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# 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.
- Providing cost-of-living relief: utilities, insurance, housing, fuel and more.
- Building a resilient economy by supporting innovation and the creation of good-paying jobs in emerging sectors.

This time, Rachel Notley and Julia Hayter.

JuliaHayter@albertandp.ca    @NDPJulia

Authorized by Alberta NDP [albertandp.ca](http://albertandp.ca)

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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.

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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.

## 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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## 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>.

## 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](http://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.

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## 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](http://calgary.ca/stormdrains).

## Spring Cleaning Around the House

*from the City of Calgary*



As you start your spring cleaning around the house, find the right place for your unwanted items:

**Gently used toys, small furniture, and pots and pans:** Donate to a local charity. Small broken household items go in your black cart.

**Old paint and cleaning chemicals:** Take them to a designated fire station or City landfill for safe disposal. Visit [calgary.ca/hhw](http://calgary.ca/hhw) to view locations.

**Clothing, shoes, and linens:** Donate useable clothes, shoes, and linens to a local charity or take them to a textiles recycling bin at City landfills.

**Old electronics:** Take your old and broken gadgets to an electronics drop-off for proper recycling. Check out the list of locations at [calgary.ca/electronics](http://calgary.ca/electronics).

**Household batteries:** Safely dispose of household batteries by taking them to a participating retailer for free recycling. Learn more at [calgary.ca/battery](http://calgary.ca/battery).

**Fridge and pantry cleanup:** Remove food from packaging and put it in your green cart for composting.

If you're unsure how to dispose of an item, look it up at [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere).

We would also like to kindly remind residents to clear snow off their blue cart lid and keep the lid closed to ensure that paper and other recyclables stay dry from snow or rain.



# 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](http://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](http://calgary.ca/compost) starting April 10.

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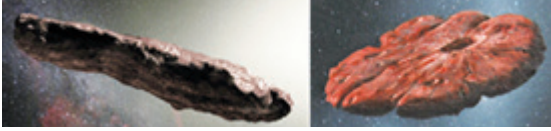
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## RESIDENT PERSPECTIVES

### 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.



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## NEW CONDOS COMING TO U/D!

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

Come and celebrate with us at the builder launch featuring music, light refreshments, and tours of the new show suite. Meet the team and explore this exciting new housing opportunity in our award-winning community. Don't miss out!

**May 6, 12-5 PM**

University District Discovery Centre  
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For more information visit  
[myuniversitydistrict.ca](http://myuniversitydistrict.ca)



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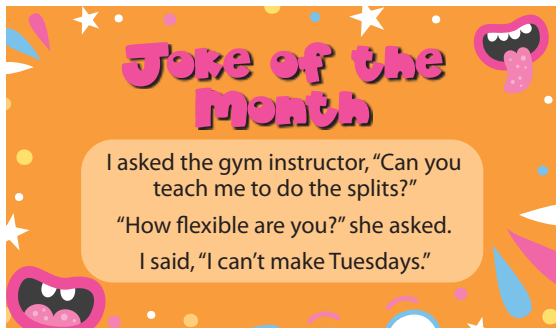


## News from the Friends of Nose Hill

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](http://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."

MLA Calgary - Edgemont

**Prasad Panda**

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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.



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**Calgary Confederation**

**Len Webber, MP**

2020 – 10 St NW

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len.webber@parl.gc.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:

- 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 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*

**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.

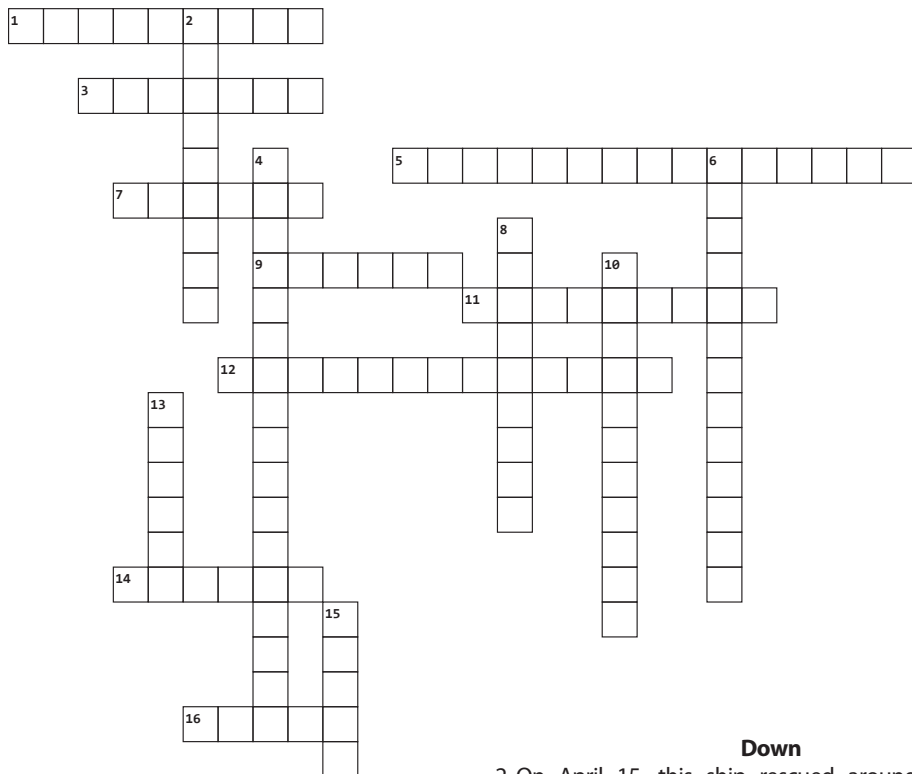
The Access to Information process is not as quick as it should be, but it is an important tool that Canadians can use to access government information.

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.



# 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'.

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