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## Birthdays Sunflowers

On Vincent van Gogh's 134<sup>th</sup> birthday, March 30, 1987, his painting "Sunflowers" sold for a whopping £22.5 million!

Talk about a priceless birthday tribute. Van Gogh, born in 1853 in Groot-Zundert, Netherlands, never saw fame in his lifetime, but his art now blooms in value like his beloved sunflowers.



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- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

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- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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## GAMES & PUZZLES

### Guess the Toy!

1. This fashion doll, created by Ruth Handler, made her debut at the American Toy Fair on March 9, 1959.
2. This toy originates from the Swahili word "kujenga" which means "to build".
3. This was the first toy ever advertised on television, featuring parts that could be stuck into a fruit or vegetable.
4. Max Park holds the record for solving this 3D combination puzzle toy at 3.13 seconds.
5. This stretchy, bouncy, moldable toy was used aboard Apollo 8 to help secure tools and equipment in zero gravity.
6. This toy was named after Theodore Roosevelt who famously refused to shoot a captured animal during a hunting trip in 1902.



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HAMPTONS CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



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## Community Designated Schools

*(FR) Denotes French Immersion Program*

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- St. Francis Senior High
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- Madeleine d'Houet Junior High (FR)
- École Terre des Jeunes (FR)
- Ste-Marguerite-Bourgeoys (s)(FR)
- École de la Rose sauvage (FR)

## This Canmore Wedding

*by Garth Paul Ukrainetz*

Three Sisters over Canmore  
 O beautiful the bridesmaids  
 At the altar in the valley  
 Where the River Bow does run

Tall groomsmen of Mount Rundle  
 Rugged handsome chiseled features  
 Wearing spruce tree green tuxedos  
 Faces flushed with rising sun

Proud Nakoda poised in middle  
 His true love will soon make entrance  
 Yes, at last they'll be united  
 Grassi tear wells in his eye

Though the bride is slow in coming  
 Patient bridal party waiting  
 Heaven knows this Canmore wedding  
 Stands majestic to the sky





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# Epilepsy Awareness Month

## Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!

MARCH 26  
**Purple Day**



**Light up the Night in Violet Vibes!** Light up your homes, offices, and public spaces in purple to show your solidarity.



**Dress in Grape Glory!** Show your support by wearing purple clothing or accessories on March 26th.



**Spark a Purple Revolution!** Be a part of the change! Donate or start a fundraiser.



[epilepsycalgary.com](http://epilepsycalgary.com)

Share your purple moments using

**#postyourpurple**



## **Earth Hour 2025**

*by The City of Calgary*

Calgary Unplugged is an annual family-friendly Earth Hour event. Join us for music, entertainment, and learn about environmental actions you can take in your community. Bring along some personal LED lighting and dance to the DJ when the lights go down for the Earth Hour party!

- Location: Central Library (800 3 Street SE)
- Date: Saturday, March 22
- Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Reduce your impact by turning off nonessential lights, "unplug" from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy hobbies.

Share your participation in Earth Hour on social media with #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community agencies.



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The advertisement features a blue and white background with a paint sprayer graphic. It includes three images: a modern house with a green lawn, a large two-story house with a blue roof, and a living room interior with a fireplace and leather furniture.



# Breakfast Quesadilla

by Jennifer Puri



Eggs are tasty, filling, and good for your health as a whole; eggs contain a little bit of every nutrient you need. Cheap and easy to prepare, they are an inexpensive source of high-quality lean protein.

Blue, green, brown, or white eggs may have different colours but there is no difference in taste or nutrition between them. An average hen lays 300 to 325 eggs per year. The colour of the yolk depends on the hen's diet and age, and typically as hens age, their eggs become larger.

An extremely versatile ingredient, eggs are not just for eating but are used to make beauty products such as face masks, compost, and garden fertilizer. In many cultures, the egg is a symbol of new life, fertility, and rebirth.

Eggs are also a breakfast/brunch mainstay, and scrambled, poached, baked, or fried are some of the ways to consume eggs. Quick and simple to cook, eggs can also be used in burritos or quesadillas as shown in the recipe for breakfast quesadillas below.

**Prep Time:** 20 minutes

**Cook Time:** 20 minutes

**Servings:** 2

**Ingredients:**

- 2 large tortillas
- 1 ½ tsp. olive oil
- 1 chorizo sausage, cooked and casing removed
- 3 eggs lightly beaten
- ¼ tsp. salt
- 1 tbsp. butter

- 1 cup shredded Mexican cheese
- 2 cups kale washed, stemmed, and coarsely chopped
- 1 cup sliced button mushrooms
- ¼ cup chopped green onion
- ½ cup chopped red bell pepper
- ½ jalapeno, seeds removed and chopped (optional)
- Cooking spray

**Directions:**

- Heat olive oil in a pan or nonstick skillet on medium heat. Add onions and sauté for about two minutes. Next add red peppers and mushrooms and sauté for another two minutes and then add kale, jalapeno pepper, and chorizo sausage. Cook until veggies are tender and then remove from heat and keep warm.
- In a skillet, melt butter on medium heat and pour in the egg mixture with a ¼ tsp. of salt. Cook eggs while stirring until they start to firm up then scramble until they are cooked through and remove from heat.
- Coat a large skillet or fry pan with cooking spray and heat on medium heat. Place a tortilla in the pan and sprinkle a ¼ cup of cheese on one half of the tortilla followed by half the veggie mixture and half the scrambled egg. Top with a ¼ cup of cheese and fold tortilla in half over filling. Cook for a few minutes until tortilla is golden brown, turning once.
- Transfer quesadilla to a cutting board and repeat the process with the second tortilla.
- Slice each quesadilla into two or three slices and serve with your favourite hot salsa, guacamole, or sour cream.

Bon Appétit!



# The Art of Finding Work: Hiring Is a Process of Elimination

by Nick Kossovan

Job seekers owe it to themselves to understand and accept; fundamentally, hiring is a process of elimination. Regardless of how many applications an employer receives, the ratio revolves around several applicants versus one job opening, necessitating elimination.

Essentially, job gatekeepers (recruiters, HR, and hiring managers) are paid to find reasons and faults to reject candidates to find the candidate most suitable for the job and the company.

Nowadays, employers are inundated with applications, which forces them to double down on reasons to eliminate. It's no surprise that many job seekers believe that "isms" contribute to their failure to get interviews, let alone get hired. Employers have a large pool of highly qualified candidates to select from. Job seekers attempt to absolve themselves of the consequences of actions and inactions by blaming employers, the government, or the economy rather than trying to increase their chances of getting hired by not giving employers reasons to eliminate them because of:

### **Typos, Grammatical Errors, Poor Writing Skills**

"Communication, the human connection, is the key to personal and career success." - Paul J. Meyer.

The most vital skill you can offer an employer is above-average communication skills. Your resume, LinkedIn profile, cover letters, and social media posts should be well-written and error-free.

### **Failure to Communicate the Results You Achieved for Your Previous Employers**

If you can't quantify (e.g. \$2.5 million in sales, \$300,000 in savings, lowered average delivery time by six hours, answered 45 to 75 calls daily with an average handle time of three and a half minutes), then it's your opinion. Employers care more about your results than your opinion.

### **An Incomplete LinkedIn Profile**

Before scheduling an interview, the employer will review your LinkedIn profile to determine if you're

interview-worthy. I eliminate any candidate who doesn't have a complete LinkedIn profile, including a profile picture, banner, start and end dates, or just a surname initial; anything that suggests the candidate is hiding something.

### **Having a Digital Footprint That's a Turnoff**

If an employer is considering your candidacy, you'll be Googled. If you're not getting interviews, before you assert the unfounded, overused excuse, "The hiring system is broken!" look at your digital footprint. Employers are reading your comments, viewing your pictures, etc. Ask yourself, is your digital behaviour acceptable to employers, or can it be a distraction from their brand image and reputation? On the other hand, not having a robust digital footprint is also a red flag, particularly among Gen Y and Gen Z hiring managers. Not participating on LinkedIn, social media platforms, or having a blog or website can hurt your job search.

### **Not Appearing Confident When Interviewing**

Confidence = fewer annoying questions and a can-do attitude.

It's important for employers to feel that their new hire is confident in their abilities. Managing an employee who lacks initiative, is unwilling to try new things, or needs constant reassurance is frustrating.

Job searching is a competition; you're always up against someone younger, hungrier, and more skilled than you.

Besides being a process of elimination, hiring is also about mitigating risk. Therefore, being seen as "a risk" is the most common reason candidates are eliminated, with the list of "too risky" being lengthy, from age (will be hard to manage, won't be around long) to lengthy employment gaps (raises concerns about your abilities and ambition) to inappropriate social media postings (lack of judgement).

Envision you're a hiring manager hiring for an inside sales manager role. In the absence of "all things being equal," who's the least risky candidate, the one who:

- Offers empirical evidence of their sales results for previous employers, or the candidate who "talks a good talk"?
- Is energetic, or the candidate who's subdued?

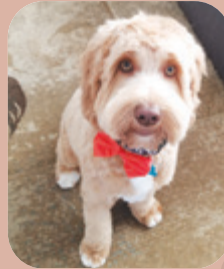
- Asks pointed questions indicating they're concerned about what they can offer the employer or the candidate who seems only concerned about what the employer can offer them.
- Posts on social media platforms, political opinions, or the candidate who doesn't share their political views?
- On LinkedIn and other platforms, criticizes how employers hire or the candidate who offers constructive suggestions?
- Has lengthy employment gaps, short job tenure, or a steadily employed candidate?
- Lives ten minutes from the office or 45 minutes away?
- Has a resume/LinkedIn profile that shows a relevant linear career or the candidate with a non-linear career?
- Dressed professionally for the interview, or the candidate who dressed "casually"?

An experienced hiring manager will lean towards candidates they feel pose the least risk. Hence, presenting yourself as a low-risk candidate is crucial to job search success. It is worth noting, the employer determines their level of risk tolerance, not the job seeker, who doesn't own the business—no skin in the game—and has no insight into the challenges the employer has experienced due to bad hires and are trying to avoid similar mistakes.

"Taking a chance" on a candidate isn't in an employer's best interest. What's in an employer's best interest is to hire candidates who can hit the ground running, fit in culturally, and are easy to manage. You can reduce the odds (no guarantee) of being eliminated by demonstrating you're such a candidate.



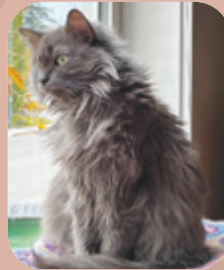
## Cats, Canines, & Critters of Calgary



Jax, McKenzie Towne



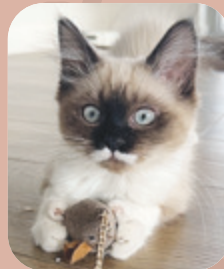
Louie, Panorama Country Hills



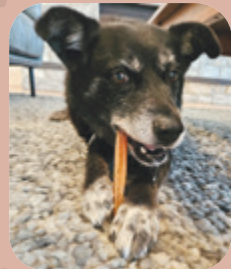
Luna, Marda Loop



Luna, West Hillhurst



Lutik, Douglas Quarry



Mystery, Christie Park



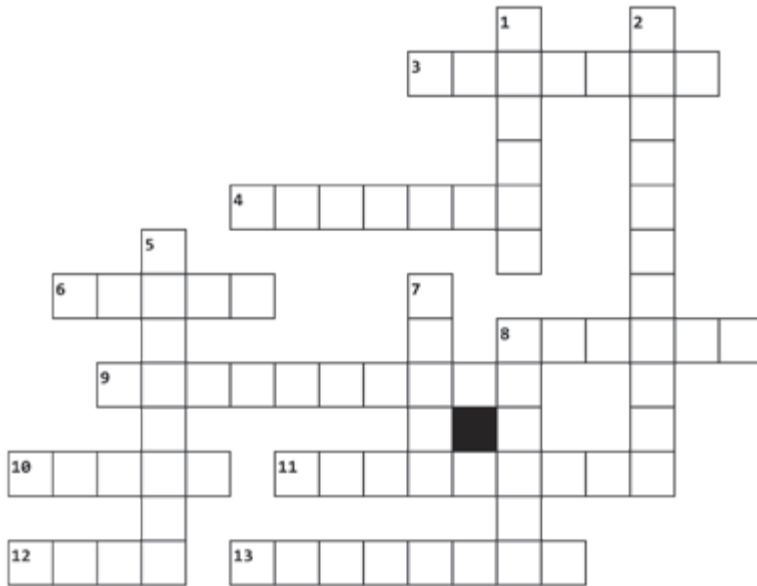
Neville, Douglas Glen



Snoop, Southwood

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# March Crossword



## Across

3. Known as the “Fight of the Century”, on March 8, 1971, Muhammad Ali’s 31-fight winning streak was ended by Joe \_\_\_\_\_ in Madison Square Garden.

4. Nathan \_\_\_\_\_ was born on March 27, 1971, in Edmonton, Alberta, and is best known for his role as Captain Malcolm on *Firefly*.

6. Pink \_\_\_\_\_’s album *The Dark Side of the Moon* was released on March 1, 1973, and stayed on the Billboard Top 200 album charts for 741 weeks!

8. A \_\_\_\_\_ *Life*, an emotional novel following the lives of four friends and written by Hanya Yanagihara, was first published on March 10, 2015.

9. This pale-blue gemstone is one of March’s birthstones.

10. On March 26, 1953, Dr. Jonas Salk successfully tested a vaccine for this disease that has affected notable individuals such as Frida Kahlo, Franklin D. Roosevelt, Joni Mitchell, and Neil Young in the past.

11. Known for her roles in *Schitt’s Creek*, *Home Alone*, and *Beetlejuice*, \_\_\_\_\_ O’Hara was born on March 4, 1954, in Toronto, Ontario.

12. The month of March is named after this Roman god of war.

13. This iconic film about a giant ape causing chaos in New York City first premiered on March 2, 1933, at Radio City Music Hall.

## Down

1. Daylight \_\_\_\_\_ Time will start on Sunday, March 9 this year.

2. This national park with geothermal features spanning across Wyoming, Montana, and Idaho became the first national park in the world on March 1, 1872.

5. Daffodils and \_\_\_\_\_ are the official birth flowers of March.

7. March is officially \_\_\_\_\_ Heritage Month in Canada and celebrates the history and impact of individuals, past and present, from the country nicknamed the “Emerald Isle”.

8. On March 2, 2024, \_\_\_\_\_ James made NBA history by becoming the first player to score 40,000 career points.



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Spring is on the horizon, and with it comes fresh opportunities for growth and connection in Ward 2. This month, we're sharing tips on how to be a good neighbour and information to help you keep safe during the season ahead.

### How To Be a Good Neighbour This Season

Being a good neighbour means practicing a little extra thoughtfulness during the season. Always avoid parking in front of other people's driveways or blocking sidewalks—this ensures everyone can access their homes and navigate safely. Stick to sidewalks and pathways rather than cutting across your neighbours' lawns. Clean up after your pets and clear your sidewalk promptly after a snowfall to help everyone get around, especially kids, seniors, and those with mobility challenges. Keep garbage and recycling bins off walkways to avoid creating obstacles and be sure to put your garbage in your own bin. And if you see a neighbour struggling with snow removal, lending a hand is a small gesture that can go a long way to make their day a little brighter. Calgary weather can be challenging, but with a little courtesy, we can make it easier and more enjoyable for everyone.

### Help Prevent Break-Ins

Keeping your neighbourhood safe starts with a few proactive steps to prevent break-ins and carjackings. Always lock your doors and windows, even when you're home and ensure your garage is secure. Avoid leaving cash and valuables in plain sight inside your car, and park in well-lit areas or garages when possible. Install motion-sensor lights or cameras to deter would-be thieves and foster a sense of vigilance among neighbours. Most importantly, report any crimes in progress to 9-1-1, or report non-emergencies to Calgary Police at 403-266-1234. Working together can create a safer community for everyone.



MLA Calgary-Edgemont  
**Julia Hayter**

juliahayter@albertandp.ca  
@NDPJulia  
@NDPJulia  
@NDPJulia

The spring session has started and the UCP Budget has been presented. We have the highest inflation in Canada. I am proud that the Alberta NDP Caucus listens to you, and we will focus on how to grow our economy to build prosperity for everyone, investing in public education and healthcare, and making life more affordable so all Albertans can thrive. Please continue to email my office, letting me know what is important to you, so I can share your voice in the legislature and represent you.

March 8 marks International Women's Day, a time to celebrate the women's rights movement. For our daughters and all the women in our lives, we must continue to focus on gender equality, reproductive rights, and eliminating gender-based violence. I am deeply troubled by the rising rates of domestic violence and the severe capacity challenges our shelters are experiencing during this crisis. The UCP government needs to take real action now. They must implement the proven strategies outlined in the National Action Plan to end gender-based violence, starting with immediate and adequate funding for prevention programs and emergency shelters. I will continue to press these urgent issues in the upcoming budget debates. We cannot and will not accept a status quo where 11,000 children were turned away from shelters in 2022-2023, or where rural Albertans face months-long waiting lists for safety. These are not just numbers – they represent real families in crisis who deserve our immediate action and support.

As always, I am looking forward to the opportunity to connect with you, whether it's at a community event or on your doorstep. If you see me, please come over and say hello.

You can also follow me on social media at @NDPJulia to learn about all my adventures.

Please do not hesitate to contact my office if you have questions or need assistance related to provincial matters.

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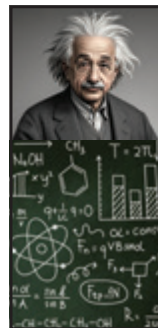
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## Pi and Einstein, a Perfect Pair!

Many may know Pi Day is celebrated on March 14 - but it also marks the birthday of Albert Einstein. Born in Ulm, Germany in 1879, Einstein's birthday coincides with this mathematical celebration, making March 14 a double treat for both math and science enthusiasts!

## SPACE ODDITY

On March 18, 1965, cosmonaut Alexei Leonov became the first person to conduct a spacewalk. Leonov floated outside his spacecraft, Voskhod 2, for twelve minutes. Talk about a cosmic journey!



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