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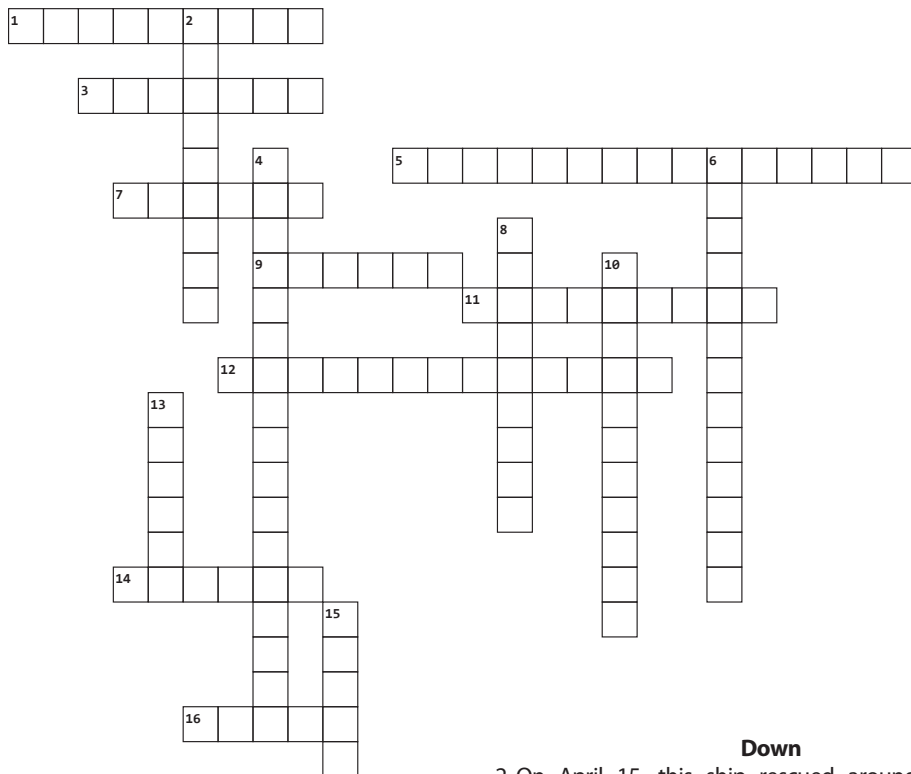
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# April Crossword Puzzle



## 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



## Community Designated Schools

*(FR) Denotes French Immersion Program*

Hamptons Elementary  
Captain John Palliser Elementary  
Tom Baines Junior High  
Sir Winston Churchill Senior High  
St. Dominic Fine Arts  
St. Jean Brebeuf Junior High  
St. Francis Senior High  
St. Luke Elementary (FR)  
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École Terre des Jeunes (FR)  
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École de la Rose sauvage (FR)

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## National Pet Day

April 11 is National Pet Day! On this day, we show our love and appreciation to our furry, feathery, or scaly friends, even those still in need of a home. Pet Day is also used to advocate against animal violence and cruelty. This April 11, be sure to shower your pet friends with care and love, whether it means your own pet, someone else's, or a shelter animal in need.

### SCAN HERE TO VIEW ADDITIONAL HAMPTONS CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



## Traffic Service Request

The Calgary Police Service would like to introduce the Traffic Service Request program. If you see patterns and problem areas within our community, please visit [www.calgary.ca/cps/traffic/traffic-service-requests.html](http://www.calgary.ca/cps/traffic/traffic-service-requests.html).

We appreciate your participation.



## 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?



**SCAN THE QR CODE  
FOR THE ANSWERS!**



## SAFE & SOUND



## Bicycle Helmet Safety

*from Alberta Health Services*

Head injuries are the leading cause of serious injury and death to kids on wheels\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

### Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

### Getting started

- Allow children to assist when buying their helmet
- Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

### Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

\* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

# 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.



## News from the Friends of Nose Hill

by Anne Burke

There is an annual global community science competition to document urban diversity. Public bioblitzes will be held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organism in urban areas. The 2023 City Nature Challenge involves taking pictures between April 28 and May 1 and then identifying them. Results will be announced on May 8. This will be the fifth year for Calgary region participation and there are awards for the top cities. For more information, go to [inaturalist.ca/projects/city-nature-challenge-2023-calgary-metropolitan-region](https://inaturalist.ca/projects/city-nature-challenge-2023-calgary-metropolitan-region).

Although the City introduced two new program, Green Leader and Water Steward, its decision to temporarily discontinue its Adopt-a-Park program was unpopular. Now you can join the Parks Environmental Education team on a Green Initiative project to restore habitat with tree and shrub planting, tree wiring, weed pulling, or painting projects. These group projects are seasonal (May to October) and typically require a 3-to-4-hour commitment. A screening policy is in place, which may include checks by police. Once accepted, volunteers receive orientation, training, and other support. For more information and to register, please call 3-1-1.



## Joke of the Month

I asked the gym instructor, "Can you teach me to do the splits?"

"How flexible are you?" she asked.

I said, "I can't make Tuesdays."



# Hamptons *Spring Cleaning*

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Budget 2023 secures Alberta's future by diversifying and growing the economy, creating good paying jobs, strengthening health care and education, and keeping Alberta communities safe – all while remaining committed to responsible fiscal management.

Calgary is seeing major investments in transportation. Our government is investing \$1.1 billion in Calgary transportation projects including \$541 million for Calgary LRT projects, \$429.7 million for Deerfoot Trail upgrades and improvements, and \$134.2 million to complete the Stoney Trail Ring Road.

Alberta's economy has momentum, and our government is focused on creating jobs and diversifying the economy. 2022 saw a 30 percent increase in venture capital investment attraction bringing the total for the year to a record \$729 million. This is because of the low taxes and solid economic policies implemented by this government. February's employment numbers show just how well our economic policies are working, with a record number of Albertans having full-time jobs.

Healthcare is also a major focus for our United Conservative government. This budget aims to improve healthcare by adding more doctors, nurses, and healthcare aides. Alberta is investing \$396.4 million into Calgary health care including \$166 million for the Calgary Cancer Centre, \$84.7 million for the Peter Lougheed Centre, \$63.6 million for the Foothills Medical Centre, and \$3 million for planning the North Calgary/Airdrie Regional Health Centre.

Over 3 years, our government is also investing \$72 million to create more than 3,400 new seats in post-secondary health care programs, including 120 new physician seats at U of C and U of A, and thousands of new seats for nurses and health care aides. \$113 million from Alberta Health will add 100 residency programs for newly graduated doctors.

With its strong focus on investment attraction, job creation, economic growth, and the health and wellbeing of all Albertans, budget 2023 is securing a bright future for Alberta.



Councillor, Ward 2

## Jennifer Wyness

☎ 403-268-2430

✉ Jennifer.Wyness@calgary.ca

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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.

# Julia Hayter

Calgary – Edgemont



## Julia Hayter: A powerful voice for Calgary-Edgemont on a strong Rachel Notley Team

Julia is an Education Assistant and has served as Chair and Vice-Chair of her children's Parent School Council. She is a strong advocate of a public education system that supports Alberta's students and prepares them for the future.

Julia is raising her three school-age children in Northwest Calgary. She knows what it's like to budget for today—with an eye on tomorrow.



### **Rachel Notley is focused on what matters to you and your family:**

- Protecting mental health and improving public healthcare: supporting hospitals, clinics, EMS, and frontline healthcare workers.
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- Building a resilient economy by supporting innovation and the creation of good-paying jobs in emerging sectors.

This time, Rachel Notley and Julia Hayter.

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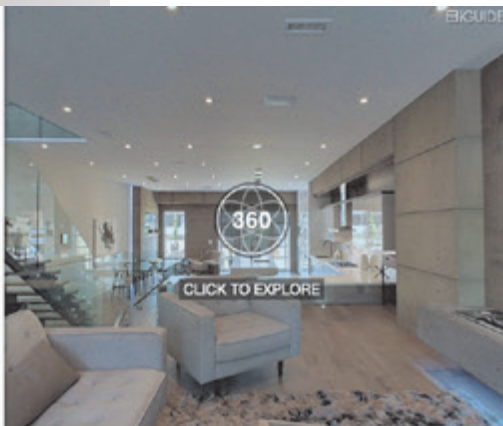


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