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THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER



**SKATE WITH
SANTA**
PAGE 7

**PRESIDENT'S
MESSAGE**
PAGE 9



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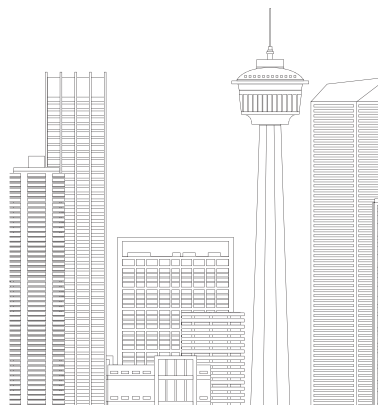


My Calgary

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- Digital Community Newsletters
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WILLOW PARK



MAPLE RIDGE



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WILLOW RIDGE COMMUNITY ASSOCIATION OF CALGARY COMMUNITY CENTRE AND SPORTS FACILITIES

680 Acadia Drive SE Calgary, AB T2J 0C1

Ph: 403-271-8044

F: 403-278-3718

Website: mywillowridge.ca

Email: info@mywillowridge.ca

We are available by phone Monday to Friday 9:00 am to 3:00 pm

(Voicemail is checked daily and will be responded to by the end of day the next business day). In-person by appointment only.

****Closed Weekends and Holidays**

Board Members

President	Jason Carling	president@mywillowridge.ca
Vice President	Chris Nyberg	casino@mywillowridge.ca
Treasurer	Kody Shiels	treasurer@mywillowridge.ca
Secretary	Dustan Byrnes	secretary@mywillowridge.ca
Membership Coordinator	Vacant	
Facilities	David Hughes	facilities@mywillowridge.ca
Sports and Recreation	Vacant	
Funding	Don Boykiw	dboykiw@mywillowridge.ca
Social	Vacant	
Casino	Vacant	
Communications Director	Vacant	comm@mywillowridge.ca
Volunteer Coordinator	Vacant	
Strategy	Andres Galindo	agalindo@mywillowridge.ca
Civic Affairs	Gord Rouse	grouse@mywillowridge.ca
HR Director	Mike Krisa	mkrisa@mywillowridge.ca

Directors At Large

Director-at-Large	Marshall Horne	mhorne@mywillowridge.ca
Director-at-Large	Peter Gibson	pgibson@mywillowridge.ca
Director-at-Large	Roger Lohrey	rlohrey@mywillowridge.ca
Director-at-Large	Tom Firth	tfirth@mywillowridge.ca
Director-at-Large	Jecielle Alonso	jalonso@mywillowridge.ca

Other Contacts

Soccer Administration	Rich Cree	soccer@mywillowridge.ca
Garden Liaison	Rob Kettle	wrveggiesandherbs@gmail.com
	Leslie Smith	com

WRCA Staff

General Inquiries		info@mywillowridge.ca
Community Services Manager	Anna Glickman	gm@mywillowridge.ca
Office Administrator		info@mywillowridge.ca
Bookkeeper	Jenna Burns	jburns@mywillowridge.ca

Community Resources

City of Calgary Liaison	Christa Zaharychuk	christa.zaharychuk@calgary.ca
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Community Resources

Councillor - Ward 11

Kourtney Penner	403-268-2430	ward11@calgary.ca
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MLA - Calgary Acadia

Diana Batten		diana.batten@albertandp.ca
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MP - Calgary Midnapore

Stephanie Kusie	403-225-3480	stephanie.kusie.c1@parl.gc.ca
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CPS Community Resource Office

Pavel Adaikin		PAdaikin@calgarypolice.ca
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Girl Guides of Canada Calgary Area

403-283-8348		ggcinfo@calgarygirlguides.com
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Scouts Canada Chinook Council

403-283-4993		www.scouts.ca
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The Willow Ridge Community Association (WRCA) Vision

To be an integrated community connecting partners, family, neighbours, and nature.

The WRCA Mission

To foster an integrated community by providing meaningful and inclusive programs and experiences, safe gathering spaces, and advocacy for the needs and interests of our residents.

GET WRCA NEWS IN YOUR INBOX – With your membership, receive e-newsletters to share up-to-the minute news and events. We think you'll find the information valuable, but you can unsubscribe at any time.

SOCIAL MEDIA



@willowridgecommunity



@mywillowridge

WRCA website

mywillowridge.ca

The My Willowridge.ca is the official newsletter of the Willow Ridge Community Association and is distributed monthly for free to all residents of Willow Ridge (approximately 3,050 households).

Monthly Board of Directors Meetings are normally held on the third Wednesday of each month, but please check with the office as these meeting dates may change. They commence at 7:00 pm in our WRCA Boardroom. If you would like to make a brief presentation to the WRCA Board, please notify the WRCA office at least three (3) days prior to the meeting date and state the topic you wish to address.

SKATE WITH SANTA!

WILLOW RIDGE
COMMUNITY ASSOC.
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2-4 PM

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Activities at the Willow Ridge Community Centre

For the most up-to-date information check our website at <https://mywillowridge.ca/activities/events-calendar>.

Sundays

- Unity of Calgary Spiritual Community
- Church of Christ
- Dance with Maya
- YYC Drum Circles

Mondays

- Expand Yoga
- Pathfinders
- Sparks
- Pyramid Psychology

Tuesdays

- Devotion Danceworks
- National Sports Academy

Wednesdays

- Devotion Danceworks
- Expand Yoga
- Girl Guides
- Simple Harmonies
- Zumba with Maan, Marian, and MJ

Thursdays

- Because You Can Fitness
- Embers
- Expand Yoga
- National Sports Academy
- Calgary Karate

Mondays to Fridays

- FLC Brushstrokes
- FLC Line Dancers
- Queens & Jacks Square Dancing (Monday and Friday)
- Creations Child Care Inc.
- Willow Park Preschool
- Willow Kids Club (Daycare)

Saturdays

- Devotion Danceworks

PRESIDENT'S MESSAGE



With winter fast approaching, our Ice Crews have been busy preparing our hockey, pleasure skating, curling, and crokicurl rinks. With hundreds of daily users over winter, our volunteers are out every evening to clear and flood our rinks for the next day's happy skaters (or curlers). If you are interested in joining a well-oiled team (including being trained on Ollie, our ice resurfer), please contact Don at dboykiw@mywillowridge.ca, as he is always looking for more volunteers, especially after a big snowstorm!

If you see a green toque worn by one of our volunteers, please thank them for all their hard work!

Jason Carling

President, Willow Ridge Community Association
president@mywillowridge.ca



Fuelling Young Athletes

by Alberta Health Services

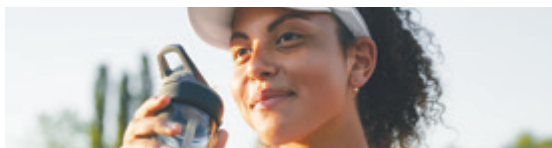
Nutrition is important for young athletes (ages 12 to 18) because it supports both healthy growth and sports performance. Young athletes who fuel their bodies with healthy choices will get more out of their training and perform better during competition.

Here are some tips for young athletes:

Before your activity

Drink 1.5 to 2.5 cups of water two to three hours before activity to hydrate your body.

Plan to eat a meal two to three hours before an activity to give your body time to digest and convert it to fuel for your muscles. If you only have one to two hours before an activity, eat a smaller snack instead. Choose foods that contain carbohydrates and proteins, as well as foods that are lower in fat and fibre. For example, try a fruit smoothie, a chicken wrap or an egg and toast.



During an activity

Water is the best fluid to keep you hydrated when you are active for less than one hour. Bring a water bottle with you and drink every 15 to 20 minutes during an activity. If you are active for more than one hour and sweating a lot, you may benefit from a sports drink. A sports drink provides carbohydrates (energy) and replaces the electrolytes you lose when you sweat. Avoid low carbohydrate sports drinks and drinks with caffeine or carbonation (fizz).

After activity

After an activity, drink fluids and eat food to help you refuel and recover. Drink one to two cups of fluid and eat foods with carbohydrates and proteins. Choose foods such as cereal and milk, fruit and Greek yogurt or a nut butter sandwich.



Pet of the Month

Hello! My name is Hansel, and I am a chihuahua mix. I may be small, but I am for sure mighty! My favourite things to do are eat, sleep, and snuggle with my humans. I love all other dogs, but I am selective with people. My humans love to dress me up whether it's a Halloween costume or a fuzzy sweater to keep me warm during the cold months, I'm always looking top notch! If you see me walking by, I'd love to say hi to your furry friend(s).



Seniors Coffee Hour!



Fresh baked goodies courtesy of
Canyon Meadows Retirement Residence

Join us on the 2nd & 4th Monday
of every month from 1pm-3pm

Members: FREE
Non-members: \$2



WRCA

Maple Ridge Garden

On October 16, our students cleared out the Garden Plot that was donated by the WRCA Community Garden. They were very excited to harvest the pumpkins and carrots. I wanted to say thank you to all the Garden members for helping us to feel welcome at the garden. I know that many of you shared your expertise and experiences with the students at Maple Ridge. Many of our teachers commented to me that they were so thankful for the Garden experience. Not only was it a wonderful place to learn, explore, and document in their journals but it also provided a peaceful sanctuary for many of our students. Releasing our painted lady butterflies into the garden was pure joy. We hope to join the Garden Community again next year and are working towards building garden boxes in our outdoor classroom as well.

Sincerely,

Danielle and the Teachers at Maple Ridge School

MAPLE RIDGE SCHOOL GARDENERS



*A message from our
littlest gardeners!*

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A Shopper's Guide to Advent Calendars

by the Better Business Bureau



Advent calendars have become a fixture of the holiday season. Once a religious tradition for children, these calendars are now big business. They are targeted at all ages and contain anything from luxury beauty products to Lego sets to a variety of wines. With so many options, some costing hundreds of dollars, what should you know before purchasing one?

BBB recommends the following.

Shop early. Due to their growing popularity, the best advent calendars tend to sell out early. If an advent calendar is on your list, especially if you want one with a coveted brand or product, make your purchase early.

Compare calendars. Bundled products, such as advent calendars, are hard to compare across retailers. However, do some comparison shopping first to make sure you are getting a good deal on the type of calendar you want (for example, chocolate or toys). Consider what's inside each calendar to determine which company offers the best deal.

Don't expect a bargain. If you already buy something frequently, such as coffee or cosmetics, an advent calendar can be a fun, festive way to sample new flavours or products from a favourite store. However, retailers love advent calendars because they have high-profit margins, so don't expect a good deal.

Buy from a reputable company, especially if you want to buy an advent calendar online. Make sure the online store has a reputation for good customer service, quality goods, and reliable shipping and handling. If customer reviews reveal that a company is struggling in any of these areas, make your purchase elsewhere.

Be wary of misleading ads. Scam e-commerce websites often promote advent calendars through enticing social media ads. Just because something looks good in the photo doesn't mean it's real. The same goes for glowing customer reviews. Always research a company before you do business with them to avoid falling victim to a scam.

Count the cost. Watch out for overpriced advent calendars. In recent years, some consumers have called out luxury brands on social media for not delivering adequate gifts in expensive calendars. Before you purchase one, find out what it contains. Consider whether the gifts are miniature or full-size and what each product might be worth individually. Then, decide if the calendar is worth its overall asking price.

Watch out for scams. BBB gets dozens of reports each year about advent calendar scams through the BBB Scam Tracker. Deals that seem too good to be true are often a telltale sign of a scam. Be very wary of products that sell for significantly more money elsewhere or are sold out on well-known sites. Read more about advent calendar scams.

Rental Rates:

Minimum three-hour rental on weekends.

Room	Weekday Hourly 7:00 am Monday to 5:00 pm Friday	Weekend Hourly 5:00 pm Friday to end of day Sunday	Weekend Full-Day Rental *Up to 12 hours	Weekend Half-Day Rental *Up to 6 hours	Deposit
The Willow	\$60/hr	\$90/hr	\$1,000	\$500	\$500
The Maple	\$50/hr	\$75/hr	\$800	\$400	\$400
The Herard	\$30/hr	\$45/hr	\$500	\$250	\$250

*Full Day rentals (up to 12 hours) and Half Day rentals (up to 6 hours) are for weekends only, between 5:00 pm Friday and end of day Sunday. The Hall can be booked until 1:00 am any day.

WRCA members receive a 5% discount on one-time rentals. Contact info@mywillowridge.ca or 403-271-8044.

Are you a member? Join the WRCA Family!

Cash, debit, credit, cheque accepted at the office M-F from 9am-3pm.
Online purchase available at mywillowridge.ca. All amounts below include GST.



Family
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\$36.75



Seniors 60+
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Courts
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\$15.75 (Individual)



WILLOW RIDGE
COMMUNITY
ASSOCIATION

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Rent Our Space!

The Willow Ridge Community Association can accommodate a wide range of guests for activities or functions like wedding receptions, birthday parties, baby showers, workshops/seminars, art shows, fitness classes, and more! Located outside are two private parking lots, crock curl (in the winter), gaga ball pit, pickleball/tennis courts, lacrosse box/hockey rink, baseball diamond, 50-plot community garden, and a large green space which we use for our WRCA Soccer league in the summer and a pleasure skating rink in the winter.

Our newly renovated, air-conditioned building has the following spaces available for rent!

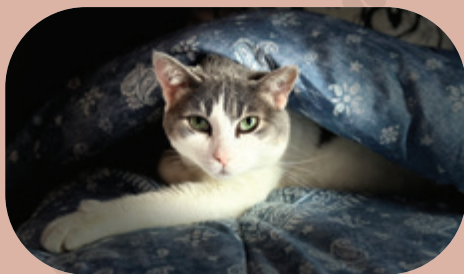
- The Willow – 1,924 sq. ft. North Hall (135 dining/200 standing) with large windows, built-in audio/speakers, vaulted ceilings, wood sprung floor. Perfect for high-impact activities!
- The Maple – 1,200 sq. ft. South Hall (60 dining/135 standing) with large windows, separate sink/washing area, additional storage, vaulted ceilings, and a sound system.
- The Herard Room – 540 sq. ft. Board Room (25 dining/50 standing) with large windows, available projector, and mounted whiteboard, conveniently situated off the Ridge Lounge. Perfect for small group yoga, art classes, meetings, catering set-up, etc.

The community centre has the following additional features:

- The Ridge Lounge, an upstairs gathering area for members with a view of the rinks/fields.
- Large floor-to-ceiling windows to allow for more natural light.
- Internal stairs and elevator access to lower level.
- Four individual gender-neutral washrooms, two of which are wheelchair accessible.
- Wi-Fi throughout building.
- Large change area/washrooms with rubber flooring, accessible to rink users in the winter.



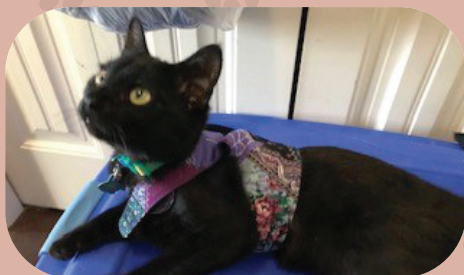
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8 Tips for Beating Holiday Stress

Nancy Bergeron, R.Psych. | 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.

FRIENDS *of* Fish Creek

Make Sure to Get Your Year-End Donations In

We hope that you have found some time this year to visit Fish Creek Provincial Park, whether you spent time enjoying a favourite park location or exploring a new area. Fish Creek holds a special place in the hearts of countless individuals and citizens of Calgary and has for generations. The Friends of Fish Creek is a small non-profit group that is dedicated to protecting the park's environmental sustainability through conservation programs, community engagement initiatives, and self-directed fundraising endeavours. As a member of the Fish Creek Community, we know that you share our vision of a sustainable park environment that enhances the quality of life for both current and future generations.

Donations from community members like you provide essential support for our conservation efforts and we are profoundly grateful for your contributions. As we approach the end of the year, we invite you to make a tax-deductible gift in support of Fish Creek Provincial Park, as even a modest donation would go a long way in supporting this beautiful natural area. With your help we can face the challenges of our small but far-reaching local charity, and you can rest assured that your hard-earned donation dollars will be used efficiently right here in Fish Creek Provincial Park.

Please stay tuned to our newsletter *Voice of the Friends*, our website, and our social media channels for all the latest news and updates about our programs and activities in Fish Creek. To donate, please visit friendsoffishcreek.org/ffc-donate.

The Fish Creek Community Terrace

Every brick tells a story! Share your story with the Fish Creek Community. If you have been to the Bow Valley Ranch recently, you may have seen the Fish Creek Community Terrace, which consists of personalized bricks installed just in front of the Cookhouse. A brick would also make an amazing gift for anyone on your list who enjoys visiting Fish Creek and would like to



see it preserved. You will receive a tax receipt and we will provide a certificate for bricks dedicated by December 21. The Friends are now offering bricks for Phase four of the Fish Creek Community Terrace to be installed in 2024. For more information, please visit friendsoffishcreek.org/brick.

Membership Shows You Care

Now is the best time of year to renew your Friends of Fish Creek membership or become a member! The Friends do not receive regular support for our programs that benefit the park and community, and we rely on a variety of funding sources like grants, program fees, personal donations, and memberships. Friends' members receive benefits like admission to our Fish Creek Speaker Series programs, a discount on the popular Birding Courses, a discount at select local businesses, and the ability to vote at our Annual General Meeting. Show your support for this park by becoming a member or renewing your membership today. Memberships will be good until December 31, 2024. To renew your commitment to Fish Creek, please visit friendsoffishcreek.org/membership.

Cold Weather Preparations

by Alberta Health Services



Alberta winters can be bitterly cold and when the temperature dips below -40 degrees Celsius, that's when "extreme cold warnings" occur. Wind gusts can be strong enough in our province to make it feel even colder.

It's Important to Remember a Few Things During Extreme Cold Warnings:

Try to Stay Indoors

Roads and other paved surfaces can be snowy or icy during extreme cold warnings. If you must go out, always let someone know where you are going and follow these instructions:

- Check 511.Alberta.ca, Environment Canada, or download the WeatherCAN or AEA Alert app for current road conditions or emergency alerts.
- Try to cover as much exposed skin as possible. Wear warm, waterproof, and windproof layers, scarves, neck warmers, or protective face liners and waterproof footwear.
- If you are sweating, remove outer layers of clothing or open your coat to avoid getting your clothes wet.

Learn how to prepare a vehicle emergency kit if you must drive.

Be Careful!

Some people are more susceptible to the cold, particularly children, older adults, those with circulation issues, those experiencing unstable housing, or those outdoors for long periods of time.

Being cold over a long period of time or being exposed to cold air, water, wind, or rain, can cause a drop in body temperature and, in some serious cases, can cause hypothermia.

What Is Hypothermia?

Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. A body temperature below normal can be a sign of hypothermia and can cause shivering, confusion, and loss of muscular control (e.g., difficulty walking). It can progress to a life-threatening condition.

If you think someone has hypothermia:

- Call 9-1-1 to get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.
- Protect the person from further heat loss/eliminate contact with cold surfaces.

If someone has symptoms of extreme cold, such as hypothermia, please seek immediate medical attention.

Support Is Available

Other supports are available for those experiencing unstable housing. Call 2-1-1 and press 3 for non-emergency support for shelter or visit www.alberta.ca/homelessness.

If you work outside during an extreme cold warning, consider taking warm-up breaks or rescheduling your work if possible. Your employer may have options available to help you avoid being in the cold for too long.



**MP Calgary Midnapore
Stephanie Kusie**
204 – 279 Midpark Way SE
Calgary, AB T2X 1M2
📞 403-225-3480 📠 403-255-3504
✉️ stephanie.kusie.c1@parl.gc.ca
🌐 stephaniekusiemp.ca

Merry Christmas and Happy Holidays, Calgary Midnapore!

As 2023 comes to a close I wanted to take a moment and reflect on the year that was and some of the moments that stood out to me.

Early in the year, it was revealed that the government spent over \$116 million dollars on insiders from the consulting firm McKinsey and Company. As Shadow Minister for the Treasury Board, I led the Conservative investigation on this front.

From there, the government tabled their 2023 Budget which left \$60 billion dollars of new spending onto the inflationary fire. In April, the Public Service Alliance of Canada (PSAC) went on the longest public service strike in modern Canadian history and as the Conservative Shadow Minister on this file, I led the questioning on the government's incompetence which paved the way for this strike to happen in the first place.

During the summer recess, I met with community members at celebrations on Canada Day and throughout various Stampede events and functions. I also spent much of August meeting with numerous cultural communities/associations here in Calgary, learning about their organizations and priorities.

In September Parliament resumed, and my Conservative colleagues and I continued applying pressure on the government to deliver a plan that will bring home lower prices for Canadians. Soon after, the RCMP announced that they were investigating the governments misconduct on the \$54 million-dollar ArriveCan app. As a Member on the Government Operations Committee (OGGO) I've led the charge in getting the answers that Canadian taxpayers deserve.

That's just a quick glimpse into some of my work as your Member of Parliament this past year.

To see more, I encourage you to follow along on my social media channels - @StephanieKusie on X and Instagram, @StephanieKusiePolitician on Facebook, @StephanieKusieMP on YouTube.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore



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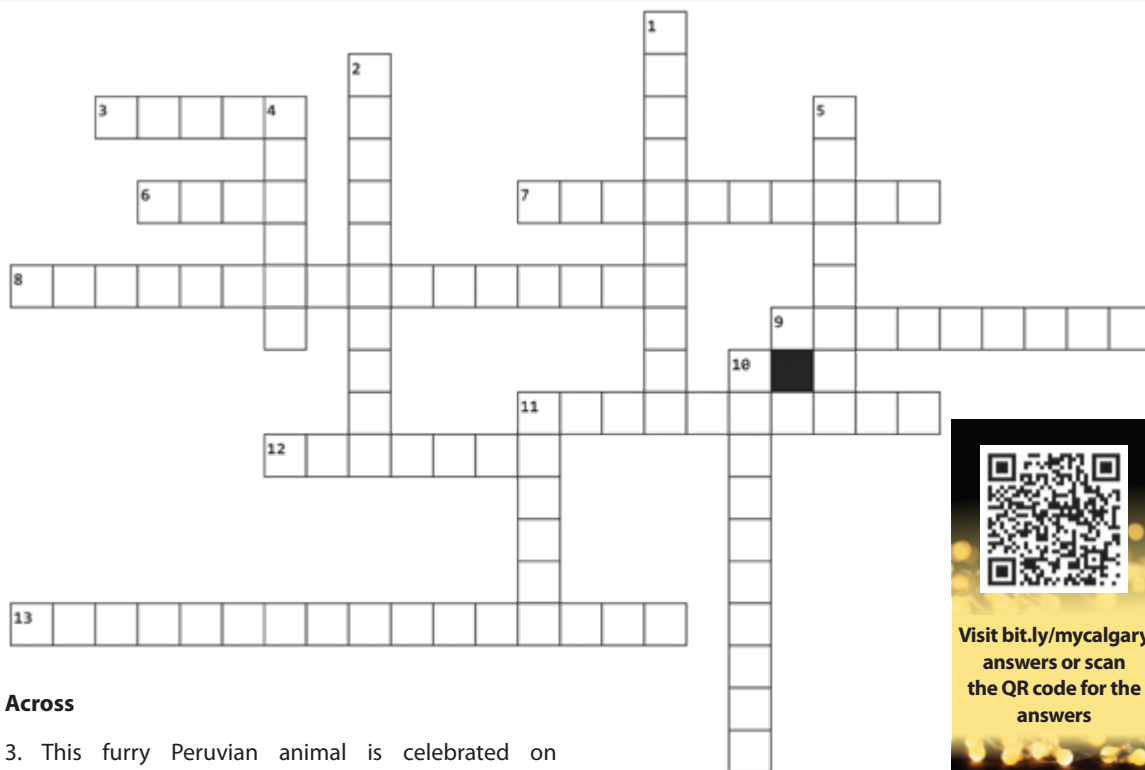
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December Crossword



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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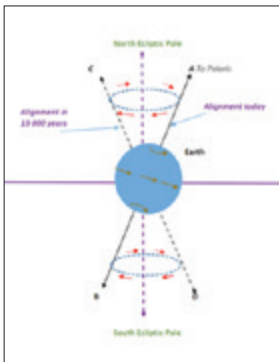
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Polaris Hasn't Always Been the North Star

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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Art of Finding Work: The Best Job Search Advice I Ever Received

by Nick Kossovan



The majority of job search advice is cookie-cutter, advice that is not new, just common sense.

- Always be networking.
- Focus on your strengths.
- Show interest in the job.
- Before applying, research the company.
- Continually improve your resume and LinkedIn profile.

Despite following the advice of self-proclaimed job-hunting experts and career coaches, most job seekers struggle to find a job.

Most advice does not get to the root of what it takes to succeed. Most people find hard truth advice, often a truism, uncomfortable. Hence, they do not want to hear it. I am the opposite; I am grateful for advice that challenges my assumptions and reframes my thinking. More than once, someone's advice has exposed the limitations of my beliefs. Limiting beliefs are the most common obstacle to success.

For example, many job seekers believe their age makes them not hireable; hence, they accuse employers of age discrimination, thereby giving themselves permission

to believe their lack of job search success is not their fault rather than to analyse whether they are not being hired due to something they are doing or not doing. Consequently, job seekers who believe their age hinders them from being hired tend to gravitate towards advice that supports their belief. (for example, by removing graduation dates from your resume and only include your last 15 years of work experience).

Most job search advice is syrupy, based on what the advisor thinks job seekers want to hear and therefore fails to address the harsh realities of job hunting or managing a career in a hyper-competitive workplace where everyone is battling to remain relevant.

The best advice I ever received, advice that re-engineered my thinking regarding job hunting, as well as how to manage my career, was given to me during a heated exchange while living and working in Chandigarh, India, where I was overseeing a 150-seat call centre.

Unexpectedly, the COO of the company called me from California to discuss a process improvement proposal I had made to the CEO, which he strongly disagreed with. A heated disagreement ensued. At the time, I was young and cocky, and I said it was up to the CEO, not him, whether to implement my suggestion.

After a long pause, the COO said, "Nick, what other people think of you decides whether or not you move forward in this company."

I thanked the COO, admittedly sarcastically, for his backhanded advice, which many would have interpreted as a warning, hung up, and leaned back in my chair. My mind kept replaying his words. Eventually, I realized that his advice was a truism that summed up what it takes to succeed not only in one's career but also in one's life.

It takes multiple approvals to receive a job offer. What the person who reads your resume and LinkedIn profile thinks about your ability to do the job and possibly being a fit determines whether you are invited for an interview. You will likely be interviewed two or three times. Each time, your interviewer(s) will be judging you.

Aside from dating, I cannot think of an activity in which you are subject to as much judgment or scrutiny, whether on paper, your digital footprint and, of course,

Guess That Character!

1. Named after a month, this dark character is part of a famous fictional family and got her name from a Mother Goose nursery rhyme.
2. This character is voiced by Vin Diesel and can only rely on one line to emote throughout his screen time.
3. This quirky creature is the counterpart to Wallace in their wild escapades.
4. A cowboy being best friends with a space ranger seems unlikely, but that is exactly what this beloved children's character is.
5. This character is best known for her adventures and her bright red shoes.
6. The star of a film released in 1994, this character is best known for his love of life and chocolates.



face-to-face, then while searching for a job. The COO's advice contradicted the cliché advice to "not worry about what other people think of you." The harsh truth: nobody is entitled to employment, livelihood, or acceptance; they must be earned.

The advice to not worry about what other people think of you is good advice if you are not dependent on other people's approval. However, job searching boils down to seeking approval, often from strangers, that you are worthy of joining their payroll, will fit the team and company culture and will be manageable.

When you do not care what other people think about you — disregarding how you come across — you make it difficult for others, especially strangers, to judge you favourably. Therefore, the question: should you be 100% yourself when searching for a job and managing your career?

Not if it hinders you from being judged positively, that you are a professional who can be relied on.

In an interview, you are judged based on:

- What you are wearing.
- The words you use.
- Your mannerisms and level of energy
- Your posture ... and much more.

All this judgement happens after the employer has judged your resume, LinkedIn profile, and telephone screening interview to determine if you are face-to-face interview worthy. The hiring process is a judgement process.

Keeping the COO's words, "what other people think of you decides whether or not you move forward", top of mind makes me mindful that how I present myself and how others experience me are determining factors in whether I am accepted. In other words, I am constantly reminding myself that I have a great deal of control over how people perceive and experience me, which you also have.

If job seekers wish to experience more green lights throughout their job search, regardless of their age, they need to give more serious thought to how they present themselves to employers and hiring managers.

BRAIN GAMES SUDOKU

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1			4		8			2
3				1				
	3			2		8	4	
				3	1			9
	2					5		

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Winter Car Seat Safety

by Alberta Health Services



Bulky winter clothing can impact the effectiveness of car seat harnesses and can significantly compromise your child's safety when traveling. The force of a car crash can cause puffy winter coats and snowsuits to suddenly flatten, creating a gap between your child and their car seat harness. When this happens, your child is no longer properly secured and is at risk of being partially or fully ejected from the car seat. This can cause serious head or spinal injuries.

It is crucial to dress your child in thinner layers and adjust straps snugly to ensure their protection. Bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat.

Tips to keep your kids safe and warm in their car seat during the winter:

- Place a blanket over the straps after they are buckled up.
- Put your child's coat on backwards after they are strapped into their car seat.
- Don't forget hats and mittens. These keep kids warm without interfering with the car seat harness.
- Pack an emergency bag with extra blankets, dry clothing, hats and gloves, and non-perishable food.

Always remember these rules for car seat safety:

- Follow the car seat manufacturer guidelines. The car seat must be correctly installed in the vehicle.
- The shoulder harness should be snug enough that you cannot pinch the strap fabric at the collarbone.
- Infants and young children are safest riding in a rear-facing car seat until they reach the maximum height or weight limit for rear-facing use allowed by the seat's manufacturer.
- Your child is safest riding rear-facing until two, three, or even four years old.
- When your baby outgrows their infant seat, move them into a larger rear-facing seat.
- When a child outgrows their larger rear-facing car seat (by height or weight), they should move into a forward-facing car seat with a harness.
- When a child outgrows their forward-facing car seat (by height or weight), they should move to a booster seat. Use a booster seat until the seat belt fits properly; this is typically when your child is 145 cm (4 ft. 9 in.) tall and between 8 and 12 years of age.

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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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Turning a Home into a Business While Moving at the Same Time

by Kelsey Higgins

Starting a business can be an exciting time, but it can also prove to be challenging when you don't have enough space for both living and working. If you're in this situation, combining your living and workspace by moving is one solution that can help make the process easier. Here are some tips to consider when starting a business and relocating simultaneously.

What to Look for in a New Home

When looking for a new home, make sure it has the necessary space for both living and working. Additionally, decide if you'd like any features such as extra bedrooms or bathrooms, parking spots, or a backyard – all of which could increase the value of the property later on if needed. Having a list of must-haves will help ensure that you do not waste time viewing properties that don't fit your needs.

The Homebuying Process

Once you find the perfect spot for your business and residence, review all documents associated with the sale carefully before signing anything. Keep in mind that real estate transactions can take weeks or even months to complete so starting early is essential. Additionally, meet with lenders or mortgage brokers as soon as possible to discuss loan options so that you are prepared when it comes time to purchase the property. It is also important to keep in mind taxes associated with buying property as this could impact budgeting decisions down the line.

Consider Buying a House “As-Is”

Purchasing an existing property “as-is” may be a viable option for those who are looking to save time and money while still having enough living or working space. Consulting with experts such as realtors is essential so that everyone knows what must be done to complete the sale before closing on the property purchase. Doing research ahead of time can help you make the best decision for your needs.

Updating Information on Your Website and Social Media

Once you've settled into your new home or workplace, don't forget to update contact information on your website and social media platforms. Having current details such as addresses is essential to let potential customers know where they can find you. Taking the time to update these components of your online presence will ensure that customers have access to accurate information when visiting (or calling) during regular hours of operation.

Go Back to School

If starting your own business sounds a little intimidating right now, you could also consider going back to school first – perhaps for a degree in accounting. This will give you an edge over the competition, and you can always take advantage of the flexibility afforded by online learning platforms. That way, you can work toward your degree without having to take too much time away from work, and you'll also have the benefit of being able to implement what you learn into your own business in real time.

Make a Detailed Plan and Timeline

Crafting detailed plans and timelines can help ease the transition period by keeping everyone organized. Doing so will prevent any tasks from slipping through the cracks, particularly when trying to manage multiple tasks such as finding appropriate properties, obtaining financing (if needed), dealing with legal paperwork, and other related matters. Proper planning helps ensure that all these goals are achieved in an efficient and timely fashion.

Create a Budget

Moving can be a daunting task, especially when it comes to budgeting. To make sure that all the associated costs – from moving and renovation expenses to staffing needs – are taken care of without too many surprises, setting up and managing a budget ahead of time is essential. That way, everything will run more smoothly when you begin operations in your new space.

Starting a business and relocating at the same time may appear overwhelming. However, these tips will help you plan effectively so that neither task is neglected

during the transition period between the current and future location. With proper preparation, tasks involved in relocating and setting up operations in a new environment will be relatively smooth. Without adequate planning in advance, these tasks would be more challenging.



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