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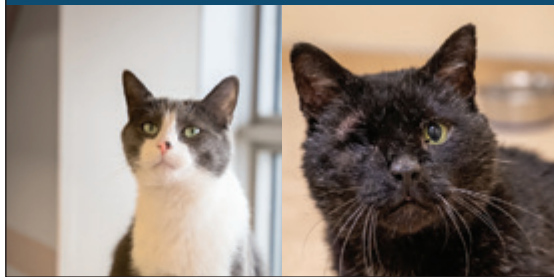


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NHCA Board of Directors 2026

President	Theresa Constantin	president@northhavenyyc.ca
Vice President	Meritt Kularatne	vp@northhavenyyc.ca
Secretary	Peggy Colborne	secretary@northhavenyyc.ca
Treasurer	Karen Boudewyn	treasurer@northhavenyyc.ca
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Communications	Mark Gervais	communications@northhavenyyc.ca
Community Engagement	Joshua Grey	community@northhavenyyc.ca
Entertainment	Jesse Fowlis	entertainment@northhavenyyc.ca
Memberships	Susan Noble	memberships@northhavenyyc.ca
Director at Large	Lorraine Moulding	lorraine@northhavenyyc.ca
Director at Large	Celina Baharally	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/

It's quieter around the NHCA in July and August, but that doesn't mean you can't come out to enjoy our many green spaces, parks, and playgrounds to meet up with friends and neighbours!

Lil' Green Urban Farm Stand

Don't forget to come buy your local veggies every Wednesday in the parking lot from 2:30 to 5:30 pm.

NHCA Birthday

North Haven Community Association is celebrating turning 60 this year and we are throwing a party!

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.

Stay tuned for more details which will be posted on our website over the summer at www.northhavenyyc.ca.



Fireworks

Out enjoying fireworks on Canada Day? Did you know that fireworks originated in China over 2,000 years ago? Ancient firecrackers came to be when bamboo stalks exploded after being thrown into firepits.



A Message to Our North Haven Neighbours

Hello North Haven Residents,

As the Calgary Winter Club prepares to begin Frame the Future, the largest facility enhancement project in our history, we wanted to reach out directly to our North Haven neighbours. We know that major construction projects can affect more than just the property where they take place, and we felt it was important to connect with the community early, share our plans, and continue building a collaborative relationship with our neighbours.

Beginning in mid-August, construction will temporarily reduce parking availability at the Club. To help manage this impact, we have taken a number of steps to reduce parking demand, including limiting major events, reducing guest traffic, encouraging carpooling, and requiring staff to park off-site.

Following discussions with the North Haven Community Association, staff will be encouraged to use designated parking areas near the Norquay green space wherever possible. We are also working closely with our staff to ensure they park legally, respectfully, and with consideration for residents and community amenities.

Our goal is to minimize the impact on the neighbourhood and be proactive, transparent, and accountable throughout the construction period. To support this, the Club will provide a dedicated point of contact for residents should parking concerns arise, and we will continue to work closely with the North Haven Community Association as construction progresses.

For matters requiring direct attention related to construction parking impacts, residents may contact our Experience and Standards Manager at experience@calgarywinterclub.com.

We have greatly appreciated the open dialogue with the Association and have also begun exploring ways the Calgary Winter Club can support and contribute to the North Haven community as a small gesture of thanks for the patience, understanding, and partnership that will be required over the coming years.

Thank you for your understanding as we undertake this important project. We value the relationship we have with the North Haven community and look forward to working together to be good neighbours throughout construction and beyond.

Your Neighbours at the Calgary Winter Club

NHCA Community Food Initiative Update



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 schedule to the right to sign up for the Free Food Market.

Good Food Box

Reminders for order and pick up dates:

Customer Orders	Pick-Up Dates
July 16 to 19	Thursday, July 30, 3:00 to 6:00 pm
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
July 16		4:30 to 5:30 pm	
July 23		4:30 to 5:30 pm	
July 30	Linda Elias	4:30 to 5:30 pm	
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 in a Google Maps platform. 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, by 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. Because 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

BRAIN GAMES

SUDOKU

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SCAN THE QR CODE FOR THE SOLUTION



Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit gofund.me/31fdeef6f

Any help is appreciated ♥



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Casper, Huntington Hills

Chase, Wolf Willow

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Geo, Signal Hill

Holly, Millrise

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Mochie, Acadia

Oreo, Acadia

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

Growing Together This Summer



July is one of the busiest and most rewarding months in the garden. Plants are growing quickly, pollinators are hard at work, and gardeners are beginning to enjoy the first harvests of the season. Thank you to everyone who has contributed their time, knowledge, and enthusiasm to help make our community garden thrive.

Garden Care Reminders

Please remember to:

- Keep pathways free of weeds.
- Harvest produce regularly to encourage continued production.
- Monitor plants for pests and diseases.
- Remove any dead or damaged plant material.
- Be respectful of neighbouring plots and shared spaces.

Garden Care Tips and Watering Reminders

July's warm temperatures can put stress on plants, especially during hot, dry periods. Whether you're gardening in a community plot, raised bed, or backyard garden, a few simple practices can help keep your plants healthy and productive.

Watering Wisely

- Water deeply rather than lightly to encourage strong root growth.
- Water early in the morning whenever possible to reduce evaporation and help prevent disease.
- Most vegetable gardens need approximately 2.5 cm (1 inch) of water per week, including rainfall.
- Check soil moisture before watering. If the top 5 cm (2 inches) of soil feels dry, it's time to water.
- Use mulch, such as straw or sheep wool pellets, to help retain moisture and reduce watering needs.
- Consider using self-watering systems such as an Olla Pot to reduce evaporation and water usage.

Harvesting Season Begins

Many gardeners will begin harvesting leafy greens, peas, herbs, radishes, and other early season crops this month. Remember to pick produce regularly to keep plants productive.

If you find yourself with an abundance of vegetables, consider sharing with family, friends, neighbours, or local food support programs.

Pollinator Corner

July is peak pollinator season. Bees, butterflies, and other beneficial insects are essential partners in the garden.

Pollinator-friendly flowers that perform well in Calgary include:

- Calendula
- Borage
- Alyssum
- Sunflowers
- Bee Balm
- Yarrow
- Cosmos

These flowers help support pollinators while also attracting beneficial insects that assist with natural pest control.

Looking Ahead

As summer progresses, continue monitoring your plants, watering wisely, and enjoying the fruits of your efforts. Community gardens are about more than growing food, they are places where friendships grow, knowledge is shared, and neighbourhoods become stronger.

Thank you for being part of our garden community. We wish everyone a productive and enjoyable July in the garden!

An advertisement for Gutter Doctor Home Exterior Services. It features a cartoon character of a man in a blue uniform and cap, holding a yellow spray bottle and a brush, standing next to a ladder. The text 'the Gutter Doctor' is in large, bold letters, with 'Home Exterior Services' to its right. Below this, a list of services is provided: Gutter Clean/Fix/Install, Leaf Screens, Window Cleaning, Fascia/Soffit/Siding Pressure/Soft Wash, Cladding, Permanent Lights, and Roofing. At the bottom, it says 'Senior Discount • Warranty • WCB • Insured' and provides the phone number '403-714-0711' and website 'gutterdoctor.ca'.



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**

Heat-Related Illness

by Alberta Health Services



ALTA Paramedic Health would like to remind everyone to stay safe in the heat and sun this season. While children, older adults, and individuals with underlying health conditions may be more susceptible to the effects of heat and sun, everyone should take basic preventive measures to avoid heat-related illness during periods of hot, humid weather. Text HEAT to 88111 to receive tips on heat safety.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Symptoms may include headache, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The person is often cool and damp to the touch, and the skin may appear pale or dusky grey.

Heat Stroke

- Heat stroke is a medical emergency and, without prompt treatment, can be fatal.
- It occurs when the body is unable to regulate its temperature (e.g., through sweating), causing body

temperature to rise to dangerous levels.

- Due to severe dehydration and failure of the cooling system, the skin may appear hot, dry, and flushed.

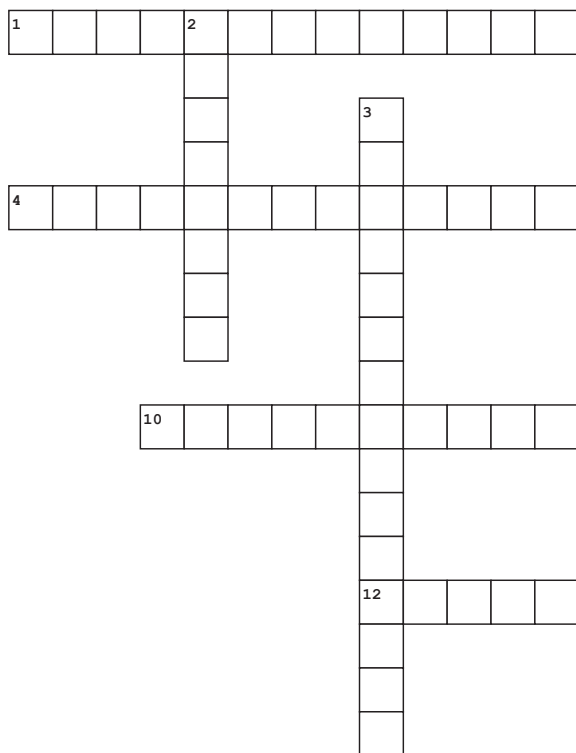
First Aid

- First aid for all heat-related illness begins with removing or sheltering the person from the hot environment.
- Remove excess or tight-fitting clothing and allow the person to rest in a cool environment.
- If the person is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

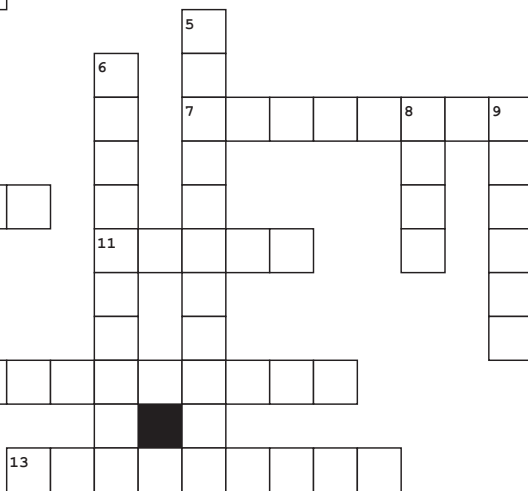
Prevention

- Stay well hydrated by drinking water regularly.
- Be aware that excessive alcohol and caffeine consumption may contribute to dehydration.
- Wear a broad-brimmed hat to protect your face and neck from the sun.
- Apply (and reapply) water-resistant sunscreen with a minimum SPF of 30+, especially for children.
- The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

July Crossword



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



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



Financial Decisions

Your Brain, Money, and the Cognitive Biases that Shape Financial Decisions

In the first part of this series, we explored how your beliefs about money shape your financial outcomes. Now we go one level deeper into how your brain actually makes financial decisions. Because even when we think we're being rational with money... we often are not.

Your Brain Is Wired for Efficiency Not Always Accuracy

Groundbreaking work by Daniel Kahneman and Amos Tversky introduced the idea that our brains rely on mental shortcuts, known as heuristics, to make decisions quickly. These shortcuts are useful in everyday life, but when it comes to money, they can lead to predictable and costly errors, known as cognitive biases.

These biases operate automatically, often beneath our awareness, and they can quietly influence even the most important financial decisions.

Five Cognitive Biases That Affect Your Financial Life Loss Aversion

We feel losses more strongly than gains. This is one of the most powerful biases in finance.

- The pain of losing \$1,000 feels greater than the pleasure of gaining \$1,000.
- Investors may avoid markets altogether to prevent potential losses.
- People often sell winning investments too early and hold losing ones too long. We see this quite often when there is an emotional tie with a company, and a feeling that the company will bounce back.

Recency Bias

We overweight recent events when making decisions.

- After a market downturn – “Markets are too risky.”
- After a strong rally – “Markets will keep going up.”

This bias can lead to buying high and selling low, the exact opposite of long-term investing success.

Confirmation Bias

We look for information that supports what we already believe.

- If you believe investing is risky, you'll notice negative headlines.
- If you believe you can't retire, you may ignore positive progress.

This creates an echo chamber that reinforces limiting beliefs and prevents objective decision-making.

Anchoring Bias

We rely too heavily on the first piece of information we receive.

- “I bought this stock at \$50, so I'll wait until it gets back to \$50.”
- “My home was worth X last year, so that must still be true.”

The problem? Markets change. Circumstances change. But our minds stay anchored to outdated reference points.

Status Quo Bias

We prefer to keep things the same, even when change would help us.

- Delaying financial planning.
- Avoiding portfolio adjustments.
- Staying in outdated strategies.

Doing nothing often feels safer than making a change even when inaction carries its own risks.

Why These Biases Matter

These biases don't just influence small decisions they shape long-term financial outcomes.

They explain why people:

- Hold losing investments too long.
- Avoid investing after market downturns.
- Delay important financial decisions.
- Miss opportunities for growth.

In many cases, it's not a lack of knowledge that holds people back it's how the brain processes information under uncertainty.

How to Make Better Financial Decisions

You don't eliminate cognitive biases, but you can manage them. Here are a few practical strategies:

1. Slow Down Important Decisions

Biases thrive in quick, emotional thinking. Give yourself time and space to evaluate decisions objectively.

2. Use a Structured Plan

A clear financial plan reduces the need for reactive decision-making:

- Defined goals
 - Investment strategy
 - Rules for rebalancing
- Structure helps override emotion.

3. Seek Objective Input

An outside perspective can help identify blind spots and challenge assumptions.

4. Focus on Long-Term Evidence

Markets move in cycles. Short-term noise often leads to long-term mistakes.

5. Take a moment to reflect:

- What financial decision have I avoided recently?
- Was that decision based on facts — or emotion?

This simple awareness can help you recognize when a cognitive bias may be influencing your thinking. Your brain is incredibly powerful, but it isn't always objective. Understanding how cognitive biases influence your financial decisions is one of the most important steps toward building long-term financial success.

Because better awareness leads to better decisions... And better decisions lead to better outcomes.

In part three, we'll explore the emotional side of money — including how fear, stress, and confidence influence financial behaviour and decision-making.

Karen Bodewyn

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

The Pressure to Make Summer Count

by Rebecca Pink, Registered Provisional Psychologist

Summer is often associated with rest, joy, and freedom. Yet for many people, it can quietly become one of the busiest and most emotionally demanding seasons of the year. Between vacations, social events, family commitments, longer days, and the pressure to “make the most” of the season, summer can begin to feel surprisingly overwhelming.

As a mom of two teenage daughters, I can feel the pace of summer pick up quickly. Between schedules, activities, social plans, and the quiet pressure to make the most of the summer, it becomes very easy to confuse staying busy with actually being fulfilled. Even the things we genuinely look forward to can begin to feel overwhelming when there is little room left to simply slow down.

But a full calendar is not always the same thing as a fulfilling season.

When every weekend is booked and every sunny evening feels like something we should maximize, we can lose the very thing many of us are craving most: genuine presence and restoration. Even seasons that are meant to feel light-hearted can be surprisingly demanding, and our nervous system still requires time to rest and recharge.

Sometimes, the healthiest thing we can do is leave room for slower moments; an unplanned evening, a quiet walk, time at home, or saying no to plans we do not truly have the capacity for.

In a culture that often equates busyness with success, choosing rest can feel uncomfortable. We may find ourselves trying to make the most of every moment, only to create the very stress we were hoping to escape. Building in time for rest, flexibility, and simply “being” supports emotional resilience and overall well-being. Rather than asking how much you can fit into your summer, consider asking what experiences will leave you feeling most restored, connected, and fulfilled. Here’s to a summer that feels less rushed, more intentional, and rich in the things that truly matter.



News from the Friends of Nose Hill

by Anne Burke

The 1992 Master Plan Review recommended a Natural Area Management Plan for Nose Hill after a land use study. The job was to document compatible recreational opportunities because of native grasslands with some deciduous shrubs and trees. The Nose Hill Park Trail and Pathway Improvement Plan relied on the earlier research and did further consultation, before concluding that activities in the multi-use zone (top of the Hill) should be separated from all Park native vegetation. Over 86% was Western wheatgrass, Rough fescue - Parry oatgrass, Smooth brome, and Rough fescue-Golden bean. There was strong support to extend the multi-use zone towards the Edgemont entrance but increase habitat protection along the south side of Porcupine Valley. The earlier study assessed the sensitivity of vegetation from recreational trampling (foot traffic). Rough fescue-Golden bean has the greatest distribution in the Park and contributes almost 75% of the moderate to high at-risk areas. Most of the grassland is along the sloped areas of the Park’s escarpment. Rough fescue grasslands are significant since they are in great abundance on Nose Hill (up to 35%) but have been lost in much of western Canada. Native Rough fescue grassland along the escarpment is prone to erosion due to more trails and off-trail uses, so having rules will help minimize impact and disturbance to reduce the invasion of non-native species (weeds). Due to its rarity, Nose Hill Park’s Rough fescue is a nationally significant ecosite and preservation of the grassland is a great management concern. It is also important to consider that while the native grasslands have higher sensitivity to trampling, heavy recreational use and other disturbances also support the invasion of non-native species (weeds), for which natural recovery times could take several decades.



**MLA Calgary-Klein
Lizette Tejada**
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403-216-5430
Calgary.Klein@assembly.ab.ca
@lizettendp | lizettendp

Happy Canada Day, Calgary-Klein! Whether your family has called Calgary home for generations or you arrived just a few months ago, you are part of what makes our community and our country so special.

I was born in Edmonton, and my parents came to Canada from El Salvador in the 1970s. I am deeply grateful that Canada welcomed my family, and I am incredibly proud to call this country home.

As many of you may have heard, there is a referendum this October that may relate to Alberta's place within Canada. I want to be clear: Alberta belongs in a united Canada. While there are certainly challenges and areas where we may disagree with decisions made in Ottawa, I firmly believe in the strength of our unity and the importance of working together.

We are proud Albertans and proud Canadians. I will always stand up for Alberta's economic future while also advocating for a strong and united Canada. I know this perspective is shared by many in our community.

This Canada Day, I encourage you to connect with your neighbours, friends, and family and reflect on what being Canadian means to you. Let's celebrate our shared values, our diversity, and our commitment to making this a place where everyone can thrive.

Together, we can continue building a strong, united, and prosperous future for all.

Lizette

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