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		Listed	Sold	Listed	Sold
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June	26	27	17	\$599,900	\$585,000
May	26	31	16	\$689,950	\$695,500
April	26	11	7	\$399,000	\$390,000
March	26	13	13	\$510,000	\$501,000
February	26	5	8	\$665,000	\$650,000
January	26	9	7	\$529,000	\$505,000
December	25	4	3	\$195,000	\$185,000
November	25	11	11	\$639,900	\$625,000
October	25	11	14	\$640,000	\$626,500
September	25	18	13	\$465,000	\$450,000
August	25	19	14	\$507,000	\$497,000

To view more detailed information that comprise the above
MLS averages please visit cany.mycalgary.com

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- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,679

SALE \$13,879

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- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

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**SCAN HERE TO VIEW ADDITIONAL
CANYON MEADOWS CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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CMCA Office Hours

Monday to Friday: 10:00 am to 4:00 pm
Closed on holidays
Board Meeting Times: September to June
The second Wednesday of the month
7:00 to 9:00 pm
Lower level boardroom
Phone: 403-251-1715
Website: www.cmca.ca

Mailing Address:

844 Cantabrian Drive SW
Calgary, AB
T2W 6G4

Facility 1 (Canterbury Hall)

844 Cantabrian Drive SW

Facility 2 (Lloyd Hand Hall)

848 Cantabrian Drive SW

Community Association Contacts

President	Michael Richmond	president@cmca.ca
Vice President	Anna Glickman	vicepresident@cmca.ca
Treasurer	Eugene Otsuka	treasurer@cmca.ca
Secretary	Emma Paton	secretary@cmca.ca
Bingo Director	Johanne Smith	bingo@cmca.ca
Events Director	Michael Ingham	events@cmca.ca
Director at Large	Ryan Hogan	funding@cmca.ca
Director at Large	Consuelo Osuna Milan	
Director at Large	Frank Anderson	
Director at Large	Karen King	
Director at Large	Kyle Jones	
Director at Large	Monica Fassnidge	

Office Staff

Facility Manager / Hall Rentals	Bonnie Treavor	info@cmca.ca
General Manager	Colleen Griffin	gm@cmca.ca
Bookkeeper	Sherry Klimow	accounting@cmca.ca

Programs at the Canyon Meadows Community Centre

The groups listed here are all users of the Canyon Meadows facilities. If you have an interest in joining, please get in touch with the group directly.

Group/Program	Day/Time	Contact
Dancing Heals	Saturday mornings	dancingheals@hotmail.com
Faithway Bible Baptist Church	Newcomers are welcome to join us for either Sunday School or the Morning Worship Service. Sunday School at 9:45 am Morning Worship Service at 10:45 am Wednesday evenings, starting September 2 Service begins at 6:30 pm	www.fwbcc.ca info@fwbcc.ca
Girl Guides – CCG TallTrees Dist.	Monday, Tuesday, Thursday September to June	any-calgarytalltrees@girlguides.ca
Hopscotch Before and After School Care	Monday to Friday September to June	hopscotchbasc@gmail.com Jenn or Tammy: 403-890-8233
Little Kickers	Tuesday Evenings October to April	aboffice@littlekickers.ca
Queens & Jacks Square Dance Club	Monday evenings September to June. Try a free class!	info@queensandjacks.com
Quilted Mouse	Every first and third Tuesday September to June.	Group currently closed for registrations
Rock the Diploma	January and June diploma prep classes	marc@rtdcademy.com
Tai Chi	Thursday mornings September to June. Beginner and Advanced levels. Try a free class!	janesponiar@gmail.com
Yoga with Kayla	Thursdays at 6:30 pm Starting in September	yuzdepskikayla@gmail.com

Copacetic Routines for the School Year

Simple systems for calmer mornings, smoother afternoons, and stress-free evenings.

by Mauri Loyer, Retired Professional Organizer

A copacetic home is one where life flows with ease, especially during the school year when routines become the quiet structure that holds everything together. The goal isn't perfection. It's creating simple rhythms that support your family and reduce the daily stress of rushed mornings, busy afternoons, and hectic evenings.

Start Strong: Morning Routines

A calm morning begins the night before. Pack backpacks, prepare lunches, and lay out clothes in advance. Create a "launch pad" near the door for backpacks, shoes, and anything that needs to leave the house. Building a few extra minutes into your morning schedule also helps everyone start the day feeling calm instead of rushed.

Ease Into the Afternoon

After school is a transition time. Children often come home hungry, tired, and full of stories. A predictable routine, such as a healthy snack, a little downtime, and then homework or reading, helps them recharge and settle into the rest of the day. Familiar routines reduce resistance and create a more peaceful afternoon for everyone.

Set Tomorrow Up for Success

Evening routines make the next morning easier. Enjoy dinner together when possible, spend a few minutes tidying shared spaces, and follow a consistent bedtime routine. Preparing lunches and laying out clothes before bed eliminates morning decision-making and helps everyone wake up ready to go.



Give Everything a Home

Organization doesn't have to be complicated. Assign permanent homes for backpacks, sports equipment, library books, school papers, and lunch supplies. When everyone knows where things belong, less time is spent searching and more time is spent enjoying family life.

Small Habits, Big Results

Tiny routines can make a surprising difference. Empty lunch kits after school, sign permission forms as soon as they arrive, restock lunch supplies weekly, and wash sports uniforms on the same day each week. These simple habits quietly reduce clutter and mental load throughout the school year.

A copacetic school year doesn't mean every day goes perfectly. It means your family's routines are strong enough to carry you through busy days and unexpected challenges. Simple, consistent habits create stability, reduce stress, and help your home feel calm, organized, and ready for whatever the school year brings.

Have an organizing question? Email Mauri at makingcopacetic happen@gmail.com.

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Canyon Meadows Community Association

Notice of the Annual General Meeting of Members to be Held on Thursday, October 8, 2026 at 7:00 pm.

Notice is hereby given that the Annual General Meeting (the "Meeting") of the members of Canyon Meadows Community Association of Calgary (the "Association") will be held on Thursday, October 8, 2026, at 7:00 pm (Calgary time) at the Canyon Meadows Community Association (848 Cantabrian Dr. SW, Calgary, AB).

The purpose of the meeting is to:

1. Place before the members the audited financial statements of the Association for the financial period ended April 30, 2026, together with the auditors' report thereon.
2. Appoint the auditors of the Association for the ensuing fiscal year.
3. Elect the President and directors of the Association for the ensuing year.
4. Transact such other business as may properly be brought before the meeting or any adjournments thereof.

Only members recorded on the Association's register on the date of the meeting are entitled to vote at the meeting, or any adjournment thereof. If you would like to purchase a membership, you can do so by visiting www.cmca.ca. You must be a member in good standing of CMCA for a period of 30 days prior to the meeting.

If you would like a copy of the agenda or the Association's financial statements prior to the meeting, please contact our staff at info@cmca.ca or 403-251-1715 and a copy will be provided to you.

by Order of the Board of Directors

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STAMPEDE IN SEPTEMBER

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12

4-7
PM



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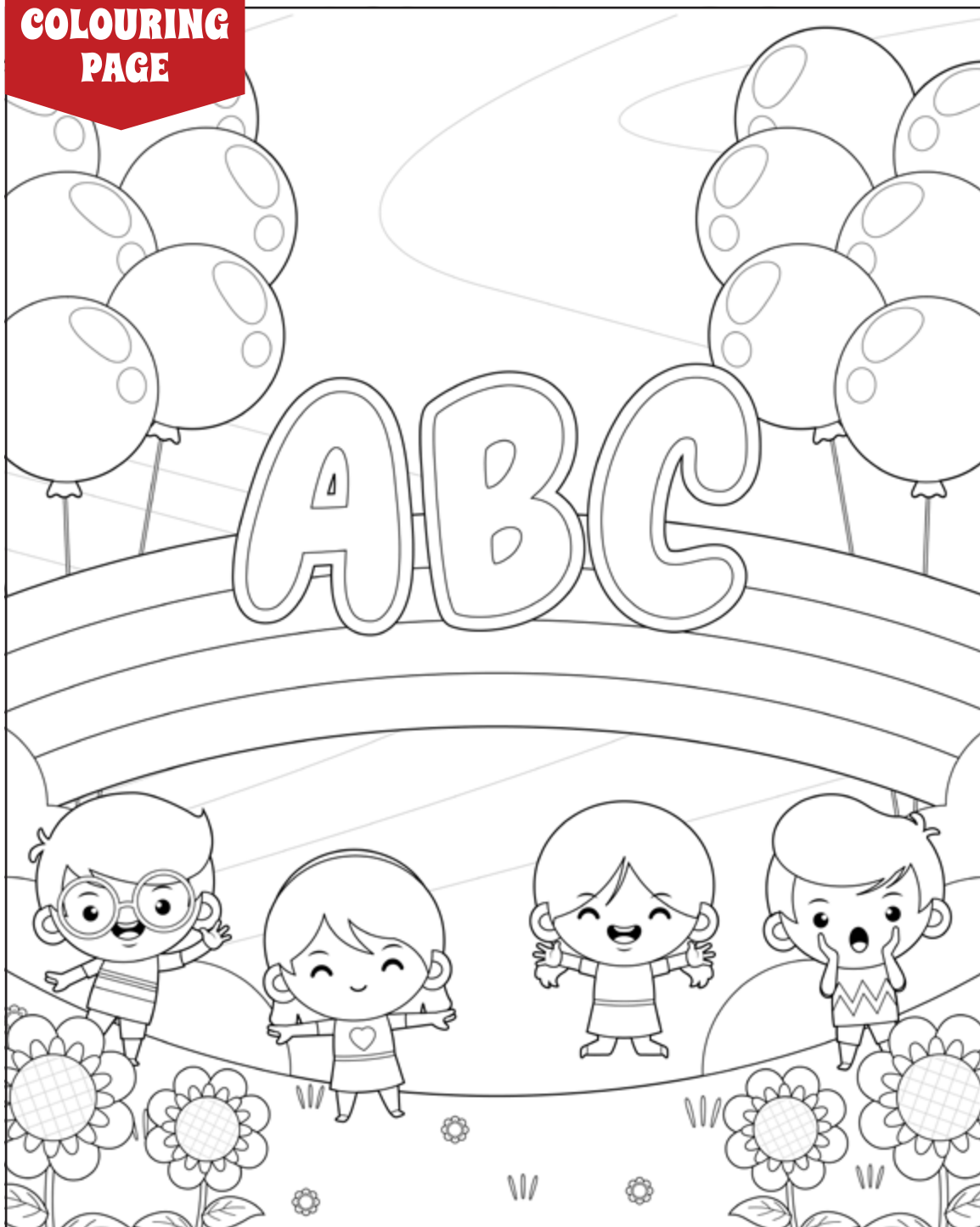
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Membership Sign Up



Your Canyon Meadows Community Association membership helps support our vibrant community and provides funds that enrich community life for all residents of Canyon Meadows.

Benefits

- Take part in programs at the hall, such as our Kids Summer Drop-In, Tot Time (hopefully returning soon), or Girl Guides (Membership funds help subsidize rent for this group).
- Support community initiatives such as our free skate lending library.
- Get access to ice rinks and rink room (Membership funds help support maintenance of the rinks).
- Join our free monthly events, such as Seniors' Coffee.
- Entry to membership exclusive draws and contests.
- Subscribe to the eScoop, our monthly community email.
- Get a voice on local issues and the right to vote at our AGM.

Discounts

- On hall rentals, CMCA events, and services such as skate sharpening.
- At Cloverdale Paint: 25% off paint and 15% off paint accessories. Contact Bonnie in the office for details.

Three Ways to Purchase or Renew a CMCA Membership

1. Scan the QR code to purchase a membership online. Easy, fast, and convenient; please choose auto renew to keep our budget consistent.
2. Stop in the office any Monday to Friday between 9:00 am and 4:00 pm to pay by cash, debit, or cheque.
3. Drop a cheque with a note including your contact information in the secure drop box on the west wall of the main hall.

Membership Fees

- Seniors (60+): \$20 plus GST
- Individual: \$25 plus GST
- Family: \$35 plus GST
- Business: \$50 plus GST



Community Reminders

Board Members Needed

We're looking for community-minded volunteers to join our Board of Directors, with a particular need for a Secretary. If you'd like to help shape programs, events, and community initiatives, we'd love to hear from you. Contact vicepresident@cmca.ca.

Programs Returning This Fall

Our long-term renters, Tai Chi and Queens and Jacks Beginner Bridge, will be offering free introductory classes in September. Visit our Program page for schedules and contact information.

Please Stay Off the Sea Can

For everyone's safety, climbing on the sea can is not permitted. The community centre grounds are a busy shared space with maintenance projects, vehicles, equipment, and recreational activities taking place throughout the year. Parents and guardians are asked to actively supervise their children while visiting the hall and grounds to help ensure everyone's safety. We appreciate your help in keeping our community spaces safe and enjoyable for all.

Keep Canyon Meadows Alleys Clean This Summer

Summer is a great time to tidy up our back alleys and help keep Canyon Meadows safe, attractive, and free of clutter.

Before heading to the landfill, consider these simple options:

- Give it away on Facebook Marketplace, Kijiji, or local Buy Nothing groups.
- Set it out with a "free" sign near your property (not in the alley).
- Recycle and compost using your blue and green carts. Check accepted items at calgary.ca/waste.
- Donate gently used items to organizations such as WINS or Goodwill.
- Use City Community Cleanup events to dispose of household waste, yard debris, and other items at no cost. Visit www.calgary.ca/waste/drop-off/community-cleanups.html for more information.

Celebrating the Volunteers and Staff Who Make Our Community Thrive



The Canyon Meadows Community Association is powered by people who generously give their time, talents, and energy to make our community a better place. We'd like to extend our sincere thanks to everyone who has contributed over the past month.



Summer Staff

Thank you to our outstanding Summer Camp Counsellors and volunteers for making our Kids Summer Drop-In Camp a welcoming, fun, and active

place for children throughout the summer. We're also grateful to Reptile Parties, Alien Inline Skating, Foothills Soccer, and Pulse Studios for sharing their expertise and giving campers the opportunity to learn about reptiles, develop their inline skating and soccer skills, and enjoy a Hip Hop lesson.

A special thank you to our Building Maintenance staff for keeping our halls, grounds, and facilities clean, safe, and looking their best throughout the busy summer season.



Community Garden Update

Our Community Garden continues to take shape thanks to the incredible efforts of our dedicated volunteers and partners.

Thank you to Ted Bahr and the Board's Community Garden Committee for their ongoing input and expertise in refining the Food Forest excavation plans and guiding this exciting project forward. Together, we completed important work on the Food Forest swale, including removing the existing drain rock and replacing it with sleeve-covered weeping tile and washed rock. Ted also refined the swale edges, with mulch added to complete the pathway over the underground swale.

With the help of Youth Central, we added more soil, grass seed, and water to the area. Youth Central also returned for another round of Rain Garden care, removing grass and groundcover and working to dig out the Manitoba maple bush.

Every volunteer hour, wheelbarrow of soil, and newly planted space bring us one step closer to creating a beautiful, sustainable, and pollinator-friendly Community Garden for everyone to enjoy.

Plan Your Summer Party at CMCA!

Our Xbox Gaming Room is a hit for kids' parties, team windups, and company socials. Whether you're celebrating a birthday or bonding with your hockey team, soccer crew, or colleagues, it's the perfect place for fun and connection.

Learn more at cmca.ca/xbox-games-room and plan your next team adventure!



Versatile Spaces for Every Occasion

Looking for an affordable and versatile space for your program or event? Our two spacious halls, boardroom, and fully equipped commercial kitchen are perfect for life's special milestones and activities—birthdays, weddings, celebrations of life, church services, creative and exercise classes and events, AGMs, and more.



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Destinations Await – Tasha Walsh

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UPCOMING PROGRAMS AND EVENTS AT CMCA



Learn more and register at cmca.ca, call the office 403-251-1715 or email gm@cmca.ca

Good Food Box

Order deadline: Sept 7

Pick up date: Sept 16

Monthly order of seasonal fruits and veggies. \$1.00-\$1.75/lb!

- \$35 Small Box (20-25lbs)
- \$40 Medium Box (30-35lbs)
- \$45 Large Box (40-45lbs)

Order at cmca.getcommunal.com

Senior's Chair Yoga and Coffee

Every second and fourth Tuesday, September to June, at Lloyd Hand Hall

10:00 am Chair Yoga | 10:30 am Coffee

Free gathering for members to come catch up with neighbours. Guest speaker to attend September 22. Do you need a ride? A carpool is available. Any interest in Mahjong or other games? Let us know at the contact info above.



Community Garden Work Sessions Various dates in September

Come on out and see what's developing in the Community Garden and Landscaping Project.

cmca.ca/events/community-garden-work-sessions/

Stampede in September—We're 55!

September 12, 4:00 to 7:00 pm, outside the Canyon Meadows Hall

Live music from Calgary duo Sunland, BBQ, beer garden, inflatables, carnival games, face painting, magician/balloon twister, Butterfield Acres petting zoo, cotton candy, special guests, and more!

Hip Hop Dance Classes

October 1 to November 5

3:10 to 3:55 pm | 4:00 to 4:45 pm at Lloyd Hand Hall

Pulse Studios will be back for a six-session dance class for elementary and middle/high school age kids. \$70 for members, \$85 for non-members. Limited spaces; don't wait to register!



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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.



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.

Scan to donate or visit
gofund.me/31fdeef6f
Any help is appreciated ♥



Photo Gallery

Images by Kim Chulsky



Pink Flowers



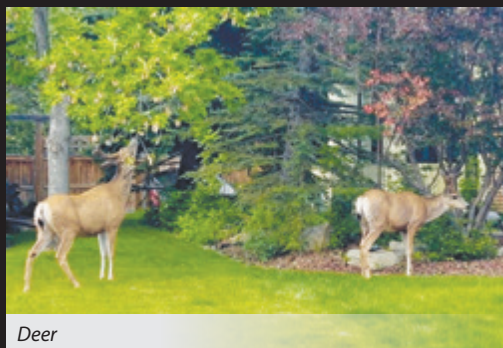
Flowers



Purple Flowers



White Flower



Deer

CMCA Facility Rentals

Weekday rates are for 6:00 am Monday to 6:00 pm Friday.
Weekend rates are for 6:00 pm Friday to end of day Sunday.
Minimum two-hour rental on weekends.
Set up and clean up must be included in your rental time.
CMCA members receive 10% off all bookings!



Rinks



Kitchen



Boardroom



CMCA Community Hall Aerial



Canterbury Hall



Lloyd Hand Hall



Playground



CMCA Community Hall



Gazebo

Facility	Description	Weekday Rate	Weekend and Stat Holiday Rates	Security Deposit
Canterbury Hall (F1) Main Hall 27x48' (1300 sq ft)	Includes bathrooms, spacious entryway, coat racks, small prep kitchen for reheating only, full size fridge, large East & West facing windows, tables & chairs, Wi-Fi.	\$50/hr Mon 6:00 am to Fri 6:00 pm	\$70/hr Fri 6:00 am to Sun (end of day)	\$1,200
Lloyd Hand Hall (F2) Main Hall 39x48' (1872 sq ft)	Includes bathrooms, outdoor gazebo, spacious entryway, generous coat room, portable bar, large windows, tables & chairs, podium, highchairs & Wi-Fi. <i>*Commercial kitchen is available for an additional fee*</i>	\$60/hr Mon 6:00 am to Fri 6:00 pm	\$80/hr Fri 6:00 pm to Sun (end of day) Wedding Special Sat 8:00 to 2:00 am \$1,260	\$1,200
Lloyd Hand Hall (F2) Kitchen	Full rental – Includes use of all appliances: walk-in cooler, freezer, dishwashers, industrial double oven with 10 burner stovetop, & pizza ovens. Dishes, glassware, cutlery & serving dishes. Various rental levels available.	\$450 plus hall rental	\$450 plus hall rental	Equal to kitchen rental
Lower Boardroom Approx. 500 sq ft	Includes counter area, sink, bathrooms, microwave, fridge.	\$35/hr Mon 6:00 am to Fri 5:00 pm	\$45/hr Fri 5:00 pm to Sun (end of day)	\$500

Discover the Benefits of Tai Chi in Canyon Meadows: A Gentle Practice with Lasting Benefits



Tai Chi is an ancient Chinese art practiced worldwide for its many health benefits and calming effects. It is especially well-suited for older adults because it provides a safe, low-impact way to stay

active and improve overall wellness.

Benefits of regular Tai Chi practice include:

- Improved balance and coordination
- Reduced risk of falls and injuries
- Better circulation and energy flow
- Enhanced cardiovascular health
- Reduced arthritic symptoms and joint discomfort
- Relief from headache pain
- Stronger immune system function
- Greater relaxation and stress management
- Improved mental and emotional well-being

Small Steps, Big Results

The key to experiencing these benefits is regular practice. Even 10 minutes a day can be a great start for someone beginning their Tai Chi journey.

Classes typically include:

- Gentle breathing exercises (Qigong)
- Step-by-step instruction in Tai Chi movements
- Practice of a traditional Tai Chi form

- Techniques to improve posture, focus, and body awareness

While it may take a year or more to memorize the full sequence of movements, participants begin experiencing the benefits right away.

A Guiding Principle of Tai Chi

Success is not measured by how many movements you know, but by how consistently you practice them.

Meet Your Instructor

Tai Chi has been offered in Canyon Meadows since 1998 under the guidance of Jane Sponiar.

Jane brings decades of experience and holds:

- A degree in Kinesiology and Coaching
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- Certification in Yoga
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Beginner Classes Starting This September

New Beginner Class

- Thursdays 11:00 am to 12:00 pm.
- First Class: September 10

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For registration, fees, or questions, contact Jane Sponiar at janesponiar@gmail.com.





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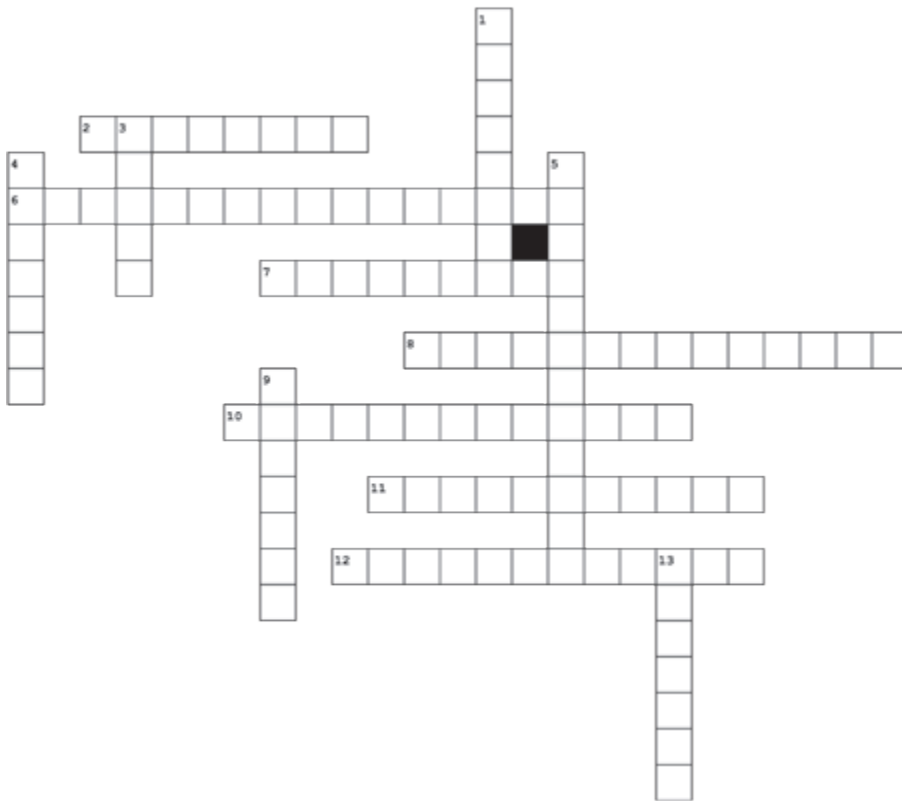
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September Crossword



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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."

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Changing Your Financial Narrative

Karen Boudewyn | Senior Wealth Advisor



In the earlier parts of this series, we explored how beliefs, cognitive biases, and emotions shape financial behaviour. Now we arrive at a pivotal step; changing the narrative.

Awareness is powerful, but transformation happens when we begin to rewrite the beliefs that no longer serve us. Many of the financial patterns people experience like hesitation, avoidance, lack of confidence are not simply about knowledge or income. They are often rooted in long-standing beliefs that quietly influence decisions over time.

The encouraging reality is this: beliefs are learned and they can be changed.

Recognizing Your Financial Story

Everyone has a financial story. It is the internal narrative that shapes how you think and feel about money.

This story is often formed early and reinforced through experience:

- Messages from childhood about money.
- Past financial successes or mistakes.
- Cultural or family attitudes toward wealth.
- Experiences during economic uncertainty.

Over time, these experiences form beliefs that feel factual even when they may be incomplete or outdated.

Common examples include:

“I’m not good with money”, “Investing is too risky”, “I’ll

never get ahead”, “It’s too late to start.”

These beliefs don’t just sit in the background, they actively influence behaviour.

From Fixed Mindset to Growth Mindset

One of the most important shifts in rewriting your financial story is moving from a fixed mindset to a growth mindset, a concept popularized by Carol Dweck.

A fixed mindset assumes abilities are static:

- “I’ve always been bad with money.”
- “I don’t understand investing.”
- “This is just how things are.”

A growth mindset, on the other hand, recognizes that skills and understanding can be developed:

- “I can learn how to manage money effectively.”
- “I can improve my financial knowledge over time.”
- “Small steps can create meaningful progress.”

This shift doesn’t change your situation overnight, but it changes how you respond to it.

Reframing Limiting Beliefs

Rewriting your financial story begins with identifying and reframing limiting beliefs.

This doesn’t mean ignoring reality — it means challenging assumptions and creating more constructive perspectives.

Examples of reframing include:

“I’m bad with money” → “I haven’t learned the right strategies yet”
“It’s too late to invest” → “Starting now is better than not starting at all”
“I’ll never have enough” → “I can make consistent progress over time”
“Investing is too risky” → “Not investing may carry its own risks”

These small shifts in language can significantly influence behaviour and decision-making.

Building Evidence Through Action

Beliefs don’t change through thinking alone they change through experience.

One of the most effective ways to rewrite limiting beliefs is by creating small, positive financial actions that build evidence over time.

This can include:

- Setting up automatic savings contributions.
- Reviewing your finances regularly.
- Making gradual increases to investment contributions.
- Tracking progress toward specific goals.

Each small win helps reinforce a new narrative: "I am capable of managing my financial life."

The Role of Consistency

It's important to recognize that changing beliefs is not a one-time event — it's a process.

Old patterns may resurface, especially during times of stress or uncertainty. This is normal.

What matters most is consistency:

- Returning to your plan.
- Continuing small, positive actions.
- Reinforcing new ways of thinking.

Over time, consistent behaviour begins to reshape belief systems.

Creating a More Empowering Financial Identity

As beliefs begin to shift, something deeper starts to change — your financial identity.

You begin to see yourself as:

- Someone who is learning and improving.
- Someone who takes thoughtful financial action.
- Someone who is building long-term stability.

Bringing It All Together

Rewriting your financial story doesn't require perfection or dramatic change. It starts with awareness, followed by small, intentional shifts in thinking and behaviour.

Over time, these steps create meaningful and lasting change.

Your financial story is not fixed. It evolves with your experiences, your decisions, and your willingness to challenge old assumptions. Own Your Financial Mindset

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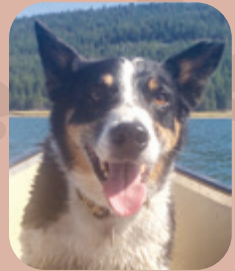
Chet, Auburn Bay



Chet, Erlton



Georgia Bell, Auburn Bay



Jack, Dalhousie



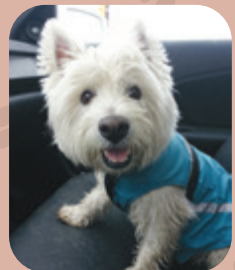
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Apple Crisp

by S. Law



If you have had the chance to stop by your local Farmers' Market, I'm sure you've seen an abundance of apples. What better way to deal with such an overhaul then by making something delicious. Personally, my favourite way of using fresh apples is making apple crisp. It's easy, requires almost no tools, and is always a hit. If you've got some apples to spare, why not give it a try!

Ingredients

Filling:

- 2 cups of apples, sliced or chopped
- ½ cup of white sugar
- 2 tablespoons of cinnamon
- 1 teaspoon of nutmeg

Base/Topping:

- 1½ cups of rolled oats
- 1 cup of flour
- ¼ cup of brown sugar
- ½ cup of butter or margarine
- 1 teaspoon of salt

Directions

1. Preheat your oven to 425°F degrees and prepare a 9 x 9-inch baking pan.
2. Begin by washing and cutting your apples into thin slices or small chunks. There is no need to peel them

unless desired. Place all the apples in a bowl with your white sugar, cinnamon, and nutmeg. Massage everything together until your apples are well coated. If the mixture seems too dry you can add a teaspoon of lemon juice to add a bit more liquid.

3. In another bowl, combine your oats, flour, and salt.
4. Take your butter or margarine and tear it into chunks overtop of the mixture. Begin crumbling the butter between your fingers, turning the dry ingredients into a slightly wet mixture.
5. Press around 1/3 of the oat mixture into the bottom of your pan. Press very firmly to create a solid base.
6. Pour the apples into the pan and spread evenly.
7. Taking the remainder of your oat mixture, add the brown sugar and mix gently, do not fully combine, the lines of brown sugar are what caramelize on top of your crisp.
8. Add the rest of the oat mixture to the top of your crisp, it doesn't need to be pressed, just evenly distributed across the top.
9. Bake in the oven for 30 to 45 minutes until golden and bubbling. Remove it from the oven and let it rest for at least 20 minutes. Serve with vanilla ice cream, whipped cream, or anything else of your choosing!

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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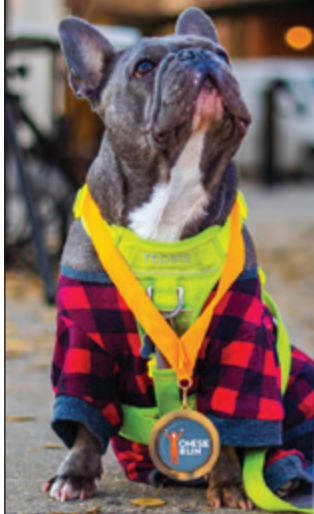
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A Small Act of Kindness Can Change a Day

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.

When Grief Becomes Complicated: Strategies for Dealing with Complex Grief

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



Grief is a natural response to loss, but it does not follow a fixed timeline. For many of us, the pain slowly softens and life begins to open up again. For others, grief stays intense, persistent, and disruptive long after the loss. This is often called complex grief.

Complex grief is more than missing someone. It can feel as if time has stopped. Months or even years after the loss, we may still feel as though the death happened yesterday. You may struggle with intense longing, difficulty accepting the loss, or trouble imagining a meaningful future without the person who died. Everyday reminders can bring overwhelming pain, making it hard to work, maintain relationships, or enjoy activities you once valued.

Complex grief can sometimes be mistaken for depression because both can involve sadness and withdrawal. The difference is that grief is centred on the loss of a specific person and the longing for that relationship. Depression usually involves a broader loss of pleasure, ongoing hopelessness, and negative beliefs about oneself. It is also possible to experience both at the same time.

Six Coping Strategies for Complex Grief:

While complex grief can feel overwhelming, there are approaches that can help. Evidence-based treatment

often includes grief-focused therapy, which offers a safe space to process the loss, explore painful emotions, and gradually rebuild meaning and connection. Some people also benefit from cognitive behavioural strategies, which can help identify unhelpful thoughts such as guilt, self-blame, or the belief that life can never feel meaningful again.

Other helpful coping strategies include:

- **Maintaining routines:** Create a simple daily structure that adds predictability, even in small ways. For example, wake up at the same time each morning, eat breakfast before checking your phone, or take a short walk after lunch.
- **Allowing space for grief:** Set aside time to feel, remember, or express your grief instead of holding it in all day. You might journal before bed, light a candle on a certain day, or look through photos and write down a memory.
- **Staying connected to supportive people:** Reach out to people who can listen without trying to fix your feelings. You might text a trusted friend, attend a grief support group, or invite a family member for coffee.
- **Caring for your body:** Focus on one or two basic physical needs each day, since grief can make self-care harder. You might drink a glass of water when you wake up, eat something with protein at breakfast, stretch for five minutes, or go to bed at a consistent time.
- **Practicing self-compassion:** Notice harsh self-talk and replace it with a more understanding response. If you think, "I should be over this by now," try reminding yourself, "I am grieving something important, and healing takes time."

These strategies do not erase grief, but they can make it more manageable and support healing over time.

When to Seek Professional Help

It may be time to seek professional support if your grief feels stuck or overwhelming for a long period, especially if it is affecting work, relationships, sleep, or daily functioning. You may also benefit from help if you are avoiding reminders of the loss, struggling to imagine a future, or experiencing intense guilt, numbness, or hopelessness that does not ease with time.

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A Word with Two Worlds

The word amphibious comes from the Greek words *amphi* (“both”) and *bios* (“life”). Together, they mean “double life”—a fitting name for animals like frogs and salamanders that spend part of their lives in the water and part on land.



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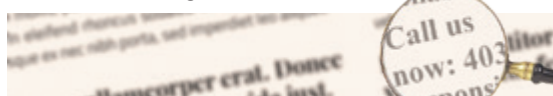
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