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WORD OF THE MONTH

Stalwart: *Adjective* (Stawl-wert)

Loyal, reliable, diligent, and brave.

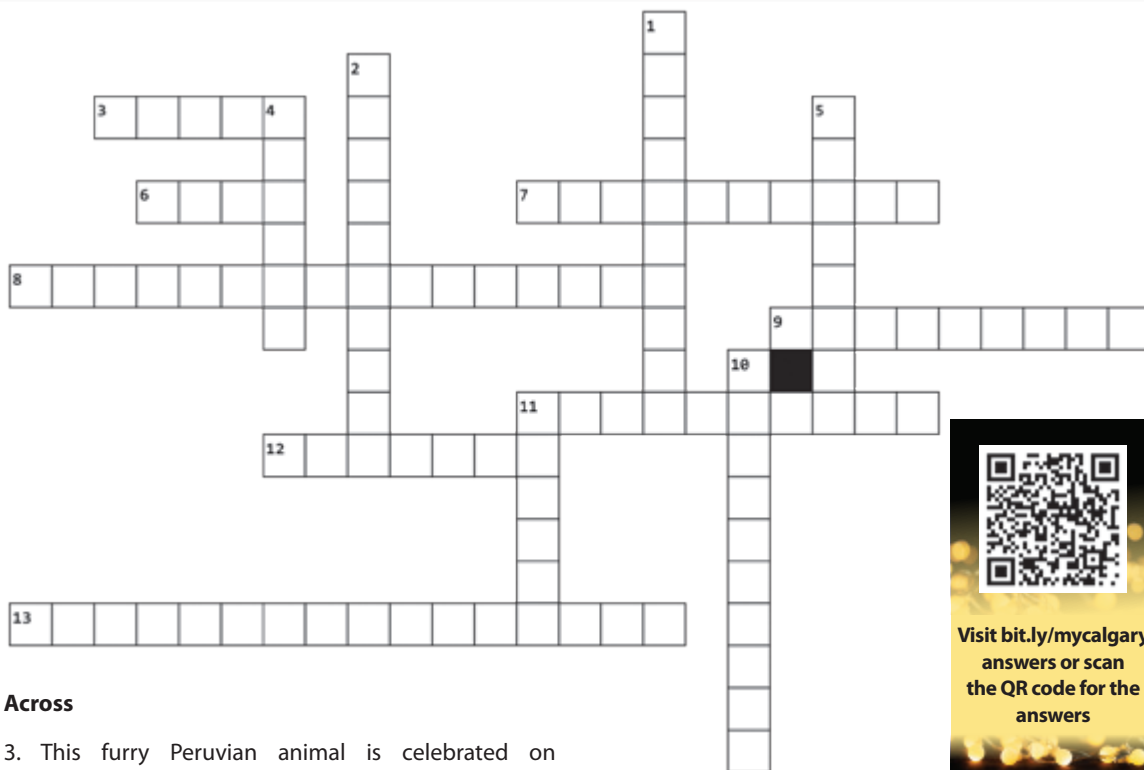
She is a stalwart supporter of animal rights.



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.

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.



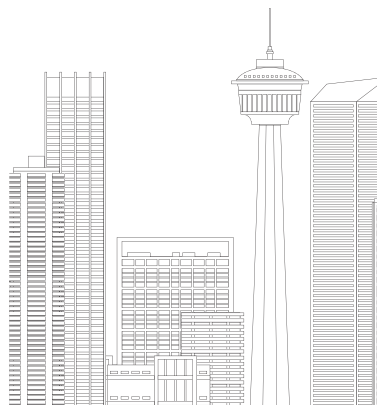
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Richmond-Knob Hill Real Estate Update

Last 12 Months Richmond-Knob Hill
MLS Real Estate Sale Price Update

	Median Asking Price	Median Sold Price
November 2023	\$849,450	\$857,000
October 2023	\$893,950	\$890,000
September 2023	\$879,000	\$885,000
August 2023	\$686,950	\$699,250
July 2023	\$849,950	\$850,000
June 2023	\$799,000	\$790,000
May 2023	\$917,450	\$872,500
April 2023	\$829,900	\$811,000
March 2023	\$674,950	\$712,000
February 2023	\$699,900	\$692,000
January 2023	\$712,500	\$705,000
December 2022	\$699,900	\$700,000

Last 12 Months Richmond-Knob Hill
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	16	10
October 2023	18	16
September 2023	24	21
August 2023	22	18
July 2023	17	16
June 2023	23	18
May 2023	23	22
April 2023	13	17
March 2023	19	18
February 2023	22	11
January 2023	12	10
December 2022	7	7

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

Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (AHS EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior- and don't forget a toque! Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with

blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e., hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed.
- Seek further medical attention as required.

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.



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LITTLE TOES



Because humans typically have five fingers on each hand and five toes on each foot, it might lead one to believe that cats follow that same format. However, this is actually incorrect! Most cats only have 18 toes, rather than 20. A typical cat will have five toes on each of its front paws, but only four on its back ones!



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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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In late October, the City of Calgary unveiled the results of its Fall 2023 city-wide survey. For the first time ever, “poverty, homelessness, and housing affordability” was the biggest issue of concern for Calgarians. The survey is meant to guide city council's priorities, but all elected officials should be paying attention because each order of government has a responsibility to address the housing crisis. Every week, another constituent contacts my office in distress because they're facing rent increases, sometimes up to 40 and 50 per cent higher. Some are being evicted for renovations and can't find a new home that fits their budget. Members of Bow Cliff Seniors expressed to me how much they fear a sudden change to their precarious living situations. Students are accessing campus food banks in greater and greater numbers as they try to afford rent and their ever-increasing tuition.

The housing crisis keeps me up at night. As the critic for Mental Health and Addiction, I'm extremely worried about the long-term impacts of the stress and anxiety caused by the lack of affordable housing, that's also safe and well-maintained. At the same time, inadequate housing and chronic poverty can exacerbate existing mental illness and substance use disorders. Housing is an essential social determinant of health.

Unfortunately, without a minister dedicated to housing we can't tell if this is even on the government's radar. They've announced funding for affordable housing but those are years away from being built. We need action now and we've invited the government to the table to create solutions together. This is the top issue in Calgary today and it demands more attention than it's currently getting.

If you're having any issues with finding housing, my best advice is to call 211. They are trained to guide you through anything and can direct you to numerous helpful resources.

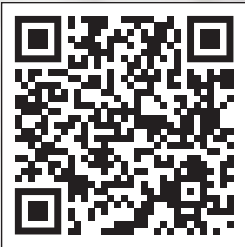


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