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to register for our upcoming in-person workshop on: **Wednesday, November 29th at 7pm** with **Presenter William Chong** at our **Beddington** location. Or call **(403) 917-0958** to register.

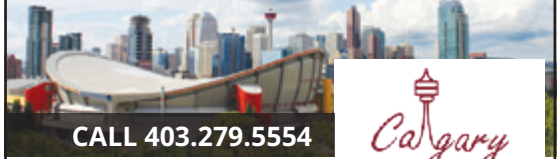
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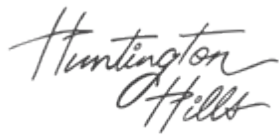
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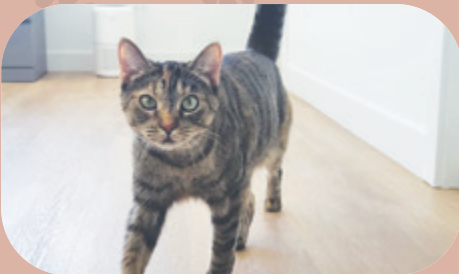
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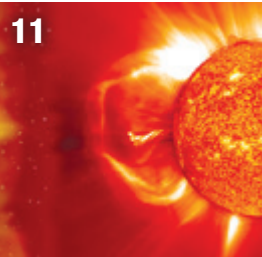
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Stay Connected to Your Community!

by Alberta Health Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong at school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends. Connection reduces feelings of loneliness and isolation. Connecting to resources and supports can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and creates belonging in our larger community. Forming connection in our daily lives is important for good mental, emotional, spiritual, and physical health.

While connecting comes naturally to some, it is more difficult for others. One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid of distractions allows us to be fully with others and increases our appreciation of social connections in community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities - food, events, hobbies!
- Get to know your community! Who are your neighbours? Are there locally owned businesses? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself – make “you” a priority. Filling your own cup gives you the energy to connect with others!

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 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 to learn more.

Learn more about newborn screening in Alberta at ahs.ca/newbornscreening.

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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.

What's Happening at HHCA

Here's everything happening at HHCA in November!

Host your corporate holiday parties in our Curling Lounge! With eight sheets of ice, seating for up to 64 guests, and bar service available, our family-friendly lounge is a great place to host your next gathering or corporate event! Rental packages include a half-hour lesson, with exceptions, and brooms and sliders for guests.



Now that the spooky season is over, residents of Huntington Hills will swap out their Halloween decor for Christmas decor! The streets will be lined with beautiful lights to get everyone in the festive mood. HHCA will once again be going around the community, to find the best Christmas decor of the season. Follow us on our social media to see this year's Christmas decor nominees! Winners will be getting prizes!

Get those shopping bags ready! The HHCA Christmas Market will be making a return this holiday season, just in time to get unique and thoughtful gifts for your loved ones. Mark your calendars, the HHCA Christmas Market will be taking place on Friday, December 1, from 4:30 to 8:30 pm. Interested in being a vendor? Contact reception@huntingtonhillscalgary.com for more details.



Learn all the fundamentals of curling in a fun two-hour crash course. Join the second session of Learn to Curl on Sunday, November 26 from 1:00 to 3:00 pm with two free drop-in times on December 3 and 10 from 1:00 to 3:00 pm, for a chance to keep practicing those new skills. Check out our website for more information and to secure your spot!

The second session of Shiny Hockey will be starting on December 3. Our Shiny Hockey program is a favourite among parents and children alike! Sign up for the second session, spots fill up fast!



The November sessions of our monthly Parent and Child groups will be taking place on Saturday, November 18. These groups are a great way to come together with other caregivers. Join either Just for Moms or Me and My Dad! For more information and to sign up, contact cassandra@huntingtonhillscalgary.com

A Ton of Tongue



Blue whales are the largest animals known to live on Earth. Not only are their bodies ginormous at a staggering 100 feet long, but their tongues are actually incredibly heavy, with the average tongue weighing over 8,000 lbs!



Huntington Hills Real Estate Update

Last 12 Months Huntington Hills
MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| September 2023 | \$ 514,900 | \$ 515,000 |
| August 2023 | \$ 504,950 | \$ 510,000 |
| July 2023 | \$ 527,000 | \$ 540,000 |
| June 2023 | \$ 450,000 | \$ 473,000 |
| May 2023 | \$ 529,900 | \$ 542,500 |
| April 2023 | \$ 443,000 | \$ 430,000 |
| March 2023 | \$ 475,000 | \$ 477,000 |
| February 2023 | \$ 497,450 | \$ 495,250 |
| January 2023 | \$ 455,000 | \$ 464,250 |
| December 2022 | \$ 487,500 | \$ 486,000 |
| November 2022 | \$ 415,000 | \$ 408,500 |
| October 2022 | \$ 479,200 | \$ 477,250 |

Last 12 Months Huntington Hills
MLS Real Estate Number of Listings Update

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| September 2023 | 17 | 18 |
| August 2023 | 25 | 24 |
| July 2023 | 20 | 20 |
| June 2023 | 26 | 25 |
| May 2023 | 28 | 29 |
| April 2023 | 18 | 15 |
| March 2023 | 21 | 17 |
| February 2023 | 7 | 12 |
| January 2023 | 12 | 10 |
| December 2022 | 9 | 10 |
| November 2022 | 7 | 17 |
| October 2022 | 18 | 14 |

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



News from the Friends of Nose Hill

by Anne Burke

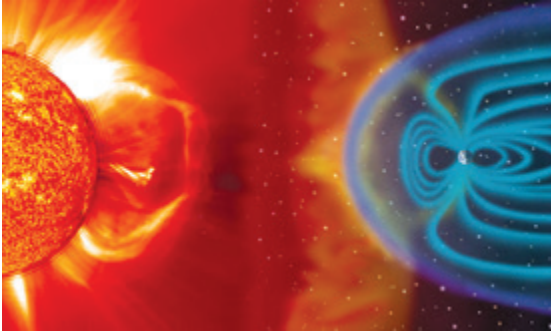
In 1993 a land use inventory was conducted of Nose Hill Park. This study reported on archaeological resources on Nose Hill from Alberta's original inhabitants and their land. For the Blackfoot, their culture and homeland have existed for as long as 6,500 years or more. This was their place for more than 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.

The Sun: Our Friend and Sometimes Foe

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



Astronomers had been aware of dark spots on the Sun since the early 1600s, but it wasn't until 1755 they discovered the number of sunspots increased and decreased in cycles spanning 11 years.

On September 1, 1859, an English astronomer named Richard Carrington was keenly aware the number of sunspots was on the rise. While sketching a particularly large cluster, he witnessed an explosion of light lasting about five minutes. The flare was a coronal mass ejection (CME), a burst of magnetized plasma from the Sun's upper atmosphere. Normally, a CME takes several days to reach Earth. In this case, it took only 17.6 hours.

That night, the Earth experienced unprecedented electrical chaos. Telegraph poles and substations (precursor to the telephone) started catching fire and

northern and southern auroral displays, normally confined to the polar regions, were now visible as far south as Hawaii and as far north as Australia.

Carrington realized the flare he'd seen was almost certainly the cause of this massive geomagnetic disturbance. This connection had never previously been made. In his honour, the 1859 incident is now known as the Carrington Event.

It was the most powerful solar eruption in recorded history; causing wide-reaching communication failures as the telegraph system was simply unable to withstand the tremendous amount of electricity surging through the wires.

In 1989, a CME knocked out power to the province of Quebec, leaving 6 million people in the dark for nine hours. It also damaged transformers as far away as New Jersey and nearly took down the U.S. power grid from the Eastern Seaboard to the Pacific Northwest. On July 23, 2012, a CME equivalent to the Carrington Event narrowly missed Earth. Had it hit us, our technology dependent world would have suffered catastrophic damage.

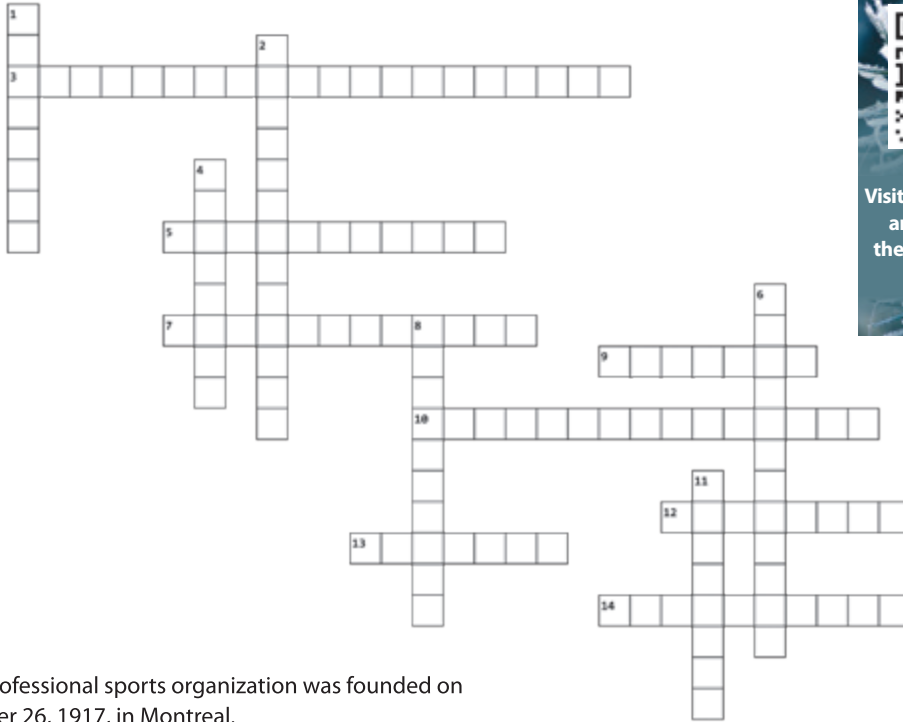


Beaver Moon

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!



November Crossword



Visit 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.

Vietnamese Chicken and Pork Balls

by Jennifer Puri



“Yerba Bueno” or the Good Herb refers to the dark green leaves of mint which are packed with nutrients, particularly Vitamin A which is essential for eye health and night vision.

Mint is big business and is used across the globe in everything from chutneys to mojitos. Commercial mint oils have become associated with toothpaste, candies, gum, chocolates, fragrances, and skin products.

We associate fresh mint flavour with oral hygiene, but for thousands of years we have also used it to clean our skin and as a “stomach soother”. Fresh mint leaves are edible cooked or raw. Cooking can help add flavour, but it can also be added to water, smoothies, herbal teas, salads, dips, sauces, and chocolate chip cookies. Peppermint tea is the perfect calorie and caffeine-free tea to drink any time of the day.

A generous portion of fresh mint and coriander leaves have been used in the preparation of this delicious version of Vietnamese Chicken and Pork Balls. Enjoy!

Prep Time: 35 minutes

Cook Time: 22 minutes

Servings: Four to six

Ingredients:

- ½ lb. ground chicken
- ½ lb. ground pork
- 2 eggs
- 1 cup finely ground bread crumbs
- 3 garlic cloves, minced
- 1 tbsp. fresh ginger, minced
- 3 green onions, finely sliced
- 1 pale yellow lemon grass stalk (located under the tough outer leaves), finely chopped (optional)
- ½ tsp red pepper flakes
- 4 tbsps. fish sauce
- 3 tbsps. fresh mint leaves, finely sliced
- 3 tbsps. of fresh coriander leaves, finely sliced

- ½ cup un-salted peanuts
- 8 oz. cooked vermicelli noodles
- 2 butterleaf lettuce heads
- Pickled vegetables
- Sweet chilli sauce
- Thai dipping sauce
- Coriander leaves for garnish

Directions:

- Preheat oven to 400 degrees Fahrenheit.
- In a medium mixing bowl, gently combine ground chicken, pork, eggs, fish sauce, garlic, ginger, green onions, lemon grass, bread crumbs, cilantro, and mint.
- Use wet hands to form golf ball size balls (approximately 18 to 22) and arrange on a foil-lined baking sheet, taking care to leave space between each ball. Bake for approximately 20 minutes, flipping once during cooking or until balls are cooked through.
- To serve, place a spoonful of vermicelli in each lettuce cup and sprinkle with Thai fish sauce. Top with chicken and pork balls, pickled veggies, sweet chilli sauce, peanuts, and coriander leaves to taste.
- Alternatively, serve chicken and pork balls on a platter attached to a toothpick and fresh or canned pineapple pieces. Garnish with pickled veggies and sweet chili sauce.

Bon Appétit!





Councillor, Ward 4
Sean Chu
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 ✉️ ward04@calgary.ca
 🌐 www.calgary.ca/ward4
 🌐 www.seanchu.ca

Dear Ward 4 Residents,

Winter is approaching, and it's essential to be prepared for the challenges it brings. While winter can be a time for family fun, it also comes with its share of risks due to changing weather conditions. Knowing these risks in advance can help keep you and your family safe this winter.

Winter storms can increase the risk of various issues, including car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. These storms can bring extreme cold, freezing rain, snow, ice, and high winds. They can disrupt heat, power, and communication services, placing seniors, young children, and individuals with health issues at greater risk.

Here are some ways to prepare for a winter storm:

- **Know the Risks:** Involve your kids in the discussion and use it as an opportunity to talk about emergencies, communication plans, and evacuation procedures.
- **Winterize Your Home:** Pay attention to weather reports and Environment Canada warnings. Sign up for Alert Ready notifications. Gather supplies for potential power outages, considering each person's specific needs, including medication and pets. Don't forget extra batteries for radios and flashlights.
- **Create an Emergency Car Kit:** Include jumper cables, sand, flashlight, blankets, water, and non-perishable food. Ensure your gas tank is always full.

For more information on how to prepare for various emergencies, please visit calgary.ca/getready.

Additionally, stay informed about the Green Line construction project in your area and the work being done. You can check for updates on construction in your community at calgary.ca/GreenLineConstruction. Learn more about the Green Line project at calgary.ca/GreenLine.

Thank you for your attention, and please don't hesitate to reach out to 311 (24/7) if you have any questions or concerns.

Regards,

Councillor Sean Chu



MLA Calgary
Amanda Chapman
 106 – 8220 Centre St, NE
 ✉️ calgary.beddington@assembly.ab.ca
 📞 403-282-7980 ✉️ amandachapman
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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.



THE FIRST CREW

On November 2, 2000, the first crew reached the International Space Station. The residing team was made up of NASA Astronaut Bill Shepherd and cosmonauts Yuri Gidzenko and Sergei Krikalev.



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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.


FALCONER HANDYMAN SERVICES LTD: Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

WIDOW TO WIDOW: November 14, 7:00 to 8:30 pm. Women who have lost their husbands due to death are invited to connect. W2W is a safe, social, supportive, and spiritual community. Join us at Urban Grace Church - Westbourne Place, 823 64th Ave NW. Questions: info@connectingstreams.com.

ACCOUNTANT DELIVERS RESULTS: Chartered Professional Accountant has 12 years' experience. Services include individual tax filings, tax review/audit assistance, corporate and estate taxes filings, tax planning, bookkeeping, GST and payroll reporting. Visit #218 in Beddington Towne Centre, call Jack at 403-719-0627, or visit commonsenseaccounting.ca for the fees schedule.

9 PM
ROUTINE



CALGARY
POLICE
SERVICE

☑ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Calgary



The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.

22-0024302 ADV-23056

calgary.ca/rpp



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| Tuesday to Thursday | 9 am - 7 pm | By |
| Friday | 9 am - 3 pm | Appointment |
| Saturday | 9 am - 4:30 pm | |

www.deerfootdentalcentre.ca

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*Denotes Prof. Corp.