., [ca. 1912], (CU173515) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1S14VF9>.

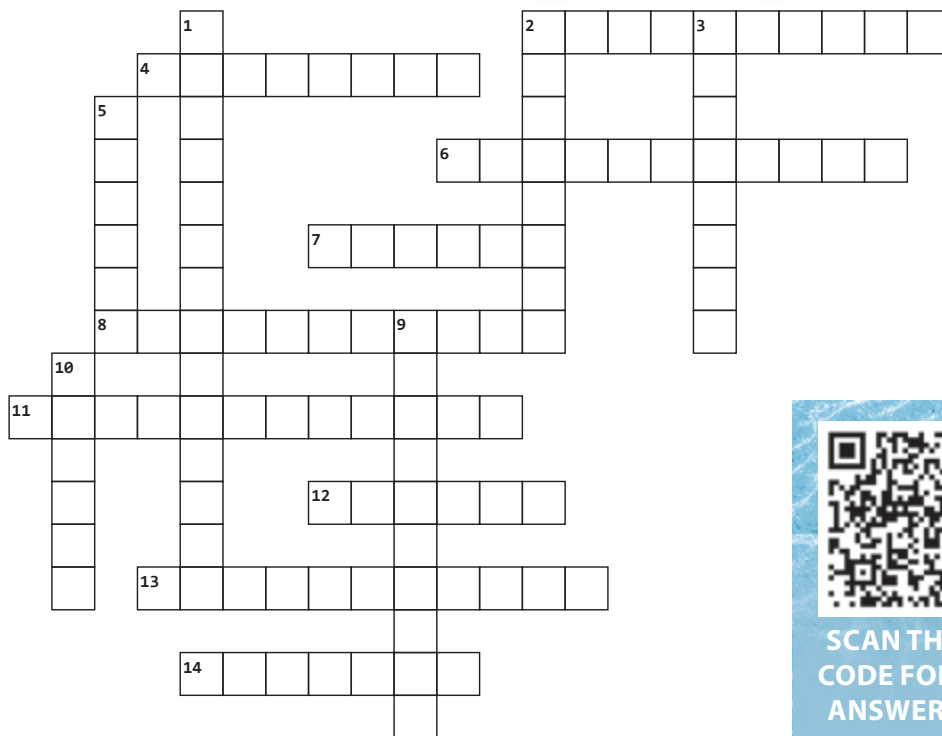


"Baseball team, Olds, Alberta., 1912, (CU1193654) by Vogel's Studio. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.  
Back row, L-R: Will Saunders; H. A. Samis; Mr. Maybank; A. H. Mann. Middle row, L-R: P. Cutton; F. Peterson; W. Bruce; Joe Girding. Front row, L-R: L. Walkley; Frank Brower.



Brower House, April 2023. Photos courtesy of Anthony Imbrogno.

# 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.



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February	23	13	6	\$942,500	\$927,500
January	23	2	3	\$359,900	\$368,500
December	22	3	6	\$891,850	\$865,250
November	22	3	4	\$362,400	\$355,000
October	22	6	7	\$399,000	\$397,000
September	22	9	10	\$562,400	\$571,950
August	22	4	4	\$396,950	\$388,050
July	22	9	8	\$344,000	\$336,000

To view more detailed information that comprise the above  
MLS averages please visit [dis.mycalgary.com](http://dis.mycalgary.com)

# 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.



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## Bike Safety

*A message from the Federation of Calgary Communities*

Protect your head! Any age – from toddlers to adults – should think twice before getting on a bike without a helmet. In fact, youth under 18 are legally required to. The helmet should fit nicely and cover the forehead. A helmet too loose won't do much protecting, so make sure it's nice and snug.

**Ring, Ring!** Having a bell lets those around you know you're coming and will help avoid any collisions on paths.

**Stop!** Being a cyclist means you must follow similar rules to driving a vehicle. Pay attention to posted signs, speed limits, and watch out for pedestrians. Knowing your route ahead of time can help you be aware of potential detours and hazards.

**Increase Your Visibility!** Use reflectors or lights, especially if you're riding your bike at nighttime or on the streets.

**Be Diligent!** You may have the right of way, but that doesn't mean those around you are paying attention to their surroundings. Always be cautious and diligent while riding a bike and stay in bike lanes where possible. Be sure to keep an eye out for vehicles coming in your direction and err on the side of caution!

For more resources, check out the Federation of Calgary Communities.



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## Four-Legged Friends Seeking Homes

*from the City of Calgary*



The City has reinstated its adoption program to help more animals find homes. For a limited time, adopt your forever companion at Animal Services at a reduced rate!

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- First set of vaccinations (excluding rabies)
- De-worming
- A bag of pet food

By adopting from a local shelter, you can make a direct impact by saving a life and contributing to the overall welfare of animals in your area.


Interested in adopting a pet? Check out the adoptable animals on [calgary.ca/pets](http://calgary.ca/pets).

## Calgary Students Get Creative with Digital Designs for the Level Up Calgary Minecraft Education Edition Challenge Season Two

*from the City of Calgary*



The City of Calgary's Resilient Calgary program continues the collaboration with the Calgary Board of Education (CBE), the Calgary Public Library, and Microsoft Canada to deliver Level Up Calgary Season Two. Watch the presentations and learn more at [calgary.ca/levelup](http://calgary.ca/levelup).



### PERIDOT

August-borns are lucky to have three birthstones to choose from: peridot, spinel, and sardonyx. Of these three, peridot is the rarest as it is one of only two gems to be found deep in Earth's mantle, which can make it more difficult to find and mine.

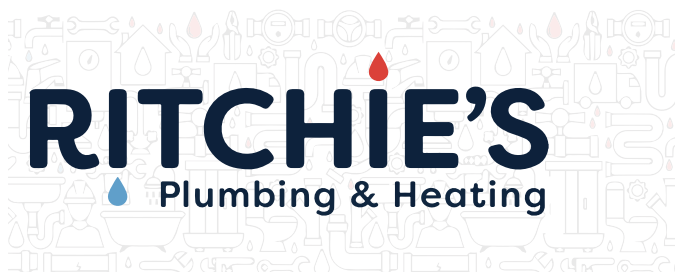
## GAMES & PUZZLES

### 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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## The Spotted Lake

Located near Osoyoos, BC, Spotted Lake is a mineral-rich body of water that evaporates every summer. Calcium, magnesium, and sodium sulphate deposits are left behind in small circular pools, each a different colour. It's no wonder that this otherworldly place is sacred to the indigenous Sylix people of Okanagan!



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