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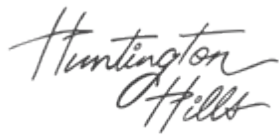
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& More**



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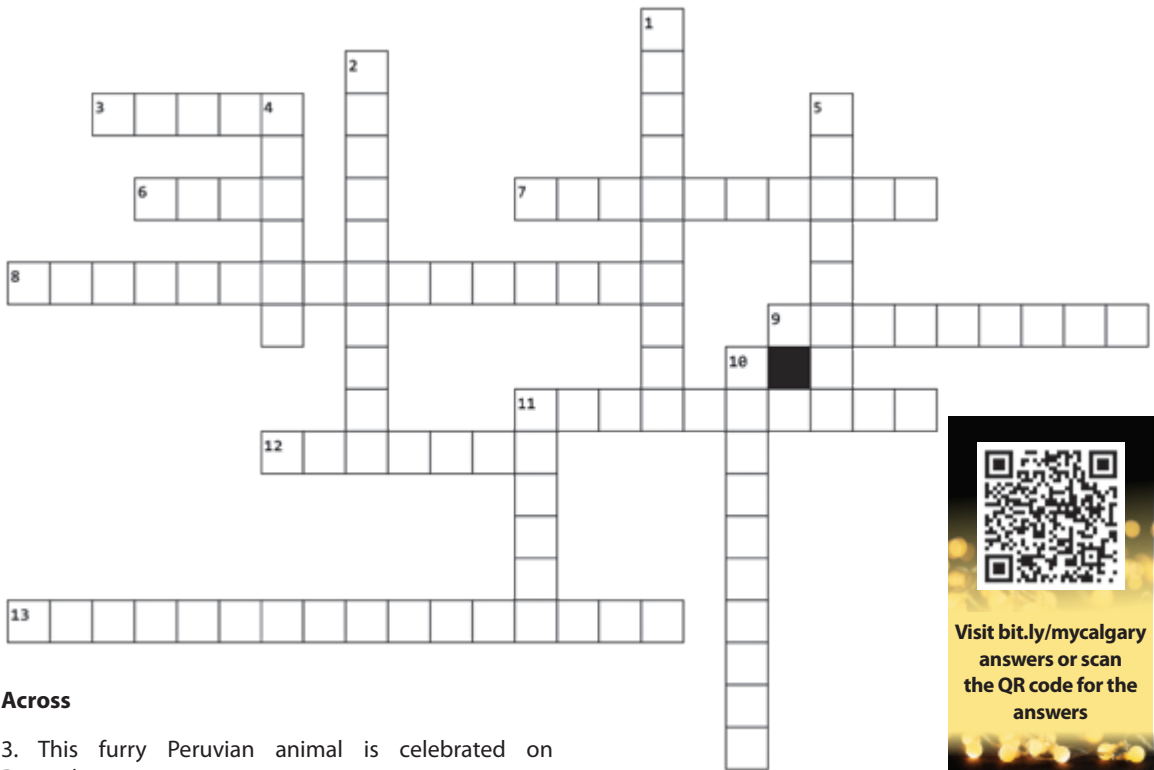


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December Crossword



Across

3. This furry Peruvian animal is celebrated on December 9 every year.
6. The Canadian Soccer Association formally became a member of this important sporting organization in December of 1912.
7. This sweet Canadian export has its own national day on December 17.
8. In December of 1982, TIME Magazine named this popular object Man of the Year.
9. This famous holiday candy is made to resemble a shepherd's staff.
11. This Schitt's Creek star was born on December 17, 1946.
12. This romantic New Year's Eve tradition originated from the Roman's Saturnalia festival.
13. This book concerning two rival families living in the moors of England, written by Emily Brontë, was published in December 1847.

Down

1. These prestigious awards celebrating and honouring academics and philanthropists, were first awarded in December of 1901.
2. Sint Nikolaas, one of the most popular saints in Europe during the Renaissance, is better known as _____.
4. The highest grossing film of all time was released on December 18, 2009.
5. On December 17, 1903, the Wrights' first powered _____ was successfully used.
10. This Canadian singer won the 1998 Billboard award for 'Hot Soundtrack Albums' for her work on Titanic.
11. Canadians drink just under six million litres of this beverage in December.



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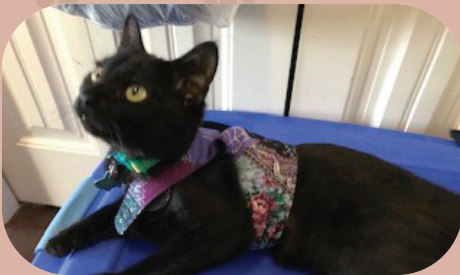
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WHAT'S HAPPENING AT HHCA

Everything that is happening at HHCA in December!

Winter holidays are approaching fast! Here at HHCA, we have many drop-in programs available to help you stay active this holiday season. Come try out some Pickleball and see why this unique sport has been all the rage! We're happy to offer pickleball Monday to Friday with various times available, and equipment available for use. Drop-in is \$5 or purchase a Pickle Pass for \$20! Want to lace up those skates instead? Drop-in for a fun time on the ice for Public Skating, 50+ Skating, or Sticks, Rings, and Pucks. The perfect wintertime activities for the whole family. Want to escape the hectic holiday season for some self-care? Drop-in for Yin Yang Yoga, on Friday mornings for a relaxing time in a safe and welcoming space! For more information and detailed dates and times, check out our website for the full drop-in schedule!



On December 1, HHCA had its second annual Christmas Market. Thank you to all the vendors who attended and helped make it a fun and memorable evening! See you next year!

The Huntington Hills Pioneers Association is a great opportunity for those aged 50+ to come together, make long-lasting friends, and engage in a wide variety of senior-friendly activities, and events! Visit their website hpa50.ca or give them a call at 403-275-4294.

Have a great holiday season everyone! See you in the new year!



Huntington Hills Real Estate Update

Last 12 Months Huntington Hills
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2023	\$ 543,950	\$ 539,200
September 2023	\$ 514,900	\$ 515,000
August 2023	\$ 504,950	\$ 510,000
July 2023	\$ 527,000	\$ 540,000
June 2023	\$ 450,000	\$ 473,000
May 2023	\$ 529,900	\$ 542,500
April 2023	\$ 443,000	\$ 430,000
March 2023	\$ 475,000	\$ 477,000
February 2023	\$ 497,450	\$ 495,250
January 2023	\$ 455,000	\$ 464,250
December 2022	\$ 487,500	\$ 486,000
November 2022	\$ 415,000	\$ 408,500

Last 12 Months Huntington Hills
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2023	15	18
September 2023	16	18
August 2023	25	24
July 2023	20	20
June 2023	26	25
May 2023	28	29
April 2023	18	15
March 2023	21	17
February 2023	7	12
January 2023	12	10
December 2022	9	10
November 2022	7	17

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



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.

Roasted Squash and Pesto Baguettes

by Jennifer Puri

Pumpkins and squash are a low-calorie food as they are more than 90% water and have more fibre than kale and more potassium than bananas.



Technically a fruit, pumpkins and squash are a member of the gourd family which includes cucumbers, honeydew, watermelons, cantaloupe, and zucchini.

Pumpkins and squash come in all different sizes, shapes, and colours including tan, blue, white, orange, green, and red. Every single part of the pumpkin (flowers, stems, pulp, seeds, and leaves) is edible, and it can be stewed, roasted, baked, and even pickled. Roasted pumpkin seeds are an easy to prepare snack and can be sprinkled on salads and pasta dishes for a little extra nutrition.

Pumpkins are a good source of beta carotene which after its eaten becomes Vitamin A and is beneficial for eye, skin, and digestive health.

One of the most popular ways to enjoy pumpkin is pumpkin pie and the early version of the pie involved scooping out the insides, filling it with milk, honey, and spices and then baking it on hot ashes.

Roasted squash and pesto baguettes are an easy to prepare and assemble recipe which combines the nutritional goodness of pumpkin with pesto and almonds making it a delicious and inexpensive way to serve pumpkin over the holidays.

Prep Time: 25 minutes

Cook Time: 40 minutes

Servings: Four to six

Ingredients:

- 1 butternut squash
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 2 level tsp. of Italian seasoning

- 1 ½ tbsps. of extra virgin olive oil
- 1 small tub herb and garlic cream cheese
- 1 small jar of pesto
- 3 baguettes or ciabatta buns
- ½ cup sliced almonds
- 6 cherry tomatoes
- A handful of basil leaves

Directions:

- Heat oven to 375 degrees Fahrenheit.
- Wash squash and pat dry with paper towel, remove seeds and slice it into ¼ inch thick pieces. Place squash pieces in a mixing bowl, add olive oil, Italian seasoning, salt, and pepper.
- Next arrange the squash on a foil lined baking tray and bake on middle rack of the oven for about 20 minutes. Toss cherry tomatoes in a little olive oil and add to the squash in the oven. Continue baking for another 15 to 20 minutes or until squash is tender. Remove from oven and allow to cool before removing the skin and slicing squash pieces into strips.
- Slice baguettes into half and then half again. Spread cream cheese on baguettes followed by the squash and top with pesto and sliced almonds. Garnish with cherry tomatoes and basil leaves and serve.
- Baguettes can be lightly toasted before adding the toppings and you can also add thinly sliced prosciutto or ham for even more flavour.

Bon Appétit!



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 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 or call 1-800-667-0604 (toll free).

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.



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Cold Weather Preparations

by Alberta Health Services



Alberta winters can be bitterly cold and when the temperature dips below -40 degrees Celsius, that's when "extreme cold warnings" occur. Wind gusts can be strong enough in our province to make it feel even colder.

It's Important to Remember a Few Things During Extreme Cold Warnings:

Try to Stay Indoors

Roads and other paved surfaces can be snowy or icy during extreme cold warnings. If you must go out, always let someone know where you are going and follow these instructions:

- Check 511.Alberta.ca, Environment Canada, or download the WeatherCAN or AEA Alert app for current road conditions or emergency alerts.
- Try to cover as much exposed skin as possible. Wear warm, waterproof, and windproof layers, scarves, neck warmers, or protective face liners and waterproof footwear.
- If you are sweating, remove outer layers of clothing or open your coat to avoid getting your clothes wet.

Learn how to prepare a vehicle emergency kit if you must drive.

Be Careful!

Some people are more susceptible to the cold, particularly children, older adults, those with circulation issues, those experiencing unstable housing, or those outdoors for long periods of time.

Being cold over a long period of time or being exposed to cold air, water, wind, or rain, can cause a drop in body temperature and, in some serious cases, can cause hypothermia.

What Is Hypothermia?

Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. A body temperature below normal can be a sign of hypothermia and can cause shivering, confusion, and loss of muscular control (e.g., difficulty walking). It can progress to a life-threatening condition.

If you think someone has hypothermia:

- Call 9-1-1 to get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.
- Protect the person from further heat loss/eliminate contact with cold surfaces.

If someone has symptoms of extreme cold, such as hypothermia, please seek immediate medical attention.

Support Is Available

Other supports are available for those experiencing unstable housing. Call 2-1-1 and press 3 for non-emergency support for shelter or visit www.alberta.ca/homelessness.

If you work outside during an extreme cold warning, consider taking warm-up breaks or rescheduling your work if possible. Your employer may have options available to help you avoid being in the cold for too long.

A Shopper's Guide to Advent Calendars

by the Better Business Bureau



Advent calendars have become a fixture of the holiday season. Once a religious tradition for children, these calendars are now big business. They are targeted at all ages and contain anything from luxury beauty products to Lego sets to a variety of wines. With so many options, some costing hundreds of dollars, what should you know before purchasing one?

BBB recommends the following.

Shop early. Due to their growing popularity, the best advent calendars tend to sell out early. If an advent calendar is on your list, especially if you want one with a coveted brand or product, make your purchase early.

Compare calendars. Bundled products, such as advent calendars, are hard to compare across retailers. However, do some comparison shopping first to make sure you are getting a good deal on the type of calendar you want (for example, chocolate or toys). Consider what's inside each calendar to determine which company offers the best deal.

Don't expect a bargain. If you already buy something frequently, such as coffee or cosmetics, an advent calendar can be a fun, festive way to sample new flavours or products from a favourite store. However, retailers love advent calendars because they have high-profit margins, so don't expect a good deal.

Buy from a reputable company, especially if you want to buy an advent calendar online. Make sure the online store has a reputation for good customer service, quality goods, and reliable shipping and handling. If customer reviews reveal that a company is struggling in any of these areas, make your purchase elsewhere.

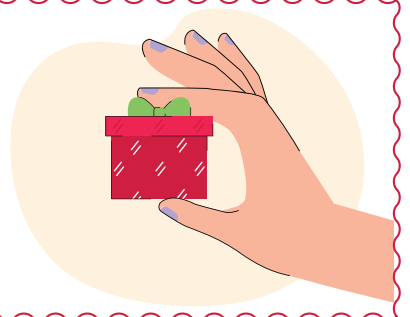
Be wary of misleading ads. Scam e-commerce websites often promote advent calendars through enticing social media ads. Just because something looks good in the photo doesn't mean it's real. The same goes for glowing customer reviews. Always research a company before you do business with them to avoid falling victim to a scam.

Count the cost. Watch out for overpriced advent calendars. In recent years, some consumers have called out luxury brands on social media for not delivering adequate gifts in expensive calendars. Before you purchase one, find out what it contains. Consider whether the gifts are miniature or full-size and what each product might be worth individually. Then, decide if the calendar is worth its overall asking price.

Watch out for scams. BBB gets dozens of reports each year about advent calendar scams through the BBB Scam Tracker. Deals that seem too good to be true are often a telltale sign of a scam. Be very wary of products that sell for significantly more money elsewhere or are sold out on well-known sites. Read more about advent calendar scams.

A Tiny Gift

University nanotechnologists created the smallest Christmas card ever in 2010! Unbelievably, this card is invisible to the human eye as it is thinner than a human hair. You could lay out 8,276 of these cards onto the front of a postage stamp. It may be the perfect little thing to give that person you just never know what to buy for!





Councillor, Ward 4

Sean Chu

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Dear Ward 4 Residents,

Take steps to help protect your household pipes from freezing. Every winter some Calgarians experience frozen water pipes which can result in water outages.

The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and history of freezing.

However, recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing.

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

Weather in December can be unpredictable. In the events of extreme cold weather, there are services around the city to support Calgarians experiencing homelessness. The Cold Weather Emergency Support's online map shows the locations and services offered at each service station, including overnight shelters, daytime services, and warming stations. Visit the interactive map at maps.calgary.ca/ColdWeatherEmergencySupport.

To view more City of Calgary maps, please visit the Map Gallery at www.maps.calgary.ca.

Thank you for your attention, and please don't hesitate to reach out to 311 (24/7) if you have any questions or concerns.

Regards,

Councillor Sean Chu

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.

A CAST OF CHARACTERS



In December, it is common to watch a good Christmas movie or two. A popular film around this time of year is *The Polar Express*. Although there are lots of things to love about this film, you may not know that Tom Hanks plays six different roles! He is the voice of Santa Claus, Hero Boy, Scrooge, Father, Hobo, and the Conductor. Talk about talent!



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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.

WIDOW TO WIDOW: December 12, 7:00 to 8:30 pm. Women who have lost their husbands due to death are invited to connect. W2W is a safe, social, supportive, and spiritual community. Join us at Urban Grace Church - Westbourne Place, 823 64th Ave NW. Questions: info@connectingstreams.com.

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ACCOUNTANT DELIVERS RESULTS: Chartered Professional Accountant has 12 years' experience. Services include individual tax filings, tax review/audit assistance, corporate and estate taxes filings, tax planning, bookkeeping, GST and payroll reporting. Visit #218 in Beddington Towne Centre, call Jack at 403-719-0627, or visit commonsenseaccounting.ca for the fees schedule.

HOME DECOR CONSIGNMENT STORE: Looking for consigners! If you are moving or downsizing and want to make some extra cash, become a consignor with a locally owned business, over 15 years of experience, we specialize in reselling home décor/kitchenware. Call 403-398-7544, text 403-966-0467, or email zoesstoreyyc@gmail.com. Zoe's Store: Located at 1403 14th Street SW. <https://zoesstore.com/>.

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