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News from the Friends of Nose Hill

by Anne Burke

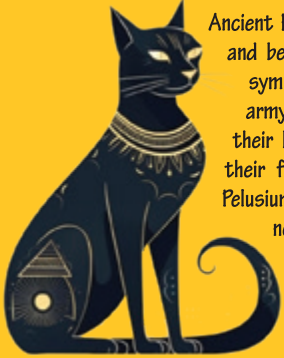
In 1993 a land use inventory was conducted of Nose Hill Park. This study reported on archaeological resources on Nose Hill from Alberta's original inhabitants and their land. For the Blackfoot, their culture and homeland have existed for as long as 6,500 years or more. This was their place for more than 350 generations. There are clues about their way of life from remains of the prehistoric past, such as tools, 10 campsites, a kill site, and a "cairn" or stone pile. Pre-contact cairns were used as small game traps, navigation markers, flagging for drive lanes, and burials.

Nose Hill has 18 known sites which contain stone circles from tipi lodges and cooking circles or a central hearth. Fire-broken or cracked rock is a by-product of stonepit boiling. The tipi covers and liners were held down by rocks from the tipi circles. The distribution and weights along the circle are a means of determining the season of use. It is presumed to be a shorter period based on the Nose Hill uplands, where tipi lodges are back from the escarpment edges or in depressed areas, so they were probably meat camps or transitory travel camps. People likely lived there in the early spring for the hunting of individual bison. There are more than 90 rings. The size of the lodge group can be estimated by the size of the ring. Given the number of skins and poles for a tipi, we learn about a group's transportation method. The number and distribution of the rings within a group reveal the size of a larger social group. Isolated rings, even when found in groups, may be vision quest sites.


Read more Uncovering Human History: Archaeology and Calgary Parks at: www.calgary.ca/parks/history.html.



WAR CATS



Ancient Egyptians worshipped cats and believed them to be magical symbols of good luck. The Persian army used this knowledge to their benefit by putting cats on their frontlines in the battle of Pelusium. The Egyptian army would not attack in any way so as not to hurt the cats, and the Persian army ended up winning!



Calgary



The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



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(FR) Denotes French Immersion Program

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Girl Guides

Everything she wants to be.

AURORA SKY DISTRICT

by Abby, Spark Leader

The 165th Sparks have an exciting year ahead of them! They've started the year off with some fun activities learning about what it means to be a Spark, the Spark Song, and their promise, "I promise to share and be a friend." The Sparks are now learning about Girl Guide Cookies and got to do their first cookie stand this year on September 23, at Nolan Hill Sobeys!

They especially liked the part where they got to sample their product as a reward for their hard work. The girls also brainstormed what activities they want to do this year like going to the Calgary Zoo, playing tag, and doing crafts! Moving forward, they are going to learn about the Spark story, enrollment ceremonies, and campfire songs! The 165th Sparks are excited for bridging activities with the 91st Pathfinders and 60th Rangers, doing a litter chase before it gets too cold, and a winter pajama party before winter break! The upcoming year will be packed with fun and new friends!

Traffic Service Request

The Calgary Police Service would like to introduce the Traffic Service Request program. If you see patterns and problem areas within our community, please visit www.calgary.ca/cps/traffic/traffic-service-requests.html.

We appreciate your participation.



Preventing Foodborne Illness

by Alberta Health Services



Shigellosis is a type of foodborne illness caused by infection with the *Shigella* bacterium. It is more common in summer than winter. Children ages two to four are most likely to get the condition.

What causes it?

Shigellosis is spread when the bacteria in feces (stool) or on soiled fingers are eaten. Poor handwashing habits and eating contaminated food may cause the condition. Shigellosis is often found in places where conditions are crowded, and sanitation is poor.

Shigellosis is likely to occur among toddlers who are not fully toilet trained. Family members and playmates of infected children are also at high risk of becoming infected.

Food may become contaminated by infected food handlers who do not wash their hands with soap after using the toilet.

Vegetables can be contaminated if they are harvested from a field that has sewage in it. Also, flies can breed in infected feces and then contaminate food.

Shigellosis can result from drinking or swimming in contaminated water. Water may become contaminated if sewage runs into it or if someone with shigellosis swims in it.

Shigellosis also can be spread through sex, especially through anal and oral sex.

What are the symptoms?

Symptoms of shigellosis include diarrhea (often bloody), fever, and stomach cramps starting one or two days after you are exposed to the bacteria. Shigellosis usually lasts five to seven days. In some people, especially young children and older adults, the diarrhea can be so severe that a hospital stay is needed. Some people who are infected may have no symptoms at all but may still spread shigellosis to others.

How is it diagnosed?

Because many different diseases can cause a fever and bloody diarrhea, lab tests are the best way to diagnose shigellosis. Your doctor will most likely still do a physical examination and ask you questions about your symptoms, foods you have recently eaten, and your work and home environments. A stool culture confirms the diagnosis. Blood tests may be done if your symptoms are severe or to rule out other causes.

How is shigellosis treated?

Shigellosis is usually treated with antibiotics. But some types of *Shigella* bacteria are not killed by antibiotics. This is called resistance. Because using antibiotics can make these bacteria even more resistant, mild cases of shigellosis are often not treated with antibiotics. In this case, shigellosis is treated by managing complications until it passes. Dehydration caused by diarrhea is the most common complication. Do not use medicines to prevent diarrhea.

To prevent dehydration, take frequent sips of a rehydration drink (such as Pedialyte). Soda and fruit juices have too much sugar and not enough of the important electrolytes that are lost during diarrhea. These kinds of drinks should not be used to rehydrate.

When you feel like eating, start with small amounts of food. This will help you get enough nutrition.

How can you prevent it?

You can help prevent the spread of shigellosis by washing your hands frequently and carefully with soap, especially if you work or spend time in daycare centres or with children who are not completely toilet trained. When possible, keep young children with shigellosis who are still in diapers away from uninfected children.

If your child is in diapers and has shigellosis, after diaper changing, wipe the changing area with a disinfectant such as diluted household bleach and put the diapers in a closed-lid garbage can. Then wash your hands with soap and warm water. To dilute household bleach, follow the directions on the label.

People who have shigellosis should not prepare food or pour water for others. *Shigella* are present in the diarrhea of people with shigellosis and for one to two weeks after symptoms have stopped.



Hamptons Real Estate Update

Last 12 Months Hamptons

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2023	\$ 999,950	\$ 967,500
August 2023	\$ 742,450	\$ 727,500
July 2023	\$ 948,800	\$ 948,800
June 2023	\$ 799,900	\$ 852,000
May 2023	\$ 829,394	\$ 836,000
April 2023	\$ 769,950	\$ 791,751
March 2023	\$ 719,450	\$ 720,000
February 2023	\$ 699,800	\$ 755,000
January 2023	\$ 659,900	\$ 650,000
December 2022	\$ 774,345	\$ 762,450
November 2022	\$ 779,900	\$ 759,500
October 2022	\$ 677,000	\$ 677,000

Last 12 Months Hamptons

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2023	14	6
August 2023	15	8
July 2023	7	9
June 2023	15	11
May 2023	9	6
April 2023	5	12
March 2023	13	6
February 2023	3	1
January 2023	3	5
December 2022	4	6
November 2022	6	7
October 2022	6	2

To view more detailed information that comprise the above
MLS averages please visit **hamp.mycalgary.com**

Beaver Moon

Traditionally, the full moon in November is called the Beaver Moon because, in need of warm furs for the winter, people in the Colonial Era set beaver traps to catch them before the lakes froze over. This year, the Beaver Moon will be on November 27!



Joke of the Month

What did the yoga instructor say when his landlord tried to evict him?

Namaste.





mybabysitterlist

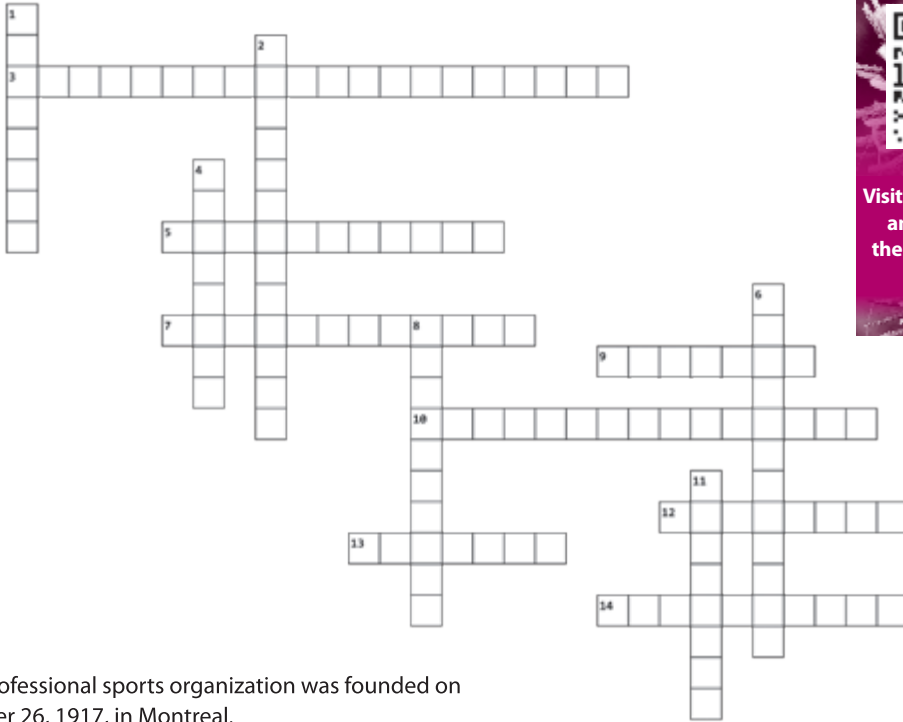
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November Crossword



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answers or scan
the QR code for the
answers

Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.

5. Born on November 12, 1980, but he's just Ken.

7. November is National _____ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.

9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto _____.

10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.

12. This month is the only month used in the 26-letter NATO phonetic alphabet.

13. Pink Floyd's iconic 11th album, _____, was released on November 30, 1979.

14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male _____ onboard; thankfully, he survived the three hour and 20-minute space flight.

Down

1. On World _____ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.

2. November's official flower, which originates from East Asia.

4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.

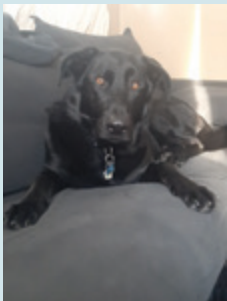
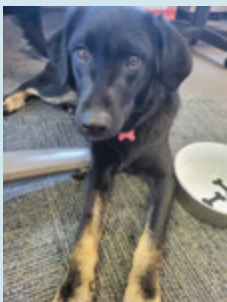
6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.

8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.

11. The reason people grow moustaches in November.

Photo Gallery

Andy and Riley



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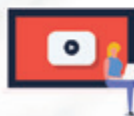
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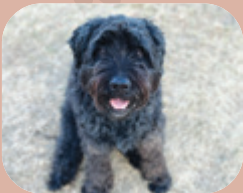
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