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		Listed	Sold	Listed	Sold
February	25	0	0	\$0	\$0
January	25	0	0	\$0	\$0
December	24	0	0	\$0	\$0
November	24	0	0	\$0	\$0
October	24	2	1	\$1,275,000	\$1,320,000
September	24	0	0	\$0	\$0
August	24	2	4	\$1,312,500	\$1,246,500
July	24	0	0	\$0	\$0
June	24	1	0	\$0	\$0
May	24	3	3	\$1,499,900	\$1,510,000
April	24	2	1	\$1,549,900	\$1,702,000
March	24	0	0	\$0	\$0

To view more detailed information that comprise the above
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THE GOLDEN ERA

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!

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BRAIN GAMES

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4								
5		6		1				
3	2					9		1
			8	2	3			7
7			1	6				2
8		2	7	3				
9		8					5	4
			8		7			9
								6

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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

PALLISER



BAYVIEW



PUMP HILL



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PRESIDENT'S MESSAGE

On March 4, the PBP Community Association held its Annual General Meeting and one piece of business was the election of the Board of Directors. A huge thank you to Harris Hanson for his leadership and commitment as President, he is now staying on the board as Past President. Thanks to all the board members who are continuing to serve, and thanks to Norm Bunn and Reid Colbran for coming on board (pun intended). We have a strong and committed group; the full list is in this newsletter. A Treasurer is needed, please spread the word or consider joining us if you have financial management background. We have a staff person doing the accounting; our need is from the important governance and financial oversight perspective especially now as we explore things that require investment strategy and capital planning.

Following on from 2024's intensity and excitement with the successful challenge to the land use redesignation of the space surrounding the Glenmore Landing Shopping Centre, we need to remain vigilant. Our community association, with your input, will clarify our vision and plan our strategy. We will engage with any new proposals from the City or developers and work up our own ideas and plans to best enhance the area adjacent to the reservoir and our community as a whole; working to ensure sustainable environmental, housing, traffic, recreational and functional long-term development; and supporting the community's character.

With this fall's civic election and issues around housing, zoning, density and land use; PBPCA will invite a candidate for Ward 11 to each board meeting to state their platform and address our questions. You're invited too. Board meetings happen the first Wednesday of the month and are open to the public. Watch for announcements on the website regarding candidates and timing. Please join us.

Our PBP community hall will get some attention this year, the hall needs some enhancements and maintenance. We'll also continue to explore ideas for how we can add to the opportunities we offer to community members. We're doing well with rentals and expanding social programs and over time we will need more, and a more functional space.

It's exciting to be involved. I've lived with my family in this community for 35+ years; my work and volunteer experience are in people, organizational, and community development. I look forward to working with you all in these challenging and interesting times.

We invite, encourage and need your input. You can reach me at president@pbpccommunity.ca or you can reach out to any of our board members with your thoughts, suggestions, or concerns.

Gill Basford

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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.

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

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SALE \$11,679

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- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

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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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Ts & Cs apply.

VISION AND MISSION



Vision

Palliser-Bayview-Pumphill is a welcoming community where safety, pleasant surroundings, and diversity inspire friendships among residents.

Mission

One of our primary objectives is to create opportunities for connection amongst the residents of Palliser, Bayview, Pumphill. We do this by:

- Offering community run programs that bring neighbours together.
- Advocating for thoughtful, aesthetically appropriate, environmentally appropriate, and positive development.
- Preserving our communal and natural spaces to maintain the character and beauty of our community.
- Providing useful facilities that serves the diverse needs of all residents.
- Establishing and maintaining effective communications with our residents in-person and through both printed and digital media.
- Creating strong partnerships with all our stakeholders.
- Managing the business of our community association well, with transparency, accountability, and care.



Joke of the Month



Dressed Up

What does a house wear?
Address.

Palliser Bayview Pumphill Community Association Hall Rentals

2323 Palliser Drive SW

Please visit our website to view our live calendar or send a rental request to www.calgary.ca/planning/projects/rezoning-for-housing.html?redirect=/rezoningforhousing and our Facility Coordinator would be happy to help!

Our Community Association can accommodate up to 60 guests for seated functions or 75 standing. Our hall is 1,040 sqft and is great for events like birthday parties, baby showers, Anniversary parties, workshops/seminars, also great for children's groups such as arts shows and much more!

The Main Hall includes 60 chairs and 12 tables (6' x 2.5'). Our kitchen is not commercial but holds a stove, fridge, microwave, sink, and coffee makers. We do have free Wi-Fi. We also have a few extra perks that can be included for an extra fee such as: screen, projector, small speaker system, Propane BBQ, and Master Chef outdoor grill.

Our Rental Rates Are as Follows:

Hourly - Weekend (Friday through Sunday) \$55 per hour, minimum three hours with a \$35 mandatory cleaning fee.

Half Day Rental - Weekends (Friday through Sunday)
Half Day Rental (2:00 pm to 1:00 am) \$350 with a \$50 mandatory cleaning fee.

Full Day Rental - Weekend (Friday through Sunday)
All-day Rental (6:00 am to 1:00 am) is \$500 with a \$50 mandatory cleaning fee.

Weekday Hourly Rentals - (Mondays to Thursdays) \$45 per hour, minimum two hours with a \$35 mandatory cleaning fee.

The board room is 375 sqft and is perfect for all types of meetings or a fun movie night out, featuring our 82" High-Def Smart TV with Yamaha Sound System (Wi-Fi Connected).

Board Room Rentals

\$25 per hour no minimum, your rental time must include your set up and clean up or you can pay the optional \$35 fee for cleaners.



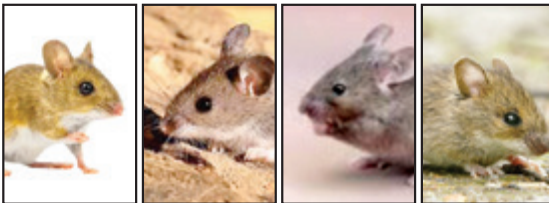
Mice in Calgary

by Perry Myscus and Mickey Moss

In Calgary we have two main species of mice – House Mice and Deer Mice. Both can be found in shades of light grey and brown. The Deer Mice have a white underbelly and are more common in neighbourhoods close to fields and parks.

The time of year when we are most likely to start seeing mice enter our homes is in the late fall, when the weather gets colder. Since mice can have more than six litters per year and live to the age of four years or more, it is important to deal with them as soon as you discover them. Deer mice are known to carry Hantavirus, which can make people quite sick. When cleaning mouse droppings, it is a good precaution to use rubber gloves and use bleach and a moist paper towel or cloth that you dispose of.

Mice enter our homes to find food and shelter. Grass seed, crumbs, pet food, compost, and anything they can eat will attract them. They can find their way into your garage and house through the smallest of openings and soon will find available materials to build cozy nests and make themselves at home. Preventing them in the first place is the most effective way to avoid an infestation. Attach door sweeps, seal gaps or stuff them with steel wool. Keep edible items in tightly sealed containers, inspect and clean regularly and remove clutter. Set traps baited with a little peanut butter and cheese and keep track of any that have bait missing or have caught a mouse, so that they can be reset. Glue traps can work indoors. Poison pellets can work but pose a risk to pets, small children or adults who come in contact with them. Use an ultrasonic device near possible entry points to discourage them. If the problem is persistent, do your homework and hire a good professional.



Deer Mice

House Mice

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POWER OF ATTORNEY?
DO YOU HAVE A
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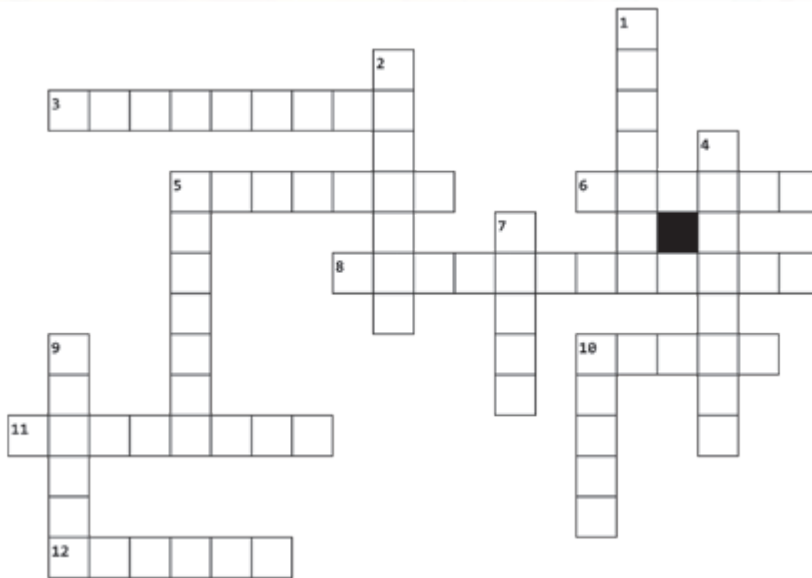
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April Crossword



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 or scan the QR code for the answers



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IMPROVED ORAL HEALTH:

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PALLISER COMMUNITY REAL ESTATE ACTIVITY

	Properties	Median Price		
		Listed	Sold	
February 25	3	3	\$400,000	\$390,000
January 25	7	3	\$399,900	\$445,000
December 24	0	5	\$415,000	\$410,000
November 24	5	3	\$799,900	\$763,000
October 24	2	4	\$634,950	\$660,500
September 24	8	8	\$562,450	\$563,500
August 24	10	11	\$499,900	\$501,000
July 24	9	5	\$599,900	\$590,000
June 24	4	4	\$737,500	\$756,250
May 24	13	16	\$494,950	\$520,000
April 24	11	10	\$424,900	\$452,500
March 24	6	5	\$640,000	\$680,000

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

PUMPHILL COMMUNITY REAL ESTATE ACTIVITY

	Properties	Median Price		
		Listed	Sold	
February 25	2	0	\$0	\$0
January 25	1	1	\$1,021,000	\$1,000,000
December 24	2	0	\$0	\$0
November 24	0	1	\$874,900	\$855,000
October 24	1	0	\$0	\$0
September 24	2	1	\$999,900	\$995,000
August 24	0	2	\$1,469,444	\$1,355,000
July 24	1	2	\$1,199,000	\$1,169,000
June 24	4	2	\$1,349,450	\$1,346,513
May 24	4	4	\$1,149,950	\$1,212,500
April 24	4	3	\$950,000	\$950,000
March 24	2	0	\$0	\$0

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

Bicycle Helmet Safety

by Alberta Health Services EMS



Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.

- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example – always wear a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.



Palliser – Bayview – Pumphill Community Association 2025 / 2026 Board of Directors

COMMITTEE POSITION	NAME	EMAIL
President	Gill Basford	president@pbpccommunity.ca
Past President	Harris Hanson	pastpres@pbpccommunity.ca
1st Vice President	Anna Kaufman	vicepresident@pbpccommunity.ca
2nd Vice President and Facilities	Kevin Taylor	2ndvicepresident@pbpccommunity.ca
Director at Large and Facilities	Irwin Rajesky	
Treasurer	Vacant	treasurer@pbpccommunity.ca
Secretary	Lesley Farrar	secretary@pbpccommunity.ca
Director, Civic Affairs	Sushma Mahajan	
Social Programs Director	Norman Bunn	
IT Director	Vacant	
Directors at Large	Mike Krayacich, Sam Plucer, Annie Fu, Jayda Rosenthal, Reid Colbran	
Facility Coordinator	Jen Sherstabetoff	pbpcam@pbpccommunity.ca
Community Resource Officer	Cst. Chad Rausch #3693	CRausch@calgarypolice.ca

pbpcam@pbpccommunity.ca | 403-281-1908

Contact: Palliser – Bayview – Pumphill Community Association

Community Association Address: 2315 Palliser Drive SW, Calgary AB, T2V 3S4

Parking: Use west parking lot of Nellie McClung School

Phone: 403-281-1908

Hall/Boardroom Bookings: pbpcam@pbpccommunity.ca

For the latest news, programs, and events, please visit our official Community Association Website at www.pbpccommunity.ca.



MEMBERSHIPS

Your annual membership is good through to the anniversary of your membership purchase and entitles you and your family to participate in a variety of different community programs and activities. The cost is only \$25 annually per family/household or \$10 for 55+/household.

Palliser – Bayview – Pumhill Community Association Membership Application 2025-26

Family Name(s): _____

First Name – Adults: 1. _____ 2. _____

First Name – Children: _____

Address: _____ Postal Code: _____

Home Phone: _____ Cell Phone: _____

Email: _____

I agree that PBPCA may send me emails about PBP events, programs, or current affairs.

*We value your privacy. We will not rent or sell your email address.

The PBP community holds many successful functions each year thanks to the tremendous help of our volunteers. If you are interested in volunteering for:

Board Member

Facilities/Ice Rink

Family Skate Days

Casino

Communications/Newsletter

Garden Maintenance

Seniors' Programs

Membership Drive

Fundraising

Social Activities

Facilities Repair & Maintenance

Community Cleanup Day



**JOIN THE
PBCA HERE!**

Send cheques payable to Palliser – Bayview – Pumhill Community Association
2315 Palliser Drive SW
Calgary, AB T2V 3S4

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

by Nick Kossovian

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.

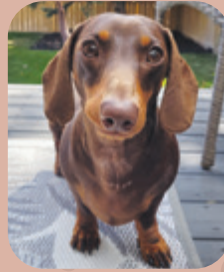
Other questions I've asked:

- "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.



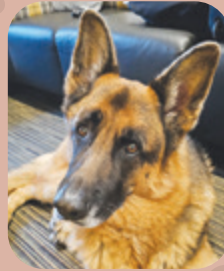
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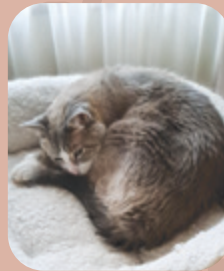
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Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

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8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250 Elder Abuse Resource Line (24-Hour)

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PBP BOARD MEETINGS



PBP Board meetings are held the first Wednesday of each month at 7:00 pm (subject to change at any time). All members welcome to join. Please send a confirmation email before you come so that we can be sure to have time to address any questions or concerns.

Looking forward to seeing you!

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 and search for Mediterranean Style of Eating.



Zucchini Spears with Zesty Tomato Sauce

by Jennifer Puri

Zucchini is a green, oblong squash that is typically served in savoury dishes. It has a mild taste and the smaller to medium-sized zucchinis have the best flavour.

Low in calories but high in fibre, zucchini contains more potassium than a banana. Loaded with vitamins, minerals, and antioxidants, zucchini is good for the digestive system and eye health.

Zucchini can be eaten raw in a salad or with a dip, but it can also be steamed, sautéed, added to breads, muffins, and pancakes, stuffed with rice and meats, or spiralized into zucchini noodles.

Baked zucchini with herbs and parmesan cheese is a quick and easy side dish, as shown in the zucchini spears with zesty tomato sauce recipe below.

Prep Time: 20 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 4 medium-sized zucchinis
- 2 tbsp. olive oil
- 2 tbsp. fresh oregano
- 1 cup finely crushed breadcrumbs
- 1 cup shaved or grated parmesan cheese
- ½ tsp. salt
- ½ tsp. ground black pepper
- 1 tsp. red chilli flakes (optional)

Tomato Sauce

- 1 small can (398 ml) tomato sauce
- 2 cloves garlic, finely chopped
- 8 cherry tomatoes halved
- 2 tbsp. olive oil
- 2 tbsp. oregano
- 1 tsp. sugar
- Salt and pepper to taste

Directions:

1. Preheat oven to 450 degrees Fahrenheit.
2. Rinse the zucchini and pat dry with a paper towel. Place the zucchini on a cutting board, trim the ends off, and then slice into four pieces lengthwise.



3. Place the zucchini spears on a foil-lined baking sheet, drizzle with olive oil, and then sprinkle with salt, pepper, and oregano. Next sprinkle the breadcrumbs evenly over the zucchini followed by the parmesan cheese and red chilli flakes if using.
4. Place the zucchini on the middle rack of the oven and bake for 12 minutes uncovered. Make sure not to overcook the zucchini as it will turn mushy.
5. To make the tomato sauce add olive oil to a small pan over medium heat. Add the chopped garlic and sauté for about a minute, then add the cherry tomatoes and oregano. Sauté for another couple of minutes and then add the tomato sauce, salt, pepper, and the sugar. Simmer until the sauce starts to thicken and then remove from heat.

To serve, place the zucchini spears on a platter and pour some of the tomato sauce over it. Leftover tomato sauce can be stored in the fridge in an airtight container for a couple of days.

Bon Appétit!

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 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.

- 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.

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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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TAKE ON WELLNESS

Vaping and Youth

by Alberta Health Services



Vapes or e-cigarettes are one of the most popular ways of consuming substances such as nicotine, cannabis, or chemical flavouring among youth. This trend has spiked over the years due to marketing around it being “safer” than cigarettes. What we do know is that any use of vaping can cause harm.

There is still a lot more information needed but below is what we do know when addressing vaping among youth.

Educate Yourself and Others

You do not have to be an expert on the topic but it's important to understand the basics and have access to knowledge on the facts and where to access supports and resources.

Educate Children and Youth

We want schools and natural supports to teach and implement lesson plans as soon as possible. At home we want to share the facts, have open conversations about safety, and support healthy choices. There are free lesson plans and information for different age ranges so you can have the conversations in ways that make sense to them!

Focus on Prevention

To help reduce rates of use among youth we need to implement effective prevention strategies that teach life skills, involves young people that are led by young people, and connect youth to the community. This helps strengthen core social competencies such as problem solving, decision making, and critical thinking.

Have open conversations about vaping with the young people in your life. This will help build relationships and trust so if there are questions, you are the person they will lean towards!



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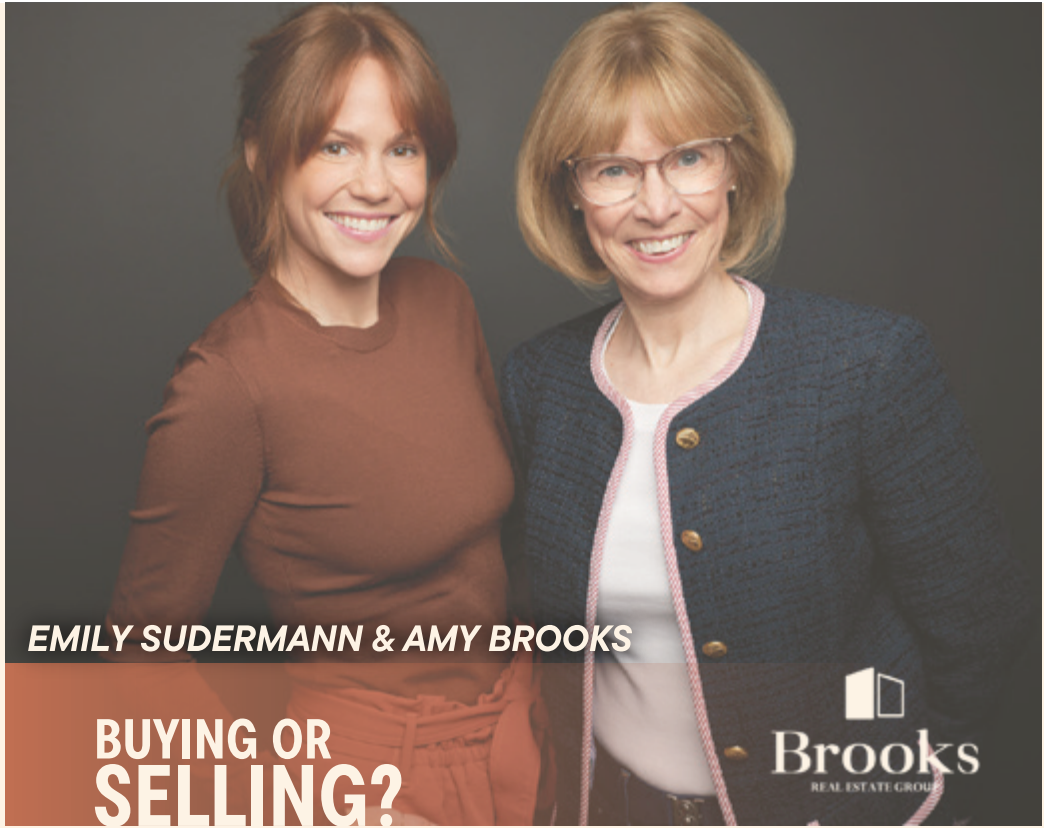
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