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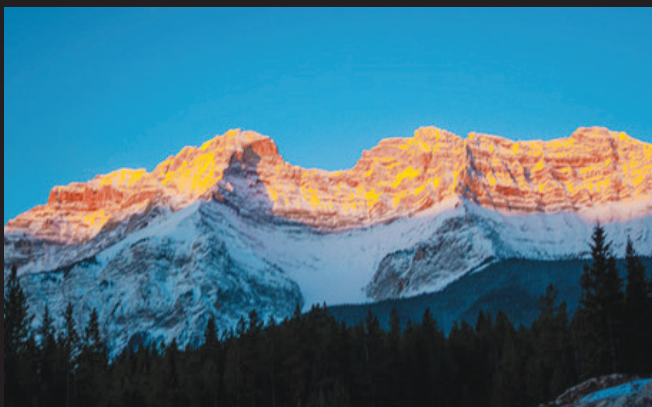
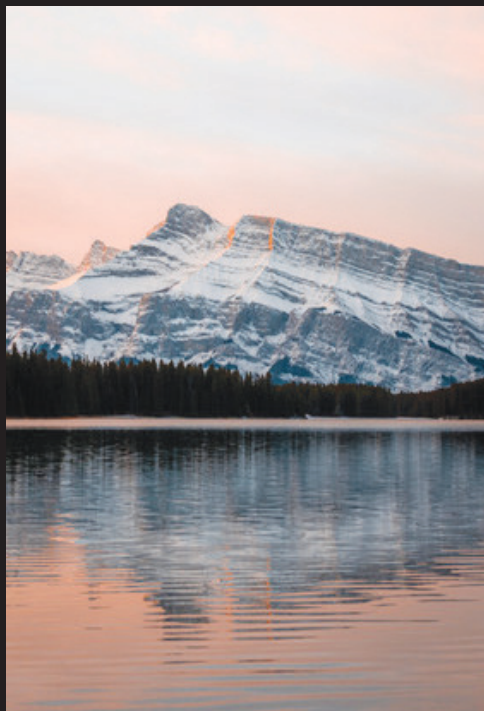
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	Listed	Sold	Listed	Sold
November 24	1	3	\$1,595,000	\$1,492,500
October 24	5	3	\$2,998,000	\$2,970,000
September 24	5	4	\$1,463,950	\$1,452,500
August 24	5	3	\$1,395,000	\$1,395,000
July 24	5	3	\$2,499,000	\$2,600,000
June 24	8	5	\$2,349,000	\$2,275,000
May 24	6	3	\$1,495,000	\$1,515,000
April 24	2	5	\$1,495,000	\$1,490,000
March 24	7	6	\$1,747,500	\$1,730,000
February 24	6	5	\$1,595,000	\$1,550,000
January 24	10	2	\$1,887,450	\$1,872,500
December 23	1	2	\$949,300	\$914,750

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Photo Gallery

by Jirapan Nilmanee (Mik)





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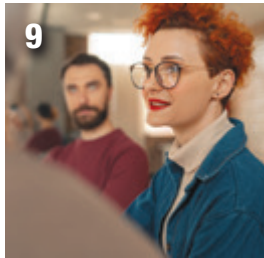


Luka, Kiba, Shinji, and Von, *Shawnessy*

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Friendship

by Cheryl Dunkley

Is there anything better than a buddy on whom you can depend?

Always comes running when you call, "Help"

When she shows up, you know trouble is soon at an end.

Confiding, sharing, laughing, crying too

Many things in our lives make us happy or blue.

We don't always agree, but that's okay...

Giving each other time to have our say.

Careful with advice... is that a request?

Knowing when to be silent,

A hug can sometimes be the best.

We have different lives, our choices miles apart

No judgments, thank you

Just a close feeling in the heart.

I'm grateful, smiling, peaceful too

And remembering to thank God

For a wonderful friend like you.



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Happy Birthday, eh!

January is a superstar month for Canadian hockey birthdays! Among them are Wayne Gretzky, Tim Horton, Connor McDavid, Frank Mahovlich, Mark Messier, Tyler Seguin, and Ryan Reaves, just to name a few! Happy birthday to these legends and all the other January-born stars!



Sledding Safety

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

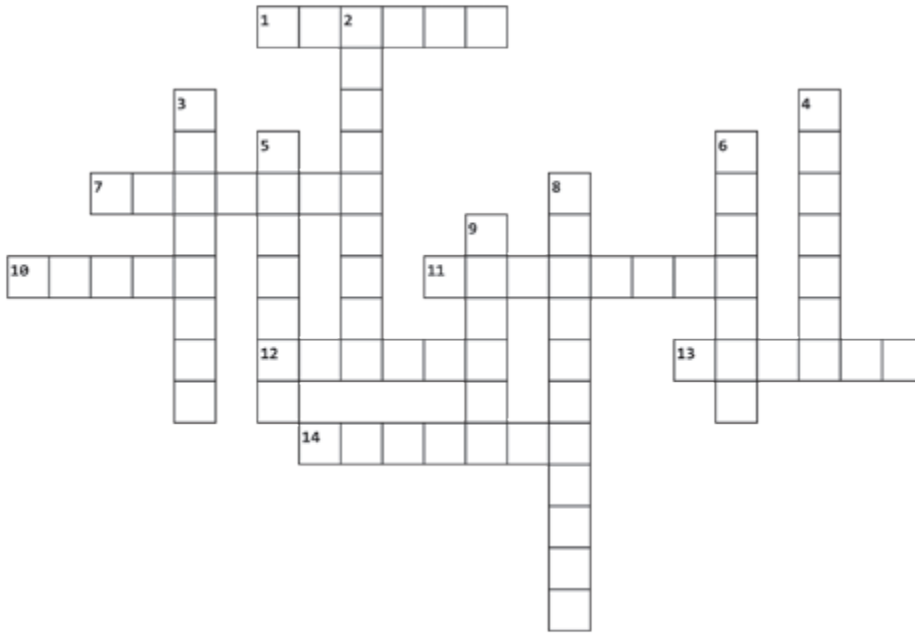
- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.

January Crossword



Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert “Tim” _____, was born on January 12, 1930, in Cochrane, Ontario.
7. World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter _____’s debut single, “TiK ToK,” reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney’s popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

2. Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée _____.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays _____ in *Wicked*, was born on January 8, 1987.
6. Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. “Wedding March”, composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, _____.

How to Be a Great Communicator

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



Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

Let's Start with Some Bad Habits in Communication:

1. Interrupting – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.

2. Story-Topping – This can shift the conversation from connection to competition.

3. Bright-Siding – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.

4. Being Right – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.

5. Being All-Knowing – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

6. Advising – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen a boundary violation.

Here Are Some Habits of Good Communicators:

1. They create conversational safety free from judgement, fault finding, or rejection. Just be there to listen.

2. They validate other people's feelings with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.

3. They follow their natural curiosity by asking questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.

4. They listen with their whole body by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.

5. They hear what's beneath the words by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

Trauma-Informed Practice Framework in Child and Youth Care

by Rima Madi, ECE

Definition of Trauma

Trauma is often defined as an emotional response to a distressing event or series of events that overwhelm an individual's ability to cope by compromising their defense mechanism. In children, trauma can arise from various sources, including neglect, abuse, loss, and exposure to violence. According to the National Child Traumatic Stress Network, trauma can have lasting effects on a child's mental, emotional, and physical health (NCTSN, 2021).

Definition of Trauma-Informed Practice

Trauma-informed practice in CYC involves understanding the long-term negative effects of trauma on the brain and how it affects individuals' responses to stress. It emphasizes creating a safe environment that fosters trust, collaboration, and empowerment among children and youth. By acknowledging trauma's role in behaviour and emotional responses, practitioners can better support healing and resilience.

According to Shalka (2013), "in cases of traumatic stress, an imbalance can develop between the amygdala and frontal lobes in their responses to threat detection. In these situations, the frontal lobes' capacities to inhibit responses are decreased. As a result, individuals suffering the effects of traumatic stress may startle easily, become angry or upset at seemingly small frustrations, or be paralyzed and frozen by the touch of another."

In a practice of relationships, youth could not learn, grow, or form relationships if they either hyper or hypo aroused or shut down. (Shalka, 2015, p. 23).

Implementing Trauma-Informed Practice in Early Years Settings

In early years settings, implementing trauma-informed practice involves creating nurturing environments where children feel safe and valued. This can be achieved through:

- **Creating Safe Spaces:** Designing classrooms that promote comfort and safety, using calming colours, greenery, and providing cozy areas for children to retreat to when needed. Embedding art, sensory activities, breathing exercises, yoga, mindfulness practices, and ample unstructured outdoor play (Ministry of Children and Family Development, 2017).
- **Building Relationships:** Establishing strong, trusting relationships between educators and children, using positive reinforcement and consistent routines to foster attachment (Ministry of Children and Family Development, 2017).
- **Incorporating Trauma-Informed Strategies:** Implementing activities that promote emotional expression, such as storytelling and art, which can help children process their experiences (Ministry of Children and Family Development, 2017).

While trauma-informed practice offers significant benefits, it has limitations. The trauma-informed approach is considered incomplete. Ginwright (2018) argues that trauma-informed care risks focusing on treating trauma as pathology rather than fostering well-being. The emerging field of positive psychology offers insights into the limitations of focusing solely on symptom treatment and instead emphasizes enhancing the conditions that contribute to well-being (Ginwright, 2018, p. 1). The healing-centered approach provides a more comprehensive way of addressing trauma holistically by emphasizing a person's spiritual and cultural background. This approach helps ground survivors in their cultural, moral, and heritage values, empowering them to focus on well-being. It shifts the perspective from "what happened to you" to "what is right with you" (Ginwright, 2018, p. 2).

In conclusion, exploring trauma-informed practice within the context of child and youth care is essential for effectively supporting children and youth who have experienced trauma. Creating safe spaces where relationships are nurtured, voices are heard, choices are provided, and survivors are empowered to feel hope, compassion, and control in their decision-making leads to more positive outcomes. Furthermore, immersing survivors in activities and practices rooted in their cultural and heritage values can help ground them on a deeper, spiritual level. Reflecting on my readings, I've come to appreciate the complexity of being human,

with our interconnected social identities highlighting both our vulnerability and our shared humanity. We all navigate the dualities and fragility of our core, yet immense resilience resides within us. I hope that future research and practice will continue to refine and expand trauma-informed approaches, ensuring that all children and youth receive the care and support they need to thrive (Mendell, 2022).

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Word of the Month

Cynosure: noun (SIGH-noh-syoor)
A center of attraction or attention.

The bride was the cynosure of all eyes at the wedding.



Preventing Slips, Trips, and Falls During the Winter Months

by Alberta Health Services

The winter months can be a great time to get outdoors and be active. But the cold, snow, and ice can present challenging conditions that put individuals at higher risk of experiencing a fall.

Melting snow can freeze overnight, forming a thin layer of ice that is hard to see. The ground can then become very slippery in the morning when the ice starts to melt. In months where the ground is frozen, ground frost and ice can make it slippery for walking. No matter how well the snow is removed from parking lots or sidewalks, there will still be slippery places.

It's important to keep your safety in mind to avoid slips, trips, and falls.

Tips To Prevent Falls and Other Injuries

A fall can happen to anyone, anywhere – outdoors, in your home, in the community, or in a hospital. They can be serious and cause bruises, sprains, or more severe injuries like broken bones or concussions. About 180 children ages four and under and 11,000 adults ages 65 and older were hospitalized due to falls in Alberta in 2022.

To lower the risk of you, your child, or someone else getting hurt when you're outside this winter, remember the following:

For children:

- Use sturdy, wall-mounted gates at the top of all stairs and a wall-mounted or pressure-mounted gate at the bottom.
- Install safety devices on windows, such as window guards or child-proof locks higher than ground level. Safety devices should be installed so they may be opened by an adult or older child without the use of any tools or special knowledge.
- Move furniture away from windows and balcony rails to prevent children from climbing.
- Secure furniture, such as dressers and bookcases, to the wall.
- Use the playground checklist for children to reduce the risk of injury.

- Always have your child wear a certified helmet while skiing, snowboarding, sledding, tobogganing, or skating to lower the risk of head injuries.

For adults:

- Move your body. Regular physical activity builds balance, strength, and flexibility. Talk to your healthcare provider before beginning a new physical activity and discuss strategies for staying active if you have limited mobility.
- Choose footwear that has low heels, fits well, and has good grip. Join activities with friends or family to stay safe and connect with others. Take short, slow steps on slippery surfaces.
- Check your vision. Changes to your vision might increase your risk of falling. Alberta Health covers the cost of an annual eye exam for adults ages 65 and older.
- Regularly review your medications with your doctor or pharmacist, and ask questions about side effects, such as feeling dizzy or sleepy.
- Keep floors and pathways clutter-free and turn on lights on stairs.

Do the Penguin Walk!

- Bend slightly and walk flat footed.
- Point your feet out slightly like a penguin.
- Keep your centre of gravity over your feet as much as possible.
- Watch where you are stepping.
- Take shorter, shuffle-like steps.
- Keep your arms at your sides (not in your pockets!).
- Concentrate on keeping your balance.
- Go S-L-O-W-L-Y.

If you fall or are seriously injured, get the appropriate care promptly. People with life-threatening emergencies should visit their nearest emergency department or call 9-1-1. If your condition is not life-threatening, call Health Link 811 for health advice or information.



Understanding Mental Health

by Alberta Health Services

Mental Health is complicated. There are many ways to talk about it and it can get confusing. To better understand, Mental Health Literacy developed a tool known as “the pyramid” that consists of four layers. The base of the pyramid is the largest, which is related to the number of individuals in this state. Therefore, as the pyramid gets smaller so does the amount of people who may experience this state. Let’s take a closer look at what the four levels of the pyramid are:

1. No Distress, Problem, or Disorder

This is the bottom level and the largest of the pyramid. This is when everything is okay, and you are not experiencing any mental distress, problems, or disorders.

2. Mental Distress

The next layer up is mental distress. Distress releases a signal from our brain indicating the need to adapt to our environment and that there is a problem to solve. Triggers of distress are unavoidable, but the process is necessary for life-skills promoting and building resilience. An example is having an argument with your boss; once you figure out a solution the mental distress goes away.

3. Mental Health Problem

The layer second from the top is mental health problems which is an indicator that we are having difficulties and may need external help such as counselling or community support. This can arise from a stressor of great amount, such as the death of a loved one.

4. Mental Disorder/Illness

Located at the top of the pyramid is mental illness. This occurs when there is disruption in usual brain functioning. This disruption is the result of our genes and our environment from the time of conception and throughout the lifespan. Examples of this can be the diagnosis of ADHD, clinical depression, and anxiety.

Now that we have a better understanding of these terms, here are everyday things you can do for your mental health, also known as the Big Five to Thrive!

- Exercise: This could be a walk in the community or a session at the gym.

- Sleep: The optimal amount needed varies for everyone. Put away your phone and snuggle up for a good night’s sleep.
- Supportive Relationships: Develop and maintain positive relationships with family, friends, and community. Surround yourself with those who lift you up.
- Nutrition: Incorporate healthy foods that are easy to make and taste great!
- Helping Others: Get involved in your community coalitions or volunteer with local charities.

It has been shown that improving even one of these areas can improve the other areas. Consider steps that are practical for you to better your mental health!



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Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4 to 5

Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth

- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!



Joke of the Month

Why did the pony get detention?

Because he was horsing around.

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