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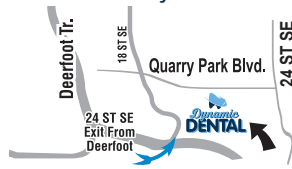
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## HERE'S HOW MUCH HOUSE \$1 MILLION CAN BUY IN CANADA'S MAJOR REAL ESTATE MARKETS TODAY

Despite several consecutive hikes in interest rates over the past year, home prices in Canada have remained relatively stable thanks to low inventory. In major housing markets across the country, a \$1-million price tag is not uncommon, but the type of property available at this price point can vary from one city to another.

In examining what a budget of approximately \$1 million – give or take \$50,000 – can buy in Canada's major housing markets, Royal LePage determined that the average home in Canada valued between \$950,000 and \$1,050,000 in December of 2022 had 3.2 bedrooms, 2.6 bathrooms and 1,763 square feet of living space, inclusive of all property types. Data for the report was provided by Royal LePage's sister company, RPS Real Property Solutions, a leading Canadian real estate valuation company.

"The mythical million dollar house may not be the mansion it once was, yet a million-dollar budget will still buy a luxurious home in many parts of Canada," said Phil Soper, president and CEO of Royal LePage. "For those who live in our most expensive cities, low seven figures will get you a lovely, if more modest home."

In today's post-pandemic landscape, more Canadians than ever before have the option to work fully remotely, resulting in the ability to choose the city or town where they want to live without being restricted by the local job market.

"Wider acceptance of fully remote employees has given more Canadian homebuyers the flexibility to live and work wherever they like. For those who prioritize square footage, outdoor space, and luxurious features, \$1 million will go a lot further in cities outside of Toronto and Vancouver," noted Soper.



# Derek Davidson

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Isn't it time to get involved? Join the board. Volunteer for an event. Purchase a membership. Support your newsletter and its advertisers.

Website: [www.dqca.ca](http://www.dqca.ca) • Facebook: DouglasQuarryCA

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Email [info@dqca.ca](mailto:info@dqca.ca)

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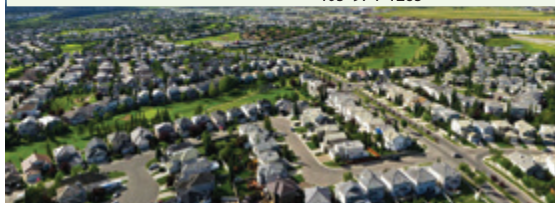
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DOUGLASDALE



QUARRY  
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# SUPPORT YOUR COMMUNITY

**Purchase or renew your annual DouglasQuarry Membership today!**

Visit [www.dqca.ca/membership](http://www.dqca.ca/membership) and download your membership card instantly.

1. Save, Save, Save \$\$\$ by showing your card at the vendors participating in the Benefit Partner Program. Visit [www.dqca.ca](http://www.dqca.ca) and click on Business Partners.
2. Register your children in Timbits Soccer – our local U4, U6, U8 soccer league.
3. Be an active contributor and supporter of your community.
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5. Sit on the board, or become involved in regional committees and initiatives.
6. Be aware of planning and development issues.
7. Maintain and improves outdoor rinks and sheds.
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9. Pay-it-forward bottle drive program.
10. Make a difference and be an ambassador for your community.

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# CASINO FUNDRAISING EVENT

June 20 & 21, 2023  
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This is the major fundraiser for the DouglasQuarry Community Association, which helps us maintain and upgrade community infrastructure & equipment.

For more info or to volunteer,  
contact Ruth at:  
[DIRECTOR2@DQCA.CA](mailto:DIRECTOR2@DQCA.CA) or 403-801-6472

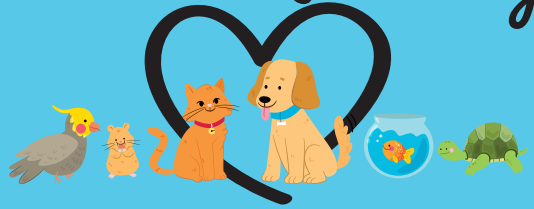
  
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## Happy Birthday, Charlotte Brontë!

You've likely heard of at least one of the three Brontë sisters, all famous for their canonized novels. Born on April 21, 1816, Charlotte was the eldest and is best known for writing *Jane Eyre*. She was once urged by poet Robert Southey to abandon her writing because she was a woman. How fortunate that Charlotte didn't listen!



## National Pet Day



April 11 is National Pet Day! On this day, we show our love and appreciation to our furry, feathery, or scaly friends, even those still in need of a home. Pet Day is also used to advocate against animal violence and cruelty. This April 11, be sure to shower your pet friends with care and love, whether it means your own pet, someone else's, or a shelter animal in need.

  
DouglasQuarry  
COMMUNITY ASSOCIATION

**AGM**

### ANNUAL GENERAL MEETING

Wednesday, May 10, 2023, at 7:00 pm

Held via video conference.

Visit [www.dqca.ca](http://www.dqca.ca) for details.

**Everyone welcome.**

DQCA membership required to vote.



# FRIENDS *of* Fish Creek

## April in Fish Creek

### Fish Creek Community Terrace

#### Phase 3 Bricks are Available – Reserve Yours Before June 1

Dedicate a brick within the Fish Creek Community Terrace to help support the Friends and our conservation efforts here in Fish Creek Provincial Park. A brick would also make an amazing gift for anyone you know who enjoys visiting this unique and ecologically diverse urban park. If you have a small business near the park, consider dedicating a brick for your company. Bricks are only \$250 each and you will receive a tax receipt for your contribution. There are limited spaces available in the Fish Creek Community Terrace so make sure to dedicate your brick today! For more information, please contact the Friends of Fish Creek or visit <https://friendsoffishcreek.org/programs/brick>.

### Volunteers Needed

Do you have free time and want to take part in volunteering opportunities occurring in Fish Creek Provincial Park? The 2023 volunteering season is just around the corner, and no matter your skill level or availability, we have a volunteer activity that is perfect for you. If you are looking to get outside and get your hands dirty, then you might like stewardship programs like invasive species management or restoration. One of the biggest environmental concerns in the park is invasive plant species and we need your help to locate and remove these plants and help minimize their impact on this park. You can also support biodiversity in Fish Creek through our restoration program by helping with pruning, staking, flagging, weeding, repairing fences, maintaining the stewardship vehicles, and so much more! The Friends are also looking for Park Watch Stewards and Fish Creek Ambassadors to help park visitors and engage with community members. Get to know the park and meet some amazing people here in the Fish Creek community. We look forward to working with you to bring the Friends' 2023 volunteer programs to life! For more information, please visit <https://friendsoffishcreek.org/volunteering-basics>.



### Park Protectors Needed

Now is the perfect time of year to become a Fish Creek Provincial Park Protector! Fish Creek is a cherished natural green space that we are fortunate to have in the city, and all of the Friends' programs and activities are designed to help preserve biodiversity and ensure a sustainable park environment. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day and you can rest assured that your hard-earned donation will be used effectively and efficiently right here in Fish Creek. For more information, please visit <https://friendsoffishcreek.org/park-protector-signup>.

### Tru Earth Household Products – A New Partnership with Fish Creek

The Friends are pleased to partner with Tru Earth, a Canadian company that focuses on creating eco-friendly household goods. Order your Tru Earth household products today and the Friends of Fish Creek will earn at least 20% of every sale made through this exciting ongoing fundraiser.

## 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?



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## BRAIN GAMES

## SUDOKU

8			5		1			9
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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!

MLA Calgary–Peigan

**Tanya Fir**

Parliamentary Secretary for Status of Women

*Wishing  
you a  
Happy  
Easter*



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MLA Calgary–Peigan

**Tanya Fir**

Parliamentary Secretary  
for Status of Women

587.392.8850

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Dear Constituents,

Our Alberta government recently announced Budget 2023: Securing Alberta's Future. For a second year we have a balanced budget. With a forecast surplus of \$2.4 billion and an economy poised to lead the country in economic growth, we will pay down debt and save for the future, while also investing in healthcare, education, and so much more.

Budget 2023 secures Alberta's future by improving the healthcare system to provide Albertans with reliable, quality health services when and where they need them. Alberta's government is providing another year of record-high investment, with \$24.5 billion in the Ministry of Health's operating expense this year, an increase of 4.1% from last year. This new funding will focus on addressing areas of priority in the Healthcare Action Plan to improve the healthcare services Albertans expect and deserve. In addition, Alberta's primary healthcare system is being strengthened and modernized with a record investment of \$243 million over three years.

Budget 2023 secures Alberta's future with historic investments in education to match increasing enrolment in schools, meet the needs of diverse students, and increase affordability. Alberta's government is committed to providing the support and services students need to succeed, and the resources schools need to support teachers and their staff. Budget 2023 increases the operating budget for the Ministry of Education by nearly \$2 billion over the next three years. This will support hiring up to 3,000 education staff, including teachers, educational assistants, bus drivers, and school support staff.

Budget 2023 secures Alberta's future by growing the economy, creating good paying jobs, strengthening healthcare and education, and keeping Alberta communities safe – all while remaining committed to responsible fiscal management.



## Douglasdale Real Estate Update

Last 12 Months Douglasdale  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2023	\$584,900	\$618,000
January 2023	\$538,900	\$525,000
December 2022	\$599,000	\$587,000
November 2022	\$575,000	\$570,000
October 2022	\$538,944	\$525,000
September 2022	\$559,900	\$552,500
August 2022	\$589,900	\$579,500
July 2022	\$639,000	\$616,000
June 2022	\$574,950	\$596,000
May 2022	\$575,000	\$575,000
April 2022	\$592,450	\$594,950
March 2022	\$579,900	\$597,500

Last 12 Months Douglasdale  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2023	22	9
January 2023	7	5
December 2022	7	9
November 2022	7	9
October 2022	17	20
September 2022	19	19
August 2022	18	15
July 2022	19	17
June 2022	38	22
May 2022	29	33
April 2022	27	26
March 2022	37	40

To view more detailed information that comprise the above  
MLS averages please visit [doug.mycalgary.com](http://doug.mycalgary.com)

## Acrobatic Skunks



Shy and about the size of a squirrel, the spotted skunk has a unique way of warning its attackers to back off. When threatened, this tiny skunk will flip itself into a handstand with legs splayed out. It will also puff up its tail to look bigger. If the threat remains, these tiny acrobats will then spray their attacker from upside down!



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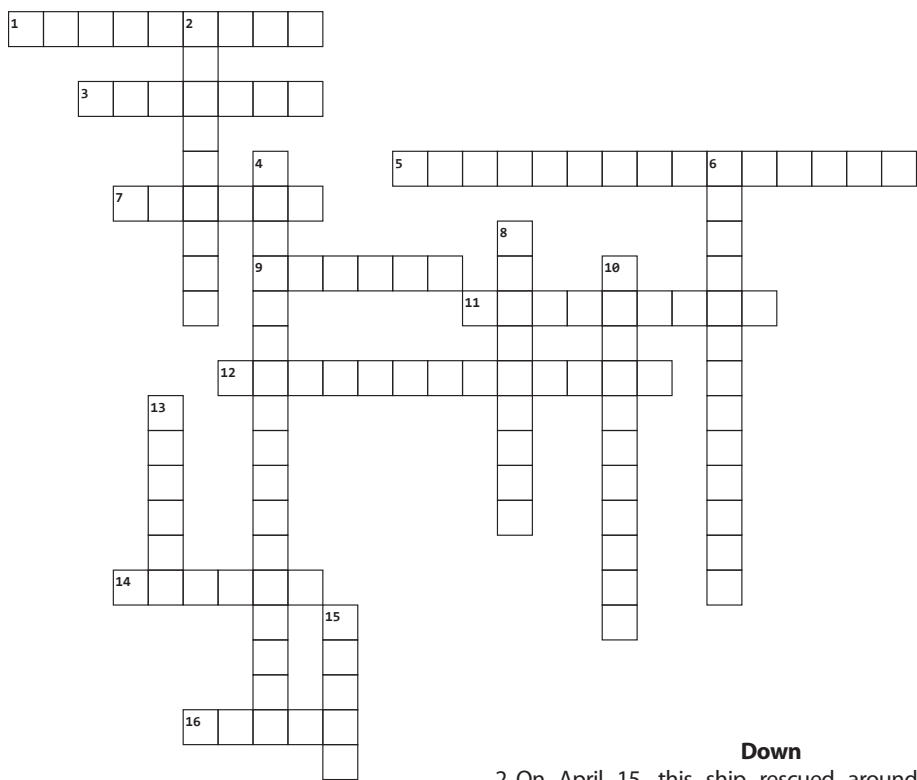
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# April Crossword Puzzle



**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 ‘dæg-es-eage’.

SCAN THE QR CODE FOR  
THE ANSWER KEY



## 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.

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## 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.

### 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.

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## Easter Reflection

"Faith, hope, and love abide, these three; and the greatest of these is love." (1 Corinthians 13:13). This school year, we explore the third and final part of our three-year faith theme. Love, as a virtue, guides us to think about service and how we demonstrate our love and concern for others as an expression of our faith.

Easter is the most important feast in the liturgical calendar. It is of such great importance to Catholics that we celebrate the Easter season for 50 days, beginning on Easter Sunday. While Christmas is a celebration of when God came to live among us in the person of Jesus, at Easter, we celebrate the resurrection – the day that Jesus rose from the dead.

At the resurrection of Jesus, sin and death were conquered and Jesus became our saviour; he opened heaven to us and, as a result, we can all share in the promise of new life. His resurrection also reminds us of Christ's work and teachings: that God is merciful and all loving. This knowledge allows us to look at the cross with joy because through Christ's suffering, there is a great love for us all. God's love for us is so great that he sent us his only son and was willing to sacrifice him to save humanity.

During the 50-day Eastertide, we reflect on the many different ways that Jesus is present in our lives and we strive to allow his teachings to guide us. As a Catholic school district, we are called to love and serve others and to see Christ in those we meet. The CCSD Board of Trustees play an integral role as advocates for Catholic education locally, provincially, and nationally. Our mission and vision guides all of the work we do: living and learning in our Catholic faith, so that students, centred in Christ, realize their full potential.

As we prepare for Easter Sunday, when we celebrate the risen Christ and his expression of love through his ultimate sacrifice, may we remember God's message of unconditional love and forgiveness. No matter what struggle we may face, we are never alone as God is always by our side. Happy Easter and God bless!

*Cathie Williams, Chair, CCSD Board of Trustees*

## 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.

### Dealing with a Cough

*from Alberta Health Services*

A cough is your body's response to something that bothers your throat or airways. Many things can cause a cough. You might cough because of a cold or influenza (flu), bronchitis, or asthma. Smoking, post-nasal drip, allergies, and stomach acid that backs up into your throat can also cause a cough.

A cough can be short-term (acute) or long-term (chronic). A chronic cough lasts more than eight weeks. A chronic cough is often caused by a long-term problem, such as asthma. Another cause might be a medicine, such as an ACE inhibitor.

A cough is a symptom, not a disease. To treat a chronic cough, you may need to treat the problem that causes it. You can take a few steps at home to cough less and feel better. Some people may also cough or clear their throat out of habit, for no clear reason.

#### **How Can You Care for Yourself at Home?**

- Drink plenty of water and other fluids. This may help soothe a dry or sore throat. Honey or lemon juice in hot water or tea may ease a dry cough.
- Prop up your head on pillows to help you breathe and ease a cough.
- Do not smoke or allow others to smoke around you. Smoke can make a cough worse. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Avoid exposure to smoke, dust, or other pollutants, or wear a face mask. Check with your doctor or pharmacist to find out which type of face mask will give you the most benefit.
- Take cough medicine as directed by your doctor.
- Try cough drops or hard candy to soothe a dry or sore throat.

#### **Throat Clearing**

When you have a chronic cough or a disease that may cause this type of cough, you may often feel like you want to clear your throat. This helps bring up mucus. But throat clearing does not always have a cause.



Throat clearing can become a habit. The more you do it, the more you feel like you need to do it. But frequent throat clearing can be hard on your vocal cords. It's like slamming them together.

#### **To Help Lessen Throat Clearing, You Can Try:**

- Taking small sips of water.
- Not clearing your throat when you feel you need to.
- Swallowing hard when you want to clear your throat.
- You may want to ask your doctor if a medicine that thins mucus would help.

Call 911 anytime you think you may need emergency care. For example, call if you have severe trouble breathing.

#### **Call Your Doctor or Health Link at 811, or Seek Immediate Medical Care If:**

- You cough up blood.
- You have new or worse trouble breathing.
- You have a new or higher fever.

#### **Watch Closely for Changes in Your Health and Contact Your Doctor or Nurse Advice Line If:**

- You cough more deeply or more often, especially if you notice more mucus or a change in the colour of your mucus.
- You do not get better as expected.



## Bicycle Helmet Safety

*from Alberta Health Services*

Head injuries are the leading cause of serious injury and death to kids on wheels\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

### Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

### Getting started

- Allow children to assist when buying their helmet
- Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

### Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

\* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

## 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).

### 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.



# Canada's Newest Guidance on Alcohol and Health

from Alberta Health Services

Alcohol is one of the most common substances used among Canadians, including youth. Recently, the Canadian Centre on Substance Use and Addiction (CCSA) released an updated report on guidance around alcohol and health. This was in response to the growing evidence that alcohol is the leading preventable cause of many major health issues. The recommendations are a better approach to addressing alcohol related injuries and maintaining general wellness.

## So, what are the facts?

- The main message is that drinking less is better. This presents differently for everyone.
- All levels of alcohol consumption are associated with some risk, but this risk increases with more alcohol.
- There are times in which no alcohol is the safest. This can include driving, using heavy machinery, trying to be or being pregnant, breastfeeding, using medications, and being responsible for the safety of others.
- A standard drink depends on the type of alcohol, the amount, and the percentage involved. For example, one standard drink can be either one 341 ml (12 oz) beer with 5% alcohol or one 142 ml (5 oz) glass of 12% wine.
- Cancer is the leading cause of death in Canada and alcohol is known to cause seven types of cancer.

## So, what do we do with this information?

Take the time to look at your alcohol use to make healthier and informed choices. Reading this article and increasing your knowledge about the impact alcohol may have on your life is a great first step! If you are hoping to decrease your alcohol use, here are a few tips offered by CCSA:

- Explore activities that are alcohol-free or offer non-alcoholic alternatives.
- Slowly set realistic limits that you can implement during your day-to-day life.
- If you choose to drink, drink slowly and make sure to nourish yourself with food and water.
- Track your alcohol use with tracking tools on smartphones or in a journal. Perhaps make note of how you feel after you decide to drink or not.



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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 Bearspaw 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)

## The Day's Eyes

The daisy is April's birth flower, and its name is more than just pretty; it's symbolic. 'Daisy' comes from the Old English phrase 'dæges-eage,' which means 'day's eyes.' This is because each night as the sun goes down, daisies close their 'eyes' by pulling their petals inwards. In the morning, they reopen their petals, or 'eyes,' as the sun rises.

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## 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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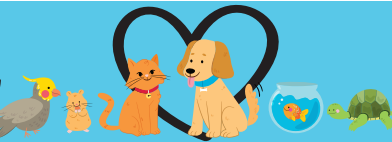
Joke of the Month

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."

## National Pet Day



April 11 is National Pet Day! On this day, we show our love and appreciation to our furry, feathery, or scaly friends, even those still in need of a home. Pet Day is also used to advocate against animal violence and cruelty. This April 11, be sure to shower your pet friends with care and love, whether it means your own pet, someone else's, or a shelter animal in need.

### Keeping Storm Drains Clear This Spring

*from the City of Calgary*



Storm drains are a part of Calgary's stormwater system. There are about 60,000 storm drains in Calgary working to capture water and melting snow off sidewalks, streets, and roads.

#### **Keep Your Storm Drains Free and Clear of Snow, Leaves, and Debris**

If it's safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to help water flow.

#### **Pooled Water on Your Street**

In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a Trap Low), until the stormwater system can accept the extra water.

#### **Take a Picture**

If the storm drain remains submerged for more than 90 minutes or you cannot safely clear ice and snow away, take a photo and submit it via the 311 app or a web request. Attaching a photo goes a long way in helping our crews respond on a priority basis.

For more information on storm drains and to locate the closest one to you, visit [calgary.ca/stormdrains](https://calgary.ca/stormdrains).

### Homeowner Water Guide – Spring Checklist

*from the City of Calgary*

Protecting Calgary's precious water resources is a shared responsibility among The City, businesses, and Calgarians. There are many actions you can take to ensure your home is using water efficiently.

#### **Inside**

As a part of your regular home maintenance, take the Leaky Toilet Test to find the most common cause of household leaks:

- Remove the tank cover.
- Put several drops of food colouring (or another coloured liquid, such as coffee or tea) into the tank.
- Wait 15 to 20 minutes.
- Look in the bowl. If the water changes colour, you've got a leak.

Most toilet leaks are silent and go unnoticed for long periods of time, so the sooner you find and repair leaks, the better.

#### **Outside**

With spring around the corner, it's time to think about outdoor water efficiency. Add these items to your spring checklist:

- Check your outdoor taps, irrigation system, and water features (e.g. ponds or fountains) for leaks.
- Consult the YardSmart plant list before planning this year's garden.
- Set up your rain barrel.
- Clean and repair downspouts, directing stormwater away from your house, ideally towards your garden.

Being water efficient means you're helping protect Calgary's water resources by:

- Keeping our rivers healthy by removing less water.
- Saving money and energy on treating and delivering water.
- Extending the use of our water treatment plants.
- Making drought less impactful to our homes and businesses.
- Increasing our resiliency to climate change.

To learn more about water efficiency, visit [calgary.ca/waterguide](https://calgary.ca/waterguide).



## 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.



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www.thfireplaces.ca

## Get Your Gas Fireplace Tuned Up - The Nights Are Still Chilly

Gas Fireplace Manufacturers recommend an annual clean and check by a qualified technician. Our experienced team can provide you with a thorough maintenance check for optimal performance of your fireplace with these services:

- Inspect the ignition system and check air shutter
- Clean and vacuum logs/media and burner assembly
- Clean and check the blower system
- Clean and test the thermopile, thermocouple, and pilot assembly
- Clean and test electronic ignition system
- Check gaskets and seals for leaks
- Measure valve readings for optimal operation
- Test for gas leaks
- Test for venting leaks
- Test for correct switch/thermostat operation
- Test spill switch connections and current flow
- Polish glass panel with fireplace cleaner

Service rates starting at **\$185<sup>(+GST)</sup>**

Take advantage of this promotion before May 19, 2023.

Use **CODE "SPRINGSERVICE"** for our special rate starting at **\$165<sup>(+GST)</sup>**

**Call to book your service today!**

\*Does not include parts replacement cost or return trip charges.

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**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

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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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**HANDYMAN – 403-257-5999:** Large and small repairs and renovations. Develop your basement, re-do your bathroom, or finish your garage. Also booking decks and fences. Call Darcy.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

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## Douglasdale

Detached Home Stats - Last 45 Days



**19**

# New Properties



**6**

# Sold Properties



**44**

Average Days on Market



**\$602,250**

Median Sold Price

## Douglas Glen

Detached Home Stats - Last 90 Days



**4**

# New Properties



**4**

# Sold Properties



**18**

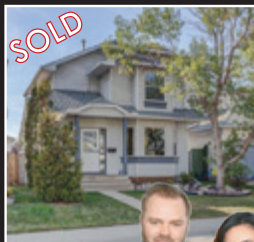
Average Days on Market



**\$539,250**

Median Sold Price

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