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9:00 am to 10:00 pm, May long weekend to September long weekend

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## Office Manager

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[office@mypanoramahills.com](mailto:office@mypanoramahills.com)

## Community Relations, Programs and Events Coordinator

Toby Nwabuogor  
[programs@mypanoramahills.com](mailto:programs@mypanoramahills.com)

## Maintenance Manager

Chris Oldfield  
[maintenance@mypanoramahills.com](mailto:maintenance@mypanoramahills.com)

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## 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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**BRAIN  
GAMES**

**SUDOKU**

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 |   | 4 | 1 |   |   |   |   |   |
|   |   |   | 5 |   | 2 | 6 |   | 7 |
|   |   |   | 9 |   |   | 4 |   |   |
| 9 |   |   | 4 |   |   |   | 1 |   |
| 6 | 5 |   |   | 1 |   |   | 7 | 4 |
|   | 3 |   |   |   | 8 |   |   | 9 |
|   |   | 9 |   |   | 5 |   |   |   |
| 5 |   | 3 | 2 |   | 1 |   |   |   |
|   |   |   |   |   | 4 | 1 |   | 3 |

**SCAN THE QR CODE  
FOR THE SOLUTION**



## 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.

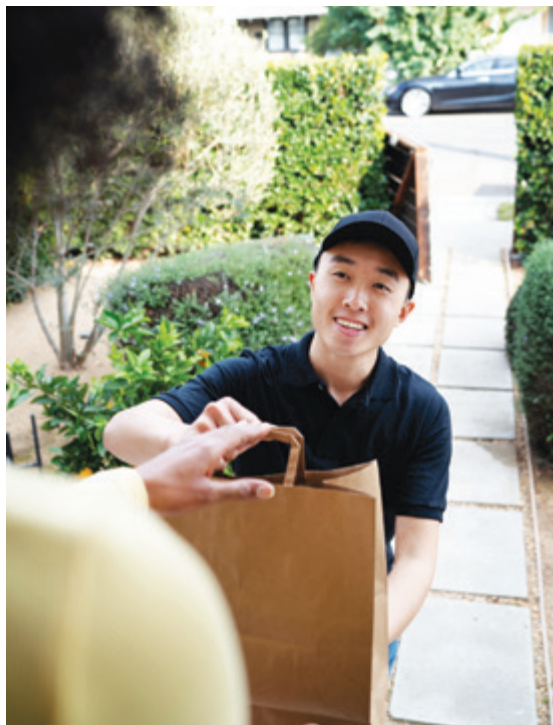
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company.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







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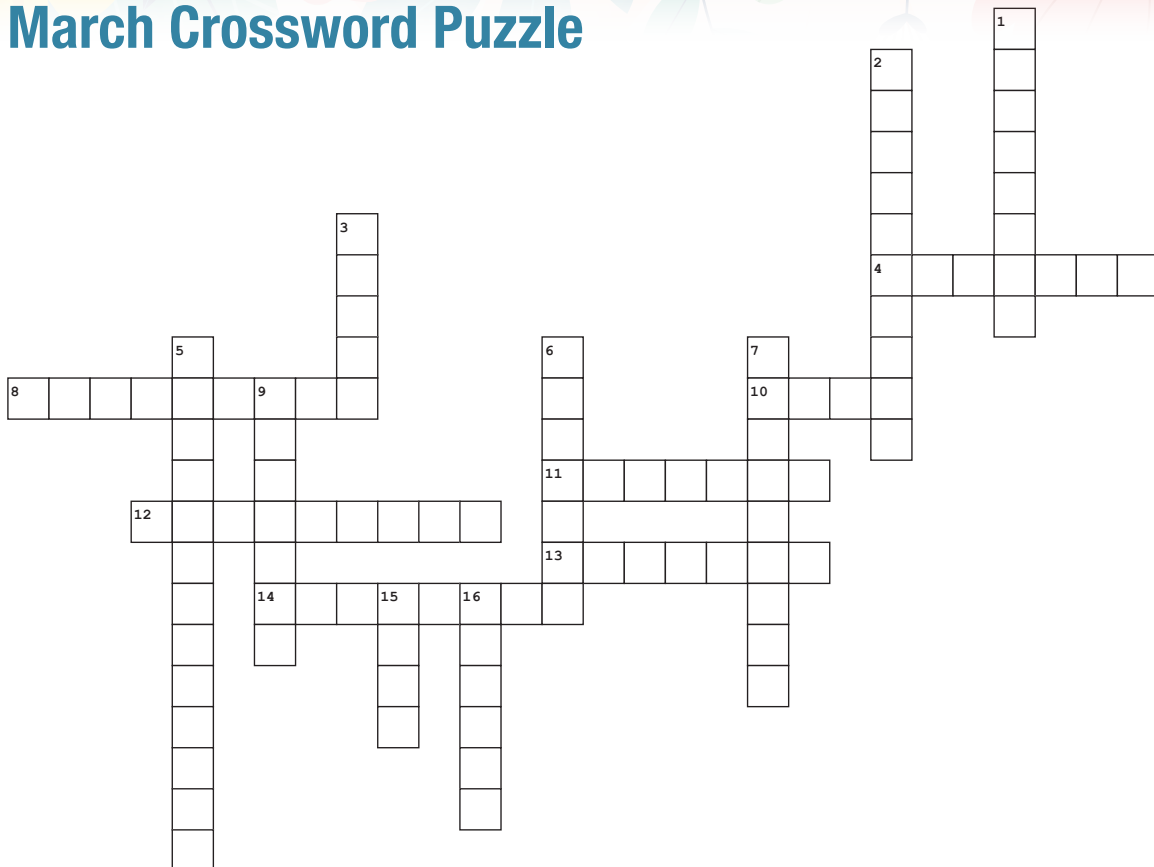
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# March Crossword Puzzle



## 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**



### Why Is Sleep So Important for Kids?

*from Alberta Health Services*

Children between three- and twelve-years-old need 10 to 12 hours of sleep to grow and develop. Children may have trouble learning and developing socially if they do not get enough sleep. They may be tired during the day and not able to pay attention in school.

As your child gets older, you will probably notice changes in their sleep patterns. Your child may want a nap one day and resist the nap another day. Sometimes, children refuse to go to sleep as a way to show their independence. At other times, they may simply need extra attention or reassurance before they feel safe and comfortable enough to sleep well.

The best thing you can do to help your child get enough sleep is to have a bedtime routine. Doing the same things in the same order every night helps children know what to expect. Having a bedtime routine for your child also helps you. If your child is sleeping well, you'll have fewer worries and may also sleep well.

#### How Can You Get Started?

- Set up a bedtime routine to help your child get ready for bed and sleep. For example, read together, cuddle, and listen to soft music for 15 to 30 minutes before turning out the lights. Do things in the same order each night so your child knows what to expect.
- Have your child go to bed at the same time every night and wake up at the same time every morning.
- Keep your child's bedroom quiet, dark or dimly lit, and cool. You may need to remove the TV, computer, telephone, or electronic games from the room to avoid problems with bedtime.
- Limit activities that stimulate your child, such as playing and watching television, in the hours closer to bedtime.
- Limit eating and drinking near bedtime.
- Encourage your child to be active for at least an hour each day. Your child may like to take a walk with you, ride a bike, or play sports.

#### What Do You Do If Your Child Has Trouble Sleeping?

- If your child wakes up and calls for you in the middle of the night, make your response the same each time. Offer quick comfort, but then leave the room.



- Avoid reading scary stories and watching scary programs. Scary stories and programs can cause your child to worry.
- Do not try to wake your child during a night terror. Instead, reassure and hold your child to prevent injury. During a night terror, your child may scream while sleeping, and then once awake, may not remember crying or what caused it.
- If your child sleepwalks, keep the windows and doors locked during sleep-time.

For more suggestions, ask your family healthcare provider or call Health Link 24 hours a day, seven days a week, at 811.



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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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### 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.

### Business Map: Online Map Shows Calgary Businesses and Business Licence Information

*from the City of Calgary*



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

## A Perfect Game



In baseball, a 'perfect game' refers to a complete nine inning game that is pitched without the opposing team making it to base. In Major League Baseball's 147 years, only 23 perfect games have ever occurred! The most recent took place in 2012 when Félix Hernández pitched a perfect game for the Seattle Mariners against the Tampa Bay Rays.



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Paramount Dental is about a complete team atmosphere of professional individuals who are committed to your complete dental care!

It is our mission to care for you as if you were a family member and to respect your individual needs.

We are committed to your dental health needs and your ongoing dental education for a lifetime of dental wellness!



Dr. Henry Seto



Dr. Tonny Tang



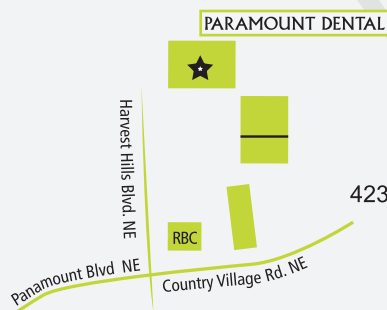
Dr. Maria Chan-Goudreau

### **Providing General Dental Services For Your Entire Family**

Family Dentistry  
Pediatric Dentistry  
Cosmetic Dentistry

Restorative Dentistry  
Porcelain Veneers  
Hygiene & Preventative Care

Dental Emergencies  
Invisalign®  
Sedation Dentistry



**For your convenience, we offer evening & weekend appointments and direct billing to insurance.**

Coventry Hills Plaza  
423, 130 Country Village Rd NE  
Calgary, AB T3K 6B8

Monday\*\*: 8:00 am to 4:00 pm  
Tuesday: 8:00 am to 8:00 pm  
Wednesday: 8:00 am to 4:00 pm  
Thursday: 8:00 am to 8:00 pm  
Friday: 8:00 am to 4:00 pm  
Saturday\*\*: 8:00 am to 4:00 pm  
Sunday: Closed  
(\*\* = Alternating)

# PARAMOUNT DENTAL

**WE WELCOME ALL NEW PATIENTS**  
**(403) 730-9882 | [paramountdental.ca](http://paramountdental.ca)**