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- Supply & install new toilet with soft close seat
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ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$12,679

SALE \$8,379

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- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
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(FR) Denotes French Immersion Program

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- St. Dominic Fine Arts
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- St. Francis Senior High
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- Madeleine d'Houet Junior High (FR)
- École Terre des Jeunes (FR)
- Ste-Marguerite-Bourgeoys (s)(FR)
- École de la Rose sauvage (FR)

BRAIN GAMES

SUDOKU

2				8	9		6	
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9					3	8	7	
						2	1	7
				4				
8	5	3						
	1	2	3					9
				9			8	
	8		1	7				6

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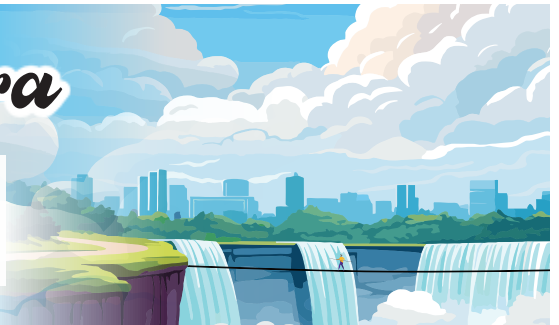
JULY 6 ★ 12:00- 2:00



Hamptons Rink
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Crossing Niagara

June 30, 1859, is a date to mark in your calendar and remember! It was on this day that Charles Blondin crossed Niagara Falls on a tightrope! This feat has since been replicated by many, with the most recent being Nik Wallenda on June 15, 2012.



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



Reminder HHOA Fees are Due June 15

Past Due terms:

18% penalty per annum

NEW as of June 15, 2024 - \$200

admin fee per annum.

*Please include your account number or address when making a payment

Father's Day

Father's Day is a wonderful date to celebrate all father figures and paternal bonds. This celebratory day was proposed by Sonora Smart Dodd in 1909 and takes place on the third Sunday in June every year. How will you celebrate?





Girl Guides

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Spring Break Girl Guide trip to Vancouver Island

Eight Pathfinders/Rangers and three Guiders went to Vancouver Island on March Spring break.

We left Calgary on March 23, 2024, flew to Victoria, rented two vehicles, and drove to Tofino. We stopped along the way to view a few sights and stayed in Tofino at the Tofino Hostel/Hi Whalers on the Wharf.

Day 2 – We went Grey Whale watching (with Remote Passages) and saw cormorants, eagles, seals, many other birds, sea otters, and Grey Whales, including a mama and her calf. The mama whale was teaching the calf how to spy hop, something the guide hadn't seen a grey whale do before! After going to Ucluelet for lunch, we stopped at the Ucluelet Aquarium (a small catch and release aquarium).

Day 3 – We went to Meares Island Boardwalk and Wickaninnish Beach to beach comb.

Day 4 – We drove back to Parksville, stopping at Horne Lake Caves to go caving, then met a Pathfinder/Trex unit for dinner!

Day 5 – We met up again with the island unit to go to the North Island Recovery Centre. The resident animals are wild animals who can't be released back into the wild. There are owls, eagles, peregrine falcons, wild turkeys, pigeons, and ravens. There are also four white ravens! After our visit, our group shopped a bit, went into a few art galleries, then returned to the hotel to use the pool. We had a lovely dinner at a restaurant facing the ocean.

Day 6 – Everyone packed up, then stopped at Pipers Lagoon Park in Nanaimo to see some more amazing views! That evening, we hopped on the plane to come home!

All the participants had a great time on the trip! We made some amazing memories, and great connections!



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Tune in to the New City of Calgary Podcast

by the City of Calgary

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There's a lot that goes on behind the scenes to make this happen. That's why The City of Calgary is introducing a new podcast called *Calgary Conversations, An Insider Pass to the Heart of Calgary's City Hall*.

In each monthly episode, we peel back the layers of our vibrant community, shedding light on the priority areas that shape our city's future. From public safety to housing, downtown revitalization, and beyond, we're here to uncover the stories that matter most to you.

Join us as we embark on a journey of discovery, exploring the narratives that weave the fabric of our city. Through engaging interviews with City staff and partners, in-depth analysis, and compelling storytelling, *Calgary Conversations* offers a fresh perspective on the issues that impact us all.

We're not just here to talk; we're here to connect, educate, and empower you with the knowledge to make a difference in your community.

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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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