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Word of the Month

Salubrious: adjective (sa-lu-bri-ous)

Something which encourages or is beneficial to a person's well-being or health.

The couple had a salubrious session with their therapist.

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CONTENTS

- 7 MENTAL HEALTH MOMENT: HOW TO CREATE PERSONAL HAPPINESS
- 8 SAFE AND SOUND: WINDOW AND BALCONY SAFETY
- 10 TAKE ON WELLNESS: ALCOHOL IN MODERATION
- 12 PRAIRIE WINDS 4-H CLUB UPDATE FOR MAY
- 13 BUSINESS CLASSIFIEDS



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GREENVIEW



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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.

Cats, Canines, & Critters of Calgary



Potter, Calgary



Ringo, Sirroco



Starr, Lake Chaparral



Violet, Seton

To have your pet featured, email news@mycalgary.com

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.

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.

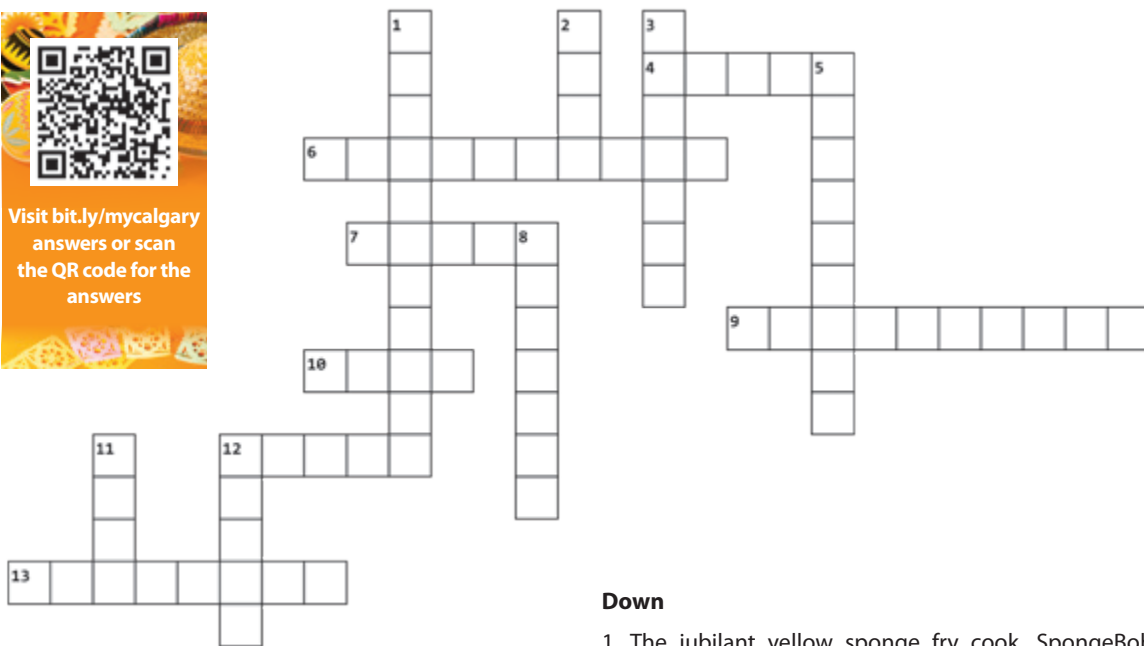
EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

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.



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.

Alcohol In Moderation

by Alberta Health Services



Many people enjoy drinking alcohol, and it may have a place in cultural and family traditions. Most people usually do it safely. But it's important to remember that drinking alcohol is not risk-free.

If you choose to drink alcohol, the key is to keep your intake at the lowest levels possible to reduce your risk of harm.

Alcohol and You

Alcohol is a depressant that impacts the whole body, including the central nervous system (the brain), cardiovascular system (the heart), and respiratory system (the lungs and breathing). When someone drinks too much alcohol or too quickly, it can overwhelm or suppress the healthy performance of these systems in the body. This can lead to a person passing out or having alcohol poisoning which includes symptoms such as vomiting, throwing up while passed out, not waking up after throwing up, not responding when being talked to or shouted at, fast heart rate, and other symptoms which are found by searching Alcohol Poisoning on MyHealthAlberta.ca.

What Are the Health Risks Associated with Drinking Alcohol?

When you drink alcohol, you may be putting your health and safety at risk. Your risk of harm increases with each drink that you have.

Drinking alcohol may:

- Harm your liver, pancreas, nervous system, heart, and brain.

- Cause high blood pressure, depression, stomach problems, or sexual problems.
- Contribute to the development of some cancers, such as cancers of the mouth, throat, esophagus, liver, colon, and breast.
- Cause memory loss and affect your ability to think, learn, and reason.
- Cause harm to your developing baby (fetus) if you drink during pregnancy.
- Lead to problems at work, school, or home.
- Increase the risk of car crashes and violent behaviour.
- Cause you to develop an alcohol use problem.

Using alcohol or other substances can affect your health, work, school, and relationships. It can change how well you make decisions and control your actions, how you think, and how quickly you can react. Alcohol patterns may vary. Some people drink large amounts of alcohol at specific times, such as on the weekend. Others may be sober for long periods and then go on a drinking binge that lasts for weeks or months. Some people drink and may be intoxicated every day.

If you think you are drinking too much, you may want to seek help. Talk to your doctor about whether you need to withdraw from alcohol under medical care.

What Can You Do?

Less is best! Research shows that drinking any amount of alcohol can have risks. Canadian health experts say your risk of harm from alcohol is:

- **Low** if you have two standard drinks or less per week.
- **Moderate** if you have between three and six drinks per week.
- **High** if you have seven or more drinks per week.

Having more than two drinks in one sitting increases your risk of harm to yourself and others. Keep in mind that age, sex, weight, and health history can cause alcohol to impact people differently.

In Canada, a standard drink is equal to:

- A bottle of beer (12 oz., 341 ml, 5% alcohol)
- A bottle of cider (12 oz., 341 ml, 5% alcohol)
- A glass of wine (5 oz., 142 ml, 12% alcohol)
- A shot glass of spirits (1.5 oz., 43 ml, 40% alcohol)

Try to drink less by paying attention to how much you drink by setting a weekly target and make sure you do not have more than two standard drinks per day. If you

choose to drink, here are some things you can do to reduce your risk of getting sick or injured:

- Have a meal or a snack with your drink. Don't drink on an empty stomach.
- Drink slowly. Don't have more than two standard drinks in one sitting.
- Have a glass of water or non-alcoholic, caffeine-free beverage (such as a soft drink or fruit juice) between drinks.
- Avoid risky situations and activities. Don't drink and drive, and don't get in a car with a driver who has been drinking.
- Don't take over the counter or prescription medicines that interact with alcohol.
- Limit how much you drink.

Who Should Not Drink Alcohol at All?

Although most people can have a drink now and then, some people should not drink at all.

Don't drink alcohol if:

- You're pregnant or trying to get pregnant. Alcohol can harm the developing baby (fetus). Alcohol can pass into the baby's blood. It can damage and affect the growth of the baby's cells. During pregnancy, not drinking alcohol is the only safe option.
- You breastfeed your child. If you choose to drink, breastfeed just before you drink alcohol. And wait to breastfeed at least two hours after you have a drink to reduce the amount of alcohol the baby may get in the milk.
- You're taking over the counter or prescription medicines that interact with alcohol.
- You have health problems made worse by drinking, such as liver problems, heart failure, uncontrolled high blood pressure, or certain blood disorders.
- You have a mental health problem and are using alcohol to try to make yourself feel better.
- You have problems controlling how much you drink, or you had alcohol problems in the past.
- You're at work.
- You plan to drive or operate tools or machinery.
- You plan to play sports or take part in physical activities.
- You're taking care of someone or supervising others.
- You need to make important decisions.

Talk to your doctor about whether drinking alcohol is a good choice for you. And if it is, ask how much is okay.



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Prairie Winds 4-H Club Update for May

by Abigail Dowler, Prairie Winds 4-H Club reporter



We started off the month of March by learning how to decorate cookies. In this advanced cookie decorating workshop, we learned how to decorate cookies by flooding them with icing. It was Easter themed, so we made a carrot, an egg, and a bunny. My favourite was the egg because we got to put gold specs on it to make it look like a robin's egg.

We also did many other workshops over the past month; the Rothney Observatory was late at night so we could look at the night sky and find constellations. This involved using a telescope to see the sky and find planets. Following Rothney there were two workshops on the same day, Crochet and Lego Robotics. During the crochet workshop members got to learn the simple knots and started to crochet a mini dinosaur, there will be a second part to this workshop where we will complete the project. The Lego Robotics included building a robot out of Lego pieces then coding it to move around tables and floors.



We had our monthly general meeting followed by a fun little social after. We played dodgeball with a twist where the balls were socks. We did senior members versus intermediate and junior. This game sure was fun!

We also had a few members in our club move on to higher levels of communications in 4-H at the Areas and District levels over the past month. Those that successfully placed will shortly compete at the Regional Level.

Overall, it was another fun and full month of 4-H.



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'Aging Is More...' Seniors' Week Explores the Potentials of Aging

by the City of Calgary

Seniors' Week is celebrated annually across Alberta, and it will be held this year from June 3 to June 9. It is a time to show appreciation for older adults and the significant contributions they make to our communities. They support their families and friends, volunteer their time and resources to various charities, and play an essential role in making our communities better places to live.

The theme, 'Aging is More...', is deliberately open-ended to highlight the potential of aging. Seniors' Week is not just for older adults, but it's a time when seniors-sector organizations, not-for-profits, businesses, and Calgarians from all walks of life come together to organize fun, inclusive, cross-cultural, and multi-generational events in our city.

Get involved! Whether or not you choose to attend a Seniors' Week event, Age-Friendly Calgary encourages you to celebrate aging in your own way. Help spread Seniors' Week awareness with the social media hashtags #seniorsweek and #agefriendlyyc.

Seniors' Week events and updates will be posted at calgary.ca/seniorsweek.



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Councillor, Ward 4
Sean Chu
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Dear Ward 4 Residents,

Emergency Preparedness Week is May 5 to 11, 2024! Emergencies can occur unexpectedly, and being prepared beforehand is essential for your safety, your family's, and your community's well-being.

Throughout this crucial week and beyond, it's crucial for Calgarians to prepare for emergencies by understanding local hazards, staying informed with alerts, and creating an emergency action plan. Download our plan at calgary.ca/getready.

Building a strong community network is equally important. Establish connections with neighbours, coworkers, and friends to enhance safety measures during crisis.

For comprehensive guidance on emergency preparedness and details regarding community events during Emergency Preparedness Week, visit calgary.ca/getready.

Celebrate Neighbour Day 2024 on Saturday, June 15, and join in fostering stronger community bonds! This year, we invite you to take part by organizing a block party with your neighbours. The good news is, obtaining permits for block parties and greenspaces is absolutely free for Neighbour Day. Make sure to apply for your permits by May 31, 2024, through calgary.ca/NeighbourDay. As an added bonus, consider inviting esteemed guests like the Mayor, your local councillor, or even arranging for a visit from a police officer or a fire truck to drop by your event. Plus, there's an opportunity to win fantastic prizes, including the chance to enjoy 30 minutes of live musical entertainment at your block party.

Neighbour Day fosters community connections, enhancing neighbourhoods where neighbours support each other. Share your Neighbour Day experiences on social media with #YYCNeighbourDay and explore calgary.ca/NeighbourDay for details.

Thank you all for your attention.

Best,

Councillor Sean Chu



Do you know a young person who is thinking about suicide?

Suicide support group for youth and their caregivers

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide being offered by Centre for Suicide Prevention and community partners. A separate caregiver group will run at the same time and location.

This program is funded by the Government of Alberta and FCSS Calgary.

Learn more: www.suicideinfo.ca/workshops



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