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		Listed	Sold	Listed	Sold
October	23	2	2	\$1,286,500	\$1,276,500
September	23	8	2	\$1,444,950	\$1,430,500
August	23	3	1	\$2,270,000	\$2,150,000
July	23	3	7	\$1,649,000	\$1,600,000
June	23	9	4	\$1,835,000	\$1,800,000
May	23	6	7	\$1,425,000	\$1,410,000
April	23	6	4	\$1,762,000	\$1,697,500
March	23	7	7	\$2,150,000	\$2,050,000
February	23	5	4	\$1,632,500	\$1,547,500
January	23	3	0	\$0	\$0
December	22	1	0	\$0	\$0
November	22	4	3	\$1,488,000	\$1,440,000

To view more detailed information that comprise the above
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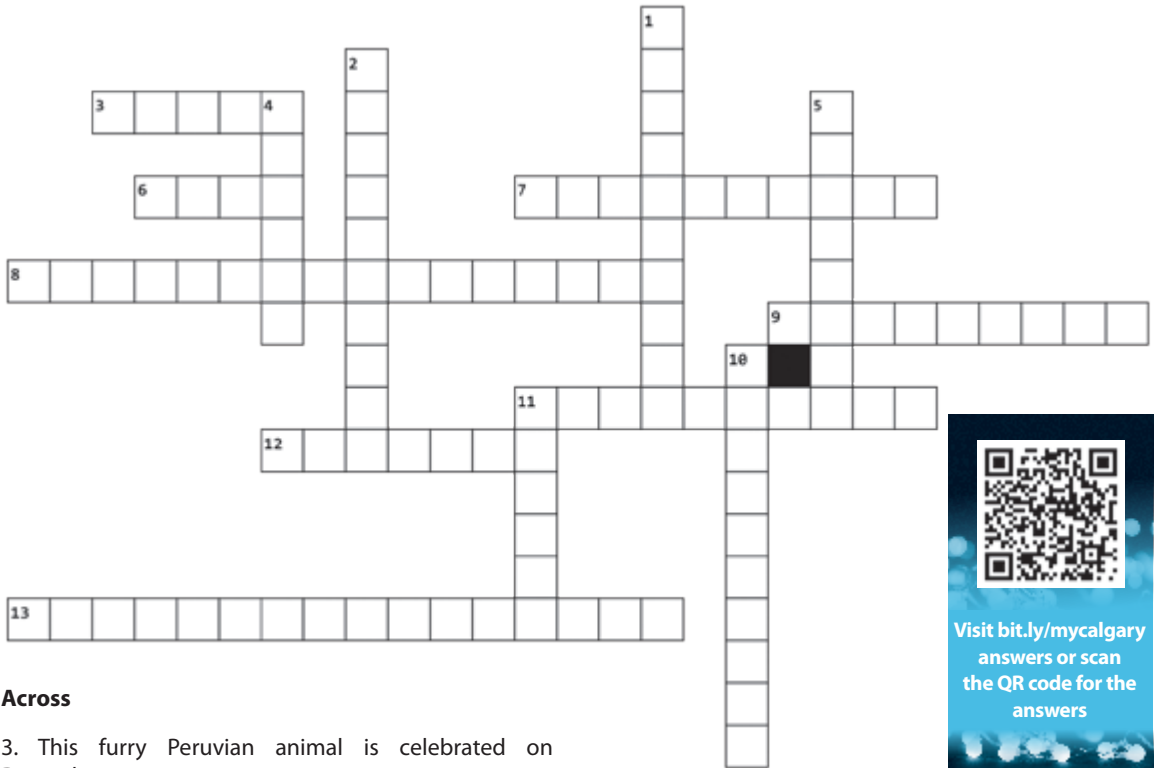
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December Crossword



Across

3. This furry Peruvian animal is celebrated on December 9 every year.
6. The Canadian Soccer Association formally became a member of this important sporting organization in December of 1912.
7. This sweet Canadian export has its own national day on December 17.
8. In December of 1982, TIME Magazine named this popular object Man of the Year.
9. This famous holiday candy is made to resemble a shepherd's staff.
11. This Schitt's Creek star was born on December 17, 1946.
12. This romantic New Year's Eve tradition originated from the Roman's Saturnalia festival.
13. This book concerning two rival families living in the moors of England, written by Emily Brontë, was published in December 1847.

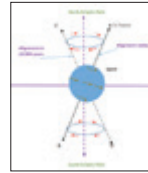
Down

1. These prestigious awards celebrating and honouring academics and philanthropists, were first awarded in December of 1901.
2. Sint Nikolaas, one of the most popular saints in Europe during the Renaissance, is better known as _____.
4. The highest grossing film of all time was released on December 18, 2009.
5. On December 17, 1903, the Wrights' first powered _____ was successfully used.
10. This Canadian singer won the 1998 Billboard award for 'Hot Soundtrack Albums' for her work on Titanic.
11. Canadians drink just under six million litres of this beverage in December.

RESIDENT PERSPECTIVES

Polaris Hasn't Always Been the North Star

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



Like a child's top, the Earth has a bit of a wobble as it spins on its axis. This is called precession and over the course of about 26,000 years, it causes the Earth's celestial poles to slowly move in a circle. As a result, the star closest to true north (or south) changes over time.

Occasionally, there is no bright star near the celestial pole, as is the case in the Southern Hemisphere today.

4,500 years ago, it is believed the Egyptians used the star Thuban to align the Khufu pyramid with true north. As Thuban never set and all the other stars appeared to revolve around it, the Egyptians regarded the North Star as the portal to heaven. This played a vital role in their belief of the afterlife. There were many, many otherworldly steps involved when a pharaoh died, but eventually his soul travelled to Thuban where he joined with the Sun god Ra. From this lofty perch, he then ruled over the celestial realm, just as he had on Earth.



The following stars have repeatedly reigned as the North Star:

- Present day: Polaris
- 4,000 AD: Gamma Cephei
- 10,000 AD: Deneb
- 14,000 AD: Vega
- 21,000 AD: Thuban will once again wear the North Star crown

The South Star

While there is currently no bright star close to the South celestial pole, for the past 2,000 years, people have used the constellation Southern Cross to find true south. It won't be until 4,200 AD that Gamma Chamaeleontis will lay claim to the title.



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Rosemary and Oregano – A Good Combo for the Festive Season

by Kosha Vaidya, MBBS, CH



Rosemary and oregano herbs are helpful in winter months. Rosemary and oregano are becoming my favourite by the day. Rosemary helps in increasing alertness which I guess we need to get ready for Christmas. This herb is rich in antioxidants.

Herbalists use this herb for various conditions such as people having circulatory weakness, digestive disorders, and depression just to name a few. In one study rosmarinic acid which is found in rosemary helped people to get better from the common cold 33% faster.

Let's look at oregano. To begin with it has a great taste and can be added in almost any meal for personal consumption such as meals prepared for social gatherings. Oregano has antiviral and antibacterial properties. Basically, it improves immunity which is also important during holiday seasons when we have many social gatherings. One to two spoons of oregano mixed with 250 ml of water which is then steeped for 15 minutes is a healthy mouth gargle to help fight throat infection and cold symptoms.

Both the rosemary and oregano herbs have many health benefits. They help me prepare delicious meals for the holiday season and especially help sharpen my memory so that I don't have to struggle remembering the to-do list for the festive season.

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				3	1			9
	2						5	

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FOR THE SOLUTION



WORD OF THE MONTH

Stalwart: Adjective (Stawl-wert)

Loyal, reliable, diligent, and brave.

She is a stalwart supporter of
animal rights.

8 Tips for Beating Holiday Stress

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



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

1. Plan ahead. You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls 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 a 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. Do not try 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 and drink but be healthy. Holidays are usually full of all your favorite 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 11 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 your senses.

Wishing you and yours, good mental health and all the joys of the season.

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A Shopper's Guide to Advent Calendars

by the Better Business Bureau



Advent calendars have become a fixture of the holiday season. Once a religious tradition for children, these calendars are now big business. They are targeted at all ages and contain anything from luxury beauty products to Lego sets to a variety of wines. With so many options, some costing hundreds of dollars, what should you know before purchasing one?

BBB recommends the following.

Shop early. Due to their growing popularity, the best advent calendars tend to sell out early. If an advent calendar is on your list, especially if you want one with a coveted brand or product, make your purchase early.

Compare calendars. Bundled products, such as advent calendars, are hard to compare across retailers. However, do some comparison shopping first to make sure you are getting a good deal on the type of calendar you want (for example, chocolate or toys). Consider what's inside each calendar to determine which company offers the best deal.

Don't expect a bargain. If you already buy something frequently, such as coffee or cosmetics, an advent calendar can be a fun, festive way to sample new flavours or products from a favourite store. However, retailers love advent calendars because they have high-profit margins, so don't expect a good deal.

Buy from a reputable company, especially if you want to buy an advent calendar online. Make sure the online store has a reputation for good customer service, quality goods, and reliable shipping and handling. If customer reviews reveal that a company is struggling in any of these areas, make your purchase elsewhere.

Be wary of misleading ads. Scam e-commerce websites often promote advent calendars through enticing social media ads. Just because something looks good in the photo doesn't mean it's real. The same goes for glowing customer reviews. Always research a company before you do business with them to avoid falling victim to a scam.

Count the cost. Watch out for overpriced advent calendars. In recent years, some consumers have called out luxury brands on social media for not delivering adequate gifts in expensive calendars. Before you purchase one, find out what it contains. Consider whether the gifts are miniature or full-size and what each product might be worth individually. Then, decide if the calendar is worth its overall asking price.

Watch out for scams. BBB gets dozens of reports each year about advent calendar scams through the BBB Scam Tracker. Deals that seem too good to be true are often a telltale sign of a scam. Be very wary of products that sell for significantly more money elsewhere or are sold out on well-known sites. Read more about advent calendar scams.

Winter Car Seat Safety

by Alberta Health Services

Bulky winter clothing can impact the effectiveness of car seat harnesses and can significantly compromise your child's safety when traveling. The force of a car crash can cause puffy winter coats and snowsuits to suddenly flatten, creating a gap between your child and their car seat harness. When this happens, your child is no longer properly secured and is at risk of being partially or fully ejected from the car seat. This can cause serious head or spinal injuries.

It is crucial to dress your child in thinner layers and adjust straps snugly to ensure their protection. Bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat.

Tips to keep your kids safe and warm in their car seat during the winter:

- Place a blanket over the straps after they are buckled up.
- Put your child's coat on backwards after they are strapped into their car seat.
- Don't forget hats and mittens. These keep kids warm without interfering with the car seat harness.
- Pack an emergency bag with extra blankets, dry clothing, hats and gloves, and non-perishable food.

Always remember these rules for car seat safety:

- Follow the car seat manufacturer guidelines. The car seat must be correctly installed in the vehicle.
- The shoulder harness should be snug enough that you cannot pinch the strap fabric at the collarbone.
- Infants and young children are safest riding in a rear-facing car seat until they reach the maximum height or weight limit for rear-facing use allowed by the seat's manufacturer.
- Your child is safest riding rear-facing until two, three, or even four years old.
- When your baby outgrows their infant seat, move them into a larger rear-facing seat.
- When a child outgrows their larger rear-facing car seat (by height or weight), they should move into a forward-facing car seat with a harness.
- When a child outgrows their forward-facing car seat (by height or weight), they should move to a booster seat. Use a booster seat until the seat belt fits properly; this is typically when your child is 145 cm (4 ft. 9 in.) tall and between 8 and 12 years of age.

Guess That Character!

1. Named after a month, this dark character is part of a famous fictional family and got her name from a Mother Goose nursery rhyme.
2. This character is voiced by Vin Diesel and can only rely on one line to emote throughout his screen time.
3. This quirky creature is the counterpart to Wallace in their wild escapades.
4. A cowboy being best friends with a space ranger seems unlikely, but that is exactly what this beloved children's character is.
5. This character is best known for her adventures and her bright red shoes.
6. The star of a film released in 1994, this character is best known for his love of life and chocolates.



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