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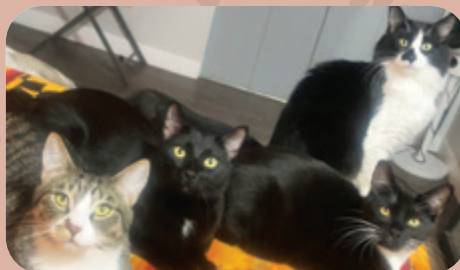
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### Memberships and Volunteer Opportunities:

Please visit [springbankcommunity.com](http://springbankcommunity.com) to join as a household or individual resident.

If you see a role where you can help out Springbank Community Association as a volunteer, please email [info@springbankcommunity.com](mailto:info@springbankcommunity.com). We need your voices to be heard!

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SPRINGBANK CONTENT



## Nat Geo's Grand Debut!



January 13, 1888, was a landmark day for explorers! On this day, the National Geographic Society was founded in Washington, D.C., setting the stage for countless discoveries. Just months later, in October 1888, the very first issue of the iconic National Geographic Magazine hit the shelves, sparking a love for exploration and knowledge!

## SPRINGBANK COMMUNITY ASSOCIATION BOARD OF DIRECTORS



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## Membership Builds Community

Membership in the Springbank Community Association is a \$5 yearly fee for individuals or \$10 for households – included in membership is such benefits as a vote at the Annual General Meeting, details will be sent out and communicated to members. The SCA is also working hard to develop more programs, events, and activities within the Springbank Community and look forward to partnering with you to do that.

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# The Art of Finding Work - Jobseekers: Introduce Yourself with Style

by Nick Kossovan

Years ago, I attended a dinner party at which a relationship therapist was present. We were twelve, and some of us had never met. As you've probably experienced when attending a gathering, there's a tendency to split into pairs or trios, resulting in fragmented discussions. However, the relationship therapist took control by asking everyone at the table: "What's on your unofficial résumé? I'm a relationship therapist with a private practice. I enjoy hearing people's stories and how they got to where they are today."

Not

- "How you're doing?"
- "What do you do for a living?"
- "How do you know Jackie and Nunzio [our hosts]?"

Her question probed deep, and all eyes were on her. How she introduced herself was an education in making a memorable introduction by being interesting and interested.

More impressive, while fictional, is how James Bond introduces himself to a glamorous woman, Sylvia Trench, and subsequently to the movie viewer, who's going head-to-head with him while playing chemin de fer at one of London's finest clubs, Les Ambassadeurs.

Bond: I admire your courage, Miss...?

Sylvia: Trench... Sylvia Trench... and I admire your luck, Mr...?

Bond: Bond... James Bond.

Of course, there's much more to this scene, such as Bond's playful mirroring of "Trench... Silvia Trench." After Sylvia loses her next hand, a man taps Bond on the shoulder, and Bond politely excuses himself. While walking to the front door, he arranges dinner with Sylvia and casually tips the doorman as we see on Sylvia's face, "Who is this man?" At no time does Bond linger.

I bring up the opening scene of the first Bond film, Dr. No (1962), because in under two minutes, you know

everything you need to know about James Bond: smooth, debonair, supremely self-confident, and risk-taking.

It's an art to introduce yourself in such a way that the other person wants to learn more about you, an art well worth learning. Whenever you meet someone for the first time, at a dinner party, the person you're paired up to play golf with, a new neighbour and especially your interviewer, how you introduce yourself is everything!

Are you introducing yourself as effectively as Bond or as memorable as the relationship therapist, cutting to the essence of who you are?

Most people are bad at introducing themselves—fumbling, rambling, and underselling themselves—even more so, thanks to social media eroding social skills. This is a problem. Like it or not, the first impression we make makes or breaks opportunities.

Being aware of what you're projecting about yourself is the first step in formulating an introduction that makes you interesting and, therefore, memorable so the other person is compelled to learn more about you.

### Don't Get "Lumped In"

When introducing themselves, people usually state their title and workplace. Wrong! When you say, "I'm an accountant for Wayne Enterprises," the other person immediately lumps you into their preconceived notion(s) of what you do and whom you work for. Engage their imagination instead.

**Bad:** "I'm a software engineer at Yoyodyne."

**Good:** "I build tools for venture capitalists at a quirky startup called Yoyodyne; it's been a great ride so far! Technically, I am an engineer; therefore, I find myself dealing with product and design work, which I've discovered I'm good at."

### Tell A Micro-Story

If you want to make a memorable introduction, introduce yourself in the form of a story. Storytelling is how humans learn because stories are mentally sticky.

**Bad:** "I moved to Toronto for work. I'm a project manager at BXJ Technologies."

This introduction is boring because most (hand-raised) people in Toronto moved to Toronto for work.

**Good:** "I'm a bit of a third culture kid. I grew up in Singapore and London, which explains my accent. I moved to Toronto to experience new energy. Ultimately, I fell in love with project management, Cabano's Cheeseburgers and Toronto's bubbly art scene."

#### **Consider "Hooks"**

Ideally, your introduction should lead to a meaningful conversation; therefore, try to fill your introduction story with a hook, such as a unique experience, an interesting fact or a comparison—a great way to create a visual—to arouse interest and spark a conversation.

**Bad:** "I'm a financial lawyer."

**Good:** "Have you seen the movie Dark Waters about the guy who took Dupont to court for millions of dollars? Well, I'm like that guy, only less stressed and famous, and I work for a bank."

#### **Highlight Your Unique Journey**

Everyone has a story. Introducing what makes yours unique will make you interesting and memorable.

Most likely, like me, you've had an unconventional career path:

"Believe it or not, I began my career as a barista. Pouring coffee gave me considerable experience in customer service and time efficiency. With those skills, I now manage St. Eligius Hospital's administration staff, ensuring the inpatient experience is as stress-free as possible."

Consider weaving into your introduction:

- Countries or cities you've lived in: "I've called three continents home..."
- An unusual hobby: "When I'm not crunching numbers, I'm usually rock climbing..."
- Volunteer experience: "I spend my weekends..."
- An unexpected skill: "My theatre experience often proves useful in board meetings..."



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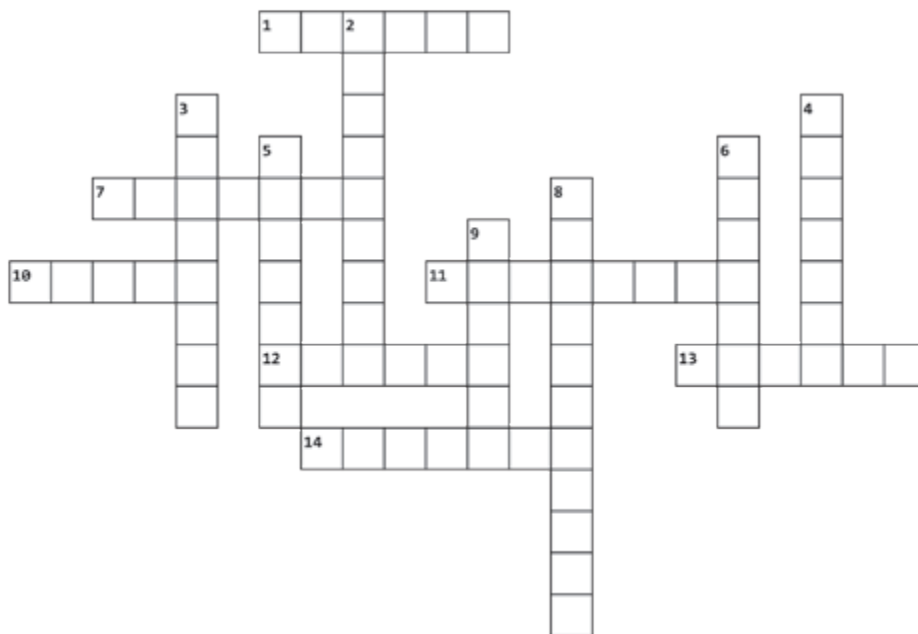
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## **Happy Birthday, eh!**

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!



# January Crossword



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the QR code for the  
answers

## 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, \_\_\_\_\_.



### 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.



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# 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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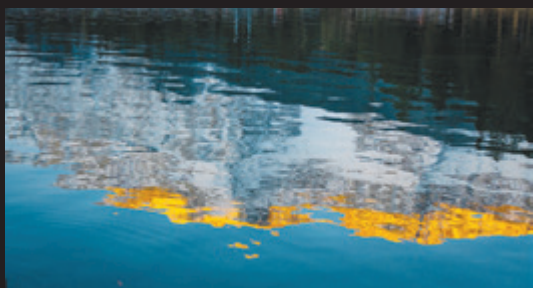
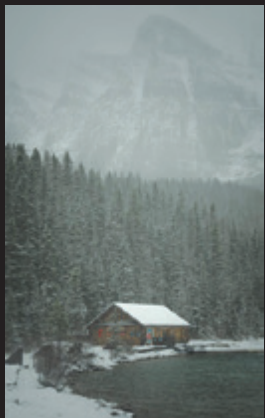
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# Photo Gallery

by Jirapan Nilmanee (Mik)



## 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

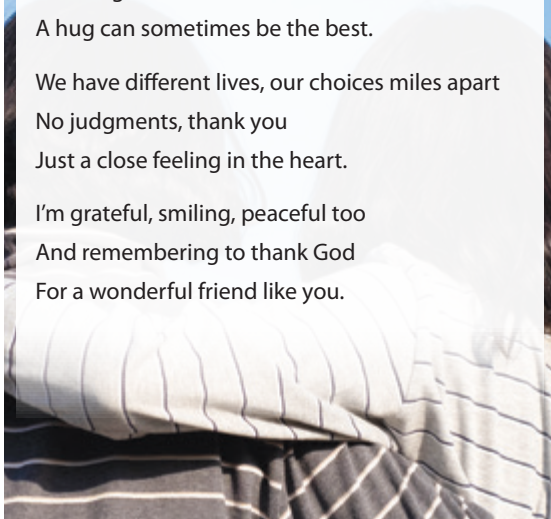
No judgments, thank you

Just a close feeling in the heart.

I'm grateful, smiling, peaceful too

And remembering to thank God

For a wonderful friend like you.



## Polar Bears' Secret Colour



Here's a cool (and surprising) fact: polar bears actually have black skin! And get this - their fur isn't white, it's transparent!

The black skin helps them soak up precious heat, while their transparent fur reflects light, making it look white and blending them perfectly into the snowy Arctic.



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## A Shot at Life

On January 11, 1922, 14-year-old Leonard Thompson became the first person to receive insulin as a treatment for diabetes. Canadian scientist Frederick Banting, co-discoverer of insulin, injected Thompson with insulin saving his life and marking the start of this groundbreaking medical breakthrough.

## 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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