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Preparing or Updating Your Will



Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney (EPA)* and a *Personal Directive (PD)*.

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

family member or a divorce. We make this process easy and help to ease your mind.

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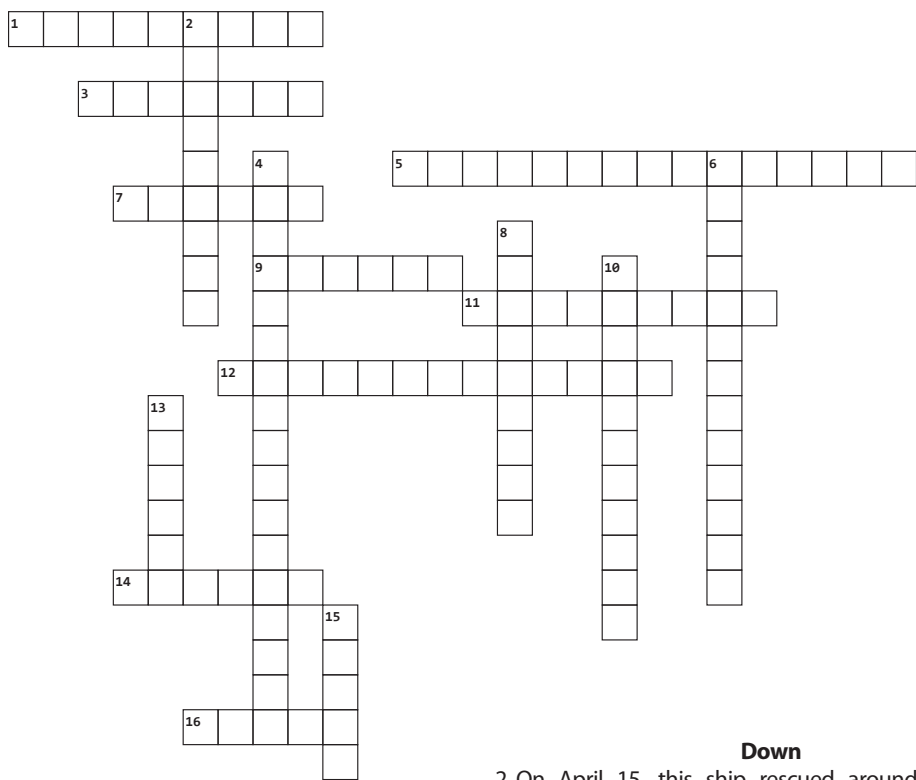
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April Crossword Puzzle



Across

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

Down

- 2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
- 4. What makes April 9, 1917, an important date to many Canadians?
- 6. 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.
- 8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
- 10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
- 13. In the United States, spring is said to have arrived when this bird comes to town.
- 15. One of April’s birth flowers that comes from the Old English phrase ‘dæg-es-eage’.

SCAN THE QR CODE FOR
THE ANSWER KEY



CONTENTS

- 8 DOLLARS AND SENSE: BORED? THINK TWICE BEFORE TAKING THAT FACEBOOK QUIZ
- 10 SAFE AND SOUND: DEALING WITH A COUGH
- 12 RESIDENT PERSPECTIVES: STARGAZING WITH PAT J
- 13 MENTAL HEALTH MOMENT: 27 WAYS TO SAY NO
- 15 BUSINESS CLASSIFIEDS



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EVANSTON CONTENT**

**News, Events,
& More**



**Crime
Statistics**



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Evanston Board Meetings

are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.

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Evanspark Boulevard: Safety Update

by Mike Stiles, ECCA Safety

Concerns have popped up again regarding Evanspark Blvd at the gate and SVPW. We will continue to work with the Ward 2 office and advocate for better material coverage and a sign posted to warn drivers of the dangers that this hill shows us yearly, not to mention the waste of money replanting the same trees every spring.

While we work on this, I ask you all to contact 311 via phone or the app to request gravel at this location and any other locations in our community. More calls for service equal more attention to our community. If no one calls, the City assumes Evanston doesn't need anything.



Dr. Michael Massie

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NEW CONDOS COMING TO U/D!

University District is excited to announce the third residential project by Homes by Avi.

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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.

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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.

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?



SCAN THE QR CODE
FOR THE ANSWERS!



BRAIN GAMES SUDOKU

8			5		1			9
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SCAN THE QR CODE
FOR THE SOLUTION



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.

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.

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.

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.



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Foxtail Barley

Spring has arrived, and with it, so does the Foxtail Barley plant popping up in our ward. Foxtails are a native plant, often found in “disturbed” areas such as construction sites and roadsides.

The Foxtail is made of seeds known as awns. In the fall, these awns dry out and the Foxtail breaks apart. Awns are dispersed by the wind where their sharp tips help them stick to new locations and grow by burrowing into the ground.

The City is legislated to perform control on plants classified as “Prohibited Noxious” or “Noxious” by Alberta Environment. Foxtails are not listed in the Alberta Weed Control Act. Though a native plant, Foxtails can cause issues for dogs as the awns can become stuck in their fur, paws, or facial features, creating a painful and potentially dangerous issue for pets.

What The City Does

A tailored approach to protect the natural environment to support its sustainability and the impacts on citizens and their pets. This may occasionally include manual removal in sensitive areas.

Raise awareness of the ecological benefits of this plant and the potential impact on dogs.

A pilot project was executed that planted micro clover and/or urban grass seed mix to try and mitigate the instances of Foxtail growth.

What You Can Do

In your garden:

- Cut Foxtails short prior to it going to seed.
- Hand-pull Foxtails as you see them.
- Pour boiling water on Foxtails to kill them.

For your dog:

- Avoid walking through areas with Foxtails, if possible.
- Keep your dog on-leash and within line-of-sight during walks.
- Keep dog fur short around paws and armpits.
- After walking, check dog for awns, especially in ears, crevices/skin folds, paws, and mouths.
- Remove awns with tweezers.

If your dog is sneezing, shaking its head, scratching, rubbing, or chewing right after a walk, take them to a vet immediately for analysis.



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My ‘Tips for your 2022 Taxes’ newsletter was recently mailed out to all constituents and is now posted on my website. I hope you find it helpful. It is not a comprehensive list of tax-saving measures, nor is it tax advice, so for more information about specific deductions, please visit the Canada Revenue Agency website or seek professional advice.

If you have not already done so, you may be preparing your personal income tax return. As April 30 falls on a Sunday this year, the deadline for individuals to submit their tax returns is May 1, 2023.

If you have a modest income and a simple tax situation, you may seek assistance from volunteers at a local free tax clinic in order to complete your tax return. A list of locations is available on Canada Revenue Agency’s website.

Taxes continue to increase, making life less affordable. I tabled Private Member’s Bill C-266 on March 31, 2022, to repeal the “excise escalator”, which raises the tax on alcohol automatically on April 1 each year, without a vote in Parliament. This year’s automatic 6.3% tax increase puts Canadian producers at a competitive disadvantage, raises prices for consumers, and denies Parliament its power to approve or reject tax increases.

Other new taxes in 2023 include a 30% hike in the carbon tax, which will raise prices at every step of the supply chain, and increased payroll deductions for EI and CPP which took effect January 1.

Archived newsletters, e-newsletters, and ‘Tips for your 2022 Taxes’ are available on my website for your reference: <https://patkellymp.ca/house-to-house-archive/>.

My constituency office is open for those who need help with federal departments or agencies. Please reach out to me or my staff with questions, concerns, or requests for assistance at pat.kelly@parl.gc.ca or 403-282-7980.

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The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)



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