

AUGUST 2026

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THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER

KIDS CLUB

PAGE 11

GARDEN TOUR

PAGE 13



Dr. Lucas Curran
General Dentist

New technology: Needle-free laser dentistry

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Watch our interview
with Bryan Baeumler

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

WILLOW PARK



MAPLE RIDGE



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WILLOW RIDGE COMMUNITY ASSOCIATION

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Ph: 403-271-8044

Website: mywillowridge.ca

Email: gm@mywillowridge.ca

We are available by phone Monday to Friday 9:00 am to 3:00 pm

(Voicemail is checked daily and will be responded to by the end of day the next business day).

****Closed Weekends and Holidays**

Board Members

President	Jacqueline Leeflang	president@mywillowridge.ca
Past President	Jason Carling	jcarling@mywillowridge.ca
Vice President	Dustan Byrnes	vp@mywillowridge.ca
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Secretary	Jecielle Alonso	secretary@mywillowridge.ca
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Social	Vacant	
Casino	Marshall Horne	mhorne@mywillowridge.ca
Communications	Vacant	
Volunteer Coordinator	Vacant	
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Bookkeeper & Program Coordinator	Jenna Burns	jburns@mywillowridge.ca
Facility & Operations Coordinator	Alex Hubscher	ahubscher@mywillowridge.ca

Community Resources

City of Calgary Liaison	Christa Zaharychuk	christa.zaharychuk@calgary.ca
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Community Resources

Councillor - Ward 11

Rob Ward	ward11@calgary.ca
----------	--

MLA - Calgary Acadia

Diana Batten	403-640-1363	calgary.acadia@assembly.ca
--------------	--------------	--

MP - Calgary Midnapore

Stephanie Kusie	403-225-3480	stephanie.kusie.c1@parl.gc.ca
-----------------	--------------	--

CPS Community Resource Officer

Cst. Brandon Gillis	bgillis@calgarypolice.ca
---------------------	--

Girl Guides of Canada Calgary Area

403-283-8348	ggcinfo@calgarygirlguides.com
--------------	--

Scouts Canada Chinook Council

403-283-4993	www.scouts.ca
--------------	--

The Willow Ridge Community Association (WRCA) Vision

To be an integrated community connecting partners, family, neighbours, and nature.

The WRCA Mission

To foster an integrated community by providing meaningful and inclusive programs and experiences, safe gathering spaces, and advocacy for the needs and interests of our residents.

GET WRCA NEWS IN YOUR INBOX – With your membership, receive e-newsletters to share up-to-the minute news and events. We think you'll find the information valuable, but you can unsubscribe at any time.

SOCIAL MEDIA



@willowridgecommunity

@mywillowridge

WRCA website
mywillowridge.ca

The myWILLOWRIDGE.ca is the official newsletter of the Willow Park and Maple Ridge communities. It is generously published by Great News Media and distributed monthly for free to all residents of Willow Ridge (approximately 3,850 households).

Monthly Board of Directors Meetings are normally held on the **third Tuesday** of each month, but please check with the office as these meeting dates may change. They commence at 7:15 pm in the Herard Boardroom. If you would like to make a brief presentation to the WRCA Board, please notify the WRCA office at least three (3) days prior to the meeting date and state the topic you wish to address.

GREENER GROUNDS PROJECT UPDATE

We are just as anxious to start construction as you are! As of July 16, the latest update from Dialog, is that we are still waiting on the City to respond, and there are some potential conflicts with Utility Right of Way. Contractors are in place, and construction will begin as soon as the Development Permit is approved.

Thanks to private donations, provincial, municipal & federal funding, and our private grant partners, we are pleased to announce that our funding goal is complete. You can see a list of our funding partners on our website at www.mywillowridge.ca/greener-grounds.



BIG HISTORY, LITTLE ARMS

Want to know something cool? SUE the T. Rex is the most well-preserved *Tyrannosaurus rex* ever found, and she is currently right here in Calgary. Spanning over 5,000 square feet, this fossil is 90% intact. Pretty good for something over six million years old.



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Tues, Wed, Thur: 8:30 am - 4:30 pm

Monday by appointment only.

**BRAIN
GAMES**

SUDOKU

2				8		9	3	4
					4			5
5	4				9	2		
						6	4	
7	6	5				8	9	3
		4						
		9	3				1	
1			7	9		4		
	5	7		6		3		9

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Activities at the Willow Ridge Community Centre

Monday

- Expand Yoga (www.expand-yoga.com)
- Sparks (www.girlguides.ca)
- Pyramid Psychology (www.pyramidpsychology.com)
- Country Swing Dance (IG: @canadiancountryswing)

Tuesday

- Devotion Danceworks (www.devotiondanceworks.com)
- National Sports Academy (www.nationalsportacademy.ca)

Wednesday

- Devotion Danceworks (www.devotiondanceworks.com)
- Expand Yoga (www.expand-yoga.com)
- Girl Guides (www.girlguides.ca)
- Step in Time Dancing School (www.stepintimedancingschool.ca)

Thursday

- Because You Can Fitness (www.becauseyoucanfitness.ca)
- Embers (www.girlguides.ca)
- Expand Yoga (www.expand-yoga.com)
- National Sports Academy (www.nationalsportacademy.ca)
- Pyramid Psychology (www.pyramidpsychology.com)
- Ujamma Grandmas

Monday to Friday

- FLC Brushstrokes (www.flcseniors.ca)
- FLC Line Dancers (www.flcseniors.ca)
- Creations Child Care (www.creationschildcareinc.com)
- Willow Park Preschool (www.willowparkpreschool.com)
- Willow Ridge Community Kids Club (www.willowkidsclub.ca)

Saturday

- Devotion Danceworks (www.devotiondanceworks.com)

Sunday

- Unity of Calgary (www.unityofcalgary.org)
- Victory Tabernacle Calgary (www.victorytabernaclecalgary.ca)

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.



AGES
4-12

WRCA SUMMER Kids Drop-in

\$10.00
Drop In
Fee

JULY 2-AUGUST 28
CLOSED STAT HOLIDAYS

A FUN OPPORTUNITY FOR KIDS TO GET
OUT, PLAY AND MAKE NEW FRIENDS!



MON/TUES/WED
12:30-3:30PM

THURS/FRI
9:30AM-12:30PM

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AUGUST 2026

WRCA SUMMER KIDS DROP-IN CALENDAR



Mondays
12:30-3:30pm

3 **No Camp:**
Civic Holiday

Tuesdays
12:30-3:30pm

4 **Paper Airplane**
Competition

Wednesdays
12:30-3:30pm

5 **Paper**
Pets

Thursdays
9:30am-12:30pm

6 **Sidewalk**
Chalk

Fridays
9:30am-12:30pm

7 **Water**
War!

10 **Playground**
fun

11 **Nature Bingo**
Walk

12 **Face**
Painting

13 **Game Day!**

14 **Campers**
Choice

17 **Flower**
Planting

18 **Invertebrate**
Show

19 **Capture the**
flag

20 **Rock**
Painting

21 **Relay**
Madness!

24 **Parachute**
Fun!

25 **Friendship**
Bracelets

26 **Playground**
Fun

27 **Board**
Games

28 **Squirt Guns**
and Sodas!

31 **No Camp:**
Back to School!

1

2

3

4

Please bring a small bag with water bottle, sun screen & hat. Subject to change based on weather

Streaming Killed the Video Star

Music Television, or MTV, first debuted on August 1, 1981. The first music video played was *Video Killed the Radio Star* by The Buggles, followed by Pat Benatar's *You Better Run* and Rod Stewart's *She Won't Dance with Me*.



Pet of the Month

Meet Cooper, our seven-year-old terrier mix. Cooper is a rescue from AARCS, and we were lucky to get him! We knew as soon as we saw his picture with his big brown eyes, he was the one for us. He loves his ball and playing fetch as long as he gets a cracker when he brings it back! He likes to have fun, especially when he's wet and the broom comes out to chase him. He keeps us seniors young! He has a good friend here, Fergus, and in Palm Desert, he enjoys walking with his girlfriend, Carlye.





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Good Food Box Schedule

Order Deadline	Pick-up On
August 10	August 18
September 7	September 16
September 28	October 7
October 26	November 4
November 30	December 9



GOOD FOOD BOX

Order Online!

The Good Food Box Program is part of the Community Kitchen Program of Calgary, where anyone can purchase boxes of fresh fruit & vegetables at an affordable price.

SMALL	MEDIUM	LARGE
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Step 1. Order online at wrca.getcommunal.com
Step 2. Pick up on delivery day between 12-4pm at the WRCA



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 ♥



Willow Ridge Garden Caravan Tour: Growing Ideas, Growing Community

Saturday, Aug 22 | 9-11 am

Would you like to showcase your garden?

Looking for home owners who would be willing to put their garden, yard, or landscaped outdoor space on the tour.

Would you like to join the tour?

Come explore the gardens that help make Willow Ridge such an aesthetic and welcoming community.

To have your home included on the tour, or to reserve your spot to join us, visit www.mywillowridge.ca



We Love Our Summer Students!



"The summer has started strong as a summer student at the WRCA! Being a camp counselor with the WRCA Summer Kids Drop-In Program has been an incredible experience so far. I have been given the opportunity to learn new skills and challenge myself, ultimately making me more confident to take on all of life's challenges. My biggest takeaway has been that "many hands make light work" and that truly goes to show the supportive environment us summer students are in. Working with the kids has been so much fun and great work experience. I cannot wait to see where the rest of the summer takes us!" – Peyton Iwaniuk

"This is my first year working at Willow Ridge Community Association as a facility and outdoor maintenance assistant. WRCA has been a great workplace, and the staff and community members have been awesome. Everyone is so friendly and kind. The volunteers have been impressive with their upkeep of the Pickleball courts and community gardens. This has been my second student employment opportunity and has been the best summer job I have ever had. Anna, the Community Services Manager, has been exceptional, encouraging, and very thoughtful. Her encouragement makes me want to come to work everyday knowing it will be a good day. I would highly recommend working for the association and really enjoy being part of the work crew." – Luke Boehm

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02113	3 PA X-Rays	\$85.00	\$85.00
02601	Panoramic X-Ray	\$111.40	\$111.40
11113	3 Units Scaling	\$261.75	\$261.75
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12112	Fluoride Treatment	\$37.65	\$37.65

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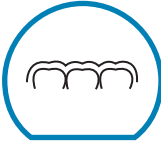
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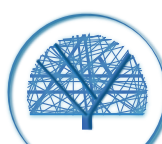
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August Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

2. Described as a period of abnormally hot weather, August is a typical time for these extreme weather events.
4. *Everything Everywhere All at Once* stars _____ as Evelyn, a mother trying to save her daughter from the evil forces of Jobu Tupaki in every universe.
6. *I Barely Knew Her*; is the title of this new artist's first album.
7. Weeping _____, is a popular tree native to northern China, but is now found in many places in North America.
10. These freshwater fish have a deceptively colourful name and can be found in the Bow River.
11. This American artist released his album *Wishbone*, featuring the songs, "Vodka Cranberry" and "Eleven Eleven" in August of last year.
12. If you're out on the lake, you may see people participating in this relaxing water sport.

Down

1. In this popular card game, you and your partner need to accrue a total of 121 points to win, even better if you skunk your opponents.
3. This popular Broadway musical was recently performed here in Calgary, telling the story of Orpheus and Eurydice.
5. Anne Hathaway's character in *The Devil Wears Prada* wears this blue that "represents millions of dollars of countless jobs."
7. This award-winning horror film follows Julia Garner as she tries to find her 17 students that go missing in the middle of the night.
8. These public spaces often promote a summer reading challenge for young kids.
9. These cold, fruit-flavoured treats are well-loved on a hot summer day

Rent Our Space!

The Willow Ridge Community Association can accommodate a wide range of guests for activities or functions like wedding receptions, birthday parties, baby showers, workshops/seminars, art shows, fitness classes, and more!

Located outside are two private parking lots, crock curl (in the winter), gaga ball pit, pickleball/tennis courts, lacrosse box/hockey rink, baseball diamond, 50-plot community garden, and a large green space which we use for our WRCA Soccer league in the summer and a pleasure skating rink in the winter.

Our newly renovated, air-conditioned building has the following spaces available for rent!

- The Willow – 1,924 sq. ft. North Hall (160 dining/200 standing) with large windows, built-in audio/speakers, vaulted ceilings, wood sprung floor. Perfect for high-impact activities!
- The Maple – 1,200 sq. ft. South Hall (100 dining/135 standing) with large windows, separate sink/washing area, additional storage, vaulted ceilings, and a sound system.
- The Herard Room – 540 sq. ft. Board Room (30 dining/50 standing) with large windows, available projector, and mounted whiteboard, conveniently situated off the Ridge Lounge. Perfect for small group yoga, art classes, meetings, catering set-up, etc.

The community centre has the following additional features:

- The Ridge Lounge, an upstairs gathering area for members with a view of the rinks/fields.
- Large floor-to-ceiling windows to allow for more natural light.
- Internal stairs and elevator access to lower level.
- Four individual gender-neutral washrooms, two of which are wheelchair accessible.
- Wi-Fi throughout building.
- Large change area/washrooms with rubber flooring, accessible to rink users in the winter.



Memberships Available Online



**Family
Membership**
\$35



**Seniors 60+
Membership**
\$20



**Individual
Membership**
\$25



**Business
Membership**
\$40

*Support your
Community*



**WILLOW RIDGE
COMMUNITY
ASSOCIATION**

Visit mywillowridge.ca for more info

RENTAL RATES: Minimum 3-hour rental on weekends.

Facility	Size	Capacity	Hourly Rates	Day Rates	Deposit	Usage Examples
Willow (North Hall)	11m x 16m 37' x 52' 1924 sq ft	200 people	\$65/hr – Weekdays \$98/hr – Weekends	\$550 – 6hrs \$1,175 – 13hrs	\$550	Scouts or Guides, Art shows and exhibits, Larger AGMs, Town hall meetings, Martial arts, Dance classes
Maple (South Hall)	11m x 9m 37' x 31' 1200 sq ft	125 people	\$54/hr – Weekdays \$81/hr – Weekends	\$450 – 6hrs \$975 – 13hrs	\$450	Faith groups, Low-impact activities, small AGMs
Denis and Rose Herard (Board Room)	8m x 6m 27' x 20' 540 sq ft	25-30 people	\$33/hr – Weekdays \$49/hr – Weekends	\$275 – 6hrs \$575 – 13hrs	\$275	Corporate meetings, Break-out meetings, Wedding party preparations, Interviews and staff reviews, Green Room
PARTY PACKAGE	Over 4,000 sq ft	300-400 people	N/A	\$2,500 – 13hrs	\$1,000	Exclusive use of Kitchen Area, Ridge Lounge, Washrooms, All Rooms on upper level.

WRCA Members receive a 5% discount for one-time rentals.

Contact: gm@mywillowridge.ca



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O Newfoundland

by Garth Paul Ukrainetz

In Newfoundland we took a walk
Among the streets of Port Aux Basques
We started at the boating dock
To reach the lighthouse was our task

A sunken graveyard on the way
A whitewashed church upon a hill
A warm and sunny August day
With precious little time to kill

On Island top beside the sea
A lighthouse standing tall to greet
We climbed the rocks just you and me
While waves were crashing at our feet

But time was short, we could not stay
So back to ferry we did run
We'll come explore another day
O Newfoundland, we're far from done

Dating Safely: Recognizing the Red Flags of an Unsafe Relationship

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Dating can be exciting. However, it's a time when we overlook warning signs because our attraction leads us to want to believe the best about someone. According to security expert and author Gavin de Becker in his bestselling book *The Gift of Fear*, our intuition is one of our greatest tools for recognizing danger. Learning to trust our instincts and identify red flags can help us avoid unhealthy or unsafe relationships before they become deeply established.

One of de Becker's central messages is that fear is not something to dismiss. It is valuable information. Many people who later experienced emotional abuse, coercion, or violence report that they had an uneasy feeling early on but talked themselves out of it. Rather than ignoring these feelings, de Becker encourages us to pay attention to them.

A common red flag is boundary violations. Healthy people respect your "no," your need for space, and your personal preferences. An unsafe person may repeatedly push your boundaries while disguising their persistence as affection or determination. One of de Becker's most important observations is that when someone ignores

a small "no," they are often testing whether they can ignore a larger one later.

Another warning sign is forced teaming. This occurs when someone creates an artificial sense of connection by speaking as though you are already a team. Statements such as "We're exactly alike," "No one understands me like you do," or "We're in this together" early in a relationship may be attempts to accelerate trust and intimacy before it has naturally developed.

Becker also describes the danger of love bombing, where a person overwhelms you with attention, gifts, praise, or declarations of love very early in dating. While genuine affection develops gradually, love bombing often creates pressure to reciprocate feelings that have not had time to develop authentically.

Another tactic he identifies is charm versus genuineness. Genuine people do not need to work hard to convince you they are good people. Excessive charm, flattery, and polished behaviour can sometimes be used to lower your guard. As de Becker notes, charm is often a strategy intended to persuade, while genuine kindness expects nothing in return.

Watch for loan sharking, another concept from *The Gift of Fear*. This occurs when someone does favours, buys gifts, or provides help that you did not ask for, then expects gratitude, access, attention, or compliance in return. Healthy generosity is freely given without creating a sense of obligation.

Becker also discusses typecasting, a manipulation tactic where someone makes a subtle negative comment in order to provoke you into proving them wrong. For example, "You're probably too busy to talk," or "You seem like someone who wouldn't give people a chance." The goal is often to influence your behaviour by triggering a need to defend yourself.

The most important lesson from *The Gift of Fear* is simple: trust your instincts. If you feel pressured, confused, manipulated, or unsafe, you do not need to justify those feelings. Your intuition exists to protect you. Healthy relationships feel respectful, safe, and consistent. When something feels off, listen to that inner voice, it recognizes danger before your conscious mind can explain it.

Divorce and Family Businesses

by Christopher Bungay, Divorce Lawyer



In many divorces, one spouse owns and runs a business. Alberta divorce law recognizes this kind of business as “family property.” This means that, in most of these cases, a business is an asset that must be valued and divided between the spouses as part of the divorce process. This point raises an obvious question: How is the business divided between the spouses?

The percentage each spouse receives depends on the roles each spouse played during the marriage. For example, if mom stayed home and raised the children, and allowed dad to build and run the business, the result would likely be a 50/50 split. Practically, this makes sense because at least half of the company’s success was based upon mom’s domestic contributions.

However, there are other circumstances where the division might not be equal. Let’s say the wife (Mrs. Darnold), owned a successful dental clinic. Her husband, Mr. Darnold, also earned a significant income working full-time, outside the home. The couple had 3 children, and most of the child-care was performed by a live-in nanny.

In this situation, it is very possible that Mr. Darnold would not be entitled to a 50% share of his wife’s dental clinic. This is because Mr. Darnold did not make any contributions to the success of his wife’s business. It

would be unfair for Mr. Darnold to get half of something he had nothing to do with.

Unequal division of a family business also occurs in the following situation: where one spouse owned the business before the relationship began. In these circumstances, the financial worth of the company is broken down into two different time frames:

1. The business’ value before the marriage, and,
2. The business’ value after the marriage.

The non-business-owning spouse is only entitled to a portion of the after-marriage value of the business. The logic here is that, since the spouse had nothing to do with the business before the marriage, they should not get any share of the pre-marriage value. Conversely, the value of the business post-marriage is a family asset. Here, the spouse likely contributed in some way to the business after the marriage, and thus, they would be entitled to a portion of the business as part of the divorce.

It is important to note that dividing a business between spouses does not always mean the business ends. The company may carry on doing business after the divorce. However, in most cases, part of its value must be paid out to the non-business-owning spouse as part of the divorce process.

From Gardens to Green Spaces: A New Study Explores Nature's Role in Cancer Care

by ACTION Centre, Cumming School of Medicine, University of Calgary



As someone impacted by cancer, you know things researchers don't.

You know what it felt like to sit with a diagnosis, or to sit with a loved one with a diagnosis. You know what helped, and you know what didn't. Whether a walk outside cleared your head when nothing else could. Whether the person caring for you needed support just as much as you did.

That lived knowledge matters. And now, researchers at the University of Calgary want to hear it.

Led by principal investigator Dr. Linda Carlson, the Nature-Connected Oncology Research Exploration, Nature-CORE, is a national study inviting people affected by cancer to share their perspectives on nature-based therapies and their potential role in cancer care. Through an online survey, your experiences could directly shape the programs developed for future patients and caregivers across Canada.

The idea behind the research is straightforward. A growing body of evidence suggests that time spent in natural environments such as parks, gardens, or green spaces may help reduce stress, lift mood, and support overall well-being. Researchers are also exploring possible links between increased nature exposure and improved gut health, which strengthens the immune system. For people navigating cancer, those potential benefits could be game changers.

But researchers can only go so far without hearing from the people who've actually lived it.

The Nature-CORE survey is open to cancer patients, survivors, caregivers, healthcare providers, and policymakers—anyone touched by cancer or healthcare providers involved in cancer care. It asks about the nature-based approaches people may already be using, what barriers make them hard to access, and what kinds of programs would be most useful and realistic.

This is not about replacing medical treatment. It's about exposure to nature as complementary therapy, strengthening recovery from cancer and its effects.

Every voice adds something that data alone can't capture. Whether you spent time outside during treatment and felt the difference, or cared for someone who did, your perspective belongs in this research. Likewise, the perspectives of those who didn't, or couldn't, spend time in nature are equally valuable.

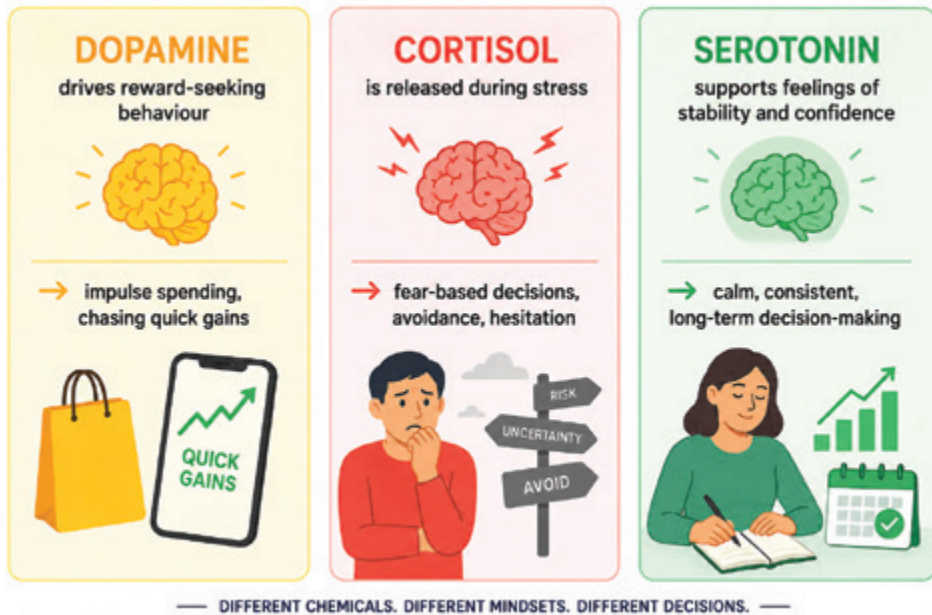
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Please access our survey here: www.action-centre.ca/ncorestudy.

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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SCAN ME

Help Cyclists Get Home Safely This Summer

by The City of Calgary



Seven people have been killed, and more than 1,700 cyclists have been injured in Calgary over the past decade, underscoring the risks as more people use pathways and roads during the summer months.

Many of these incidents are preventable and often come down to speed, spacing, and predictability on shared pathways. Riders are reminded to keep right, yield to pedestrians, and adjust their speed to suit conditions. While the posted pathway speed limit is 20 km/h, cyclists are expected to slow further in crowded areas, on corners, and near underpasses where sightlines are reduced.

Safe passing remains a key focus. Riders should signal early using a bell or voice, leave at least one metre of space, and wait for a clear opportunity to pass. Passing in tight spaces or on blind corners increases the risk of collisions, especially as children, pets, and groups can move unpredictably.

Please use extra caution while using shared e-bikes and e-scooters. Their added speed, weight, and quiet operation can reduce reaction time for others, requiring earlier slowing and clearer signalling.

On roadways, cyclists have the same rights and responsibilities as drivers but are more vulnerable. Motorists are required to leave at least one metre when passing at lower speeds and 1.5 metres at higher speeds, and to check carefully before turning, opening doors, or pulling away from the curb.

Consistent, predictable behaviour from all users is key to reducing injuries and preventing further loss of life. Learn how you can keep our pathways safe at calgary.ca/besafe.

Helping Keep Pets and Families Together

by The City of Calgary



The City of Calgary is partnering with the Calgary Humane Society on a new campaign to increase access to pet-friendly housing and help keep pets with the families who love them.

Across Calgary, many renters face challenges finding housing that allows pets, sometimes leading to difficult decisions, including surrendering animals. This campaign raises awareness of the benefits of pet-friendly housing and provides practical tools to support both landlords and renters. Through a shared resource hub, landlords can access templates and guidance to reduce risk, while renters can find tools to strengthen their applications. The campaign also highlights research showing pet owners are often reliable, long-term tenants.

By supporting more pet-inclusive housing, the City and Calgary Humane Society are working to reduce avoidable pet surrenders and build more inclusive, compassionate communities for all Calgarians. Learn more at calgaryhumane.ca/meettheneed.



MLA, Calgary-Acadia
Diana Batten
Shadow Minister for Children & Family Services
105, 10333 Southport Road SW, Calgary
403-640-1363
Calgary.acadia@assembly.ab.ca
facebook.com/dianabattenmla
dianabatten_ @DianaBatten_

Happy Summer, Calgary-Acadia!

It has been a whirlwind couple of months spending quality time connecting with you and your neighbours in the community. Through the wind, rain, and hail, we celebrated Neighbour Day across the riding, supporting young entrepreneurs at their lemonade stands, channelling our creative juices into painting tiles and wood blocks, and enjoying the live music when the weather permitted. It was a blast, and I am so grateful for the community associations and all the volunteer hours spent creating events like these.

This Canada Day felt especially significant as Alberta faces a referendum on its place in confederation. I am a proud Canadian and a proud Albertan, and vast majority of constituents have told me they feel the same. Many have expressed frustration with the referendum, particularly its cost and limited return, and would rather see those dollars invested toward strengthening public education and public health care, priorities that directly support families and communities.

From the Calgary Stampede and Folkfest to parades of garage sales, summer offers countless ways to come together and celebrate our thriving communities. Our third annual Haysboro Stampede Breakfast was part of that spirit, bringing thousands of neighbours out for pancakes, connection, and conversation with the Alberta NDP Caucus.

Your voices are essential, and it is a true privilege to serve Calgary Acadia. I am here to represent you, and the perspectives you share help shape the work I do every day. As the referendum approaches, I encourage everyone to stay engaged, take the issue seriously, and make the time to get informed about what is at stake for our province and our future. Please continue to share your thoughts and perspectives with me.

Wishing you a safe and enjoyable rest of the summer.

Cheers,

Diana



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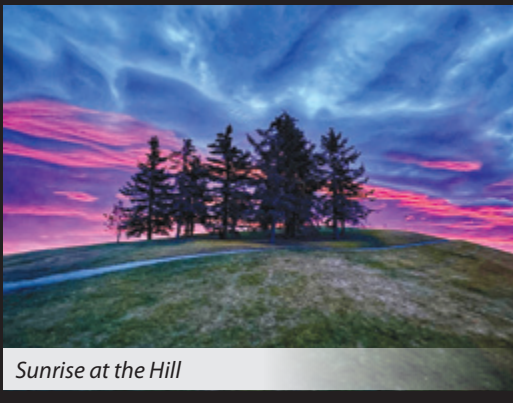
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