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Calgary's Food History

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

The leaves are turning, the nights are colder, and it's time to harvest the garden. Whether you're jarring, pickling, or having a family dinner, our stunning natural landscape is a breadbasket.

After the last Ice Age 11,000 years ago, Indigenous peoples thrived on buffalo. Herds traversed down the escarpment to reach the Bow River along the path today called Edmonton Trail. Nearby, the confluence of Mohkinstsis, meaning "elbow", and the Bow River was a fine place to camp during the seasonal round. Europeans and Métis then arrived to trade manufactured goods for beaver pelts, Canada's main export for a century.

Southern Alberta was investigated for its agricultural suitability by Captain John Palliser (the Palliser Hotel, Square, and neighbourhood are named in his honour). His expedition travelled from 1857 to 1859, determining parts of the Palliser Triangle area as suitable for livestock and a smaller, fertile part for settlement. More land opened to agriculture thanks to government scientists' introduction of Marquis wheat, a crop that matures before the fall frost. Farmers' irrigation infrastructure helped too. You can visit Calgary's very own canal, which begins at Western Headworks below Max Bell Arena and empties into Chestermere Lake.

In 1914, under the Vacant Lots Garden Club, the City purchased land for community gardens and beautification. The Club was supported by Annie Gale, the first woman city councillor in the British Empire. These plots became Victory Gardens during WWII to support the war effort. You can still visit the last of these gardens in Bridgeland-Riverside, at the Vacant Lot Gardens municipal historic site.

Calgary is also famous for ginger beef. In 1975, Louise Tang and Lily Wong of Hong Kong opened Silver Inn Restaurant. They included a beef centered menu item among other Beijing-style Chinese dishes to introduce the cuisine and cater to the palates of Calgarians.

Today, Calgarians enjoy cuisines from all over the world. You can participate too by volunteering at your local community garden or visiting farmers' markets. You

can also join Light Cellar's foraging community to find nature's goods yourself. We are blessed to be stewards of this bountiful land.

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"Mrs. Annie Gale and her son Bill, Calgary, Alberta," 1914, (CU1198772) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1T51CF?WS=SearchResults>.



Vacant Lot Garden Municipal Historic Site, Bridgeland-Riverside, June 2024. Photo courtesy of Anthony Imbrogno.

The Art of Finding Work: A Job Search Game Changer: Assertive Communication

by Nick Kossovan



King of all skills: communication skills.

Clear, concise communication is the key to getting and keeping an interviewer's attention. An hour-long interview boils down to having 30 minutes to make your case.

First 15 minutes: Small talk, building rapport, setting the tone for the interview.

30 minutes: Actual interview.

Last 15 minutes: Asking questions and wrapping things up, which influences how your interviewer will remember you.

Making your case in 30 minutes requires assertive communication, a powerful skill for conveying your message clearly and directly. When you start using assertive communication, you'll experience a game-changing shift in your job search and career because it's linked to self-confidence and an alpha-like personality, traits that are valued in business environments.

During the interview process, your competitors will likely exhibit signs of passivity or aggression. In this context, assertive communication is a strategic advantage, making you stand out and, most importantly, be taken seriously. You want to aim for the sweet spot between the timid passivity of "I'm not sure, whatever you think is fine" and the overly aggressive "This is how it's going to be."

The assertive communicator strikes a balance between self-promotion and humility. They state their case firmly

but also listen to the other person's point of view. This balance is crucial during an interview, where you must promote yourself by showcasing your qualifications while appearing poised, professional, and easy to work with.

Assertive communication has three elements:

1. Adamantly believing in what you speak of.
2. Knowing why you believe what you believe.
3. Being ready to prove why you believe, think, or feel what you do; otherwise, it's just your opinion, and "opinions" rarely convince anyone to take action.

A few examples of assertive communication in an interview setting:

Scenario 1: Discussing salary expectations

Passive approach: "I'm open to whatever you offer for this role."

Aggressive approach: "To take this job, I need no less than \$80,000."

Assertive approach: "Based on my 20 years of experience managing inside sales teams and my track record for exceeding sales targets, I think \$85,000, plus a commission and quarterly bonus, which we can work out, would be fair. Would this work for you?"

The assertive communicator clearly and confidently states their salary expectations, acknowledges the employer's perspective, and leaves room for negotiation. Rather than just throwing out a number, they provide context and explanation.

Scenario 2: Addressing a weakness

Passive approach: "I definitely need to improve my public speaking. It's something I struggle with."

Aggressive approach: "Public speaking is not my weakness at all. I'm an excellent presenter and communicator."

Assertive approach: "I'm actively improving my public speaking skills. In my last role, I volunteered to conduct more team presentations. This past March, I joined Toastmasters and have given three talks since. Although I am proud of my progress, there is still room for improvement."

An assertive communicator acknowledges their weaknesses honestly and explains how they're addressing them, demonstrating self-awareness and a growth mindset, qualities employers find attractive.

Scenario 3: "Do you have any questions for me?"

Passive approach: "No, you've covered everything."

Aggressive approach: "When can I expect a job offer?"

Assertive approach: "Yes, I do. I'm excited about this opportunity and believe I would excel in this role. How soon can I expect to hear from you regarding next steps? I'm eager to move forward."

Scenario 4: Expressing interest in the job.

Passive approach: "I'd be happy to work here."

Aggressive approach: "I am perfect for this job. I expect you to offer it to me today."

Assertive approach: "This opportunity excites me. Based on our discussion, I can see how my qualifications and experience align with being able to meet the expectations you have for this role; therefore, I'm confident I would excel in this role. I'm very interested in joining your team. Is there anything else I can tell you about my background to help you decide to hire me? Otherwise, when can I expect to hear from you regarding next steps?"

The assertive communicator expresses interest and enthusiasm for the job while respecting the employer's decision-making process. They state their case compellingly without demanding or pressuring the interviewer.

Today's job market is hyper-competitive, making job seekers desperate. Hence, it's becoming common for candidates to ask outright at the end of an interview, "Am I hired?" No matter how much you need or want the job, never ask outright if you got the job.

While it's understandable you want to "close the deal," putting pressure on the hiring manager to tell you whether you got the job will create an uncomfortable situation. As I mentioned earlier, how you end your interview will influence how you're remembered. Creating an uncomfortable situation isn't what you want to be remembered for.

Finding the right balance is the key to assertive communication. Your goal: Be bold and confident without being arrogant or confrontational. Assertive communication is a superpower. Few do it well. It shows employers that you're self-assured, adaptable, and can advocate for yourself. By embracing assertive communication, you'll be far ahead of your competition.



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Stroke Prevention and You

by Alberta Health Services

It is important to learn the signs of stroke, not only to protect yourself but your loved ones around you. But first, let's start with the basics. What is a stroke?

A stroke is damage to the brain that occurs when a blood vessel in the brain bursts or is blocked by a blood clot. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly. Brain damage can start within minutes of a stroke, so it is important to act quickly because timely treatment can help limit the damage and increase the chance of a full recovery.

Causes and Symptoms of Stroke

There are two types of strokes which have different causes:

An ischemic (say "iss-KEE-mick") stroke is caused by a blood clot that blocks blood flow to the brain. A blood clot can form in an artery that supplies blood to the brain. Or a blood clot can form in another part of the body (often the heart) and travel through the bloodstream to the brain. Ischemic strokes are the most common type of stroke.

A haemorrhagic (say "heh-muh-RAW-jick") stroke is caused by bleeding in or around the brain. It happens when an artery in the brain leaks or bursts. Haemorrhagic strokes are less common than ischemic strokes.

Symptoms can happen suddenly, so knowing what to look for can ensure you or your loved one is treated quickly. The best way to remember stroke symptoms is by using the acronym **FAST**.

- **Face** – is it drooping?
- **Arms** – can you raise both?
- **Speech** – is it slurred or jumbled?
- **Time** – to call 9-1-1 right away

Other stroke symptoms include loss of balance or trouble walking, trouble seeing out of one or both eyes, sudden confusion, sudden trouble understanding simple statements, fainting, a seizure, and a sudden, severe headache.



When you know what stroke symptoms are, you will know when it's important to call for medical help. Quick treatment can limit damage from a stroke, and it may save your life or someone else's life.

Stroke Prevention

Managing health problems such as atrial fibrillation, diabetes, high blood pressure, and high cholesterol can minimize the risk of stroke but there are other ways to prevent.

Some examples include:

- Maintaining a heart-healthy lifestyle, including healthy eating and regular physical activity. Include heart-healthy foods like vegetables, fruits, nuts, beans, lean meat, fish, and whole grains. Limit sodium and sugar.
- Ensure you incorporate at least 2.5 hours of moderate to vigorous exercise a week. Walking is an easy, low-impact option but other activities can include running, swimming, cycling, or playing tennis or team sports.
- Don't smoke. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Limit alcohol intake.
- Stay at a healthy weight.
- Limit and manage stress.
- If you are diabetic, it is important to control your diabetes. To learn more about how to manage your diabetes, see myhealth.alberta.ca/health/pages/conditions.aspx?hwid=center1010.

If you think you may have a problem with alcohol or drug use, talk to your doctor. If you use hormone therapy for menopause or hormonal birth control, talk with your doctor. Ask if these are right for you. They may raise the risk of stroke in some people. Decide with your doctor whether you will also take medicines to help lower your risk. For example, you and your doctor may decide you will take a medicine that prevents blood clots.

Back-to-School Safety

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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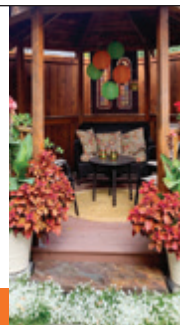
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It has been over a year since the 2023 election and since having the privilege of being the MLA of Calgary-Glenmore. I have met many of you at the doors and at community events across the riding – from Lakeview Family Day to Stampede events at Oakridge, Woodcreek, and Braeside to the JCC Sports Dinner to the Celebration of Multiculturalism at Glenmore Park to the Calgary Dragon Boat Festival.

I am grateful to Ward 11 and 13 Trustee Nancy Close who facilitated my visit to all Calgary Board of Education schools in the riding. I learned from our wonderful educators about the complexity in the classrooms. I also enjoyed a Latke Lunch at the Calgary Jewish Academy and toured Connect Charter school and met many of you at my first townhall at CKE community hall in January. I have had hundreds of conversations and learned so much from all of you.

We will continue to listen and represent you at the Alberta Legislative Assembly. The Calgary-Glenmore office is here to help you navigate provincial services, respond to notary requests within our provision, and address concerns related to provincial issues. I always welcome attending your local events and meeting more constituents so do not hesitate to invite us.

I look forward to seeing you at the family-friendly Calgary-Glenmore Bike-A-Palooza on Sept 22, 10:00am to noon at Heritage Park. Bring your friends and children and bike or walk with us along the pathway. Enjoy refreshments and enter to win prizes like an annual family pass to Heritage Park or passes to the Calgary Zoo and Glenmore Sailing Club. Please contact our office to sign up.

See you soon!

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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

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



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MY RECENT COMMUNITY LISTINGS & SALES



SOLD

2836 Lionel Crescent SW / Lakeview
Represented Buyer / \$825,000
1,105 Sq.Ft | 5 BEDROOMS | 2 BATHS



FOR SALE

6706 Larch Court SW / Lakeview Village
0.36 Acres / \$1,300,000



FOR SALE

6914 Livingstone Drive SW / Lakeview Village
3,796 Sq.Ft / \$4,500,000
5 BEDROOMS | 5 BATHS



SALE PENDING

2007 52nd Ave SW / North Glenmore
2,570 Sq.Ft / \$2,095,000 (Pending Sale as of Aug 12, 2024)
5 BEDROOMS | 5 BATHS | SUNNY SOUTH YARD

LAKEVIEW JULY 2024 STATISTICS



NORTH GLENMORE PARK JULY 2024 STATISTICS



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