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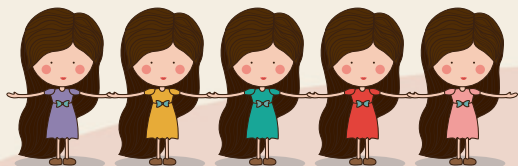
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**GREENVIEW**



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## Celebrating Calgary 150 - Sandstone City

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

Why is today's downtown core located west of Fort Calgary? In the 1880s, Inglewood was growing in anticipation of the railway, but then Canadian Pacific Railway built its station where the Calgary Tower stands today. Much of the fledgling town picked up and moved.

Civic leaders then built bridges and ran the Stampede's forerunner, the 1886 International Seed Grain and Hay Exposition. The first General Hospital opened in a house, performing surgeries on the kitchen table.

Calgary's first buildings were constructed with wood, but 18 were destroyed in the Great Fire of 1886. Afterwards, town council mandated building with sandstone from the surrounding foothills.

Hence the nickname Sandstone City. See for yourself along Stephen Avenue National Historic Site. Imperial Bank helped make it Calgary's commercial core. The Alberta Hotel followed, and HBC built a department store in 1891.

Smallpox killed several people in 1892, sparking a riot when fearful residents attacked Chinese laundries, the purported source of the outbreak. Many thousands of Chinese had worked on the CPR and settled in Calgary.

An influx of Russian Germans fleeing persecution arrived in 1892 in Bridgeland-Riverside. Ukrainians and Italians followed. Nuns like Mary Greene established Sacred Heart Convent in 1885. Édouard Rouleau became head physician of Holy Cross Hospital.

The CPR took advantage of the Rocky Mountains' picturesque landscapes. Near Siding 29, Banff townsite emerged in 1883. The presence of hot springs led the government to create a national park in 1887. Opened one year later, Banff Springs Hotel is a modern-day castle, with another one built on Hornumnay ("little fishes' lake", aka Lake Louise).

The park's founding saw the exclusion of Indigenous people. They also faced Residential Schools that

isolated students from their culture and families under sometimes terrible conditions.

At today's Fish Creek Provincial Park, William Roper Hull built a two-storey Tudor Revival-style ranch house. Also, there was Shaw's family homestead and woollen mill. A store on Stephen Avenue sold their goods to many customers headed for the Yukon's Klondike Gold Rush.

Sandstone City was a beacon on the prairies, connected to the world via railway and offering opportunities to many.

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## News from the Friends of Nose Hill

by Anne Burke

We were contacted about restoration work at Nose Hill. Alberta Native Plant Rescue has some native grasses they've rescued from development sites around Calgary and can plant them out. Past stewardship projects were in Fish Creek Park and Cochrane area. Native species are popular but are at increasing risk from invasive species (weeds) and land development. This Volunteer Group gathers a variety of native grasses and rare plants, then safely relocates them. Some are rough fescue grass, the Prairie sage, blanket flower, blazing star, yarrow, and more. When the native grassland restoration project involves sharing seedlings with the public, participants should bring clean tools and be dressed appropriately.

This year's World Migratory Bird Day theme, Shared Spaces: Creating Bird-friendly Cities and Communities, highlights the urgent need for urban planning and protecting birds. It's time to rally our community and Calgary is certified as bird friendly. Saturday, May 10 marks peak spring migration in Canada. Every action counts to help save bird lives. <https://www.birdday.ca/>.

Nature Alberta is the coordinator of Important Bird and Biodiversity Areas (IBAs) for Habitat Stewardship, enlisting community and government support. National partners include Birds Canada and Nature Canada. The program was initiated in the 1980s by BirdLife International. Nature Alberta is responsible for recruiting volunteer caretakers who collect bird data; they conduct at least one bird count per year (preferably during migration) and submit the results to eBird Canada. Some other duties are conducting site assessments, restoring habitat, raising awareness, and advocacy efforts. There are currently over 600 IBAs across Canada, including 48 in Alberta all viewable on a Google map. An online directory tracks locations, birds, habitats, threats, and conservation issues. You can access the database, interactive maps, desktop tools, and downloadable PDF maps at <https://naturealberta.ca/habitat-stewardship/>.



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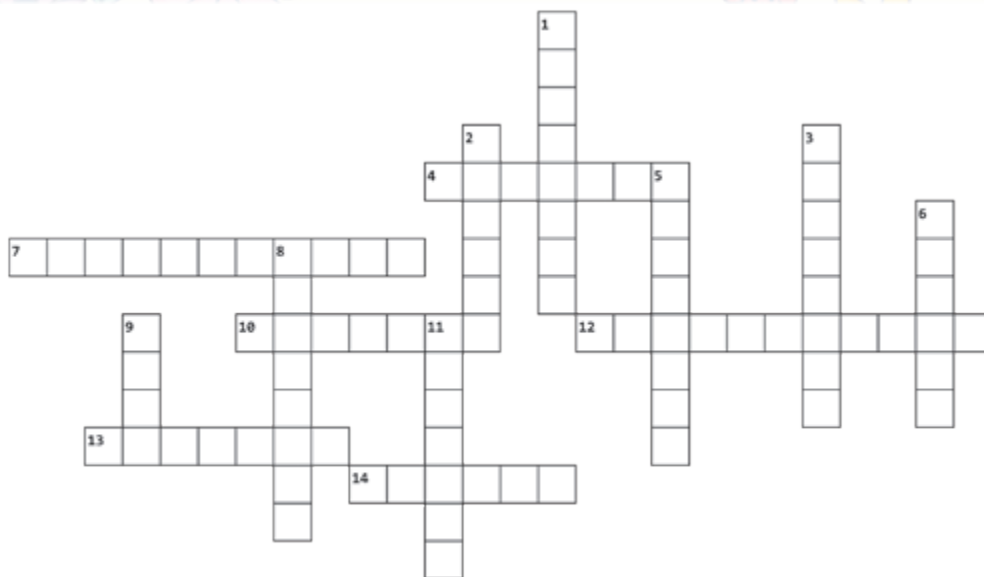
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# May Crossword



## Down

1. Cory \_\_\_\_\_, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first \_\_\_\_\_ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil \_\_\_\_\_ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco \_\_\_\_\_, released her eponymous perfume, \_\_\_\_\_ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after \_\_\_\_\_, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West \_\_\_\_\_ Police on May 23, 1873.

## Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich \_\_\_\_\_ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first \_\_\_\_\_ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia \_\_\_\_\_ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The \_\_\_\_\_ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers

Learn more about your Calgary Catholic School District Board of Trustees!

May is an exciting time at the Calgary Catholic School District (CCSD). There is much to celebrate as we prepare to wrap up another successful school year.

### Legacy K-9 School/Future Schools Update

On March 4, 2022, the Province of Alberta announced full funding for a new elementary/junior high school in the SE community of Legacy. Construction of the new school is well underway and is being managed by Alberta Infrastructure. The current estimated completion is spring 2026. Upon completion, the school will have a capacity of 510 students, with room to expand to 905 students. In addition to the school in Legacy, CCSD has another four future schools currently in various stages of development. This includes K-9 schools in Chestermere and Nolan Hill which we look forward to celebrating at sod turning events next month. CCSD has also received partial planning and design funding for five additional school projects, including the West Calgary HS. Learn more about our future schools.

While CCSD is grateful for the provincial government's investment, we do not have any new schools opening in 2025 and we need shovels in the ground as soon as possible to meet the needs of our growing student population. Calgary Catholic is experiencing consistent growth, with an expected increase of approximately 1,200 to 2,400 students per year, which will result in over 100% utilization of our schools by 2029, even with the school projects currently underway. To meet the needs of our expanding student population, CCSD continues to urge the government to prioritize additional funding for partially funded projects, recognize the urgent need

for new schools and modernizations, and provide better timeliness regarding school sites being available in early land development phases.

### Mental Health Week/Complexity

Since 1951, the Canadian Mental Health Association (CMHA) has hosted Mental Health Week in May. Calgary Catholic recognizes the importance of mental health, with well-being as one of our board priorities and is proud of the various mental health supports we provide for both students and staff. In our school communities, the goal is to create learning environments for students where they feel "safe enough to learn and brave enough to try." Thank you to our school counsellors and other mental health workers for the incredible work that they do every day to support the mental health and well-being of our students. To further support the growing complex needs of our students, additional personnel support is needed in our schools, including teachers and certificated staff, as well as non-certificated staff such as educational assistants, psychologists, speech-language pathologists, occupational therapists, and physical therapists. CCSD will continue to advocate for further funding and support for complexities.

Graduation is on the horizon for many of our students and summer holidays are in sight. Wishing everyone a wonderful May!



## Chanel No. 5

*On May 5, 1921, Coco Chanel, teaming up with perfumer Ernest Beaux, launched her iconic fragrance. Why No. 5? Because five was her lucky number, and she made sure to release it on the fifth day of the fifth month for extra good fortune!*

# Colorectal Cancer Screening Saves Lives

by Alberta Health Services

Colorectal cancer is one of the most common causes of cancer deaths in Alberta, often affecting people over 50 with no family history of the disease.

Colorectal cancer develops in the colon (large intestine) or rectum and can begin as growths called “polyps” on the inner wall of the colon or rectum. Not all polyps turn into cancer, but some types can with time. Early-stage colorectal cancer and polyps can exist for years, without symptoms.

Get screened regularly, especially if you are between 50 and 74-years-old. Screening looks for early signs of cancer in people who feel well and have no symptoms. With regular screening, colorectal cancer can be found early, and many types of polyps can be removed before they turn into cancer.

### Screening Tests for Colorectal Cancer

The two main screening tests for colorectal cancer are Fecal Immunochemical Test (FIT) and colonoscopy. You and your healthcare provider can discuss which test is right for you.

#### Fecal Immunochemical Test (FIT)

FIT is the recommended screening test for people at average risk of getting colorectal cancer. Most people are at average risk. Average risk means those with no symptoms and no personal or family history of colorectal cancer.

FIT is an easy, at-home test that checks for hidden blood in your stool. You collect a small stool sample and take your completed FIT to the lab for testing. You should plan to do the FIT every year starting at age 50.

#### There are two easy ways to get your free FIT:

- Talk to your doctor about colorectal cancer screening. They'll give you a lab requisition form. Take this form to the lab to pick up your FIT.
- Order online at [screeningforlife.ca](http://screeningforlife.ca) or call AHS Screening Programs toll-free at 1-866-727-3926. We'll mail you a FIT.

If your FIT result is normal, it means that no blood was found in your stool sample. You should continue to



screen with FIT regularly. If your FIT result is abnormal, it means that blood was found in your stool sample. This can happen for different reasons.

While most people with an abnormal result do not have cancer, your doctor or healthcare provider may recommend a colonoscopy to find the cause of the bleeding.

For every 100 colonoscopies after an abnormal FIT, two to three cases of colorectal cancer are detected. Early detection leads to a 90% treatment success rate, making regular screening essential.

#### Colonoscopy

Colonoscopy is the recommended test for people at an increased risk of getting colorectal cancer. You may be at increased risk if you or someone in your family such as a parent, sibling, or child had colorectal cancer in the past. Colonoscopy is also the recommended follow-up test after an abnormal FIT result.

A colonoscopy lets the doctor see the inside of your colon. This test is done using a colonoscope, which is a long, thin, flexible tube with a light and camera on the end.

#### Colorectal Cancer Signs and Symptoms

Never ignore new symptoms including blood in your stool, a change in your bowel habits, pain in your belly, or unexplained weight loss. See your doctor or healthcare provider if you develop these or any other symptoms you're worried about. These symptoms may not be caused by cancer, but speaking to your healthcare provider can help you know for sure.



## Thai Curry Chicken

by Jennifer Puri

Thai food is a blend of four cuisines – Indian, Chinese, Malay, and Thai.

Thai curry can be mild or spicy and contain meat, chicken, seafood, or vegetables, and is typically served with rice or noodles.

The “reddish” colour and flavour of the curry comes from the red chillies used to make the paste which would also include lemongrass, shrimp paste, ginger and garlic, turmeric, coriander, and cumin seeds.

Full fat coconut milk has been used in the Thai curry chicken recipe as it helps to offset the heat and give it a creamy consistency. The curry is actually quite mild, but you can increase the heat by stirring in the garnish of fresh, sliced red Thai chillies prior to serving.

**Prep Time:** 20 minutes

**Cook Time:** 35 minutes

**Servings:** 4 to 6

### Ingredients:

- 3 lbs. boneless, skinless chicken breasts
- 1 medium size onion, finely sliced

- 3 garlic cloves, finely chopped
- 4 tbsp. vegetable oil
- 4 to 5 tbsp. Thai curry paste
- 3 tsp. fish sauce
- 1 tsp. sugar
- 2 ½ cups full fat coconut milk

### Garnish:

- 3 Thai red chillies, deseeded and thinly sliced
- 10 to 12 fresh mint leaves or Thai basil leaves

### Directions:

1. Cut the chicken breasts into small pieces.
2. Heat oil in a large pan or skillet (which has a lid), add the sliced onion and garlic and sauté for 2 to 3 minutes.
3. Add the chicken pieces to the pan and fry until they change colour and are no longer pink.
4. Add Thai curry paste, followed by the sugar, salt, and fish sauce, and blend in with the chicken.
5. Pour in the coconut milk and simmer on low heat until the chicken is tender, about 20 minutes.
6. Garnish with 2 to 3 thinly sliced Thai red chillies with seeds removed and fresh mint or basil leaves.
7. Serve with Jasmine or Basmati rice or rice noodles if desired.

Bon Appétit!



# Six Ways to Stand Up for Yourself

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

### 1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

### 2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

### 3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

### 4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



### 5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

### 6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.



Councillor, Ward 4

**Sean Chu**

403-268-3727

ward04@calgary.ca

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## Be Ready: Emergency Preparedness in Calgary

Dear Ward 4 Residents,

Emergencies can happen at any time, and being prepared is the best way to keep yourself, your family, and your community safe. The City of Calgary is committed to ensuring residents have the resources and information they need to be ready for anything.

### Why Preparedness Matters

Natural disasters, extreme weather, and unexpected situations can disrupt daily life. Having a plan in place can reduce stress and increase safety in critical moments.

### What You Can Do

The City of Calgary has put together a comprehensive guide on how to prepare for emergencies. Here are a few key steps you can take today:

Create an Emergency Plan – Know how to communicate with your family and where to go in case of evacuation.

Build a 72-Hour Kit – Ensure you have essential supplies like food, water, medications, and important documents.

Stay Informed – Follow official sources for real-time updates and alerts.

Know Your Risks – Be aware of local hazards such as floods, wildfires, and extreme weather events.

### Resources Available to You

The City of Calgary provides a variety of resources to help residents stay informed and prepared. Visit [calgary.ca/emergencies/preparedness](http://calgary.ca/emergencies/preparedness) for detailed checklists, planning tools, and information on local risks.

Being proactive today can make a big difference when an emergency strikes. Stay safe and stay prepared, Ward 4!

Sincerely,

*Councillor Sean Chu*

Ward 4, City of Calgary

## YOUR CITY OF CALGARY

# Create a Beautiful and Resilient YardSmart Yard This Spring!

*by The City of Calgary*

A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to plan, build, and maintain your yard, including:

- Layouts and plant lists for all over your yard – wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering, and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator-friendly yard.

Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:

- Installing a rain barrel to use in your yard and garden. It is a simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass five to seven cm (two to three inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives, or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit [calgary.ca/YardSmart](http://calgary.ca/YardSmart).



## In Loving Kindness

by Garth Paul Ukrainetz

Be not abashed when life is tough  
No shame in having need  
At times the road is harsh and rough  
Confused this world indeed

It's crucial that we all reach out  
In giving and receiving  
To rise above the walls of doubt  
Together we're believing

We're here to care, we're here to share  
For that's what life's about  
In loving kindness, hearts prepare  
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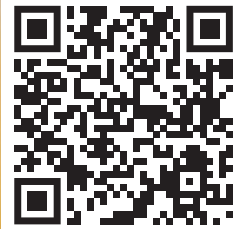
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