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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Teaching Financial Literacy to the Next Generation

by Jon Lambe



In the coming years and decades, it's estimated that approximately \$400 billion will be passed down to inheritors in Canada. It's a powerful statistic that carries with it many underlying questions and considerations for both the giving and the receiving generations, a common one of which being whether inheritors are prepared. With this historical wealth transfer on the horizon, and considering its significant impact on individuals and families, taking proactive steps to strengthen and ensure younger generations have the resources and tools needed to be confident and capable in becoming financially independent is all-important.

When it comes to financial education, it's never too late or too early to start. Below are a few key considerations for your child's financial understanding, based on their age.

Ages 6 to 13

Instilling a sense of money with your child begins with:

- Establishing chores to encourage responsibility and a strong work ethic.
- How to make the most of their allowance based on the save vs spend concept.
- Budgeting and saving strategies for the something special purchases (bike or video game).

Ages 14 to 17

During the early teenage years, it's important to:

- Continue with allowance and increase based on growing responsibility.
- Build on budgeting and savings strategies.
- Starting to invest savings and different savings options.
- Begin to discuss the use of credit and using credit responsibly.
- Introduce the concept of compound interest.
- Educate your child on the role interest plays on their savings plans as well as credit.

Ages 18 to 23

Your young adult's, intermediate financial education should include knowledge of:

- Savings/Investment options such as stocks, mutual funds, GICs.
- Importance and risks of credit.
- Importance of compounding interest and benefit of time.

To continue your young adult's financial knowledge, you can educate them by:

- Opening them an investment account to teach about safety, income, and growth of different investment options.
- Suggesting setting up an automated monthly savings contribution (to reinforce the compound interest concept).
- Comparing monthly spending vs budget to help understand wants vs needs.

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Backyard Play Safety

from Alberta Health Services



Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment

- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

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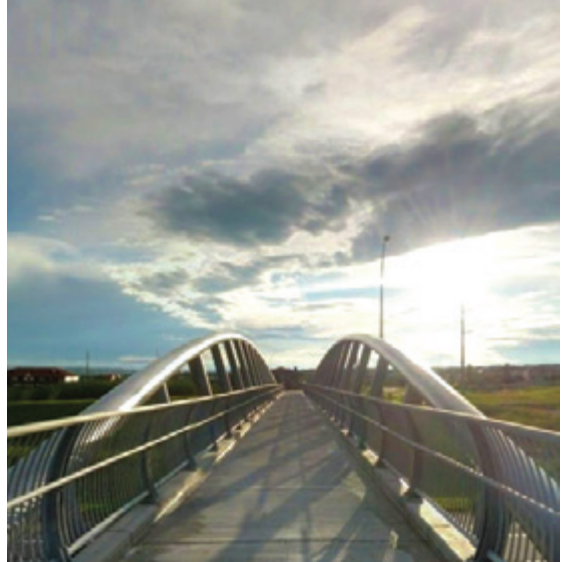


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Blackfoot Crossing: Where Our Region Meets

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

June 21 is not only the summer solstice, the longest day of the year, it's also National Indigenous Peoples Day. This day was created in 1996 to recognize and celebrate the unique cultures of Indigenous peoples and begins the run up to Canada Day on July 1.

Calgary lies within the traditional territories of the Blackfoot Confederacy. On September 22, 1877, the Crown, represented by the Government of Canada, signed a treaty with five First Nations. The site on which Treaty 7 was signed is called Blackfoot Crossing, a National Historic Site (designated in 1992) and perhaps one of Canada's next World Heritage sites. The original setting for the signing was to be Fort MacLeod, but a site on traditional Siksika territory was preferred.



Blackfoot crossing, Bow River, Alberta, 1882, (CU181390) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.



Portrait of Crowfoot, Blackfoot Chief, 1885, (CU181616) by G. A. Hanes and Company. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.

The future king, Charles III, visited the site in 1977 to commemorate the 100th anniversary of Treaty 7. This spurred the development of a historical and cultural destination, which opened in 2007. Blackfoot Crossing is located on Siksika Nation along the Bow River, about a one hour and 15-minute drive east of downtown Calgary. It's a museum and cultural, educational, and entertainment centre, built for the promotion and preservation of the Blackfoot peoples' language, culture, and traditions.

The centre was designed by Ron Goodfellow, who said that design decisions were intended as metaphors of traditional Blackfoot culture and everyday life. For example, the building entrance contains the Eagle Feather Fan, which represents the sacredness of the eagle in Siksika ceremonies.



Blackfoot camp at Blackfoot Crossing, Alberta, 1927-09, (CU184665) by Oliver, W. J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

Accompanying the centre are monuments to Chiefs Poundmaker and Crowfoot, Tipi Village, hiking trails, and the archaeological remains of earthlodge village. The village is a complex of earthworks: a half-circle moat behind which are eleven circular depressions arranged around a central open area. The site dates to 1740 and is a rare example of a permanent settlement on the prairies.

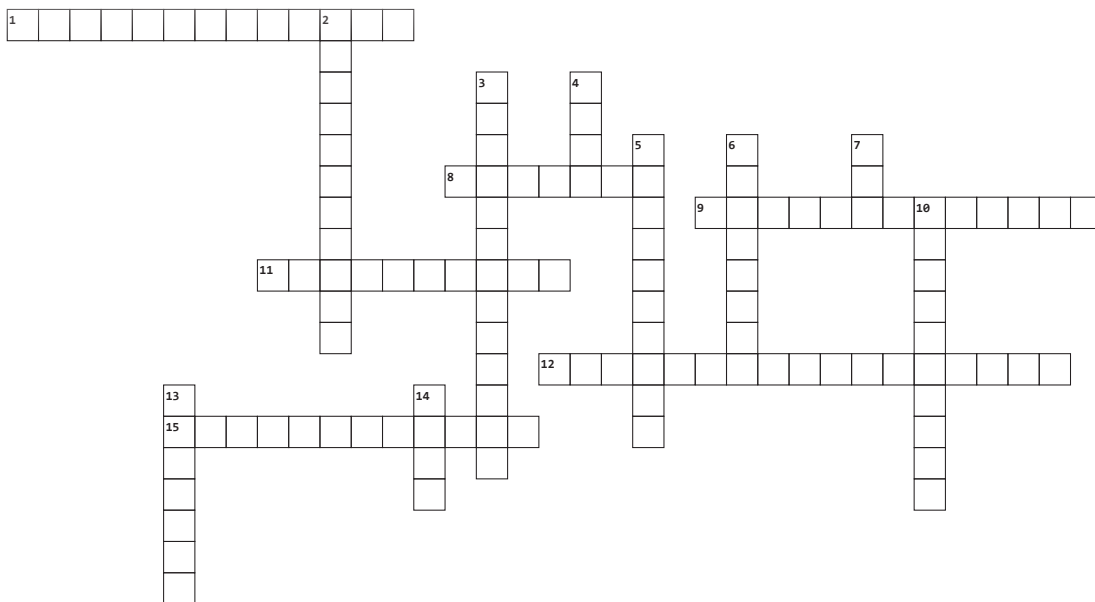
Blackfoot Crossing is a significant site and part of our region's history that we all share today. Take a day trip and explore the site where Treaty 7 was signed, visit Chief Crowfoot's exhibit, and gain an appreciation of the Blackfoot peoples, their culture and history.



Derek Gavey, Blackfoot Crossing Museum 2012 (This image is licensed under the Creative Commons Attribution 2.0 Generic License)



June Crossword Puzzle



Across

1. Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
8. In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
9. Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
11. Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
12. Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
15. This Calgary landmark was opened to the public on June 30, 1968.

Down

2. The song "I Will Always Love You," first recorded on June 12, 1973, by _____ gained renewed popularity with a re-release by Whitney Houston.
3. 43 years ago, this NHL hockey team relocated to Calgary.
4. The month of June is named after this Roman goddess.
5. In North America, National _____ Day is celebrated on June 8.
6. 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
7. The first Friday after Father's Day is National Take Your _____ to Work Day.
10. On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
13. This European country experiences the longest summer solstice due to its geographical location.
14. The official Father's Day flower.

SCAN THE QR CODE FOR
THE ANSWER KEY



Lemon Chicken Salad

by Jennifer Puri

Nothing says fresh like lemons.

Believed to have originated about eight million years ago, lemons are a hybrid between a bitter orange and a citron. The lemon's ancestors are the mandarin orange, pomelo, and citron, but the lemon is the most used of the citrus fruits.

Lemons start small and green but turn yellow as they grow and ripen. A lemon tree, properly cared for, can live up to a hundred years and can produce six hundred pounds of lemons per year. Lemons play an important economic and cultural role in our world. They are used to make medicines, beauty products, candles, cleansers, preservatives, and even invisible ink.

Regarded as one of the world's healthiest foods, lemons are rich in Vitamin C and fiber and are an important ingredient in the preparation of food such as tarts, meringues, liqueurs, the flavouring and seasoning of poultry, fish, and of course lemonade.

The acidity of lemons is perfect for salad dressings as shown in this lemon chicken salad recipe.

Prep Time: 25 minutes

Cook Time: 35 minutes

Marinade Time: 6 to 24 hours

Servings: 3 to 4

Ingredients:

- 3 boneless, skinless chicken breasts
- 1/3 cup fresh lemon juice
- 2 garlic cloves, finely chopped
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- ¾ tsp. salt
- ½ tsp. coarse black pepper
- ¾ cup extra virgin olive oil
- 2 tbsp. honey
- 1 large head of organic romaine lettuce
- ½ pint of cherry tomatoes
- 1 cup seedless black olives
- 2 cups seasoned croutons
- 1 cup grated parmesan cheese

Directions:

- Prepare lemon dressing by combining lemon juice, garlic, Dijon mustard, Worcestershire sauce, salt, pepper, honey, and olive oil in a small bowl. Stir well or pour dressing into a small blender and blend for about one minute. Transfer dressing into a Mason jar for easy storage.
- Place chicken breasts on a cutting board and pat dry with a paper towel. Use a mallet to flatten any parts of the breasts that are more than ¾ inch thick. Transfer chicken breasts to a bowl and add 3 to 4 tablespoons of lemon dressing. Cover and refrigerate for a minimum of six hours or a maximum of 24 hours. Refrigerate remaining lemon dressing.
- Pre-heat oven to 400 degrees Fahrenheit.
- Remove chicken from marinade and place in a large non-stick frying pan. Allow the breasts to brown or caramelize, approximately two minutes on each side.
- Place browned chicken breasts on a baking sheet lined with foil. Bake uncovered until cooked, about 25 minutes or until a meat thermometer placed in the thickest part of the breast reads 165 to 170 degrees Fahrenheit. Remove from oven, cover, and let sit for about 10 minutes.
- In a large bowl, prepare salad by tearing romaine lettuce into bite size pieces. Add cherry tomatoes, olives, croutons, and lemon dressing to taste. Portion salad on four plates and add sliced chicken breasts topped with a little lemon dressing to each one. Sprinkle with parmesan cheese, garnish with lemon slices, and serve.

Bon Appétit!



GAMES & PUZZLES

Guess That Book!



1. A nurse accidentally time travels to the 18th century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

SCAN THE QR CODE
FOR THE ANSWERS!



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				

SCAN THE QR CODE
FOR THE SOLUTION



TAKE ON WELLNESS

Load up on Legumes for Lunch

from Alberta Health Services



Have you thought of packing legumes in your lunch?

Legumes are plant-based proteins. Some of the most common legumes include chickpeas, kidney beans, black beans, black-eyed peas, cannellini beans, split peas, and mung beans.

Canada's Food Guide recommends eating plant-based protein. Legumes are a good example because they are easy to find and easy to pack, and they often cost less than meat, too.

In addition to being a source of protein, legumes are rich in vitamins and minerals such as folate, zinc, calcium, potassium, iron, and magnesium.

They are also high in fibre. They contain two types of fibre: soluble and insoluble. Both are important for our bodies to function.

If you are buying canned legumes, rinse them well under cold running water to remove extra salt. Canned legumes are already cooked so you can add them directly to your favourite dishes after rinsing.

Meal Ideas:

- Turn a side salad into a meal by adding canned beans.
- Use black beans as a topper on your chicken pizza.
- Add beans or lentils to a meat sauce.
- Try a white bean dip or hummus with raw vegetables.
- Switch from hamburgers to plant-based burgers by substituting cooked lentils for ground beef.

Or try making a chickpea salad:

1. Chop cucumbers, tomatoes, and carrots. Add them to rinsed, drained canned chickpeas.
2. Toss with a dressing made of vegetable oil, vinegar, or lemon juice.
3. Add a pinch of pepper to taste.

Legumes are a flavourful and low-cost food that give a good boost of nutrition. Consider adding some to your meal the next time you're in the kitchen.



Tuscany Real Estate Update

Last 12 Months Tuscany
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2023	\$ 622,400	\$ 623,750
March 2023	\$ 590,000	\$ 592,500
February 2023	\$ 609,900	\$ 595,000
January 2023	\$ 689,900	\$ 692,550
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

Last 12 Months Tuscany
MLS Real Estate Number of Listings Update

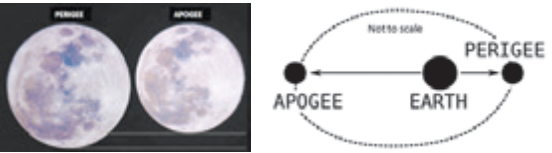
	No. New Properties	No. Properties Sold
April 2023	30	34
March 2023	36	28
February 2023	18	17
January 2023	15	8
December 2022	5	13
November 2022	14	16
October 2022	23	25
September 2022	18	21
August 2022	26	25
July 2022	21	18
June 2022	31	40
May 2022	45	32

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

RESIDENT PERSPECTIVES

Stargazing with Pat J: Why Don't We Have a Supermoon Every Month?

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



The Moon's orbit around Earth is oval shaped with the Earth offset slightly to one side.

Because of this, our distance from the Moon varies from about 360,000 kms when it is closest to Earth (perigee) and 400,000 kms when it is furthest away (apogee).

A full Moon takes place when the Earth is directly between the Moon and the sun.

If it occurs when the Moon is at 100% perigee (absolute closest point to Earth), this is a true Supermoon and can make the Moon appear 14% larger and 30% brighter than if it were to happen when the Moon was at apogee.

Unfortunately, a true Supermoon is a very rare event. The last one took place on January 15, 1930, and won't happen again until December 6, 2052.

In 1979, an astrologer named Richard Nolle felt 122 years was just too long to wait, so he put forward the idea that whenever a full Moon occurs at 90% perigee or greater, that too should count as a Supermoon. Why Richard chose 90% as his cut off, is unclear.

2023 will have four of these 90% Supermoons, occurring on July 3, August 1, August 31, and September 29.

Incidentally, 2023 has 13 full Moons instead of 12, something that only occurs every two to three years. That extra full Moon, which falls on August 31, is called a 'Blue Moon.'

Traditionally speaking, a 'Blue Moon' is the third full Moon of an astronomical season containing four full Moons. No, it won't be blue.

Because they will not be as close to Earth as the genuine article, the 2023 Supermoons will appear only 7 to 10% larger than a regular full Moon.

Seek Help for Sexually Transmitted Infections

from Alberta Health Services

Sexually transmitted infections (STIs) are some of the most widespread infections in the world. STIs affect both men and women, and almost half of all STIs occur in people younger than 25 years old.

Some STIs can be transmitted through skin to skin contact alone. Exposure is more likely if you have more than one sex partner or do not use condoms.

Some STIs can be passed by nonsexual contact, such as by sharing needles or during the delivery of a baby or during breastfeeding. Sexually transmitted infections (STIs) are also called sexually transmitted diseases (STDs).

Some STIs have been linked to an increased risk of certain cancers and infection with human immunodeficiency virus (HIV). Pregnant women can spread STIs to their babies. Many people may not have symptoms of an STI but are still able to spread an infection. STI testing can help find problems early on so that treatment can begin if needed. It is important to practice safer sex with all partners, especially if you or they have high-risk sexual behaviours.

To find an STI clinic near you, go to www.ahs.ca/srh or call Health Link at 811.

If You Think You May Have Symptoms of an STI:

- Do not have sexual contact or activity while waiting for your appointment. This will prevent the spread of the infection.
- Women should not douche. Douching changes the normal balance of bacteria in the vagina. Douching may flush an infection up into your uterus or fallopian tubes and cause pelvic inflammatory disease.

There are at least 20 different STIs. They can be caused by viruses, bacteria, and protozoa. Bacterial STIs can be treated and cured, but STIs caused by viruses usually cannot be cured. You can get a bacterial STI over and over again, even if it is one that you were treated for and cured of in the past.



Risks Specific to Women with Sexually Transmitted Infections:

In women, STIs can cause a serious infection of the uterus and fallopian tubes (reproductive organs) called pelvic inflammatory disease (PID). PID may cause scar tissue that blocks the fallopian tubes, leading to infertility, ectopic pregnancy, pelvic abscess, or chronic pelvic pain.

STIs in pregnant women may cause problems such as:

- Miscarriage.
- Low birth weight.
- Premature delivery.
- Infections in their newborn baby, such as pneumonia, eye infections, or nervous system problems.

It is important to seek treatment if you think you may have an STI or have been exposed to an STI. Most health units, family planning clinics, and STI clinics provide confidential services for the diagnosis and treatment of STIs. Early treatment can cure a bacterial STI and prevent complications.



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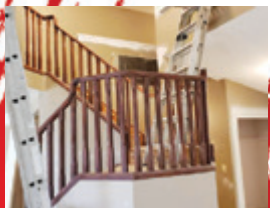
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