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November Flowers

by Garth Paul Ukrainetz

Poet of the Blackmud Creek

November flowers will never grow
 Upon a field of fallen snow
 O thoughtful heart, your garden best
 Remembrance fertile fills the chest

In silence, sacred waters flow
 Our hearts, like sunshine, warmly glow
 For rain and sun make flowers thrive
 Keep freedom, valor's hope, alive

In honour, gratitude, and pride
 Deep poppy roots take hold inside
 Lest we forget their row on row
 November flowers will never grow

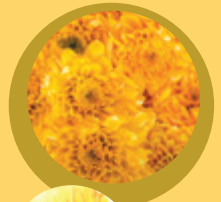
Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
For EMERGENCY medical, fire, and police response. Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency.	Information, advice, and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca .	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca .	Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

A Bloom You Can Brew

Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.



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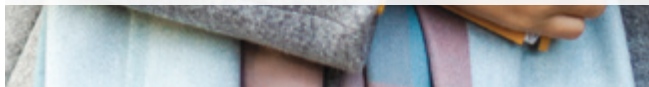


GREENVIEW



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Thorncliffe Real Estate Update

Last 12 Months Thorncliffe
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2026	\$550,000	\$527,500
August 2026	\$569,900	\$560,000
July 2026	\$569,900	\$560,000
June 2026	\$585,000	\$550,000
May 2026	\$552,450	\$581,800
April 2026	\$649,000	\$628,000
March 2026	\$575,000	\$605,000
February 2026	\$614,900	\$600,000
January 2026	\$487,450	\$506,500
December 2025	\$599,900	\$575,000
November 2025	\$535,000	\$520,000
October 2025	\$347,000	\$331,000

Last 12 Months Thorncliffe
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2026	13	12
August 2026	11	13
July 2026	17	9
June 2026	19	11
May 2026	15	4
April 2026	6	5
March 2026	6	5
February 2026	7	5
January 2026	8	4
December 2025	1	7
November 2025	7	9
October 2025	13	6

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

Greenview Real Estate Update

Last 12 Months Greenview
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2026	\$299,900	\$290,000
August 2026	\$302,450	\$295,000
July 2026	\$280,000	\$275,000
June 2026	\$370,000	\$362,500
May 2026	\$319,900	\$313,500
April 2026	\$297,450	\$300,125
March 2026	\$434,500	\$417,500
February 2026	\$375,000	\$358,750
January 2026	\$217,900	\$195,000
December 2025	\$185,000	\$181,500
November 2025	\$249,900	\$244,950
October 2025	\$454,950	\$431,250

Last 12 Months Greenview
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2026	5	3
August 2026	5	2
July 2026	5	5
June 2026	5	2
May 2026	7	4
April 2026	3	2
March 2026	4	4
February 2026	6	1
January 2026	0	1
December 2025	0	3
November 2025	4	2
October 2025	5	2

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

Remembering and Reconnecting

by Rebecca Pink



November gives us a moment to pause and honour, with deep gratitude, those who served and sacrificed for others, and those who continue to serve today. It is also a reminder that remembering is something we all carry in different ways. Remembrance is not limited to one day or one kind of loss, it can take many shapes, often quietly woven into our everyday lives. Sometimes remembering brings comfort; other times, it brings sadness, longing, or emotions we weren't expecting. There is no right way to remember or feel. We can continue to try to make room for whatever comes, with a little gentleness and self-compassion,

Grief is something that many people carry quietly. I know this from my own experience as well. It can be complicated, heavy, and unpredictable, bringing waves of emotions that can shift from one day to the next. We don't always talk about it, and sometimes we may feel as though we are expected to "move on" or "be fine". However, grief doesn't follow a timeline and is never linear. We can make room for both the sadness of what is no longer here and the gratitude for once was.

November can be a challenging month for many of us. The days grow shorter, the temperatures drop, and for many of us, our energy shifts with the season. Rather than seeing this as something we need to push through, maybe it can be an invitation to slow down and check in with ourselves. What might you need a little more of right now? Rest? Connection? Time for yourself and your loved ones?

November gives us an opportunity to pause, remember, and reconnect. We might reach out to someone we haven't spoken to in a while, revisit a memory, or make a little more room for the people and experiences that matter to us. For those carrying grief, these moments of connection can be especially meaningful. Sometimes remembering together is a way of reminding ourselves that we don't have to carry it alone.

As we move through November, I also want to take a moment to remember and honour those who have served and continue to serve, and the families who stand alongside them.

Lest We Forget.

November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.
7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.
8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.
10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.
11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.
12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in 1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.
2. Remembrance Day is celebrated in Canada on what day of November?
3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found in many parts of Alberta, including Calgary parking lots.
4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.
5. Toni ____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *The Sixth Sense*, *Little Miss Sunshine*, and *Knives Out*.
9. These small brown nuts come from oak trees and have a distinct cup shape.



News from the Friends of Nose Hill

by Anne Burke

The Glenbow Archives entry for Robert Aramant refers to the researcher and author who spent time in Calgary, during the early 1980s. He is primarily recognized in local archives for his field research and documentation on Nose Hill. For in library use only, Calgary Public Library has a copy of his report: "The Tipi Rings Nose Hill: Calgary April 1982 to May 1983."

Robert Bo Aramant (1932-2022) in the Natural Areas Group of the Calgary Field Naturalists' Society surveyed stone circles along the southern margin of Nose Hill uplands. Studies were done during the months when ground conditions were suitable. His research detailed bearing and distance information between tipi rings and on the diameter and number of stones with each ring. He recorded 60 new rings as well as mapping previously identified sites. Vehicle tracks, rubbing stones, and an unknown group of poplars were indicated.

Other maps show roads, critical bearings to Nose Hill Tower and horse barn. Following his study, the site was revisited. New rings related to recorded sites were compared. Some rings matched the original Lifeways of Canada definition by Alberta's first and longest-operating heritage and historical resources consulting company. Robert wrote it is very important to point out that this report only surveyed a small part of the proposed Nose Hill Park area. Even the southeast part of Nose Hill, where the report presents newly found tipi rings, has been very incompletely surveyed.

Consequently, there are many more tipi rings on natural prairie grassland areas and probably also many other kinds of archaeological sites and artifacts as well that are undiscovered on Nose Hill. It is very desirable that the natural prairie grassland still left on Nose Hill be preserved and protected. Read more at: www.newcomerkentuckiana.com/obituaries/robert-aramant.

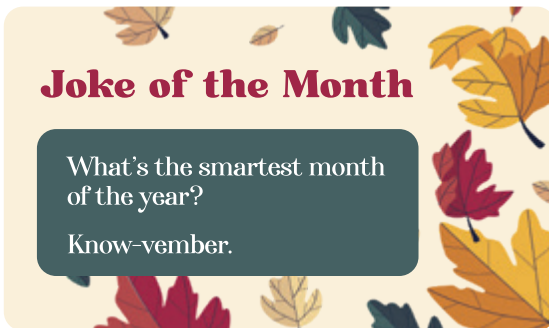

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Joke of the Month

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Healthy Conflict: Why Children Need to See Us Work Through Our Differences

by Nancy Bergeron, R.Psych | info@nancybergeron.ca



Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

What does healthy conflict look like?

Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."

"I see this differently, but I want to understand your perspective."

"I don't agree with you, but I can understand why you feel that way."

"I didn't handle that well. I'm sorry."

"Let's figure out what we can do differently next time."

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

Children need to see repair

One of the most important things children can witness is what happens after conflict.

Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.



When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

"We can have a hard moment and find our way back to one another."

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

What children shouldn't have to witness

Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

Your children don't need to see a perfect relationship

When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.

The Battalion Numbers: Calgary's Stone Memorials to the First World War

In November we take time to honor the military members who have served and sacrificed in the line of duty.

If you have driven on thoroughfares near Signal Hill you have probably spotted the Battalion



Numbers, a designated historic site overlooking Richmond Road. The Battalion Numbers are a series of white-painted fieldstones arranged in the formation of the numbers 113, 51, 151 and 137.

World War I had a profound social and cultural impact on Calgary. The Battalion Numbers are associated with the training of more than 45,000 Canadian Expeditionary Force personnel at Sarccee Camp, established when the Canadian militia leased a nearby parcel of land from the Tsuu T'ina Nation.

To mark the training, battalion numbers were written on the nearby hillside with whitewashed stone, representing Edmonton's 51st Infantry Battalion, Lethbridge's 113th Highlanders, Calgary's 137th Infantry Battalion, and the 151st from Central Alberta.

The painted rocks belonged to a British military custom of creating rock art to commemorate regimental units, often set up by the regiments themselves in a form of spirited competition. In a more unique local expression of this custom, battalions also laid out their unit numbers in massive stone formations along the ridges north and west of the camp before they embarked for service overseas.

The outlines were first plotted out by military engineers, then filled in by fatigue parties who gathered thousands of fieldstones from the surrounding area and laboriously placed them into the hillside.

These are the only stone monuments of their type known to remain in Alberta. Over the past century, various military and paramilitary organizations in Calgary have continued the tradition of whitewashing or painting the numbers as an act of remembrance.

Learn more on the Inventory of Evaluated Historic Resources: heritagecalgary.ca/explore-inventory.

From Canvas to Camouflage: Art in the First World War

by Kristina Quapp

Vorticism was a radical but short-lived avant-garde art movement of the early 20th century that embraced the dynamism of the machine age. Vorticism featured hard edges, geometric shapes, bold lines, and harsh colours that teetered towards abstraction. Inspired by Cubism and Futurism, Vorticism combined the static geometric structure of Cubism with the dynamism of the futurist movement.



Edward Wadsworth, *Vorticism Study*, 1914. Public domain. Courtesy of Wikimedia Commons.

Emerging around 1914, Vorticism was quickly interrupted by the outbreak of the First World War. Many artists involved in the movement enlisted, and the horrors of mechanized warfare shattered the romanticized view of industrial machinery and the machine age. Canadian-born artist Wyndham Lewis, often considered to be the founder of Vorticism, enlisted in March 1916. While Vorticism was being interrupted by war, its bold geometric aesthetic would soon find an unexpected parallel in a very different setting: naval camouflage. In 1917, British artist and Royal Naval Volunteer Reserve officer Norman Wilkinson began developing a radically different approach to camouflaging

ships. While serving the Royal Naval Volunteer Reserve in 1917, Wilkinson took note that German U-boat torpedo attacks were doing significant damage to British forces, sinking roughly eight ships per day. Wilkinson concluded that if painting ships to try and hide them wasn't working, the goal should be to make them harder to target through a German U-boat's periscope. To successfully hit a moving ship, a U-boat commander could not simply aim directly at it; they had to calculate the lead angle and fire where the ship eventually would be by the time the torpedo arrived. The calculations of a ship's speed, range, size, and course needed to be precise; Norman Wilkinson calculated that throwing a U-boat gunner's calculations off by just 10 degrees was often enough to cause a torpedo to completely miss the vessel. Dazzle camouflage, also known as "Razzle Dazzle" distorted the ship's silhouette, confusing the enemy as to whether the ship was moving fast or slow, and which direction it was sailing. The intention was to cause U-boat crews to miscalculate, causing a torpedo to miss, graze the vessel, or strike a less critical area.

Vorticist artist Edward Wadsworth served in the Royal Naval Volunteer Reserve, supervising the application of dazzle camouflage to ships. After the war, he and other artists returned to the canvas, capturing the striking vessels and preserving their place in wartime history.



Edward Wadsworth, *Dazzle-ships in Drydock at Liverpool*, 1919. National Gallery of Canada. Public domain.

Vorticism celebrated the energy and machinery of the modern world, only to be interrupted by a war defined by those same forces. Through artists like Wadsworth and Lismar, art became a way to document what followed and preserve pieces of the First World War experience. This Remembrance Day works like these remind us that remembrance takes

many forms. Through stories, photographs, monuments, and art, the experiences of those who served and sacrificed continue to be shared and remembered. Lest we forget.

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 when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an Emergency Vehicle Approaches with Lights and Sirens Activated:

- If you're in the middle of an intersection, safely clear the intersection and then pull over to the right curb.
- 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.
- On one-way streets move to the nearest curb, either the right or left, and stop.
- 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., in order to safely pass other traffic.

When Operating a Vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's 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 road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$390.00 and three demerit points.
- Do not follow within 150meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150m is nearly 1.5 times the length of a football field.

Create More Memories and Less Waste this Holiday Season



The best holiday memories aren't found under the tree. They're made with the people we spend time with.

During the holidays, Calgarians generate about 25% more waste from wrapping paper, packaging, and leftover food. As you get ready for the season, here are a few simple ways to create more memories and less waste:

- Gift experiences instead of things, like tickets, memberships or a day out together.
- Make a gift with a personal touch, such as homemade cookies, a photo book or a handmade gift.
- Shop locally to reduce shipping materials and packaging waste.
- Borrow, swap or share decorations with neighbours, friends or family.
- Reuse gift bags and bows or wrap gifts with fabric.
- Stick to a grocery list, use leftovers or send extras home with guests.

For more holiday waste reduction tips, visit calgary.ca/our-city/articles/calgary-conversations-podcast-015-howland-wark.html.



Councillor, Ward 4

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Hey, neighbour!

As I have said to my council colleagues, the City budget that will be approved later this month may be the most important decision that council makes during this term in office. This decision is more than just a tax rate: it sets the service you will receive from the City of Calgary for the next four years.

I want to be clear that we don't have a budget yet, and council has definitely not arrived at a final tax rate. Council has a lot of work to do this month before we get there, and that means being diligent and serious about the trade-offs we're going to have to make.

Repaired roads, sidewalks, bridges, and water treatment plants, alongside having safety responses to issues in our communities are what I am working towards. I also want to be clear, putting off spending again could mean reduced transit service, more risk from aging infrastructure, more broken pipes, gaps in our pathways and sidewalks, and not making progress on traffic and pedestrian safety in your neighbourhood. Council has to balance all of that—making sure that your priorities are advanced, and your neighbourhood isn't forgotten as it has been in the past—against keeping taxes affordable for everyone.

My debate will be to make sure your needs—your priorities that you have told me about for the past year—are front and center for all of my colleagues. The budget debate begins on November 23, and I want you to get involved. I want your feedback, I want your advice, but most importantly I want to hear from you at ward4@calgary.ca so that we can confidently say all of council has heard from you and your neighbours.

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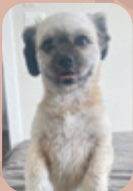
Word of the Month

Psithurism: Noun (sith-yuh-riz-uhm)

The soft, whispering sound of the wind moving through trees and leaves.

"A faint psithurism at the edge of the woods could be heard as the evening air began to cool".

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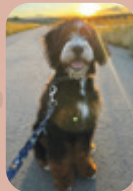
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