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August	24	19	20	\$479,900	\$473,950
July	24	27	20	\$806,500	\$829,250
June	24	23	21	\$550,000	\$545,000
May	24	27	24	\$464,450	\$487,500
April	24	26	20	\$592,400	\$587,500
March	24	13	17	\$779,900	\$810,000
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January	24	18	19	\$689,000	\$685,000
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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.



SCAN THE QR CODE FOR THE ANSWERS!

# BRAIN GAMES

# SUDOKU

8						6		
7	5						1	8
		3			4	5	9	
1				8				
9			4	6	5			
				3				9
4	2	9	7			3		
3	7			4			5	6
5		6						4

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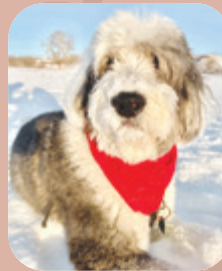
Buster, *Hamptons*



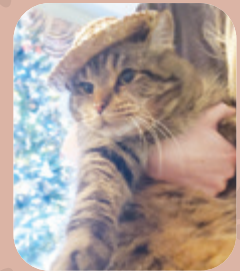
Lizzy, *Huntington Hills*



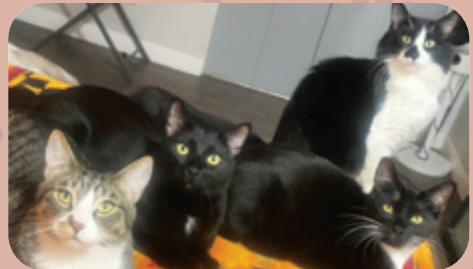
Mirabella,  
*Lower Mount Royal*



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

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## PRESIDENT'S MESSAGE

As many of you know, our Ward 6 Counsellor Richard Pootmans has resigned from City Council. Richard won Ward Six the two times he ran for this seat. He was very popular with the electorate.



I personally found him to have an open mind, willing to explore what would ultimately benefit both Calgary and our community. His activity both as a politician and beyond politics has left its mark. Of course, there might have been issues that some did not 'see eye to eye' on [some don't always agree with me either]. But during a particularly challenging time in Calgary's development, he stepped up to serve. Thank you, Richard.

Regarding the Ward Six change – there are two details that you should remember – the Ward Six team at City Hall remains in place to help with any queries or comments you may have. They are the portal to over 30 business units for the city. Secondly, we are here! We exist in part to engage our community with the goal of improving the quality of our community's life. We advocate for you in addition to providing you with tailored programming and activities.

In line with the above, three Councillors have volunteered to help Ward Six until the next election period. Ward Eight's Courtney Walcott has been designated to assist us if there are items that need the attention of a Councillor. I plan to meet with Cllr. Walcott in February when I return to Canada. My suggestion to you would be that if you wish to share some information with the Councillor, it would be advisable to contact him through the Ward Six Team.

In reviewing my previous messages, I noted that I haven't mentioned that we have a new Treasurer. Vikram, our former Treasurer will no longer have to try to serve the community from San Fransico. Please join me in welcoming Rachele Karski to our board. She was elected to the board at the AGM held in November and then appointed to the position of Treasurer right away. One role that still needs to be filled is that of Secretary. There was some discussion about changing the title to reflect more accurately the role in a modern atmosphere, suffice it to say we need an individual who can work independently with good organizational skills. If that's you and you want to give back to the community, please reach out to me.

By the time you read this message, I will not be in Calgary. Neither will our Vice-President Rob Leong. Of course, you can still reach me at [President@shca.ca](mailto:President@shca.ca). If it needs expedited attention, you should send your email to [info@shca.ca](mailto:info@shca.ca). We also have brand new Facebook and Instagram accounts. Their addresses are <https://www.facebook.com/profile.php?id=61570346871697> and <https://www.instagram.com/shca.yyc/> respectively. Please check them out and provide us with input on their development.



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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).

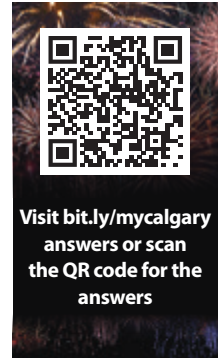
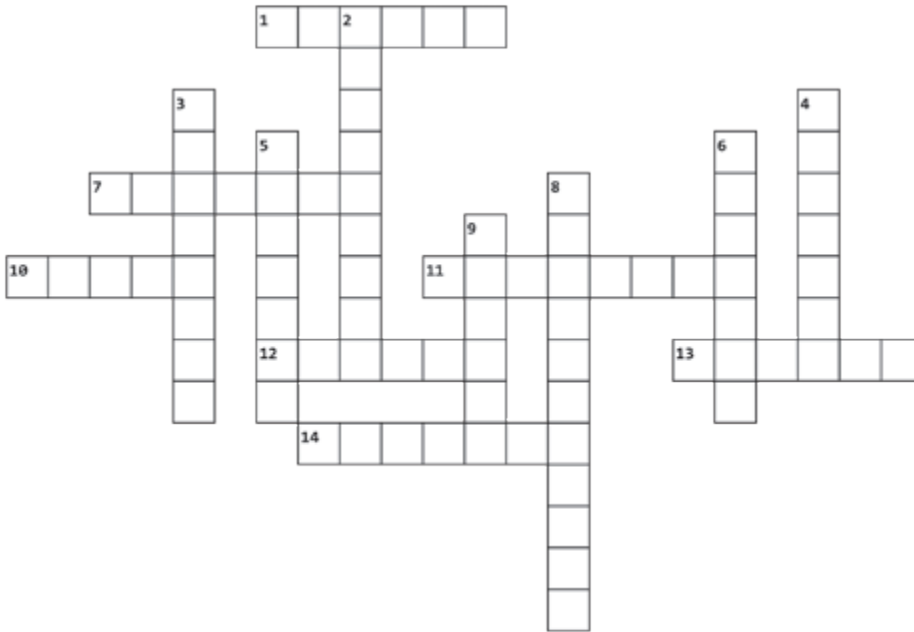
### Note:

- 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!



# January Crossword



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

# Trauma-Informed Practice Framework in Child and Youth Care

by Rima Madi, ECE

### Definition of Trauma

Trauma is often defined as an emotional response to a distressing event or series of events that overwhelm an individual's ability to cope by compromising their defense mechanism. In children, trauma can arise from various sources, including neglect, abuse, loss, and exposure to violence. According to the National Child Traumatic Stress Network, trauma can have lasting effects on a child's mental, emotional, and physical health (NCTSN, 2021).

### Definition of Trauma-Informed Practice

Trauma-informed practice in CYC involves understanding the long-term negative effects of trauma on the brain and how it affects individuals' responses to stress. It emphasizes creating a safe environment that fosters trust, collaboration, and empowerment among children and youth. By acknowledging trauma's role in behaviour and emotional responses, practitioners can better support healing and resilience.

According to Shalka (2013), "in cases of traumatic stress, an imbalance can develop between the amygdala and frontal lobes in their responses to threat detection. In these situations, the frontal lobes' capacities to inhibit responses are decreased. As a result, individuals suffering the effects of traumatic stress may startle easily, become angry or upset at seemingly small frustrations, or be paralyzed and frozen by the touch of another."

In a practice of relationships, youth could not learn, grow, or form relationships if they either hyper or hypo aroused or shut down. (Shalka, 2015, p. 23).

### Implementing Trauma-Informed Practice in Early Years Settings

In early years settings, implementing trauma-informed practice involves creating nurturing environments where children feel safe and valued. This can be achieved through:

- **Creating Safe Spaces:** Designing classrooms that promote comfort and safety, using calming colours, greenery, and providing cozy areas for children to retreat to when needed. Embedding art, sensory activities, breathing exercises, yoga, mindfulness practices, and ample unstructured outdoor play (Ministry of Children and Family Development, 2017).
- **Building Relationships:** Establishing strong, trusting relationships between educators and children, using positive reinforcement and consistent routines to foster attachment (Ministry of Children and Family Development, 2017).
- **Incorporating Trauma-Informed Strategies:** Implementing activities that promote emotional expression, such as storytelling and art, which can help children process their experiences (Ministry of Children and Family Development, 2017).

While trauma-informed practice offers significant benefits, it has limitations. The trauma-informed approach is considered incomplete. Ginwright (2018) argues that trauma-informed care risks focusing on treating trauma as pathology rather than fostering well-being. The emerging field of positive psychology offers insights into the limitations of focusing solely on symptom treatment and instead emphasizes enhancing the conditions that contribute to well-being (Ginwright, 2018, p. 1). The healing-centered approach provides a more comprehensive way of addressing trauma holistically by emphasizing a person's spiritual and cultural background. This approach helps ground survivors in their cultural, moral, and heritage values, empowering them to focus on well-being. It shifts the perspective from "what happened to you" to "what is right with you" (Ginwright, 2018, p. 2).

In conclusion, exploring trauma-informed practice within the context of child and youth care is essential for effectively supporting children and youth who have experienced trauma. Creating safe spaces where relationships are nurtured, voices are heard, choices are provided, and survivors are empowered to feel hope, compassion, and control in their decision-making leads to more positive outcomes. Furthermore, immersing survivors in activities and practices rooted in their cultural and heritage values can help ground them on a deeper, spiritual level. Reflecting on my readings, I've come to appreciate the complexity of being human,

with our interconnected social identities highlighting both our vulnerability and our shared humanity. We all navigate the dualities and fragility of our core, yet immense resilience resides within us. I hope that future research and practice will continue to refine and expand trauma-informed approaches, ensuring that all children and youth receive the care and support they need to thrive (Mendell, 2022).

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*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!

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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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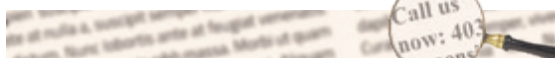
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## Happy Birthday, eh!

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!



# 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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# David.

## KNOWS THE WESTSIDE

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**100.1%** more

David's listings lead the market once again, having sold on average at 100.1% year to date.

**19%** faster

When it's time to sell your home, David sells it **19% faster**. David's listings averaged **17 days** on market vs the rest of market at 21 days.\*

**490** sales

With **490 sales** (Detached homes sold) dating back to 2012, almost 2X more than his closest colleague, David has established himself as the top producing Realtor here on the Westside.

\* Detached Homes - SOLD, January to November 25, 2024. West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Coach Hill, Patterson & Cougar Ridge.  
Photos represent David's detached homes SOLD, January - November 2024.

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