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## SCAN HERE TO VIEW ADDITIONAL TUSCANY CONTENT









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#### **YOUR CITY OF CALGARY**

## Warm Up to Winter in Calgary Parks

by the City of Calgary

Winter makes it possible to enjoy Calgary parks in a different way than during any other season. Many cold-weather park activities are also free with minimal equipment needed. Only in winter can you skate on outdoor rinks, marvel at beautifully lit ice trails, play Crokicurl, and ride an ice bike in our parks.

We have several established outdoor rinks and two new ones this year - Prince's Island Park lagoon rink and the Lot 6 Pop-Up rink, making a total of ten outdoor, natural ice skating rinks, over 60 volunteer-run Adopt-a-Rinks, and indoor skating at 12 arenas with 19 rinks. Have you visited Prairie Winds Park in the winter before? There are two skating rinks and decorative winter displays to enjoy.

Plan an afternoon at your local community park snowshoeing or cross-country skiing. For easier skiing, visit a park or golf course that has groomed cross-country trails.

Take a walk through a park on a sunny winter day. You are sure to see birds and other wildlife. You can also pre-book an outdoor firepit at a park and have a winter picnic with friends.

For more ideas about how to stay active during cooler temperatures at city parks, visit calgary.ca/winteractivities.





## Tuscany Real Estate Update

Last 12 Months Tuscany MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price		
	Average Asking I fice	Average Sold Frice		
November 2024	\$ 802,450	\$ 830,000		
October 2024	\$ 689,900	\$ 685,000		
September 2024	\$ 679,900	\$ 680,000		
August 2024	\$ 744,900	\$ 728,550		
July 2024	\$ 624,950	\$ 634,500		
June 2024	\$ 668,900	\$ 675,000		
May 2024	\$ 749,900	\$ 732,500		
April 2024	\$ 699,900	\$ 709,230		
March 2024	\$ 659,900	\$ 684,000		
February 2024	\$ 589,000	\$ 621,000		
January 2024	\$ 617,500	\$ 640,000		
December 2023	\$ 609,700	\$ 614,580		

Last 12 Months Tuscany
MLS Real Estate Number of Listings Update

	0 1					
	No. New Properties	No. Properties Sold				
November 2024	17	16				
October 2024	19	21				
September 2024	28	21				
August 2024	17	17				
July 2024	24	22				
June 2024	29	29				
May 2024	35	29				
April 2024	35	39				
March 2024	32	27				
February 2024	25	21				
January 2024	16	14				
December 2023	8	10				

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

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

by Nick Kossovan

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 glamourous 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..."



#### **GAMES & PUZZLES**

#### **Guess the Instrument!**

- 1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
- 2. This instrument's name comes from the Persian word meaning "three-stringed."
- 3. This instrument is made up of 88 keys that strike 230 strings.
- 4. Along with the shamrock, this instrument is the official State emblem of Ireland.
- 5. This instrument is played with a bow made up of at least 150 individual hairs.
- 6. The Fender Stratocaster is this kind of instrument.





SCAN THE QR CODE FOR THE ANSWERS!

Gray of the Month

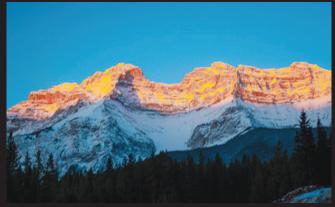
A center of attraction or attention.

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

# Photo Gallery by Jirapan Nilmanee (Mik)











#### **Sledding Safety**

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. 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.
- · Sledding at night is not advised.

#### Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- 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; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- 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.

#### **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
- 1/2 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 all 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!

## **BUSINESS CLASSIFIEDS**

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Councillor, Ward 1
Sonya Sharp

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XOf @sonyasharpyyc

Hello, Ward 1!

Happy New Year!

As we step into 2025, I hope this year brings fresh opportunities, health, and happiness to you and your loved ones. January is a time for reflection and planning, and there's plenty happening in our community as we kick off the year.

#### **Customer Review Period**

This month, the City of Calgary's Customer Review Period begins. It's an important opportunity for residents to review and provide feedback on their property assessment. Assessments help determine your share of municipal taxes, so it's crucial to ensure the details are accurate. If you have questions or need assistance, visit calgary.ca/assessment or call 3-1-1.

The review period ends 67 days after your assessment notice is mailed. Make sure to check your notice for your Customer Review Period dates, so you don't miss the chance to ensure your information is correct.

#### What's Coming to Council

Council will reconvene mid-January, and there are a few important planning items on the agenda:

South Shaganappi Communities Local Area Plan (LAP): The plan is heading to the Infrastructure and Planning Committee this month, with Council discussions planned for February. It's an important step for shaping the future of the South Shaganappi communities, including Banff Trail, Montgomery, Parkdale, Point McKay, St. Andrews Heights, University Heights, University District, Varsity, and The University of Calgary.

University Innovation Quarter: The University of Calgary Properties Group has submitted a Land Use Application (LOC2023-0125) for a Master Plan that proposes a mix of office, lab, research, retail, and residential spaces. The proposal is currently under review and will be discussed at a Public Hearing this month.

Riley Communities Local Area Plan (LAP): Covering Sunnyside, Hillhurst, West Hillhurst, and Hounsfield Heights - Briar Hill, this plan focuses on guiding growth while preserving community character. It will also be presented to Council this month for approval.



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I hope everyone had a Merry Christmas and a Happy New Year!

In November, I spoke and laid a wreath at the Bowness Legion Remembrance Day service where we honored those who served, those who continue to serve, and the fallen. I was honored to speak at the Holodomor Commemoration in Calgary. I visited the Foothills Academy's Grade 9 student classroom to talk about being a Member of Parliament and the history and theory of the Parliamentary system.

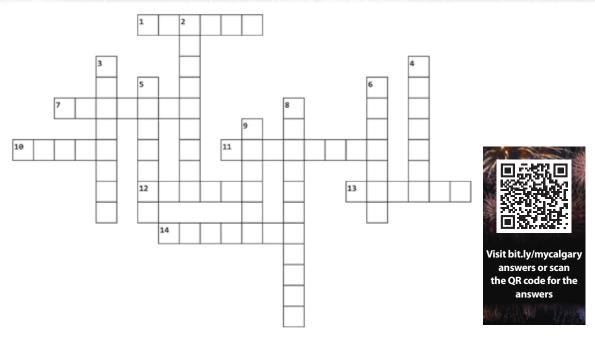
This winter, I stood up for Canadians in both the House of Commons Chamber and at the Finance Committee. Last spring, Parliament voted to order the government to produce unredacted documents related to Sustainable Development Technology Canada (SDTC), a "Green Slush Fund" where whistleblowers revealed that connected insiders voted to give \$400 million of public money to their own companies, and hand them over to the RCMP. The government failed to do so. Each of my Conservative colleagues has spoken in the House of Commons on this very important motion to release the documents.

The Finance Committee has studied the effects of the Capital Gains Tax increase on Canadians and undertaken pre-budget consultations. This government's tax policy is killing jobs by driving investment and skilled Canadian workers out of the country. Business investment in capital like machinery, equipment, training, and intellectual property is shrinking, and productivity is falling. My Conservative colleagues and I will name a Tax Reform Task Force of entrepreneurs, inventors, farmers, and workers to design a tax cut that will allow Canadians to earn powerful paycheques and pensions and cut the paperwork and bureaucracy in the tax system by at least 20%.

Feedback from Calgarians is very important to me, please feel welcome to contact me through my Calgary office.

It remains my honour to represent you at the House of Commons as your Member of Parliament.

## 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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