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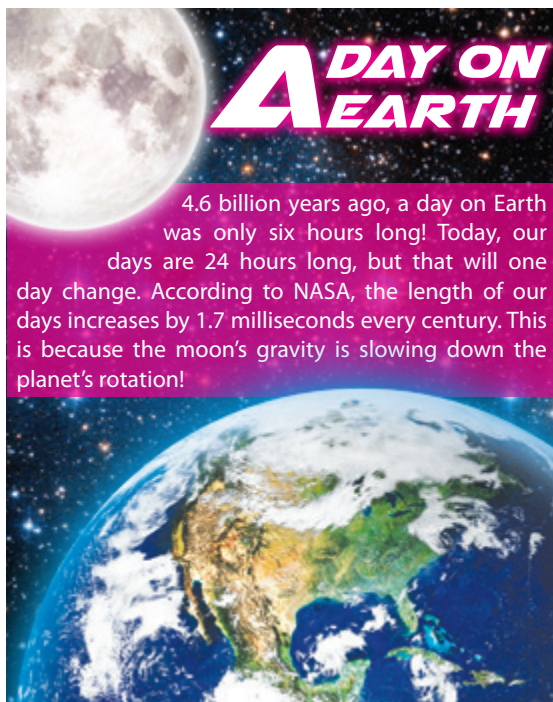
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A DAY ON EARTH

4.6 billion years ago, a day on Earth was only six hours long! Today, our days are 24 hours long, but that will one day change. According to NASA, the length of our days increases by 1.7 milliseconds every century. This is because the moon's gravity is slowing down the planet's rotation!

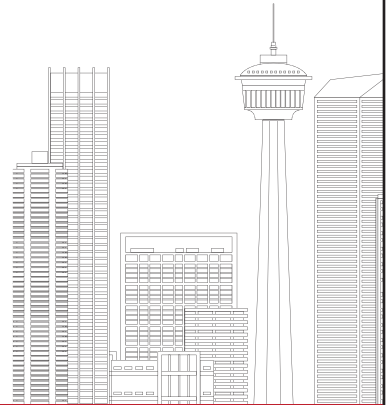


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GREENVIEW



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GAMES & PUZZLES

Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



The Orient Express

In 1883, a luxurious passenger train called the Orient Express began serving the European continent and did so successfully for almost a century. Sadly, the emergence of air travel meant that it had to shorten its routes. On May 20, 1977, the Orient completed its last direct trip from Paris to Istanbul, the endpoints on their line.



News from the Friends of Nose Hill

by Anne Burke

The annual May Plant Count is an event where volunteers survey their favourite natural areas to collect data on the distribution and blooming of flowering plants in Alberta. Collection of plant specimens is not allowed in any protected or restricted areas, such as Nose Hill Park. The survey, which takes place between May 25 and 31, encourages stewardship and is based on appreciation of nature.

Expertise in identification is valuable, but not mandatory. It is open to anyone with an interest in plants and flowering. As a citizen scientist, your photos submitted during the count period will contribute to the databases. To join the project, go to <https://inaturalist.ca/projects/alberta-may-plant-count>. In order to submit observations, you will need to log in and create an account (which is free).

The May Plant Count is part of the May Species Count. It began in 1976 to track bird species across Alberta and, in 2011, over 300,000 birds were counted. In 2022, over 400 people participated in the bird count. To learn more about how to download your results onto the eBird app and to contact your local organizer, go to <https://naturealberta.ca/may-species-count/>.



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Mother's Day Trivia

by Shelly Smith

In honour of Mother's Day, I thought it might be fun to share this short and informative quiz with you. Have fun with it!

1. What date in May does Mother's Day fall on?
 - a. The first Sunday of May
 - b. The second Sunday of May
 - c. The last Sunday of May
2. In 1908, which country was the first to celebrate Mother's Day as an official day of celebrating mothers?
 - a. United States
 - b. Canada
 - c. India
3. Which scientist won two Noble Prize awards and was the mother of a Nobel Prize winner?
 - a. Emily Green Balch
 - b. Gerty Theresa Cori
 - c. Marie Currie
4. Which pop music group is known for a hit song named *Mamma Mia*?
 - a. Abba
 - b. Blondie
 - c. Fleetwood Mac
5. How much do Canadians spend on average for a Mother's Day gift according to Finder.com?
 - a. \$52
 - b. \$111
 - c. \$132
6. How much does phone (landline and cellular) traffic increase on Mother's Day?
 - a. 23%
 - b. 37%
 - c. 45%



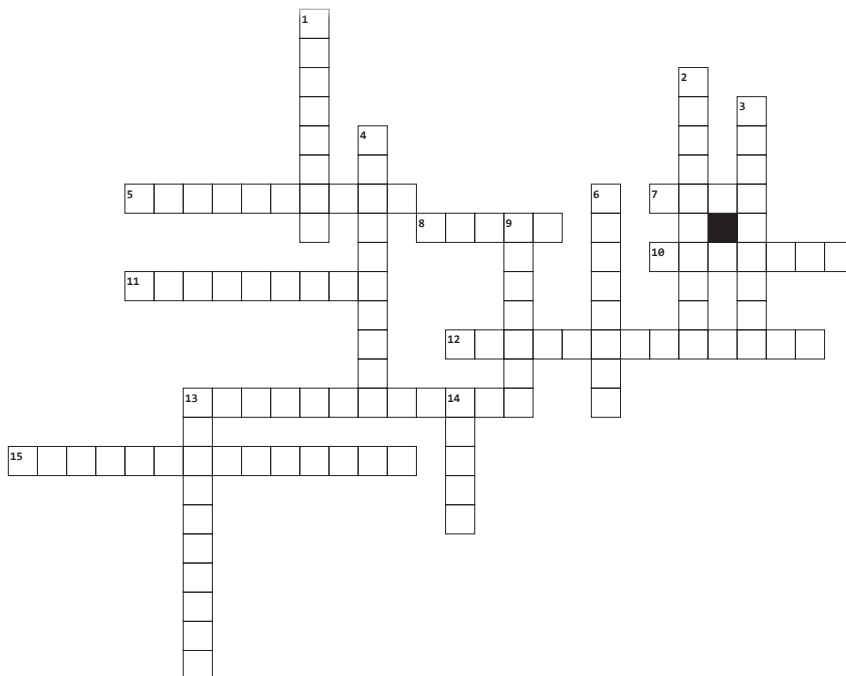
7. Why is it that words for "Mom" start with a "ma" sound in a lot of languages? (For example, "Mom" is "MaMa" in Ukrainian and "Mor" in Danish)
 - a. Coincidence
 - b. Repetition
 - c. It is one of the first sounds a baby makes
8. In 2011, how many mothers were there in Canada (including biological, adoptive, and stepmothers) according to Stats Canada?
 - a. Almost 10 million
 - b. 12 million
 - c. Almost 13 million

Courtesy of Springbank Hill Community Association

SCAN THE QR CODE FOR THE ANSWERS!



May Crossword Puzzle



Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World _____ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved _____'s theory of general relativity.
9. Canada's first _____ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of _____ was taken.

SCAN THE QR CODE FOR
THE ANSWER KEY



Data Privacy

from the Better Business Bureau

The possibility of a cyberattack by a foreign country has gone from being the stuff of science fiction to a common threat that is often reported in the news.



While it may seem like there is nothing an individual can do to stop a cyberattack, there are some best practices that consumers and businesses can do to help guard against losing important personal information to cyber thieves. When online, safeguard your information to help avoid scam fraud, and identity theft. Periodically, it is a good idea to review who has your information. The Better Business Bureau and the National Security Alliance offer the following tips to help secure the privacy of critical information.

- **Share with care.** Posts on social media last a long time. Consider who will see the post, how readers might perceive it, and what information it might reveal about the individual posting it.

- **Manage privacy settings.** Check the privacy and security settings on web services and apps and set them to your comfort level for information sharing. Each device, application, or browser used will have different features to limit how and with whom you share information.
- **Personal info is like money. Value it. Protect it.** Personal information, such as purchase history, IP address, or location, has tremendous value to businesses – just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.
- **Make your passwords long and strong.** Use long passwords with a combination of upper- and lower-case letters, numbers, and symbols – eight characters for most accounts and twelve characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Keep a paper list of your passwords in a safe place, not on or near your computer. Consider using a password vault application. See BBB's tips for creating a strong password.

For more information go to [BBB.org](https://www.bbb.org).

Violet King

In 1919, John and Stella King, descendants of black American settlers, moved to Calgary's Hillhurst-Sunnyside. In 1929, their daughter Violet was born. She would later attend the University of Alberta and become Canada's first black woman lawyer. An advocate for women and racialized individuals, Violet's many accomplishments live on today.

The Benefits of Being a Camp Counselor

by Jessica Miller Switzer

Spring is finally coming and students are looking for summer jobs. Due to pandemic closures, there is one amazing summer opportunity that many may have forgotten about: being a summer camp counselor! There's a reason there are so many movies about summer camp. They provide unforgettable life experiences for campers and staff.

Being a camp counselor can provide a range of benefits, including:

Leadership experience: As a camp counselor, you will be responsible for leading and guiding a group of campers. This provides an opportunity to develop leadership skills, such as communication, problem-solving, and decision-making.

Personal growth: Being a camp counselor can also help you develop personally by challenging you to step outside of your comfort zone and try new things. You may also develop greater empathy and understanding as you work with campers from diverse backgrounds and with different needs.

Positive impact on others: As a camp counselor, you have the opportunity to make a positive impact on the lives of the campers you work with. You can help them develop new skills, build confidence, and create lasting memories.

Teamwork and collaboration: Camp counselors often work closely with other counselors and staff members to plan and implement activities for campers. This provides an opportunity to develop teamwork and collaboration skills, which can be valuable in many different settings.

Networking and career opportunities: Working as a camp counselor can also provide networking opportunities and help you build valuable connections in the field of education, recreation, or youth development. It can also be a great way to gain experience and build skills that can be applied to future careers in teaching, coaching, or other related fields.



Would I make a good camp counselor?

There are a few traits that make for a good camp counselor:

Enthusiasm: A positive attitude and genuine excitement for the camp experience can go a long way in creating a fun and memorable summer for campers.

Responsibility: As a camp counselor, you will be responsible for the safety and well-being of your campers. Being responsible and reliable is crucial to being a successful counselor.

Patience: Campers may not always behave perfectly, and it's important to remain patient and calm in challenging situations.

Flexibility: Summer camps are dynamic environments, and unexpected situations may arise. Being flexible and adaptable is key to being able to handle these situations effectively.

Creativity: Campers often enjoy activities that are creative and unique. Having the ability to think outside of the box and come up with fun and engaging activities can make for a great summer experience.

Communication skills: Being able to communicate effectively with campers, fellow counselors, and camp leadership is important for creating a positive camp environment.

If you possess many of these skills and enjoy working with children and young people in an outdoor setting, then being a summer camp counselor could be the ideal summer job for you!

Tuna Tostadas

by Jennifer Puri



To fold or not to fold is the difference between a tostada and a taco.

The decision to stuff toppings into a taco or pile toppings on a tostada is up to you.

The early Mexicans determined that the best way to extend the shelf life of a stale tortilla was to toast it. It appears that avoiding food waste was as important then as it is now.

There are many popular Mexican food options, but the taco is an international favourite, and there are few better ways to achieve a combination of flavours in one bite.

A tortilla fried or toasted is a delicious crunch base and can be topped with refried beans, cheese, Mexican rice, lettuce, tomatoes, ground beef, shredded chicken, or ahi tuna used in the recipe for tuna tostadas.

Prep Time: 20 minutes

Cook Time: 8 minutes

Servings: 4

Ingredients:

- 500 gm ahi tuna
- 2 cups thawed mango chunks
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp. chopped coriander leaves
- ½ cup red onion, finely chopped
- 1 cup chopped cucumber
- 3 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 6 tpb. mayonnaise
- 2 chipotle peppers in adobo sauce, finely chopped
- 4 x 6-inch corn or flour tortillas
- 4 tbsp. vegetable oil

Directions:

- Slice ahi tuna into bite size pieces and set aside.
- Cut mango chunks into half-inch pieces and place in a medium size mixing bowl. Add chopped, de-seeded jalapeno, red onion, cucumber, coriander leaves, lemon juice, and olive oil. Now add ahi tuna pieces and gently blend together, cover, and set aside.
- Prepare the adobo mayo dressing by combining the chopped chipotle peppers and a little of the adobo sauce with the mayonnaise.
- In a heated frying pan or skillet, place a tablespoon of vegetable oil and one tortilla. Fry tortilla, flipping once or twice until crispy, approximately one to two minutes. Remove from pan and place on paper towel to drain of any excess oil. Repeat process with remaining tortillas.
- Place individual tostadas on dinner plates and top with ahi tuna mixture. Garnish with a tablespoon of adobo mayo dressing, a few coriander leaves, and serve.

Bon Appétit!



What is Depression in Children and Teens?

by Alberta Health Services

Depression is a serious mood disorder that can take the joy from a child's life. It is normal for a child to be moody or sad from time to time; you can expect these feelings after the death of a pet or a move to a new city. But if these feelings last for weeks or months, they may be a sign of depression.

Experts used to think that only adults could get depression. Now we know that even a young child can have depression that needs treatment to improve. As many as two out of 100 young children and eight out of 100 teens have serious depression.

A child who is depressed may also:

- Lose or gain weight.
- Sleep too much or too little.
- Feel hopeless, worthless, or guilty.
- Have trouble concentrating, thinking, or making decisions.
- Think about death or suicide a lot.

Both very young children and grade-school children may lack energy and become withdrawn. They may show little emotion, seem to feel hopeless, and have trouble sleeping. Often, they will lose interest in friends and activities they liked before. They may complain of headaches or stomach aches. A child may be more anxious or clingy with caregivers.



Still, many children don't get the treatment they need. This is partly because it can be hard to tell the difference between depression and normal moodiness. Also, depression may not look the same in a child as in an adult.

If you are worried about your child, learn more about the symptoms in children. Talk to your child to see how they are feeling. If you think your child is depressed, talk to your doctor or a counsellor. The sooner a child gets treatment, the sooner they will start to feel better.

What are the symptoms?

A child may be depressed if they:

- Are irritable, sad, withdrawn, or bored most of the time.
- Do not take pleasure in things they used to enjoy.

Depression can range from mild to severe. In its most severe form, depression can cause a child to lose hope and want to die.

Whether depression is mild or severe, there are treatments that can help.

How is depression diagnosed?

To diagnose depression, a doctor may do a physical examination and ask questions about your child's past health. You and your child may be asked to fill out a form about your child's symptoms. The doctor may ask your child questions to learn more about how he or she thinks, acts, and feels.

How is it treated?

Usually, one of the first steps in treating depression is

education for the child and their family. Teaching both the child and the family about depression can be a big help. It makes them less likely to blame themselves for the problem. Sometimes it can help other family members see that they are also depressed. Counselling may help the child feel better. The type of counselling will depend on the age of the child.

Medicine may be an option if the child is very depressed. Combining antidepressant medicine with counselling is also an option. A child with severe depression may need to be treated in the hospital.

There are some things you can do at home to help your child start to feel better:

- Encourage your child to get regular exercise, spend time with supportive friends, eat healthy foods, and get enough sleep.
- See that your child takes any medicine as prescribed and goes to all follow-up appointments.
- Make time to talk and listen to your child. Ask how they are feeling. Express your love and support.
- Remind your child that things will get better in time.

What should you know about antidepressant medicines?

Antidepressant medicines often work well for children who are depressed, but there are some important things you should know about these medicines.

- Children who take antidepressants should be watched closely. These medicines may increase the risk that a child will think about or try suicide, especially in the first few weeks of use. If your child takes an antidepressant, learn the warning signs of suicide, and get help right away if you see any of them. Common warning signs include talking, drawing, or writing about death; giving away belongings; withdrawing from family and friends; and/or having a plan, such as a gun or pills.
- Your child may start to feel better after one to three weeks of taking antidepressant medicine, but it can take as many as six to eight weeks to see more improvement. Make sure your child takes antidepressants as prescribed and keeps taking them so that they have time to work.
- A child may need to try several different antidepressants to find one that works. If you notice any warning signs or have concerns about the medicine, or if you do not notice any improvement by three weeks, talk to your child's doctor.
- Do not let a child suddenly stop taking antidepressants. This could be dangerous. Your doctor can help you taper off the dose slowly to prevent problems.



Dear residents of Ward 4,

I hope this newsletter finds you well and in good health. I want to highlight two important topics that may be of interest to you.

First, Seniors' Week is a special time in Alberta, taking place from June 5 to June 11. During this week, people show their gratitude and admiration for older adults for the various contributions they make to our communities. They volunteer, support charities, and assist family and friends.

This year's Seniors' Week celebrations are going to be even more exciting than ever before. There will be a variety of events designed to highlight the benefits and potential of aging. Individuals and organizations are working together to create fun and inclusive events throughout the week. Each day has a different sub-theme, such as "More of the things you love," "More movement," "More music," "More learning," "More fun with friends and family," and "More time to celebrate."

Everyone is encouraged to celebrate aging in their own way, even if they can't attend the official events. You can help raise awareness of the week by using the social media hashtags #seniorsweek and #agefriendlyyc. For more information about the activities happening during Seniors' Week, you can visit calgary.ca/seniorsweek.

Secondly, QR codes are now being added to land use and development signs across the city, making it easier to find information about new projects. Instead of searching online or taking note of contact details, simply scan the QR code using your smartphone's camera and be directed to the City of Calgary's development map (<https://dmap.calgary.ca/>). This map shows proposed commercial and residential properties, and their status - whether they are under review, approved, or already underway. By exploring the map, you can learn more about the changes happening in your community, from new businesses to recreation centres.

Thank you for taking the time to read this newsletter.

Best Regards,

Sean Chu

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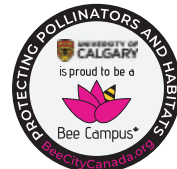
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- 2 Look around your favourite park or backyard for any **insects visiting a flower**.
- 3 Take at least **2 clear photos of an insect**, preferably from multiple angles.
- 4 Take at least **1-2 photos of the plant** where you can see (1) the flower, and (2) the leaves/whole plant.
- 5 Upload your photos to iNaturalist. **Tip:** Create a separate observation for the insect and plant.
- 6 Add your insect observations to the Calgary Pollinators Project. **Tip:** Link your insect and plant observations together.



Alberta is home to hundreds of different pollinators – more than 330 kinds of bees, as well as flies, beetles, wasps, and other insects that are critical to our local food supply. We want to get to know the pollinators that call Calgary home and what plants best support them, and you can help! **Community science** involves the collaboration between scientists and the general public to collect and analyze data. The data you uploaded to iNaturalist can be used in research around the world, and close to home!



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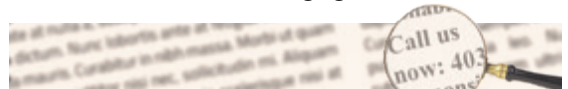
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JEREMY NIXON

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HUSBAND. FATHER. COMMUNITY BUILDER.

From when I first started door knocking four years ago in Calgary-Klein, I have seen a real change for the better in our communities.

I've heard from people like Donna. Four years ago, her son had lost hope and was out of work. Donna was anxious about her son's future, worrying he would have to leave Alberta to find work. Fast forward to today, Donna's son has found a job in his trained field and is living happily. This is one of the many success stories I've heard on the doorstep as a result of a thriving economy.

Since 2021, under the UCP, Alberta has seen 212,000 new jobs, balanced two budgets, and lowered both personal and business taxes. Because of this, we have tens of thousands of Canadians moving to our province for the great opportunities that now exist here.

Throughout the inflation crisis, we have brought forward many ways to relieve the burden on Alberta families such as the Affordability Relief Payments for seniors, families, and Albertans in need. We've also halted the fuel tax, introduced rebates for electricity and natural gas, and increased supports for vulnerable Albertans. Our work here is not done yet. Let's keep building off this momentum together!



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