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North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER



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**Samaritan Club
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Semi-Annual Super Thrift Sale

Saturday, September 26

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**

**For More Information:
samaritanclub.ca**

**All proceeds will benefit
Calgarians in need**

**Entry
\$2 Adults
Kids Free**



Vintage and Boutique items

**Get great deals on household goods,
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Don't forget to bring your tote bag

Back by popular demand:

- Concession
- Parcel Pickup

Cash Only

CENTURY 21

Masters



**Thinking of selling? Get your home on the
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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



TODAY'S
SQUARE
DANCING
YOU'LL BE
SURPRISED

Square Dancing
FOR BEGINNERS

CASUAL ATTIRE! COUPLES, SINGLES
AND ALL AGES ARE WELCOME!

HAVE LOTS OF FUN • LAUGH • MAKE FRIENDS • GET LOTS OF EXERCISE
REDUCE STRESS • IMPROVE MEMORY SKILLS • GOOD MUSIC

FOR NEW SQUARE DANCERS

Lessons start on
Friday, September 11
from 7:00 - 8:30 PM

North Haven Community Hall
5003 North Haven Drive NW

Contact: David or Joyce Allen
403-293-0033 or rvr@telus.net

NORTH HAVEN COMMUNITY ASSOCIATION

5003 North Haven Drive NW
Rentals 403-284-2716 • Hall 403-282-1075 • hello@northhavenyyc.ca



NHCA Board of Directors 2026

President	Theresa Constantin	president@northhavenyyc.ca
Vice President	Meritt Kularatne	vp@northhavenyyc.ca
Secretary	Peggy Colborne	secretary@northhavenyyc.ca
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Community Engagement	Joshua Grey	community@northhavenyyc.ca
Entertainment	Maike Wittbrood	entertainment@northhavenyyc.ca
Memberships	Susan Noble	memberships@northhavenyyc.ca
Director at Large	Lorraine Moulding	lorraine@northhavenyyc.ca
Director at Large		celina@northhavenyyc.ca

Board meetings are held on the second Thursday of the month at 7:00 pm.
NHCA board meetings are open to the public.



MEMBERSHIPS NOW AVAILABLE ONLINE!

NorthHavenYYC.ca/membership/

ENTERTAINMENT

I hope everyone is enjoying the summer!

Don't forget to come support Lil Green Urban Farm stand every Wednesday at the hall from 2:30 to 5:30 pm for all your fresh veggie needs.

We are celebrating turning 60 this year and we are throwing a party on September 19, 2026 from 2:00 to 7:00 pm. We plan to have outdoor carnival games, live music, food trucks, drinks and a good old-fashioned chili cook-off. Inside the hall we will be showing a short video to showcase where North Haven has come from and there will be old photos set up around the main hall.

Bring a picnic blanket or camp chair and come on down to join in on the festivities.

Yoga will be back in September, check for return dates on our social media or website.

Details on what's happening in the fall will be posted on our website when finalized at www.northhavenyyc.ca.



Egerts Playground Update!

Since opening in fall 2025, our community playground has quickly become a popular gathering place for neighbourhood families. We're excited to share that one final piece of playground equipment will be added later this year to complete the space.

To allow for installation and site work, the playground will be temporarily closed at the end of summer 2026. We know the playground is well loved and appreciate everyone's patience while this final addition is completed.

We're looking forward to reopening the fully completed playground and giving kids even more ways to play, explore, and enjoy the space together!



NORTH HAVEN COMMUNITY ASSOCIATION'S HALL IS AVAILABLE FOR RENTAL!



Notes:

- All rentals require a \$300 damage deposit
- Rental hours must include set-up and take-down time
- Discount available for North Haven resident members

Email rentals@northhavenyyc.ca to view or book!

MAIN HALL Seating Capacity: 100

Includes access to non-commercial kitchen. Times booked must include time for set up and take down.

Monday to Friday – 8:00 am to 6:00 pm	\$40 per hour, minimum 3-hour rental
Monday to Friday – 6:00 to 11:00 pm	\$45 per hour, minimum 3-hour rental
Saturday and Sunday – 8:00 am to 6:00 pm	Not Available
Saturday and Sunday – 6:00 pm to 1:00 am	\$55 per hour, minimum 3-hour rental
Holiday Mondays – 8:00 am to 1:00 am	\$55 per hour, minimum 3-hour rental
December 25, 26, and 31	Not Available

BOARDROOM Seating Capacity: 35

The Boardroom is for meetings and small trainings. It has a projector screen but does not include a projector. Times booked must include time for set up and take down.

Monday to Friday – 8:00 am to 6:00 pm	\$30 per hour, minimum 2-hour rental
Monday to Thursday – 6:00 to 10:00 pm	\$30 per hour, minimum 2-hour rental
Friday Night, Saturday, Sunday, and Holidays	Not Available



Community Garden

August is one of the most rewarding months in the garden. After months of planning, planting, and caring for our plots, many gardeners are now enjoying fresh vegetables, herbs, and flowers. Thank you to everyone who continues to help make our community garden a welcoming and vibrant space.

August Garden Tasks

August in Calgary often brings warm days, cool nights, and occasionally dry conditions. Continue to water deeply rather than frequently, aiming for approximately 2.5 cm (1 inch) of water per week, including rainfall and water early in the morning whenever possible to reduce evaporation and help prevent disease.

Keep harvesting vegetables regularly. Beans, peas, zucchini, cucumbers, tomatoes, herbs, lettuce, and many root vegetables will continue producing when picked frequently. Don't forget to remove any diseased or dead plant material to help keep plants healthy.

Continue pulling weeds before they go to seed. A few minutes of weeding each visit can save hours of work later in the season.

Home Garden Tip

Now is a great time to begin planning for a fall harvest. Fast-growing crops such as spinach, arugula, radishes, leaf lettuce, Asian greens, and cilantro can still be seeded in early August for harvest before frost. As temperatures cool later in the month, many leafy greens develop an even sweeter flavour.

Water Conservation Reminder

Our Climate Ready Garden continues to demonstrate ways to conserve water.

Please remember to:

- Check your soil before watering—water only when needed.
- Continue using sheep wool pellets around plants to help retain moisture and improve soil health.
- Refill and use olla pots regularly, allowing water to slowly soak into the soil where plant roots need it most.
- Mulch bare soil whenever possible to reduce evaporation.

Every drop saved helps build a more resilient garden.

Looking Ahead

Although summer is still in full swing, August is a great time to start thinking about the end of the growing season. As crops finish producing, remove spent plants, add healthy material to the compost bins, and begin planning improvements you'd like to make for next year.

Thank You

Thank you for helping create a thriving, sustainable community garden. We hope you enjoy the harvest and the friendships that continue to grow alongside it.





Date _____

Last Name

First Name(s)

Address

Postal Code

Email Address (Please print clearly)

Phone Number



I consent to receive emails from the NHCA regarding membership renewal and community events.

Please select a membership type (prices include GST):



\$ 21.00 North Haven Resident Household - 1 Year



\$ 21.00 Non-North Haven Resident Household - 1 Year



\$ 10.50 Senior Household (65 and older) - 1 Year

Donation

Select payment type:



Cash



Cheque

Please mail or drop off the completed form and payment at:

North Haven Community Hall - 5003 North Haven Dr. NW, Calgary AB, T2K 2K3

Go to northhavenyyc.ca/membership to fill out a form online!

Purchasing a membership supports local initiatives such as:

- Ongoing growth of community events
- Neighbourhood improvement initiatives such as spring clean-up, playground and pathway upgrading and traffic safety
- Maintaining the Ice rink and community facilities
- The community website online communication and monthly newsletter

Benefits of your North Haven Community membership include:

- Discounted fees for community programs and events
- Discounted community hall rental fees (North Haven residents only)
- The option to be included in the North Haven Business Directory
- The ability to register for local groups such as McKnight Soccer
- Voting privileges at the Annual General Meeting (North Haven residents only)
- Giving input on community planning and development processes

**Do you run a business and live in North Haven?
Join our Business Directory at
northhavenyyc.ca/businessdirectory**

NHCA Community Food



The NHCA Community Food Committee has new members! Thank you to the Lindas for joining our committee. Their input is so valuable in maintaining the initiative but more so to add a new perspective. We met as a committee on May 29 and realized in this meeting we need the North Haven community's input on a few items:

Food Bank Donations

This initiative has not been as successful as we had hoped with donations brought to our NHCA events. Some of the ideas could be having one event a year that focuses on food bank donations or involving the North Haven Elementary School. If you have an idea please let us know by emailing communityfood@northhavenyyc.ca or by calling 403-284-2716 and leave a message of your suggestion.

Community Garden

As you may know the North Haven Community Food Garden has plots and community members volunteer to grow produce for the community. Growing the produce has been going well but the distribution is random. Discussion has included having a free market for the whole community. This would include those who have extra produce to share from their own gardens and

include the community garden. We will be introducing a free food market three times each month. Please watch for signage. And please look at the schedule below to sign up for the Free Food Market.

Good Food Box

Reminders for order and pick up dates:

Customer Orders	Pick-Up Dates
Aug 13 to 16	Thursday, Aug 27, 3:00 to 6:00 pm

Cost of a Good Food Box

- Small Box: 15 to 20 lbs of fruits and vegetables - \$36.75
- Medium Box: 25 to 30 lbs of fruits and vegetables - \$42.00
- Large Box: 35 to 40 lbs of fruits and vegetables - \$47.25

Volunteering

Many thanks to those that want to volunteer for such a great initiative! If you are interested in joining the committee with small but mighty responsibilities to continue making this a viable community program that all can benefit even if it's one time or to assist on the committee, your time and involvement would be so appreciated.

Please contact us if you can assist for any of these dates and time.

Date	Name	Time	Comment
August 13		4:30 to 5:30 pm	
August 20		4:30 to 5:30 pm	
August 27	Linda Elias	4:30 to 5:30 pm	
September 10		4:30 to 5:30 pm	
September 17		4:30 to 5:30 pm	
September 24	Linda Elias	4:30 to 5:30 pm	
October 8		4:30 to 5:30 pm	
October 15		4:30 to 5:30 pm	
October 22	Linda Elias	4:30 to 5:30 pm	

Email: communityfood@northhavenyyc.ca
Phone: 403-284-2716 and leave a message

The City of Calgary Food Assessment Department have recent updates on food resources.

Food Access Webpage: This landing page has links to the map, the web resources list, and print-friendly PDF resources. Each of these resources should have the same information in different formats. This allows you to show this information to clients in a format that works for them.

Calgary Community Food Map: This visual layout shows resources on Google Maps. It allows people to find resources close to them and to determine routes/transit options to access resources. This resource is regularly edited (date of last edit listed in map description).

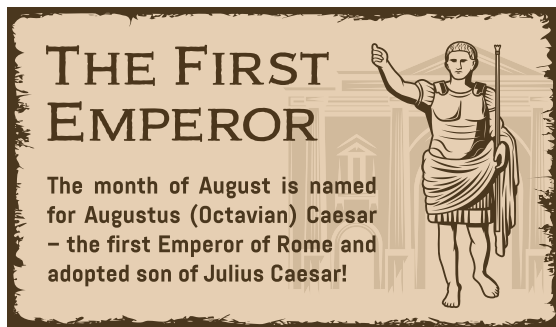
Calgary Community Food Resources by Quadrant: This format makes it easy to search by quadrant, key words, and to read in a list. This resource is regularly edited (date of last edit listed on page one).

Print-friendly PDFs: This format separates information into quadrant-specific documents – each about 8 to 12 pages long – for easy printing to distribute hard copies. This resource is edited less frequently (date of last edit listed on page one).

After a large round of content updates, we republished the print-friendly PDFs in Spring 2026. Please visit the Food Access webpage to download updated versions. Since resource details can change regularly, we recommend contacting organizations directly to verify information before accessing or referring services. To add new resources or suggest edits, please email us at food@calgary.ca.

A huge thank you to AHS Nutrition Services, Population and Public Health, and the YYC Food Collaborative for significant collaboration and contributions to updating these resources over the last few months.

“Laughter is brightest in the place where the food is.”
– Irish Proverb

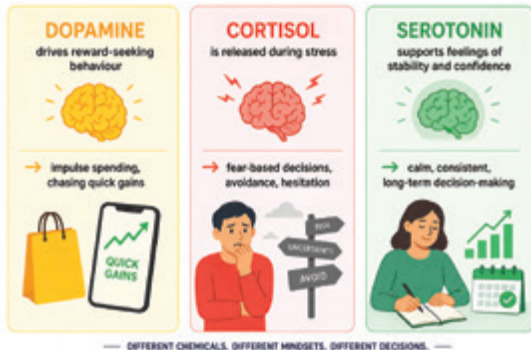


by Anne Burke

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.

Financial Decisions

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.

JOKE OF THE MONTH

I went to buy some
camouflage pants, but
I couldn't find any.

Cats, Canines, & Critters of Calgary



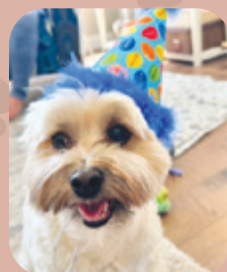
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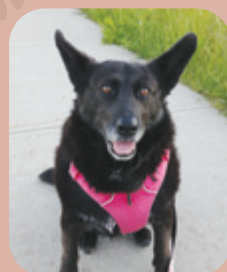
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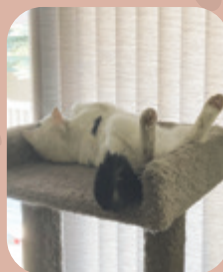
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Dating Safely: Recognizing the Red Flags of an Unsafe Relationship

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.

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.

BRAIN GAMES

SUDOKU

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

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The Continental Divide is an area in Western Canada that helps to form the geographical boundary between Alberta and British Columbia. It also acts as a hydrological divide – water in the western portion flows to the Pacific Ocean, while water in the east flows to the Atlantic.



MLA Calgary-Klein
Lizette Tejada
 #232-A - 3630 Brentwood Rd NW
 ☎ 403-216-5430
 ✉ Calgary.Klein@assembly.ab.ca
 ✕ @lizettendp | 📷 lizettendp

As August arrives with its long, warm days and golden evenings, I'm reminded of one of the season's greatest gifts: the opportunity to connect with one another.

There is something special about this time of year. We spend more time outdoors, gather at community events, visit local markets, and linger a little longer in conversation with friends and neighbours. Summer creates space for the spontaneous interactions that help bring communities together.

Strong communities are built not only through policies and programs, but through the relationships we create with one another. A neighbour checking in, a conversation at the park, or a friendly greeting on a walk can foster a sense of belonging and strengthen the bonds that make our communities resilient.

I'm especially grateful for the chance encounters summer seems to encourage. Running into a familiar face at a festival or meeting someone new at a community gathering can turn an ordinary day into a meaningful moment of connection. These experiences remind us that we are part of something larger than ourselves.

In a time when we are so often being pushed toward division and conflict, these moments matter more than ever. They help us see one another not as strangers, but as neighbours. They build trust, understanding, and the sense of safety that allows people and communities to thrive.

This August, I encourage everyone to embrace opportunities to reach out, say hello, and spend time together. The warm weather will not last forever, but the connections we build can endure long after summer ends, strengthening our communities and reminding us that we are all better when we look out for one another.

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