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Calgary



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Starting in spring 2024, construction on the North Central BRT will be taking place in communities along the Centre Street MAX 301 Corridor, from Country Hills Boulevard N.E. to 28 Ave N.W.

We're making improvements to current transit service and amenities, while preparing for the future Green Line LRT.

Learn more and sign up for updates at
calgary.ca/NorthCentralBRT



G Green Line LRT

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News from the Friends of Nose Hill

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.

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JOKE OF THE MONTH

WHAT DO YOU CALL A LAZY KANGAROO?
A POUCH POTATO!

A Short History of Calgary's Dams

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

May begins Calgary's flood season, so let's talk about river dams. Dams control water flow and can also supply drinking water, irrigation, and electricity.

The first hydroelectric station in Calgary was built in 1893 - a weir at Prince's Island. Ten years later, demand was outstripping supply.

Calgary Power Company (today's TransAlta) began construction to meet demand from a tenfold increase in population (from 4,398 Calgarians in 1901 to 43,706 in 1911). Horseshoe Dam, Alberta's first large-scale hydrodam, began operations in 1911. It's one of seven plants on the Bow River today, making it the province's most managed river.

Hydrodams work best with consistent water flow. Lake Minnewanka Dam was constructed in 1912 to partially regulate the Bow's seasonal flows. With ample power, more investment poured into Calgary, including the Canadian Pacific Railway's engine repair shop in Ogden.

Plans for additional dams were met with opposition to further development in Rocky Mountain (later Banff) National Park. In 1929, Ghost River Dam and Reservoir was constructed on land leased from Stoney Nakoda First Nations.

Despite regulation, flooding remained a risk. Bears paw Dam was constructed in 1954 to prevent winter flooding and ice packing. The dam is named after Chief Jacob Bears paw, who signed Treaty 7 at Blackfoot Crossing. It is one of the city's two drinking water reservoirs.

The other reservoir is Glenmore (Gaelic for "big valley"). The area was settled by Sam Livingston, who was born in County Wicklow, Ireland and brought the first mechanised farm equipment to Calgary. The reservoir was completed in 1932, with Sam's house moved to Heritage Park.

In 2005, the highest waters in two centuries overflowed Glenmore Dam, with 2,000 residents evacuated. In June 2013, heavy rainfall and snowmelt caused both the Bow and Elbow Rivers to flood. 100,000 people were under evacuation orders, with the flood causing \$6 billion in damage. It was the worst flooding in Alberta's history and

the provincial government is currently evaluating the construction of another dam.

From over a century of development, the Bow River's dams are "one of the great industrial projects of Canada's history".¹

(Footnote for CHI website) 1 "Protecting the health of Alberta's Bow River", *The Globe and Mail*, 11 October 2015, www.theglobeandmail.com/news/national/protecting-the-health-of-albertas-bow-river/article26767720/.

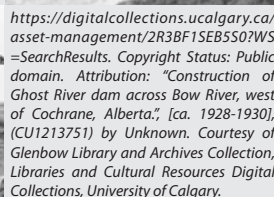
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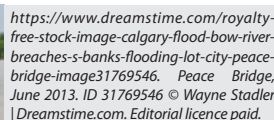


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Modern Photos

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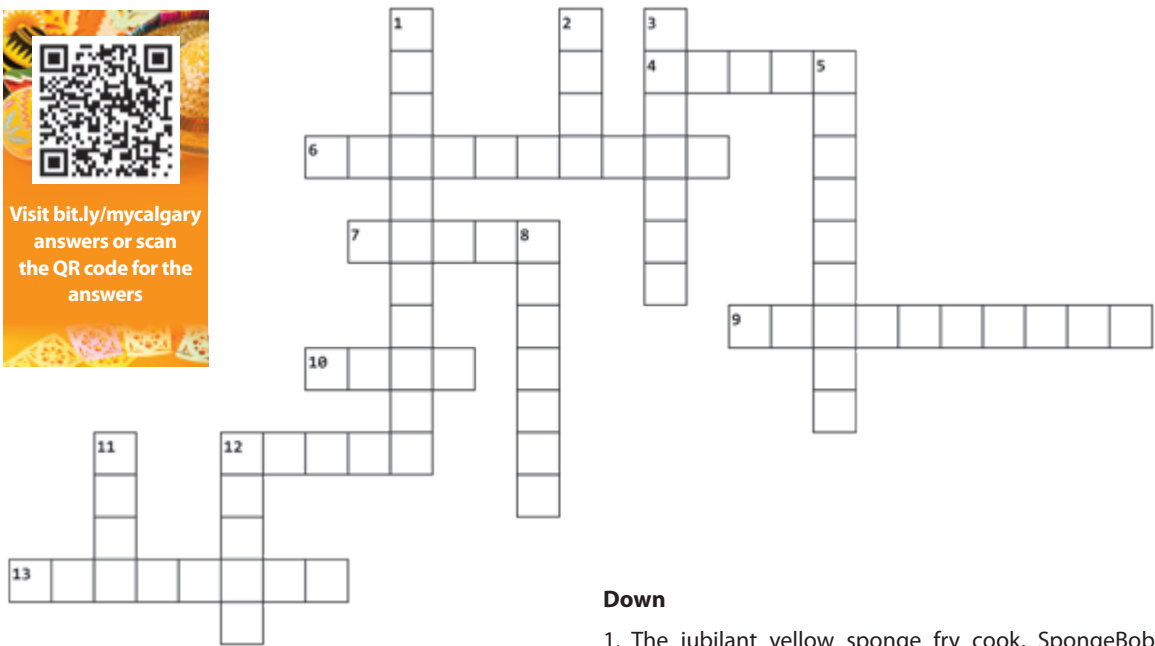


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May Crossword



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.

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.



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

RESIDENT PERSPECTIVES

Stargazing with Pat J: Why Humans Will Never Ever Set Foot on Mercury or Venus

by Patricia Jeffery © 2024 of the Calgary Centre of the Royal Astronomical Society of Canada

Mercury

- Closest planet to the Sun.
- If our Sun is the goal post of a CFL football field, Earth would be at the two-yard line; Mercury on the 0.8-yard line.
- Smallest planet, only slightly larger than Earth's Moon.
- Very faint; visible only after sunset or before sunrise.
- Rotates on its axis in 59 days. It takes 88 days to orbit the Sun.
- Sunlight takes three minutes to get there.
- No moons or rings.
- Rocky, heavily cratered surface.
- Only two probes have ever been sent there; neither landed.
- A blistering 430-degree Celsius during the day. A bone chilling - 170-degree Celsius at night.
- Any water or atmosphere it once possessed has long since boiled away.



Venus

- Second planet from the Sun.
- Using the above CFL field comparison, Venus is on the 1.4-yard line.
- Slightly smaller than Earth.
- Second only to our Moon in brightness.
- Rotates on its axis in 243 days. It takes 225 days to orbit the Sun, making its year shorter than its day.
- Takes sunlight six minutes to get there.
- No moons or rings.
- Unlike every other planet, Venus spins clockwise. Scientists believe this is because Venus is actually upside down; meaning the Sun rises in the west and sets in the east.
- While it has an atmosphere, it is a poisonous concoction of carbon dioxide and sulphuric acid which has produced a runaway greenhouse effect. With an average temperature of 460-degree Celsius, Venus is hotter than Mercury, despite being further from the Sun.
- Russia has landed several probes on the surface, but none survived more than two hours; having been crushed flat by an atmospheric pressure of 1,350 pounds per square inch, then melted by the scorching temperatures.



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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.

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Champions of Care: How Nurses Can Support Your Health Goals

by Calgary Primary Care Networks

In May we celebrate National Nursing Week in Canada and shine a spotlight on the crucial role nurses play in primary care.

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- Increase your physical activity.
- Test for memory concerns.



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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

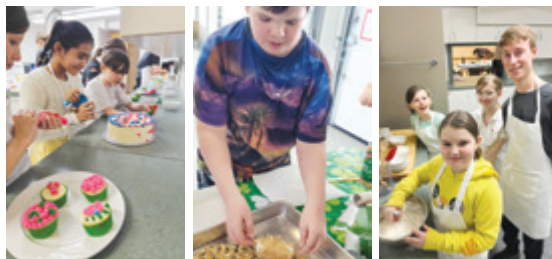


Ever since the launch of the initiative in September, 4-H Alberta's Intro Clubs have achieved success in various communities throughout Calgary. This pilot program has now hosted four introductory clubs dedicated to introducing the youth to the world of 4-H with two more currently running in April. Among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



Park Cart Smart

by City of Calgary Waste and Recycling Services

When you set out your blue, green, and black carts properly, you're helping to ensure safe and efficient operation of The City's waste collection trucks. That includes how you park on the street outside your home, especially in cul-de-sacs. A few simple reminders will help make everyone's day go smoothly:



Parking in a cul-de-sac:

- All vehicles must be parallel parked with passenger side wheels to the curb, unless there are signs permitting angle parking. This helps collection trucks reach your carts and turn around in a cul-de-sac.
- Place your carts on flat ground, one metre away from your vehicle if parked on the street.
- Improperly parked vehicles block driveways for residents and restrict access for emergency and waste management vehicles.

Parking in an alley:

- Do not block the end of a closed alley with parked vehicles. Collection trucks need space to turn around safely.

These simple but important steps help ensure safe and efficient cart collection.

Learn more at calgary.ca/cartplacement.

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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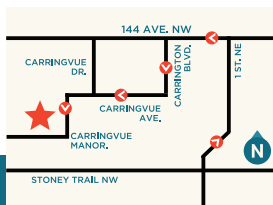


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