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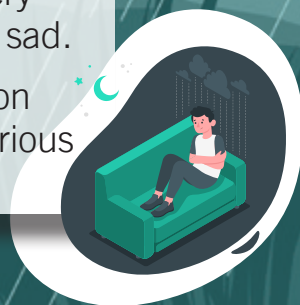
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# Word of the Month

**Lugubrious: Adjective**  
(loo-GOO-bree-us)

Looking or sounding very gloomy and sad.

He droned on in his lugubrious tone.




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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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- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with 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

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## BEFORE THE BEATLES

John Lennon, Paul McCartney, and George Harrison are well-known for their incredible roles in the English rock band *The Beatles*. But did you know that it wasn't the first band these three talented musicians were in together? First, they were in a band called *The Quarrymen*!

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**GREENVIEW**



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## BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

**Servings:** 4

### Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

### Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

### Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!



# What Is a Boundary Really? Understanding the Rules We Set for Ourselves

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.



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## What Are Imaging Tests?

by Alberta Health Services



Imaging tests (also called diagnostic imaging tests) let your healthcare team look for clues inside your body. They can help your doctor find out what's making you feel unwell and find disease early, even when you don't feel sick. Your healthcare team uses the results of your imaging tests along with other information to find out what's causing a health problem (called a diagnosis).

Each type of imaging test shows different details and information about the organs and structures in your body. Your healthcare team chooses which imaging test you need based on your symptoms and the part of your body they want to look at. They'll often send you for more than one type of imaging test to help them understand the problem or cause of your symptoms.

### How Imaging Tests Are Done

Imaging tests use different types of machines and procedures to take pictures of the inside of your body. These tests show what your organs and structures look like. And some even show how well they're working. The information from imaging tests helps you and your healthcare team decide the care and treatment that's best for you.

Many imaging tests are quick, painless, and easy. Some tests are done while you're lying inside of a machine. Imaging tests can be very short, and others take longer to do.

Some imaging tests use a small amount of radiation and others don't. Most imaging tests are non-invasive, but some are minimally invasive. Your healthcare team will let



## GAMES & PUZZLES

### Guess the Canadian Legend!

1. This famous hockey player holds or shares 61 NHL records.
2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



SCAN THE QR  
CODE FOR THE  
ANSWERS!

you know if your test is non-invasive or minimally invasive. Non-invasive means your healthcare team doesn't put a tool or device inside your body. Minimally invasive means your healthcare team passes a tool or device through a small cut in your skin during a test or procedure.

Your healthcare provider will give you instructions for how to prepare for your test. Be sure to follow the instructions carefully.

#### Imaging Tests and Your Health and Safety

Some imaging tests use radiation (a wave of energy), and contrast dye. Image-guided test may also use sedation or anaesthesia (medicine to numb an area or make you sleepy and comfortable). When you or your child has one of these tests, you might have questions about health and safety.

Your imaging healthcare team will watch you closely to keep you safe. Ask them any questions you have about health and safety. You can also talk to your healthcare provider to learn more about safety and imaging tests.

#### The Healthcare Team

When you have an imaging test, you'll meet a technologist. Technologists are healthcare professionals who work in a diagnostic imaging department. They're often the ones who use the equipment and machines to do your test. They make sure the pictures show the right amount of detail and information to help the radiologist make a diagnosis.

Radiologists are doctors who work in a diagnostic imaging department.

- Diagnostic radiologists diagnose diseases. They look at your test results and let other doctors know what they find.
- Interventional radiologists treat diseases with therapeutic imaging procedures. They use imaging tests to guide needles, probes, or other tools inside the body.

Diagnostic imaging departments may also include nurses. Nurses help prepare you for your procedure, support the radiologist, and keep you as comfortable as possible during the procedure. They're also the healthcare team members who watch you as you recover after any type of imaging test or procedure.

Find out more about medical specialists on healthcare teams (<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=spec1>).

### Québec Village



On July 3, 1608, a trading post was established on the site of present-day Québec City that was part fort and part village. Samuel de Champlain fostered fur trades and used this building as a base. We're sure it looked a whole lot different back then!



# Building Your Emergency Food Kit

by Alberta Health Services



Emergencies often happen without warning. They may be natural disasters like floods, wildfires, or severe storms that require evacuation. They could also be events such as extended power outages that require you to shelter in place for some time. In both cases, access to food and water may be limited so it's a good idea to have an emergency food kit ready. Your kit should contain a collection of non-perishables, ready-to-eat food items stored for use during emergencies when access to supplies may be disrupted.

This article will provide information on what emergency food kits are, why they are necessary, and what to include in your kit.

### Why An Emergency Food Kit Matters

During a disaster, you may not be able to shop for food, cook, or access clean water. You may have to evacuate your home with very little notice or be asked to shelter in place. Having an emergency kit is essential. An emergency food kit contains non-perishable foods designed to sustain your family during unexpected situations like natural disasters. Food items that can be stored for a long time without refrigeration are

ideal for emergencies. In addition to peace of mind, having an emergency kit ensures you will have enough energy to handle the physical and emotional stress that emergencies often cause.

When assembling an emergency food kit, it's important to consider both nutrition and practicality. Focus on non-perishable items that are easy to prepare, require minimal cooking, and meet basic needs. Your grab and go emergency kit should contain enough food and water for each member of your family for a minimum of 72 hours. If sheltering at home, ensure that you are prepared for a minimum of 14 days.

### Items to Include

Choose non-perishable foods using the principles from Canada's Food Guide and consider what you might have for meals and snacks. Examples include dry cereal with shelf-stable milk and dried fruit or canned fish, with whole grain crackers and canned vegetables.

Some of these items require minimal heating. If you do not have a camp stove and fuel, as well as pots for an emergency kit, do not choose foods that require some heating.

- **Water:** 4 litres per person, per day for drinking and basic hygiene.
- **Vegetables and Fruits:** Dehydrated potatoes, canned fruits and vegetables, canned vegetable soups, as well as dried fruits.
- **Grain Foods:** Crackers, cereal, granola bars, instant oatmeal, rice, and pasta. Consider whole grain crackers and cereal for added nutrition.
- **Protein Foods:** Protein options include canned beans or canned meat, nuts, seeds, nut butters, and jerky.
- **Milks and Plant-Based Beverages:** Choose options that are sold at room temperature and in special cartons or in cans. These do not need refrigeration until they are opened.
- **Special Diet Foods:** If you have individuals with dietary restrictions, ensure that your kit contains enough specialty foods to last for the full duration of the emergency.
- **Other Foods:** While it's important to focus on essentials, you may also want to include some foods such as canned pudding, chocolate or packaged snacks, tea or coffee.
- **Meal Preparation Materials:** Include plates, cutlery, a multipurpose knife, manual can opener, and hand sanitizer. If you have a camp stove, store it with your emergency food kit as well as fuel and a pot or pan.
- If you have pets, remember to include their water and food needs.

### Practical Considerations

Store food in a cool, dry place and avoid areas prone to moisture or pests. When packing canned and dried goods, opt for smaller containers that can be consumed in one sitting to prevent spoilage once opened. Check foods every year and rotate out those that are nearing expiry as needed. Some foods may last for several years.

Emergency preparedness is essential for every household, and a well-planned food kit can provide comfort, nutrition, and safety during crises. By incorporating a variety of non-perishable items and water, you can ensure that you and your family remain well-nourished and prepared for any emergency.

Setting aside food for emergencies may not be possible for everyone due to cost. There may be resources in your social network or community to go to in case of emergency. Call, text, or chat with 2-1-1 Alberta ([ab.211.ca/](https://www.ab211.ca/)) to find out about financial benefits, programs, and services.

## Cats, Canines, & Critters of Calgary



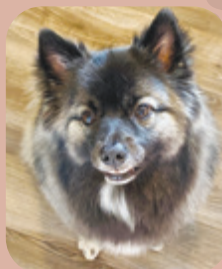
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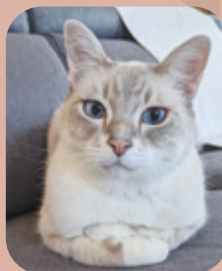
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## **Downtown Summer Festivals and Events**

*by The City of Calgary*



Calgary's Summer Festival Season is in full-swing and downtown is where you'll find the electric energy as people come to experience the ultimate celebration of community, creativity, and culture. With over 100 festivals and events happening downtown this summer, the heart of our city will be bursting with fun and entertainment for everyone.

Whether you are a resident or a visitor, this is your invitation to immerse yourself in the vibrant spirit of our Downtown Summer Festival Season. Downtown is home to some of our proudest landmarks and our biggest celebrations, like Canada Day, Stampede, Carifest, and the Calgary Folk Music Festival. The best of our city is reflected in these festivals and events,

as people come together to have fun, celebrate, and enjoy life's moments.

With a wide variety of entertainment, the Downtown Summer Festival Season has something for everyone and this year, we want to make sure you're just a click away from staying connected. That's why we've created the Downtown Summer Festival Itinerary; a guide to keep you informed about the festivals and events happening downtown from now until the end of September.

Mark your calendars, gather your friends and family, and get ready for an unforgettable Downtown Summer Festival Season. Ready, set, explore! To learn more about the exciting festivals and events happening downtown, visit [calgary.ca/exploredowntown](http://calgary.ca/exploredowntown).



## Bow River

by Garth Paul Ukrainetz

Bow River, Bow River, O where is your quiver  
Where are the arrows you hide deep inside  
Take aim for the moon, let them fly thru the heavens  
Shooting like stars over Calgary skies

Bow River, Bow River, melt of glaciers deliver  
Water flows pure from the mountaintops high  
Your destiny's duty to guard and protect it  
Transporting for all under big prairie sky

Bow River, Bow River, always generous giver  
Jubilation you bring to Alberta's dry land  
For water is life, you bestow of it freely  
Grateful animals drink from the palm of your hand

Bow River, Bow River, mighty warrior consider  
While forward you lead, we'll be watching your back  
To be perfectly clear, we can't take you for granted  
Drought and pollution will sneak and attack



## News from the Friends of Nose Hill

by Anne Burke

Connect: Calgary's Parks Plan replaced the Open Space Plan and the Natural Areas Management Plan. Calgarians have historically and consistently had a strong desire for the inclusion of natural areas as Open Space. As early as 1914, The Mawson Plan recommended protection for the riverbanks. In the 1940s, the public wanted natural park environments to be preserved. Little or no management was considered. In the early 1970s, The Calgary Bird Club assessed several natural areas, including East and West Nose Hill, before specific natural areas management policies were identified. By 1980, City Council adopted the first Nose Hill Park Master Plan, to ensure that natural habitat would remain for wildlife species that use it. The Nose Hill Biophysical and Land Use Inventory was a major project, but any unexpected problem or difficulty was beyond its scope. Instead, The Nose Hill Park Management Advisory Committee was followed by the Nose Hill Park Trail and Pathway Plan.

The Natural Areas Management Plan called for long-term conservation methods to support appropriate public uses. Some activities were dog walking, hiking trails, and weed control. For Nose Hill, as a Major Natural Environment Area, there were guidelines about grazing, wildlife, signage, fallen trees, and brush. As in all Natural Environment Parks, the approach was based on habitat types, with the general principles being fire management, life cycling, planting, restoration, and reclamation. To communicate the aims of protection, management, and permitted uses in a natural environment park, staff training and public education were planned, so as to share information regarding natural areas and natural history in Calgary. The plan was to evolve, with more research and new techniques for managing urban natural areas, as the public perception of Open Space changed, not only in Alberta but across North America.

# Age-Friendly Calgary Essential Numbers for Seniors in Calgary

## 9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

## 8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

## 3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. [www.calgary.ca](http://www.calgary.ca).

## 2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. [www.ab.211.ca](http://www.ab.211.ca).

## 403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

## 403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

## 403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

## 403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

# GRANDPARENT SCAM ALERT

## WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

## BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



**"Court appointed" couriers don't exist. If someone asks to come to your home to pick up payment, it's a scam.**



**If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.**



**Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.**

CALGARY  
POLICE  
SERVICE

**If you have lost money or the scam is in progress, contact the Calgary Police Service at [403-266-1234](tel:403-266-1234)**

**To report a scam in general, contact the Canadian Anti-Fraud Centre at [1-888-495-8501](tel:1-888-495-8501)**





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Happy July!

It's wonderful to be back in Calgary full-time, taking in the joy of community events and the sunshine! I'm looking forward to connecting with all of you in all three quadrants of Calgary-Klein. Keep an eye on my social media for events happening all summer.

Neighbour Day celebrations are always so meaningful as I remember the challenges of the 2013 floods and how Albertans took care of one another. A heartfelt thank you to everyone who hosts, volunteers, and attends the events across our lovely constituency. Your service to community is an example to us all. This year Neighbour Day fell on the same day as Indigenous Peoples Day, one day out of many that I reflect on the importance of our role as Treaty People and how to honour that.

Summer is also AGM season and a time when community associations share their work over the previous year. I'm grateful for your local advocacy, information, and passion. I learn so much from all of you and am honoured to be welcomed to your discussions. Please reach out if your community association or organization needs help with navigating grants or letters of support. Our office is here to help!

I look forward to seeing you at Stampede pancake breakfasts and barbecues. Please do say hello! If you're organizing an event and would like me to attend or support you in any way – please reach out to our office.

In the meantime, I will continue advocating for resources in our communities, classrooms, access to public healthcare when we need it, affordability issues, and all the things we hold dear as Albertans and Canadians! And if you're reading this after July 1 – I hope you had a wonderful Canada Day.

As always, my constituency office is here to help whether you're navigating provincial programs, looking for resources, or simply have a question.

# BUSINESS CLASSIFIEDS

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