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|--------------|------------|------|--------------|-------------|
|              | Listed     | Sold | Listed       | Sold        |
| September 24 | 10         | 4    | \$774,900    | \$787,500   |
| August 24    | 8          | 5    | \$749,900    | \$825,000   |
| July 24      | 9          | 8    | \$962,400    | \$975,500   |
| June 24      | 5          | 5    | \$539,000    | \$580,000   |
| May 24       | 9          | 7    | \$699,900    | \$775,000   |
| April 24     | 7          | 10   | \$793,477    | \$797,500   |
| March 24     | 9          | 8    | \$1,037,400  | \$1,017,500 |
| February 24  | 2          | 1    | \$2,395,000  | \$2,395,000 |
| January 24   | 6          | 7    | \$799,900    | \$784,000   |
| December 23  | 2          | 3    | \$675,000    | \$653,200   |
| November 23  | 10         | 10   | \$739,450    | \$732,000   |
| October 23   | 6          | 7    | \$659,900    | \$640,000   |

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# Preparing Your School-Age Child for Surgery

by Alberta Health Services

The hospital doesn't have to be a scary place for your school-age child, even if they must undergo surgery.

Children from age six to 12 might be worried about many things ahead of their procedure, including having others see them cry or being scared, saying or doing something embarrassing, the surgery hurting or changing the way they look, or waking up during the surgery.

Parents and caregivers can take steps in preparing children and alleviating their worry and anxiety.

- Give them at least one to two weeks to prepare for the surgery. Tell them what will happen before, during, and after the surgery.
- Tell them they'll get medicine from a doctor called an anesthesiologist to make sure they don't feel anything or wake up during the surgery. If your child is worried about waking up during the surgery, read "Anesthesia – frequently asked questions (FAQs) for Children" at <https://myhealth.alberta.ca/HealthTopics/your-childs-surgery/Pages/anesthesia-faqs-for-children.aspx> to help you answer their questions.
- Be supportive and honest but treat your child as normally as possible. Being honest about the surgery can lessen your child's fears and help them better understand what is going to happen.
- Explain things clearly and use words your child will understand. If you're not sure how to answer a question, tell your child that you will find out the answer for them.

- It's normal for school-age children to be angry or quiet before the surgery. Let them know that it's okay they feel this way and encourage them to talk about how they're feeling.
- Check for understanding. School-age children will listen carefully but may not understand what they hear. Have your child explain back to you what's going to happen in the hospital. Talk about why they need to have surgery and what will happen.
- Ask your child's friends to visit them in the hospital or to keep in touch with your child by phone, text, email, or cards.
- Make sure you or someone your child knows is with them at the hospital as much as possible.
- Give your child as many choices as possible as you get ready to go to the hospital. Help your child pack a few items from home such as a favourite stuffed animal, blanket, pillow, book, or toy.

It's important to talk to your child about their surgery. It will help them feel less anxious if they know what to expect. It's normal for your child to cry or to feel angry and frustrated but preparing them – and yourself – can help.



## Peanut Butter Lovers Month

Did you know November is Peanut Butter Lovers Month? Although, many believe George Washington Carver is the person to thank for this tasty, nutty treat. It was actually Canadian chemist Marcellus Gilmore Edson who patented peanut paste in 1884, by milling roasted peanuts between heated surfaces.

Now you know who to thank for your favourite spread!





## Flatbread Pizzas

by Jennifer Puri

Flatbreads are used to create wraps and quesadillas, but the most popular use of flatbreads is pizza.

Rich in fibre, flatbreads are typically unleavened bread and do not contain yeast. Flatbreads originated in ancient Egypt but today are produced and enjoyed around the world. Some of the most popular flatbreads are focaccia, naan, tortillas, pita, oatcake, green onion cake, torta, and injera.

Flatbreads have a lower caloric and carbohydrate content due to their thinner crusts and are ideal as appetizers or light entrees as shown in the Flatbread Pizza recipes below.

### Peach and Prosciutto Flatbread

**Prep Time:** 10 minutes

**Cook Time:** 7 to 8 minutes

**Servings:** 2

#### Ingredients:

- 1 flatbread
- 1 cup shredded mozzarella cheese
- 1 ½ cups sliced peaches
- 6 to 8 slices prosciutto
- 3 tsps. balsamic vinegar
- ¾ cup shredded Gouda cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chilli flakes (optional)

#### Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced peaches, prosciutto, balsamic vinegar, gouda cheese, basil leaves, and chilli flakes. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 7 to 8 minutes. Serve immediately.

### Roasted Red Pepper and Olive Flatbread

**Prep Time:** 10 minutes

**Cook Time:** 10 to 12 minutes

**Servings:** 2

#### Ingredients:

- 1 flatbread
- 1 ½ cups of roasted red peppers sliced
- ½ cup seedless black olives halved

- ½ cup cherry tomatoes halved
- 1 cup shredded mozzarella cheese
- ¾ cup crumbled feta cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chopped fresh oregano leaves

#### Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced roasted red peppers, cherry tomatoes, olives, feta cheese, oregano, and basil leaves. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 10 to 12 minutes. Serve immediately.

Bon Appétit!



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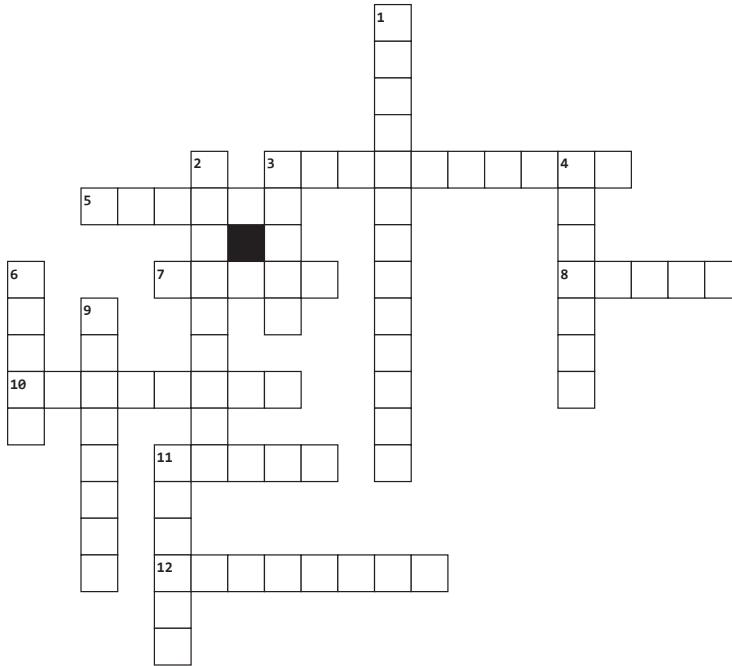
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# November Crossword



## Across

3. Frederick Banting, co-discoverer of insulin and recipient of the Nobel Prize in \_\_\_\_\_/Medicine, was born on November 14, 1891, in Alliston, Ontario.
5. In November 1999, beloved musician, \_\_\_\_\_ Dion, was inducted into the Canadian Broadcast Hall of Fame.
7. In November 2020, Baby \_\_\_\_\_ by Pinkfong became the most watched YouTube video of all time with over 7 billion views.
8. November has two birthstones, \_\_\_\_\_ and Citrine, best known for their warm yellow hue.
10. World \_\_\_\_\_ Day, celebrated on November 13, reminds everyone to show compassion and be helpful in their communities.
11. Canadian rock musician, \_\_\_\_\_ Adams, was born on November 5, 1959, in Kingston, Ontario and has sold more than 100 million records worldwide.
12. Known as Remembrance Day in Canada, the U.S. celebrates \_\_\_\_\_ Day on November 11 annually.

## Down

1. November's birth flower, also called "mum", comes in a variety of colours and generally symbolizes longevity and happiness.
2. On November 22, 1995, *Toy Story* was released introducing the world to Woody and Buzz \_\_\_\_\_.
3. *Friends, Lovers, and the Big Terrible Thing*, written by Canadian actor Matthew \_\_\_\_\_, was released on November 1, 2022.
4. "The Great One", Wayne \_\_\_\_\_, scored his 600th career goal in the National Hockey League (NHL) on November 23, 1988.
6. This mixed-breed dog was the first live animal sent to space in Sputnik 2 on November 3, 1957.
9. The \_\_\_\_\_ Broadcasting Corporation was founded and established as a Crown Corporation on November 2, 1936.
11. November's full moon is named after Canada's national animal, the \_\_\_\_\_.

## Stay Steady: It's Fall Prevention Month

by Calgary and area Primary Care Networks

It's not unusual to occasionally take a tumble — uneven sidewalks, slippery conditions in the winter, or even misjudging the height of a stair are all common culprits.

As we age, falls become an increasing health concern.

"Falls are a significant health concern for seniors," says Faiza Karim, a registered occupational therapist with the Primary Care Network (PCN). "They are the leading cause of injury in older Canadians."

### The Ripple Effects of a Fall

Up to one-third of seniors experience one fall per year. As the rate of falls goes up, so does the reason for concern. For people over the age of 65, falls are the source of 85% of injury-related hospitalizations, including almost all hip fractures. They are also the leading cause of injury-related deaths for seniors.

Falls can also contribute to social isolation, affecting mental health and well-being. Karim says after a fall, some people will become more afraid to move — concerned about falling again — and may not do as many activities.

### Tips for Preventing Falls

Raising awareness and actively preventing falls is important to maintaining health and safety, particularly for older adults. Simple measures may include:

- Staying active to maintain balance, strength, and flexibility
- Keeping floors clutter free
- Wearing supportive, well-fitting footwear, both inside and outside of your home
- Reviewing medications with your family doctor or a pharmacist to understand side effects



### Find Support

If you or a loved one is considered at risk, or there has been an increase in the number of near-misses or falls, talk to your family doctor.

You can also access free health support through the Primary Care Network. Visit [albertapcns.ca](http://albertapcns.ca) to learn more.



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News, Events, & More



Crime Statistics



Real Estate Statistics



### Black Bears in West Calgary

by Ursula Bruin



Black bears are known for their sleek black fur, although colour variations can include brown, cinnamon, and even a rare white colour known as the Kermode bear or “spirit bear”. Adult black bears typically weigh 90 to 350 kg. They can smell food from a kilometre away and have flexible lips to eat fresh grass, insects, roots, berries, carrion, and garbage (when available). They are good swimmers and can run at a top speed of about 40 km per hour.

In the wild, black bears typically reach sexual maturity by age 2 to 5 and live 10 to 15 years - longer in captivity. They mate in June, but the fertilized eggs will (if the mother has enough



body fat) implant in November, and they usually give birth to two cubs (each weighing less than 0.4 kg) in January, while hibernating in their dens. Nursing mothers often lose a third or more of their body weight over winter, while non-nursing bears lose only 15 to 25 percent.

The next spring, mothers continue to lead and protect their cubs until June, when the cubs are about 17 months old, and the mother becomes ready to mate again. She recognizes them for several years, allowing them to remain in parts of her territory which she then avoids. She shifts her territory to include new adjacent areas if available or tolerates overlap with her daughters if other areas are not available. Young males voluntarily leave their mothers’ territories before reaching maturity, traveling up to 137 miles or more before settling down and establishing mating ranges.

Black bears are hibernating by November, when available food is scarcer, and it is not economic with calories to be foraging in the cold.

As Calgary expands, natural habitats for black bears and other wildlife are being altered or fragmented.

Bears are shy and are seldom found in the city. Their visits are in quieter areas near the river valleys, when looking for new territory - typically in August or September, when (years apart) black bears were seen in Bayview or Eagle Ridge (near the Glenmore Reservoir) feeding on berries or fallen apples. There was a visit to Discovery Ridge in recent years, in May, following which we have seen signs in west side neighbourhoods, all summer, asking that garbage bins not be left out overnight.



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## Steamboat Willie



*Can you hear that whistling? It's Mickey Mouse! Mickey Mouse first appeared on the big screen on November 18, 1928, in the animated short film Steamboat Willie. And who voiced this beloved character? None other than Walt Disney himself!*

# Cats, Canines, & Critters of Calgary



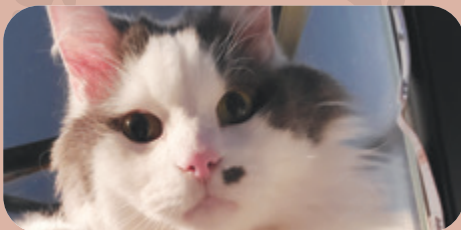
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## GAMES & PUZZLES

### Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The \_\_\_\_\_ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100<sup>th</sup> anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



SCAN THE QR CODE FOR THE ANSWERS!

### BRAIN GAMES

### SUDOKU

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   |   | 5 | 6 |   |
|   | 8 |   | 5 |   | 6 | 7 |   | 3 |
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|   |   | 2 |   | 1 | 3 |   |   | 4 |
|   | 1 |   | 4 |   | 2 | 3 |   |   |
| 7 |   | 1 |   | 2 |   |   |   |   |
| 8 |   |   | 1 | 4 |   |   |   |   |
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**SOLD**



**5348 La Salle Crescent SW / Lakeview**  
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