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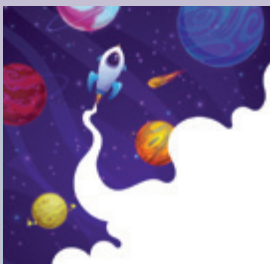
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GAMES & PUZZLES

Space Trivia

1. Which galaxy is closest to the Milky Way?
2. Which planet in our solar system has the most moons?
3. What gas is Saturn mostly made of?
4. What is the coldest planet in our solar system?
5. What was the name of the spaceship that recently flew past the moon before landing back on Earth?



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SCAN ME

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Triwood Writers



What stories have you lived?

You can become part of Triwood Writers! Join us at the Triwood Community Centre in the Foothills Room (downstairs) from 1:20 to 4:00 pm on the first Thursday of each month, year-round.

This group is designed for individuals who are interested in sharing their personal experiences and memories through the art of writing. Members provide friendly, helpful suggestions to help you become a better writer – take them or leave them! We all learn together. Whether you're a seasoned writer or a novice, our group provides a welcoming environment for all.

Bring your stories told in 500 to 1,500 words. You'll circulate your story by email to our small group a week before each get-together. Then we'll meet to discuss every submission. You'll also get feedback on your writing emailed from each member after each meeting.

It's not a writing course! It's an exploration. It's fun!

Each month through our story sharing, our group dives into collaborative feedback, creating community connections and personal growth.

Interested? Contact Colleen Tobman at tobman@tobman.ca and try something new.

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

CHARLESWOOD



COLLINGWOOD



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Confederation Park 55+ Activity Centre

Activity Centre for all adults 18 years of age & older
Located in the Triwood Community Centre

HAPPY
Mother's Day

Upcoming Events & Presentations

PLEASE REGISTER: call 403-289-4780 or visit yycseniors.com/events. All events are 18+.

NEW!! A fee of \$10.00 will be charged to all non-members for Presentations except those where a fee is already required.

MAY

May 4 - (11:15-12:30) The Science of Joy

May 8 - (12:00-2:30) Games Day

May 11 - (11:15-12:30) Solar 101 by Enmax

May 15 - (11:30-2:30) Fashion Show

May 19 - (10:00-12:00) Conversation Cafe

May 27 - (10:00-2:00) Cornhole Tournament for Prize Money & Lunch \$35.00

JUNE

June 1 - (11:15-12:30) Advanced Care Planning

June 15 - (11:15-12:30) Future of Farewells

June 16 - (10:00-12:00) Conversation Cafe

June 19 - (12:00-2:30) Games Day \$12.00

June 22 - (11:15-12:30) TBD

JULY

July 20 - (12:00-2:30) Games Day

July 21 - (10:00-12:00) Conversation Cafe

AUGUST (New Location)

August 19 - (12:00-2:30) Games Day

August 20 - (10:00-12:00) Conversation Cafe

September 22-25 GRAND OPENING WEEK AT THE NEW LOCATION - WATCH FOR A WEEK OF MANY ACTIVITIES!!

Email info@yycseniors.com to join our email list!

Confederation Park 55+ Activity Centre, 2244 Chicoutimi Dr NW, T2L 0W1
info@yycseniors.com | 403-289-4780 | yycseniors.com | [FB @yycseniors](https://www.facebook.com/yycseniors)

**JOIN US AND STAY ACTIVE, STAY ENGAGED
AND ENJOY EVERY MOMENT!**



News from the Friends of Nose Hill

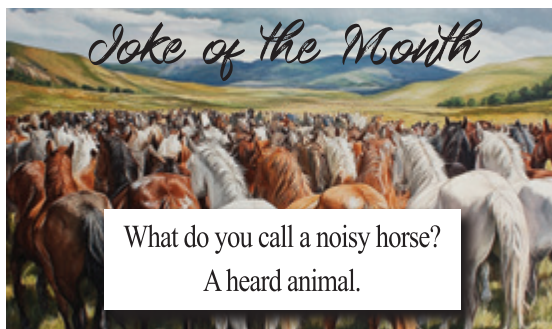
by Anne Burke

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/>.

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Joke of the Month

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

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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.



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JUNE 21st



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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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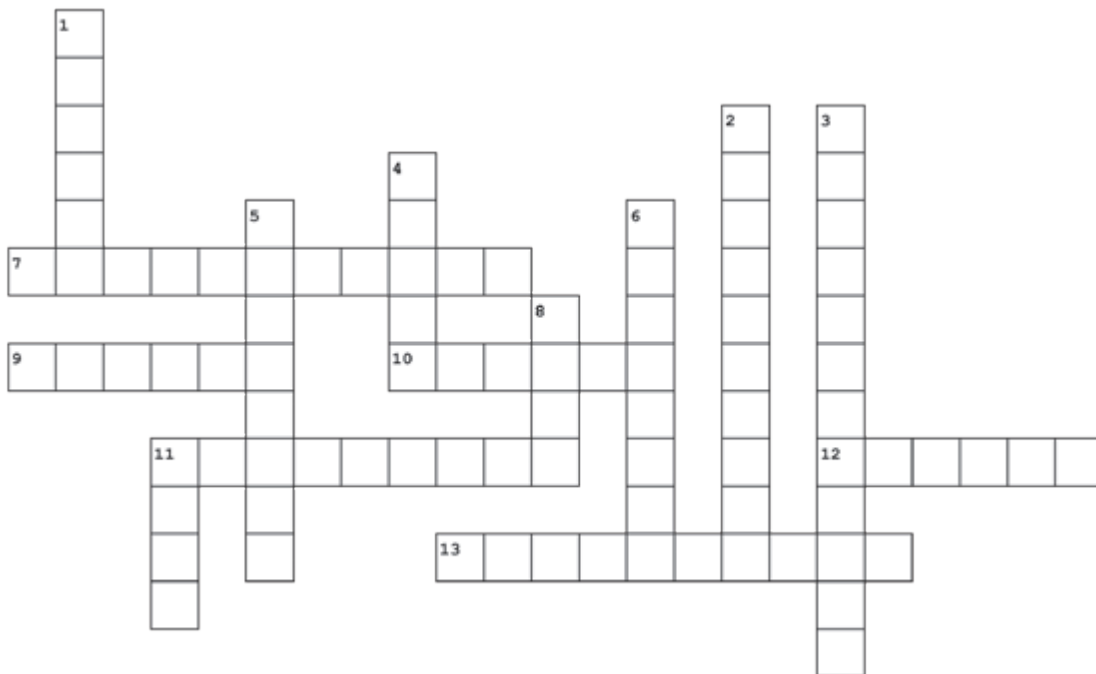
Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
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Any help is appreciated ♥



June Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

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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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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Calgary is a city that builds, competes, volunteers, and shows up. That is why I was pleased to see the Spring Economic Update include \$755 million in sports funding. This investment will help more kids and families become active, support community programs and facilities, and back the world-class athletes who make Canadians proud.

Sport is community-building. It is where youth learn teamwork, where families connect, and where local organizations create belonging — on fields, rinks, courts, and tracks.

The update also includes measures that matter for affordable housing in Calgary. At Midfield Heights, 176 new homes received \$20 million through the Alberta Housing Partnership Program, part of a ten-year, \$678 million cost-matched investment to get homes built for Albertans. These are safe, affordable homes made possible through partnership, showing what happens when governments and community organizations work together to move housing from idea to reality.

The Spring Economic Update continues that work nationally, with measures to unlock new housing supply, accelerate low-cost financing for rental homes, support factory-built housing, and help provinces and territories remove construction barriers. For Calgary families, that means more homes, more options, and stronger, more connected communities.

There is also support for workers and young people, including Team Canada Strong, which will help train and hire the skilled trades we need for housing, infrastructure, and major projects. The update builds on 175,000 employment and work-integrated learning opportunities through Canada Summer Jobs, the Youth Employment and Skills Strategy, and the Student Work Placement Program.

For Calgary, these measures mean stronger communities, more affordable homes, more opportunities for youth, and better pathways into skilled trades. As your MP, my focus is making sure federal policy keeps delivering to build a Calgary, Alberta, and Canada strong for all of us.



MLA Calgary-Klein

Lizette Tejada

#232-A - 3630 Brentwood Rd NW

📞 403-216-5430

✉️ Calgary.Klein@assembly.ab.ca

✖️ @lizettendp | 📷 lizettendp

This month, many young Albertans will walk across the stage to receive their high school diplomas. This is a big moment that marks the start of an exciting new chapter. Graduation is not only a personal achievement, it also reflects the support of families, friends, teachers, and communities who helped make this success possible.

On June 20, 2026, we will also celebrate Neighbour Day. This yearly celebration began after the 2013 floods, when Calgarians came together to help one another during a difficult time. Neighbour Day reminds us that strong communities are built on kindness, teamwork, and looking out for each other.

Our lives are shaped by the people around us and by our willingness to support one another. As we look ahead, it is important to focus on the future and the challenges that come with it. We must keep the needs of young people in mind and make choices that support their well-being and success.

To every Grade 12 student graduating this year, and to the loved ones who helped you reach this milestone, congratulations. As you move forward, remember that you are backed by a caring and diverse community. Together, we share hope for a future that is more inclusive, connected, and bright for both our province and our country.

If you have a graduate in your life who you would like to see recognized, please feel free to contact my office at calgary.klein@assembly.ab.ca.

Happy June!

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34, 1234 EDENWOLD HEIGHTS NW (EDGEMONT)

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122 PANAMOUNT DRIVE NW (PANORAMA HILLS)

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Well-maintained, renovated four-level split. The layout flows into the open concept kitchen, dining, and living areas, creating a comfortable setting for everyday living.

Asking \$799,900 mls# A2294635

4803 BROCKINGTON ROAD NW (BRENTWOOD)

Beautifully renovated bungalow blends warmth, functionality, and long-term value. Features a single attached garage. Close to all amenities.

Asking \$759,000 mls# A2290285

4824 CLARET STREET NW (CHARLESWOOD)

This bungalow offers a total of five bedrooms. A newly built, legal, and registered secondary suite finished with durable Hardie Board siding sits above a brand new triple detached garage.

Asking \$1,299,000 mls# A2297164

105, 934-2 AVENUE NW (SUNNYSIDE)

Charming and spacious ground-floor corner condo offering around 800 sq.ft. of comfort. This beautifully updated condo features two bedrooms and one full four-piece bath.

Asking \$249,900 mls# A2275156

320 HARVEST HILLS WAY NE (HARVEST HILLS)

Wonderfully appointed three bedrooms, two and a half bath, three-storey townhouse with an air-conditioning system, central location in Harvest Hills, and proximity to the Calgary International Airport and Deerfoot Trail.

Asking \$499,900 mls# A2305843

1405 SALE HILL GROVE NW (SAGE HILL)

Standout townhome backing onto the ravine. Two spacious primary bedrooms, each with its own full ensuite and walk-in closet. Quick access to major routes.

Asking \$469,900 mls# A2304486

BRENTWOOD—BRENTWOOD BLVD.

Modern farmhouse bungalow in Brentwood. The home now offers over 2,350 square feet of refined living space with a layout that is modern, open, and purposeful.

Asking \$1,029,000 mls# A2292577

PENBROOKE MEADOWS—10 AVENUE

Two-storey townhouse (two-bedroom + den), freshly painted and featuring brand new carpet throughout the living and dining areas as well as the entire upper level.

Asking \$234,900 mls# A2293603

KILLERNEY—36 STREET

Bungalow sits on a full 50' x 120' lot, offering excellent potential for homeowners, investors, or future redevelopment. Positioned within minutes of downtown.

Asking \$929,900 mls# A2299465

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