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| July      | 26 | 18         | 14   | \$544,950    | \$540,000 |
| June      | 26 | 23         | 28   | \$495,000    | \$483,750 |
| May       | 26 | 32         | 19   | \$679,900    | \$669,000 |
| April     | 26 | 37         | 17   | \$539,900    | \$531,000 |
| March     | 26 | 17         | 21   | \$549,900    | \$540,000 |
| February  | 26 | 25         | 13   | \$570,000    | \$558,000 |
| January   | 26 | 12         | 10   | \$612,450    | \$597,250 |
| December  | 25 | 9          | 11   | \$549,990    | \$542,900 |
| November  | 25 | 15         | 18   | \$544,950    | \$539,525 |
| October   | 25 | 27         | 24   | \$569,900    | \$564,750 |
| September | 25 | 31         | 18   | \$442,400    | \$434,000 |
| August    | 25 | 24         | 28   | \$424,500    | \$411,250 |

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**News, Events,  
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## A Small Act of Kindness Can Change a Day

by Rebecca Pink, Registered Provisional Psychologist



Kindness may seem like a simple gesture, but I believe that it's one of the most powerful things we can offer another human being and ourselves.

We live in a world that moves quickly. We are often rushing from one responsibility to the next, reacting instead of pausing, making assumptions instead of asking questions. It's easy to forget that every person we encounter is carrying a story that we know nothing about.

The person that seems impatient may be overwhelmed. The friend who's been quiet may be grieving or dealing with things privately. The parent who appears distracted may be carrying worries they haven't shared with anyone. Even the people who seem to have it together may be quietly fighting battles no one else can see. The truth is that we are all living complex realities. That is why kindness matters so much.

Kindness isn't about having the perfect words or fixing someone else's problems. Sometimes it's a smile, a

little extra patience, a warm greeting, a great big hug, or choosing compassion over criticism. Sometimes it's simply giving someone the benefit of the doubt and being open to their perspective and being aware of subjective realities. Perhaps the person who needs that kindness today is you.

We can be incredibly generous with others while being our harshest critic. What if we extended ourselves the same grace we so willingly offer those we love, respect, and care for? Imagine what could happen if each of us choose kindness first. Every person is carrying a story and lived experiences that we may never fully understand. We may not know what someone else is carrying, but we can always decide how we show up. Kindness, no matter how small, has a way of reaching further than we realize. Sometimes the smallest moments of compassion are the ones that stay with us the longest.

Take good care.

# FRIENDS *of* Fish Creek

## Making Your Calgary Garden More Drought Tolerant

In partnership with the City of Calgary, we're expanding our Grow with Us program to include native plant plug giveaways starting this September. Thank you to the City and to our partner, the Alberta Native Plant Rescue Foundation (ANPRF), who this wouldn't be possible without. Read on to find out more about native plants, the ANPRF, and how you can sign up to get free native plant plugs.



Sticky Purple Geranium (*Geranium viscosissimum*)

## Why Native Plants?

Native plants are not only beautiful and great for native pollinators and all our other native wildlife—they're also highly drought tolerant. Since Alberta often has long stretches without much precipitation, and these plants evolved alongside its dry climate, they have ways of making it through long dry periods that other, non-native species don't have. A great example is long roots that can tap into water reserves deep below the ground's surface.

This means that once native plants are established, whether in their native grasslands or in your garden, they're extremely resilient. Perennial native plants can not only weather our hot and dry summer conditions;

they make it through our winters to pop back up in spring to show off beautiful foliage and flowers each year. I'm sure many of the gardeners reading this have lost a perennial or two (or more, with some of the particularly frosty winters we've had here) to the cold Southern Alberta climate. While native species aren't totally immune to the effects of the cold, their deep roots are often safe from the deep freeze, and you'll see them coming back strong in spring after some of our colder winters.

## Looking For Free Native Plant Plugs?

Sign up for our Grow with Us mailing list at [www.friendsoffishcreek.org/gwu](http://www.friendsoffishcreek.org/gwu). We'll email you letting you know when we're running giveaways and provide a registration link for each giveaway.

When you register for a giveaway, we'll ask you to complete a short survey about your experience with native plant gardening and why you're interested in getting free native plants. We'll be in touch later in the year with a follow-up survey.

Show up, grab your plugs, and get them into your garden! Once you've claimed your plugs, you'll need to wait until our next round of giveaways in 2027 to participate again. If you're interested in sourcing more plugs or mature plants than what were giving away, you can follow our partner, the Alberta Native Plant Rescue Foundation and sign up for their email list to go out to a plant rescue! Follow @albertanativeplantrescue on Instagram for more information.



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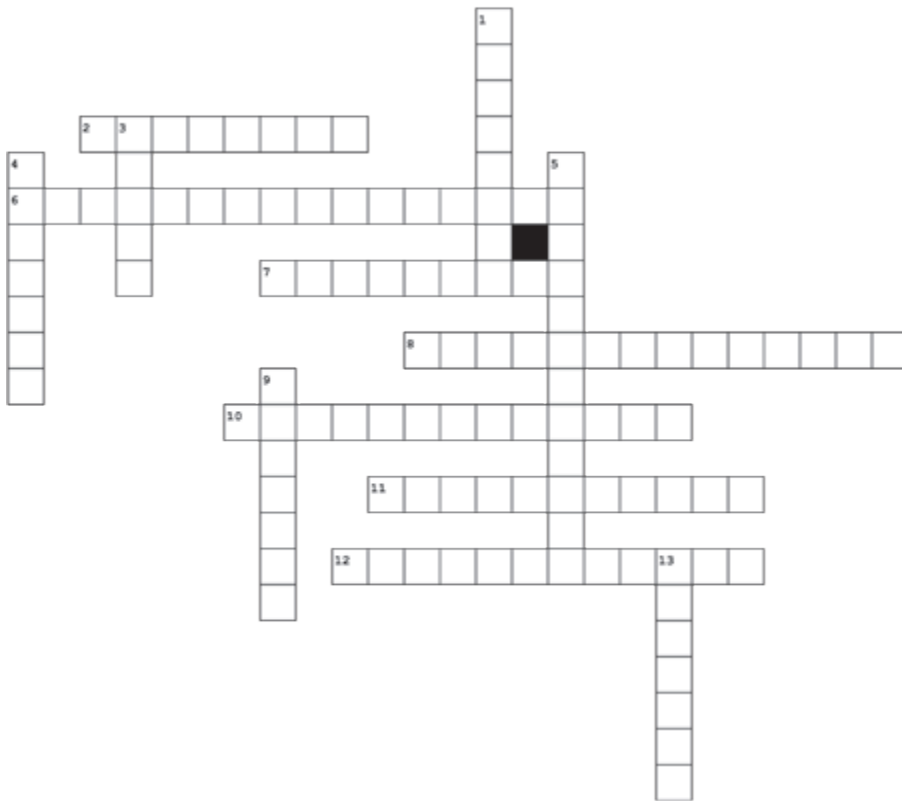
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# September Crossword



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## Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

## Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."

# Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play—road safety is a shared responsibility.

### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### Around School Buses

- Flashing amber lights mean a bus is slowing down to stop—motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights—unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert

and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



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# Broken Hearts and Broken Investment Portfolios

by Christopher Bungay, Divorce Lawyer



Divorce does not just break your heart. It also breaks up your investment portfolio. According to Alberta law, investments that were acquired during a marriage are defined as family-owned property. This means that, after most divorces in Alberta, each spouse is entitled to 50% of any investments that were purchased during the marriage. There are two important points to remember about this 50/50 splitting rule:

- It applies regardless of which spouse purchased the investments.
- It applies to the initial investment purchase, plus any growth in the investment that occurred during the marriage.

The following scenario of a fictional couple demonstrates how this works: The Johnsons were married in 1990. They did not live together until after the marriage started. Unfortunately, things did not work out, and they separated in May 2026. Shortly after their 1990 wedding, Mr. Johnson bought \$100,000 in shares in the popular fast food chain McDonald's. These shares were bought in his own personal name. His wife, Mrs. Johnson, was not listed as a shareholder. On the date when this couple separated, the McDonald's shares grew in value from \$100,000 to \$4 million dollars. In this scenario, as part of their divorce, Mrs. Johnson would be entitled to 50% (\$2 million) of the total \$4 million in McDonald's shares.

### 50/50 Applies to RRSP Investments

Even if Mr. Johnson had purchased the McDonald's shares within an RRSP, his wife would still be entitled to 50% of the value. While RRSPs protect your investments from being taxed while they grow over the years, RRSPs do not protect you from the consequences of divorce. If the \$4 million in McDonald's shares were held in Mr. Johnson's RRSP, he would likely be required to transfer \$2 million of these shares into Mrs. Johnson's RRSP account as part of the divorce proceedings.

### 50/50 Does Not Apply to Investments Before Marriage

The 50-50 split rule does not apply to investments made by one spouse before the relationship began. For example, let's say Mr. Johnson bought \$100,000 in McDonald's shares in 1989, the year before he married Mrs. Johnson. In this scenario, the original \$100,000 investment would belong exclusively to Mr. Johnson alone after the couple separated/divorced. However, Mrs. Johnson would still be permitted to share in any growth in value of the McDonald's shares which occurred after the day they were married. In other words, of the total \$4 million, Mr. Johnson would get \$4.1 million and Mrs. Johnson would get \$3.9 million to account for the initial \$100,000 investment made by Mr. Johnson before their marriage, which belongs exclusively to Mr. Johnson.

### September's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

Write about a relatively new social trend that you appreciate.

Dear reader,

Social trends are ever-changing, and many are for the better. One shift in particular is near and dear to my heart: the increasing value our society places on pets.

From the moment I could speak, I began asking for a pet dog. Every single Christmas I placed "dog" at the top of my wish list. The significant pressure I put on both Santa and my parents was to no avail; my parents were not "dog people".

Over three decades later, that yearning for a four-legged, furry friend had never faded. In early 2020, my family began fostering dogs from a local shelter as a "test run" to see if we could handle the responsibility. We quickly realized we could. Each time a foster dog went to their forever home, I grieved their absence. The extra work felt worth it. We were ready.

When the world slowed down in the spring of 2020, a combination of isolation and extra time made the decision to officially adopt our own dog quite easy. We weren't alone; statistics showed that an unprecedented number of Canadians brought a pet into their homes during that time. It drastically accelerated a shift towards celebrating the creatures that provide us with companionship and unconditional love.

Today, society is becoming a friendlier place for pet owners. I've noticed the City of Calgary has become exceptionally welcoming to dogs. New communities are intentionally designed with dog parks, and many outdoor patios welcome our furry friends. We even have a cat café downtown and puppy yoga throughout the city.

Our pandemic puppy, Luna, is six years old this year. She was the piece our family didn't know we were missing until she arrived and made us feel complete. She was worth the wait.

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.



# Fall Migration is Underway: How to Help Southern Alberta's Travelling Birds

by the Calgary Wildlife Rehabilitation Society



As summer starts to cool with the dawn of fall, one of nature's most remarkable journeys is underway across Southern Alberta. Countless birds begin migrating south, travelling hundreds or even thousands of kilometres to reach warmer wintering grounds. For many species, September marks the peak of this seasonal movement, making it one of the best times to observe birds, and one of the most important times to help mitigate human-related risks.

During migration, birds rely on favourable weather and places where they can rest and refuel. They navigate using natural cues such as the sun and stars, known landmarks, and the Earth's magnetic field to complete their journeys. Along the way, they stop in wetlands, grasslands, parks, and urban green spaces throughout Alberta before continuing south.

While migration is a natural process, urban areas can present unexpected hazards. One of the greatest human-related threats is window collisions. Birds do not recognise glass as a solid barrier. Instead, they often see reflections of trees or open sky, or they mistake transparent glass for open space. During migration, when many birds move through unfamiliar urban areas, such collisions become much more common. Research estimates tens of millions of birds die each year in Canada after striking windows, with most collisions occurring at homes and low-rise buildings rather than skyscrapers.



Fortunately, small changes at home can make a significant difference.

One of the most effective ways to reduce collisions is to make windows more visible to birds. Applying patterns, decals, tape, or specialised films to the outside of glass helps birds recognise it as a barrier. For the greatest effectiveness, the markings should cover the entire window, with gaps no larger than 5 centimetres. While they cover a large area, these covers are unobtrusive and don't block the view from a window.

Reducing unnecessary outdoor lighting at night can also help migrating birds. Many songbirds migrate after dark and use the moon and stars for navigation. Bright artificial lighting can disorient them, drawing birds into urban areas where the risk of collisions with buildings and windows increases. Turning off unnecessary exterior lights or closing blinds after dark during migration season can help reduce this risk.

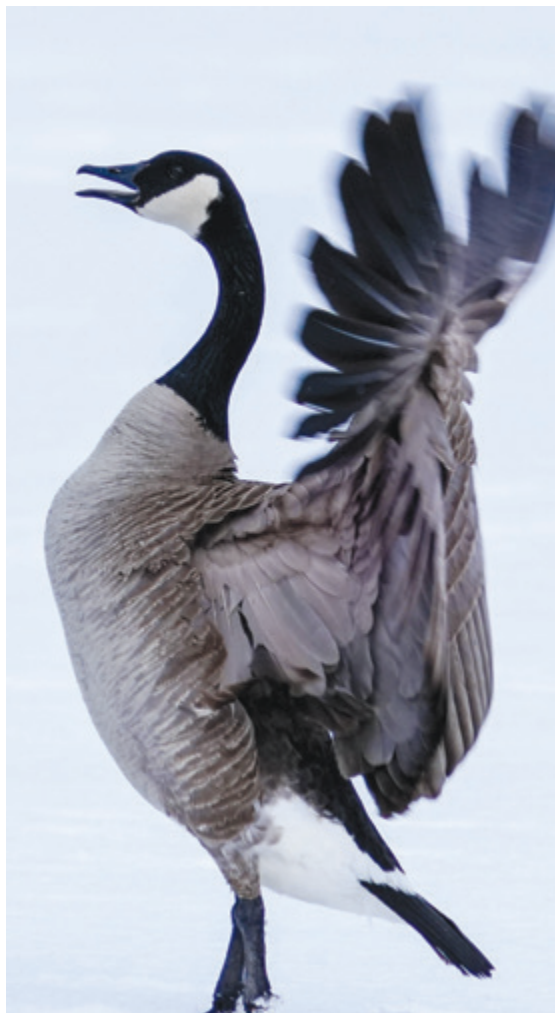
Although food is important during migration, Calgary Wildlife does not recommend putting out bird feeders.

Feeders bring many birds together around shared food and surfaces, where contaminated seed, water, saliva, and droppings can increase the spread of disease. This is especially concerning during migration, when local birds mix with visitors travelling long distances, and infections may be carried between populations.

A bird bath can provide water without concentrating birds around a food source, but it still requires careful maintenance. Replace the water daily or every other day, scrub the basin regularly and place it away from untreated reflective windows. Planting native flowers, shrubs, and trees is an even better way to support migrating birds by providing natural food, shelter, and resting places without drawing large numbers of birds to a single feeder.

Position any bird baths either within one metre of windows or away to help reduce the likelihood of high-speed collisions. Research has also shown that landscaping and vegetation placed directly in front of reflective windows can unintentionally increase the risk of collisions. Rather than removing valuable habitat, take special care of nearby glass and try to make the glass visible to birds using effective collision-prevention treatment.

Fall migration offers a chance to witness an extraordinary natural event happening right above our communities. Whether you notice flocks of geese overhead, hear the calls of migrating songbirds, or spot unfamiliar visitors in your neighbourhood, these travellers are making an incredible journey that depends on safe places to rest along the way. Small choices at home can make a meaningful difference for birds travelling hundreds or even thousands of kilometres.



### Support Victoria Fortuna and Her Family After a Tragic Highway Accident



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Hello neighbours,

Summer is in full swing, and there's plenty happening across Ward 14. I'm pleased to share that street sweeping was completed on schedule throughout our communities, helping keep our roads clean and safe. As always, if you spot a pothole or another roadway/sidewalk issue, please report it to 311 so crews can address it as quickly as possible.

I'm also proud to share that my Supercharged Sidewalks Notice of Motion was successfully passed by Council. At its core, this initiative is about safety—making it easier and safer for residents to walk to schools, parks, transit stops, and local destinations. Even better, work is already underway. It's exciting to see momentum behind a practical solution that will improve connectivity and help make Calgary's communities safer for everyone.

In the months ahead, you'll see more engagement opportunities and information related to the Calgary Plan. This is one of the most important discussions shaping Calgary's future, and I want to hear directly from residents before key decisions come to Council. Your feedback helps me better understand the priorities, concerns, and opportunities you see in our communities, and ensures I can be a strong voice for Ward 14 when these decisions are made.

### Contact Our Office

General inquiries | Ward14@calgary.ca

Community information and events | CLWard14@calgary.ca

Following up on an issue? | CAWard14@calgary.ca

## YOUR CITY OF CALGARY

# Curbside Treasure Hunt: One Weekend, Countless Finds.

by *The City of Calgary*

On September 12 and 13, join the city-wide Curbside Treasure Hunt! Set out gently used items on your curb and label them with a sign saying "free" for neighbours to take and/or explore your neighbourhood for free finds as well. It's a fun and easy way to give your things a second life and keep usable items out of the landfill.

### How It Works:

#### 1. Clear the Clutter.

Look around your home for items you no longer need, but someone else might love.

#### 2. Label It "FREE".

Clearly mark each item with a "FREE" sign so people know it's part of the Treasure Hunt. Download a template at [calgary.ca/treasurehunt](http://calgary.ca/treasurehunt).

#### 3. Set It Out.

Place your items neatly at the curb Saturday morning.

#### 4. Remove items that are NOT part of the hunt.

Make sure anything on your lawn or on the curb that you plan to keep is removed, put away, or secured so it's clear what's free to take and what's not.

#### 5. Treasure Hunt!

Explore your neighbourhood and discover free finds all weekend long (only take items clearly labelled as "free").

#### 6. Wrap It Up.

By Sunday, September 13 at 5:00 pm, remove any untaken items from your curb and consider donating them to a local charity.

For safety reasons, **please don't put out** items that could be hazardous or not safe to reuse, such as:

- Mattresses
- Toilets
- Unsafe or recalled items
- Baby gear or safety equipment that may not meet current standards

Do you live in a condo or apartment? You can participate as well! Coordinate with your property manager to establish a shared drop-off location.

Let's keep good things out of the landfill. Happy treasure hunting!

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