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(FR) Denotes French Immersion Program

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- Ste-Marguerite-Bourgeoys (s)(FR)
- École de la Rose sauvage (FR)



by Anne Burke

A breeding bird monitoring survey in Nose Hill Park recorded a total of 70 species. Of 44 species tested, 22 were nesting and 22 were only visitors. Another 26 were random observations (not part of the survey). Birds flying over and not using the habitat were excluded from analysis. To assess how populations have changed over time, when a previous study was compared, a few species occurred in one year but not in both. However, the overall decline was in nesting grassland birds. The recent test recorded all birds observed during the breeding season (early June to early July) for ten minutes between sunrise and 10:00 am. A total of 23 circular plots surveyed on eight occasions were recorded with GPS technology and mapped. The habitats described and photographed were mostly tall or low shrub and woodland. The result was the disappearance of four (and decline of three) nesting grassland bird species. Here are some of the causes: human disturbance, loss of native grassland by non-native plants, lack of grazing, climate change, bird species outside Calgary, and off-leash dogs on the escarpment (slopes), especially during the breeding season. For effective conservation and management strategies, City Parks must continue to monitor breeding birds. World Migratory Bird Day was created in 1993 and celebrates a migratory bird's spectacular migration; it is dedicated to raising awareness about the need to conserve migratory birds and their habitat. Aligning with the cyclic nature of bird migration in different hemispheres, it is officially celebrated on the second Saturday of May in Canada and the U.S, so on Saturday, 11 May in 2024. The official theme will focus on the topic of insects and their importance for migratory birds. For more information and resources, visit www.birdday.ca.

Open to players ages 4-19

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How to Create Personal Happiness

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

- 1. Self-Awareness** – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.
- 2. Positive Mindset** – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.
- 3. Healthy Relationships** – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.
- 4. Work-Life Balance** – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfilment outside of your work and work responsibilities. Create weekly structure and habits.
- 5. Self-Care** – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

6. Set Goals – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

7. Be Mindful and Present – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

8. Contribute – Find a purpose. Seek the fulfilment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

9. Learn and Grow – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

10. Acceptance – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.

Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

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Hamptons Homeowners Association
Hamptons Community Association

Annual General Meeting

May 23, 6:45-9:00
Foothills Alliance Church
Simpson Hall

Please Register by May 21
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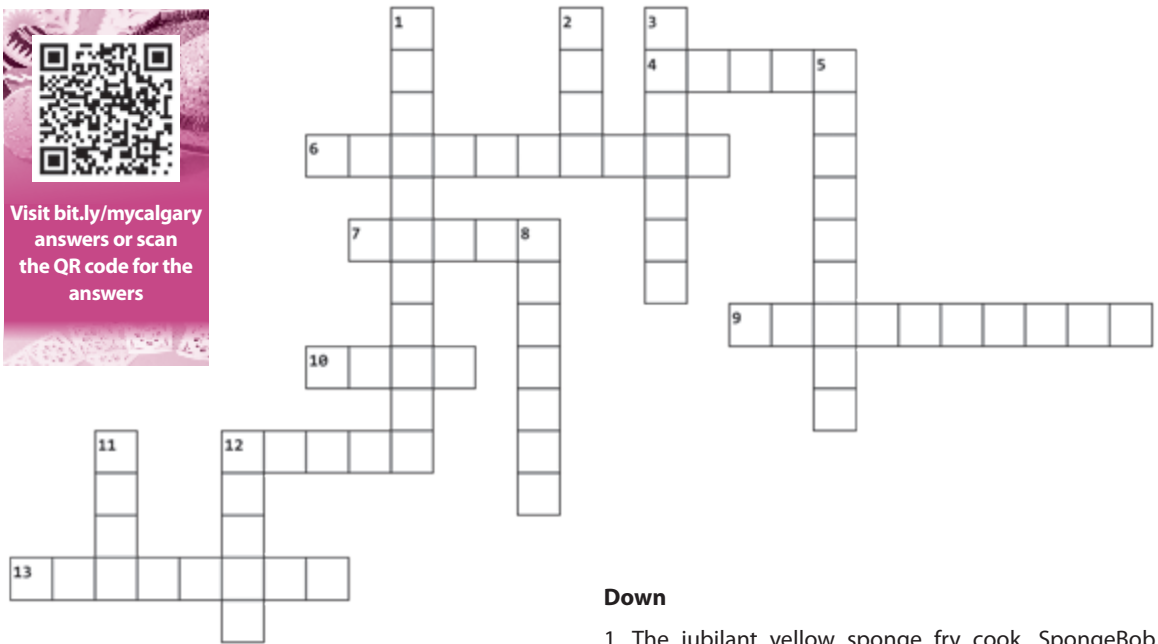
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May Crossword



Across

4. On May 25, 1963, the legendary comedian Mike _____ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.
6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.
7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.
9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.
10. Born in Fort Macleod, Alberta, _____ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.
12. In May 1997, Garry Kasparov started a game of _____ with IBM supercomputer Deep Blue.
13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the _____ Derby.

Down

1. The jubilant yellow sponge fry cook, SpongeBob _____ first graced our screens in May 1999, on Nickelodeon.
2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New _____* was released.
3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.
5. On May 19, 2020, Suzanne Collins released *The Ballad of _____ and Snakes*, a prequel to her *Hunger Games* trilogy.
8. The famous phrase "*April _____ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.
11. The first film of the Marvel Cinematic Universe, _____ *Man*, starring Robert Downey Jr. is released on May 2, 2008.
12. _____ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.



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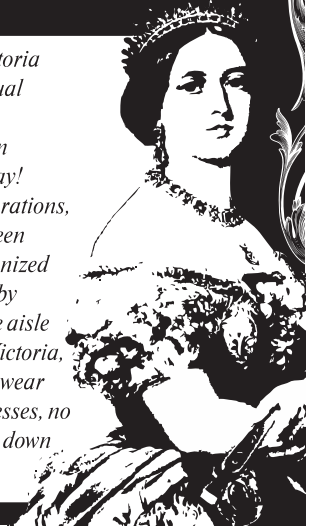
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Long Live the Queen in White!

Ever heard of Victoria Day? It's an annual shindig in May celebrating Queen Victoria's birthday! Speaking of celebrations, did you know Queen Victoria revolutionized wedding fashion by strutting down the aisle in white. Before Victoria, brides would just wear their favourite dresses, no matter the colour, down the aisle.



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Window and Balcony Safety

from Alberta Health Services



With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

Beauty and the Chimera

In the classic fairytale *Beauty and the Beast*, "Beauty" is a human but what exactly is the "beast"? This character is a chimera! A chimera is a single organism with more than one genotype...essentially, he is a mix of different animals! Chimeras can have different blood types and can come from more than one zygote. How cool!



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