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

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The Harmonious Tapestry of Human Experience

by Jonni Fox, Rod MacCormack, and Moe Refaei
(musicians, song writers and producers)

In the intricate fabric of human existence certain threads weave together to create a tapestry of emotions and experiences. This tapestry is woven from the threads of frequency, love, gratitude, joy, celebration, music, unity, connection, and community. Each element contributes to the rich and diverse texture of our lives.

At its core, the concept of frequency refers to the vibrational energy that permeates the Universe. It is the unseen force that connects all living things. When we harness positive frequencies through acts of love, we contribute to the uplifting of our own spirits and those around us. Love, a powerful and universal emotion, acts as a beacon of light in the human experience. It fosters connection and unity by promoting empathy, compassion, and understanding.

Gratitude is the practice of recognizing and appreciating the blessings in our lives. It brings a profound sense of joy, a radiant, contagious emotion that is often expressed through celebration. Celebrations are a testament to our shared human experience. Music is often described as the universal language of the soul; it has the incredible power to elevate our frequencies and unite people from diverse backgrounds. Through music we find connection, and it often serves as the soundtrack to our most cherished memories.

Unity, connection, and community are interwoven threads in the fabric of our existence. These concepts highlight the beauty of coming together as one. In unity we find strength.

Through connection we discover meaning, and in community we discover support and belonging.

The interplay of frequency, love, gratitude, joy, celebration, music, unity, connection, and community is the essence of our shared human experience. These elements not only enrich our lives but also serve as the foundation for building a harmonious and compassionate world. When we embrace these aspects, we create a beautiful tapestry that reflects the best of humanity, fostering connection, understanding, and a shared sense of purpose. Just for the health of it, listen to your heartbeat and put it on a drum. Add frequency to your life and you will feel alive.



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How to Deal with Those Long Sleepless Nights

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



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

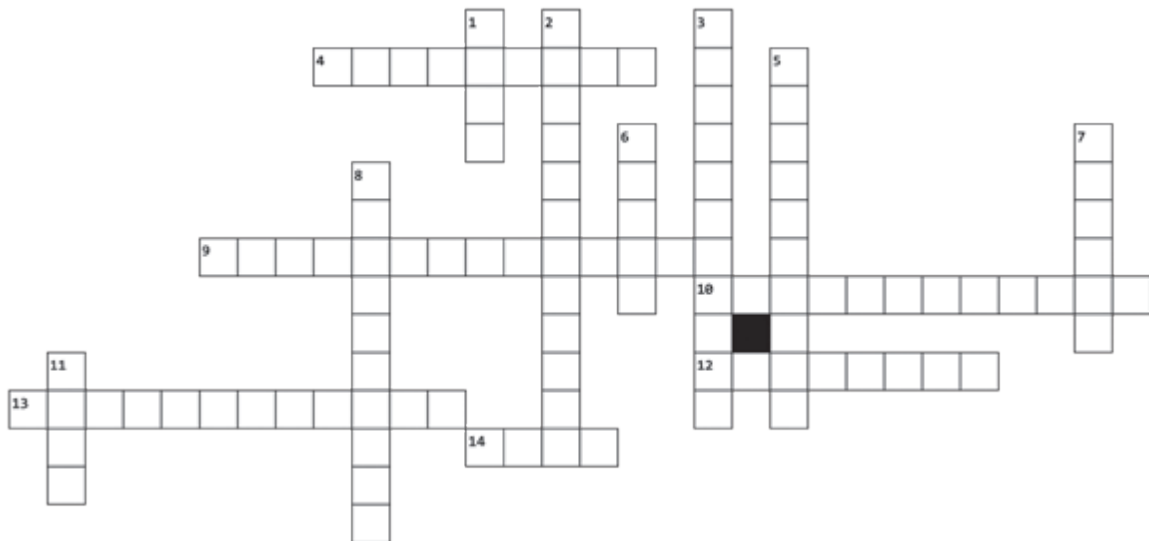
To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

January Crossword



Across

4. Every year on January 11, Sir John A. _____ Day is observed in Canada.
9. Premiering on January 6, 1975, this game show features multiple contestants working with the alphabet to try and solve a puzzle. It has 41 seasons.
10. In 1904, the first New Year's celebration was held in Times Square to celebrate the new headquarters of this popular publishing company.
12. January is known for being the coldest month in this hemisphere.
13. Before being turned into a film, *The Girl on the Train* was written by _____ and published on January 6, 2015.
14. Born on January 25, 1981, this talented Alicia sings "No one" and "If I Ain't Got You".

Down

1. People born between December 22 and January 22 are considered Capricorns. Interestingly, this word comes from 'Capricornus' which means _____ in Latin.
2. A true Canadian icon, this former hockey player was born on January 26, 1961, and holds the nickname "The Great One".
3. This gruelling survival film came out on January 8, 2016, finally winning Leonardo DiCaprio his long-awaited Oscar.
5. This British singer songwriter was born on January 10, 1945, and is known for his raspy voice and his album *Every Picture Tells a Story*.
6. This two-faced God is the symbol of January in ancient Roman myth.
7. This stone is the official birthstone for January and is meant to keep you safe when travelling.
8. On January 25, 1961, Disney put out the spotted masterpiece, *101* _____.
11. This iconic single from Canada's own Justin Bieber features Ludacris and was released and available for digital download on January 18, 2010.



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Along the Shores of Lake Louise

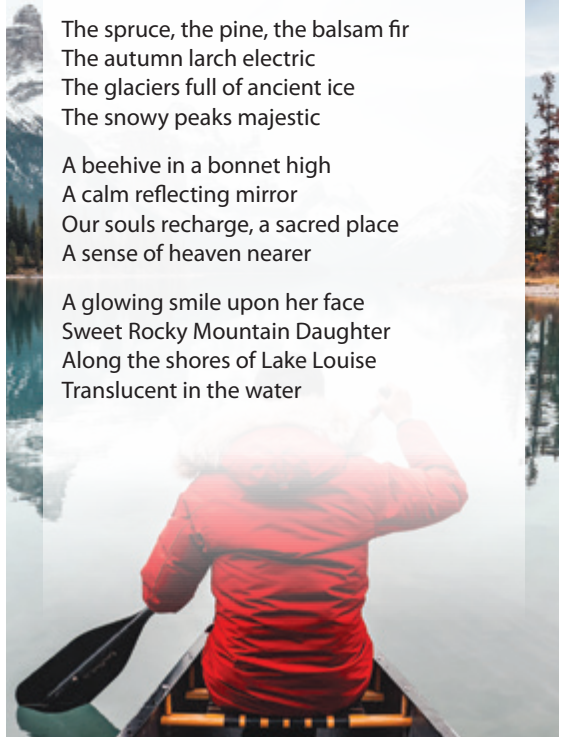
by Garth Paul Ukrainetz

Along the shores of Lake Louise
We walk through forest winding
The gifts of nature here abound
Her peaceful ways we're finding

The spruce, the pine, the balsam fir
The autumn larch electric
The glaciers full of ancient ice
The snowy peaks majestic

A beehive in a bonnet high
A calm reflecting mirror
Our souls recharge, a sacred place
A sense of heaven nearer

A glowing smile upon her face
Sweet Rocky Mountain Daughter
Along the shores of Lake Louise
Translucent in the water



That's a Lot of Snow

Scotland has an impressive linguistic flair for describing snow—with a whopping 421 distinct words and expressions! Among them, you'll find gems like "snaw," "sneesl," and "skelf," officially documented as part of the Scottish lexicon for capturing the nuanced beauty of snow in its various forms. It's a linguistic snowscape that paints a vivid picture of Scotland's intimate relationship with the winter wonderland.



Burrito Beef and Bean Soup

by Jennifer Puri

Beans and rice have been a staple dish around the world for centuries. If eaten together, the combination of rice and beans creates a complete protein. They provide a healthy plant-based protein and eating more protein can help build muscle mass and help you maintain a healthy weight.

The other benefit of eating rice and beans together is their fiber content which can help to improve digestion, maintain healthy blood sugar levels, and lower blood pressure and cholesterol.

The black bean is found in both Latino and Hispanic cultures and is served in a variety of Mexican dishes. It can be added to burritos, quesadillas, salsas, rice, salads, or soups like in the burrito beef and bean soup recipe below.

Prep Time: 20 minutes

Cook Time: 60 minutes

Servings: 6 to 8



Ingredients:

- 2 lbs lean ground beef
- 1 small yellow onion, chopped
- 3 garlic cloves, minced
- 3 tbsps of hot and spicy taco seasoning
- 2 cups of low sodium corn kernels drained and rinsed
- 2 cups black beans drained and rinsed
- 2 cups diced tomatoes
- 1 cup of uncooked white or brown rice, rinsed

- 1 small can tomato puree
- 2 cartons beef broth
- Salt to taste
- Sour cream (optional)
- 2 ready to eat avocados (optional)
- Queso taco chips (optional)

Directions:

- In a large pot or saucepan, sauté ground beef, garlic, and onion until the beef turns brown.
- Add taco seasoning and mix together. Next add the black beans, corn, diced tomatoes, tomato puree, and salt to taste. Stir all ingredients together and then add the rice and the beef stock.
- Bring pot or saucepan to boil, then cover and let simmer for about 45 minutes. Check to see if rice is cooked, especially if using brown rice which takes longer to soften than white rice.
- Ladle soup into bowls and garnish with chopped avocado and sour cream. Serve queso taco chips on the side if desired.

Note: This recipe can also be made in a Slow Cooker which can be a big time saver for busy families. Add sautéed beef, vegetables, rice, and stock to a slow cooker and simmer on low setting for six to eight hours or on high for four to six hours.

Bon Appétit!



Stargazing with Pat J: Hubble vs The James Webb Space Telescope

by Patricia Jeffery © 2024, Calgary Centre of the Royal Astronomical Society of Canada

Named for celebrated astronomer Edwin Hubble, the Hubble Space Telescope (HST) went into orbit on April 24, 1990. Still operational 33 years later, it continues to produce breathtaking images of planets and galaxies.



The James Webb Space Telescope (JWST), named after the NASA Administrator of the Apollo program, rocketed into space on December 25, 2021. Designed to complement the aging Hubble which observes objects in the shorter wavelengths of ultraviolet and visual light, JWST's primary focus is on the other end of the spectrum, the longer wavelengths of the infrared. This makes Hubble and JWST a formidable pair of observatories that together cover a broad wavelength range.

Because the universe is expanding, as a galaxy moves away from Earth, its light wave is stretched; causing it to appear red (infrared). Conversely, a galaxy moving toward us has its light wave compressed; causing it to appear blue (ultraviolet).



How HST and JWST Compare

Location: HST: In low Earth orbit at an altitude of 547 kms. JWST: 1.5 million kms from Earth at a point in space known as Lagrange 2.

Size: HST: School bus. JWST: Tennis court.

Light observed: HST: Ultraviolet, visible, and near-infrared light. JWST: Near and mid infrared light.

Mirror surface: HST: 4.5 sq. metres. JWST: 25 sq. metres. As its larger mirror can gather more light, it can view objects 100 times fainter than the Hubble can see.

Maintenance: HST: Was repaired and upgraded by the now obsolete Space Shuttle. JWST: Is too far from Earth to repair.

Mission Lifetime: HST: Will remain operational as long as its instruments are functioning. JWST: Minimum expected lifespan is five years but may go beyond ten years. This will depend on how long its propellant, which is needed to keep it stable in orbit, will last.

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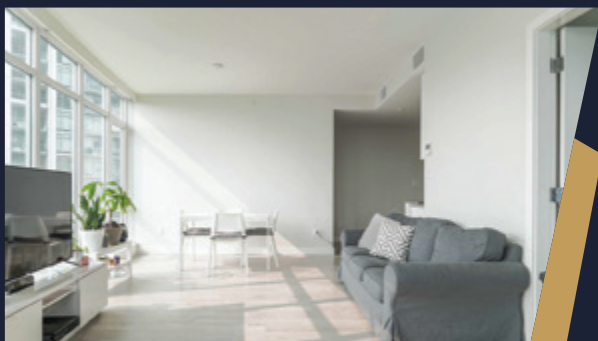
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