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SCAN ME

THE VISTA
AT SAGE HILL

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Summer School for Seniors
August 6 | 4:30pm–6:30pm
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Dinner, Presentation & Senior Resource Tables.
Free admission — Donations of school supplies or money to support kids heading back to school are appreciated.
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samaritanclub.ca

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Community Designated Schools

(FR) Denotes French Immersion Program

Hamptons Elementary
Captain John Palliser Elementary
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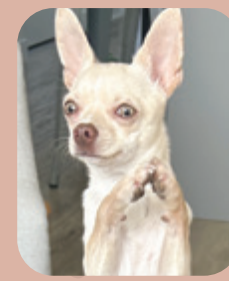
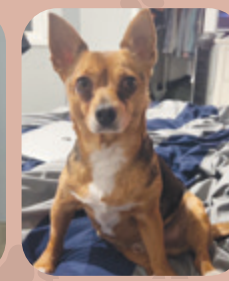
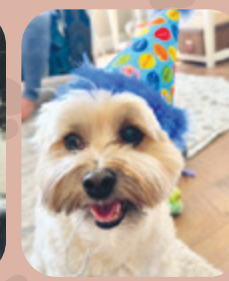
St. Jean Brebeuf Junior High
St. Francis Senior High
St. Luke Elementary (FR)
Madeleine d'Houet Junior High (FR)
École Terre des Jeunes (FR)
Ste-Marguerite-Bourgeoys (s)(FR)
École de la Rose sauvage (FR)

Cats, Canines, & Critters of Calgary

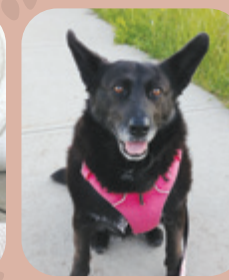

Bear, *Cranston*


Chico, *Richmond*

Dexter, *Tuscany*


Ferland, *Cranston*

Honey, *Cranston*


Kenna, *Bridlewood*

Pixel, *Chaparral*

Tui, *Hillhurst Sunnyside*

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

Community Update:
Planned School Development in the Hamptons

The HHOA and HCA would like to provide residents with an update regarding one of the designated school sites located within the large green space, adjacent to the rink and tennis court. The site has been assigned to FrancoSud for the development of a French Catholic school, with a hybrid private-public format.

The HHOA and HCA have limited information and are actively working alongside the City of Calgary to obtain updates regarding the project. We have requested FrancoSud provide transparency and to engage directly with residents of our comunity.

We understand there will be concerns and ask that you please direct all questions, concerns to FrancoSud and Alberta's Minister of Education, Demetrios Nicolaides.

FrancoSud

https://francosud.ca/accueil/english/contact/

- Phone : 403.686.6998
- Email: infoconseil@francosud.ca

Minister of Education, Demetrios Nicolaides

https://www.alberta.ca/minister-of-education-and-childcare

- Email: education.minister@gov.ab.ca
- Phone: (780) 427-5010
- Mailing Address: 423 Legislature Building, 10800 – 97 Avenue, Edmonton, AB, T5K 2B6

Dating Safely: Recognizing the Red Flags of an Unsafe Relationship

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

Dating can be exciting. However, it's a time when we overlook warning signs because our attraction leads us to want to believe the best about someone. According to security expert and author Gavin de Becker in his bestselling book *The Gift of Fear*, our intuition is one of our greatest tools for recognizing danger. Learning to trust our instincts and identify red flags can help us avoid unhealthy or unsafe relationships before they become deeply established.

One of de Becker's central messages is that fear is not something to dismiss. It is valuable information. Many people who later experienced emotional abuse, coercion, or violence report that they had an uneasy feeling early on but talked themselves out of it. Rather than ignoring these feelings, de Becker encourages us to pay attention to them.

A common red flag is boundary violations. Healthy people respect your "no," your need for space, and your personal preferences. An unsafe person may repeatedly push your boundaries while disguising their persistence as affection or determination. One of de Becker's most important observations is that when someone ignores

a small "no," they are often testing whether they can ignore a larger one later.

Another warning sign is forced teaming. This occurs when someone creates an artificial sense of connection by speaking as though you are already a team. Statements such as "We're exactly alike," "No one understands me like you do," or "We're in this together" early in a relationship may be attempts to accelerate trust and intimacy before it has naturally developed.

Becker also describes the danger of love bombing, where a person overwhelms you with attention, gifts, praise, or declarations of love very early in dating. While genuine affection develops gradually, love bombing often creates pressure to reciprocate feelings that have not had time to develop authentically.

Another tactic he identifies is charm versus genuineness. Genuine people do not need to work hard to convince you they are good people. Excessive charm, flattery, and polished behaviour can sometimes be used to lower your guard. As de Becker notes, charm is often a strategy intended to persuade, while genuine kindness expects nothing in return.

Watch for loan sharking, another concept from *The Gift of Fear*. This occurs when someone does favours, buys gifts, or provides help that you did not ask for, then expects gratitude, access, attention, or compliance in return. Healthy generosity is freely given without creating a sense of obligation.

Becker also discusses typecasting, a manipulation tactic where someone makes a subtle negative comment in order to provoke you into proving them wrong. For example, "You're probably too busy to talk," or "You seem like someone who wouldn't give people a chance." The goal is often to influence your behaviour by triggering a need to defend yourself.

The most important lesson from *The Gift of Fear* is simple: trust your instincts. If you feel pressured, confused, manipulated, or unsafe, you do not need to justify those feelings. Your intuition exists to protect you. Healthy relationships feel respectful, safe, and consistent. When something feels off, listen to that inner voice, it recognizes danger before your conscious mind can explain it.

News from the Friends of Nose Hill

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.

August Crossword

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

Across

2. Described as a period of abnormally hot weather, August is a typical time for these extreme weather events.
4. *Everything Everywhere All at Once* stars _____ as Evelyn, a mother trying to save her daughter from the evil forces of Jobu Tupaki in every universe.
6. *I Barely Knew Her*; is the title of this new artist's first album.
7. Weeping _____, is a popular tree native to northern China, but is now found in many places in North America.
10. These freshwater fish have a deceptively colourful name and can be found in the Bow River.
11. This American artist released his album *Wishbone*, featuring the songs, "Vodka Cranberry" and "Eleven Eleven" in August of last year.
12. If you're out on the lake, you may see people participating in this relaxing water sport.

Down

1. In this popular card game, you and your partner need to accrue a total of 121 points to win, even better if you skunk your opponents.
3. This popular Broadway musical was recently performed here in Calgary, telling the story of Orpheus and Eurydice.
5. Anne Hathaway's character in *The Devil Wears Prada* wears this blue that "represents millions of dollars of countless jobs."
7. This award-winning horror film follows Julia Garner as she tries to find her 17 students that go missing in the middle of the night.
8. These public spaces often promote a summer reading challenge for young kids.
9. These cold, fruit-flavoured treats are well-loved on a hot summer day

Divorce and Family Businesses

by Christopher Bungay, Divorce Lawyer

In many divorces, one spouse owns and runs a business. Alberta divorce law recognizes this kind of business as "family property." This means that, in most of these cases, a business is an asset that must be valued and divided between the spouses as part of the divorce process. This point raises an obvious question: How is the business divided between the spouses?

The percentage each spouse receives depends on the roles each spouse played during the marriage. For example, if mom stayed home and raised the children, and allowed dad to build and run the business, the result would likely be a 50/50 split. Practically, this makes sense because at least half of the company's success was based upon mom's domestic contributions.

However, there are other circumstances where the division might not be equal. Let's say the wife (Mrs. Darnold), owned a successful dental clinic. Her husband, Mr. Darnold, also earned a significant income working full-time, outside the home. The couple had 3 children, and most of the child-care was performed by a live-in nanny.

In this situation, it is very possible that Mr. Darnold would not be entitled to a 50% share of his wife's dental clinic. This is because Mr. Darnold did not make any contributions to the success of his wife's business. It would be unfair for Mr. Darnold to get half of something he had nothing to do with.

Unequal division of a family business also occurs in the following situation: where one spouse owned the business before the relationship began. In these circumstances, the financial worth of the company is broken down into two different time frames:

1. The business' value before the marriage, and,
2. The business' value after the marriage.

The non-business-owning spouse is only entitled to a portion of the after-marriage value of the business. The logic here is that, since the spouse had nothing to do with the business before the marriage, they should not get any share of the pre-marriage value. Conversely, the value of the business post-marriage is a family asset. Here, the spouse likely contributed in some way to the business after the marriage, and thus, they would be entitled to a portion of the business as part of the divorce.

It is important to note that dividing a business between spouses does not always mean the business ends. The company may carry on doing business after the divorce. However, in most cases, part of its value must be paid out to the non-business-owning spouse as part of the divorce process.

Accidental Poisoning

by Emergency Health Services

Emergency Health Services (EHS) paramedics would like to remind parents and caregivers of precautions they can take to help prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter medication is a frequent cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher/laundry tablets, mouthwash, chemicals such as paints/solvents, cleaning products, and button batteries.

Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications and button batteries are kept.

Safety tips

- Child-resistant medication bottles are not necessarily child-proof. They can still be opened by a child.
- Take extra precautions with medicines designed to appeal to children such as chewable vitamins or flavoured cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even a small amount can cause serious illness if ingested.

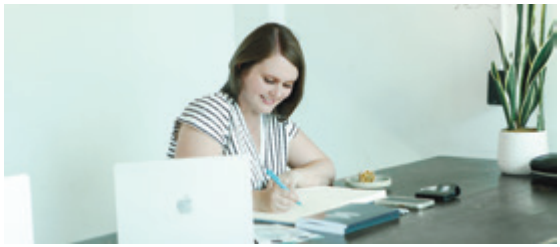
Find poisoning information by calling the Poison and Drug Information Service (PADIS) at 1-800-332-1414.

In Case of a Poisoning Emergency, Call 9-1-1

Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EHS paramedics to inspect on their arrival.

September Starts in August: Five Simple Steps to Make Fall Feel Less Chaotic

by Shayla Moulton



September has a way of sneaking up on us. One minute you're enjoying long summer evenings, and the next you're juggling school schedules, work deadlines, extracurricular activities, appointments, and holiday planning.

The secret to a less hectic fall isn't becoming more organized overnight—it's taking care of a few key tasks before September arrives. Spending just a little time preparing now can save you hours of stress later.

Here are five simple steps to help make the transition into fall feel much more manageable.

1. Book Your Fall Appointments Before Everyone Else Does
As soon as September arrives, appointment calendars fill up quickly. Instead of scrambling to find availability, use August to book routine appointments for yourself and your family.

Think about:

- Dental checkups
- Annual physicals
- Eye exams
- Specialist appointments you've been putting off
- Vehicle maintenance before winter

Even if the appointment isn't until October or November, having it booked means one less thing to remember during an already busy season.

2. Create One Master Calendar
Before September begins, gather every commitment in one place. Add school calendars, extracurricular activities, work commitments, birthdays, medical appointments, and travel plans. Looking at the entire season at once makes it much easier to spot scheduling conflicts before they become stressful surprises. Whether you prefer a digital calendar or a paper planner, the important thing is to have one reliable calendar that everyone in your household can refer to.

3. Check Your Passport Before You Need It
Many Calgary professionals start thinking about warm-weather getaways once temperatures drop, but passport renewals can take time. Take a few minutes to check the expiry dates on everyone's passports now. Many countries require your passport to be valid for at least six months beyond your travel date, so even a passport that hasn't technically expired could cause problems. It's a simple task that can prevent unnecessary stress if a fall or winter trip comes together.

4. Schedule a Weekly Life Admin Hour
Life admin has a habit of piling up when we're busy. Instead of trying to squeeze in small tasks whenever you remember them, block one hour each week to handle things like paying bills, completing school forms, booking appointments, renewing memberships, organizing paperwork, or running errands. Treat it like any other appointment. A consistent routine keeps little jobs from becoming overwhelming.

5. Prepare Your Home for Fall
A little home maintenance now can save you time, money, and frustration once the weather turns colder. Take an hour to tackle a few seasonal tasks, such as:

- Replacing your furnace filter,
- Testing smoke and carbon monoxide detectors,
- Cleaning out your gutters,
- Putting away summer furniture and garden tools,
- Checking weather stripping around doors and windows,
- Restocking your winter emergency kit for your home and vehicle.

None of these jobs take long on their own, but together they can help your home and your family be ready for the months ahead. September doesn't have to feel like a whirlwind. By taking care of a few important tasks in August, you'll spend less time reacting to last-minute surprises and more time enjoying the season ahead. Sometimes, a little preparation today is the best gift you can give your future self!

BRAIN GAMES SUDOKU

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Let's Canvas the Situation

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