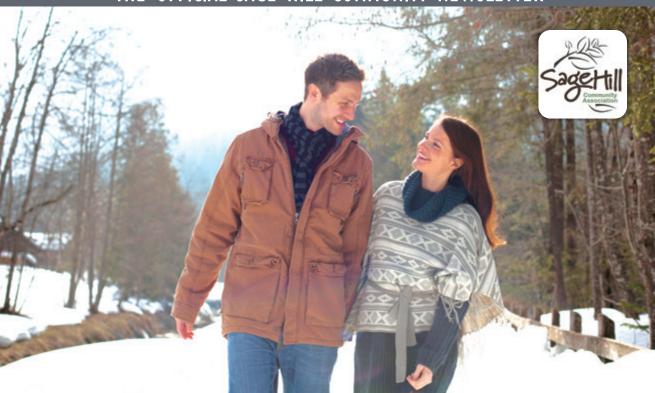
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Epilepsy Awareness Month

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!





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.



Share your purple moments using #postyourpurple



epilepsycalgary.com

CONTENTS

- 6 RECIPE: BREAKFAST QUESADILLA
- 9 SYMONS VALLEY PARK UPDATE
- 10 TAKE ON WELLNESS: PREVENTING CERVICAL CANCER
- 12 RESIDENT PERSPECTIVES: THE ART OF FINDING WORK: HIRING IS A PROCESS OF ELIMINATION
- 13 BUSINESS CLASSIFIEDS









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NOLAN HILL









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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
- 1/4 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

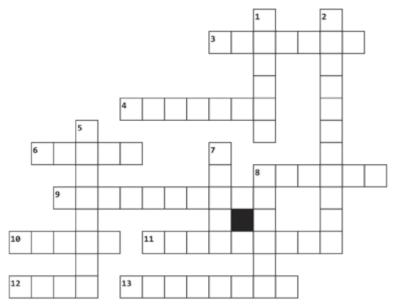
Directions:

- 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!



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.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

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



YOUR CITY OF CALGARY

What Goes Where?

by The City of Calgary



Sorting can be tricky, but every decision counts, and we're here to help you become a sorting pro.

Green bins are for food scraps and yard waste, and your blue bin is for acceptable household paper, cardboard, and container packaging.



Some old and broken household items don't always have to end up in the black bin, there are a range of programs and services to help divert waste from our landfills and give items a second life.

Together, we can make a big impact and become recycling and composting champions.

If you're unsure where an item belongs, visit calgary.ca/whatgoeswhere to find the 'Right Bin for the Win!'







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02113	3 PA X-Rays	\$81.35	\$81.35
02601	Panoramic X-Ray	\$106.61	\$106.61
11113	3 Units Scaling	\$250.53	\$250.53
11101	Polishing	\$74.40	\$74.40
12112	Fluoride Treatment	\$36.05	\$36.05

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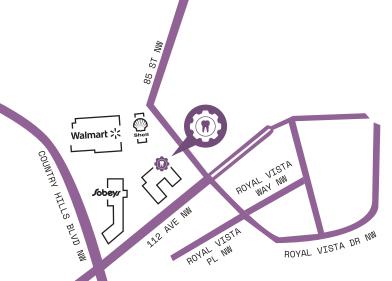


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Join Our Team: Seeking a Fund Development Director for Our Board!

Dear Community Members,

Are you passionate about enhancing our community's amenities and making a lasting impact?

We are thrilled to announce an exciting opportunity to join our team as a Fund Development Director.

Our community is known for its vibrant spirit and dedication to enhancing the quality of life for all residents. From parks and recreational facilities to community events and cultural programs, having amenities play a vital role in bringing our community together.

As our Fund Development Director, you will lead efforts to secure funding and support for the expansion and improvement of our amenities. You will collaborate closely with the board members, community leaders, and stakeholders to identify funding opportunities, cultivate relationships with donors, and implement strategic fundraising initiatives.

Key Responsibilities:

- Help us execute fundraising strategies.
- Build and maintain relationships with individual donors, corporate sponsors, and foundations to secure financial support.
- Prepare compelling grant proposals and applications to secure funding from various sources.
- Oversee fundraising campaigns.

Qualifications:

- Proven experience in fundraising, preferably in a nonprofit or community organization setting.
- Strong interpersonal and communication skills with the ability to build rapport and partnerships.
- Strategic thinker with the ability to develop and execute fundraising plans effectively.
- Knowledge of grant writing and fundraising best practices.
- Passion for community development and improving amenities for residents.

Why Join Us

By joining our team, you will play a pivotal role in shaping the future of our community's amenities and leaving a lasting legacy. This position offers the opportunity to make a meaningful impact, work alongside dedicated board members and volunteers, and contribute to the continued growth and enhancement of our community.

How to Apply

If you are enthusiastic about fundraising, community development, and making a difference, we invite you to apply for the Fund Development Director position by reaching out to us at president@symonsvalleyleisure. org or hello@symonsvalleypark.ca.

We look forward to welcoming a passionate and driven individual to our team who shares our commitment to building a vibrant community with exceptional amenities for all. As always, we welcome anyone to learn more about our project and contribute to our success by visiting www.symonsvalleypark.ca and safely donating today.

Sincerely,

Kris McPherson

President, Symons Valley Leisure and Amenities Society





Preventing Cervical Cancer

by Alberta Health Services

Alberta Health Services (AHS) recommends cervical cancer screening once every three years, or as your healthcare provider recommends, for women and people with a cervix between the ages of 25 and 69 who are or have been sexually active.

A Pap test checks for abnormal cells in your cervix, which can lead to cervical cancer. Pap tests can also check if you already have cervical cancer. The earlier cancer is found, the easier it is to treat. Regular Pap tests and follow-up care can prevent about 90 percent of cervical cancer cases.

It's important to have regular Pap tests, even if:

- You feel healthy and have no symptoms of cervical cancer.
- You've only had one sexual partner.
- You've had the human papillomavirus (HPV) vaccine.
- You've been through menopause.
- · You're no longer sexually active.
- You're a lesbian, bisexual, or queer woman.

Human Papillomavirus (HPV) Immunization

HPV is a virus. It is the most common sexually transmitted infection and can cause genital warts and certain cancers. An HPV infection will often go away on its own. However, some people get a long-term infection. This can lead to cancer of the vagina, vulva, cervix, penis, anus, mouth, or throat. HPV causes almost all cervical cancers.

You can prevent cervical cancer by getting immunized with the HPV-9 vaccine. The HPV-9 vaccine protects against nine strains (types) of HPV. Some of these strains may cause up to 92% of cervical cancers.

Grade six students can get the HPV-9 vaccine as part of the school immunization program. Students can only be immunized in school with a parent or caregiver's permission (consent).

If you did not get the HPV-9 vaccine in Grade six, you can still get it for free up to and including age 26 years. Talk to your doctor to find out if it is a good idea for you. If you are unsure about getting the HPV vaccine for yourself or your child, try the HPV Vaccine Decision Tool.



Other Ways to Reduce Your Risk

Regular cervical cancer screening and vaccination help lower the chances of getting cervical cancer and finding it early. You can also reduce your risk by:

- Quitting commercial tobacco and avoiding secondhand smoke. Talk to your healthcare provider or visit AlbertaQuits.ca for information and support to help you quit when you are ready.
- Practice safer sex. Use a barrier method of protection such as a condom, internal condom, or dental dam.

Get Screened and Raise Awareness

Contact your healthcare provider's office or a women's health clinic to book a Pap test. If you do not have a healthcare provider:

- Visit https://albertafindadoctor.ca/.
- Use the screeningforlife.ca locator tool and select "cervical" as the type of test to find screening options near you.
- Call Health Link at 8-1-1.

Learn more about cervical cancer at https://screeningforlife.ca/cervical/.

4-H in the City: Fun and Learning for Calgary Kids

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

4-H isn't just for life on the farm anymore! In Calgary, 4-H Intro Clubs are offering city kids a chance to explore a wide range of exciting hands-on activities. These six-week programs give youth ages 9 to 15 the opportunity to learn about and try things like pottery, sourdough baking, food science, hydroponics, and even reptiles. It's a great way for kids to discover new interests, learn practical skills, and make friends along the way.



One of the most fun activities in the clubs is making smoothies. Each week, members experiment with different ingredients, learning about nutrition, measurement, and recipe creation. The first smoothie they'll make is an oatmeal cookie-flavoured

smoothie—healthy, delicious, and a great way to dive into cooking. It's a perfect mix of fun and learning, with a focus on balancing flavours and understanding the science behind food.

Here's one of our favourites you can try at home!

Oatmeal Cookie Smoothie

Single Serving

Ingredients:

- ¼ cup old-fashioned oats
- 1 cup unsweetened coconut or almond milk
- ½ teaspoon vanilla extract
- 1 tablespoon honey (to taste)
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- Pinch of nutmeg
- Pinch of salt
- 1 frozen banana (peeled)

Directions:

- 1. Add oats to the blender and pulse until finely ground.
- 2. Add milk, vanilla, honey, and spices.
- 3. Add the frozen banana.
- 4. Blend until smooth.

In addition to making smoothies, kids also get the chance to practice leadership, teamwork, and communication by running their own business meetings. These skills are key for personal growth and work well in any area of life.



The final two 4-H Intro Clubs will be coming soon to Canyon Meadows in Calgary's SW. It's a great opportunity for kids to try something new and have fun while learning. For more details, email introclubs@4hab.com. We hope you'll give this smoothie recipe a try and let us know what you think!

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.
- 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.





CODE FOR THE ANSWERS!

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).

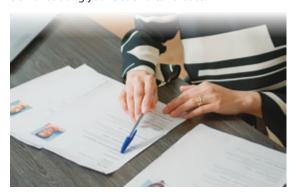
Envision you're a hiring manager hiring for an inside sales manager role. In the absence of "all things being equal," who's the least risky candidate, the one who:

- 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.



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In 2025 Justin Trudeau will step down as Prime Minister. This comes on the heels of a fall parliamentary session featuring virtually no government legislation, government scandals like the "Green Slush Fund", a chaotic tabling of the Fall Economic statement, and the resignation or firing of nine Liberal cabinet ministers.

The Prime Minister also announced the prorogation of Parliament until March 24. This means that all bills in progress (except Private Members' bills), are terminated, all Parliamentary committees cease to exist, and no meetings or votes in Parliament can occur – depriving MPs of the tools to hold the government to account.

The Government must pass new spending authorization before the end of March for the government to continue operating. There must be a voteforthis spending, and it must occur within days of the scheduled resumption of Parliament. Such votes are "confidence votes." I will vote non-confidence in the government. The other opposition Parties have publicly committed to voting non-confidence. If they are true to their word, the government will be defeated, and an election will be called.

In the community, I spoke at the Silver Springs Community Association AGM which was wellattended. Also, congratulations to the Rockland Park Homeowners Association on the Lodge and Park opening.

I regularly meet with constituents who would like to discuss national policy and events. Feedback from Calgarians is very important to me. If you would like to share your thoughts with me on national issues, please feel welcome to contact me through my Calgary office.

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





Councillor, Ward 2
Jennifer Wyness

403-268-2430Ward2@calgary.ca

@WynessJennifer X@JenniferWyness

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.



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