

AUGUST 2026

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Tiny Spot of Sunshine by Janice Anderson



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**Samaritan Club
of Calgary**

Semi-Annual Super Thrift Sale

Saturday, September 26

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
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**Entry
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Kids Free**



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vintage & boutique items, collectibles,
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**For More Information:
samaritanclub.ca**

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Cash Only



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Membership Application

Family Name: _____

Address: _____ Postal Code: _____

Phone: _____ Email: _____

Number of Residents: _____ Children's Ages: _____

Date: _____ Signature: _____

May we put you on a list of volunteers? Yes No

Membership Fees are:

\$30 per household per year

Make cheques payable to Sandstone/MacEwan Community Association

Mail or deliver to:

300 - 8120 Beddington Blvd. NW, Calgary, AB T3K 2A8

Email: memberships@sandstonemacewan.com

Memberships can be purchased

online at sandstonemacewan.com

For Office Use Only

Date Received: _____ Reg/Assoc

Card # Issued: _____ New/Renewal

Init: _____ Cash/Cheque

Source: _____ Rectified if Assoc:

Community Cleanups

by The City of Calgary

Reduce clutter and keep your neighbourhood clean. Community Cleanup events help residents safely dispose of household items that do not fit in their garbage cart, keeping our neighbourhoods cleaner and tidier.

From April to September, we are partnering with Community Associations across the city to host weekend events open to all residents, no matter where you live.

Review the list of accepted and unaccepted items and find a Community Cleanup location near you at calgary.ca/cleanups.



sandstonemacewan.com

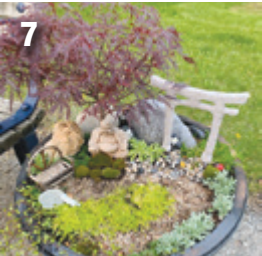
Becoming a member is easier than ever!

Visit sandstonemacewan.com/join or
use your phone to scan the QR code
below - all proceeds go back to
supporting our community!



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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

SANDSTONE VALLEY



MACEWAN GLEN



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BRAIN GAMES

SUDOKU

2				8		9	3	4
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SCAN THE QR CODE
FOR THE SOLUTION



Word of the Month

Syzygy: noun (si-zuh-jee)

A nearly straight line-up of three celestial bodies in a gravitational system.

During an eclipse, the Earth, moon, and sun align to form a syzygy.



Sandstone/MacEwan Community Association Meetings

Held the second Thursday of the month at
7:00 pm at the Berkshire Citadel-Sandarac Drive NW.
Everyone is welcome to attend.

RUNNER UP PHOTOS



Lovely Garden Pot by Trish Stewart



Summer on Nose Hill by Trevor Bacon



Weekly farm stands

Sign up for weekly email reminders



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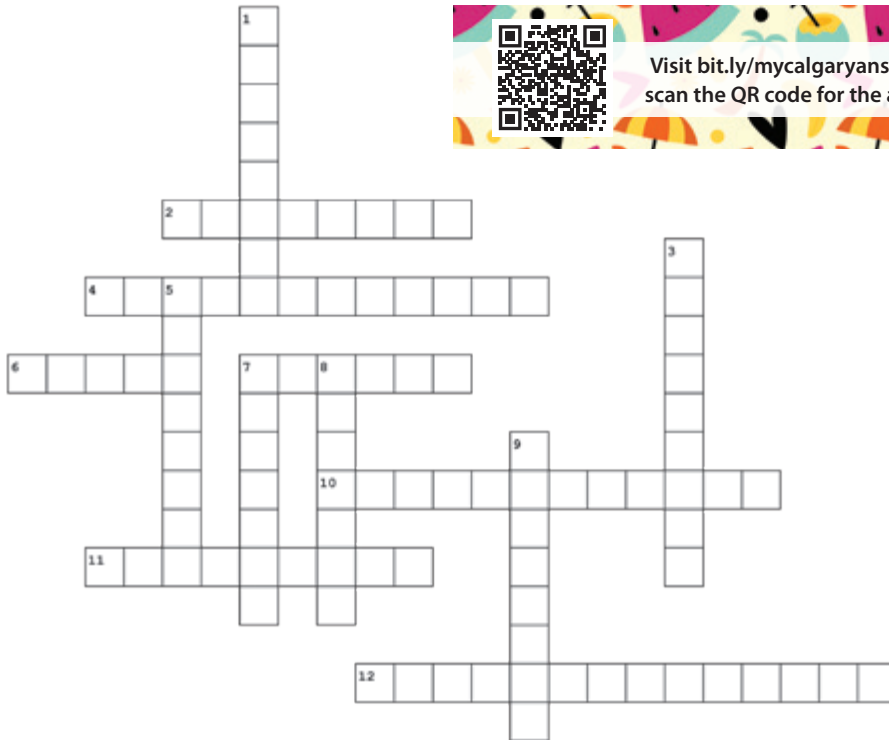


SCAN ME

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.

Cats, Canines, & Critters of Calgary



Bear, Cranston



Chico, Richmond



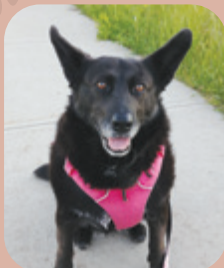
Dexter, Tuscany



Ferland, Cranston



Honey, Cranston



Kenna, Bridlewood



Pixel, Chaparral



Tui, Hillhurst Sunnyside

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



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.

What If You Deserved Your Own Compassion

by Rebecca Pink, Registered Provisional Psychologist



When was the last time that you offered yourself the same kindness that you so freely give to others?

Most of us don't hesitate to comfort a friend who is struggling. We remind them that they're doing their best, reassure them that difficult times don't last forever, and gently encourage them to keep going. We can look into someone else's eyes, recognize their pain, and meet it with empathy, endless compassion, and love. Yet when we look in the mirror, that compassion can be dimmed or disappear altogether.

I've come to appreciate that self-compassion isn't something we master; it's something we practice. I'm reminded of that truth in conversations with clients every day. Beneath anxiety, stress, perfectionism, or self-doubt, there's often a quiet but a relentless inner voice whispering that we should be doing more, achieving more, or somehow being more. Over time, that voice becomes so familiar that we mistake it for the truth.

Here's the irony: many of us already know what helps us feel better. We know we need rest, connection, movement, creativity, or time in nature. Yet we

convince ourselves we haven't earned those things until we've accomplished just one more task or met one more expectation.

But what if healing doesn't begin with doing more?

What if it begins by changing the way we speak to ourselves?

Self-compassion isn't about lowering our standards or making excuses. It's about recognizing our shared humanity. We stumble. We all carry lived experiences that others cannot see. And we all deserve the same grace we so naturally extend to the people that we care about.

This month, I invite you to pause when that inner critic begins to speak. Ask yourself: "Would I say these words to someone that I love?" If the answer is no, perhaps it's time to choose a kinder response.

Because maybe the compassion you so freely give to everyone else is the very compassion you've been needing and deserving all along. Take good care of yourself.

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.

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.



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!

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.



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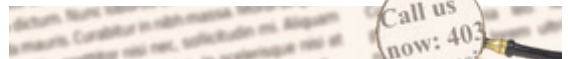
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JOKE OF THE MONTH

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

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.



Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, 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 by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing. The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

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the Situation

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