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January	26	12	10	\$612,450	\$597,250
December	25	9	11	\$549,990	\$542,900
November	25	15	18	\$544,950	\$539,525
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Get Engaged! Three Ways to Get Involved in Your Community

Strong communities are built when people come together. Across Calgary, more than 150 Community Associations and over 20,000 volunteers are helping to shape neighbourhoods by running local programs, hosting events, improving public spaces, supporting safety initiatives, and creating opportunities for neighbours to connect.

If you've ever wanted to get more involved in your community but weren't sure where to start, you're not alone. The good news is that getting connected is easier than you might think. Whether you have a few hours to spare, a great idea to share, or simply want to meet your neighbours, there are plenty of ways to make a difference.

Here are three easy ways to get started:

1. Attend Community Association Events

One of the simplest ways to get involved is to show up and participate.

Throughout the year, Community Associations host events that bring neighbours together and create opportunities to connect. From seasonal celebrations and family activities, to markets, movie nights, and workshops, there's something for everyone.

This past June, many Community Associations celebrated Neighbour Day. At the Winston Heights Mountview Community Association, residents enjoyed food, drinks, a magic show and more activities for all ages. Families connected, new friendships were formed, and neighbours spent time together in a fun and welcoming environment.



Photographs from Winston Heights Mountview Community Association's Neighbour Day Event

When we attend local events, we strengthen the sense of belonging that makes our communities special.

Not sure which Community Association serves your neighbourhood? Use the Find My CA tool at calgarycommunities.com/FindMyCA.

2. Volunteer With Your Community Association

Want to take your involvement a step further? Consider volunteering.

Community Associations rely on volunteers to support programs, events, and neighbourhood initiatives. Whether you're helping out at a community barbecue, joining a committee, sharing a specific skill, or serving on the Board, every contribution helps strengthen your neighbourhood.

The best part is that volunteering can fit your schedule. You can give a few hours when you're available or take on a larger role if you're looking for a deeper connection to your community.

When we volunteer, we're not just helping our community, we're building relationships, developing new skills, and creating a better place for everyone.

3. Bring a Community Project to Life

Many of Calgary's most successful community projects started with one person who saw an opportunity to make their neighbourhood better.

Maybe you've noticed an underused space, identified a local safety concern, or dreamed of hosting an event that brings people together. Whatever your idea, you can help turn it into reality.

In Westgate, volunteers improved winter safety by making pathway gravel more accessible during the colder months. In Haysboro, residents organized an intergenerational holiday luncheon that brought older adults, families, and youth together to connect and celebrate the season.

In the Beltline, one resident noticed that a busy intersection felt unsafe for pedestrians and cyclists. Working alongside neighbours, community partners, and volunteers, they launched a Paint the Pavement project that transformed the intersection with colourful

designs. The project added vibrancy to the area, brought people together, and helped encourage drivers to slow down and share the road safely.



Photos from the Victoria Park Paint the Pavement Project

If you have an idea for your neighbourhood, we can help. The Federation of Calgary Communities offers resources, guidance, and funding opportunities that can help bring community-led projects to life.

A great first step is connecting with your Community Association. They can help you find volunteers, build partnerships, access local knowledge, and navigate available resources.

Because when you get involved, great things happen. Together, we can continue building vibrant, connected communities across Calgary.



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FRIENDS *of* Fish Creek

The Listen Garden at Bow Valley Ranch

This summer, the Listen Garden is taking shape.

Located in the heart of Fish Creek Provincial Park, the Listen Garden is a collaboration between the past and the future; the land and the people; Indigenous and newcomer communities. The garden will be one in which native plants, Indigenous knowledge, and (re)conciliation all flourish. Visit the Listen Garden page on the Bow Valley Ranch Historical Society's website.

Our team of staff and dedicated volunteers have been hard at work prepping the site, from harvesting and processing native plant seeds to spraying the site to remove invasive species and distributing an impressive seven truckloads of sand. This summer, we're seeding and planting native species representative of the plant communities chosen for this space. We're looking forward to seeing this special spot alive with life by the end of summer 2026! Check out these photos from the Listen Garden this spring.

Love native plants and Fish Creek Provincial Park? Our programs will help you connect with nature in the park, from volunteering with grasslands restoration and engaging with the public to our new kids' summer day camp and beyond. Visit our website at www.friendsoffishcreek.org or follow us on Instagram or Facebook at @fishcreekpp to learn more about summer day camp and all our exciting programs.





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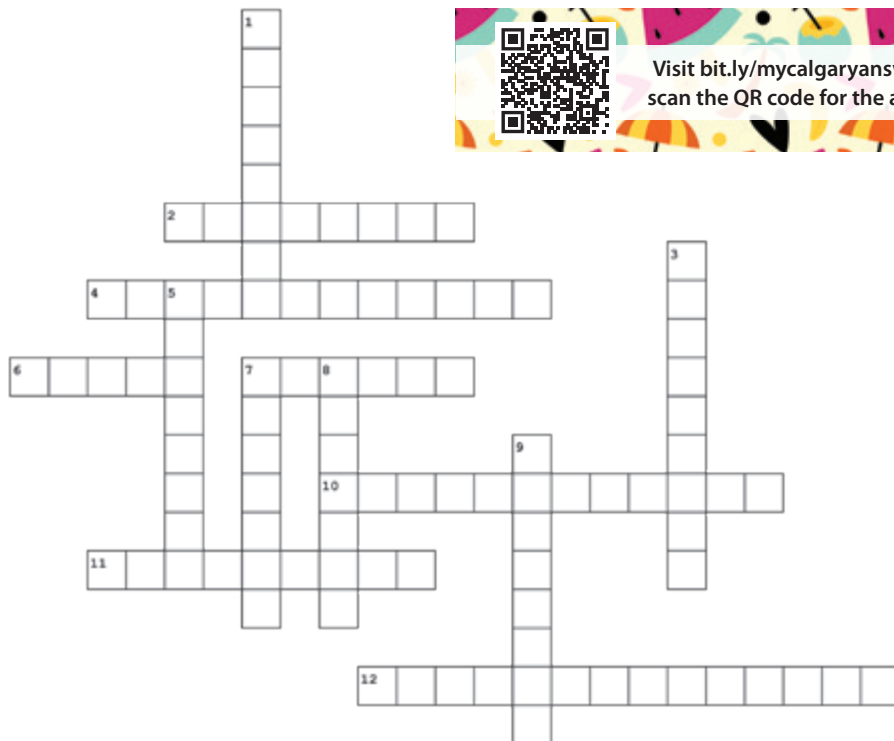
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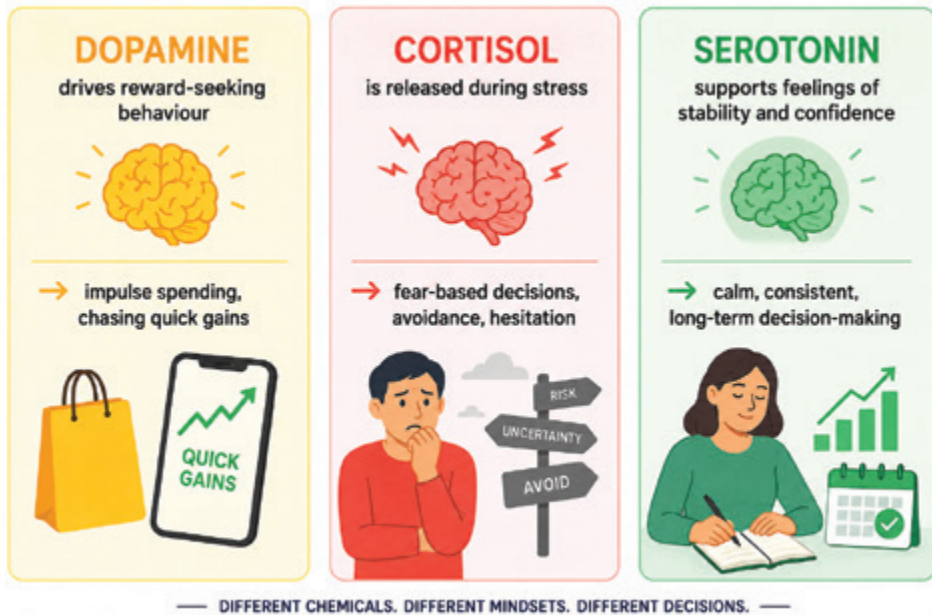
2. Described as a period of abnormally hot weather, August is a typical time for these extreme weather events.
4. *Everything Everywhere All at Once* stars _____ as Evelyn, a mother trying to save her daughter from the evil forces of Jobu Tupaki in every universe.
6. *I Barely Knew Her*; is the title 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

The Emotional Side of Money: Fear, Confidence, Stress, and the Roles They Play

by Karen Boudewyn, Senior Wealth Advisor



Money decisions are rarely driven by logic alone. While we often tell ourselves we'll act based on facts and analysis, emotions tend to lead, with logic following behind to justify the decision. Fear, confidence, stress, and subtle daily triggers all influence how we spend, save, and invest and often without conscious awareness.

Understanding this isn't about removing emotion from financial decisions. It's about recognizing its role so we can respond more intentionally rather than react automatically.

Fear and Financial Paralysis

Fear is one of the most powerful forces in financial decision-making, and it often shows up quietly as hesitation rather than panic.

It can lead to:

- Delaying investing decisions.
- Avoiding financial planning conversations.
- Holding excessive cash for "safety."
- Not reviewing accounts or progress.

For example, after a market downturn, many investors step back and wait for things to feel more stable. The challenge is that markets often recover before confidence returns, meaning opportunities are missed. Fear is designed to protect us but in financial planning, it can also keep us stuck.

Confidence and the Ability to Act

On the other side of fear is confidence. Financial confidence allows individuals to make decisions, stay consistent, and navigate uncertainty more effectively.

Confidence often shows up as:

- Following a long-term plan despite market volatility.
- Making timely financial decisions.
- Staying invested during uncertain periods.
- Focusing on strategy rather than short-term noise.

Importantly, confidence doesn't come from knowing everything. It comes from having clarity and structure. A well-designed financial plan reduces uncertainty and

provides a framework for decision-making, even when emotions are present.

Emotional Triggers and Everyday Spending

Many financial decisions happen in small, everyday moments not major life events. These decisions are often emotionally driven.

Common triggers include:

- Stress: "I deserve this" spending.
- Boredom: impulse purchases.
- Celebration: reward spending.
- Comparison: keeping up with others.

In the moment, these behaviours feel justified. Over time, they can create patterns that quietly impact long-term financial outcomes.

The Impact of Stress on Financial Thinking

Stress has a direct effect on how we make decisions. When stress levels rise, our thinking becomes more reactive and short-term focused.

This can lead to:

- Avoiding financial decisions altogether.
- Making quick, emotionally driven purchases.
- Abandoning long-term plans during uncertainty.
- Focusing on immediate relief instead of future outcomes.

Stress narrows our perspective, making it harder to evaluate decisions clearly or stay aligned with long-term goals.

The Brain Chemistry Behind Money Decisions

There is also a biological layer influencing financial behaviour. Our brains use chemical signals that affect how we respond to money-related situations.

- Dopamine drives reward-seeking behaviour (impulse spending, chasing quick gains).
- Cortisol is released during stress (fear-based decisions, avoidance, hesitation).
- Serotonin supports feelings of stability and confidence (calm, consistent, long-term decision-making).

These systems are essential for survival, but they are not designed for long-term financial planning. Understanding them helps explain why even well-intentioned individuals sometimes act against their own best interests.

Bringing Awareness to Emotional Patterns

The goal is not to eliminate emotion that's neither realistic nor necessary. Instead, the objective is to build awareness and create structure, so emotions don't dictate decisions.

Simple strategies can make a meaningful difference:

- Pausing before making financial decisions.
- Noticing patterns around spending and stress.
- Creating a clear financial plan with defined goals.
- Automating savings and investment contributions.

Over time, consistency matters more than perfection. Small, intentional actions help build both confidence and better financial habits. Money is not just mathematical, it's emotional. When you begin to understand how fear, confidence, and stress shape your financial behaviour, you gain more control over your decisions and your long-term outcomes.

The goal isn't to remove emotion, it's to make better decisions alongside it.



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What Your House Is Really Trying to Tell You

by Dan Honkanen



Most homes don't fail without warning. In fact, they're usually trying to tell us something long before a major repair is needed.

The problem is that homeowners are busy. We get used to seeing the same walls, hearing the same noises, and walking past the same small imperfections every day. Over time, those little clues blend into the background. Then one day a contractor points to something that seemed insignificant and says, "That's probably been happening for quite a while."

The good news is that many costly repairs begin with small warning signs. Learning to recognize them can help homeowners address problems earlier, often saving both money and stress.

Here are a few things your house might be trying to tell you.

That Musty Smell Isn't Normal

A musty smell is easy to ignore.

Many homeowners assume it's just a basement smell,

seasonal humidity, or something that comes with owning an older home. Sometimes that's true, but musty odours can also indicate excess moisture hiding where you can't see it.

Basements, crawl spaces, utility rooms, and attics are common places for moisture to accumulate. Small leaks, poor ventilation, or condensation can create conditions that allow mould and mildew to develop. The smell often appears long before visible damage. If a room consistently smells damp or stale, it's worth investigating before a small moisture issue becomes a larger problem.

Your Utility Bill Just Sent You a Message

Most homeowners glance at their utility bill and focus on the total amount due. What they don't always notice is the trend. If your heating or cooling costs have been steadily climbing despite no major changes in usage, your home may be telling you something.

Air leaks, aging insulation, failing weather stripping, and moisture-damaged insulation can all reduce energy efficiency. A sudden increase in utility costs isn't always caused by higher rates. Sometimes it's your home quietly becoming less efficient. Paying attention to those trends can help identify problems before comfort and energy costs become major concerns.

That Small Ceiling Stain Probably Didn't Start There

One of the most common mistakes homeowners make is assuming a ceiling stain originated directly above where it's visible. Water rarely works that way. Moisture can travel along framing, insulation, and building materials before finally showing itself. By the time a stain appears, the source of the problem may be several feet away. A small stain doesn't necessarily mean major damage, but it does deserve attention. Ignoring it rarely makes it disappear.

Your Gutters Are Giving You Clues

Most homeowners only think about gutters when they're overflowing, but gutters can reveal a surprising amount about the condition of your home.

Excessive roofing granules, shingle fragments, rust particles, and unusual debris can all indicate developing issues. After major storms, it's worth taking a quick look. Your gutters may reveal signs of roof wear long before those issues become visible from the ground.

That Door Isn't Sticking for No Reason

Doors and windows occasionally stick – wood expands

and contracts, homes settle. But when a door suddenly becomes difficult to close, especially if it wasn't a problem before, it's worth paying attention.

Changes in moisture levels, foundation movement, and structural shifts can all affect how doors and windows operate. One sticky door doesn't automatically signal a major issue, but several changes at once might.

The Paint Is Telling a Story

Paint often serves as a home's first warning system. Bubbling, peeling, cracking, or discolouration can indicate moisture problems that haven't yet become visible elsewhere. Many homeowners focus on repainting the surface without asking why the paint failed in the first place.

Sometimes the problem is simply age. Other times, the paint is pointing toward a larger issue hidden behind the wall.

That New Sound Deserves Your Attention

Homes naturally make noises. Furnaces cycle on and off. Water pipes expand and contract. Floors creak. But new sounds deserve attention.

A new dripping noise, rattling vent, buzzing electrical component, or banging pipe may be your home's way of asking for maintenance. The sooner unusual sounds are investigated, often the easier they are to resolve.

Listening Before Problems Become Expensive

Homeownership will always involve maintenance. No house is completely immune to wear and tear. A lot of the difference often comes down to timing.

Small issues are usually less expensive to fix than large ones. And many large problems begin by giving homeowners subtle clues that something isn't quite right.

- A musty smell.
- A ceiling stain.
- A sticking door.
- A spike in the utility bill.

Individually, these signs may seem minor. Together, they represent something important: your house is communicating.

The more attention you pay to those small messages, the better your chances of catching problems early, protecting your investment, and avoiding costly surprises down the road.

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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4-H INTRO CLUB

4-H in Calgary: Hands-On Learning for Today's Youth

When many families hear 4-H they still picture animals and agriculture, but 4-H has grown into a hands-on youth development program focused on life skills, leadership, and real-world learning for ages 9 to 15 in both urban and rural communities.

Traditional 4-H clubs run for a full year and include member led meetings, youth leadership opportunities, project work, record keeping, and Achievement Days. Intro Clubs are different. They are short term experiences designed for families who want to explore 4-H before committing to a full club year.

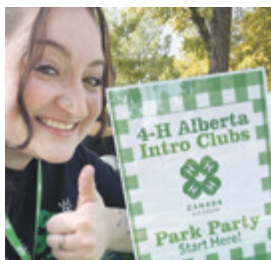
4-H Intro Clubs are now expanding beyond Calgary into North Central Alberta and are being delivered in partnership with community associations, schools, and homeschool groups. To date, Intro Clubs have delivered eleven short term clubs across Alberta, including nine in Calgary and two in Edmonton, engaging 128 youth aged 9 to 15. Three additional clubs are already scheduled in Calgary, Vermilion, and Bonnyville this summer.

Over six weeks, youth explore a variety of hands-on workshops while building confidence, communication, problem solving, and teamwork skills. Recent activities have included pottery, reptiles, baking and sourdough, food science, chocolate making, horsemanship, microgreens, robotics, painting, and behind the scenes tours.

For many families, Intro Clubs provide an easy way to discover whether 4-H is a good fit while meeting other youth and learning new skills.

To help families learn more, 4-H Intro Clubs is hosting a free Park Party at Dalhousie Community Association in NW Calgary on Sunday, September 13, from 2:30 to 4:00 pm. The event is open to new families, returning members, curious youth, local 4-H clubs, and community supporters.

The afternoon will include outdoor games, light snacks, gelato, hands-on activities, and opportunities to connect with local leaders and learn about upcoming programs.



For more information or to rsvp for the Park Party, contact introclubs@4hab.com.



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