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**Crime
Statistics**



**Real Estate
Statistics**



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The Imposter Syndrome: What It Is, Why It Matters, and How to Overcome It

by Lynn C. Cox

I remember the first time I came to understand what imposter syndrome is and I'll never forget it, even though it was over 15 years ago. I was early in my career as a public relations professional, and I had landed my dream job as an agency consultant with a well-respected international firm. I was so very green and desperate to succeed. I was worried about impressing my bosses, clients, and colleagues. And I was terrified that at any moment, the penny would drop and my bosses who hired me would 'figure out' that they made a mistake in hiring me.

My three former bosses are outstanding human beings and phenomenal coaches. They were being mentored by two prominent business leaders in corporate Calgary – one oil and gas executive and the other, a president of a public relations firm. The PR executive was a trailblazing woman in the field, and it was rumoured that she was behind the strategy of some of the most profitable companies. I was in very good hands.

One day, when I must have been expressing my lack of confidence in my abilities to perform, one of my bosses told me something I will never forget. She told me that her mentor (the ball-busting, PR maven genius who had been rocking the industry for at least 20 years) had confided this to her and I will quote second hand: "You know, after all of this time, I still have a fear that one day the phone is going to ring and the person on the other end is going to tell me that they know that I don't know what the hell I'm doing."

What?! I couldn't believe my ears that a widely respected, industry leader with decades of proof under her belt could possibly feel that way! How could that be, I wondered?

Enter The Imposter Syndrome...

That poised, intelligent, accomplished, and capable PR executive was like nearly 70 to 80 % of high achievers. They too, suffer from this feeling of being found out to be a fraud, an imposter, and don't think they deserve the accolades, prestige, salary, or opportunities that they, in reality, worked so hard for.

These people who suffer from the imposter syndrome will attribute their success to others potentially, or just dumb luck. Or they'll think that others around them who admire and respect them have simply been fooled by their confident exterior and made an error in judgement. And it couldn't be further from the truth.

So, Why Does Imposter Syndrome Matter?

It matters a lot because it is downright debilitating. It causes stress, anxiety, low self-confidence, shame, and in some cases, even depression. Those are the mental, emotional, and psychological impacts. We also now know that our mental and emotional state is directly correlated to our physical health; this Imposter syndrome can now impact your health.

And, what about other areas of your life such as career and relationships? If you don't feel that you have much to offer; how likely are you to put yourself forward for career-growing projects, assignments, and promotions?

If you feel that there is something inherently wrong with you and it's just a matter of time before the phone rings and the sinister voice on the other end says, "I've got your number, I know you're a fraud," how willing are you going to be to be brave and vulnerable in your relationships? Imposter syndrome matters. And it matters a lot!

So Why Do So Many of Us Experience Imposter Syndrome?

Essentially, all of the issues we experience, from imposter syndrome to addictions to anxiety and phobias, have a root cause belief underlying them. Here are the three most common:

1. I am different and what I want isn't available to me.
2. I am different and can't connect/don't believe.
3. I am not enough.

I am quoting the wisdom of my teacher, Marisa Peer. In her experience, every issue boiled down to those three core beliefs, and always, always, #3 – I'm not enough. In my experience, I've seen the same. So, can you see how if one or more of your core underlying beliefs about yourself is #1, #2, #3, or all of them, how you just might, maybe, experience the imposter syndrome? I thought so.

Beliefs Guide Actions, Actions Reinforce Beliefs

Here are a few more reasons why and how this occurs.



Our beliefs, always, always guide our actions and who we think we are in the world. Some of us are better at hiding feelings of inadequacy (e.g., high achievers who experience imposter syndrome), but rest assured, that imposter syndrome is being expressed in other ways (e.g., stress, anxiety, retreating).

The Antidote

It's simpler than you think, and this is most often the case. The most effective solutions are the most elegant and simple. You have to do a few things and only a few.

1. **Get real and honest with yourself.** Honestly admit to yourself: "I feel like an imposter at times." It's helpful to jot down a few recent examples of when you felt that way.
2. **Understanding is power.** You cannot overcome what you don't understand. There, I just told you what you need to know in the paragraph before this.
3. **Take action to change your beliefs and your perception of yourself.** There are many ways to do this. Meditation, writing, affirmations, exercise, coaching, therapy, Rapid Transformational Therapy, and hypnotherapy.

Summary

- It's normal to experience imposter syndrome – you are not alone.
- It's messing with you, even if you don't think so. Emotionally, psychologically, intellectually, or physically.
- Understanding is power,
- Changing your beliefs and perceptions is the antidote.

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Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



Glazed Rainbow Carrots

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

- 1 lb organic rainbow carrots
- 2 tbsps olive oil
- 2 tsps sugar
- 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- Serve immediately.



French Beans with Red Pepper and Onion

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- Salt and black pepper to taste

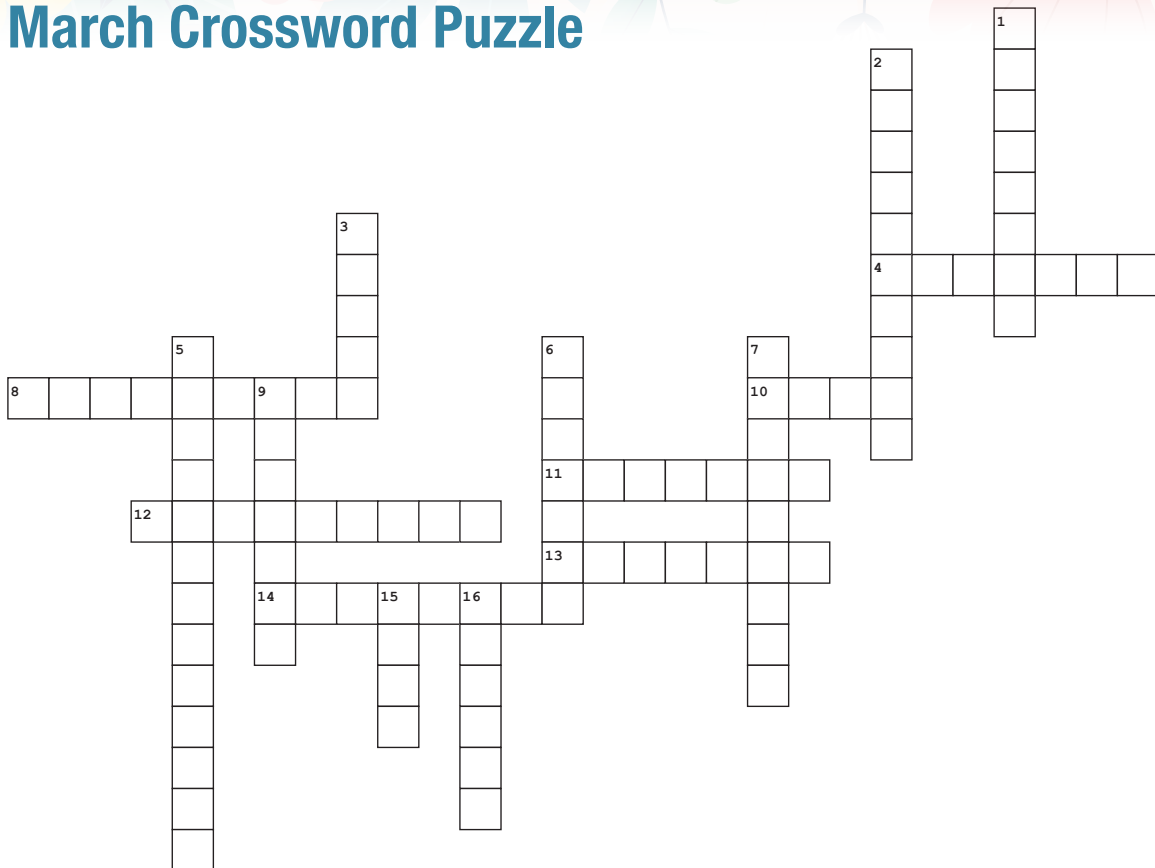
Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

Bon Appétit!



March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

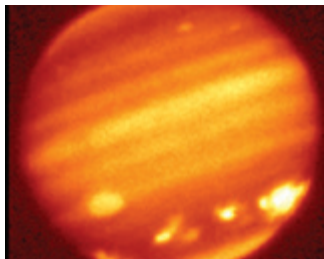
**SCAN THE QR CODE FOR
THE ANSWER KEY**



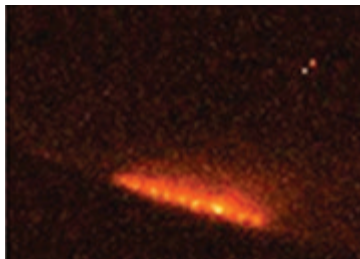
Stargazing with Pat J

Jupiter: Our Solar System's Vacuum Cleaner

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



Impact sites on Jupiter



Shoemaker-Levy 9



Normal Comet

On March 24, 1993, American astronomers Eugene and Carolyn Shoemaker and Canadian David Levy were at the Palomar Observatory in California studying a telescope generated photograph in search of NEOs (Near Earth Objects). What they discovered was not an asteroid but a very strange comet. They named it Shoemaker-Levy 9 as it was the ninth comet that they had discovered with an orbit of 200 years or less.

SL9 wasn't orbiting the Sun, it was orbiting Jupiter and instead of one nucleus, it seemed to have several of them. Only after reviewing older photos did the astronomers learn that their new comet had been kidnapped by Jupiter 20 to 30 years earlier when it had ventured too close to the massive planet while on its way toward the Sun. SL9's orbit was egg-shaped, bringing it very near to Jupiter at times.

On July 7, 1992, as it passed just 40,000 kilometres above its captor's cloud tops, Jupiter's powerful gravitational forces tore the comet apart. In a dangerously unstable

orbit now, the string of 23 fragments, ranging in diameter from a few 100 metres to 2 kilometres, eventually collided one after the other with Jupiter's southern hemisphere between July 16 and 22, 1994, at a speed of approximately 216,000 km/hr.

SL9's demise highlighted Jupiter's role in protecting the inner planets from space debris by acting as a 'cosmic vacuum cleaner'. Earth's collision with a city-sized asteroid 65 million years ago resulted in the extinction of the dinosaurs plus 75% of mammals larger than a rat and half of all plant species. Astronomers speculate that without Jupiter's help, extinction events might've been more frequent on Earth and complex life might never have been able to develop at all.

On July 19, 2009, exactly 15 years after the SL9 impacts, a new spot the size of the Pacific Ocean appeared in Jupiter's southern hemisphere. Scientists believe yet another comet or asteroid had fallen victim to Jupiter's powerful suction.




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Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.

Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

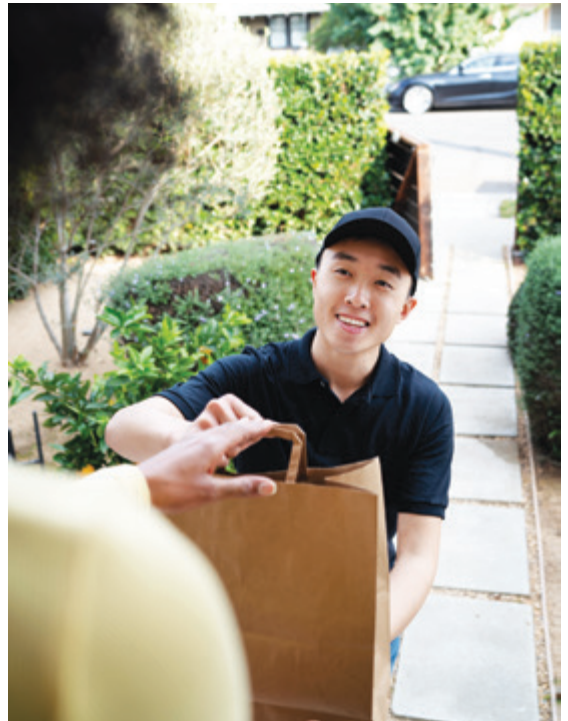
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.



St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!



1. What country is St. Patrick the patron saint of?
 - a. Canada
 - b. Ireland
 - c. Scotland
2. According to Irish lore, what did St. Patrick drive out of Ireland?
 - a. Snakes
 - b. Rats
 - c. Witches
3. What colour is worn on St. Patrick's Day?
 - a. Blue
 - b. Red
 - c. Green

4. What date in March is St. Patrick's Day?
 - a. March 1
 - b. March 16
 - c. March 17

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?
 - a. 13,000,000
 - b. 1,300,000
 - c. 1,000,000

6. What is St. Patrick's nickname?
 - a. St. Paddy
 - b. St. Patty
 - c. St. Irish

7. When and where was the first St. Patrick's Day parade held in Canada?
 - a. Quebec City in 1765
 - b. Ottawa in 1870
 - c. Halifax in 1790

News from the Friends of Nose Hill

by Anne Burke

Since the 1960s, various groups have lobbied to have Nose Hill preserved as a natural park. In 1972, a group representing eight communities pursued the matter. The result was the Nose Hill Design Brief, a City plan to set aside 1,600 hectares.

In 1976, however, the City rezoned part of the land for housing. In response to public discontent, the City reviewed the zoning issue, and in 1980, approved the Nose Hill Park Master Plan, which aimed to preserve 1,096 hectares as a park.

In 1981, the Nose Hill Park Communities Board was formed to provide public input into implementation of this plan. Twelve community associations were represented on the board, and it kept the issue in the public eye. The City finally reached a deal with remaining landowners in 1989 and the 1,052 hectare Nose Hill Park became a reality.

The remarkable Glenbow Library and Archive, a collection that documents the history of Western Canada, is now housed at the University of Calgary as the Glenbow Western Research Centre. The Nose Hill Park Communities Board files contain historical information: briefs, plans, proposals, reports, submissions, legal papers, maps, and drawings.

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Burns and Scalds

from Alberta Health Services



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.

- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

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According to Statistics Canada's latest labour force survey, our province created 20,600 new jobs in January. That means Alberta has created a total of 129,900 jobs since 2021.

At \$1,278, Alberta workers are making more per week than workers in any other province (a 12 percent increase from 2019), and we expect average weekly earnings to continue to grow.

This kind of tremendous job growth doesn't happen by accident. Our government has spurred this growth by implementing policies that support Alberta job-creators and entrepreneurs, in doing what they do best – creating jobs and growing the economy.

By cutting taxes, balancing the budget, reducing red tape, making life more affordable, and supporting pro-growth policies, we have renewed the Alberta Advantage and re-established Alberta as a top destination for businesses and families to invest.

According to numbers recently released by Statistics Canada, interprovincial migration to Alberta has surged, with our province's population increasing by 135,190 since the fourth quarter of 2021. This influx of people is needed to meet growing labour demands in a diverse field of industries. Companies like Garmin Canada, Sidetrade, De Havilland, HBO, Amazon Web Services, Walmart, and Air Products are investing in Alberta.

There are other reasons people are coming to Alberta besides our high-paying jobs. We have low taxes, no sales tax, and the cleanest land, air, and water in the world. We also have a booming venture capital sector, a burgeoning film and television industry, world-class universities, affordable housing compared to other provinces, and accessible, affordable, and high-quality childcare.

Alberta is back and people are going back to work in a wide variety of fields, industries, and sectors. Now, we want to build on our success to ensure Alberta is strong and resilient for generations to come.



Dalhousie Real Estate Update

Last 12 Months Dalhousie

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2023	\$ 382,450	\$ 384,000
December 2022	\$ 249,000	\$ 225,000
November 2022	\$ 380,000	\$ 380,000
October 2022	\$ 549,900	\$ 510,000
September 2022	\$ 409,900	\$ 394,000
August 2022	\$ 295,000	\$ 290,000
July 2022	\$ 499,955	\$ 488,802
June 2022	\$ 322,200	\$ 326,500
May 2022	\$ 364,875	\$ 365,000
April 2022	\$ 375,000	\$ 450,000
March 2022	\$ 379,950	\$ 389,400
February 2022	\$ 519,900	\$ 510,000

Last 12 Months Dalhousie

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2023	17	6
December 2022	3	9
November 2022	5	9
October 2022	17	13
September 2022	15	15
August 2022	12	15
July 2022	20	23
June 2022	29	24
May 2022	26	14
April 2022	21	17
March 2022	27	26
February 2022	21	15

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Top Selling Agent in the Community for 2021
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#1 Agent in 2022 for detached home sales

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