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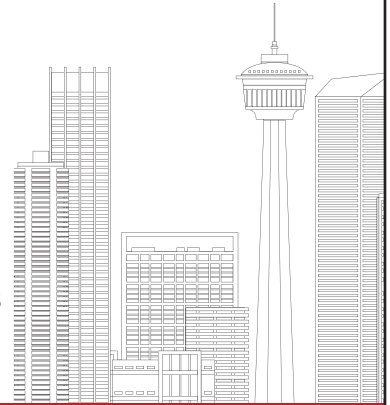


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GREENVIEW



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	5							1
9			5		2			7
				3				
			1		5	9		
						2	3	6
			8			7		
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Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.

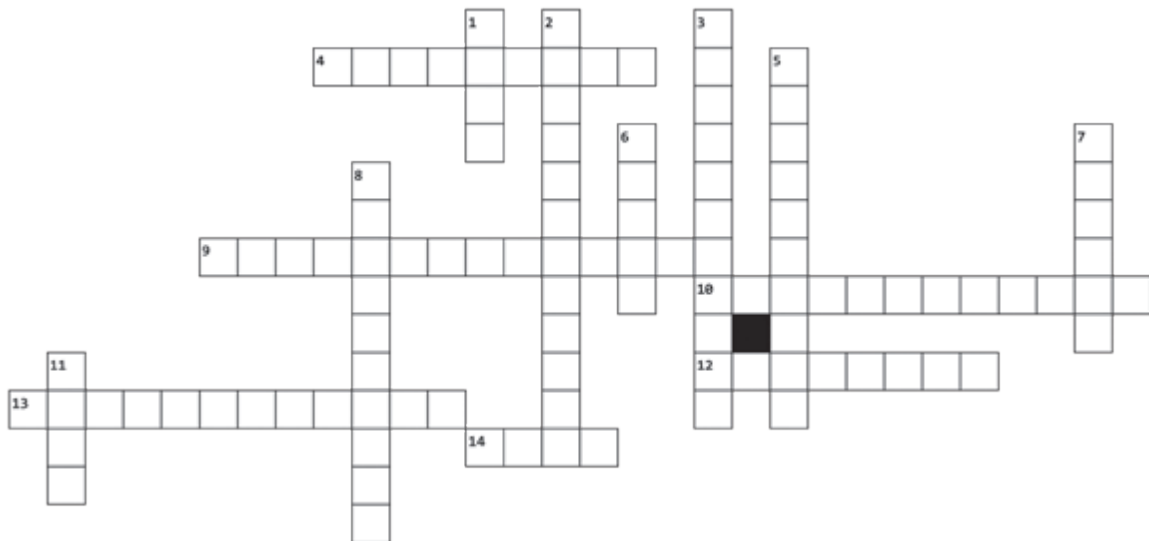
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



January Crossword



Across

4. Every year on January 11, Sir John A. _____ Day is observed in Canada.
9. Premiering on January 6, 1975, this game show features multiple contestants working with the alphabet to try and solve a puzzle. It has 41 seasons.
10. In 1904, the first New Year's celebration was held in Times Square to celebrate the new headquarters of this popular publishing company.
12. January is known for being the coldest month in this hemisphere.
13. Before being turned into a film, *The Girl on the Train* was written by _____ and published on January 6, 2015.
14. Born on January 25, 1981, this talented Alicia sings "No one" and "If I Ain't Got You".

Down

1. People born between December 22 and January 22 are considered Capricorns. Interestingly, this word comes from 'Capricornus' which means _____ in Latin.
2. A true Canadian icon, this former hockey player was born on January 26, 1961, and holds the nickname "The Great One".
3. This gruelling survival film came out on January 8, 2016, finally winning Leonardo DiCaprio his long-awaited Oscar.
5. This British singer songwriter was born on January 10, 1945, and is known for his raspy voice and his album *Every Picture Tells a Story*.
6. This two-faced God is the symbol of January in ancient Roman myth.
7. This stone is the official birthstone for January and is meant to keep you safe when travelling.
8. On January 25, 1961, Disney put out the spotted masterpiece, *101* _____.
11. This iconic single from Canada's own Justin Bieber features Ludacris and was released and available for digital download on January 18, 2010.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

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!





Thorncliffe Real Estate Update

Last 12 Months Thorncliffe
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$ 589,000	\$ 586,000
October 2023	\$ 360,000	\$ 430,000
September 2023	\$ 425,000	\$ 430,000
August 2023	\$ 539,900	\$ 533,000
July 2023	\$ 437,000	\$ 423,500
June 2023	\$ 525,000	\$ 519,500
May 2023	\$ 448,000	\$ 458,000
April 2023	\$ 429,900	\$ 425,000
March 2023	\$ 260,000	\$ 270,000
February 2023	\$ 459,950	\$ 466,800
January 2023	\$ 537,450	\$ 520,000
December 2022	\$ 399,900	\$ 390,000

Last 12 Months Thorncliffe
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	8	10
October 2023	9	9
September 2023	11	15
August 2023	14	15
July 2023	15	12
June 2023	16	13
May 2023	19	23
April 2023	12	13
March 2023	19	13
February 2023	11	10
January 2023	6	6
December 2022	8	9

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

Greenview Real Estate Update

Last 12 Months Greenview
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$ 219,900	\$ 214,000
October 2023	\$ 199,900	\$ 237,276
September 2023	\$ 274,900	\$ 303,800
August 2023	\$ 205,000	\$ 197,000
July 2023	\$ 189,000	\$ 195,500
June 2023	\$ 189,500	\$ 186,000
May 2023	\$ 199,900	\$ 175,000
April 2023	\$ 194,900	\$ 188,500
March 2023	\$ 148,000	\$ 140,000
February 2023	\$ 174,900	\$ 170,000
January 2023	\$ 234,350	\$ 237,900
December 2022	\$ 155,000	\$ 149,000

Last 12 Months Greenview
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	7	7
October 2023	7	7
September 2023	9	9
August 2023	9	7
July 2023	9	9
June 2023	4	7
May 2023	10	7
April 2023	2	5
March 2023	4	5
February 2023	5	6
January 2023	5	4
December 2022	5	2

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

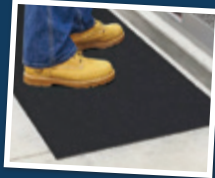
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News from the Friends of Nose Hill

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.

How to Deal with Those Long Sleepless Nights

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

As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:



1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

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Hello, Ward 4 Residents,

Discover the Wonders of Calgary's Parks this Winter Season

Embrace a unique perspective of Calgary's parks in winter, offering a distinctive experience compared to other seasons. Many cold-weather park activities are complimentary and require minimal equipment. Winter presents the opportunity to skate on outdoor rinks, admire beautifully illuminated ice trails, engage in Crockicurl, and ride ice bikes in our parks. Consider planning an afternoon at your local community park for activities like snowshoeing or cross-country skiing. Opt for groomed cross-country trails at parks or golf courses for smoother skiing. Take a leisurely stroll through a park on a sunny winter day to observe birds and other wildlife. Additionally, you can reserve an outdoor firepit at a park for a winter picnic with friends. For more ideas on staying active in city parks during cooler temperatures, visit www.calgary.ca/events/winter-city/activities.html.

Immerse Yourself in the Enchantment of Chinook Blast

Calgary's premier winter festival is back from February 2 to 19, 2024. This year's festivities will infuse warmth into our city with a celebration of community, culture, and civic pride, showcasing the best of Calgary's art, music, theatre, sport, and recreation. Over the past three winters, Chinook Blast has captivated both Calgarians and visitors by revitalizing downtown Calgary with an impressive array of activities and performances to lift spirits during the winter months. The 2024 edition promises an exciting lineup of art installations, live music, exhilarating winter sports, local markets, live shows, and much more. Prepare to be enchanted as the city undergoes a magical transformation into a winter wonderland. Save the dates and stay updated by following Chinook Blast on social media or visiting chinookblast.ca for the latest news. It's shaping up to be a winter extravaganza like no other! Chinook Blast 2024 is proudly presented by The City of Calgary, Tourism Calgary, Calgary Arts Development, and Calgary Economic Development, in collaboration with numerous community partners and sponsors.

Thank you for your attention, and please don't hesitate to reach out to 3-1-1 (24/7) if you have any questions or concerns.

Regards,

Councillor Sean Chu

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.





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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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!





When our young people thrive, our city thrives.
A better tomorrow starts with you.



Planet Youth Raising youth up, together

This is a collaborative, long-term approach that supports youth by making changes within their social environment focusing on families, peer groups, schools, and leisure time. Youth well-being is a direct reflection of the environments they grow up in, and the goal is to positively impact individual mental health and overall community well-being. The International Planet Youth model is currently being adopted and successfully implemented around the world.

Community + Love + Youth



- The working vision of Planet Youth Calgary is to enhance the wellbeing and resilience of local youth, empowering them to live their best life
- Gathering youth voices about what they need to support their wellness
- Instead of providing treatment to an existing problem, Planet Youth is an opportunity to prevent the problem from happening in the first place (primary prevention)

Planet Youth would love for you to be part of the Community Action Team in your community by working together and investing in our young people and support them learn to make smart decisions for themselves in the future. If you are excited about being part of this important initiative, we invite you to join us by emailing: thorncliffe.huntingtonhills@planetyouthcalgary.com

For more information please visit: www.calgaryunitedway.org/planet-youth/