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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”.





The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



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Calgary-North West Constituency
Minister, Advanced Education
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Cell: 587-432-0348



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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.

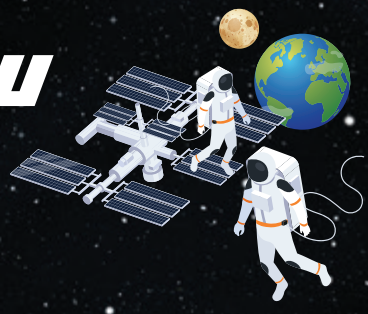
When operating a vehicle:

- 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 FIRST CREW

On November 2, 2000, the first crew reached the International Space Station. The residing team was made up of NASA Astronaut Bill Shepherd and cosmonauts Yuri Gidzenko and Sergei Krikalev.





FEDERATION OF
CALGARY COMMUNITIES

November 11, Remembrance Day

A message from the Federation of Calgary Communities



As November unfolds, we come together to honour and remember the sacrifices of those who served and continue to serve our nation. On November 11, Remembrance Day, we pause to reflect on the bravery and resilience of our heroes who fought for peace and freedom.

Remembering Our Heroes

Remembrance Day holds a profound significance, reminding us of the countless lives lost and affected by war and conflict. It's a day to pay tribute to the courage and dedication of the men and women who have given their all, ensuring our safety and defending the values we hold dear.

As we commemorate this day, let us take a moment of silence to remember the sacrifices made by our armed forces, acknowledging the debt of gratitude we owe to them and their families. Their sacrifice is a beacon of courage and a reminder of the importance of unity, peace, and harmony in our world.

Poppies: A Symbol of Remembrance

The poppy, a symbol deeply ingrained in Remembrance Day, serves as a poignant reminder of the bloodshed and sacrifice endured by our military personnel. The red poppy, inspired by the poem *In Flanders Fields*, has become an enduring emblem of hope and remembrance. We encourage you to wear a poppy and share its symbolism, fostering awareness and respect for our veterans.



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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.

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.

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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!

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News, Events, & More



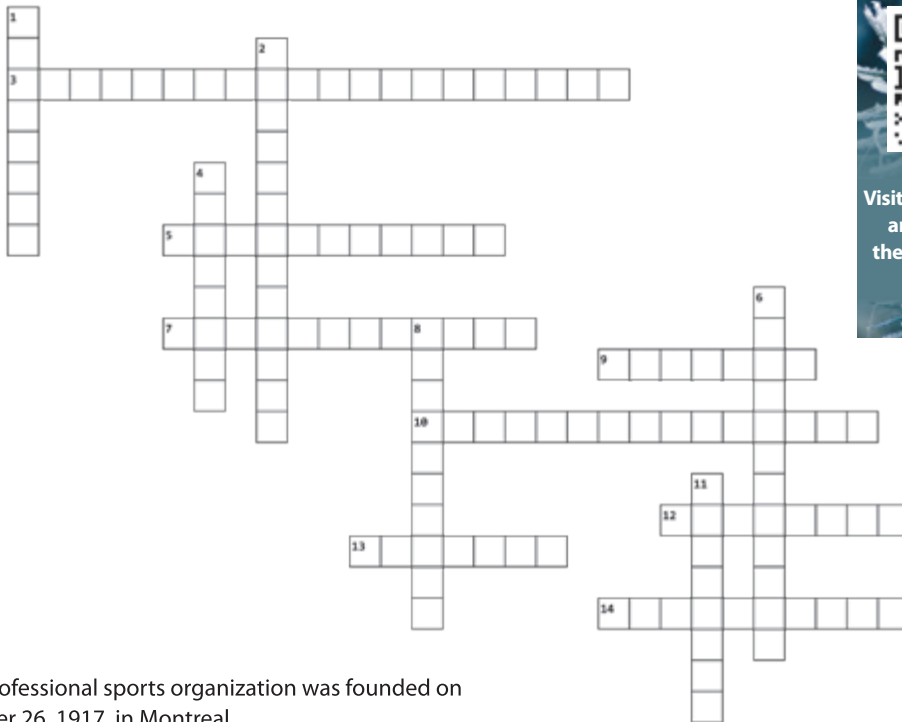
Crime Statistics



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November Crossword



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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.

RESIDENT PERSPECTIVES

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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Tuscany Real Estate Update

Last 12 Months Tuscany

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
December 2022	\$639,900.00	\$600,000.00
November 2022	\$499,450.00	\$512,500.00
October 2022	\$589,900.00	\$589,900.00

Last 12 Months Tuscany

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2023	20	17
August 2023	27	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
December 2022	5	13
November 2022	14	16
October 2022	23	25

To view more detailed information that comprise the above
MLS averages please visit **tusc.mycalgary.com**

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



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Hello, Ward 1!

As we head into our snowy season, I'd like to remind everyone to take extra caution on our streets and pathways. Help keep yourself and others safe by slowing down and staying alert to vehicles and pedestrians.

This month we recognize Remembrance Day. I invite all Ward 1 residents to consider attending a Remembrance Day service in honour of those who have defended our country, whether here in Ward 1 or elsewhere across the city.

Budget Adjustments

Later this month, Council will debate adjustments to The City's budget for the upcoming year. As part of this year's adjustments, Council is considering additional investments in a number of programs, like Transit safety and the housing strategy.

The budget that Council approved last year will already require The City to collect more in taxes in 2024. It will simply not be possible to fund all of these investments while keeping taxes reasonable.

It's important I hear from Ward 1 residents about what we need to prioritize. Visit calgary.ca/ward1 to learn more about the proposed investments and to submit your feedback.

Residential Parking Permits

As part of budget adjustments, Council will also be reconsidering the fee structure for residential parking permits this month. The implementation of fees was delayed earlier this year to allow time for Calgarians to request a review of the parking restrictions in their areas.

Visit calgary.ca/ward1 to get the latest information on these changes or to share your comments.

Snow and Ice

When snow stops falling, The City begins its seven-day snow plan. The City prioritizes major routes and pedestrian areas with a high volume of traffic, followed by major community and Transit routes. The City will also level ruts in residential areas as needed, but does not clear snow from residential streets.

Visit calgary.ca/snow to learn more about snow and ice clearing and to see current road conditions. Visit calgary.ca/311 or call 311 or report a concern.

I enjoyed attending various fall celebrations in Calgary. Thank you to all the volunteers who worked tirelessly to plan and carry out successful events to help build our communities.

Since Parliament has returned this fall, I have worked diligently to represent you and ensure the government is being held to account. The federal government is responsible for the cost-of-living crisis, which continues to deepen. The federal carbon tax continues to make gas, home heating, and food more expensive. As winter approaches, it will force many Calgarians to make tough financial decisions.

Housing affordability has also become a crisis for many Calgarians. Home ownership is increasingly out of reach, mortgage payments are going up, and rent is increasingly unaffordable. In response to this crisis, Conservative leader Pierre Poilievre recently tabled The Building Homes Not Bureaucracy Act that will require cities to increase the number of houses built by 15% each year, and then 15% on top of the previous target every single year. Federal transit funding provided to certain cities will not arrive until those stations are surrounded by high-density residential buildings. This bill would also require the Minister of Housing, Infrastructure, and Communities to report on the inventory of federal buildings and land. He would need to identify land suitable for housing construction and to propose a plan to sell at least 15% of any federal buildings and all land that would be appropriate for housing. These properties would need be placed on the market within eighteen months.

I look forward to tackling these issues with common sense solutions during the fall sitting of the House of Commons.

Please reach out to me or my staff with questions, concerns, or requests for assistance at pat.kelly@parl.gc.ca or 403-282-7980.

Thanks!

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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INVESTING IN POST SECONDARY SUCCESS

Many families have post-secondary students in my constituency of Calgary-North West, so I'm pleased that my Ministerial responsibilities in Advanced Education give me the opportunity to work in this important area of policy.

For example, we will invest \$5 million at the University of Calgary to plan a new Multidisciplinary Science Hub to ensure the greatest impact for the faculty of science and its students. The new hub will be the primary home for research and collaboration in the science faculty, which is the University's second-largest faculty, and provide classroom and lab space for 2,200 students.

We are also providing the U. of C. and U. of A. with \$27.3 million over four years under the Major Innovation Fund. These funds will assist with strategic initiatives to accelerate research and commercialization in the areas of medical devices, electronic and mobile health, clean energy, and space and defence technologies.

Minister's Seniors' Service Awards

Nominations are open until **November 15** to recognize individuals, businesses and non-profits who support seniors in our community. For more info and to nominate, go to: alberta.ca/ministers-seniors-service-awards.

Meet MLA Rajan Sawhney

Diwali Celebration

- Sunday, November 12
- 4:00 to 7:00 PM
- Scenic Acres Community Centre

Christmas Celebration

- Saturday, December 2
- 2:00 to 5:00 PM
- Rocky Ridge Ranch Homeowners Association



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211, 500 Rocky Vista Gardens NW
Stylish 2 Bdrm / 2 Bath
\$334,900



2427 Uxbridge Drive NW
5 Bdrm + Den, Backs on Park
\$1,200,000



369 Point McKay Gardens NW
3 Bdrm Townhome, Steps to River
\$679,900



5104 - 21 Avenue NW
3 Bdrm Bung, 50x120 ft Lot
\$605,000



13 Damkar Drive, Watermark
6 Bdrm + Den, Finished Walkout
\$2,499,900

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