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For the latest news, programs and events, please visit our Official HH-BH Community Association website at www.hh-bh.ca.



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Vision

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Mission

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8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
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Information on all City of Calgary services. www.calgary.ca	Non-urgent advice on navigating the addiction and mental health system.
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Celebrating Calgary 150 - Calgary's Prehistory

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

2025 is Calgary's 150th anniversary! We're writing 12 articles on the different eras of Calgary's history.

Let's start at the beginning, not quite the Big Bang but the Dinosaur Age, when Alberta lay underneath the Western Interior Seaway. Alongside the newly forming Rocky Mountains was a lush coastline of tropical forests and wetlands.

The land was inhabited by creatures like the duck-billed Edmontosaurus, which was hunted by Albertosaurus. The warm and shallow sea was full of marine life like plesiosaurs, sharks, and giant fish.

Today, Drumheller is one of the world's richest dinosaur study areas. You'll see many fossils at the Royal Tyrrell Museum, Canada's only museum dedicated to ancient life.

Besides their scientific value, fossils became the fuels that have driven our economy and technology. After millions of years, shells formed porous layers on the seafloor where organic sludge settled and became exposed to heat and pressure, forming oil and gas.

In Turner Valley in 1914, natural gas sprayed out of one wellbore. Then in 1947, the Leduc-Rimbey reef became famous for an oil strike that launched the province onto the world stage.

On the Kainai Reserve southwest of Lethbridge, some ancient life turned into large deposits of iridescent shells, called ammolite. It's also called iniskim ("buffalo stone"), since according to Indigenous legend the first stone saved people from starvation. Ammolite became Alberta's official gemstone in 2022.

Fast forward to the last Ice Age, when 3-kilometer-thick ice sheets covered 97% of Canada. Then the sheets melted, leaving markers all throughout Alberta. The Prince of Wales Hotel in Waterton sits atop a kame, an irregularly shaped hill formed from ice sheet movements.

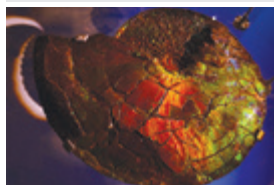
Another sign of glaciation are erratics, massive rocks seemingly placed at random. The growing ice sheets carried rocks and then left them behind when the ice melted. The largest is Big Rock near Okotoks, meaning "rock" in the Blackfoot language.

Another Ice Age effect was exposing the Bering land bridge linking Eurasia and Alaska. About 14,000 years ago, several thousand hunter-gatherers crossed over, probably following woolly mammoth herds. They spread out across the Americas, which we'll explore next month.

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https://commons.wikimedia.org/wiki/File:Placenticeras_meeki_Mus%C3%A9e_des_Confluences_18102015_3.jpg. *Placenticeras meeki*, an ammonite species from the Cretaceous, 80 million years old. Origin: Alberta. Displayed at the Musée des Confluences, Lyon, France. Photo by Vassil, via Creative Commons CC0 1.0 Universal Public Domain Dedication.



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

by Nick Kossovian

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..."



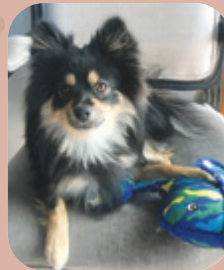
Cats, Canines, & Critters of Calgary



Bear, *Palliser*



Buster, *Hamptons*



Lizzy, *Huntington Hills*



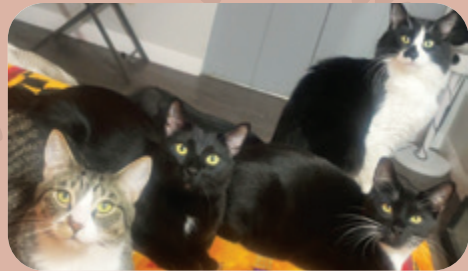
Mirabella,
Lower Mount Royal



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

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Chill Downtown This Winter!

by the City of Calgary

Chill downtown this winter and experience the beauty the season has to offer. Whether you're looking to sip hot cocoa, enjoy a downtown winter festival like Chinook Blast, master your skating skills, or simply soak in the festive atmosphere, there's something for everyone. Grab your mittens, gather your friends, and prepare for a season filled with twinkling lights, mouth-watering treats, and fun events that will warm you up from the inside out!

As downtown continues to transform, The City along with its partners are proud to offer a wide variety of activities and entertainment, with the goal of becoming a 24/7 destination where people live, work, learn, and play all year long. To ensure Calgarians and visitors know what's happening downtown and to help plan your day, we've created Choose Your Own Downtown Adventure Itineraries. With a new itinerary released each month until March, you'll have fun and unique ideas at your fingertips to help plan your downtown outing.

Embrace the season and chill downtown this winter. Ready, set, explore! To learn more about the Choose Your Own Downtown Adventure Itineraries and other exciting events and activations happening downtown, visit calgary.ca/exploredowntown.



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.

Understanding Mental Health

by Alberta Health Services



Mental Health is complicated. There are many ways to talk about it and it can get confusing. To better understand, Mental Health Literacy developed a tool known as “the pyramid” that consists of four layers. The base of the pyramid is the largest, which is related to the number of individuals in this state. Therefore, as the pyramid gets smaller so does the amount of people who may experience this state. Let’s take a closer look at what the four levels of the pyramid are:

1. No Distress, Problem, or Disorder

This is the bottom level and the largest of the pyramid. This is when everything is okay, and you are not experiencing any mental distress, problems, or disorders.

2. Mental Distress

The next layer up is mental distress. Distress releases a signal from our brain indicating the need to adapt to our environment and that there is a problem to solve. Triggers of distress are unavoidable, but the process is necessary for life-skills promoting and building resilience. An example is having an argument with your boss; once you figure out a solution the mental distress goes away.

3. Mental Health Problem

The layer second from the top is mental health problems which is an indicator that we are having difficulties and may need external help such as counselling or community support. This can arise from a stressor of great amount, such as the death of a loved one.

4. Mental Disorder/Illness

Located at the top of the pyramid is mental illness. This occurs when there is disruption in usual brain functioning. This disruption is the result of our genes and our environment from the time of conception and throughout the lifespan. Examples of this can be the diagnosis of ADHD, clinical depression, and anxiety.

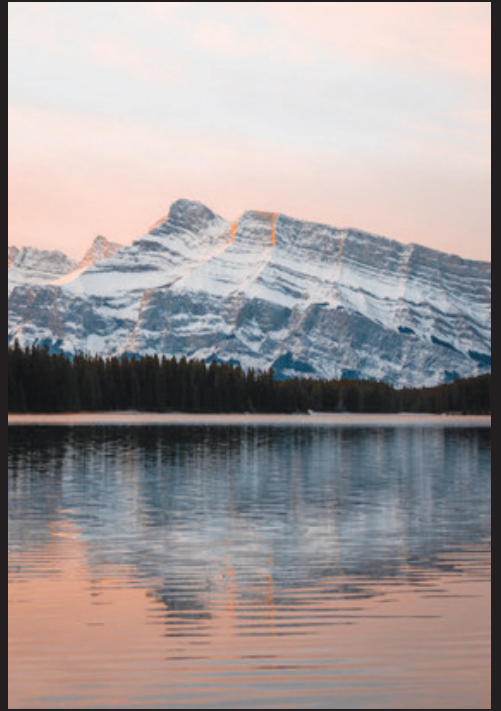
Now that we have a better understanding of these terms, here are everyday things you can do for your mental health, also known as the Big Five to Thrive!

- Exercise: This could be a walk in the community or a session at the gym.
- Sleep: The optimal amount needed varies for everyone. Put away your phone and snuggle up for a good night’s sleep.
- Supportive Relationships: Develop and maintain positive relationships with family, friends, and community. Surround yourself with those who lift you up.
- Nutrition: Incorporate healthy foods that are easy to make and taste great!
- Helping Others: Get involved in your community coalitions or volunteer with local charities.

It has been shown that improving even one of these areas can improve the other areas. Consider steps that are practical for you to better your mental health!

Photo Gallery

by Jirapan Nilmanee (Mik)





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Len Webber, MP
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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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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



Joke of the Month

Why did the pony get detention?

Because he was horsing around.



Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4 to 5

Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth
- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

Directions:

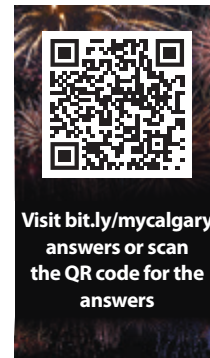
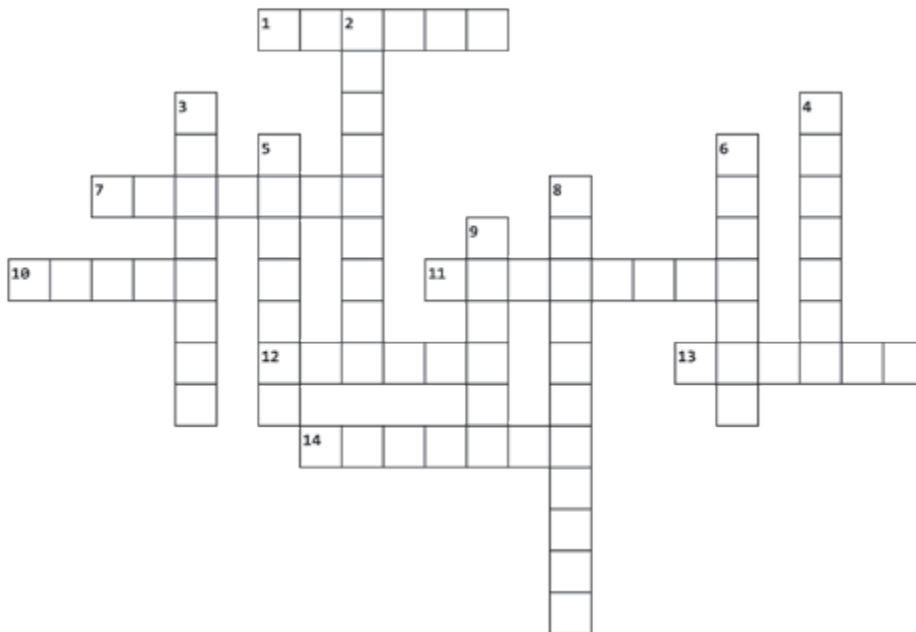
- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!

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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