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Mariana Trench

Did you know the Mariana
Trench reaches a depth of
over 35,000 ft? That's the
height of 63 CN Towers!



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** ♥

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Community Association

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President's Message

For our Board, our last meeting for this year was held in June. On previous June meetings we have held an informal meeting with a light agenda and then an appreciative sharing of food to show our appreciation for all of their efforts. This year was different. There were so many items that need our attention, that, while we did try to have a relaxed, lighter agenda, it came full bore.

At our previous meeting, we decided that we would test expanding our offerings on our site. Originally, we had decided to have an outdoor meeting by the gazebo, weather permitting. As is often the case, the weather was not quite helpful. So, we moved the meeting into the change room area by the rink. It worked quite well. Since then, there have been a few events utilizing that space to support outdoor rentals.

Of course, since then, we have held other successful events. The Parade of Garage Sales is a low-cost and yet effective event. This year we didn't utilize the parking lot on site, but we did create the map and found it well-used in the community to find those precious deals that make this a favourite within our community. In spite of the threat of inclement weather, we held our Neighbour Day event on site. Were you there? I enjoyed meeting a number of you at that event.

Many Board members were able to attend these events. I hope you were able to share some time with our Board members and rest assured that they will share your input.

As I have mentioned in previous years, while the whole Board doesn't meet during the summer months, many serving on the Engagement, Governance, and Community Life Committees do preparation work.

One of these committees is the Nominations Committee. This Committee will ascertain Board needs for the coming year regarding the composition of the Board. Would you like to join us as a Board member? Contact us so that we can access what you can bring to Signal Hill. Before our Annual General Meeting, the Nomination Committee will prepare a slate of nominees to recommend for the Board to the members of the Association.

If you have other concerns/observations, you can reach out to me.

Here's how you can contact me:
president@shca.ca. or info@shca.ca.

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.

Finding the Right Therapist: How to Search for the Help You're Actually Looking For

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

Searching for a therapist can feel overwhelming. A quick online search can bring up hundreds of profiles, all using different titles, specialties, and approaches. If you're already struggling with anxiety, depression, relationship issues, trauma, or another challenge, figuring out where to start can feel like another burden.

Start With the Problem You Want Help With

Many people begin their search by simply typing "therapist near me" into Google. While this can generate a list of providers, it's often more effective to search based on the specific issue you're experiencing.

For example:

- Depression counselling
- Couples counselling
- Trauma therapist
- ADHD therapist
- Grief counsellor
- Intimate betrayal trauma therapist
- Addiction therapist

Look Beyond the Therapist's Credentials

A therapist's designation tells you they have completed certain educational and licensing requirements. However, it doesn't tell you what they actually spend their time helping clients with.

When reading therapist profiles, pay attention to:

- Their areas of specialization
- Their experience treating your concerns
- Additional training or certifications
- Whether their approach resonates with you

Understand That Not All Therapy Is the Same

Some therapists focus on helping you understand patterns from your past. Others teach practical skills for managing symptoms in the present. Some specialize in relationship dynamics, while others focus on trauma recovery or behavioural change.

You don't need to become an expert in therapeutic modalities, but it can be helpful to ask questions such as:

- What does treatment usually look like?
- What can I expect in the first few sessions?
- Do you have experience helping people with situations similar to mine?

Read the Therapist's Website

A therapist's website often tells you much more than a directory profile.

As you read, ask yourself:

- Do I feel understood?
- Does this therapist seem knowledgeable about my concerns?
- Do they explain things clearly?

Sometimes a therapist's personality and communication style are just as important as their credentials.

Don't Ignore the Importance of Fit

Research consistently shows that the relationship between therapist and client is one of the strongest predictors of successful therapy.

After a consultation or first session, consider:

- Did I feel heard?
- Did I feel comfortable enough to be honest?
- Did this therapist seem to understand what I'm going through?

Ask Questions Before Booking

Many therapists offer a brief consultation. Use this opportunity to ask questions such as:

- Have you worked with concerns similar to mine?
- What is your experience with this issue?
- What does therapy usually look like?
- How often do clients typically attend sessions?
- Do you offer virtual or in-person appointments?

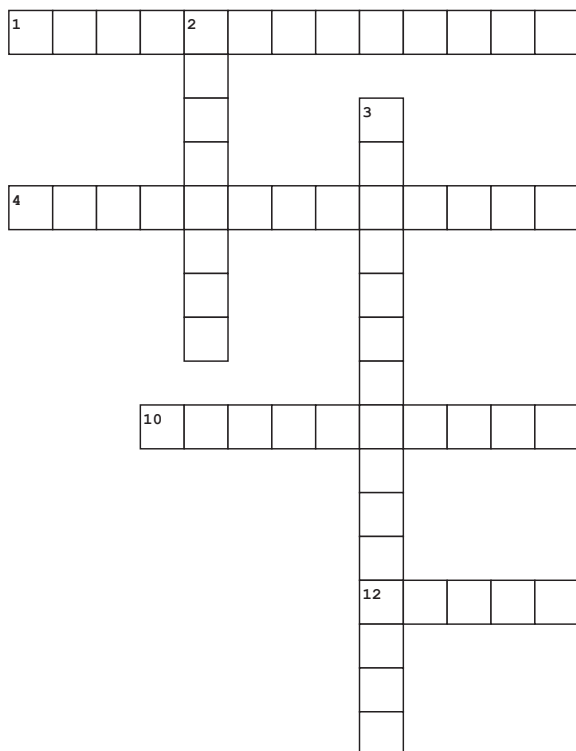
You are interviewing the therapist just as much as they are assessing whether they can help you.

Trust Your Gut

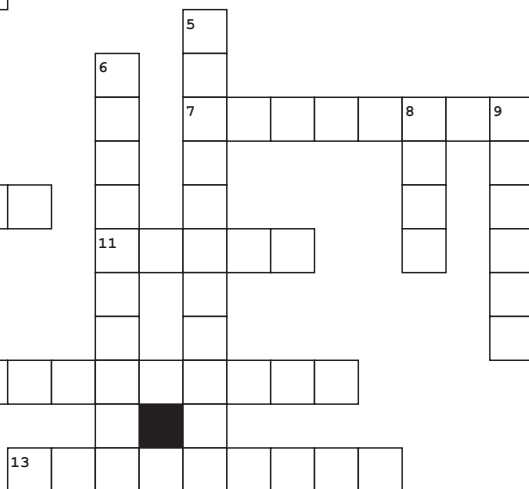
Credentials, experience, and training are important, but so is the feeling that you're sitting across from someone who genuinely understands you and knows how to help.

The right therapist won't have all the answers immediately. They won't promise quick fixes. What they will offer is a safe, supportive relationship, a clear path forward, and the expertise to help you navigate whatever challenges brought you to therapy in the first place.

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.

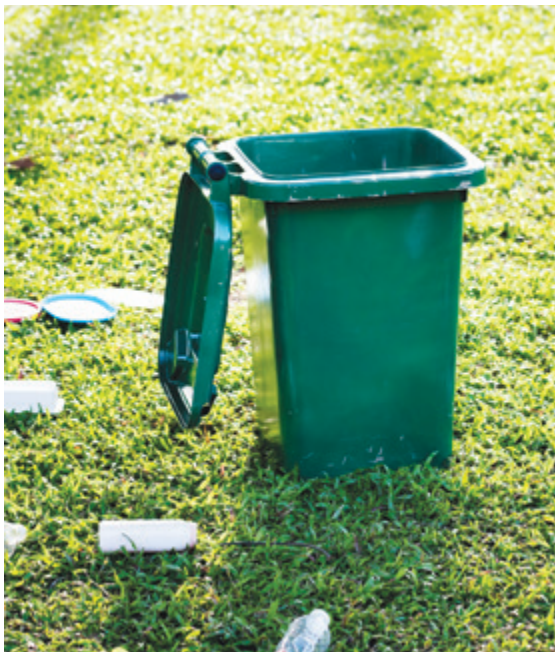
The purpose of a mid-year reset isn't to become more productive. It's to create more breathing room.

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!

Green Bins Are for Food Scraps and Yard Waste

by The City of Calgary, Waste and Recycling Services



Food scraps belong in the green cart, but packaging does not. Plastic does not compost and can break into small pieces during processing, which can contaminate the finished compost. All food scraps must be separated from packaging before composting, even if the packaging says it is biodegradable or compostable.

A few simple habits can make a big difference:

- Remove all plastic before putting food scraps in the green bin.
- Empty and clean plastic, glass, and metal containers go in the blue cart.
- Plastic wraps, foam, and other non-compostable packaging belong in the black cart.

Putting food scraps in the green cart and packaging in the right bin helps keep compost clean. If you are not sure where an item goes, visit <https://www.calgary.ca/waste/what-goes-where/default.html>.

Summer Gardening Made Easy

by The City of Calgary



The City of Calgary's YardSmart program offers tips to keep your yard thriving, rain or shine.

- Make the most out of rainy days. Plants prefer rainwater over water from the hose. Collect water with a rain barrel and use it to water your yard. Point downspouts towards your lawn or garden, so they soak up every drop.
- Mow less often. Keep your grass two to three inches high to shade the soil and leave clippings on your lawn.
- Add mulch to garden beds. Mulch helps prevent water evaporation and reduces weeds. Use two to four inches of mulch on top of garden beds, leaving an inch around the base of plants.
- Water plants at the roots—low and slow, allowing the soil to fully absorb the water. Hand watering with a watering can, using drip irrigation, or using soaker hoses are all effective ways to water plants at the roots. If you're watering with a sprinkler or irrigation system, remember to water on your scheduled days. Visit calgary.ca/whentowater for more information on Calgary's lawn and landscape watering schedule.

Now that your yard is summer-ready, it's ready for its close-up.

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- Rain gardens

Simply snap a photo of your Yard Smart yard and complete the 'Show us your yard' form at calgary.ca/yardsmart.



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Calgary, AB T3H 0V5
📞 403-695-0570
✉ david.mckenzie@parl.gc.ca

Alberta Separation Referendum

As Albertans prepare to vote in the upcoming referendum on Alberta's future within Canada, I believe it is important to clearly state my position: I support Alberta remaining in Canada.

Like many Albertans, I recognize the legitimate frustrations that have fuelled support for separation. Concerns about equalization, unfair representation in Parliament, excessive federal regulation, and a perceived lack of respect for Alberta are real and deserve attention. Alberta has contributed significantly to Canada's prosperity and Albertans rightly expect acknowledgement and fair treatment in return. However, I do not believe separation is the solution.

As a landlocked province, Alberta relies on access through other jurisdictions to reach global markets. Independence would not automatically solve challenges around pipelines and tidewater access. Instead, Alberta would need to negotiate with Canada as a separate country, likely weakening our position and creating new barriers for trade and energy exports.

Claims that separation would dramatically reduce taxes are also uncertain. While federal taxes would no longer be paid to Ottawa, Alberta would assume major new responsibilities, including national defence, border security, tax collection and foreign relations. These costs, combined with the loss of economies of scale, could offset many anticipated savings.

There is also significant uncertainty regarding Alberta's future relationship with the United States and the broader international community. Such risks should not be dismissed lightly.

Importantly, Alberta already enjoys substantial autonomy within Confederation. Successive provincial governments have demonstrated the ability to challenge federal policies and defend Alberta's interests while remaining part of Canada.

Canada is not perfect, but it remains one of the most stable, prosperous, and respected countries in the world. Rather than abandoning Confederation, we should continue working to address Alberta's legitimate concerns and build a stronger future together. I firmly believe Alberta's best days remain ahead, as part of Canada.

For my full statement visit davidmckenziemp.ca/alberta-separation-referendum/.



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Stampede Breakfast at Aspen Landing Shopping Centre

Mark your calendars! The annual Stampede Breakfast at Aspen Landing Shopping Centre is set for Sunday, July 5 beginning at 9:00 am and ending at noon!

Please drop by my tent that will be set up near Cobs Bread. I welcome sharing the Stampede spirit with constituents and guests from beyond the constituency.

Guests will be entertained with live music by Wild Bill and the Bandits, line dancing by Chinook Country Line Dancers, face painters for the kids (young and old!), Wrangler Ruth, the very popular petting zoo, and of course all will be fed with a delicious pancake breakfast!

I am pleased to share that funding from the Alberta government has been secured for several upgrades to essential facilities in Calgary-West. This funding ensures that these vital community hubs will be accessed and enjoyed by Calgary-West residents and fellow Calgarians for many years to come.

Strathcona Christie Aspen Community Association (SCA)

The centre is a high-use public facility offering childcare, recreation programs, and event space. Its role as a neighbourhood hub makes the upgrade critical to community wellness and emergency readiness. SCA has received funding to replace the 40 year old roof, including new shingles, aluminium cladding, hardy board chimneys, and flashings. These upgrades will extend the facility's lifespan and maintain safe public access. The upgrade addresses an urgent need identified in a building condition assessment and ensures the community's primary gathering space remains functional and energy efficient.

Olympic Heights School Parents Association

Funding has been approved to help resurface the pea gravel playground at Olympic Heights School and replace it with poured in place rubber surfacing. This project will support users with wheelchairs and walkers and improve safety for the public.

Have a wonderful fun-filled summer with family and friends! As we enjoy the wonders Alberta has to offer, let's be mindful that Alberta's most important asset is its people!

Mike Ellis
MLA, Calgary-West

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BRAIN GAMES

SUDOKU

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May	26	37	17	\$729,900	\$733,704
April	26	31	18	\$647,450	\$644,750
March	26	20	12	\$837,475	\$804,000
February	26	14	13	\$749,000	\$749,500
January	26	16	14	\$637,450	\$629,500
December	25	5	9	\$375,000	\$362,000
November	25	16	15	\$600,000	\$590,000
October	25	22	18	\$799,950	\$799,950
September	25	27	18	\$631,950	\$631,000
August	25	26	20	\$774,450	\$735,500
July	25	23	18	\$576,950	\$554,375
June	25	29	28	\$754,450	\$760,000

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