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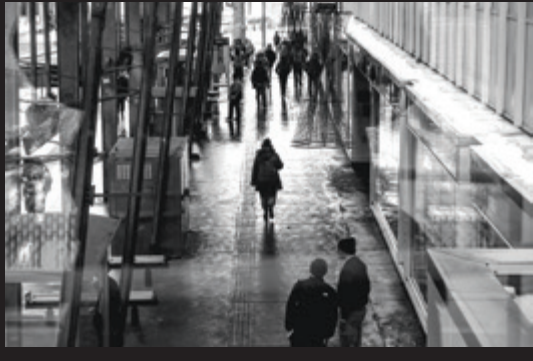
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by Khoa Nguyen



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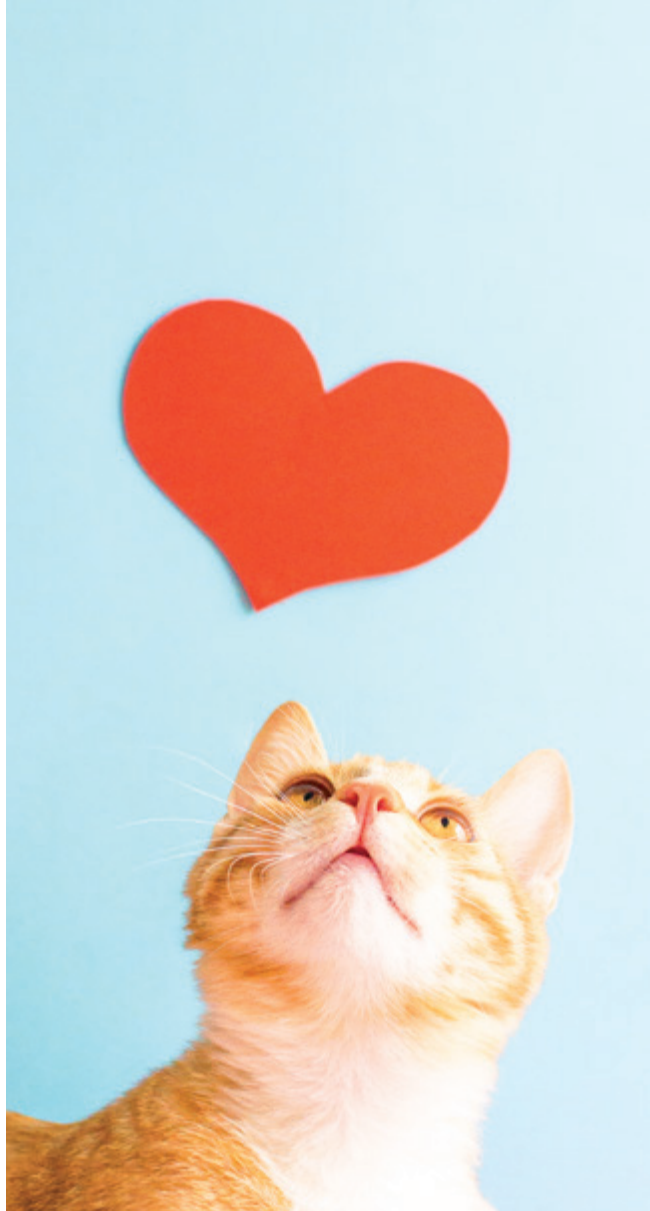
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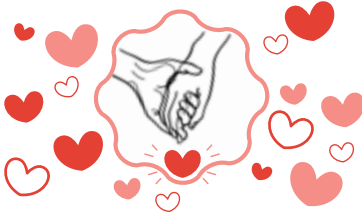
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## Guess the Couple!

1. These two periodic elements make for a salty pair.
2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
3. These two Disney pups celebrate their 70<sup>th</sup> anniversary in 2025.
4. This British celebrity supercouple are fondly known as Posh and Becks.
5. This fictional couple's sweet love story started in an office of all places!
6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.



## BRAIN GAMES SUDOKU

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## Did you know?

The Alberta United Conservative Party has wasted **\$8.1 billion dollars** as of October 2024.

*If you're ready to hold your MLA accountable, let's meet for a coffee. Contact AB Resistance to schedule a town hall and fireside chat in your community to learn more about your options, and your rights as an Albertan!*

abresistance2027@gmail.com  
margtokar@gmail.com



## February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*

- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

# The Art of Finding Work: Job Search Success Is Not Complicated

by Nick Kossovan

Most people over-complicate the process of achieving success.

Achieving success is often perceived as a complex puzzle, or according to those who play the 'I'm a victim!' card, only available to those who are supposedly privileged. The fact is there's a simple equation for achieving success, which Zig Ziglar famously encapsulated, "You can have everything in life you want if you will just help other people get what they want."

Side note: "all you want" should be interpreted as "all you need."

I recommend considering the hiring process from the employer's perspective. By doing so, you'll empathize with employers and understand that positioning yourself as a candidate who has the skills, experience, and proven track record of helping employers get what they want is a job search strategy that'll set you apart from your competition, who aren't approaching their job search with an "I want to help employers" mindset as they have the all-too-common "I want!" mindset.

Success isn't a complicated journey. With the right mindset, it's a simple path—help others achieve what they want. However, the mindset I come across most often is the exact opposite; job seekers focused on what they want, as opposed to what employers want, resulting in employers being turned off. Who isn't turned off by someone solely concerned with their needs and wants, who comes across as "predatory"?

Most job seekers: "Employers need to understand my issues and needs."

Savvy job seekers: "I need to understand the employer's issues and needs."

Job seekers who are thinking clear and show employers how they can help them achieve what they want are few and far between. Being that rare candidate makes

you unique and highly valuable, which is a significant competitive advantage. I can guarantee that your interviewer almost never encounters a candidate who projects an "I'm here to help you" aura.

When viewed holistically, employers want five things:

1. Be profitable
2. Reduce/control costs
3. Have low employee turnover
4. Optimize employee performance
5. Provide excellent customer experiences

How can you help an employer achieve any of, or a combination of, the above?

### What's Your Employee Value Proposition?

For instance, you can never go wrong assuming the employer wants to be profitable; hence, suggesting cost-saving measures or revenue-generating ideas during your interview will demonstrate your desire to help the company get what it wants, which is to be profitable.

Imagine yourself as a hiring manager. One of your standard interview questions is: "How will you contribute to the company's success?" or, more directly, "Why should I hire you?"

Candidate A:

"If hired, I will bring enthusiasm, dedication, and hard work to the team. I am a fast learner and have a strong work ethic. I am also a team player."

Candidate B:

"I bring over 15 years of technical expertise, problem-solving skills, and a commitment to innovation. As head of Gekko's IT, I led a project to streamline its data analysis processes, increasing efficiency by 20% and reducing employee hours. I achieved this by implementing Cyberdyne Systems' latest data visualization tools and automating repetitive tasks. I plan to bring this kind of efficiency oversight to Soylent Corporation."

Which candidate would you lean towards hiring?

Candidate A offers nothing more than their unsubstantiated opinions, which, as I've stated in previous columns, employers don't hire; they hire





results. Opinions about yourself, which you should rarely give without quantifying, don't help your interviewer envision how you'll help the company get what it wants.

On the other hand, candidate B outlined how they can help the company achieve wanting to optimize employee performance and cost savings. Candidate B thinks like an employer and understands employers are a sucker for candidates with a track record of helping employers get what they want.

Getting hired doesn't come down to having the shiniest resume, with all the right keywords, being impeccably dressed, having a perfect smile, or sheer luck. Employers hire candidates they feel will get them what they want.

Consider all the successes around you and why they exist.

- Amazon: Shopping delivered to your door.
- Apple iPhone: Handheld communication.
- Facebook: Having a voice. Keeping in touch.
- Starbucks: Coffee served around an experience.
- Taylor Swift: Music young people in angst can relate to.
- MasterCard: Easy to use credit.
- Zig Ziglar: Motivation and encouragement.

The success of the above can be attributed to the fact that they've designed their offering with the end-user in mind, helping people get what they want.

- Amazon: Convenience
- Apple iPhone: Connectivity
- Facebook: Popularity
- Starbucks: Self-care
- Taylor Swift: Understanding
- MasterCard: Lifestyle
- Zig Ziglar: Hope

All successful businesses are based on selling a product or service that will help people get what they want, which is usually intrinsic. A product or service must satisfy a need or want in order to sell. The same applies to job searching. You must fulfill an employer's need or want. Think of employers as the end users of your services; how do you help employers achieve what they want? Are you communicating your how and willingness to help throughout your job search?

Showing how you can help employers get what they want is how you achieve job search success.

## Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

**Prep Time:** 25 minutes

**Cook Time:** 35 minutes

**Servings:** 4

### Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

### Dressing:

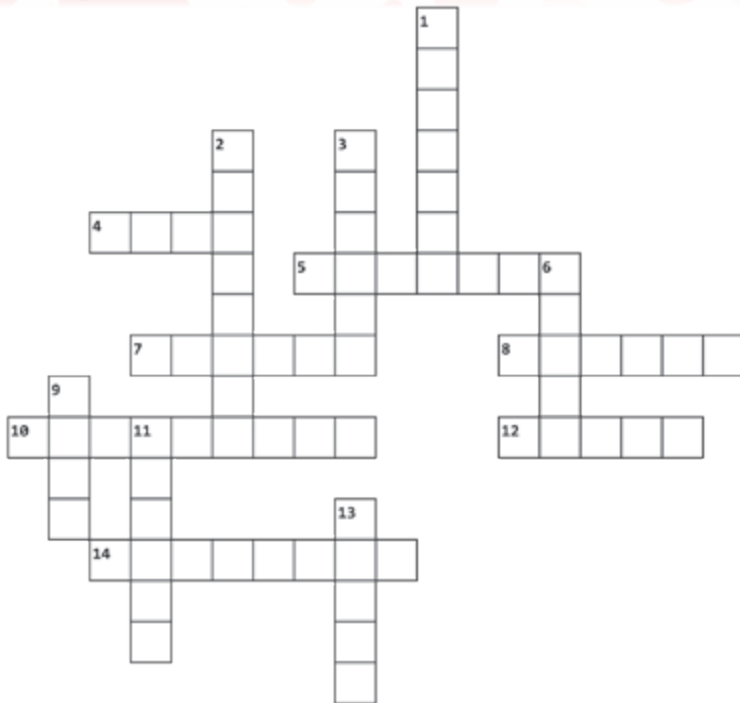
- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

### Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!

# February Crossword



## Across

- Canadian filmmaker, Denis Villeneuve's sci-fi adventure film \_\_\_\_\_: *Part Two* first premiered in February 2024.
- Fleetwood Mac's best-selling album, \_\_\_\_\_, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
- Born on February 1, 1994, England-born pop sensation, Harry \_\_\_\_\_ rose to fame as part of a boy band before going off on his own.
- On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as \_\_\_\_\_, was founded.
- Something that is typically given to a significant other or friend(s) during the month of February.
- February is National \_\_\_\_\_ Month, highlighting the importance of cardiovascular health.
- Singer-songwriter and multi-instrumentalist, Joni \_\_\_\_\_, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

## Down

- In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
- February's purple birthstone, the \_\_\_\_\_ is believed to be a symbol of protection.
- The Grammy Award-winning song "No \_\_\_\_\_" by TLC was released on February 2, 1999.
- 2025's Chinese Zodiac is this slippery, slithery creature.
- Angie Thomas' young adult bestseller, *The \_\_\_\_\_ U Give* was originally published on February 28, 2017.
- Canadian actor, \_\_\_\_\_ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
- \_\_\_\_\_ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.





## 4-H ALBERTA

December was very calm as Christmas was coming up. But to end 2024, we went on a trip to the Ferrari dealership. We learned the history of Ferraris and got to see the many different models and colours they had in the dealership.

That was the end of 4-H 2024. Happy Holidays everyone!



## News from the Friends of Nose Hill

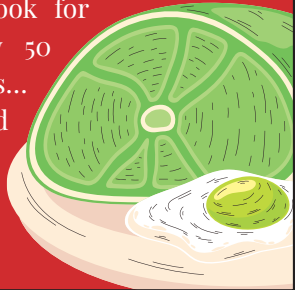
by Anne Burke

Natural parkland is green space with a (relatively) low level of maintenance and natural or naturalizing vegetation. Natural areas are accessible (by trail networks) or have limited/little public access. A master plan deals with current and future needs by population for park/greenspace. The Municipal Protected Areas Program demonstrates how biodiversity will be protected, conservation lands connected, and how Canadians will gain an appreciation for local nature. A Municipal Eco Toolkit by the Miistakis Institute for Alberta municipalities will help maintain their natural infrastructure systems ([municipal30x30.ca](http://municipal30x30.ca)).

Nature Canada is building a web of partners to help Canada achieve its biodiversity conservation goals to protect 30% of land, water, and marine areas by 2030. As of 2022, Canada has only protected 13.7% of land. The Canadian City Parks Report surveyed 35 Canadian municipalities, 2,500+ residents of Canadian cities, as well as park staff and other professionals across the country. One-third of cities said addressing federal biodiversity and land protection goals are a high priority. When 81% of Canadians are living in urban areas, protecting land in urban areas is vital. Cities are in dire need of new space for parks. Park budgets are not keeping pace. Partnerships are critical when cities need policies and structures. Park issues are increasing and require more training and collaborations. Departmental structures can promote collaboration or disconnection. Some residents feel disempowered but still want to engage. Mental and physical health benefits are key although there is a lack of programs. There are nine case studies in the 2024 Report which includes analysis of key data from surveys of both municipal staff and residents of Canadian cities, for new and ongoing issues facing parks, and how to help city staff make better decisions about programs, policies, and funding. Read more at [parkpeople.ca](http://parkpeople.ca).

# 50 WORDS

Most people are familiar with the imaginative children’s author Dr. Seuss, but did you know that one of his popular stories, *Green Eggs and Ham* actually came from a bet! Dr. Seuss was challenged that he wouldn’t be able to write a good book for kids using only 50 different words... guess he proved them wrong!







**Councillor, Ward 4**  
**Sean Chu**  
 403-268-3727  
 ward04@calgary.ca  
 www.calgary.ca/ward4  
 www.seanchu.ca

Warmest greetings to all,

Each winter, some Calgarians experience frozen water pipes, service lines, or meters, leading to water outages. The City's Frozen Pipes Prevention Program works with homes at higher risk due to factors like location, pipe depth, and freezing history.

Recently, frozen pipes have also affected lower-risk homes. Taking these steps can help prevent freezing:

- Maintain an indoor temperature of at least 15°C, even when away.
- Seal cold drafts in unheated areas like basements, crawl spaces, attics, garages, or under sinks.
- Repair windows, check doors, and insulate cold-prone areas.
- Insulate hot and cold-water pipes in cooler zones.
- Open interior doors and cabinets to let heat reach unprotected pipes.
- Disconnect and drain outdoor water lines, including hoses, pools, and decorative features.
- Ensure hot water tanks in maintenance rooms are adequately heated.
- Regularly run water to keep pipes moving.

Visit [calgary.ca/frozenpipes](http://calgary.ca/frozenpipes) for more tips and solutions if your pipes freeze.

**Help Prevent Street Flooding**

A Chinook can quickly melt snow, causing water to pool on streets if storm drains are clogged. With over 60,000 storm drains in Calgary, your help to prevent flooding is invaluable:

- Clear debris, snow, and ice from nearby storm drains.
- If safe, create channels to guide water toward the drain.
- Use the storm drain map at [calgary.ca/stormdrains](http://calgary.ca/stormdrains) to locate covered drains.

If water pools and you suspect a frozen storm drain, contact 3-1-1:

- Submit a "Storm Drain/Catch Basin Concern" via the 311 app.
- Attach a photo to prioritize your request.

Our crews prioritize areas impacting safety and property.

Thank you for doing your part to keep our community safe and thriving.

Wishing you a safe and wonderful February!

Warm regards,

Councillor Sean Chu

Ward 4

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Basha and Molly, *Elbow Scene*



Daisy Nulo and Nulo Pickles, *McKenzie Towne*



Howie and Pepper, *Crestmont*



Tucker and Bentley, *McKenzie Towne*

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## Winter Sun Safety: Protecting Yourself Year-Round

by Alberta Health Services

When winter arrives, many people living in Alberta may stop thinking about sun safety. However, ultraviolet radiation (UVR) can still pose a health risk, even in the chilly months.

UVR comes from the sun but is invisible to humans. Two of the three forms of ultraviolet light, UVA and UVB rays, reach the earth and can harm you.

Around 65 to 90 percent of all skin cancers are linked to UVR exposure. Melanoma is the most serious type of skin cancer. In Alberta, around one in 42 males and one in 46 females will develop melanoma within their lifetime. From those who develop melanoma, around one in 276 males and one in 674 females will die.

### Ultraviolet Radiation Reflects Off the Snow

During winter, UVR can be as harmful as in the summer. The UV Index is a rating of how strong the sun's rays are. The higher the UV rating, the more careful you have to be when outside in the sun.

When skiing, snowshoeing, walking, or skating, you can be exposed to more UVR than you think. Bright white surfaces like snow can double your UVR exposure. Being at a higher altitude can also expose you to more UVR, putting you at higher risk of sun damage.

Protect yourself from the sun during the winter by following these tips:

- Check the UV index (a rating of how strong the sun's rays are) when planning to be outside in the sun. If the UV index is above three, be careful. Consider planning activities in the shade, away from the sun.
- Wear winter clothing that covers as much skin as possible. Most winter clothing will provide good UV protection because of tight windproof construction with multiple layers.
- Some areas that are not always covered by winter clothes are your face, head, and hands.
- Choose a sunscreen that has a broad-spectrum sun protection factor (SPF) of 30 or higher. Apply sunscreen generously 20 minutes before going outside and reapply frequently.

- Wear sunglasses that fit closely and wrap around the face. Try to find sunglasses that reflect or filter out 99 to 100% of UVR light.
- Find out if your medication causes you to be more sensitive to sunlight or heat stress.

### Escaping to Warmer Weather? Stay Sun Safe!

While a sunny destination escape is exciting, you might be caught off guard by how strong the sun's rays are in certain climates. Bringing sunscreen, long sleeve shirts, and clothing with good UV protection, hats, sunglasses, and other measures can help protect your skin and eyes from short- and long-term damage from the sun.

A "base tan" from either indoor tanning (also known as tanning beds) or outdoor tanning before a trip will not prevent a sunburn. In fact, it's estimated that indoor tans only give you two to four percent protection from the sun. Tanning equipment usually emits higher levels of UV radiation than the UV radiation outside. Use of tanning beds is not worth the health risks.

Did you know? The World Health Organization has placed UV tanning beds into its highest cancer risk category, ranking tanning beds equal to well-known carcinogens like asbestos and tobacco.

### Skin Types: What Is Yours?

The colour of your skin also plays a role in your sun burn risk. The fairer your skin is, the higher the risk. It's important that you know what your skin type is and understand the risks.

Risk level	Skin Type	How Skin Reacts to Sun
High	• Light, pale white	• Always burns, never tans
High	• White, fair	• Usually burns, tans with difficulty
Medium	• Medium, white to olive	• Sometimes mild burn, gradually tans to olive
Medium	• Olive, moderate brown	• Rarely burns, tans with ease to moderate brown
Low	• Brown, dark brown	• Very rarely burns, tans very easily
Low	• Black, very dark brown to black	• Almost never sunburn, tans very easily

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Nevi are benign melanocytic tumours, also known as moles. They are strongly associated with risk for melanoma. The greater the number of moles on a person's skin, the greater the risk of melanoma. Someone who has more than 100 common moles or more than two atypical moles has a five- to twenty-fold increased risk of melanoma.

Learn more about your skin type and the risks of indoor tanning by visiting <https://www.healthiertogether.ca/living-healthy/limit-uv-rays/indoor-tanning/>.

Learn more about skin cancer screening and skin self-exam:

- <https://www.canadianskincancerfoundation.com/early-detection/skin-check/>
- <https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=skc1179>

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