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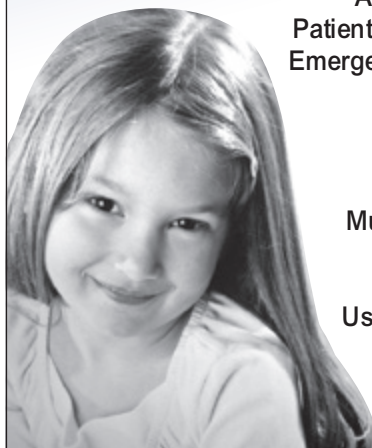
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10 Signs That You May Be Suffering from Anxiety

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.

Retirement Ready?

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Stephen Kunn, BA, CFP, CIM
Portfolio Manager & Financial Planner
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Back-to-School Safety Tips

A message from the Federation of Calgary Communities

The school year should be safe and educational for everyone – kids and parents should be aware of the following safety tips before the start of the semester.

Safety Tips for Your Child:

Make sure that your child knows the following:

- Their full name, age, address, area code, home phone number, and parents' work/cellphone number(s).
- How to contact police, fire, and EMS in an emergency (9-1-1) and in a non-emergency (403-266-1234).
- To use the same route to and from school.
- Where the safe places are to play (front and backyards, playgrounds).
- What places to avoid (vacant lots or dark, wooded, bushy areas).

If your child is being followed by a person or car, make sure that they know to do the following:

- Turn and run in the opposite direction;
- Get a description and licence plate number of the stranger's vehicle if possible;
- Run to the closest safe place; and,
- Stay in open areas that are visible.

Remember to tell them that uniformed police officers are friends who can be trusted.

The Stranger Rules

Familiarize your child with "the stranger rules." These rules will help keep them safe.

- Never talk to strangers.
- Never take anything from strangers.
- Never go anywhere with a stranger.
- Do not be fooled by tricks or phoney conversation.
- If a stranger tries to grab you, yell, scream, and kick.
- Never tell a stranger that you are by yourself or that your parents or guardian are not home.
- It's a good idea to implement a difficult to guess, but easy to remember, "code word" that an adult must share with your child before your child trusts/goes anywhere with them (e.g., the colour of their shirt, what they had for breakfast that morning, etc.).



Word of the Month

Metanoia: noun (met-uh-noi-uh)

A transformative change of heart.

"Upon finishing her book, Alice experienced a metanoia."

A Shopper's Guide to Premiumization

by the Better Business Bureau



Premiumization is when companies offer higher-end products and services for a premium price. Airlines selling both business class and economy seats is a classic example. Another is car manufacturers offering a standard model and one featuring heated seats and leather trim.

While these two examples have been around for decades, premiumization has expanded since the COVID-19 pandemic. Now, businesses selling everything from beauty products to booze are adding new premium options and services. As a consumer, evaluating premium options can be tricky. Here are BBB's tips for weighing new premium options and ensuring you get the promised value.

Tips for Navigating Premiumization as a Shopper

Do Your Homework. Brands that offer premium products or services may look like luxury, but as with any purchase, doing some research is vital. Before paying a premium price, ensure the vendor is a trustworthy business with a reputation for good customer service. Look up businesses online to review business ratings and comments from customers.

Understand What Makes a Product Premium. Many business owners are working to maintain profit margins by offering their clients added value in a premium package. However, if a product or service claims to be premium, find out why. Specifically, what makes it better than the basic option? If a vendor can't give you a good answer, skip the premium price and shop elsewhere.

Comparison Shop. To get the best deal on anything, comparison shopping is a must. This is also true when considering a company's premium offerings. Find out what similar companies offer and their price point to see if you are really getting added value for the higher price.

Watch for "Greenwashing." Many companies promote premium options as more sustainable, lower waste, or all-natural. But be wary of misleading green marketing claims. The Federal Trade Commission advises consumers to look for specific information on packages and products that explain why the product is green.

THE FIRST CANADIAN SATELLITE

On September 29, 1962, Canada became the third country (after the Soviet Union and U.S.) to launch a satellite into space. Named after a popular French song, *Alouette-1* was sent to study the ionosphere. It exceeded its expected lifespan of one year, remaining operational for 10 years, and sent millions of groundbreaking data back to Earth.



Brunch Asparagus with Goat Cheese

by Jennifer Puri

Native to the Mediterranean, the roots of the asparagus plant can be traced back to the ancient Egyptians, Romans, and Greeks. Records show it was a prized vegetable in Rome during the Middle Ages. Asparagus saw a rise in popularity in France during the reign of Louis XIV and was enjoyed by fashionable society across Europe. Asparagus was always considered a luxury item until recent times.

Asparagus or “sparrow grass” has been referred to as the King of Vegetables and is low in calories, high in fiber and folate, and rich in vitamins, minerals, and antioxidants.

There are 300 species of asparagus and people have been eating these dark green vegetable spears with tiny leaves on top for centuries. Asparagus has a distinct flavour and is related to onions, leeks, and garlic. Green asparagus is eaten worldwide. White and purple asparagus are sweeter and more flavourful.

Contrary to popular belief, thickness is not an indication of toughness or tenderness. Asparagus stalks are thick or thin from the moment they spring from the ground.

Asparagus can be steamed, sautéed, grilled, or roasted as it is in the following brunch asparagus with goat cheese recipe.

Prep Time: 20 minutes

Cook Time: 25 minutes

Servings: 3 to 4

Ingredients:

- 1 lb. Asparagus spears
- 1 tbsp. Dijon mustard
- 2 tbsp. rice wine vinegar
- ½ tsp. salt
- ½ tsp. coarse ground black pepper
- ½ cup extra virgin olive oil
- 2 cups of cubed white, brown, or multigrain bread
- 2 cups of cherry tomatoes
- ½ cup of crumbled goat cheese or feta cheese
- 2 tbsp. of finely chopped parsley, basil, or chives



Directions:

- Prepare marinade by combining mustard, vinegar, salt, pepper, and olive oil in a small bowl. Stir until all ingredients are blended and form a smooth mixture.
- Heat Oven to 375 degrees Fahrenheit.
- In a medium size bowl, toss together bread cubes, cherry tomatoes, and 2 tbsp. of the marinade. Spread the bread cubes and cherry tomatoes in a single layer on a baking tray. Place tray on the middle rack of the oven and bake until bread cubes turn a light brown and cherry tomatoes have softened (approximately 12 minutes).
- Remove from oven and set aside.
- Increase oven heat to 400 degrees Fahrenheit.
- Prep the asparagus spears by rinsing under cold water and patting dry with paper towel. Remove and discard the tough bottom parts of the spears and then spread them in a single layer on a foil lined baking tray. Drizzle remaining marinade over the spears and then place on the middle rack in oven. Bake time is 8 to 10 minutes for thin spears, 10 to 12 minutes for medium spears, and 12 to 14 minutes for thick spears.
- Remove asparagus when cooked and arrange on a serving platter. Top with croutons, cherry tomatoes, crumbled goat cheese, and garnish with chopped fresh parsley, chives, or basil leaves.

Brunch asparagus with goat cheese can be served at lunch or brunch and pairs well with eggs, roast ham, chicken, or turkey.

Bon Appétit!



Choosing the Best Plant-Based Beverages

by Alberta Health Services



Someone may choose to drink plant-based beverages because of allergies, a vegetarian diet, intolerance to cow milk, or cultural or personal taste preferences. These beverages look like milk and are often called “milks” but the nutrients they provide may be different.

Plant-based beverages are made from legumes, nuts, seeds, and grains, such as oat, soy, coconut, cashew, or almond.

Guide to Choosing a Plant-Based Beverage

With so many options, it is important to pick a plant-based beverage that meets your nutritional needs. Read the Nutrition Facts table on beverages before you buy and then select a beverage that:

- Is unsweetened or has less than 15 percent daily value (less than 15g) of sugar per one cup (250 ml).
- Has at least six grams of protein per one cup (250 ml).
- Has at least 23 percent daily value of calcium per one cup (250 ml).
- Has more than 10 percent daily value of vitamin D per one cup (250 ml).

Read the ingredient list to see if vitamins and minerals have been added to the drink. If they have been added,

the drink has been fortified. This information usually appears on the ingredient list as “Vitamin and Mineral Blend.”

If you choose plant-based beverages, serving advice is as follows:

Children under the age of two

Plant-based beverages do not contain enough fat, calories, and nutrients to help children’s brains and bodies grow and develop. Feed your child breastmilk or infant formula.

For others

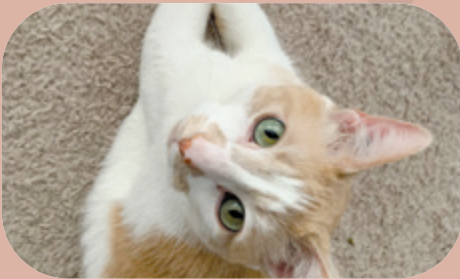
- Offer two cups of a fortified plant-based beverage daily to children aged two and up.
- Older adults can meet their needs with one to two cups of a fortified plant-based beverage while also eating other protein foods as part of their diet.
- Two cups of a fortified plant-based beverage and a daily vitamin D supplement of 400 IU will help meet your nutrient needs when pregnant.

In addition to selecting a nutritious plant-based beverage, choose a variety of protein foods for meals and snacks. Try beans, lentils, tofu, eggs, nuts, and seed butter, fish, poultry, and lean meats.

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Biscuit, Deer Run



Tiger, Copperfield



Walter, Evergreen



Xanthe, Copperfield

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Tuscany Real Estate Update

Last 12 Months Tuscany

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2023	\$ 629,900	\$ 642,893
June 2023	\$ 629,900	\$ 650,000
May 2023	\$ 641,950	\$ 634,200
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

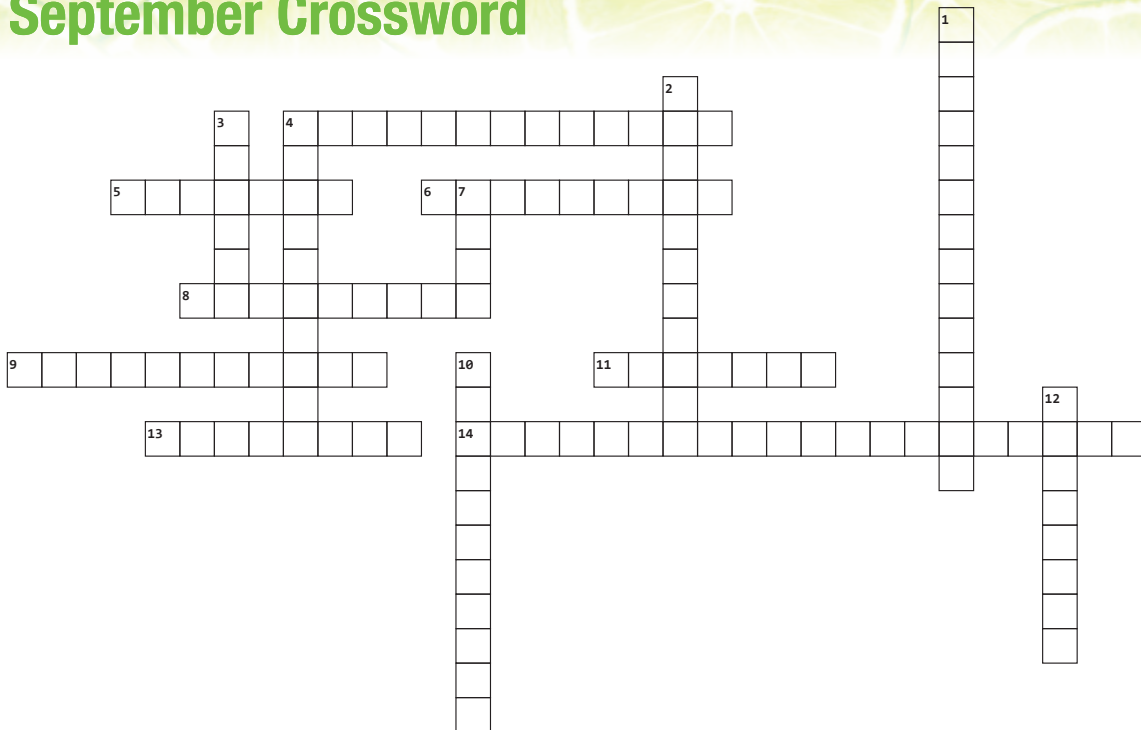
Last 12 Months Tuscany

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2023	31	26
June 2023	31	37
May 2023	48	34
April 2023	27	34
March 2023	34	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

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

September Crossword



Across

4. On September 23, 2023, also known as the _____, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _____ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the _____ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal _____ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International _____ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



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The parliamentary session is on break until mid-September. I enjoy spending summertime in Calgary where I see many people at community events. Thanks to the local organizations for inviting me to participate, I had fun serving breakfast and engaging in conversations about issues that matter to you.

The current government continues to add fuel to the inflationary fire by increasing the carbon tax which raises the price of just about everything. On July 1, a second carbon tax called the Clean Fuel Regulations came into effect. These regulations will cause the cost of fuel to increase. There's no rebate for this new tax.

According to the Parliamentary Budget Officer, the tax will hit lower income families hardest, because people with lower incomes spend a higher proportion of income on necessities like home heating, transportation, and transported goods (such as food), making it a regressive measure.

There are better, more effective ways to reduce emissions than a tax plan, including Carbon Capture, Utilization and Storage (CCUS), hydrogen, nuclear, new emissions control technologies, and globally replacing coal with responsibly produced Canadian resources.

A Conservative government would repeal both carbon taxes and focus on better technology and displacing higher foreign emissions to meet Canada's global responsibilities.

Constituents are welcome to contact me with concerns related to federal policy. Feedback from constituents is critical and helps me know what constituents think about matters under federal jurisdiction.

If you are experiencing a delay in government services, and your application has passed the current processing time, my staff may be able to assist. The service standards vary over time, particularly for immigration-related applications, so please check processing times online.

It remains my honour to represent you at the House of Commons as your Member of Parliament.

Pat Kelly



MLA Calgary-North West
Hon. Rajan Sawhney
Minister, Advanced Education
7223 – 8650 112 Ave NW T3R 0R5
📞 403-297-7104
📠 Cell: 587-432-0348

Welcome to my first monthly report to the constituents of Calgary-North West. I was elected on May 29, succeeding your former MLA, Sonya Savage. My thanks for Sonya's exemplary service to our community and province.

I am honoured to represent you. I commit to listening to your concerns, helping to solve your provincial government problems, and advocating for your issues in Edmonton.

My office is now open and my staff and I are ready to help. We are at Suite 7223, 8650 112 Avenue. Please call ahead to visit in person. The phone number is 403-297-7104. Email me at Calgary.NorthWest@assembly.ab.ca or visit my website at RajanSawhney.ca. There you can sign up for my newsletter, and link to follow me on Facebook, X (Twitter), and Instagram.

A word about who I am. I was born and raised in Calgary. I married the love of my life and we have four children. This summer, my husband and I celebrated our thirtieth anniversary and walked our daughter down the aisle.

I earned a degree in Economics and Political Science and an MBA from the University of Calgary. Prior to politics, I worked in the oil and gas industry for over 20 years in economic and business development roles.

I was elected as MLA for Calgary-North East in 2019. I served as Ministers of Community and Social Services, Transportation, and Trade, Immigration, and Multiculturalism. I am currently Minister of Advanced Education, a responsibility I consider particularly important for Calgary-North West. Families want their children to build rewarding careers by receiving quality, accessible, affordable post-secondary training.

Thank you for having faith in me. I am truly grateful for the opportunity to serve you.



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