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Dr. Michael Massie

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# Preparing or Updating Your Will



*Vilma Mydliar, LLB*

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney (EPA)* and a *Personal Directive (PD)*.

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

family member or a divorce. We make this process easy and help to ease your mind.

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Volunteer Coordinator	Maricel McDonald
Membership	Genevieve Clarke
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## Evanston Board Meetings

are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.

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by Abby, Spark Leader

The 165th Sparks have an exciting year ahead of them! They've started the year off with some fun activities learning about what it means to be a Spark, the Spark Song, and their promise, "I promise to share and be a friend." The Sparks are now learning about Girl Guide Cookies and got to do their first cookie stand this year on September 23, at Nolan Hill Sobeys!

They especially liked the part where they got to sample their product as a reward for their hard work. The girls also brainstormed what activities they want to do this year like going to the Calgary Zoo, playing tag, and doing crafts! Moving forward, they are going to learn about the Spark story, enrollment ceremonies, and campfire songs! The 165th Sparks are excited for bridging activities with the 91st Pathfinders and 60th Rangers, doing a litter chase before it gets too cold, and a winter pajama party before winter break! The upcoming year will be packed with fun and new friends!



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## Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

### **When an emergency vehicle approaches with lights and siren activated:**

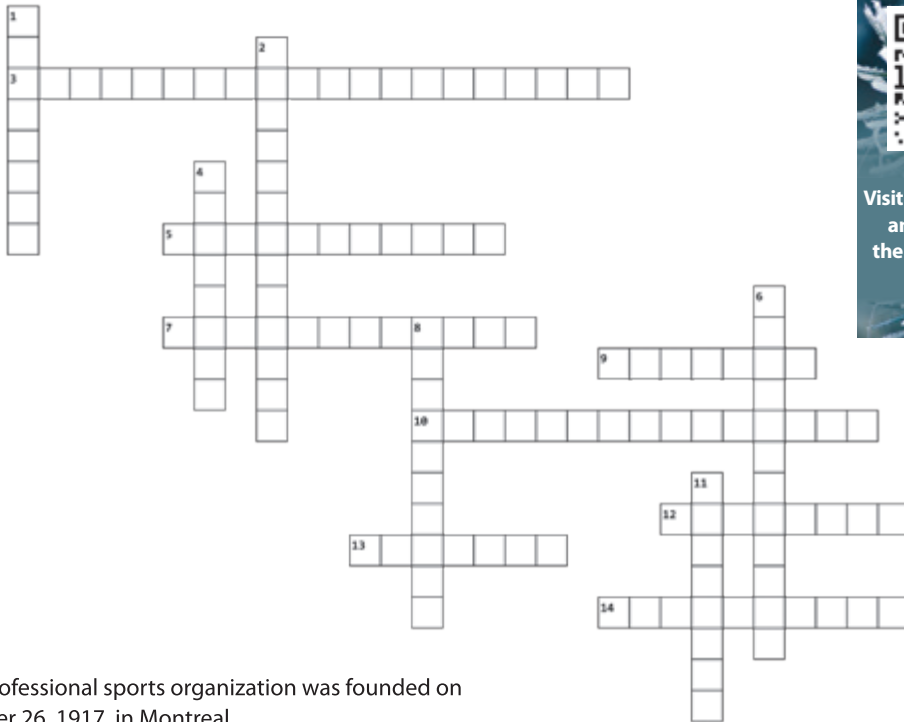
- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
  - On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
  - Move right or left to the nearest curb on one-way streets.
  - On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
  - Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

### **When operating a vehicle:**

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.



# November Crossword



Visit [bit.ly/mycalgary](https://bit.ly/mycalgary) 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.



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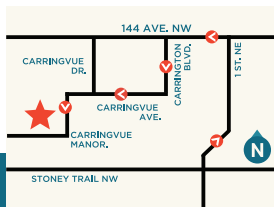
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### Seven Ways to Break Free of a Trauma Bond

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.



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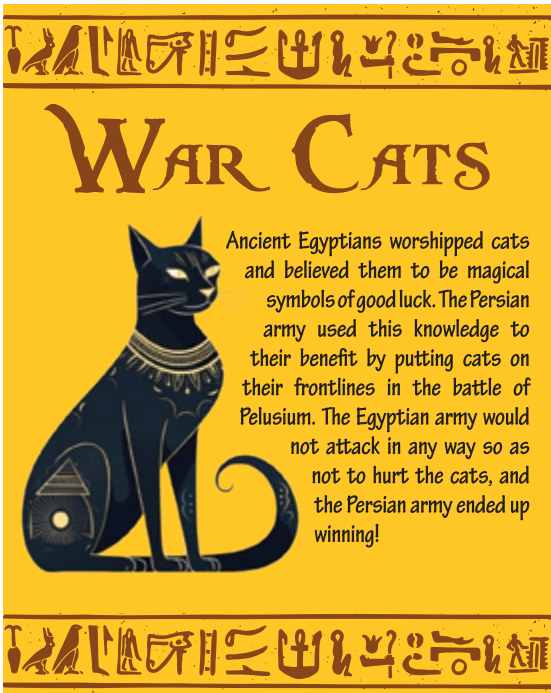
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**WAR CATS**

Ancient Egyptians worshipped cats and believed them to be magical symbols of good luck. The Persian army used this knowledge to their benefit by putting cats on their frontlines in the battle of Pelusium. The Egyptian army would not attack in any way so as not to hurt the cats, and the Persian army ended up winning!



**Councillor, Ward 2**  
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Winter is coming, and with it comes a set of challenges for commuters. For those relying on Calgary Transit, knowing how to get in touch with the city for complaints and service requests can make all the difference. Fortunately, Calgary Transit has streamlined this process, ensuring that passengers can report concerns promptly and efficiently through their online platform.

Passengers can address bus schedule issues, route problems, and more at [www.calgarytransit.com](http://www.calgarytransit.com). Visit the “Contact Us” page, and then click “Learn more” at the bottom right. Here, you can submit a service request or complaint online, which helps The City track common issues and make adjustments for a seamless winter commute.

For a broader range of concerns, including transit issues, public safety, and even potholes, Calgary 311 is your go-to resource. You can call 311 directly, or visit [www.calgary.ca/311](http://www.calgary.ca/311) to submit complaints online or download the 311 app. This multifaceted platform empowers residents to actively engage with The City, ensuring that all issues, big or small, are tracked and resolved efficiently.

Using these online tools is not just convenient; it’s a crucial way for the city to gather data and identify concerns swiftly. By reporting these issues, passengers contribute to a safer, more efficient transit system. Timely data empowers the city to respond to complaints, adjust routes, and enhance services in real-time, ensuring everyone’s winter commute is as smooth as possible.

As winter approaches, your active involvement ensures a transit system that caters to your needs. By using both Calgary Transit’s online complaint system and Calgary 311, you actively contribute to a city that responds promptly, making winter travels safe, convenient, and efficient for everyone. Together, let’s navigate winter seamlessly, making Calgary Transit a service that truly works for the people it serves.


Hello residents of Calgary-Foothills! Happy Gurburab and Happy Diwali to all those celebrating this November. Thank you to all those who attended our Constituency Office Grand Opening. It was great to see everyone; we are truly building a community and I look forward to hosting more events to bring people together.

As your elected representative, I have been connecting with local constituents, schools, places of worship, and other organizations to learn how I can best advocate for our neighbourhoods. Last month, my office hosted a Schools Town Hall where we heard from parents about how we can better support students in our area. My commitment is to continue working with our local School Board Trustees to advocate for more elementary and middle schools in our area and improve our school bus transportation system. There is much work to be done.

In addition to schools, other issues I have heard from constituents about include pensions, affordable housing, cost of living, and clear-cut logging in Kananaskis. Constituents tell me they believe the CPP is a safe, reliable program, and they do not want the UCP Government withdrawing from this retirement savings plan, so I will fight to protect your CPP. I am also concerned that the renewables moratorium signals to investors that Alberta is not open for business. I will continue to meet with technology entrepreneurs to advocate for innovative new technologies in order to grow our economy.

I take your concerns very seriously and look forward to raising these issues in the legislature. If you have a story or concern you want me to share, please let me know.

Finally, I want to remind you that my office is available to assist you with accessing provincial resources and also offers services such as notarizing documents, letters of support, and more.



**MLA Calgary-North**  
**Hon. Muhammad Yaseen**  
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✉ calgary.north@assembly.ab.ca  
📱 @muhammadyaseenyyc



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### Remembrance Day

It's wonderful to see your commitment to supporting and honouring the brave men and women of the Canadian Armed Forces. Recognizing the sacrifices and efforts of those who serve, both past and present, is a meaningful way to express gratitude. Alberta, like the rest of Canada, has a strong tradition of military service, and it's important to acknowledge and appreciate the dedication and sacrifices made by members of the armed forces. We will remember them.

### Alberta Pension Plan - Survey

Alberta's government has recently released an independent report by Lifeworks that outlines what an Alberta Pension Plan (APP) could look like if the province decided to shift from the Canadian Pension Plan (CPP) and create a provincial plan. I encourage you to complete the pension survey on the APP website ([www.albertapensionplan.ab.ca](http://www.albertapensionplan.ab.ca)). Alberta's government will not replace the CPP with an APP unless Albertans approve it in a referendum. That's right, it's your pension, your choice!

### Providing Funding for Apprenticeships

A \$12.4 million investment from Alberta's government will create almost 2,000 new apprenticeship seats across the province. Alberta's economy has momentum, more skilled labourers are needed to support the province's workforce, especially in the construction industry. To meet growing demand for highly skilled tradespeople across sectors, and responding to feedback from post-secondaries and industry, Alberta's government is increasing capacity for skilled trades training. This funding is in addition to the \$15 million over three years announced earlier this year, which added more than 1,000 additional apprenticeship spaces, bringing the total funding for apprenticeship training in 2023-24 to \$54.4 million.

Special thanks to my constituents for their continued support as I carry out my duties as your MLA. As always, please feel free to call me any time to discuss issues that are important to you.

I enjoyed attending various fall celebrations in Calgary. Thank you to all the volunteers who worked tirelessly to plan and carry out successful events to help build our communities.

Since Parliament has returned this fall, I have worked diligently to represent you and ensure the government is being held to account. The federal government is responsible for the cost-of-living crisis, which continues to deepen. The federal carbon tax continues to make gas, home heating, and food more expensive. As winter approaches, it will force many Calgarians to make tough financial decisions.

Housing affordability has also become a crisis for many Calgarians. Home ownership is increasingly out of reach, mortgage payments are going up, and rent is increasingly unaffordable. In response to this crisis, Conservative leader Pierre Poilievre recently tabled The Building Homes Not Bureaucracy Act that will require cities to increase the number of houses built by 15% each year, and then 15% on top of the previous target every single year. Federal transit funding provided to certain cities will not arrive until those stations are surrounded by high-density residential buildings. This bill would also require the Minister of Housing, Infrastructure, and Communities to report on the inventory of federal buildings and land. He would need to identify land suitable for housing construction and to propose a plan to sell at least 15% of any federal buildings and all land that would be appropriate for housing. These properties would need to be placed on the market within eighteen months.

I look forward to tackling these issues with common sense solutions during the fall sitting of the House of Commons.

Please reach out to me or my staff with questions, concerns, or requests for assistance at [pat.kelly@parl.gc.ca](mailto:pat.kelly@parl.gc.ca) or 403-282-7980.

Thanks!

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