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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.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



Share your purple moments using #postyourpurple



epilepsycalgary.com

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Crime Statistics নাম্বর্গারে



Real Estate Statistics





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Hey Calgary!

March is Community Association Awareness Month, and it's the perfect time to discover the amazing things happening in your neighbourhood!

Community associations are at the heart of our city – organizing events, advocating for neighbourhood life, and helping us feel connected to where we live. These non-profit organizations are run by volunteers who work hard to make your community a better place. They organize everything from family movie nights and potlucks to community gardens and sports leagues.

Did you know there are over 20,000 volunteers across Calgary making a difference? They're people just like you, working to make their communities great places to live, work, and play.

It's easy to get involved!

Find your local community association: Visit calgarycommunities.com to find your association and see what they offer.

Attend an event: Check their website or social media for upcoming events like movie nights, festivals, or workshops.

Volunteer your time: There are lots of ways to help, from coaching a sports team to assisting at a community garden.

Become a member: Supporting your community association with a small membership fee helps them continue their important work.

Please join The City of Calgary and the Federation of Calgary Communities in showing our appreciation for the hard work of our community volunteers in March.

Visit calgarycommunities.com/MCAAM to find your local community association and get involved! You can also find information and resources through The City of Calgary at calgary.ca/communities/community-associations.html.





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.







LAKEVIEW COMMUNITY REAL ESTATE ACTIVITY

		Properties		Media	n Price	
		Listed	Sold	Listed	Sold	
January	25	11	9	\$799,900	\$830,200	
December	24	0	0	\$0	\$0	
November	24	5	6	\$827,450	\$812,000	
October	24	6	11	\$899,000	\$895,000	
September	24	8	4	\$774,900	\$787,500	
August	24	7	5	\$749,900	\$825,000	
July	24	9	8	\$962,400	\$975,500	
June	24	5	5	\$539,000	\$580,000	
May	24	9	7	\$699,900	\$775,000	
April	24	7	10	\$793,477	\$797,500	
March	24	9	8	\$1,037,400	\$1,017,500	
February	24	2	1	\$2,395,000	\$2,395,000	

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

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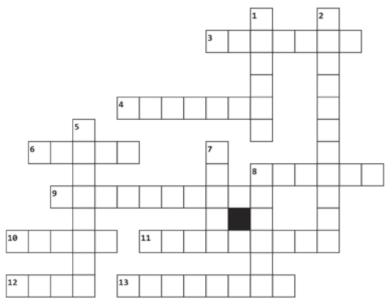
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March Crossword



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.



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!



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

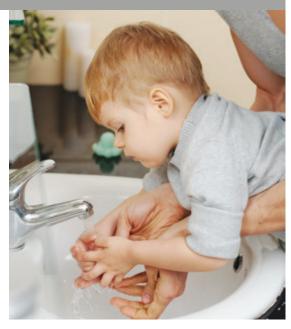
- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

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.

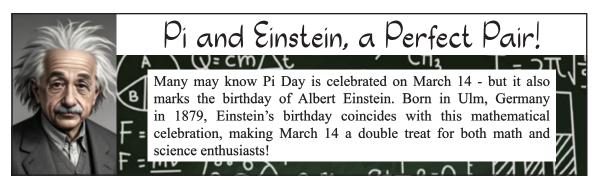
Prevention of Burns

• 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.



Learning About Palliative and End-of-Life Care

by Alberta Health Services

People can live for many years with a chronic disease. Palliative and end-of-life care gives extra support at all stages of a chronic illness, not just near the end-of-life. This type of care works with people's family doctor and specialist as they're being treated for chronic illness. It helps to give people the best quality of life possible so people and their families can live a more settled and peaceful life.

How Specialized Care Teams Help

Living with a chronic disease can be harder some days than others. People may need to be in the hospital for a short time, and it can be tough on people and their caregivers. Sometimes medicine can help treat a chronic disease, and sometimes other therapies are a better choice.

Palliative and end-of-life care focuses on people's comfort, no matter what health problems a disease may cause. Care teams work to:

- Treat symptoms using medicine and other therapies.
- · Help people feel more positive.
- Help with fears and anxiety.
- Show what community supports are out there.
- Teach about care options.
- Make sure all caregivers know what the person wants and needs.
- Explain how the health care system works.

Care Options

In Alberta, you have many options for where to get palliative and end-of-life care – your home, a hospital, a continuing care centre, or a hospice. Talk to your family and your health care team about what's important to you and where you'd like to be at this time in your illness. Your choice may change as your illness changes, and you can get palliative and end-of-life care at any time.

Home

Many people choose to stay in their own homes to get palliative and end-of-life care from a home care program. Being in a familiar place, close to loved ones, can help you live as normally as possible. Home care programs offer nursing care and other home support services, such as:

- Volunteer services.
- · Community day programs for you.
- Care to manage your pain and symptoms.
- Teams to help with urgent needs 24/7.
- Interdisciplinary care such as support with finances and rehabilitation.

There's also a program that's helping to bring emergency care to people who get palliative and end-of-life care in their homes. The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that's what they wish.

Hospitals

In a hospital, care is often given by a team of doctors, nurses, and other health care providers. The team has access to expert palliative care consultants or palliative doctors. Some hospitals have palliative and end-of-life care units, and others set aside beds in different units.

Continuing Care Centres

You can get palliative and end-of-life care services in continuing care centres, like long-term care and supportive living facilities. The type of facility you choose depends on:

- The lifestyle you want.
- The care you need.
- · How much you can do for yourself.

If you're in one of these facilities and you need specialized palliative care services, you may need to stay in a hospital for a short time.

Hospices

Alberta has many hospices. These places are made to feel like home while giving specialized end-of-life care, 24/7. The care teams focus on your comfort and quality of life and can help you and your family cope with your feelings about serious illness. In a hospice, you're cared for by health care professionals. Availability of other professionals such as spiritual counsellors and other services such as volunteers may be different for each hospice.

For more information about end-of-life care, go to myhealth.alberta.ca/palliative-care/resources.



YOUR CITY OF CALGARY

Find Your Next Job at the Youth Hiring Fair – March 27

by The City of Calgary

Mark your calendars! The Youth Employment Centre (YEC) is excited to announce the return of the Youth Hiring Fair on Thursday, March 27 at the Big Four Building from 1:30 to 6:00 pm. If you're between the ages of 15 and 24, this event is your opportunity to meet with 80 employers ready to hire for part-time, full-time, permanent, or seasonal positions.

Whether you're starting your job search or advancing your career, the Youth Hiring Fair is the place to be. You'll have the chance to connect directly with employers from various industries offering diverse opportunities for all skill levels.

Before the event, be sure to visit the Youth Employment Centre at 315 – 10 Ave SE to receive free assistance with resume building and interview preparation. Our expert employment counsellors are available to help you build confidence and ensure you're ready to make a strong impression on potential employers.

Don't miss out on this fantastic opportunity to secure your next job. Visit calgary.ca/yechiring for more details!



What Goes Where?

by The City of Calgary



Sorting can be tricky, but every decision counts, and we're here to help you become a sorting pro.

Green bins are for food scraps and yard waste, and your blue bin is for acceptable household paper, cardboard, and container packaging.



Some old and broken household items don't always have to end up in the black bin, there are a range of programs and services to help divert waste from our landfills and give items a second life.

Together, we can make a big impact and become recycling and composting champions.

If you're unsure where an item belongs, visit calgary.ca/ whatgoeswhere to find the 'Right Bin for the Win!'

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BRAIN GAMES				SUDOKL				
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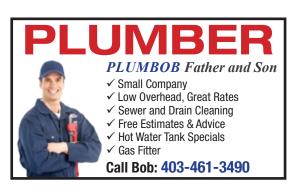
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SALES

NEW LISTINGS 12

AVERAGE DAYS ON MARKET

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