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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!





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.

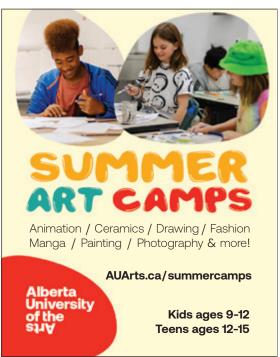


Share your purple moments using #postyourpurple









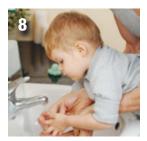






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Crime **Statistics**

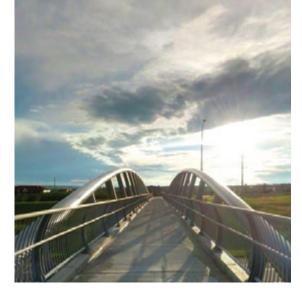






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Email: pat.kelly@parl.gc.ca



MLA Hon. Sawhney, Rajan Calgary-North West Constituency Minister, Advanced Education 7223 – 8650 112 Avenue NW Calgary, Alberta T3R 0R5 Phone: 403-297-7104 Cell: 587-432-0348



Councillor Sharp, Sonya Ward 1 Office P.O. Box 2100, Station M Calgary, AB, Canada T2P 2M5 Phone: 403-268-2430 Fax: 403-268-8091 Email: ward1@calgary.ca Web: www.calgary.ca/ward1



Conquering Your Fears!

by Morgan Reynaud, Prairie Winds 4-H Club Reporter

This month was full of fun things! To start off we had our annual communication day. There were a lot of fun and very interesting speeches and presentations. Congratulations to all who got on stage. Being able to talk in front of a big group is hard but a good skill to learn. We ended the month off with a Willy Wonka chocolate workshop. We got to learn the craft of chocolate-making, and how cocoa beans influence the chocolate flavour. We also got to taste a variety of different chocolates while exploring this amazing local business.





CCSD BOARD OF TRUSTEES

www.cssd.ab.ca/board-column | trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

Provincial Funding

The Calgary Catholic School District (CCSD) serves approximately 64,000 students in 118 schools and is the largest Catholic school district in Alberta. We are unique in that we represent the interests of over five municipalities which include rural, urban, and metro areas in Airdrie, Calgary, Chestermere, Cochrane, and Rocky View County. Since 2021, our district has experienced consistent and significant student growth. During this time, we have seen a 12 percent increase, approximately 6,800 students. In addition, CCSD has seen the number of students with complex needs grow significantly over the past few years. Approximately 20 percent of our students are English as an Additional Language (EAL) learners and approximately 20 percent of our students have significant diverse learning needs. These complex needs may include autism, significant dysregulation, cognitive disabilities, medical diagnoses, and mental health challenges. Since 2018, the district's fixed costs have also increased more than 50 percent. Fixed costs include utilities, maintenance, insurance, carbon taxes, internet fees, etc., all of which are necessary to student learning.

In the face of these challenges, provincial funding per student has not increased since 2018. It is crucial that we receive appropriate and sustainable funding to accommodate rising costs. Without significant additional funding in Budget 2025, our district will be forced to make difficult decisions which will negatively impact the educational success of our students.

Did You Know?

- Alberta spends the least on its students. In 2023-2024, Alberta Education spent the lowest per student, roughly \$10,000 compared to the Canadian provincial average of approximately \$12,000.
- •In the 2024-2025 operating budget, the CCSD's operating costs will exceed \$700 million. Due to the increase in costs, the budget forecasts an operating deficit of \$21.5 million.
- The deficit in the approved 2024-2025 operating budget was funded using \$18.6 million of the CCSD's reserves. The \$18.6 million is equivalent to 215 teachers.

- Government funding accounts for 95 percent of the district's revenue and is based on student enrolment.
 Just over 80 percent of the district's costs relate directly to student learning.
- Per provincial government requirements, the CCSD must maintain an accumulated operating surplus to cover any potential funding shortfalls. However, in recent years, the district has elected to use our savings to fund budget shortfalls. This approach is not sustainable as our savings are at the minimum level required by the government.

We are grateful for the support of the Alberta government. As trustees, we are actively working to inform and educate the government about the district's financial pressures and the challenges that our students are facing. It is crucial that they are made aware that adequate and sustainable funding is needed to fully address our financial challenges and to ensure the long-term success and well-being of our students. Your Board of Trustees has been working diligently to advocate and shine a light on the areas in which our schools require additional support. Learn more about our efforts by reviewing our advocacy booklet at cssd.ab.ca/advocacy. You can also reach out to your Member of the Legislative Assembly (MLA) to express concerns regarding education and funding. MLAs are your elected provincial government representative. They represent your needs and wants and work with other MLAs to enact policies that meet your needs. Visit the Legislative Assembly of Alberta website to find your MLA and their contact information.

Happy March everyone. May God hold you in the palm of His hand.



SAFE AND SOUND

Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

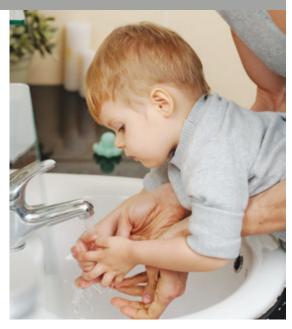
- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over-the-counter medications may be used for pain.
 Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

• Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.



- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.







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We Follow	w the ADA&C	Fee Guide!	SAME FEE
Code	Treatment Description	ADA&C Fee Guide Pricing	Toothworks' Pricing
01103	New Patient Exam	\$137.65	\$137.65
02144	4 Bitewing X-Rays	\$105.38	\$105.38
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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TMD THERAPY

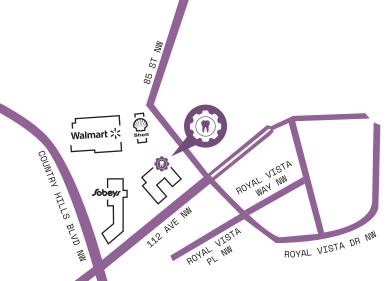


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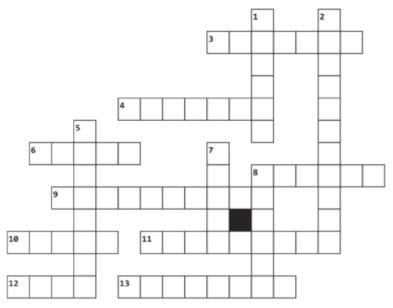
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March Crossword



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.



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/.



Tuscany Real Estate Update

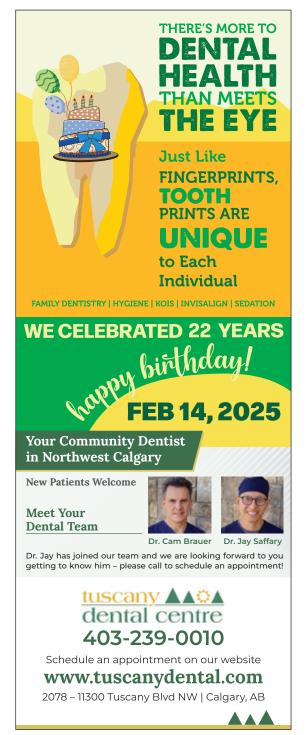
Last 12 Months Tuscany MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
	Average Asking Frice	Average Sold File
January 2025	\$587,450	\$583,000
December 2024	\$674,900	\$685,000
November 2024	\$802,450	\$830,000
October 2024	\$689,900	\$685,000
September 2024	\$679,900	\$680,000
August 2024	\$744,900	\$728,550
July 2024	\$624,950	\$634,500
June 2024	\$668,900	\$675,000
May 2024	\$749,900	\$732,500
April 2024	\$699,900	\$709,230
March 2024	\$659,900	\$684,000
February 2024	\$589,000	\$621,000

Last 12 Months Tuscany
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2025	19	16
December 2024	11	11
November 2024	15	16
October 2024	19	21
September 2024	28	21
August 2024	17	17
July 2024	24	22
June 2024	29	29
May 2024	35	29
April 2024	35	39
March 2024	32	27
February 2024	25	21

To view more detailed information that comprise the above MLS averages please visit **tusc.mycalgary.com**



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!



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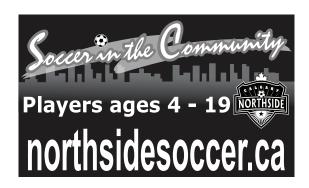
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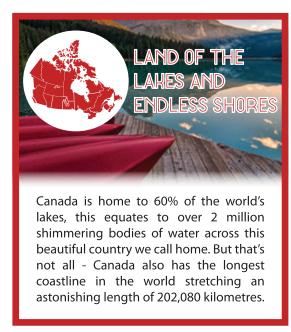
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Councillor, Ward 1
Sonya Sharp

403-268-2430

XOf @sonyasharpyyc

Hello, Ward 1!

As we step into March, spring is just around the corner, bringing school break updates and reminders to drive safely in school zones. It's also a time to recognize the incredible women shaping our city. Stay connected and informed about what's happening in Calgary and at City Hall!

Spring Breaks and School Zone Safety

Spring break is fast approaching, but this year, the dates differ between school boards. The Calgary Board of Education's Spring Break will run from March 24 to 28, while the Calgary Catholic School District's break is from April 21 to 25. Be sure to check the dates if you have school-age children or grandchildren.

As these breaks approach, remember that school zone speed limits still apply, even when schools are closed. Let's stay safe and drive carefully around school areas.

International Women's Day

March 8 marks International Women's Day, a time to recognize the incredible contributions of women in our community and around the world. This year let's honour the women who paved the way for progress and those who inspire us daily. Whether you're involved in your local school, business, or volunteer organization, the work of women shapes our city in countless ways.

Assessment Customer Review Period

Make sure you review your home's property assessment, which was mailed in January. This is your chance to verify your property assessment and understand how it was determined. The City can update your property information during the Customer Review Period. The deadline is March 21, visit calgary.ca/assessments for more information or call 403-268-2888.

You may file a complaint with the Assessment Review Board, which is separate from The City of Calgary. File on or before the "Final Date to File a Complaint" on the front of your assessment notice. More information is available at calgaryarb.ca or 403-268-5858.



MP Calgary Rocky Ridge
Pat Kelly
202 – 400 Crowfoot Crescent NW
Calgary, AB T3G 5H6

८ 403-282-7980 **⋒** 403-282-3587

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 vote for this 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.



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