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A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness. We believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

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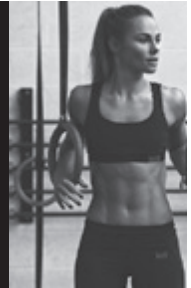
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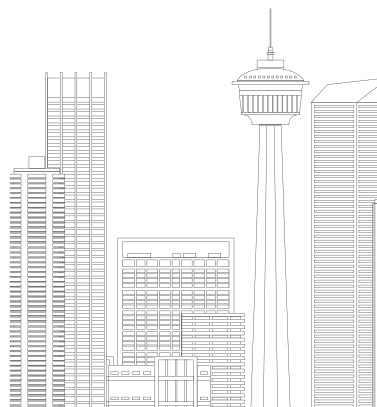


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- Community Real Estate Stats
- Digital Community Newsletters
- Community Crime Stats
- Politician Reports
- Community News/Content
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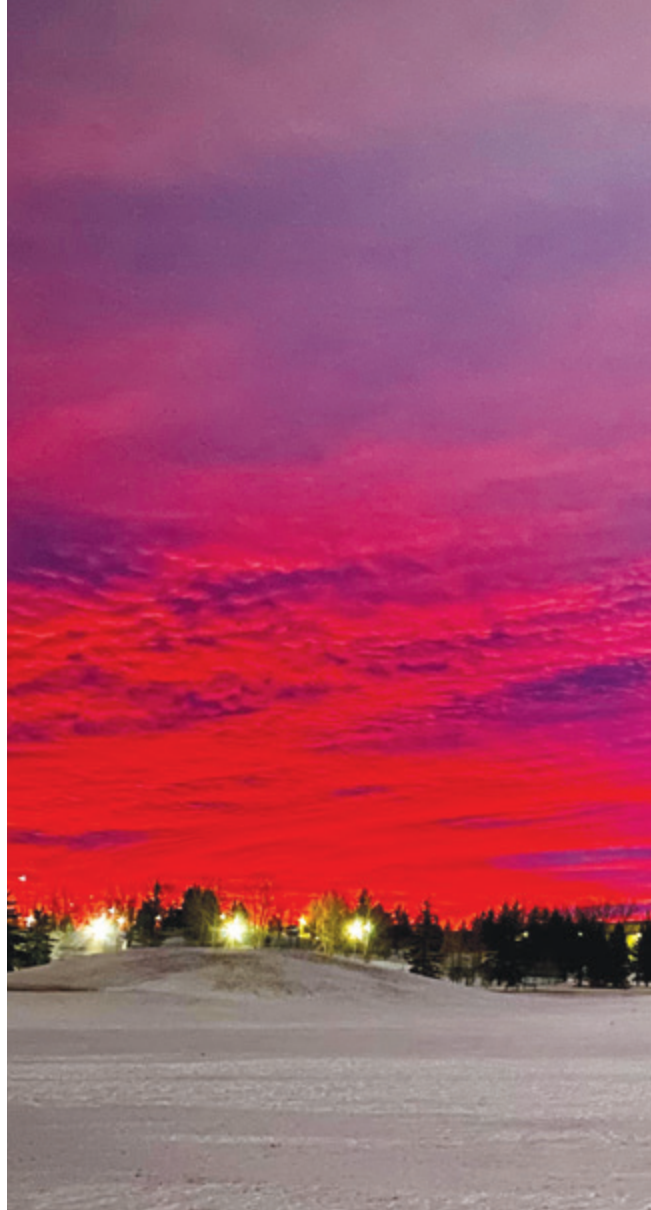
CONTENTS

- 7 TAKE ON WELLNESS: OVERCAFFEINATED?
- 9 SAFE AND SOUND: FEBRUARY IS HEART MONTH
- 11 DOLLARS AND SENSE: DECLUTTERING? TIPS FOR SELLING YOUR USED ITEMS ONLINE
- 12 MENTAL HEALTH MOMENT: AN EXERCISE IN BUILDING INTIMACY
- 15 BUSINESS CLASSIFIEDS



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LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!



BRAIN GAMES

SUDOKU

9	2	6			7		8	
5			6	8	9	2	3	
1					5	9	6	
7	5		8		2	6		
		9	7			8		2
3	8		1					
		4		3		5	7	6
	7	3		6				4
	1	5		7				

FIND SOLUTION ON PAGE 13

Overcaffeinated?

Many people don't realize that caffeine is a drug. It's a stimulant that's found in many types of pain and cold medicine, as well as in foods and drinks, including coffee, tea, chocolate, some energy drinks, and some painkillers.

What Are the Short-Term Effects?

The effects of caffeine usually start within five to 30 minutes and can last from eight to 12 hours.

Larger amounts of caffeine can:

- cause shaking
- make you have trouble sleeping
- make you very agitated
- cause a fast, irregular heartbeat (might feel like your heart is racing)
- make you feel irritable, restless, and nervous

People who have panic attacks shouldn't use large amounts of caffeine. It can trigger nervousness and anxiety, and they might be more sensitive to its effects.

It's rare for adults to die from a caffeine overdose. However, children can die from as little as one gram of caffeine. A single cup of coffee contains between 40 and 180 mg.

Caffeine doesn't decrease your appetite so there's no point in using it to diet or decrease your hunger.

Caffeine doesn't help you sober up if you are drunk.

As your body gets used to caffeine, it needs more and more of it to get the same effect. As the amount of caffeine goes up, so does the risk of side effects.

You can become mildly dependent on caffeine from regularly drinking 350 mg (about two to four cups of coffee) a day. If you suddenly stop drinking caffeine, you might have withdrawal symptoms such as:

- headaches
- problems sleeping
- feeling irritable, tired, and depressed
- lack of energy
- feeling down
- having trouble focusing or concentrating

Withdrawal symptoms begin 12 to 24 hours after you stop caffeine. Most symptoms go away within a few days.



What Are the Long-Term Effects of Caffeine?

More than 300 mg of caffeine (about two to three cups of coffee) in a day may be linked to miscarriages and low-birth weight babies. Caffeine is passed through breastmilk, which might make your baby irritable or have trouble sleeping. If you're pregnant or breastfeeding, you may want to limit or avoid all caffeine.

Some women who drink more than three cups a day may be at risk of bone fractures as they get older.

Regular use of more than 600 mg of caffeine might cause long-term effects including chronic insomnia, constant anxiety, depression, and stomach problems. It can also cause high blood pressure or make high blood pressure worse.

Caffeine and Young People

Because their bodies are smaller, caffeine may have a stronger effect on a child than on an adult. Children who drink pop or energy drinks with caffeine might feel anxious, be irritable, have trouble sleeping, or wet the bed.

Some teens and young adults who use a lot of caffeine may have health problems like an increased or abnormal heart rate or chest pain. If this happens, they may need to go to the hospital or need an ambulance.

For more information on caffeine and health, call the 24-hour Addiction Helpline at 1-866-332-2322.



Tuscany Real Estate Update

Last 12 Months Tuscany
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2022	\$ 639,900	\$ 600,000
November 2022	\$ 499,450	\$ 512,500
October 2022	\$ 589,900	\$ 589,900
September 2022	\$ 539,000	\$ 530,000
August 2022	\$ 625,000	\$ 611,000
July 2022	\$ 487,400	\$ 489,500
June 2022	\$ 562,500	\$ 563,500
May 2022	\$ 554,500	\$ 564,000
April 2022	\$ 512,400	\$ 526,000
March 2022	\$ 559,950	\$ 589,500
February 2022	\$ 597,450	\$ 630,500
January 2022	\$ 528,800	\$ 570,500

Last 12 Months Tuscany
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2022	5	13
November 2022	15	16
October 2022	24	25
September 2022	19	21
August 2022	26	25
July 2022	21	18
June 2022	31	40
May 2022	45	32
April 2022	48	54
March 2022	58	52
February 2022	52	42
January 2022	26	19

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

RESIDENT PERSPECTIVES

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal
Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

***Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.



February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

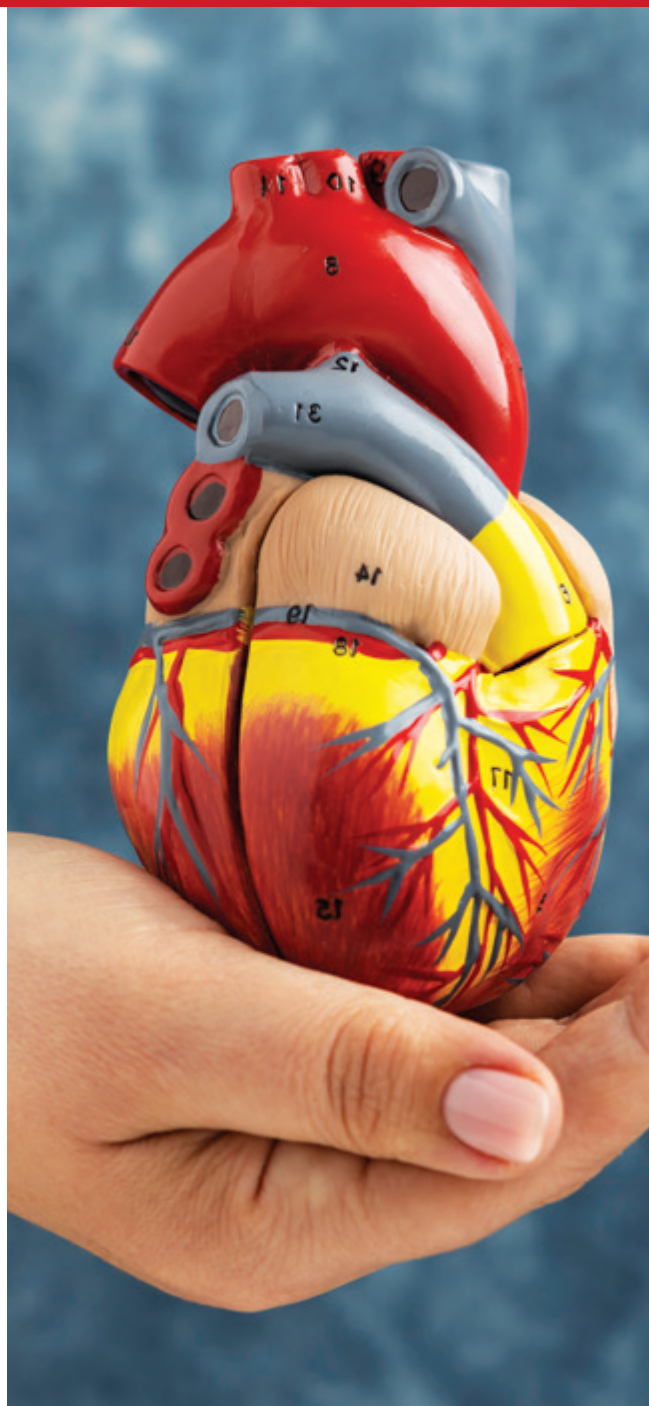
Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



tuscany dental centre



Come celebrate with us!

February 14th, 2023 | 2pm-4pm

- Enter a draw to win an electric toothbrush!
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- Family gift bags *while quantities last.
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HOURS OF OPERATION

Monday	7am - 5pm
Tuesday	7am - 7pm
Wednesday	7am - 7pm
Thursday	7am - 7pm
Friday	7am - 5pm



Decluttering? Tips for Selling Your Used Items Online

From the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that “before you sell stuff online to make extra money, determine the ideal venue for your goods.” There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | info@nancybergeron.ca



The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

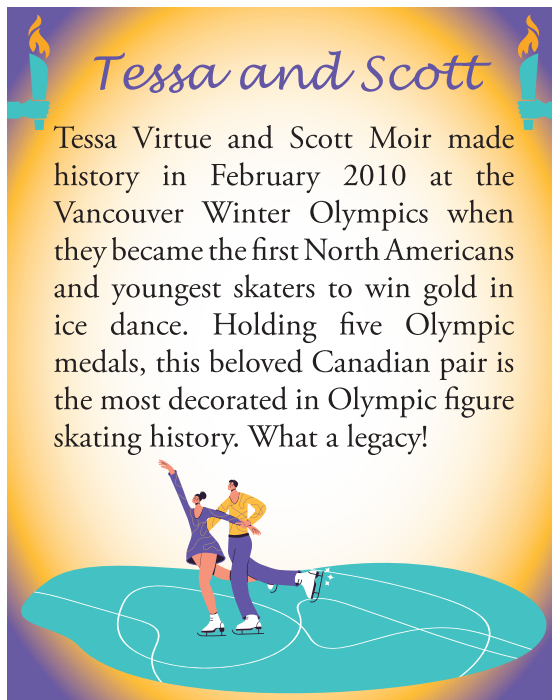
Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?

21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling ____."
26. Complete this sentence: "I wish I had someone with whom I could share ____."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.



Tessa Virtue and Scott Moir made history in February 2010 at the Vancouver Winter Olympics when they became the first North Americans and youngest skaters to win gold in ice dance. Holding five Olympic medals, this beloved Canadian pair is the most decorated in Olympic figure skating history. What a legacy!

BRAIN GAMES

SUDOKU

9	2	6	3	1	7	4	8	5
5	4	7	6	8	9	2	3	1
1	3	8	4	2	5	9	6	7
7	5	1	8	9	2	6	4	3
4	6	9	7	5	3	8	1	2
3	8	2	1	4	6	7	5	9
8	9	4	2	3	1	5	7	6
2	7	3	5	6	8	1	9	4
6	1	5	9	7	4	3	2	8



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Sonya Sharp

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MLA Calgary-North West
Sonya Savage

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✉ Calgary.Northwest@assembly.ab.ca

Hello, Ward 1!

I hope everyone had a great start to the year in January.

A reminder that you are welcome to get in touch with my office anytime with questions or to share your feedback on issues affecting our city. I continue to read every message the office receives. You can reach me by email at ward1@calgary.ca or by phone at 403-268-2430. For specific concerns with City services, the best place to start is by calling 311 or submitting a service request at calgary.ca/311.

Don't forget to subscribe to the Ward 1 email newsletter for the latest updates on what's happening in Ward 1 and at City Hall. Sign up at calgary.ca/ward1.

Property assessment notices were mailed in January. Questions or concerns? You can learn more by visiting calgary.ca/assessment or by calling the Assessment department directly at 403-268-2888. The City's Customer Review Period runs from now until March 13.

The City is encouraging Calgarians to go paperless and receive their assessment notices online. Sign up before March for your chance to win one of twelve Visa gift cards valued at \$250 each. Visit calgary.ca/paperless to learn more.

The City's Planning and Development service counter has returned to the Municipal Building following damage during an incident last year. You can visit for assistance with trade permits, business licences, development and building applications, and more. Applications can also be submitted online at apply.calgary.ca.

New public access is coming soon for Haskayne Legacy Park. The City has reached an agreement with adjacent landowners to allow access to this great outdoor space in Ward 1. Access should be completed in mid-2023.

Speaking of access, temporary access has now been restored on the pathway between Valley Ridge and Bowness Park with a permanent fix expected later this year.

Alberta's economy has recovered strongly, but many Albertans are struggling to heat their homes and feed their families under increasing costs and record inflation, and we want to help. Your government knows that affordability is the primary challenge facing Albertans today, and that Albertans are counting on us to take decisive action to address the affordability crisis.

That is why there will be targeted relief payments for seniors and families with dependent children under 18 years of age with household incomes below \$180,000 per year. Targeted relief payments to vulnerable Albertans collecting AISH, PDD, and Income Support. Suspension of the full 13-cents-per-litre tax on gasoline and diesel from January to June 2023, with the Fuel Tax Relief program providing ongoing relief subject to oil prices thereafter. Indexing the Alberta Child and Family Benefit to inflation. Protecting consumers on the regulated electricity rate from price spikes in January, February, and March 2023. Indexing personal income taxes to inflation, retroactive to the 2022 tax year.

In addition to the above, there will also be: \$200 in additional electricity rebates from January to April 2023, bringing total electricity relief from July 2022 to April 2023 to \$500; indexing AISH, Income Support, and the Alberta Seniors Benefit to inflation; and enhancing the current natural gas rebate to provide permanent natural gas price protection.

Starting January 2023, eligible families with household incomes below \$180,000 per year will receive six monthly payments of \$100 for a total of \$600 per dependent child under 18 years of age. Starting January 2023, seniors with household incomes below \$180,000 per year will receive six monthly payments of \$100 for a total of \$600.

Finally, Alberta's basic personal amount will increase from \$19,369 to \$19,814 for 2022, an increase of 2.3 per cent. Many Albertans will receive a higher refund or owe less tax to account for the 2022 indexation. They will also benefit in 2023 through lower tax withholdings on their paycheques.

For more information, visit www.alberta.ca.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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CHECKLIST

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

9 PM
ROUTINE



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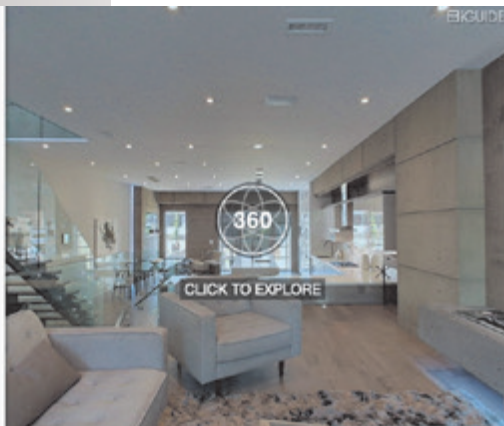




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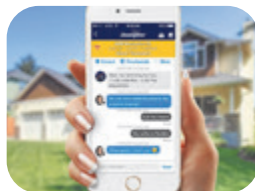
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