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News from the Friends of Nose Hill

by Anne Burke

Along the many 1959 vehicle trails, a great deal of severe damage occurred on slope crests and the top of hummocky areas (i.e., a small knoll or mound above ground). Although regeneration was slow, the amount of scarring evident in 1982 photographs was less than in 1969. Many of the deeply cut and rutted trails were along the 24th Street alignment. There were significant vehicle impacts on the bluffs north and south of Porcupine Valley. The hillside due west of the Berkley Gate parking lot was heavily scarred, as were the ravine slopes and trail up the north face of the bluff that rises from the south side of the Valley. In 1990, Canadian Western Natural Gas was granted a utility metre easement in the park on the slopes marking the Park's northern boundary. Adjacent construction projects involved temporary removal of post-and-cable fencing to deposit waste in the MacEwan Glen Ravine.

Between 1982 and 1990, walkers and cyclists expanded the already extensive trail network. In 1993, trail conditions and user data were collected during the period of 20 July to 20 September from the glacial moraine (the plateau and side slopes), ravines (such as Many Owls and Porcupine Valley), and disturbed land. Use of Nose Hill was greater in the afternoon and evenings. A total of 631 people used pathways versus 200 on trails. More walkers used pathways while those with dogs used ravines. On weekends more users spent time in the ravines. Almost three times as many users were recorded using the Hill plateau and side slopes, rather than ravines, during the week. Survey work was done by pairs of volunteers from Friends of Nose Hill, Nose Hill Communities Board, and the Calgary Field Naturalists Society.



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Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.

- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



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!



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4-H Alberta Launches First Six-Week Intro Club in Calgary

by Lori Nielsen - Senior Program Coordinator for 4-H Intro Clubs



4-H Alberta has launched a new initiative called 4-H Intro Clubs, which brings six-week programming to youth in the city. The flagship club, explore 4-H, recently concluded its successful run on November 15. Throughout the six-week program, members were exposed to many enriching experiences. These activities included making healthy snacks and smoothies, exploring AI and 3D printing, and creating natural bath and body products. The club had a visit from a live hawk and members used their critical thinking skills to explore engineering with LEGO. Alongside these hands-on learning opportunities, members developed their leadership, record-keeping, and communication skills, ensuring well-rounded skill development. To culminate the program, members organized a delightful chocolate party for their families, celebrating their achievements and the bonds they had formed.

Youth programs, such as 4-H, help develop positive well-being in young people. The 4-H Intro Club initiative is a great way for young people to develop important life skills and make new friends without a huge time commitment. This innovative program offers a refreshing alternative to year-long commitments, making it highly accessible for families with busy schedules. 4-H Intro Clubs will continue to be offered in various locations throughout the city until July, with an upcoming sports-based club at Genesis Centre after school on Mondays and a Baking Club in the Brentwood area on Wednesday evenings starting the week of January 15. Registration for these clubs closes on January 5, and more information can be obtained by contacting introclubs@4hab.com.



Dalhousie Real Estate Update

Last 12 Months Dalhousie
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$290,000.00	\$277,125.00
October 2023	\$330,000.00	\$320,000.00
September 2023	\$399,000.00	\$459,000.00
August 2023	\$356,850.00	\$364,500.00
July 2023	\$319,990.00	\$345,100.00
June 2023	\$512,450.00	\$589,444.44
May 2023	\$495,000.00	\$565,000.00
April 2023	\$599,950.00	\$617,500.00
March 2023	\$539,900.00	\$590,000.00
February 2023	\$559,000.00	\$571,700.00
January 2023	\$382,450.00	\$384,000.00
December 2022	\$249,000.00	\$225,000.00

Last 12 Months Dalhousie
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	13	14
October 2023	16	17
September 2023	27	15
August 2023	19	24
July 2023	20	21
June 2023	22	20
May 2023	28	27
April 2023	20	14
March 2023	18	17
February 2023	16	21
January 2023	14	6
December 2022	2	9

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



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Sleep Hygiene: What Is It and Why Do You Need It?

by Alberta Health Services



Sleep profoundly impacts our physical, mental, and emotional well-being, and is just as vital to our health as a balanced diet and exercise.

Sleep hygiene is a term that encompasses a set of practices, habits, or routines that can help you achieve restful, high-quality sleep each and every night. By adopting good sleep practices and making them part of your daily routine, you can support your body and mind in functioning at their best.

Why Is Good Sleep Hygiene Important?

Getting a good night's rest can do wonders for pretty much every function in our body. It's important for physical health, aiding in the body's repair and rejuvenation, and muscle recovery. Sleep can improve our immune systems and help us fight off illnesses, including infections and viruses. Adequate sleep helps us maintain a healthy weight and good heart health; enhances our ability to

think clearly and make sound decisions; and helps us with mood and emotional regulation. We perform better and are more productive. Ensuring good sleep hygiene can help improve the quality of our sleep and, in turn, helps us achieve a better quality of life!

Here Are Some Practical Tips to Help You Improve Your Sleep Hygiene

- **Create a Consistent Schedule.** Anchor your wake up at the same time every day, even on weekends. Consistency, particularly with the time that you wake up, helps regulate your body's internal clock.
- **Create a comfortable sleep environment.** Ensure your bedroom is conducive to sleep. This means a cool, dark, and quiet room with a comfortable mattress and pillows.
- **Limit screen time.** The blue light from screens can disrupt your body's natural sleep-wake cycle. Avoid screens at least an hour before bedtime.
- **Be mindful of your diet.** Avoid heavy or spicy meals, caffeine, and alcohol close to bedtime, as they can interfere with your sleep.
- **Exercise regularly.** Engaging in physical activity during the day can help you sleep better at night. However, try to finish exercising at least a few hours before bedtime.
- **Relaxation techniques.** Consider trying relaxation methods in a quiet area of your home such as deep breathing, meditation, or gentle stretches to calm your mind if you find yourself wakeful when you would like to sleep.
- **Switch it up!** Try to avoid lying awake in bed if you remain wakeful despite trying to sleep. Sometimes, leaving the bedroom to do something relaxing in a low light environment and returning to bed when sleepy can help to improve sleep continuity.
- **Limit Naps.** While short power naps can be rejuvenating, long or irregular daytime naps can disrupt your sleep patterns.

Sleep hygiene is a cornerstone of our health and well-being. By adopting good sleep practices and making them a part of your daily routine, you can enjoy the numerous physical, mental, and emotional benefits of a well-rested life. Prioritizing sleep hygiene is an investment in yourself and your future, and it's a simple yet effective way to enhance your quality of life.



**Councillor, Ward 4
Sean Chu**
📞 403-268-3727
✉ ward04@calgary.ca
🌐 www.calgary.ca/ward4
🌐 www.seanchu.ca

Hello, Ward 4 Residents,

Discover the Wonders of Calgary's Parks this Winter Season

Embrace a unique perspective of Calgary's parks in winter, offering a distinctive experience compared to other seasons. Many cold-weather park activities are complimentary and require minimal equipment. Winter presents the opportunity to skate on outdoor rinks, admire beautifully illuminated ice trails, engage in Crockicurl, and ride ice bikes in our parks. Consider planning an afternoon at your local community park for activities like snowshoeing or cross-country skiing. Opt for groomed cross-country trails at parks or golf courses for smoother skiing. Take a leisurely stroll through a park on a sunny winter day to observe birds and other wildlife. Additionally, you can reserve an outdoor firepit at a park for a winter picnic with friends. For more ideas on staying active in city parks during cooler temperatures, visit www.calgary.ca/events/winter-city/activities.html.

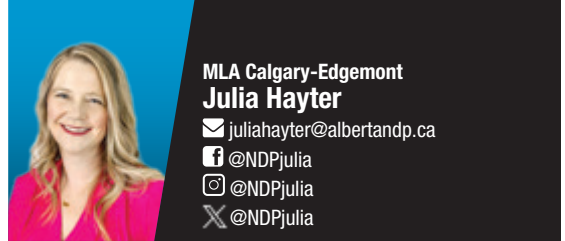
Immerse Yourself in the Enchantment of Chinook Blast

Calgary's premier winter festival is back from February 2 to 19, 2024. This year's festivities will infuse warmth into our city with a celebration of community, culture, and civic pride, showcasing the best of Calgary's art, music, theatre, sport, and recreation. Over the past three winters, Chinook Blast has captivated both Calgarians and visitors by revitalizing downtown Calgary with an impressive array of activities and performances to lift spirits during the winter months. The 2024 edition promises an exciting lineup of art installations, live music, exhilarating winter sports, local markets, live shows, and much more. Prepare to be enchanted as the city undergoes a magical transformation into a winter wonderland. Save the dates and stay updated by following Chinook Blast on social media or visiting chinookblast.ca for the latest news. It's shaping up to be a winter extravaganza like no other! Chinook Blast 2024 is proudly presented by The City of Calgary, Tourism Calgary, Calgary Arts Development, and Calgary Economic Development, in collaboration with numerous community partners and sponsors.

Thank you for your attention, and please don't hesitate to reach out to 3-1-1 (24/7) if you have any questions or concerns.

Regards,

Councillor Sean Chu



**MLA Calgary-Edgemont
Julia Hayter**
✉ juliahayter@albertandp.ca
f @NDPjulia
i @NDPjulia
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Happy New Year Calgary-Edgemont!

I hope you and your family enjoyed a safe and healthy holiday season. My team and I enjoyed some time with our loved ones. We are rested and ready to serve the lovely people of Calgary-Edgemont.

Add your voice to the thousands of Albertans across the province who are speaking out on the proposed changes to the Canada Pension Plan!

Pension Town Hall

January 23, 2024, from 6:30 to 8:00 pm

Dalhousie Community Association (5432 Dalhart Road NW)

Please join your Calgary-Edgemont MLA Julia Hayter and Calgary-Foothills MLA Court Ellingson for a Town Hall meeting on the UCP's proposal to leave the Canadian Pension Plan. We need to hear your voice, your questions, and your concerns. With our community's support, we will bring this message to the legislature: Stop this destructive proposal and focus on issues that matter to everyday Albertans! I spoke against pulling out of CPP during the last session and tabled letters you wrote to me opposing this plan. Thank you for your input and I hope to hear more from you in the future.

I will continue to raise my voice in support of the people of Calgary-Edgemont and focus on the issues that matter most to my constituency. My primary focus during my time in the legislature will be how I can support the families who live here. There is much more the government can do for Alberta and I plan to be tenacious in shining a light on these issues. To see me in action, follow me on social media @NDPJulia. Is there an issue or concern you'd like me to table in the legislature? Reach out to me with your ideas!

Have you ever wondered what I as your MLA can do for you? Please contact my office if you have questions or need assistance at calgary.Edgemont@assembly.ab.ca or 403-288-4453.

I look forward to seeing you around the community.



GAMES & PUZZLES

Guess the Sport!

1. This is commonly known as the only sport that has been played on the moon.
2. This incredibly physical two-person activity is considered the world's oldest sport.
3. In this sport, goal posts are painted yellow.
4. In _____, a score of zero is called "love".
5. An elegant show of talent, this is the oldest winter Olympic sport.
6. When you miss three times in a row, it's called a turkey in this sport.



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Small Change, Big Impact

In 2021, the House of Commons unanimously passed my Private Members Bill C-210. This Bill allows Canadians to indicate their willingness to become an organ and tissue donor through their tax forms.

This past tax season, the question appeared on the annual tax forms in Ontario and Nunavut.

The government has now revealed that 2,450,000 Canadians in Ontario and Nunavut indicated that they want to become an organ and tissue donor on their tax return. This provides hope for the 4,700 Canadians awaiting a life-saving transplant.

This sensible approach will save lives of Canadians who are in desperate need of a transplant. Other provinces, including Alberta, did not participate in the first tax year this option was made available. The overwhelming success of this initiative in Ontario and Nunavut will surely encourage other provinces to participate this coming tax season.

I have worked for over a decade to improve the outcomes for Canadians in need of a life-saving transplant. When I was a Member of the Alberta Legislature in 2013, I brought forward legislation that created the Alberta organ and tissue donor registry and implemented the donor heart designation on Alberta drivers' licences.

When I was elected to Ottawa, I worked hard to get this common-sense Bill passed. I am overwhelmed with the success of this initiative, and I foresee the day when Canada could be the first nation without a transplant waiting list.

It should be noted that when Canadians indicate that they intend to become an organ and tissue donor through their tax form, their contact information is passed along to their provincial and territorial registries so that they can finalize the registration process. There is never a sharing of your health information with the Canada Revenue Agency.



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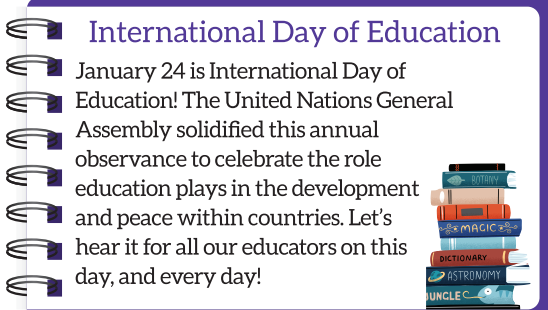
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International Day of Education

January 24 is International Day of Education! The United Nations General Assembly solidified this annual observance to celebrate the role education plays in the development and peace within countries. Let's hear it for all our educators on this day, and every day!





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