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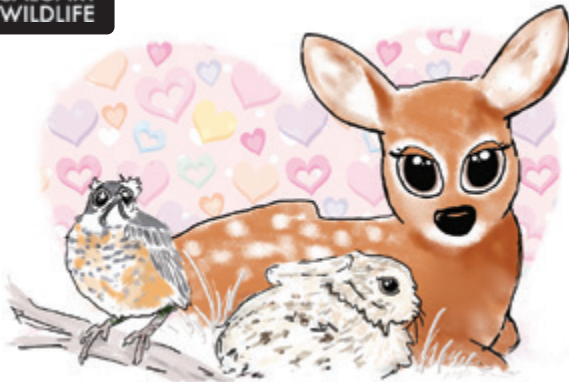
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We currently don't have any open board positions but are looking for individuals to join our Events Committee to assist with events like our Stampede BBQ and Progressive Dinner. Email [events@mrca.ca](mailto:events@mrca.ca) to learn more.

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# How to Get the Most Out of Your Counselling/Therapy Sessions

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

Adapted from Dr. David Burns



### **We understand that therapy can sometimes be challenging**

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

### **Consistency will help you reach your goals**

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

### **Providing feedback will help your counsellor know what is/isn't working for you**

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

### **Mutually agreeing to end therapy when you are ready**

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

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

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## GAMES & PUZZLES



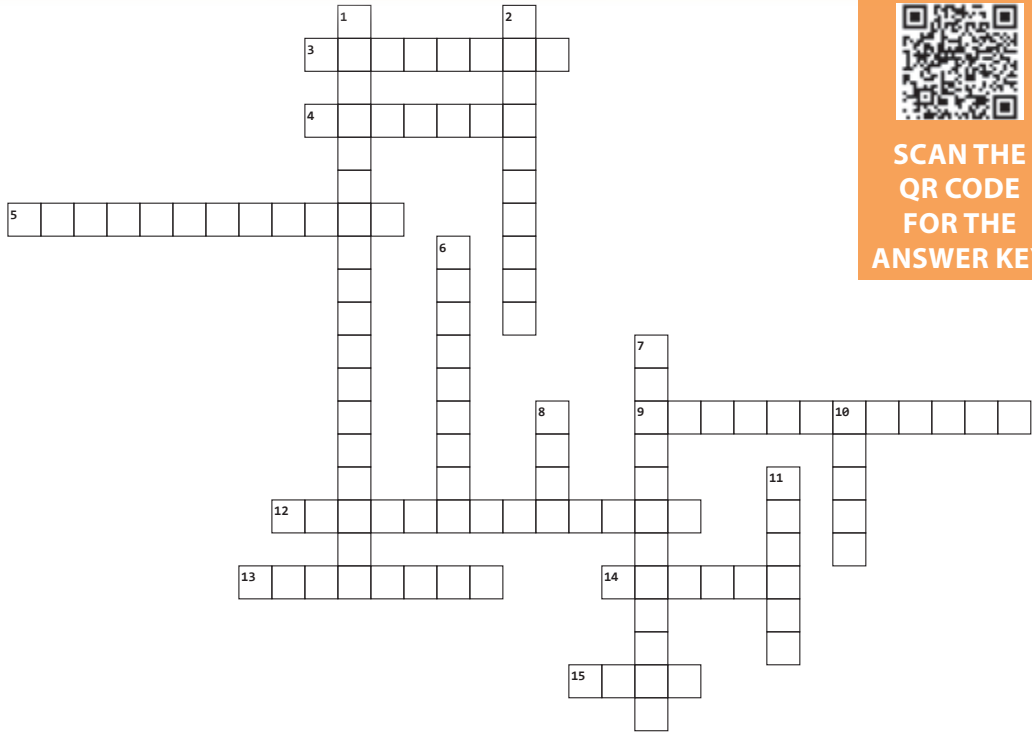
### Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE QR CODE FOR THE ANSWERS!



# July Crossword Puzzle



SCAN THE  
QR CODE  
FOR THE  
ANSWER KEY

## Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

## Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National \_\_\_\_\_ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World \_\_\_\_\_ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.



## Proper Disposal of Smoking Materials

*from the City of Calgary*

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

### To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

### Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

### Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

### Smoke Alarms

Having working smoke alarms saves lives – more than one-third of all fire fatalities are associated with having no smoke alarm.

### Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a

synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.



## Green Line Early Works Construction to Pause For Stampede

from the City of Calgary



Green Line's current Beltline and downtown early works projects will be paused prior to July 7, 2023, in time for the opening day of the Calgary Stampede.

To make way for the future Green Line stations and tunnel, construction is underway, moving the utilities in downtown and Beltline. The project will relocate underground, street-level, and overhead utilities, including City sanitary, water, stormwater, and more.

Green Line early works projects will be paused before the Calgary Stampede, to accommodate for the high event traffic. That means equipment and blockades will be moved, and traffic lanes will be restored to make it easier to get around during the Greatest Show on Earth.

This summer, Green Line will also begin construction in the community of Ogden with work present on 78 Ave SE, 69 Ave SE, and near 72 Ave SE. This work will continue through the Calgary Stampede as construction is not expected to impact downtown accessibility.

To learn more about Green Line construction, including work details, and impacts, visit [calgary.ca/GreenLineConstruction](http://calgary.ca/GreenLineConstruction).

## Use Water Wisely Outdoors This Summer

from the City of Calgary



The summer ahead looks hot and dry, so let's make the most of the water we use outdoors.

Did you know that Calgary's dry climate is at risk of droughts, which can put pressure on our rivers and impact our water supply?

During the summer, Calgary communities can see an average increase of 20 to 30 percent because of outdoor watering activities. Below are some actions that can help you to create a water efficient home and yard and prepare for hot and dry conditions.

### Following These Guidelines Will Help You Prepare for the Weather and Build Resiliency to Drought in Our City:

- Water in the early morning – before 7:00 am or later in the evening.
- Watch the weather forecast and skip watering after it rains or when rain is in the forecast.
- Only give plants the water they need, and don't overwater. Read plant tags to know how much to water your garden.
- Water plants with a soaker hose, drip irrigation, or by hand to direct water to a plant's roots and help avoid losing water to evaporation.
- Capture and use the free rainwater that lands on your property! Install a rain barrel and use it to water your trees, shrubs, and flowers.

Visit [calgary.ca/waterguide](http://calgary.ca/waterguide) for information on how to create a water efficient yard, including watering 101 for plants, shrubs, and trees, lawn care, and irrigation systems.

## Why Calcium Matters

from Alberta Health Services



Calcium keeps your bones and muscles—including your heart—healthy and strong.

Your body needs vitamin D to absorb calcium. People who do not get enough calcium and vitamin D throughout life have an increased chance of having thin and brittle bones (osteoporosis) in their later years. Thin and brittle bones break easily and can lead to serious injuries. This is why it is important for you to get enough calcium and vitamin D at every age.

Your body also uses vitamin D to help your muscles absorb calcium and work well. If your muscles don't get enough calcium, then they can cramp, hurt, or feel weak. You may have long-term (chronic) muscle aches and pains.

### How much calcium do you need?

How much calcium you need each day changes as you age. Here are the recommended dietary allowances (RDAs) for calcium:

- Ages one to three years: 700 milligrams
- Ages four to eight years: 1,000 milligrams
- Ages nine to 18 years: 1,300 milligrams
- Ages 19 to 50 years: 1,000 milligrams
- Males 51 to 70 years: 1,000 milligrams
- Females 51 to 70 years: 1,200 milligrams
- Ages 71 and older: 1,200 milligrams

If you are pregnant or breastfeeding, you need the same amount of calcium as other people your age.

### How can you get enough calcium?

Calcium is in foods such as milk, cheese, and yogurt. Vegetables such as broccoli, kale, and Chinese cabbage also contain calcium. You can also get calcium if you eat the soft edible bones in canned sardines and canned salmon. Foods with added (fortified) calcium include some cereals, juices, soy beverages, and tofu. The food label will show how much calcium was added.

You can figure out how much calcium is in a food by looking at the percent daily value section on the nutrition facts label. The food label assumes the daily value of calcium is 1,100 mg. If one serving of a food has a daily value of 20 percent of calcium, that food has 220 mg of calcium in one serving.

Two common calcium supplements are calcium citrate and calcium carbonate. Calcium carbonate is best absorbed when it is taken with food. Calcium citrate can be absorbed well with or without food. Spreading calcium out over the course of the day can reduce stomach upset and allows your body to absorb it better. Try not to take more than 500 mg of calcium supplement at one time.

For more information, call Health Link toll-free at 811.

# Mount Royal



## Real Estate Update

Last 12 Months Mount Royal  
MLS Real Estate Sale Price Update

	Median Asking Price	Median Sold Price
May 2023	\$1,507,500	\$1,472,500
April 2023	\$2,599,999	\$2,400,000
March 2023	\$1,825,000	\$1,750,000
February 2023	\$1,015,000	\$880,000
January 2023	\$2,495,000	\$2,750,000
December 2022	\$999,000	\$985,000
November 2022	\$0	\$0
October 2022	\$2,999,900	\$2,650,000
September 2022	\$2,999,999	\$3,000,000
August 2022	\$954,000	\$927,825
July 2022	\$1,618,450	\$1,557,500
June 2022	\$1,880,000	\$1,800,000

Last 12 Months Mount Royal  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2023	9	8
April 2023	11	7
March 2023	7	3
February 2023	4	2
January 2023	3	1
December 2022	2	1
November 2022	2	0
October 2022	1	1
September 2022	4	3
August 2022	6	4
July 2022	1	2
June 2022	6	3

To view more detailed information that comprise the above MLS averages please visit [mtr.mycalgary.com](https://mtr.mycalgary.com)

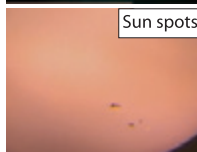
## RESIDENT PERSPECTIVES

### Stargazing with Pat J: Indoor Astronomy

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



Orion nebula: through two panes of glass



Sun spots

If you ever find yourself stuck inside due to illness or injury, freezing temperatures, or have simply reached the age where a night at home is more appealing than a night on the town, did you know you can still enjoy the majesty of the heavens without venturing beyond the comfort of your own home?

Yes, I am well aware that hardcore astronomers would not recommend this approach as the multiple panes of glass will distort the image somewhat. But if the alternative is no stargazing at all, I think you'll be pleasantly surprised by what you can see while sitting next to a window. While the images won't be Hubble quality, they can still be pretty darn impressive.

#### Benefits of indoor astronomy

- Every clear night is a stargazing night
- Every clear day is a solar gazing day (Caution: you'll need a special filter for your telescope to safely observe the sun)
- No danger of frostbite (winter) or mosquito bites (summer)
- Jupiter's four largest moons are easily visible with a pair of binoculars
- Use binoculars to examine the moon at first quarter and third quarter, then use pencil and paper to sketch its surface
- Gain familiarity with the night sky with a smart phone astronomy app. Many good ones are free
- On nights when you're too stressed to sleep, instead of staring at the ceiling, try losing yourself in the serenity of the night sky
- When warmer weather returns, or recovery from your physical ailment occurs, you'll be primed and ready to pack up your astronomy gear and head outside
- Or you may discover you enjoy indoor astronomy so much that you've become a year-round convert.





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## PREY



July 21 marks one year since the release of the action sci-fi film, *Prey*. Filmed in Alberta and set in Comanche Nation in the 1700s, it's a prequel to the *Predator* franchise. During production, the film was called "Skull" to keep it a secret. The lead, Amber Midthunder, didn't even know she was auditioning for a *Predator* movie!



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At AstonMorrone Designs Inc., we specialize in creating bespoke residential projects that bring our clients' unique visions to life. We strive to make a lasting impact with every design, no matter the project's scope or scale.

Residential Design • Drafting • Interior Design

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