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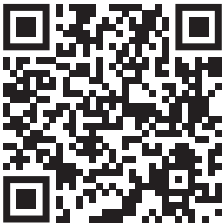
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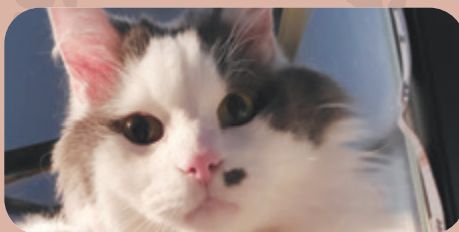
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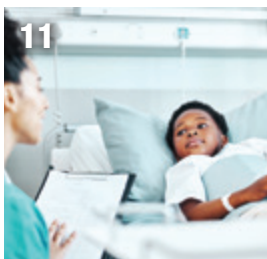


Tonu, *Seton*

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CONTENTS

- 7 HERITAGE STORIES: CALGARY'S MUSEUMS
- 8 MENTAL HEALTH MOMENT: TIPS AND GIFTS FOR A LESS STRESSFUL HOLIDAY SEASON
- 11 TAKE ON WELLNESS: PREPARING YOUR SCHOOL-AGE CHILD FOR SURGERY
- 12 RESIDENT PERSPECTIVES: THE ART OF FINDING WORK: GET AHEAD OF ANY ASSUMPTIONS EMPLOYERS MAY HAVE ABOUT YOU
- 15 BUSINESS CLASSIFIEDS



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Prairie Winds 4-H Club Update for November

by Prairie Winds 4-H Club Reporter, Abigail Dowler

4-H is starting up again, and we have already done a few activities since September. We started off with an ice cream social for new people to learn what 4-H is all about, and what is available with our club. 4-H members of the previous year went up to speak and represent the club. Afterwards, families could chat with the leaders and members to have their questions answered and see if our club would be a good fit for them.



We were also very fortunate to have a CPR and first aid course with the Red Cross. During this course, the members did part one at home to work through modules and learn the content. Then during the second, in-person portion, the content was reinforced, and members practiced hands on skills like CPR, what to do when somebody is choking, and how to use some of the basic first aid instruments like epi pens and tourniquets.



It will be another great year of 4-H ahead!



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Were you in a NAPLS study?

- We are trying to find people who previously took part in any of our NAPLS studies at the At-Risk for Mental Illness Research Program.
- 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)

Calgary's Museums

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

It's getting cold out, so let's go inside Calgary's museums.

Western Canada's second largest museum, the Glenbow, opened in 1976 to house the donated collection of Eric Harvie. He founded the Glenbow Foundation in 1955 with art, photographs, documents, and geological and cultural artifacts representing Western Canada. The building is undergoing a \$205 million renovation to capture its original vision as a public plaza. Indigenous history is also preserved and promoted at the Tsuut'ina Nation Culture/Museum.

For more prairie history, come to the Bow and Elbow Rivers' confluence. It's been inhabited for millennia and a North West Mounted Police fort was established in 1875. Take a tour of the grounds and see the replica of Fort Calgary's two-storey barracks. You can also visit the 1891 Senator Lougheed House in the Beltline and taste life from another century.

More modern history is at the Hangar Flight Museum and Canada's Aviation Hall of Fame. Originally established in 1960, today's museum opened in 1985 in the Bullock Helicopter Hangar. Built in 1941, it was part of the British Commonwealth Air Training Plan to protect the UK from the Nazi Luftwaffe.

Speaking of militaria, The Military Museums in Altadore is Western Canada's largest tri-service museum and Canada's second largest military museum. It explores conflict worldwide and shares stories from Canada's military engagements dating back to the War of 1812. Outside you can see a CF-5 Freedom Fighter jet and a piece of New York City's World Trade Centre.

For the sciences, see Telus Spark. Originally located in Downtown's West End, the Centennial Planetarium opened in 1967 and is an award-winning example of Brutalist architecture. In 2011, the Telus World of Science was renamed and moved to its current location along Nose Creek.

Calgary's newest museum houses Canada's Music Halls of Fame as well as 200 functioning instruments spanning 450 years of music. Studio Bell's National Music Centre opened in 2016 as an architectural reference to acoustic

vessels while inside it pays homage to Canada's musical greats, from Bryan Adams to Oscar Peterson and Neil Young to Shania Twain and Joni Mitchell.

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George Gooderham of the Glenbow Foundation by display of First Nations artifacts, Hull House, Calgary, Alberta., 1961-03, (CU1169399) by Rosettis, Joe. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Gooderham was Assistant to the President of the Glenbow Foundation, a precursor to the Glenbow Museum. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1S24P7K?WS=SearchResults>.



"North-West Mounted Police, Fort Calgary, Alberta.", 1895, (CU1156910) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Q. M. stores at left, stables at right. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FT7ZBN?WS=SearchResults>.



"Lougheed house (left), Van Wart house (right) Calgary, Alberta.," [ca. 1911-1913], (CU198052) by Dill, Ralph. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Postcard view. Photo number 19. Same as PA-4078-2. Senator J. A. Lougheed's house, "Beaulieu" was located at 707 - 13 Avenue SW. Isaac S. G. Van Wart house on right. Looking west on 13 Avenue. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OA9F70?WS=SearchResults>. [https://commons.wikimedia.org/wiki/File:Studio_Bell_in_Calgary_\(48719528203\).jpg](https://commons.wikimedia.org/wiki/File:Studio_Bell_in_Calgary_(48719528203).jpg).



The Military Museums of Calgary, Alberta, September 2024. Photo courtesy of Anthony Imbrogno.



Glenbow Museum, circa 1976, undergoing extensive renovations, November 2023. Photo courtesy of Anthony Imbrogno.



Studio Bell, Calgary, September 2019. Photo by daniel0685, Creative Commons Attribution 2.0 Generic license.

Tips and Gifts for a Less Stressful Holiday Season

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



1. Plan Ahead: You know how it goes with procrastination – Christmas Eve spent scrambling through stores and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make Time to Relax: Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies and popcorn night, or family and friend potluck.

3. Put Expectations in Check: If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look For Help: Try not to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set Limits: Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no”

to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

6. Eat, Drink... But Be Healthy: Holidays are usually full of all your favourite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let Things Go: If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had eleven months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't Forget the Fun! Remember the reason for all your holiday planning... a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in... be present and take in all the wonder of the season with all of your senses.



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DECEMBER

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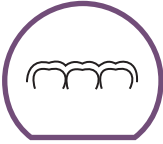
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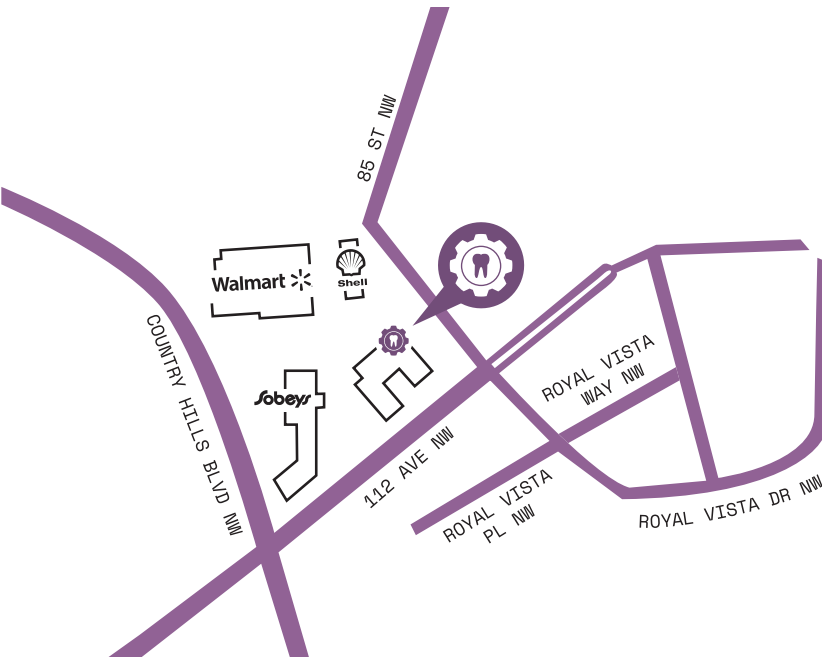


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Gift Ideas to Calm the Nervous System:

- Weighted Blankets – Great for easing anxiety, sensory challenges, providing a feeling of safety, and self-soothing.
- Journal Books – With guided prompts or blank – getting your thoughts out of your head and onto paper is a good way to dump over thinking and anxiety.
- Aroma Therapy Diffusers – There are many scents to choose from based on the effect you are looking for such as energize, relax, etc.
- Colouring Books and Pencil Crayons – To reconnect with your inner child, take the focus off your anxiety, or just a quiet activity to destress.
- Puzzles – I'm referring to good, old-fashioned, lay it on the dining room table puzzles. Great to do alone or with others.
- Sound Machines – Whether it's the sound of waves crashing, a thunderstorm, or sound of a rainforest, the soothing noise calms your nervous system.
- Sunshine Lamps – The SAD (Seasonal Affective Disorder) season is upon us and even if you don't think you suffer from SAD these lights are sure to perk you up.
- Chill-Out and Meditation Playlists – Meditation apps to get your Zen on, and practice mindfulness and being present.
- Massage Gift Certificates – If you don't care for a body massage, you could try reflexology or reiki.
- Warm Socks or Slippers, Wraps and Blankets – Warming up in something cozy brings comfort and allows us to relax our tense muscles.
- Gratitude Jar and Fancy Paper – Throughout the year write something you are grateful for at the end of each day and then on New Year's Day you can read them all and count your blessings!
- Bubble Bath, Bath Bombs, and Candles – Nothing better than a hot scented bath to soak your stresses away.
- Fuzzy Hat, Gloves, and Scarf – To crunch along the crisp snow and get some fresh air and sunshine.
- Herbal Teas – Something aromatic and soothing or spicy and invigorating depending on the mood you want to create.

Wishing all of you a wonderful and stress-free holiday season.

A Minute Lost in Silence

by Garth Paul Ukrainetz, Poet of the Blackmud Creek

A minute lost in silence

Loud the roar of wartime years

Sacred poppies of November

In remembrance of their tears

In our minute lost in silence

We must listen close together

Lest we all forget to hear it

Lest the silence lasts forever



GAMES & PUZZLES

Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The _____ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100th anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



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ANSWERS!



Tuscany Real Estate Update

Last 12 Months Tuscany
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2024	\$679,900	\$680,000
August 2024	\$744,900	\$728,550
July 2024	\$624,950	\$634,500
June 2024	\$668,900	\$675,000
May 2024	\$749,900	\$732,500
April 2024	\$699,900	\$709,230
March 2024	\$659,900	\$684,000
February 2024	\$589,000	\$621,000
January 2024	\$617,500	\$640,000
December 2023	\$609,700	\$614,579
November 2023	\$650,000	\$649,788
October 2023	\$675,000	\$687,350

Last 12 Months Tuscany
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2024	31	21
August 2024	19	17
July 2024	24	22
June 2024	29	29
May 2024	35	29
April 2024	35	39
March 2024	32	27
February 2024	25	21
January 2024	16	14
December 2023	8	10
November 2023	14	19
October 2023	22	22

To view more detailed information that comprise the above
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Preparing Your School-Age Child for Surgery

by Alberta Health Services

The hospital doesn't have to be a scary place for your school-age child, even if they must undergo surgery.

Children from age six to 12 might be worried about many things ahead of their procedure, including having others see them cry or being scared, saying or doing something embarrassing, the surgery hurting or changing the way they look, or waking up during the surgery.

Parents and caregivers can take steps in preparing children and alleviating their worry and anxiety.

- Give them at least one to two weeks to prepare for the surgery. Tell them what will happen before, during, and after the surgery.
- Tell them they'll get medicine from a doctor called an anesthesiologist to make sure they don't feel anything or wake up during the surgery. If your child is worried about waking up during the surgery, read "Anesthesia – frequently asked questions (FAQs) for Children" at <https://myhealth.alberta.ca/HealthTopics/your-childs-surgery/Pages/anesthesia-faqs-for-children.aspx> to help you answer their questions.
- Be supportive and honest but treat your child as normally as possible. Being honest about the surgery can lessen your child's fears and help them better understand what is going to happen.
- Explain things clearly and use words your child will understand. If you're not sure how to answer a question, tell your child that you will find out the answer for them.

- It's normal for school-age children to be angry or quiet before the surgery. Let them know that it's okay they feel this way and encourage them to talk about how they're feeling.
- Check for understanding. School-age children will listen carefully but may not understand what they hear. Have your child explain back to you what's going to happen in the hospital. Talk about why they need to have surgery and what will happen.
- Ask your child's friends to visit them in the hospital or to keep in touch with your child by phone, text, email, or cards.
- Make sure you or someone your child knows is with them at the hospital as much as possible.
- Give your child as many choices as possible as you get ready to go to the hospital. Help your child pack a few items from home such as a favourite stuffed animal, blanket, pillow, book, or toy.

It's important to talk to your child about their surgery. It will help them feel less anxious if they know what to expect. It's normal for your child to cry or to feel angry and frustrated but preparing them – and yourself – can help.



Peanut Butter Lovers Month

Did you know November is Peanut Butter Lovers Month? Although, many believe George Washington Carver is the person to thank for this tasty, nutty treat. It was actually Canadian chemist Marcellus Gilmore Edson who patented peanut paste in 1884, by milling roasted peanuts between heated surfaces.

Now you know who to thank for your favourite spread!



The Art of Finding Work: Get Ahead of Any Assumptions Employers May Have About You

by Nick Kossovan



Making assumptions about other people based on their appearance, what they say or don't say, and how they behave is a universal human tendency.

We form first impressions of people by making assumptions about them, such as whether they're:

- Financially successful
- Healthy
- Educated
- Trustworthy

...and the assumptions go on.

Making assumptions is quick and easy and reduces the mental energy needed to process information. Assumptions are formed by gathering observational data and matching it with past experiences. Properly verifying everything we see, hear, smell, taste, and feel can be problematic when time is limited, such as during 45-minute interviews or sifting through hundreds of resumes for a single job opening.

Understandably, hiring managers must make assumptions to narrow down the applications they receive to those worth interviewing. They often make the following negative assumptions—a “red flag”—which can result in your candidacy being rejected.

Age

- “Too young” or “too old.”
- Energy level, adaptability to new technologies, salary ask, and manageability.

Education

- Have a low opinion of the educational institutions the candidate attended, assuming they couldn't get into a “better school.”
- Based on a candidate's degree(s), assumptions are made about their knowledge, skills, and problem-solving ability.

Work Experience

- The candidate's work experience isn't directly relevant to the open position; hence, the candidate will struggle. (You, not the employer, are responsible for connecting the dots between your education, skills, and experience and the position.)
- Under or overqualified.

Employment Gaps or Non-Linear Career Paths

- Candidates with lengthy employment gaps are unemployable, unable to hold a job, or have health/family issues that may hinder their performance.
- Will the candidate be able to re-enter the workforce?

Cultural Fit

- Based on the candidate's communication style (verbal and nonverbal), personality traits, and mannerisms, assumptions are made to determine whether they'll mesh well with the existing team.

Hiring is rife with assumptions and biases. Nothing is neutral; there are no inalienable rights. Employers make snap judgments that have little connection with a candidate's qualifications and capabilities; hence, an effective job search strategy is proactively addressing any possible negative assumptions employers may have about you.

Identify Possible Assumptions

Most job seekers lack self-awareness, a skill necessary to understand how employers perceive them.

List everything that contributes to “who you are,” your age, gender, education, work experience, behaviour, manner of speaking, and physical appearance, to name a few factors. List everything! This exercise should take a few hours. Next, check off all the factors on your list that you believe may cause employers to have negative assumptions about you, thereby working against you.

An excellent way to approach the above exercise is to reverse engineer. When you meet someone for the first

time, what “observations” do you make that influence your assumptions about them? Their age? Being punctual? Gestures? Looks? What they’re wearing? Now, ask yourself, “If I were to meet me for the first time, what assumptions would I make about myself?”

Proactively identifying and strategizing proactive ways to mitigate possible negative assumptions employers may have about you is how you control your narrative during the hiring process, which most job seekers fail to do.

Defensive vs. Offensive

Defensive (having to defend): “I see you last worked in November 2023. What have you been doing since then?”

Offensive (proactively offering information): “Before we dive into the specifics of this role, I would like to address the employment gap on my resume, which is likely a concern to you. Last November, I was part of the [warehouse] layoffs. Since then, I’ve been focused on [three to four specific activities that show you’ve been productive and engaged in your profession/industry].”

Address Concerns Directly

Take the initiative to address possible assumptions head-on, but do so in a confident, solutions-oriented manner. For example, you might say, “I understand you may have some concerns about my age and whether I have the energy to keep up with the demands of this role. Let me share a few recent examples of how I’ve consistently demonstrated my drive and adaptability throughout my career...”

Show Enthusiasm

“Nothing great was ever achieved without enthusiasm.”
- Ralph Waldo Emerson.

Many negative assumptions your interviewer may have about you, especially if you have an employment gap or lack direct experience, will often quickly fade when you demonstrate genuine excitement and engagement. Show you’re passionate about the job, the company, and the opportunity.

Create Positive Assumptions

As I’ve been pointing out, you have considerable control over the assumptions others make about you; hence, present yourself in a way that creates positive assumptions about you, starting with:

- Smiling and making eye contact.
- Offering a firm, confident handshake.
- Using an upbeat, enthusiastic tone of voice.
- Demonstrating you’re actually listening.
- Dressing professionally and appropriately.

When it comes to job searching, most possible negative assumptions—not all—can be dispelled by focusing on showing through your resume, cover letter, LinkedIn profile, digital footprint, and when interviewing that you’re:

- A team player
- Willing to learn
- Self-motivated
- Easy to work with

Proactively addressing possible negative assumptions employers may have about you is how you increase your odds of being a candidate employers will say “Yes!” to.



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Parliament resumed on September 16, and I continue to stand up for Canadians struggling with the price of food, gas, heating, and housing. On September 18, Conservatives gave notice of a motion of non-confidence and are calling on the other opposition parties to join Conservatives and vote to bring down the government so that Canadians can have a federal election this fall.

I have returned to the Finance Committee where I will have the opportunity to hold this government to account for increasing taxes, excessive spending, and ongoing deficits. The Finance Committee is currently studying the current Government's proposed increase in the capital gains inclusion rate. This tax increase does not only affect the "ultra rich", but it is also a tax increase that will be paid by doctors, small businesses, farmers, homebuilders, seniors, and many other middle-class Canadians. It will discourage investment in Canada at a time when Canada desperately needs investment to reverse declining per capita GDP which has left Canadians poorer than they were ten years ago. Canadians are encouraged to write to the Finance Committee about how the proposed capital gains tax will affect them. Contact my Calgary office for more information.

I saw many people at community events this fall. Thank you, to the local organizations for inviting me to participate. I attended the third Annual Canadian Walk for Veterans. I also spoke at, and participated in, local community and cultural celebrations, including Hong Culture Day, the LDS Church Annual Corn Bust, the Silver Springs Botanical Gardens Celebration, and the Hawkwood Fall Festival.

It remains my honour to represent you at the House of Commons as your Member of Parliament.

Feedback from Calgarians is very important to me. If you would like to share your thoughts with me on national issues, please feel welcome to contact me through my Calgary office.



Councillor, Ward 1

Sonya Sharp

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Hello, Ward 1!

November brings important discussions at City Hall including budget deliberations where I'll continue to advocate for smart spending and prioritizing strong infrastructure. And as winter approaches, you can stay informed about the new Winter Maintenance Policy to ensure safe streets and prepare for the season's challenges.

Also, as we enter the holiday season, remember to support our local businesses, and help our neighbours with snow shovelling; these small acts of kindness can make a big difference!

Upcoming Budget Discussions

I understand the challenges Calgarians continue to face and am dedicated to reducing the financial burden on our community. With the City of Calgary's annual budget deliberations approaching, I will continue to focus on funding for essential services while working to avoid any tax increases.

Please email ward01@calgary.ca with any concerns or questions - your feedback is always welcome! You can also follow along with the discussions on my social media channels or the Ward 1 monthly newsletter.

Winter Maintenance Policy

In May 2024, Council adopted a new Winter Maintenance Policy (CP2024-06) to improve service delivery and ensure that Calgarians can travel safely and reliably throughout the winter months, whether by foot, bike, vehicle, or transit.

A key change includes a priority-based snow clearing system:

- Priority 1 Routes (major roads) cleared within 24 hours.
- Priority 2 Routes (secondary roads) cleared within 36 hours.
- Priority 3 Routes (residential streets) cleared within 36 hours to seven days, depending on conditions.

As a reminder, residents are responsible for clearing snow and ice from sidewalks next to their property within 24 hours of snowfall. The policy also includes Snow Route Parking Bans, which may last up to 72 hours to support efficient snow removal. Stay informed on updates regarding parking bans and snow removal by visiting calgary.ca/snow or call 3-1-1.

Stay safe and warm this winter!

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