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May	23	17	16	\$534,850	\$532,400
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March	23	13	10	\$537,000	\$543,000
February	23	10	8	\$507,493	\$512,500
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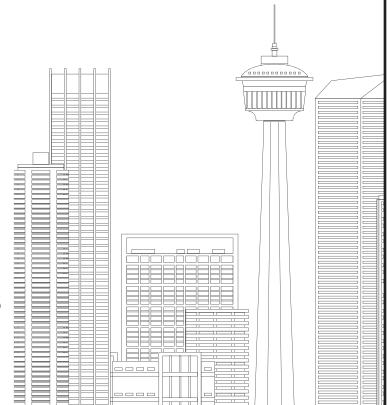


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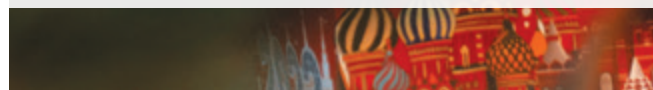


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## Global Holiday Celebrations

Holiday celebrations worldwide reflect the rich tapestry of cultures, traditions, and religious practices that define communities across the globe. From the dazzling lights of Diwali in India to the festive Christmas markets in Europe, each celebration carries its unique charm and significance.

In Asia, Diwali, the festival of lights, illuminates the night skies. Families light lamps, exchange sweets, and celebrate the triumph of light over darkness. In China, the Lunar New Year, marked by vibrant parades and dragon dances, ushers in prosperity and good fortune.

Europe boasts a diverse array of holiday traditions. Christmas markets in Germany transform towns into winter wonderlands, offering handmade crafts, seasonal treats, and a warm, communal atmosphere. In Spain, La Tomatina sees the streets transformed into a sea of red as participants engage in a playful tomato fight.

Across the Atlantic, the United States observes Thanksgiving, a time for families to come together and express gratitude. The Macy's Thanksgiving Day Parade in New York City is a spectacle of giant balloons and marching bands, capturing the essence of the American holiday spirit.

In Africa, Kwanzaa, celebrated by African Americans, focuses on unity, self-determination, and collective responsibility. Meanwhile, in Ethiopia, Timkat marks the Epiphany with colourful processions and ceremonies.

In the Southern Hemisphere, Christmas has a unique flavour. In Australia, where December coincides with summer, families celebrate with beach barbecues and outdoor festivities. In Brazil, Carnival heralds the beginning of Lent with vibrant parades, music, and dance.

These global celebrations showcase the beauty of human diversity, fostering a sense of unity and shared joy. While traditions may vary, the underlying theme of coming together, expressing gratitude, and embracing the festive spirit resonates across cultures. As the world gathers in celebration, these holidays serve as reminders of our shared humanity and the importance of preserving and cherishing our cultural heritage.





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## News from the Friends of Nose Hill

by Anne Burke

Grazers have played an important part in controlling taller, nuisance weeds such as thistle and common nettle. The first recorded land occupancy of Nose Hill was an 88,000-acre lease granted in 1882 and the activity continued in some form until 1989. By 1910, the City's expanded boundaries extended as far north as 48 Avenue. Residential development rapidly occurred north of 16 Avenue after the war. From 1945 to 1959 it began to approach Nose Hill. By 1959, development was as far north as Capri Avenue and east of 14 Street and as far north as 56 Avenue. When Nose Hill was still privately held land, more people were cutting fences and trespassing north of John Laurie Boulevard.

Aerial photos reveal various human uses and their effects on Hill activities. There were many old 1959 vehicle trails, with severe damage on slope crests and the top of hummocky areas. Although cultivation of Nose Hill was suspended in 1979, other uses led to an extensive trail network in almost all areas of the Hill. A six-foot high mesh fence was built along part of 14 Street and John Laurie Boulevard in the 1970s. There were vehicle impacts north and south of Porcupine Valley. The heavily scarred hillside due west of Berkley Gate parking lot was a challenge from dirt bikers and trucks, as were the ravine slopes and trails up the north face of the bluff that rises from the south side of the Valley. Although regeneration was slow, scarring of the Hill by vehicle traffic was reduced. Much of what is now the south portion of Nose Hill Park was owned by the City in 1982, when AGT developed a three-mile utility easement in the Park for a conduit and cable between MacEwan Glen and the new Edgemont development.



The Prairie Winds 4-H club is back up and running, and is ready for a fun new year of 4-H. We had lots of new members join us this year! Our club is offering numerous projects, such as: explore, canine (our first meeting will be at the end

of October), health and fitness, foods, photography, and creative options. We had our first two meetings already and the second one was an executive election meeting. The elections meeting took longer than it usually does because a lot of members were interested in sitting on the executive this year.



Our club started the month of October with a few project meetings including lawnmower maintenance, Day at the Races part one, bat box building, and event planning. During the lawn mower maintenance project, the members learned how to maintain a lawn mower, how to change the oil and filter

your mower, and how to sharpen the blade. Day at the Races part one included a behind the scenes tour of the Century Downs racetrack and stables, lunch and we were able to watch the races. We were so fortunate to be given that opportunity.

In November, we are going back to clean out the horse stalls for them. During the bat box building project our members built bat boxes for the Cochrane Ecological Institute. They are building bat boxes to save the decreasing bat population. The last project of the month was event planning part one, where members learned how to plan an event from a professional event planner. These members don't just get to learn how to plan an event but will also host a Christmas party for the club in December!



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## Origin of Christmas Lights

The tradition of Christmas lights has a fascinating origin rooted in both ancient rituals and more recent cultural practices. The custom of illuminating the darkness during the winter solstice has deep historical roots. In pagan celebrations, lights symbolized the triumph of light over darkness and the promise of longer days to come.

However, the widespread use of Christmas lights as we know them today can be traced back to the 17th century in Germany. The tradition of placing candles on Christmas trees emerged among German Christians, symbolizing the radiant beauty of the stars above Bethlehem. The practice gained popularity during the 18th and 19th centuries as Christmas trees became a prominent feature of holiday celebrations.

The first recorded use of electric lights for Christmas dates to the late 19th century. In 1882, Edward H. Johnson, a close associate of Thomas Edison, decorated his Christmas tree with hand wired red, white, and blue electric bulbs. While this early version of Christmas lights was not as safe or practical as today's standards, it marked a significant milestone in the evolution of festive illumination.

It wasn't until the early 20th century that Christmas lights became more accessible and widespread. In 1917, Albert Sadacca, a teenager from New York City, recognized the market potential for safe and affordable Christmas lights. He co-founded NOMA Electric Company, which started mass-producing decorative lights, making them more accessible to the general public.

Over the years, advancements in technology and design transformed Christmas lights into the colourful, energy-efficient LED strands that adorn homes and public spaces today. The tradition has evolved beyond Christmas trees, with people decorating their homes, gardens, and entire neighbourhoods in a dazzling display of festive lights.

Christmas lights, with their roots in ancient symbolism and historical traditions, have become a universal symbol of joy, hope, and celebration during the holiday season, brightening the winter nights with their warm and vibrant glow.



## Why Breast Cancer Screening Matters – and How to Get Screened

by Alberta Health Services



Breast cancer is the most common type of cancer among women. In fact, one out of every seven women will be diagnosed with breast cancer sometime in their life. Every day, one Albertan will die from this disease.

We encourage women, transgender, non-binary, and gender diverse individuals who are at risk of breast cancer to get screened. Breast cancer screening can find abnormal changes in your breasts before you have symptoms like a lump. Getting screened regularly can save your life.

Finding breast cancer early means treatments may work better, which improves the chances of survival. A screening mammogram takes an x-ray image of your breast to find early signs of cancer that you and your healthcare provider may not be able to feel or see yet.

### **When should I start having a screening mammogram for breast cancer?**

In 2022, Alberta lowered the recommended starting age for breast cancer screening to 45. If you are between the ages of 45 and 74, plan to have a screening mammogram

once every two years, or as decided by you and your healthcare provider. If you are in this age range, you don't need a healthcare provider's referral. You can book an appointment for a screening mammogram directly with a radiology clinic.

For people who are aged 40 to 44 or 75 and older, it is recommended that you speak with your healthcare provider to talk about if screening is right for you. You will need a referral from your healthcare provider if you decide to screen. Once you have a requisition, you can book an appointment for a screening mammogram at a radiology clinic.

Screening mammograms are available at many clinics in Alberta. Visit [screeningforlife.ca](https://screeningforlife.ca) or call Health Link at 811 or Screening Programs at 1-866-727-3926.

For those living in rural communities, Screen Test is a service that brings free screening mammography to these communities using two mobile clinics. To find out when the next mobile clinic is in your area, go to [screeningforlife.ca](https://screeningforlife.ca) or call 1-800-667-0604 (toll free).

## CRIME STATISTICS



### Hidden Valley Crime Activity was Down in October 2023

The Hidden Valley community experienced 4 crimes in October 2023, in comparison to 9 crimes the previous month, and 6 crimes in October one year ago. Hidden Valley experiences an average of 5.9 crimes per month. On an annual basis, Hidden Valley experienced a total of 71 crimes as of October 2023, which is down 36% in comparison to 111 crimes as of October 2022. To review the full Hidden Valley Crime report visit [hidd.mycalgary.com](http://hidd.mycalgary.com).

*How To Report Crime In Hidden Valley: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*



### What increases my risk for breast cancer?

There are many different factors that impact your risk of breast cancer, some of which you can change and some of which you can't.

Risk factors that can't be changed:

- Family history: Having a family member who has had breast cancer increases your risk. Talk to your health care provider about your family history of cancer and know your risk.
- Age: As you grow older, your risk of breast cancer increases.
- Breast density: Dense breasts (breasts that have a lot of dense tissue instead of fatty tissue) increases your risk of breast cancer. When you get a mammogram, your result letter will tell you how dense your breasts are.

Risk factors that you can change:

- Physical activity: Get regular exercise every day (ideally 30 minutes or more) — even if it's a brisk walk or some yard work.
- Nutrition: Try to get lots of fruits and vegetables into your diet. See Canada's Food Guide for more information on healthy eating.
- Alcohol: Limit the amount of alcohol you drink. Canada's Guidance on Alcohol and Health recommends not consuming any alcohol.
- Smoking: Don't smoke and avoid second-hand smoke. If you're currently a smoker, talk to your healthcare provider about options for quitting or cutting back.

### What can you do?

Finding breast cancer early can make all the difference. Regularly getting a screening mammogram can save your life. Know what your breasts normally look and feel like, so that you will notice any changes that may occur between your regular mammogram screenings. Talk to your healthcare provider about your personal risk of breast cancer and what you can do to minimize it.

To find out more about breast cancer screening in Alberta, visit [ScreeningForLife.ca](http://ScreeningForLife.ca).

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As we near the end of the year, I want to wish everyone a happy holiday season! I hope you get to enjoy some good food and time with friends and family.

Here are a couple of updates from my office to wrap up the year.

**Ward 3 Year-End Mailer**

Keep an eye out for my year-end mailer! It should hit mailboxes in the first week of January and will include an update on the local and city-wide work happening at City Hall. You can also check out my website at [jasminemian.com](http://jasminemian.com) or follow me on social media for more updates.

**Annual Food Drive**

Once again, my office is participating in the annual city-wide food drive. You can drop off packaged goods at VIVO until December 11 or visit my social media to donate directly. For every \$1 donated, the Calgary Food Bank can provide \$3.50 worth of food. If you're able to give, please consider a donation to the food bank.

**Winter Events**

Another year is just around the corner! Check out [calgary.ca/events](http://calgary.ca/events) for the free events hosted by the City.



December is here already, and what a year it has been! With the resumption of the Legislature this past month and holidays on the horizon it has been a busy time.

On October 30, Her Honour, The Honourable Salma Lakhani brought forth The Speech from the Throne, laying out the government's priorities for the 31st Legislature.

Our Official Opposition Caucus has set our priorities based off what we have been hearing from you. We have set an agenda to bring forth legislation to honour treaty rights, to ensure our children have the support and class sizes they deserve to thrive, to guarantee that no Albertan will ever need to pay for simple trips to the family doctor, to make life more affordable and to lead in all forms of energy production.

We have listened to what matters to you, and your families, and we will fight to keep CPP intact so that you can retire with stability and assurance.

Please continue to let your priorities be known to us, my office is here to serve you. It has been a great pleasure meeting so many of you and I look forward to reading your emails and chatting when you are able to drop into the office in person.

Wishing all of you the very best this holiday season, I hope that you will be able to enjoy time with family and friends this month.



**WORD OF THE MONTH**

**Stalwart: Adjective (Stawl-wert)**  
 Loyal, reliable, diligent, and brave.  
 She is a stalwart supporter of animal rights.



**MLA Calgary-North**  
**Hon. Muhammad Yaseen**  
 104 – 200 Country Hills Landing NW T3K 5P3  
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 📱 @muhammadyaseenyc

**Happy Holidays**

In the spirit of togetherness and goodwill, I extend my heartfelt greetings to the constituents of Calgary-North. Christmas is a time for traditions, a time to create cherished memories with loved ones, and a time to reflect on the beauty of giving and gratitude.

As I reflect upon this year, I'm happy to see the great progress we've made in advancing Alberta's economy. Alberta is known as a hub for cultural diversity, opportunity, innovation, and economic growth. Our province has continued to lead in various industries, from energy to technology, better healthcare, and top educational institutes.

With another 37,700 jobs added this fall, Alberta's job market is booming, and Calgary is on the forefront of Alberta's overall economic recovery. As well, the distinguished C.D. Howe Institute released its Report Card for Canada's Senior Governments, 2023. According to this year's report card, which grades the ability of governments to provide strong economic management and fulfill budget promises, Alberta's government earned an A+.

Calgary, as one of the most liveable cities in the world, has played a leading role in the growth and success of Alberta. The beauty of Calgary lies in its cultural diversity and strong community connections. I am proud to be part of this city and to be able to represent it as one of its MLAs.

May the warmth of the season surround you and may this holiday season be a time of reflection and renewal, as we look forward to a new year filled with promise and opportunity. Merry Christmas and Happy New Year.

A special thanks to my constituents for their support as I carry out my duties as your MLA. As always, I am available to answer any questions and concerns that you may have.



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## Top Ten Holiday Movies

Creating a list of the Top 10 holiday movies is subjective and can vary based on personal preferences. However, here are some beloved classics and newer favourites that tend to resonate with audiences during the holiday season.

- *It's a Wonderful Life (1946)*: A heartwarming classic about the impact one man has on his community, starring James Stewart.
- *Home Alone (1990)*: The hilarious and festive adventure of a young boy accidentally left behind when his family goes on vacation.
- *Elf (2003)*: Will Ferrell stars as Buddy, a human raised by elves at the North Pole who goes to New York City in search of his real father.
- *A Christmas Carol (1984)*: A faithful adaptation of Charles Dickens' timeless tale, with George C. Scott delivering a memorable performance as Ebenezer Scrooge.
- *Love Actually (2003)*: A romantic comedy that weaves together multiple love stories set in the weeks leading up to Christmas.
- *The Polar Express (2004)*: An animated adventure that follows a young boy's magical journey to the North Pole on the Polar Express train.
- *A Charlie Brown Christmas (1965)*: The classic Peanuts gang discovers the true meaning of Christmas in this beloved animated special.
- *The Holiday (2006)*: A charming romantic comedy about two women who swap homes for the holidays, starring Cameron Diaz and Kate Winslet.
- *National Lampoon's Christmas Vacation (1989)*: A comedic look at the chaos that ensues when the Griswold family tries to create the perfect Christmas.

• *Die Hard (1988)*: While debated as a holiday movie, this action-packed film set during Christmas has become a festive favourite for some.

These movies offer a mix of humour, heartwarming moments, and holiday spirit. Depending on your mood, you can choose from the classics or explore newer additions to the holiday movie lineup.



# TRAILERS

If you've ever thought about the term "trailer" when speaking of movies, you might have found it a bit odd that they play before the movie instead of after (hence the name). Interestingly enough, they used to show after the film, but people rarely stuck around to see them, so they reversed the order! It's a catchy name though so we can't blame them for keeping it.

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