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Calgary-North West Constituency
Minister, Advanced Education
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YOUR CITY OF CALGARY

Help Reduce Single-Use Items Waste

by the City of Calgary

The best way to reduce single-use items waste is to stop using them whenever possible. Using less single-use items will help reduce garbage and litter. Calgary's new Single-Use Items Bylaw started January 16.

It focuses on waste reduction by encouraging Calgarians to avoid single-use items where practical, ask for items as needed, or choose reusable options. Businesses will be required to charge a minimum fee on new paper and reusable bags and provide foodware accessories (utensils, napkins, straws, chopsticks, etc.) by request only.

Calgarians can do their part by asking for only the bags and foodware accessories they need, and by bringing their own bag to avoid the fees. This bylaw applies to in-store, take-out, drive-thru, delivery, and online ordering. Learn more at calgary.ca/singleuse.



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The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)

February is Heart Month

by Alberta Health Services

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.



What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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Eggplant and Sundried Tomato Pasta

by Jennifer Puri

Simple, healthy, delicious eggplants, also referred to as aubergines or brinjals are used in the cuisines of many countries around the world, especially in China (Sichuan Eggplant) and India (baingan bharta).

Glossy, purple, green, or white in colour, the eggplant is a member of the nightshade family and has white flesh and small edible seeds. Due to its “meaty” texture it is sometimes used as a meat substitute in vegan and vegetarian dishes.

Eggplants are a high fibre, low-calorie food rich in nutrients and vitamins, which can help control blood sugar and aid in weight loss. Antioxidants such as lutein, which may help prevent age-related macular degeneration and zeaxanthin, along with natural plant chemicals called polyphenols are also present.

There are many tasty ways to eat eggplant as it can be steamed, stir fried, roasted, stewed, curried, pickled, or added to pasta noodles with whipped ricotta cheese and sundried tomatoes as shown in the recipe below.

Prep Time: 20 minutes

Cook Time: 30 minutes

Servings: 3 to 4

Ingredients:

- 1 large eggplant
- 2 small shallots, finely chopped
- 3 garlic cloves, finely chopped
- 1 small jar oil packed sundried tomatoes
- 1 cup extra virgin olive oil
- 500 g cooked spaghetti (al dente)
- 1 cup whipped ricotta cheese
- ½ cup fresh basil leaves
- 2 medium sized tomatoes chopped
- Salt to taste
- Black pepper to taste
- 1 tsp red chilli flakes
- 1 cup shaved parmesan cheese



Directions:

- Heat oven to 425 degrees Fahrenheit.
- Arrange eggplant slices on a foil lined baking tray. Brush each slice with a little olive oil and then flip over and repeat. Place the tray on the middle rack of the oven and bake for about 20 minutes or until eggplant slices turn a light brown. Remove tray from oven and set aside.
- Add 2 tbsp of olive oil, chopped shallots, and garlic to a large frying pan and sauté on medium heat for two minutes. Separate the sundried tomatoes from their oil, slice each piece in half and add to the pan along with the fresh chopped tomatoes and a few basil leaves. Stir fry for about two minutes then add the ricotta cheese, red chilli flakes, and salt and pepper to taste.
- Finally, add the cooked spaghetti to the pan and gently blend with the sauce. Remove from heat and garnish with shaved parmesan cheese, a few basil leaves, and serve.

Bon Appétit!



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Thursday	7am - 7pm
Friday	7am - 5pm



**Prairie Winds 4-H Club Update
 for February**

by Abigail Dowler, Prairie Winds 4-H Club reporter

Another fun month of 4-H has gone by. We started off with our general meeting, and a club social that was planned by a few of our 4-H members. They learned a lot about hosting events from the party planning workshop. We played games, had a hot cocoa bar, and awesome prizes!



Continuing through the month, the Canine Project members went to the Alberta Animal Rescue Crew Society (AARCS) to help with cleaning, and we got a tour of their shelter. One of the

highlights of the AARCS tour was getting to see some of the puppies. Our club also delivers a lot of dog supplies to the animal shelter as some of our Canine Members brought donations, and one even did a donation drive in their community.

Our Explore 4-H group also had the opportunity to learn all about Curling. We went to a curling rink and our host taught us what a slider is and how to curl. Once all the learning was done, we got to play some games and use the skills we learned.



This past month, our club also participated in multiple community service opportunities. This included donating new unwrapped toys for families at the Ronald McDonald House in Calgary for Santa Sacks. Many families also helped at the Bearspaw Christmas Market this year, as the Bearspaw Community has been supportive of our club

and having a meeting place. As part of our fundraising, a small group of members set up decorations for the Christmas season at an office downtown. We had a very busy month with lots of fun projects!

Seven Key Things to Make Your Relationship Work

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

Enhance your love maps. Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

Nurture fondness and admiration. Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

Turn toward each other. Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

Let your partner influence you. Happy couples are a team that considers each other's perspective and feelings. They make decisions together and search out common ground. Letting your partner influence you isn't about

having one person hold the reins, it's about honouring and respecting both people in the relationship.

Solve your solvable problems. There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

Overcome gridlock. The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to 'declaim' the issue, to try to remove the hurt so the problem stops being a source of great pain."

Create shared meaning. "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

Bonus: Intentional date nights. If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.

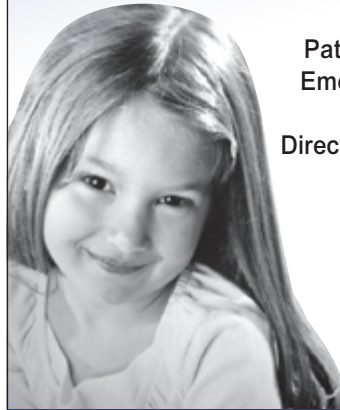
If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.

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Tuscany Real Estate Update

Last 12 Months Tuscany
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2023	\$609,700.00	\$614,579.50
November 2023	\$650,000.00	\$649,788.00
October 2023	\$675,000.00	\$687,350.00
September 2023	\$649,900.00	\$648,000.00
August 2023	\$675,000.00	\$680,000.00
July 2023	\$629,900.00	\$642,893.00
June 2023	\$629,900.00	\$650,000.00
May 2023	\$641,950.00	\$634,200.00
April 2023	\$622,400.00	\$623,750.00
March 2023	\$590,000.00	\$592,500.00
February 2023	\$609,900.00	\$595,000.00
January 2023	\$689,900.00	\$692,550.00

Last 12 Months Tuscany
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2023	8	10
November 2023	14	19
October 2023	22	22
September 2023	20	17
August 2023	26	33
July 2023	28	26
June 2023	30	37
May 2023	48	34
April 2023	27	34
March 2023	34	28
February 2023	18	17
January 2023	15	8

To view more detailed information that comprise the above
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Hello, Ward 1!

2024 has been off to a busy start. Here's the latest news in Ward 1 and from City Hall.

Property Assessment Notices

Property tax assessment notices were mailed out on January 3. If you have questions or concerns about the assessed value of your property, or if you haven't received your notice, you can contact Assessment directly at 403-268-2888 or visit calgary.ca/assessment. The City's Customer Review period runs from now until March 13.

Switch to paperless eNotices of your property assessment before March 31 and you could be entered to win one of four Visa gift cards worth \$250. More details at calgary.ca/gopaperless.

Blanket Rezoning

As part of its Housing Strategy, Council approved recommendations last fall to begin the process of changing the zoning of single-family properties across the city to the "R-CG" district. This would allow the construction of townhouses or duplexes on most residential properties in Calgary without an individual hearing before Council.

This is a significant change that requires public engagement. Affected property owners will receive notices by mail on how you can participate in the coming weeks.

Council will be holding a public hearing on this blanket rezoning change on April 22, 2024. Members of the public are welcome to speak to Council or submit written feedback. All members of Council are required, by law, to remain amenable to persuasion during this hearing. Learn more at calgary.ca/publichearing.

Single-Use Items Bylaw

The City's single-use items bylaw took effect on January 16. While the bylaw does not ban any materials, it requires businesses to charge a minimum fee for paper and reusable bags, and to offer food ware accessories like straws, forks, napkins, or packaged condiments on request only. Learn more about this change at calgary.ca/singleuse.

Chinook Blast

Get outside this winter! Chinook Blast, Calgary's winter festival, runs from February 2 to 19. Learn more at chinookblast.ca.

Canadians are struggling with the high cost of food, energy and especially housing. 49% of Canadians spend at least half of their income on housing. Rents and mortgage payments are quickly rising and housing construction is slowing despite overwhelming demand. Conservative Leader Pierre Poilievre tabled the Building Homes, Not Bureaucracy Act, to address the housing shortage that is driving up prices and rents which incentivizes municipalities to remove red tape that prevents new construction by connecting federal infrastructure funding to increasing the housing supply.

High food prices drove a record number of Canadians to food banks last year. Canada's Food Price Report released last year predicted that the amount of money spent by the average family on food will increase by \$700 this year. The House of Commons passed a Conservative Private Members' Bill (C-234), to take the Carbon Tax off farmers in order to bring down the cost of food, but the Senate failed to pass the bill.

The federal government acknowledged that the Carbon Tax makes home heating less affordable when it granted an exemption for home heating oil used mostly by Atlantic Canadians. My colleagues and I demanded that the Government provide Carbon Tax relief to families struggling with heating bills, farmers who grow our food, and for First Nations who are now suing the government for encroaching on their Constitutional rights. After refusing to grant this tax relief, Conservatives voted non-confidence by voting against the government's spending (135 votes) for 30 hours straight shortly before the Christmas break.

Constituents are welcome to contact me with concerns related to federal policy. Feedback from constituents is critical and helps me know what constituents think about matters under federal jurisdiction.

It remains my honour to represent you at the House of Commons as your Member of Parliament.



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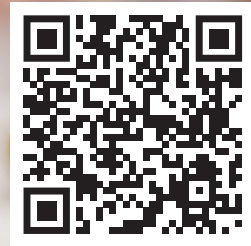
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