

JULY 2026

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Nose Hill's Porcupine Valley by Trevor Bacon



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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 (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and 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 by scanning the QR code 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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Membership Application

Family Name: _____

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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

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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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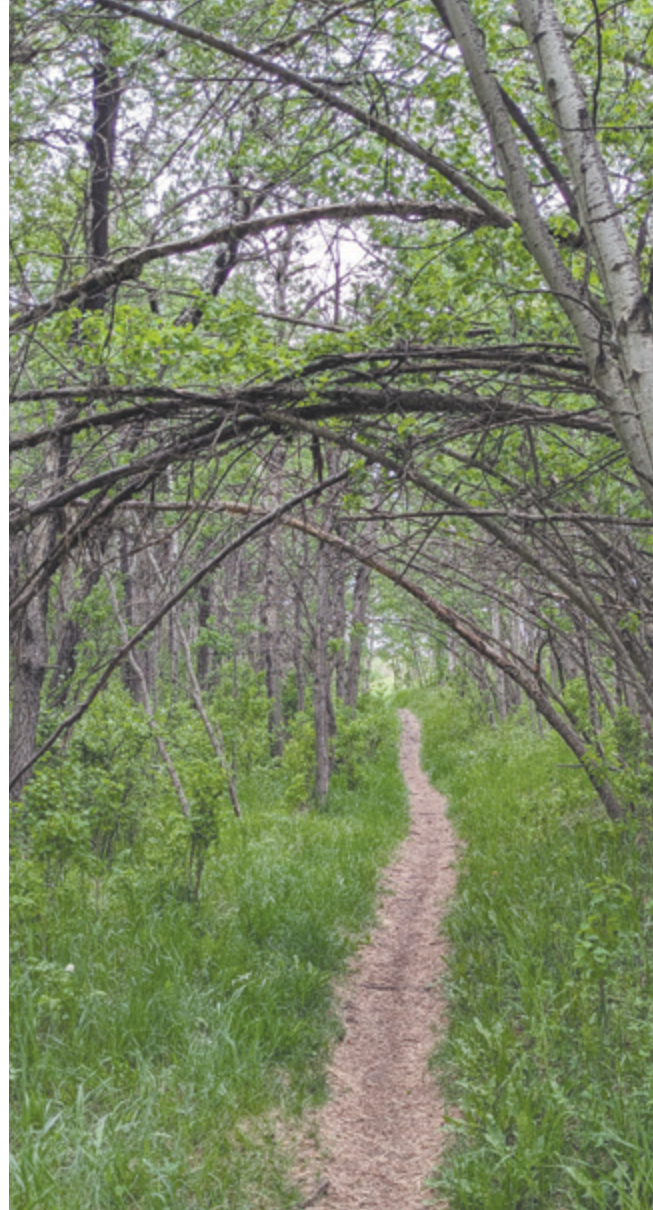


SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**SANDSTONE
VALLEY**

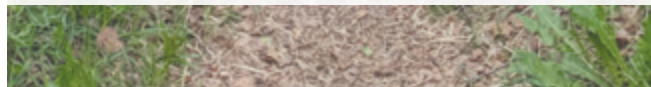


**MACEWAN
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FEDERATION OF
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Good Places HQ: A New Innovation Hub for Calgary Communities

Good Places HQ is the Federation of Calgary Communities' new innovation hub, conveniently located near the Franklin LRT station. Designed for community associations and other volunteer-led groups, it's a flexible space where people can gather, collaborate, and bring community projects to life.

The hub features meeting and event space, breakout rooms, comfortable gathering areas, and a unique garage workshop for woodworking, art, and hands-on community projects.

Good Places HQ puts placemaking into action. Placemaking is a community-driven approach to creating vibrant public spaces that reflect the people who use them. From neighbourhood events and murals to community gardens and gathering places, placemaking helps build connection, belonging, and pride in our communities.

If your community group is looking for space to meet, create, or collaborate, Good Places HQ is ready to help.

To learn more or inquire about using the space, contact goodplaces@calgarycommunities.com.



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.



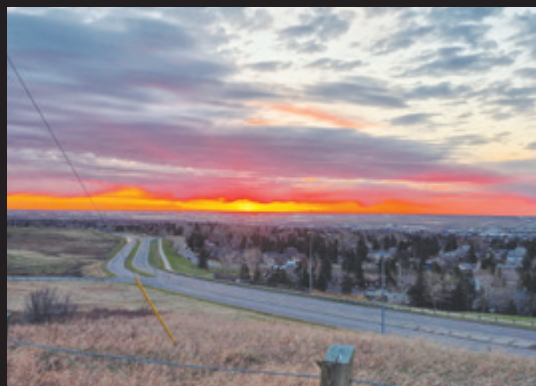
RUNNER UP PHOTOS



Little Library by Karen Lessard



Little Library Inside by Karen Lessard

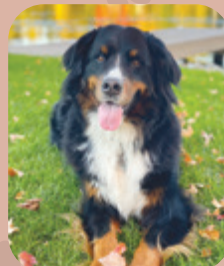


Nose Hill Sunrise by Christian Gomez

Cats, Canines, & Critters of Calgary



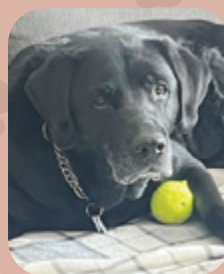
Casper, Huntington Hills



Chase, Wolf Willow



Echo, Acadia



Geo, Signal Hill



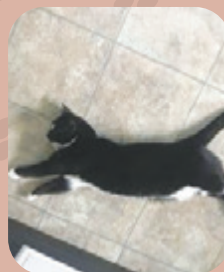
Holly, Millrise



Kabuki, Bridgeland



Mochie, Acadia



Oreo, Acadia

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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.



News from the Friends of Nose Hill

by Anne Burke

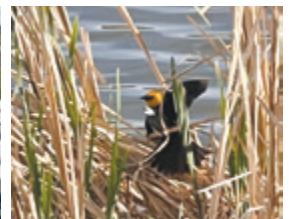
The 1992 Master Plan Review recommended a Natural Area Management Plan for Nose Hill after a land use study. The job was to document compatible recreational opportunities because of native grasslands with some deciduous shrubs and trees. The Nose Hill Park Trail and Pathway Improvement Plan relied on 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.

Nose Creek Preservation Society's First Annual Discovery Day Marked as a Success

We hosted our first public event to showcase the Nose Creek Valley, connect with our communities, and showcase the beauty and life that call it home. And we succeeded! Over fifty Calgarians popped by the district storm pond, and everyone commented they had no idea this natural space existed!

Everyone—including our wonderful exhibitors, local government reps, and two very young kids enjoying a planned playdate—enjoyed what turned into a beautiful day. Our soundtrack was the birdsong playing on repeat, no speaker required.

Thank you to everyone who attended. For those who couldn't make it, sign up online at savenosecreek.com for our newsletter to learn more about the Nose Creek Valley and details for the second annual Discovery Day sometime in May 2027!



July's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you were given a travel pass, but could only visit fictional places (think myths, fairytales, movies, or books), where would you go, and how would you pass the time?

Dear reader,

When I considered this delightful question, one place instantly captured my imagination: Hobbiton from *Lord of the Rings*. The thought of stepping into that beautiful, safe, cozy world evokes a powerful sense of nostalgia and longing for a pastoral life. Since watching that movie decades ago, I have thought about how idyllic life would be in Hobbiton. The soft, rolling hills, lush green grass, and livestock in the paddocks create such a romantic setting.

Hobbiton represents an escape from the chaos and harsh realities of the world. Life in Hobbiton is quiet and simple, offering a refreshing break from our busy modern life.

In this charming world, I would spend my days in the paddocks, tending to my flock of sheep. Every seed I plant would thrive and grow enormous, plump, and absolutely delicious fruit and vegetables. I would also enjoy gathering wildflowers and decorating my home with them, brightening up the enclosed hobbit home with colour and life. In this fantasy, they wouldn't make me sneeze, and I wouldn't be allergic to them!

A life in Hobbiton would force me to be present and grateful for the beauty of everyday life, which is something I could use more of. However, knowing my restless nature, I may eventually grow bored with the monotony and seek out some excitement. Good thing wizards come to visit, and Middle Earth is close by.

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.



Sidewalks Are for Walking— Even in Summer

by The City of Calgary



Summer school programs, camps, and recreation activities keep school areas active even when classes are out. During these times, sidewalks play an important role in keeping children and families safe.

Parking on sidewalks forces pedestrians—including children, seniors, and people using mobility aids—into the roadway. This increases the risk of collisions and close calls, especially when visibility is limited.

Parking rules around sidewalks help ensure everyone can move safely and predictably. Choosing legal parking options and leaving pedestrian spaces clear supports safer travel for all road users.

Keeping sidewalks clear is a simple way to support safe, welcoming communities during the summer months. Learn more at calgaryparking.com/safeschools.

Six Steps to Keeping Our Rivers Healthy

by The City of Calgary



Calgary is a growing city on two small rivers. When it rains, water runs off our streets, driveways, and yards, ultimately ending up in our rivers, creeks, and wetlands. This runoff, also called stormwater, picks up garbage, chemicals, pet waste, salt, fertilizers, dirt, and other debris, washing it into our storm drains and out to our rivers. Stormwater is not cleaned by a treatment plant, so keeping it pollution-free is critical to ensure our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations. The City uses storm ponds, to naturally treat stormwater. These ponds, located primarily in newer communities, slow the flow, allowing sediment and pollution to settle before entering our rivers.

You can also help keep our rivers healthy by doing these simple actions to keep stormwater clean:

- Use a rain barrel or point downspouts toward your lawn or garden and consider transforming part of your landscape into a YardSmart yard.
- Limit the use of fertilizers and pesticides.
- Sweep up debris from your garage and driveway instead of washing it away.
- Wash your vehicle at a car wash instead of your driveway.
- Never pour anything down the storm drain.
- Pick up pet waste and litter and put them in the proper waste containers.

What ends up on our streets, ends up in our rivers. Visit calgary.ca/stormwater to learn more.

The Half-Finished Things Taking Up More Space Than You Think

by Shayla Moulton



By July, most of us have settled into the rhythm of the year. The ambitious goals we set in January have either become habits or quietly disappeared. Summer calendars are booked up. Vacation plans are underway. Work remains busy. Life keeps moving.

On the surface, everything seems manageable.

Yet many people carry a lingering feeling that they can't quite shake. A sense that there's always something they should be doing. Something they forgot. Something waiting for their attention.

Often, the source of that feeling isn't a major problem. It's the accumulation of half-finished things.

- A passport renewal that still needs to be submitted.
- A dental appointment that hasn't been booked.
- The pile of paperwork on the kitchen counter.
- The quotes you need to get to fix the garage door.
- The email that requires a response.
- The donations that have been sitting in your trunk for months.

None of these tasks are particularly difficult. Most could be completed in a few hours. Yet they remain unfinished, quietly occupying mental space day after day.

What makes these tasks so draining is not the amount of time they require. It's the fact that our brains continue to track them. Every unfinished task becomes an open tab. We may not be actively thinking about it, but part of our attention remains attached to it.

Over time, dozens of small open tabs can create a surprising amount of mental clutter.

This is one reason so many people feel busy even when they haven't accomplished anything particularly

demanding. Their energy is being divided among countless loose ends.

I've noticed that when people feel overwhelmed, they often assume they need a vacation, a new productivity system, or a complete life overhaul. Sometimes what they actually need is far simpler.

They need to close a few open tabs. July is an ideal time to do exactly that.

The halfway point of the year offers a natural opportunity to revisit the tasks and responsibilities that have been quietly following us for months. Not everything needs immediate attention, but most of us can identify a handful of lingering items that would bring an immediate sense of relief if they were finally completed.

A useful place to start is with appointments. Health checkups, vehicle maintenance, home services, and routine administrative tasks are often postponed because they feel inconvenient to schedule. Yet once they are booked, the mental burden often disappears.

The second area is paperwork. Forms, renewals, applications, and documents have a way of accumulating until they feel far more intimidating than they actually are.

Third, consider household projects. Not the major renovations, but the small repairs and organizational tasks that repeatedly catch your attention every time you walk past them.

Next, look at financial loose ends. Unused subscriptions, unanswered insurance questions, budget reviews, or savings goals that haven't been revisited since the start of the year.

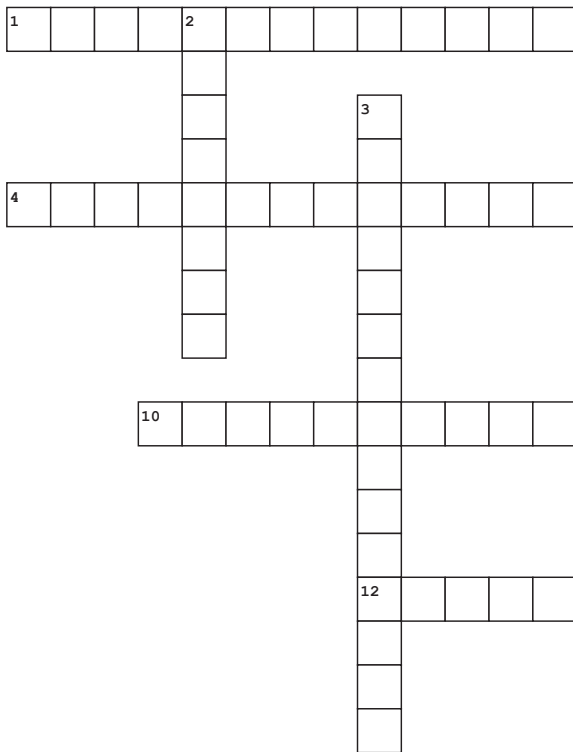
Finally, take inventory of the decisions you've been avoiding. Some unfinished tasks are not tasks at all. They are decisions waiting to be made. The longer they remain unresolved, the more energy they consume.

The purpose of a mid-year reset isn't to become more productive. It's to create more breathing room.

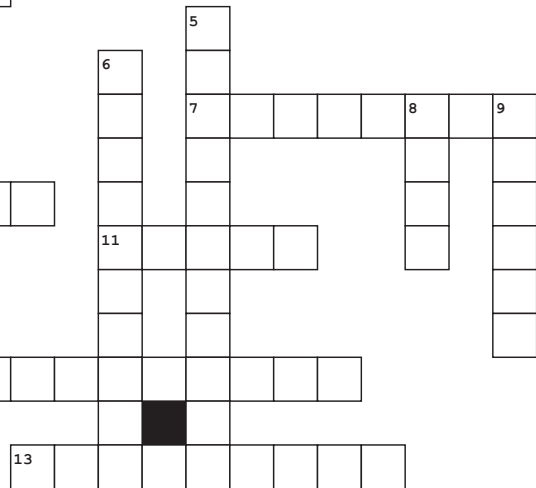
Sometimes the biggest improvement we can make is not adding something new to our lives. It's finally completing the things that have been quietly following us around for months.

As the second half of the year begins, that may be the most valuable fresh start of all!

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.



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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.



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