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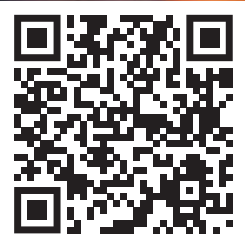
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- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
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- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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City of Calgary Home and Small Business Webinars

by the City of Calgary



Start your 2025 home renovation projects or new business idea off on the right foot by watching a City of Calgary Home and Small Business webinar. Our catalog of recorded webinars covers everything you need to know about indoor and outdoor home renovations, how to start a small business, building a secondary or backyard suite, and more.

If you're a DIY home renovator, City experts outline the necessary building permit types, safety code requirements, land use bylaws, and essential tips for hiring a contractor and preparing for inspections.

For small business owners or those planning to start one, our recorded webinars dive into best practices for both commercial and home-based businesses. We'll walk you through the process of applying for a business licence, registering your business, and more.

If you're thinking about developing a secondary suite or backyard suite, take advantage of our recorded content outlining the development process including applying for permits, registering and legalizing suites, and information on programs like the Secondary Suite Incentive Program.

Access recorded webinars and stay up to date about upcoming live webinars and Q&As coming soon at calgary.ca/webinars.

GAMES & PUZZLES

Guess the Instrument!

1. Dating back to at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



SCAN THE QR CODE FOR THE ANSWERS!

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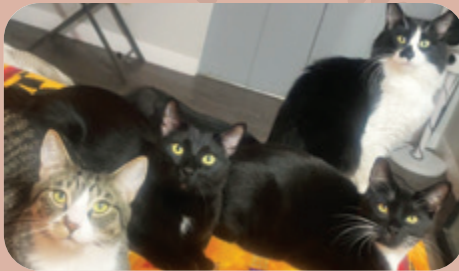
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Dalhousie Real Estate Update

Last 12 Months Dalhousie
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2024	\$ 476,200	\$ 467,500
October 2024	\$ 419,900	\$ 420,000
September 2024	\$ 399,900	\$ 411,069
August 2024	\$ 499,900	\$ 492,500
July 2024	\$ 359,990	\$ 355,000
June 2024	\$ 498,000	\$ 505,000
May 2024	\$ 504,500	\$ 562,000
April 2024	\$ 449,000	\$ 475,000
March 2024	\$ 377,449	\$ 391,500
February 2024	\$ 395,900	\$ 390,000
January 2024	\$ 246,900	\$ 238,266
December 2023	\$ 354,900	\$ 346,250

Last 12 Months Dalhousie
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2024	5	6
October 2024	14	12
September 2024	15	13
August 2024	22	16
July 2024	19	19
June 2024	20	21
May 2024	30	20
April 2024	23	19
March 2024	15	16
February 2024	17	23
January 2024	13	8
December 2023	5	8

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

The Art of Finding Work - Jobseekers: Introduce Yourself with Style

by Nick Kossovan

Years ago, I attended a dinner party at which a relationship therapist was present. We were twelve, and some of us had never met. As you've probably experienced when attending a gathering, there's a tendency to split into pairs or trios, resulting in fragmented discussions. However, the relationship therapist took control by asking everyone at the table: "What's on your unofficial résumé? I'm a relationship therapist with a private practice. I enjoy hearing people's stories and how they got to where they are today."

Not

- "How you're doing?"
- "What do you do for a living?"
- "How do you know Jackie and Nunzio [our hosts]?"

Her question probed deep, and all eyes were on her. How she introduced herself was an education in making a memorable introduction by being interesting and interested.

More impressive, while fictional, is how James Bond introduces himself to a glamorous woman, Sylvia Trench, and subsequently to the movie viewer, who's going head-to-head with him while playing chemin de fer at one of London's finest clubs, Les Ambassadeurs.

Bond: I admire your courage, Miss...?

Sylvia: Trench... Sylvia Trench... and I admire your luck, Mr...?

Bond: Bond... James Bond.

Of course, there's much more to this scene, such as Bond's playful mirroring of "Trench... Silvia Trench." After Sylvia loses her next hand, a man taps Bond on the shoulder, and Bond politely excuses himself. While walking to the front door, he arranges dinner with Sylvia and casually tips the doorman as we see on Sylvia's face, "Who is this man?" At no time does Bond linger.

I bring up the opening scene of the first Bond film, Dr. No (1962), because in under two minutes, you know

everything you need to know about James Bond: smooth, debonair, supremely self-confident, and risk-taking.

It's an art to introduce yourself in such a way that the other person wants to learn more about you, an art well worth learning. Whenever you meet someone for the first time, at a dinner party, the person you're paired up to play golf with, a new neighbour and especially your interviewer, how you introduce yourself is everything!

Are you introducing yourself as effectively as Bond or as memorable as the relationship therapist, cutting to the essence of who you are?

Most people are bad at introducing themselves—fumbling, rambling, and underselling themselves—even more so, thanks to social media eroding social skills. This is a problem. Like it or not, the first impression we make makes or break opportunities.

Being aware of what you're projecting about yourself is the first step in formulating an introduction that makes you interesting and, therefore, memorable so the other person is compelled to learn more about you.

Don't Get "Lumped In"

When introducing themselves, people usually state their title and workplace. Wrong! When you say, "I'm an accountant for Wayne Enterprises," the other person immediately lumps you into their preconceived notion(s) of what you do and whom you work for. Engage their imagination instead.

Bad: "I'm a software engineer at Yoyodyne."

Good: "I build tools for venture capitalists at a quirky startup called Yoyodyne; it's been a great ride so far! Technically, I am an engineer; therefore, I find myself dealing with product and design work, which I've discovered I'm good at."

Tell A Micro-Story

If you want to make a memorable introduction, introduce yourself in the form of a story. Storytelling is how humans learn because stories are mentally sticky.

Bad: "I moved to Toronto for work. I'm a project manager at BXJ Technologies."

This introduction is boring because most (hand-raised) people in Toronto moved to Toronto for work.

Good: "I'm a bit of a third culture kid. I grew up in Singapore and London, which explains my accent. I moved to Toronto to experience new energy. Ultimately, I fell in love with project management, Cabano's Cheeseburgers and Toronto's bubbly art scene."

Consider "Hooks"

Ideally, your introduction should lead to a meaningful conversation; therefore, try to fill your introduction story with a hook, such as a unique experience, an interesting fact or a comparison—a great way to create a visual—to arouse interest and spark a conversation.

Bad: "I'm a financial lawyer."

Good: "Have you seen the movie Dark Waters about the guy who took Dupont to court for millions of dollars? Well, I'm like that guy, only less stressed and famous, and I work for a bank."

Highlight Your Unique Journey

Everyone has a story. Introducing what makes yours unique will make you interesting and memorable.

Most likely, like me, you've had an unconventional career path:

"Believe it or not, I began my career as a barista. Pouring coffee gave me considerable experience in customer service and time efficiency. With those skills, I now manage St. Eligius Hospital's administration staff, ensuring the inpatient experience is as stress-free as possible."

Consider weaving into your introduction:

- Countries or cities you've lived in: "I've called three continents home..."
- An unusual hobby: "When I'm not crunching numbers, I'm usually rock climbing..."
- Volunteer experience: "I spend my weekends..."
- An unexpected skill: "My theatre experience often proves useful in board meetings..."



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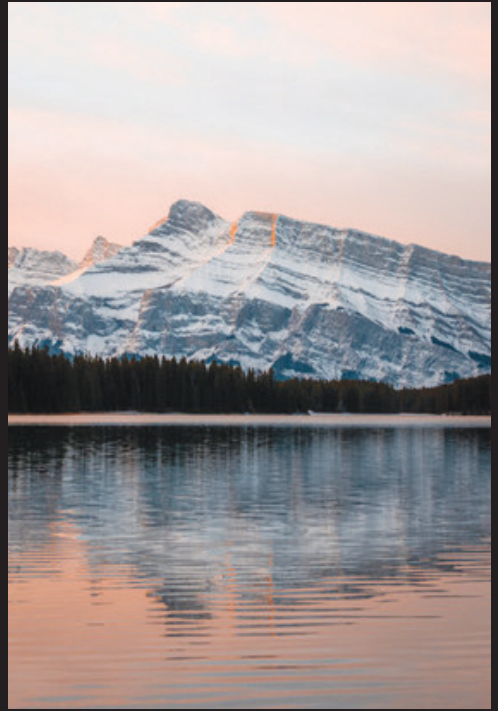


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Photo Gallery

by Jirapan Nilmanee (Mik)





News from the Friends of Nose Hill

by Anne Burke

Alberta's Provincial Parks Act, introduced in 1930 and amended in 2000, provides for preservation of provincial parks, wildland parks, and provincial recreation areas to benefit current and future generations. There are rules and regulations about certain activities and restrictions. Important sites for conservation management are the Wilderness Areas, Ecological Reserves, Natural Areas, and Heritage Rangelands. More information at <https://albertaparks.ca/>.

The original Plan for Parks (2009-2019) is archived online. A new Plan for Parks: Engagement guide and fact sheet were posted. The first phase of engagement collected feedback from Albertans to inform a Plan. In the second phase, Albertans review the draft and provide input. The proposed vision statement has added cultural benefits and Indigenous reconciliation. There may be additional fees, some partner groups, increased tourism, recreation, and campgrounds.

An Online Survey asked how often you visit parks, what do you most value, what will Alberta Parks look like 100 years from now? If you agree that Albertans should be informed and engaged in park issues, what ways are important to you: a) increase opportunities to provide input into decision making for provincial parks; b) establish clear deliverables and milestones in the new ten-year Plan for Parks; c) consistently report on progress and achievement?

Since Parks conserve nature and connect people with nature, providing access to a variety of nature-based experiences will be important, so that building an appreciation for natural values is a key priority. Which of the following options would you support? a) create more parks to increase conservation and nature access; b) collaborate to improve how information about conservation activities in parks is shared; c) expand interpretive and educational programs to inform and inspire visitors; d) add volunteer opportunities to promote hands-on nature and conservation education.

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MLA Calgary-Edgemont
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Happy New Year to all Ward 4 Residents!

As we kick off 2025, let's focus on community safety and staying informed. This month, I'd like to highlight two key topics:

Snow and Ice Removal

Winter is here, and snow removal is a shared responsibility. The City of Calgary clears 10% of sidewalks, but property owners must clear sidewalks adjacent to their properties within 24 hours of snowfall ending.

Non-Compliance Process:

- Report unshoveled sidewalks through 3-1-1.
- A peace officer will issue a 24-hour warning if needed.
- If not cleared, a contractor removes the snow, and fines and service fees are charged.

Fines:

- First offence: \$250
- Second offence in 12 months: \$500
- Third+ offence in 12 months: \$750 and court summons

Reminder: Shovel snow onto streets, not from private property into public spaces, and avoid blocking wheeling lanes.

Be a Snow Angel!

Help older adults and those with limited mobility by volunteering to clear sidewalks. Your kindness keeps our community safe.

2025 Property Assessment Notices

Your 2025 Property Assessment Notices reflect your property's market value as of July 1, 2024, and its condition as of December 31, 2024.

What to Do Next:

- Review your notice for accuracy.
- Log in to Assessment Search at calgary.ca/assessmentsearch to: Check property details and update them if necessary. Compare your value with similar properties. Learn how your property was assessed.

Need Help?

Contact us at 403-268-2888 during the Customer Review Period from January 2 to March 11, 2025. Use the Property Tax Calculator at calgary.ca/assessment to estimate your 2025 taxes.

Thank you for doing your part to make Ward 4 a safe and thriving community. Stay safe this winter!

Councillor Sean Chu

Ward 4

Happy New Year Everyone!

I hope all of you had a fantastic holiday season and were able to enjoy your time with family and friends.

I was thankful to go to so many wonderful community events such as the Christmas Markets held by the Dalhousie, Edgemont, and Ranchlands Community Associations. Ranchlands also held a Holiday Lights contest, and it was thrilling to see how beautiful and elaborate some of the houses were.

I want to thank everyone who has donated to these and other organizations for their Food Hamper Programs during the Christmas season, as well as to my office for the Period Poverty campaign. I encourage everyone to continue donating items such as period products, diapers, and baby formula throughout the year as there are always people in need of these expensive products.

Before session sits again this spring, I will be attending schools in Calgary-Edgemont for MLA presentations to Grade 6 classes on how the legislature works and the role of a provincially elected representative. I always enjoy these visits as it's a chance to speak with kids on the importance of civil engagement and hear directly from teachers on some of the challenges they face on a daily basis.

Keep an eye out for me in your community as I continue to knock on doors in the constituency. It is truly one the best ways to hear directly from folks about the issues that are most important to them.

As always, I am looking forward to the opportunity to connect with you, whether it's at a community event or if you want to reach out through email. You can also follow me on social media at @NDPJulia to hear about all my adventures.

Please do not hesitate to contact my office if you have questions or need assistance related to provincial matters.



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Remembering Zhou

Video games have become a popular pastime for many Canadians, offering entertainment and a sense of community. However, as with any activity, moderation is key.

A teenager in our community passed away in October in a suspected case of extreme exhaustion brought on by excessive and prolonged gaming. His name was Zhou, and he was a high-achieving student with a secret problem.

Video game fatigue occurs when individuals spend excessive amounts of time playing video games, leading to physical and mental exhaustion. This phenomenon is particularly concerning among our youth, who are more susceptible to its effects. The symptoms of video game fatigue can range from eye strain and headaches to more severe issues such as sleep disturbances and decreased academic performance.

Video game fatigue has a big impact on physical health. Prolonged gaming sessions often result in poor posture, leading to musculoskeletal problems. Additionally, the sedentary nature of gaming can contribute to obesity and related health issues. It is crucial for gamers to take regular breaks, engage in physical activities, and maintain a balanced lifestyle.

Mental health is another area of concern. Excessive gaming can lead to increased stress, anxiety, and even depression.

If you are having difficulty disconnecting, visit the www.gamequitters.com website for tips and help. Ignoring the problem won't make it go away.

Parents and guardians play a vital role in mitigating the risks by setting limits on screen time, encouraging outdoor activities, and fostering open communication about the potential dangers of excessive gaming. Schools and community organizations can also contribute by promoting awareness and providing resources to support healthy gaming habits.

Let's remember Zhou and help raise awareness about this growing health problem. Gaming can be a fun activity, but it is important that it is just part of a healthy life, not a way of life.

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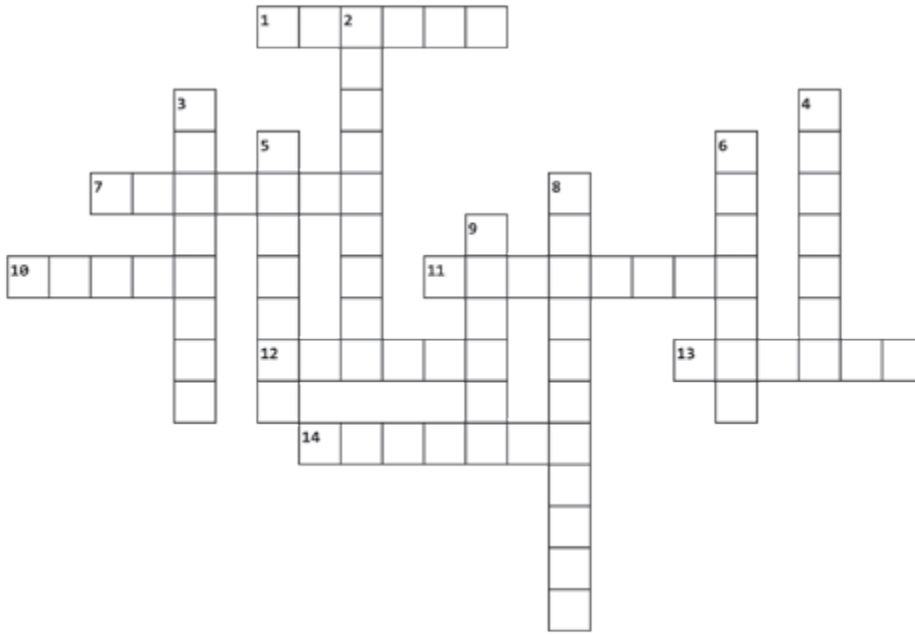
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January Crossword



Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" _____, was born on January 12, 1930, in Cochrane, Ontario.
7. World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter _____'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

2. Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée _____.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays _____ in *Wicked*, was born on January 8, 1987.
6. Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. "Wedding March", composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, _____.

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On January 24, 1984, Apple Computer Inc introduced the world to their Macintosh personal computer. Apple hyped it up just two days earlier with an epic Super Bowl ad directed by Ridley Scott. The ad, inspired by Orwell's 1984, boldly declared Apple was here to smash conformity—and it worked!



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