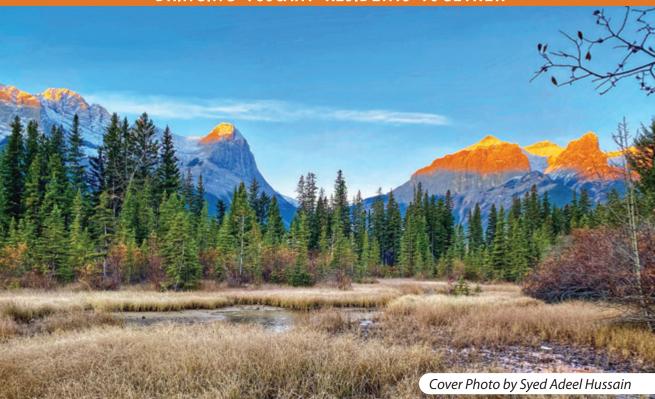
# **ETUSCANY**

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anita@anitamortgage.ca



I am a Geophysicist with over 20 years of experience working in Calgary for the energy sector, including influencing policies and regulations related to the clean-up of oil and gas sites. The key issues I'm concerned with are: liveability, healthcare, and education. Our decision-making processes must consider all Albertans' needs, regardless of background or position, and government representatives need to be accountable to their constituents. I am open-minded, and have the heart and resolve to represent Calgary-North West.

Authorized by the Alberta Party Calgary-North West CA www.albertaparty.ca/calgary\_northwest.





# **Spring Cleaning?**

We're coming to the **University Heights Community Cleanup** 

We are in need of support. Please consider donating:



& CHAIRS





FURNITURE



ITEMS



& COMPUTERS



Sunday, April 30 | 2215 Uxbridge Drive NW 9:00 am - 2:00 pm

> Your donations will help make a house into a home.





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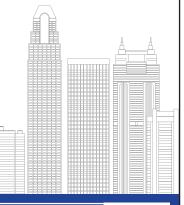
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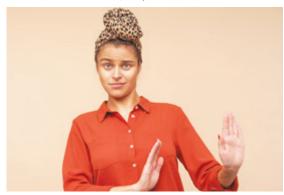
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### 27 Ways to Say No

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
- 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
- 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.

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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News, Events, & More

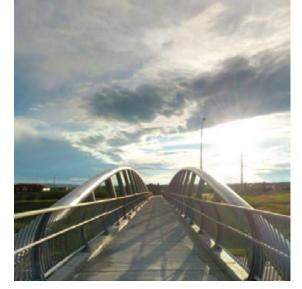


Crime Statistics



**Real Estate Statistics** 





#### YOUR TUSCANY

Box 27030, RPO Tuscany NW Calgary, AB – T3L 2Y1 president@tuscanyca.ca www.tuscanyca.wordpress.com

#### **ELECTED OFFICIALS**



MP Pat Kelly
Calgary Rocky Ridge
202 – 400 Crowfoot Crescent NW
Calgary, Alberta T3G 5H6
Tel: 403-282-7980 Fax: 403-282-3587
Email: pat.kelly@parl.gc.ca



MLA Sonya Savage
Calgary-North West
7223 – 8650 112 Avenue NW
T3R 0R5
403-297-7104
Calgary.Northwest@assembly.ab.ca



Councillor Sonya Sharp Ward 1 Office P.O. Box 2100, Station M Calgary, AB, Canada T2P 2M5 Phone: 403-268-2532 Fax: 403-268-8091 Email: ward1@calgary.ca Web: www.calgary.ca/ward1





#### At-Risk for Mental Illness Research Program

Seeking participants for youth mental health studies

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

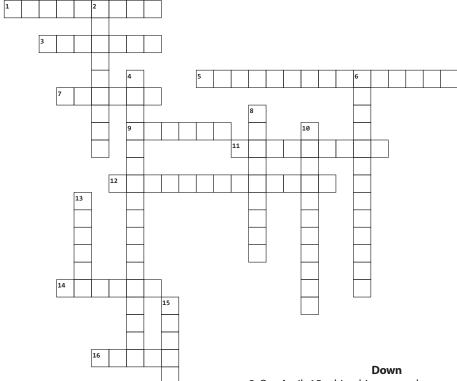
Our studies offer monitoring, education and/or interventions.

For more info, please contact: 403-210-8740 or napls@ucalgary.ca

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



# April Crossword Puzzle



#### Across

- 1. The smell that is caused by the mixture of rainwater and various earthly compounds.
- 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.
- 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.

- 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'dæges-eage.'

# SCAN THE QR CODE FOR THE ANSWER KEY



#### YOUR CITY OF CALGARY

### Weekly Green Cart Returns End of April

from the City of Calgary



Weekly green cart pick up returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

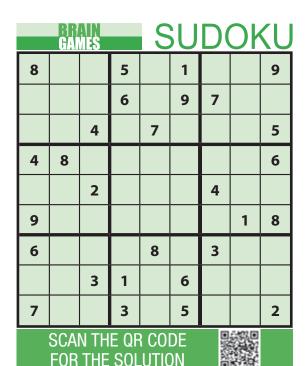
As you clean up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll

the tops of the bags closed and set them at least two feet to the side of your green cart for collection.

#### **Compost Giveaways**

Compost will be available for pick up by online appointment from April 24 to June 10. Appointment bookings will be available on calgary.ca/compost starting April 10.

Bethel 23 Job's Daughters  A girl's leadership organization for ages 10 to 20  Creating confident young women in your community.
Sisters. Leaders. Friends.
A service and leadership club for girls ages 7 to 9  Make new friends Have fun
bethel23yyc.com   bethel.23@albertajdi.com









#### **DOLLARS & SENSE**

# **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.

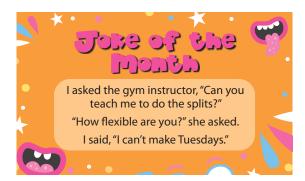
These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?", or "What is the name of the street you grew up on?" These are common security questions for insurance, 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.





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.

#### **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?





- DISCOVER **NEW SKILLS**
- BE PART OF A TEAM
- MAKE **FRIENDS**
- GET ACTIVE
- HAVE FUN









April 23 2:00-3:30PM Flames Community Arena



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### Tuscany Real Estate Update

Last 12 Months Tuscany MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2023	\$609,900	\$595,000
January 2023	\$689,900	\$692,550
December 2022	\$639,900	\$600,000
November 2022	\$499,450	\$512,500
October 2022	\$589,900	\$589,900
September 2022	\$539,000	\$530,000
August 2022	\$625,000	\$611,000
July 2022	\$487,400	\$489,500
June 2022	\$562,500	\$563,500
May 2022	\$554,500	\$564,000
April 2022	\$512,400	\$526,000
March 2022	\$559,950	\$589,500

# Last 12 Months Tuscany MLS Real Estate Number of Listings Update

	O I	
	No. New Properties	No. Properties Sold
February 2023	19	17
January 2023	15	8
December 2022	5	13
November 2022	14	16
October 2022	23	25
September 2022	18	21
August 2022	26	25
July 2022	21	18
June 2022	31	40
May 2022	45	32
April 2022	48	54
March 2022	58	52

To view more detailed information that comprise the above MLS averages please visit **tusc.mycalgary.com** 

# THAN MEETS THE EYE



#### **EACH TOOTH HAS A JOB TO DO:**

#### FRONT TEETH INCISORS

have sharp edges to cut food

#### **SIDE TEETH CUSPIDS**

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Tuesday	7am - 7pm
Wednesday	7am - 7pm
Thursday	7am - 7pm
Friday	7am - 5pm



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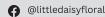
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\*Stay tuned for the grand opening at Trinity Hills!\*



Councillor, Ward 1
Sonya Sharp

**403-268-2430** 

ward1@calgary.ca

💆 🖸 f @sonyasharpyyc

Happy spring, Ward 1! Here's the latest from the Ward 1 Office.

#### South Shaganappi Local Area Planning Project

The City will begin working with residents to create a Local Area Plan (LAP) for the South Shaganappi communities, including Varsity from Ward 1. LAPs guide how land could be used and redeveloped in the future and identify opportunities for community improvements and investment in the area. The project will include many avenues and opportunities for public engagement in the coming months and beyond. More details will be available later this month at engage.calgary.ca.

#### **Parking Permit Changes**

Beginning this spring, The City is introducing fees for residential parking permit areas. The fees for standard residential permits have been set on a cost-recovery basis in order to maintain the long-term sustainability of residential parking enforcement and encourage the use of off-street parking options. Standard residential permits will be \$100 for the first vehicle and \$150 for visitor vehicles and will be valid for two years. Fees will vary for additional vehicles and for multi-residential buildings. Visit calgary.ca/rpp to learn more.

#### **Requesting Traffic Enforcement**

Residents with concerns about ongoing traffic violations, including speeding or illegal turns, can submit a traffic service request online at calgarypolice.ca. Requestors may submit details like the times of day and locations where violations most often take place. A Traffic Section member will contact you directly regarding your request. We encourage any residents with concerns to make this report!

#### **Keeping Strom Drains Clear This Spring**

Storm drains (or catchbasins) are the main way stormwater gets into our underground pipes, or rather our stormwater management system. There are about 60,000 storm drains in Calgary. For more information and to view this map please visit calgary.ca/stormdrains. Please keep your storm drains free and clear of snow, leaves, and debris, and if necessary, create a channel to help water flow. If the storm drain remains submerged, take a photo, and submit it via the 311 App or a web request.

Stay in touch! Visit calgary.ca/ward1 to get the latest news from my office.



MP Calgary Rocky Ridge
Pat Kelly
202 – 400 Crowfoot Crescent NW
Calgary, AB T3G 5H6

403-282-7980 ■ 403-282-3587

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 El 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.

# **BUSINESS CLASSIFIEDS**

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**TUSCANY MORTGAGE BROKER:** SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**LISA'S HOUSE CLEANING AND OR HOUSE/PET SITTING:** Serving Northwest Calgary. 10+ years of experience cleaning. For more information, call 403-389-3460 or email Lg\_0725@telus.net.

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