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# JEREMY NIXON CALGARY-KLEIN

## HUSBAND. FATHER. COMMUNITY BUILDER.



Jeremy's career has always been about making a difference, from non-profits to the legislature he has consistently stood up for those in his community.

He grew up knowing his father's own experiences with homelessness and went on to advocate for others through the Mustard Seed, Canadian Mental Health Association and the Boys & Girls Club.

As a homeless shelter manager, Jeremy saw firsthand how government inefficiency and bloat hurts not just our most vulnerable citizens, but also the lives of everyday Calgarians.

He believes an engaged society, strong economy, and good government ultimately lead to better results for Albertans.



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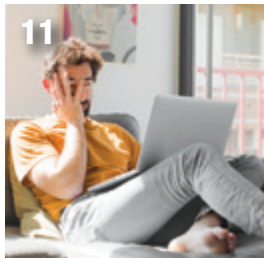
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# 27 Ways to Say No

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

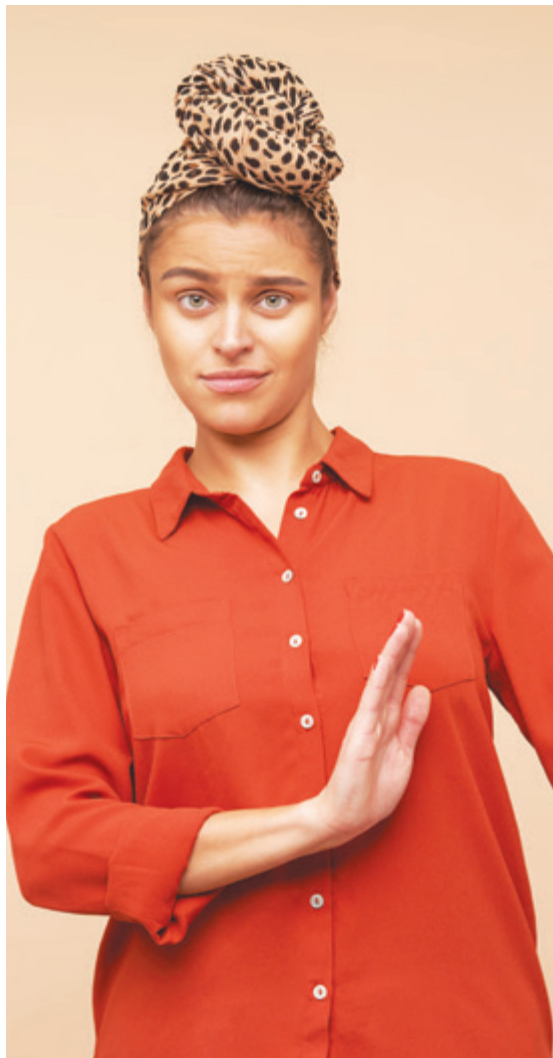
Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

### 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.



## 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](https://calgary.ca/waterguide).

## 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.

### 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!

# 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:

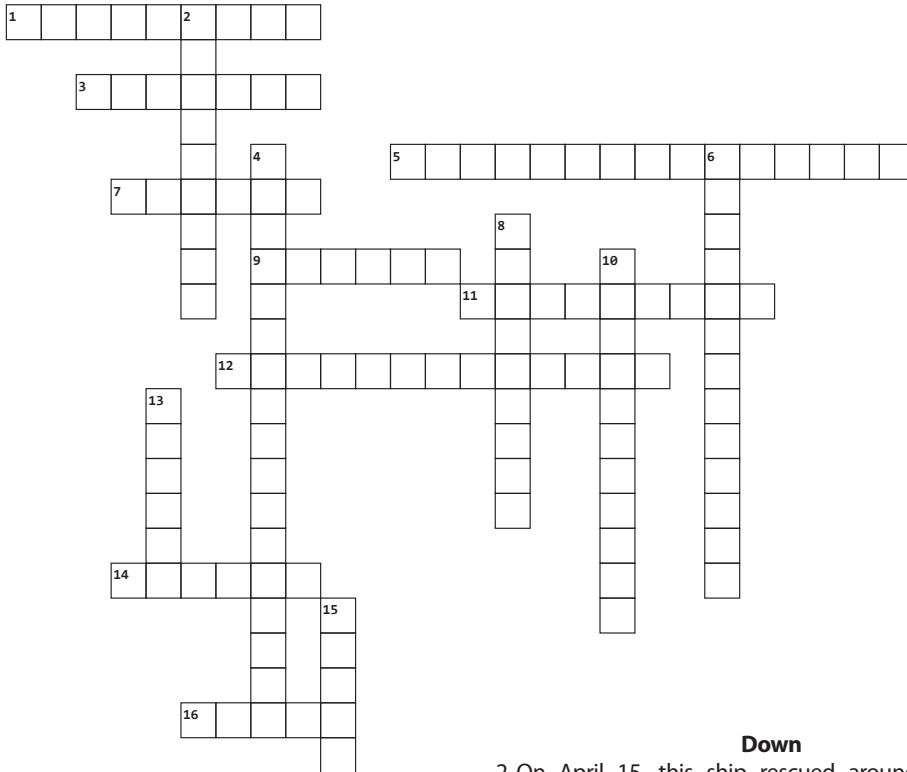
- Have a conversation together during mealtimes. Consider sharing about your day.
- Take turns setting the table.
- Everyone can share what their favourite part of the meal was or what they did to help prepare.
- Talk about what meal you want to make next.

### 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.



# 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 'dægeseage'.

SCAN THE QR CODE FOR  
THE ANSWER KEY





## 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.

## 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).



### 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.

# 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 Bears paw 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)*



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### Access To Information

Canadians often hear journalists talk about getting information through the Access to Information process, but this access is not limited to journalists.

Any Canadian citizen, permanent resident, or any person or corporation residing in Canada has the right to request access to records of government institutions that are subject to the Access to Information Act.

The government retains the ability to withhold information for a number of reasons such as national security, personal privacy, Cabinet Confidence, proprietary information, trade secrets, international relations, and third-party information.

Any Canadian citizen, permanent resident, or individual present in Canada has the right to access their personal information held by government institutions that are subject to the Privacy Act.

Your request must be directed to a specific department or institution and each request will cost five dollars. You can find the information on how to make your request at [www.lenwebbermp.ca/access-to-information](http://www.lenwebbermp.ca/access-to-information).

You can also use the online archive to see summaries of previous requests that have been made by others. This could save you considerable time if the request has been made previously.

The Access to Information process is not as quick as it should be, but it is an important tool that Canadians can use to access government information.

If you believe there is an error in the information a government institution has on file about you or that information is missing, you may ask to have it corrected. If the institution does not agree to change the information on file, the institution must make a note of your request for correction and attach it to the record.

They may have also shared your information with other government institutions in the last two years. The government institution will contact these other institutions so that they can make the same correction or notation.



**Councillor, Ward 4**  
**Sean Chu**  
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[www.seanchu.ca](http://www.seanchu.ca)

Greetings, Ward 4!

Spring is finally here, and we hope that you are all enjoying the warmer weather and the beauty of the season. As we transition into this new season, we would like to remind you that protecting Calgary's water resources is a shared responsibility among The City, businesses, and Calgarians.

To help you be more water-efficient, we would like to share with you a homeowner water guide spring checklist. This checklist includes tips and actions you can take to ensure that your home is using water efficiently, both inside and outside.

#### 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:

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- 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 and how you can make a difference, please visit [calgary.ca/waterguide](http://calgary.ca/waterguide).

Thank you for your attention,

*Ward 4 Cllr. Sean Chu*



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## 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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\*Denotes Prof. Corp.