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- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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SALE \$8,379

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- Supply & install one corner caddy & soap dish
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- Installation of new tile flooring
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Get Ready Calgary – Green Line Is on Its Way!

by *The City of Calgary*

Main construction of the Green Line LRT is starting this year, and the benefits will last Calgarians a lifetime. Phase one spans 18 kilometers from Shepard Station at 130 Ave SE to Eau Claire at the north end of downtown. With 13 stations, it provides connections to the Red and Blue LRT lines and three MAX rapid bus routes.

The Green Line will provide transit options for 70,000 people living within a ten-minute walk of the line, unlocking land for development, and increasing access to housing options. This leads to a more vibrant and diverse community for all Calgarians to enjoy.

As the largest infrastructure project in Calgary's history, the Green Line will also improve social equity by providing direct access to 190,000 jobs in downtown, Quarry Park, and industrial areas. The project is also



expected to create over 20,000 direct and supporting jobs by the end of construction.

With an estimate of 55,000 daily Green Line riders, there will be less congestion on existing transit routes, and fewer cars on the road. This is great news for the environment and public transit riders!

As construction begins and excitement grows, stay up to date on the project by visiting calgary.ca/GreenLine or following @GreenLineYYC on social media.



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Vancity



April is a special month for Canada! Now a bustling hub of community, film, and diversity, the city of Vancouver was incorporated on April 6, 1886. Can you imagine a Canada without Vancouver?!

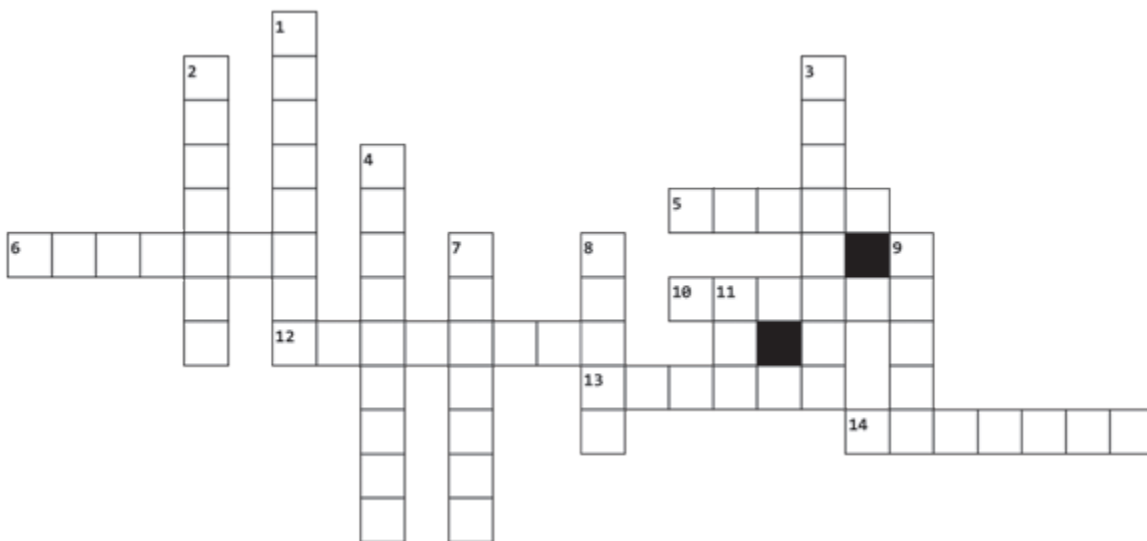
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April Crossword

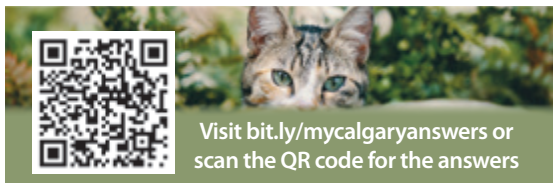


Across

5. The _____ and the Sweet Pea are April's official birth flowers.
6. This famous Leonardo was born on April 15, 1452.
10. In April of 1970, _____ 13 launched and famously ran into difficulties 56 hours later.
12. *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, recently made into a feature film directed by Martin _____, was originally published on April 18, 2017, and written by David Grann.
13. This popular holiday, typically in April, is thought to be named after the goddess "Eastre".
14. Noah _____ copyrighted this eponymous, well-known dictionary used by many on April 14, 1828.

Down

1. After a 1,500-year break, this international multi-sport event was reintroduced in Athens on April 6, 1896.
2. Famously nicknamed "The Unsinkable", this ship went down on April 14, 1912, in the North Atlantic Ocean.
3. This year, the World Ski and Snowboard Festival will be held the second week of April in _____, BC.
4. This cultural hub of Canada was incorporated into the country as a city on April 6, 1886.
7. Ford released the first version of this beloved muscle car on April 17, 1964.
8. "I Want to Break Free" by _____ was released in April of 1984, with a controversial yet playful music video.
9. Vancouver-born _____ Smulders, who famously plays Robin Scherbatsky in *How I Met Your Mother*, celebrates her birthday on April 3.
11. On April 11, National _____ Day is celebrated and advocates against animal violence and cruelty.



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Make Every Drop Count: Collect and Reuse Water with a Rain Barrel

by The City of Calgary

Our region is in a drought, and that's why now, more than ever, every drop counts. With another dry summer expected this year, we all need to do our part to conserve water and use it wisely.

A rain barrel is a great way to capture and reuse any rainwater Mother Nature provides this season. You can use what you collect to water your trees, lawn, and garden – even when outdoor water restrictions are in place.



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by Anne Burke

The new City Nature YYC website will be online with information on the 2024 challenge (www.citynatureyyc.ca). The dates for the event are April 26 to 29. Follow @CityNatureYYC on Instagram. On May 6, local, national, and global results will be announced.

The Nose Hill checklist contains references to reptiles, fungi and lichen, amphibians, insects, shellfish, birds, and mammals. Sightings are in NW Calgary. This website features the chorus frog, the tiger salamander, the terrestrial garter snake, and more. There are 42 birds, among them hawks, blackbirds, sparrows, chickadees, starlings, wrens, geese, eagles, mallards, teals, kestrels, gulls, partridges, grebes, grouse, and vultures. Some other types are the northern flicker, downy woodpecker, and hairy woodpecker. The great horned, long-eared, and short-eared owls all appear in the list.

The May Plant Count is part of the annual May Species Count. The survey runs from May 25 to 31. The focus is on documenting the flowering status of native plant species across Alberta. This project promotes stewardship and appreciation of Alberta's natural areas. As a citizen scientist, you will collect data to be used for conservation. Here are the basics. Enter the location of your plant. Upload a photo. Enter the date of the observation. Add a report about the flowering stage. Choose the appropriate stage from those listed. There are many ID guides and checklists (in print or flipbooks online). Observations can be made manually on a data sheet and then submitted by email or snail mail. You would need to sign up for the mailing list and then receive data sheets and instructions (www.naturealberta.ca/-may-plant-count). If you are submitting observations online you will join the May Plant Count project for the flowering codes to be displayed in the iNaturalist phone app (www.inaturalist.ca/projects/alberta-may-plant-count).

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Syrupy Sweetness: Embracing the Maple Magic!

by Danielle Robbertze



With the arrival of spring, another season dawns on Canada which satisfies all the sweet teeth out there – maple syrup season! A trip down to the sugar shack is a spring tradition especially for those in Eastern Canada. The warmer weather that comes with spring turns the starch stored in maple trees into a golden treasure ready for tapping.

But how did this beloved treat come to be? Canada is the largest producer and exporter of maple products with a whopping average of 60 million kilograms being exported annually. Quebec leads the way in this market, representing 96% of exports.

We owe a great deal to the Indigenous peoples of Canada for the discovery of this sweet harvest. It is recorded by Indigenous tribes that they would tap trees by cutting into the maple trees with willow tubing, and then bowls were placed underneath to catch the maple sap. The sweet harvest would then be used to cure meats which would preserve food and sustain tribes during the harsh winter months.

But the use of maple sap did not stop there. The sap could be boiled to create the syrup we know and love today.

French settlers arrived and loved the sweet sap just as much as the Indigenous peoples. They would begin production of maple products in the 18th century, and even sent products back to their homeland for all to enjoy including King Louis XIV, who especially enjoyed *dragée* (the French word for maple sugar candy).

So, when this month seems a bit drab and chilly, remember maple syrup is there to warm up your spirits just as it did centuries ago for the Indigenous peoples and settlers of Canada.

Word of the Month

Portmanteau: noun (port-man-toe)

A literary device wherein two words are merged to form a novel word with a distinct meaning.

John was surprised to learn that the word 'motel' is a portmanteau of 'motor' and 'hotel'.

Ham and Pineapple Bake

by Jennifer Puri

Cheap and easy to prepare eggs are an inexpensive source of high-quality protein. Eating enough protein can help with weight loss, increase muscle mass, optimize bone health, and lower blood pressure.

A whole egg contains a tiny bit of every nutrient you need and there are many ways to prepare eggs but poaching or boiling them preserves most of their nutritional benefits.

Tasty and filling, eggs have been popular for thousands of years and in many cultures, eggs are a symbol of new life, fertility, and rebirth.

Eggs are a breakfast mainstay and frittatas, quiches, burritos, quesadillas, devilled, pickled, or creamed eggs are just some of the delicious ways to consume eggs.

This Ham and Pineapple Bake can be enjoyed any time of the day and pairs well with a side of fingerling potatoes and a tossed salad.

Prep Time: 20 minutes

Cook Time: 45 minutes

Servings: 4



Ingredients:

- 1 small loaf of French bread
- 4 tbsps butter
- ½ lb cooked ham cut into small pieces
- 1 cup shredded cheddar cheese
- ¾ cup drained pineapple bits
- 4 eggs
- 2 ¼ cups milk
- 1 tsp ground mustard
- ½ tsp salt
- ½ tsp black pepper
- 1 tbsp chopped chives

Directions:

1. Butter a medium size glass baking dish. Slice the French bread and then spread butter on one side of each slice.
2. Next slice the bread into one-inch cubes and place in baking dish. Spread the ham cubes and pineapple bits on top of the bread and sprinkle with cheddar cheese.
3. In a mixing bowl, beat the eggs and then blend in the mustard, salt, pepper, milk, and chives. Pour the mixture evenly over the bread mixture. Cover tightly with saran wrap and refrigerate overnight.
4. The next day preheat oven to 350 degrees Fahrenheit.
5. Remove baking dish from refrigerator and place on middle rack of oven. Bake uncovered for 45 minutes or until puffed and golden in colour. A knife inserted in the centre should come out clean. Serve immediately.

Bon Appétit!



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Len Webber, MP

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April has arrived which means we're closer to birds returning, trees blooming, and gardening – my personal favourite.

April also means I am back knocking on doors, listening to the needs of the community I serve. Serving the people of Calgary-Edgemont is my passion and my privilege. If you have issues that you'd like me to be aware of, please reach out to my office. I frequently use the letters, emails, and conversations from my constituents when I speak on the floor of the Legislature (with their permission, of course!)

With the release of the 2024 budget, it is apparent that the government's promises to support Albertans' education, healthcare, and affordability needs were campaign promises only. This budget will not deal with the major issues facing the province. My colleagues and I will continue to fight for the needs of Albertans. All Albertans.

I'd like to thank the Community Associations of Edgemont and Ranchlands for collecting supplies for my Period Poverty Drive. The response was impressive, and it warmed my heart. It is crucial to raise awareness of this issue: people should not have to choose between feeding themselves and their families or their personal hygiene. During the worst affordability crisis in memory, we need to take care of each other. In honour of this generous response, and to continue to support the people of Calgary-Edgemont, we are going to make the Period Poverty Drive permanent. Please stop by my office to donate supplies. All the items we collect will be distributed directly to people in our community who need them.

When I am home during breaks from the Legislature, I am available for notary services, to issue a certificate for an important milestone like a birthday or wedding anniversary, or to attend community events to celebrate and support the amazing work happening in Calgary-Edgemont.

I hope to see you out in the community soon.

Don't Be Fooled

As we come to the end of tax season, scammers and fraudsters are just starting to get busy as they look to trick taxpayers with the latest scams. Canadians eager to get their tax refunds are often the victims of these seasoned criminals.

Taxpayers should be vigilant when they receive any communication that claims to be from the Canada Revenue Agency (CRA). Many of these are seeking your personal information such as a social insurance number, credit card number, bank account number, or passport number.

The CRA will only communicate with you via traditional mail to the address on file and if you are uncertain as to the validity of any mail, give them a call at 1-800-959-8281 to verify it is real. They will never threaten to 'send the police to arrest you' and will never ask for payment by interact transfer, bitcoin, or gift cards.

The CRA will only email you to say you have a message in your MyAccount and you should not use the link in the email but instead type Canada.ca/MyAccount into your browser. The CRA will never text you – ever!

These scammers usually insist that personal information is needed so that the taxpayer can receive a refund or access a benefit payment. Often, calls and emails also involve threatening or coercive language to scare individuals into paying a fictitious debt to the CRA. Other communications urge taxpayers to visit a fake CRA website where the taxpayer is then asked to verify their identity by entering personal information. These are scams and taxpayers should never respond to these fraudulent communications or click on any of the links provided. When in doubt, stop communicating.

The fraudsters are becoming more sophisticated and the CRA has a website to help you identify and protect yourself against these scams. It can be found at www.canada.ca/en/revenue-agency/corporate/security/protect-yourself-against-fraud.html.

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