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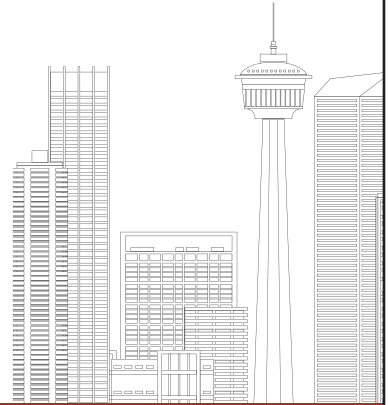


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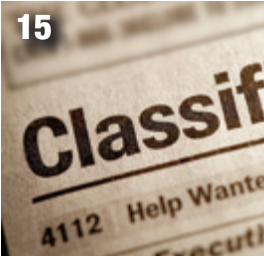
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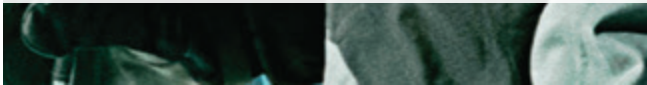


GREENVIEW



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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](http://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](http://calgary.ca/GreenLineConstruction). Learn more about the Green Line project at [calgary.ca/GreenLine](http://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*

*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](http://www.calgary.ca/parks/history.html).





# Thorncliffe Real Estate Update

Last 12 Months Thorncliffe  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2023	\$425,000.00	\$430,000.00
August 2023	\$539,900.00	\$533,000.00
July 2023	\$437,000.00	\$423,500.00
June 2023	\$525,000.00	\$519,500.00
May 2023	\$448,000.00	\$458,000.00
April 2023	\$429,900.00	\$425,000.00
March 2023	\$260,000.00	\$270,000.00
February 2023	\$459,950.00	\$466,799.50
January 2023	\$537,450.00	\$520,000.00
December 2022	\$399,900.00	\$390,000.00
November 2022	\$324,900.00	\$314,750.00
October 2022	\$449,900.00	\$439,000.00

Last 12 Months Thorncliffe  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2023	12	15
August 2023	14	15
July 2023	15	12
June 2023	16	13
May 2023	19	23
April 2023	12	13
March 2023	19	13
February 2023	11	10
January 2023	6	6
December 2022	8	9
November 2022	5	4
October 2022	7	15

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

# Greenview Real Estate Update

Last 12 Months Greenview  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2023	\$274,900.00	\$303,800.00
August 2023	\$205,000.00	\$197,000.00
July 2023	\$189,000.00	\$195,500.00
June 2023	\$189,500.00	\$186,000.00
May 2023	\$199,900.00	\$175,000.00
April 2023	\$194,900.00	\$188,500.00
March 2023	\$148,000.00	\$140,000.00
February 2023	\$174,900.00	\$170,000.00
January 2023	\$234,350.00	\$237,900.00
December 2022	\$155,000.00	\$149,000.00
November 2022	\$262,450.00	\$255,000.00
October 2022	\$209,900.00	\$205,000.00

Last 12 Months Greenview  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2023	9	9
August 2023	9	7
July 2023	9	9
June 2023	4	7
May 2023	10	7
April 2023	2	5
March 2023	4	5
February 2023	5	6
January 2023	5	4
December 2022	5	2
November 2022	6	4
October 2022	3	3

To view more detailed information that comprise the above  
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## Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

### **When an emergency vehicle approaches with lights and siren activated:**

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

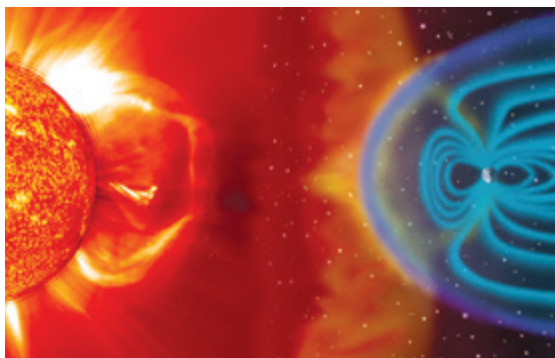
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

### **When operating a vehicle:**

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

# The Sun: Our Friend and Sometimes Foe

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



Astronomers had been aware of dark spots on the Sun since the early 1600s, but it wasn't until 1755 they discovered the number of sunspots increased and decreased in cycles spanning 11 years.

On September 1, 1859, an English astronomer named Richard Carrington was keenly aware the number of sunspots was on the rise. While sketching a particularly large cluster, he witnessed an explosion of light lasting about five minutes. The flare was a coronal mass ejection (CME), a burst of magnetized plasma from the Sun's upper atmosphere. Normally, a CME takes several days to reach Earth. In this case, it took only 17.6 hours.

That night, the Earth experienced unprecedented electrical chaos. Telegraph poles and substations (precursor to the telephone) started catching fire and northern and southern auroral displays, normally confined to the polar regions, were now visible as far south as Hawaii and as far north as Australia.

Carrington realized the flare he'd seen was almost certainly the cause of this massive geomagnetic disturbance. This connection had never previously been made. In his honour, the 1859 incident is now known as the Carrington Event.

It was the most powerful solar eruption in recorded history; causing wide-reaching communication failures

as the telegraph system was simply unable to withstand the tremendous amount of electricity surging through the wires.

In 1989, a CME knocked out power to the province of Quebec, leaving 6 million people in the dark for nine hours. It also damaged transformers as far away as New Jersey and nearly took down the U.S. power grid from the Eastern Seaboard to the Pacific Northwest. On July 23, 2012, a CME equivalent to the Carrington Event narrowly missed Earth. Had it hit us, our technology dependent world would have suffered catastrophic damage.



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# Seven Ways to Break Free of a Trauma Bond

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

BRAIN GAMES

SUDOKU

8			5		1			9
			6		9	7		
		4		7				5
4	8							6
		2				4		
9							1	8
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		3	1		6			
7			3		5			2

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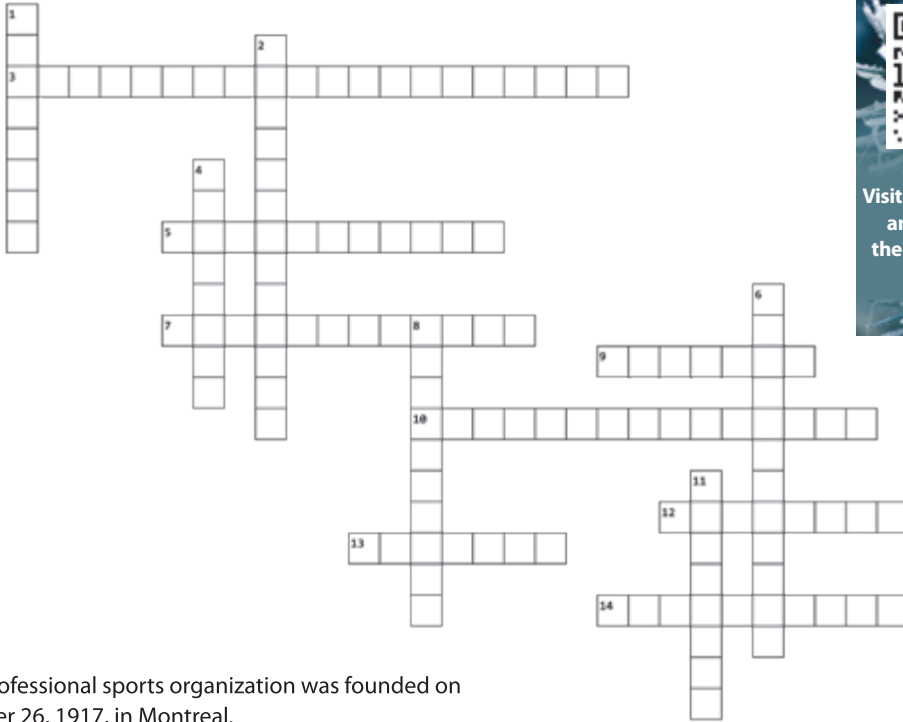
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# November Crossword



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answers or scan  
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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.

### What is Dyslexia?

by Alberta Health Services

Dyslexia is a specific learning disorder in reading. It means a person has difficulty reading, recognizing, and understanding words.

Having dyslexia doesn't mean that you or your child's ability to learn is the problem. It means that you learn in a different way. Not being able to read easily can make many areas of learning harder.

#### What causes it?

Experts don't know for sure what causes dyslexia. But it often runs in families. Learning issues can also develop after a brain injury.

#### What are the symptoms?

Signs of dyslexia may include:

- Difficulty reading or sounding out words.
- Having a hard time with spelling or writing.
- Reading slower than what is expected at your child's age.
- Difficulty remembering number facts.

After a child starts school, signs of dyslexia include:

- Problems reading single words, such as a word on a flash card.
- Trouble sounding out words.
- Understanding is better if someone reads to them, rather than reading the material themselves.
- Having to read something many times to understand it.
- Losing their place when they read or skipping words.
- Problems linking letters with sounds.
- Confusing small words, such as "at" and "to."

Dyslexia is not caused by vision problems or other conditions.

#### How is it diagnosed?

A doctor or school professional may ask you and your child's teachers what signs of dyslexia you've noticed. An educational evaluation can be done through your school. Another option is to have a psychologist do an assessment to look at how your child thinks and learns. This can happen through your school, at a health clinic, or in the community.



#### How is dyslexia treated?

Dyslexia will never fully go away, but early treatment during childhood can help. Support from family, teachers, and friends is also important.

The first step is to talk with your school to find the areas that are difficult for your child. An assessment by a psychologist can look at how your child learns, which can help in creating a learning plan for your child's needs.

#### Help your child

Children who have dyslexia may need emotional support for challenges they face. Here are some ways parents and caregivers can offer encouragement.

- Learn about dyslexia. Learning more can help you better understand and help your child.
- Recognize and teach to your child's areas of strength. For example, if a child understands more when listening, let the child learn new information by listening to an audiobook. If you can, follow up with the same story in written form. Text-to-speech applications on tablets or computers can also support learning.
- Encourage your child to keep trying. There may be things they will struggle with. Help them understand that struggles can lead to success.
- Help your child learn how to cope with school. Your child may need to learn how to manage their schedule, organize work, and complete multiple assignments and long-term projects.
- Consider counselling if your child needs more support. If you think your child has self-esteem problems related to dyslexia, counselling may help.

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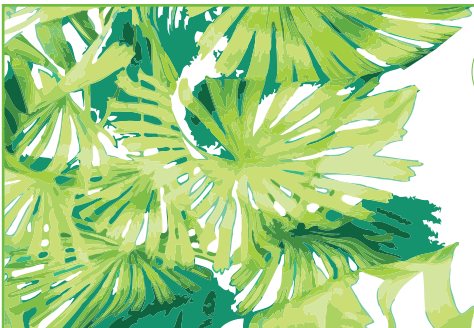
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## Google Images

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