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**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Evanston Board Meetings

are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.

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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.



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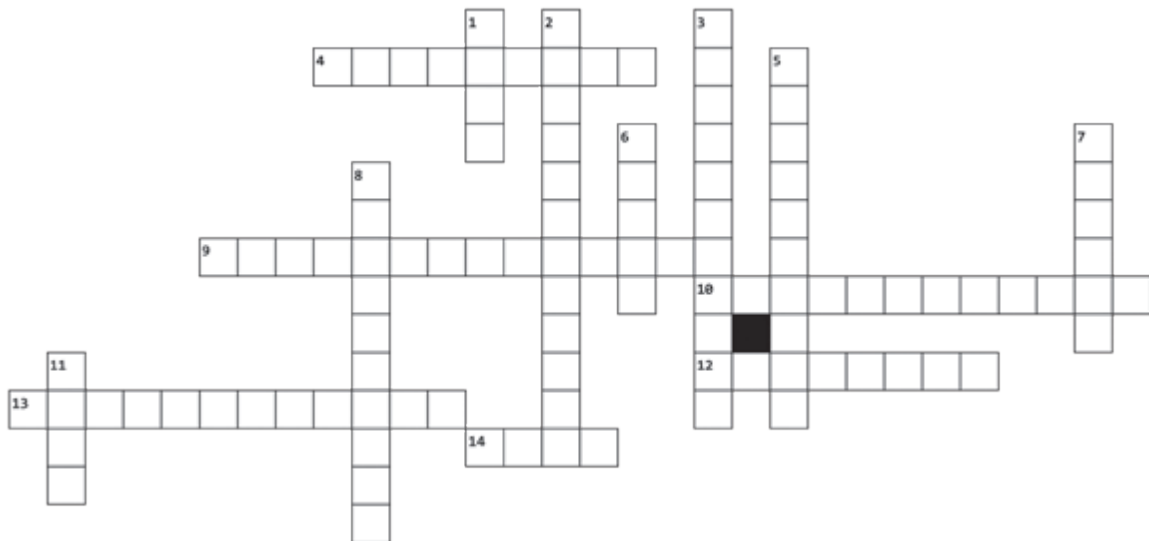
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January Crossword



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.



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

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.



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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Evanston Real Estate Update

Last 12 Months Evanston
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$574,900.00	\$565,000.00
October 2023	\$579,000.00	\$573,500.00
September 2023	\$579,950.00	\$578,500.00
August 2023	\$639,900.00	\$631,000.00
July 2023	\$539,900.00	\$545,000.00
June 2023	\$619,900.00	\$630,000.00
May 2023	\$578,350.00	\$600,500.00
April 2023	\$549,900.00	\$560,000.00
March 2023	\$539,900.00	\$545,000.00
February 2023	\$553,950.00	\$560,000.00
January 2023	\$367,450.00	\$369,950.00
December 2022	\$529,950.00	\$518,500.00

Last 12 Months Evanston
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	28	21
October 2023	23	25
September 2023	29	24
August 2023	26	22
July 2023	26	33
June 2023	41	31
May 2023	40	44
April 2023	32	43
March 2023	46	31
February 2023	22	16
January 2023	17	18
December 2022	12	14

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



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The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)

**9 PM
ROUTINE**



CALGARY
POLICE
SERVICE

CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

**BRAIN
GAMES**

SUDOKU

		8			1			
	5						1	
9			5		2		7	
				3				
			1		5	9		
						2	3	6
			8			7		
2	7	5			6			1
	3						5	

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Happy Birthday, Jim!

On January 17, 1962, a comedic legend was born in Newmarket, Ontario. The star of hit movies like Ace Ventura: Pet Detective, The Mask, and Dumb and Dumber, Jim Carrey will turn 62 years old this year. Can you believe he has been gracing our screens since 1981 when he played Tony Caroni in Janet?

A circular inset image shows Jim Carrey from the chest up. He is wearing a vibrant, multi-colored patterned shirt over a white tank top. He is holding a red and blue parrot on his left hand. The background of the circular image is a plain, light color.

Court Ellingson

MLA, Calgary-Foothills

Critic for Technology & Innovation

202-1829 Ranchlands Blvd NW, Calgary

403 216 5444

Calgary.Foothills@assembly.ab.ca

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Happy New Year Residents of Calgary-Foothills!

I hope you enjoyed a safe and healthy holiday season! I am kicking off the new year in Calgary before heading to the provincial legislature in Edmonton. January/February is a great time to book a meeting with me to share your thoughts about our government or an issue you care about. I will be hosting "Coffees with Court" from January 12 to February 23 on Fridays from 9:00 to 11:00 am at Good Earth Coffee House (31 Crowfoot Terrace NW). Please drop by or email Calgary.foothills@assembly.ab.ca to sign up!

My priorities remain the same – to represent and serve you and your neighbours, amplify your voice, and highlight the issues that concern our community. Top of my list continues to be advocating for the construction of local schools and ensuring adequate funding for the schools we have. I am also concerned about upcoming healthcare changes, and the fact that the government has not provided enough investment into attracting more doctors, healthcare, and frontline workers to reduce our wait times and surgery backlog. I'm continuing to promote Calgary's tech ecosystem to grow our economy and am calling on the government to repeal the renewable energy ban that put \$33 billion of projects at risk. We must prioritize ways to attract investment while also protecting our environment.

Finally, I continue to hear from folks concerned about the removal of their CPP. Please join me on January 23 from 6:30 to 8:00 pm for a Pension Town Hall at Dalhousie Community Association (5432 Dalhart Road NW) to share your thoughts. RSVP at tinyurl.com/pensiontownhall.

A reminder that you can keep up with my work by following me on social media @CourtEllingson. Don't hesitate to contact Calgary.foothills@assembly.ab.ca to volunteer or to learn how your MLA can support you!



Councillor, Ward 2

Jennifer Wyness

403-268-2430

Ward2@calgary.ca

Calgary.ca/ward2 Ward2Wyness

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Explore Calgary Parks This Winter

Winter makes it possible to enjoy Calgary parks in a different way than any other season. Many winter activities are also free with minimal equipment needed. In winter you can skate on outdoor rinks, marvel at beautifully lit ice trails, play Crockicurl, and ride an ice bike in Calgary's parks. You could also plan an afternoon at your local community park snowshoeing or cross-country skiing. For easier skiing, visit a park or golf course that has groomed cross-country trails.

Enjoy Calgary's many pathways by taking a walk on a sunny winter day. Keep a list of all the birds and other wildlife you spot. You can also pre-book an outdoor firepit at a park and have a winter picnic with friends. For more ideas about how to stay active during cooler temperatures at city parks, visit www.calgary.ca/events/winter-city/activities.html.

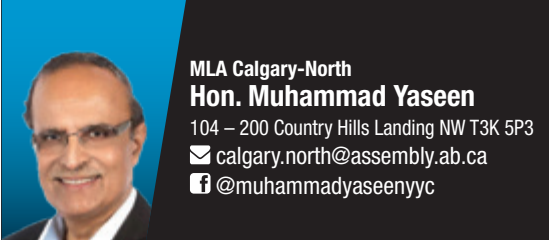
Experience the Magic of Chinook Blast

Calgary's ultimate winter festival returns February 2 to 19, 2024. This year's event will warm up our city with a celebration of community, culture, and civic pride, where the best of Calgary's art, music, theatre, sport, and recreation will be on display.

For the past three winters, Chinook Blast has captivated Calgarians and visitors by bringing downtown Calgary to life with an incredible lineup of activities and performances to help you beat the winter blues. This year will again feature a sizzling lineup of art installations, live music, thrilling winter sports, local markets, live shows, and so much more.

Get ready to experience the magic as we transform the city into a winter wonderland. Mark your calendars and follow Chinook Blast on social media or at chinookblast.ca for the latest updates. It's going to be a winter extravaganza like no other!





MLA Calgary-North
Hon. Muhammad Yaseen
104 – 200 Country Hills Landing NW T3K 5P3
✉ calgary.north@assembly.ab.ca
f @muhammadyaseenny



MP Calgary Rocky Ridge
Pat Kelly
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✉ pat.kelly@parl.gc.ca

December 1, 2023, all photo radar sites were removed from ring roads in both Calgary and Edmonton and moved to school, playground, and construction zones to improve safety and protect those in vulnerable situations. Transportation and Economic Corridors and Public Safety and Emergency Services will engage with municipalities and law enforcement over the next year to get rid of all “fishing hole” locations so Albertans are assured that photo radar is focused on traffic safety.

The recently announced Dow \$9 billion Path2Zero project in Fort Saskatchewan marks Alberta’s largest private sector investment in 15 years. This initiative, a global first, establishes a net zero Scope 1 and 2 greenhouse gas emissions ethylene cracker and derivatives site, creating thousands of peak construction jobs and hundreds of permanent jobs. The project enhances Alberta’s ethylene and polyethylene capacity, boosting export potential and reinforcing the province’s leadership in emissions reduction and clean technology.

In efforts to revamp Alberta’s healthcare system, the government is implementing initiatives to enhance the efficiency of emergency medical services (EMS). These initiatives are designed to ensure every Albertan has timely access to high-quality healthcare. The government is inviting Paramedics and EMS partners who are on the ground and have a direct line of sight in understanding the unique needs of their communities, to join a new standing committee to share their valuable input.

The Family Justice Strategy receives a \$5 million boost from Budget 2023, earmarked for expanding pre-court services in Edmonton and Calgary. This investment aims to enhance alternative dispute resolution, family court counselling, and parenting interventions, aiding Albertans in deciding whether to settle family matters out of court or navigate court proceedings.

Thank you to my constituents for their support as I carry out my duties as your MLA. Wishing you all a joyous and prosperous new year.

I hope everyone had a Merry Christmas and a Happy New Year!

In November, I visited the Field of Crosses and attended the Youth Day Sunset Ceremony. I also spoke and laid a wreath at the Bowness Legion’s Remembrance Day ceremony where we honoured those who served, those who continue to serve, and the fallen.

The October 7 attack by the terrorist group Hamas on Israel shocked the world. Many constituents have contacted me with their views, including some who have said that they fear that they will be targeted for their faith here in Calgary. My full statement can be found at patkellymp.ca.

Many Calgarians are struggling with the high cost of living. The federal carbon tax has increased the cost of gas, groceries, and home heating. When the federal government announced that they will remove the carbon tax from home heating in Atlantic Canada, I repeatedly asked the government to apply the removal to all forms of home heating and all Canadians. I have and will continue to be a vocal opponent of the carbon tax, particularly as it applies to home heating and other necessities of life.

This winter, I have also repeatedly raised the issue of affordability and home ownership. I have asked the government to address rising interest rates and inflation. Many Calgarians are concerned that high interest rates will make their homes unaffordable when their mortgage comes up for renewal, while others cannot afford rent increases and believe they will never be able to own a home. I have called on the government to reduce the taxes and deficits that drive inflation which has triggered higher interest rates.

Constituents are welcome to contact me with concerns related to federal policy. Feedback from constituents is critical and helps me know what constituents think about matters under federal jurisdiction.

It remains my honour to represent you at the House of Commons as your Member of Parliament.

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