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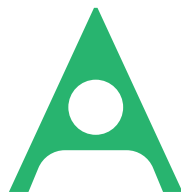
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Dr. Ayeni has managed patients in both community and hospital settings, specializing in areas such as geriatric and preventive medicine, mental health, and more.

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GAMES & PUZZLES

Guess the Year!

1. The Canadian dollar was established across Canada.
2. Canada sent its first national team to the summer Olympics in St. Louis.
3. Women get the right to vote.
4. Alberta becomes a province of Canada.
5. The first railway opens in Canada.
6. Terry Fox begins his Marathon of Hope.



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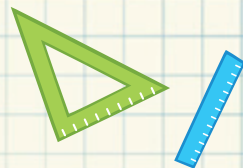
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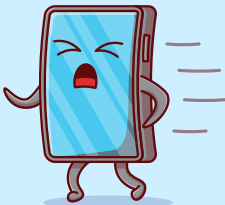
One of the major differences between teen and adult brains can be found in the brain's reward system, which is why youth are at a higher risk for harm connected to substance use or other risk-taking behaviours. Adolescents have higher levels of activation in the areas

of the brain that are important in making us feel good, encouraging them to seek risk and reward.

Dopamine is commonly referred to as the “feel good” chemical in our brain that provides intense feelings of reward. So how does this differ between teen and adult brains? For teens, the baseline levels of dopamine are lower, but the release is higher. This means that youth tend to say they are “bored” unless they are actively involved in something rewarding or thrilling. This can also explain impulsive decision making and how some behaviours occur without thoughtful reflection. The desire for a stronger reward gets in the way of them to pause and critically think, problem solve or expect consequences. It is important for youth to learn and then practice pausing and reflecting on what they are doing. Let's teach youth to “pump the brakes” when making decisions.

This is one of the many things that are happening during brain development. Understanding the process will assist with supporting youth to help them thrive at an individual, relationship, school, and community level.

Joke of the Month



Why was the cellphone scared to go to the dentist?

He didn't want him to remove his blue tooth.

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Our Community Association volunteers run events and programs (Stampede BBQ, Skating party, Mini-Mountaineers, Progressive Dinner), manage public spaces and parks (gardening, graffiti removal), and maintain recreation facilities such as our community centre ('Station'), tennis and basketball courts, playing fields and outdoor skating rink.

MRCA volunteers advocate for safety, traffic calming, and development in our neighbourhoods.

**Becoming a member and renewing membership just got easier!
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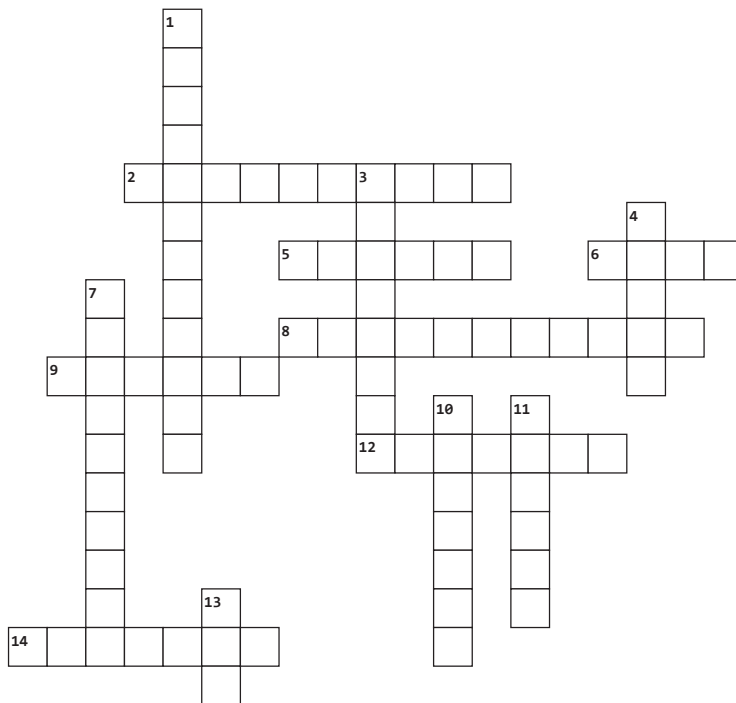
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June Crossword



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answers or scan
the QR code for the
answers

Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, _____ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George _____ was first published on June 8, 1949.
12. Charles Blondin crossed _____ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in _____, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam _____, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis _____ celebrates her birthday on June 1.
10. Avril _____'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.



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Dear Neighbours,

I am proud to tell anyone and everyone that I am a born-and-raised Albertan. And I marvel at how fortunate I am to be living in this beautiful province, here in Calgary, at the foot of the majestic Canadian Rockies.

As an unapologetic Albertan, I am also a staunchly proud Canadian and it is so heartwarming these days to see just how many of us there are who love and value our province, and our country.

While the U.S. President would like to divide us and muses about Alberta becoming the 51st state as he tries to bully us with senseless tariffs, “mild-mannered” Canadians are uniting like never before.

Unfortunately, the recent announcement that Dow Inc. is delaying construction of its multi-billion-dollar Path2Zero petrochemical project in Fort Saskatchewan due to the uncertainty caused by Trump’s tariffs will hurt Alberta through a loss of jobs and wealth.

We must continue to stand strong and united in a Team Canada approach to Trump’s tariffs. Albertans need an ethical, competent government now more than ever. Alberta’s New Democrats are calling on the UCP to lead Alberta and stand with all Canadians. Alberta’s economy needs a real plan to move forward.

Here’s a five-point strategy to strengthen our economy and support workers:

- Build a stronger Canadian market—reduce interprovincial trade barriers and improve labour mobility.
- Engage strategically with the U.S.—secure real wins for Alberta, not just photo ops.
- Expand global trade—grow Alberta’s agricultural exports to meet rising global demand.
- Support displaced workers—invest in retraining and income support to keep people working.
- Attract top talent and investment—recruit the best minds and workers to build Alberta’s future.



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