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July	24	0	0	\$0	\$0
June	24	1	0	\$0	\$0
May	24	3	3	\$1,499,900	\$1,510,000
April	24	2	1	\$1,549,900	\$1,702,000
March	24	0	0	\$0	\$0
February	24	0	0	\$0	\$0
January	24	0	0	\$0	\$0
December	23	0	0	\$0	\$0
November	23	0	0	\$0	\$0

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



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## PRESIDENT'S MESSAGE

Dear Neighbours,

I write to you on an unusually warm November day, one month in advance of our December newsletter, as is required to meet submission deadline.

By the time you read this, I expect that we will have cooler weather and snow on the ground.

Last night, I attended our thank you dinner for our casino volunteers and enjoyed meeting, thanking, and talking to many of them. The results of the American election were fresh in our minds and there was much to consider about potential effects that we might expect as Canadians and Albertans. Several themes seemed to be apparent in peoples' minds.

It seems that most of the information we were getting before the election, from TV news, did not reflect what most Americans considered to be the most important issues for their government to address, namely, economic concerns (loss of household financial security resulting from inflation) and the cost to taxpayers of accommodating illegal and undocumented immigrants. From what President Trump has said about his approach to the latter, Canadians are told to expect a huge influx of those immigrants who are presently in the U.S. This and the new duty expected to apply to Canadian exports to the U.S. are serious concerns.

It was nice to see the goodwill and sense of friendly neighbourhood shared by the volunteers and board members present. We look forward to working together to protect and advance the interests of our community.

Wishing you all the joy of the festive season, and the best of health, happiness, and good luck in 2025.

*Harris Hanson*



## PBP BOARD MEETINGS



PBP Board meetings are held the first Tuesday of each month at 7:00 pm (subject to change at any time). All members welcome to join. Please send a confirmation email before you come so that we can be sure to have time to address any questions or concerns.

Looking forward to seeing you!

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# PBP AGM & OPEN HOUSE



Guest speaker

**Richard Harrison**  
Lawyer



## TOPICS:

- City Sale & Development of Glenmore Landing Green Space
- Challenging City decisions for Blanket Rezoning of Neighborhoods
- The Important Roles of Community Associations



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**7PM**  
**TUESDAY**  
**MARCH 4TH**  
**2025**

Location:  
Nellie McClung School  
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# 2024 PBPCA Board of Directors



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# Calgary's Future?

by Lesley Farrar

Earlier this week, several members of the PBP Community Association (CA) board and I attended the Calgary Planning Commission (CPC) meeting where City Administration presented the Glenmore Landing Redevelopment proposal, seeking approval to move it forward to a vote at City Council (to be held December 3). Unfortunately, the outcome was disappointing, and the meeting was a difficult experience. Many of the concerns we raised—both as a community and as a CA—went largely unaddressed. In fact, we had requested that the CPC meeting itself be rescheduled to allow more time for community input.

To understand why this process is so concerning, let's take a step back and look at how we got here. In late June, after most community associations (CAs) had entered their summer recess, City Administration sent out an updated proposal for the Glenmore Landing redevelopment and asked for feedback. This updated proposal included the existing plaza and significantly increased the overall density of the development by 265%. To put that into perspective, this means that the new proposal would make the development five times denser than even Manhattan!

Despite the timing challenges, CAs worked quickly, kicking off their Stampede cowboy boots and working with community members to respond to the City's request by the deadline. Our submissions, along with those from other CAs, were forwarded to the CPC, hoping to inform the commissioners of the community's concerns before their debate. This seemed like a reasonable process—fair and procedural, with public input being given a voice. But then, the bait and switch occurred.

Days before this CPC meeting was set to occur, CAs were informed that the proposal was substantively altered (again) before going to the Commission, rendering our contributions almost irrelevant as they no longer focused on the proposal presented. CAs were given no opportunity to resubmit their concerns and respond to this changed proposal. This last-minute switch greatly benefits the developer and is deeply frustrating for community members who spent their valuable time engaging with the City to provide meaningful feedback. Yet, despite our request for rescheduling, it seems

the changes to the proposal were accepted, and the new version was voted through by the CPC with little community input taken into account.

As we approach the upcoming election year and prepare to elect a new City Council, we must ask ourselves: What kind of city do we want Calgary to become? Glenmore Landing, as proposed, would be the largest condo development in Calgary's history, and its pathway to approval could set a troubling precedent for future developments. Here are just a few of the key issues that should make us all pause:

**Public Land Sold Without Tender:** The proposal includes the sale of City-owned berms, an integral part of the greenspace buffer around Glenmore Reservoir Parklands, without going through a competitive public tendering process. Why is the City selling public land in this way, and what does it mean for the future of how our public lands are treated?

**Public Engagement by the Developer:** Instead of the City conducting its own public consultation and engagement, the developer, RioCan/Urban Systems, has essentially controlled the process. The community's ability to provide meaningful input into this process has been significantly limited. This approach raises serious questions about the fairness and transparency of the consultation process.

**Lack of Independent Scrutiny on Traffic Impact:** The developer's traffic impact analysis has not been independently reviewed by a neutral consultant. We have significant concerns about the potential for traffic congestion in the area, particularly around the already-overburdened intersection of 90 Ave and 16 St. Without an independent review, how can we be confident that the development will not exacerbate existing issues?

**Environmental Oversights:** One of the most troubling aspects of this proposal is the failure to conduct a Biophysical Impact Assessment (BIA). The Glenmore Reservoir and surrounding parklands are an environmental gem for Calgary—providing vital green space, recreational opportunities, crucial biodiversity, and our drinking water. The lack of a BIA means that critical environmental considerations, such as the impact of construction on local wildlife and the reservoir's water quality, have been overlooked. We cannot afford to risk our drinking water or the health of our local ecosystems in the name of development.

**Precedent-Setting Development:** If this project is approved as it stands, it could set a dangerous precedent for how future developments are handled in Calgary. Public land could be sold without proper public scrutiny, and community input could continue to be sidelined. What does this mean for the future of neighbourhoods across Calgary, especially in our sensitive green spaces and parklands?

These concerns are not just about the specific project at Glenmore Landing; they reflect broader questions about the kind of city we want to build and the values we want to uphold. Do we want to prioritize short-term profits and increased density over long-term community well-being, environmental preservation, and transparent governance?

As we approach the upcoming election year, it is essential that we reflect on these questions. We must ask ourselves: What kind of city do we want for the future? We need leaders who will listen to the concerns of residents, prioritize thoughtful, sustainable development, and protect the integrity of our greenspaces, parklands, and natural resources. The Glenmore Landing Redevelopment is a key test for the City's commitment to responsible urban planning, environmental stewardship, and true community engagement.

## Canadian Military Merchant Navy

In 1992, after a lengthy, hard-fought battle, former merchant mariners were finally granted official status as veterans, eligible to receive disability pensions, allowances, and health care benefits available to Canadian Armed Forces' veterans. Sadly, thousands of merchant seamen had already died by then. Additionally, nothing was done to compensate the living for the loss of benefits since 1945.



## A CHRISTMAS CAROL

The first edition of the Christmas classic *A Christmas Carol*, written by Charles Dickens, was originally published in London on December 19, 1843. This story was published as a novella by Chapman & Hall and the first edition sold out by Christmas Eve that first year!



## [Alfred] Nobel Prize

The very first Nobel Prize award ceremony took place on December 10, 1901. These were created due to Alfred Nobel's will and his interest in science, society, and culture, and are described as prizes given for "the greatest benefit to humankind."





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Our community Association can accommodate up to 60 guests for seated functions or 75 standing. Our hall is 1040 sqft and is great for events like birthday parties, baby showers, Anniversary parties, workshops/seminars, also great for children's groups such as arts shows and much more!

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The board room is 375 sqft and is perfect for all types of meetings or a fun movie night out, featuring our 82" High-Def Smart TV with Yamaha Sound System (Wi-Fi Connected)

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\$25 per hour no minimum, your rental time must include your set up and clean up or you can pay the optional \$35 fee for cleaners.





# 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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# Rabbits in Calgary

by Leonard Lepus

From left: The White-tailed jackrabbit (a hare – some are black-tailed), cottontail rabbit, and snowshoe hare are the native to Alberta. In the city, you may also, occasionally, see domestic rabbits that have escaped or been set free, but (with our hawks, bobcats, and coyotes) they tend not to last very long.



The cottontails (which you might see in Weaselhead) stay close to thickets in the prairie bottoms and their fur colour may not change fully to white in winter.

Hares tend to have longer ears and feet. Unlike rabbits, they are born with fur and their eyes open, and they live a solitary life, except when mating (February through July). Rabbits are born hairless, with eyes closed, and tend to be more sociable with each other.



Both rabbits and hares belong to the Lagomorph family, a family that also includes the mountain-dwelling pika. The white-tailed jackrabbits (*Lepus townsendii*) are masters of evasion. If detected, they bound away, often in a zigzag pattern, reaching up to 55 kilometers per hour. They are capable of leaping up to five meters. Although silent, they can scream when injured or caught. They are good swimmers and can use their powerful hind legs to kick at predators when captured.

Jackrabbits like open spaces and can be found in urban parks, yards, and schoolyards. Except when breeding, they normally rest by day and come out to feed when it is dark. Rabbits and hares can have multiple litters each year. With a gestation period of about 42 days, females prepare fur-lined nests and give birth to a litter of four to five leverets (also called “kits” or “bunnies”), which have no scent for predators to detect. They start foraging at around two weeks and are weaned by four weeks.

In the wild, rabbits have a relatively short lifespan, averaging about one to two years due to predation and environmental factors.

Wildlife rehabilitation centres, humane societies, and veterinary clinics will usually get calls about “baby bunnies” starting in April. Many people think they have been abandoned because they have been found alone. Because they do have a scent, females leave their young for extended periods to avoid attracting predators. They are known to make huge jumps when approaching their nests, to leave less of a scent trail.

Baby hares do not survive well in captivity. Good-hearted people are often heartbroken when the baby they “saved” dies due to the stress of handling, change of milk formula, and unnatural captive environment. Wildlife can also carry diseases and parasites that may not be obviously visible.

The mantra for interacting with baby hares is “if you see a baby hare, leave it there.” Contrary to myths, the mother won’t abandon their young if touched by humans, therefore, returning them to the area they were found is the best course of action.



Sources:

- <https://www.abvta.com/if-you-see-a-baby-hare-leave-it-there/#:~:text=Baby%20hares%20do%20not%20survive,may%20not%20be%20obviously%20visible>.
- <https://www.aiwc.ca/blog/white-tailed-jackrabbits-natures-master-survivors/>.



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# 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!



## 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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## 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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	Sold	2	Low \$900,000s-Low \$1,100,000s	2	High \$390,000s-Low \$400,000s
BAYVIEW	Active	2	High \$1,800,000s-Mid \$2,300,000s	0	-
	Sold	1	Low \$1,300,000s	1	Low \$1,000,000s
PUMP HILL	Active	4	Mid \$870,000s-Mid \$9,750,000s	0	-
	Sold	0	-	0	-



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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!

# 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.*

## Joke of the Month

How does a scientist freshen their breath?

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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.



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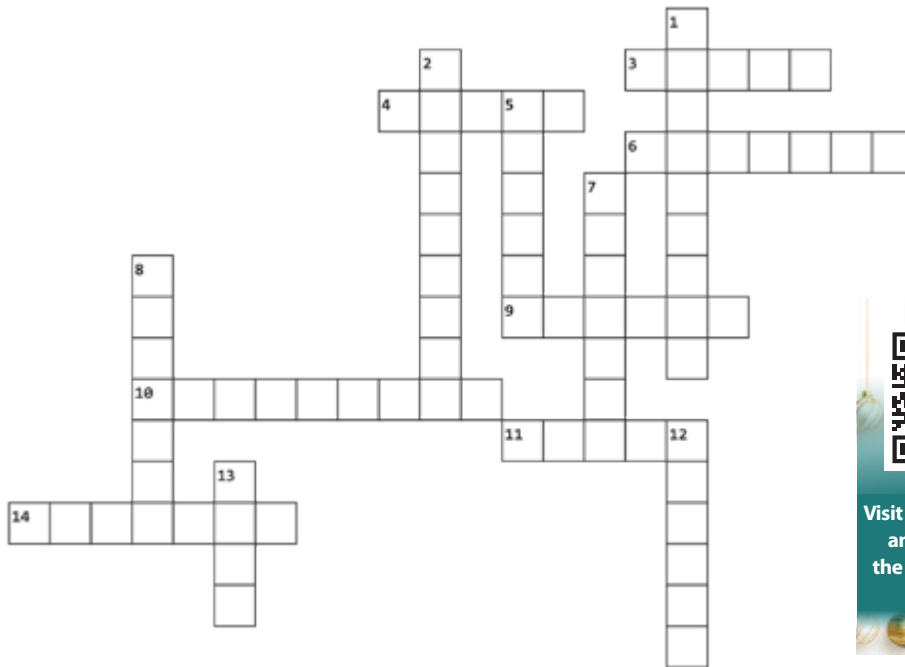
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# December Crossword



## 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.

# 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 likeable, 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.

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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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# #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?

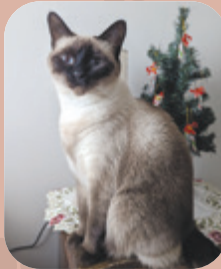
There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to ensure the positives of technology are weighed against the negatives.



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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!

# Calgary's Christmas Markets

by Anthony Imbrogio (*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.



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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\\_\(28973543633\).jpg](https://commons.wikimedia.org/wiki/File:Spruce_meadows_Calgary_Alberta_Amy_Millar_(28973543633).jpg).



## 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



- 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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September 24	9	8	\$562,450	\$563,500
August 24	10	11	\$499,900	\$501,000
July 24	9	5	\$599,900	\$590,000
June 24	4	4	\$737,500	\$756,250
May 24	13	16	\$494,950	\$520,000
April 24	11	10	\$424,900	\$452,500
March 24	6	5	\$640,000	\$680,000
February 24	3	3	\$439,000	\$503,000
January 24	7	8	\$394,450	\$401,250
December 23	4	3	\$725,000	\$745,000
November 23	6	2	\$432,450	\$441,650

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September 24	3	1	\$999,900	\$995,000
August 24	0	2	\$1,469,444	\$1,355,000
July 24	1	2	\$1,199,000	\$1,169,000
June 24	4	2	\$1,349,450	\$1,346,513
May 24	4	4	\$1,149,950	\$1,212,500
April 24	4	3	\$950,000	\$950,000
March 24	2	0	\$0	\$0
February 24	1	2	\$974,500	\$965,000
January 24	3	3	\$1,275,000	\$1,185,000
December 23	1	1	\$624,900	\$685,000
November 23	0	0	\$0	\$0

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