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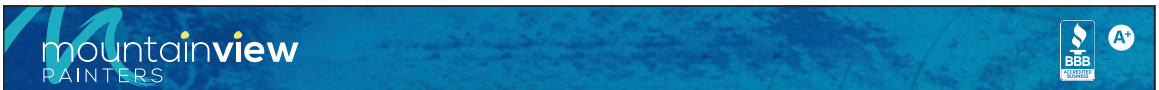
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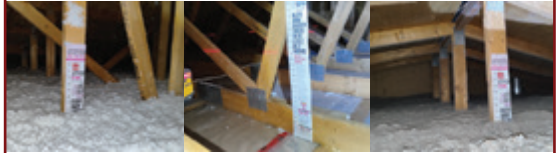
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Strawberry Skies Forever

The first full moon of summer is called a Strawberry Moon! It may occasionally appear to have a reddish hue when close to the horizon. This year, the Strawberry Moon will peak on June 29!

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TUSCANY CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



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## News from the Friends of Nose Hill

by Anne Burke

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**Councillor Kim Tyers**  
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The City Nature Challenge is a global community citizen science event wherein community groups, experts, and residents collaborate to find all types of nature around them. In the Calgary Metropolitan Region, the top 150 users in 2024 surpassed 10,000 observations. By then, they had uploaded a total of nearly 40,000 observations of Calgary’s local flora and fauna. The year marked the tenth anniversary of both iNaturalist and the City Nature Challenge. For the Calgary Area, in 2025, there were 15,923 observations, 28,462 identifications, 891 species, 659 identifiers, and 356 observers. In 2026, the eighth annual Calgary City Nature Challenge focused on data quality for plants, insects, fungi, and wildlife. All information on Calgary’s natural areas posted on iNaturalist can be used to revise and update the 1980 Calgary “Green Book” by 2030. Although you do not need an expert to lead a nature walk, John McFaul of Nature Calgary, in cooperation with Bird Friendly Alberta, guided field trips on Nose Hill. The group met near the 64 Ave and 14 Street NW parking lot. Much of their trip was off paved trails and on unlevel ground. A previous walk started at the Berkley Gate and 14 Street NW entrance. Calgary was one of the first certified Nature Canada Bird Friendly Cities. Injured birds can be rescued, in early morning and at night, but, of course, prevention is preferred. The aim is to identify and reduce threats since, in an urban environment, city lights and reflections cause collisions. Window treatments can help. Also turning off unnecessary lights. During fall and spring migrations, downtown is unsafe due to tall buildings, especially at night. Wildlife cameras examine how birds travel and weather radar is used to predict flight directions to support conservation and research. Learn more at <https://birdcast.org/>.

# Backyard Play Safety

by *Emergency Health Services*

Emergency Health Services (EHS) Alberta would like to encourage parents and caregivers to ensure that their backyard play area(s) is made safe for children. 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.

### 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.

### Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- 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, and lockable gate.

### 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) 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 9-1-1.



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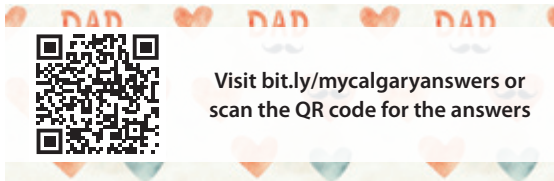
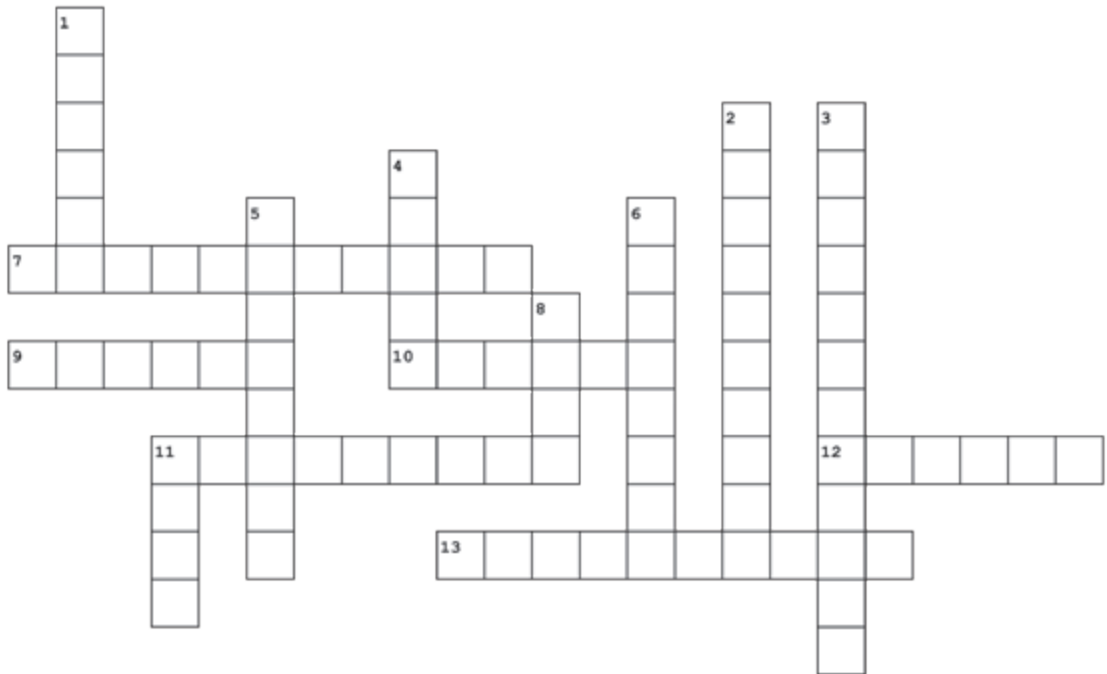
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### Across

7. This colourful *My Little Pony* represents the element of loyalty.
9. June 2025 saw the premiere of this live action adaptation; *How to Train your* \_\_\_\_\_.
10. These citrus fruits can be made into a refreshing drink on a hot June day.
11. This famous author published what she claims to be her final book, *In the Unlikely Event*, on June 2, 2015.
12. This water zodiac sign covers the last of June's birthdays.
13. This holiday, established Sonora Smart Dodd occurs on June 21, 2026.

### Down

1. This famous singer, \_\_\_\_\_ Grande, was born on June 26, 1993, and was recently in the 2024 movie adaptation *Wicked*.
2. National \_\_\_\_\_ Peoples Day is celebrated in Canada on June 21.
3. This classic Spielberg movie about dinosaurs was released in theatres on June 11, 1993.
4. This gem associated with wisdom is also the birthstone for June.
5. *Elvis Presley* performed this song on June 5, 1956, on the *Milton Berle Show*.
6. The summer \_\_\_\_\_ marks the beginning of longer days in the Northern Hemisphere.
8. This white bird is commonly a symbol of peace.
11. \_\_\_\_\_ is the Roman counterpart to Hera, the Greek goddess of marriage.





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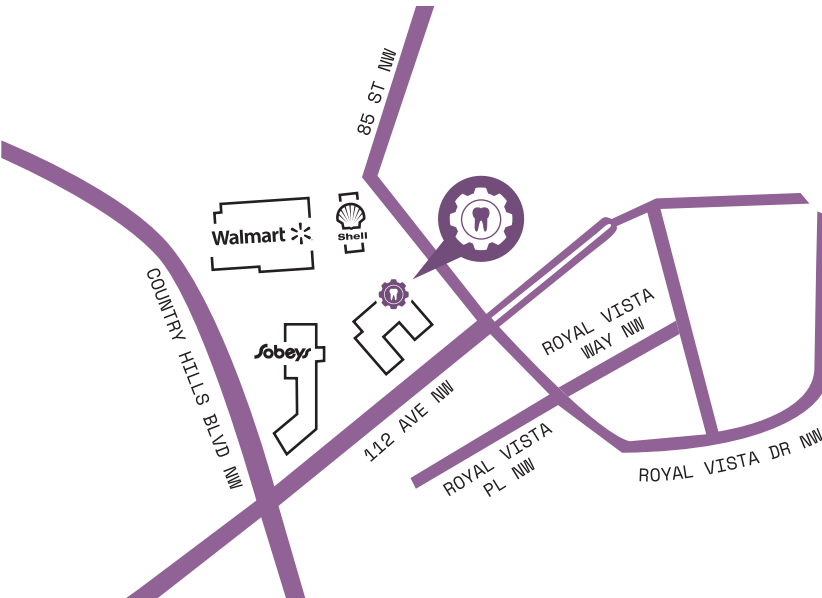
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## When Love Starts to Feel Like Logistics

### Practical Psychology for Everyday Life

by Rebecca Pink, Registered Provisional Psychologist

It rarely happens all at once. More often it is a slow shift. Between busy schedules, work demands, and the mental load of daily life, conversations become practical. Connection gets replaced with coordination. "Did you grab the groceries?," "What time is practice?," "Can you handle bedtime tonight?"

And at some point, many couples find themselves wondering: When did we start feeling more like roommates than partners?

If this feels familiar, you're not alone. This is one of the most common experiences couples share, especially as life gets busier and more demanding. It's not necessarily a sign of deeper issues; it's often a sign that life has simply taken up more space than the relationship.

Over time, interactions can become increasingly transactional. Necessary yes, but they can crowd out the smaller moments of connection that relationships rely on.

Connection is built in subtle ways: a comment about your day, a shared laugh about something that made the day a little lighter, or even a small attempt to connect in the middle of a busy day. These moments are easy to miss, or just as easy to brush past when we are tired or distracted.

Rebuilding connection doesn't require big changes. It often starts with noticing and responding to those small moments. Relationships are often built on many small moments, those shared rituals that keep connection feeling alive, meaningful, and fun.

Pausing to listen, looking up instead of away. Taking a few minutes to check in, not about tasks, but about each other. These moments may seem minor, but they add up. Over time, they help shift a relationship from simply functioning to feeling connected again.

If things have been feeling a bit distant lately, it may not mean you've grown apart, it may mean your connection needs a little more attention. Sometimes, even the smallest turn toward each other is where connection finds its way back, reminding us that we're still in this together.

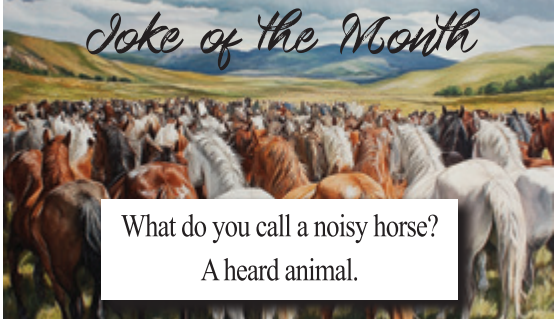


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*Joke of the Month*

What do you call a noisy horse?  
A heard animal.



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**PLAY GAMES FOR PRIZES**  
**AGES 4 - 19**

**JUNE 21, 2026**

**U04 - U06 10:15 AM - 11:00 AM**  
**U07 - U09 11:00 AM - 12:00 PM**  
**U10 - U19 12:00 PM - 1:00 PM**

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### Underfoot: The Broadleaf Plantain

by H.N Wells



*Plantago major*, or, the broadleaf plantain, is a Eurasian plant commonly referred to as a weed in North America. It was likely introduced into the Americas during the seventeenth century and can now be found widespread across both Canada and the US. Plantain is an incredibly resilient plant, and thrives in almost any conditions, including compact or disturbed soil - as a result, *Plantago major* and other members of its genus tend to grow alongside human-made trails easily and are abundant in urban and agricultural settings.

This funky little flora has some interesting uses! Historically, the plant has been used for both its antibacterial and anti-inflammatory properties, often as a quick in-the-field remedy. Its use dates back as far as the Romans! Pliny the Elder, in *The Natural History*, describes *Plantago lagopus* and *Plantago altissima*, relatives of *Plantago major*, as having natural cauterizing

properties. Traditional herbalism also utilizes plantain (and its relatives) for these purposes. Plantain poultices were (and still are) very common. That being said, urban and agricultural weeds are often treated with herbicides, so tread carefully should you decide to try it out.

The broadleaf plantain has since become a naturalized plant - as in, it no longer requires human intervention to spread or to be maintained, as is the case with many ornamental plants. Flora of this category may become invasive should they begin to diminish the resources available to native flora. At this time, *Plantago major* is typically considered to be invasive.

The next time you're walking along the pavement, take a look at the ground! You might notice a small plant with round leaves and spike-like flower stems - that's the plantain, always underfoot.

## WORD OF THE MONTH

### Peristeronic

adjective (puh-riss-tuh-rah-nick)  
Of, relating to, or resembling pigeons.

That statue is rather peristeronic.



# What is Intimate Betrayal Trauma?

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



Intimate betrayal trauma occurs when someone you deeply trust—most often a romantic partner—violates the emotional, physical, or relational safety of the relationship. This can include infidelity, compulsive sexual behaviour, hidden relationships, financial deception, or ongoing dishonesty. What makes this type of trauma so uniquely painful is not just the behaviour itself, but who it comes from: the person you rely on for safety, connection, and truth.

This isn't just "being hurt" or "going through a breakup." Intimate betrayal trauma disrupts your sense of reality. Many people describe it as having the ground pulled out from beneath them. The relationship you thought you were in suddenly feels uncertain or even false, and your nervous system reacts accordingly.

### What It Feels Like

The experience can be overwhelming and disorienting. Emotionally, there may be waves of shock, anger, grief, anxiety, and deep sadness—sometimes all within the same hour. Many people feel obsessive, unable to stop thinking about what happened, replaying conversations, or searching for more information.

Cognitively, confusion is common. You may question your judgment, your memory, or your ability to trust yourself. Thoughts like "How did I not see this?" or "What else don't I know?" can become constant companions.

Physically, betrayal trauma often shows up in the body. Sleep disruption, loss of appetite, nausea, fatigue, and heightened startle responses are common. Your body is reacting to a perceived threat—because, in many ways, your sense of emotional safety has been threatened.

Relationally, you may feel torn. Part of you may want answers, closeness, or repair, while another part wants distance or protection. This internal push-pull can feel exhausting and confusing.

All of this is a normal response to an abnormal situation. Your system is trying to make sense of something that doesn't fit.

### 1. Slow Things Down

You don't need to decide the future of your relationship right now. Give yourself permission to pause. Trauma creates urgency, but clarity comes with time and regulation.

### 2. Get Support—But Choose Carefully

It's important to not go through this alone, but be mindful about who you tell. Well-meaning friends or family may react strongly, offer advice that doesn't fit, or unintentionally increase your distress. Look for grounded, non-reactive support. A therapist trained in betrayal trauma can be especially helpful.

### 3. Prioritize Your Nervous System

Focus on basics: sleep, hydration, nutrition, and gentle movement. Even if you don't feel like eating or resting, small consistent efforts matter. Grounding practices—like slow breathing, going for a walk, or placing your feet firmly on the floor—can help regulate overwhelming emotions.

### 4. Limit Information Overload

The urge to know everything immediately is understandable. However, excessive questioning, checking, or investigating can intensify distress. Work toward pacing information in a way that feels manageable, ideally with professional support.

### 5. Create Immediate Safety

Ask yourself: What do I need right now to feel a bit safer? This might mean emotional boundaries, physical space, or clarity about immediate next steps. Safety doesn't have to be permanent—it just needs to help you get through the moment.

### 6. Be Cautious with Big Decisions

Avoid making major choices (like ending the relationship, moving out, or making financial decisions) while in acute shock. Your thinking will likely shift as the intensity settles.

### 7. Remind Yourself: Your Reactions Make Sense

You are not "overreacting." Your mind and body are responding to a rupture in trust and safety. This is what trauma looks like.

# Get Ready for Hail Season: Climate Ready Home Tips and Tools

by The City of Calgary



Hailstorms can cause significant damage to homes and property. Calgary is in “hail alley,” a hotspot for hailstorms in Canada, which makes all Calgary communities at risk of being hit by hail. The City’s Climate Ready Home Program shares practical guidance to help you reduce damage risk before storm season and make more resilient repair or upgrade choices.

Start at [calgary.ca/ClimateReadyHome](https://calgary.ca/ClimateReadyHome) to:

- Review your home insurance policies to make sure you’re covered for hail damage.
- Monitor local weather forecasts and Alberta Emergency Alerts for storm watches/warnings, and if possible, store vehicles and belongings in a covered area.
- Explore home upgrades and resilient materials (for example, Class 4 impact-resistant roofing and hail resilient siding such as fibre cement) using Climate Ready Home resources as a guide.

These resources provide non-emergency guidance to help you take practical steps ahead of severe weather. Learn more at [calgary.ca/ClimateReadyHome](https://calgary.ca/ClimateReadyHome).

# Where There’s Water, There’s Risk

by The City of Calgary



With summer finally approaching, the Calgary Fire Department is urging Calgarians to stay safe when enjoying our city’s rivers and lakes.

Each year, we respond to a lot of calls to help citizens on our waterways, so we have compiled some information to help you stay safe.

Always Scout, Assess, and Decide from shore before going on the water.

- Scout the waterway for potential hazards, and check weather and water conditions.
- Assess the level of danger and assess the swimming and paddling skills of your group.
- Decide if it is safe to swim, raft, boat, or paddleboard.

Bring the right supplies:

- Watercraft suitable for the body of water and conditions.
- Properly fitting life jackets for everyone on board.
- Water, hats, and sunscreen.
- Cell phone to call for help in case of emergency.
- A complete water safety kit.

### What’s In a Water Safety Kit?

Water safety kits are required on all types of watercraft, including kayaks, paddleboards, canoes, dinghies, inner tubes, and rafts.

Water safety kits should include:

- Water bailing devices to remove water from inside the watercraft.
- A sound-signalling device (portable air horn, whistle, mechanical whistle, or bell) to alert others of your approach, or in case of emergency.
- At least 15 metres of heaving rope, towing line, or floating line to help pull your watercraft to safety.
- Waterproof LED flashlight and SOS mirror to call or signal for help in an emergency.

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Councillor, Ward 1

**Kim Tyers**

✉ [Ward1@calgary.ca](mailto:Ward1@calgary.ca)

☎ 403-268-2430 | 📷 @Kim.Tyers

📘 YYCKimTyers | 📧 @Kim\_Tyers

🌐 [Calgary.ca/ward1](http://Calgary.ca/ward1)

### Spring is Here - And So Is the Work Getting Done

With spring in full swing, work is ramping up across Ward 1.

Street cleaning is already underway and will wrap up this month. For more information about when your street will be cleaned, visit [calgary.ca/sweep](http://calgary.ca/sweep).

At the same time, community cleanup events are back until September. These events give residents a simple way to get rid of unusable household items and helps keep our neighbourhoods looking their best. For the full schedule, please visit [calgary.ca/cleanups](http://calgary.ca/cleanups).

### Getting Results on Roads and Infrastructure

I recently joined Mayor Farkas in kicking off the 2026 Pothole Blitz!

With warmer weather upon us, crews are working hard across the city repairing roads, sidewalks, and pathways. Ensuring communities have safe and reliable infrastructure is a priority for me.

If you notice potholes or areas needing repair, please contact 3-1-1 and let my office know. I am always accessible and listening to our community. Your feedback drives where action is needed most.

### Supporting Residents Through Construction

Work is now underway on Stage B of the Bears paw South Feeder Main Replacement Project from 73 Street NW to 89 Street NW, with a potential extension to the Bears paw Water Treatment Plant.

I know construction can be disruptive and I am focused on ensuring residents have the support and information they need.

Resources are available at the Community Resource Centre at the Bowness Community Association. For questions, please email [BSFMPProject@calgary.ca](mailto:BSFMPProject@calgary.ca).

### Serving You at City Hall and in the Community

This month, I have the honour of serving as Deputy Mayor. It is a privilege to represent Calgary and support the work happening across our city.

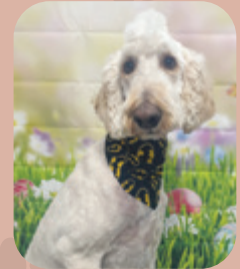
As always, please contact my office to share feedback or invite me to your community event.

*Kim Tyers*

## Cats, Canines, & Critters of Calgary



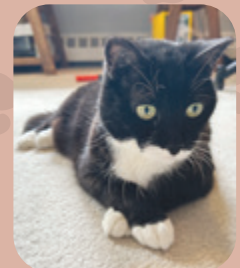
Coco, Shawnessy



Copper, Hidden Valley



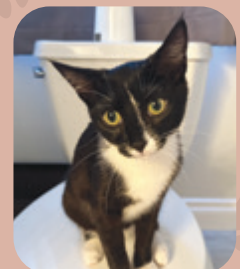
Dino, Hanson Ranch



Horst, Mission



Pepper, Evergreen



Tia, Currie Barracks



Vincent, Quarry Park



Yoshi, Canyon Meadows

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