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CRIME STATISTICS

Legacy Crime Activity was Up in May 2021

The Legacy community experienced 4 crimes in May 2021, in comparison to 1 crime the previous month, and 3 crimes in May one year ago. Legacy experiences an average of 3.1 crimes per month. On an annual basis, Legacy experienced a total of 37 crimes as of May 2021, which is down 59% in comparison to 91 crimes as of May 2020. To review the full Legacy Crime report visit lega.mycalgary.com

How To Report Crime In Legacy: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text [tttTIPS](text) to 274637.



YOUR CITY OF CALGARY

Understanding Rights-Of-Way and Your Property

Did you know that part of your yard is made up of rights-of-way, and your property line doesn't begin at the edge of the road or sidewalk closest to your home?

The City of Calgary is responsible for managing access to municipal rights-of-way in Calgary. A right-of-way is an area that gives The City space to install infrastructure (e.g., streetlight poles and trees), while also giving shallow utilities (i.e., power, gas, and telecommunications providers) a place to install and maintain their critical infrastructure. When utility work is required in your community, crews can apply for the permits required to access the right-of-way to install infrastructure, both above and below ground. All properties contain a road right-of-way, but only some properties have a utility right-of-way on them. In most cases, the utility right-of-way starts at your property line and extends inward, toward your home. The space the right-of-way takes up in a yard will vary and it can also be located along the side of your home or at the back.

As a homeowner, you are responsible for mowing and general maintenance, but it is technically the road right-of-way and is considered public land.

For more information, or to learn where the right-of-way is located on your property, visit calgary.ca/row.



Volunteering is good for the soul

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CLCA SMALL BUSINESS DIRECTORY

Our CLCA Small/Home Business Directory is now available at www.calgarylegacy.ca.

The purpose of this directory is to provide you with local consumer options. Looking for storefront business partners in the community? Check out the Partners and Promotions page for member exclusive discounts.

Anyone in Need of Couples Counselling?

by Nancy Bergeron, RPsych | nancy@viewpointcalgary.ca



So many people have heard about Gottman Method but what is it and would it be right for you? Through research-based interventions and exercises, Gottman Method helps couples break through barriers to achieve greater understanding, connection, and intimacy in their relationships. It is a structured, goal-oriented, scientifically based therapy. Intervention strategies are based upon empirical data from Dr. Gottman's four decades of research with more than 3,000 couples. This research shows us what actually works to help couples achieve a long-term healthy relationship. The Gottman Method was developed out of this research to help you and your spouse or partner:

- Increase respect, affection, and closeness
- Break through and resolve conflict when you feel stuck
- Generate greater understanding between you and your partner
- Keep conflict discussions calm
- Maintain improvements in your relationship

The therapy consists of three sessions of assessment (the first one is joint and the subsequent two are individual) in addition to an in-depth online individual assessment through the Gottman Institute. You then come together with your therapist to discuss your treatment plan that is customized to your particular strengths and areas that need work. You will typically meet on a bi-weekly basis for 90 minutes. This specialized therapy will take a minimum six-month commitment. Most couples work with their therapist for a year and then come back for yearly check-ups. I would say the average is about 20 ninety-minute

sessions. Yes, it sounds like this is a costly investment... an investment in your peace, happiness, and in being healthy parents for your children. In the grand scheme of things, this is certainly a lot less expensive than divorce. Gottman Method Therapy helps couples develop and strengthen the qualities of positive, healthy relationships that Dr. Gottman discovered in his 40+ years of research with couples.

Couples can attend sessions by way of video (teletherapy) or in-person. Using teletherapy allows the therapist to reach couples who otherwise would not be able to seek services. The modern-day convenience of video conferencing allows for couples to maintain continuity of sessions despite the stress of conflicting work schedules, childcare, and traffic. Teletherapy is not appropriate for all couples which is why the therapist conducts a thorough assessment on all couples in the first two to three sessions and will determine if teletherapy is the best fit for them. Please note that couples will be expected to both be in the same room together on the same computer screen.

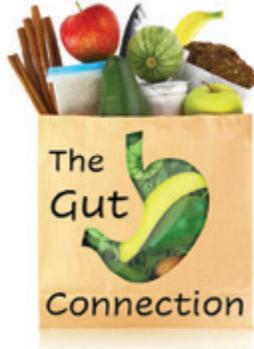
It is a very hands on and directive method. You can expect the therapist to do some talking but the goal is for you to talk more to your partner than to the therapist. There is a goal to teach with each session and to leave you with learning objectives to practice between sessions. The Gottman's believe that you came to therapy to shake-up your current relationship dance. You will be called out on your 'stuff' but always with love, care, and respect.

Finally, I'm sure you are wondering if the therapist is going to tell you to get a divorce. No, but they may think it. They are committed to your overall health and wellness, as well as the children's that you may have in your life. If your goal is to transform your relationship for better, the Gottman Method will help you do that. If your goal is to split on good terms and with a friendship still intact, the Gottman Method will help you do that. You identify where you want to go, the therapist will guide you to the destination. One of the most discouraging parts of couples therapy is the amount of time couples wait before seeking help. On average, couples wait six years before seeking counsel. By then, much damage has been done. If you think Gottman Couples Therapy may be right for you, please reach out to a qualified therapist that has at the minimum Level 2 Training. The COVID-19 pandemic has either brought couples closer together or pulled them to a breaking point. Don't wait for six years to do something about it.

Is Your Garden Healthy?

by Joan Gitzel, C.H.N.C.

Scientists are discovering that the entirety of human health begins in the gut – that our genes “predispose” us to disease, but it’s our “gut bugs” that determine the expression of those genes. If the “garden” of microbes you have in your gut is out of balance, we refer to that as dysbiosis. That means that the good guys have been overpowered by the bad guys, and we are beginning to see inflammation and other not nice symptoms. There is no lab test that will conclusively tell you what microbes you have in your gut, so don’t waste your money.



Some of the more obvious signs of dysbiosis are:

- Food intolerance
- Gas and bloating
- Abdominal discomfort
- Change in bowel habits (diarrhea or constipation)
- Nausea, vomiting
- Acid reflux

Some others that can be related to dysbiosis are:

- Asthma, seasonal allergies, chronic sinus problems, autoimmune issues, eczema
- Inflammation and pain
- Weight gain
- Endometriosis, PCOS, fertility issues, thyroid issues
- Depression / anxiety / brain fog / poor concentration / memory. Did you know that 90% of serotonin is produced in the gut by your beneficial microbes?

Your gut “bugs” help you, yes, but they also put their well-being ahead of yours by making you crave the foods that they want, like chocolate or sweets! But the good news is that you get to choose what you put in your mouth, and those choices ultimately determine the health of your microbiome and your entire body.

Joan Gitzel is a Certified Holistic Nutritional Consultant and one of your neighbors!

Who's Dolly?

In July of 1996, the first instance of cloning was finally realized.

Dolly was her name, a female domestic sheep, and the very first mammal ever cloned. Dolly was a



miraculous and very exciting scientific discovery, and she lived seven whole years, with six offspring!

Volunteers Needed

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Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine-inch layer of shock-absorbing material, which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- 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, lockable gate.

(*Alberta Building Code)

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.

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 only) 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 911.

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Top Tricks Used to Scam Older Adults



No matter your age, no one is immune to scams. In the most recent 2020 BBB Scam Tracker Risk Report, romance scams continued to be the riskiest scams for ages 55 through 64, and travel/ vacation/ timeshare scams were again the riskiest for ages 65+. Regardless of the type of scam, BBB recommends the following precautions to avoid becoming a victim.

Tips To Spot a Potential Scam:

- Watch out for phone fraud. Scammers will claim to be with a government agent or pose as a bank employee. However, caller IDs can be easily spoofed, and government agencies don't make unsolicited calls.
- Know the red flags. Most scammers use common tactics to get your money or personal information.
- Only hire trustworthy, licensed contractors. Never hire someone who just shows up at the door and don't let them in or around your home for an inspection.
- Strange phone call? Might be an emergency scam. Older adults can be susceptible to emergency scams and other ploys because they aren't familiar with the information about themselves and their family available online.
- Do your research before making an investment. Investment cons often target older adults because of their greater financial resources.
- Think before you click. Older adults may be less comfortable with technology, making them more vulnerable to phishing schemes and hacking.
- Be on guard for "sweetheart" swindles. Older adults who are widowed or divorced are frequent targets of romance scams.
- Reach out to someone you trust. Scammers want victims to feel isolated. Don't hesitate to contact a friend, family member, or organization you trust for advice. A second opinion can greatly reduce your risk.
- Take time to research your purchases. Scammers often make unsolicited offers to older adults for medical supplies, anti-aging products, and vitamins and supplements.
- Guard your personal information carefully. Never share your personal information with a stranger on the phone, in an email, on a social media network, or otherwise.

For more information visit BBB.org.

Crumby

by Cheryl Dunkley

When was the last time you cleaned out your toaster?

Or do you spend all your energy scrubbing out the roaster?

I wondered how long it had been, for mine
Some of those crumbs, raisins???

Have been in there for a very long time.

It's a messy job - take it outside

Are there any instructions the manufacturer
surely will hide.

I don't think you are supposed to shake it
But I do turn it upside down.

Wow ! what a crumby shower

My neighbour looks at me with a frown.

"It's that time again," I say, "can't remember
when..."

Toast should taste different, better now
I don't plan on doing this again.

I'll buy a new one.

That makes sense.

A lot less stress and mess, I guess.

FAMILY FRIENDLY FUN

Have you ever wanted to go to Disneyland? Or just plain revelled at its magnificence, and family friendly fun? Well, it may be interesting to know that July 17, 1955 is the birthday of this world-changing attraction. This is the date the first Disneyland opened in the United States!





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Dear Constituents,

As we approach the final session of the House of Commons until after the summer (also potentially the last sitting of the 43rd Parliament if we go to an election), there is no shortage of work to get done! As the Official Opposition, my colleagues and I have been working extremely hard and using every minute of time available to us in the House to advocate for all Canadians who feel left behind by the current federal government.

In April, the Liberals released their long-awaited Budget. Nearly two years in the making, it was a massive letdown for every Canadian who was hoping to see a financial plan that would help steer our country out of this dark pit of debt and into recovery. That is not what Canadians were given. For a frank discussion on Budget 2021, you might like to watch my one-hour conversation with Kim GC Moody of Moody's Tax.

A strong energy sector could help the country get back on its feet, in terms of jobs, independence and economy stability however this Liberal government fails to see the value of our natural resources industry. They did not adequately fight for Keystone XL or Line 5 – and just recently, we saw additional flight of capital from the Kitimat LNG project. They also voted down MP Aboultaif's motion M-61, which called on the government to recognize the importance of our oil and gas industry. Canada's Conservatives are the only party that recognizes the power of our resources and we will continue to advocate for the sector. If you're interested in this subject, please watch the recent Q&A I hosted with Special Guests, Hon. Sonya Savage and MP Greg McLean.

You can continue to rely on me to hold this Liberal government to account, to advocate for our community, and to find solutions that make Canada a better place for us all.

I wish you a very Happy Canada Day and a safe and fun summer ahead.

Sincerely,

Stephanie

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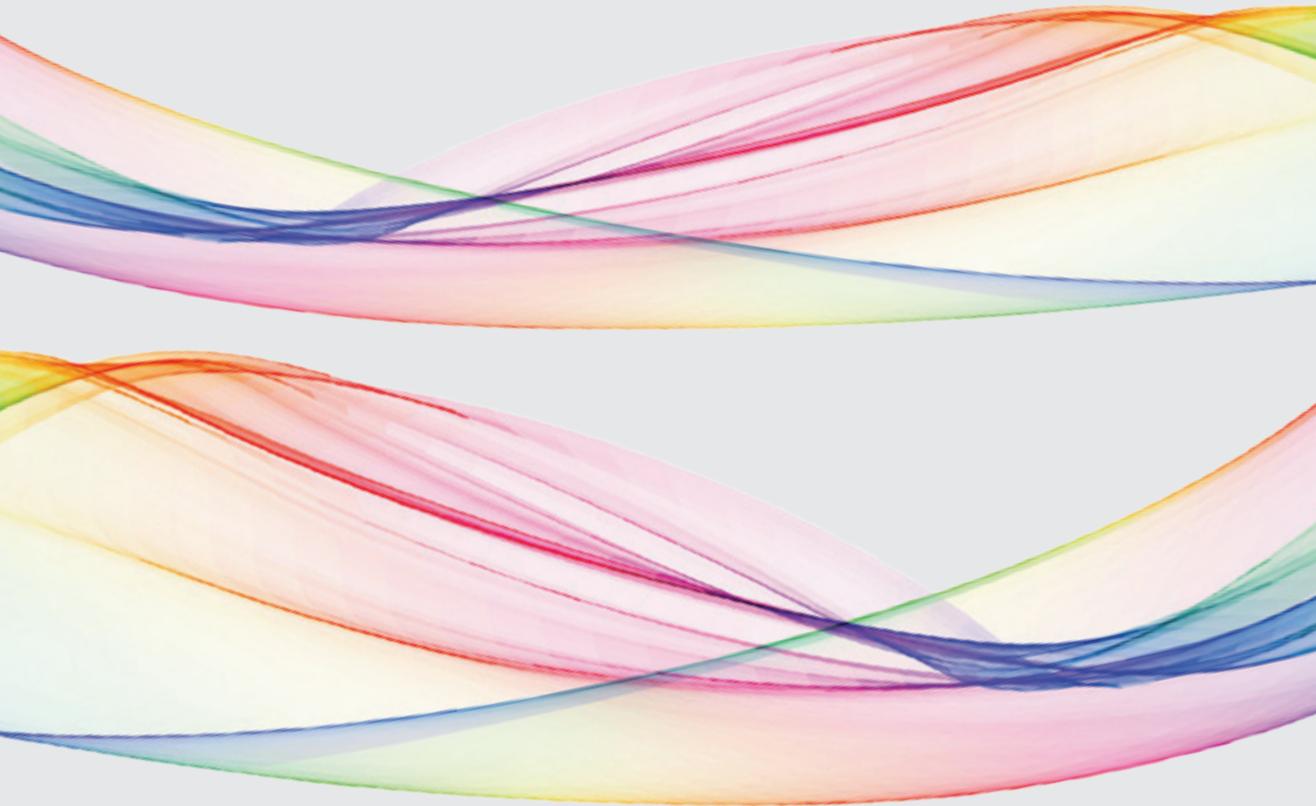


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