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SUDOKU

4								
5		6		1				
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Joke of the Month



Dressed Up

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**News, Events,
& More**



**Crime
Statistics**

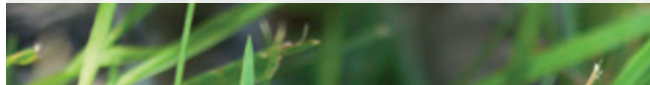


**Real Estate
Statistics**



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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!

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

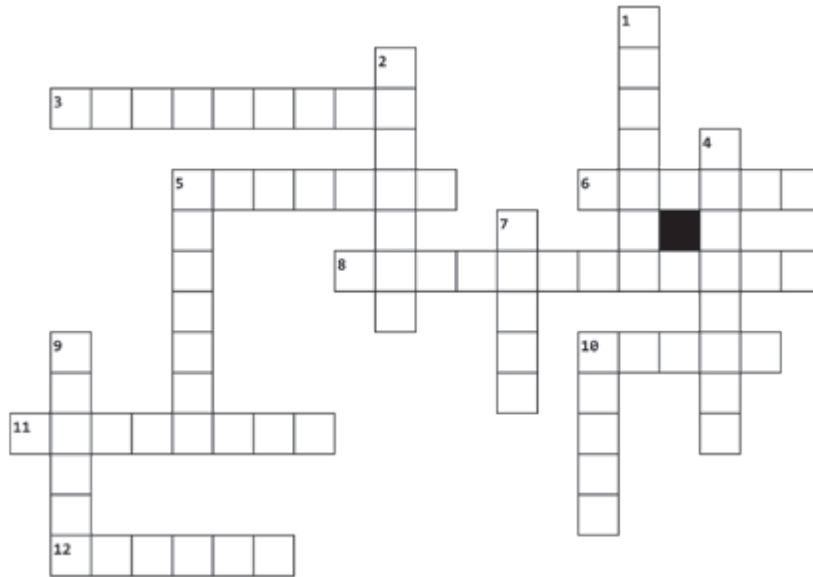
Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

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.

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

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 1875 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/2R3BF1OY2G50?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.



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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OM09J6?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.

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

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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.

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.



Amendments to the Business Licence Bylaw for Short-Term Rentals Are Now in Effect

by *The City of Calgary*



Starting April 1, 2025, there will be several changes to Calgary's short-term rental (STR) regulations as part of The City of Calgary's commitment to adapt to our evolving short-term rental market.

- STR business licenses will now be classified as either primary or non-primary. If you currently have a licence, you will be asked to verify your property type as part of your next renewal. Fees will vary based on the licence type.
- Short-term rentals now include rentals up to 180 consecutive days. If you own a short-term rental offering stays between zero and 180 consecutive days, you require a business licence to operate in Calgary.
- New applicants will be responsible for complying with their condominium bylaws, The City will no longer require condo board consent.
- A ban on issuing licences for homes designated as affordable housing.

Additionally, if the Purpose-Built Rental Vacancy Rate drops below 2.5%, The City will impose a temporary pause on issuing new non-primary licences. This would not apply to new primary residence applications or existing licenses.

These changes aim to balance housing affordability, safety, community impact, and enforcement, while continuing to support property owners and the economic benefits STRs bring to Calgary.

Enhancing regulatory processes will improve STR management and foster market innovation to benefit the community. Visit calgary.ca/str for more information.



Richmond | Knob Hill Real Estate Update

Last 12 Months Richmond | Knob Hill MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2025	\$972,250	\$950,800
February 2025	\$789,999	\$788,888
January 2025	\$828,500	\$773,500
December 2024	\$899,900	\$890,000
November 2024	\$849,900	\$835,000
October 2024	\$690,000	\$680,000
September 2024	\$859,000	\$859,000
August 2024	\$429,900	\$457,600
July 2024	\$879,450	\$872,000
June 2024	\$859,950	\$884,675
May 2024	\$995,000	\$990,000
April 2024	\$875,000	\$900,000

Last 12 Months Richmond | Knob Hill MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2025	26	8
February 2025	19	9
January 2025	10	5
December 2024	7	9
November 2024	14	13
October 2024	10	7
September 2024	14	11
August 2024	13	7
July 2024	14	4
June 2024	15	16
May 2024	23	17
April 2024	18	23

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



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