

JANUARY 2025

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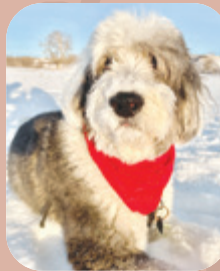
Buster, *Hamptons*



Lizzy, *Huntington Hills*



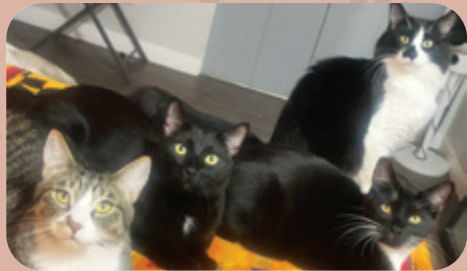
Mirabella,
Lower Mount Royal



Poupie, *Deer Run*



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

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Some restrictions may apply. Reg: \$15,679

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- Supply & install one corner caddy with soap dish

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CONTENTS

- 7 NEWS FROM THE FRIENDS OF NOSE HILL
- 8 HPA ACTIVE SENIORS
- 11 MENTAL HEALTH MOMENT: HOW TO BE A GREAT COMMUNICATOR
- 13 TAKE ON WELLNESS: PREVENTING SLIPS, TRIPS, AND FALLS DURING THE WINTER MONTHS
- 15 BUSINESS CLASSIFIEDS



SCAN HERE TO VIEW ADDITIONAL HUNTINGTON HILLS CONTENT

**News, Events,
& More**



**Crime
Statistics**

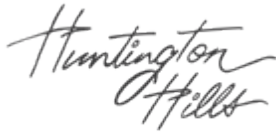


**Real Estate
Statistics**



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9 PM ROUTINE

CHECKLIST

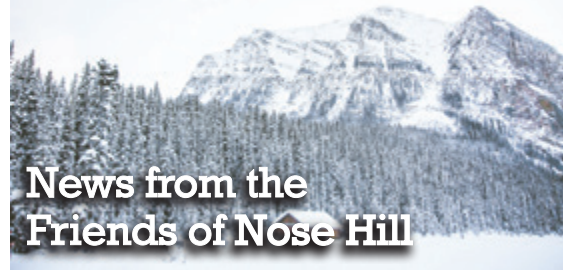
- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



CALGARY POLICE SERVICE

A SUPER BOWL SHOWSTOPPER!

On January 24, 1984, Apple Computer Inc introduced the world to their Macintosh personal computer. Apple hyped it up just two days earlier with an epic Super Bowl ad directed by Ridley Scott. The ad, inspired by Orwell's 1984, boldly declared Apple was here to smash conformity—and it worked!



News from the Friends of Nose Hill

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.

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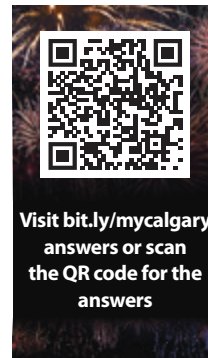
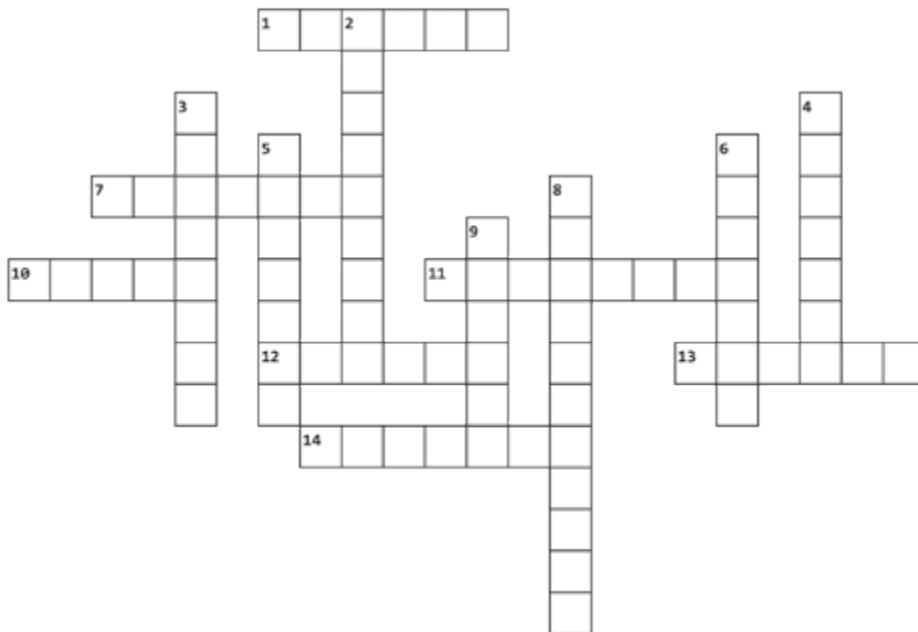
ACTIVE SENIORS

MONDAYS, 2:30 PM

MISA NOUMI
Instructor

www.hpa50.ca
pioneers50@shaw.ca

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, _____.



Huntington Hills Real Estate Update

Last 12 Months Huntington Hills
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2024	\$479,900	\$485,000
October 2024	\$549,900	\$552,000
September 2024	\$520,000	\$510,000
August 2024	\$594,450	\$635,000
July 2024	\$584,900	\$586,500
June 2024	\$562,450	\$588,250
May 2024	\$540,000	\$545,000
April 2024	\$549,888	\$580,000
March 2024	\$500,000	\$518,000
February 2024	\$578,000	\$587,200
January 2024	\$499,998	\$515,000
December 2023	\$409,000	\$462,000

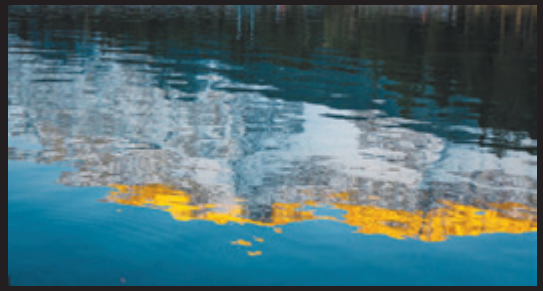
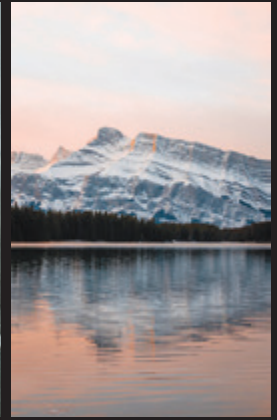
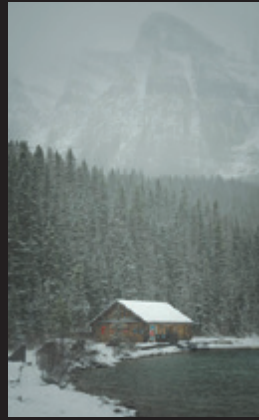
Last 12 Months Huntington Hills
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2024	14	13
October 2024	18	18
September 2024	28	15
August 2024	10	8
July 2024	14	8
June 2024	11	10
May 2024	26	21
April 2024	15	15
March 2024	18	20
February 2024	12	7
January 2024	8	9
December 2023	6	11

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

Photo Gallery

by Jirapan Nilmanee (Mik)



How to Be a Great Communicator

by Nancy Bergeron, R. Psych. | info@nancybergeron.ca



Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

Let's Start with Some Bad Habits in Communication:

- 1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.
- 2. Story-Topping** – This can shift the conversation from connection to competition.
- 3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.
- 4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.
- 5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

6. Advising – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen a boundary violation.

Here Are Some Habits of Good Communicators:

- 1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.
- 2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.
- 3. They follow their natural curiosity** by asking questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.
- 4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.
- 5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

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!

Preventing Slips, Trips, and Falls During the Winter Months

by Alberta Health Services

The winter months can be a great time to get outdoors and be active. But the cold, snow, and ice can present challenging conditions that put individuals at higher risk of experiencing a fall.

Melting snow can freeze overnight, forming a thin layer of ice that is hard to see. The ground can then become very slippery in the morning when the ice starts to melt. In months where the ground is frozen, ground frost and ice can make it slippery for walking. No matter how well the snow is removed from parking lots or sidewalks, there will still be slippery places.

It's important to keep your safety in mind to avoid slips, trips, and falls.

Tips To Prevent Falls and Other Injuries

A fall can happen to anyone, anywhere – outdoors, in your home, in the community, or in a hospital. They can be serious and cause bruises, sprains, or more severe injuries like broken bones or concussions. About 180 children ages four and under and 11,000 adults ages 65 and older were hospitalized due to falls in Alberta in 2022.

To lower the risk of you, your child, or someone else getting hurt when you're outside this winter, remember the following:

For children:

- Use sturdy, wall-mounted gates at the top of all stairs and a wall-mounted or pressure-mounted gate at the bottom.
- Install safety devices on windows, such as window guards or child-proof locks higher than ground level. Safety devices should be installed so they may be opened by an adult or older child without the use of any tools or special knowledge.
- Move furniture away from windows and balcony rails to prevent children from climbing.
- Secure furniture, such as dressers and bookcases, to the wall.
- Use the playground checklist for children to reduce the risk of injury.

- Always have your child wear a certified helmet while skiing, snowboarding, sledding, tobogganing, or skating to lower the risk of head injuries.

For adults:

- Move your body. Regular physical activity builds balance, strength, and flexibility. Talk to your healthcare provider before beginning a new physical activity and discuss strategies for staying active if you have limited mobility.
- Choose footwear that has low heels, fits well, and has good grip. Join activities with friends or family to stay safe and connect with others. Take short, slow steps on slippery surfaces.
- Check your vision. Changes to your vision might increase your risk of falling. Alberta Health covers the cost of an annual eye exam for adults ages 65 and older.
- Regularly review your medications with your doctor or pharmacist, and ask questions about side effects, such as feeling dizzy or sleepy.
- Keep floors and pathways clutter-free and turn on lights on stairs.

Do the Penguin Walk!

- Bend slightly and walk flat footed.
- Point your feet out slightly like a penguin.
- Keep your centre of gravity over your feet as much as possible.
- Watch where you are stepping.
- Take shorter, shuffle-like steps.
- Keep your arms at your sides (not in your pockets!).
- Concentrate on keeping your balance.
- Go S-L-O-W-L-Y.

If you fall or are seriously injured, get the appropriate care promptly. People with life-threatening emergencies should visit their nearest emergency department or call 9-1-1. If your condition is not life-threatening, call Health Link 811 for health advice or information.





Councillor, Ward 4

Sean Chu

403-268-3727

ward04@calgary.ca

www.calgary.ca/ward4

www.seanchu.ca

Happy New Year to all Ward 4 Residents!

As we kick off 2025, let's focus on community safety and staying informed. This month, I'd like to highlight two key topics:

Snow and Ice Removal

Winter is here, and snow removal is a shared responsibility. The City of Calgary clears 10% of sidewalks, but property owners must clear sidewalks adjacent to their properties within 24 hours of snowfall ending.

Non-Compliance Process:

- Report unshoveled sidewalks through 3-1-1.
- A peace officer will issue a 24-hour warning if needed.
- If not cleared, a contractor removes the snow, and fines and service fees are charged.

Fines:

- First offence: \$250
- Second offence in 12 months: \$500
- Third+ offence in 12 months: \$750 and court summons

Reminder: Shovel snow onto streets, not from private property into public spaces, and avoid blocking wheeling lanes.

Be a Snow Angel!

Help older adults and those with limited mobility by volunteering to clear sidewalks. Your kindness keeps our community safe.

2025 Property Assessment Notices

Your 2025 Property Assessment Notices reflect your property's market value as of July 1, 2024, and its condition as of December 31, 2024.

What to Do Next:

- Review your notice for accuracy.
- Log in to Assessment Search at calgary.ca/assessmentsearch to: Check property details and update them if necessary. Compare your value with similar properties. Learn how your property was assessed.

Need Help?

Contact us at 403-268-2888 during the Customer Review Period from January 2 to March 11, 2025. Use the Property Tax Calculator at calgary.ca/assessment to estimate your 2025 taxes.

Thank you for doing your part to make Ward 4 a safe and thriving community. Stay safe this winter!

Councillor Sean Chu

Ward 4

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City of Calgary Home and Small Business Webinars

by the City of Calgary

Start your 2025 home renovation projects or new business idea off on the right foot by watching a City of Calgary Home and Small Business webinar. Our catalog of recorded webinars covers everything you need to know about indoor and outdoor home renovations, how to start a small business, building a secondary or backyard suite, and more.

If you're a DIY home renovator, City experts outline the necessary building permit types, safety code requirements, land use bylaws, and essential tips for hiring a contractor and preparing for inspections.

For small business owners or those planning to start one, our recorded webinars dive into best practices for both commercial and home-based businesses. We'll walk you through the process of applying for a business licence, registering your business, and more.

If you're thinking about developing a secondary suite or backyard suite, take advantage of our recorded content outlining the development process including applying for permits, registering and legalizing suites, and information on programs like the Secondary Suite Incentive Program.

Access recorded webinars and stay up to date about upcoming live webinars and Q&As coming soon at calgary.ca/webinars.



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Word of the Month

Cynosure, noun (SIGH-noh-syoor)

A center of attraction or attention.

The bride was the cynosure of all eyes at the wedding.

Happy Birthday, eh!

January is a superstar month for Canadian hockey birthdays! Among them are Wayne Gretzky, Tim Horton, Connor McDavid, Frank Mahovlich, Mark Messier, Tyler Seguin, and Ryan Reaves, just to name a few! Happy birthday to these legends and all the other January-born stars!



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