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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* in1942.

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 inmany 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.

Double Baked Sweet Potato Casserole

by S. Law



As fall approaches, I find myself spending more and more time in the kitchen. As such, there are always a few new recipes I end up trying before winter hits. The most recent would be this recipe for a double baked sweet potato casserole requested to me by a friend. Full of warm spices and the perfect balance between sweet and savoury, this dish is sure to be a crowd pleaser at your next family gathering.

Ingredients

- 5 to 7 medium sweet potatoes
- 1/4 cup butter, cut into small cubes
- 1 egg
- 1/2 tbsp cinnamon
- ½ tbsp nutmeg
- 3 tbsps maple syrup
- ½ tbsp ground cloves
- ½ tbsp ground ginger
- Salt to taste
- 2 cups mini marshmallows (optional)

Directions

1. Begin by peeling and roughly chopping your sweet potatoes. Boil them in a large pot until they are soft enough to mash.
2. Drain the chunks and add them into a glass casserole dish with your butter and egg.
3. Mash the chucks while evenly incorporating the other ingredients. You want everything to be mixed in with no large clumps.
4. Add all your spices and incorporate fully.
5. Put the dish in a 450° F oven and cook for about 35 minutes, or until the top begins to brown slightly.
6. In the last 15 minutes, if you would like to cover the top in mini marshmallows, and place the entire thing back in the over, it does add a little extra sweetness, but it isn't required.
7. Once it's cooked, serve warm and enjoy with family and friends.

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.

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



In November we take time to honour 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.

Originally placed in 1915-16, the Battalion Numbers symbolize Calgary's role as home to the second largest military training centre in Canada during the First World War.

In 1905, Calgary became the headquarters for Military District No.13. Summer training camps for Alberta's militia cavalry were first held on Colonel Walker's estate in the Inglewood district, and in 1911 moved to a southwest Calgary site known as Reservoir Park.

Shortly after the First World War began in 1914, the Canadian militia leased a nearby parcel of land from the Tsuu T'ina Nation and established a larger site called Sarcee Camp. This tented city, complete with wooden administrative buildings and electric, water and streetcar service, was Alberta's only training camp during the war.

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 Sarcee Camp. 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, some 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. Some two-dozen whitewashed figures covered the hills around Sarcee Camp by 1916, when recruitment for numbered overseas battalions ceased, along with the practice of building rock signs. The Battalion Numbers are the only remainder after Sarcee Camp was dismantled and the Canadian Armed Forces moved to permanent structures at CFB Calgary, now called Currie Barracks.

Due to development in the area, three of the hillside numbers were temporarily relocated while the slope was reshaped, but the number 113 remains in situ. The commemorative function of the numbers was formalized in 1991 with the development of Battalion Park.

These are the only stone monuments of their type known to remain in Alberta. The numbers are unique in that they commemorate the very men who carried out their design and construction.

Over the past century, various military and paramilitary organizations in Calgary including local garrisons, veterans of the 137th Battalion, and members of the Royal Canadian Legion 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.

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.

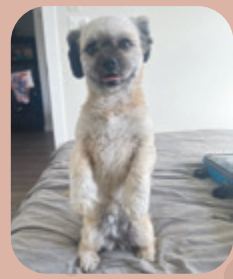
There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

Your children don't need to see a perfect relationship

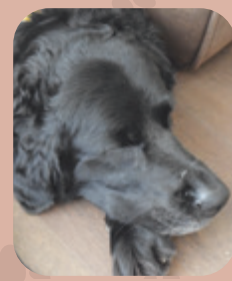
When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

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

Cats, Canines, & Critters of Calgary



Bean, *Seton*



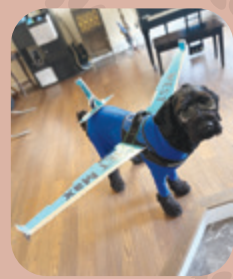
Coco, *New Brighton*



Ember, *Seton*



Kato, *McKenzie Lake*



Max, *Signal Hill*



Teasha, *Huntington Hills*



Whiskers, *Oakridge*



Zeke, *Seton*

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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.

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, Vorticist 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 Lismer, 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.

Protect Your Household Water Line and Meter from Freezing



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, configuration of water pipes, and history of freezing. Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, taking some of the steps below could have prevented household pipes from freezing.

Ways to Avoid Freezing Include:

- Keeping your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.





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	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 26	3	1	$1,449,000	$1,500,000
August 26	3	6	$1,839,000	$1,806,250
July 26	4	3	$2,250,000	$2,000,000
June 26	3	2	$2,472,500	$2,527,500
May 26	4	5	$1,629,900	$1,609,000
April 26	6	4	$2,022,450	$1,895,000
March 26	3	1	$2,300,000	$2,100,000
February 26	1	1	$2,198,000	$2,200,000
January 26	1	0	$0	$0
December 25	0	2	$1,334,500	$1,239,000
November 25	2	1	$1,948,000	$1,883,000
October 25	1	6	$2,900,000	$2,711,875

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