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## ROXBORO COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	24	0	0	\$0	\$0
September	24	3	3	\$1,950,000	\$1,950,000
August	24	0	0	\$0	\$0
July	24	0	0	\$0	\$0
June	24	3	2	\$1,549,950	\$1,605,000
May	24	1	2	\$1,822,500	\$1,887,500
April	24	0	0	\$0	\$0
March	24	1	0	\$0	\$0
February	24	0	0	\$0	\$0
January	24	0	0	\$0	\$0
December	23	0	1	\$780,000	\$760,000
November	23	0	1	\$1,800,000	\$1,825,000

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## WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

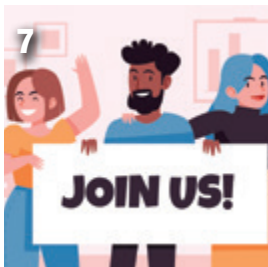
		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	24	9	13	\$265,000	\$268,800
September	24	13	10	\$257,400	\$256,500
August	24	16	14	\$304,850	\$294,500
July	24	12	4	\$242,450	\$242,000
June	24	9	8	\$265,000	\$260,750
May	24	16	19	\$369,999	\$401,000
April	24	13	8	\$317,450	\$318,500
March	24	10	17	\$249,900	\$254,000
February	24	11	6	\$234,900	\$237,000
January	24	10	10	\$239,450	\$245,250
December	23	3	7	\$215,000	\$228,000
November	23	15	17	\$239,900	\$248,650

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MLS averages please visit [wnd.mycalgary.com](http://wnd.mycalgary.com)

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## Word of the Month

**Absquatulate:**

**Verb (ab-skwoch-uh-leyt)**

**To run away or leave abruptly.**



*The sneaky cat managed to absquatulate any time the door was open.*

## Join the Erlton Community Association

Join the Erlton Community Association and take advantage of local discounts, meet some new friends at a social event, stay informed of community planning and development projects, and find out what's happening in traffic and parks news. Members are welcome to join us at our monthly meeting. Yearly membership fees are very reasonable, and seniors can join for free! Email [erltonsecretary@gmail.com](mailto:erltonsecretary@gmail.com), [erltonpresident@gmail.com](mailto:erltonpresident@gmail.com), or [erltonmembership@gmail.com](mailto:erltonmembership@gmail.com) for more information.



## ERLTON COMMUNITY ASSOCIATION Monthly Meetings

The ECA hosts monthly meetings every second Tuesday of the month at the MNP Community and Sport Centre, except for July and August. Meetings provide an opportunity for community members to receive updates on the status of projects from the ECA and bring any new issues to the attention of the community and executive. Agendas are usually sent the weekend before the next scheduled meeting. All are welcome!

# Join the Erlton Community Association Board of Directors!



We have several positions that are currently vacant and need to be filled.

Volunteering with the ECA Board of Directors is a great way to meet some new friends, have some fun, and make a positive impact in our community.

Please email [erltonmembership@gmail.ca](mailto:erltonmembership@gmail.ca) or [erltoncommunications@gmail.com](mailto:erltoncommunications@gmail.com) if you are interested.

## Calgary's Christmas Markets

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

From malls to promenades to markets, there's plenty of heritage tied to Calgary's history as a bustling commercial city and trading centre.

Christmas markets date back to medieval Europe, with the first in Vienna in 1296. Early markets were not explicitly for Christmas, they were opportunities to gather provisions before winter. By 1310 in Munich, crafts, confectionaries, and roasted chestnuts were on sale at a Saint Nicholas market. As the tradition spread across German-speaking regions, markets became stylized as "Christkindlesmarkt".

Today the winter and Christmas season is marked by annual markets all around Calgary. Two are especially interesting for their heritage aspects. First up is Heritage Park's Once Upon A Christmas, complete with carol singing and wagon rides.

Heritage Park Historical Village opened in 1964 with the goal of connecting people to history and preserving our culture and heritage. It's a living museum spanning the history of the West from Indigenous cultures and the 1860s fur trade to the 1960s.

Many Calgary and area heritage buildings were relocated here, including Banff's NWMP Barracks and Bruderheim Windmill. While it's preferable to retain heritage buildings at their original locations to best interpret local history, relocation is sometimes the only option to preserve a structure. And then there are reconstructions, like the Wainwright Hotel.

At Gasoline Alley Museum, there's a public collection of antique vehicles and artifacts. You can also experience 19th-century travel either by steam train or lake paddle steamer.

Another market happens at Spruce Meadows. Its International Christmas Market began in 2001, following cities worldwide in a revival of markets in the 1990s. The location is a premier international horse sports venue. It was opened in 1975 by the Southern family, who sought a down-to-earth atmosphere for the sport.

The facility hosts equestrian show jumping and breeds and trains Hanoverian horses. In 2019, it became the home of Cavalry FC, Calgary's Premier League soccer team.

Let's not forget the markets held all around Calgary. Check out your neighbourhood's event information for one near you.

And stay tuned in 2025 for a special series of articles for Calgary's 150th anniversary year.

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"Wainwright Hotel, Wainwright, Alberta," [ca. 1911-1912], (CU1126598) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. The hotel burned down in 1929. A reconstruction is in Heritage Park, Calgary, Alberta. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FJKK33?WS=SearchResults>.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OJNK83?WS=SearchResults>. "First Nations parading on 7th Avenue at the Santa Claus parade, Calgary, Alberta," 1931, (CU1107062) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. First Nations parading on 7 Avenue, Calgary, Alberta. At the Santa Claus parade. Courthouses and land titles building to rear.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OS0U1F?WS=SearchResults>. "Mill at Bruderheim, Alberta," 1934, (CU1114041) by Bamber. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Windmill three miles north of Bruderheim, Alberta. Moved to Glenbow Foundation (1959). Moved to Heritage Park (1983). L-R: Mrs. Mallon, Mr. William Mallon (owner and operator), Mr. Meyers.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FHF6AE?WS=SearchResults>. "Canmore Mines Limited, locomotive 4, at Heritage Park, Calgary, Alberta," 1964-11-20, (CU1131060) by Rosettis Studio. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



Amy Millar for Canada at Spruce Meadows, photo by daveblogs007, 2016 (This image is licensed under the Creative Commons Attribution 2.0 Generic license). [https://commons.wikimedia.org/wiki/File:Spruce\\_meadows\\_Calgary\\_Alberta\\_Amy\\_Millar\\_\(2897354363\).jpg](https://commons.wikimedia.org/wiki/File:Spruce_meadows_Calgary_Alberta_Amy_Millar_(2897354363).jpg).



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## ERLTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	24	1	4	\$632,450	\$617,500
September	24	10	5	\$439,900	\$434,355
August	24	5	4	\$872,000	\$900,000
July	24	4	5	\$474,900	\$469,900
June	24	8	7	\$475,000	\$450,000
May	24	4	6	\$439,950	\$434,950
April	24	14	7	\$479,900	\$473,500
March	24	4	2	\$432,000	\$422,500
February	24	6	8	\$462,750	\$456,000
January	24	8	6	\$484,400	\$481,500
December	23	2	0	\$0	\$0
November	23	3	2	\$569,900	\$575,500

## PARKHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	24	4	2	\$1,600,000	\$1,578,250
September	24	5	7	\$775,000	\$745,000
August	24	6	6	\$749,950	\$743,750
July	24	4	2	\$1,799,900	\$1,730,913
June	24	3	0	\$0	\$0
May	24	5	9	\$349,900	\$329,900
April	24	8	5	\$384,900	\$415,000
March	24	8	4	\$322,400	\$315,750
February	24	3	6	\$1,159,450	\$1,152,000
January	24	1	6	\$1,064,500	\$984,000
December	23	2	3	\$499,900	\$499,900
November	23	8	5	\$850,000	\$890,000

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# The Art of Finding Work - You Can Minimize the Odds of Being Ghosted

by Nick Kossovan



When job seekers complain about being ghosted—a form of silent rejection where candidates hear nothing after submitting an application or having been interviewed—I wonder if they're unaware of the changes in social norms and mannerisms. Do they not know that social norms and the workplace are intertwined? Since the advent of social media, manners, courtesy, and empathy have significantly diminished.

If there's one thing job seekers can be certain about, it is that they'll be ghosted multiple times throughout their job search. It wouldn't be a stretch to say ghosting candidates has become a norm. It's worth pointing out that companies don't ghost candidates, the company's employees ghost candidates. When the recruiter or hiring manager is of a generation that finds ghosting an acceptable way to terminate a relationship, romantic or otherwise, it shouldn't come as a surprise when they ghost candidates.

**Bad News:** You can't change or control other people's behaviour.

**Good News:** You can take proactive steps to minimize—as with all human interactions, there are no guarantees—the chances of being ghosted.

### **Build a Strong Relationship. Focus on Being Likeable.**

Understandably, hiring managers—recruiters less so since they won't be working with the candidate—look to hire candidates they can envision getting along with; hence, most job seekers would significantly boost their chance of job search success by focusing more on being likeable.

By likable, I mean being pleasant, respectful, and expressing genuine interest in the company and the role. I've yet to meet a hiring manager who hires candidates they don't like. As I've mentioned in previous columns, likeability supersedes your skills and experience. Most job seekers don't focus enough on being likeable.

The stronger the relationship you establish with the recruiter or hiring manager, the more likely they won't ghost you. From your first interaction, focus on creating a rapport beyond just transactional communication.

Personalizing your correspondence can make a significant difference. Use the hiring manager's name instead of a generic 'To Whom It May Concern.' Find commonalities such as place of birth, hobbies, schools attended, associations you belong to, favourite restaurants, and people you know.

### **Avoid Appearing Confrontational**

Anyone reading this can relate to the number one reason why people ghost: to avoid confrontation. Today, many people feel entitled, resulting in job seekers being frustrated and angry. You only need to scroll through LinkedIn posts and comments to see that bashing employers has become an unproductive trend. Hence, it's likely that a candidate will become confrontational if told they don't get the job.

Smile throughout your interview! Avoid appearing desperate! My best interviews have been those in which I was nonchalant; I was indifferent to whether or not I got the job. In addition to being a turn-off, showing signs of desperation will raise questions about how you'll react if told you aren't hired.

Lastly, tell your interviewer how much you enjoyed talking with them and that you look forward to hearing back.

"I really enjoyed our conversation, Khloe. Thank you for taking the time to meet with me. I look forward to hearing your hiring decision."

"Either way, please call or email me to let me know about my application status."

You're more likely to receive a response by asking explicitly for communication.

### **Earn Your Interviewer's Respect**

People tend not to ghost someone they respect.

Respect must be earned, starting with one of life's golden rules: Treat others how you want to be treated. In other words, give respect to get respect.

Throughout your job search, be professional and courteous. Respond promptly to emails and calls and thank people for their time. Approaching recruiters and hiring managers politely and professionally improves your chances of being treated similarly.

### Ask For Advice, Not Feedback

Asking for advice encourages communication. As your interviewer is wrapping up the interview, mention that you'd welcome their advice. "Given your extensive background in project management, any advice you may have for me wanting to advance my career would be greatly appreciated."

Why ask for advice and not feedback? The first problem with asking for feedback is it puts the other person on the spot. The second problem is feedback can lead to disagreement, hurt feelings, or defensiveness, a common reaction resulting in confrontation. On the other hand, asking for advice is asking for guidance and suggestions to achieve a better result. Essentially, you're acknowledging the other person's experience and massaging their ego. Do you know anyone who doesn't like being asked for advice?

### Send a Thank You Note

Sending a thank you note expressing appreciation for the interview and the insights you gained reinforces your interest and keeps the lines of communication open. Conclude with a forward-looking statement, encouraging the recipient to respond.

"I look forward to hearing from you regarding the next steps."

"I look forward to staying in touch."

Job searching aside, direct, open, and honest communication—say what you mean, mean what you say—which I highly value, has become rare, which explains the prevalence of ghosting. When you're ghosted, assume the company isn't enthusiastic about hiring you. Silence may be golden in some things, but ghosting is not one of them.

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# Five Benefits of Longer-Term Therapy

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

**1. Addresses Root Causes** – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.

**2. Develops Self-Awareness** – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

**3. Builds A Therapeutic Relationship** – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.

**4. Prevents Relapse** – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.

**5. Personal Growth and Transformation** - Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.

## Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 1 hour

**Servings:** 6

### Ingredients:

- 1 lb lean ground turkey
- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- ½ tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp ground black pepper

### Directions:

- In a large pot add olive or vegetable oil, chopped onion, garlic, and red pepper. Sauté the vegetables for 3 to 4 minutes until onions are softened and then add the ground turkey. Sauté the turkey for 4 to 5 minutes until cooked through.
- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.

- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!





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## ELBOYA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	24	3	2	\$1,394,500	\$1,334,500
September	24	2	0	\$0	\$0
August	24	3	3	\$1,199,999	\$1,205,000
July	24	3	3	\$1,140,000	\$1,030,000
June	24	2	2	\$2,698,500	\$2,675,000
May	24	6	4	\$1,099,900	\$1,162,500
April	24	4	2	\$944,900	\$995,000
March	24	1	1	\$949,900	\$909,750
February	24	0	2	\$2,147,000	\$2,035,000
January	24	2	0	\$0	\$0
December	23	0	0	\$0	\$0
November	23	0	1	\$2,999,990	\$2,775,000

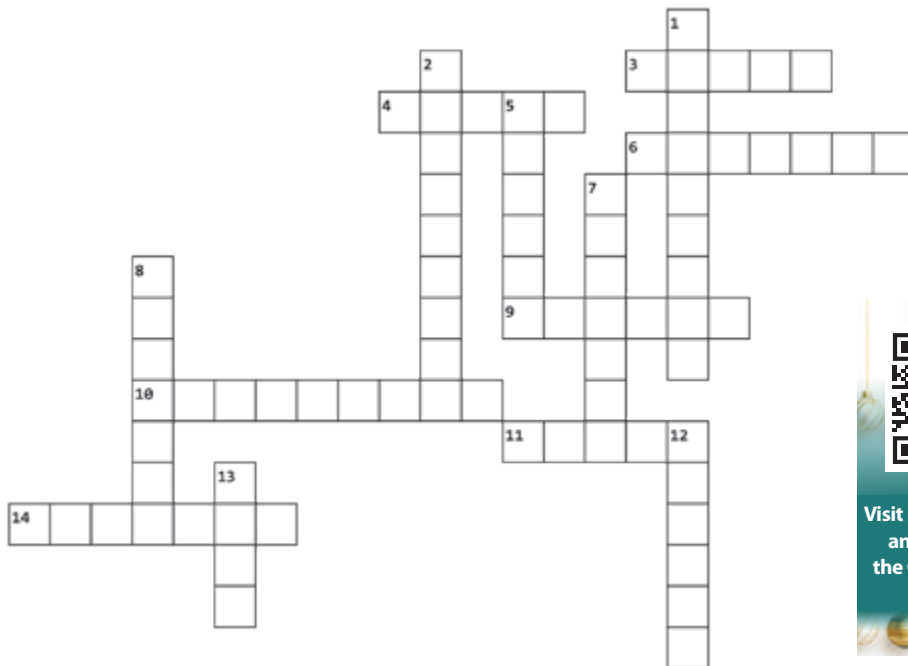
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## ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	24	6	5	\$1,495,000	\$1,523,000
September	24	5	8	\$2,299,950	\$2,317,500
August	24	5	9	\$2,545,000	\$2,425,000
July	24	8	5	\$1,589,000	\$1,525,000
June	24	10	4	\$2,674,000	\$2,597,500
May	24	9	9	\$1,800,000	\$1,915,000
April	24	3	3	\$2,500,000	\$2,415,000
March	24	5	4	\$1,669,400	\$1,747,500
February	24	6	3	\$985,000	\$980,000
January	24	6	3	\$1,085,000	\$1,177,000
December	23	1	4	\$2,546,500	\$2,475,000
November	23	4	3	\$1,950,000	\$1,932,500

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# December Crossword



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answers

## Across

3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's \_\_\_\_\_*, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
4. *Driving Miss \_\_\_\_\_*, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
6. Canadian singer, Nelly \_\_\_\_\_, was born on December 2, 1978, in Victoria, British Columbia.
9. This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
10. December's official birthstone has the same name as the colour that it is.
11. Dr. Martin Luther King Jr. was awarded the Nobel \_\_\_\_\_ Prize on December 10, 1964.
14. James Cameron's \_\_\_\_\_ was first released on December 19, 1997, and is one of the highest-grossing films ever.

## Down

1. International \_\_\_\_\_ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
2. December's birth flowers are the \_\_\_\_\_ (also known as paperwhites) and the holly.
5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "\_\_\_\_\_ Night".
7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player \_\_\_\_\_ Navratilova Best Athletes of the Decade.
12. Canadian actor and comedian, \_\_\_\_\_ Levy, was born on December 17, 1946, in Hamilton, Ontario.
13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the \_\_\_\_\_*, premiered in New Zealand.



### Carolyn's Corner: Winter Wonders - Bringing Holiday Magic to Your Planters

by TJ Yurko

As the holiday season approaches, it's time to let your creativity shine with seasonal décor. Capture the magic of winter and invite festive cheer into your home with these beautifully crafted, whimsically inspired holiday planter ideas.

#### Containers

Start with picking the perfect container. Terracotta pots, ceramic vases, wooden crates, woven baskets, and metal buckets work perfectly for indoor arrangements. For outdoor planters, choose containers made from durable, weather-resistant materials like waterproof plastic, metal, or wood.

#### Plants

Next, think about plant selection. Seasonal flowers like poinsettias, cyclamen, and amaryllis kindle holiday glamour indoors. Evergreens like pine, spruce, cedar, fir, and juniper evoke a classic holiday feel in any setting, with holly, euonymus, magnolia, and eucalyptus adding unique features. For a cascading effect, use weeping or trailing plants near the container's edges.

Quality substrate is crucial for keeping plants fresh. Use hydrated floral foam or a reusable floral grid with well-drained potting mix to keep your plants thriving all season long.

#### Ornaments

Add character to your holiday planter with decorations like cones, twigs, branches, ornaments, ribbons, faux birds, and lights. Battery-operated lights provide a warm, comforting glow without the hassle of cords and plug-ins. Arrange these accessories, so they complement your plants rather than overshadow them.

#### Designs

When designing your holiday planter, use the "thriller, filler, spiller" technique: Begin with a tall, focal plant or decoration ("thriller"), fill in with medium-height materials ("filler"), then let elements drape over the edge ("spiller"). Experiment with different holiday

colours like red, green, gold, blue, silver, and white. Place arrangements in high-traffic areas to showcase your creations.

Remember, the best holiday pots reflect the unique style and design of your home. So, embrace the spirit of the season, have fun with arrangements, and transform your planter into a masterpiece that personifies the true meaning of the holidays.

Need help sprucing up your landscape this holiday season? Don't hesitate – contact a professional today!





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# The Simpsons



The Simpsons made their grand debut on Fox with the holiday episode "Simpsons Roasting on an Open Fire" on December 17, 1989. That means Homer, Marge, Bart, Lisa, and Maggie have been making us laugh for 35 years – and counting!

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# Landlord and Tenant Law – Rents and Landlord Access

by Charmaine Coutinho, volunteer lawyer with Calgary Legal Guidance



This article will only discuss leases covered by Alberta's Residential Tenancies Act (RTA). This excludes tenants sharing living space with a landlord, supported living accommodations, and a few other scenarios. This piece is to help our community become more familiar with a few RTA topics, at a time when both landlords and tenants are under stress and looking for ways to improve their circumstances.

### Rent Increases

There is no limit on rent increases in Alberta. However, rent cannot be increased during the term of a fixed lease and cannot be increased within one year of the last rent increase or the start of the tenancy (for fixed or periodic leases).

The landlord must give a tenant notice before increasing the rent. The notice from the landlord must include the date of the notice, the effective date of the increase, and the landlord's signature. The notice period must be 12 full tenancy weeks for a weekly periodic tenancy, three full tenancy months for a monthly periodic tenancy, or 90 days for any other periodic tenancy; these deadlines apply from the date that the notice is delivered to the tenant. The notice must be delivered before the notice period starts, and the increase can take effect only after the period ends. For example, if a rent increase on a monthly tenancy (based on calendar months) is intended to take effect on December 1, the landlord must give notice before September 1. If a landlord delivers the notice on September 1, the rent increase cannot apply until January; if the landlord states an effective date of December 1 for the rent increase, the notice may not be effective at all.

Rent increases are frequently a point of contention between landlords and tenants; I've heard many anecdotes about landlords attempting to enforce increases despite not giving sufficient notice, and tenants forgetting to budget for anticipated increases. The lengthy notice periods involved offer room to manoeuvre, plan, or negotiate – plan accordingly!

### Landlord's Notice to Enter

A landlord can enter the rental unit at any time with the tenant's consent. The landlord can also enter the rental unit without a tenant's consent, but with at least 24 hours notice, for a few specific reasons: repairs, inspection of rental premises, pest control in the unit, to show the unit to prospective purchasers or mortgagors, or to show the unit to prospective tenants after the landlord/tenant has given notice to end the tenancy.

A landlord may only enter a rental unit without consent or notice in an emergency or if the landlord believes that the tenant has abandoned the unit.

If the lease is covered by the RTA, and a landlord is not adhering to the notice provisions in the RTA, a tenant can apply to the Residential Tenancy Dispute Resolution Service (RTDRS) for an abatement of rent to compensate for the landlord breaching the tenant's entitlement to peaceful enjoyment and possession of the rental unit.

I hope that this brief helps community members to understand their rights and obligations in the context of a lease covered by the Residential Tenancies Act. I wish my neighbours amicable tenancies and peaceful enjoyment of their rental premises!

# Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;

- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

### Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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		Listed	Sold	Listed	Sold
October	24	3	1	\$1,600,000	\$1,580,000
September	24	1	1	\$1,879,000	\$1,879,000
August	24	0	1	\$1,390,000	\$1,340,000
July	24	0	0	\$0	\$0
June	24	0	0	\$0	\$0
May	24	3	1	\$1,345,000	\$1,500,000
April	24	0	0	\$0	\$0
March	24	0	1	\$2,395,000	\$2,300,000
February	24	1	0	\$0	\$0
January	24	1	1	\$1,598,000	\$1,650,000
December	23	0	0	\$0	\$0
November	23	0	1	\$1,699,900	\$1,570,000

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## RIDEAU PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	24	4	4	\$1,569,500	\$1,475,000
September	24	5	0	\$0	\$0
August	24	5	3	\$525,000	\$535,000
July	24	3	1	\$1,825,000	\$1,710,000
June	24	2	2	\$1,300,000	\$1,316,285
May	24	3	4	\$409,950	\$415,000
April	24	6	3	\$375,000	\$375,000
March	24	6	4	\$594,450	\$603,000
February	24	1	1	\$324,900	\$315,000
January	24	3	0	\$0	\$0
December	23	1	1	\$238,000	\$222,500
November	23	2	2	\$322,500	\$308,750

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### #HealthyTechnologyUse

by Community Health Promotion Services

Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use. It is also useful to continually learn about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on apps like TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or are the people you love feeling FOMO “fear of missing out” on an event that may be posted by their peers.
- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on your phone during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if there are any warning signs of problematic use. When they are not using technology, are they bored or angry, have low self-esteem, are they exhibiting worsening symptoms of mental health issues such as anxiety, or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to ensure the positives of technology outweigh the negatives.



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## GAMES & PUZZLES

### Guess the Holiday!

1. This holiday seems like it could be named after a sport, but it has nothing to do with one.
2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.
3. This holiday typically revolves around one shape.
4. Eggnog, trees, and bells are classic elements of this holiday.
5. Costumes are a huge part of the fun of this holiday.
6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.



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## Royal Flush

Alfred Hitchcock's movie Psycho is thought to be the first Hollywood movie to show (and really focus on) a toilet flushing on-screen. You can hear it as well! This was very unusual in 1960 when this movie was released. I guess you could say the movie was a Royal Flush!



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## BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	24	0	1	\$3,100,000	\$2,550,000
September	24	1	0	\$0	\$0
August	24	0	0	\$0	\$0
July	24	1	0	\$0	\$0
June	24	0	0	\$0	\$0
May	24	0	0	\$0	\$0
April	24	0	0	\$0	\$0
March	24	0	1	\$2,200,000	\$2,150,000
February	24	2	1	\$1,800,000	\$1,990,000
January	24	1	1	\$2,950,000	\$2,941,000
December	23	0	1	\$4,450,000	\$4,271,000
November	23	0	0	\$0	\$0

To view more detailed information that comprise the above  
MLS averages please visit [bel.mycalgary.com](http://bel.mycalgary.com)

## BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	24	2	1	\$1,700,000	\$1,860,000
September	24	0	0	\$0	\$0
August	24	1	0	\$0	\$0
July	24	2	0	\$0	\$0
June	24	1	1	\$4,899,000	\$4,800,000
May	24	3	3	\$2,375,000	\$2,300,000
April	24	1	3	\$1,400,000	\$1,400,000
March	24	4	2	\$2,882,500	\$2,862,500
February	24	0	1	\$2,700,000	\$2,550,000
January	24	2	0	\$0	\$0
December	23	0	0	\$0	\$0
November	23	1	0	\$0	\$0

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### Seasons Greetings Neighbours!

For many of us, December is one of the happiest times of the year. It's a time to gather with friends and family and celebrate the holidays. It's also perhaps the one month of the year where Calgarians are excited about receiving a snowfall.

For others though, the holidays can serve as a stark reminder of the financial pressures of daily life. Where the costs of food and housing supersede the giving of gifts. With the affordability crisis that the province is going through right now, those pressures can feel even more overwhelming.

Yet despite these grim economic forecasts, Calgary remains one of the wealthiest cities in Canada and to my mind, one of the most generous. Which is why I encourage anyone with the means to contribute in any way that they can. Whether it's a donation to a local charity or volunteering at your local shelter, your contribution can help make the holidays a little more joyous for those in need. And to paraphrase a famous, "covetous, old sinner" -formerly- "Honour the holidays in your heart and try to keep it all the year."

With that, I want to wish everyone very happy holidays!

Sincerely,

*Samir*

Should you have any other questions or concerns, my office is located at 205, 5005 Elbow Drive SW. You can also reach me at [calgary.elbow@assembly.ab.ca](mailto:calgary.elbow@assembly.ab.ca) or by phone at 403-252-0346. My door is always open.



## ALL I WANT FOR CHRISTMAS IS YOU

On December 21, 2019, Mariah Carey officially 'defrosted' when her song "All I Want for Christmas Is You" finally topped the Billboard Hot 100 chart for the first time since its release in 1994. Talk about a Christmas miracle - 25 years in the making!



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The festive season is almost upon us, and I hope you enjoy the time with your family and friends.

Modern societies create silos of knowledge and perspectives, but democratic processes should combine these to achieve better outcomes, acknowledging necessary trade-offs. Above all, our democracy must not be compromised for any narrative. If everything else fails, the foundation of our self-governance must endure.

As the Liberal government enters its final year, many Canadians recognize their divisive messaging. Our role as His Majesty's Loyal Opposition is to hold the government accountable, respecting parliamentary rules and the supremacy of Parliament. Executive authority and judicial speculation do not override Parliament's responsibilities. We have lost much in governance over the past decade, and we must not let democratic norms be the next casualty.

My Conservative colleagues and I will uphold these norms, even if it is a lonely effort. In this final year of Parliament, the government will continue to try and shift the narrative to gain voter support. After all, 'tis their final season to do so. We must remain aware of these efforts and ensure manufactured divisions do not lead to a more fractured nation.

As we approach the holiday season, let us reflect on the values that unite us as a nation. Despite our differences, we share a common goal of creating a better future for our children and grandchildren. Our democratic governance is one of the core building blocks from which we have grown a great society. Let's ensure we keep that cornerstone.

Warmest wishes for the holidays to you and your loved ones. May this season bring you joy, peace, and a renewed sense of hope for the future.

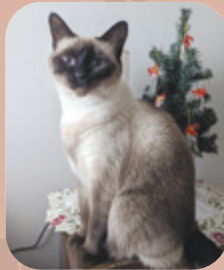
*Greg McLean, MP*



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## Eye Matey!

It is common for media to portray pirates wearing eye patches, but it is likely not for the reasons you think! Eye patches were used to keep one eye adjusted to low light conditions so when the pirate went below deck, they could immediately see by swapping the eye patch to the other eye. What a bright eye-dea!





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