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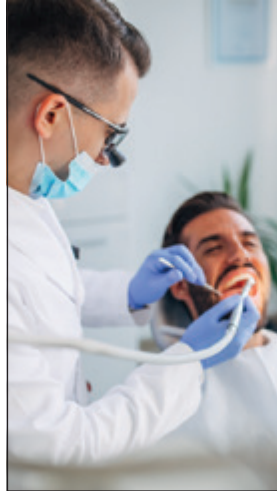
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Chinook Blast 2025: Calling All Creators and Cultural Curators!

by the City of Calgary

Chinook Blast 2025 is Calgary's winter festival celebration. As we gear up for another exciting event in 2025, we're on the lookout for creative talent and dynamic partners to help bring the festival to life!

Calling All Installation and Visual Artists

Sculptors, visual artists, and creators of immersive experiences are invited to showcase how their art can transform the festival grounds into a mesmerizing winter wonderland. Funding opportunities are available, ranging from \$5,000 to \$40,000 for chosen installations. Additionally, in collaboration with The City of Calgary's Winter City Design Competition, up to \$45,000 will be awarded for two installations designed to endure three months of winter weather from January to March without requiring security.

Calling All Market Partners

We're seeking three dynamic partners to host and execute a weekend market (Friday to Sunday) during Chinook Blast. These markets should offer unique experiences, where attendees can explore and celebrate different cultures, discover local artisans, and participate in meaningful community engagement.

For more information and to submit your proposal, visit chinookblast.ca.



WINDOWS 1.0

Microsoft introduced Windows 1.0 on November 10, 1983, but it took almost two years to release. When it launched on November 20, 1985, anyone with a personal computer could use programs such as Calculator, Paint, Notepad, Write, Clock, and even the game Reversi!



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 100th 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.



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MRCA volunteers advocate for safety, traffic calming, and development in our neighbourhoods.

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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!

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Calgary's Museums

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

It's getting cold out, so let's go inside Calgary's museums.

Western Canada's second largest museum, the Glenbow, opened in 1976 to house the donated collection of Eric Harvie. He founded the Glenbow Foundation in 1955 with art, photographs, documents, and geological and cultural artifacts representing Western Canada. The building is undergoing a \$205 million renovation to capture its original vision as a public plaza. Indigenous history is also preserved and promoted at the Tsuut'ina Nation Culture/Museum.

For more prairie history, come to the Bow and Elbow Rivers' confluence. It's been inhabited for millennia and a North West Mounted Police fort was established in 1875. Take a tour of the grounds and see the replica of Fort Calgary's two-storey barracks. You can also visit the 1891 Senator Lougheed House in the Beltline and taste life from another century.

More modern history is at the Hangar Flight Museum and Canada's Aviation Hall of Fame. Originally established in 1960, today's museum opened in 1985 in the Bullock Helicopter Hangar. Built in 1941, it was part of the British Commonwealth Air Training Plan to protect the UK from the Nazi Luftwaffe.

Speaking of militaria, The Military Museums in Altadore is Western Canada's largest tri-service museum and Canada's second largest military museum. It explores conflict worldwide and shares stories from Canada's military engagements dating back to the War of 1812. Outside you can see a CF-5 Freedom Fighter jet and a piece of New York City's World Trade Centre.

For the sciences, see Telus Spark. Originally located in Downtown's West End, the Centennial Planetarium opened in 1967 and is an award-winning example of Brutalist architecture. In 2011, the Telus World of Science was renamed and moved to its current location along Nose Creek.

Calgary's newest museum houses Canada's Music Halls of Fame as well as 200 functioning instruments spanning 450 years of music. Studio Bell's National Music Centre opened in 2016 as an architectural reference to acoustic

vessels while inside it pays homage to Canada's musical greats, from Bryan Adams to Oscar Peterson and Neil Young to Shania Twain and Joni Mitchell.

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George Gooderham of the Glenbow Foundation by display of First Nations artifacts, Hull House, Calgary, Alberta., 1961-03, (CU1169399) by Rosettis, Joe. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Gooderham was Assistant to the President of the Glenbow Foundation, a precursor to the Glenbow Museum. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1S24P7K?WS=SearchResults>.



"North-West Mounted Police, Fort Calgary, Alberta.", 1895, (CU1156910) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Q. M. stores at left, stables at right. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FT7ZBN?WS=SearchResults>.



"Lougheed house (left), Van Wart house (right) Calgary, Alberta.," [ca. 1911-1913], (CU198052) by Dill, Ralph. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Postcard view. Photo number 19. Same as PA-4078-2. Senator J. A. Lougheed's house, "Beaulieu" was located at 707 - 13 Avenue SW. Isaac S. G. Van Wart house on right. Looking west on 13 Avenue. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OA9F70?WS=SearchResults>. [https://commons.wikimedia.org/wiki/File:Studio_Bell_in_Calgary_\(48719528203\).jpg](https://commons.wikimedia.org/wiki/File:Studio_Bell_in_Calgary_(48719528203).jpg).



The Military Museums of Calgary, Alberta, September 2024. Photo courtesy of Anthony Imbrogno.



Glenbow Museum, circa 1976, undergoing extensive renovations, November 2023. Photo courtesy of Anthony Imbrogno.



Studio Bell, Calgary, September 2019. Photo by daniel0685, Creative Commons Attribution 2.0 Generic license.

Tips and Gifts for a Less Stressful Holiday Season

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



1. Plan Ahead: You know how it goes with procrastination – Christmas Eve spent scrambling through stores and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make Time to Relax: Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies and popcorn night, or family and friend potluck.

3. Put Expectations in Check: If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look For Help: Try not to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set Limits: Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no”

to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

6. Eat, Drink... But Be Healthy: Holidays are usually full of all your favourite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let Things Go: If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had eleven months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't Forget the Fun! Remember the reason for all your holiday planning... a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in... be present and take in all the wonder of the season with all of your senses.

Gift Ideas to Calm the Nervous System:

- Weighted Blankets – Great for easing anxiety, sensory challenges, providing a feeling of safety, and self-soothing.
- Journal Books – With guided prompts or blank – getting your thoughts out of your head and onto paper is a good way to dump over thinking and anxiety.
- Aroma Therapy Diffusers – There are many scents to choose from based on the effect you are looking for such as energize, relax, etc.
- Colouring Books and Pencil Crayons – To reconnect with your inner child, take the focus off your anxiety, or just a quiet activity to destress.
- Puzzles – I'm referring to good, old-fashioned, lay it on the dining room table puzzles. Great to do alone or with others.
- Sound Machines – Whether it's the sound of waves crashing, a thunderstorm, or sound of a rainforest, the soothing noise calms your nervous system.
- Sunshine Lamps – The SAD (Seasonal Affective Disorder) season is upon us and even if you don't think you suffer from SAD these lights are sure to perk you up.
- Chill-Out and Meditation Playlists – Meditation apps to get your Zen on, and practice mindfulness and being present.
- Massage Gift Certificates – If you don't care for a body massage, you could try reflexology or reiki.
- Warm Socks or Slippers, Wraps and Blankets – Warming up in something cozy brings comfort and allows us to relax our tense muscles.
- Gratitude Jar and Fancy Paper – Throughout the year write something you are grateful for at the end of each day and then on New Year's Day you can read them all and count your blessings!
- Bubble Bath, Bath Bombs, and Candles – Nothing better than a hot scented bath to soak your stresses away.
- Fuzzy Hat, Gloves, and Scarf – To crunch along the crisp snow and get some fresh air and sunshine.
- Herbal Teas – Something aromatic and soothing or spicy and invigorating depending on the mood you want to create.

Wishing all of you a wonderful and stress-free holiday season.

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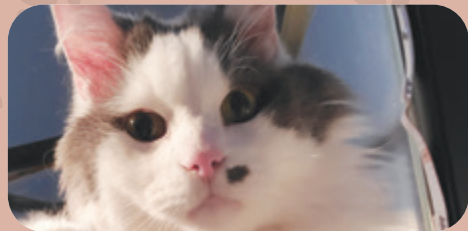
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Tika and Chiko, *Stradwick Rise*



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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 to learn more.



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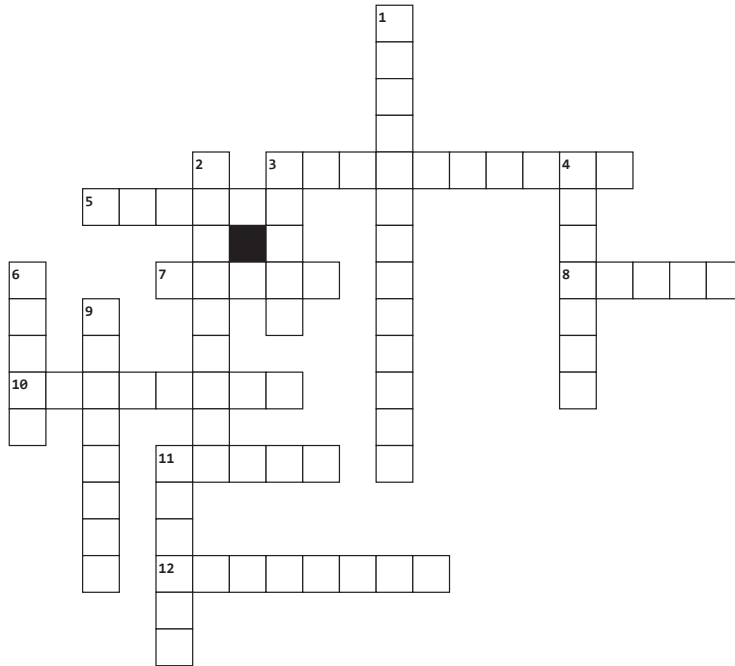
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November Crossword



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 _____.



**MLA Calgary-Elbow
Samir Kayande**

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Political stability lowers the cost of big projects. When investors can count on governments keeping their promises, they are more willing to invest and require a lower rate of return.

Where would this province be without the Lougheed government’s commitment to building the CTrain and Edmonton light rail lines? Both projects were huge economic boons for the province of Alberta, created thousands of jobs, and built much-needed transit infrastructure for our ever-expanding major cities.

Over the past year we have witnessed the consequences of what happens when you do business with an unstable government. First, it was the renewables ban. As one of the sunniest and windiest provinces in the country, the potential for a booming renewables industry is limitless and represents billions of dollars in investment.

When the provincial government suddenly decided in August last year that they would ban new renewable energy projects, we witnessed those billions of dollars in potential investment suddenly evaporate. The government signaled to investors that Alberta was closed for business and shuttered a new revenue stream.

Now, the Green Line. The project was finally ready to put shovels into the ground after years of delays, but at the last minute the province reneged on their commitment.

This revocation of funds was devastating not only for us as citizens, but for the wider construction industry. It sent a message that the government of Alberta is not a reliable business partner. The province’s flip-flop will now make future large-scale projects more expensive because of a political risk premium.

As your MLA, I am committed to creating a business-friendly environment, where both the private and public sector can come together to build infrastructure that benefits the people of Alberta.

Please feel free to write my office at
Calgary.elbow@assembly.ab.ca.

Samir



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