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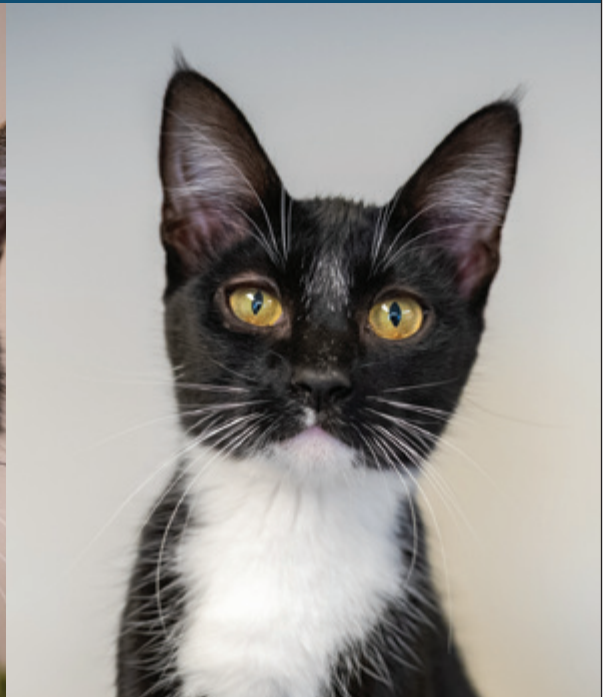


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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



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 ♥



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Good Places HQ: A New Innovation Hub for Calgary Communities



The Federation of Calgary Communities has opened the Good Places HQ, a new innovation hub in Calgary's northeast near the Franklin LRT station, designed to support community-led projects and neighbourhood connections.

Good Places HQ is a flexible, welcoming space where community associations, volunteer groups, and local organizations can gather, collaborate, and bring ideas to life. The space includes a large meeting and event area, breakout rooms for planning and workshops, comfortable gathering spaces, and a unique garage—a light-industrial woodworking and arts studio where community projects can be built.

Good Places HQ is the physical home of the Good Places Project, an initiative that helps neighbourhoods create vibrant, welcoming, and connected public spaces. Through training, resources, partnerships, and hands-on support, the Good Places Project empowers community associations and local groups to imagine and deliver projects that reflect the unique character and aspirations of their communities.

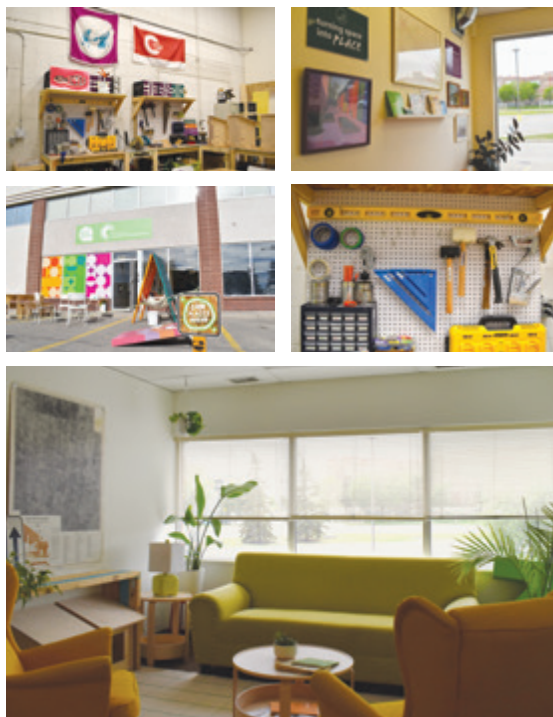
Good Places HQ is built around the idea of placemaking—a community-driven approach to creating and activating public spaces that reflect the needs and identity of local

residents. Placemaking can include everything from murals and gardens to neighbourhood events and long-term improvements to parks and gathering spaces.

As Calgary continues to grow and change, placemaking helps communities strengthen social connections, foster inclusion and belonging, create shared experiences, and build pride in local neighbourhoods. When people help shape the places where they live, they create stronger and more connected communities.

Whether you're planning a meeting, developing a community project, or looking for a creative place to collaborate, Good Places HQ offers space and tools to support your work.

Interested in using Good Places HQ? Reach out to the team at goodplaces@calgarycommunities.com or learn more through the Good Places Project website.



The Pressure to Make Summer Count

by Rebecca Pink, Registered Provisional Psychologist



Summer is often associated with rest, joy, and freedom. Yet for many people, it can quietly become one of the busiest and most emotionally demanding seasons of the year. Between vacations, social events, family commitments, longer days, and the pressure to “make the most” of the season, summer can begin to feel surprisingly overwhelming.

As a mom of two teenage daughters, I can feel the pace of summer pick up quickly. Between schedules, activities, social plans, and the quiet pressure to make the most of the summer, it becomes very easy to confuse staying busy with actually being fulfilled. Even the things we genuinely look forward to can begin to feel overwhelming when there is little room left to simply slow down.

But a full calendar is not always the same thing as a fulfilling season.

When every weekend is booked and every sunny evening feels like something we should maximize, we

can lose the very thing many of us are craving most: genuine presence and restoration. Even seasons that are meant to feel light-hearted can be surprisingly demanding, and our nervous system still requires time to rest and recharge.

Sometimes, the healthiest thing we can do is leave room for slower moments; an unplanned evening, a quiet walk, time at home, or saying no to plans we do not truly have the capacity for.

In a culture that often equates busyness with success, choosing rest can feel uncomfortable. We may find ourselves trying to make the most of every moment, only to create the very stress we were hoping to escape. Building in time for rest, flexibility, and simply “being” supports emotional resilience and overall well-being. Rather than asking how much you can fit into your summer, consider asking what experiences will leave you feeling most restored, connected, and fulfilled. Here’s to a summer that feels less rushed, more intentional, and rich in the things that truly matter.

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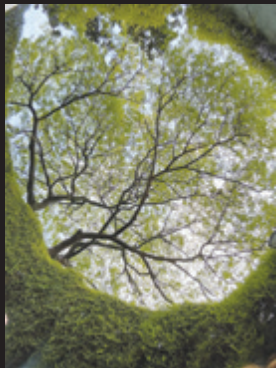
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On July 30, 1935, Penguin Books introduced the first paperback. They published ten titles, with the intention of making these books affordable for the general public. 90 years later, and paperbacks are still widely preferred.

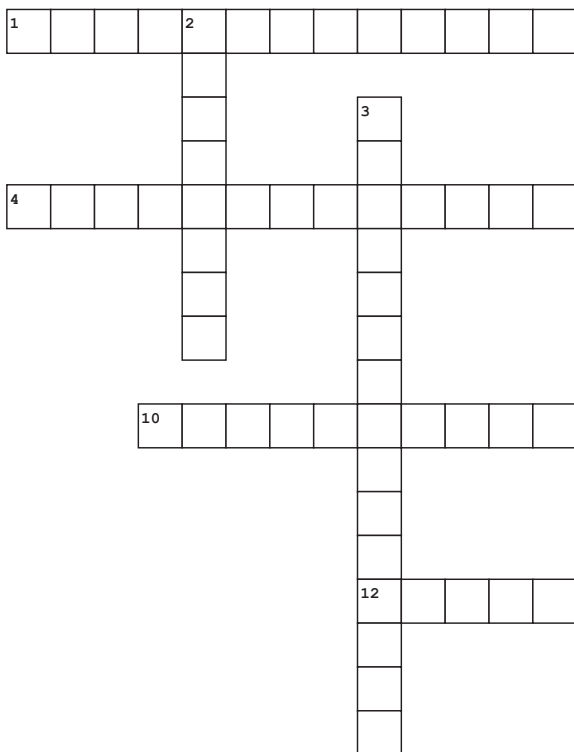


Photo Gallery

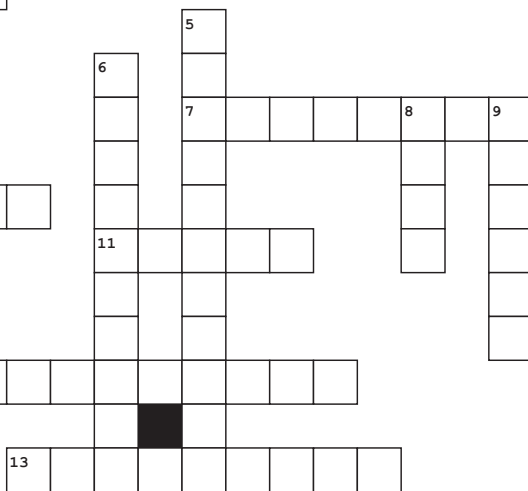
Images by Aishleigh Pm



July Crossword



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



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



The Half-Finished Things Taking Up More Space Than You Think

by Shayla Moulton



By July, most of us have settled into the rhythm of the year. The ambitious goals we set in January have either become habits or quietly disappeared. Summer calendars are booked up. Vacation plans are underway. Work remains busy. Life keeps moving.

On the surface, everything seems manageable.

Yet many people carry a lingering feeling that they can't quite shake. A sense that there's always something they should be doing. Something they forgot. Something waiting for their attention.

Often, the source of that feeling isn't a major problem. It's the accumulation of half-finished things.

- A passport renewal that still needs to be submitted.
- A dental appointment that hasn't been booked.
- The pile of paperwork on the kitchen counter.
- The quotes you need to get to fix the garage door.
- The email that requires a response.
- The donations that have been sitting in your trunk for months.

None of these tasks are particularly difficult. Most could be completed in a few hours. Yet they remain unfinished, quietly occupying mental space day after day.

What makes these tasks so draining is not the amount of time they require. It's the fact that our brains continue to track them. Every unfinished task becomes an open tab. We may not be actively thinking about it, but part of our attention remains attached to it.

Over time, dozens of small open tabs can create a surprising amount of mental clutter.

This is one reason so many people feel busy even when they haven't accomplished anything particularly

demanding. Their energy is being divided among countless loose ends.

I've noticed that when people feel overwhelmed, they often assume they need a vacation, a new productivity system, or a complete life overhaul. Sometimes what they actually need is far simpler.

They need to close a few open tabs. July is an ideal time to do exactly that.

The halfway point of the year offers a natural opportunity to revisit the tasks and responsibilities that have been quietly following us for months. Not everything needs immediate attention, but most of us can identify a handful of lingering items that would bring an immediate sense of relief if they were finally completed.

A useful place to start is with appointments. Health checkups, vehicle maintenance, home services, and routine administrative tasks are often postponed because they feel inconvenient to schedule. Yet once they are booked, the mental burden often disappears.

The second area is paperwork. Forms, renewals, applications, and documents have a way of accumulating until they feel far more intimidating than they actually are.

Third, consider household projects. Not the major renovations, but the small repairs and organizational tasks that repeatedly catch your attention every time you walk past them.

Next, look at financial loose ends. Unused subscriptions, unanswered insurance questions, budget reviews, or savings goals that haven't been revisited since the start of the year.

Finally, take inventory of the decisions you've been avoiding. Some unfinished tasks are not tasks at all. They are decisions waiting to be made. The longer they remain unresolved, the more energy they consume.

The purpose of a mid-year reset isn't to become more productive. It's to create more breathing room.

Sometimes the biggest improvement we can make is not adding something new to our lives. It's finally completing the things that have been quietly following us around for months.

As the second half of the year begins, that may be the most valuable fresh start of all!

Taxing Homeowners Guide

by Anne Burke



The City offers some helpful hints in their Homeowner's Guide. Pay your property tax bill on time to avoid penalties. Every property has its own unique nine-digit roll number. If you moved, make sure you have the correct one. If you sold a property, cancel your previous enrolment and then join with your new address. If you own multiple properties or a condo, pay the tax for each property using its unique roll number. For condos, each titled space (e.g., living space, parking, storage) has its own roll number and is considered a separate property. You can use a property tax calculator to estimate your bill. You will find recent previous tax bills in myTax, an online resource for more detailed information. Register for a secure account and sign up for eNotice to receive your assessment online. Join the Tax Instalment Payment Plan (TIPP) to pay your property tax month-by-month. Review your property assessment every year. If you have concerns submit a request to discuss your property information and details. The team can explain how the market value was determined and refer you to sales of similar properties in your neighbourhood. You may also file a complaint about your assessment with the Assessment Review Board, if you believe the value is incorrect or if other information on your assessment notice is not accurate. You cannot appeal your taxes, but you can appeal your property assessment during the Customer Review Period. You must still pay your taxes on time, even if you plan to appeal. Call 3-1-1 if you have any questions. The assessment complaint process resets annually. If you disagree with your current assessment, you must file a new complaint. Assessment Notices and Property Tax Bills are translated into the most requested languages. Visit www.calgary.ca/property-owners/taxes/new-homeowner-guide.html for more information.

The Prairie Bluebell

by H.N Wells



Campanula rotundifolia, also known as the bellflower or harebell, is a native wildflower that blooms in mid-summer to early autumn. This plant may also be referred to as *Campanula alaskana*, although there are debates as to whether the two plants are different at all. It was originally classified as *Campanula rotundifolia* var. *alaskana* by Asa Gray in 1886 but was later designated as an individual species by William Wright in 1918. In truth, the primary difference between *Campanula rotundifolia* and *Campanula alaskana* relates to their respective growth regions, rather than physical characteristics. As can be inferred from its taxonomic name, *Campanula alaskana* is strongly associated with North America, while *Campanula rotundifolia* may refer to both the North American plant and its Eurasian counterpart. However, as far as that debate is concerned, I'll leave it up to the botanists.

The plant can be found in most regions within the Northern Hemisphere, including North America, Europe, and northern Asia. Historic uses of the flower include herbal remedies such as teas or poultices for a myriad of illnesses, namely respiratory issues, earaches, and sore eyes. The roots of the plant may be crushed for use on minor wounds and abrasions. Further, the petals can be used to create blue dye.

As a native plant species, the bellflower is increasingly important to our prairie ecosystem and is the (nearly) exclusive pollen source for the oligolectic Little Black Sweat Bee, or *Dufourea maura*. The flower can be found in most wild spaces, including Nose Hill Park, Fish Creek Park, the Nose Creek River Valley, and other localized green spaces. Further information on native plants, including *Campanula rotundifolia*, can be found through the City of Calgary's YardSmart program.

Heat-Related Illness

by Alberta Health Services



ALTA Paramedic Health would like to remind everyone to stay safe in the heat and sun this season. While children, older adults, and individuals with underlying health conditions may be more susceptible to the effects of heat and sun, everyone should take basic preventive measures to avoid heat-related illness during periods of hot, humid weather. Text HEAT to 88111 to receive tips on heat safety.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Symptoms may include headache, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The person is often cool and damp to the touch, and the skin may appear pale or dusky grey.

Heat Stroke

- Heat stroke is a medical emergency and, without prompt treatment, can be fatal.
- It occurs when the body is unable to regulate its temperature (e.g., through sweating), causing body

temperature to rise to dangerous levels.

- Due to severe dehydration and failure of the cooling system, the skin may appear hot, dry, and flushed.

First Aid

- First aid for all heat-related illness begins with removing or sheltering the person from the hot environment.
- Remove excess or tight-fitting clothing and allow the person to rest in a cool environment.
- If the person is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well hydrated by drinking water regularly.
- Be aware that excessive alcohol and caffeine consumption may contribute to dehydration.
- Wear a broad-brimmed hat to protect your face and neck from the sun.
- Apply (and reapply) water-resistant sunscreen with a minimum SPF of 30+, especially for children.
- The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

July's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you were given a travel pass, but could only visit fictional places (think myths, fairytales, movies, or books), where would you go, and how would you pass the time?

Dear reader,

When I considered this delightful question, one place instantly captured my imagination: Hobbiton from *Lord of the Rings*. The thought of stepping into that beautiful, safe, cozy world evokes a powerful sense of nostalgia and longing for a pastoral life. Since watching that movie decades ago, I have thought about how idyllic life would be in Hobbiton. The soft, rolling hills, lush green grass, and livestock in the paddocks create such a romantic setting.

Hobbiton represents an escape from the chaos and harsh realities of the world. Life in Hobbiton is quiet and simple, offering a refreshing break from our busy modern life.

In this charming world, I would spend my days in the paddocks, tending to my flock of sheep. Every seed I plant would thrive and grow enormous, plump, and absolutely delicious fruit and vegetables. I would also enjoy gathering wildflowers and decorating my home with them, brightening up the enclosed hobbit home with colour and life. In this fantasy, they wouldn't make me sneeze, and I wouldn't be allergic to them!

A life in Hobbiton would force me to be present and grateful for the beauty of everyday life, which is something I could use more of. However, knowing my restless nature, I may eventually grow bored with the monotony and seek out some excitement. Good thing wizards come to visit, and Middle Earth is close by.

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.





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Celebrating Summer in this Beautiful Province

Summer in Alberta is truly something to celebrate.

Whether your passion is hiking and camping, or if you prefer exploring everything our cities and towns, there is always something for everyone to enjoy.

As usual, my family will be spending a lot of our time outdoors this summer, but we'll be staying a little closer to home. I hope to see some friends in Cold Lake, take in Open Farm Days on August 15 and 16, and stay in one of those amazing star-gazing domes at Metis Crossing.

And certainly, this July we won't have to go much further than Westbrook CTrain station to take in the greatest outdoor show on earth. After a lifetime spent in Calgary, the Stampede still blows me away. The community spirit, the volunteerism, the tourism, and celebration make it one of my favourite times of the year.

The Stampede is a perfect reminder of what we can accomplish together. We do it all under the waving Canadian flag, and I hope that it will be that sentiment that wins the day as we prepare to vote in the October referendum.

My staff and I wish you a safe and happy summer with friends and family. Take in something new and a little off the beaten path – I don't think you'll be disappointed.

Please don't hesitate to reach out to my office at calgary.currie@assembly.ab.ca any time with your ideas, issues, or concerns.

P.S. These summer months are the perfect time to get reconnected with the communities of Calgary-Currie. If you have an event that you'd like me to attend, I would love to be there.

YOUR CITY OF CALGARY

Outdoor Fire Safety

by The City of Calgary



As we enjoy the warm summer months, the Calgary Fire Department would like to remind you to take some measures to prevent outdoor fires and keep your loved ones and property safe. Our summers are becoming hotter and drier, increasing the potential for outdoor fires and wildfires.

Always check if a fire ban or fire advisory is in place before starting a fire. They are issued to inform citizens of conditions that pose a moderate to high fire risk, such as major wind events, unusually dry conditions, or hot temperatures. Each advisory or ban will include a list of prohibited fire types including fire pits, barbecues, and other forms of open flames.

To help reduce your outdoor fire risks:

- Never extinguish cigarettes in planters, peat moss, lawns, or gardens.
- Use fire pits, outdoor fireplaces, wood-burning ovens, and chimeneas properly.
- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune tree branches within two metres of the ground.
- Plant new trees at least three metres apart.
- Assess hazards within 1.5 metres of the home, including debris, trees, and other structures.

Visit calgary.ca/firebans for more information.

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