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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.

**Skating Season  
Coming Soon**

**Three great places to Skate**  
Main Rink  
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**The Main Rink will be open this Season**

It's been a long process and we greatly appreciate your patience through it all. We are finally over all the big hurdles and are thrilled to announce the Main rink will be open for use this season. Bundle up, grab your skates and meet us at the rink!

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## Community Designated Schools

*(FR) Denotes French Immersion Program*

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- Captain John Palliser Elementary
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- Sir Winston Churchill Senior High
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- St. Jean Brebeuf Junior High
- St. Francis Senior High
- St. Luke Elementary (FR)
- Madeleine d'Houet Junior High (FR)
- École Terre des Jeunes (FR)
- Ste-Marguerite-Bourgeoys (s)(FR)
- École de la Rose sauvage (FR)

## That's a Lot of Snow

Scotland has an impressive linguistic flair for describing snow—with a whopping 421 distinct words and expressions! Among them, you'll find gems like "snaw," "sneels," and "skelf," officially documented as part of the Scottish lexicon for capturing the nuanced beauty of snow in its various forms. It's a linguistic snowscape that paints a vivid picture of Scotland's intimate relationship with the winter wonderland.



## Hamptons Real Estate Update

Last 12 Months Hamptons

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$849,900.00	\$818,750.00
October 2023	\$809,900.00	\$810,001.00
September 2023	\$999,949.50	\$967,500.00
August 2023	\$742,450.00	\$727,500.00
July 2023	\$948,800.00	\$948,800.00
June 2023	\$799,900.00	\$852,000.00
May 2023	\$829,394.00	\$836,000.00
April 2023	\$769,949.50	\$791,750.50
March 2023	\$719,450.00	\$720,000.00
February 2023	\$699,800.00	\$755,000.00
January 2023	\$659,900.00	\$650,000.00
December 2022	\$774,344.50	\$762,450.00

Last 12 Months Hamptons

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	5	4
October 2023	10	9
September 2023	8	6
August 2023	12	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

To view more detailed information that comprise the above MLS averages please visit [hamp.mycalgary.com](http://hamp.mycalgary.com)



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# Word of the Month

**Fortuitous:** Adjective (For-too-uh-tus)

Happening by chance or showing  
good luck

It was rather fortuitous that the two  
sisters arrived at the same time.



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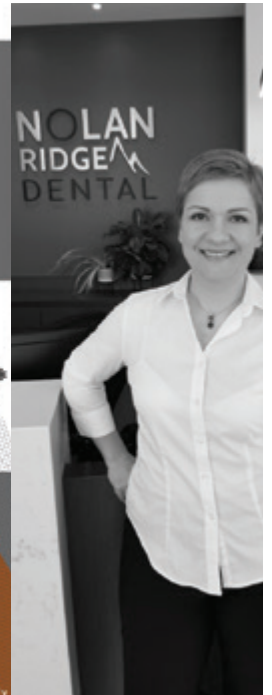
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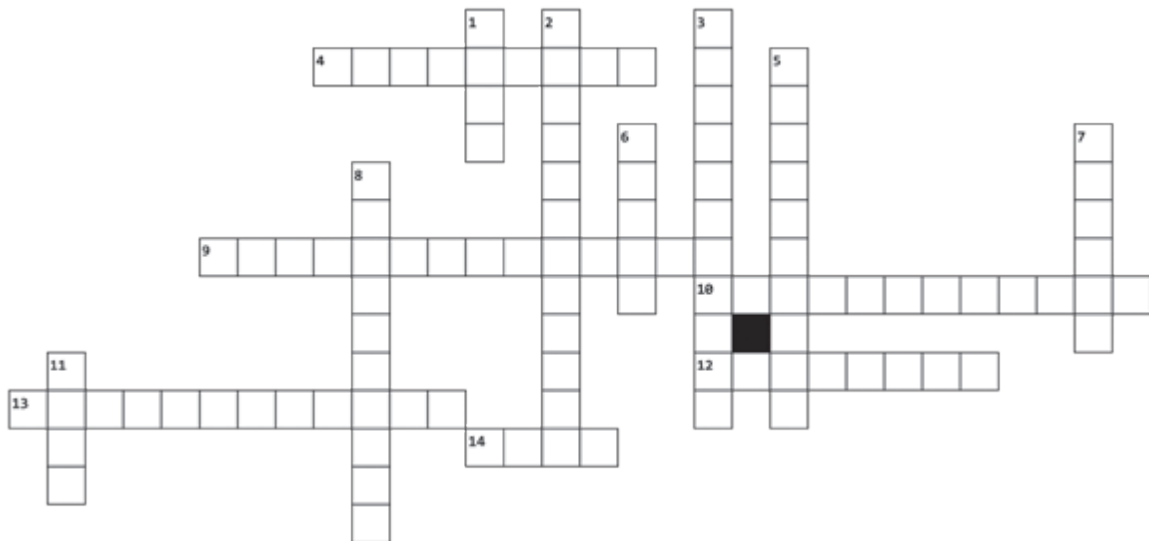
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\*some restrictions apply



# 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](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers

# 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.

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