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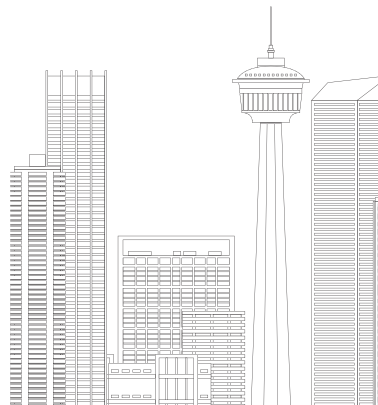


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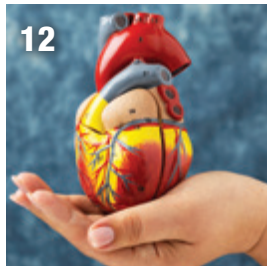




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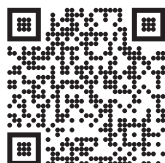
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## REASONS TO BECOME A MEMBER OF

## ERLTON COMMUNITY ASSOCIATION



### NEWSFLASHES

Keep up to date with any happenings in the community including events; meetings; planning; traffic; workshops; Ward news; flood-prevention info and City news.



### VOTE

We represent the voice for both North and South Ertlton. Want your say in how we respond to big developments that are occurring or planning and traffic issues?



### RETAIL DISCOUNTS

Erlton Community Association members get discounts on many food and retail outlets on nearby. Who wants to pay full price?!



### FREE EVENTS

Get a reduced rate or free entry to the many events that the Ertlton Community Association holds each year, whether that be a 'wine and cheese' night or Neighbour Day event.



### BE PART OF A COMMUNITY

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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](mailto:membership@erltoncommunity.com) with the position that interests you (descriptions can be found at [www.erltoncommunity.com](http://www.erltoncommunity.com)).

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- Director of Social Committee
- Director of Communications/Social Media

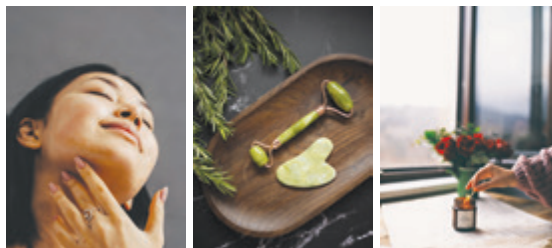


## ERLTON COMMUNITY ASSOCIATION Monthly Meetings

The ECA hosts monthly meetings every second Tuesday of the month at the Repsol 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!

## TAKE ON WELLNESS

### Self-Care O'Clock



Taking care of your whole self, mentally, emotionally, physically, and spiritually, is important. Bringing our body and brain into harmony can bring upon improvements in all areas of our lives.

As humans, we are programmed to help others. However, to do this in an effective and sustainable way, we need to take care ourselves. As the saying goes “you cannot help others if you do not help yourself first.” So, when is the last time you truly focused on you?

Self-care looks different for everyone. It is a journey to find what you need to prioritize as actions for yourself to feel relaxed, energized, and strong! Here are some ways you can take care of your whole self:

**Eat:** Bake some treats, make a tasty salad, or cook your favorite meal. Say “yes” to what you want and enjoy every bite. You need to nourish to flourish!

**Make Space:** Have a space in your home that you can call your own and where you can reset. This could be a beanbag chair in a cozy corner, or a window with a view.

**Heart Health:** Take a deep breath and let it out slowly. Breathing exercises power our nervous system, helping us push away distractions and make decisions with a clear mind.

**Connect:** Surround yourself with people who support and uplift you. Focus on face-to-face interactions and connecting with a meaningful community.

**Unplug:** Limit daily technology use. Try to shut down screens an hour before bed and set up healthy boundaries with use during your day.

Most importantly, listen to what your body and brain need and meet those needs in ways that make sense for you!

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## ROXBORO COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	22	1	1	\$2,699,900	\$2,650,000
September	22	1	1	\$1,525,000	\$1,425,000
August	22	0	0	\$0	\$0
July	22	3	1	\$3,400,000	\$3,400,000
June	22	0	0	\$0	\$0
May	22	0	0	\$0	\$0
April	22	0	0	\$0	\$0
March	22	0	3	\$1,695,000	\$1,651,000
February	22	4	3	\$2,450,000	\$2,375,000
January	22	1	0	\$0	\$0
December	21	0	0	\$0	\$0
November	21	1	1	\$1,090,000	\$1,220,000

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	22	6	9	\$588,888	\$580,000
September	22	9	5	\$550,000	\$522,000
August	22	4	5	\$600,000	\$575,000
July	22	6	6	\$190,250	\$184,225
June	22	10	8	\$339,900	\$334,950
May	22	15	18	\$284,450	\$280,950
April	22	16	11	\$519,900	\$545,000
March	22	18	12	\$264,950	\$270,000
February	22	14	12	\$461,450	\$491,250
January	22	13	12	\$579,000	\$571,500
December	21	5	11	\$199,900	\$195,500
November	21	10	8	\$409,450	\$404,000

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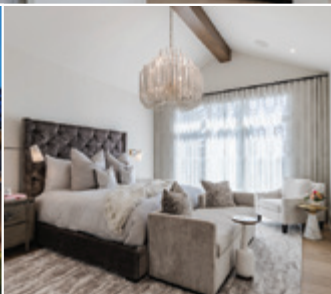
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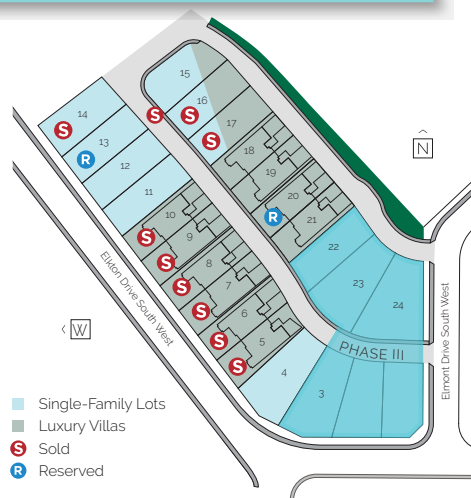
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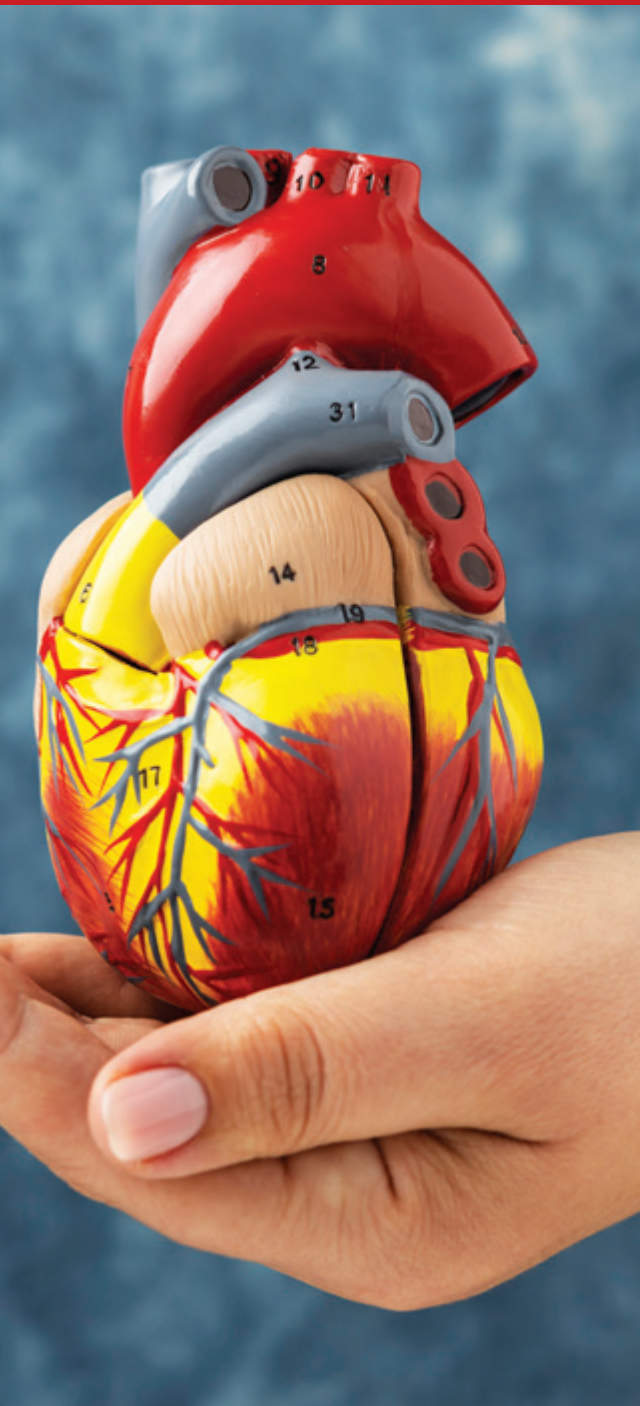
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## February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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## ERLTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	22	4	6	\$392,000	\$377,250
September	22	8	3	\$475,000	\$460,000
August	22	3	5	\$359,900	\$342,000
July	22	9	6	\$362,000	\$358,750
June	22	6	1	\$329,900	\$310,000
May	22	5	8	\$574,450	\$570,500
April	22	6	4	\$557,000	\$552,000
March	22	4	4	\$424,000	\$410,250
February	22	6	7	\$560,000	\$545,000
January	22	6	0	\$0	\$0
December	21	0	2	\$369,350	\$355,000
November	21	1	3	\$1,100,000	\$1,135,000

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

## PARKHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	22	3	5	\$255,900	\$245,000
September	22	8	3	\$184,900	\$184,900
August	22	8	3	\$189,900	\$180,000
July	22	7	5	\$635,000	\$600,000
June	22	4	1	\$1,450,000	\$1,278,000
May	22	2	5	\$675,000	\$698,300
April	22	8	4	\$612,500	\$603,500
March	22	9	5	\$499,900	\$480,000
February	22	10	7	\$549,900	\$540,000
January	22	10	4	\$581,950	\$555,000
December	21	2	2	\$489,500	\$480,000
November	21	4	3	\$949,000	\$935,000

To view more detailed information that comprise the above  
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### An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?

21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling \_\_\_\_."
26. Complete this sentence: "I wish I had someone with whom I could share \_\_\_\_."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.



## LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!



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## What is Bronchiolitis?

by Alberta Health Services

Bronchiolitis is an infection caused by a virus. It affects the lower part of the lungs. Bronchiolitis is common in babies, but it can happen in children up to age two. Bronchiolitis makes the small airways that carry air to the lungs (bronchioles) swell and make more mucous. The bronchioles become narrow, which causes wheezing, lots of coughing, and trouble breathing.

### What Causes It?

The most common virus that causes bronchiolitis is RSV (respiratory syncytial virus). Your child can get an RSV infection more than once. In older children and adults, RSV causes a common cold rather than bronchiolitis.

### What are the Symptoms?

At first, your child may have common cold symptoms such as:

- A runny nose
- A mild cough
- A fever
- Low energy
- Eating less than normal

About one to three days after cold symptoms start, the infection can cause bronchiolitis symptoms such as:

- A cough that's getting worse
- Lots of coughing
- Wheezing
- Fast breathing
- Indrawing (when the skin gets sucked in at the neck, collarbones, or between the ribs with each breath)
- Throwing up after coughing
- Trouble feeding (breast or bottle), especially for babies younger than six months
- Fewer wet diapers

Bronchiolitis can be more serious in some children, especially if they:

- Were born early (premature, before 34 weeks)
- Are younger than 3 months
- Have a history of asthma or lung problems
- Have a history of heart problems

Take your child to a doctor if they have any symptoms of bronchiolitis.

### How is it Diagnosed?

A doctor may diagnose bronchiolitis by asking for your child's medical history and checking their symptoms. Your child probably won't need tests if they have typical bronchiolitis symptoms.

### How is Bronchiolitis Treated?

Bronchiolitis happens the same way in most children. Symptoms tend to get worse until day four or five, and then they slowly get better. Most children feel better in one to two weeks. Some children have a cough that lasts a few weeks. If your child has bronchiolitis, you can usually take care of them at home. There is no medicine for bronchiolitis. Antibiotics do not work because bronchiolitis is caused by a virus.

### Care at Home

#### Coughing

- Keep your child sitting or propped up instead of lying down, because it's easier to breathe in this position. A cool-mist humidifier in your child's room can help with their cough. Follow the directions for using the humidifier and keep it out of reach of children.
- Cough medicine isn't good for young children. Do not give cough medicine to children younger than six years.

#### Stuffy Nose

- Clean out your child's nose to make breathing and feeding easier.
- Try saltwater nose sprays to help loosen mucous in the nose. Spray or drop salt water into each nostril then suck out the mucous with a nasal aspirator. Talk to your pharmacist to find the right products for your child. Don't make your own saltwater solution at home.
- Clean your child's nose before feeds and bedtime, and as often as they need during the day.

#### Eating and Drinking

- Encourage your child to drink fluids. Your child may not want to drink like they usually do but keep offering small amounts of fluids throughout the day so that they stay hydrated.
- Babies younger than six months should continue to feed (breast or bottle) as usual. Keep track of how many wet diapers they make.
- Your child may not want to eat food when they're sick, and that's okay.





### **Fever and Discomfort**

- You may give acetaminophen (Tylenol or Tempra) or ibuprofen (Advil or Motrin) to keep your child comfortable. Follow the directions on the package or the directions from your healthcare provider.
- Do not give aspirin to anyone younger than 18 years because of the risk of Reye syndrome, a serious illness.

### **How Can You Prevent It?**

Bronchiolitis spreads easily through close contact with someone who's sick and is coughing or sneezing around you. Touching toys or sharing food with someone who's sick can spread the virus. Children with bronchiolitis are contagious for almost a week after they first get sick.

Keep your child at home if they're coughing a lot. To prevent bronchiolitis:

- If your child has bronchiolitis, keep them at home until they feel better.
- Keep a child with bronchiolitis away from young babies (under three months).
- Wash your hands often to stop the virus from spreading. Teach your child to wash their hands before and after eating, coughing, or sneezing.
- Don't smoke, use other tobacco products, or vape around your child. Second-hand smoke can put children at high risk of infections.

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## ELBOYA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	22	5	3	\$1,029,000	\$1,015,000
September	22	3	2	\$1,723,500	\$1,677,500
August	22	3	0	\$0	\$0
July	22	3	2	\$1,872,500	\$1,857,500
June	22	3	2	\$1,412,500	\$1,407,500
May	22	3	2	\$817,000	\$806,000
April	22	4	7	\$1,395,000	\$1,349,500
March	22	5	4	\$949,950	\$950,000
February	22	5	2	\$1,648,950	\$1,674,000
January	22	2	2	\$554,950	\$507,450
December	21	3	1	\$1,275,000	\$1,250,000
November	21	1	1	\$2,299,000	\$2,120,000

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

## ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	22	10	8	\$1,562,450	\$1,585,500
September	22	12	8	\$1,399,000	\$1,290,000
August	22	6	0	\$0	\$0
July	22	7	6	\$1,474,950	\$1,465,000
June	22	4	6	\$1,452,450	\$1,450,500
May	22	5	3	\$1,059,000	\$1,015,000
April	22	8	4	\$1,347,500	\$1,397,500
March	22	8	7	\$1,450,000	\$1,425,000
February	22	8	5	\$1,085,000	\$1,277,000
January	22	4	5	\$2,390,000	\$2,373,000
December	21	2	3	\$3,195,000	\$3,050,000
November	21	3	3	\$1,185,000	\$1,120,000

To view more detailed information that comprise the above  
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Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

*To discover more, please contact us!*

email: [rainbowelderscalgary@gmail.com](mailto:rainbowelderscalgary@gmail.com)

[www.rainbowelderscalgary.ca](http://www.rainbowelderscalgary.ca)

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Connecting  
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Difference  
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Celebrations*



# Understand These Three Rules of the Mind to Change Any Habit in 2023

by Lynn C. Cox



How many of us want to make some changes in 2023? Perhaps you want to stop that habit of procrastinating, shed excess weight, start a new wellness program, get better sleep, or kick an unhealthy habit to the curb? How often have you tried to make one of these changes in the past and stopped short of your goals because something in you turns you in the other direction?

Sometimes it feels like we're in a battle of the wills with our own minds.

Conventional wisdom would have us believe that our minds are extraordinarily complicated and the process of understanding it, changing it, and managing it is close to impossible.

In the recent decade, there has been more research into, curiosity around, and mainstream adoption of neuroscience, Rapid Transformational Therapy (RTT), hypnotherapy, positive psychology, and mind body connection. What this means is people are hungry to move out of the dark ages of psychology and embrace an understanding of the mind, and practical practises to help achieve better mental, emotional, and physical health!

When it comes to long-standing habits of action, such as overeating, procrastinating, feeling stress and anxiety and being prone to negative thought loops, the first place to begin is understanding a few rules of the mind. We cannot change anything we do not understand, and these 3 Rules of the Mind will help anyone on their journey of transformation.

### 1. The Mind Does What It Thinks You Want It to Do:

Our number one drive as a species is survival, and how do we survive? By staying safe! Safe typically means not taking risks (even measured ones), colouring within the lines that we've always known, and avoiding rejection at all costs. The mind thinks you want it to keep you safe.

For example, if you really want to up your game in business and become a phenomenal presenter, but you're not used to this, your mind will 'keep you safe' by convincing you taking this step amounts to danger. Don't worry, there's a way around this so you can explore, try new things, and develop yourself!

### 2. The Mind Loves the Familiar and is Repelled by the Unfamiliar

Along with point one, the mind is quite comfortable having the same old, same old. How many times have you heard stories about couples who are unhappy together because they're habits have become boring. Or think about a two-year-old who always wants to wear the same outfit, have the same toy, and eat the same thing for breakfast.

Way, way back when we were hunters and gatherers, the familiar kept us safe and alive. We knew what was poisonous and what wasn't, so we would stick to the safe and familiar. This love of the familiar is deeply wired into our primitive brains. But it can hold us back when we want to make changes in our life. Don't worry, you can retrain your mind to love the unfamiliar!

### 3. The Mind Responds to Two Things: Words and Pictures

The way our mind processes information is with words and pictures. The good news is the words create the pictures! Just try this exercise; sit in a room with a pen and paper and for five minutes, just write down all that chatter going on in your mind. You'll notice that thoughts, words, and pictures are repetitive.

You can actively choose what words you want to put in there and create compelling pictures to excite your mind and start to change. Do you want to take on healthier habits and shed weight for example? You can repeat words to yourself in many ways. Make a recording with the change you want to see and listen to it. Stop your habitual thoughts and plant the new words in there. Put them on your screensaver or write on your mirror.

Our minds are quite simple, and once you understand the mechanics, you are empowered to become the master of your mind and your life!



## Auto Theft

The theft of your automobile is only the start of your nightmare. Items left inside the vehicle such as cellphones, radar detectors, iPods, etc. will be stolen as well. Your personal papers may be used to commit further crimes including credit card fraud, cheque forgery, etc. Garage door openers may be used in house break-ins, including your own. You'll have to find alternate transportation and may have to replace the stolen vehicle altogether. It can take less than a minute for a criminal to break into your vehicle and steal it. Cars are stolen each day in Calgary; no neighbourhood is immune.

Not only does auto theft cost the victim time and money, but it costs society, because it drives insurance premiums up. As well, many times stolen vehicles are used to commit other crimes.

Between January 1 and December 31, 2021, there were 1,801 vehicles stolen in Calgary, much below our normal. As of December 16, 2022, Calgary Police Service has reported 3,392 vehicles stolen (<https://data.calgary.ca/Health-and-Safety/Community-Crime-Data-Lens/sycxs5a6>).

### Here are some tips you can use to avoid being the victim of a car thief:

1. Always close the windows, lock the doors, and pocket the key, even if your vehicle is parked in front of your home.
2. Don't leave vehicle registration, insurance policies, credit cards, or other valuable papers in the glove compartment. Keep them in your wallet or purse.
3. Copy your license plate and vehicle information (VIN) numbers on a card and keep them with you. If your vehicle is stolen, the police will need this information to take a report.
4. Don't place any personal information on the vehicle's key ring.
5. Never leave valuables in plain view, even if your car is locked. They attract thieves. Put them in the trunk, out of sight.
6. Never hide a second set of keys in or on the vehicle. Thieves know all the hiding places. Store a spare key in your wallet.
7. Always park in well-lit areas with plenty of pedestrian traffic, when possible.
8. Many vehicles today come with some type of security system from the factory. Normally there are upgraded systems available if you ask. The best choices are systems that shut off the fuel supply so that a car can't be started or driven. Other security systems include:
  - an electronic vehicle disabling device
  - a steering wheel locking device
  - a vehicle alarm
  - a hood locking device
9. Never leave your car running unattended, even to dash into a business, store, or warming up in the winter. Vehicles are commonly stolen at ATM's, convenience stores, etc.
10. If you have a garage, use it, and lock the garage doors. Also, lock your vehicle, even when it is parked in the garage.
11. If you see suspicious people in or around motor vehicles, call the police. Call 403-266-1234 if it isn't an emergency. If it is an emergency, such as a life and death situation, injury accident, or a crime in progress, call 911.
12. If your vehicle is stolen, report it to the police immediately.

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## Black History Month

*by Cathie Williams, Chair, CCSD Board of Trustees*

Every February, during Black History Month, Canadians celebrate the many achievements and contributions of Black Canadians who, throughout history, have done so much to make Canada the culturally diverse, compassionate, and prosperous nation it is today.

One of the four district priorities that our CCSD Board of Trustees use to guide the work that we do is Wellness. As part of our focus on Wellness, we aim to promote social relationships that respect the person, justice, equity, diversity, and inclusion. Our Catholic faith compels us to uphold the dignity of every human person and work towards ensuring that they are welcomed in our schools with respect and caring. Pope Francis reminded us in 2020 that “we cannot tolerate or turn a blind eye to racism or exclusion in any form and yet claim to defend the sacredness of every human life.” His challenge to us is to commit ourselves to action guided by our love for every human being.

Three years ago, as part of this commitment, the district created a Racial Justice, Equity, Diversity, and Inclusion (JEDI) team in order to continue to address the elimination of racism, bias, and discrimination within the district. The Racial JEDI team, which is

part of the Arts and Culture department, consists of consultants and a support worker dedicated to Racial Justice. Together, they work to foster belonging through student and staff initiatives and professional growth opportunities for district employees. To facilitate work being done at schools, there are also JEDI representatives representing elementary, junior high, and high schools.

Our history defines who we are as Canadians, and we can all benefit from listening to other's life experiences. As part of celebrating Black History Month, we ask our school communities to dedicate themselves to learning the stories of Black Canadians by each participating in an activity. Our schools also continue to celebrate significant Black individuals through our poster series, by engaging in presentations about our Black saints and significant Black individuals in Canada's history, and inviting community members and guest speakers into the classrooms to share their stories. Our students continue to feel empowered by seeing themselves in those that they learn about. In addition to the work done at schools, CCSD also has partnerships with important organizations like Calgary Black Chambers to help promote Black, Indigenous, and People of Colour (BIPOC) culture in Calgary and provide opportunities for Black youth.

Black History Month is about us all coming together to learn who we are as a community. It is the responsibility of each of us to learn as much as we can about our diverse history.

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## MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	22	0	0	\$0	\$0
September	22	1	1	\$1,490,000	\$1,250,000
August	22	1	0	\$0	\$0
July	22	0	0	\$0	\$0
June	22	0	0	\$0	\$0
May	22	0	0	\$0	\$0
April	22	0	0	\$0	\$0
March	22	0	0	\$0	\$0
February	22	1	1	\$1,100,000	\$1,100,000
January	22	0	0	\$0	\$0
December	21	0	1	\$1,850,000	\$1,800,000
November	21	0	1	\$1,890,900	\$1,735,000

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

## RIDEAU PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	22	0	1	\$975,000	\$950,000
September	22	3	2	\$387,450	\$382,500
August	22	1	2	\$329,350	\$297,500
July	22	3	0	\$0	\$0
June	22	2	1	\$199,900	\$198,000
May	22	1	2	\$796,000	\$834,500
April	22	3	2	\$379,950	\$379,000
March	22	0	1	\$675,000	\$650,000
February	22	2	5	\$365,000	\$365,000
January	22	5	1	\$1,325,000	\$1,320,000
December	21	2	1	\$999,000	\$1,060,000
November	21	1	2	\$1,047,850	\$1,047,500

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## Screen Time: Finding a Balance

Many families enjoy watching a favourite television show or movie together, but it is easy for children to spend too much time alone with a TV, computer, or video game. How do you know when it's time to cut back screen time?

The Canadian Pediatric Society recommends: no screen time for children under two years old, less than one hour of screen time daily for children between the ages of two and four, and less than two hours of screen time per day for older children.

Too much screen time can limit time for physical activity, reading, schoolwork, and talking with family and friends. But you can help your children develop healthy habits by monitoring screen time and teaching them to use media safely and wisely.

### Keeping Track of Screen Time

- Have a central spot in your home to keep all your devices. This will help keep track of screen time.
- Make a family TV show schedule together and post it where everyone can see it (e.g., on the fridge).
- Make sure that you all agree on the plan. For example, agree on no screens during meals so everyone knows what's OK to watch and when it's OK to watch it.

### Lead by Example

- When someone is talking to you, stop looking at the screen and look at the person. Encourage your children to do the same.
- When you play or read with your child, turn off the TV and other screens. Even a show playing in the background matters. It distracts you and your child from learning the most from the activities you share.
- Show your children how to lead a balanced life between screen time and other activities.
- Make screen time active—play during commercials and choose shows that get your family up and moving.

### Focus On Family Time

- Make a list of other activities so your family doesn't rely on screens for entertainment. Include outdoor activities, playing, and reading in your family's daily routine.



- At mealtimes, put your media devices aside. Use the time to talk to each other.
- Make at least one night each week a family night. That means no screens. Play card or board games, read together, or go to an event.
- Go for a walk or bike ride as a family.
- Go to the library for a story time or to check out a book.

### Use Screen Time to Learn

- Help your child learn by watching and talking about TV shows together.
- Choose TV shows that:
  - Repeat ideas to help kids learn.
  - Pause and ask kids to join in.
  - Teach only one message at a time.

Cutting back on screen time is very difficult to do, and while you may want to cut back, this may not be a good time for you. If you cannot start now, perhaps you can think about doing it later.

Remember that you can control how fast you make any changes. Making small, gradual changes to what and how much you watch on TV and other screens will help you and your child maintain the changes. The decision to change and how you do it are up to you. You can find a way that works for your family.

When you are ready to try, your doctor can give you information and support to help.

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## BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	22	1	1	\$1,350,000	\$1,300,000
September	22	2	1	\$2,280,000	\$2,280,000
August	22	0	1	\$3,450,000	\$3,500,000
July	22	3	2	\$2,287,500	\$2,300,000
June	22	1	1	\$1,349,000	\$1,400,000
May	22	1	1	\$3,100,000	\$2,900,000
April	22	1	2	\$2,262,500	\$2,192,500
March	22	2	0	\$0	\$0
February	22	1	2	\$2,232,500	\$2,182,500
January	22	2	2	\$3,074,500	\$2,887,500
December	21	0	0	\$0	\$0
November	21	1	0	\$0	\$0

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

## BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	22	3	4	\$1,672,500	\$1,682,500
September	22	0	0	\$0	\$0
August	22	1	0	\$0	\$0
July	22	0	0	\$0	\$0
June	22	5	5	\$1,200,000	\$1,167,500
May	22	6	4	\$1,310,500	\$1,287,500
April	22	0	1	\$3,100,000	\$2,900,000
March	22	1	1	\$129,900	\$125,000
February	22	2	0	\$0	\$0
January	22	2	0	\$0	\$0
December	21	0	0	\$0	\$0
November	21	2	4	\$1,112,500	\$1,117,500

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

### Overcaffeinated?

Many people don't realize that caffeine is a drug. It's a stimulant that's found in many types of pain and cold medicine, as well as in foods and drinks, including coffee, tea, chocolate, some energy drinks, and some painkillers.

#### What Are the Short-Term Effects?

The effects of caffeine usually start within five to 30 minutes and can last from eight to 12 hours.

Larger amounts of caffeine can:

- cause shaking
- make you have trouble sleeping
- make you very agitated
- cause a fast, irregular heartbeat (might feel like your heart is racing)
- make you feel irritable, restless, and nervous

People who have panic attacks shouldn't use large amounts of caffeine. It can trigger nervousness and anxiety, and they might be more sensitive to its effects.

It's rare for adults to die from a caffeine overdose. However, children can die from as little as one gram of caffeine. A single cup of coffee contains between 40 and 180 mg.

Caffeine doesn't decrease your appetite so there's no point in using it to diet or decrease your hunger.

Caffeine doesn't help you sober up if you are drunk.

As your body gets used to caffeine, it needs more and more of it to get the same effect. As the amount of caffeine goes up, so does the risk of side effects.

You can become mildly dependent on caffeine from regularly drinking 350 mg (about two to four cups of coffee) a day. If you suddenly stop drinking caffeine, you might have withdrawal symptoms such as:

- headaches
- problems sleeping
- feeling irritable, tired, and depressed
- lack of energy
- feeling down
- having trouble focusing or concentrating

Withdrawal symptoms begin 12 to 24 hours after you stop caffeine. Most symptoms go away within a few days.



#### What Are the Long-Term Effects of Caffeine?

More than 300 mg of caffeine (about two to three cups of coffee) in a day may be linked to miscarriages and low-birth weight babies. Caffeine is passed through breastmilk, which might make your baby irritable or have trouble sleeping. If you're pregnant or breastfeeding, you may want to limit or avoid all caffeine.

Some women who drink more than three cups a day may be at risk of bone fractures as they get older.

Regular use of more than 600 mg of caffeine might cause long-term effects including chronic insomnia, constant anxiety, depression, and stomach problems. It can also cause high blood pressure or make high blood pressure worse.

#### Caffeine and Young People

Because their bodies are smaller, caffeine may have a stronger effect on a child than on an adult. Children who drink pop or energy drinks with caffeine might feel anxious, be irritable, have trouble sleeping, or wet the bed.

Some teens and young adults who use a lot of caffeine may have health problems like an increased or abnormal heart rate or chest pain. If this happens, they may need to go to the hospital or need an ambulance.

For more information on caffeine and health, call the 24-hour Addiction Helpline at 1-866-332-2322.



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