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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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Stay Connected to Your Community!

by Alberta Health Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong at school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends. Connection reduces feelings of loneliness and isolation. Connecting to resources and supports can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and creates belonging in our larger community. Forming connection in our daily lives is important for good mental, emotional, spiritual, and physical health.

While connecting comes naturally to some, it is more difficult for others. One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid of distractions allows us to be fully with others and increases our appreciation of social connections in community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities - food, events, hobbies!
- Get to know your community! Who are your neighbours? Are there locally owned businesses? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself – make “you” a priority. Filling your own cup gives you the energy to connect with others!

World Kindness Day

by Danielle Robbertze

World Kindness Day is being celebrated this year on November 13.

The word “kindness” was first used in the year 1201. From the beginning, the word kindness was defined, according to the etymological dictionary, as “friendly, deliberately doing good to others; compassionate”. The word appears in early scriptures and songs of various religions and cultures across the world.

The definition of kindness may differ from one person to another but there is one thing that I think many people can agree on - kindness is an expression of compassion. Kindness is how we show humanity.

There are so many ways we can express kindness to one another especially on this day. Ways which will only take a few minutes out of your day and will not ask too much from you. A simple smile to a stranger, a thank you to a bus driver, an embracing hug to a loved one or an uplifting comment to a coworker.

People may not overtly express their gratitude for your kindness but deep down it is something that could make their day just a little bit better. You never know how your kindness can affect others in positive ways. Expressions of kindness can not only make another person feel better, but they can also make you feel just as special.

Kindness is universal, open to anyone to express or receive. Kindness is not only abstract, it is also physical, spiritual, and visible.

I leave you with these words from the Greek storyteller, Aesop: “No act of kindness, no matter how small, is ever wasted”.



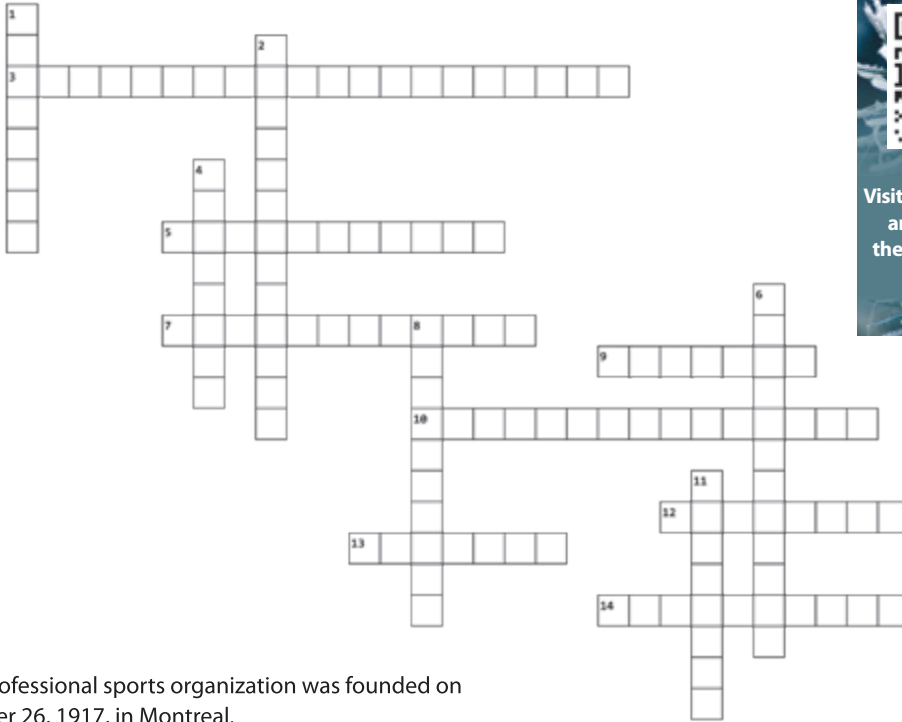
by Anne Burke

In 1993 a land use inventory was conducted of Nose Hill Park. This study reported on archaeological resources on Nose Hill from Alberta's original inhabitants and their land. For the Blackfoot, their culture and homeland have existed for as long as 6,500 years or more. This was their place for more than 350 generations. There are clues about their way of life from remains of the prehistoric past, such as tools, 10 campsites, a kill site, and a “cairn” or stone pile. Pre-contact cairns were used as small game traps, navigation markers, flagging for drive lanes, and burials.

Nose Hill has 18 known sites which contain stone circles from tipi lodges and cooking circles or a central hearth. Fire-broken or cracked rock is a by-product of stonepit boiling. The tipi covers and liners were held down by rocks from the tipi circles. The distribution and weights along the circle are a means of determining the season of use. It is presumed to be a shorter period based on the Nose Hill uplands, where tipi lodges are back from the escarpment edges or in depressed areas, so they were probably meat camps or transitory travel camps. People likely lived there in the early spring for the hunting of individual bison. There are more than 90 rings. The size of the lodge group can be estimated by the size of the ring. Given the number of skins and poles for a tipi, we learn about a group's transportation method. The number and distribution of the rings within a group reveal the size of a larger social group. Isolated rings, even when found in groups, may be vision quest sites.

Read more Uncovering Human History: Archaeology and Calgary Parks at: www.calgary.ca/parks/history.html.

November Crossword



Visit bit.ly/mycalgary
answers or scan
the QR code for the
answers

Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.

5. Born on November 12, 1980, but he's just Ken.

7. November is National _____ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.

9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto _____.

10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.

12. This month is the only month used in the 26-letter NATO phonetic alphabet.

13. Pink Floyd's iconic 11th album, _____, was released on November 30, 1979.

14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male _____ onboard; thankfully, he survived the three hour and 20-minute space flight.

Down

1. On World _____ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.

2. November's official flower, which originates from East Asia.

4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.

6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.

8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.

11. The reason people grow moustaches in November.



Seven Ways to Break Free of a Trauma Bond

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

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

Here are seven ways to break free from a trauma bond:

Educate Yourself – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

Zero Contact – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

Examine the Evidence – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

Practice Self-Compassion – don't blame yourself. This was not your fault. You are not stupid.

Personal Affirmations – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

Mindfulness – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

Professional Help – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.

Newborn Screening Awareness

by Alberta Health Services



If you are a new or expecting parent, newborn screening is the best way to find out if your baby has a condition that you, your doctor or midwife might not know about.

It's possible to have one of the screened conditions, such as cystic fibrosis, spinal muscular atrophy, or congenital hearing loss, even if there is no obvious family history. Finding these conditions early means babies get the treatment they need when it can help the most. The tests are quick and safe, and they can be done shortly after birth.

If you are a new or expectant parent, it is important to know about newborn screening and the provincial programs available for Alberta babies. You will be offered to have your baby screened in hospital before discharge or be given information on where to get screening done in the community.

AHS provides these services free of charge through two provincial newborn screening programs.

The Alberta Early Hearing Detection and Intervention (EHDI) Program identifies permanent hearing loss as early as possible in a baby's life. Finding permanent hearing loss early gives your baby the best opportunity to develop language and learning skills and prevent possible developmental delays.

It's best for your baby to be screened for permanent hearing loss by one month of age.

Visit ahs.ca/ehdi to learn more.

The Alberta Newborn Screening Program (ANSP) uses blood spot screening to find certain serious conditions soon after birth that can't be seen just by looking at your baby. Finding these conditions early ensures that treatment can begin sooner to help prevent irreversible problems, improve health, and maybe even save your baby's life. It is best for your baby to have newborn blood spot screening between 24 and 72 hours after birth.

Visit ahs.ca/ansp to learn more.

Learn more about newborn screening in Alberta at ahs.ca/newbornscreening.

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Dear Ward 4 Residents,

Winter is approaching, and it's essential to be prepared for the challenges it brings. While winter can be a time for family fun, it also comes with its share of risks due to changing weather conditions. Knowing these risks in advance can help keep you and your family safe this winter.

Winter storms can increase the risk of various issues, including car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. These storms can bring extreme cold, freezing rain, snow, ice, and high winds. They can disrupt heat, power, and communication services, placing seniors, young children, and individuals with health issues at greater risk.

Here are some ways to prepare for a winter storm:

- **Know the Risks:** Involve your kids in the discussion and use it as an opportunity to talk about emergencies, communication plans, and evacuation procedures.
- **Winterize Your Home:** Pay attention to weather reports and Environment Canada warnings. Sign up for Alert Ready notifications. Gather supplies for potential power outages, considering each person's specific needs, including medication and pets. Don't forget extra batteries for radios and flashlights.
- **Create an Emergency Car Kit:** Include jumper cables, sand, flashlight, blankets, water, and non-perishable food. Ensure your gas tank is always full.

For more information on how to prepare for various emergencies, please visit calgary.ca/getready.

Additionally, stay informed about the Green Line construction project in your area and the work being done. You can check for updates on construction in your community at calgary.ca/GreenLineConstruction. Learn more about the Green Line project at calgary.ca/GreenLine.

Thank you for your attention, and please don't hesitate to reach out to 311 (24/7) if you have any questions or concerns.

Regards,

Councillor Sean Chu

Hello to everyone who lives in the beautiful communities of Calgary-Edgemont.

Since being elected as your MLA, my staff and I have been very busy setting up our new Constituency Office located at address is 202-1829 Ranchlands Blvd. NW, Calgary, AB T3G 2A7. I have thoroughly enjoyed connecting with community members at all the community events. From the Fall festival in Hawkwood, to Edgemont's Fall Exhibit and Dalhousie's Show and Shine followed by their Harvest market. I am so grateful for the conversations with you.

Thank you to everyone who stopped by to help us celebrate the opening of the Calgary-Edgemont and Calgary-Foothills office space. It was a pleasure to gather and meet community members face-to-face.

The fall session has begun for the 31st Legislative Assembly and I look forward to representing your needs and interests into the upcoming legislative. It is an honour to represent this riding and be a voice for your concerns. Our Caucus has a vision for Alberta that works for everyone, so we are engaging in a long-term project to hear from Albertans and work on solutions together. Please check out our www.AlbertasFuture.ca website.

Should you require assistance with services such as notarizing documents, letters of support, please feel free to book an appointment with my office.

Please do not hesitate to reach out to my office if you have any questions or concerns, especially as they relate to provincial matters. We will do our best to help you navigate resources available to you. You can also reach our office at Calgary.Edgemont@assembly.ab.ca or (403) 288-4453.

I look forward to connecting with so many of you.





Remembering Is Something You Do

During Veterans' Week, Canadians will pay tribute in an act of remembrance. Commemorative ceremonies and events across Canada will honour our Veterans and those who have made the ultimate sacrifice. The sacrifices and achievements of our Veterans have helped define and defend Canada's values of freedom and democracy. They will always be remembered.

Remembrance is more than something you think about – it's something that you do. You can wear a poppy above your heart, attend Remembrance Day ceremonies, and vow never to forget; change your profile picture on Facebook to a poppy and blog or tweet about the importance of remembrance; or listen to Veterans talk about their experiences and thank them for their service.

Another way to help remember is to find your connections to the past. You can obtain information on where the graves of all Canadian soldiers who died while serving abroad are located. Search for your connection to the past by visiting the Veterans Affairs Canadian Virtual War Memorial online at www.virtualmemorial.gc.ca. If you are looking for an Allied soldier you could also try a similar search through the Commonwealth War Graves Commission at www.cwgc.org as they keep track of all Allied cemeteries.

Search by name but keep your search terms broad to yield the best results. This is especially important with first names, initials, or common misspellings of names.

The results will usually include photos, a copy of the page from the Book of Remembrance on Parliament Hill, vital personal details, and possibly even a summary of the circumstances surrounding the soldier's death. You can even add additional details.

Share your findings and experiences with others in a gesture of remembrance. I would be interested to hear from anyone who uses this process and finds it as rewarding as I have.

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GAMES & PUZZLES

Guess That Food!

1. This sweet treat was invented by dentist William Morrison and confectioner John C. Wharton in 1897 in Nashville, Tennessee.
2. Greek immigrant Sam Panopoulos created this controversial type of pizza in Chatham, Ontario.
3. The first food planted in space.
4. This chocolatey cereal dessert is thought to have been invented by Alfred James Russell in Red Deer, Alberta.
5. US president, Thomas Jefferson, and his chef, James Hemings, brought this classic dish to America from Paris.
6. A Québec staple, this dish was invented in 1957 and is Québécois slang for a "mess."



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Joke of the Month

What did the yoga instructor say when his landlord tried to evict him?

Namaste.





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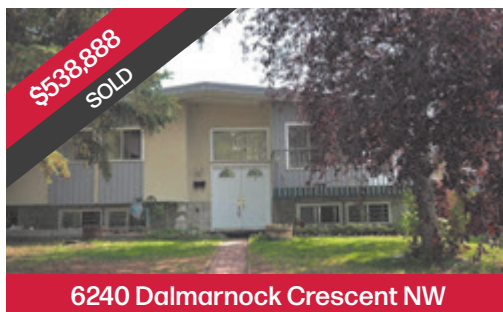
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