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# CONTENTS

- 6 DCA DALHOUSIE DIGEST
- 8 RESIDENT PERSPECTIVES: THE ART OF FINDING WORK - JOB SEEKERS' TRINITY: FOCUS, ANGER, AND EVIDENCE
- 10 RECIPE: THAI CURRY CHICKEN
- 11 MAY CROSSWORD
- 13 BUSINESS CLASSIFIEDS



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& More**



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# The Art of Finding Work - Job Seekers' Trinity: Focus, Anger, and Evidence

by Nick Kossovan



Though I have no empirical evidence to support my claim, I believe job search success can be achieved faster by using what I call “The Job Seekers’ Trinity” as your framework, the trinity being:

- The power of focus
- Managing your anger
- Presenting evidence

Each component plays a critical role in sustaining motivation and strategically positioning yourself for job search success. Harnessing your focus, managing your anger, and presenting compelling evidence (read: quantitative numbers of achieved results) will transform your job search from a daunting endeavour into a structured, persuasive job search campaign that employers will notice.

### The Power of Focus

Your life is controlled by what you focus on; thus, focusing on the positives shapes your mindset for positive outcomes. Yes, layoffs, which the media loves to report to keep us addicted to the news, are a daily occurrence, but so is hiring. Don’t let all the doom and gloom talk overshadow this fact. Focus on where you want to go, not on what others and the media want you to fear.

Bonus of not focusing on negatives: You’ll be happier.

Focus on how you can provide measurable value to employers.

If you’re struggling with your job search, the likely reason is that you’re not showing, along with providing evidence, employers how you can add tangible value to an employer’s bottom line. Business is a numbers game, yet few job seekers speak about their numbers. If you don’t focus on and talk about your numbers, how do you expect employers to see the value in hiring you?

### Managing Your Anger

Displaying anger in public is never a good look. Professionals are expected to control their emotions, so public displays of anger are viewed as unprofessional.

LinkedIn has become a platform heavily populated with job seekers posting angry rants—fueled mainly by a sense of entitlement—bashing and criticizing employers, recruiters, and the government, proving many job seekers think the public display of their anger won’t negatively affect their job search.

When you’re unemployed, it’s natural to be angry when your family, friends, and neighbours are employed. “Why me?” is a constant question in your head. Additionally, job searching is fraught with frustrations, such as not getting responses to your applications and being ghosted after interviews.

The key is acknowledging your anger and not letting it dictate your actions, such as adding to the angry rants on LinkedIn and other social media platforms, which employers will see.

Undoubtedly, rejection, which is inevitable when job hunting, causes the most anger. What works for me is to reframe rejections, be it through being ghosted, an email, a call or text, as “Every no brings me one step closer to a yes.”

Additionally, I’ve significantly reduced triggering my anger by eliminating any sense of entitlement and keeping my expectations in check. Neither you nor I are owed anything, including a job, respect, empathy, understanding, agreement, or even love. A sense of entitlement and anger are intrinsically linked. The more rights you perceive you have; the more anger you need to defend them. Losing any sense of entitlement that you may have will make you less angry, an emotion that has no place in a job search.



## Presenting Evidence

As I stated earlier, business is a numbers game. Since all business decisions, including hiring, are based on numbers, presenting evidence in the form of quantitative numbers is crucial.

Which candidate would you contact to set up an interview if you were hiring a social media manager:

"Managed Fabian Publishing's social media accounts, posting content daily."

or

"Designed and executed Fabian Publishing's global social media strategy across 8.7 million LinkedIn, X/Twitter, Instagram, and Facebook followers. Through consistent engagement with customers, followers, and influencers, increased social media lead generation by 46% year-over-year, generating in 2023 \$7.6 million in revenue."

Numerical evidence, not generic statements or opinions is how you prove your value to employers. Stating you're a "team player" or "results-driven," as opposed to "I'm part of an inside sales team that generated in 2023 \$8.5 million in sales," or "In 2023 I managed three company-wide software implementations, all of which came under budget," is meaningless to an employer.

Despite all the job search advice offered, I still see resumes and LinkedIn profiles listing generic responsibilities rather than accomplishments backed by numbers. A statement such as "managed a team" doesn't convey your management responsibilities or your team's achievements under your leadership. "Led a team of five to increase sales by 20%, from \$3.7 million to \$4.44 million within six months" shows the value of your management skills.

Throughout your job search, constantly think of all the numbers you can provide—revenue generated, number of new clients, cost savings, reduced workload, waste reduction—as evidence to employers why you'd be a great value-add to their business.

The Job Seekers' Trinity—focusing on the positive, managing your anger, and providing evidence—is a framework that'll increase the effectiveness of your job search activities and make you stand out in today's hyper-competitive job market, thus expediting your job search to a successful conclusion.

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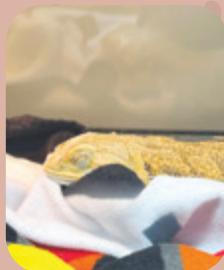
Kona, Woodlands



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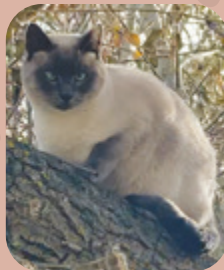
Mavis, Calgary



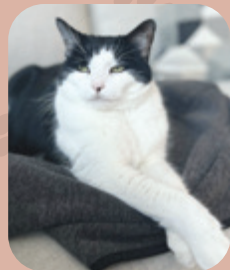
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## Thai Curry Chicken

by Jennifer Puri

Thai food is a blend of four cuisines – Indian, Chinese, Malay, and Thai.

Thai curry can be mild or spicy and contain meat, chicken, seafood, or vegetables, and is typically served with rice or noodles.

The “reddish” colour and flavour of the curry comes from the red chillies used to make the paste which would also include lemongrass, shrimp paste, ginger and garlic, turmeric, coriander, and cumin seeds.

Full fat coconut milk has been used in the Thai curry chicken recipe as it helps to offset the heat and give it a creamy consistency. The curry is actually quite mild, but you can increase the heat by stirring in the garnish of fresh, sliced red Thai chillies prior to serving.

**Prep Time:** 20 minutes

**Cook Time:** 35 minutes

**Servings:** 4 to 6

### Ingredients:

- 3 lbs. boneless, skinless chicken breasts
- 1 medium size onion, finely sliced

- 3 garlic cloves, finely chopped
- 4 tbsp. vegetable oil
- 4 to 5 tbsp. Thai curry paste
- 3 tsp. fish sauce
- 1 tsp. sugar
- 2 ½ cups full fat coconut milk

### Garnish:

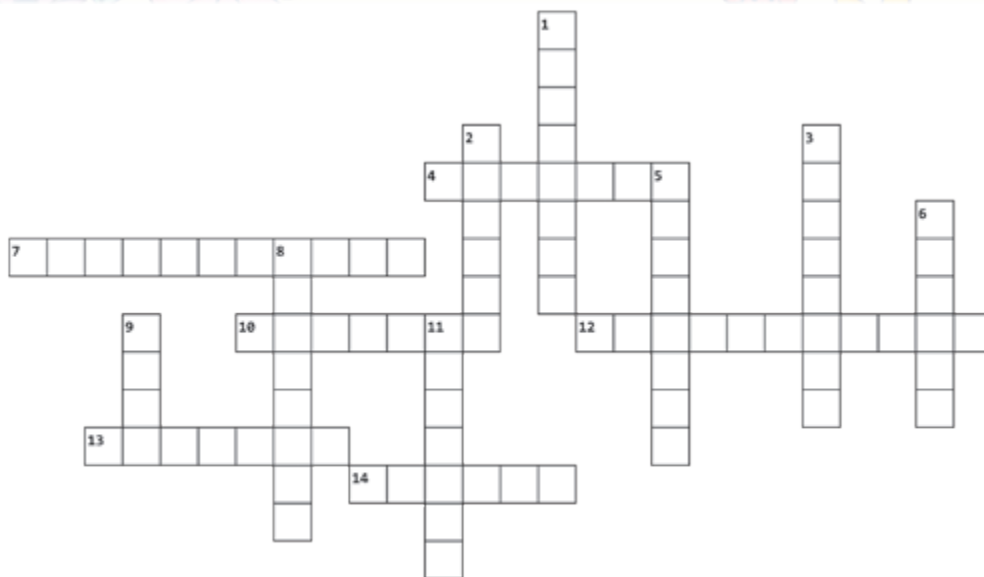
- 3 Thai red chillies, deseeded and thinly sliced
- 10 to 12 fresh mint leaves or Thai basil leaves

### Directions:

1. Cut the chicken breasts into small pieces.
2. Heat oil in a large pan or skillet (which has a lid), add the sliced onion and garlic and sauté for 2 to 3 minutes.
3. Add the chicken pieces to the pan and fry until they change colour and are no longer pink.
4. Add Thai curry paste, followed by the sugar, salt, and fish sauce, and blend in with the chicken.
5. Pour in the coconut milk and simmer on low heat until the chicken is tender, about 20 minutes.
6. Garnish with 2 to 3 thinly sliced Thai red chillies with seeds removed and fresh mint or basil leaves.
7. Serve with Jasmine or Basmati rice or rice noodles if desired.

Bon Appétit!

# May Crossword



## Down

1. Cory \_\_\_\_\_, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first \_\_\_\_\_ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil \_\_\_\_\_ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco \_\_\_\_\_, released her eponymous perfume, \_\_\_\_\_ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after \_\_\_\_\_, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West \_\_\_\_\_ Police on May 23, 1873.

## Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich \_\_\_\_\_ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first \_\_\_\_\_ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia \_\_\_\_\_ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The \_\_\_\_\_ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers





MLA Calgary-Edgemont

**Julia Hayter**

✉ [juliahayter@albertandp.ca](mailto:juliahayter@albertandp.ca)

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As we head into May, I hope everyone had a chance to enjoy some time with family and friends over the Easter weekend. I always appreciate the chance to slow down and connect with loved ones — it's a good reminder of what matters most.

April was full of meaningful moments in our community. I was honoured to join my Calgary colleagues to present the King's Medal to outstanding community volunteers. Congratulations to Barbara Elms from Edgemont on receiving this well-deserved recognition for her incredible and ongoing contributions to her community.

In the Legislature, I continue to advocate for Calgary-Edgemont families feeling the squeeze of rising costs. The affordability crisis is hitting families hard, and people deserve a government that shows up for them. I've also been pushing for better support for women's services, especially shelters and programs that help those facing domestic violence. These services are vital, and no one should be turned away when they need help.

Looking ahead, May brings Mother's Day and Sexual Violence Awareness Month — both reminders of the importance of supporting women and families in our province.

As the weather warms up, I'm looking forward to seeing many of you at community events, or while I'm out door-knocking. If you see me out and about, please come say hi to me, I'd love to chat with you.

For updates on what I am doing as your MLA, you can also follow me on social media @NDPjulia.

My team and I are here to help. Whether to hear your concerns or help with provincial matters, please reach out anytime at [calgary.edgemont@assembly.ab.ca](mailto:calgary.edgemont@assembly.ab.ca) or 403-288-2253.

Take care, and I'll see you in the community!



Councillor, Ward 4

**Sean Chu**

☎ 403-268-3727

✉ [ward04@calgary.ca](mailto:ward04@calgary.ca)

🌐 [www.calgary.ca/ward4](http://www.calgary.ca/ward4)

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## Be Ready: Emergency Preparedness in Calgary

Dear Ward 4 Residents,

Emergencies can happen at any time, and being prepared is the best way to keep yourself, your family, and your community safe. The City of Calgary is committed to ensuring residents have the resources and information they need to be ready for anything.

### Why Preparedness Matters

Natural disasters, extreme weather, and unexpected situations can disrupt daily life. Having a plan in place can reduce stress and increase safety in critical moments.

### What You Can Do

The City of Calgary has put together a comprehensive guide on how to prepare for emergencies. Here are a few key steps you can take today:

Create an Emergency Plan – Know how to communicate with your family and where to go in case of evacuation.

Build a 72-Hour Kit – Ensure you have essential supplies like food, water, medications, and important documents.

Stay Informed – Follow official sources for real-time updates and alerts.

Know Your Risks – Be aware of local hazards such as floods, wildfires, and extreme weather events.

### Resources Available to You

The City of Calgary provides a variety of resources to help residents stay informed and prepared. Visit [calgary.ca/emergencies/preparedness](http://calgary.ca/emergencies/preparedness) for detailed checklists, planning tools, and information on local risks.

Being proactive today can make a big difference when an emergency strikes. Stay safe and stay prepared, Ward 4!

Sincerely,

*Councillor Sean Chu*

Ward 4, City of Calgary

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## GAMES & PUZZLES

### Guess the Video Game!

1. This video game was developed and published by Atari in 1972, making it one of the earliest and most well-known video games.
2. With over 300 million copies sold, this is the best-selling video game of all time.
3. Physicist William Higinbotham created the very first game called \_\_\_\_\_; and no, it's not what you think!
4. A video game classic, the character of Mario was originally called \_\_\_\_\_.
5. Beginning as a joke, this 1999 Nintendo 64 game included an unlikely rap about its main characters.
6. The Stalfos are the only enemy creatures to appear in every edition of this video game since its creation.



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	7	9			6			
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