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**Hi, I'm Jennifer Yeremi,
and I'm your 2023 Alberta Party
candidate for Calgary-North West!**

I am a geophysicist with over 20 years of experience working in Calgary for the energy sector, including influencing policies and regulations related to the clean-up of oil and gas sites. I have a broad knowledge and experience base; I am open-minded and have the heart and resolve to represent Calgary-North West.

I want to contribute to restoring stability in Alberta by balancing the needs of **People** (health care and education), the **Province** (the environment), and **Prosperity** (livability and the economy). I appreciate that our decision-making processes must consider all Albertans' needs, regardless of background or position, and that government representatives need to be accountable to their constituents. I advocate for our three basic needs: to choose, to be good at something, and the need to belong. We are capable of so much more in Alberta! I am holding myself responsible for this vision of success. Are you with me Calgary-North West?

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https://www.albertaparty.ca/calgary_northwest

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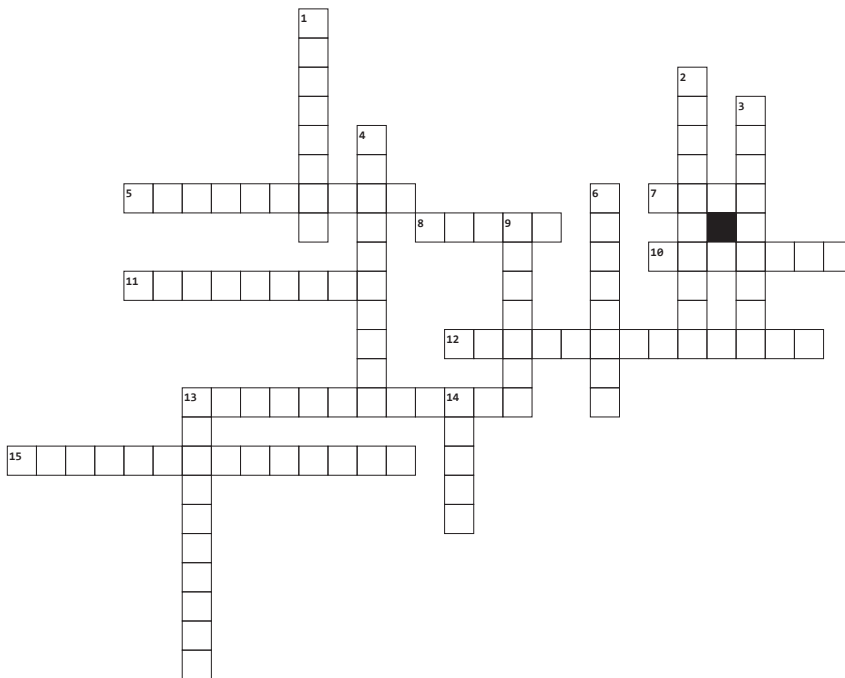
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May Crossword Puzzle



Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World _____ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved _____'s theory of general relativity.
9. Canada's first _____ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of _____ was taken.

SCAN THE QR CODE FOR
THE ANSWER KEY



GAMES & PUZZLES

Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



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FOR THE ANSWERS!



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THE EMERALD

The emerald is May's official birthstone. Unlike some birthstones, emerald is classified as one of four precious gemstones. Although the oldest emeralds date back 2.97 billion years and were first mined in Egypt, emeralds have been found in Canada, although they're rare. Canada's first emeralds were found in 1998 in Yukon Territory!

BRAIN GAMES

SUDOKU

		8			1			
	5						1	
9			5		2		7	
				3				
			1		5	9		
						2	3	6
			8			7		
2	7	5			6			1
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Mother's Day Trivia

by Shelly Smith

In honour of Mother's Day, I thought it might be fun to share this short and informative quiz with you. Have fun with it!

1. What date in May does Mother's Day fall on?
 - a. The first Sunday of May
 - b. The second Sunday of May
 - c. The last Sunday of May
2. In 1908, which country was the first to celebrate Mother's Day as an official day of celebrating mothers?
 - a. United States
 - b. Canada
 - c. India
3. Which scientist won two Noble Prize awards and was the mother of a Nobel Prize winner?
 - a. Emily Green Balch
 - b. Gerty Theresa Cori
 - c. Marie Currie
4. Which pop music group is known for a hit song named *Mamma Mia*?
 - a. Abba
 - b. Blondie
 - c. Fleetwood Mac
5. How much do Canadians spend on average for a Mother's Day gift according to Finder.com?
 - a. \$52
 - b. \$111
 - c. \$132
6. How much does phone (landline and cellular) traffic increase on Mother's Day?
 - a. 23%
 - b. 37%
 - c. 45%
7. Why is it that words for "Mom" start with a "ma" sound in a lot of languages? (For example, "Mom" is "MaMa" in Ukrainian and "Mor" in Danish)
 - a. Coincidence
 - b. Repetition
 - c. It is one of the first sounds a baby makes
8. In 2011, how many mothers were there in Canada (including biological, adoptive, and stepmothers) according to Stats Canada?
 - a. Almost 10 million
 - b. 12 million
 - c. Almost 13 million

Courtesy of Springbank Hill Community Association



SCAN THE QR CODE FOR THE ANSWERS!



Data Privacy

from the Better Business Bureau

The possibility of a cyberattack by a foreign country has gone from being the stuff of science fiction to a common threat that is often reported in the news.



While it may seem like there is nothing an individual can do to stop a cyberattack, there are some best practices that consumers and businesses can do to help guard against losing important personal information to cyber thieves. When online, safeguard your information to help avoid scam fraud, and identity theft. Periodically, it is a good idea to review who has your information. The Better Business Bureau and the National Security Alliance offer the following tips to help secure the privacy of critical information.

- **Share with care.** Posts on social media last a long time. Consider who will see the post, how readers might perceive it, and what information it might reveal about the individual posting it.

- **Manage privacy settings.** Check the privacy and security settings on web services and apps and set them to your comfort level for information sharing. Each device, application, or browser used will have different features to limit how and with whom you share information.
- **Personal info is like money. Value it. Protect it.** Personal information, such as purchase history, IP address, or location, has tremendous value to businesses – just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.
- **Make your passwords long and strong.** Use long passwords with a combination of upper- and lower-case letters, numbers, and symbols – eight characters for most accounts and twelve characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Keep a paper list of your passwords in a safe place, not on or near your computer. Consider using a password vault application. See BBB's tips for creating a strong password.

For more information go to BBB.org.



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RESIDENT PERSPECTIVES

Did You Know Osteopathic Manual Therapy Can Help With Osteoarthritis?

by Stephanie Berk, Osteopathic Manual Practitioner



Osteoarthritis (OA) occurs when there is a breakdown of cartilage covering joint surfaces, thus altering the overall joint structure. Osteopathy can help prevent further degeneration by removing additional stress on the joint through gentle manipulations of the muscles and joints themselves. Osteopathic treatments can improve blood flow and drainage of the arthritic joints so that the joint remains healthy and mobile. Since Arthritis is a degenerative condition, Osteopathy cannot reverse the process, but it can help prevent further progression of the disease.

What Exactly is Osteopathy?

Osteopathy is a form of manual therapy that helps realign the body. It aims to calm the nervous system and to remove any obstructions to nerves, blood vessels, and lymphatic structures. An Osteopathic Manual Therapist can provide treatment to any demographic without the use of high-velocity manipulations.

Osteopathic manual treatments are covered by most extended health care companies, and you do not need a doctor's referral to get a treatment.

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- 3 Upload your photos to iNaturalist and add your insect observations to the Calgary Pollinators Project. 



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Joke of the Month

What do you call a little bear with no teeth?

A gummy bear.

What is Depression in Children and Teens?

by Alberta Health Services

Depression is a serious mood disorder that can take the joy from a child's life. It is normal for a child to be moody or sad from time to time; you can expect these feelings after the death of a pet or a move to a new city. But if these feelings last for weeks or months, they may be a sign of depression.

Experts used to think that only adults could get depression. Now we know that even a young child can have depression that needs treatment to improve. As many as two out of 100 young children and eight out of 100 teens have serious depression.

A child who is depressed may also:

- Lose or gain weight.
- Sleep too much or too little.
- Feel hopeless, worthless, or guilty.
- Have trouble concentrating, thinking, or making decisions.
- Think about death or suicide a lot.

Both very young children and grade-school children may lack energy and become withdrawn. They may show little emotion, seem to feel hopeless, and have trouble sleeping. Often, they will lose interest in friends and activities they liked before. They may complain of headaches or stomach aches. A child may be more anxious or clingy with caregivers.



Still, many children don't get the treatment they need. This is partly because it can be hard to tell the difference between depression and normal moodiness. Also, depression may not look the same in a child as in an adult.

If you are worried about your child, learn more about the symptoms in children. Talk to your child to see how they are feeling. If you think your child is depressed, talk to your doctor or a counsellor. The sooner a child gets treatment, the sooner they will start to feel better.

What are the symptoms?

A child may be depressed if they:

- Are irritable, sad, withdrawn, or bored most of the time.
- Do not take pleasure in things they used to enjoy.

Depression can range from mild to severe. In its most severe form, depression can cause a child to lose hope and want to die.

Whether depression is mild or severe, there are treatments that can help.

How is depression diagnosed?

To diagnose depression, a doctor may do a physical examination and ask questions about your child's past health. You and your child may be asked to fill out a form about your child's symptoms. The doctor may ask your child questions to learn more about how he or she thinks, acts, and feels.

How is it treated?

Usually, one of the first steps in treating depression is



Tuscany Real Estate Update

Last 12 Months Tuscany

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
April 2022	\$512,400	\$526,000

Last 12 Months Tuscany

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2023	33	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
April 2022	48	54

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

education for the child and their family. Teaching both the child and the family about depression can be a big help. It makes them less likely to blame themselves for the problem. Sometimes it can help other family members see that they are also depressed. Counselling may help the child feel better. The type of counselling will depend on the age of the child.

Medicine may be an option if the child is very depressed. Combining antidepressant medicine with counselling is also an option. A child with severe depression may need to be treated in the hospital.

There are some things you can do at home to help your child start to feel better:

- Encourage your child to get regular exercise, spend time with supportive friends, eat healthy foods, and get enough sleep.
- See that your child takes any medicine as prescribed and goes to all follow-up appointments.
- Make time to talk and listen to your child. Ask how they are feeling. Express your love and support.
- Remind your child that things will get better in time.

What should you know about antidepressant medicines?

Antidepressant medicines often work well for children who are depressed, but there are some important things you should know about these medicines.

- Children who take antidepressants should be watched closely. These medicines may increase the risk that a child will think about or try suicide, especially in the first few weeks of use. If your child takes an antidepressant, learn the warning signs of suicide, and get help right away if you see any of them. Common warning signs include talking, drawing, or writing about death; giving away belongings; withdrawing from family and friends; and/or having a plan, such as a gun or pills.
- Your child may start to feel better after one to three weeks of taking antidepressant medicine, but it can take as many as six to eight weeks to see more improvement. Make sure your child takes antidepressants as prescribed and keeps taking them so that they have time to work.
- A child may need to try several different antidepressants to find one that works. If you notice any warning signs or have concerns about the medicine, or if you do not notice any improvement by three weeks, talk to your child's doctor.
- Do not let a child suddenly stop taking antidepressants. This could be dangerous. Your doctor can help you taper off the dose slowly to prevent problems.

Window and Balcony Safety

from Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.
- EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

'Aging is More... Let's Enjoy the Journey Together': Seniors' Week Offers More This Year

from the City of Calgary



June 5 to 11 is Seniors' Week. Recognized annually across Alberta, Seniors' Week is an opportunity to show appreciation for older adults and the many contributions they make to our communities through volunteerism, assisting charities, and by supporting family members and friends.

This year's celebrations promise to be even more exciting, with specially curated events under the theme 'Aging is more...' designed to showcase the potential in aging. Seniors' sector organizations, not-for-profits, businesses, and individual Calgarians are collaborating to bring about fun and inclusive celebratory events for each day of the week under a different sub-theme: 'More of the things you love,' 'More movement,' 'More music,' 'More learning,' 'More fun with friends and family,' and 'More time to celebrate.'

Whether or not you choose to attend one of the official Seniors' Week events, Age-Friendly Calgary encourages you to celebrate aging in your own way. Help spread awareness within your networks by using the social media hashtags #seniorsweek and #agefriendlyyc. Visit calgary.ca/seniorsweek for the list of activities taking place during Seniors' Week.

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Councillor, Ward 1

Sonya Sharp

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ward1@calgary.ca

@sonyasharpyyc

Hello, Ward 1!

Here's the latest on what's happening in your community and at City Hall:

Residential Parking Permit Changes

A reminder that the Calgary Parking Authority is introducing fees for residential parking permits beginning this spring. The fees have been set on a cost-recovery basis in order to maintain the long-term sustainability of residential parking enforcement and encourage the use of off-street parking options.

Permit-required zones will not be expanding as a result of this change.

Visit calgary.ca/rpp to learn more.

Transit Safety and Community Safety

I continue to watch the situation on Transit and in our communities closely. We are now starting to see the results of Council's increased investments, including infrastructure upgrades and the hiring of more personnel. Our work is far from over, though. I will continue to seek more action until we see this problem resolved.

Improvements to Public Hearings

Calgarians have the chance to speak directly to Council during Public Hearings (usually on land use items) and at Standing Policy Committee meetings on a variety of issues. The City has recently made improvements to make these meetings more accessible to everyone. Learn more about how to have your voice heard at calgary.ca/publichearings.

Neighbour Day

Neighbour Day is coming up on Saturday, June 17! Consider hosting or visiting a Neighbour Day party for some family fun and a chance to connect with your neighbours. The City has a number of resources for a successful event at calgary.ca/neighbourday.

Calgary Transit News

Calgary Transit now offers a weekend group day pass, making it easier to use Transit for weekend events and activities. For \$15, groups of up to five people (including two adults) can ride all day.

Calgary Transit has also increased the number of non-reserved parking stalls at C-Train stations to make Park-and-Ride an easier option for more people.

Visit calgarytransit.com to learn more about these changes.

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