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臨濟正宗第四十八代傳人
上寬下如法師

第一場
2026年 9月5日 - 6日（六・日）
09:30 - 18:00
WinSport Canada Olympic Park
151 Canada Olympic Road, SW Calgary, AB T3H 4E5

第二場
吉祥滿願 遍灑三千法會
2026年 9月7日（一）
10:30 開始
North Glenmore Park, Calgary

免費入場 / 素食午齋

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samaritanclub.ca

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News, Events, & More

Crime Statistics

Real Estate Statistics

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EVANSTON-CREEKSIDE COMMUNITY ASSOCIATION

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Director at Large	Debbie Zurowski
Director at Large	Sukhdeep Sukhi

Evanston Board Meetings

are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.

BIG HISTORY, LITTLE ARMS

Want to know something cool? SUE the T. Rex is the most well-preserved *Tyrannosaurus rex* ever found, and she is currently right here in Calgary. Spanning over 5,000 square feet, this fossil is 90% intact. Pretty good for something over six million years old.

Evanston Creekside

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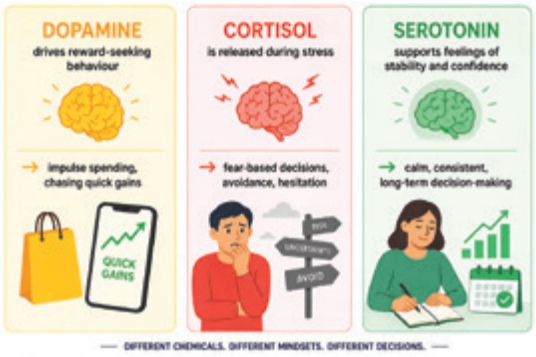
The Emotional Side of Money: Fear, Confidence, Stress, and the Roles They Play

by Karen Boudewyn, Senior Wealth Advisor



Money decisions are rarely driven by logic alone. While we often tell ourselves we'll act based on facts and analysis, emotions tend to lead, with logic following behind to justify the decision. Fear, confidence, stress, and subtle daily triggers all influence how we spend, save, and invest and often without conscious awareness.

Understanding this isn't about removing emotion from financial decisions. It's about recognizing its role so we can respond more intentionally rather than react automatically.

Fear and Financial Paralysis

Fear is one of the most powerful forces in financial decision-making, and it often shows up quietly as hesitation rather than panic.

It can lead to:

- Delaying investing decisions.
- Avoiding financial planning conversations.
- Holding excessive cash for "safety."
- Not reviewing accounts or progress.

For example, after a market downturn, many investors step back and wait for things to feel more stable. The challenge is that markets often recover before confidence returns, meaning opportunities are missed. Fear is designed to protect us but in financial planning, it can also keep us stuck.

Confidence and the Ability to Act

On the other side of fear is confidence. Financial confidence allows individuals to make decisions, stay consistent, and navigate uncertainty more effectively.

Confidence often shows up as:

- Following a long-term plan despite market volatility.
- Making timely financial decisions.
- Staying invested during uncertain periods.
- Focusing on strategy rather than short-term noise.

Importantly, confidence doesn't come from knowing everything. It comes from having clarity and structure. A well-designed financial plan reduces uncertainty and provides a framework for decision-making, even when emotions are present.

Emotional Triggers and Everyday Spending

Many financial decisions happen in small, everyday moments not major life events. These decisions are often emotionally driven.

Common triggers include:

- Stress: "I deserve this" spending.
- Boredom: impulse purchases.
- Celebration: reward spending.
- Comparison: keeping up with others.

In the moment, these behaviours feel justified. Over time, they can create patterns that quietly impact long-term financial outcomes.

The Impact of Stress on Financial Thinking

Stress has a direct effect on how we make decisions. When stress levels rise, our thinking becomes more reactive and short-term focused.

This can lead to:

- Avoiding financial decisions altogether.
- Making quick, emotionally driven purchases.
- Abandoning long-term plans during uncertainty.
- Focusing on immediate relief instead of future outcomes.

Stress narrows our perspective, making it harder to evaluate decisions clearly or stay aligned with long-term goals.

The Brain Chemistry Behind Money Decisions

There is also a biological layer influencing financial

behaviour. Our brains use chemical signals that affect how we respond to money-related situations.

- Dopamine drives reward-seeking behaviour (impulse spending, chasing quick gains).
- Cortisol is released during stress (fear-based decisions, avoidance, hesitation).
- Serotonin supports feelings of stability and confidence (calm, consistent, long-term decision-making).

These systems are essential for survival, but they are not designed for long-term financial planning. Understanding them helps explain why even well-intentioned individuals sometimes act against their own best interests.

Bringing Awareness to Emotional Patterns
The goal is not to eliminate emotion that's neither realistic nor necessary. Instead, the objective is to build awareness and create structure, so emotions don't dictate decisions.

Simple strategies can make a meaningful difference:

- Pausing before making financial decisions.
- Noticing patterns around spending and stress.
- Creating a clear financial plan with defined goals.
- Automating savings and investment contributions.

Over time, consistency matters more than perfection. Small, intentional actions help build both confidence and better financial habits. Money is not just mathematical, it's emotional. When you begin to understand how fear, confidence, and stress shape your financial behaviour, you gain more control over your decisions and your long-term outcomes.

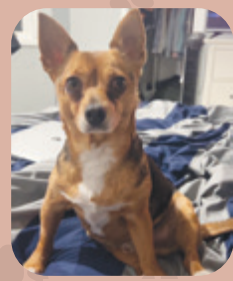
The goal isn't to remove emotion, it's to make better decisions alongside it.

Let's Canvas the Situation

On August 21, 1911, Leonardo da Vinci's Mona Lisa was stolen from the Louvre. It took twenty-eight months for the painting to be returned. Today, the Mona Lisa is valued so highly that most would simply call it priceless.

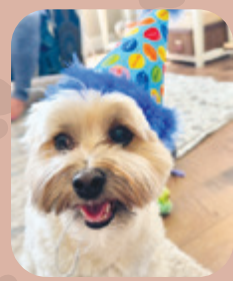
Cats, Canines, & Critters of Calgary

Bear, *Cranston*



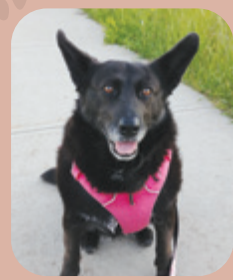
Chico, *Richmond*

Dexter, *Tuscany*



Ferland, *Cranston*

Honey, *Cranston*



Kenna, *Bridlewood*

Pixel, *Chaparral*

Tui, *Hillhurst Sunnyside*

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

Rain Barrel Rebates Are Still Available

by The City of Calgary

Hot, dry summer weather can increase outdoor water use. A rain barrel is a simple way to collect rainwater from your roof and use it later on trees, shrubs, and flowers. Using rainwater first can help reduce how much treated City water you use outdoors. Rain barrels can also help reduce stormwater runoff to creeks and rivers. The City of Calgary's 2026 Rain Barrel Rebate is still available through Green Calgary. Eligible Calgary households can receive $50 back per eligible rain barrel, up to three rebates per household, while funding lasts. Applications are open until October 31, 2026, or until funding is fully allocated. Up to 3,500 rebates are available on a first-come, first-served basis.

The rebate applies to the rain barrel storage container only. Accessories and add-ons are not eligible, and rain barrels must be an original sale (not resale). Receipts must be dated within 12 months of the date you apply. For full eligibility, required documents, and the application link, visit calgary.ca/rainbarrel.

by Anne Burke

As I write, it is Calgary Aboriginal Awareness Week. In 1979, the Native Urban Affairs Committee was established to represent Aboriginal issues and concerns. In 1987, the name was changed to the Calgary Aboriginal Urban Affairs Committee. I was contacted by a grade nine Math and Social Studies teacher who wanted to plan a tour of Nose Hill by a First Nations guide. There are a few documents related to the protocol for inviting Indigenous Elders. If you are in the Calgary area and need to connect with an Elder or Knowledge Keeper, you can consult the City of Calgary Indigenous Collaboration policy or the CBE Indigenous Education Protocol for local guidance. In First Nations, Métis, and Inuit cultures, the Elders are leaders, teachers, role models, and mentors. The CBE Indigenous Education team has kept wisdom and teachings shared orally from Elders and community Knowledge Keepers for several years. The CBE document represents a summary of those teachings. It also includes knowledge gained from other organizations and districts. The Alberta Teachers Association offers a guide to accompany the Association's Stepping Stones, Truth and Reconciliation resources. Crystal Manyfingers and her family are all members of the Kainai Nation of the great Blackfoot Confederacy who signed Treaty 7 in 1877. Crystal holds a B.A., B.Ed., and a Master's degree in Education (Adult and Workplace Learning) from the University of Calgary. She has written numerous magazine articles, published a children's book, and was awarded the Faculty of the Year Award for 2020 from Bow Valley College as a Learning Design Consultant for Indigenization and Decolonization of Curriculum, Research, and Innovation. Crystal serves on the Board of Directors for the Calgary Public Library as well as the Alberta Library Trustees Association.

Nose Creek Watchers

Community stepping into the watershed collecting valuable data that keeps an eye on the health of the Nose Creek watershed.

by Kristina Stephens, NCPS Council Member

Since 2023, the Nose Creek Preservation Society has been testing the waters of Nose Creek in partnership with the Alberta RiverWatch Institute's CreekWatch program. CreekWatch empowers citizen scientists to perform water quality tests and sample invertebrate diversity to provide the institute with valuable information on the health of our waterways.

Our scientifically accurate data is shared with the government and conservation organizations, which can aid in supporting sustainable watershed management. Our hope is that information we have been gathering about Nose Creek will aid in its preservation, especially in the wake of future developments.

Volunteers test the water on a weekly basis throughout the summer months (May to October). Tests are designed so that anyone can follow the step-by-step sampling guide, and gather accurate water quality data that includes:

- pH,
- dissolved oxygen,
- chloride,
- phosphates,
- ammonia,
- and turbidity.

There is a thing as too salty.

As a freshwater water source, Nose Creek should naturally have very little salt. However, the draining from agricultural fields and roadways within Nose Creek's thousand square kilometre watershed area has increased the salinity of the watershed. This has been shown through one of our most important water metrics, chlorine.

This increase in chlorine data has been evident at our 15 Street Bridge testing location in Northeast Calgary. It has consistently been above the 120mg/mL maximum that the Alberta Surface Waters' Environmental Quality Guidelines recommends for maintaining a healthy freshwater ecosystem. Increased salinity reduces the health of Nose Creek and will impact the plant, fish, and invertebrate diversity in the creek over time.

CreekWatch teams also sample for diversity of invertebrates, such as insects, snails, clams, and worms, where their presence, or lack thereof, as well as their abundance are important indicators of the quality of the water. Using a fine mesh sieve to catch invertebrates floating in the water and those that are stirred up from the creek bed, we identify and roughly count invertebrates that are present such as:

- caddisfly larvae,
- midges,
- water boatman,
- and the invasive Northern Crayfish.

Thankfully our team has been finding several types of pollution-sensitive invertebrates in Nose Creek, which indicates that the water is healthy enough for them to live and reproduce.

The more we know, the better choices we can make along the Nose Creek Watershed.

Our dream is to have several testing locations along the trajectory of both West Nose Creek and Nose Creek to monitor how the water quality is changing overtime, but we need an army of volunteers to make that dream a reality!

So far, our only active testing site is the 15 Street Bridge in Calgary, but we would love to have a consistent testing location in Airdrie in the Nose Creek Regional Park; where West Nose Creek meets Nose Creek in West Nose Creek Park; and at the confluence of Nose Creek and the Bow River by the Wilder Institute Calgary Zoo.

If you are interested in volunteering with our Creek Watch team, you can sign up on our website savenosecreek.com/creek-watch. We would love to see you out on the creek!

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August's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

List your favourite hobbies. Pick one that gives you great fulfillment. Why is it so special to you?

Dear reader,

It has taken me some time to figure out who I am and which pastimes I need to feel truly content. My favourite hobbies are reading, gardening, camping, hiking, and jigsaw puzzles. To properly nourish our whole selves, I surmise we each need a combination of hobbies that embody various aspects of our lives. For example, we need something active to move our bodies, something to challenge and sharpen our minds, something social to connect us to others, and something peaceful to help us relax.

Gardening is particularly special to me, fulfilling both my active and relaxation needs. I have had a deep affinity for the outdoors and growing things since childhood, heavily influenced by my parents. My dad always tended to the vegetable garden, while my mom creatively landscaped their farm in Southern Ontario.

Working with the earth is a natural lesson in hard work and reward. One morning this spring, I was roaming the backyard with my hot cup of tea, impatiently wondering when my peas would finally begin to sprout. When I noticed a flash of green, I was elated. A single pea shoot was poking proudly out of the soil, and my heart was happy.

However, gardening also requires realistic expectations and acceptance of things entirely outside of our control. Since those peas sprouted, I've had to battle hungry birds and mischievous squirrels. Losing plants to hail, insects, and other pests is simply part of the deal.

Gardening in a climate with a short growing season requires flexibility. It forces me to accept that hours of hard work could be thwarted on any given day by Mother Nature. Honestly, if I hadn't learned to accept that reality, I likely would have quit by now! Yet, despite the frequent challenges, it remains deeply rewarding. Soon enough, I will be eating fresh peas, lettuce, herbs, raspberries, and other delicious food that I managed to nurture, protect, and keep alive.

Happy writing,

Michelle

Write It Forward

Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.

MLA, Calgary-Foothills

Court Ellingson

Shadow Minister for Finance

202-1829 Ranchlands Blvd NW, Calgary

403 216 5444

Calgary.Foothills@assembly.ab.ca

facebook.com/CourtEllingsonYYC

courtellingson @CourtEllingson_

Greetings residents of Calgary-Foothills!

I hope you've been enjoying your summer! It's been fun (and busy) for me – I've attended neighbourhood events, participated in Stampede Breakfasts, and supported community association events hosted by local volunteers. I encourage you to become a member of your local community association - they play an important role in creating opportunities for residents and families to get together.

An important date coming up: the UCP Government has officially set a referendum voting date of October 19, 2026. If you are a resident of Alberta eligible to vote in a provincial election, you can vote in this referendum. Premier Smith has created ten long and detailed questions for you to respond to. One on separation, several related to immigration, and provincial control on policies. I recommend reading the full list on Elections Alberta's referendum website.

People have asked me where I stand – Alberta New Democrats and I (as your local MLA/provincial representative) empathetically believe **Alberta should remain within Canada, and I will be voting "no" to the other nine questions.** Contact my office for more infomation.

As always, we hope not to be impacted by extreme weather such as floods, hail, and wildfires, but each year has reminded us that we must take preventative action to protect our homes and mitigate damage from various storms. If you have concerns regarding your insurance, you can **contact the Insurance Bureau of Canada at 1-844-2ask-IBC or ibc.ca.**

Meanwhile, don't hesitate to contact my office to learn how your MLA can support you! Ask about our e-newsletter list to stay updated on local events, changes to provincial legislation, and referendum information. If you would like to volunteer with my office or have questions, please contact my email above and follow my work on social media. Until next time!

MLA, Calgary-Acadia

Diana Batten

Shadow Minister for Children & Family Services

105, 10333 Southport Road SW, Calgary

403-640-1363

Calgary.acadia@assembly.ab.ca

facebook.com/dianabattenmla

dianabatten_ @DianaBatten_

Happy Summer, Calgary-Acadia!

It has been a whirlwind couple of months spending quality time connecting with you and your neighbours in the community. Through the wind, rain, and hail, we celebrated Neighbour Day across the riding, supporting young entrepreneurs at their lemonade stands, channelling our creative juices into painting tiles and wood blocks, and enjoying the live music when the weather permitted. It was a blast, and I am so grateful for the community associations and all the volunteer hours spent creating events like these.

This Canada Day felt especially significant as Alberta faces a referendum on its place in confederation. I am a proud Canadian and a proud Albertan, and vast majority of constituents have told me they feel the same. Many have expressed frustration with the referendum, particularly its cost and limited return, and would rather see those dollars invested toward strengthening public education and public health care, priorities that directly support families and communities.

From the Calgary Stampede and Folkfest to parades of garage sales, summer offers countless ways to come together and celebrate our thriving communities. Our third annual Haysboro Stampede Breakfast was part of that spirit, bringing thousands of neighbours out for pancakes, connection, and conversation with the Alberta NDP Caucus.

Your voices are essential, and it is a true privilege to serve Calgary Acadia. I am here to represent you, and the perspectives you share help shape the work I do every day. As the referendum approaches, I encourage everyone to stay engaged, take the issue seriously, and make the time to get informed about what is at stake for our province and our future. Please continue to share your thoughts and perspectives with me.

Wishing you a safe and enjoyable rest of the summer.

Cheers,

Diana

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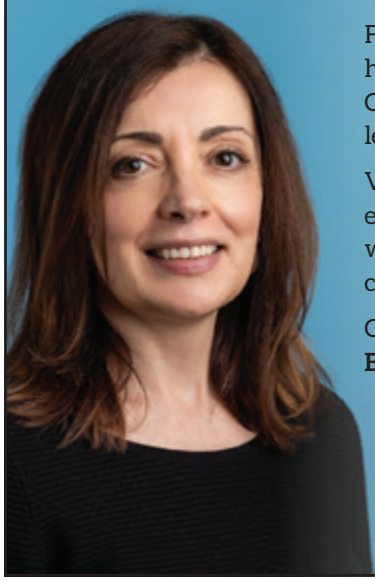

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