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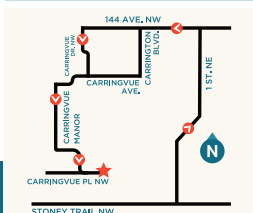


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- We invite you to participate in a short interview so we can learn how you have been doing.

For more information, please contact:  
403-210-8740 or napls@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved this research study "Predictors and Moderators of Long-Term Outcome of Persons at Clinical High Risk for Psychosis" (REB21-1762)

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# A Little Time Invested in Your Mental Health Can Go a Long Way

by Calgary and area Primary Care Networks



October marks World Mental Health Day — a day to raise awareness and remind us of the importance of mental health. In today's fast-paced world, dedicating even a small amount of time to your mental health can help boost your mood, reduce stress, and improve your overall well-being.

### Getting Support Doesn't Need to Be a Time Burden

A common misconception about accessing support for your mental health is the heavy time commitment. Studies show a single counselling session can be very effective.

"Our data shows that many patients find value in just one session," says Daniel Liddle, Mental Health Professional.

Health team members from the Primary Care Network share a variety of things you can do to help your own mental health in appointments and workshops.

### Here are some simple steps you can try in your daily life.

#### Mindful breathing

Mindful breathing is a powerful relaxation technique to lower stress. This type of breathing can lessen the body's fight-or-flight response.

"When we feel anxious, we tend to breathe quickly and shallowly. Taking slow, steady breaths can help you move into a calmer state," says Lynette Smith, Health Management Nurse.

#### Worry journaling

Using a journal to write and reflect on your worries can help you feel more in control and less overwhelmed.

"Putting your thoughts on paper can make them seem less intimidating," says Smith. "You can identify what is causing you to worry and challenge those thoughts with more helpful perspectives."

#### Daily movement

Physical activity can be good for your mind and body. Liddle adds: "Our mental and physical health have a very strong connection. Incorporating daily movement is one of the easiest ways to help reduce stress and improve our overall wellness."

#### Find support

If you are looking for mental health support, your family doctor can help. You can also access free counselling and workshops through the Primary Care Network.

If you are in a crisis, struggling with severe depression or anxiety, or having suicidal thoughts, please call the Distress Centre's 24-hour helpline at 403-266-4357 or call 2-1-1.

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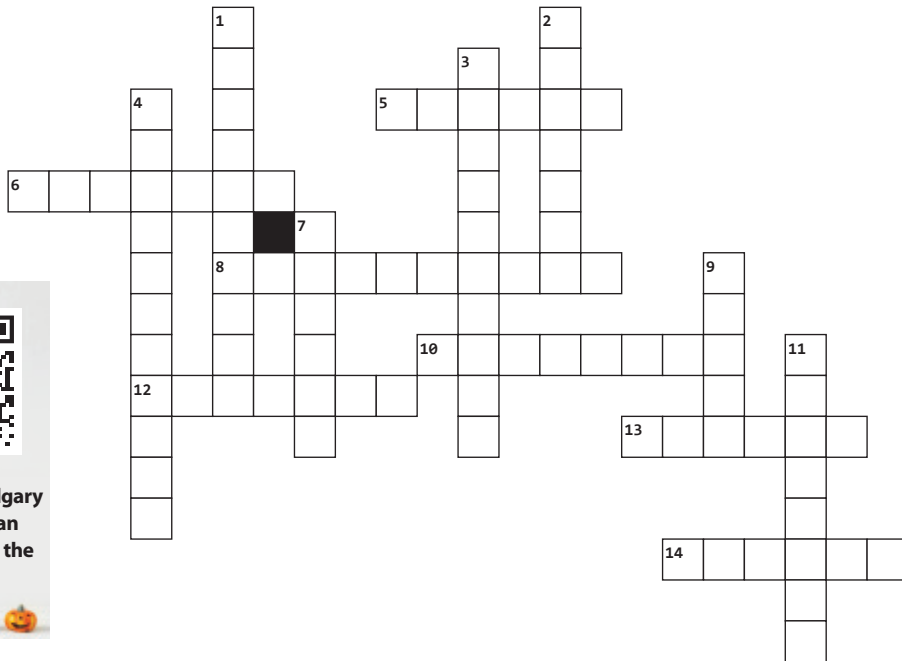
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# October Crossword



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answers or scan  
the QR code for the  
answers

## Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World \_\_\_\_\_ Day.
6. In October, Canadians commemorate Women's \_\_\_\_\_ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League \_\_\_\_\_'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian \_\_\_\_\_, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, \_\_\_\_\_ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance \_\_\_\_\_, was born on October 29, 1998.

## Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for \_\_\_\_\_ on October 13, 2016.
2. *Joker*, starring Oscar-winner \_\_\_\_\_ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. \_\_\_\_\_, was first published on October 14, 1926.
11. October's birth flower, the \_\_\_\_\_, is a popular bright orange and yellow flower used during Día de los Muertos festivities.

# Striving for a Successful School Year? Try Making Nice with Conflict

by K.L. Campbell, M.Ed., Retired CBE Principal, Community Mediation Society of Calgary, Roster Member (CMSC)



This week, students across Canada return to school as the familiar rhythms and routines of school land with a bang into family life. Despite the upbeat and wholesome cultural branding associated with this season; sharp pencils, new clothes, and bold resolutions, ambivalence lurks.

For many, woven into the general sense of optimism, dwells a host of uncomfortable worries that can scrub the joy out of this fresh start. For students, parents, and educators, a return to the schoolhouse is a return to expectation. For in this place where humans gather, so too does conflict. Aye, there's the rub. Objectively, conflict is part of the package, and so we are well-advised to reflect on this aspect of our nature from outside the ring in preparation for the conflict scenarios that surely await us all. If the adage, to know better is to do better, is true, September is as good a time as any to renew and review the toolbox for navigating the inevitable conflicts associated with school life. The big dream is that we learn to interact with conflict scenarios in a way that is productive, respectful, and dignified. Consider the

following ideas to support your family to understand how engaging in conflict can bring progress.

### Start With Yourself

"You better get yourself together, darling, and join the human race." - John Lennon.

I get it. They're mad, he is hurt, and she is overwhelmed. As the saying goes, you've got one nerve left and someone is standing on it. Truly, the first thing one needs to manage in a conflict is oneself. What are your family's go-to routines to support overall well-being? Can you commit to strategies for self care that help you to think and act clearly? What are your priorities and how do you recognize triggers?

A person who is hydrated, rested, clear thinking, and ready to listen and speak on a matter of concern is an excellent way to advocate for change as well as to gain perspective on a matter. Engaging with others in a respectful manner is sure to increase good will and enhance credibility.



## **Your Personal Stake**

"Be Curious, Not Judgmental." - Walt Whitman.

There is no shortage of concerns to fan the flames of conflict and division in a school community. When wrestling with situations that seem unjust, try to step back and take stock.

- Reflect on the information and the individuals involved.
- Take a moment to consider possible alternative explanations for the situation.
- Resist the urge to be influenced by special interests and compelling personal circumstances without doing some of your own research.
- Endeavor to remain grounded and clear about your interests.

Now, in 25 words or less describe the issue and why it matters. This will help to frame the scenario from your perspective. This is not to be confused with prescribing a specific outcome, rather it is a clear statement of interest to lay the foundation for a conversation.

## **Make an Action Plan**

"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." - Viktor E. Frankl.

Decide specifically what you need to inquire about and/or communicate. Reach out to whomever is needed to initiate communication. This can be an email, a phone call, a knock at the door, or a brief conversation at the curb to request an open conversation to share your concerns and ask for consideration.

Speak. Listen. Reflect. Adjust. (Repeat as needed.)

## **Give Yourself (and Others) Grace**

"You cannot shake hands with a clenched fist." - Indira Gandhi

For many, normalizing problematic behaviour is a barrier to engaging neighbours, colleagues, and friends in a potential conflict conversation. The Thursday carpool is late, every time. A colleague regularly overshares and compromises the productivity of a meeting. The teacher doesn't reply to an email and the issue continues to percolate. A volunteer cancels three out of four times. Assumptions prevail and ill will begins to inform perspective.

By not addressing these chronic concerns directly, good people are denied the opportunity to do better or to account for the circumstances that caused these issues. Instead, what's more likely is low grade frustration and an erosion of respect that can insert itself in an unkind and hurtful way. Consequently, sarcasm, avoidance, personality attacks, and hard feelings begin to erode a culture of possibility.

## **Be Proactive**

"A mind is like a parachute; it only works when it's open."  
- Frank Zappa

Are you on/in a new team, newly formed school council, new carpool, new neighbourhood? Consider engaging others in a conversation to establish what you can expect of each other. Call it whatever you like: ground rules, a team charter, a game plan, a success strategy; and keep it basic. Introducing this concept and eliciting a few key requirements sets the tone for productive collaboration and for addressing emergent issues down the road.

This type of exercise lays the foundation for success and good will both within the home and in the community. Moreover, it establishes a framework that opens the lines of communication to tweak a plan, switch days, firm up start and end times, all while acknowledging that there will be exceptional circumstances that require flexibility.

## **Surviving the Collision with Reality**

"When patterns are broken, new worlds emerge." - Tuli Kupferberg

As you hone your capacity for engaging in a conflict scenario, expect your rehearsed approach to run amok in real time. This is when your dedication to improving understanding through dialogue will emerge as a voice of reason. We remember that conflict scenarios hold significance for all stakeholders and the path to resolution necessarily requires the discipline to remember that you do not have all the information, nor do you share the experiences of the conflict partner.

Ultimately, a well-intentioned effort to resolve a conflict may not yield the ideal outcome. However, practicing the elements of dialogue through proactive strategies, emotional regulation, clear thinking, active listening, curiosity, and respect will almost certainly enhance and improve the home, community, and school partnership.



## 4-H in the City - It's Not Just for Farm Kids!

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

4-H Intro Clubs are returning and they're ready to give Calgary youth a taste of what 4-H is all about for another year! Since its launch last fall, 4-H Alberta's Intro Clubs have introduced 4-H in the City to 75 Calgary youth ages nine to 16. With the support of the Calgary Foundation, we are thrilled to extend this pilot program for another year.



While 4-H has its origins in agriculture, urban 4-H clubs have expanded the program to include projects that cover a wide array of projects, including foods, science, crafts, health and fitness, performing arts, photography, and much more! The 4-H program combines youth-led activities with adult-guided instruction to teach members lifelong skills such as effective communication, leadership, and friendships. After attending an intro club program, one mom commented, "My daughter is growing in confidence and creativity. This program is her favourite day of the week. She loves the new skills each week, the friends she has made, and the "club" format with special jobs for each member."

Now, more youth will see what 4-H is all about through these six-week programs. During Intro Clubs, participants will "Learn to do by Doing" with hands-on activities as they explore a variety of different 4-H projects including Health and Fitness, Food Sustainability, All About Bees, Art, Pottery, Baking with Sourdough, Floral Arranging, and more. With options available for both homeschool families during the day and evening sessions in NW Calgary starting in November, there's something for everyone. If you're intrigued and eager to learn more, feel free to reach out via email at [introclubs@4hab.com](mailto:introclubs@4hab.com).

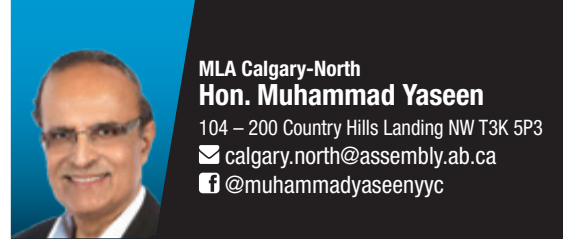


## News from the Friends of Nose Hill

by Anne Burke

Nose Hill Park is one of the largest urban parks in North America and is distinguished by its unique geological, ecological, and anthropological history (<https://inaturalist.ca/projects/nose-hill-park-bioinventory>). With an abundance of remarkable flora and fauna, this project aims to record observations made by Park users. This information and a quick update were posted on our Facebook page about how the Nose Hill Park iNaturalist project is going. There have been many awesome observations this year. Since January over 2,600 observations have been added. We have nearly 10,000 iNaturalist posts made for the Park. Let's keep the momentum going! Hopefully, we will be close to 11,000 by 2025 and encourage everyone to share their photos of flora and fauna on the Hill. We recently surpassed 200,000 posts made within the City of Calgary municipal boundaries. Of course, you can post (on iNaturalist generally) your biodiversity photos from anywhere in the world, including your own yard and other favourite parks. All this data will help to guide the Nature Calgary updated "Green Book" which is currently in the data collection phase.

World Migratory Bird Day is on the second Saturday in October and again in May. The goal is to raise awareness of issues affecting migratory birds and to inspire action around the world to take measures for their conservation. Migrating birds may fly from 24 kms to 960 kms or more per day. Hawks, swifts, swallows, and waterfowl migrate primarily during the day, while many songbirds migrate at night. Calgary has over 200 bird species and is one of Canada's first Bird Friendly Cities certified by Nature Canada. Bylaws preventing off leash dogs and encouraging people to stay on designated paths can lessen disturbance and decrease the risks to sensitive grasslands species.



Here are some updates related to new City initiatives and programs.

### Aurora Area Structure Plan – Engagement Session

The Aurora Area Structure Plan (ASP) includes all of the lands South of 96 Ave NE, North of Beddington Trail, East of Harvest Hills Blvd, and West of the rail line. The City is in the process of creating a new ASP for these lands.

The engagement process with the public began with online feedback in May, and the last in-person open house is happening on November 6.

You can view the full background on the Aurora lands, submit written feedback, and see the engagement details at [engage.calgary.ca/aurora-asp](http://engage.calgary.ca/aurora-asp).

### The Homeowner's Water Guide – Fall Checklist

- Prepare your home for winter to improve water efficiency and continue to make every drop count.
- Check your toilets, taps, humidifier, hot water heater, water softener, and other water devices for any leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid leaks.
- Find out when to stop watering plants, shrubs, trees, and lawns.
- Leave plant debris in beds over winter to provide a habitat for pollinators.

After a year that has made us all more aware of our water use, let's make sure we check the common culprits of waste and leaks. The City provides a library of guides to identify and repair a variety of home problems. To find everything you need, visit [calgary.ca/waterguide](http://calgary.ca/waterguide).

For questions and concerns or to view my voting record, visit [www.jasminemian.ca](http://www.jasminemian.ca).



Happy Thanksgiving! May this holiday bring new blessings and deepen the appreciation for those you already cherish.

Alberta is booming, leading Canada in job creation and capital investments, and our government is laser-focused on maintaining Alberta's competitive advantage, to ensure businesses and industry can thrive, innovate, and create jobs for generations to come.

Recent data from Statistics Canada for July shows that, Alberta created 46,400 full-time jobs. Our economy is diversifying as well, with job numbers up across a variety of sectors, including construction, natural resources, health care, social assistance, and education.

The latest data from the Canadian Venture Capital and Private Equity Association highlights Alberta as a powerhouse in venture capital investment. Alberta's technology and innovation sector has been building momentum for a while, but in the past five years, we have seen exponential growth. In total, Alberta companies raised an impressive \$383 million across 41 deals in the first half of this year. The continued growth of venture capital investments is great news for Alberta because with this new investment comes new, high-paying jobs.

Alberta's government is providing \$5 million from the industry-funded TIER program to expand technology that turns natural waste from Alberta's oil and gas sector into a valuable mineral used to create batteries for smartphones, electric vehicles, and more. We are creating a brighter energy future, positioning Alberta as a preferred global supplier of lithium while stimulating investment, diversifying the economy, and creating jobs here at home.

Special thanks to my constituents for their continued support as I carry out my duties as your MLA.





## Bacon And Herb Wrapped Chicken

by Jennifer Puri

Thanksgiving is a holiday when family and friends gather to express gratitude and enjoy a festive meal, which usually includes a roasted turkey.

However, bacon and herb wrapped chicken is a great option for a smaller gathering. Bacon is the key ingredient to locking in moisture and flavour and this dish pairs well with mashed potatoes, garlic green beans, broccoli, caramelized carrots, or pumpkin and cranberry sauce.

Thighs or drumsticks can be substituted instead of chicken breasts. If using chicken breasts, make sure that each piece is roughly the same size, approximately four to five ounces.

**Prep Time:** 15 minutes

**Cook Time:** 30 to 40 minutes

**Servings:** 4



### Ingredients:

- 4 skinless chicken breasts, 4-5 oz. each
- 12 thin slices of bacon
- 2 tbsp. olive oil
- 1/3 cup maple syrup
- 2 tsps. Dijon mustard
- 2 garlic cloves, finely chopped
- ½ tsp. of salt
- ¼ tsp. of coarsely ground black pepper
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped thyme

### Directions:

- Preheat oven to 375 degrees Fahrenheit.
- In a small bowl, mix together olive oil, garlic, maple syrup, Dijon mustard, parsley, thyme, salt, and pepper.
- Place the chicken breasts on a cutting board and brush the olive oil mixture over each one making sure that each side of the breast is covered. Wrap two to three slices of bacon around each breast and then place them seam side down on a foil covered baking pan or tray.
- Drizzle any leftover olive oil mixture over the breasts and then bake for 30 to 40 minutes or until chicken is cooked and the bacon is crisp. Insert a meat thermometer in the thickest part of the breast to check if chicken is cooked through, which should be at least 165 degrees Fahrenheit.
- Allow the chicken to rest for a few minutes and garnish with parsley before serving.

Bon Appétit!



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## Mmm, Coffee!



October 1 signifies not only the start of a new month, but an occasion that has sparked events all around the world in celebration of one of our favourite hot (or cold depending on how you like it!) beverages. It is International Coffee Day! So, especially on this day, make sure to enjoy your coffee, however you take it!



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## Scary, Spooky, Skeletons

Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.

## Word of the Month



**Flibbertigibbet:**  
**noun** (flib-er-tee-jib-it)

An excessively talkative, flighty, or light-headed person.

*She was sitting next to a flibbertigibbet on the train ride to work.*

## SHIPWRECKED

Of course, it is nearly impossible to know the exact number of shipwrecks on the ocean floor. However, the current estimate is that there are about three million shipwrecks scattered down there. These wrecks include everything from sunken war ships to small, abandoned recreation boats.

