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**SPRING MARKET**  
PAGE 12

**COMMUNITY CLEANUP**  
PAGE 18



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- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
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- Supply & install new granite or quartz countertops with undermount sink

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# Community Association Contacts

## CMCA Office Hours

Monday to Friday: 9:00 am to 4:00 pm  
Closed on holidays

Board Meeting Times: September to June  
The second Wednesday of the month  
7:00 to 9:00 pm

Lower level boardroom

Phone: 403-251-1715

Website: [www.cmca.ca](http://www.cmca.ca)

## Mailing Address:

844 Cantabrian Drive SW  
Calgary, AB  
T2W 6G4

**Facility 1** (Canterbury Hall)  
844 Cantabrian Drive SW

**Facility 2** (Lloyd Hand Hall)  
848 Cantabrian Drive SW

President	Michael Richmond	<a href="mailto:president@cmca.ca">president@cmca.ca</a>
Vice President	Anna Glickman	<a href="mailto:vicepresident@cmca.ca">vicepresident@cmca.ca</a>
Treasurer	Eugene Otsuka	<a href="mailto:treasurer@cmca.ca">treasurer@cmca.ca</a>
Secretary	Emma Paton	<a href="mailto:secretary@cmca.ca">secretary@cmca.ca</a>
Bingo Director	Johanne Smith	<a href="mailto:bingo@cmca.ca">bingo@cmca.ca</a>
Events Director	Michael Ingham	<a href="mailto:events@cmca.ca">events@cmca.ca</a>
IT and Funding Director	Ryan Hogan	<a href="mailto:funding@cmca.ca">funding@cmca.ca</a>
Director at Large	Baylea Willan	
Director at Large	Frank Anderson	
Director at Large	Kyle Jones	
Director at Large	Lindy Bowler	
Director at Large	Monica Fassnidge	

## Office Staff

Facility Manager / Hall Rentals	Bonnie Treavor	<a href="mailto:info@cmca.ca">info@cmca.ca</a>
General Manager	Colleen Griffin	<a href="mailto:gm@cmca.ca">gm@cmca.ca</a>
Bookkeeper	Sherry Klimow	<a href="mailto:accounting@cmca.ca">accounting@cmca.ca</a>

## Programs and Events at the Canyon Meadows Community Centre

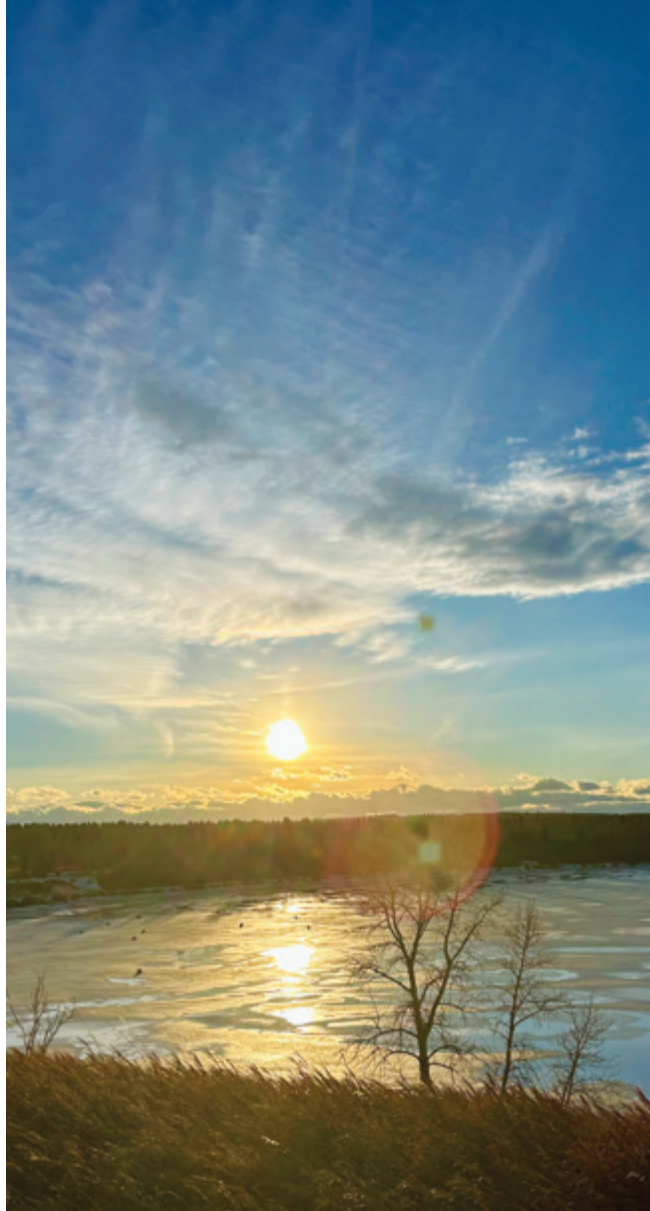
The groups listed here are all users of the Canyon Meadows facilities. If you have an interest in joining, please get in touch with the group directly.

Group/Program	Day/Time	Contact
Dancing Heals	Saturday mornings	<a href="mailto:dancingheals@hotmail.com">dancingheals@hotmail.com</a>
Girl Guides – CGG TallTrees Dist.	Monday, Tuesday, Thursday	<a href="mailto:any-calgarytalltrees@girlguides.ca">any-calgarytalltrees@girlguides.ca</a>
Gospel Meetings	Sundays, 3:30 to 5:30 pm	
Hopscotch Before and After School Care	Monday to Friday	<a href="mailto:hopscotchbasc@gmail.com">hopscotchbasc@gmail.com</a> Jenn or Tammy: 403-890-8233
Little Kickers	Tuesday evenings	<a href="mailto:aboffice@littlekickers.ca">aboffice@littlekickers.ca</a>
Queens & Jacks	Monday evenings	<a href="mailto:info@queensandjacks.com">info@queensandjacks.com</a>
Quilted Mouse	Every first and third Tuesday	Group currently closed for registrations
Rock the Diploma	January and June diploma prep classes	<a href="mailto:marc@rtdacademy.com">marc@rtdacademy.com</a>
Tai Chi	Thursday mornings. September to June. Beginner and Advanced levels. Try a free class!	<a href="mailto:janesponiar@gmail.com">janesponiar@gmail.com</a>

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**SCAN HERE TO VIEW ADDITIONAL CANYON MEADOWS CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**

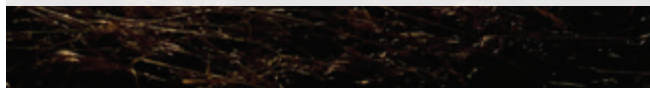


**Real Estate  
Statistics**



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- Canyon Creek Liquor Store
- Canyon Meadows Auto Service
- Chamberlain Real Estate Group – Lindy Bowler
- Coldwell Banker Mountain Central – Realtor Wendy Kelman
- CottageCare Calgary South
- Electronic Innovation
- Evans Resource Management Ltd.
- Isle Love Travel – Tasha Walsh
- Living Tai Chi
- Making Copacetic Happen – Professional Organizer Mauri Loyer
- Matthew Theriault – Realtor
- My Mortgage Line – Michael Richmond
- Paragon Designs – Joshua Huot
- Parkview Massage + Wellness
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## Upcoming CMCA Programs and Events

Learn more and register at [cmca.ca](http://cmca.ca) or call the office at 403-251-1715.



### Good Food Box

**Order deadline: March 31**

**Pick up date: April 9**

Monthly order of seasonal fruits and veggies.

- \$30 Small Box (20 to 25lbs)
- \$35 Medium Box (30 to 35lbs)
- \$40 Large Box (40 to 45lbs)

Order at [cmca.getcommunal.com](http://cmca.getcommunal.com).

### Senior's Coffee

**September to June, Tuesday, April 8, 22, May 13, 27 at 10:30 am**

Lloyd Hand Hall

Free gathering for members to come catch up with neighbours for a chat.

### Spring Craft Market

**April 12 from 10:00 am to 3:00 pm**

Join us for an arts and craft market to celebrate the end of winter! Free admission, local artisans, and more! Interested vendors, please check the website for registration details.

### Community Cleanup

**Saturday, April 26 from 9:00 am to 2:00 pm**

It's time to gather your garbage, electronic recycling, scrap metal, gently used household items for donation and bring it to the hall! Pick up is available for members who require assistance. Call or email Bonnie at 403-251-1715 or [info@cmca.ca](mailto:info@cmca.ca). Visit the website for the full list of what is accepted.

### Seed and Perennial Swap/Giveaway

**Tentative - May 10 from 10:00 am to 12:00 pm**

After over 50 years, CMCA is starting a Yard and Garden Club! We are working on plans for raised garden beds but until those plans are finalized, we will start with a swap. Load up your trunk and meet in the parking lot next to the garage. Email [gm@cmca.ca](mailto:gm@cmca.ca) for more information.



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## GAMES & PUZZLES

### Guess the Flower!

1. This flower's colour depends on the acidity of the soil.
2. Named after the Greek messenger of the gods, this flower comes in nearly all colours of the rainbow except red.
3. Despite misconceptions, this spring-blooming bulbous plant is not officially the Dutch national flower.
4. This prickly pink plant became Alberta's floral emblem in 1930.
5. The national flower of South Africa belongs to one of the oldest families of flowering plants on Earth – approximately 300 million years!
6. This flower's Greek name, Galanthus, translates to "milk flower".



SCAN THE QR  
CODE FOR THE  
ANSWERS!

# CMCA Facility Rentals

Weekday rates are for 6:00 am Monday to 6:00 pm Friday.  
 Weekend rates are for 6:00 pm Friday to end of day Sunday.  
 Minimum two-hour rental on weekends.  
 Set up and clean up must be included in your rental time.  
 CMCA members receive 10% off all bookings!



Rinks



Kitchen



Boardroom



CMCA Community Hall Aerial



Canterbury Hall



Lloyd Hand Hall



Playground



CMCA Community Hall



Gazebo

Facility	Description	Weekday rate	Weekend & stat holiday rates	Security Deposit
<b>Canterbury Hall (F1) Main Hall</b> 27x48' (1300 sq ft)	Includes bathrooms, spacious entryway, coat racks, small prep kitchen for reheating only, full size fridge, large East & West facing windows, tables & chairs, Wi-Fi	\$50/hr Mon 6:00 am to Fri 6:00 pm	\$70/hr Fri 6:00 pm to Sun (end of day)	\$1,200
<b>Lloyd Hand Hall (F2) Main Hall</b> 39x48' (1872 sq ft)	Includes bathrooms, outdoor gazebo, spacious entryway, generous coat room, portable bar, large windows, tables & chairs, podium, highchairs & Wi-Fi <i>*Commercial kitchen is available for an additional fee*</i>	\$60/hr Mon 6:00 am to Fri 6:00 pm	\$80/hr Fri 6:00 pm to Sun (end of day)  Wedding Special Sat 8:00 to 2:00 am \$1,260	\$1,200
<b>Lloyd Hand Hall (F2) Commercial Kitchen</b>	Full rental – Includes use of all appliances; walk-in cooler, freezer, dishwashers, industrial double oven with 10 burner stovetop, & pizza ovens. Dishes, glassware, cutlery & serving dishes.  Limited rental – Includes use of walk-in cooler, freezer, counter tops, sink	\$450 with hall rental  \$165 with hall rental	\$450 with hall rental  \$165 with hall rental	Equal to kitchen rental
<b>Lower Boardroom</b> Approx. 500 sq ft	Includes counter area, sink, bathrooms, microwave, fridge	\$35/hr Mon 6:00 am to Fri 5:00 pm	\$45/hr Fri 5:00 pm to Sun (end of day)	\$500



## Xbox Gaming Room/ Crazy Carts Rental

Head into spring and bring your team together at CMCA! Our Xbox Gaming Room is perfect for year-round team bonding—whether you're a hockey team, soccer group, or company crew.

When summer rolls around, take the fun outdoors with Crazy Carts—our exciting drifting go-karts, available for rent in our outdoor rinks.

Learn more at [cmca.ca/xbox-games-room](http://cmca.ca/xbox-games-room) and plan your next team adventure!



## Hall Rentals

Looking for an affordable and versatile space for your program or event? Our two spacious halls and fully equipped commercial kitchen are perfect for life's special milestones and activities—birthdays, weddings, celebrations of life, church services, creative and exercise classes and events, AGMs, and more.

With flexible weekday and weekend availability, we're ready to accommodate your needs! For details, see page 8, then contact us at [info@cmca.ca](mailto:info@cmca.ca) or call 403-251-1715 to book today!

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## COSMIC TRUCE: THE ECLIPSE THAT STOPPED A BATTLE!

On April 6, 648 BC, the Ancient Greeks recorded one of the earliest solar eclipses! Greek historian Herodotus described how the eclipse coincided with the battle between the Lydians and the Medes, scaring the armies into a truce. Talk about a cosmic peacekeeper!

## Joke of the Month



### Dressed Up

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## The Beatles: Chart-Toppers to Solo Legends

April is a memorable month for the Beatles whether together or not... On April 4, 1964, the Fab Four made history by holding the top five spots on the Billboard Hot 100. Fast forward to April 17, 1971, and each member—Lennon, McCartney, Starr, and Harrison—had their solo singles on the UK charts.



# Spring

CRAFT MARKET  
Saturday April 12

10am - 3pm

844/848 Cantabrian  
Drive SW

Door Prizes all day  
Concession

# Membership Sign Up



Your Canyon Meadows Community Association membership helps support our vibrant community and provides funds that enrich community life for all residents of Canyon Meadows.

## Benefits

- Take part in programs at the hall, such as our Kids Summer Drop-In, Tot Time (hopefully returning soon), or Girl Guides (Membership funds help subsidize rent for this group).
- Support community initiatives such as our free skate lending library.
- Get access to ice rinks and rink room (Membership funds help support maintenance of the rinks).
- Join our free monthly events, such as Seniors' Coffee.
- Entry to membership exclusive draws and contests. Subscribe to the eScoop, our monthly community email.
- Get a voice on local issues and the right to vote at our AGM.

## Discounts

- On hall rentals, CMCA events, and services such as skate sharpening.
- At Cloverdale Paint: 25% off paint and 15% off paint accessories. Contact Bonnie in the office for details.

## Three Ways to Purchase or Renew a CMCA Membership

1. Scan the QR code to purchase a membership online. Easy, fast, and convenient; please choose auto renew to keep our budget consistent.
2. Stop in the office any Monday to Friday between 9:00 am and 4:00 pm to pay by cash, debit, or cheque.
3. Drop a cheque with a note including your contact information in the secure drop box on the west wall of the main hall.

## Membership Fees

- Seniors (60+): \$20 + GST
- Individual: \$25 + GST
- Family: \$35 + GST
- Business: \$50 + GST



# Monthly Bingo Events for CMCA Fundraising

by a Current CMCA Bingo Volunteer

**Where:** Grey Eagle Bingo Hall

**Volunteer Time frame:** 10:00 am to 4:00 pm

**Upcoming Bingo Dates:** Fridays on April 4, May 9, June 20

## What is it like to volunteer at bingo for the community?

Our community provides volunteers one Friday afternoon a month at Grey Eagle Bingo, which is in the same building as the casino. Volunteers don't have to know how to play bingo.

There are several positions volunteers can fill. We need four volunteers each time to sell game tickets out on the floor to the patrons. Another position for two volunteers is to verify the winning bingo cards; or volunteers can work in the office at three different positions, which all involve handling cash.

Training for all these roles would be provided. Lunch and a beverage from the concession is also provided for volunteers.

If a person has asthma that would be aggravated by cigarette smoke, you probably don't want to be working out on the floor because Grey Eagle does allow smoking (the land is not within City of Calgary).

If you work in the office, you will not be bothered by the smoke. I have asthma myself, so I can attest to this.

We can always use new volunteers or people who can occasionally substitute when regulars are away.

To ask a question, or to volunteer, please contact the CMCA Bingo Director Johanne at 403-819-9416.



# PHOTO GALLERY

Photos by Kim Chulsky



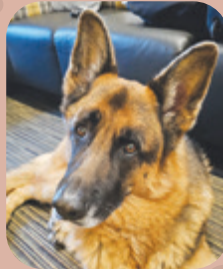
## Cats, Canines, & Critters of Calgary



Chestnut,  
Canyon Meadows



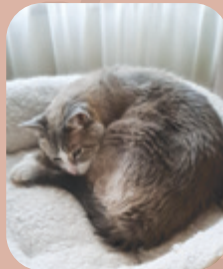
Clifford, Patterson



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November	24	13	9	\$489,900	\$445,000
October	24	22	15	\$388,000	\$374,000
September	24	11	17	\$450,000	\$435,000
August	24	17	9	\$649,900	\$625,000
July	24	21	21	\$390,000	\$415,000
June	24	22	23	\$459,900	\$485,000
May	24	30	21	\$460,000	\$440,000
April	24	20	19	\$619,900	\$614,900
March	24	20	19	\$567,500	\$565,000

To view more detailed information that comprise the above  
MLS averages please visit [can.y.mycalgary.com](http://can.y.mycalgary.com)

# The Art of Finding Work: Stop Asking Your Interviewer Cliché Questions

by Nick Kossován

Most job search advice is cookie-cutter. The advice you're following is almost certainly the same advice other job seekers follow, making you just another candidate following the same script.

In today's hyper-competitive job market, standing out is critical, a challenge most job seekers struggle with. Instead of relying on generic questions recommended by self-proclaimed career coaches, which often lead to a forgettable interview, ask unique, thought-provoking questions that'll spark engaging conversations and leave a lasting impression.

English philosopher Francis Bacon once said, "A prudent question is one half of wisdom."

The questions you ask convey the following:

- Your level of interest in the company and the role.
- Contributing to your employer's success is essential.
- You desire a cultural fit.

Here are the top four questions experts recommend candidates ask; hence, they've become cliché questions you should avoid asking:

### **"What are the key responsibilities of this position?"**

Most likely, the job description answers this question. Therefore, asking this question indicates you didn't read the job description. If you require clarification, ask, "How many outbound calls will I be required to make daily?" or "What will be my monthly revenue target?"

### **"What does a typical day look like?"**

Although it's important to understand day-to-day expectations, this question tends to elicit vague responses and rarely leads to a deeper conversation. Don't focus on what your day will look like; instead, focus on being clear on the results you need to deliver. Nobody I know has ever been fired for not following a "typical day." However, I know several people who were fired for failing to meet expectations. Before accepting a job offer, ensure you're capable of meeting the employer's expectations.

### **"How would you describe the company culture?"**

Asking this question screams, "I read somewhere to ask this question." There are much better ways to research a company's culture, such as speaking to current and former employees, reading online reviews and news articles. Furthermore, since your interviewer works for the company, they're presumably comfortable with the culture. Do you expect your interviewer to give you the brutal truth? "Be careful of Craig; get on his bad side, and he'll make your life miserable." "Bob is close to retirement. I give him lots of slack, which the rest of the team needs to pick up."

Truism: No matter how much due diligence you do, only when you start working for the employer will you experience and, therefore, know their culture firsthand.

### **"What opportunities are there for professional development?"**

When asked this question, I immediately think the candidate cares more about gaining than contributing, a showstopper. Managing your career is your responsibility, not your employer's.

Cliché questions don't impress hiring managers, nor will they differentiate you from your competition. To transform your interaction with your interviewer from a Q&A session into a dynamic discussion, ask unique, insightful questions.

Here are my four go-to questions—I have many more—to accomplish this:

### **"Describe your management style. How will you manage me?"**

This question gives your interviewer the opportunity to talk about themselves, which we all love doing. As well, being in sync with my boss is extremely important to me. The management style of who'll be my boss is a determining factor in whether or not I'll accept the job.

### **"What is the one thing I should never do that'll piss you off and possibly damage our working relationship beyond repair?"**

This question also allows me to determine whether I and my to-be boss would be in sync. Sometimes I ask, "What are your pet peeves?"

### **"When I join the team, what would be the most important contribution you'd want to see from me in the first six months?"**



Setting myself up for failure is the last thing I want. As I mentioned, focus on the results you need to produce and timelines. How realistic are the expectations? It's never about the question; it's about what you want to know. It's important to know whether you'll be able to meet or even exceed your new boss's expectations.

**"If I wanted to sell you on an idea or suggestion, what do you need to know?"**

Years ago, a candidate asked me this question. I was impressed he wasn't looking just to put in time; he was looking for how he could be a contributing employee. Every time I ask this question; it leads to an in-depth discussion.

Other questions I've asked:

- "What keeps you up at night?"
- "If you were to leave this company, who would follow?"
- "How do you handle an employee making a mistake?"
- "If you were to give a Ted Talk, what topic would you talk about?"
- "What are three highly valued skills at [company] that I should master to advance?"
- "What are the informal expectations of the role?"
- "What is one misconception people have about you [or the company]?"

Your questions reveal a great deal about your motivations, drive to make a meaningful impact on the business, and a chance to morph the questioning into a conversation. Cliché questions don't lead to meaningful discussions, whereas unique, thought-provoking questions do and, in turn, make you memorable.



## Admiration... Always

by Cheryl Dunkley

Seventy years fly by fast  
Live in the present, not the past.  
What's your secret, we have to ask  
Joan would say: "at everything you just laugh!"

Joan is a special gal -  
A loyal friend through and through.  
The world would be a better place  
If this skill was one everybody knew.

Her circle has been busy and wide  
Golf, curling, travel, bridge  
But, if you need a friend  
Joan is right there by your side.

She has tackled many sports,  
Always showed up with a smile  
If you need love and support,  
Joan always goes the extra mile.

A kind word, a compliment, a laugh  
She understands what's on your mind.  
She listens, has a thought, perhaps an idea new  
Joan cares about each and everyone of you!

Happy birthday, dear Joan!  
Thank you for being a good friend to all of us.  
We are all better for knowing you and could learn  
from your example.  
We have watched you approach life with  
compassion and intention putting others' need  
first while making light of your own.

## The Date for the 2025 Community Cleanup is Here!

It is time to gather the garbage, clean out the basement, and scour the yard...our Community Cleanup Day is just around the corner!

**Date: Saturday, April 26**

**Time: 9:00 am to 2:00 pm**

**Location: Outside the Community Centre**

The City of Calgary Waste and Recycling Services and Community Strategies will be on-site at the community with two packer trucks ready to take away all your unwanted household items and property trash.

**Additionally, CMCA has arranged for vendors to be on-site for:**

- Electronic recycling
- Scrap metal collection
- Gently used household items for donation

**For CMCA members only:**

- Disposal of used/outdated propane tanks
- Secure paper shredding (two boxes per member limit please)

If you don't already have one, you can buy or renew your CMCA membership online at [cmca.getcommunal.com](http://cmca.getcommunal.com).

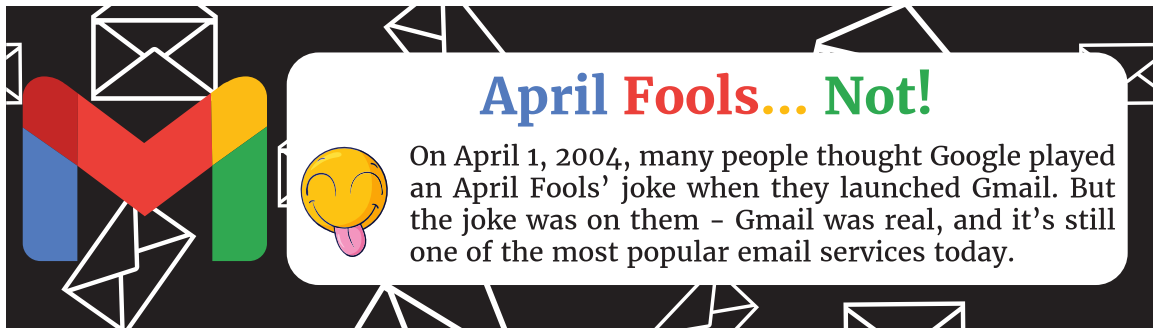
**The following items may not be brought to the cleanup site:**

- Compostable yard waste (use your green cart)
- Cardboard (must be disposed of at the local recycling depot)
- Paint
- Railroad ties



- Household chemicals
- Hazardous materials
- Light fixtures with ballasts
- Fluorescent light tubes
- Refrigerators or water coolers (anything that contains freon)
- Used oil

Our cleanup day gets busier every year, so please be patient with the volunteers that are here to help make the cleanup successful. We all do our best to get everyone through the lineup as fast as we can. See you at the cleanup!



## Canyon Meadows Bakery Farewell



On Saturday, March 8 over 70 guests stopped by the Lloyd Hand Hall to share their memories and good wishes to Stan and Heather on their retirement after 37 years of operating the Canyon Meadows Bakery.

Many great memories were shared with the McCutcheon family from long-time customers. The memorabilia table had a wonderful display of the many milestones celebrated by the Canyon Meadows Bakery. Diana Batten, the MLA for Calgary-Acadia riding presented a scroll to Stan and Heather celebrating their 37 years as a much-loved local business.



If you were unable to stop by the farewell event, keep your eyes open while out and about in the neighbourhood because you are likely to run into Heather and Stan walking around and enjoying the community they still call home.

Thank you, Stan and Heather, for your unwavering support of this community association and the people that live here.



## Collection Days Are Changing in April

by *The City of Calgary*

Starting April 22, many Calgary households will see blue, black, or green cart pick-up days moving to improve routes. These updates also align with the return of city-wide weekly green cart collection. The new collection schedules will be available on [calgary.ca/cartschedule](http://calgary.ca/cartschedule) by April 8. Check your schedule to:

- Find out whether your blue, black, or green cart pick-up day is changing.
- Know when your weekly green cart begins.

Collection schedule changes update automatically if you have signed up for reminders.

Did you know that The City provides free reminders for your blue, black, and green cart pick-up days? All you need to do is sign up! When it's time to put your carts out for collection, we'll send you a reminder. When you sign up, you will get:

- Instant access to your pick-up schedule.
- Notifications about any changes to your collection schedule.
- Useful tips for using your blue, green, and black carts.

### It's Easy!

Option 1: Go to [calgary.ca/cartschedule](http://calgary.ca/cartschedule).

- Type your address in the search box to view your collection days.
- Click on 'Get a reminder' to receive your preferred method. Choose to be notified by email, calendar, or phone, either the day before or the day of your collection.

Option 2: Download the Garbage Day App onto your phone.

- Available on the App Store or Google Play.
- Set notifications to remind you of your cart collection days.

Never miss another cart collection day again.

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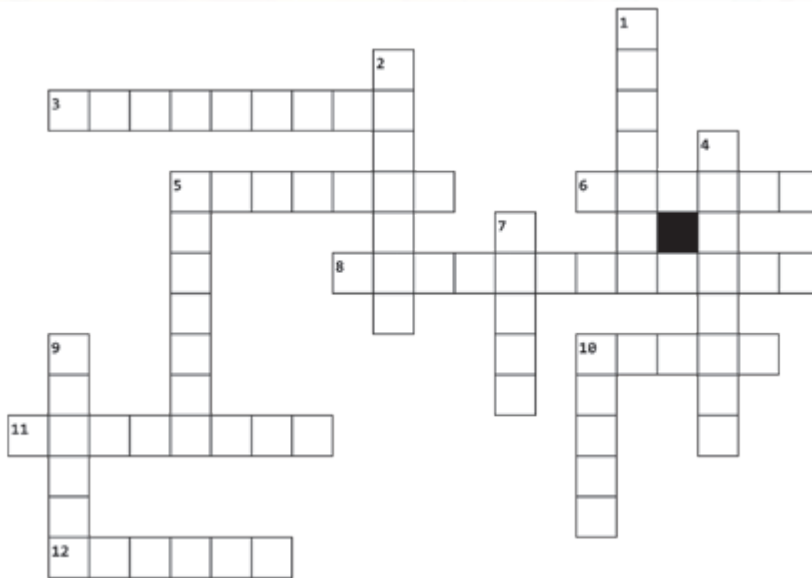
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# April Crossword



## Across

3. Simon & Schuster released the first-ever \_\_\_\_\_ puzzle book on April 18, 1924, delighting word game enthusiasts around the world.
5. On April 1, 1919, the Stanley Cup Final between the Montreal Canadiens and the Seattle Metropolitans was cancelled due to the \_\_\_\_\_ flu pandemic.
6. On April 30, 1952, Mr. \_\_\_\_\_ Head became the first toy ever to be advertised on television.
8. Terry Fox started his Marathon of Hope on April 12, 1980, in St. John's, \_\_\_\_\_.
10. This meteor shower takes place in April every year.
11. ABBA won the 1974 Eurovision Song Contest with their song \_\_\_\_\_ on April 6.
12. This space telescope was first deployed into orbit by the space shuttle Discovery on April 25, 1990.

## Down

1. April's birthstone is the \_\_\_\_\_, a popular choice for engagement rings.
2. Stanley Kubrick's sci-fi adventure film, *2001: A Space \_\_\_\_\_*, premiered in April 1968.
4. The Royal \_\_\_\_\_ Air Force was officially established on April 1, 1924.
5. \_\_\_\_\_ *Island* by Dennis Lehane was first published on April 15, 2003, and later became a film starring Leonardo DiCaprio and Mark Ruffalo.
7. Comedian and actor Seth \_\_\_\_\_ was born on April 15, 1982, in Vancouver, BC.
9. The World \_\_\_\_\_ Organization was established by the United Nations on April 7, 1948.
10. On April 16, 2018, Kendrick \_\_\_\_\_ won the Pulitzer Prize for Music, becoming the first rapper to do so.



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

# Getting Your Gut on Track

by Alberta Health Services

You may have heard of the gut microbiome – it's the community of microbes (example: bacteria) that live in your colon (or gut) that influences your health.

It's an exciting area of nutrition research because what you eat and drink can affect the health of your gut and the microbiome. This can affect your risk of chronic diseases like obesity, heart disease, and even certain cancers.

There are many foods that support a healthy gut microbiome which is linked to better overall mental and physical health.

### Whole Plant Foods

It's recommended that whole plant foods make up the majority of what you eat. Whole plant foods are vegetables, fruits, whole grains, beans, legumes, and nuts that have undergone limited processing. These foods have fibres that feed your gut microbes. For example, whole grains have benefits for metabolism and immunity. Gut microbes feast on parts of the bran layer in whole grains, which has an anti-inflammatory effect. This is important as many chronic diseases are linked to inflammation.

Having a variety of whole plant foods has been shown to help improve feeling of fullness and can help your body to be more sensitive to the insulin, which regulates blood sugar in your body. Choose a variety of plant foods.

As many Canadians struggle with getting enough whole grains, where possible look for opportunities to replace refined grains with whole grain options.

### Protein Foods

The protein foods to support gut health are plant-based protein foods and fatty fish. Examples of plant-based protein foods are kidney beans, chickpeas and lentils, nuts like walnuts or almonds, and fatty fish like Arctic char, mackerel, herring, salmon, sardines, and trout.

Beans and nuts contain fibre and phytochemicals (plant chemicals) which can help to increase the helpful gut microbes. Fatty fish has omega-3 fatty acids which help lower inflammation.

### Low Fat and Fermented Dairy Products

Fermented dairy foods that have live bacteria (like kefir and yogurt) can increase the good bacteria in the gut microbiome.

Look for milk, yogurt, and kefir with little or no added sugar and lower milk fat (M.F.). Lower fat dairy (2% M.F. or less) is recommended over higher fat dairy foods like cheese because they are lower in saturated fat.

Saturated fat is linked to inflammation.

### What to Limit or Avoid

**Red Meat:** Small amounts of lean red meat can be included in a healthy eating pattern, as red meat has many nutrients including protein. It is recommended to be included in smaller amounts because it can contribute to inflammation.

**Processed meat:** Avoid or minimize them because the curing agents in processed meats contribute to cancer forming compounds when they are digested by gut microbes.

### Try Mediterranean Style Eating!

The Mediterranean style of eating has been shown to help support a healthy gut microbiome. It includes lots of vegetables, fruits, beans, peas, lentils, fish, nuts, and olive oil. There is some research that it can help support brain function and it can also reduce inflammation as well as frailty in older adults.

If you are looking for practical ways to eat in a way to support a healthy gut microbiome, visit [ahs.ca/nutritionhandouts](https://ahs.ca/nutritionhandouts) and search for Mediterranean Style of Eating.





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## Word of the Month



**Ebullient: adjective  
(ih-buhl-yuhnt)**

**Liveliness, enthusiasm,  
overflowing with excitement.**

**He was in quite  
an ebullient mood.**

## Shaping Calgary's Future Through Community Engagement

by *The City of Calgary*

The Federation of Calgary Communities, in partnership with The City of Calgary, bring you Partners in Planning, a free, award-winning certificate program. Through a series of engaging events, residents are empowered to help shape the city's future. This year's program features workshops aimed at fostering collaboration and deepening community understanding of city planning. Here are some upcoming events:

**Crafting Calgary: Planning Implementation Unveiled**  
**April 5, 9:00 am to noon**  
**Capitol Hill Community Association**

This workshop delves into the complexities of city planning, offering insights into how the City of Calgary implements change. Learn about the balance planners strike between policies, the Land Use Bylaw, and five community needs through various application reviews, including land use amendments and development permits.

**Navigating Calgary's Blueprint: Understanding Planning**  
**May 31, 9:00 am to noon**  
**Capitol Hill Community Association**

Explore Calgary's planning framework and the legislative policies that guide it. This event covers the Municipal Development Plan, Local Area Plans, and how these policies work together to prepare Calgary for future growth.

**Elective One: Built Forms Walking Tour**  
**June 22, 9:00 am to noon**  
**Marda Loop Communities Association**

Join this walking tour to learn about different built forms in low-density residential districts. Attendees will explore architectural elements and how they contribute to the urban fabric, highlighting how these elements enhance established communities.

Join the Federation of Calgary Communities and The City of Calgary for these insightful events and be part of shaping Calgary's future!

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## Celebrating Calgary 150 - Treaty 7 and Cow Town

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

The NWMP arrived in 1874. Colonel Macleod met with Chief Crowfoot, who wanted respect for Blackfoot rights and encouraged friendly relations with the newcomers.

Conflict in America and the planned trans-continental railway led Canadian authorities to offer treaty negotiations with Indigenous peoples. The negotiations took place at Blackfoot Crossing, a traditional gathering place near Cluny, AB.

Crowfoot delivered an account of the talks to the other Chiefs. Land for settlement was exchanged for Indigenous land rights as well as farming support, food, and annuities. The Treaty was signed on September 22, 1877.

Increasing settlement and the buffalo's near extinction upended the Treaty. As well, property was not part of Indigenous tradition, and the location and size of reserves was not clarified.

The end of the buffalo meant Indigenous peoples arrived on their reserves in need of food and shelter. The winter of 1883 to 1884 is known as the Starvation Winter. Government bureaucrats worsened the situation by restricting movements and limiting agricultural support.

Louis Riel returned from America to again argue for Indigenous rights. In 1885 at Batoche, SK, he established a provisional government. Shots were fired and the police retreated. Some Cree in Alberta took up the cause at Frog Lake, but Crowfoot would not side with Riel. Troops were ordered to Saskatchewan via the newly constructed railway. At the Battle of Batoche, the North-West Resistance ended, and Riel was tried and executed.

With the railway completed in 1885, Calgary was connected to the world. One result was more homesteading. American John Ware, a former slave, arrived and developed a reputation as a skilled and daring cowboy. Along Fish Creek, John Glenn's irrigation system powered Samuel Shaw's woollen mill.

Calgary was incorporated as a town in 1884. Surveyor William Pearce set aside St. George's and St. Patrick's

Islands as parkland. James Walker, owner of Bow River Sawmill, expanded the fort. He was the first Board of Trade president and petitioned for a school district. In 1975 he was named Citizen of the Century.

With Cow Town firmly established, the next decade would shape the city you're probably most familiar with today.

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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF10Y2G50?WS=SearchResults>. "Blackfoot crossing, Bow River, Alberta," 1882, (CU181390) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FTUJL?WS=SearchResults>. "Blood woman at the ration house, Blood reserve," 1897, (CU1156926) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OMO9J6?WS=SearchResults>. "Colonel James Walker's sawmill, Calgary, Alberta," [ca. 1880-1883], (CU182558) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

# Overcoming Dating Anxiety

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

### 1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

### 2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

### 3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

### 4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

### 5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

### 6. Confidence Tips

**Before the Date:** Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

**During the Date:** Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

**After the Date:** Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.



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## Say Cheese! It's Grilled Cheese Month!



April is celebrated as Grilled Cheese Month, a perfect time to indulge in a gooey and perfectly toasted sandwich. Why not honour this tasty tradition with your favourite cheesy creation all month long?

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