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News from the Friends of Nose Hill

by Anne Burke

Nose Hill is an isolated remnant of the upland plain that flanks the Bow River Valley. It also includes side slopes (escarpments) and ravines that cut into the upland plain. Domestic dogs are a major user of Nose Hill Park. The remaining large mammals on Nose Hill are deer and coyotes. Almost one third (31%) of users are dog walkers and many leave their animals unleashed. It was recommended that bird and rare plant inventory be conducted for Nose Hill as a baseline against which impact predictions can be tested. The Park is a grassland-dominated natural area, along the western edge of the Foothills Fescue Natural Subregion, where it abuts the Foothills Parkland Ecoregion. The deciduous forest (aspen and balsam poplar), native (rough fescue) grassland, and tall willow communities are primary foraging and breeding habitats in the Park.

The grass known botanically but popularly as “rough fescue” was adopted as the grass emblem of Alberta. It was designated officially in 2003 due to the efforts of the Prairie Conservation Forum. www.albertapcf.org/. The province has the largest area of rough fescue grassland in the world and is the only place in North America that hosts the plains, foothills, and northern variations. Rough fescue provides excellent year-round forage for wildlife and livestock; and is a symbol of Alberta’s prairie heritage and the need for the conservation of our rich biodiversity of native grasslands.

The City of Calgary has unveiled its new brand as “Blue Sky City.” The provincial shield already features blue skies over a range of snow-capped mountains with green hills, prairie land, and a wheat field in front. The great horned owl, which is a year-round resident, was adopted as Alberta’s official bird, in 1977, after a provincewide children’s vote.



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Managing Seasonal Allergies

by Alberta Health Services

Allergies occur when your immune system overreacts in response to certain substances, mistaking harmless elements as harmful germs or viruses. Numerous triggers can cause this to happen such as pollens, medicine, food, dust, animal dander, and mould.

If your allergy symptoms occur seasonally, it's likely due to an allergy to specific pollens from trees, grasses, or weeds.

Allergies can range from mild to severe, and some over-the-counter allergy medications may alleviate certain symptoms. Remember to carefully read and follow the instructions on medication labels.

Effectively managing your allergies is key to maintaining good health. Your healthcare provider might recommend tests to pinpoint the exact cause of your allergies. Once you identify your triggers, you can take steps to avoid them, which will help prevent allergy symptoms and potential health complications.

In some cases, immunotherapy could be beneficial. This treatment involves injections or pills containing small amounts of specific allergens. Over time, your body becomes desensitized to these allergens, resulting in reduced or prevented allergic reactions.

Symptoms and Treatment of Seasonal Allergies

Seasonal allergies can happen during any season and are very common. Some symptoms include:

- Itchy, watery eyes
- Sneezing
- Runny, stuffy, or itchy nose
- Temporary loss of smell
- Headache and fatigue
- Dark circles under the eyes ("allergic shiners")
- Drainage from the nose down the back of the throat (post-nasal drip)
- Sore throat, coughing, or snoring

Home treatments are usually all you need to treat seasonal allergies, depending on your symptoms. Medicines you can try for a stuffy nose include steroid nasal sprays, which can also help with red, itchy, watery eyes.

Other treatments include:

- Clean the inside of your nose with salt water to provide relief of a stuffy nose.
- Use a humidifier in the bedroom and take hot showers to help clear a stuffy nose. Follow the directions for cleaning the humidifier.
- If your nose is red and raw from rubbing, put petroleum jelly on the sore area.
- Use over-the-counter allergy medicine to help your symptoms. Use a nasal or oral decongestant (such as Drixoral) to relieve a stuffy nose. For itchy, watery eyes; sneezing; or a runny, itchy nose, try a non-sedating over-the-counter antihistamine, like fexofenadine (such as Allegra) or loratadine (such as Claritin). To help relieve pain, try acetaminophen or ibuprofen.

Preventing Seasonal Allergies

You can reduce your exposure to pollen and other allergens that cause seasonal allergies by:

- Keeping your house and car windows closed.
- Checking the Air Quality Health Index before you go outside.
- Limiting the time you spend outside when pollen counts are high (during midday and afternoon).
- Wearing a pollen mask or dust mask if you need to mow the lawn.
- Limiting your mowing tasks if you can.
- Rinsing your eyes with cool water or saline eyedrops to remove clinging pollen after you come indoors.
- Taking a shower and changing your clothes after you work or play outside.



Anxious Attachment Style? Ten Ways to Show up More Secure in Your Romantic Relationships and Ten Ways You Can Help Your Partner to Feel More Secure

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



Showing up as secure in romantic relationships involves fostering trust, communication, and self-awareness.

1. Work on Yourself – Build your self-esteem and confidence. Know your worth and understand that you are deserving of love and respect.

2. Communicate Openly – Express your thoughts, feelings, and needs openly and honestly with your partner. Encourage them to do the same.

3. Trust – Trust yourself and trust your partner. Trust is the foundation of a healthy relationship. Avoid unnecessary jealousy and possessiveness. Unless they truly show you otherwise, then trust your gut.

4. Set Boundaries – Establish clear boundaries and respect each other's boundaries. Boundaries help maintain a sense of safety and autonomy within the relationship.

5. Be Supportive – Offer support and encouragement

to your partner. Show empathy and understanding towards their experiences and emotions.

6. Maintain Independence – While it's important to be close to your partner, maintain your independence and individual interests. This helps prevent co-dependency and maintains a healthy balance in the relationship. This also helps you show up as a whole person.

7. Address Insecurities – Recognize and address your own insecurities. They can self-sabotage good relationships. Seek therapy or counselling if necessary to work through deeper issues. Do the personal work, you won't regret it.

8. Practice Self-Care – Take care of yourself physically, emotionally, and mentally. Prioritize activities and habits that promote your wellbeing. Your partner will support you in this if they too are healthy.

9. Focus on the Present – Avoid dwelling on past relationship traumas or projecting future fears onto

your current relationship. Stay present and focus on building a positive connection with your partner. Take the time to get to know the new person in your life before making big changes and decisions with them.

10. Seek Growth Together – Continuously work on personal growth and relationship skills together. Attend couples therapy or workshops to strengthen your bond and deepen your understanding of each other. A partner who is open to their own growth and self-awareness is a green flag.

The following are tips to help your anxious partner to feel more secure:

- 1. Communication** – Keep open and honest communication about your feelings, plans, and concerns.
- 2. Reassurance** – Offer regular affirmations of your love, commitment, and support.
- 3. Trust** – Build and maintain trust by being reliable, dependable, and transparent. This allows space for both of you to share and explore your vulnerabilities.
- 4. Empathy** – Listen actively (listen to understand, not defend) and empathize with your partner's emotions and experiences.
- 5. Boundaries** – Respect your partner's boundaries and communicate your own clearly.
- 6. Quality Time** – Spend meaningful time together, creating positive experiences and memories.
- 7. Appreciation** – Show appreciation for your partner's efforts, qualities, and contributions.
- 8. Consistency** – Be consistent in your actions and behaviours to foster a sense of security and stability.
- 9. Problem Solving** – Work together to address any concerns or challenges that arise in the relationship. A relationship is not one sided.
- 10. Self-Care** – Take care of yourself mentally, emotionally, and physically. Your own well-being contributes to the overall health of the relationship.

Book Suggestions:

- *The Power of Attachment* – Diane Poole Heller
- *You are the One You've Been Waiting For* – Richard C. Schwartz
- *Attached* – A. Levine & S. Heller

DRAGON BOAT FESTIVAL DAY



Also known as Duanwu Jie, this Chinese festival occurs on the fifth day of the fifth lunar month, which is June 10 this year. The best way to celebrate this day is by eating sticky rice dumplings and either watching or participating in a dragon boat race; these impressive boats hold up to 90 people, including a drummer who sets the pace and keeps morale up!



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One Pan Chicken Fajitas

by Jennifer Puri

Originating in South and Central America, bell peppers have been cultivated for thousands of years. Available in a variety of colours: red, orange, yellow, green, and even purple, they are related to chili peppers, tomatoes, and breadfruit.

All bell peppers start out as green, but their colour and ripeness depend on the amount of time the pepper spends on the plant. Red peppers are riper, and their flavour is typically sweeter, milder, and generally easier for most people to digest. They can be eaten raw, cooked, dried, or powdered.

Bell peppers are an excellent addition to a healthy diet as they are mainly composed of water with smaller amounts of carbohydrates, protein, fiber, and fat. Rich in many vitamins, antioxidants, and carotenoids they are beneficial for eye health and reduced risk of anaemia.

Peppers can be enjoyed as a snack, in a salad, stuffed, grilled, roasted, pickled, raw, or sautéed as shown in the one pan chicken fajitas recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 3 boneless chicken breasts
- 1 medium white onion
- 1 lime
- 3 red and yellow bell peppers
- 5 tbsp. extra virgin olive oil
- ¾ tsp. chili powder
- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. cumin powder
- ¼ tsp. black pepper
- ¼ tsp. oregano
- Salt to taste

Directions:

- Slice onion and bell peppers (seeds and stems removed) into ¼ inch thick slices.
- In a small mixing bowl, combine 3 tbsp. of olive oil, juice of half a lime, chili and garlic powder, paprika, cumin, black pepper, oregano, and salt to taste. Slice chicken breasts into thin strips and add to the spice mixture.

- Add half the chicken pieces to a large non-stick frying pan or skillet and sauté over medium to high heat until cooked, about four to five minutes. Remove from pan and repeat with remaining chicken.
- Set cooked chicken aside and add 2 tbsp. of olive oil and the sliced onions to the frying pan. Sauté for two minutes then add the sliced peppers and continue sautéing until peppers are cooked and brown at the edges. Add the cooked chicken and combine with the peppers and onion until heated through.
- Serve chicken fajitas over warm tortillas with a squeeze of lime, avocado, sour cream, and pico de gallo.

Bon Appétit!





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Hello, Ward 4 Residents,

Celebrate Neighbour Day in your community on Saturday, June 15! Get involved in this year's event by gathering with your neighbours for a block party or community event. In addition to the many neighbourhood events that will be happening across the city on June 15, Calgary Public Library is hosting Indigenous programming at select locations, while Sport Calgary's All Sport One Day will offer children a free opportunity to try out a new sport.

Neighbour Day is our city's annual celebration of community connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Good things happen when you get to know your neighbours. Social connection with neighbours reduces loneliness and isolation and builds strong communities where people feel they belong.

Visit calgary.ca/NeighbourDay.

Every year on July 1, Calgarians and visitors gather downtown for Canada Day. This City of Calgary event is free and family-friendly, featuring Indigenous and cultural performances, live music, activities, art, and more.

Canada Day is for everyone. It's a time to honour the rich traditions of Indigenous history and culture and welcome those who move here from all over the world. We can all be proud to live in a great city and country where people from all walks of life come together on Canada Day to celebrate culture and community.

Have your say today at calgary.ca/CanadaDaySurvey. The deadline to provide your input is July 4, 2024. Feedback collected will be used to shape future Canada Day celebrations in Calgary.

Happy June to you and yours!

Cheers,

Cllr. Sean Chu

Hear that? Summer is knocking! As we open the door to beautiful weather, we can look forward to the many wonderful things our community has to offer. I'm personally looking forward to mural painting with children in the community and planting big bouquets of flowers.

As we approach summer, we have many events being hosted by our fantastic community organizations. I've already had opportunities to attend Farmer's Markets, community cleanups, breakfasts, and BBQs. These annual events bring us together and are wonderful opportunities to meet friends and neighbours. There is nothing better than spending an afternoon on a patio on a beautiful summer day chatting and reconnecting with beloved friends.

June is Pride Month! I'm excited to celebrate my LGBTQ+ friends and my heart is filled by the welcoming nature of the community of Calgary Edgemont. I have so much admiration for the hard work Pride organizations are doing and it's truly touching to have the support of community members. It's important to call out hate and to remember that, as a province, we are stronger together.

Our Period Poverty Drive has been an absolute success! I want to personally thank everyone who has donated so far. Our community has stepped up in a big way to help our most vulnerable. I am so thankful and inspired by the generous spirit of our community!

As your MLA, I can provide services such as notarizing documents and letters of support. My office can arrange a scroll of congratulations on a life event such as a Golden wedding anniversary or a milestone birthday. I can't wait to meet many of you at upcoming events and connecting with our community.

Please do not hesitate to contact my office if you have questions or need assistance related to provincial matters: calgary.edgemont@assembly.ab.ca or 403-288-4453.



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New Retirement Hub

June is Seniors Month and a great time to highlight a number of services and benefits that the federal government provides for seniors. The best place to get information is at www.canada.ca/seniors.

This year the federal government has launched Retirement Hub which is available at retraite-retirement.service.canada.ca.

Retirement Hub is the best place to learn about, and plan for, your retirement. It is never too early or too late to learn about your retirement options and plan for your retirement. In fact, the earlier you start your planning, the more options you will have available to you.

The retirement process is broken down into four steps – learn, plan, apply, and manage.

Learning involves getting information about your retirement income options, government retirement programs, and your pension choices. You can learn about investment tips, pension calculations, and managing multiple income sources for your retirement.

Planning involves taking a three-minute quiz that will help you create a personalized checklist to guide you through the next steps. It is critical to know what benefits you will be entitled to and how these sources of income align with your retirements needs (and dreams).

You cannot rely solely on government benefits for your retirement. There are many options available for you to save for your own retirement and, depending on your situation, some are better than others.

Finally, and if you are at that point, applying for retirement benefits is the next step. The Retirement Hub will help you navigate this process to ensure you get all your benefits.

Any person can visit www.canadabenefits.gc.ca at any time to make sure they are getting all the federal benefits they are entitled to. A quick multiple-choice quiz will generate a personalized report with all the information you need to apply.

BRAIN GAMES SUDOKU

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

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Joke of the Month

What do you get from a pampered cow?

Spoiled milk.



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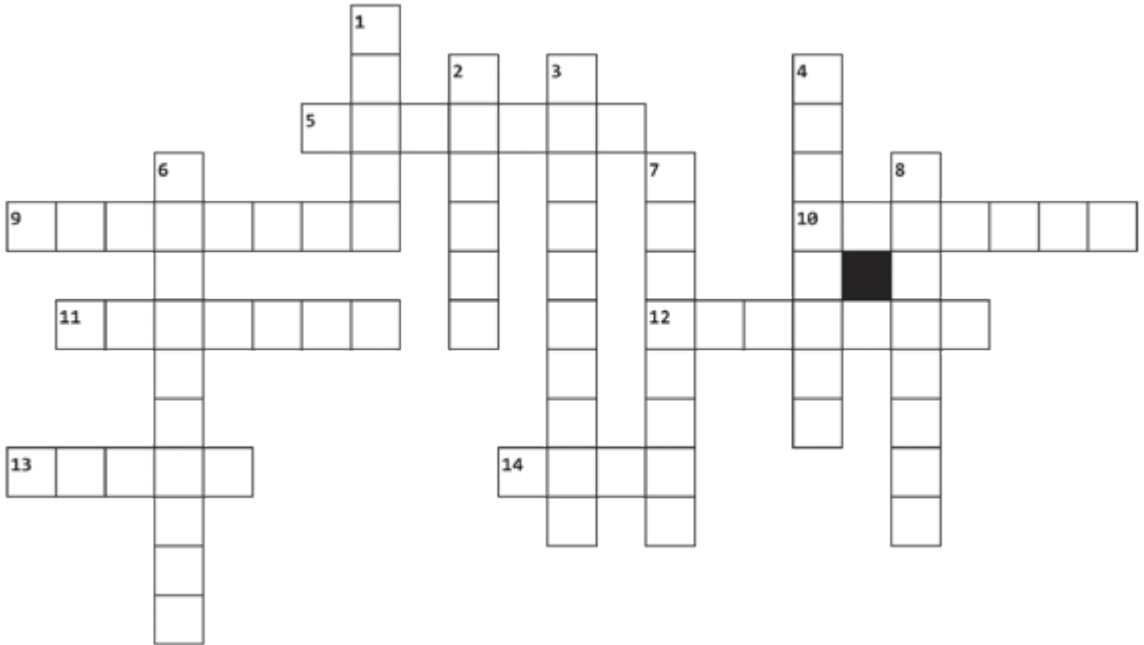
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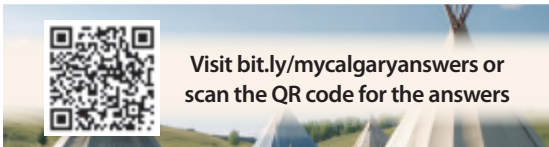


Across

5. On June 21, 1957, Canada's Prime Minister Louis St. _____, who had the distinction of having the longest continuous term as prime minister, resigned.
9. This year's F1 Canadian Grand Prix in _____ will be held from June 6 to 10.
10. In history books, June 21, 1749, marks the date that _____, Nova Scotia was founded.
11. The _____ released their hit album "Sgt. Pepper's Lonely Hearts Club Band" in June of 1967.
12. In June 2003, J.K. _____ released *The Order of the Phoenix*, the fifth book of the Harry Potter series.
13. Interestingly, the most _____ Laureates are born in June.
14. June is named after which Roman goddess of marriage, childbirth, and love?

Down

1. June's birthstone, the _____, is the only stone that is made by a living sea creature.
2. On June 5, 1998, audiences were captivated by the release of "The _____ Show," featuring Jim Carrey in the lead role, portraying a man unwittingly thrust into the spotlight as the star of a live television program.
3. On June 21, Canada honours the contributions of First Nations, Inuit, and Métis peoples by celebrating National _____ Peoples Day.
4. The novel *Crazy Rich Asians*, released on June 11, 2013, later became a film starring Oscar-winning actress _____ Yeoh.
6. June's full moon, known as the _____ Moon, will illuminate the sky on June 21 this year.
7. June 28, 1980, _____ entered Ontario as part of his incredible Marathon of Hope.
8. Founder of Tesla and SpaceX, _____, was born on June 28, 1971.



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