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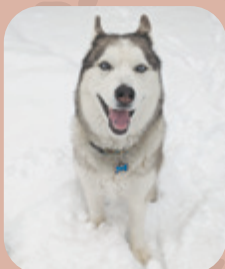
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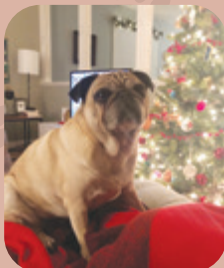
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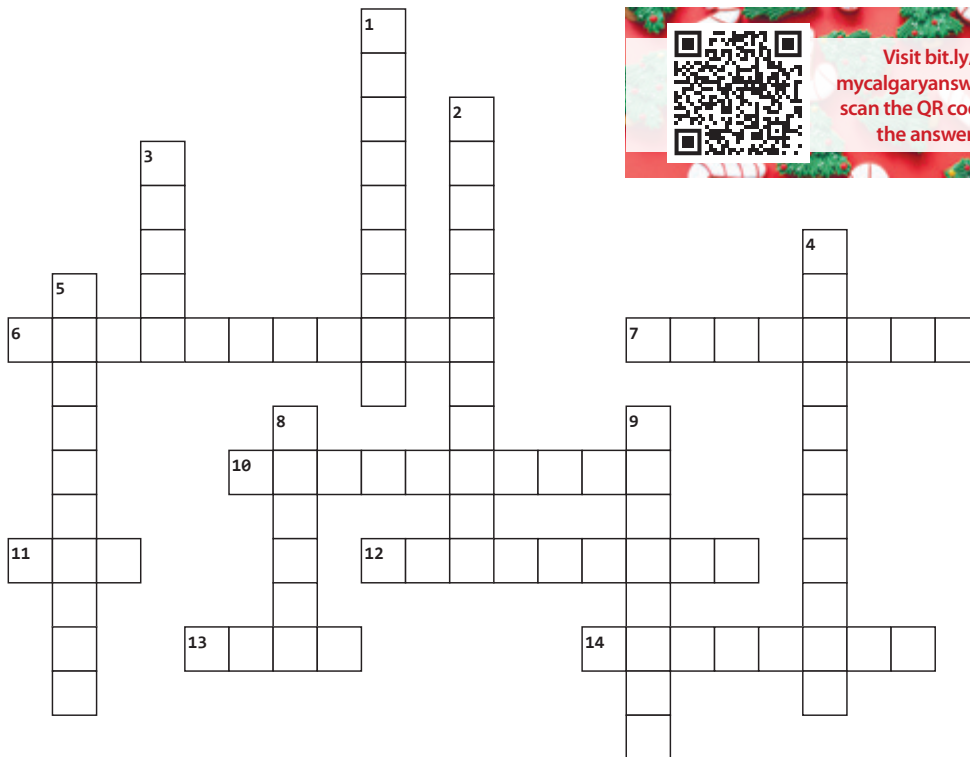
News from the Friends of Nose Hill

by Anne Burke

Sites of prehistoric interest relate to the precontact history of Native use and settlement. These valuable archaeological resources represent 10,000+ years of occupation by Native inhabitants of the Calgary region. In all, 45 archaeological sites on Nose Hill have been recorded. Stone feature sites include cairns (a human-made pile of stones as a landmark, marker, or memorial), alignments (arrangements in a straight line or correct relative positions), and stone circles. Archaeological studies of Nose Hill began in the early 1970s. Students from the University of Calgary carried out surveys of the entire Calgary region; five prehistoric sites were recorded in what is now the park. These include three tipi ring sites, a lithic (stone) scatter, and a prehistoric campsite.

When the City planned a municipal park for Nose Hill, a Historical Resources Inventory was required in 1978 within the proposed boundaries. The results were a cairn, ten campsites (two with tipi rings), a glacial erratic, four isolated finds, a kill site, 18 lithic scatters, a rock mound site of overgrown gravel, and six tipi ring sites. The Alberta Government in Edmonton held microfiche copies of permit and research reports, in which existing resources were described. In 1982 and 1983, a spring survey of stone circles along the southern margin of the uplands of Nose Hill recorded 60 new rings. This was followed by a series of field trips in the summer and fall of 1993. Conditions were poor, with high grass. The focus was on undisturbed sites but limited to revisiting all the original sites. Aerial photo mosaics of Nose Hill were prepared. Overlays combining trails and archaeological resources were used to relocate sites in the field. Best estimates of site locations were recorded using a GPS receiver.

December Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

6. The Statute of _____ passed on December 11, 1931, granting Canada full legislative independence from the British Empire.
7. Known for his role in *Stranger Things*, Canadian actor Finn _____ celebrates his birthday on December 23.
10. The _____ is also known as the Christmas flower.
11. "Gangnam Style" by _____ became the first YouTube video to reach one billion views on December 21, 2012.
12. In December 1612, astronomer Simon Marius made the first known telescopic observation of this galaxy.
13. *Star _____: The Motion Picture* premiered on December 7, 1979.
14. December 14 marks the start of this Jewish holiday.

Down

1. The bust of this Egyptian queen was found on December 6, 1912.
2. Annually on December 12, _____ House Day is celebrated.
3. The first human-to-human _____ transplant was performed on December 3, 1967, by Dr. Christiaan Barnard in Cape Town, South Africa.
4. _____'s ballet, *The Nutcracker*, premiered in Saint Petersburg on December 18, 1892.
5. Jane Austen's last novel, _____, was published on December 20, 1817.
8. Two years after being stolen, the "Mona Lisa" was returned to this museum on December 12, 1913.
9. Ferguson Jenkins born on December 13, 1942, in Chatham-Kent, was the first Canadian inducted into the _____ Hall of Fame.

Self-Care Through the Holiday Season

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

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.



That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.

Batters Up! Holiday Baking and Life Skills with 4-H



Baking isn't just about cookies or muffins — especially during the holiday season, it's a hands-on way for kids aged 9 to 15 to learn practical skills while creating festive treats. The Batters Up Baking Club, part of 4-H Alberta's Intro Clubs, gives young bakers a chance to explore new recipes, practice teamwork, and discover the science behind their favourite holiday goodies.

Each week, participants try a new baking activity, from holiday cookies to pies, brownies, and cupcakes. Along the way, they also practice planning, measuring, following instructions, and record-keeping, all skills that are part of 4-H's life-long learning approach.

Fun Baking Fact: Did you know that baking powder creates tiny bubbles of carbon dioxide that make dough rise? This is why muffins and cakes become light and fluffy! Learning the "why" behind baking steps helps young bakers become confident and creative.

Even at home, kids can explore similar skills from measuring ingredients to blending flavours in simple projects like a quick orange creamsicle smoothie, made with 1 cup of orange juice, 1½ cups of vanilla



Greek yogurt, 2 peeled oranges, 2 frozen bananas, and 4 teaspoons of vanilla extract. Try this at home for a refreshing twist on holiday flavours.

Through the 4-H Intro Club, kids not only create delicious treats but also gain confidence, learn teamwork, and explore new ideas all while having fun in a supportive environment. Baking becomes more than just mixing ingredients; it becomes a way to explore science, math, and life skills in a hands-on, memorable way. Whether it's measuring sugar, stirring batter, or decorating cupcakes, every step teaches something new and what better way to celebrate the season than with treats made by your own hands?

Find out more about 4-H Intro Clubs at 4hab.com/member or email introclubs@4hab.com.

Cold Weather Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.

- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

The Grip

Silent Contemplation by Rima Madi



I went outside to visit Mother Nature again, so I headed to the storm pond—a familiar place where I often exercise while doing laps around it. The storm pond greeted me today with a chill and a frozen layer that looked like a silver mirror, reflecting the beautiful seagulls that had inhabited it during the warmer months. I gave thanks, as usual, reflecting on the blessings and the hiccups that, without them, I might not have been outside in the first place.

In today's spiritual journey with Mother Nature, I looked up and saw a different dimension in the landscape—the sky in all her majesty, creating a shield above my head and protecting everything beneath it. Looking at the sky made me even more appreciative of the vastness of the infinite and the spiritual world that exists beyond our material life. The boundless and infinite dimension of the sky humbled me, reminding me how fragile and vulnerable we humans are compared to the immense field of energy that surrounds us.

This also reminded me of a quote from Michael Hart (2007):

“The goal of Indigenous knowledge is to understand and attempt to contain the energies that infuse everything in order to create a lifestyle that is harmonious with the local ecosystem” (p. 84).

While contemplating the sky, I also remembered Hart's discussion about the opening at the top of the tipi,

which symbolizes the connection to the sky and our spiritual reach to the creator (Hart, 2007, p. 86).

The change in nature was very real. I felt it through the chill of the wind in our below-five-degree weather, heard it in the silence around the pond and the absence of people, and saw it in a seagull struggling to keep his grip on the thin frozen layer of ice that now covered the surface of the storm pond. The seagull was adapting to the change in his environment—what was once water just months ago had hardened into ice. Today, the seagull taught me to never lose my grip in times of change.

I felt the change with all my senses as I wrapped myself in layers of clothing to keep warm. Change is part of living, and to live is to change. To change, I must stay mindful of my long-term goals—whether they will help me transform my situation while staying true to my worldview, beliefs, and way of being.

I hope you, too, can embrace change in the beautiful way I embraced it today. I said goodbye to the beautiful spirit of the tiny white and silver seagull—grateful for his silent teaching and for showing me how to never lose my grip.

References

Hart, M. (2007). Indigenous knowledge and research: The mikiwáhp as a symbol for reclaiming our knowledge and ways of knowing. *First Peoples Child & Family Review*, 3(1), 83–90. <https://doi.org/10.7202/1069528ar>.

Quick and Easy Bruschetta Appetizers

by Jennifer Puri



Affordable and versatile, bruschetta is a deliciously simple tomato and basil combo.

A classic Italian appetizer, bruschetta originated in 15th century Italy. Olive growers would grill bread over an open fire to taste their freshly pressed oil. The simple slice of toasted bread later evolved to include cheeses, meats, and olives.

Soft cheeses like goat cheese, ricotta, or brie can create a unique flavour. This recipe uses bleu cheese and slices of French bread, but you can also use ciabatta bread instead. Bruschetta can be served warm or cold as part of an appetizer platter.

Bruschetta pairs well with pastas and salads, grilled chicken, or fish. Leftovers can be refrigerated for two to three days in an airtight container.

Prep Time: 15 minutes

Cook Time: 10 minutes

Servings: 4 to 6

Ingredients:

- 4 cups of chopped tomatoes
- 2 tbsps. chopped basil
- ¼ cup chopped red onion
- 6 tbsps. extra virgin olive oil
- 1 loaf of French bread

- ½ cup mayonnaise
- ½ cup crumbled bleu cheese
- ¾ tsp. dry mustard
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 1 tbsp. white wine vinegar

Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Slice French bread into ½-inch-thick slices and then cut into half. Lightly brush slices with olive oil on both sides, place on a baking sheet and bake in oven for 10 minutes or until lightly brown.
3. Prepare tomato mixture by mixing together tomatoes, red onion, basil, salt, pepper, 2 tbsps. of olive oil, and the white wine vinegar.
4. In a separate bowl gently mix together mayonnaise, mustard, and crumbled bleu cheese.
5. Spread the cheese mixture on the toasts then top with the tomato mixture. Garnish with fresh basil leaves and serve.

Bon Appétit!



Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



“Court appointed” couriers don’t exist. If someone asks to come to your home to pick up payment, it’s a scam.



If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

CALGARY
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Ancient Water

In December 2016, University of Toronto scientists presented findings of the world's oldest known water approximately 2 billion years old found at Kidd Mine near Timmins, Ontario. Talk about "ancient" water, older than humans even older than dinosaurs!



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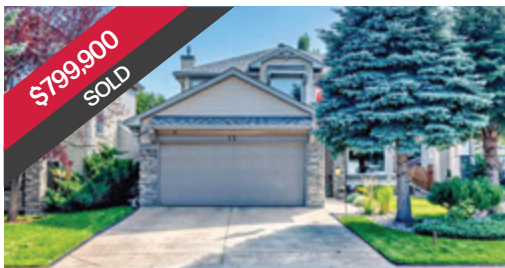
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