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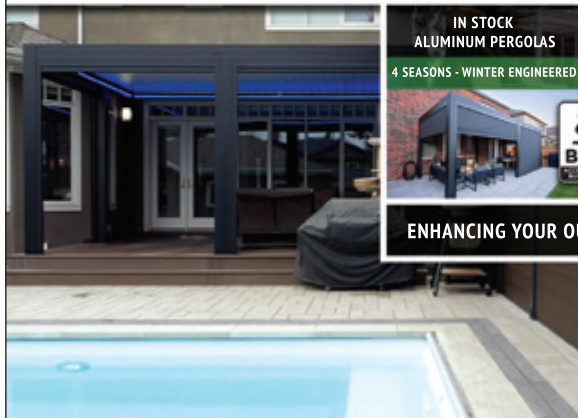
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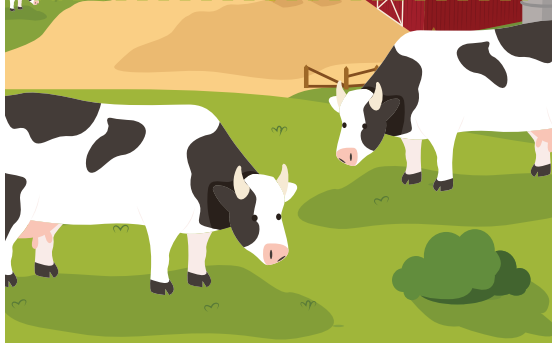


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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

MIDNAPORE



SUNDANCE



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# Mid-Sun Community Association

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[www.midsun.org](http://www.midsun.org)

## MID-SUN OFFICERS

Co-Presidents	Patsy McNish <a href="mailto:communitymatters@midsun.org">communitymatters@midsun.org</a> Pam Baji <a href="mailto:president@midsun.org">president@midsun.org</a>
Treasurer	Jack Loktiev

Secretary	Karen MacDonald
-----------	-----------------

## MID-SUN DIRECTORS

Directors at Large	Keith Pedersen
--------------------	----------------

Fundraising	Karen MacDonald
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Planning and Development	Erwin Gotthold
--------------------------	----------------

Policy / Community Matters	Patsy McNish <a href="mailto:communitymatters@midsun.org">communitymatters@midsun.org</a>
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Community Garden	Wayne Hewitt <a href="mailto:garden@midsun.org">garden@midsun.org</a>
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Community Playgrounds	Erin Delamont <a href="mailto:midsunplayground@gmail.com">midsunplayground@gmail.com</a>
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Community Seniors Programs	Joan Trotz and Darleen Hornaday <a href="mailto:seniors@midsun.org">seniors@midsun.org</a>
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## CONTACTS

Mid-Sun OOSC Program	Servicing St. Theresa of Calcutta School 403-256-4422 <a href="mailto:childcare@midsun.org">childcare@midsun.org</a>
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Midnapore OOSC Program	Servicing Midnapore School 403-254-0288 <a href="mailto:midnaporeoosc@midsun.org">midnaporeoosc@midsun.org</a>
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Past President	Mark Schmidt
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MLA for Calgary-Fish Creek	Myles McDougall <a href="mailto:calgary.fishcreek@assembly.ab.ca">calgary.fishcreek@assembly.ab.ca</a>
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Ward 14 Councillor	Peter Demong <a href="mailto:eaward14@calgary.ca">eaward14@calgary.ca</a>
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MP for Calgary-Midnapore	Stephanie Kusie <a href="mailto:stephanie.kusie@parl.gc.ca">stephanie.kusie@parl.gc.ca</a>
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## CHURCHES

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Mountain Creek Community Church  
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Trinity Mennonite Church  
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NewGate Baptist Church



We are looking for enthusiastic people to join our volunteer base and lend a helping hand with community events such as, June Jamboree, Community Clean Up, Annual Casino Fundraising, and more. If you would like to get involved with community events, please email your interest to [info@midsun.org](mailto:info@midsun.org).

**Love numbers and teamwork? We're looking for a Treasurer to oversee our finances and help us shine. Join the fun – apply now! Contact [president@midsun.org](mailto:president@midsun.org) for more information.**

# JOIN OUR BOARD

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Looking for someone to join our team  
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Role: Treasurer



## Requirements :

- Experience in finance and accounting
- Attend 6–8 meetings from Sept to June
- Present current financials of the Community Centre to the Board of Directors

## Why you should join?

- Show direct support to your Community
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Email your interest or questions to:  
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- Community news and events
- Memberships and member benefits
- Details & prices for registered and drop-in activities
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## Curried Shrimp and Mixed Greens Salad

by Jennifer Puri



Food from the sea; shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas, and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3, and selenium. They are low in calories, fat, and carbohydrates, and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed, or grilled. A flavourful curry dressing with shrimp like the one in the curried shrimp and mixed greens salad, also makes a delightful appetizer.

**Prep Time:** 15 minutes

**Cook Time:** 0

**Servings:** 4

### Ingredients:

- 1 lb. cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- ½ tsp. curry powder
- ⅓ cup Greek yoghurt

- 1 green onion, finely sliced
- 1 celery rib, finely chopped
- ¼ tsp. coarsely ground black pepper
- 2 tbsp. chopped coriander leaves
- 150 gm mixed greens

### Direction:

- In a small bowl, blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion, and black pepper.
- Next, add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.
- To serve, divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon, or papaya slices if desired.
- Curried shrimp salad can be served with crackers, on a bun, or wrapped in lettuce leaves.

Bon Appétit!





## Mid-Sun Social Seniors' Group

We hope that you have enjoyed the Stampede and the first full month of summer with backyard relaxation and maybe trips to cool off at the lake. The kick-off to August, with the civic day weekend, is greatly anticipated by some. For many retired seniors, it is family and friends who make the difference in this weekend. However you pass the day, enjoy and create one special memory or many.

### August Activities

**Weekly Cards and Games:** Thursday, August 7, 14, 21, and 28.

Please note that the time has been adjusted to 12:30 to 2:30 pm.

You are invited to join us to play cards and board games in the Social Shed, located at the northwest corner of the Mid-Sun Community Centre (near the garden boxes) or at the patio tables outdoors under the canopies on the west side of the Community Centre.

There will be no cards on Thursday, September 4 as we transition indoors at MSCC. Cards will resume on Thursday, September 11.

**Pub Nite:** Tuesday, August 19, 5:00 to 7:00 pm.

Our monthly gathering to visit and enjoy a meal at a local venue is always popular. For the location of this month's gathering please contact seniors@midsun.org.

**Food Bank:** Each Thursday, Mid-Sun Seniors' Group members support the Calgary Veterans Food Bank with non-perishable donations or cash donations. We also gather pet related items, such as food, towels, bedding, collars, leashes, toys, to be donated to AARCS animal support.

We look forward to meeting you at one of our seniors' activities during the summer or this fall. For information about the group, please contact seniors@midsun.org or call the MSCC at 403-254-8058.



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## Celebrating Calgary 150 - Calgary at War

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

To all those who have served to protect our freedom, we are forever grateful.

During the South African War (1899-1902), Lord Strathcona formed a mounted regiment of cowboys and former NWMP officers. King Edward VII awarded the title of Royal to the NWMP. The RCMP went on to police the Klondike Gold Rush.

At Central Memorial Park National Historic Site, the "Horseman of the Plains" statue commemorates the war. Its creation paved the way for the other memorials.

World War I (1914-1918) saw thousands of Canadians volunteer. A military camp dubbed Sargee City trained 45,000 soldiers. Before departing, they created rock art on Signal Hill.

One Calgarian enlistee was William Ware, who served in France as part of an all-black unit. Princess Patricia's Light Infantry served at the Somme and Vimy Ridge. Today, the Canadian National Vimy Memorial is a symbol of national unity.

Meanwhile, Southern Alberta Light Horse fought in history's first tank attack while others were in the last cavalry charge in Canadian history.

During the war, Mewata Armouries was built with medieval castle features. Suspicions about immigrants from enemy countries led authorities to establish internment camps at Cave and Basin, Banff.

A sanatorium was built in Bowness in 1918 to treat returning soldiers. Baker Park is named for its head doctor.

Memorial Drive was created in 1922 as a "Road of Remembrance" to honour fallen soldiers.

The world was again at war in September 1939, with 1.1 million Canadians serving.

Princess Patricia's Light Infantry landed in Sicily and was the first Allied force to enter Amsterdam, while Calgary Highlanders liberated Dieppe.

Alberta was home to pilot training under the British Commonwealth Air Training Plan. President Roosevelt called Canada the "aerodrome of democracy". Vulcan, AB supported a training station but is famous for its connection to beloved Star Trek character, Mr. Spock.

A drill hall was constructed at McCall Field, while Renfrew's Rutledge Hanger became a training base.

In 1998, Currie Barracks closed and became a new residential neighbourhood, including Garrison Woods.

At Burnsland Cemetery, a Field of Honour holds the graves of soldiers.

May they rest in peace.

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"Lord Strathcona's Horse en route to Boer War in South Africa," [ca. 1900], (CU1195484) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Aboard S. S. 'Monterey'. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1SM0NSC>.



"Central Park [Memorial Park], Calgary, Alberta," [ca. 1914-1919], (CU183768) by Reader W. R.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OWOTYK?WS=SearchResults>.



"137th Battalion, Canadian Expeditionary Force leaving by train, Calgary, Alberta," 1916-08, (CU183747) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OWOOII?WS=SearchResults>.



"Canadian soldiers at Vimy Ridge," 1917, (CU178364) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OBRU7X?WS=SearchResults>.



Vimy Ridge National Memorial, France, March 2007. Photo courtesy of Anthony Imbrogno.



"Internment camp at Banff, Alberta," [ca. 1914-1918], (CU192396) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O1XJTU?WS=SearchResults>.



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"William J. Ware in military uniform, Calgary, Alberta," [ca. 1916-1918], (CU1174787) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1SVRJK3>.



"Battle of Britain day, Calgary, Alberta," 1954-09, (CU1139806) by De Lorme, Jack. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FYEC6M?WS=SearchResults>.



Battalion Park, Calgary, 2007 (Chuck Szmurlo, via Creative Commons Attribution-Share Alike 3.0 Unported license). <https://commons.wikimedia.org/wiki/File:Battalion-Park-Szmurlo.jpg>.



Memorial Drive, Calgary, November 2013, daveblogs007 via Creative Commons Attribution 2.0 Generic license. [https://commons.wikimedia.org/wiki/File:Memorial\\_Drive\\_Calgary\\_\(10764720245\).jpg](https://commons.wikimedia.org/wiki/File:Memorial_Drive_Calgary_(10764720245).jpg).



Canadese militair omringd door drie vrouwen uit Marken (Canadian soldier surrounded by three women from Marken), Amsterdam, 8 May 1945 (Nationaal Archief, via Creative Commons CC0 1.0 Universal Public Domain Dedication). [https://commons.wikimedia.org/wiki/File:Canadese\\_militair\\_omringd\\_door\\_drie\\_vrouwen\\_uit\\_Marken\\_-\\_Bestanddeelnr\\_900-2854.jpg](https://commons.wikimedia.org/wiki/File:Canadese_militair_omringd_door_drie_vrouwen_uit_Marken_-_Bestanddeelnr_900-2854.jpg). <https://www.nationaalarchief.nl/onderzoeken/fotocollectie/ac087730-d0b4-102d-bcf8-003048976d84>.



"Formation flying near No. 5 Elementary Flying Training School, High River, Alberta," [ca. 1941-1945], (CU1129912) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FR0BA9?WS=SearchResults>.



Statue of the Constitution-class Federation Starship USS Enterprise, Vulcan, AB, August 2023. Photo courtesy of Anthony Imbrogno.



"Field of honour, Burnsland cemetery, Calgary, Alberta," [ca. 1920-1923], (CU183830) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://www.calgary.ca/arts-culture/heritage-sites/scripts/historic-sites.html?dhcResourceId=239>.

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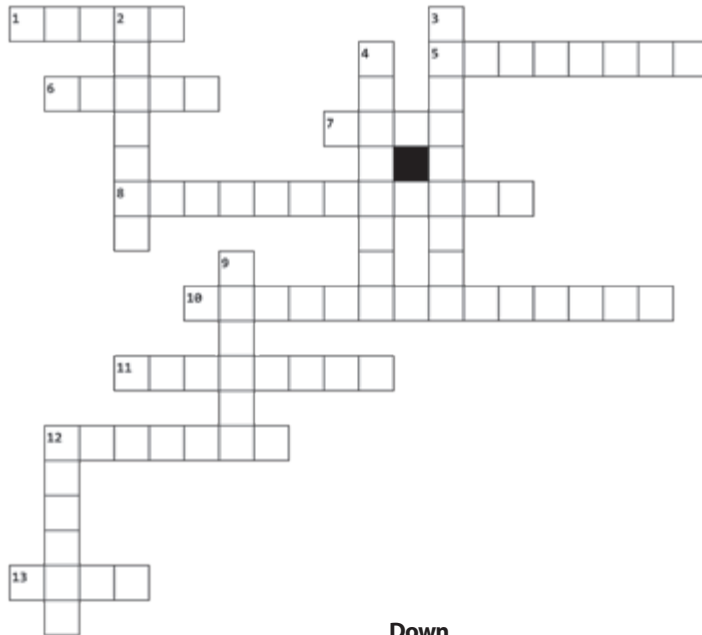
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**Contact Us**

403-254-8058



# August Crossword



## Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris \_\_\_\_\_, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank \_\_\_\_\_.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, \_\_\_\_\_.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and \_\_\_\_\_.
12. The \_\_\_\_\_ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International \_\_\_\_\_ Handers Day is observed annually on August 13.

## Down

2. In August 2008, the \_\_\_\_\_ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the \_\_\_\_\_ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac \_\_\_\_\_ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.



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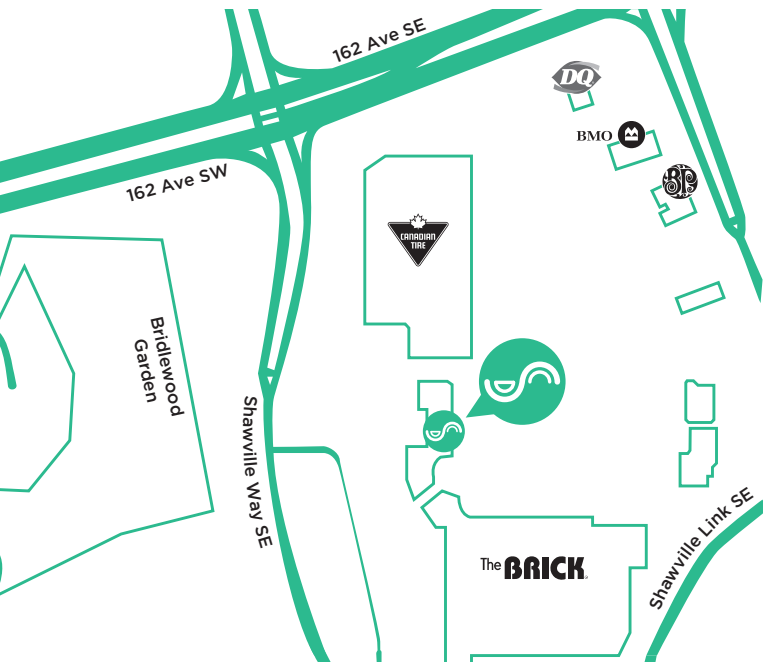


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# Devin Elkin

— WARD 14 —

*Rooted in Community*



Hello Ward 14!

By the time this edition of the Great News community newsletter hits your mailbox, we will hopefully have recovered from all those mini donuts we consumed, the pain and suffering from those cowboy boots that get dusted off once a year, and worked off all those community Stampede events. I want to issue a special thank you to all the volunteers that helped make this annual right of passage here in Calgary a success. It was one to remember. Now we are three months away from the 2025 civic election on October 20th. Please mark your calendars.

I want to take a moment and thank everyone who expressed their appreciation for putting my name forward to be your next Ward 14 Councillor. As the last 10 years have taught me, your support and appreciation are what makes serving the residents of Ward 14 so enjoyable and together we will take the next step, ensuring Ward 14's continued profile as the city's best ward.

Over the next few months, I hope to connect with those of you who don't know me or what I have been doing for the Ward over the past decade as community assistant. I will be hosting several "chat with the candidate" pop up events throughout the ward, so watch for these dates on your community socials or on my website at [www.devinelkin.com](http://www.devinelkin.com). These are designed for those that are not overly comfortable with people coming to their doors but are still interested in knowing what's what. I will be available for a few hours in each location and will have a white 10x10 tent set up. I am looking forward to having some great conversations with you all.

I hope you all survived Stampede and have some great plans for the rest of the summer.

Please take the time to visit [www.devinelkin.com](http://www.devinelkin.com) where I have outlined why I believe I am ready to be your next city councillor and what 10 years of public service has taught me.

Thank you all for loving where you live and caring about Ward 14's future.

*Devin Elkin*

*Rooted in Community*

# Letting Go of Space: A Guide to Downsizing

by Christopher Matlashewski, Calgary Realtor and Downsizing Specialist



Have you been thinking about downsizing lately? Maybe the kids have moved out and now you're walking past empty rooms every day. Maybe the yard work and upkeep just feel like too much. Or maybe you're ready to tap into the equity in your home and put it to better use—whether that's boosting retirement savings, traveling, or just simplifying life. Whatever your reason, if the home you're living in no longer fits the life you're living, you're not alone.

The idea of downsizing can be both exciting and overwhelming. Because let's face it, you're not just moving. You're sorting through years—sometimes decades—of memories. Deciding what to take and what to part with can feel like a full-time job. And even once you've chosen a new home, trying to figure out where everything goes can be just as stressful. Here's the good news: when you move into a more accommodating space, you're not taking everything—you're taking the best. The best pieces. The best memories. The things that truly matter. And today, I want to share a few simple, calming strategies to help take the anxiety out of downsizing and help you move forward with confidence.

### 1. Start by Defining What's Most Important

Begin by deciding on your non-negotiables. That might be a favourite reading chair, a family heirloom table, or your go-to sofa. Know what's essential before you even start packing or shopping for your next place.

### 2. Take Only Furniture That Truly Fits

Remember, you're not just eliminating space, you're

creating flow. In a smaller home, space needs to work for you. That means no oversized furniture. Make sure pieces allow for conversation without needing to raise your voice. Keep furniture heights consistent, as this helps the room feel cohesive and balanced.

### 3. Curate Your Artwork Thoughtfully

Choose one focal piece per room. Something meaningful and calming. And don't hang it too high—art should sit roughly at eye level when standing, not floating toward the ceiling. As with everything else, only the best comes with you.

### 4. Be Selective with Accessories

Accessories are where the memories live. But this is also the perfect time to let go of things that are broken, no longer relevant, or that you've outgrown. It's not that you're erasing the past but curating what moves forward with you.

### 5. Use Lighting to Reflect Your New Lifestyle

Lighting can completely change how your home feels. Think beyond just overhead bulbs. Use directional lighting, recessed lights, and well-placed lamps or mirrors to create warmth, highlight favourite spots, and help a smaller space feel bigger.

I get it, downsizing is more than just moving. It's emotional. It's a big change. But with a little sorting, a bit of planning, and the right support, it doesn't have to be stressful. And here's what I've seen again and again: the moment you step into your new right-sized home, you breathe easier. You feel lighter. You've brought the best with you. And you've made space for what's next.

## NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

### Summer Is Here!

Please keep your eye on our website, [www.midnaporelake.ca](http://www.midnaporelake.ca), or our Facebook page for updated park and office hours.

We are excited for our summer season.

### Our Rule Reminder of the Month Is:

Watercraft Regulation #3: Diving or swimming from any MLRA watercraft is strictly prohibited.

As always, please remember to bring your own life jackets if you intend to venture past the swimming area. The safety of our members and their guests is our primary concern.

### Movie on the Beach

Save the date, our Movie on the Beach event is scheduled for August 9. We are excited to again be welcoming the YYC food trucks. Follow Facebook or Instagram for details or check the website.

### President's Message

Summer is in full swing, and there's no better place to be than right here at the lake! Whether you're soaking up the sun on the beach, paddleboarding, kayaking, or just cooling off in the water, we hope you're making the most of these beautiful August days.

Mark your calendars for our "Movie on the Beach" night happening August 9! Bring your blankets, chairs, and the whole family for a fun evening with onsite food trucks.

A big thank you to everyone who attended our AGM in June—your involvement helps keep our community strong and vibrant. This is the first publication following that event. If you are interested in volunteering for our fall events, please pop into the office and add your name to our call out list. Volunteers are a precious resource that allow us to have events like the Pumpkin Hunt, Skate with Santa, and our Egg Hunt each year.

See you at the lake!

*Jen Hawkins*

[President@midnaporelake.ca](mailto:President@midnaporelake.ca)

### Midnapore Lake Bookings

For your Lake Room, Cookshack, and large group bookings please call the office staff at 403-256-0550.



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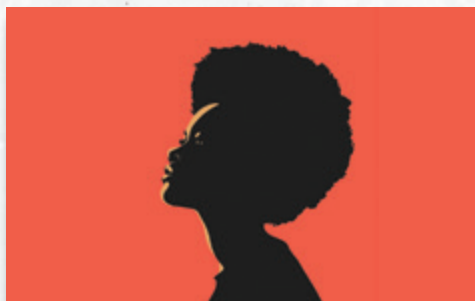


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# Happy Birthday

Born in St. Matthews, South Carolina, Viola Davis is one of the most incredible actresses of our time. She was born on August 11, 1965, making this date a very important one in pop culture! How will you be celebrating this Woman King?



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## Accidental Poisoning

*by Alberta Health Services*

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

### Medication 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 are stored

### Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored 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 small amounts of these can cause serious illness if ingested

Poisoning information can be obtained 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 EMS to inspect on their arrival.

# The Art of Finding Work: Rare is the Jobseeker Who Does Their Homework

by Nick Kossovan

In the late '90s, I was interviewing for a call centre management position with a well-known insurance company. Karl, my interviewer, and I clicked. Small talk revealed we shared a love of golf and agreed that Rhum Corner makes the best mojitos in Toronto. Karl seemed impressed by my STAR stories and experience creating incentive programs that drove sales. Forty minutes into the interview, Karl asked, "Knowing you'd be interviewing here, did you call the call centre?"

I hadn't.

I didn't get the job.

Hard lesson learned.

Since my interview with Karl, I have always made it a point to contact the company's call centre, use their products if I'm not a current user, speak to previous employees, and review recent media coverage. My goal is to gather as much information as possible, which I can leverage in my interview. If it's a job I'm eager to land, I'll gather information to mention in my cover letter.

"Last night, I called your call centre and waited more than three minutes before speaking with Stacy, who was pleasant. What's the average wait time for customers calling the Bank of Galicia call centre? While managing NOLA Bank's 60-seat call centre, I reduced the average wait time from 2:45 minutes to less than 42 seconds by..."

Candidates who've done their homework are few and far between, and those who have always stood out in my mind.

When I say "homework," I'm not talking about visiting the company's website and simply reviewing the rudimentary aspects of the business, such as what they do, annual revenue, the name of the CEO, and such. I'm talking about doing a deep dive—thinking like a private investigator—looking to uncover possible pain points (read: challenges) the employer is experiencing, such as my above example regarding average wait time and explaining how you'd resolve it.



**In preparation for an interview, start by visiting the company's website; then go the extra mile. Here are some examples:**

**Call the employer's call centre (or visit their stores, branches, dealerships, etc.)**

Since I'm in the call centre management space, my interviews have been for call centre management positions. Karl's question made me realize that calling the employer's call centre to gauge its performance is worthwhile, even if only to understand what I'm getting into and what challenges I'll encounter. Whether you're applying for a call centre management position or not, calling the company's call centre will give you an insight into the company's culture and how important customer service is to the employer,

In my case, I'll call the employer's call centre several times and assess how easy it is to navigate their IVR (Interactive Voice Response), how long it takes for an agent to answer my call, how their agents introduce themselves, etc. During the interview, I'll discuss my experiences with the call centre and how I would resolve any issues.

## Experience the employer's product

While overseeing Crocs' customer service department, I had to hire several agents. Although all the candidates I interviewed knew what Crocs did, few wore them. Several candidates even admitted they weren't "a fan of" Crocs. Crocs have been a part of my life for a few years, so when I interviewed with Crocs, I wore a pair of my Crocs, which my interviewer and to-be boss noticed. During the interview, I shared the good and bad aspects of wearing Crocs, how I felt Crocs compared to Birkenstock, Skechers, Teva, and Vans, and how I see Crocs positioned in the footwear market.

Demonstrating that you use the employer's products and why you choose them over their competitors will give you an edge over other candidates. What employer wouldn't want to hire one of their fans, someone enthusiastic about their brand? If you have never experienced the employer's product(s), you should do so and let your interviewer know what you think.

Imagine you're interviewing for a social media manager position at a Mexican restaurant chain called Taco Loco. You've never eaten at a Taco Loco before, so you go to Taco Loco for lunch two days before your interview.

"The other day, I had lunch at your Dundas Square location. I had the Tres Quesabirria Tacos. Both the food and the atmosphere were on point. Something you should consider is offering keto-friendly and gluten-free options since these diets have become mainstream. As Taco Loco's social media manager, I'd lean more towards creating behind-the-scenes content, such as videos of meal preparations and customer testimonials, instead of simply posting pictures of dishes. Furthermore, I would increase followers and engagement by offering a 25% off coupon to anyone who follows Taco Loco's Instagram account or by hosting a contest where you can win a \$200 Taco Loco gift card by posting a selfie of yourself eating at Taco Loco and tagging Taco Loco."

## Other ways to do in-depth homework:

- Read the company's annual report.
- Read reviews and look for common complaints.
- Google [company name] under 'News.'
- Speak to current and former employees.

Doing more homework than most job seekers shows that you're committed to contributing to the company's success, making it harder not to hire you.



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# Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

### Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

### We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

### We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



### What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

### Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.



## Organ and Tissue Donation

by Alberta Health Services



One organ donor can save up to eight lives and one tissue donor can dramatically improve up to 75 lives.

### How to Act on Your Good Intentions

A deceased person can donate organs such as lungs, heart, kidneys, and liver – and/or tissues such as eyes, skin, bone, and tendons. If you're interested in leaving these gifts, please register your decision online at [GiveLifeAlberta.ca](https://www.givelifealberta.ca) or in person at a motor vehicle registry office. Donor cards don't exist anymore; if you have signed the back of your Alberta Health card in the past, you are asked to join Alberta's registry in one of the ways above.

Albertans are also encouraged to share their wishes with their loved ones. Generally, if someone is eligible to donate at the time of their death, the Give Life Alberta donation team will check the registry and inform their family about their donation decision. It will then be up to their family to decide if they'd like to proceed with donation or not. Many

previous donor families have found that decision was easier if they knew what their loved one wanted.

### Sharing Your Donation Decision

Donation discussions don't need to be grim. The national award-winning Give Life Alberta public awareness campaign *All the Ways* portrays creative ways one could tell their family they'd like to be a donor, for example in the form of a cake, a card, or even a t-shirt. Families could also spark the conversation by watching public awareness videos and real-life donor and transplant recipient stories on [GiveLifeAlberta.ca](https://www.givelifealberta.ca).

### Constant Need for Organs and Tissues

While Alberta marked another record year in 2024 – with 317 deceased organ and tissue donors — there are more than 500 people waiting for life-saving transplants in our province. Last year, 33 people on the wait list died.

For contact information and to learn more about organ and tissue donation, visit [GiveLifeAlberta.ca](https://www.givelifealberta.ca).

# Evaluating Online Health Information

by Alberta Health Services

Many Canadians go online to search for medical and health-related information. The internet is the first source of information for many people, before even speaking to a doctor or other healthcare provider.

Online health information can have many positive impacts on our health knowledge, behaviours, and well-being. Unfortunately, the quality and accuracy of online health information is not consistent, including social media where information quality can be very low.

Being able to evaluate online health information is an important skill.

### How Do I Evaluate Online Health Information?

Use the steps below to evaluate the health information you find online.

- **Check the Date:** Look to see when the website was created or last updated. Health information should be up to date to make sure it is relevant and accurate. Even if the information has not changed, it should be regularly reviewed.
- **Check the Author:** Identify the author to determine if they have the necessary background, experience, or training to accurately discuss the topic.
- **Look For the Evidence:** Health information should be based on facts rather than opinion, rumours, or personal stories. Authors and websites should clearly list their sources, so that you can check the information for yourself.
- **Understand the Purpose:** Read a website's "About Us" page to understand the website's purpose and who runs it. Are they credible and unbiased? Be cautious of websites selling a product. Their information may already be biased, as the goal is to make profit rather than present clear facts. Often product claims are too good to be true.
- **Be Critical of the Details:** Be skeptical of websites that look outdated, contain broken links, or have spelling and grammar errors. Patient information should be written in plain language, making it easy to follow.



- **Protect Your Privacy:** Be careful when sharing your personal information. Look for a privacy policy to find out how and why your information is being used, stored, or shared.

You should carefully consider the source of the information you find on the internet and discuss that health information with your healthcare provider.

Learn more about evaluating online health information from <https://acalibrary.libguides.com/friendly.php?s=patients/evaluatingohi>.

### Misinformation and Disinformation

Finding information online is faster and easier than ever before. While the information you find online can often be helpful and trustworthy, it is important to keep in mind that the internet also allows for rapid and widespread distribution of false and misleading information.

As you look online for health information, you need to watch for both misinformation and disinformation.

- Misinformation is inaccurate information. In other words, it means getting the facts wrong.
- Disinformation is false information that is deliberately meant to mislead.

### Getting Help

Alberta Health Services Knowledge Resource Service library staff are available at healthcare facilities across the province. They can work with you to help you find and evaluate online health information.

The Knowledge Resource Service also offers a free online course for patients and caregivers on evaluating online health information. Find more information and register at: [krs.ahs.ca/patients/evaluatingohi](https://krs.ahs.ca/patients/evaluatingohi).

## Putting Yourself First!

by Recovery Alberta – Community Health Promotion Services



Life brings with it everyday stresses, but it is important to have coping strategies that can be used to regulate and balance our feelings and emotions. Sometimes we don't have control of stressors that cause the stress, but we can control our emotions or how we react to those stressors. Calming strategies help slow down the immediate response that we have by decreasing the amount of cortisol in our body, also known as the stress hormone. There are many coping strategies, and it is important to find what works best for you.

**Here is a list of strategies that can be used by anyone, anytime, and anywhere:**

### Managing Emotions

Commonly referred to as “name it, to tame it”, is a technique that involves naming your emotions to allow you to pause and reflect rather than allowing your emotions to spiral or cause impulse decisions. Make it a habit to recognize how you feel. Did you feel embarrassed, sad, jealous, or upset? Simply notice that emotion and name it in your mind.

### Mindfulness

Focusing on the present moment will help calm your mind and manage your emotions. What can you see, hear, touch, feel, or move in the environment you are presently in? This technique will help your brain focus on the present rather than the “what if”.

### Breathwork

Slowing and deepening your breaths have been shown to help you self-regulate. Use breathing techniques that work for you; these can include box breathing or even paced breathing.

The key to all the above strategies is focusing on yourself. Everyone is different, so find techniques that resonate with you so you can be the best version of yourself!



MLA Calgary - Fish Creek

**Myles McDougall**

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### Thank You

Thank you to everyone who came out to my second Annual Stampede BBQ! It was wonderful to see so many of you—great conversations, great energy, and truly the best constituency.

Stampede Week was a fantastic celebration of community spirit, and I was honoured to ride in the Calgary Stampede Parade as a member of the Stampede Board. It's been a pleasure connecting with so many of you at local events.

### Looking Ahead – What's Next for Alberta

Federal policies over the past decade—like Bill C-69, the west coast tanker ban, carbon pricing, and proposed production caps—have created real challenges for Alberta's economy. These measures have impacted key industries, reduced investment, and increased costs for families and businesses.

To respond, the Alberta Government has launched the Alberta Next Panel—a province-wide initiative to engage Albertans on how we can protect our economic interests and build a stronger, more resilient future. The panel includes a diverse group of leaders and community members working together to propose solutions.

A key goal is to ensure that every Albertan has a voice. Whether you're in a rural town, a big city, or anywhere in between—your input matters. By listening to a wide range of perspectives, we can shape policies that reflect the values and needs of all Albertans.

To learn more or get involved, visit [Alberta.ca/Next](http://Alberta.ca/Next). A Calgary town hall is planned for September 19—details coming soon.

Wishing you a safe and joyful August long weekend!

Questions or feedback? Email [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca).

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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*continued on next page*

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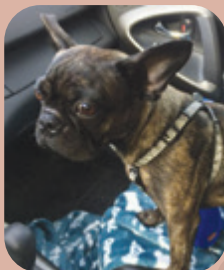


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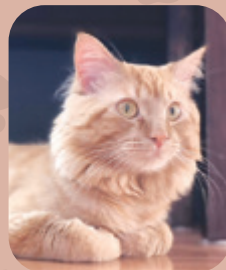
Bugsy, Dalhousie



Ella, Mount Royal



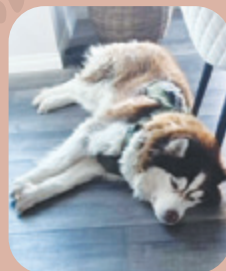
Mac, Evanston



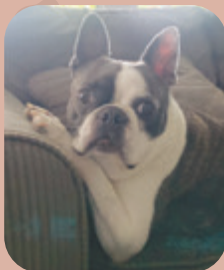
Mango, Evanston



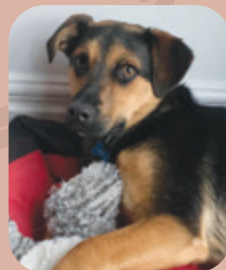
Mick and Turd,  
Hidden Creek



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Detached Home Stats - Last 45 Days



**36**

# New Properties



**23**

# Sold Properties



**18**

Average Days on Market



**\$723,593**

Median Sold Price

### Midnapore

Detached Home Stats - Last 45 Days



**18**

# New Properties



**10**

# Sold Properties



**27**

Average Days on Market



**\$784,300**

Median Sold Price

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