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Cover Photo by Syed Adeel Hussain

A photograph of a woman with red hair and glasses, wearing a patterned jacket, standing next to a modern kitchen counter. The counter has a sink, a faucet, and some fruit. In the background, there is a built-in oven and a microwave.

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Calgary-North West Constituency
Minister, Advanced Education
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 Phone: 403-297-7104
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Councillor Sharp, Sonya
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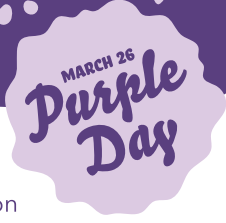
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Crime Statistics



Real Estate Statistics



Spicy Chicken Curry

by Jennifer Puri

Spice it up! Spices improve the natural flavour and appearance of food. There are over 300 spices but the most popular are Black pepper, Mustard, Cumin, Turmeric, Cloves, and Cinnamon.



Spices have been used for centuries for their medicinal and preservative qualities. In addition to their antibacterial and antifungal properties they are also a good source of vitamins, calcium, iron and antioxidants.

Saffron often referred to as "red gold" is the most expensive spice in the world and because of its distinctive yellow colour is used in everything from liquor, cheeses, curries, meat and rice dishes and soups.

Generally used in small amounts spices are probably the easiest way to create a great tasting meal.

Prep Time: 15 minutes

Cook Time: 40 minutes

Servings: 5 to 6

Ingredients:

- 3 lbs boneless, skinless chicken breasts
- 2 small onions finely sliced
- ¾ cup Canola oil
- 1 ½ tbsps minced ginger
- 1 ½ tbsps minced garlic
- 3 tbsps curry powder
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 ½ tps powdered red chilli peppers
- 2 bay leaves
- 1.5 tps salt
- 1 cup plain yoghurt
- ½ can (398 ml) crushed tomatoes
- 1 ½ cups water
- 1 tsp sugar
- ¾ cup coconut milk
- 1 ½ tsp Garam Masala
- 3 to 4 tbsps chopped cilantro

Directions:

- Cut chicken breasts into bite size pieces. Heat oil in a large pot or skillet, add onions and sauté until onions are lightly brown. Add ginger and garlic and sauté for a minute then add chicken and continue sautéing until the chicken is no longer pink on the outside about two to four minutes.
- Add curry powder, cumin, turmeric, red chilli peppers and the bay leaves and stir fry for two to three minutes. If the mixture is sticking to the pot sprinkle a little water and reduce heat.
- Next add the yoghurt and blend in followed by the water. Cover the pot and allow the curry to simmer for approximately 15 to 20 minutes or until chicken is tender.
- You can now add the crushed tomatoes, sugar and coconut milk and simmer for two to three minutes.
- Remove the curry from the heat and garnish with garam masala and chopped coriander leaves.
- Serve Spicy Chicken Curry with a tossed salad, steamed rice or naan bread.

Bon Appétit!



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Preventing Cumulative Stress

by Alberta Health Services



Imagine running a marathon. Now imagine running another marathon immediately after with zero recovery time. Then another. Then another.

Cumulative stress is a bit like running consecutive marathons, except in this case there is little to show for it. Instead, chronically stressful situations with no reprieve have a harmful impact on your body and mind.

Cumulative stress has been defined as a common experience for people who work in chronically stressful situations. It can be the result of an accumulation of a heavy workload, poor communications, multiple frustrations, coping with situations in which you feel powerless, or the inability to rest or relax. It can be experienced in both work and personal lives and exacerbates stress levels in both areas of your life.

Moderate and contained stress can be a source of motivation, inspiration, and energy. However, prolonged, and negative stress stimulates the level of stress hormones that can impact your emotions, thoughts, and physiological responses.

Possible Cumulative Stress Reactions

If you are experiencing cumulative stress, here are possible reactions you may notice:

- Difficulty concentrating
- Feelings of hopelessness, powerlessness, and cynicism
- Sleep disturbances and chronic exhaustion

- Irritability and angry eruptions
- Chronic criticism and blaming of others
- Withdrawal from others
- Depression and anxiety
- Increased substance use/abuse

What Can You Do?

There are many things you can do to improve your stress levels. Keep in mind that resilience should be a key part of a well thought out self-care plan that supports your ongoing personal and professional wellness needs.

Here are some suggestions or ways of reframing your thoughts:

- If possible, can you spot the silver lining? Researchers suggest that perception plays a key role in how we manage stress.
- Manage your stress levels by regularly putting time aside through your day to relax your nervous system (i.e. by using breathing exercises, taking your breaks or a walk at lunch, etc.)
- Re-assess any self-blaming or negative thoughts patterns and instead, look for one or two positive aspects of your day that you have control over.
- Connect with your family, friends and/or coworkers. Human connection has been shown to be a key factor in supporting resiliency.
- Get some physical exercise. Exercising stimulates the release of stress-relieving chemicals (such as dopamine and endorphins) into our system.
- Find something that will help distract you from intrusive thoughts. Some people find it helpful to be engaged in leisure and social activities. Returning to daily routines can also be helpful.
- Maintain good sleeping habits. Avoid using electronics (i.e.: cellphone, tablet, laptop, etc.) at least one hour prior to bed. Having healthy sleep patterns will support your recovery.
- If you find yourself re-experiencing distressing thoughts or images, it's recommended to use grounding techniques and diaphragmatic breathing to keep you in the present moment. Information on these topics can be found on credible and well-known websites.

- Avoid comparing your recovery to that of your coworkers. We all recover differently based on our connection to the event, our interpretation of the incident and our life experiences.
- Connect with your leader at work to discuss your source of stress: they might be able to help and accommodate your needs during that time.

Reducing Cumulative Stress

Experiencing Cumulative Stress for a prolonged duration of time can have a negative effect on your wellbeing, impacting everything from decision making to your immune system. Fortunately, there are several options you can choose from to bring yourself to a better and more positive head space and find your healthy balance. The key is implementing your chosen strategies consistently, and to review your self-care plan on a regular basis to ensure it is working.

If you are struggling, you are not alone. AHS has resources and services available to help you. For information on supports in place to help, visit our support site at AHS.ca, or call the Mental Health Helpline at 1-877-303-2642.



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Ten Tips for Dealing with Parental Estrangement

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Parental estrangement is emotional and physical distancing between a parent/s and their adult child, resulting in a strained or severed relationship. It can be triggered by various factors such as disagreements, misunderstandings, differing values, or more serious issues like emotional or physical neglect or abuse. The reasons behind parental estrangement are complex, and individuals may choose to distance themselves from a parent for their own wellbeing. The experience is emotionally challenging for both the parent/s and the adult child involved.

The following are tips which offer help for either person of the estrangement:

- 1. Acknowledge Your Feelings:** Accept and validate your emotions. Feelings of loss, anger, and confusion are valid responses to the situation.
- 2. Build A Support Network:** Surround yourself with friends or support groups who can offer understanding and encouragement.

3. Establish Healthy Boundaries: Clearly communicate and enforce boundaries that protect your emotional wellbeing.

4. Practice Self-Compassion: Be kind to yourself and avoid self-blame. Estrangement is a complex situation.

5. Focus On Personal Growth: Use the experience as an opportunity for self-discovery and personal development.

6. Journaling: Write down your thoughts and feelings to gain clarity and process your emotions.

7. Engage In Activities You Enjoy: Invest time in hobbies and activities that bring you joy and fulfilment.

8. Explore Forgiveness: Consider forgiveness as a personal process, recognizing that it doesn't necessarily mean reconciliation.

9. Give It Time: Healing from parental estrangement is a gradual process. Be patient with yourself and the situation.

10. Seek Professional Help: Consider therapy to help navigate and express the complex emotions that come with parental estrangement. Therapists can teach effective communication skills to navigate difficult conversations if your child wants to talk. Therapy offers a chance to explore the root causes of the estrangement, helping individuals gain insight into their own contribution to the misunderstanding. Therapists will teach you healthy coping strategies to manage emotions. Finally, therapy can help you understand, create, and enforce healthy boundaries for the repaired relationship moving forward.

Therapy is a personalized journey, and the specific benefits can vary depending on individual circumstances and goals. Remember, there is help and hope.



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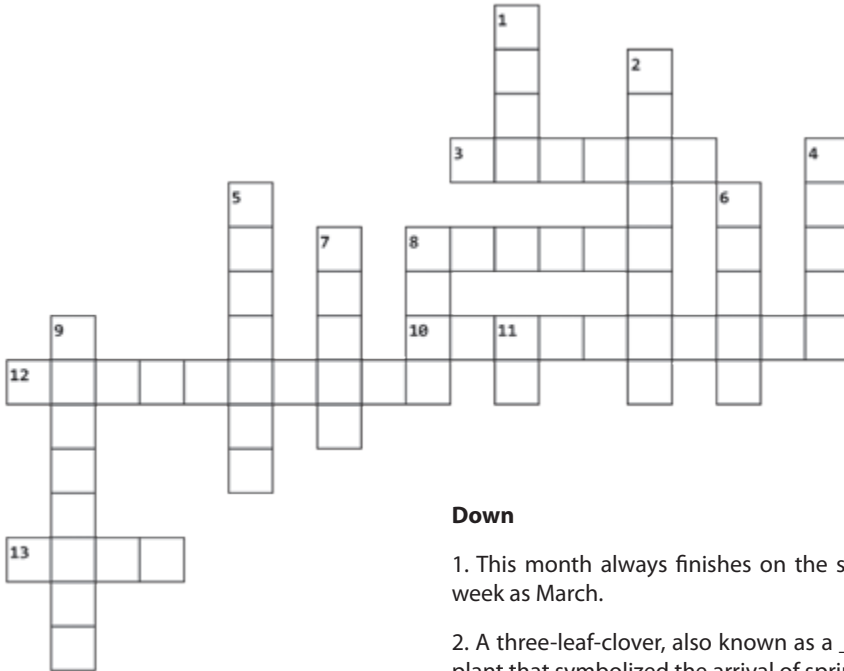
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The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)

March Crossword



Across

3. The _____ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin _____, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The _____ of March is well-known as the day Julius Caesar was assassinated.

Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a _____, is a plant that symbolized the arrival of spring for the Celts.
4. International _____'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* _____ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient _____ calendar.
8. Alexander Graham _____ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



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Tuscany Real Estate Update

Last 12 Months Tuscany

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2024	\$ 617,500	\$ 640,000
December 2023	\$ 609,700	\$ 614,580
November 2023	\$ 650,000	\$ 649,788
October 2023	\$ 675,000	\$ 687,350
September 2023	\$ 649,900	\$ 648,000
August 2023	\$ 675,000	\$ 680,000
July 2023	\$ 629,900	\$ 642,893
June 2023	\$ 629,900	\$ 650,000
May 2023	\$ 641,950	\$ 634,200
April 2023	\$ 622,400	\$ 623,750
March 2023	\$ 590,000	\$ 592,500
February 2023	\$ 609,900	\$ 595,000

Last 12 Months Tuscany

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2024	15	14
December 2023	8	10
November 2023	14	19
October 2023	22	22
September 2023	20	17
August 2023	26	33
July 2023	28	26
June 2023	30	37
May 2023	48	34
April 2023	27	34
March 2023	34	28
February 2023	18	17

To view more detailed information that comprise the above MLS averages please visit tusc.mycalgary.com



Hello, Ward 1! Here's the latest news affecting your city and your community.

Drought Conditions

Last summer was dry, and it has been another dry winter for the most part. In order to protect our ecosystems and drinking water supply, The City may once again need to put water restrictions in place this spring. Taking steps year-round to reduce water consumption can help reduce the impact of drought and reduce the need for restrictions. Learn more at calgary.ca/droughtresilience.

Blanket Rezoning

On April 22, Council will hold a public hearing on changing the zoning of single-family properties across the city to the "R-CG" district. This would allow the construction of townhouses or duplexes on most residential properties in Calgary without an individual hearing before Council. More information is available at calgary.ca/ward1.

For more information on the proposed rezoning, including whether your property is affected, visit calgary.ca/rezoningforhousing.

Property Assessment

A reminder that The City's Customer Review Period for property tax assessment ends on March 11. This is also the deadline for filing an appeal with the Assessment Review Board. Questions or concerns? Contact Assessment directly at 403-268-2888 or visit calgary.ca/assessment.

River Valleys Project

The Government of Alberta recently released new draft flood hazard maps for the Bow and Elbow Rivers. These maps are used by The City to inform how land is used in areas that could be affected by flooding. The City will be updating its policies related to flooding and land use later this year. While these policies affect all Calgarians, they are especially important for residents of low-lying areas like Bowness in Ward 1. Learn more at calgary.ca/rivervalleys.



Parliament resumed on January 29, and I have been busy in Ottawa holding the Liberal government to account for its actions.

Canadians are struggling with rising mortgage payments and rent, as well as the increasing cost of home heating, gas, and food, yet the Liberal government will increase the Carbon Tax on April 1. Excessive government spending, borrowing, and taxes lead to inflation. I will continue opposing the wasteful spending, deficits, and higher taxes that drive up the cost of living.

I am a member of the Standing Committee on National Defence, and regularly question Canada's Senior Military Officers, bureaucrats, industry experts, academics, and the Minister of Defence. The Committee heard that there is a crisis of recruitment and retention in the Canadian Armed Forces (CAF). There are 16,000 personnel vacancies and 10,000 personnel are undertrained and unfit for deployment. In response to an "Order Paper Question" from my office, the Liberal government confirmed that it typically takes more than six months just to process a recruitment application, and members are leaving the CAF faster than they are joining. We also received testimony that virtually every category of heavy equipment, including ships, aircraft, tanks, satellites, and missile defence systems urgently need to be replaced, and that ammunition supplies are critically low and not being replaced.

In January of this year, I hosted a public Open House at my Constituency Office. Thank you everyone who took the time to attend and share your concerns with me. Feedback from Calgarians is very important to me and informs the work I do on your behalf in Ottawa. If you would like to share your thoughts with me on national issues, please feel welcome to contact me through my Calgary office.

It remains an honour and privilege to represent you at the House of Commons as your Member of Parliament.

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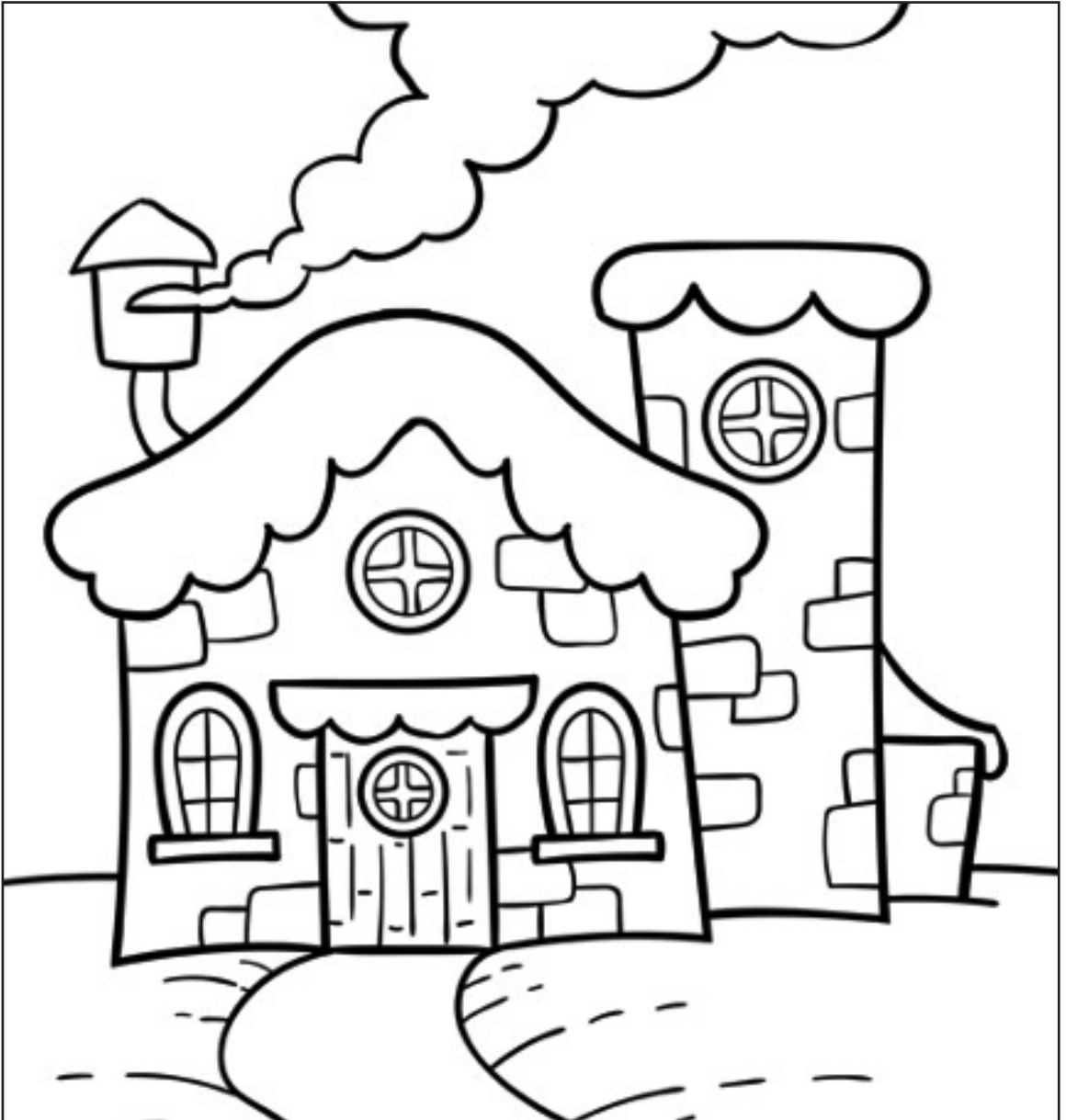
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