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News, Events,
& More



Crime
Statistics



Real Estate
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FEDERATION OF
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Jane's Walk Calgary

May 2, 3, 4, 2025

Jane's Walk is an annual festival of free, community-led walking conversations inspired by urbanist and writer Jane Jacobs. On the first weekend of May every year, Jane's Walk festivals take place in hundreds of cities around the world. This event encourages people to share stories about their neighbourhoods, discover unseen aspects of their communities, and use walking as a way to connect with their neighbours.

Get your feet to the street: @janeswalkcalgary, janeswalk.calgarycommunities.com.

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News from the Friends of Nose Hill

by Anne Burke

Connect: Calgary's Parks Plan will determine how Calgary's 2,900+ parks are managed, developed, and redeveloped over the next 20 years. A draft will be presented to City Council after review by the Community Development Committee. Parks connect urban communities, but the city is projected to grow to two million people within the next two decades (<https://engage.calgary.ca/parksplan>).

Calgary has over 200 natural areas in the parks system. Our relationship with the natural world is primarily to preserve undisturbed land, wildlife, and native plant communities. In a natural area all uses and activities must comply with the approved habitat management plan to protect the natural environment and not cause damage. New natural areas should be designated. There are different types, but all need to be protected to conserve nature now and for the future. The landscape offers access to the natural world which helps our physical and mental well-being. Special places like Nose Hill, a major natural area, foster stewardship, support biodiversity, and reduce impacts of heat, flooding, and drought. Some areas are sacred spaces for Indigenous Nations and provide opportunities to learn about cultural history.

Controlled burns and animal grazing are encouraged as alternate land management practices. We must assess and update the cost of maintenance to ensure the value of natural areas with a compensation model. We can allow litter-control-only (with guidance) in natural areas to be included in enhanced landscape maintenance requirements. We should develop ten-year operational Habitat Management Plans for all natural areas, including those required as part of the development approval process. Prior to subdivision the developer is responsible for restoration and compensation must be paid to the City when there is damage or disturbance to land dedicated to environmental reserve. Back sloping should not be allowed.

Tips On Quitting Smoking for Good

by Alberta Health Services

Thinking about quitting smoking in 2025? You're not alone. More than half of adults who smoke cigarettes are seriously thinking about stopping.

Quitting can be hard, but there are things you can do to make it easier. Everyone is different, so it's important to get the right kind of help for you. Use the tools, programs, and services that make sense for you.

The following tips can help you on your journey.

Know Your Reasons for Quitting Smoking

Reflect on why you want to quit smoking. Write down or say out loud the reasons that matter most to you. For example:

- I want to feel better.
- I want to save money.
- I want to protect my family and friends.

Taking stock of why you want to quit is a good first step on the path to quitting for good. This activity can help you decide if you're ready to make a change. It can help you set a goal and stick with it.

Make a Plan

When you're ready, pick a day to quit smoking in the next three weeks. As this date gets closer, pay attention to your urges to smoke. Keep track of the routines, places, and emotions that trigger you. Think about how you'll handle these cravings and stay in control when you're quitting.

Planning ahead helps you stay on track when you're quitting. It sets you up for success in the long run.

Consult the Experts

Reach out for advice and support:

- Call 1-866-710-7848 to speak with an AlbertaQuits counsellor. They'll listen with no judgment and offer you free, confidential advice and helpful tips.
- Ask a physician, pharmacist, or other healthcare provider about medications to reduce cravings, limit withdrawal, and help you feel comfortable when you're quitting.
- Join a QuitCore program in your local area or online.



In six facilitated sessions, you'll learn skills to quit smoking and connect with other people who are trying to quit. Call the AlbertaQuits helpline at 1-866-710-QUIT (7848) to find a QuitCore group in your local area or online.

- Go to AlbertaQuits.ca for guidance and tools to build a quit plan.
- Text 123456 to ABQUITS for free text messages to keep you motivated.

Getting help to quit smoking really works. Research shows that by combining different methods of support, you can double or even triple your odds of success.

Stick With It!

Be mindful that it can take more than one attempt to quit smoking. If you have setbacks, keep trying! Count the days and weeks you were able to go smoke-free as wins and think about what you can learn from them. Reflecting on what worked will help you next time.

Quitting is one of the best things you can do for your health, no matter how old you are or how long you've been smoking. Quitting lowers your risk of heart disease, cancer, lung disease, and diabetes. It improves your health in ways you can see and feel. Within 20 minutes of putting out your last cigarette, your blood pressure and heart rate go down with less stress on your heart and blood vessels.

For more information on smoking and your health, go to MyHealth.Alberta.ca/Tobacco-Smoking-Vaping. For more tips to quit smoking for good, go to AlbertaQuits.ca.

Getting Your Gut on Track

by Alberta Health Services

You may have heard of the gut microbiome – it's the community of microbes (example: bacteria) that live in your colon (or gut) that influences your health.

It's an exciting area of nutrition research because what you eat and drink can affect the health of your gut and the microbiome. This can affect your risk of chronic diseases like obesity, heart disease, and even certain cancers.

There are many foods that support a healthy gut microbiome which is linked to better overall mental and physical health.

Whole Plant Foods

It's recommended that whole plant foods make up the majority of what you eat. Whole plant foods are vegetables, fruits, whole grains, beans, legumes, and nuts that have undergone limited processing. These foods have fibres that feed your gut microbes. For example, whole grains have benefits for metabolism and immunity. Gut microbes feast on parts of the bran layer in whole grains, which has an anti-inflammatory effect. This is important as many chronic diseases are linked to inflammation.

Having a variety of whole plant foods has been shown to help improve feeling of fullness and can help your body to be more sensitive to the insulin, which regulates blood sugar in your body. Choose a variety of plant foods.

As many Canadians struggle with getting enough whole grains, where possible look for opportunities to replace refined grains with whole grain options.

Protein Foods

The protein foods to support gut health are plant-based protein foods and fatty fish. Examples of plant-based protein foods are kidney beans, chickpeas and lentils, nuts like walnuts or almonds, and fatty fish like Arctic char, mackerel, herring, salmon, sardines, and trout.

Beans and nuts contain fibre and phytochemicals (plant chemicals) which can help to increase the helpful gut microbes. Fatty fish has omega-3 fatty acids which help lower inflammation.

Low Fat and Fermented Dairy Products

Fermented dairy foods that have live bacteria (like kefir and yogurt) can increase the good bacteria in the gut microbiome.

Look for milk, yogurt, and kefir with little or no added sugar and lower milk fat (M.F.). Lower fat dairy (2% M.F. or less) is recommended over higher fat dairy foods like cheese because they are lower in saturated fat.

Saturated fat is linked to inflammation.

What to Limit or Avoid

Red Meat: Small amounts of lean red meat can be included in a healthy eating pattern, as red meat has many nutrients including protein. It is recommended to be included in smaller amounts because it can contribute to inflammation.

Processed meat: Avoid or minimize them because the curing agents in processed meats contribute to cancer forming compounds when they are digested by gut microbes.

Try Mediterranean Style Eating!

The Mediterranean style of eating has been shown to help support a healthy gut microbiome. It includes lots of vegetables, fruits, beans, peas, lentils, fish, nuts, and olive oil. There is some research that it can help support brain function and it can also reduce inflammation as well as frailty in older adults.

If you are looking for practical ways to eat in a way to support a healthy gut microbiome, visit ahs.ca/nutritionhandouts and search for Mediterranean Style of Eating.



Zucchini Spears with Zesty Tomato Sauce

by Jennifer Puri

Zucchini is a green, oblong squash that is typically served in savoury dishes. It has a mild taste and the smaller to medium-sized zucchinis have the best flavour.

Low in calories but high in fibre, zucchini contains more potassium than a banana. Loaded with vitamins, minerals, and antioxidants, zucchini is good for the digestive system and eye health.

Zucchini can be eaten raw in a salad or with a dip, but it can also be steamed, sautéed, added to breads, muffins, and pancakes, stuffed with rice and meats, or spiralized into zucchini noodles.

Baked zucchini with herbs and parmesan cheese is a quick and easy side dish, as shown in the zucchini spears with zesty tomato sauce recipe below.

Prep Time: 20 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 4 medium-sized zucchinis
- 2 tbsp. olive oil
- 2 tbsp. fresh oregano
- 1 cup finely crushed breadcrumbs
- 1 cup shaved or grated parmesan cheese
- ½ tsp. salt
- ½ tsp. ground black pepper
- 1 tsp. red chilli flakes (optional)

Tomato Sauce

- 1 small can (398 ml) tomato sauce
- 2 cloves garlic, finely chopped
- 8 cherry tomatoes halved
- 2 tbsp. olive oil
- 2 tbsp. oregano
- 1 tsp. sugar
- Salt and pepper to taste

Directions:

1. Preheat oven to 450 degrees Fahrenheit.
2. Rinse the zucchini and pat dry with a paper towel. Place the zucchini on a cutting board, trim the ends off, and then slice into four pieces lengthwise.



3. Place the zucchini spears on a foil-lined baking sheet, drizzle with olive oil, and then sprinkle with salt, pepper, and oregano. Next sprinkle the breadcrumbs evenly over the zucchini followed by the parmesan cheese and red chilli flakes if using.
4. Place the zucchini on the middle rack of the oven and bake for 12 minutes uncovered. Make sure not to overcook the zucchini as it will turn mushy.
5. To make the tomato sauce add olive oil to a small pan over medium heat. Add the chopped garlic and sauté for about a minute, then add the cherry tomatoes and oregano. Sauté for another couple of minutes and then add the tomato sauce, salt, pepper, and the sugar. Simmer until the sauce starts to thicken and then remove from heat.

To serve, place the zucchini spears on a platter and pour some of the tomato sauce over it. Leftover tomato sauce can be stored in the fridge in an airtight container for a couple of days.

Bon Appétit!

Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

6. Confidence Tips

Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

During the Date: Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

After the Date: Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

Collection Days Are Changing in April

by The City of Calgary

Starting April 22, many Calgary households will see blue, black, or green cart pick-up days moving to improve routes. These updates also align with the return of city-wide weekly green cart collection. The new collection schedules will be available on calgary.ca/cartschedule by April 8. Check your schedule to:

- Find out whether your blue, black, or green cart pick-up day is changing.
- Know when your weekly green cart begins.

Collection schedule changes update automatically if you have signed up for reminders.

Did you know that The City provides free reminders for your blue, black, and green cart pick-up days? All you need to do is sign up! When it's time to put your carts out for collection, we'll send you a reminder. When you sign up, you will get:

- Instant access to your pick-up schedule.
- Notifications about any changes to your collection schedule.
- Useful tips for using your blue, green, and black carts.

It's Easy!

Option 1: Go to calgary.ca/cartschedule.

- Type your address in the search box to view your collection days.
- Click on 'Get a reminder' to receive your preferred method. Choose to be notified by email, calendar, or phone, either the day before or the day of your collection.

Option 2: Download the Garbage Day App onto your phone.

- Available on the App Store or Google Play.
- Set notifications to remind you of your cart collection days.

Never miss another cart collection day again.

Her SAIT Graduation

by Garth Paul Ukrainetz

She took the risk and made the move
Enrolled in courses, paid tuition
Embarked upon a journey bold
Nothing worthwhile makes it easy

She hit the books and studied hard
Placed hopes and dreams upon her desk
Homework structured every evening
The future more important now

From class to class, through rain and snow
Lectures, essays, midterms, finals
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Good coffee always faithful friend
Wide awake for morning learning
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Money, Money, Money

Did you know Canada's currency was once pounds, shillings, and pence? However, on April 14, 1871, Canada switched to dollars, cents, and mills. The mill (1/1000 of a dollar) never made it into circulation but was used for accounting purposes.



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