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A Minute Lost in Silence

by Garth Paul Ukrainetz

A minute lost in silence

Loud the roar of wartime years

Sacred poppies of November

In remembrance of their tears

In our minute lost in silence

We must listen close together

Lest we all forget to hear it

Lest the silence lasts forever

Happy Birthday!

What does a clam
do on its birthday?
It shellebrates



Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



"Court appointed" couriers don't exist. If someone asks to come to your home to pick up payment, it's a scam.



If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

CALGARY
POLICE
SERVICE

If you have lost money or the scam is in progress, contact the Calgary Police Service at [403-266-1234](tel:403-266-1234)

To report a scam in general, contact the Canadian Anti-Fraud Centre at [1-888-495-8501](tel:1-888-495-8501)

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**Crime
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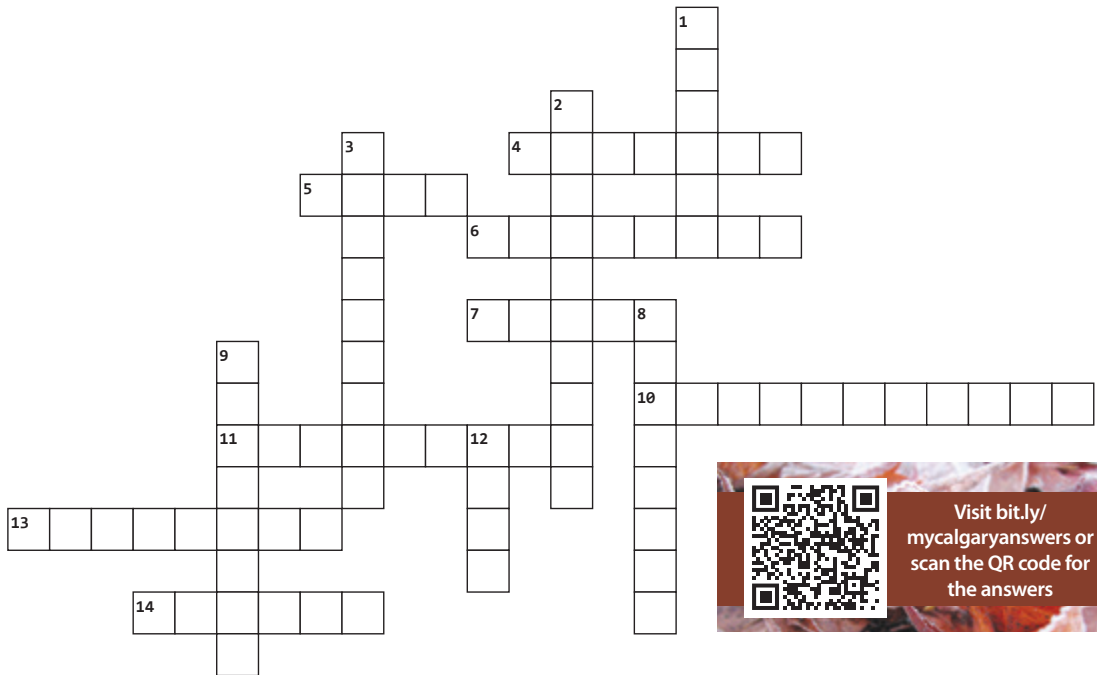
**Real Estate
Statistics**



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November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.

Raising Non-Anxious Kids

by Nancy Bergeron, R.Psych | info@nancybergeron.ca

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection; be prepared to pull over.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

Stuffed Red and Yellow Bell Peppers

by Jennifer Puri

Red bell peppers belong to the capsicum family. All bell peppers start out green and progress through the yellow and orange stages before reaching their most flavourful red stage.

Red bell peppers are considered the healthiest because they contain high levels of vitamins like C and A, and antioxidants. All bell peppers offer nutritional benefits but the red, yellow, and orange are the most flavourful.

Bell peppers can be used in every aspect of cooking, but the hollow insides of the peppers make them ideal for stuffing with ground meats, cheeses, and grains as shown in the stuffed red and yellow bell peppers recipe below.

Prep Time: 10 minutes

Cook Time: 25 minutes

Bake Time: 35 minutes

Servings: 4

Ingredients:

- 4 red and yellow bell peppers
- 1 lb. lean ground beef
- 2 tbsp. olive or canola oil
- 1 tsp. minced garlic
- ½ cup chopped yellow onion
- 1 tsp. minced ginger
- 2 bay leaves
- 1 cinnamon stick
- ¼ tsp. ground cloves
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cups cooked long grain rice
- 2 cups shredded mozzarella or cheddar cheese

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Wash and dry the bell peppers, then slice in half and remove the pith and seeds.
3. Brush the bell peppers with a little oil and sprinkle some salt and black pepper. Place the peppers cut side up on a baking tray and roast in the oven for about 10 minutes.



3. While the peppers are baking, prepare the filling by heating the remaining oil in a skillet. Then add onions and sauté for a few minutes until softened.
4. Next add the garlic, ginger, bay leaves, cloves, cinnamon stick, and the ground beef. Sauté the mixture until the beef turns brown then add a cup of water, cover and cook for about 12 to 15 minutes or until the beef is cooked and the liquid dries up.
5. Remove from heat and discard the bay leaves and cinnamon stick before adding the cooked rice and half the cheese.
6. Arrange roasted bell pepper halves in a baking dish and spoon the beef and rice mixture into them. Bake on middle rack of oven for about 20 minutes then sprinkle remaining cheese and bake peppers uncovered for about 5 minutes or until cheese is melted.
7. Serve with mashed potatoes, garlic bread, or cornbread if desired.

Bon Appétit!

The Art of Finding Work: Myths Job Seekers Believe or Are Sold

by Nick Kossovan

Mythologies arose to explain natural phenomena. Many Greek and Roman gods—like Apollo (sun and light), Athena (war and wisdom), and Zeus (sky and justice)—represented various forces of nature. Eventually, mythology gave rise to organized religion, which developed more imaginative, almost human-like characters. While myths are, by definition, false or inaccurate, they remain as relevant today as they were to the ancients.

Myths aren't just stories. Ancient and modern cultures use them to explain the world and our experiences, answer timeless questions, and serve as a [moral] compass. Because myths aren't substantiated, they're not considered factually credible in the same way as documented history, scientific studies, and empirical evidence; however, they can have profound impacts on a person or community, often in negative ways, such as creating limiting beliefs that inhibit a person's thoughts, actions, and experiences.

Every day, I see job seekers cling to myths about job searching, often sold to them by self-professed career coaches peddling fear, false hope, and outright snake oil because it serves their self-interests to sell you their supposed magic bullet services.

The most common myths I encounter:

Using LinkedIn's "Open to Work" Banner Makes You Look Desperate

I find the often-heated ongoing debate about whether someone should use LinkedIn's "Open to Work" banner feature childish and ridiculous. The banner is nothing more than a signal, no different than a bakery hanging a 'Help Wanted' sign in its window or standing on the side of a road with your thumb out because your car broke down and you now need a lift. You do you; let others do themselves. Your job search strategy is yours to design. Ultimately, your job search results will speak for themselves.

The ATS is Rejecting Your Application Because of Keywords

Excuses abound:

- "Recruiters aren't doing their jobs."
- "I'm getting ghosted by bots."

- "It's all about keywords."

Here's the harsh truth. Job searching is a competition. You're competing against many candidates just as qualified as you, many more so. As I've stated in previous columns, there's always someone younger, more skilled, qualified, and hungrier than you.

Most of the time, your resume is seen by a human being, but like most resumes, it's not compelling. Then there's the common scenario, where your resume presents you as a "rockstar," but your LinkedIn profile and/or digital footprint, which employers study to determine whether you are interview-worthy, raises red flags and is an employer turnoff. Give this possibly serious consideration.

Resume Advice: Most resumes and LinkedIn profiles are mere lists of opinions. Employers hire results, not opinions.

Numbers are the language of business; therefore, your resume and LinkedIn profile should be populated with numbers (revenue increase, savings created, time efficiency, amount of work done, scope of work) that clearly show employers the value you've brought to previous employers, which demonstrates what value you can bring to a new employer.

It's All Just Luck

"You just need to get lucky" translates to "I don't want to take ownership of my actions." Success in today's market isn't about luck; it's about strategy, clarity, positioning, and relentless repetition. How many job seekers can say they're focusing on, even mastering, these four action pillars?

There's a lot of truth for job seekers in the words of Canadian writer and humourist Stephen Leacock: "I am a great believer in luck, and I find the harder I work, the more I have of it."

Employers Should Talk to All Applicants

This myth stems from a sense of entitlement. Employers don't owe applicants—who've freely chosen to apply—anything. Yet, I hear: "If I could just talk to someone, they'd see how great I am," and "Employers should stop making us jump through hoops and just call people."

Reality Check: Employers receive hundreds, sometimes thousands, of applications per advertised job opening. Expecting every applicant to receive a call is unrealistic. If you didn't get a call, it's not because the system is broken; it's likely because your resume didn't align with



the role or, as I mentioned, wasn't compelling enough (read: didn't convey your value), or your LinkedIn profile/digital footprint is an employer turnoff.

Biases and "Isms" are Why I'm Not Getting Hired

This myth can be filed under the many "I'm a victim!" excuses job seekers have. Yes, biases exist. Every person on this planet carries a bucket of biases; it comes with the human condition. You and I have biases, so pointing out what you perceive as an employer's bias is hypocritical.

Biases aren't what's holding you back. I've seen countless candidates prove biases inaccurate by showing up prepared with a clear message and evidence of their value, and most importantly, without an "I'm a victim!" mindset. Do your actions support common biases, such as older people being less energetic or exhibiting health issues, or do they challenge them?

Today's job market is the new norm. Believing in the face of ongoing rapid advancements in AI and automation, the myth that we'll one day return to an employee-led market is believing a comforting lie. More than ever, job search success requires clearing your head of unsubstantiated myths.

Cats, Canines, & Critters of Calgary



Prairie Chickens, Calgary



Buster and Knuckles, Huntington Hills



Shai and Star, Copperfield



Tobi and Cherokee, Douglasdale

To have your pet featured, email news@mycalgary.com

The Value of Kobudō

by Josh MacDonald

Kobudō (古武道) literally means “old martial ways.” It is the umbrella term for Japan’s classical martial arts — traditions that have been handed down for centuries, preserved not only as systems of combat but also as cultural treasures. While modern Japanese martial arts such as judo, karate, and aikidō are widely known, kobudō represents the source material from which many of them evolved. In a time when most of us will never face combat with swords or spears, why do these arts still matter?

A Living Heritage

Kobudō connects us directly with the past. The movements, etiquette, and terminology come from an age when martial skill was not a hobby but a matter of survival and social responsibility. To train in these arts is to preserve a piece of intangible cultural heritage. The bows, the stances, the kata — all of these embody the worldview of earlier generations. Unlike museums, where artifacts are preserved behind glass, kobudō is heritage made living through practice.

The Central Role of Weapons

Weapons feature prominently in kobudō. The Japanese sword, often called “the soul of the samurai,” is studied in kenjutsu (sword combat) and iaijutsu (sword drawing). Spears (yari), glaives (naginata), staves (bōjutsu), and even lesser-known implements like the jutte or kusarigama appear in various schools. Each lineage has its own repertoire, often shaped by the needs of its founding family or domain.

Practicing with weapons brings a special kind of focus. The length of a staff, the edge of a blade, or the weight of a wooden sword creates a natural demand for precision and awareness. Even in safe, controlled training, weapons magnify mistakes and reward proper posture, timing, and distance. In this sense, weapons are not just tools of combat but instruments of learning.

Beyond the Battlefield

Although kobudō was born in times of war, its value today lies well beyond the battlefield. Most of the great lineages matured in the Edo period (1603-1868), an era of relative peace. Techniques were refined not only for dueling but also for cultivating discipline, presence



of mind, and refined movement. In this way, kobudō became as much about shaping the character of the practitioner as defeating an opponent.

Body–Mind Integration

Kobudō training is a whole-body discipline. The mechanics of wielding a weapon teach balance, posture, and coordination. At the same time, it demands mental focus — awareness of surroundings, sensitivity to the partner, and the ability to remain calm under pressure. Breath, body, and intent must align for the technique to work. These qualities naturally carry over into daily life, building composure, resilience, and confidence.

Community and Connection

Another often-overlooked value of kobudō is the sense of community it builds. Training is never solitary. Whether through paired kata, group practice, or the relationship between teacher and student, kobudō fosters trust and cooperation. To train is to step into a chain of transmission, connecting with generations past while building bonds with present-day partners. In this way, the dojo becomes not just a place of training but a community of shared pursuit.

Why Kobudō Still Matters

The value of kobudō today is not found in preparing for combat. Instead, it lies in preserving cultural heritage, cultivating discipline, and experiencing the unique lessons of training with weapons. It teaches posture and poise, but also respect, patience, and humility.

Kobudō reminds us that martial arts were never only about fighting. They were about learning to live with awareness, to act with precision, and to carry forward traditions that continue to shape who we are. To pick up a sword, a staff, or any of the old implements is not simply to reenact the past, but to make those lessons present — alive again, in the body, here and now.

Stay Connected to Your Community!

by Recovery Alberta – Community Health Promotion Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong in your school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends.

Connection reduces feelings of loneliness and isolation. Connecting to resources and support can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and create belonging in our larger community. Forming connections in our daily lives is important for good mental, emotional, spiritual, and physical health.

One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid

of distractions allows us to be fully with others and increases our appreciation of social connections in the community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities—food, events, hobbies!
- Get to know your community! Who are your neighbours? Are they locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself—make “you” a priority. Filling your own cup gives you the energy to connect with others!

Green Cart Collection Update

by the City of Calgary

Starting in November, green cart collection will shift to an every-other-week schedule. This seasonal change helps match service to the lower volumes of yard waste we typically see once colder weather arrives.

Weekly green cart collection will return in April 2026, just in time for spring clean-up season when yard waste begins to pick up again.

We understand Calgary's weather can be unpredictable, and to keep the Green Cart program reliable and cost-effective, we set the schedule using long-term trends. This means collection times are based on when green cart volumes usually decline and when snowier conditions are more likely. By planning well in advance, the City ensures the right number of trucks, drivers, and resources are in place to keep the program running smoothly.

There are a few easy ways to stay on top of your collection days and keep things simple:

- Visit calgary.ca/cartschedule to check your cart pickup schedule or sign up for free reminders.
- Download the Calgary Garbage Day app to get automatic notifications about collection days and seasonal changes.

Thank you for helping keep Calgary clean and green, no matter the season!





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Musical Birthdays

November is a special month for Canadian music legends as many celebrate their birthday! Among the legends are Joni Mitchell, Neil Young, Bryan Adams, Gordon Lightfoot, Denny Doherty, and k.d. lang.

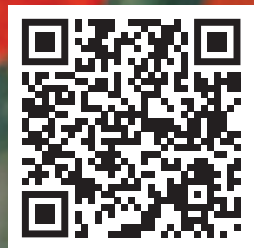


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