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# CONTENTS

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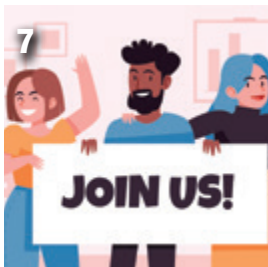
**7 JOIN THE ERLTON COMMUNITY ASSOCIATION  
BOARD OF DIRECTORS!**

**13 SAFE AND SOUND: SLEDDING SAFETY**

**19 MENTAL HEALTH MOMENT: HOW TO BE A  
GREAT COMMUNICATOR**

**22 TAKE ON WELLNESS: MANAGING AND  
PREVENTING KIDNEY STONES**

**29 BUSINESS CLASSIFIEDS**



**SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS,  
EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

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**ERLTON**



**ELBOW PARK**



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## GAMES & PUZZLES

### 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.



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## 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.



Learn more about your Calgary Catholic School District Board of Trustees!

## Happy New Year!

*by Shannon Cook, Chair, CCSD Board of Trustees*

We hope everyone had a very Merry Christmas and we want to wish everyone a healthy, happy, and blessed 2025. There is much to be grateful for. I want to recognize the staff in our district for their hard work and dedication. They are a primary reason we achieve such outstanding student results and that our students are successful. For example, our high school graduation rates are among the highest in the province. Thank you to our staff!

### Trustee By-Elections

As elected officials, trustees are accountable to the community and the shareholders of Calgary Catholic. Trustees set strategic direction and oversee the governance of the school district. We also advocate to the Alberta government for the needs of our students as well as for Catholic education locally, provincially, and nationally. We are guided by our mission/vision – “Living and Learning in our Catholic Faith, so that students, centred in Christ, realize their full potential.”

Currently, the Calgary Catholic School District (CCSD) Board of Trustees has two vacant trustee positions. Under Section 81 of the Education Act, the board is required to hold a by-election when there is more than one vacant trustee position. Our district explored all options available to us under the Education Act and communicated with the Education Ministry as we always do on significant matters such as this. However, the Education Act is clear; the board is required to hold a by-election because of the two vacancies. Despite being legally required to fill only one vacancy, the Board of Trustees has opted for two by-elections to ensure full representation in the affected constituencies. The by-election date to fill the vacant trustee positions in wards 4 and 7 and wards 11 and 12 is set for Friday, January 31, 2025. Advance voting is set for January 24 and 25, 2025.

### Voting Information

The City of Calgary's Returning Officer will administer the by-election under an agreement with CCSD, authorized by the Local Authorities Election Act. Eligible voters include Canadian citizens aged 18 or older as of January 31, 2025, residing in wards 4, 7, 11, or 12, who share the same faith as the CCSD. More information on voting can be found at [calgary.ca/election/what-we-do/2025-ccsd-by-election.html](http://calgary.ca/election/what-we-do/2025-ccsd-by-election.html).

If you are eligible to vote in the upcoming by-elections, we strongly encourage you to do so. Voting is a privilege and a responsibility that we all should exercise. It provides the opportunity to voice your opinions and choose representatives who best align with your values and who will advocate for the issues that matter to you, your family, and your community. We look forward to welcoming two new faces and voices to our board!



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## ERLTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	24	6	3	\$699,900	\$697,900
October	24	1	4	\$632,450	\$617,500
September	24	10	5	\$439,900	\$434,355
August	24	4	4	\$872,000	\$900,000
July	24	4	5	\$474,900	\$469,900
June	24	7	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

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

## PARKHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	24	0	1	\$599,900	\$595,000
October	24	3	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

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

# 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.



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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.

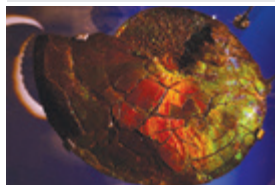
Another sign of glaciation are erratics, massive rocks seemingly placed at random. The growing ice sheets carried rocks and then left them behind when the ice melted. The largest is Big Rock near Okotoks, meaning "rock" in the Blackfoot language.

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.



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<https://digitalcollections.ucalgary.ca/asset-management/2R340823F8XA7WS=SearchR> results. "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/2R3BF1FF3GTC7WS=SearchR> results. "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/2R3BF1SV2NPT7WS=SearchR> results. "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/2R3BF1FFF44H>. "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.

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## ROXBORO COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	24	1	0	\$0	\$0
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

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

## WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	24	6	6	\$544,950	\$531,000
October	24	10	13	\$265,000	\$268,800
September	24	12	10	\$257,400	\$256,500
August	24	16	14	\$304,850	\$294,500
July	24	11	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

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

### 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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# 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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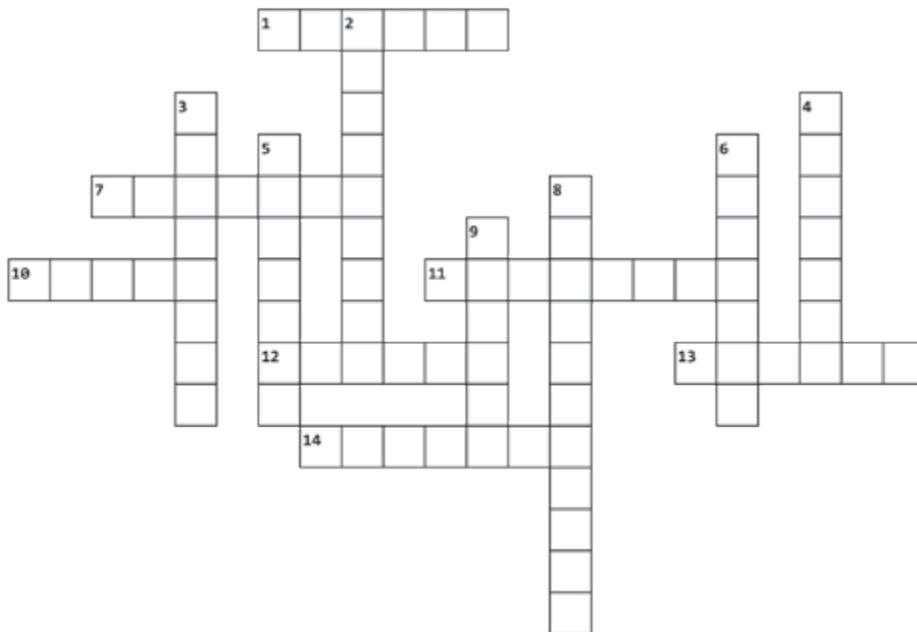
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# January Crossword



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



## 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!

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	24	0	0	\$0	\$0
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

To view more detailed information that comprise the above  
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## BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	24	3	0	\$0	\$0
October	24	3	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

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# How to Be a Great Communicator

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

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

### Let's Start with Some Bad Habits in Communication:

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

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

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

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

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

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

### Here Are Some Habits of Good Communicators:

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

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

**3. They follow their natural curiosity** by asking



questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.

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

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

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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!



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# Landlord and Tenant Law – Tenancy Termination and the RTDRS

by Charmaine Coutinho

This article will focus only on 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.

### Notice to End a Tenancy

If the parties pre-determine a duration for the lease (a fixed term tenancy), neither party can end the lease prematurely without the other's consent. Fixed term tenancies end naturally at the end of the contract duration, unless both parties express an intention to continue as either a periodic tenancy or with a fresh lease establishing a new fixed term tenancy.

The notice periods outlined in the RTA can only end periodic tenancies, and by the landlord only in specific circumstances. The landlord can terminate the lease if the landlord, a buyer, or a relative of either plans to move into the unit. In such a circumstance, the landlord is required to give three full months notice to end a monthly tenancy, or one full week to end a weekly tenancy. If the landlord intends to demolish or do significant renovations that require the rental unit to be vacated or intends to convert the rental unit into a condo unit, the landlord must give the tenant one year's notice!

Conversely, a tenant can always give notice (without offering reasons) to end a periodic tenancy. A tenant needs to give one full month's notice to end a monthly tenancy, and one full week to end a weekly tenancy.

Tenants can also be evicted with much less notice if they fail to pay rent, endanger the landlord or others in the rental premises, or damage property in the rental premises. The notice period is also significantly abbreviated for unauthorized tenants/guests.



### Residential Tenancy Dispute Resolution Service (RTDRS)

The RTDRS is set up as a mini court that primarily hears cases based on the RTA. Landlords can apply to seek reimbursement of financial losses or costs, eviction, or re-possession of the rental unit. Tenants can apply to seek the return of a security deposit, termination of tenancy, compensation, or an abatement/reduction of rent. However, the RTDRS does not have an automatic enforcement mechanism, so practical collection of money or enforcement of an order is still up to the applicant.

Before filing in the RTDRS, an applicant should consider whether they have met their obligations under the RTA; if not, the other side may counter-claim. Next, applicants should consider what evidence (and perhaps witnesses) they can bring to support their claim.

There is a filing fee to apply to the RTDRS, but this can be waived by various organizations around the city that serve vulnerable clients. Lawyers do not typically attend the RTDRS; it is informal and intended to be accessible to members of the public without the assistance of a lawyer.

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!

## 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.



**Pats' (Patricia and Patrick)**

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# Understanding Mental Health

by Alberta Health Services

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

## 1. No Distress, Problem, or Disorder

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

## 2. Mental Distress

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

## 3. Mental Health Problem

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

## 4. Mental Disorder/Illness

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

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

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

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

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



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## MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	24	2	0	\$0	\$0
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

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## RIDEAU PARK COMMUNITY REAL ESTATE ACTIVITY

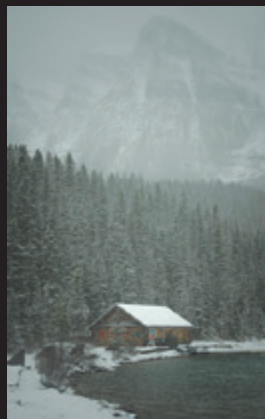
		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	24	4	0	\$0	\$0
October	24	4	4	\$1,569,500	\$1,475,000
September	24	2	0	\$0	\$0
August	24	5	3	\$525,000	\$535,000
July	24	3	1	\$1,825,000	\$1,710,000
June	24	2	2	\$1,300,000	\$1,316,285
May	24	3	4	\$409,950	\$415,000
April	24	6	3	\$375,000	\$375,000
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

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# Photo Gallery

by Jirapan Nilmanee (Mik)



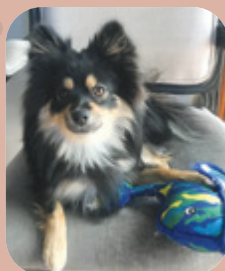
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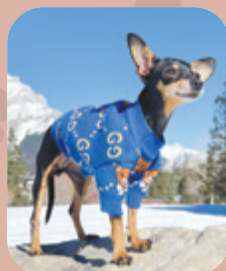
Bear, Palliser



Buster, Hamptons



Lizzy, Huntington Hills



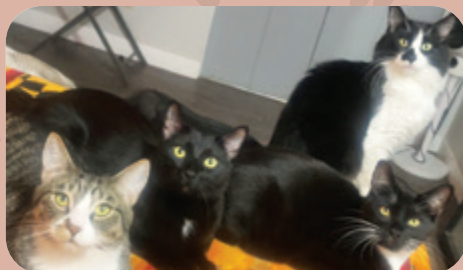
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# Submit a Nomination for the Calgary Awards by January 26, 2025

*by the City of Calgary*

Do you know a neighbour, colleague, community leader, local group, or company that makes Calgary an incredible place to live, work, and play? Then consider nominating them for a Calgary Award.

For more than 30 incredible years the Calgary Awards have recognized outstanding individuals and organizations whose exceptional achievements and contributions make life better for Calgarians.

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  - o Community Advocate - Individual
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  - o Commerce – under review
  - o Education
  - o Heritage
  - o Youth
- The Award for Accessibility
- The Environmental Achievement Award
- The International Achievement Award

The nomination process is easy – follow the steps outlined at [calgary.ca/calgaryawards](http://calgary.ca/calgaryawards) and submit your nomination by January 26.

# Chill Downtown This Winter!

*by the City of Calgary*

Chill downtown this winter and experience the beauty the season has to offer. Whether you're looking to sip hot cocoa, enjoy a downtown winter festival like Chinook Blast, master your skating skills, or simply soak in the festive atmosphere, there's something for everyone. Grab your mittens, gather your friends, and prepare for a season filled with twinkling lights, mouth-watering treats, and fun events that will warm you up from the inside out!

As downtown continues to transform, The City along with its partners are proud to offer a wide variety of activities and entertainment, with the goal of becoming a 24/7 destination where people live, work, learn, and play all year long. To ensure Calgarians and visitors know what's happening downtown and to help plan your day, we've created Choose Your Own Downtown Adventure Itineraries. With a new itinerary released each month until March, you'll have fun and unique ideas at your fingertips to help plan your downtown outing.

Embrace the season and chill downtown this winter. Ready, set, explore! To learn more about the Choose Your Own Downtown Adventure Itineraries and other exciting events and activations happening downtown, visit [calgary.ca/exploredowntown](http://calgary.ca/exploredowntown).



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## Tortellini and Spinach Soup

by Jennifer Puri



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

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

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

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Servings:** 4 to 5

### Ingredients:

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

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

### Garnish:

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

### Directions:

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

### Note:

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

Bon Appétit!



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**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Elbow Park, Britannia, Elboya, Parkhill, Rideau, Roxboro and Erlton. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.officialplumbing-heating.ca](http://www.officialplumbing-heating.ca).

**ELBOW SCENE MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**PAINTING:** Tired of that old paint job and looking to freshen life up? We have over 30 years of experience in painting, interior and exterior. Call for a free estimate. 403-477-3533. Sun Mountain Building. [sunmountainbuilding@shaw.ca](mailto:sunmountainbuilding@shaw.ca).

**ELBOW PARK PAINTER:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. [www.fivestarpainting.com](http://www.fivestarpainting.com).

**PROFESSIONAL ACCOUNTANTS:** Personal and corporate income tax preparation and e-filing, accounting services such as bookkeeping, financial statements, GST, payroll, T4/T5 slips. CPAs with 20 years' experience, personable, reasonable rates, convenient location. Call Padgett Business Services at 403-220-1570 for your half-hour free consultation. 1511 - 10 Street SW, Calgary, AB T2R 1E8, or go to [www.padgettcalgary.com](http://www.padgettcalgary.com) for more information.

**RENOVATIONS:** Time to finish that ongoing project, start a new project, or get rid of that ugly eye sore? We complete all jobs, both big and small, basement, bathrooms, main floors. With a combined 40 years of experience, all projects will be done to perfection. Call 403-650-1757. Sun Mountain Building. [sunmountainbuilding@shaw.ca](mailto:sunmountainbuilding@shaw.ca).



*Word of the Month*

*Cynosure*: noun (SIGH-noh-soor)

A center of attraction or attention.

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

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\*Guarantee is being offered by Greater Property Group. Terms and Conditions apply.

## ELBOYA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	24	2	1	\$899,900	\$880,000
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	2	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

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

## ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	24	1	1	\$999,000	\$963,000
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

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

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- Headaches & Concussion
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## Your community plan is ready!

Hello West Elbow Communities! That's you - Altadore, Bankview, Cliff Bungalow, Elbow Park, Erlton, Garrison Woods, Lower Mount Royal, Mission, North Glenmore Park, Richmond, Rideau Park, Roxboro, Scarboro, South Calgary, Sunalta, and Upper Mount Royal.

The West Elbow Communities Local Area Plan is ready.

**Starting January 14, 2025, visit [calgary.ca/WestElbowPlan](https://calgary.ca/WestElbowPlan) to**

- Check out the final draft of the West Elbow Communities Local Area Plan.
- Learn how public input informed the Plan.
- Find out about upcoming public information sessions (online and in-person).

## Wondering what the Plan's all about?

The West Elbow Communities Local Area Plan sets the vision for the evolution of your community over the next 30 years, including direction on future development and community improvements.

A few of the key ideas in the Plan include:

- Increasing housing choices for people
- Improving mobility in and around the area
- Supporting and respecting historic places and spaces
- Enhancing parks and open spaces
- Providing more daily needs and amenities within walking distance

Change is gradual, but having a plan in place to guide change - from proposals for new homes and businesses to future investment into community spaces - helps ensure change is aligned to the future vision for the area.



Learn more at  
**[calgary.ca/  
WestElbowPlan](https://calgary.ca/WestElbowPlan)**

