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Cute but not cuddly



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledgling birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Do you have teaching experience and a passion for wildlife? If so, we need YOU! Apply today to join our urban wildlife education team.



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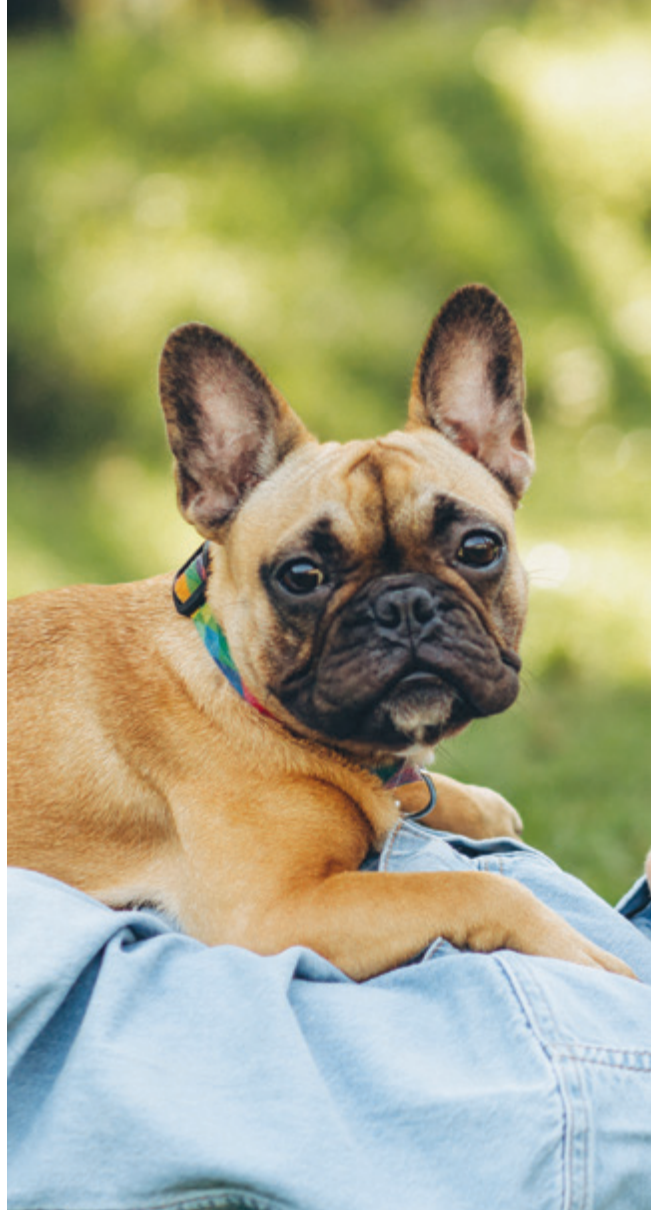


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NOLAN HILL



SAGE HILL



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GAMES & PUZZLES

Guess That Song!



1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

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How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | nancy@viewpointcalgary.ca

Adapted from Dr. David Burns



We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

Providing feedback will help your counsellor know what is/isn't working for you

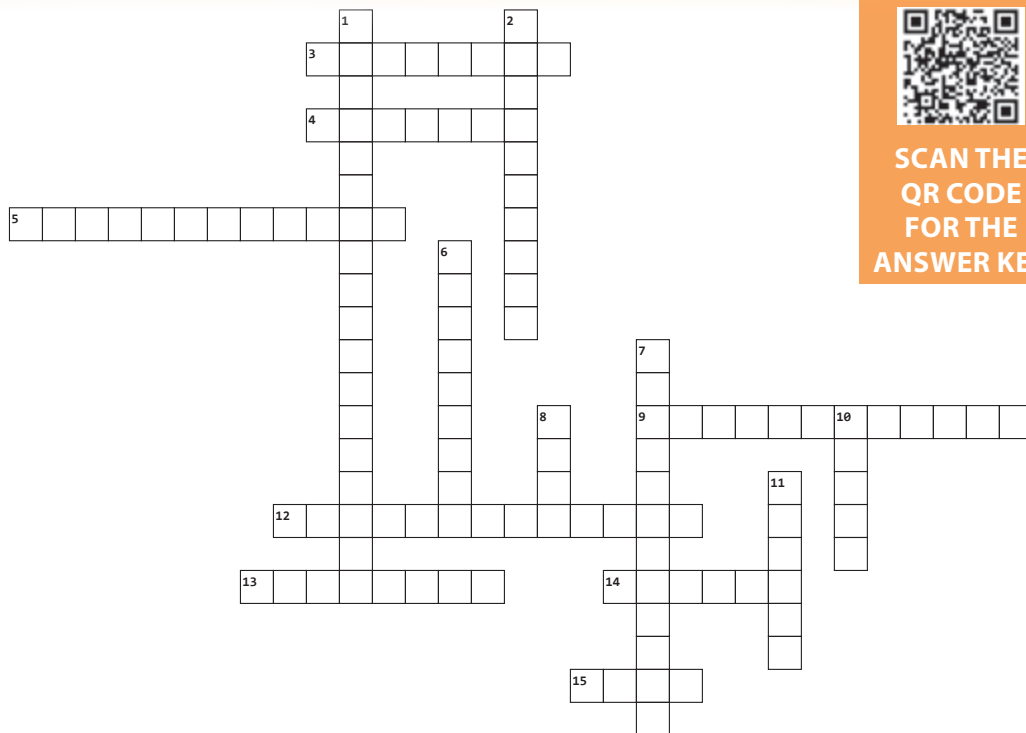
Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

July Crossword Puzzle



SCAN THE
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FOR THE
ANSWER KEY

Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrell.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National _____ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World _____ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

PRESIDENT'S MESSAGE

Thank you to everyone who participated or attended our fourth Annual Parade of Garage Sales and thank you to Maricel McDonald for sponsoring the event with prizes, advertising, and mapping. We hope the event benefited all participants and brought joy to the community.

Spring soccer with Calgary Blizzards is wrapping up after another successful season. We did once again receive concerns about poor field conditions and wanted to let everyone know this is an ongoing battle with the City over community maintenance citywide. One item I have brought to the Parks Director is the underground sprinklers which were installed by the Developer (Anthem United) when building the community which we paid for when purchasing our lots. Sadly, the City turned off most of these sprinklers years ago during the "Assumption Day" which is defined in the Sage Hill Resident Association Bylaws as "the day upon which the Company becomes responsible for the performance of all or a portion of the Work for a particular Phase pursuant to an Assumption Notice." Essentially that means the Developer has passed off maintenance of the space to either a Residents Association or the City of Calgary.

As these underground sprinklers were a community feature when we bought the space, I feel they should be maintained and used as we individually paid for them when we bought our lots. I was told they would be turned on for June, July, and August, but have not yet seen or heard of them in use. If anyone can confirm their use through our social media that would be great as we may need to follow up. The City seems to favor 3-1-1 reports to figure out where to perform work, which is a frustrating model for us, as any reasonable person would believe the City should perform seasonal maintenance work in a simple reoccurring schedule. However, each year we seem to fall through the cracks, and it becomes more apparent the City is more productive when responding to citizens' service requests rather than focusing on scheduled maintenance.

One of many issues is the state of our boulevards and landscaping in parks. For example, the median on Sage Hill Drive just south of 144 Ave has been desecrated from winter's salt spray and drought, and most of the grass and trees need to be replaced. We find it inefficient that citizens must file reports for service as the area is directly outside the compound to the maintenance depot and

surely workers pass by almost daily and can observe watering or care is urgently required. I have reached out to the Presidents of the Sage Hill Residents Association and Symons Gate Homeowners Association inviting them to participate in dialog with the City on how we can improve maintenance around the community with city-owned assets and am currently waiting for a response. An email was also sent to Councillor Wyness several weeks ago but no one from their office has replied or attended our monthly community meetings for some time now. We will follow up as needed to get answers and results for our community.

Happy Stampeding everyone!

Ross Utigard, President

Sage Hill Residents Association



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Symons Valley Park Update

Hello Neighbours,

Summer is finally here, and with summer comes plenty of outdoor activities and fun in the sun. We recently hosted our AGM on May 30. More than 20 people from our four communities came out to hear about us, and we are thankful for your support. We also elected a new board and are happy to announce the 2023 SVLAS Board of Directors, including four new directors:

Kris McPherson	President
Courney Hunt	Treasurer
Peggy Tse	Director of Communications
Bahaa Al Neama	Director of Project Development
Razaq Mohammed	Director of Fund Development
Anandha Arumugam	Director at Large
Amna Syeda	Director at Large
Kevin Matieshin	Director at Large
Moncy Abraham	Director at Large

We also want to say thank you to our volunteer director Andrew Bradley who stepped down this past year. We are grateful for your efforts in helping us grow our project.

Community outdoor amenities play a crucial role in enhancing the quality of life and well-being of our community members. Overall, Symons Valley Park will offer a wide range of benefits, ranging from physical and mental health improvements to social interaction, environmental sustainability, and community development. Our park will contribute to the overall quality of life and happiness of residents and will be essential to the Symons Valley area. Our aim in building Symons Valley Park is to deliver key benefits to the residents such as:

1. Promoting physical health: The park playgrounds, sports fields, and walking trails will encourage physical activity and exercise, and help people maintain a healthy lifestyle.

2. Enhancing mental well-being: Spending time in nature and outdoor environments has been linked to improved mental health and well-being. The park gives individuals a place to relax, reduce stress, and enjoy nature.

3. Fostering social connections: With the park as a gathering place, people can come together and interact by socializing, meeting neighbours, and in so doing, help build a sense of community.

5. Increasing property values: People are often willing to pay a premium for homes located near parks, trails, and recreational facilities, making our park a valuable community asset.

6. Promoting inclusive and equitable spaces: Our park will ensure that individuals with disabilities or mobility limitations can participate in outdoor activities.

7. Encouraging active and vibrant communities: Our park will promote and stimulate the use of local businesses.

If you agree that the benefits of building Symons Valley Park are significant, then we ask you to join us today. We are still looking for volunteers to help move our project forward.

Best regards,

Kris McPherson - President, Symons Valley Park



Cats, Canines, & Critters of Calgary



Big Earl, Capitol Hill



Blue and Jere, Mount Pleasant



Max, Temple



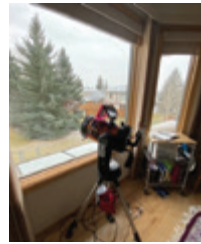
Tali, Temple

To have your pet featured, email news@mycalgary.com

RESIDENT PERSPECTIVES

Stargazing with Pat J: Indoor Astronomy

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



Orion nebula: through two panes of glass



Sun spots



If you ever find yourself stuck inside due to illness or injury, freezing temperatures, or have simply reached the age where a night at home is more appealing than a night on the town, did you know you can still enjoy the majesty of the heavens without venturing beyond the comfort of your own home?

Yes, I am well aware that hardcore astronomers would not recommend this approach as the multiple panes of glass will distort the image somewhat. But if the alternative is no stargazing at all, I think you'll be pleasantly surprised by what you can see while sitting next to a window. While the images won't be Hubble quality, they can still be pretty darn impressive.

Benefits of indoor astronomy

- Every clear night is a stargazing night
- Every clear day is a solar gazing day (Caution: you'll need a special filter for your telescope to safely observe the sun)
- No danger of frostbite (winter) or mosquito bites (summer)
- Jupiter's four largest moons are easily visible with a pair of binoculars
- Use binoculars to examine the moon at first quarter and third quarter, then use pencil and paper to sketch its surface
- Gain familiarity with the night sky with a smart phone astronomy app. Many good ones are free
- On nights when you're too stressed to sleep, instead of staring at the ceiling, try losing yourself in the serenity of the night sky
- When warmer weather returns, or recovery from your physical ailment occurs, you'll be primed and ready to pack up your astronomy gear and head outside
- Or you may discover you enjoy indoor astronomy so much that you've become a year-round convert.

Heat Related Illness

from Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient 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 plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



- Apply a broad spectrum, waterproof 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.

Moroccan Style Meatballs

by Jennifer Puri



The red (Marrakech), white (Casablanca), and blue (Chefchaouen) cities of Morocco represent a vibrant mix of past and present and are a contrast of modernity with traditional customs and architecture.

Home to ancient palaces, mosques, and colleges, these cities are also famous for their gardens, fountains, medinas, and souks.

Medinas are walled cities with narrow winding streets which are notable for their absence of cars but abundance of bicycles and donkey carts.

Souks are the captivating street markets where you can purchase leather goods, lanterns, lamps, textiles, carpets (not the flying kind), spices, tagines, and good luck charms.

All sorts of foods are also available to the hungry shopper including local breads, dried fruits, and olives.

The most cooked meals are couscous salads, spicy lamb, and chicken stews, traditionally followed by cups of Moroccan Green Mint Tea.

Moroccan Style Meatballs can be enjoyed with Pita or Naan, couscous or salad greens, or Moroccan style carrot salad.

Prep Time: 30 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients:

- 500 gms lean ground beef
- ½ cup fine breadcrumbs
- ½ onion, finely chopped
- 3 garlic cloves, minced
- 3 tbsps. finely chopped mint
- 2 tps. smoked paprika
- 1 tsp. ginger, minced
- 1 tsp. ground cumin
- ½ tsp. ground cinnamon
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. red pepper flakes
- 1 egg
- 2 tbsps. olive oil
- 1 red bell pepper, sliced
- 1 400 ml jar of Moroccan style meatball sauce
- ¾ cup water
- 12 seedless green olives (optional)
- 3 tbsps. of yoghurt (optional)

Directions:

1. Place ground beef in a medium size bowl and add breadcrumbs, onion, garlic, mint, smoked paprika, ginger, cumin, cinnamon, salt, black pepper, egg, and mix well.
2. Preheat oven to 400 degrees Fahrenheit.
3. Divide beef into 20 portions, shape into golf ball size meatballs, and place on a foil lined baking tray. Bake on middle rack of oven for 18 to 20 minutes or until cooked.
4. Add two tablespoons of olive oil to a wok or skillet and sauté the red pepper for three to four minutes. Next add the Moroccan style sauce, water, and cooked meatballs, and simmer for four to five minutes.
5. Remove from heat, garnish with olives, yoghurt, and fresh mint or coriander leaves, and serve.

Bon Appétit!

Proper Disposal of Smoking Materials

from the City of Calgary

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

Smoke Alarms

Having working smoke alarms saves lives – more than one-third of all fire fatalities are associated with having no smoke alarm.

Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a

synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.



Calgary Summers are Getting Increasingly Hotter and Drier

from the City of Calgary

Extreme heat can put your health at risk, causing illnesses like heat stroke and even death. An extreme heat warning is issued when two or more consecutive days of daytime maximum temperatures are expected to reach 32 degrees Celsius or warmer and nighttime minimum temperatures are expected to be 16 degrees Celsius or warmer.

The following tips will help keep you safe during this extreme heat:

- Avoid working or exercising intensely in the heat or humidity when possible.
- Drink plenty of water to decrease your risk of dehydration.
- Have cool drinks in your vehicle and keep your gas tank full.
- Wear sunscreen.
- Never leave people or pets inside a parked vehicle.
- Close curtains and blinds during the day.
- Open windows for cooler air if safe.
- Avoid using your oven, if possible.
- Take cool showers/baths or go to an air-conditioned public space.
- Look at weather forecasts to know when to take extra care.
- Call 911 if you see an animal left in a hot parked vehicle.
- Look out for your pets. Avoid hot surfaces that might hurt to walk on and ensure that they have plenty of water.
- Heat stroke is a medical emergency. If you experience any symptoms, call 9-1-1 immediately.

To learn more about what you can do to protect yourself and your family, visit calgary.ca/getready.

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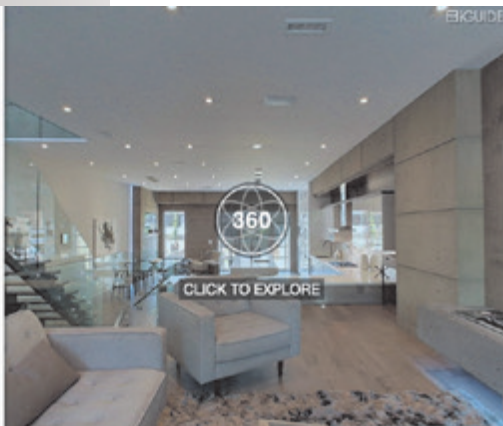


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