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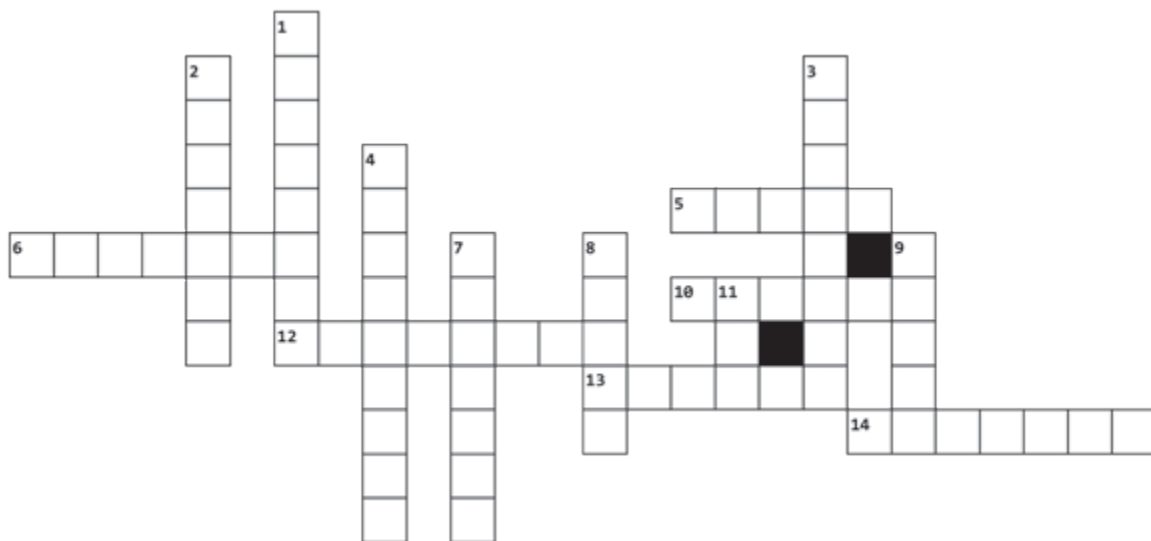


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April Crossword



Across

5. The _____ and the Sweet Pea are April's official birth flowers.

6. This famous Leonardo was born on April 15, 1452.

10. In April of 1970, _____ 13 launched and famously ran into difficulties 56 hours later.

12. *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, recently made into a feature film directed by Martin _____, was originally published on April 18, 2017, and written by David Grann.

13. This popular holiday, typically in April, is thought to be named after the goddess "Eastre".

14. Noah _____ copyrighted this eponymous, well-known dictionary used by many on April 14, 1828.

Down

1. After a 1,500-year break, this international multi-sport event was reintroduced in Athens on April 6, 1896.

2. Famously nicknamed "The Unsinkable", this ship went down on April 14, 1912, in the North Atlantic Ocean.

3. This year, the World Ski and Snowboard Festival will be held the second week of April in _____, BC.

4. This cultural hub of Canada was incorporated into the country as a city on April 6, 1886.

7. Ford released the first version of this beloved muscle car on April 17, 1964.

8. "I Want to Break Free" by _____ was released in April of 1984, with a controversial yet playful music video.

9. Vancouver-born _____ Smulders, who famously plays Robin Scherbatsky in *How I Met Your Mother*, celebrates her birthday on April 3.

11. On April 11, National _____ Day is celebrated and advocates against animal violence and cruelty.



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

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RESIDENT PERSPECTIVES

Do I Need to Be Happy?

by Michelle Poon, Registered Psychologist



Happiness is defined as an emotional state characterized by feelings of pleasure, contentment, and a sense of satisfaction. During a state of happiness, we may feel energized, enjoy healthy relationships, and feel like we are living with a sense of purpose. Alternatively, during a state of unhappiness, we may feel disappointed, think more pessimistically, and experience fatigue and changes in weight or appetite.

However, life is a balance of a variety of emotions, both comfortable and uncomfortable, and it's healthy to experience a wide range of emotions. Anxiety, sadness, guilt, and anger are all normal emotions, and they can help us grow and become more resilient. Life satisfaction does not come from feeling happy all the time, but instead stems from evolving factors such as mindfulness, living by your values, and responding more effectively to unhelpful thoughts.

The following are ways to both increase life satisfaction, and cultivate more moments of happiness:

- **Have more mindful moments** – be in the here and now, practice gratitude, perform random acts of kindness, and pay more attention to the small things around you.
- **Live by your values** – identify what you want to stand for in life and incorporate these values into activities such as volunteering and/or other community involvement.
- **Reframe and respond more effectively to unhelpful thoughts** – consider alternative perspectives, focus on the bigger picture, and let go of thoughts that aren't enhancing your life.

Keep in mind that the above strategies take committed action and time. It's always okay to ask for help and to try out different strategies to find the one that works best for you.

"Even if happiness forgets you a little bit, never completely forget about it." - Jaques Prevert

How to Heal from Intimate Betrayal

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



Healing from intimate betrayal trauma is a complex and deeply personal journey. Here are twenty strategies that may be helpful in your healing process:

- 1. Seek Professional Help** - Support from a therapist trained in trauma and betrayal can provide guidance and a safe space for processing overwhelming emotions. There are many modalities for treating trauma. It is not a one size fits all.
- 2. Practice Self-Compassion** - Be gentle and understanding towards yourself, recognising that healing takes time, support, and effort.
- 3. Establish Healthy Boundaries** - Set clear boundaries to protect yourself from further harm and create a sense of safety. This is not just with your partner, but friends and family as well.
- 4. Engage in Self-Care Activities** - Prioritize activities that nurture your physical, emotional, and mental well-being, such as exercise, meditation, and spending time in nature.

5. Join a Support Group - Connecting with others who have a shared lived experience can provide validation, understanding, and a sense of belonging.

6. Journaling - Writing about your thoughts, feelings, and experiences can be a therapeutic way to process emotions and gain insight into your healing journey. It is also beneficial to do this as a 'mind dump' to keep rumination at bay.

7. Educate Yourself - Learn about the impact of betrayal trauma and explore resources on healing and recovery.

8. Practice Mindfulness - Cultivate present-moment awareness to manage overwhelming emotions and reduce anxiety. Ground yourself in what you are doing in the here and now.

9. Express Yourself Creatively - Engage in activities such as art, music, or dance to express overwhelming emotions and foster self-expression.

10. Challenge Negative Beliefs - Identify and challenge negative beliefs about yourself, relationships, and trust that may have developed as a result of the betrayal.

11. Cultivate Forgiveness - Explore forgiveness as a way to release resentment and find peace, recognizing that forgiveness is a process and may not happen immediately. This includes yourself as well as your partner.

12. Engage in Healthy Relationships - Surround yourself with supportive and understanding people who respect your boundaries and encourage your healing journey. Be discerning about whom you choose to share with.

13. Set Realistic Expectations - Be patient with yourself and recognize that healing is not linear, and there may be setbacks along the way. It takes time to process trauma and heal from PTSD.

14. Practice gratitude - Focus on aspects of your life that bring you joy and gratefulness, even amidst the pain of betrayal.

15. Connect with your Spirituality - Draw strength and comfort from your spiritual beliefs and practices, if applicable.

16. Engage in Activities You Enjoy - Participate in hobbies and activities that bring you pleasure and fulfilment, helping to restore a sense of joy and purpose.

17. Practice Relaxation Techniques - Incorporate relaxation techniques such as deep breathing, progressive muscle relaxation, or guided imagery to reduce stress and promote relaxation.

18. Seek Closure - Explore ways to find closure, whether through conversations, rituals, or symbolic gestures, to help facilitate the healing process.

19. Focus on Personal Growth - Use the experience of betrayal as an opportunity for self-reflection, growth, and transformation.

20. Celebrate Milestones - Acknowledge and celebrate your progress and achievements along your healing journey, no matter how small they may seem.

It's important to remember that healing from intimate betrayal trauma is a gradual and individualized process. What works for one person may not work for another. It's okay to seek professional help and support as needed, and to honour your unique journey towards healing and recovery.

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Correction in March Newsletter

In the *Housing, Development, and Community Associations* article written by Harris Hanson on page 10 of the March issue of this newsletter, it is mistakenly stated: "There is an organization, funded with our property tax dollars, called the Federation of Calgary Communities (the FCC) which, lately, wants to be able to say that it speaks for the Community Associations (CAs) in respect of planning matters."

The mistake arose from a clerical error. The author apologizes to the FCC, which provides much appreciated advice to community associations in Calgary.



BRAIN GAMES

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3-1-1 Calgary Introduces New Call Back Feature to Reduce On-Hold Wait Times

by The City of Calgary

The City of Calgary has launched a new feature for its 24/7 services and information line. When you call 3-1-1, you'll be notified of the wait time, and you can choose to receive a callback if it is longer than one minute.

If the expected wait is longer than one minute, the system will advise on the estimated wait time before providing the option for a callback.

The callback feature is available on the ten-digit 403-268-CITY (2489) and 3-1-1 lines between the hours of 8:00 am and 4:30 pm, seven days a week. These hours of operation experience the highest volume of call demand, often resulting in longer wait times.

"This technology allows for 3-1-1 to strengthen our commitment and focus on providing enhanced customer service to our citizens," says Clarke Bellamy, Manager, 3-1-1, Customer Service and Communications. "We anticipate this new feature will provide additional options to callers that prefer not to wait on hold."

The City of Calgary is the first 3-1-1 service in western Canada to offer a daily callback feature.

Contact 3-1-1 via mobile app and by phone for City information and non-emergency services, such as bylaw-related issues, snow removal concerns, potholes, street cleaning, and tax account inquiries. Language translation and accessibility services are available.

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December	23	2	3	\$675,000	\$653,200
November	23	10	10	\$739,450	\$732,000
October	23	6	7	\$659,900	\$640,000
September	23	13	10	\$839,500	\$827,500
August	23	7	7	\$848,500	\$830,000
July	23	8	10	\$774,000	\$770,000
June	23	16	12	\$859,700	\$846,000
May	23	8	5	\$1,149,900	\$1,155,500
April	23	8	13	\$669,000	\$655,000
March	23	16	10	\$899,000	\$917,500

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