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**News, Events,  
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Statistics**



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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.



SCAN THE QR CODE  
FOR THE ANSWERS!




## 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/>.



## THE EMERALD

The emerald is May's official birthstone. Unlike some birthstones, emerald is classified as one of four precious gemstones. Although the oldest emeralds date back 2.97 billion years and were first mined in Egypt, emeralds have been found in Canada, although they're rare. Canada's first emeralds were found in 1998 in Yukon Territory!

## BRAIN GAMES

## SUDOKU

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SCAN THE QR CODE  
FOR THE SOLUTION



## Stargazing with Pat J

### How Come We Don't Have a Lunar or Solar Eclipse Every Month?

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada

Let's take a trip down memory lane and imagine that our solar system is an old-style music record album with the Sun in the middle and each song representing a planet's orbit.

As the planets formed at the same time, about 4.6 billion years ago, they were all pretty much level with each other. Astronomers refer to this flat disk as the ecliptic plane.

Now, considering its traumatic birth was the result of a Mars-sized object smashing into Earth, our Moon has never been one to follow the crowd.

First off, over the course of each month, the Moon's orbit around Earth varies from 5 degrees above the ecliptic plane to 5 degrees below.



A full moon takes place when the Earth is between the Moon and the Sun. If the Sun, Earth, and Moon all line up perfectly, with the Moon smack dab on the ecliptic plane, the Moon will enter the Earth's shadow and a lunar eclipse will occur.

Conversely, a new moon happens when the Moon is between the Earth and the Sun. If all three align, with the Moon on the ecliptic, the Moon's shadow will move across the surface of the Earth and a solar eclipse will occur.



The reason we don't have a lunar or solar eclipse every month is because most of the time, the Moon's orbit is either above or below the ecliptic plane, which causes the Moon to miss Earth's large shadow or Earth to miss the Moon's tiny shadow.

A lunar eclipse occurs about three times a year while a total solar eclipse only happens every 18 months.



## Carolyn's Corner: Fantasy Makes a Fantastic Garden

Imagine your dream landscape, one made of memories of gorgeous gardens seen in travels, stunning photos in magazines, and a good dose of imagination. Our fantasy gardens can say a lot about our personalities.

Practical types with well-organized minds may dream up orderly rows of vegetables with potatoes, fringed lettuces, and delicate french beans tied up neatly on bamboo tripods. A fringe of red stemmed Swiss chard adds a colourful element while maintaining the practicality of being consumed. Mulched pathways dividing groups of berry-bearing shrubs and the cascading stems of raspberries are the main theme in this dream.

Those with an engineering mind may fantasize about rows of apple trees neatly espaliered against garages, ensuring their fruit are in precisely ordered ranks for no muss no fuss harvesting. Simple, clean spaces with functionality are highly prized to create a peaceful feeling in any season.... including a winter dip into the hot tub! This gardener is likely to prefer uncomplicated flowers like tulips and well-behaved evergreens that fall into line... just like the ones they draw at work.

The meditative mind will be drawn to the serenity of a Japanese garden, where every stone and each plant are placed with much forethought. White sand raked into sweeping patterns, a wooden bench under a pergola, and the soft sound of a fountain allow quiet, contemplative moments that are critical to calming a busy mind. Picture yourself under the shade of a tree nestled within the delicate texture of ferns and the floral scent of lily of the valley all around you. A crisply clipped Bonsai on a small table completes this restful scene. Rich in trees, flowering shrubs, draping vines, and flourishing vegetables within a framework of iron, stone, and wood components, your dream garden awaits!



# 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!



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# 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?**

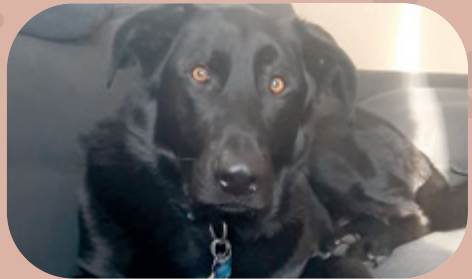
Antidepressant medicines often work well for children who are depressed, but there are some important things you should know about these medicines.

- 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.

## Cats, Canines, & Critters of Calgary



*Miki, Haysboro*



*Riley, Dover*



*Rigby, Huntington Hills*



*Whiskey, Walden*

# How to BEE a Community Scientist

## Help us document the different pollinators in Calgary!

1



Go to **inaturalist.ca** or download the app.



2



Look around your favourite park or backyard for any **insects visiting a flower.**



3



Take a 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!

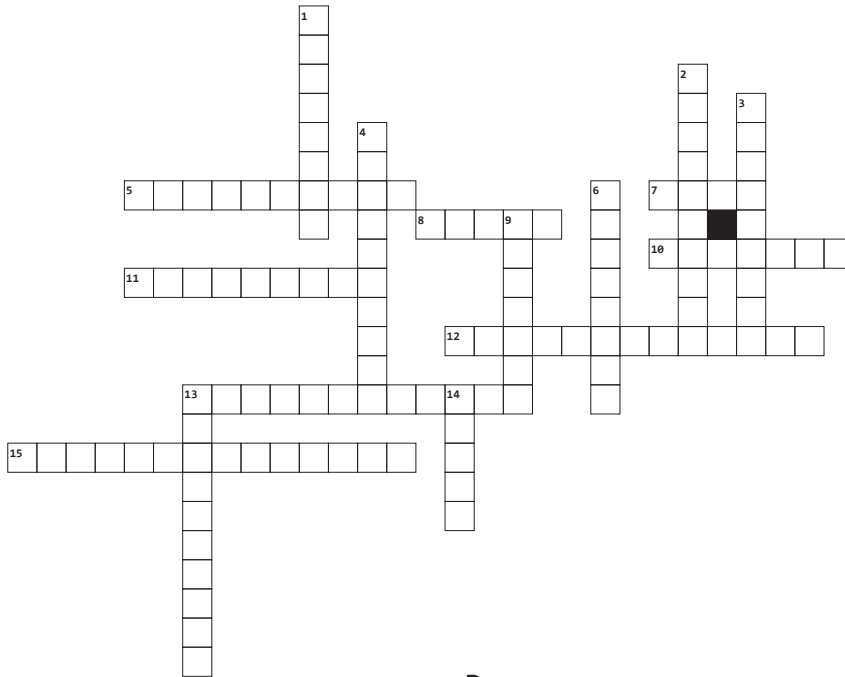


UNIVERSITY OF CALGARY



✉ [sustain@ucalgary.ca](mailto:sustain@ucalgary.ca) (O) @dollecology

# 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



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## City-Supported Community Cleanups Begin April, Saving Residents a Trip to the Landfill

*from the City of Calgary*

City-supported community cleanups begin in April and will continue through to early fall. These popular events are hosted by community associations with support from The City of Calgary. Calgarians can drop off unwanted items at any community cleanup location, regardless of where they live in the city. There is no charge for putting items in City of Calgary trucks. Keep in mind that some community associations bring in recycling services that may require a fee. Check [calgary.ca/cleanup](http://calgary.ca/cleanup) for the list of community associations hosting cleanup events and check the community associations' website or social media page for full details on the event in each community.

Green or blue cart items, which includes yard waste or recyclable items, will not be accepted at the cleanup events unless the community association has hired additional vendors. Visit [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere) for items that are recyclable.

### **Please Don't Bring:**

- Car batteries
- Glass (e.g. windowpanes, glass tabletops)
- Household appliances with Freon (e.g. refrigerators, freezers)
- Microwaves
- Liquids (e.g. cooking oils)
- Large metal items (e.g. lawnmowers, barbeques)
- Railway ties
- Sod or dirt
- Household hazardous waste (see [calgary.ca](http://calgary.ca) for drop off locations)



## Hen-Keeping is Even More Than it's Cracked Up to Be

*from the City of Calgary*



To Chris Huston, a City of Calgary employee, hen-keeping started as an interest in sustainability that developed into a passion for animals, his community, and cooking. "Each one of the hens has its own distinct personality," he said with a smile.

Huston participated in Calgary's urban hen-keeping pilot program last year and has made countless omelettes since last spring. "Collecting the eggs from the nests will never get old. We even invite the neighbours and their kids to visit the chickens and feed them," said Huston.

Before Huston built his coop, he talked to his neighbours; they were concerned they'd be woken first thing by a rooster. That is a common misconception about hen-keeping, but roosters are not permitted under the Responsible Pet Ownership bylaw, meaning nobody will be subjected to early morning 'cock-a-doodle-doo's' because hens are female chickens, and they are more polite neighbours than roosters.

Aside from producing eggs, Huston's hens, Tia and Tamera, have kept him busy with their home renovations: Pollo Palace, his coop, has had many additions since it was initially built. "I know my place in the pecking order," Huston joked. While his tone is jovial, the point is clear: hen-keeping is an ongoing responsibility that requires your attention and effort to keep them happy and safe.

If you're interested in hen-keeping, the City of Calgary is re-opening the program this year, and an unlimited number of licences are available from spring to fall. Visit us at [calgary.ca/pets/licences/urban-hens](http://calgary.ca/pets/licences/urban-hens) to learn more.

# Do You Know the Signs of a Stroke?

from Alberta Health Services

A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Brain damage can begin within minutes. That's why it's important to know the symptoms of stroke and to act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

### What are the symptoms?

Symptoms of a stroke happen quickly. A stroke may cause:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services immediately.

### Remember: FAST

The acronym "FAST" is a simple way to remember the main symptoms of a stroke. Recognizing these symptoms helps you know when to call for medical help. FAST stands for:

- Face: Is it drooping?
- Arms: Can you raise both?
- Speech: Is it slurred or jumbled?
- Time: To call 911 right away.

It's important to act fast and to call for medical help if you have stroke symptoms. Quick treatment may save your life, and it may reduce the damage in your brain so that you have fewer problems after the stroke.

For more information about a stroke, including the signs and symptoms, visit [myhealth.alberta.ca](http://myhealth.alberta.ca).



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**BRAVEHEART**

This May marks 28 years since the release of the Mel Gibson directed film, *Braveheart*. The film, which portrays the Scottish revolt against the British in the 13th century, was nominated for ten Academy Awards, five of which it won. *Braveheart* was such a success that it increased tourism in Scotland!



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