

JANUARY 2024

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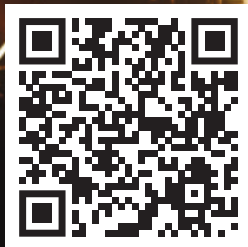
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## Burrito Beef and Bean Soup

by Jennifer Puri

Beans and rice have been a staple dish around the world for centuries. If eaten together, the combination of rice and beans creates a complete protein. They provide a healthy plant-based protein and eating more protein can help build muscle mass and help you maintain a healthy weight.

The other benefit of eating rice and beans together is their fiber content which can help to improve digestion, maintain healthy blood sugar levels, and lower blood pressure and cholesterol.

The black bean is found in both Latino and Hispanic cultures and is served in a variety of Mexican dishes. It can be added to burritos, quesadillas, salsas, rice, salads, or soups like in the burrito beef and bean soup recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 60 minutes

**Servings:** 6 to 8



### Ingredients:

- 2 lbs lean ground beef
- 1 small yellow onion, chopped
- 3 garlic cloves, minced
- 3 tbsps of hot and spicy taco seasoning
- 2 cups of low sodium corn kernels drained and rinsed
- 2 cups black beans drained and rinsed
- 2 cups diced tomatoes

- 1 cup of uncooked white or brown rice, rinsed
- 1 small can tomato puree
- 2 cartons beef broth
- Salt to taste
- Sour cream (optional)
- 2 ready to eat avocados (optional)
- Queso taco chips (optional)

### Directions:

- In a large pot or saucepan, sauté ground beef, garlic, and onion until the beef turns brown.
- Add taco seasoning and mix together. Next add the black beans, corn, diced tomatoes, tomato puree, and salt to taste. Stir all ingredients together and then add the rice and the beef stock.
- Bring pot or saucepan to boil, then cover and let simmer for about 45 minutes. Check to see if rice is cooked, especially if using brown rice which takes longer to soften than white rice.
- Ladle soup into bowls and garnish with chopped avocado and sour cream. Serve queso taco chips on the side if desired.

Note: This recipe can also be made in a Slow Cooker which can be a big time saver for busy families. Add sautéed beef, vegetables, rice, and stock to a slow cooker and simmer on low setting for six to eight hours or on high for four to six hours.

Bon Appétit!





## 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.



## Other Ways to Hear from The HVCA In 2024

Hello our newsletter readers! Did you know that the HVCA runs several forms of social media for more 'real time' information regarding our community?

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If you are interested in viewing these platforms, please click this QR code that links to our linktree to our social media platforms.



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## Fun Filled Time in 4-H

by Abigail Dowler, Prairie Winds 4-H

Another month of 4-H has gone by, and we have had so much fun! Something we forgot to mention in our last update in October, was the senior's home visit where members talked about 4-H to the residents.

November started off with an executive training session where we learned what each role is and how you do that job. We even hosted the district executive workshop, how fun! Projects this month began with a trip back to the racetrack to help with cleaning horse stalls after having a free tour and lunch in October. It was challenging work, but we got a lot done.



The junior members had a "Fun with Foods" workshop where they learned all about making healthy snacks, and the intermediate and senior members participated in an Italian cooking workshop to learn how

to make gnocchi. Making gnocchi took a long time as we started from scratch, but it tasted delicious in the end! The first foods project meeting happened this month and a few members participated in the Christmas decorating fundraiser.



November ended with some exciting projects, including the Global TV behind-the-scenes tour where members learn how the news happens, and the VCA vet clinic tour where members learn what happens when you take your pet to the vet. To finish off the month, the Event Planning group had their second workshop and are doing a

fantastic job planning the club Christmas party that takes place in December.



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# Tradition of New Year's Resolutions

The tradition of making New Year's resolutions can be traced back to ancient civilizations, where various cultures engaged in practices centered around the concept of self-improvement and renewal with the turn of the year. The origins of New Year's resolutions can be found in religious and cultural observances.

One of the earliest examples dates back to the ancient Babylonians around 4,000 years ago. They celebrated the New Year with a festival called Akitu, during which they made promises to their gods to pay debts and return borrowed items, aiming for a fresh start in the coming year. Similarly, the ancient Romans made resolutions to the god Janus, the namesake of January, promising moral and behavioural improvements.

In medieval Christianity, the practice of making resolutions was tied to the Feast of the Circumcision, celebrated on January 1. People used this occasion to reflect on the past year and commit to positive changes in the upcoming one. The idea of New Year's resolutions continued to evolve over the centuries, with different cultures incorporating various traditions.

The concept became more secularized during the 19th and 20th centuries. As society shifted towards a more individualistic perspective, resolutions took on a personal dimension, focusing on self-improvement, health, and lifestyle changes. The start of a new calendar year became an opportune moment for individuals to reflect on their habits, set goals, and envision a better version of themselves.

In contemporary times, New Year's resolutions have become a global phenomenon, with millions of people around the world making commitments to lose weight, quit smoking, learn new skills, or achieve various personal and professional goals. Despite the evolution of the tradition, the underlying principle remains consistent—a desire for positive change and personal growth as one-year transitions into the next.

While the success of New Year's resolutions may vary, the tradition endures as a symbol of hope, renewal, and the human aspiration for continuous self-improvement at the dawn of each new year.



# International Day of Education

January 24 is International Day of Education! The United Nations General Assembly solidified this annual observance to celebrate the role education plays in the development and peace within countries. Let's hear it for all our educators on this day, and every day!



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## Alzheimer's Awareness in Canada

In Canada, Alzheimer's Awareness Month, observed every January, serves as a poignant reminder of the impact of Alzheimer's disease on individuals, families, and communities. This dedicated month plays a crucial role in increasing understanding, empathy, and support for those affected by Alzheimer's and related dementias.

Throughout January, various initiatives and events are organized to raise awareness about Alzheimer's disease. Educational campaigns aim to dispel myths and promote accurate information, emphasizing that dementia is not a normal part of aging. By increasing public knowledge, the month seeks to encourage early detection and diagnosis, enabling individuals to access appropriate care and support.

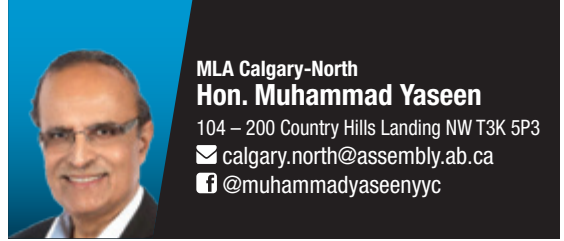
Community engagement is a key aspect of Alzheimer's Awareness Month in Canada. Support groups, seminars, and workshops are organized to provide information and resources to caregivers, family members, and those directly impacted by the disease. These events foster a sense of community and solidarity, acknowledging the challenges faced by those living with Alzheimer's and their loved ones.

Advocacy efforts during Alzheimer's Awareness Month aim to garner support for increased funding for Alzheimer's research, care services, and caregiver support programs. By highlighting the societal impact of dementia, advocates work towards shaping policies that address the growing needs of an aging population and those grappling with Alzheimer's.

The Alzheimer Society of Canada, along with other organizations and individuals, plays a central role in coordinating activities during this month. Their campaigns often focus on personal stories, emphasizing the human side of Alzheimer's and underscoring the importance of empathy, patience, and understanding in supporting individuals living with dementia.

Alzheimer's Awareness Month is a time for reflection, action, and unity. It encourages Canadians to learn, engage, and contribute to the ongoing efforts to improve the lives of those affected by Alzheimer's disease. By fostering a compassionate and informed society, Canada takes a significant step towards creating a more supportive and inclusive environment for individuals living with dementia and their families.





Happy New Year!

I hope your holiday season was filled with warmth and time with loved ones. As we enter the new year, here are some upcoming things to keep in mind.

**30th Annual Calgary Awards – Call for Nominations**

Do you know a neighbour, colleague, or community leader that makes Calgary a better place to live? Consider nominating them for a Calgary Award! Visit [calgary.ca/calgaryawards](http://calgary.ca/calgaryawards) to view the full list of categories and submit a nomination by January 31.

**Property Assessments – Go Paperless and Win**

If you make the change to a paperless assessment notice, you can enter for a chance to win a \$250 Visa gift card. From January 3 to March 31, visit [calgary.ca/gopaperless](http://calgary.ca/gopaperless) to sign up and enter.

**Snow and Ice Clearing Map**

Winter is in full force in Calgary, and that means our snow and ice removal teams are working to keep roads and sidewalks clear and safe. Snow clearing is a major topic that residents write in about, and the most useful tool for navigating priority routes, plows, and timelines is the Road Conditions Map. Check it out at [www.maps.calgary.ca/RoadConditions](http://www.maps.calgary.ca/RoadConditions).

**Chinook Blast**

Calgary’s annual winter festival returns next month and runs from February 2 to 19. This year’s lineup features art installations, live shows and music, winter sports, local markets, and more. Mark your calendars and visit [chinookblast.ca](http://chinookblast.ca) for all the event details.



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.



MLA Calgary  
**Amanda Chapman**

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Calgary Nose Hill

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Happy New Year Everyone!

Hard to believe 2024 is here already, I hope you all had a restful holiday season surrounded by those you care most about.

As the Legislature is adjourned until February, I am so excited to spend some more time in the communities of Calgary-Beddington speaking with neighbours and friends about their priorities for the year to come. I have heard your concerns about leaving the Canada Pension Plan, worries over healthcare restructuring, and the ongoing difficulties stemming from an affordability crisis which continues to drag on.

I want to recognize the incredible generosity we see each year around the holiday season, we know families are struggling to make ends meet and the efforts made by community partners and individuals do not go unseen. Though I do regret to see Calgarians relying on food banks in higher numbers than ever before, the kindness of our communities is always heartening to witness.

I, along with my colleagues, will continue to push this government to address those issues which face you and your families. Keep sending us emails, keep calling, and keep stopping in to share your thoughts with my office. I love nothing more than to voice the opinions of my constituents in the Legislature. I will keep working to ensure that the voice of Calgary-Beddington is heard by this government.

Happy New Year!

I hope that you and your family have a safe and successful 2024. For many in our community, 2023 brought challenges as the cost of living continues to increase and housing affordability and availability remain a national crisis. I remain focused on working to find solutions for these issues and will continue to hold the government accountable.

As a Member of the Standing Committee on Science and Research, and the co-chair of the Parliamentary Caucus for Emerging Technology, I am also focused on the growing issue of artificial intelligence. This technological advancement has the potential to greatly impact our society and, as such, legislators must seriously be looking at what regulations need to be put in place to protect Canadians and businesses.

One of the areas of concern that our current regulations do not adequately address is artificial intelligence as it relates to the creation and dissemination of non-consensual pornographic images. I believe that further protections must be implemented to reduce the gap between technological advances and the outpaced ability of Canadian lawmakers to protect vulnerable Canadians from the dissemination of non-consensual digital content. That is why I have sponsored petition e-4700 which calls on the federal government to protect vulnerable Canadians by adequately penalizing the dissemination of non-consensual AI-generated intimate digital content. You can sign this official parliamentary petition by visiting my website.

I will continue to work hard in 2024 to advocate for the needs of our community. As always, if there is an issue that you would like to bring to my attention, please do not hesitate to contact me.




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## CRIME STATISTICS

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

The Hidden Valley community experienced 1 crime in November 2023, in comparison to 5 crimes the previous month, and 5 crimes in November one year ago. Hidden Valley experiences an average of 5.8 crimes per month. On an annual basis, Hidden Valley experienced a total of 69 crimes as of November 2023, which is down 36% in comparison to 108 crimes as of November 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 ttTIPS to 274637.*



## HVCA Lights

The Hidden Valley 14 Street entrance has lights again thanks to generous sponsorship from Green Drop/Buzz Boss. A long-term Hidden Valley resident, Brian noticed that there was activity this summer when the beautification committee was able to put in new summer inserts at the entrance. He generously offered assistance with the installation of the lights at the entrance. The lights are greatly appreciated by the community, providing another landmark we can be proud of.

HVCA was able to use previous board members' work of power installation at the entrance. There was feedback last winter that the entrance lights were missed, so we are very fortunate that Brian was able to provide professional services to bring them back.

In 2023, the HVCA beautification committee was able to purchase new summer inserts (for planters at 14 street and Hanson Ranch Park), spring cleanup of shrubs at the Hanson Ranch sign corner and create an outdoor space at Hidden Hut. We also were awarded grants to purchase additional planter inserts.

It is through community support that HVCA is able to maintain these landmarks in Hidden Valley and Hanson Ranch. For more information on Green Drop / Buzz Boss, please visit their websites.



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## Say Cheese? Or Maybe Not...

Back in the 1840s, instead of saying "cheese," folks opted for "prunes" during photo sessions. Flashing a big grin was considered juvenile at the time. A savvy London photographer advised people to say "prunes" to maintain a more composed expression. This practice, predating the modern "fish face" selfie, harks back a good 180 years.



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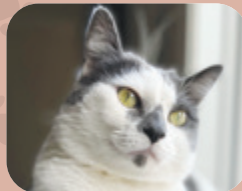
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August 23	20	14	\$652,450	\$663,500
July 23	13	17	\$559,900	\$580,000
June 23	21	17	\$525,000	\$560,000
May 23	17	16	\$534,850	\$532,400
April 23	8	11	\$549,900	\$515,339
March 23	13	10	\$537,000	\$543,000
February 23	10	8	\$507,493	\$512,500
January 23	5	5	\$650,000	\$633,900
December 22	4	4	\$426,500	\$415,000

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