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ANNUAL FEES DUE APRIL 1**

**CA AGM  
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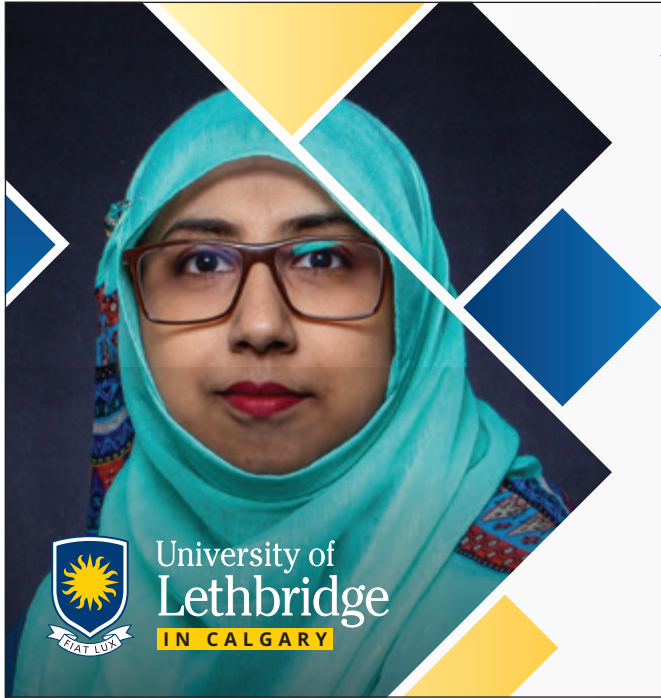
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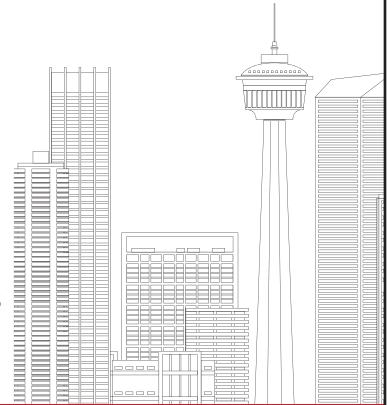


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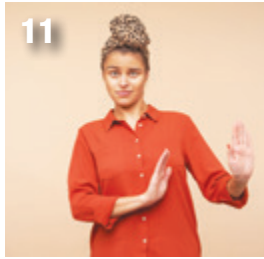




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With spring nearing it is amazing how busy things are, and with working full-time, I struggle to find energy and motivation to do all the extra volunteering that I have done in the past. Please ensure to check out our website and Facebook pages as that is primarily where we will be sharing information as it comes together.

If you haven't seen it, the north end of the lake (Ave and Drive) is now a three-way stop, there was a bit of chaos on the first day as some drivers didn't even notice the addition. We are still asking the city why the intersection of the Ave and Blvd by Auburn Bay School isn't a priority with the amount of traffic there each day, and they are looking into the matter.

A number of local residents are still pointing out the lack of community content in this newsletter, and we wanted to remind residents of a few items. Great News Media prepares and prints this newsletter, and generously allows the Community Association and the Residents Association to share our information in it for free. They have given us additional space if advertising revenue allows for it, but unfortunately, we have been asking for a volunteer to help pull together more community content for a number of years. Just a reminder that many of the programs and events that happen outside of Auburn House and the lake are done by volunteers. We all donate our time and efforts to help make our community better, but we cannot do it all on our own. If you want to see more community content in this newsletter, then we need you to step forward to help. Jennifer P., who does up the recipe of the month stepped forward on her own to provide that content to be included. My favourite community saying is "volunteering is the price you are willing to pay for the community you want to live in!" What does your community have to offer? Free Stampede Breakfast? Free Parade of Lights? Free Community Cleanup? A Community Garden? All of this happens with the price volunteers are willing to pay.

The replacement of the CA shed is in a holding pattern as we are still awaiting answers from the City on which permits we need to pull in addition to raising the money to pay for it. If you know of a company that would be interested in donating, please ask them to email us at [admin@auburnbayca.ca](mailto:admin@auburnbayca.ca) or call the CA number listed below. We have gotten a few new quotes from local

businesses on a replacement, but now we have to raise the money to pay for it. The City has generously offered to extend our lease on the current unit for an additional year to give us additional time.

Save the date! We have been given the day of May 27 to host the City of Calgary Cleanup. We have confirmed that in addition to the garbage and composting trucks we will have electronics, metal, and donations on hand. Still needing to confirm car seat/mattress recycling and household paints. We will be using the Prince of Peace school parking lot once again, with access only from the north side of the school.

In order to consolidate some of our events/resources, we will be hosting the Annual Auburn Bay Cleanup on May 27 as well. It is your opportunity to give back to the neighbourhood and the green spaces/parks that you enjoy. We will be supplying free bags, vinyl gloves, and refreshments to volunteers to come out and clean up Auburn Bay. I am hoping to have enough volunteers and interest in pulling together a BBQ this year now that COVID restrictions have been lifted.

May 6 is the expected date of the Auburn Bay garage sale parade. The realtor who hosted it in the past is retiring and we are just awaiting further confirmation of the current realtor taking it over. Details will be shared on our website and Facebook pages.

The City is just reviewing the final revision of the drawing for the Community Garden space, once we have that approval, we will share that information with the community. Hopefully, it will inspire others to get involved to see the dream come together. We have submitted an application for a grant that would cover the \$90k to complete the space. If you are interested in putting your name on the list for the 2023 Community Gardens spaces, please go to <https://forms.gle/ZSo4TUpB8yDLPETv5>.

Auburn House (Auburn Bay Residents Association) is hosting a Free Seniors Event every Tuesday from 1:30 to 3:30 pm, and they would like to extend an invitation to residents to come out and enjoy an afternoon of refreshments, conversation, and potentially games with others. They noted that guests are welcome to attend as well.

The Community Kitchen Good Food Box program continues to grow (and we reached a new record of 45 boxes) each month and is a great opportunity to get

affordable and delicious produce. You can get a small box (approximately 20 to 25lbs) for \$25, medium (30 to 35lbs) for \$30, or large (40 to 45lbs) for \$35, delivered once a month. Please check out the post on our website for the google form to place your order.

Auburn Bay has a large number of Facebook groups. There is a pet group, seniors group, grillers group, ladies group, food lovers group, gardening group, community garden group, ladies clothing exchange group, business group, buy-nothing group... the list is nearly endless. Make sure to go and check these fabulous interest groups out.

Finally, a reminder that the next CA online meeting will be our AGM on April 12, followed by May 10. These meetings are open to everyone, and we look forward to having you there for your input and participation. The links to join in the meeting are available on our website. We have also uploaded the minutes from the past meetings as well.

*Carla Obuck*

Sports and Events Director, Auburn Bay Community Association (ABCA)



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"Inventory is still VERY low in Auburn Bay! This means it's a great time to sell your home if you have been considering it lately.

Many homes are selling in under a month for top dollar! Normally the late winter/early spring market is a bit slower but we are experiencing amazing activity right now...call or text me anytime to chat about the Auburn Bay market and I'd be happy to answer any of your questions."

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# Hoisin Pork with Pineapple Rice

by Jennifer Puri

Deliciously yellow fruit, a pineapple is neither a pine nor an apple but is a group of berries fused together.

Pineapples are indigenous to South America and are believed to have originated in the forests of Brazil and harvested by tribes who lived in the area. Christopher Columbus is credited with introducing the pineapple to Europe and “Pina Des Indes” or “Pinecone of the Indies” were the names used to describe the fruit by the Spanish.

The pineapple plant has a life span of up to fifty years, can take up to three years to grow and mature, and only one pineapple is produced by a plant in a season.

Pineapple goes well with ham, seafood, chicken, tofu, yoghurt, and cottage cheese.

The combination of hoisin pork and pineapple rice fuses together delicious flavours and can be prepped and cooked in a relatively short amount of time. The filet or tenderloin used in this recipe is one of the healthier cuts of meat and is just as lean as skinless chicken breasts.

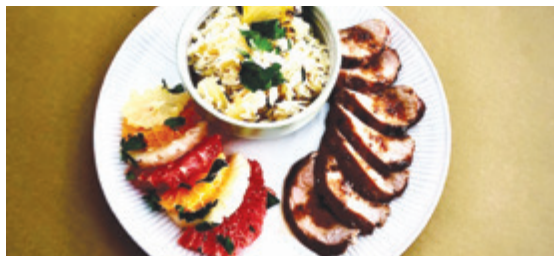
**Prep Time:** 15 Minutes

**Cook Time:** 30 Minutes

**Servings:** 2 to 3

**Ingredients:**

- 1 pork tenderloin
- 2 tbsps. hoisin sauce
- 2 tbsps. soya sauce
- 1 tbsp. grainy Dijon mustard
- 2 tsps. honey
- 1 ½ tsps. rice vinegar
- 2 tbsps. vegetable oil
- 4 cups cooked white or jasmine rice
- 2 tbsps. butter
- ½ tsp. red chilli flakes
- 2 tbsps. chopped coriander leaves
- 1 can (398 ml) pineapple tidbits, drained
- ½ tsp. salt



**Directions:**

- In a small bowl, mix together hoisin sauce, soya sauce, honey, Dijon mustard, and half a teaspoon of rice vinegar. Spread the marinade all over the tenderloin and let it sit for ten minutes.
- Preheat oven to 400 degrees Fahrenheit.
- Add two tablespoons of oil to a large skillet and place the tenderloin in it. On medium heat, brown the tenderloin on all sides, approximately three to four minutes. Remove tenderloin from skillet and place on a foil-lined baking tray. Pour any remaining marinade over it and then place it on the middle rack of the oven. Bake uncovered for 20 minutes or until cooked through.
- On medium heat, melt butter in a wok or skillet, add drained pineapple pieces, chilli flakes, chopped coriander, one teaspoon of rice vinegar, and salt. Stir fry for a couple of minutes and then add the cooked rice and gently blend all the ingredients together. Remove from heat and garnish with coriander leaves and a few pineapple pieces.
- Remove tenderloin from oven, cover and let stand for five minutes. Serve sliced tenderloin with small bowls of Pineapple Rice and use Hoisin sauce as a dip if desired.

Bon Appétit!

# City of Calgary – Bylaws for Helping to be a Better Neighbour

Many concerns over what city bylaws are in place, please see <http://www.calgary.ca/CSPS/ABS/Pages/Bylaws-by-topic/Bylaws-by-topic.aspx> for a full listing.

Most of the concerns we hear about were pet related.

## Cats:

Under the Responsible Pet Ownership Bylaw, cat owners must ensure their cats:

- Have a City of Calgary license.
- Remain on the owner's property.
- Do not disturb the peace by howling or crying.
- Do not damage others' property.
- Do not scatter garbage.
- Do not chase, threaten, or attack a person or an animal.

Fines range from \$25 to \$1,500.

## Dogs:

Under the Responsible Pet Ownership Bylaw, dog owners must ensure their dogs:

- All dogs must have and wear a City of Calgary licence as soon as they reach three months of age.
- All dogs must be on-leash at all times, unless posted signs indicate otherwise, or on property where the owner of the dog has the right of occupation.
- Dogs may not be left unattended while tethered.
- Dogs may only be transported in the back of a truck if the dog is in a fully enclosed trailer, a truck bed covered with a topper, contained in a ventilated kennel that is secured to the truck bed, or securely tethered and not standing on bare metal.
- Dog owners must ensure that they bring along a suitable means to pick up feces.

- Dog owners must pick up all feces produced by their dog both on and off their property.
- Dogs must be under control in designated off-leash areas. This means they must be in sight of their owners and respond to sight or sound commands.

Fines for failing to comply with the Responsible Pet Ownership Bylaw range from \$25 to \$1,500.

As a dog owner, you must ensure your dog does not:

- Bite anyone
- Injure anyone
- Chase, threaten or attack a person or animal
- Bark, howl or disturb anyone
- Cause damage to property or animals
- Scatter garbage

Dogs are not allowed in:

- School grounds
- Playgrounds
- Sports fields
- Golf courses
- Cemeteries
- Wading or swimming areas

While on a pathway, your dog must:

- Be on a leash no longer than two metres
- Remain on the right-hand side of the pathway
- Not interfere with or obstruct other users
- You may not cycle, skateboard or in-line skate with a dog on a leash while on a pathway.

If you know of a bylaw infraction and would like to report it to Animal and Bylaw Services, please call 311 (from within Calgary) or 403-268-CITY (2489) (from outside Calgary).



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### 27 Ways to Say No

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

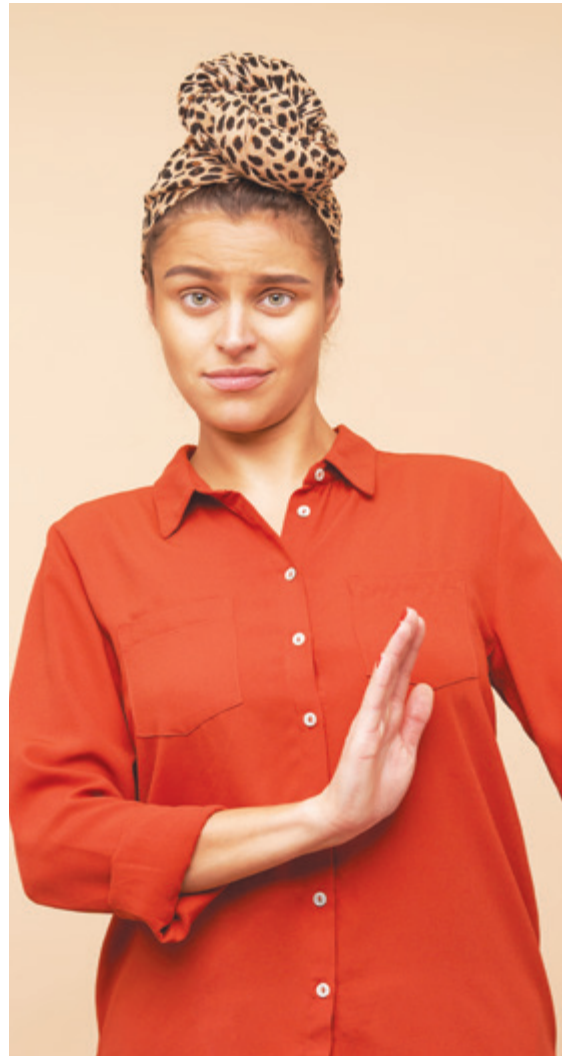
Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

**Here are 27 ways to say no or defer your answer:**

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

\*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions.



Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

# Encouraging Kids to Help in the Kitchen

*from Alberta Health Services*

When the entire family gets involved in the kitchen, it can encourage connections and quality time. Kids can take part in the process, from planning meals to cleaning up. It can take extra time and effort in the beginning, but it will become easier over time as kids learn skills. Being a part of planning and preparing meals teaches kids skills they can use throughout their lives.

Here are some age-appropriate tips on encouraging children to get involved in the kitchen:

### **Planning Meals:**

- Even very young children can assist with planning meals.
- Talk about food safety. Remind children to wash their hands often when cooking and before eating the meal. You may also want to speak about keeping cold foods cold and hot foods hot.
- Give younger children options for a meal and have them choose which one they would like to help with or eat.
- Work together to discover what ingredients you already have on hand, and what ingredients you may need to purchase.
- Have school-aged children help find items in the store.
- Older children and teens may be able to choose recipes and create shopping lists on their own. As an extra challenge, give them a budget to follow when planning the meal.

### **Preparing Meals:**

- Young children can help count ingredients, add ingredients to bowls, stir, and help wash vegetables and fruit.
- School-aged children can help assemble simple dishes and measure or mix ingredients.
- Older children and teens can use basic equipment with supervision and follow recipes.
- Try meals that each member of the family can customize. Try personal pizzas, omelettes, or wraps, and have each person choose their own toppings and ingredients.



### **Eating:**

- Have a conversation together during mealtimes. Consider sharing about your day.
- Take turns setting the table.
- Everyone can share what their favourite part of the meal was or what they did to help prepare.
- Talk about what meal you want to make next.

### **Cleaning Up:**

- Everyone can have a cleanup task.
- Young children can help wipe surfaces and bring their own dishes to the counter or to the dishwasher.
- School-aged children can help put leftovers into containers and dirty dishes on the counter or load them into the dishwasher.
- Older children and teens can clear the table, clean dirty dishes, or put away clean dishes.



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November	22	15	24	\$559,900	\$553,750
October	22	17	25	\$430,000	\$407,750
September	22	30	26	\$519,900	\$527,500
August	22	42	39	\$375,000	\$375,000
July	22	38	38	\$452,450	\$450,500
June	22	54	59	\$389,900	\$400,500
May	22	78	67	\$475,000	\$475,000
April	22	69	64	\$517,400	\$540,000
March	22	93	90	\$486,450	\$521,134

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## AUBURN BAY RESIDENTS ASSOCIATION CONTACT INFO

Auburn Bay Residents Association  
c/o Auburn House

200 Auburn Bay Boulevard SE, Calgary, AB T3M 0A4  
Office Tel: 403-537-2601, Office Fax: 403-930-6456

Website: [www.AuburnBayRA.ca](http://www.AuburnBayRA.ca)

Administration	Marilyn Alcock <a href="mailto:admin@auburnbay.org">admin@auburnbay.org</a>
Program and Events Manager	Jennifer Tait <a href="mailto:events@auburnbay.org">events@auburnbay.org</a>
Program Coordinator	Jasmin Ladouceur <a href="mailto:Recprograms@auburnbay.org">Recprograms@auburnbay.org</a>
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Thank you to NAIAD Irrigation Systems Ltd. for their continued support of the Auburn Bay Residents Association and for again being one of our top special event sponsors!

# Auburn House Spring Programs

There's still time to 'Live Life in Full Bloom' with spring programming at Auburn House. Session two programs begin soon so don't miss out on a variety of great classes for adults, youth, and seniors.

Here's just a few of the classes still available this spring at Auburn House:

- Core Pilates
- Boot Camp
- Upbeat Barre
- Yoga Flow
- Tai Chi
- Gentle Fitness
- Prince Basketball
- Junior Tennis
- Sportball
- T-Ball
- Little Medical School
- Engineering for Kids
- Zumbini
- Babysitter's Program
- Home Alone
- Floral Workshops
- Drop-in Programs

View the full Spring Program Guide and Events Calendar online at AuburnBayRA.ca.

Register online 24/7 at AuburnBayRA.ca or call 403-537-2601.



Joke of the Month

I asked the gym instructor, "Can you teach me to do the splits?"

"How flexible are you?" she asked.

I said, "I can't make Tuesdays."



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SUDOKU

8			5		1			9
			6		9	7		
		4		7				5
4	8							6
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SCAN THE QR CODE  
FOR THE SOLUTION





# Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau



Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

### How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?", or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

### Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at [BBB.org](https://www.bbb.org).



## How to Meet Your Neighbours

*A message from the Federation of Calgary Communities*



Moving to a new neighbourhood can be exciting and intimidating if you don't know anyone. Welcoming new neighbours into your community can be a great way to meet new friends and establish good relationships with neighbours. It has numerous benefits and even reduces the possibility of crime because people who know each other are more likely to look out for one another.

Do your part to transition new neighbours into your community or to meet neighbours who have been in your community for a while that you haven't met yet. There are little things you can do that will go a long way for bringing neighbours together!

1. Introduce yourself to your neighbours and ask them a few questions about themselves. Tell them some information about yourself too. Some good starting points could be where they moved from

or how long they've been in the community. Also, new neighbours could use information about the community association's programs and services, how to become a member, upcoming events, and even great local businesses or restaurants.

2. Welcome your neighbour by making a small yet caring gesture or gift. It can be the traditional pie, a cup of coffee, some flowers, vegetables from your garden, or even an invite to dinner. Moving is hard work and a warm meal will be appreciated by your new neighbours!
3. After introducing yourself, make the effort to wave, greet, and make small talk with your neighbours continuously. This encourages friendly discussion and makes neighbours feel continuously welcomed.

### **Community Association Welcoming Committees**

Welcoming committees are a team of people who welcome new residents as they move to the community. Usually, they create welcome kits full of community association information on programs and services, business cards of local shops and restaurants, My Neighbour cards, emergency information and services, and maybe some small gifts like coffee cards. Upon moving into a home in the community, Welcoming Committees present these to new neighbours! Check with your community association to see if they have a welcoming committee, and if not, offer your help to develop one. One way to help distribute welcome kits is by asking local realtors, rental management companies, apartment managers, and landlords to inform the committee of new additions to the community. Then, you and your committee can deliver the packages!

Being welcoming can be very easy but it can be intimidating crossing cultural barriers. Keep in mind that good neighbours can be of all cultural backgrounds. Having an open heart and wanting to learn from new neighbours can make your community a diverse cultural hub. Be interested in getting to know your new neighbours, celebrating cultures, and sharing your family's own traditions.

## Auburn House Summer Camps

Let's get ready for summer! Auburn House is ready for a full summer of great day camps for children and youth. Summer camp registration is still open! Spaces are filling fast – register now!

Visit [AuburnBayRA.ca](http://AuburnBayRA.ca) to check out the Summer Camp Program Guide for a full listing of offerings.

Register online 24/7 at [AuburnBayRA.ca](http://AuburnBayRA.ca) or call 403-537-2601.



### Want to Homeschool?

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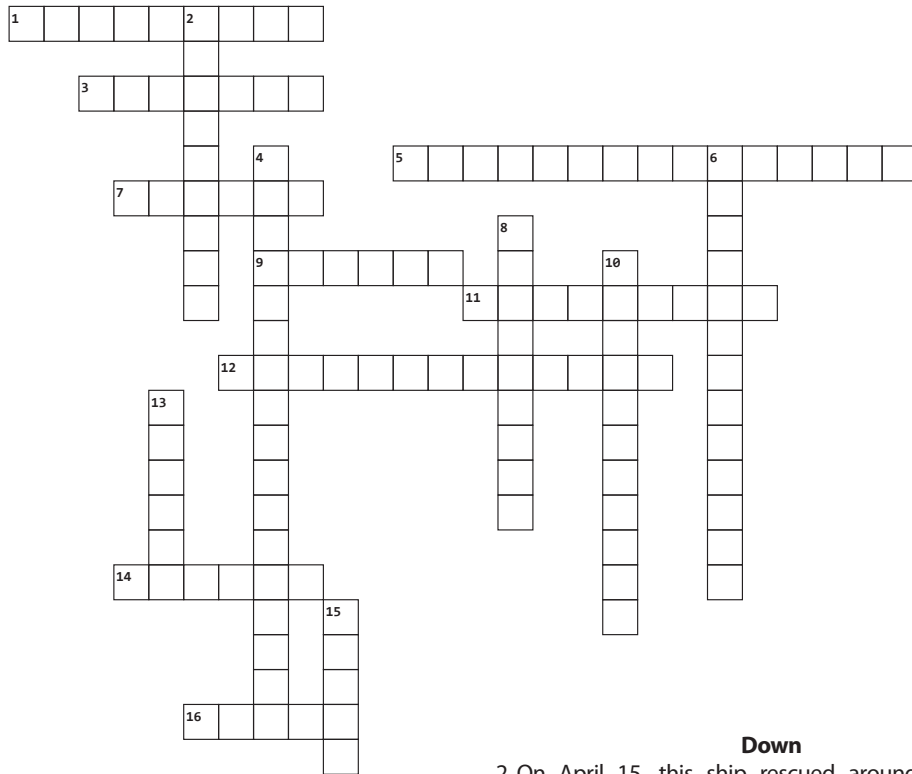
**[www.phoenixfoundation.ca](http://www.phoenixfoundation.ca)**

### The Quietest Place on Earth



A laboratory in Minneapolis has the quietest room in the world! As an anechoic chamber, it prevents the reverberation of sound waves. It's said to be so quiet inside that you can hear your bodily functions, such as the blood circulating in your veins. Being in this room is so off-putting to the senses that no one has stayed inside for longer than 45 minutes!

# April Crossword Puzzle



## Across

1. The smell that is caused by the mixture of rainwater and various earthly compounds.
3. Kids will leave these out for the Easter bunny in case he gets hungry.
5. Born on April 15, 1452, this artist's painting was famously stolen.
7. On April 11, this national observance advocates against animal violence and cruelty.
9. The Latin root for the word 'April.'
11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
14. Literature lovers will know that April is National \_\_\_\_\_ Month.
16. A colourful and popular marshmallow Easter treat.

## Down

2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
4. What makes April 9, 1917, an important date to many Canadians?
6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
13. In the United States, spring is said to have arrived when this bird comes to town.
15. One of April's birth flowers that comes from the Old English phrase 'dægeseage'.

SCAN THE QR CODE FOR  
THE ANSWER KEY





## Annual ABRA Fees are Due April 1

The annual Auburn Bay Residents Association (ABRA) fee notices were emailed/mailed out in early March and you should have now received it. Please advise the administration office at 403-537-2601 if you did not receive a fee notice.

Please visit [AuburnBayRA.ca](http://AuburnBayRA.ca) for all information regarding the 2023/2024 annual fees.



# ABRA ANNUAL FEES

**DUE APRIL 1, 2023**



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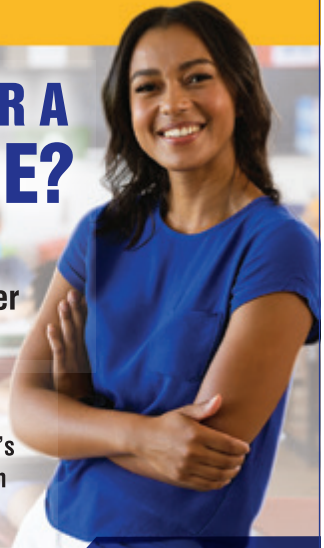
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[stmu.ca/BeD](http://stmu.ca/BeD)



## Presidential Raccoon

In 1926, US President Calvin Coolidge was sent a raccoon who was supposed to be cooked for Thanksgiving dinner! Coolidge decided instead to adopt the critter. The family named her 'Rebecca' and gifted her with an engraved collar saying, "White House Raccoon."



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# Calgary's Pathways: Where People and Nature Meet

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

It's springtime! Soon Calgarians en masse will be out and about on the city's 1,000 km of pathways. This is the largest urban pathway network in the world! But it was not always so.



Early Days of Confederation Park 1948-1988  
(City of Calgary Archives)

Although city plans back to 1910 referred to Calgary's impressive inventory of natural features and open spaces, which could be enhanced with connections between them, it wasn't until the 1970s that multi-use pathways started becoming a reality.



Confederation Park ca 1970 (City of Calgary Archives)

Confederation Park received the city's first official pathway. Created to celebrate Canada's centennial, the park reflects Superintendent Harry Boothman's vision for an area that supports Calgarians' activities and preserves the existing coulee environment, vital to flood control. The pathway was constructed in the early 1970s and it still meanders parallel to the creek that is the centre of the park.

Calgary's network really got going when the "Bow River Pathways" was formalized for the city's centennial in 1975. Today, the Pathways spans 48 km between Bears paw Dam and Fish Creek Provincial Park. Although the Chinook Trail Association started a dirt path along the Bow River's north side in 1969, construction of the Pathways heralded a new era for the city's pathway network and parks.

Further development of the network was a result of Calgarians' input for more recreational choices and for the protection and enjoyment of the city's natural spaces. The network subsequently grew to connect the Bow River to the Glenmore Reservoir via the Elbow River Pathway, with extensions moving out from the rivers, such as the Nose Creek Pathway.



Mattamy Greenway Royal Oak  
(Author Lori Beattie Fit Frog Adventures)

Today, the network has grown far beyond the rivers and reservoirs. The Rotary/Mattamy Greenway's construction began in 2010 and it now encircles the city with 145 km of pathways that connect 55 communities. It's a unique multi-use pathway that continues the legacy of the pathway network, where people and nature meet.

Before heading out for the 2023 season, remember the efforts of Calgarians in building and maintaining a network that facilitates the enjoyment of our urban lives while taking in and preserving our stunning natural environment.



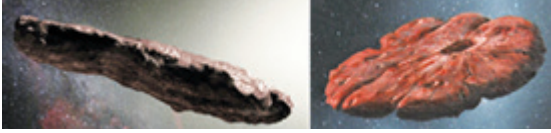
Patterson Slopes Pathway  
(Author Lori Beattie Fit Frog Adventures)



## Stargazing with Pat J

by Patricia Jeffery © 2022 Calgary Centre of the Royal Astronomical Society of Canada

### Oumuamua (oh-moo-ah-moo-ah)



Imagine that you wake one night to witness a strange vehicle racing past your house. Before you can get a good look at it, the object vanishes into the darkness.

On October 19, 2017, Robert Weryk, an astronomer at the University of Hawaii, observed just such an entity. Working backwards to plot its bizarre trajectory, Weryk eventually identified it as the first interstellar object ever discovered, meaning it originated from somewhere beyond our solar system.

By the time Oumuamua (Hawaiian for 'messenger from afar') was spotted, it was already on its way out of town, having made a hard left at the Sun 40 days earlier. This only allowed astronomers a scant 11 days to study this otherworldly visitor before it faded from view.

### What we know about Oumuamua:

- It was the weirdest object ever seen in our solar system.
- It came from the direction of constellation Lyra and is now headed toward constellation Pegasus.
- Despite being only a pinpoint of light in the Hubble telescope, NASA felt it had a 400 x 40 metre cigar shape that grew brighter then dimmer, indicating a tumbling rotation. Other scientists favoured a shiny pancake profile.
- SETI (Search for Extra Terrestrial Intelligence) detected no unusual radio emissions.
- It was originally categorized as a comet, but as it lacked a tail, was reclassified as an asteroid.
- It sped up to 315,800 km/hr as it approached the Sun then continued to briefly accelerate afterwards. While an asteroid can't do this, a comet can, but because of the missing tail, Oumuamua was re-reclassified in 2018 as neither a comet nor an asteroid.
- A controversial Harvard astronomer proclaimed that it may have been a spacecraft with a lightsail that utilized the Sun's radiation pressure to propel it forward.
- Whatever it was, Oumuamua is long gone and will not pass our way again.

## Preventing Cervical Cancer

from Alberta Health Services



Did you know that regular Pap tests and follow-up care can prevent about 90 percent of cervical cancer cases? A Pap test checks the cervix for any abnormal cells that can lead to

cervical cancer. When needed, these abnormal cells can be treated or carefully followed.

Almost all cases of cervical cancer are caused by the human papillomavirus (HPV). HPV infections are common and usually do not cause symptoms, so most people do not even know they have it. Even if you've been immunized for HPV, it's recommended that you start having Pap tests at age 25, or three years after becoming sexually active, whichever is later.

Pap tests are quick and can be done at your healthcare provider's office or at a women's health clinic. Regular screening means any abnormal changes can be followed closely to make sure they clear up or are treated. It's important to attend any appointments for follow-up testing if recommended by your healthcare provider. The earlier abnormal changes are found, the easier they are to manage and the less likely they are to develop into cancer.

For those who are unsure of when they had their last Pap test, or are due for another, please contact your physician or call Health Link at 811.

In addition to regular Pap tests, HPV immunization is an important tool in preventing HPV-related diseases. The HPV vaccine is offered to all Grade 6 students in Alberta schools who haven't had the HPV vaccine yet and works best in children and teens before they have any type of sexual contact. Some adults may also benefit from the HPV vaccine. Talk to your doctor or pharmacist to find out if it's a good idea for you.

For more information on cervical cancer screening, visit [screeningforlife.ca](http://screeningforlife.ca).





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### Spring Cleaning Around the House

from the City of Calgary



As you start your spring cleaning around the house, find the right place for your unwanted items:

**Gently used toys, small furniture, and pots and pans:** Donate to a local charity. Small broken household items go in your black cart.

**Old paint and cleaning chemicals:** Take them to a designated fire station or City landfill for safe disposal. Visit [calgary.ca/hhw](http://calgary.ca/hhw) to view locations.

**Clothing, shoes, and linens:** Donate useable clothes, shoes, and linens to a local charity or take them to a textiles recycling bin at City landfills.

**Old electronics:** Take your old and broken gadgets to an electronics drop-off for proper recycling. Check out the list of locations at [calgary.ca/electronics](http://calgary.ca/electronics).

**Household batteries:** Safely dispose of household batteries by taking them to a participating retailer for free recycling. Learn more at [calgary.ca/battery](http://calgary.ca/battery).

**Fridge and pantry cleanup:** Remove food from packaging and put it in your green cart for composting.

If you're unsure how to dispose of an item, look it up at [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere).

We would also like to kindly remind residents to clear snow off their blue cart lid and keep the lid closed to ensure that paper and other recyclables stay dry from snow or rain.

### Weekly Green Cart Returns End of April

from the City of Calgary



Weekly green cart pick up returns the last week of April. Check your schedule at [calgary.ca/collection](http://calgary.ca/collection) and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

As you clean up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll the tops of the bags closed and set them at least two feet to the side of your green cart for collection.

#### Compost Giveaways

Compost will be available for pick up by online appointment from April 24 to June 10. Appointment bookings will be available on [calgary.ca/compost](http://calgary.ca/compost) starting April 10.

## GAMES & PUZZLES

### Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



SCAN THE QR CODE  
FOR THE ANSWERS!



# Check it out



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Spring/Summer 2023

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.



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