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are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.

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## TRAILERS



If you've ever thought about the term "trailer" when speaking of movies, you might have found it a bit odd that they play before the movie instead of after (hence the name). Interestingly enough, they used to show after the film, but people rarely stuck around to see them, so they reversed the order! It's a catchy name though so we can't blame them for keeping it.

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# 8 Tips for Beating Holiday Stress

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



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

**1. Plan ahead.** You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

**2. Make time to relax.** Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

**3. Put expectations in check.** If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

**4. Look for help.** Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

**5. Set limits.** Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say "no" to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say "no" to an extra pre-Christmas party.

**6. Eat and drink but be healthy.** Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

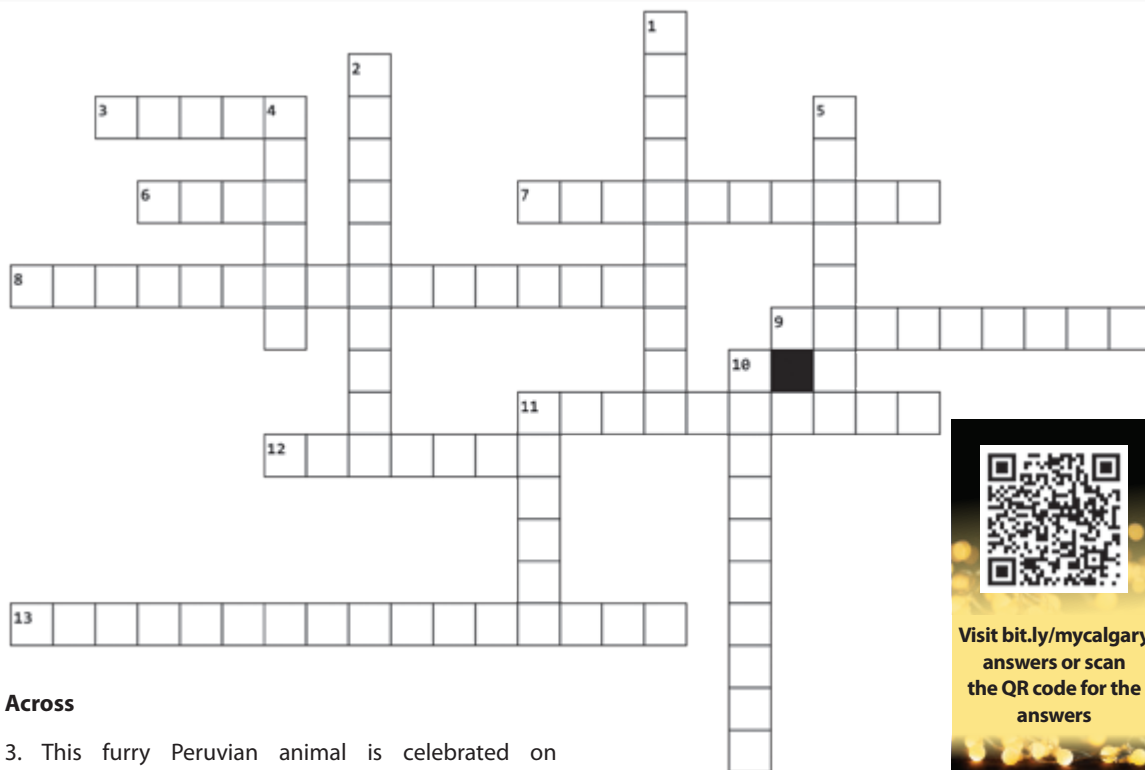
**7. Let things go.** If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

**8. Don't forget the fun!** Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.



# December Crossword



## Across

3. This furry Peruvian animal is celebrated on December 9 every year.
6. The Canadian Soccer Association formally became a member of this important sporting organization in December of 1912.
7. This sweet Canadian export has its own national day on December 17.
8. In December of 1982, TIME Magazine named this popular object Man of the Year.
9. This famous holiday candy is made to resemble a shepherd's staff.
11. This Schitt's Creek star was born on December 17, 1946.
12. This romantic New Year's Eve tradition originated from the Roman's Saturnalia festival.
13. This book concerning two rival families living in the moors of England, written by Emily Brontë, was published in December 1847.

## Down

1. These prestigious awards celebrating and honouring academics and philanthropists, were first awarded in December of 1901.
2. Sint Nikolaas, one of the most popular saints in Europe during the Renaissance, is better known as \_\_\_\_\_.
4. The highest grossing film of all time was released on December 18, 2009.
5. On December 17, 1903, the Wrights' first powered \_\_\_\_\_ was successfully used.
10. This Canadian singer won the 1998 Billboard award for 'Hot Soundtrack Albums' for her work on Titanic.
11. Canadians drink just under six million litres of this beverage in December.



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answers or scan  
the QR code for the  
answers



The 229 Sparks/Embers unit is starting the guiding year with 20 girls in the unit and with three guiders. We welcomed ten new girls into the unit this year, five new Sparks and five new Embers. We spent the first couple of weeks getting the girls in the unit to know each other. Our enrollment ceremony took place on October 16. The theme for the ceremony was Autumn. The girls worked hard preparing posters for the ceremony.

At the time of writing, we are looking forward to our unit sleepover at the Telus Spark Center on November 3.

We have a dedicated group of girls this year. We were able to sell all 60 cases ordered for the unit in two weeks. The girls had a lot of fun selling cookies at the cookie stand.

Guiders Gaylene, Lauren, and Sadhana are looking forward to seeing the girls learn and grow over the year. They love seeing the enjoyment on the girls' faces at each meeting and have a lot of exciting things planned for the unit this year.



As we enter the holiday season, here are some tips to make sure you're keeping safe, warm, and prepared for the winter season.

### What do you do if your water isn't working?

If you wake up one morning and the taps aren't running, here's what you can do:

- Check your front door. If a water outage happened overnight City crews may have left a notice.
- Consult [calgary.ca/wateroutages](http://calgary.ca/wateroutages). Water main breaks and repairs are listed by community.
- Call 311 to report an outage if your water is off and you have not been notified.

We know you rely on us to provide reliable access to clean and safe water. When outages happen, we work to notify you and restore service as quickly as possible.

Under normal circumstances, water main breaks are repaired, and water is back on within 48 hours. We prioritize breaks based on the risk of property damage, impact to critical facilities like hospitals or schools, and the number of customers out of water.

For extended outages we will provide residential customers with a temporary water source. For shorter outages, and to support you while water wagons, we recommend keeping a small emergency supply of water on hand.

Visit [calgary.ca/wateroutages](http://calgary.ca/wateroutages) to learn more.

### Stay Warm: Online Map Shows Winter Emergency Services

Weather in Calgary can be unpredictable. In the events of extreme cold weather, there are services around the city to support residents experiencing homelessness. The Cold Weather Emergency Support's online map shows the location of each service station, including overnight shelters, daytime services, and warming stations. Visit the interactive map at [maps.calgary.ca/ColdWeatherEmergencySupport](http://maps.calgary.ca/ColdWeatherEmergencySupport).

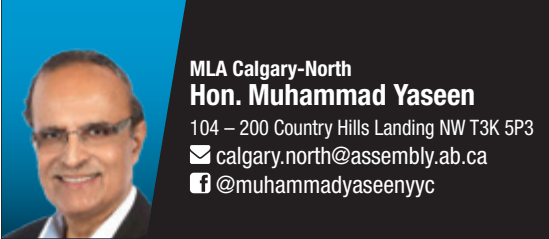
As always, everyone is welcome to contact my office if you have any questions or concerns. Stay warm!

Jennifer

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## Happy Holidays

In the spirit of togetherness and goodwill, I extend my heartfelt greetings to the constituents of Calgary-North. Christmas is a time for traditions, a time to create cherished memories with loved ones, and a time to reflect on the beauty of giving and gratitude.

As I reflect upon this year, I'm happy to see the great progress we've made in advancing Alberta's economy. Alberta is known as a hub for cultural diversity, opportunity, innovation, and economic growth. Our province has continued to lead in various industries, from energy to technology, better healthcare, and top educational institutes.

With another 37,700 jobs added this fall, Alberta's job market is booming, and Calgary is on the forefront of Alberta's overall economic recovery. As well, the distinguished C.D. Howe Institute released its Report Card for Canada's Senior Governments, 2023. According to this year's report card, which grades the ability of governments to provide strong economic management and fulfill budget promises, Alberta's government earned an A+.

Calgary, as one of the most liveable cities in the world, has played a leading role in the growth and success of Alberta. The beauty of Calgary lies in its cultural diversity and strong community connections. I am proud to be part of this city and to be able to represent it as one of its MLAs.

May the warmth of the season surround you and may this holiday season be a time of reflection and renewal, as we look forward to a new year filled with promise and opportunity. Merry Christmas and Happy New Year.

A special thanks to my constituents for their support as I carry out my duties as your MLA. As always, I am available to answer any questions and concerns that you may have.



Hello, residents of Calgary-Foothills! I hope you have been having a safe, warm, and wonderful December, and are looking forward to the holiday season. Merry Christmas, Happy Hanukkah, Heri za Kwanzaa and best wishes to all who celebrate by spending time with friends and loved ones.

Alberta's MLAs have been in Edmonton for the Fall session since October 30, and my NDP official opposition colleagues and I have been fighting for you. After my Constituency Office Grand Opening, I hosted a Town Hall in the community to discuss the need for more local schools in our area. I thank the residents who attended these events for sharing their thoughts and perspectives. I will continue to call on the government to ensure Calgary Foothills residents have the schools we need in our neighbourhoods, and that our existing schools have adequate funding.

Another major concern for residents is the government's willingness to move Albertans out of the Canada Pension Plan and replace it with an Alberta Pension Plan. Policy experts, businesses, employees, and retirees are all opposed to this idea. The CPP is one of the best managed funds in the world, providing stability for your retirement savings. Leaving the CPP will risk your retirement savings, something constituents have told me they do not want. I oppose the removal of the CPP and will fight to protect it.

I am also continuing to fight for policies to improve affordability, healthcare, transit infrastructure, and our tech economy. If you have an issue, you want me to work on, please let me know – my door is always open to you. Finally, I want to remind you that my office is available to assist you with accessing provincial resources and offers services such as notarizing documents, letters of support and more.



# Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (AHS EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior- and don't forget a toque! Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

### Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with

blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e., hand covering tips of ears).

### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed.
- Seek further medical attention as required.



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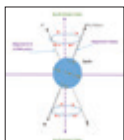
## A CAST OF CHARACTERS



In December, it is common to watch a good Christmas movie or two. A popular film around this time of year is *The Polar Express*. Although there are lots of things to love about this film, you may not know that Tom Hanks plays six different roles! He is the voice of Santa Claus, Hero Boy, Scrooge, Father, Hobo, and the Conductor. Talk about talent!

## Polaris Hasn't Always Been the North Star

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



Like a child's top, the Earth has a bit of a wobble as it spins on its axis. This is called precession and over the course of about 26,000 years, it causes the Earth's celestial poles to slowly move in a circle. As a result, the star closest to true north (or south) changes over time.

Occasionally, there is no bright star near the celestial pole, as is the case in the Southern Hemisphere today.

4,500 years ago, it is believed the Egyptians used the star Thuban to align the Khufu pyramid with true north. As Thuban never set and all the other stars appeared to revolve around it, the Egyptians regarded the North Star as the portal



to heaven. This played a vital role in their belief of the afterlife. There were many, many otherworldly steps involved when a pharaoh died, but eventually his soul travelled to Thuban where he joined with the Sun god Ra. From this lofty perch, he then ruled over the celestial realm, just as he had on Earth.

The following stars have repeatedly reigned as the North Star:

- Present day: Polaris
- 4,000 AD: Gamma Cephei
- 10,000 AD: Deneb
- 14,000 AD: Vega
- 21,000 AD: Thuban will once again wear the North Star crown

### The South Star

While there is currently no bright star close to the South celestial pole, for the past 2,000 years, people have used the constellation Southern Cross to find true south. It won't be until 4,200 AD that Gamma Chamaeleontis will lay claim to the title.



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