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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!



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epilepsycalgary.com



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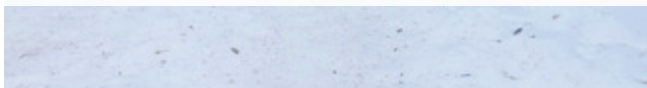


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Recognizing Eating Disorders

by Alberta Health Services

Eating disorders (ED) are complex mental illnesses that can affect people physically as well. They affect people of all genders, ages, socioeconomic class, abilities, race, and ethnic backgrounds. They can occur because of many factors like genetics, brain chemistry, one's environment, as well as stressful life events. This article will explain some common eating disorders and what to do if you suspect that you or someone you know has one.

Types and Features of Common Eating Disorders

The purpose of outlining some common features is to highlight the importance of proper diagnosis and treatment.

- **Anorexia Nervosa:** People who have anorexia nervosa can weigh less than what is healthy for them. They often think they weigh too much even when they do not weigh enough to stay healthy. People may restrict their intake, engage in excessive exercise, and/or engage in purging behaviours such as vomiting, misuse of laxatives, diuretics, or enemas.

- **Bulimia Nervosa:** This is eating large amounts of food within a specified time, feeling out of control during eating, and compensatory behaviours to prevent weight gain (like vomiting or laxatives). Bulimia can occur for anyone, regardless of what they weigh.

- **Binge Eating Disorder:** Eating large amounts of food, feeling out of control, and can include eating rapidly until uncomfortably full, eating alone, eating when not hungry, and negative feelings after binge eating.

- **Avoidant Restrictive Food Intake Disorder (ARFID):** People with ARFID avoid certain foods due to their sensory characteristics, fear of adverse consequences such as choking or vomiting or general lack of interest in food or eating.

What to Do if You Think Someone Has an ED or if You Think You May Have an ED?

If you think your loved one has an ED, tell them you are worried and let them know you care. It is important to show support. Listen to their feelings and remember the



big picture. Eating disorders happen for many different reasons. Many people who have an eating disorder come from families in which other members have eating disorders or have other conditions such as depression. This doesn't mean that a family member caused the disorder. It simply means that these conditions seem more likely to happen in that family.

If you think you have an ED, speak with a primary care provider immediately and explain why you may suspect this. Early intervention is crucial. The primary care provider may ask you to describe any physical or emotional changes you have noticed or experienced that are concerning you.

You can also reach out to the Recovery Alberta Mental Health Helpline at 1-877-303-2642. Remember you are not alone, and help is available. Full recovery from an eating disorder is possible with proper treatment.

For more information about eating disorders, visit the Eating Disorder Support Network of Alberta at edsna.ca or National Eating Disorder Information Centre at nedic.ca.

Earth Hour 2025

by *The City of Calgary*

Calgary Unplugged is an annual family-friendly Earth Hour event. Join us for music, entertainment, and learn about environmental actions you can take in your community. Bring along some personal LED lighting and dance to the DJ when the lights go down for the Earth Hour party!

- Location: Central Library (800 3 Street SE)
- Date: Saturday, March 22
- Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Reduce your impact by turning off nonessential lights, "unplug" from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy hobbies.

Share your participation in Earth Hour on social media with #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community agencies.





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***Become an MRCA member today!
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Mount Royal is a vibrant and diverse community with wonderful neighbourhoods, parks, and amenities.

Our Community Association volunteers run events and programs (Stampede BBQ, Skating party, Mini-Mountaineers, Progressive Dinner), manage public spaces and parks (gardening, graffiti removal), and maintain recreation facilities such as our community centre ('Station'), tennis and basketball courts, playing fields and outdoor skating rink.

MRCA volunteers advocate for safety, traffic calming, and development in our neighbourhoods.

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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.

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Preventing Cervical Cancer

by Alberta Health Services

Alberta Health Services (AHS) recommends cervical cancer screening once every three years, or as your healthcare provider recommends, for women and people with a cervix between the ages of 25 and 69 who are or have been sexually active.

A Pap test checks for abnormal cells in your cervix, which can lead to cervical cancer. Pap tests can also check if you already have cervical cancer. The earlier cancer is found, the easier it is to treat. Regular Pap tests and follow-up care can prevent about 90 percent of cervical cancer cases.

It's important to have regular Pap tests, even if:

- You feel healthy and have no symptoms of cervical cancer.
- You've only had one sexual partner.
- You've had the human papillomavirus (HPV) vaccine.
- You've been through menopause.
- You're no longer sexually active.
- You're a lesbian, bisexual, or queer woman.

Human Papillomavirus (HPV) Immunization

HPV is a virus. It is the most common sexually transmitted infection and can cause genital warts and certain cancers. An HPV infection will often go away on its own. However, some people get a long-term infection. This can lead to cancer of the vagina, vulva, cervix, penis, anus, mouth, or throat. HPV causes almost all cervical cancers.

You can prevent cervical cancer by getting immunized with the HPV-9 vaccine. The HPV-9 vaccine protects against nine strains (types) of HPV. Some of these strains may cause up to 92% of cervical cancers.

Grade six students can get the HPV-9 vaccine as part of the school immunization program. Students can only be immunized in school with a parent or caregiver's permission (consent).

If you did not get the HPV-9 vaccine in Grade six, you can still get it for free up to and including age 26 years. Talk to your doctor to find out if it is a good idea for you. If you are unsure about getting the HPV vaccine for yourself or your child, try the HPV Vaccine Decision Tool.



Other Ways to Reduce Your Risk

Regular cervical cancer screening and vaccination help lower the chances of getting cervical cancer and finding it early. You can also reduce your risk by:

- Quitting commercial tobacco and avoiding second-hand smoke. Talk to your healthcare provider or visit AlbertaQuits.ca for information and support to help you quit when you are ready.
- Practice safer sex. Use a barrier method of protection such as a condom, internal condom, or dental dam.

Get Screened and Raise Awareness

Contact your healthcare provider's office or a women's health clinic to book a Pap test. If you do not have a healthcare provider:

- Visit <https://albertafindadoctor.ca/>.
- Use the screeningforlife.ca locator tool and select "cervical" as the type of test to find screening options near you.
- Call Health Link at 8-1-1.

Learn more about cervical cancer at <https://screeningforlife.ca/cervical/>.

Landlord and Tenant Law in Condominiums

by Charmaine Coutinho, Volunteer Lawyer

This article will only discuss leases covered by Alberta's Residential Tenancies Act (RTA), and only when the rental unit is a condo unit. I will highlight some of the differences between the RTA and the Condominium Property Act that may surprise both landlords and tenants.

Renting a Condominium Unit

Though rental of a whole condo unit is generally covered by the Residential Tenancies Act (RTA), the Condominium Property Act trumps the RTA in some circumstances. Importantly, condo bylaws take precedence over the terms of a lease, so a tenant in a condo unit should always ask for the condo bylaws. If, for example, you sign a lease for a condo unit that permits pets, but the condo bylaws permit only dogs under 20 lbs, you may be evicted by the condo board for keeping a cat or a large dog in your unit. This scenario also demonstrates that a condo board has authority to sanction and/or evict a tenant even when a landlord may not. Even if a landlord is prohibited from taking action under the RTA (for example, from evicting a non-harmful, rent-paying tenant in the midst of a fixed-term lease), the condo board may have authority to do so under condo legislation or the condo bylaws.

If a tenant breaches the bylaws or damages common property, the condo board is entitled to sanction or evict the tenant without the landlord's (the condo unit owner) consent. If the condo board evicts a tenant, the tenancy terminates on the last day of the month immediately following the month during which the notice was delivered. So, for example, regardless of whether the condo board issues an eviction notice on August 1 or August 25, the tenancy will terminate on September 31. This notice period is much shorter than needed from a landlord for a periodic tenancy and even trumps a fixed-term lease.

The condo board also has the authority to require a tenant to redirect their rent payment to the condo board. In these circumstances, condo legislation deems

the rent to have been paid to the landlord such that the tenant is not considered in breach of their obligations under the lease.

The condo board can also require an owner to pay a deposit for renting out the unit. All deposits requested by the landlord are aggregated and considered a 'security deposit' under the RTA, and a security deposit cannot exceed the amount of the first month's rent. Any deposit requested by the condo board is payable by the landlord; if a landlord asks the tenant for this amount, it too is lumped in with any other deposit and considered a component of the 'security deposit'. Regardless of any requirement by the condo board on the owner, the security deposit payable by a tenant cannot exceed the amount of the first month's rent.

I hope that this brief helps community members to understand their rights and obligations in the context of a condo lease covered by the Residential Tenancies Act. I wish my neighbours amicable tenancies and peaceful enjoyment of their rental premises!

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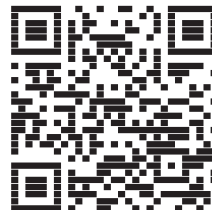
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Joke of the Month



Which is faster,
hot or cold?

Hot, because you
can catch a cold.



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Tax season is here and below are some changes that will affect business taxes in 2025.

Transitioning to online mail for most business correspondence

Beginning in spring 2025, the Canada Revenue Agency (CRA) will make online mail the default for most business correspondence, delivering notices, and updates.

Changes for short-term rentals

New legislative changes require short-term rentals to be compliant with the short-term rental laws in the municipality/province in which they are located in order to claim deductions. Short-term rental hosts were required to comply with these applicable provincial and municipal registration, permit, license, and operating requirements by December 31, 2024.

The CRA is administering proposed capital gains inclusion rate legislation

On January 31, 2025, the Minister of Finance announced that the federal government is deferring—from June 25, 2024 to January 1, 2026—the date on which the capital gains inclusion rate would increase from one-half to two-thirds on capital gains realized annually above \$250,000 by individuals and on all capital gains realized by corporations and most types of trusts. The capital gains inclusion rate represents the portion of capital gains that is taxable.

For more information and other changes, visit www.canada.ca/en/revenue-agency.



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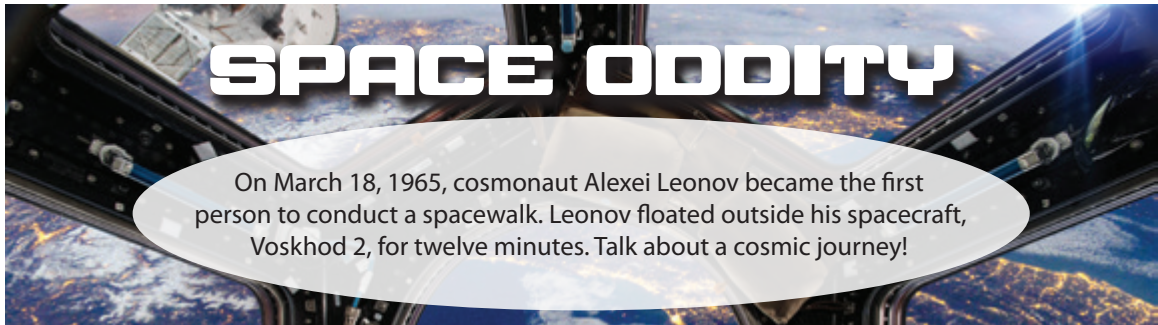
I'm writing this at the end of January, ahead of press deadlines, without knowing the full impact of recent political changes in Ottawa and Washington. Even today, January 31, I've seen four separate tariff proposals from Trump. I don't know if the past weeks have brought harsh tariffs slowing our economy, more uncertainty, or no tariffs at all.

This uncertainty makes now a good time to talk about investment stability. Competent governments should minimize unnecessary change while improving people's lives. Unfortunately, Alberta's government is doing the opposite—banning renewable investment, firing two Alberta Health Services boards in months, dismantling Alberta Health Services, overhauling the Heritage Fund's management, and rerouting the Green Line last-minute.

This uncertainty has real costs—both tangible, like the unknown millions for the Green Line re-route, and intangible, like increased risk. When governments tear up contracts, businesses charge more to hedge against losses.

At a time when our biggest trading partner, the U.S., is creating its own chaos, Alberta's government is adding to the instability.

Through this turbulence, I'm grateful for your trust and am committed to serving you. Please reach out to my office to discuss this or any other issues.





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