

NOVEMBER 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

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VOLUME 198

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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

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**News, Events,
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	Listed	Sold	Listed	Sold
September 23	15	19	\$574,900	\$572,000
August 23	20	14	\$652,450	\$663,500
July 23	13	17	\$559,900	\$580,000
June 23	21	17	\$525,000	\$560,000
May 23	17	16	\$534,850	\$532,400
April 23	8	11	\$549,900	\$515,339
March 23	13	10	\$537,000	\$543,000
February 23	10	8	\$507,493	\$512,500
January 23	5	5	\$650,000	\$633,900
December 22	4	4	\$426,500	\$415,000
November 22	6	13	\$524,900	\$540,000
October 22	10	11	\$529,500	\$518,500

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

S.O.S - Save. Our. Sports

The future of Hidden Valley sports programs and facilities is in jeopardy! This includes the flooding and maintenance of the ice rinks!

Are you passionate about sports and community engagement? We're searching for a dedicated Sports Director to join our community association. As the Sports Director, you'll have the exciting opportunity to lead and organize sports programs that foster teamwork, health, and fun within our community. We have many parent and youth volunteers, so you'll have lots of help. If you're a motivated individual with a love for sports and a desire to make a positive impact, we want to hear from you. Join us in shaping a healthier, more connected community through the power of sports!

If you're interested contact info@hiddenhut.org.



News from the Friends of Nose Hill

by Anne Burke

In 1993 a land use inventory was conducted of Nose Hill Park. This study reported on archaeological resources on Nose Hill from Alberta's original inhabitants and their land. For the Blackfoot, their culture and homeland have existed for as long as 6,500 years or more. This was their place for more than 350 generations. There are clues about their way of life from remains of the prehistoric past, such as tools, 10 campsites, a kill site, and a "cairn" or stone pile. Pre-contact cairns were used as small game traps, navigation markers, flagging for drive lanes, and burials.

Nose Hill has 18 known sites which contain stone circles from tipi lodges and cooking circles or a central hearth. Fire-broken or cracked rock is a by-product of stonepit boiling. The tipi covers and liners were held down by rocks from the tipi circles. The distribution and weights along the circle are a means of determining the season of use. It is presumed to be a shorter period based on the Nose Hill uplands, where tipi lodges are back from the escarpment edges or in depressed areas, so they were probably meat camps or transitory travel camps. People likely lived there in the early spring for the hunting of individual bison. There are more than 90 rings. The size of the lodge group can be estimated by the size of the ring. Given the number of skins and poles for a tipi, we learn about a group's transportation method. The number and distribution of the rings within a group reveal the size of a larger social group. Isolated rings, even when found in groups, may be vision quest sites.

Read more Uncovering Human History: Archaeology and Calgary Parks at: www.calgary.ca/parks/history.html.

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION





Seven Ways to Break Free of a Trauma Bond

Nancy Bergeron, R.Psych. | 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.

November is Diabetes Awareness Month!

November 14 is World Diabetes Day.

13,140 Needles.

19,710 Finger Pokes.

1,642 Nights of disrupted sleep.

8 Years Old.

For our family, every day is diabetes day. For the past four and a half years, our eldest son has had Type 1 Diabetes. At only 8 years old, it was a life-altering diagnosis that turned our world upside-down. Between the thousands of needles and finger pokes, we've watched him fight for his life every day. It's a tall order for just a kid.

Most people think of diabetes as something that you get when you eat too much candy. Or it's something that your old Aunt Mildred had, and it is no big deal. Well, Type 1 Diabetes is neither of these things.

Type 1 Diabetes is an auto-immune disease. It occurs when your body starts recognizing the beta cells in the pancreas as a threat and attacks them, the same way our body would attack a virus. Unfortunately, beta cells are what produce insulin. Insulin allows the nutrients (glucose) in your blood to pass through to your body's cells to nourish them. Without insulin, our cells become malnourished, and our blood becomes really thick due to the high glucose content. Tiny blood vessels (called capillaries) primarily found in all internal organs, our eyes, fingers, and toes are unable to handle thick blood, as they're too small. When the blood is thick, these organs and extremities do not receive any blood flow. Prolonged lack of blood flow causes them to deteriorate and eventually fail. Remember old Aunt Mildred? Wasn't she also on dialysis? That's because her kidneys had failed. Didn't she also walk with great difficulty and a cane? That's because she had to have toes removed due to necrosis. Poorly managed diabetes often results in multiple organ failure, blindness, amputation of digits and sometimes limbs, and likely a shortened lifespan.

High blood sugar for a prolonged time can cause long-term health complications, however low blood sugar is even scarier. For diabetics physical activity, stress, hormones, and growth spurts are only some of the causes of acute low blood sugar. Type 1 Diabetes isn't caused by eating too much sugar instead, diabetics use candy to stay alive. Quick sugars such as candy or

juice can save a diabetic's life. Low blood sugar, if not treated immediately with a quick sugar can result in disorientation, slurred speech, loss of consciousness, headaches, vomiting, seizures, and death.

Now that you've had both a medical lesson and a horror story wrapped into one, you might ask what does this look like day-to-day? Well, all we must do is manage our son's diabetes properly, right? That's easier said than done. A Type 1 diabetic makes 180 more decisions per day than the average person. Just leaving the house to go for a walk involves checking blood sugars, packing snacks in case of low blood sugar, packing devices to monitor while away from home, ensuring batteries on said devices are working, and the list goes on and on. We weigh food, measure portions, monitor blood sugars constantly, adjust insulin ratios, and adjust basal rates weekly to adjust for growth spurts. We manage supplies and prescriptions, meet regularly with an endocrinologist, and must constantly be an advocate. We check his blood sugar overnight at both midnight and 3:30 am every night to ensure that he is safe while he sleeps. We do more math before we've had breakfast than most people do in a day. Our son takes on so much of this while he's at school or out with friends. He's the one that sits out of activities due to out-of-range blood sugars, monitors himself constantly to make sure his body is safe, declines sleepovers, and sometimes must leave fun activities due to this disease. Aren't 8 year olds supposed to be focusing on school, teams, friends, hobbies and all the wonderful things that kids get to do? Instead, ours focuses on keeping himself alive. When was the last time you saved your own life? He saved his own twice this week.

Type 1 Diabetes is no joke. It's a 24/7 job that no one wants to apply for. There are no days off, no breaks and no margin for error. No pressure, right? If you know someone with diabetes, check in with them. They're fighting an invisible war against their own body every day and could likely use a hug.

Thank your own functioning pancreas today for keeping your body healthy and watch for the early signs of Type 1 diabetes: extreme fatigue, frequent urination, sudden weight loss, lethargy, and/or irritability.

For more information on diabetes visit www.jdrf.ca (there's some amazing diabetes research happening right here in Alberta) or www.diabetes.ca.



Prairie Winds 4-H Members Eagerly Start Off New Club Year

By Emmett Donner, Club Reporter

With the new 4-H year underway, the Prairie Winds 4-H Club has already done some exciting activities. From a business meeting to an engaging family social, the year started off on a great note.

At the registration meeting, many new members eagerly signed up and selected enticing projects. Returning projects include Explore 4-H, Health and Fitness, Canine Photography, and Woodworking. New projects include Foods, Creative Options, and Growing My Career Choice. As members handed in forms, leaders and returning members were delighted to see many new, young faces.



During the meeting, a wide variety of topics were discussed. Leaders explained how meetings generally go and how the year will be. One in-depth discussion involved the decision of the club's t-shirt colour for this year. Another topic discussed was all the fun upcoming events for members and their families to participate in. Luckily the meeting was only a little over an hour, so that attendees didn't get too distracted.

After the business meeting, a short but enjoyable family social took place. Activities included keeping a balloon in the air and a deserted island game. As the family social went on many new and existing bonds were formed.



A few days after the first meeting of the new 4-H year, some members participated in a lawn mower maintenance workshop. At this event attendees learned how to sharpen a lawn mower blade and clean it. This was done through intuitive hands-on activities and demonstrations. Members learned many useful skills that they will surely use later in life.

Exciting events have already occurred, and members and leaders are looking forward to more in the future.



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Remembrance Day

Canadian Remembrance Day, observed on November 11, is a solemn occasion that serves as a poignant reminder of the sacrifices made by the nation's military personnel. It commemorates the end of World War I and pays tribute to all Canadians who have served, and continue to serve, in times of conflict.

The red poppy flower, a symbol of remembrance, is worn with pride by Canadians during this time. At 11 am on the 11th day of the 11th month, the country observes a moment of silence to honour the Armistice that ended World War I. Throughout the nation; ceremonies are held at cenotaphs and war memorials, drawing people together to reflect on the bravery and resilience of those who have defended Canadian values.

Remembrance Day serves as a valuable educational tool, fostering an appreciation for Canada's military history and the importance of peace and unity. It is a day to remember the sacrifices of the past and to recognize the ongoing commitment to peacekeeping missions worldwide.

In recent years, the significance of Remembrance Day has gained renewed attention, with more Canadians engaging in remembrance activities and reflecting on the enduring impact of war on society. As Canada moves forward, this solemn day remains a touchstone for the nation's collective memory and a testament to the enduring spirit of those who have served.



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Celestial Spectacle

November offers a celestial spectacle that's sure to delight stargazers.

Taurid meteor shower known for its fireball meteors, will grace our skies. It peaks in the first half of November, with the possibility of catching a few shooting stars each hour.

Leonid Meteor Shower. On the night of November 17 to 18, the annual Leonid meteor shower will reach its peak. Although not as intense as some other showers, it still promises a show of shooting stars. Find a dark spot away from city lights for the best viewing.

Planet viewing. The gas giant Jupiter will be visible in the eastern sky, and Saturn, with its stunning ring system, will bid adieu for this year. Venus, the "Evening Star", will shine brightly in the western sky after sunset.

Full Beaver Moon. On the morning of November 27, 2023, at 4:16 am the Full Moon will reach its peak. This Moon is known as the "Beaver" Moon because this is the time of year when beavers begin to take shelter in their lodges, having laid up sufficient food stores for the long winter ahead.

As the days grow shorter, the crisp November nights offer a wonderful opportunity to connect with the cosmos and witness the celestial wonders above.

Word of the Month

Opine: verb (oh-pahyn)

To have an opinion.

Dentists opine brushing your
teeth is important for good dental
hygiene.



Councillor, Ward 3
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Hope you're staying warm in this cold weather! Here are some topics and questions we've received from residents this past month. For more information or to contact my office directly, visit jasminemian.com.

City Budget – Feedback Options

This month marks the annual budget adjustments. From November 20-24, Council will be receiving presentations from Administration and debating additions and adjustments to the budget. This year, the City has posted its investment options and the recommendations from their citizen-panel Financial Task Force. They are collecting public feedback on each of these, so visit calgary.ca/adjustments to view the full breakdown and submit a response.

As well, all residents are invited to speak at Council and share their opinions - via phone, in person, or written response. If you want to participate, visit www.calgary.ca/council/meetings/public-hearing.html to view your options and registration process.

Community Association - AGM

Two of our Community Associations, Sandstone MacEwan and Livingston, will be hosting their Annual General Meetings (AGMs) in November. The AGM is a great opportunity to meet the board of your local association, purchase a membership, and explore your options for getting more involved. A reminder that Ward 3 has four Community Associations: Sandstone MacEwan, Livingston, Hidden Valley, and Northern Hills. The holiday season is a great time to reach out to your local CA, so check out their social media to see what's happening near you.

Clean Energy Improvement Program – Applications Open

The third round of applications for the CEIP program will open November 14 at 9AM. CEIP helps residential property owners with the initial costs of making energy efficient upgrades.

We expect to see a high participation again, so visit calgary.ca/CEIP ahead of time to prepare your application and be ready to submit at 9AM. This round is the last for 2023, but two more will open in 2024.

Hello!

I would like to take the opportunity to introduce myself. I am Amanda Chapman, and I am honoured to be the newly elected MLA for Calgary-Beddington. My family and I have been proud to make our home here for the last decade and have always appreciated the warmth of the community. I have had the pleasure of meeting so many of you on the campaign trail and I want to continue to hear from folks across the communities I now represent.

We have had a productive summer setting up our office and attending as many community events as we can. On October 30, the Legislature will have resumed with the speech from the throne, and we want to take your concerns with us to Edmonton. Please do not hesitate to visit us in our office, call, send a letter, or email us with any issues that are top of mind for you and your family.

We have heard from folks concerned about their pensions, housing costs, general affordability, and of course healthcare delivery in Alberta. It is important to me that everyone feels their voice is heard and represented in the Legislature.

I look forward to working for you.

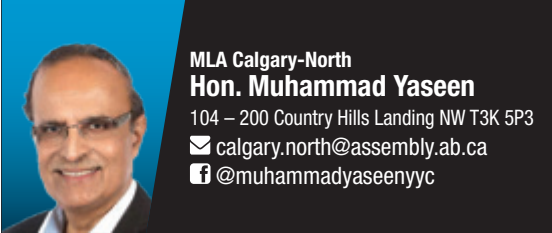



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MLA Calgary-North
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Remembrance Day

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). 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.

CRIME STATISTICS



Hidden Valley Crime Activity was Up in September 2023

The Hidden Valley community experienced 9 crimes in September 2023, in comparison to 2 crimes the previous month, and 3 crimes in September one year ago. Hidden Valley experiences an average of 6.1 crimes per month. On an annual basis, Hidden Valley experienced a total of 73 crimes as of September 2023, which is down 39% in comparison to 119 crimes as of September 2022. To review the full Hidden Valley Crime report visit hidd.mycalgary.com.

How To Report Crime In Hidden Valley: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text ttTIPS to 274637.



We've all used Google Images, but do you know the reason it was created? On July 12, 2001, Google invented this search engine because so many people had searched for pictures of Jennifer Lopez' green Versace dress. Can you imagine that kind of impact?!

World Kindness Day

by Danielle Robbertze

World Kindness Day is being celebrated this year on November 13.

The word "kindness" was first used in the year 1201. From the beginning, the word kindness was defined, according to the etymological dictionary, as "friendly, deliberately doing good to others; compassionate". The word appears in early scriptures and songs of various religions and cultures across the world.

The definition of kindness may differ from one person to another but there is one thing that I think many people can agree on - kindness is an expression of compassion. Kindness is how we show humanity.

There are so many ways we can express kindness to one another especially on this day. Ways which will only take a few minutes out of your day and will not ask too much from you. A simple smile to a stranger, a thank you to a bus driver, an embracing hug to a loved one or an uplifting comment to a coworker.

People may not overtly express their gratitude for your kindness but deep down it is something that could make their day just a little bit better. You never know how your kindness can affect others in positive ways. Expressions of kindness can not only make another person feel better, but they can also make you feel just as special.

Kindness is universal, open to anyone to express or receive. Kindness is not only abstract, it is also physical, spiritual, and visible.

I leave you with these words from the Greek storyteller, Aesop: "No act of kindness, no matter how small, is ever wasted".



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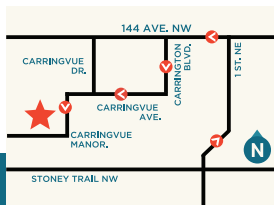
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