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Maintenance Director	Vacant
Director at Large	Kelly Hopper director1@shca.ca



### Beauty and the Chimera

In the classic fairytale *Beauty and the Beast*, “Beauty” is a human but what exactly is the “beast”? This character is a chimera! A chimera is a single organism with more than one genotype...essentially, he is a mix of different animals! Chimeras can have different blood types and can come from more than one zygote. How cool!

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents’ Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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**Did you know the Battalion Park School playgrounds need to be replaced?**

School playgrounds are community assets, and we need our neighbours' help to rebuild.

Help our community build new playgrounds for Battalion Park School. Please donate at [shses.ca](http://shses.ca).




# How to Create Personal Happiness

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

**1. Self-Awareness** – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.

**2. Positive Mindset** – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.

**3. Healthy Relationships** – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.

**4. Work-Life Balance** – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfilment outside of your work and work responsibilities. Create weekly structure and habits.

**5. Self-Care** – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

**6. Set Goals** – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

**7. Be Mindful and Present** – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

**8. Contribute** – Find a purpose. Seek the fulfilment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

**9. Learn and Grow** – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

**10. Acceptance** – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.

## Free Home Evaluation

Amy Chen, CPA, EXP REALTY

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# Alcohol In Moderation

by Alberta Health Services



Many people enjoy drinking alcohol, and it may have a place in cultural and family traditions. Most people usually do it safely. But it's important to remember that drinking alcohol is not risk-free.

If you choose to drink alcohol, the key is to keep your intake at the lowest levels possible to reduce your risk of harm.

### Alcohol and You

Alcohol is a depressant that impacts the whole body, including the central nervous system (the brain), cardiovascular system (the heart), and respiratory system (the lungs and breathing). When someone drinks too much alcohol or too quickly, it can overwhelm or suppress the healthy performance of these systems in the body. This can lead to a person passing out or having alcohol poisoning which includes symptoms such as vomiting, throwing up while passed out, not waking up after throwing up, not responding when being talked to or shouted at, fast heart rate, and other symptoms which are found by searching Alcohol Poisoning on MyHealthAlberta.ca.

### What Are the Health Risks Associated with Drinking Alcohol?

When you drink alcohol, you may be putting your health and safety at risk. Your risk of harm increases with each drink that you have.

Drinking alcohol may:

- Harm your liver, pancreas, nervous system, heart, and brain.

- Cause high blood pressure, depression, stomach problems, or sexual problems.
- Contribute to the development of some cancers, such as cancers of the mouth, throat, esophagus, liver, colon, and breast.
- Cause memory loss and affect your ability to think, learn, and reason.
- Cause harm to your developing baby (fetus) if you drink during pregnancy.
- Lead to problems at work, school, or home.
- Increase the risk of car crashes and violent behaviour.
- Cause you to develop an alcohol use problem.

Using alcohol or other substances can affect your health, work, school, and relationships. It can change how well you make decisions and control your actions, how you think, and how quickly you can react. Alcohol patterns may vary. Some people drink large amounts of alcohol at specific times, such as on the weekend. Others may be sober for long periods and then go on a drinking binge that lasts for weeks or months. Some people drink and may be intoxicated every day.

If you think you are drinking too much, you may want to seek help. Talk to your doctor about whether you need to withdraw from alcohol under medical care.

### What Can You Do?

Less is best! Research shows that drinking any amount of alcohol can have risks. Canadian health experts say your risk of harm from alcohol is:

- **Low** if you have two standard drinks or less per week.
- **Moderate** if you have between three and six drinks per week.
- **High** if you have seven or more drinks per week.

Having more than two drinks in one sitting increases your risk of harm to yourself and others. Keep in mind that age, sex, weight, and health history can cause alcohol to impact people differently.

In Canada, a standard drink is equal to:

- A bottle of beer (12 oz., 341 ml, 5% alcohol)
- A bottle of cider (12 oz., 341 ml, 5% alcohol)
- A glass of wine (5 oz., 142 ml, 12% alcohol)
- A shot glass of spirits (1.5 oz., 43 ml, 40% alcohol)

Try to drink less by paying attention to how much you drink by setting a weekly target and make sure you do not have more than two standard drinks per day. If you



choose to drink, here are some things you can do to reduce your risk of getting sick or injured:

- Have a meal or a snack with your drink. Don't drink on an empty stomach.
- Drink slowly. Don't have more than two standard drinks in one sitting.
- Have a glass of water or non-alcoholic, caffeine-free beverage (such as a soft drink or fruit juice) between drinks.
- Avoid risky situations and activities. Don't drink and drive, and don't get in a car with a driver who has been drinking.
- Don't take over the counter or prescription medicines that interact with alcohol.
- Limit how much you drink.

**Who Should Not Drink Alcohol at All?**

Although most people can have a drink now and then, some people should not drink at all.

Don't drink alcohol if:

- You're pregnant or trying to get pregnant. Alcohol can harm the developing baby (fetus). Alcohol can pass into the baby's blood. It can damage and affect the growth of the baby's cells. During pregnancy, not drinking alcohol is the only safe option.
- You breastfeed your child. If you choose to drink, breastfeed just before you drink alcohol. And wait to breastfeed at least two hours after you have a drink to reduce the amount of alcohol the baby may get in the milk.
- You're taking over the counter or prescription medicines that interact with alcohol.
- You have health problems made worse by drinking, such as liver problems, heart failure, uncontrolled high blood pressure, or certain blood disorders.
- You have a mental health problem and are using alcohol to try to make yourself feel better.
- You have problems controlling how much you drink, or you had alcohol problems in the past.
- You're at work.
- You plan to drive or operate tools or machinery.
- You plan to play sports or take part in physical activities.
- You're taking care of someone or supervising others.
- You need to make important decisions.

Talk to your doctor about whether drinking alcohol is a good choice for you. And if it is, ask how much is okay.

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		5					2	
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December	23	4	10	\$669,950	\$653,750
November	23	16	11	\$514,900	\$520,000
October	23	19	21	\$449,900	\$450,000
September	23	21	18	\$731,894	\$729,444
August	23	24	25	\$669,900	\$675,000
July	23	23	22	\$704,450	\$682,500
June	23	40	37	\$775,000	\$770,000
May	23	30	31	\$679,400	\$680,000
April	23	22	23	\$514,900	\$505,000

To view more detailed information that comprise the above  
MLS averages please visit [sig.mycalgary.com](http://sig.mycalgary.com)

## **‘Aging Is More...’ Seniors’ Week Explores the Potentials of Aging**

*by the City of Calgary*

Seniors’ Week is celebrated annually across Alberta, and it will be held this year from June 3 to June 9. It is a time to show appreciation for older adults and the significant contributions they make to our communities. They support their families and friends, volunteer their time and resources to various charities, and play an essential role in making our communities better places to live.

The theme, ‘Aging is More...’, is deliberately open-ended to highlight the potential of aging. Seniors’ Week is not just for older adults, but it’s a time when seniors-sector organizations, not-for-profits, businesses, and Calgarians from all walks of life come together to organize fun, inclusive, cross-cultural, and multi-generational events in our city.



Get involved! Whether or not you choose to attend a Seniors’ Week event, Age-Friendly Calgary encourages you to celebrate aging in your own way. Help spread Seniors’ Week awareness with the social media hashtags #seniorsweek and #agefriendlyyycc.

Seniors’ Week events and updates will be posted at [calgary.ca/seniorsweek](http://calgary.ca/seniorsweek).



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# Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 3 to 4

**Ingredients:**

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets
- 4 green onions thinly sliced
- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes



**Directions:**

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.

4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.

5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.

6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!



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# Three Reasons to Visit in May



**ASPEN  
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Tues., May 21

## National Tea Day

**Tues., May 21 at 2:30pm**

**Location:** 10 Aspenshire Drive SW (Main Dining Room)

Bring a friend and join us for National Tea Day as we sip tea and enjoy the exquisite talents of a classical harpist.



Fri., May 24

## Coping With Change

**Fri., May 24 at 1:30pm**

**Location:** 10 Aspenshire Drive SW (Home Theatre)

Participants will learn that while change is inevitable, and may be stressful, there are ways to approach change that can help to ease uncertainty.



Thurs., May 30

## Downsizing Presentation

**Thurs., May 30 at 1:30pm**

**Location:** 10 Aspenshire Drive SW (Home Theatre)

Join Verve Aspen Woods on Thursday, May 30 as we present an engaging and practical seminar. Join us at 12pm for a complimentary lunch before the presentation.

*Call 403-240-4404 to RSVP*

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## Why your neighbours choose David when it's time to sell their home.

**36%** faster

When it's time to sell your home, David sells it **36% faster**. David's listings averaged **14 days** on market vs the rest of the market at 22 days.\*

**101.1%** more

David's listings sell for more! David's listings have sold at **101.1%** of list price on average vs the rest of the market at 100.4%.\*

**460** sold since 2012

With **460 sales** dating back to 2012, David continues to establish himself as the top producing Realtor here on the Westside.

\* MLS data. Calendar 2023. Detached Homes in the Westside - the combined communities of West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona, Coach Hill, Patterson & Cougar Ridge

Friend  
Neighbour  
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**David Pellettier**

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