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MAY THE FOURTH BE WITH YOU

The original Star Wars trilogy could have ended very differently if George Lucas had gone with his first idea. Luke Skywalker almost took a dark detour following in his father, Darth Vader's footsteps. Ultimately, the team decided against this and good prevailed over the dark side.

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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.

Learn more: www.suicideinfo.ca/workshops



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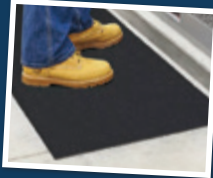
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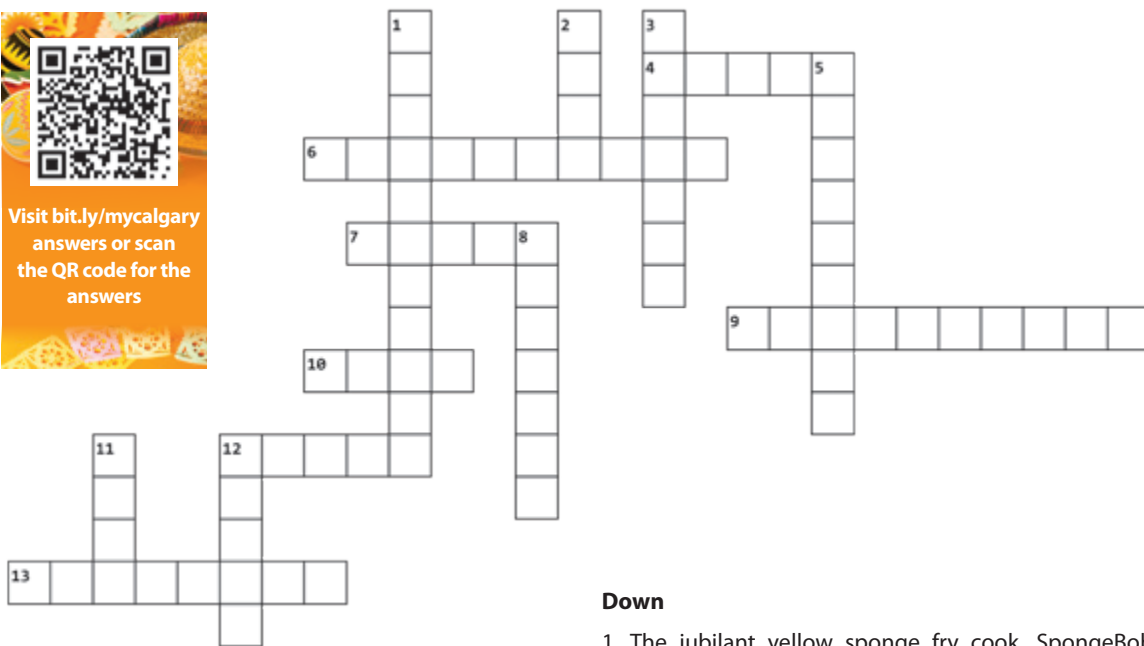
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May Crossword



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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Vilma Mydliar, LLB

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To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

family member or a divorce. We make this process easy and help to ease your mind.

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2024 Annual General Meeting



Notice is hereby given that the Annual General Meeting of the Symons Valley Leisure and Amenities Society will be held in person on Tuesday, May 28, 2024, on or about the hour of 7:00 pm at Symons Valley United Church in the Valley Room for the purpose of receiving reports, approval and confirmation of actions taken by the Board since the last Annual General Meeting, and for the transaction of such other business as may properly be brought before the meeting.

We encourage all our neighbours, especially those who live in Kincora, Nolan Hill, Sage Hill, and Sherwood to attend our meeting, so that you can stay informed and become involved in this multi-community project.

Agenda

1. Call to Order
2. Approval of Agenda
3. Approval of Minutes of the 2023 Annual General Meeting
4. President's Report
5. Finances Review and Approval
6. Approval of Directors
7. Committee Reports
8. New Business
9. Adjournment

Board Vacancies

- Secretary
- Treasurer
- Director of Fund Development
- Two Directors at Large
- Committee Positions (Communications, Fund Development, Finance, Project Development)

AGM - Symons Valley Leisure and Amenities Society Tuesday, May 28, 2024, 7:00 to 8:00 pm

Google Meet joining info: <https://meet.google.com/xnc-cueq-dvk>.

Or dial: (CA) +1 647-733-3826 PIN: 960 954 607#

Please reach out to us on our website www.symonsvalleypark.ca or visit our Facebook Page at www.facebook.com/SymonsValleyPark.

We look forward to seeing you there,

Kris McPherson

President – Symons Valley Park (On Behalf of the Board of Directors)



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Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets
- 4 green onions thinly sliced



- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes

Directions:

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.
4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.
5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.
6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!



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NOLAN HILL



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4-H Alberta Six-Week Intro Clubs Popular Among Calgary Families

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs



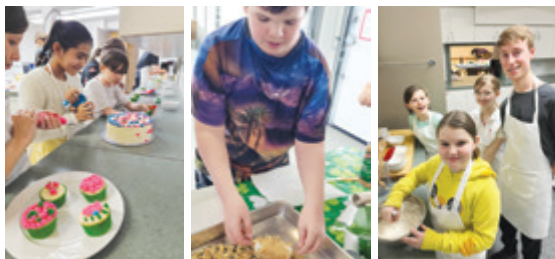
Ever since the launch of the initiative in September, 4-H Alberta's Intro Clubs have achieved success in various communities throughout Calgary. This pilot program has now hosted four introductory clubs dedicated to introducing the youth to

the world of 4-H with two more currently running in April. Among these clubs are the renowned Explore 4-H program, a baking club, and four daytime homeschool clubs, each tailored to cater to the diverse interests of the young individuals in the region.

Youth programs like 4-H help develop positive well-being in young people. The 4-H Intro Club initiative is a great way for young people to develop important life skills and make new friends without a huge time commitment. This innovative program offers a refreshing alternative to year-long commitments, making it highly accessible for families with busy schedules.



4-H Intro Clubs will continue to be offered in various locations throughout the city until July. There will be two new clubs offered this spring including a six-week program starting on May 1 at the Kingsland Community Hall from 6:00 to 8:00 pm, and a "touring" club in June. The program is open to youth ages 9 to 18 and is limited to 15 members per club. Email introclubs@4hab.com or visit www.4hab.com/member-programs for more information.



Councillor, Ward 2
Jennifer Wyness

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With many areas in Alberta currently dealing with drought conditions, Calgarians can assist by making every drop of water count. Using your water meter to check for leaks, inside and outside the home, is one way you can do your part to use water wisely.

Checking your home for leaks is easy:

- Turn off all taps and water-using appliances – inside and outside your home.
- Watch the flow register on the face of the meter. The register could look like a gear or a needle depending on the model of meter you have.
- If it keeps turning, you have a leak somewhere in your house.
- Check all water devices, such as your toilet, taps, humidifier, hot water heater, and water softener.

To learn more about common sources of household water leaks, including some helpful repair tips, visit calgary.ca/waterguide.

Celebrate Neighbour Day 2024

Celebrate Neighbour Day in your community on Saturday, June 15! You're invited to get involved in this year's event by organizing a block party with your neighbours. Block party and greenspace permits are free for Neighbour Day. Apply for your permits by May 31, 2024, at calgary.ca/NeighbourDay.

Invite the Mayor, Councillor Wyness, a police officer, or book a fire truck to drop by your event. You can also enter to win one of several great prizes, including 30 minutes of live musical entertainment at your block party.

Neighbour Day is our city's annual celebration of community connection. It's a step toward creating welcoming and inclusive communities where neighbours connect every day of the year. So, mark your calendars, and get involved! Getting to know your neighbours is a great way to build relationships, connect with others, and help battle the blues. Strong communities start with a hello, and it's how we create spaces where everyone belongs.

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