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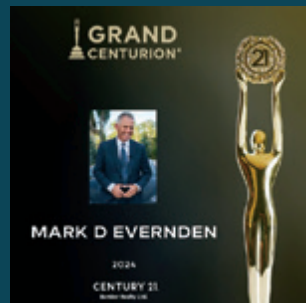
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CONTENTS

- 8 PRESIDENT'S MESSAGE
- 10 PROGRAMS AT SCA CA
- 18 SAFE AND SOUND: BACK TO SCHOOL SAFETY
- 22 RESIDENT PERSPECTIVES: BROKEN HEARTS AND BROKEN INVESTMENT PORTFOLIOS
- 26 RECIPE OF THE MONTH: APPLE CRISP
- 28 BUSINESS CLASSIFIEDS



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

STRATHCONA



CHRISTIE PARK



ASPEN WOODS



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277 Strathcona Drive SW, T3H 2A4

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F: 403-249-7811

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Emergency

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Website

www.scacalgary.ca

Office Hours: Monday to Friday, 10:00 am to 1:00 pm

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Contact us at info@scacalgary.ca

ELECTED REPRESENTATIVES

David McKenzie MP, Calgary Signal Hill	David.Mckenzie@parl.gc.ca 403-292-6666
Mike Ellis MLA, Calgary West	Calgary.west@assembly.ab.ca 403-216-5439
John Pantazopoulos Councillor, Ward 6	Ward6@calgary.ca 403-268-1380
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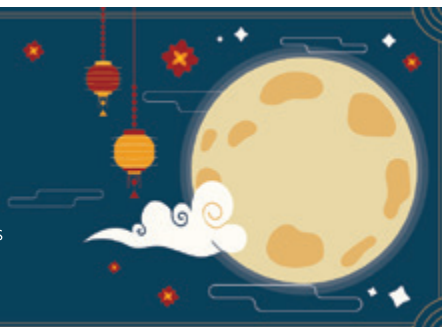


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MOON FESTIVAL

The Moon Festival, or Mid-Autumn Festival, takes place on September 25 this year. This is the second most celebrated Chinese holiday bringing good fortune and prosperity. Often celebrated by eating moon cakes, lighting lanterns and gathering for large family meals, the celebration dates back over 3,000 years and has variations that are celebrated all over East and Southeast Asia.



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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

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- Supply & install new toilet with soft close seat
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- Supply & install new subfloor
- Installation of new tile flooring
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PRESIDENT'S MESSAGE

Dear Residents/Members,

As summer comes to an end, we would like to welcome everyone back to the Strathcona Christie Aspen Community, including our newly appointed Board Members! We hope you and your families enjoyed a safe, relaxing and memorable summer. September brings a return to school, regular routines, community programs and activities, and we are excited for another great season at the SCA.

With children heading back to school, we want to remind everyone that safety begins with all of us. Drivers are encouraged to slow down, remain alert and watch carefully for children walking or cycling throughout our neighbourhoods. Please respect posted speed limits, stop for pedestrians at crosswalks and avoid distractions while driving. A few extra seconds of caution can make a tremendous difference in keeping our children and families safe.

The SCA is also continuing to invest in the safety and security of our facility and community. We are pleased to have completed enhancements to our security camera and access control systems, providing improved coverage and protection around the SCA. This investment adds important layers of protection for our facility, residents, families, volunteers, staff and, most importantly, the children who use our community spaces. Our priority is to ensure the SCA remains a safe, welcoming place where everyone can gather, participate and feel comfortable.

We would also like to extend a sincere thank you to Rundle College for partnering with the SCA in August to present "Preparing for the Transition to Post-Secondary Education." The session provided valuable information and guidance for members of our community and local families as they prepare for the exciting next step after high school. We appreciate Rundle College for sharing its expertise and helping support the educational goals and future success of our community's young people.

The Board is also excited to welcome Robyn Long as the SCA's newly appointed General Manager. Robyn is not only joining the SCA team but is also a resident of our community. In her new role, Robyn will focus on strategic growth, organizational oversight and the day-to-day operations of the SCA. Working alongside the Board, staff, volunteers and community partners,

she will help identify new opportunities, strengthen our operations and ensure the SCA continues to evolve with the needs of our community.

As we begin another busy quarter, our Board of Directors will resume its regular monthly meetings this month. We encourage residents to stay connected, participate in SCA programs and events, volunteer where you can and continue to support the place we all call home.

Want to make a difference in your community? We are always looking for new members to join our Board of Directors. If you are interested in learning more about board opportunities and how you can get involved, please email us at info@scacalgary.ca.

Do you have a great community story to share or an idea that could help make our community better today than it was yesterday? We would love to hear from you! Send your ideas, stories or suggestions to us at info@scacalgary.ca.

Have a wonderful September, and welcome back!

Your SCA Board of Directors

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MARK YOUR CALENDARS

STRATHCONA CHRISTIE ASPEN COMMUNITY CENTRE



The Bow Valley Music Club is excited to present another outstanding lineup of live performances for the second half of 2026. From acclaimed artists to unforgettable musical experiences, this season offers something for every music lover. Tickets and info: www.bowvalleymusicclub.org

September 19, 2026 – Diyet & The Love Soldiers / Over The Moon Trio

Diyet & The Love Soldiers – During the last decade, Diyet & The Love Soldiers have performed nationally across Canada and internationally. “Diyet isn’t chasing trends, she’s channeling truths. ‘I’ve always believed that music is medicine,’ she says. ‘And right now, we all need a little healing.’ From a tent in the Yukon to the world stage, Diyet’s story is still being written. But one thing’s for sure: she’s dreaming big, and she’s inviting us all to dream with her.” — North2North

Over The Moon – Featuring award-winning vocalists and multi-instrumentalists Suzanne Levesque and Craig Bignell. “Theirs is a charming and warm performance, with songs from their albums mixed in with some well-chosen covers. It’s their own pieces that shine the brightest, though, with ‘Lonesome Bluebird,’ complete with glorious harmonies, and ‘Chinook Waltz’ itself, the standouts.” — Jeremy Searle, RNR Magazine UK



October 10 – The Black Feathers / ‘Getting Groovy’ with The Travelling Mabels

The Black Feathers – The husband-and-wife duo of Ray Hughes and Sian Chandler, based in Gloucestershire, UK, play a blend of music combining English folk influences, Irish heritage, and a large splash of Americana inspiration, all held together with close bluegrass harmonies. “With the country and Americana scenes becoming ever more crowded in the UK, it can be hard to stand out among many talented individuals. However, The Black Feathers make an effortless success of this task.” — Songblog

The Travelling Mabels – Getting Groovy Show
We know the Mabels and love them for their harmonies, stage presence, audience rapport, and all-around musical chops. Their new show promises all that and more, with a look back at the music of the ‘60s and ‘70s. Groovy.

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Children and Youth Programs

Calgary Young People's Theatre (CYPT)

Ages 8 to 18

Monday, Tuesday and Thursday evenings.

For more information or to register contact www.cypt.ca.

Girl Guides - Sunset Hills Guiding

Monday and Wednesday evenings.

For more information or to register contact www.girlguides.ca.

Girls that Math

Grades 5 and 6

Wednesday evenings.

For more information or to register contact www.numbersinbloom.com.

King Dancing Inc.

Ages 4 to 12

Tuesday and Thursday evenings.

For more information or to register contact www.kingdancinginc.com/registration.

Mount Royal Karate

Ages 7 to 17

Monday and Wednesday evenings.

For more information or to register contact Jeffrey Jukes at 403-228-5039.

Scouts Canada

Monday and Thursday evenings.

For more information or to register contact www.scouts.ca or strathcona215gc@gmail.com.

Adult and Senior Programs

Adult Art Classes

Tuesday and Thursday mornings.

Contact karinrichter@shaw.ca for more information or to register.

Calgary Line Dance

Adults and Seniors

Wednesday mornings.

Contact mary.rochfort@icloud.com for more information or to register.

Chair Yoga

Older Adults

Monday and Wednesday mornings.

Contact sherrynormanyoga@gmail.com for more information or to register.

Chinook Country Line Dance

Tuesday evenings.

Contact 403-988-0973 for more information or to register.

Gentle but Strong Yoga

Thursday evenings.

Contact mjgerlitz@gmail.com for more information or to join.

Gentle Flow Yoga

Wednesday evenings.

Message 403-771-8951 to join or for more information.

Jazzercise

Adults and Seniors

Monday, Wednesday, and Friday mornings.

Mention this ad for one free class.

For more information or pricing options, contact Maureen at jazzstrathcona@gmail.com or 403-461-7694.

Mount Royal Karate

Adults and Seniors

Monday and Wednesday evenings.

For more information or to register contact Jeffrey Jukes at 403-228-5039

SCA Line Dance

Adults and Seniors

Wednesday afternoons.

To register, please visit our website www.scacalgary.ca/community-programs.

SCA Line Dance Drop In

Adults and Seniors

Friday afternoons.

To register, please visit our website www.scacalgary.ca/community-programs.

SitFit Yoga

Older Adults

Friday mornings.

For more information or to register contact sherrynormanyoga@gmail.com.

Tai Chi

Adults and Seniors

Monday and Wednesday afternoons.

To register, please visit our website www.scacalgary.ca/community-programs.

Toastmasters

Monday evenings.

For more information, please contact us at 403-470-2005.

Visit www.westhillstoastmasters.easy-speak.org.

Zumba

Adults

Thursday mornings.

For more information or to register contact Andrea at 403-816-6897.

SCA Fall 2026 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jazzercise, 9:30 to 10:30 am	Chinook Line Dance, 6:00 to 8:30 pm	Jazzercise, 9:30 to 10:30 am	Gentle but Strong Yoga, 12:00 to 1:15 pm	Jazzercise, 9:30 to 10:30 am
Chair Yoga Seated, 12:00 to 1:15 pm	Adult Art Classes, 1:00 to 3:30 pm	Chair Yoga Intermediate, 11:00 to 12:00 pm (noon)	Adult Art Classes, 10:00 am to 12:30 pm	SitFit, 11:00 to 12:00 pm (noon)
Chair Yoga Beginner, 1:15 to 2:15 pm	King Dancing Junior Teen Dance, 6:30 to 7:30 pm	Tai Chi, 11:00 to 12:00 pm (noon)	King Dancing Kids Dance Combo, 4:15 to 5:15 pm	Drop In Line Dance, 1:00 to 2:00 pm
Tai Chi, 1:30 to 3:30 pm	CYPT, 6:30 to 8:30 pm	Calgary Line Dance, 1:00 to 3:00 pm	King Dancing 40+ Dance, 5:30 to 6:30 pm	
CYPT, 5:00 to 7:00 pm		SCA Line Dance, 1:00 to 4:00 pm	Zumba, 5:15 to 6:15 pm	
Mount Royal Karate, 6:30 to 8:30 pm		Girls that Math, 4:45 to 7:00 pm	CYPT, 6:15 to 8:30 pm	
Guides, 6:30 to 7:45 pm		Guides, 6:30 to 7:45 pm	Scouts, 6:30 to 8:00 pm	
Scouts, 6:30 to 9:00 pm		Mount Royal Karate, 6:30 to 8:30 pm		
Toastmasters, 7:30 to 9:00 pm		Gentle Flow Yoga, 7:30 to 8:30 pm		

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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	26	8	10	\$909,945	\$900,000
June	26	13	13	\$624,900	\$635,000
May	26	14	5	\$789,000	\$795,000
April	26	9	8	\$906,950	\$914,250
March	26	9	6	\$899,000	\$917,500
February	26	6	7	\$850,000	\$815,000
January	26	7	6	\$852,450	\$844,000
December	25	1	3	\$819,900	\$803,000
November	25	4	8	\$649,900	\$648,000
October	25	10	8	\$837,450	\$842,250
September	25	5	8	\$824,950	\$803,500
August	25	10	6	\$937,250	\$909,000

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

CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	26	3	2	\$1,147,450	\$1,082,000
June	26	3	4	\$1,129,450	\$1,104,250
May	26	7	4	\$1,173,950	\$1,169,250
April	26	3	6	\$684,900	\$661,250
March	26	6	3	\$675,000	\$660,000
February	26	0	2	\$899,950	\$896,700
January	26	4	0	\$0	\$0
December	25	0	2	\$585,000	\$580,000
November	25	3	3	\$450,000	\$440,000
October	25	2	0	\$0	\$0
September	25	4	5	\$799,900	\$773,000
August	25	1	4	\$1,014,950	\$982,750

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

EVENTS

SCA CA Halloween Carnival

Friday, October 30

5:00 to 7:30 pm

A festive night of carnival games and activities for the whole family. There will be pumpkins, prizes, and of course candy! The first 200 members receive a free hotdog and pop. Everyone is encouraged to come dressed in their favourite Halloween costume to be part of the fun. All children must be accompanied by an adult.

This event is free to SCA Members and their families. The cost for non-members is \$20.00. Visit our website to buy or renew your membership.



Monthly Notices

SkipTheDepot and Donate to the SCA

We have partnered with SkipTheDepot to allow you to donate the money from your recyclables to the SCA.

It's easy! Just follow these steps:

1. Download the app or register online.
2. Enter your home address and pick a date.
3. Cash out or donate to charity.

SkipTheDepot will count your bags and credit your account within 48 hours after pickup. Funds will be donated to the SCA! Sign up at app.skipthedepot.com/scacalgary.

Babysitter List

If you are a babysitter and would like to have your name included in the Babysitter List, please have your parents email request along with Member ID number to: info@scacalgary.ca. Membership Required.

If you need a babysitter and would like to receive the Babysitter List, please email request along with your Member ID number to: info@scacalgary.ca. Membership Required.

Follow us on Facebook and Instagram

Community News

\$20 Annual Family Membership

SCA membership fees are only \$20 per family to encourage as many residents as possible to enjoy the benefits of community membership:

- Summer access to the SCA CA tennis courts in Strathcona and Christie.
- Winter access to the SCA CA ice rink and skating pond.
- Free admission to special events and activities.
- Ability to register with many sports organizations that require community memberships.
- Satisfaction of supporting and belonging to our great community.
- Monthly email updates and information about upcoming events.

Visit our website to purchase.



Guardians of the Gate

We are a volunteer team of committed volunteers who care for—and maintain—Strathcona Park's main entranceway. We meet at least once a month (during spring, summer, and fall) for an hour or two (as weather and weeds require). Donations of any amount are greatly appreciated and put to good use to cover annual costs: plant replacement, soil amendment, fertilizers, mulch, etc. For more information, please contact Jaime at jaime.enachescu@gmail.com.

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- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

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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Joke of the Month

Why are writers always
so cold?

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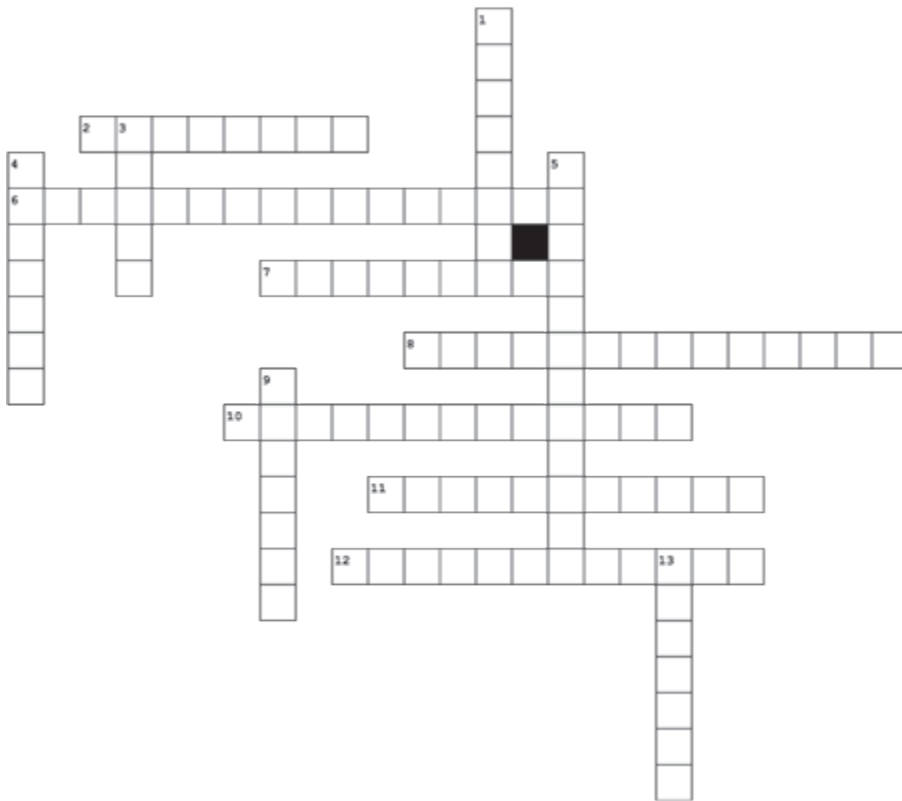
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September Crossword



Visit bit.ly/mycalgaryanswers
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for the answers

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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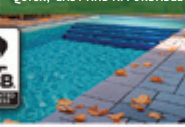
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4 SEASONS - WINTER ENGINEERED

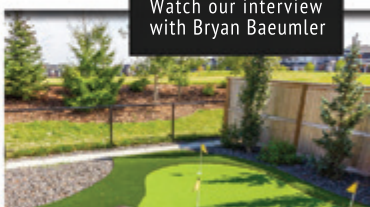


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Back to School Safety

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.

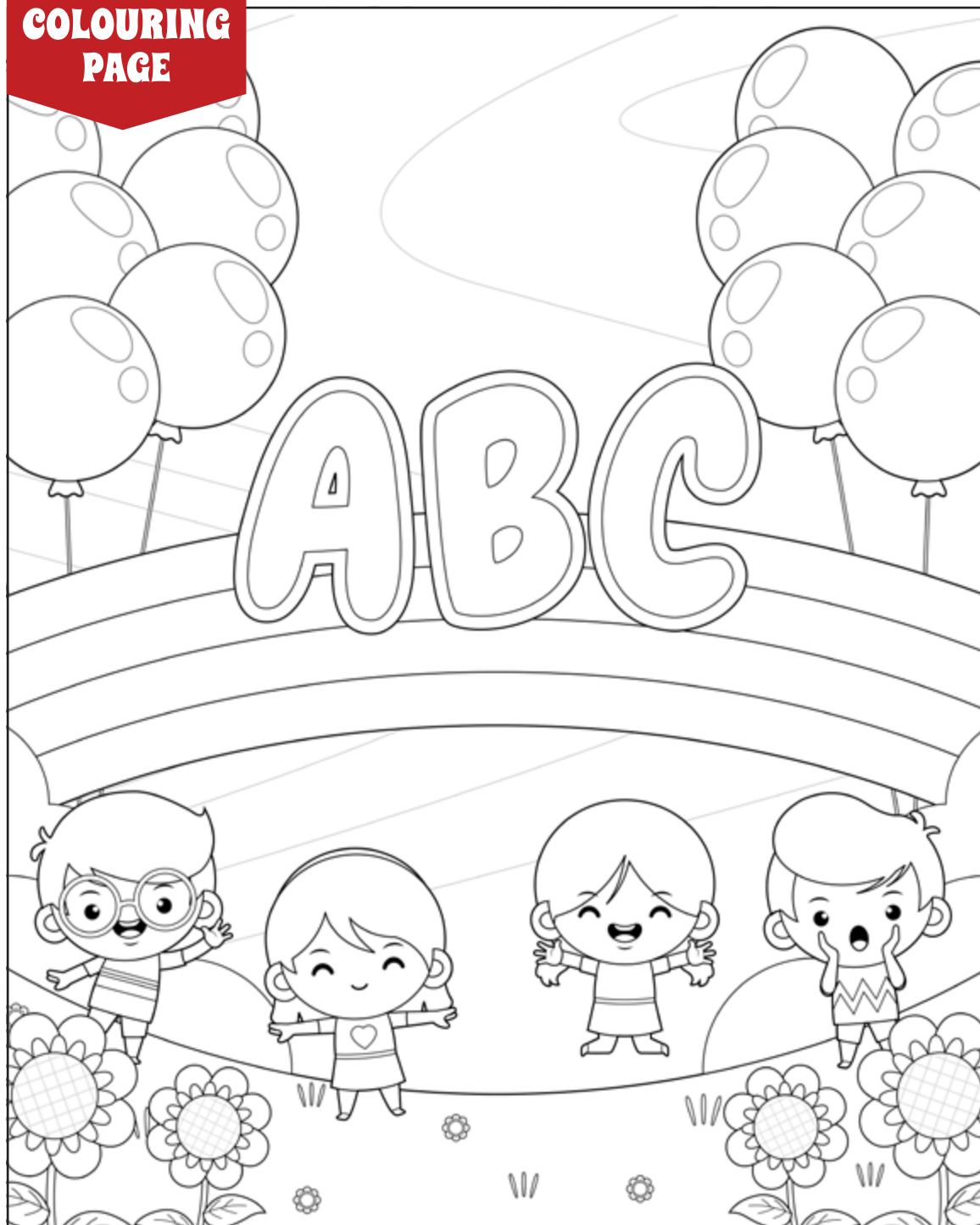
Around School Buses

- 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.



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.

Moose on the Move

Moose are excellent swimmers! They can swim up to 10 kilometres without stopping and reach speeds of about 10 km/h in the water. They even dive underwater—sometimes as deep as 6 metres—to munch on tasty aquatic plants!



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Broken Hearts and Broken Investment Portfolios

by Christopher Bungay, Divorce Lawyer



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

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

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

50/50 Applies to RRSP Investments

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

50/50 Does Not Apply to Investments Before Marriage

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

The American Mink—*Neogale vison*

by Kristina Quapp



The American Mink is a small, amphibious weasel that inhabits wetlands throughout Canada. Weasel refers to slender, small, carnivorous mammals belonging to the family Mustelidae. While the American Mink is most abundant along the coastline of British Columbia, you may have spotted them around Calgary as well!

Minks appear in varying shades of brown and black, often with patches of white on their chest and abdomen. Like beavers, minks have two layers of fur; a dense, insulating underfur that keeps them warm, and an outer layer of fur covered in an oily sheen that prevents water from soaking through to their skin. Unlike other varieties of weasel, the American minks' coat does not turn white in the winter. While their coat grows thicker in the colder months, it remains a dark shade to help them blend into the vegetation along streams, ponds, and riverbanks. Given their habitat, the minks' paws are partially webbed, allowing them to remain dexterous on land and in the water. Minks' can range in size from 1 to 1.8 kg in weight, and roughly 60 cm in length.

During the summer months, the mink's diet shifts to take advantage of warm-weather prey. This often includes crayfish, frogs, fish, and ducks. As the weather cools down, the minks' diet relies heavily on small land mammals including voles, mice, muskrats, and rabbits. Since the mink often resides in the water, thick brush, or on rocky river edges, it has few natural enemies. On occasion, minks will be preyed upon by coyotes, bobcats, large snakes, and birds of prey.

While predators aren't considered major threats to the mink, human activity, habitat loss, and environmental

contaminants can affect the population. The minks' unique and luxurious fur remains in high demand in the fur trade. 47 American states and all Canadian provinces currently conduct limited trapping seasons on the mink, with the length of the season varying from place to place. The minks' habitat also plays a crucial role in their conservation. They rely heavily on streams, wetlands, and shores with dense vegetation to provide safe burrows, and prey to feed upon. The expansion of infrastructure development and pesticide application can impact their reproductive success and long-term health.

Mindful Mink Spotting

To see an American mink for yourself, head to densely vegetated waterways and riverbanks, particularly along the Bow River, the Elbow River, and local wetland ponds. Prime spots include the McKenzie Meadows area, Fish Creek Provincial Park, Lafarge Meadows, Inglewood Bird Sanctuary, Carburn Park, Weaselhead Flats, and Lafarge Meadows. Keep an eye on the water's edge, rocky shores, and amongst the brush. Keep in mind these key points while looking for our furry amphibious friends:

- **Maintain distance:** Use binoculars or a phone lens instead of approaching.
- **Keep waterways clean:** Pack out all trash, including food scraps.
- **Stay on marked trails:** Avoid trampling riverbank vegetation. Walking off trail can degrade the shoreline and damage hidden dens.
- **Never feed wildlife:** Feeding minks can disrupt their natural diet and may teach them to associate humans with food.

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

by the Calgary Wildlife Rehabilitation Society



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

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

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



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

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

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

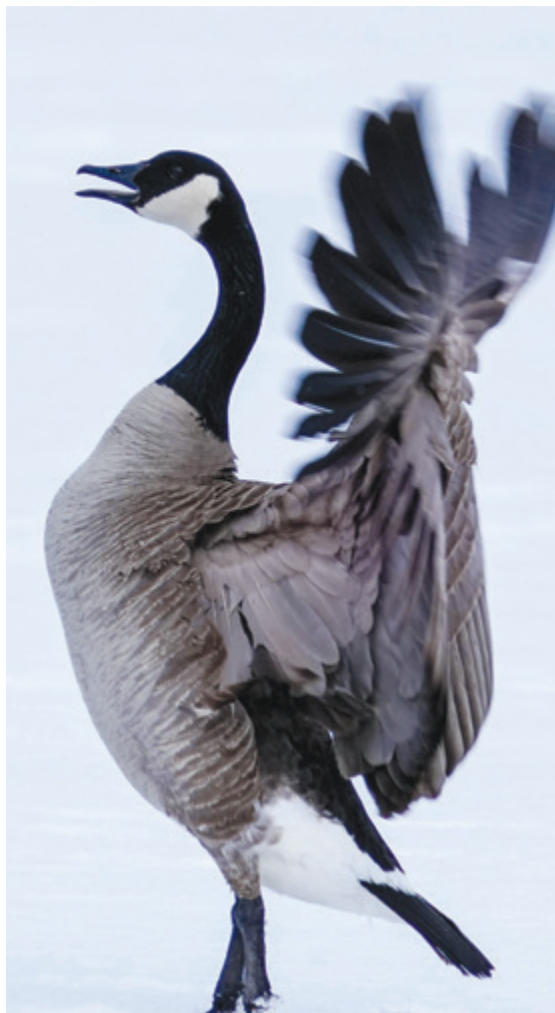
Although food is important during migration, Calgary Wildlife does not recommend putting out bird feeders.

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

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

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

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



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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!



MLA Calgary-West

Mike Ellis

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✉️ calgary.west@assembly.ab.ca

September brings many exciting opportunities. With the anticipation of beginning the 2026-2027 school year, students, parents, and school staff are focusing on renewed learning opportunities and a return to more regular routines. Together, we can use our best efforts to support our youth as they develop and expand their knowledge, skills, and independence. I extend my best wishes to all for a happy, successful school year!

Recently, townhalls were hosted regarding the building of noise mitigation infrastructure for residents near Stoney Trail. These sessions invited leaders from affected communities to engage with planners on timelines and strategy. I remain committed to working with community members in constructing noise mitigation strategies. I will work with Minister Dreeshen to ensure that these projects move forward.

Public safety remains a top priority for Albertans and the provincial government. It is encouraging to see that our proactive stance on tackling gangs and organized crime is setting a standard for the rest of the country. Alberta has been a leading voice in the fight against firearms, drug trafficking, and money laundering.

Recently, within my ministerial role I experienced a highly productive visit to Quebec. From attending a major organized crime announcement and touring the provincial emergency centre, to having conversations about security, this trip has been essential to strengthening our intergovernmental collaboration.

The Alberta government's recent \$8 million investment into local police services, the RCMP, and ALERT, specifically designed to target gangs and extortion, has demonstrated that decisive actions help to keep our communities safe.

Seeing other provinces, including Quebec, follow Alberta's lead in prioritizing these critical investments is a testament to the effectiveness of our approach. By sharing intelligence and strengthening enforcement, we are building a more unified, resilient response to organized crime across Canada.

Please contact my constituency office should you have comments and concerns in regard to constituency related matters.

Mike Ellis

MLA, Calgary-West



MP Calgary Signal Hill

David GL McKenzie, KC, MP

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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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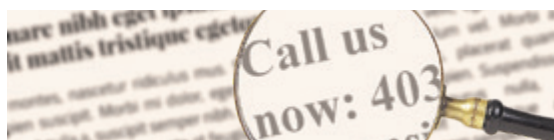
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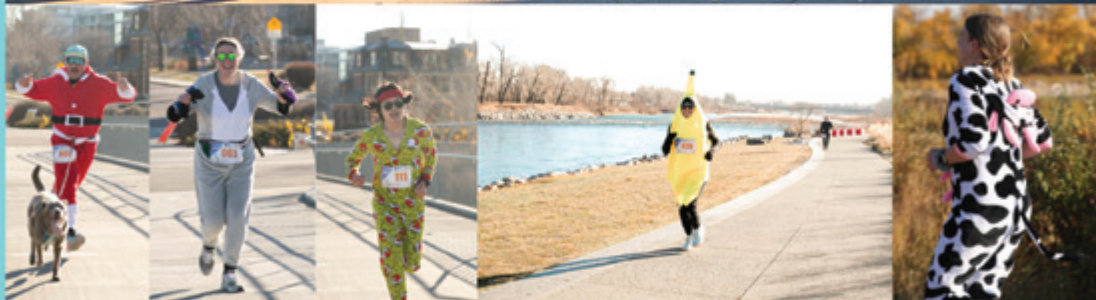
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		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	26	27	18	\$729,400	\$722,000
June	26	21	17	\$1,250,000	\$1,192,000
May	26	27	21	\$1,125,000	\$1,098,000
April	26	19	18	\$974,000	\$943,000
March	26	23	12	\$1,144,950	\$1,094,000
February	26	13	10	\$582,400	\$578,000
January	26	13	6	\$1,085,000	\$1,135,000
December	25	4	6	\$764,950	\$755,000
November	25	6	10	\$789,950	\$774,500
October	25	15	15	\$899,990	\$865,000
September	25	21	18	\$566,250	\$557,500
August	25	15	13	\$549,900	\$550,000

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