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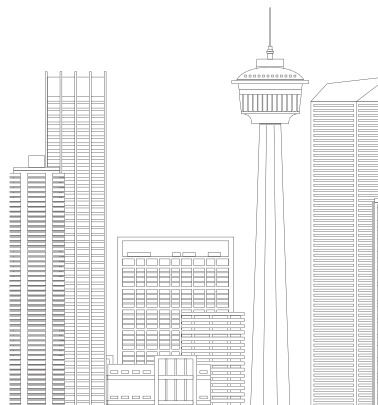


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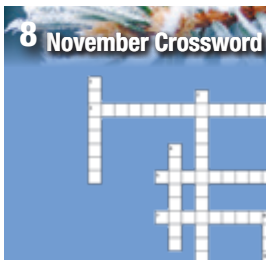




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## November 11, Remembrance Day

*A message from the Federation of Calgary Communities*



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

### Remembering Our Heroes

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

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

### Poppies: A Symbol of Remembrance

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



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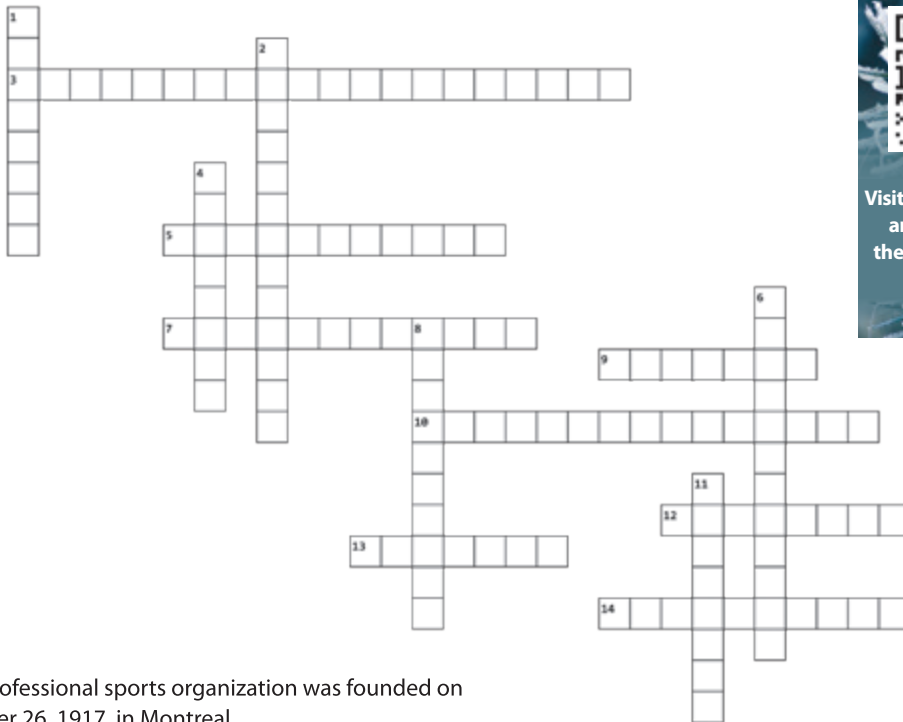
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# November Crossword



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answers or scan  
the QR code for the  
answers

## Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.

5. Born on November 12, 1980, but he's just Ken.

7. November is National \_\_\_\_\_ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.

9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto \_\_\_\_\_.

10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.

12. This month is the only month used in the 26-letter NATO phonetic alphabet.

13. Pink Floyd's iconic 11th album, \_\_\_\_\_, was released on November 30, 1979.

14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male \_\_\_\_\_ onboard; thankfully, he survived the three hour and 20-minute space flight.

## Down

1. On World \_\_\_\_\_ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.

2. November's official flower, which originates from East Asia.

4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.

6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.

8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.

11. The reason people grow moustaches in November.





# Seven Ways to Break Free of a Trauma Bond

Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

### What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

### Here are seven ways to break free from a trauma bond:

**Educate Yourself** – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

**Zero Contact** – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

**Examine the Evidence** – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

**Practice Self-Compassion** – don't blame yourself. This was not your fault. You are not stupid.

**Personal Affirmations** – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

**Mindfulness** – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.


**Professional Help** – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.

BRAIN GAMES

SUDOKU

8			5		1			9
			6		9	7		
		4		7				5
4	8							6
		2				4		
9							1	8
6				8		3		
		3	1		6			
7			3		5			2

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## Mount Royal Real Estate Update

Last 12 Months Upper Mount Royal  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2023	\$1,972,500.00	\$1,950,000.00
August 2023	\$962,450.00	\$1,067,500.00
July 2023	\$1,059,616.00	\$1,012,500.00
June 2023	\$1,695,000.00	\$1,650,000.00
May 2023	\$1,507,500.00	\$1,472,500.00
April 2023	\$2,599,999.00	\$2,400,000.00
March 2023	\$1,825,000.00	\$1,750,000.00
February 2023	\$1,015,000.00	\$880,000.00
January 2023	\$2,495,000.00	\$2,750,000.00
December 2022	\$999,000.00	\$985,000.00
November 2022	\$0.00	\$0.00
October 2022	\$2,999,900.00	\$2,650,000.00


Last 12 Months Upper Mount Royal  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2023	9	8
August 2023	8	2
July 2023	5	8
June 2023	12	7
May 2023	7	8
April 2023	11	7
March 2023	7	3
February 2023	4	2
January 2023	3	1
December 2022	2	1
November 2022	2	0
October 2022	1	1

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

Beaver Moon

Traditionally, the full moon in November is called the Beaver Moon because, in need of warm furs for the winter, people in the Colonial Era set beaver traps to catch them before the lakes froze over. This year, the Beaver Moon will be on November 27!



## Newborn Screening Awareness

by Alberta Health Services



If you are a new or expecting parent, newborn screening is the best way to find out if your baby has a condition that you, your doctor or midwife might not know about.

It's possible to have one of the screened conditions, such as cystic fibrosis, spinal muscular atrophy, or congenital hearing loss, even if there is no obvious family history. Finding these conditions early means babies get the treatment they need when it can help the most. The tests are quick and safe, and they can be done shortly after birth.

If you are a new or expectant parent, it is important to know about newborn screening and the provincial programs available for Alberta babies. You will be offered to have your baby screened in hospital before discharge or be given information on where to get screening done in the community.

AHS provides these services free of charge through two provincial newborn screening programs.

**The Alberta Early Hearing Detection and Intervention (EHDI) Program** identifies permanent hearing loss as early as possible in a baby's life. Finding permanent hearing loss early gives your baby the best opportunity to develop language and learning skills and prevent possible developmental delays.

It's best for your baby to be screened for permanent hearing loss by one month of age.

Visit [ahs.ca/ehdi](https://ahs.ca/ehdi) to learn more.

**The Alberta Newborn Screening Program (ANSP)** uses blood spot screening to find certain serious conditions soon after birth that can't be seen just by looking at your baby. Finding these conditions early ensures that treatment can begin sooner to help prevent irreversible problems, improve health, and maybe even save your baby's life. It is best for your baby to have newborn blood spot screening between 24 and 72 hours after birth.

Visit [ahs.ca/ansp](https://ahs.ca/ansp) to learn more.

Learn more about newborn screening in Alberta at [ahs.ca/newbornscreening](https://ahs.ca/newbornscreening).

### The Fruit That Made It into the News

by Kosha Vaidya, MBBS, CH

Chinese gooseberries are also known as kiwi fruit. Since they have made it into the news, kiwi fruits are becoming more popular.

Kiwi fruit is a good source of vitamin C; it's been said that they have the same amount of vitamin C as an orange, if not more. Kiwis have a good amount of fibre and are beneficial for people suffering from constipation. They are also a good source of potassium, which has been known to prevent strokes and to provide other health benefits as well. This fruit also has many antioxidants such as lutein and has been shown to be good for the prevention of age-related macular degeneration.



According to research, kiwi fruit has beneficial effects in relation to lowering blood pressure in people suffering from high blood pressure. In these studies, people who ate three kiwis a day for eight weeks had a drop of upper/systolic blood pressure by 3.6mm. Therefore, including them in a healthy diet plan of getting five to seven servings of fruits and vegetables per day would be beneficial. However, I would be careful eating three kiwis a day as that would add up to 21 kiwis per week.

Kiwi fruit, like other fruits, should be eaten in moderation. This Chinese gooseberry contains oxalates, so people with oxalate kidney stones or gallbladder stones should limit kiwi intake. Some people may be allergic to them, and oddly, others who are allergic to latex are more prone to being allergic to kiwi fruit as well.

Whenever possible, try to buy organic kiwis. The best ones are not too firm or too soft.

I used to love to decorate cakes and fruit salads with kiwis as they add a nice colour contrast, which appealed to me. I guess after hearing the latest news about them, I will be adding them for all their known health benefits too!

### Tongue Twister Day

Tongue Twister Day is on November 8 this year. Test your tongue twisting skills with these tricky twists!

- The sixth sick sheik's sixth sheep's sick.
- Thirty-three thirsty, thundering thoroughbreds thumped Mr. Thurber on Thursday
- Gobbling gargoyles gobbled gobbling goblins.
- Many an anemone sees an enemy anemone.
- A synonym for cinnamon is a cinnamon synonym.



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