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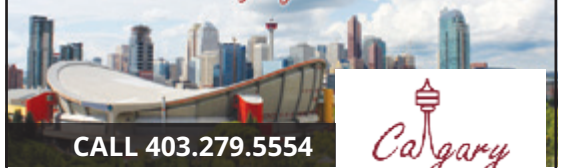
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1. **KNOW** YOUR ASSETS
2. **VERIFY** YOUR PROPERTY TAX ASSESSMENT
3. **EVALUATE** YOUR HOME EQUITY
4. **MAKE IMPROVEMENTS** BY ACCESSING **HOME EQUITY**
5. **CONSIDER A LIFESTYLE** CHANGE
6. **GET PERSPECTIVE** BACKED BY EXPERIENCE

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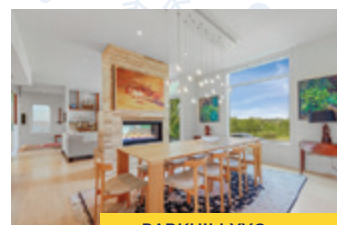
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ROXBORO COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	3	0	\$0	\$0
September	23	0	1	\$1,250,000	\$1,255,000
August	23	1	0	\$0	\$0
July	23	0	1	\$3,500,000	\$3,350,000
June	23	1	0	\$0	\$0
May	23	0	0	\$0	\$0
April	23	0	0	\$0	\$0
March	23	0	1	\$1,245,000	\$1,217,500
February	23	1	0	\$0	\$0
January	23	0	0	\$0	\$0
December	22	0	0	\$0	\$0
November	22	0	1	\$3,350,000	\$3,250,000

To view more detailed information that comprise the above
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WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	15	13	\$199,500	\$200,000
September	23	12	4	\$492,400	\$494,000
August	23	11	14	\$225,000	\$218,750
July	23	12	14	\$284,450	\$284,250
June	23	17	13	\$234,900	\$232,400
May	23	14	17	\$214,000	\$209,200
April	23	17	12	\$224,950	\$217,250
March	23	16	14	\$279,400	\$271,000
February	23	9	9	\$229,900	\$229,900
January	23	8	5	\$225,000	\$220,000
December	22	5	3	\$700,000	\$700,000
November	22	5	4	\$219,950	\$213,500

To view more detailed information that comprise the above
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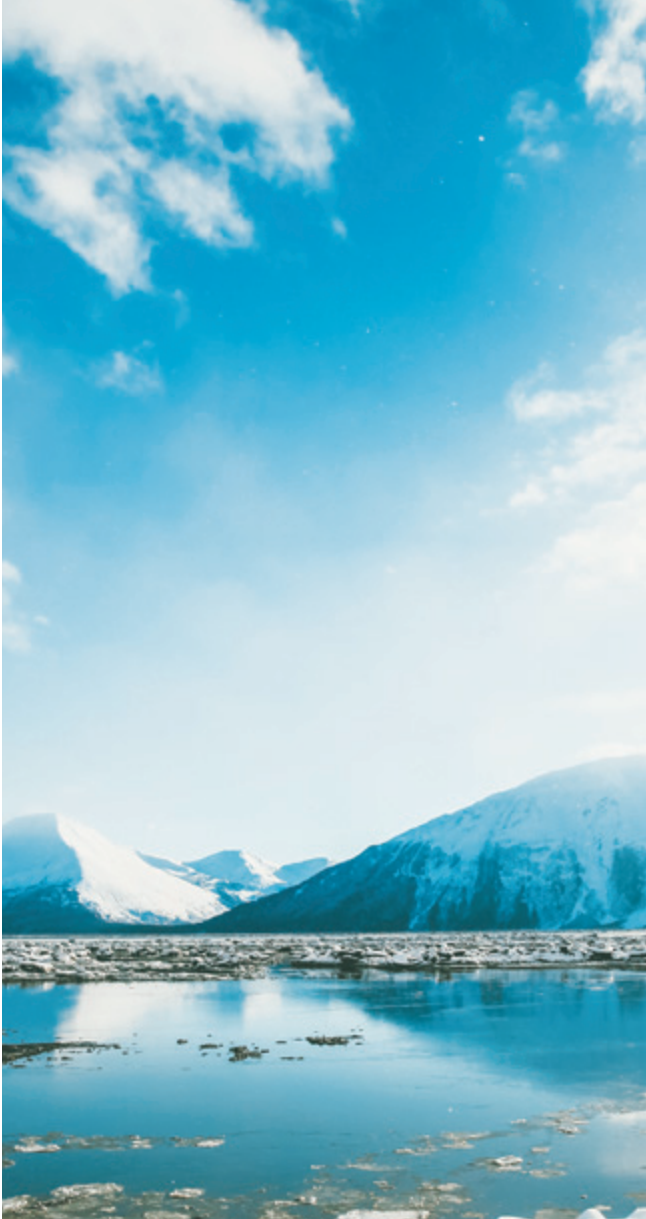


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Erlton Community Association Board Vacancies

There are several vacancies on the board of the Erlton Community Association. These positions are for a one-year term, ending in November. If you are interested in volunteering your time to improve your community and get to know your neighbours, please email membership@erltoncommunity.com with the position that interests you (descriptions can be found at www.erltoncommunity.com).

- Vice-President
- Director of Membership



ERLTON COMMUNITY ASSOCIATION Monthly Meetings

The ECA hosts monthly meetings every second Tuesday of the month at the MNP Community and Sport Centre, except for July and August. Meetings provide an opportunity for community members to receive updates on the status of projects from the ECA and bring any new issues to the attention of the community and executive. Agendas are usually sent the weekend before the next scheduled meeting. All are welcome!

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ERLTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	6	8	\$489,000	\$482,000
September	23	11	11	\$555,500	\$502,000
August	23	4	6	\$549,950	\$571,250
July	23	7	4	\$779,900	\$784,000
June	23	9	5	\$424,900	\$424,900
May	23	8	6	\$467,450	\$457,200
April	23	5	3	\$400,000	\$411,000
March	23	6	7	\$395,000	\$390,000
February	23	3	2	\$407,400	\$442,500
January	23	3	3	\$389,900	\$400,000
December	22	2	2	\$359,950	\$340,000
November	22	2	6	\$355,000	\$351,750

To view more detailed information that comprise the above
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PARKHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	12	7	\$460,000	\$450,000
September	23	7	5	\$700,000	\$705,000
August	23	5	3	\$469,900	\$471,000
July	23	8	4	\$484,900	\$533,587
June	23	5	11	\$399,900	\$405,000
May	23	9	5	\$279,000	\$273,000
April	23	6	5	\$799,000	\$785,000
March	23	6	2	\$748,500	\$804,500
February	23	3	3	\$234,900	\$245,000
January	23	2	2	\$727,400	\$707,500
December	22	0	5	\$869,900	\$840,000
November	22	8	5	\$770,000	\$750,000

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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.

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,

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.

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The Home Seller Refuses to Provide a Real Property Report (RPR). What Should I Do?

by Real Estate Council of Alberta (RECA)

An RPR is an essential legal document prepared by an Alberta Land Surveyor that outlines the boundaries of the property and identifies any encroachments or non-compliance issues. It's basically a high-level drawing of the property, the boundaries, and the buildings and structures on it, so buyers know exactly what they're buying.

Most standard residential purchase contracts require the seller to give the buyer a current RPR with a municipal stamp of compliance. In addition, lenders often require a copy of an RPR for buyers to obtain financing. It is standard practice for buyers of new properties to receive the RPR from their builders and re-sale home purchasers to receive the RPR from the home seller.

Home buyers have the option of taking the requirement of an RPR out of the purchase contract, however if a seller is refusing to provide an RPR, you are encouraged to do further due diligence and ask more questions.

The first step is to have your licensee have an open and honest conversation with the seller's licensee. Express your concerns regarding the absence of an RPR and reiterate your strong preference to receive one from the seller. It's unlikely, but it's possible that the seller may be unaware of the significance of an RPR or have other

reasons for not providing it. Clear communication can help resolve any misunderstandings and find a mutually agreeable solution. If the seller refuses to give you a reason, they do not want to provide an RPR, there are other ways to protect yourself.

In cases where an RPR is unavailable, you can:

- Obtain title insurance: title insurance may protect you against any potential issues that could arise due to the absence of an RPR. Many third-party insurance providers offer title insurance, however, it's essential to carefully review the terms and coverage of the insurance policy you are considering before proceeding with signing the purchase contract.
- Consider a price adjustment: another solution is to have your licensee negotiate a price adjustment with the seller to compensate for the absence of an RPR. By adjusting the price, you can factor in the potential risks and expenses associated with obtaining an RPR independently.
- Conduct a survey yourself: if the seller refuses to provide an RPR, you can hire a professional surveyor to conduct a survey of the property. Although this can be an additional cost, it will provide you with an accurate representation of the property's boundaries and potential encroachments.

- Seek legal advice: in more complex situations, it may be necessary to consult with a real estate lawyer who specializes in Alberta property law. They can review your specific circumstances, evaluate potential risks, and guide you through the legal aspects of the transaction.
- Reconsider the purchase: there may be several reasons why the sellers are hesitant to provide an RPR. In some cases, it may make sense to consider the risks/benefits of the purchase. If it's contractually possible, you could consider walking away from this purchase in favour of one with less risk involved.

Buying a home is a significant investment, and it's important to make informed decisions to protect your interests. Although encountering a seller who refuses to provide an RPR can be frustrating, there are alternatives and steps you can take to mitigate the risks. By communicating effectively and seeking guidance from your real estate licensee and other professionals, you can navigate this situation with confidence and ensure a smooth home buying process.

For more information on real property reports, please visit reca.ca.

Ask RECA

Buying and selling property, reviewing rental contracts and condominium management bylaws, and negotiating a mortgage can be confusing – there's a lot of information to digest.

That's where we come in.

The Real Estate Council of Alberta, RECA, as we are often called, is here to help consumers. We're experts when it comes to the province's Rules and Regulations when trading in real estate, dealing in mortgages, and managing property and condominiums. One of our roles is to ensure the professionals who work in these industries have the proper training, background, and licence to operate. But we're here for consumers too – in fact, our mandate is to protect consumers. Please reach out with any questions regarding the Real Estate Act and its Rules.

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Why Breast Cancer Screening Matters – and How to Get Screened

by Alberta Health Services

Breast cancer is the most common type of cancer among women. In fact, one out of every seven women will be diagnosed with breast cancer sometime in their life. Every day, one Albertan will die from this disease.

We encourage women, transgender, non-binary, and gender diverse individuals who are at risk of breast cancer to get screened. Breast cancer screening can find abnormal changes in your breasts before you have symptoms like a lump. Getting screened regularly can save your life.

Finding breast cancer early means treatments may work better, which improves the chances of survival. A screening mammogram takes an x-ray image of your breast to find early signs of cancer that you and your healthcare provider may not be able to feel or see yet.

When should I start having a screening mammogram for breast cancer?

In 2022, Alberta lowered the recommended starting age for breast cancer screening to 45. If you are between the ages of 45 and 74, plan to have a screening mammogram once every two years, or as decided by you and your healthcare provider. If you are in this age range, you don't need a healthcare provider's referral. You can book an appointment for a screening mammogram directly with a radiology clinic.

For people who are aged 40 to 44 or 75 and older, it is recommended that you speak with your healthcare provider to talk about if screening is right for you. You will need a referral from your healthcare provider if you decide to screen. Once you have a requisition, you can book an appointment for a screening mammogram at a radiology clinic.

Screening mammograms are available at many clinics in Alberta. Visit screeningforlife.ca or call Health Link at 811 or Screening Programs at 1-866-727-3926.

For those living in rural communities, Screen Test is a service that brings free screening mammography to these communities using two mobile clinics. To find out when the next mobile clinic is in your area, go to screeningforlife.ca or call 1-800-667-0604 (toll free).



What increases my risk for breast cancer?

There are many different factors that impact your risk of breast cancer, some of which you can change and some of which you can't.

Risk factors that can't be changed:

- Family history: Having a family member who has had breast cancer increases your risk. Talk to your health care provider about your family history of cancer and know your risk.
- Age: As you grow older, your risk of breast cancer increases.
- Breast density: Dense breasts (breasts that have a lot of dense tissue instead of fatty tissue) increases your risk of breast cancer. When you get a mammogram, your result letter will tell you how dense your breasts are.

Risk factors that you can change:

- Physical activity: Get regular exercise every day (ideally 30 minutes or more) — even if it's a brisk walk or some yard work.
- Nutrition: Try to get lots of fruits and vegetables into your diet. See Canada's Food Guide for more information on healthy eating.
- Alcohol: Limit the amount of alcohol you drink. Canada's Guidance on Alcohol and Health recommends not consuming any alcohol.
- Smoking: Don't smoke and avoid second-hand smoke. If you're currently a smoker, talk to your healthcare provider about options for quitting or cutting back.

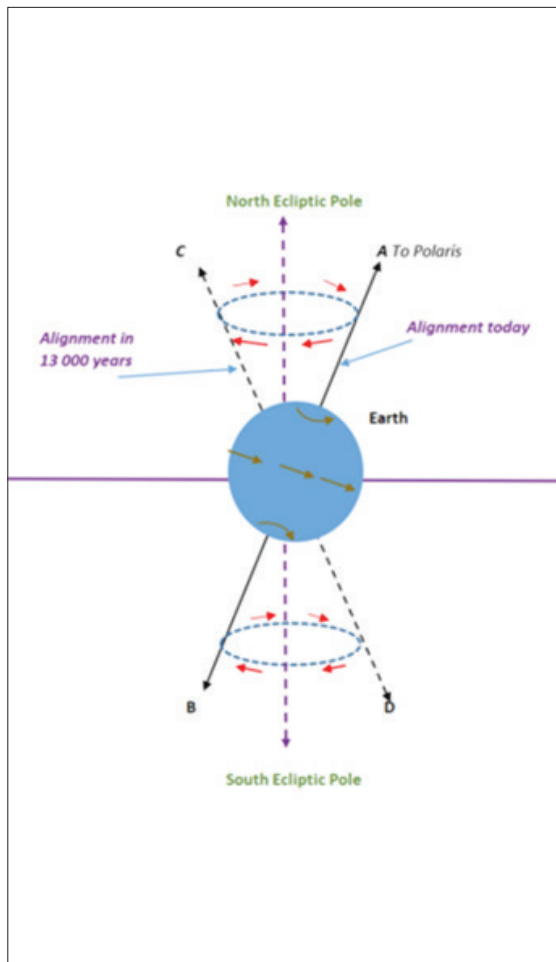
What can you do?

Finding breast cancer early can make all the difference. Regularly getting a screening mammogram can save your life. Know what your breasts normally look and feel like, so that you will notice any changes that may occur between your regular mammogram screenings. Talk to your healthcare provider about your personal risk of breast cancer and what you can do to minimize it.

To find out more about breast cancer screening in Alberta, visit ScreeningForLife.ca.

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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		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	2	3	\$990,000	\$990,000
September	23	3	6	\$789,450	\$714,000
August	23	3	2	\$909,950	\$905,000
July	23	5	3	\$999,000	\$1,000,000
June	23	4	2	\$1,024,950	\$973,500
May	23	4	5	\$1,050,000	\$935,000
April	23	3	3	\$1,998,000	\$2,000,000
March	23	4	0	\$0	\$0
February	23	5	4	\$945,000	\$921,000
January	23	0	1	\$1,100,000	\$965,000
December	22	1	0	\$0	\$0
November	22	1	1	\$1,285,000	\$1,240,000

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MLS averages please visit eya.mycalgary.com

ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	6	6	\$1,572,500	\$1,562,000
September	23	5	5	\$1,075,000	\$1,000,000
August	23	8	4	\$2,147,450	\$2,139,950
July	23	5	1	\$3,250,000	\$3,323,428
June	23	9	11	\$1,990,000	\$2,200,000
May	23	10	6	\$1,912,450	\$1,865,000
April	23	7	4	\$1,970,000	\$1,987,500
March	23	7	4	\$1,847,450	\$1,925,500
February	23	5	5	\$1,850,000	\$1,870,000
January	23	2	4	\$824,950	\$822,500
December	22	0	5	\$999,999	\$900,000
November	22	5	3	\$1,349,900	\$1,500,000

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Healthy Technology Use

by Alberta Health Services



Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor that has shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are four M's that you can refer to:

Manage

The information online can be easily accessed but you can manage this by setting limits and clear expectations of use among the technology being used along with continually learning about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks or learning about privacy settings on TikTok can help ensure healthy use.

Meaningful

To see the positive impacts of technology, you want to make sure that the use is active, educational, and social.

Is social media being used to post and connect with peers or do they feel FOMO “fear of missing out” on an event that may be posted by their peers.

Model

If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on it during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they are seeing, for example, how does this make you feel, or do you know what filters are?

Monitor

The monitoring of use will help you to see if there are signs that may lead to problematic use. When they are not using technology, are they bored or angry, do they have low self-esteem, worsening symptoms of mental health issues (such as anxiety) or does technology use interfere with school, social interactions, or sleep?

There are both pros and cons when using technology. We encourage the use of the four M's as a template to see where/if there needs to be focus to ensure the positives of technology is outweighing the negatives.



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As the world becomes less secure, with regional conflicts flaring in many parts of the world, we need to remind ourselves of the importance of National Defence. It's an essential service of our government that frequently gets overshadowed by more politically attractive issues. The risks of under-delivering on this service is a hazard, and a risk that will only be clear in retrospect. Yet, the current scenario reveals an alarming picture; our Canadian Armed Forces face a 16,000 personnel shortfall, coupled with a cumbersome procurement system and significant underfunding. This is merely the surface of issues facing the forces.

Protecting our Arctic region is of utmost importance. It is rich in untapped resources and has emerged as a focal point of interest from numerous foreign parties. Events like Russia's invasion of Ukraine have heightened concerns about the vulnerabilities of this strategic region. Presently, the defence infrastructure in the Arctic oscillates between being outdated and entirely non-existent, emphasizing the area's exposure. It is an expensive environment in which to operate, but our presence there is paramount to enforcing our sovereignty.

Another layer of complexity is our substantial reliance on the United States for our defence needs. Should Americans gravitate towards more self-interest, our mutual priorities may diverge. While it is not feasible to advocate for a completely independent defence policy, Canada must bolster its armed forces to act autonomously in some matters, including taking the funding of our defence partnerships like NATO and NORAD seriously. Consider peacekeeping where we were once pioneers, but now our contributions pale in comparison. Simply put, our Armed Forces do not have the essential resources to fulfil their fundamental role of defending our own territory – let alone create a significant impact internationally. For the sake of our brave and committed armed forces personnel, and the proud history they uphold on our behalf, this needs to change.

Please contact me at Greg.McLean@parl.gc.ca or by phone at 403-244-1880 and keep up to date on my work in parliament on my website, Greg.McLean.mp.ca.

Sincerely,
Greg McLean



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Why It's Important to Encourage Young Entrepreneurs

by Danielle Robbertze



From a humble lemonade stand to a festival food truck to a major beverage company. Anything is possible for young entrepreneurs.

Entrepreneurship is a valuable skill which can have many positive effects on young children and adults. As more young people are participating in the global marketplace now is the best time to jump in and start that business you always dreamed of as a kid. Of course, there will be challenges along the way. But that is true for any career path.

It is important to encourage young entrepreneurs to participate and keep going when it comes to their business. It may sound cliché, but the youth is our future, and we should pass on any knowledge we can to ensure their success.

Young entrepreneurs typically range from the ages of 10 to 25. This simply shows that it is never too early to start. As mentioned above, there are so many benefits to entrepreneurship. Having this skill encourages other skills such as problem-solving, creativity, critical thinking, and discipline. If done correctly, entrepreneurship can secure a better future for your young one. It will teach your young one valuable lessons about how to manage their money, something we know as adults is a very important life skill.

Parents or guardians should be encouraging, and schools should offer lessons which promote growth of entrepreneurship in young ones. Having support from the start will only boost the confidence of a young entrepreneur which could lead to a more successful future business.

One of the many hurdles young entrepreneurs face is initial funding to start up their business. The Government of Canada provides many resources which can help young entrepreneurs start up their business. The Government of Alberta's website lines out many options for young Calgarians to start achieving their dreams. From small business resources to federal resources and the Innovation Canada Digital platform there are so many ways to encourage young entrepreneurs.

There are also mentorship programs and online curriculums which promote collaboration with fellow entrepreneurs. But more can be done to encourage young entrepreneurs. Current successful business owners should consider volunteering at schools or offer workshops which will boost entrepreneurial knowledge for young ones. Maybe go back to your old school and inspire the future generation with that which you have learned as an experienced entrepreneur. Established entrepreneurs could also offer work experience which will help build a young entrepreneur's portfolio.

Fostering the growth of young entrepreneurs is a team effort. Parents, teachers, and established entrepreneurs should all come together to invest in the future by investing in young entrepreneurs.

I leave young entrepreneurs with these closing remarks by Mark Zuckerberg, a former young entrepreneur, as encouragement: "The biggest risk is not taking any risk. In a world that's changing quickly, the only strategy that is guaranteed to fail is not taking risks".

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MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	2	1	\$1,650,000	\$1,650,000
September	23	1	1	\$1,799,000	\$1,710,000
August	23	2	0	\$0	\$0
July	23	0	0	\$0	\$0
June	23	1	1	\$1,995,000	\$1,979,500
May	23	1	0	\$0	\$0
April	23	2	2	\$1,336,500	\$1,362,500
March	23	1	0	\$0	\$0
February	23	0	0	\$0	\$0
January	23	0	0	\$0	\$0
December	22	0	0	\$0	\$0
November	22	0	0	\$0	\$0

To view more detailed information that comprise the above
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RIDEAU PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	4	1	\$452,000	\$460,000
September	23	2	2	\$1,864,500	\$1,760,000
August	23	2	5	\$549,000	\$540,000
July	23	5	2	\$337,500	\$338,000
June	23	2	3	\$438,800	\$438,800
May	23	3	2	\$429,950	\$417,150
April	23	2	1	\$1,675,000	\$1,850,000
March	23	0	1	\$425,000	\$415,000
February	23	2	2	\$237,450	\$229,950
January	23	2	1	\$580,000	\$570,000
December	22	0	0	\$0	\$0
November	22	0	2	\$2,174,400	\$2,041,000

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

Heuristic Play for Infants and Toddlers

by Rima Madi, ECE



What is Heuristic Play?

Heuristic play is an open and child-led approach that employs every day, repurposed items from both the home and surroundings. Heuristic play does not follow directives and instructions from adults but rather provides freedom for exploration, investigation, inquiry, and curiosity of the child to take place (Riddall-Leech, 2009). Elinor Goldschmied was accredited with first using the term “heuristic play” in the early 1980s (Riddall-Leech, 2009).

Heuristic play promotes inclusivity, as children with diverse needs can participate, benefiting from sensory stimulation and the open-ended nature of the play, which is unrestricted rather than directive (Riddall-Leech, 2009).

Heuristic Play Reflects a Strong Image of the Child

My perception of children has been influenced by Loris Malaguzzi’s viewpoint, which highlights that the pursuit of life and self-discovery is innate in children. This notion underscores the idea of a child who possesses competence and resilience in their quest for understanding life, interactions with others, and the connection between self and existence. “This search for life and for the self is born with the child, and this is why we talk about the child who is competent and strong in this search toward life, toward others, toward the relations between self and life” (Rinaldi, 2013, p.19).

Heuristic Play Aligns with the Majority of Theoretical Approaches on Child Development

Maslow: Self-actualization holds a prominent position in Maslow’s hierarchy of needs. In heuristic play, children’s agencies shifts them from passive information receivers to active participants and competent leaders in their play, resembling the concept of self-actualization (Brown & Lee, 2015).

Piaget: According to Piaget’s theory of cognitive development, during their sensorimotor phase, toddlers benefit from sensory experiences by interacting with their environment, which helps them organize their experiences and reinforce mental patterns (schemas) such as trajectory, transporting, connecting, positioning, enveloping, and rotation (Riddall-Leech, 2009).

Magda Gerber: Magda Gerber honoured the child’s self-initiated play. She said that “Active toys make passive children, and passive toys make active children” (Hammond, 2021, p.1308). According to Hammond (2021), the researcher and child psychiatrist Stuart Brown who founded the National Institute for play wrote “All evidence indicates the greatest rewards of play come when it arises naturally from within. When play arises out of innate motivations it is also likely timed to occur when we are primed for the most synaptic neural growth” (Hammond, 2021, p.1308).

Culture and Heuristic Play

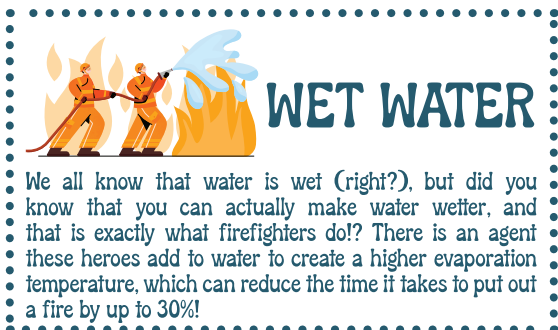
The sociocultural environment of toddlers plays a key role in introducing them to various cultural elements that reflect their upbringing. "The ultimate pedagogical goal is to promote pluralism that acknowledges the difference between cultures and identities while finding modes of social cohesion to accommodate the differences" (Brown and Lee, 2015, p.195).

Utilizing heuristic play materials fosters an organic and inclusive environment that honours each child's individuality and nurtures their innate desire to actively engage with the world around them. Introducing cultural materials into this environment will enable children to develop intercultural competence.

In summary, heuristic play nurtures toddlers' innate drive for agency and self-actualization. Heuristic play harmonizes with the strong image of the child, the principles of agency, equity, and inclusion. Heuristic play is holistic and holds great value in fostering the comprehensive development of infants and toddlers across all domains.

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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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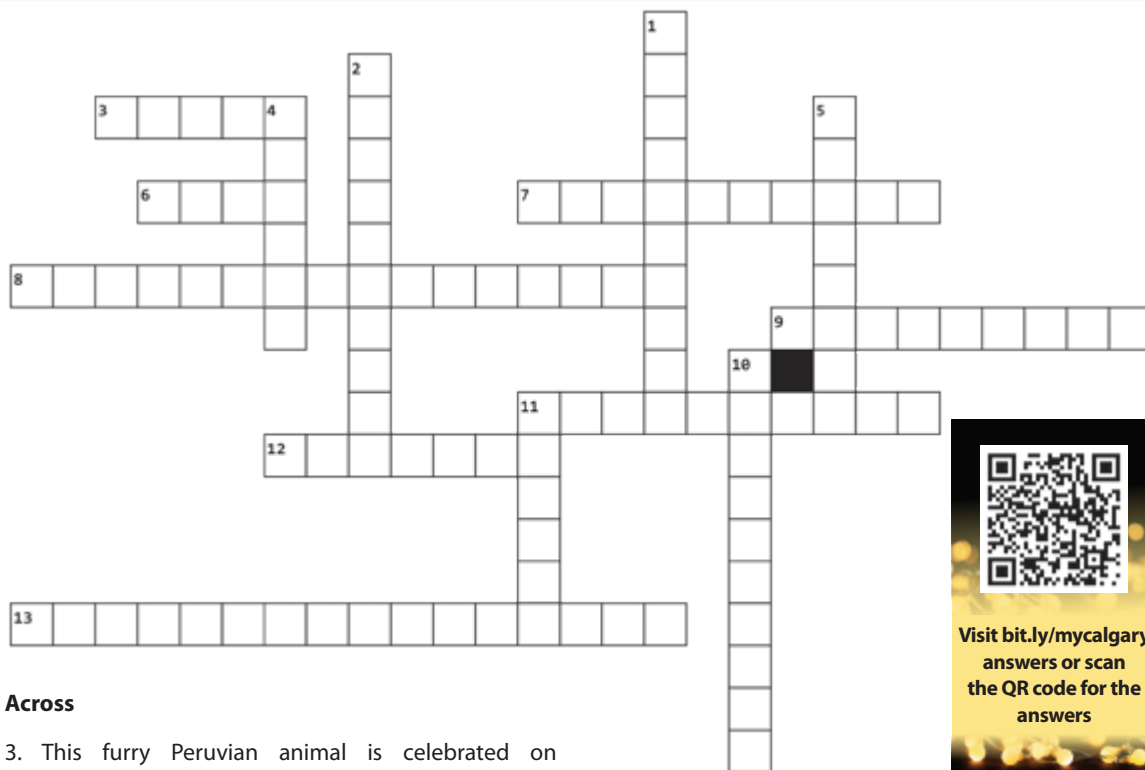
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December Crossword



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.

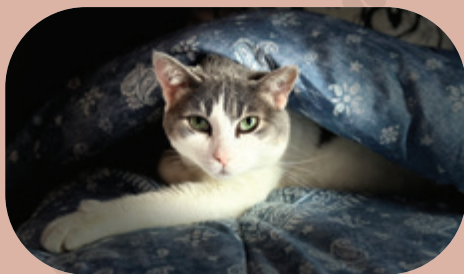
Down

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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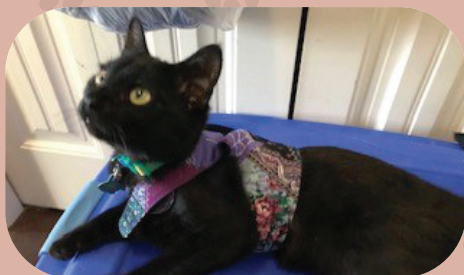
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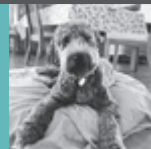
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		Listed	Sold	Listed	Sold
October	23	1	0	\$0	\$0
September	23	1	1	\$2,095,000	\$1,860,000
August	23	0	0	\$0	\$0
July	23	0	0	\$0	\$0
June	23	0	0	\$0	\$0
May	23	3	4	\$1,945,000	\$1,925,000
April	23	1	1	\$1,850,000	\$1,800,000
March	23	3	0	\$0	\$0
February	23	0	4	\$3,017,500	\$2,852,500
January	23	1	0	\$0	\$0
December	22	1	1	\$1,869,000	\$1,700,000
November	22	3	0	\$0	\$0

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BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	3	2	\$2,196,500	\$2,395,000
September	23	3	1	\$1,850,000	\$1,850,000
August	23	4	5	\$1,700,000	\$1,650,000
July	23	2	3	\$2,099,000	\$2,100,000
June	23	4	1	\$899,900	\$875,000
May	23	1	1	\$1,649,900	\$1,600,000
April	23	3	1	\$1,669,000	\$1,640,000
March	23	0	2	\$1,587,500	\$1,505,000
February	23	1	1	\$1,745,000	\$1,697,000
January	23	1	1	\$3,250,000	\$3,000,000
December	22	0	0	\$0	\$0
November	22	3	0	\$0	\$0

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