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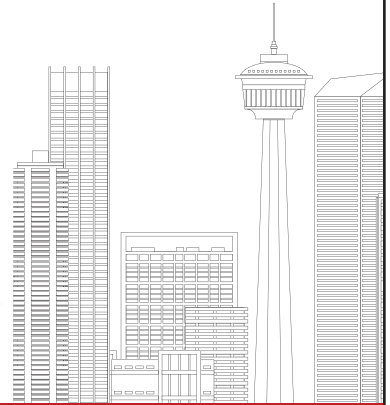


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Did You Know?

Cranston has two separate organizations working to make our community the best it can be!

Cranston Community Association (CCA)

cranstonca.com • cranstonca@gmail.com

- Membership is voluntary (\$20/household within Cranston, \$30/household outside Cranston).
- Protects and advocates for the interests of the neighbourhood; is the community voice.
- Past hot topics have included cell phone tower placement, congested intersections and zoning.
- Direct contact with our City Councillor, MLA, Calgary Police Liaison Officer, Federal MP and others on a monthly basis.
- Run events such as the Community Clean-Up, Festival of Lights, and organizes the Cranversations newsletter.
- Partner with grass roots minor soccer programs.
- Run solely by volunteers; generally meet at 7:00 pm on the fourth Tuesday of each month (excluding July/August) at Century Hall and all are welcome!

Cranston Residents Association (CRA)

www.cranstonra.ca • 403-781-6614

- Membership is compulsory for all households in Cranston; fees are collected each April.
- It is a not-for-profit company that is professionally managed and operated.
- Operates, maintains and manages amenities within Cranston including Century Hall and its indoor and outdoor facilities including gymnasium, tennis courts, splash park and hockey rink (as well as utilities, insurance, programs administration, landscaping, and so on). They also maintain the Windmill, Art Park, Direct Control Corners and various medians and boulevards in the community!
- Responsible for Century Hall's extensive list of programming! Families and individuals can take part in all sorts of wonderful activities including dance, yoga, taekwondo, basketball, and much more.
- Additional events such as Family Movie Nights, Ice Cream Socials, Puppy Play Dates and more are also organized by the CRA with help from a variety of generous sponsors.

Cranston Community Association Board Listing

BOARD MEMBERS

Jason Gordon	President
Steve Dimic	Vice-President
Mark Labrecque	Treasurer
Cheri Gordon	Secretary
Elaine Rusnack	Board Member
Faith Gordon	Board Member

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Because you value your community, be sure to purchase your Cranston Community Association annual membership!

Benefit from sports, activities and partner discounts. Gain preferred access to youth and community events and programs. Secure a vote at public meetings, or make a difference by joining the Board, and more.

Memberships are \$20 per family for Cranston residents and \$30 per family for non-residents. Memberships are valid for 1 year from date of purchase.



Name: _____ Spouse Name: _____
 Address: _____ Postal Code: _____
 Contact Phone: _____ Email: _____
 Number of children: _____ Age(s) of children: _____

Yes, please contact me about volunteering

Please fill out the above, enclose your cheque or money order, payable to the Cranston Community Association and mail to:



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Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau



Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?," or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

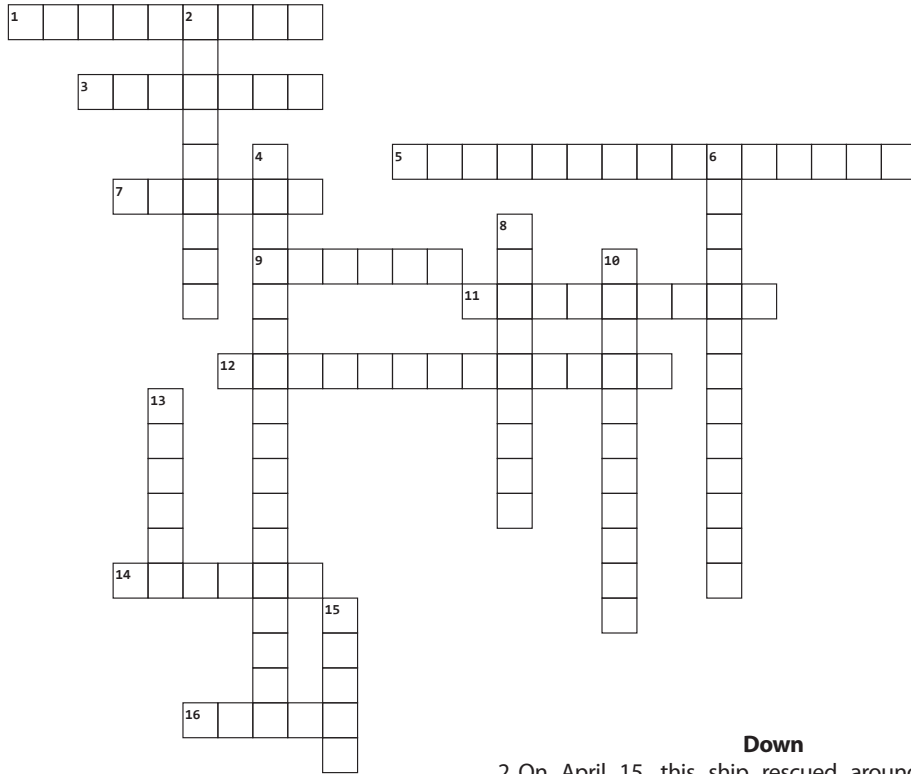
Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at [BBB.org](https://www.bbb.org).

April Crossword Puzzle



Across

- The smell that is caused by the mixture of rainwater and various earthly compounds.
- Kids will leave these out for the Easter bunny in case he gets hungry.
- Born on April 15, 1452, this artist's painting was famously stolen.
- On April 11, this national observance advocates against animal violence and cruelty.
- The Latin root for the word 'April'.
- This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pelletier.
- This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
- Literature lovers will know that April is National _____ Month.
- A colourful and popular marshmallow Easter treat.

Down

- On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
- What makes April 9, 1917, an important date to many Canadians?
- It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
- Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
- This Chilean-American *The Last of Us* actor was born on April 2, 1975.
- In the United States, spring is said to have arrived when this bird comes to town.
- One of April's birth flowers that comes from the Old English phrase 'dægeseage'.

SCAN THE QR CODE FOR
THE ANSWER KEY





CRANSTON RESIDENTS ASSOCIATION

CONTACT INFORMATION

Telephone:
403-781-6614
Fax: 403-781-6655
Email: info@cranstonra.ca
11 Cranarch Road, SE
Calgary, AB T3M 0S8

CenturyHallCranston
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Century Hall Administrative Office Hours

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Century Hall Park Hours

Monday to Sunday
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Administration

admin@cranstonra.ca

Programs and Events

programs@cranstonra.ca

Facility Rentals

rentals@cranstonra.ca

General Manager

gm@cranstonra.ca

Cranston Residents

Do you have your membership cards for Century Hall? All residents over the age of 10 are now required to have a membership card for entry to Cranston Century Hall Park and facility. Membership cards will also allow you to register for programs offered by the Cranston Residents Association (CRA).

Century Hall Updates

Did you know as a Cranston resident you have access to the Century Hall Tool and Equipment Library! Here you will find a variety of tools and outdoor sports equipment that you can borrow and enjoy for free! We have paddleboards, snowshoes, kayaks, lifejackets, skateboards, games bins, drills, ladders, saws, tools, you name it! Inquire today to learn more!

CENTURY HALL RENTAL RATES rentals@cranstonra.ca

	Dimensions	Capacity	Hourly Rates		
			Resident	Brookfield Community	Non-Resident
Heritage Hall ABC 2652 sq. feet	34 ft. by 78 ft.	135 dinner	\$88.00	\$100.00	\$112.00
Heritage A 1037 sq. feet	34 ft. by 30.5 ft.	50 dinner	\$58.00	\$65.50	\$73.00
Heritage B 850 sq. feet	34 ft. by 25 ft.	40 dinner	\$48.00	\$54.00	\$60.00
Heritage C 765 sq. feet	34 ft. by 22.5 ft.	35 dinner	\$48.00	\$54.00	\$60.00
Heritage A & B 1887 sq. feet	34 ft. by 55.5 ft.	90 dinner	\$68.00	\$77.00	\$86.00
Heritage B & C 1615 sq. feet	34 ft. by 47.5 ft.	80 dinner	\$63.00	\$71.25	\$79.50
Vista 639 sq. feet	18 ft. by 35.5 ft.	30 dinner	\$50.00	\$56.75	\$63.50
Legacy (Board Room) 369 sq. feet	18 ft. by 20.5 ft.	15 meeting	\$30.00	\$33.75	\$37.50
Riverside 534 sq. feet	17.5 ft. by 30.5 ft.	25 dinner	\$50.00	\$56.75	\$63.50
Gym 5159 sq. feet	57 ft. by 90.5 ft.	200	Party Package Only	Party Package Only	Party Package Only

Weekday rentals between 9:00 am and 4:00 pm (excluding holidays) receive 10% discount. Minimum two hour rental for Heritage Room(s).

Additional Charges

• After Hours Security fee applies for rentals ending between 9:00 pm and 1:00 am.

- After Hours Teardown fee applies for rentals ending between 8:30 pm and 1:00 am.
- SOCAN and Re:Sound fees apply for bookings with music and/or dancing.
- \$500 damage deposit and proof of insurance is required for all rentals.

Revised February 2022 - prices subject to change



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Fees Due

Annual encumbrance fees are due April 1, with a grace-period for property owners until April 30 to pay without interest. To pay your fees, you can visit us in-person, online, send us a cheque, or e-transfer. For any inquiries, please contact us at info@cranstonra.ca.

Registrations Now Open!

Registration for our spring, summer, and summer camp programs is now open for both residents and non-residents. To view our Program Guide, visit us at cranstonra.ca. If you have any questions, please contact us at 403-781-6614.

Summer Farmers Market

We are now taking applications for our Summer Farmers Market. The market will run throughout the summer on Tuesday nights from 4:00 to 8:00 pm. If you, or someone you know, is interested in becoming a vendor, please fill out the application, which can be found on our website at cranstonra.ca.

Summer Leadership Programs

Looking for something for your teen to do this summer? The Cranston Residents Association has developed a new stream of summer leadership programs. Level 1: Leaders in Training (13 to 15 years old) is a two-week course that will help youth develop their leadership skills and learn what it takes to be a camp leader. There is also Level 2: Summer Camp Internship program (15 to 17 years old). This program is brand new this summer and gives youth the opportunity to test their leadership skills, hands on, with our camp programs. Applications can be sent to gm@cranstonra.ca outlining your interest in the program. Successful candidates will also receive a certificate, reference letter, and honorarium at the end of their placement. For more information on either program, visit us online at cranstonra.ca.



Hoisin Pork with Pineapple Rice

by Jennifer Puri

Deliciously yellow fruit, a pineapple is neither a pine nor an apple but is a group of berries fused together.

Pineapples are indigenous to South America and are believed to have originated in the forests of Brazil and harvested by tribes who lived in the area. Christopher Columbus is credited with introducing the pineapple to Europe and “Pina Des Indes” or “Pinecone of the Indes” were the names used to describe the fruit by the Spanish.

The pineapple plant has a life span of up to fifty years, can take up to three years to grow and mature, and only one pineapple is produced by a plant in a season.

Pineapple goes well with ham, seafood, chicken, tofu, yoghurt, and cottage cheese.

The combination of hoisin pork and pineapple rice fuses together delicious flavours and can be prepped and cooked in a relatively short amount of time. The filet or tenderloin used in this recipe is one of the healthier cuts of meat and is just as lean as skinless chicken breasts.

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Servings: 2 to 3

Ingredients:

- 1 pork tenderloin
- 2 tbsps. hoisin sauce
- 2 tbsps. soya sauce
- 1 tbsp. grainy Dijon mustard
- 2 tsps. honey
- 1 ½ tsps. rice vinegar
- 2 tbsps. vegetable oil
- 4 cups cooked white or jasmine rice
- 2 tbsps. butter
- ½ tsp. red chilli flakes
- 2 tbsps. chopped coriander leaves
- 1 can (398 ml) pineapple tidbits, drained
- ½ tsp. salt



Directions:

- In a small bowl, mix together hoisin sauce, soya sauce, honey, Dijon mustard, and half a teaspoon of rice vinegar. Spread the marinade all over the tenderloin and let it sit for ten minutes.
- Preheat oven to 400 degrees Fahrenheit.
- Add two tablespoons of oil to a large skillet and place the tenderloin in it. On medium heat, brown the tenderloin on all sides, approximately three to four minutes. Remove tenderloin from skillet and place on a foil-lined baking tray. Pour any remaining marinade over it and then place it on the middle rack of the oven. Bake uncovered for 20 minutes or until cooked through.
- On medium heat, melt butter in a wok or skillet, add drained pineapple pieces, chilli flakes, chopped coriander, one teaspoon of rice vinegar, and salt. Stir fry for a couple of minutes and then add the cooked rice and gently blend all the ingredients together. Remove from heat and garnish with coriander leaves and a few pineapple pieces.
- Remove tenderloin from oven, cover and let stand for five minutes. Serve sliced tenderloin with small bowls of Pineapple Rice and use Hoisin sauce as a dip if desired.

Bon Appétit!

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27 Ways to Say No

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

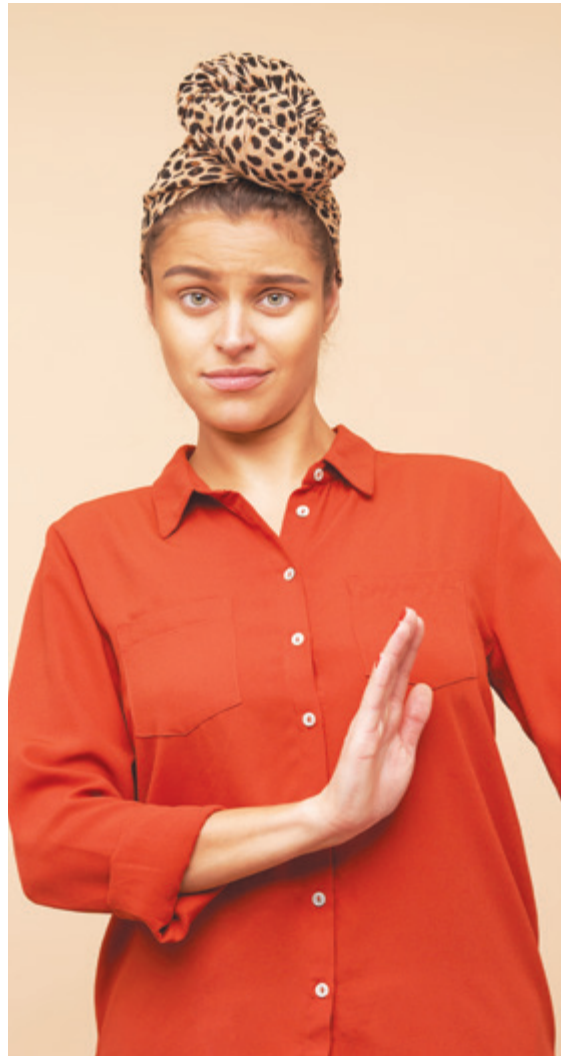
Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions.



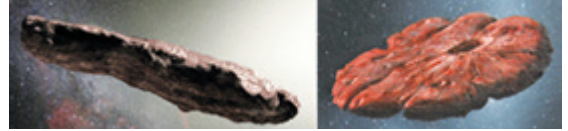
Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

Stargazing with Pat J

by Patricia Jeffery © 2022 Calgary Centre of the Royal Astronomical Society of Canada

Oumuamua (oh-moo-ah-moo-ah)



Imagine that you wake one night to witness a strange vehicle racing past your house. Before you can get a good look at it, the object vanishes into the darkness.

On October 19, 2017, Robert Weryk, an astronomer at the University of Hawaii, observed just such an entity. Working backwards to plot its bizarre trajectory, Weryk eventually identified it as the first interstellar object ever discovered, meaning it originated from somewhere beyond our solar system.

By the time Oumuamua (Hawaiian for ‘messenger from afar’) was spotted, it was already on its way out of town, having made a hard left at the Sun 40 days earlier. This only allowed astronomers a scant 11 days to study this otherworldly visitor before it faded from view.

What we know about Oumuamua:

- It was the weirdest object ever seen in our solar system.
- It came from the direction of constellation Lyra and is now headed toward constellation Pegasus.
- Despite being only a pinpoint of light in the Hubble telescope, NASA felt it had a 400 x 40 metre cigar shape that grew brighter then dimmer, indicating a tumbling rotation. Other scientists favoured a shiny pancake profile.
- SETI (Search for Extra Terrestrial Intelligence) detected no unusual radio emissions.
- It was originally categorized as a comet, but as it lacked a tail, was reclassified as an asteroid.
- It sped up to 315,800 km/hr as it approached the Sun then continued to briefly accelerate afterwards. While an asteroid can't do this, a comet can, but because of the missing tail, Oumuamua was re-reclassified in 2018 as neither a comet nor an asteroid.
- A controversial Harvard astronomer proclaimed that it may have been a spacecraft with a lightsail that utilized the Sun's radiation pressure to propel it forward.
- Whatever it was, Oumuamua is long gone and will not pass our way again.

Learn more about your Calgary Catholic School District Board of Trustees!

Easter Reflection

“Faith, hope, and love abide, these three; and the greatest of these is love.” (1 Corinthians 13:13). This school year, we explore the third and final part of our three-year faith theme. Love, as a virtue, guides us to think about service and how we demonstrate our love and concern for others as an expression of our faith.

Easter is the most important feast in the liturgical calendar. It is of such great importance to Catholics that we celebrate the Easter season for 50 days, beginning on Easter Sunday. While Christmas is a celebration of when God came to live among us in the person of Jesus, at Easter, we celebrate the resurrection – the day that Jesus rose from the dead.

At the resurrection of Jesus, sin and death were conquered and Jesus became our saviour; he opened heaven to us and, as a result, we can all share in the promise of new life. His resurrection also reminds us of Christ's work and teachings: that God is merciful and all loving. This knowledge allows us to look at the cross with joy because through Christ's suffering, there is a great love for us all. God's love for us is so great that he sent us his only son and was willing to sacrifice him to save humanity.

During the 50-day Eastertide, we reflect on the many different ways that Jesus is present in our lives and we strive to allow his teachings to guide us. As a Catholic school district, we are called to love and serve others and to see Christ in those we meet. The CCSD Board of Trustees play an integral role as advocates for Catholic education locally, provincially, and nationally. Our mission and vision guides all of the work we do: living and learning in our Catholic faith, so that students, centred in Christ, realize their full potential.

As we prepare for Easter Sunday, when we celebrate the risen Christ and his expression of love through his ultimate sacrifice, may we remember God's message of unconditional love and forgiveness. No matter what struggle we may face, we are never alone as God is always by our side. Happy Easter and God bless!

Cathie Williams, Chair, CCSD Board of Trustees

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February	23	40	32	\$489,900	\$494,250
January	23	36	25	\$469,900	\$461,000
December	22	16	23	\$389,900	\$380,000
November	22	31	22	\$499,950	\$502,000
October	22	26	42	\$427,267	\$420,500
September	22	54	36	\$496,950	\$492,500
August	22	45	49	\$599,900	\$595,000
July	22	54	48	\$399,950	\$391,500
June	22	64	64	\$466,700	\$464,000
May	22	74	80	\$490,000	\$492,500
April	22	101	80	\$484,450	\$510,750
March	22	91	94	\$567,400	\$567,500

To view more detailed information that comprise the above
MLS averages please visit cra.mycalgary.com

Dealing with a Cough

from Alberta Health Services

A cough is your body's response to something that bothers your throat or airways. Many things can cause a cough. You might cough because of a cold or influenza (flu), bronchitis, or asthma. Smoking, post-nasal drip, allergies, and stomach acid that backs up into your throat can also cause a cough.

A cough can be short-term (acute) or long-term (chronic). A chronic cough lasts more than eight weeks. A chronic cough is often caused by a long-term problem, such as asthma. Another cause might be a medicine, such as an ACE inhibitor.

A cough is a symptom, not a disease. To treat a chronic cough, you may need to treat the problem that causes it. You can take a few steps at home to cough less and feel better. Some people may also cough or clear their throat out of habit, for no clear reason.

How Can You Care for Yourself at Home?

- Drink plenty of water and other fluids. This may help soothe a dry or sore throat. Honey or lemon juice in hot water or tea may ease a dry cough.
- Prop up your head on pillows to help you breathe and ease a cough.
- Do not smoke or allow others to smoke around you. Smoke can make a cough worse. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Avoid exposure to smoke, dust, or other pollutants, or wear a face mask. Check with your doctor or pharmacist to find out which type of face mask will give you the most benefit.
- Take cough medicine as directed by your doctor.
- Try cough drops or hard candy to soothe a dry or sore throat.

Throat Clearing

When you have a chronic cough or a disease that may cause this type of cough, you may often feel like you want to clear your throat. This helps bring up mucus. But throat clearing does not always have a cause.



Throat clearing can become a habit. The more you do it, the more you feel like you need to do it. But frequent throat clearing can be hard on your vocal cords. It's like slamming them together.

To Help Lessen Throat Clearing, You Can Try:

- Taking small sips of water.
- Not clearing your throat when you feel you need to.
- Swallowing hard when you want to clear your throat.
- You may want to ask your doctor if a medicine that thins mucus would help.

Call 911 anytime you think you may need emergency care. For example, call if you have severe trouble breathing.

Call Your Doctor or Health Link at 811, or Seek Immediate Medical Care If:

- You cough up blood.
- You have new or worse trouble breathing.
- You have a new or higher fever.

Watch Closely for Changes in Your Health and Contact Your Doctor or Nurse Advice Line If:

- You cough more deeply or more often, especially if you notice more mucus or a change in the colour of your mucus.
- You do not get better as expected.

Preventing Cervical Cancer

from Alberta Health Services



Did you know that regular Pap tests and follow-up care can prevent about 90 percent of cervical cancer cases? A Pap test checks the cervix for any abnormal cells that can lead to

cervical cancer. When needed, these abnormal cells can be treated or carefully followed.

Almost all cases of cervical cancer are caused by the human papillomavirus (HPV). HPV infections are common and usually do not cause symptoms, so most people do not even know they have it. Even if you've been immunized for HPV, it's recommended that you start having Pap tests at age 25, or three years after becoming sexually active, whichever is later.

Pap tests are quick and can be done at your healthcare provider's office or at a women's health clinic. Regular screening means any abnormal changes can be followed closely to make sure they clear up or are treated. It's important to attend any appointments for follow-up testing if recommended by your healthcare provider. The earlier abnormal changes are found, the easier they are to manage and the less likely they are to develop into cancer.

For those who are unsure of when they had their last Pap test, or are due for another, please contact your physician or call Health Link at 811.

In addition to regular Pap tests, HPV immunization is an important tool in preventing HPV-related diseases. The HPV vaccine is offered to all Grade 6 students in Alberta schools who haven't had the HPV vaccine yet and works best in children and teens before they have any type of sexual contact. Some adults may also benefit from the HPV vaccine. Talk to your doctor or pharmacist to find out if it's a good idea for you.

For more information on cervical cancer screening, visit screeningforlife.ca.

Safe Driving for Teens

from Alberta Health Services



Road crashes are the third-leading cause of death among young people in Canada. In 2020, transportation-related injuries were the third-leading cause for emergency departments and urgent care centre visits among Albertan youth aged 15 to 19.

The risk of accidents increases even after just one second of taking your eyes off the road.

Distracted driving can be:

- Visual distraction: When a driver's eyes leave the roadway.
- Manual distraction: When a driver's hands leave the steering wheel.
- Cognitive distraction: When a driver's mind is no longer on the task at hand.
- Actions – such as texting or calling while driving, talking to friends in the car, switching songs, or eating and drinking – that take a driver away from the task at hand and increase the risk of accidents and injuries on the road.

Avoid distracted driving by:

- Turning your phone off or using the "do not disturb" feature while driving.
- Giving your phone to a friend.
- Parking safely before checking your phone or making a call.

Parents can also set good examples for their children and teens by keeping their phones out of reach when driving.

Speeding, sleep deprivation, as well as drug and alcohol-impairment and aggressive driving also increase the risk of crashes and injuries on the road.

Encouraging Kids to Help in the Kitchen

from Alberta Health Services

When the entire family gets involved in the kitchen, it can encourage connections and quality time. Kids can take part in the process, from planning meals to cleaning up. It can take extra time and effort in the beginning, but it will become easier over time as kids learn skills. Being a part of planning and preparing meals teaches kids skills they can use throughout their lives.

Here are some age-appropriate tips on encouraging children to get involved in the kitchen:

Planning Meals:

- Even very young children can assist with planning meals.
- Talk about food safety. Remind children to wash their hands often when cooking and before eating the meal. You may also want to speak about keeping cold foods cold and hot foods hot.
- Give younger children options for a meal and have them choose which one they would like to help with or eat.
- Work together to discover what ingredients you already have on hand, and what ingredients you may need to purchase.
- Have school-aged children help find items in the store.
- Older children and teens may be able to choose recipes and create shopping lists on their own. As an extra challenge, give them a budget to follow when planning the meal.

Preparing Meals:

- Young children can help count ingredients, add ingredients to bowls, stir, and help wash vegetables and fruit.
- School-aged children can help assemble simple dishes and measure or mix ingredients.
- Older children and teens can use basic equipment with supervision and follow recipes.
- Try meals that each member of the family can customize. Try personal pizzas, omelettes, or wraps, and have each person choose their own toppings and ingredients.



Eating:

- Have a conversation together during mealtimes. Consider sharing about your day.
- Take turns setting the table.
- Everyone can share what their favourite part of the meal was or what they did to help prepare.
- Talk about what meal you want to make next.

Cleaning Up:

- Everyone can have a cleanup task.
- Young children can help wipe surfaces and bring their own dishes to the counter or to the dishwasher.
- School-aged children can help put leftovers into containers and dirty dishes on the counter or load them into the dishwasher.
- Older children and teens can clear the table, clean dirty dishes, or put away clean dishes.

Canada's Newest Guidance on Alcohol and Health

from Alberta Health Services

Alcohol is one of the most common substances used among Canadians, including youth. Recently, the Canadian Centre on Substance Use and Addiction (CCSA) released an updated report on guidance around alcohol and health. This was in response to the growing evidence that alcohol is the leading preventable cause of many major health issues. The recommendations are a better approach to addressing alcohol related injuries and maintaining general wellness.

So, what are the facts?

- The main message is that drinking less is better. This presents differently for everyone.
- All levels of alcohol consumption are associated with some risk, but this risk increases with more alcohol.
- There are times in which no alcohol is the safest. This can include driving, using heavy machinery, trying to be or being pregnant, breastfeeding, using medications, and being responsible for the safety of others.
- A standard drink depends on the type of alcohol, the amount, and the percentage involved. For example, one standard drink can be either one 341 ml (12 oz) beer with 5% alcohol or one 142 ml (5 oz) glass of 12% wine.
- Cancer is the leading cause of death in Canada and alcohol is known to cause seven types of cancer.

So, what do we do with this information?

Take the time to look at your alcohol use to make healthier and informed choices. Reading this article and increasing your knowledge about the impact alcohol may have on your life is a great first step! If you are hoping to decrease your alcohol use, here are a few tips offered by CCSA:

- Explore activities that are alcohol-free or offer non-alcoholic alternatives.
- Slowly set realistic limits that you can implement during your day-to-day life.
- If you choose to drink, drink slowly and make sure to nourish yourself with food and water.
- Track your alcohol use with tracking tools on smartphones or in a journal. Perhaps make note of how you feel after you decide to drink or not.

Acrobatic Skunks



Shy and about the size of a squirrel, the spotted skunk has a unique way of warning its attackers to back off. When threatened, this tiny skunk will flip itself into a handstand with legs splayed out. It

will also puff up its tail to look bigger. If the threat remains, these tiny acrobats will then spray their attacker from upside down!

Happy Birthday, Charlotte Brontë!

You've likely heard of at least one of the three Brontë sisters, all famous for their canonized novels. Born on April 21, 1816, Charlotte was the eldest and is best known for writing *Jane Eyre*. She was once urged by poet Robert Southey to abandon her writing because she was a woman. How fortunate that Charlotte didn't listen!



Keeping Storm Drains Clear This Spring

from the City of Calgary



Storm drains are a part of Calgary's stormwater system. There are about 60,000 storm drains in Calgary working to capture water and melting snow off sidewalks, streets, and roads.

Keep Your Storm Drains Free and Clear of Snow, Leaves, and Debris

If it's safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to help water flow.

Pooled Water on Your Street

In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a Trap Low), until the stormwater system can accept the extra water.

Take a Picture

If the storm drain remains submerged for more than 90 minutes or you cannot safely clear ice and snow away, take a photo and submit it via the 311 app or a web request. Attaching a photo goes a long way in helping our crews respond on a priority basis.

For more information on storm drains and to locate the closest one to you, visit calgary.ca/stormdrains.

Spring Cleaning Around the House

from the City of Calgary



As you start your spring cleaning around the house, find the right place for your unwanted items:

Gently used toys, small furniture, and pots and pans: Donate to a local charity. Small broken household items go in your black cart.

Old paint and cleaning chemicals: Take them to a designated fire station or City landfill for safe disposal. Visit calgary.ca/hhw to view locations.

Clothing, shoes, and linens: Donate useable clothes, shoes, and linens to a local charity or take them to a textiles recycling bin at City landfills.

Old electronics: Take your old and broken gadgets to an electronics drop-off for proper recycling. Check out the list of locations at calgary.ca/electronics.

Household batteries: Safely dispose of household batteries by taking them to a participating retailer for free recycling. Learn more at calgary.ca/battery.

Fridge and pantry cleanup: Remove food from packaging and put it in your green cart for composting.

If you're unsure how to dispose of an item, look it up at calgary.ca/whatgoeswhere.

We would also like to kindly remind residents to clear snow off their blue cart lid and keep the lid closed to ensure that paper and other recyclables stay dry from snow or rain.

Homeowner Water Guide – Spring Checklist

from the City of Calgary

Protecting Calgary’s precious water resources is a shared responsibility among The City, businesses, and Calgarians. There are many actions you can take to ensure your home is using water efficiently.

Inside

As a part of your regular home maintenance, take the Leaky Toilet Test to find the most common cause of household leaks:

- Remove the tank cover.
- Put several drops of food colouring (or another coloured liquid, such as coffee or tea) into the tank.
- Wait 15 to 20 minutes.
- Look in the bowl. If the water changes colour, you’ve got a leak.

Most toilet leaks are silent and go unnoticed for long periods of time, so the sooner you find and repair leaks, the better.

Outside

With spring around the corner, it’s time to think about outdoor water efficiency. Add these items to your spring checklist:

- Check your outdoor taps, irrigation system, and water features (e.g. ponds or fountains) for leaks.
- Consult the YardSmart plant list before planning this year’s garden.
- Set up your rain barrel.
- Clean and repair downspouts, directing stormwater away from your house, ideally towards your garden.

Being water efficient means you’re helping protect Calgary’s water resources by:

- Keeping our rivers healthy by removing less water.
- Saving money and energy on treating and delivering water.
- Extending the use of our water treatment plants.
- Making drought less impactful to our homes and businesses.
- Increasing our resiliency to climate change.

To learn more about water efficiency, visit calgary.ca/waterguide.

Weekly Green Cart Returns End of April

from the City of Calgary



Weekly green cart pick up returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

As you clean up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll the tops of the bags closed and set them at least two feet to the side of your green cart for collection.

Compost Giveaways

Compost will be available for pick up by online appointment from April 24 to June 10. Appointment bookings will be available on calgary.ca/compost starting April 10.

BRAIN GAMES

SUDOKU

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SCAN THE QR CODE FOR THE SOLUTION



How to Meet Your Neighbours

A message from the Federation of Calgary Communities



Moving to a new neighbourhood can be exciting and intimidating if you don't know anyone. Welcoming new neighbours into your community can be a great way to meet new friends and establish good relationships with neighbours. It has numerous benefits and even reduces the possibility of crime because people who know each other are more likely to look out for one another.

Do your part to transition new neighbours into your community or to meet neighbours who have been in your community for a while that you haven't met yet. There are little things you can do that will go a long way for bringing neighbours together!

1. Introduce yourself to your neighbours and ask them a few questions about themselves. Tell them some information about yourself too. Some good starting points could be where they moved from

or how long they've been in the community. Also, new neighbours could use information about the community association's programs and services, how to become a member, upcoming events, and even great local businesses or restaurants.

2. Welcome your neighbour by making a small yet caring gesture or gift. It can be the traditional pie, a cup of coffee, some flowers, vegetables from your garden, or even an invite to dinner. Moving is hard work and a warm meal will be appreciated by your new neighbours!
3. After introducing yourself, make the effort to wave, greet, and make small talk with your neighbours continuously. This encourages friendly discussion and makes neighbours feel continuously welcomed.

Community Association Welcoming Committees

Welcoming committees are a team of people who welcome new residents as they move to the community. Usually, they create welcome kits full of community association information on programs and services, business cards of local shops and restaurants, My Neighbour cards, emergency information and services, and maybe some small gifts like coffee cards. Upon moving into a home in the community, Welcoming Committees present these to new neighbours! Check with your community association to see if they have a welcoming committee, and if not, offer your help to develop one. One way to help distribute welcome kits is by asking local realtors, rental management companies, apartment managers, and landlords to inform the committee of new additions to the community. Then, you and your committee can deliver the packages!

Being welcoming can be very easy but it can be intimidating crossing cultural barriers. Keep in mind that good neighbours can be of all cultural backgrounds. Having an open heart and wanting to learn from new neighbours can make your community a diverse cultural hub. Be interested in getting to know your new neighbours, celebrating cultures, and sharing your family's own traditions.

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Calgary's Pathways: Where People and Nature Meet

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

It's springtime! Soon Calgarians en masse will be out and about on the city's 1,000 km of pathways. This is the largest urban pathway network in the world! But it was not always so.



Early Days of Confederation Park 1948-1988
(City of Calgary Archives)

Although city plans back to 1910 referred to Calgary's impressive inventory of natural features and open spaces, which could be enhanced with connections between them, it wasn't until the 1970s that multi-use pathways started becoming a reality.

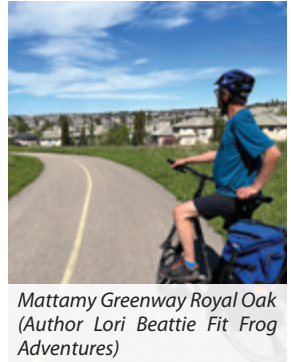


Confederation Park ca 1970 (City of Calgary Archives)

Confederation Park received the city's first official pathway. Created to celebrate Canada's centennial, the park reflects Superintendent Harry Boothman's vision for an area that supports Calgarians' activities and preserves the existing coulee environment, vital to flood control. The pathway was constructed in the early 1970s and it still meanders parallel to the creek that is the centre of the park.

Calgary's network really got going when the "Bow River Pathways" was formalized for the city's centennial in 1975. Today, the Pathways spans 48 km between Bearspaw Dam and Fish Creek Provincial Park. Although the Chinook Trail Association started a dirt path along the Bow River's north side in 1969, construction of the Pathways heralded a new era for the city's pathway network and parks.

Further development of the network was a result of Calgarians' input for more recreational choices and for the protection and enjoyment of the city's natural spaces. The network subsequently grew to connect the Bow River to the Glenmore Reservoir via the Elbow River Pathway, with extensions moving out from the rivers, such as the Nose Creek Pathway.



Mattamy Greenway Royal Oak
(Author Lori Beattie Fit Frog Adventures)

Today, the network has grown far beyond the rivers and reservoirs. The Rotary/Mattamy Greenway's construction began in 2010 and it now encircles the city with 145 km of pathways that connect 55 communities. It's a unique multi-use pathway that continues the legacy of the pathway network, where people and nature meet.

Before heading out for the 2023 season, remember the efforts of Calgarians in building and maintaining a network that facilitates the enjoyment of our urban lives while taking in and preserving our stunning natural environment.



Patterson Slopes Pathway
(Author Lori Beattie Fit Frog Adventures)

GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



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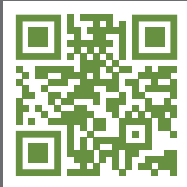
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Councillor, Ward 12

Evan Spencer

✉ Ward12@calgary.ca

📱 @SpencerFor12

Hello, Ward 12,

My journey to municipal politics was greatly influenced by witnessing how important decision-making at City Council was in our day-to-day lives. Getting involved with local governance fundamentally changed how I saw my role as a citizen in our collective. The more I learned and experienced local governance at work, the more I realized its importance and value.

Cities have been called “children of the province” and the longer I spend as your local Councillor the more I witness how our Provincial policies and funding impact decision-making at City Hall. We are in the middle of the Provincial election and my appeal to you is simply this: be curious. We need to reject the attack-style politics that are increasingly taking over our democratic discourse and look beneath the surface. Most contentious political issues are tradeoffs with very real impacts for people on either side of those issues. I attempt to screen my decision-making with the filter of “which decision does the most for those who have the least” but that is easier said than done. I will be releasing commentary on policy positions for the various parties through a City and SE Calgary lens as we head toward the end of May. You can find these posts at evanspencer.ca/alberta2023.

This month, we will be preparing for Neighbour Day by hosting a Block Party Primer for Ward 12! On Saturday, April 15 at the Seton YMCA, my team along with City representatives, will be on hand to engage with and resource you for hosting your own block party. This simple act, of bringing your block together, can permanently change your block for the better. If you’re unsure whether you have the time to plan and organize your own party, we will help with tips on how to activate your street and make connections with your neighbours outside of Neighbour Day. If you just want to pop by to say “hi”, we look forward to seeing you there! Watch our social media or sign up for our monthly newsletter (www.calgary.ca/council/ward-12/connect) to get more details.

Please don’t hesitate to contact my office at Ward12@calgary.ca or 403-268-1698.

Evan Spencer, Cllr. Ward 12

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