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THE DEAD PERIOD



WE KNOW THAT THE CALENDAR HAS CHANGED OVER TIME, BUT DID YOU KNOW THAT BECAUSE THE ROMAN MILITARY WASN'T ACTIVE IN THE COLDEST MONTHS, THEIR CALENDAR ONLY HAD 10 MONTHS WITH FORMAL NAMES. JANUARY AND FEBRUARY WERE REFERRED TO AS THE "DEAD PERIOD".

Along the Shores of Lake Louise

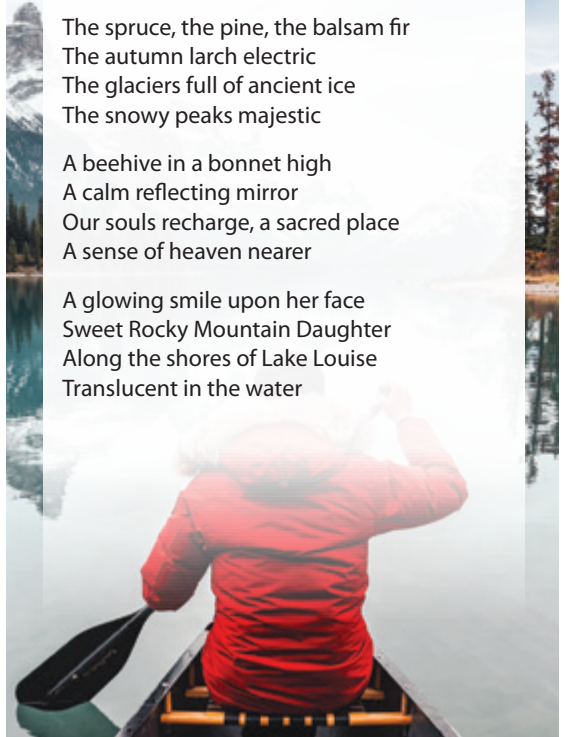
by Garth Paul Ukrainetz

Along the shores of Lake Louise
We walk through forest winding
The gifts of nature here abound
Her peaceful ways we're finding

The spruce, the pine, the balsam fir
The autumn larch electric
The glaciers full of ancient ice
The snowy peaks majestic

A beehive in a bonnet high
A calm reflecting mirror
Our souls recharge, a sacred place
A sense of heaven nearer

A glowing smile upon her face
Sweet Rocky Mountain Daughter
Along the shores of Lake Louise
Translucent in the water



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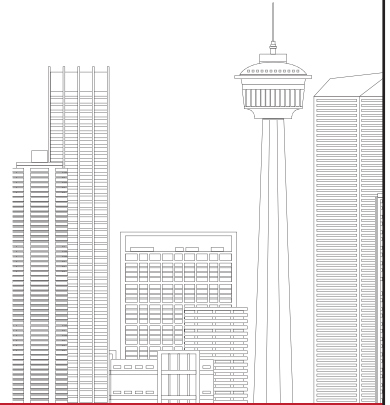


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**Crime
Statistics**



**Real Estate
Statistics**



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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:

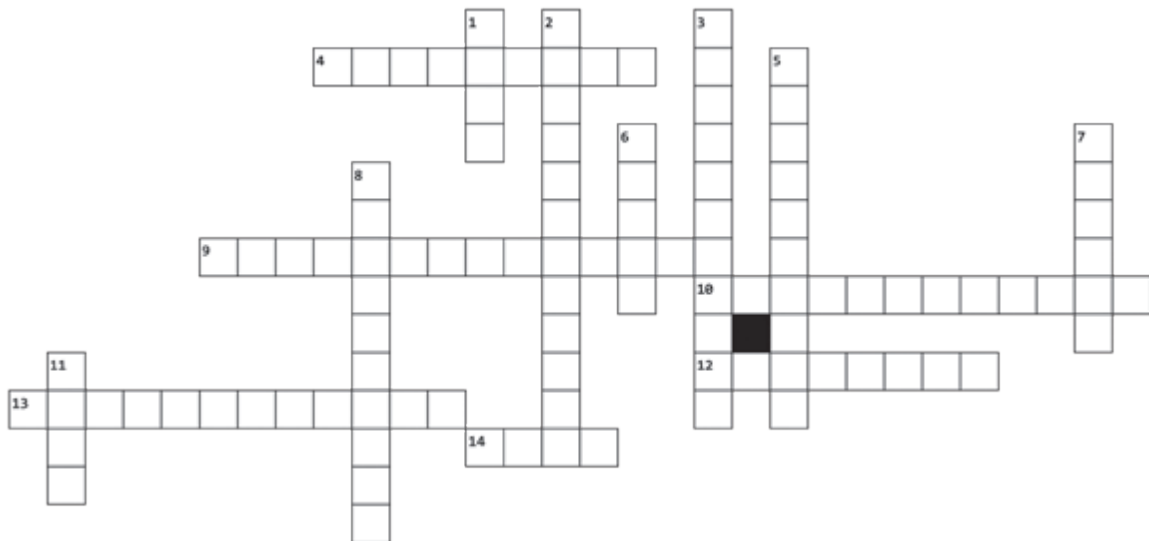
- In a large pot or saucepan, sauté ground beef, garlic, and onion until the beef turns brown.
- Add taco seasoning and mix together. Next add the black beans, corn, diced tomatoes, tomato puree, and salt to taste. Stir all ingredients together and then add the rice and the beef stock.
- Bring pot or 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!



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

Sleep Hygiene: What Is It and Why Do You Need It?

by Alberta Health Services



Sleep profoundly impacts our physical, mental, and emotional well-being, and is just as vital to our health as a balanced diet and exercise.

Sleep hygiene is a term that encompasses a set of practices, habits, or routines that can help you achieve restful, high-quality sleep each and every night. By adopting good sleep practices and making them part of your daily routine, you can support your body and mind in functioning at their best.

Why Is Good Sleep Hygiene Important?

Getting a good night's rest can do wonders for pretty much every function in our body. It's important for physical health, aiding in the body's repair and rejuvenation, and muscle recovery. Sleep can improve our immune systems and help us fight off illnesses, including infections and viruses. Adequate sleep helps us maintain a healthy weight and good heart health; enhances our ability to

think clearly and make sound decisions; and helps us with mood and emotional regulation. We perform better and are more productive. Ensuring good sleep hygiene can help improve the quality of our sleep and, in turn, helps us achieve a better quality of life!

Here Are Some Practical Tips to Help You Improve Your Sleep Hygiene

- **Create a Consistent Schedule.** Anchor your wake up at the same time every day, even on weekends. Consistency, particularly with the time that you wake up, helps regulate your body's internal clock.
- **Create a comfortable sleep environment.** Ensure your bedroom is conducive to sleep. This means a cool, dark, and quiet room with a comfortable mattress and pillows.
- **Limit screen time.** The blue light from screens can disrupt your body's natural sleep-wake cycle. Avoid screens at least an hour before bedtime.
- **Be mindful of your diet.** Avoid heavy or spicy meals, caffeine, and alcohol close to bedtime, as they can interfere with your sleep.
- **Exercise regularly.** Engaging in physical activity during the day can help you sleep better at night. However, try to finish exercising at least a few hours before bedtime.
- **Relaxation techniques.** Consider trying relaxation methods in a quiet area of your home such as deep breathing, meditation, or gentle stretches to calm your mind if you find yourself wakeful when you would like to sleep.
- **Switch it up!** Try to avoid lying awake in bed if you remain wakeful despite trying to sleep. Sometimes, leaving the bedroom to do something relaxing in a low light environment and returning to bed when sleepy can help to improve sleep continuity.
- **Limit Naps.** While short power naps can be rejuvenating, long or irregular daytime naps can disrupt your sleep patterns.

Sleep hygiene is a cornerstone of our health and well-being. By adopting good sleep practices and making them a part of your daily routine, you can enjoy the numerous physical, mental, and emotional benefits of a well-rested life. Prioritizing sleep hygiene is an investment in yourself and your future, and it's a simple yet effective way to enhance your quality of life.

The Life of an Immigrant in Canada

by Danielle Robbortze



Immigration has been one of the key reasons for Canada's massive growth, it was projected in 2023 that immigrants compose about 30% of Canada's population. In 2023, Canada's newcomer target was 465,000 new permanent residents, of which I am proudly one. In Calgary, approximately 33.3% of the population are immigrants (according to the City of Calgary's 2021 census).

As the new year comes into effect, it is hard to not reminisce about my first year here in Canada.

My immigration experience is unique as I believe it is for all immigrants. Reasons for immigration range from work, better standard of living, to love.

My reason was love. Which I find quite special.

It wasn't easy but I don't think it is easy for anyone. I believe I was one of the lucky ones, I was able to find a job and a place to live relatively quickly. Also, I believe I settled in quite easily and did not experience the biggest culture shock.

I find Canada a very welcoming country to immigrants. Personally, in Calgary I have never felt judged or ostracized for my country of origin or unique South African accent. Stereotypical as it might sound, Canadians are really friendly.

I was able to build a life here without letting go of my South African roots, something which I never want to lose.

I would say the biggest adjustment was of course the weather! Experiencing a -40-degree Celsius week of winter was definitely a new experience, one that I would never have in South Africa. Also, prices and tax are quite different here. I still have to remind myself that the price on the shelf will be different to the price at the till. In my mind, I still compare the price difference between the South African Rand and the Canadian Dollar, and I am always surprised at the vast differences in prices of clothing, groceries, dining, and more. Hopefully, this will change one day, and I will adapt to the new currency of my life.

I also realized in my year here how privileged I am to live in this country. The price of petrol (South Africans call it petrol not gas) is more reasonable here. Public transit is safer and more convenient here, which might be a shock to some Calgarians I know. There is always electricity and water here unlike in South Africa, something which I will never take for granted. It is also a privilege to not have to pay for certain healthcare services that we would have to pay for in South Africa to receive proper care.

I must admit there were times when I wished I could go back to my family in South Africa. But I know if I stay here, I will be able to better provide for my family back home and the children I would like to have here in the future.

I look forward to what the future holds and will be forever grateful for what this country has given me – a safe, welcoming, and prosperous environment.

Word of the Month

Fortuitous: Adjective (For-too-uh-tus)

Happening by chance or showing good luck

It was rather fortuitous that the two sisters arrived at the same time.

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

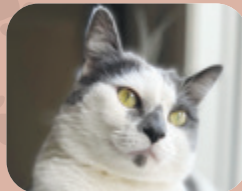
- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, 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.



Cats, Canines, & Critters of Calgary



Chigs, Crescent Heights



Daisy, Calgary



Pikachu, Sandstone



Tiffany and Maggie, Calgary

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Tips For Joining a Gym

by the Better Business Bureau



If your goal is to lose weight, get in better shape, or improve your overall health, deciding to join a gym may be the first step. However, don't just sign up at the gym you see or visit. Before signing on the dotted line, research all options first!

Get the most from a gym membership by considering these tips from BBB.

- **Determine your fitness goals.** Determining your goals in advance will help you select a facility that is most appropriate for you. Consult with your physician before embarking on a new fitness regimen, especially if there are medical conditions that might be a concern.
- **Figure out your priorities.** What is most important to you? Will a convenient location and extended hours help you stick to your fitness plan? Will a variety of equipment or classes keep you motivated? Do you work out while traveling and prefer a chain with numerous outlets? Determine your top priorities before you start shopping around.
- **Take a tour.** Make sure the gym has the equipment, classes, and trainers you need or expect. Pay attention to things that are important to you, whether it's the cleanliness of the showers or the availability of Wi-Fi. Ask questions and make sure you understand all the rules. Ask about busy times, wait times for equipment, whether classes require pre-registration, availability,

and cost of trainers, etc. Ask how the gym staff is maintaining the cleanliness of the facilities.

- **Ask questions about limited free trials.** Gyms often give a one-week free pass for potential members; this is a great way to see if the gym is a good fit for you. Try the gym at different times to see how crowded it is and whether there is a wait for certain equipment. Check out classes if they are offered.
- **Don't feel coerced.** Do not give in to high-pressure sales tactics to join right away. A reputable gym will give you enough time to read the contract thoroughly, tour the facilities, do some research, and make an informed decision.
- **Calculate the true costs.** Gyms often use special introductory offers to encourage new members, but the price could go up more than you budgeted once the initial period is over. Make sure you understand what the regular monthly fees will be and what they include.
- **Understand the terms.** Read the contract carefully before signing. Make sure that all verbal promises made by the salesperson are in writing. What matters is the contract and the terms within it, so don't just take a salesperson's word for it. What happens if you move, or the gym goes out of business? Will the membership renew automatically at the end of the term? What is the cancellation policy and under what circumstances?

CRIME STATISTICS

Richmond-Knob Hill Crime Activity was Up in November 2023

The Richmond-Knob Hill community experienced 9 crimes in November 2023, in comparison to 7 crimes the previous month, and 13 crimes in November one year ago. Richmond-Knob Hill experiences an average of 8.3 crimes per month. On an annual basis, Richmond-Knob Hill experienced a total of 100 crimes as of November 2023, which is down 39% in comparison to 165 crimes as of November 2022. To review the full Richmond-Knob Hill Crime report visit rich.mycalgary.com.

How To Report Crime In Richmond-Knob Hill: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.



Richmond-Knob Hill Real Estate Update

Last 12 Months Richmond-Knob Hill MLS Real Estate Sale Price Update

	Median Asking Price	Median Sold Price
November 2023	\$899,000.00	\$895,000.00
October 2023	\$893,950.00	\$890,000.00
September 2023	\$879,000.00	\$885,000.00
August 2023	\$686,950.00	\$699,250.00
July 2023	\$849,950.00	\$850,000.00
June 2023	\$799,000.00	\$790,000.00
May 2023	\$917,450.00	\$872,500.00
April 2023	\$829,900.00	\$811,000.00
March 2023	\$674,950.00	\$712,000.00
February 2023	\$699,900.00	\$692,000.00
January 2023	\$712,499.50	\$705,000.00
December 2022	\$699,900.00	\$700,000.00

Last 12 Months Richmond-Knob Hill MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	16	11
October 2023	18	16
September 2023	24	21
August 2023	22	18
July 2023	17	16
June 2023	23	18
May 2023	23	22
April 2023	13	17
March 2023	19	18
February 2023	22	11
January 2023	12	10
December 2022	7	7

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



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✉️ greg.mclean@parl.gc.ca

Over the summer, we saw incredible spikes in our utility bills as power usage went up with the temperature. Now that usage is going up again with the cold winter weather, I felt it was important to comment on the topic. Despite what some say, the federal carbon tax is not the reason for our higher bills. In fact, the tax doesn't even apply to Alberta's electricity generation.

Calgarians are uniquely susceptible to those spikes because the local access fee on your bill is tied to the price of electricity. As one goes up and down, so does the other. This is set up by the city and has been in place since the early 1990s. Then there's the price of the electricity itself. When the NDP were in government, customers on the regulated rate option (RRO) had their price capped at 6.8 cents per kilowatt hour. In 2019, the UCP government removed that cap. That, plus a few other factors, led to the price increasing to anywhere between 22 and 30 cents per kilowatt hour. That's how bills got to be four times higher than they were before. Some measures to reduce the cost of electricity were mentioned in the Throne Speech including new provincial home energy efficiency grants but nothing new has materialized so far.

In the meantime, consider switching to a fixed rate if you aren't on it already. It requires a strong credit score so unfortunately, it's not an option for everyone. If you're stuck on an RRO, you could look elsewhere for savings, like Calgary's Fair Entry program. It recently expanded so eligible clients can access low-cost internet, wireless, and TV services.

We continue to fight for more cost-of-living relief from the UCP government. We don't need ads stoking fears of being left in the cold. We need to see real, tangible action now.



Dear Friends,

Happy New Year!

For those of you that follow closely, you know that my parliamentary work is interesting – and I largely focus on the areas where my prior experience and skills lead me to provide input for better solutions than the government is proposing.

This term I was shuffled around, and as Calgary Centre is the most urban riding present in my party, we need voices addressing what is one of the most broken departments in the government, the Standing Committee on Immigration.

We've all seen the problems associated with files touching on immigration:

- Long delays in bringing in new Canadians.
- Family reunification that causes unnecessary angst.
- The botching of getting our allies and their families out of Afghanistan when that regime changed.
- The backlogs in programs from movement in priorities that cause more delays in other areas, and, of course,
- The effect that large immigration flows is having on our national infrastructure combined with the need for the skillsets that are not being provided in our own economy; and,
- The growing out-migration of new Canadians to other countries.

Canada is a country of immigrants, and our doors will always be open to those seeking to build lives, families, and futures here. As much as our government has faltered these past years – in failing to deliver basic services, mismanaging our economy, and becoming less relevant on the international stage – we are still a beacon to many.

Expect to hear more from me on this critical social issue going forward.

Let me take this opportunity to wish you and yours all the best in the new year.

To keep up to date on my work in Parliament, feel free to visit my website, GregMcLeanMP.ca, and feel free to contact me at Greg.McLean@parl.gc.ca or phone my office at 403-244-1880.

Thank you,

Greg McLean, MP

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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

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