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July	24	2	3	\$299,800	\$300,000
June	24	2	4	\$274,450	\$256,000
May	24	8	4	\$729,950	\$742,500
April	24	2	2	\$744,350	\$746,900
March	24	3	3	\$1,325,000	\$1,200,000
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CKE News is the official newsletter of Chinook Park, Kelvin Grove, Eagle Ridge community association and distributed free to all residents and businesses 12 issues per year. Circulation is approximately 3,000 issues monthly.

**Submissions:** Please direct editorial inquiries to [ckecommunity@gmail.com](mailto:ckecommunity@gmail.com) and ad inquiries to [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca).

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# Managing and Preventing Kidney Stones

by Alberta Health Services

## What Are Kidney Stones?

A kidney stone forms when salts and minerals that would normally pass out of the body in the urine build up in large amounts and separate from the urine to form crystals.

When the urine leaves the kidney, it may carry the crystal out, or the crystal may stay in the kidney, and over time several smaller crystals combine to form a kidney stone.

They can be as small as a grain of sand or grow to be as large as a golf ball.

## Causes and Risk Factors

Several things can affect your risk for getting kidney stones. These include:

- **How much fluid you drink.** The most common cause of kidney stones is not drinking enough water. Kidney stones form when a change occurs in the normal balance of water, salts, minerals, and other things in urine. When you don't drink enough these substances can build up and stick together to form the crystals that eventually become kidney stones.
- **Your diet.** Diets high in protein and sodium increase your risk for kidney stones. So do oxalate-rich foods, such as dark green vegetables.
- **Being overweight.** This can cause both insulin resistance and increased calcium in the urine, which can increase your risk for kidney stones.

Your age, gender, and whether you have a family history of kidney stones can also affect your risk. But these things are out of your control.

## Symptoms

- Sudden, severe pain that gets worse in waves. Stones may cause intense pain in the back, side, abdomen, groin, or genitals.
- Nausea and vomiting.
- Blood in the urine.
- Frequent and painful urination.

## Treatment

For most kidney stones, your doctor will recommend home care, such as pain medicine and drinking plenty of water. You may get a medicine to help the stone pass. If it is too large to pass, you may need other treatment, such as one that uses shock waves to break the stone into small pieces.

## Prevention

The following tips may lower your chance of getting kidney stones or from getting them again:

- Drink plenty of water.
- Eat less salt and salty foods.
- Increase your fibre consumption.
- Avoid grapefruit juice.
- Drink lemonade made from real lemons (not lemon flavouring). It is high in citrate, which may help prevent kidney stones.

If you have had kidney stones, your doctor or dietitian may talk with you about an eating plan to help prevent new stones. Talk to your health care professional about:

- **Oxalate.** Limiting certain foods that have a lot of oxalate, such as dark green vegetables, nuts, and chocolate may help prevent kidney stones.
- **Animal protein in your diet.** This includes beef, chicken, pork, fish, and eggs. These foods contain a lot of protein, and too much protein may lead to kidney stones.
- **Natural health products.** Your doctor may want you to limit how much fish liver oil, calcium, and vitamin C and D supplements you take.

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### 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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# CKE Community Garden

The CKE Community Garden has been going since 2010, and several of the original founding members are still on the committee. Part of the Garden's mandate has always been to bring the community together to learn about the benefits of growing your own food, sustainable food systems, and how edible plants can be grown in Calgary.

One event in particular has been popular since the first one in 2012 – our movie night. With the exception of breaks for the construction of the new hall and Covid, a movie has been shown at the CKE Hall every January. The documentaries have focussed on local and international topics all revolving around food production, food security, and inspiring related stories.

This year we are pleased to continue our tradition by showing *Before the Plate*, following a Canadian chef as he follows the ingredients from one plate of food back to the farms they came from. This movie will be shown at the CKE Hall on Friday, January 17.

Over the last several years, our movies nights included:

- *The Botany of Desire*, based on the book of the same name, explores the natural history of four plants and how they evolved to satisfy human desires for sweetness, beauty, intoxication, and control of nature.
- *The Garden*, a story of a community garden created as a form of healing after the Los Angeles riots of 1992 and the farmers that fought to save their garden from the bulldozers. Food Inc takes an in-depth look at the food industry, the corporations that control it, and its harmful effects on human health and the environment.
- *A Year in Burgundy* was lighter fare, following wine-making families in the Burgundy region over the

course of a year, delving into the cultural and creative processes and the challenges of the seasons.

- *Just Eat It: A Food Waste Story* is the story of a BC couple who vowed to stop buying groceries and survive for six months eating only food that is destined to be discarded.
- *Cultivating Calgary's Local Food Resiliency* brought us closer to home, exploring our local food movement, the barriers to a sustainable food system and a vision for a resilient local food culture.
- *Ingredients: The Local Food Movement Takes Root* looks at the shortcomings of the industrialized food system and unearths the roots of the local food movement aiming to shrink the gap between farm and table.
- *Can You Dig This* showcases the urban gardening movement in South Los Angeles where people are trying to transform their neighbourhoods with a call to put down guns and pick up shovels.
- *Kiss the Ground* explains how regenerating the world's soils can stabilize our climate and create abundant food supplies.
- Last year we presented *A Simpler Way: Crisis as Opportunity* which follows a community in Australia as they build tiny houses and plant veggie gardens, demonstrating a way to live in response to global crises.

All these films are available for viewing online and are well worth watching. Please consider joining us on Friday, January 17 at 7:00 pm at the CKE Community Hall. This is a wonderful way to connect with fellow community members, meet some of the gardeners, and learn more about our food systems.

Happy gardening!



## 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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### **Alberta Perinatal Wellness Centre**

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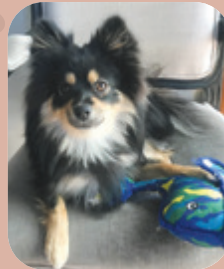
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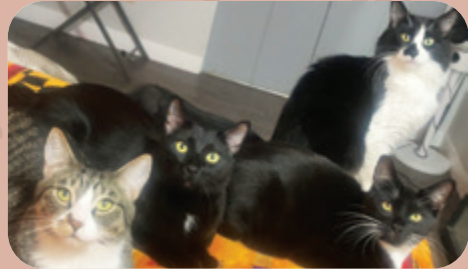
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# Trauma-Informed Practice Framework in Child and Youth Care

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).

**References**

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## Celebrating Calgary 150 - Calgary's Prehistory

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

2025 is Calgary's 150th anniversary! We're writing 12 articles on the different eras of Calgary's history.

Let's start at the beginning, not quite the Big Bang but the Dinosaur Age, when Alberta lay underneath the Western Interior Seaway. Alongside the newly forming Rocky Mountains was a lush coastline of tropical forests and wetlands.

The land was inhabited by creatures like the duck-billed Edmontosaurus, which was hunted by Albertosaurus. The warm and shallow sea was full of marine life like plesiosaurs, sharks, and giant fish.

Today, Drumheller is one of the world's richest dinosaur study areas. You'll see many fossils at the Royal Tyrrell Museum, Canada's only museum dedicated to ancient life.

Besides their scientific value, fossils became the fuels that have driven our economy and technology. After millions of years, shells formed porous layers on the seafloor where organic sludge settled and became exposed to heat and pressure, forming oil and gas.

In Turner Valley in 1914, natural gas sprayed out of one wellbore. Then in 1947, the Leduc-Rimbey reef became famous for an oil strike that launched the province onto the world stage.

On the Kainai Reserve southwest of Lethbridge, some ancient life turned into large deposits of iridescent shells, called ammolite. It's also called iniskim ("buffalo stone"), since according to Indigenous legend the first stone saved people from starvation. Ammolite became Alberta's official gemstone in 2022.

Fast forward to the last Ice Age, when 3-kilometer-thick ice sheets covered 97% of Canada. Then the sheets melted, leaving markers all throughout Alberta. The Prince of Wales Hotel in Waterton sits atop a kame, an irregularly shaped hill formed from ice sheet movements.

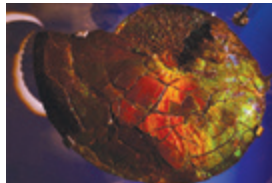
Another sign of glaciation are erratics, massive rocks seemingly placed at random. The growing ice sheets carried rocks and then left them behind when the ice melted. The largest is Big Rock near Okotoks, meaning "rock" in the Blackfoot language.

Another Ice Age effect was exposing the Bering land bridge linking Eurasia and Alaska. About 14,000 years ago, several thousand hunter-gatherers crossed over, probably following woolly mammoth herds. They spread out across the Americas, which we'll explore next month.

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[https://commons.wikimedia.org/wiki/File:Map\\_of\\_North\\_America\\_with\\_the\\_Western\\_Interior\\_Seaway\\_during\\_the\\_Campanian\\_\(Upper\\_Cretaceous\).png](https://commons.wikimedia.org/wiki/File:Map_of_North_America_with_the_Western_Interior_Seaway_during_the_Campanian_(Upper_Cretaceous).png). Map of North America with the Western Interior Seaway during the Upper Cretaceous (~75 million years ago). Scott D. Sampson, et al., 2010, via Creative Commons Attribution 4.0 International license.



[https://commons.wikimedia.org/wiki/File:Placenticerus\\_meeki\\_Mus%C3%A9e\\_des\\_Confluences\\_18102015\\_3.jpg](https://commons.wikimedia.org/wiki/File:Placenticerus_meeki_Mus%C3%A9e_des_Confluences_18102015_3.jpg). *Placenticerus meeki*, an ammonite species from the Cretaceous, 80 million years old. Origin: Alberta. Displayed at the Musée des Confluences, Lyon, France. Photo by Vassil, via Creative Commons CC0 1.0 Universal Public Domain Dedication.



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<https://digitalcollections.ucalgary.ca/asset-management/2R340823F8XA7WS=SearchRresults>. "General view of Drumheller, Alberta," [ca. 1920], (CU2225613) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FF3GTC?WS=SearchRresults>. "Drillers at Dingman #1 well (Calgary Petroleum Products #1), Turner Valley, Alberta," [ca. 1914-1917], (CU1134494) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Drillers at Dingman #1 well (Calgary Petroleum Products #1), Turner Valley, Alberta. Martin Hovis, head driller, on far left.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF15V2NPT?WS=SearchRresults>. "Black Looking's tipi, Lethbridge, Alberta," 1910, (CU1174949) by Rafton-Canning, Arthur. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FF44H>. "Big rock, Okotoks, Alberta," [ca. 1914-1917], (CU1134749) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



## Guess the Instrument!

1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



SCAN THE QR CODE FOR THE ANSWERS!

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An advertisement for Young &amp; Haggis Insurance Services Ltd. The top part features the company logo, which consists of a blue square with white stylized letters 'Y' and 'H' inside, followed by the text 'Young &amp; Haggis' in a serif font and 'Insurance Services Ltd.' in a smaller sans-serif font below it. The background of the advertisement is a photograph of a modern, multi-story building with large glass windows and doors, illuminated from within, set against a twilight sky. At the bottom left, there is a QR code. To the right of the QR code, the text reads 'Specializing in high value &amp; luxury home insurance' in a white sans-serif font, followed by the phone number '403-255-7781' in a blue sans-serif font, and the website 'young-haggis.com' in a blue sans-serif font.

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## CHINOOK PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 24	0	0	\$0	\$0
October 24	3	2	\$599,950	\$574,500
September 24	5	4	\$887,450	\$882,500
August 24	1	1	\$724,900	\$731,700
July 24	1	3	\$875,000	\$848,500
June 24	3	1	\$850,000	\$890,000
May 24	4	4	\$749,500	\$765,000
April 24	3	2	\$874,950	\$950,000
March 24	2	2	\$1,197,500	\$1,190,500
February 24	1	2	\$774,900	\$810,055
January 24	1	4	\$674,900	\$694,750
December 23	2	0	\$0	\$0

## EAGLE RIDGE COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 24	1	0	\$0	\$0
October 24	1	0	\$0	\$0
September 24	0	0	\$0	\$0
August 24	1	1	\$4,750,000	\$4,650,000
July 24	0	1	\$2,899,950	\$2,725,000
June 24	1	0	\$0	\$0
May 24	0	0	\$0	\$0
April 24	0	0	\$0	\$0
March 24	0	0	\$0	\$0
February 24	0	0	\$0	\$0
January 24	0	1	\$1,698,000	\$1,665,000
December 23	0	1	\$1,595,000	\$1,500,000

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