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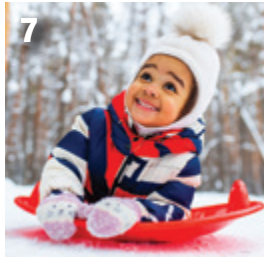
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CONTENTS

- 6 NEWS FROM THE FRIENDS OF NOSE HILL
- 7 SAFE AND SOUND: SLEDDING SAFETY
- 9 GAMES AND PUZZLES: JANUARY CROSSWORD
- 11 MENTAL HEALTH MOMENT:
HOW TO DEAL WITH THOSE LONG
SLEEPLESS NIGHTS
- 13 BUSINESS CLASSIFIEDS



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EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

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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.



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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.



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!



At-Risk for Mental Illness Research Program

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The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)

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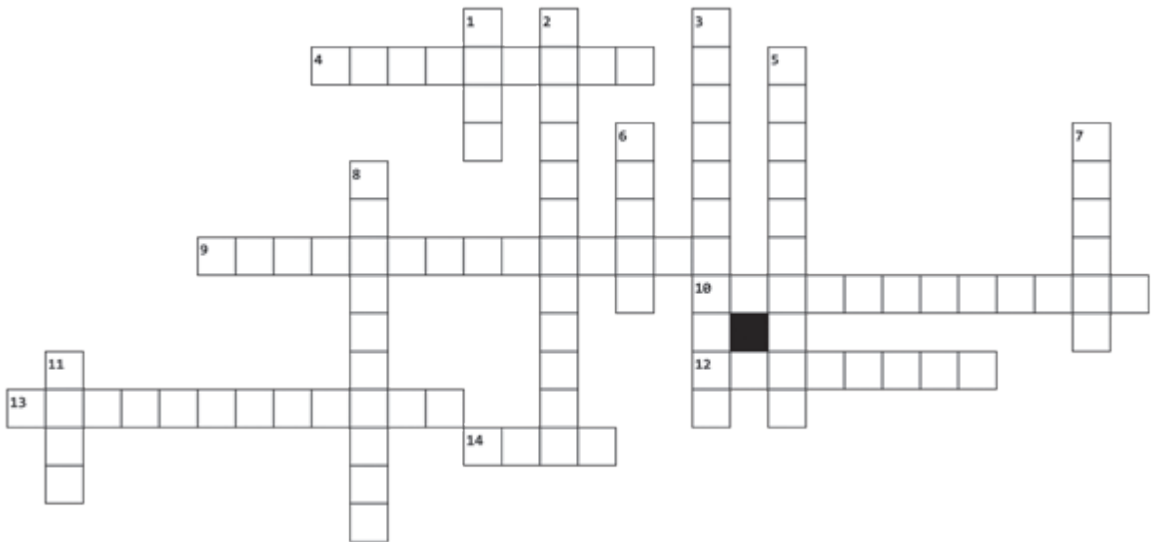
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January Crossword



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



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Last 12 Months PANORAMA HILLS

MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
November 2023	\$389,950.00	\$394,950.00
October 2023	\$307,000.00	\$315,000.00
September 2023	\$427,400.00	\$422,250.00
August 2023	\$409,800.00	\$432,000.00
July 2023	\$399,900.00	\$425,000.00
June 2023	\$409,900.00	\$428,000.00
May 2023	\$379,900.00	\$375,000.00
April 2023	\$439,000.00	\$432,500.00
March 2023	\$589,350.00	\$594,350.00
February 2023	\$427,400.00	\$423,500.00
January 2023	\$370,000.00	\$365,000.00
December 2022	\$492,500.00	\$477,500.00

Last 12 Months COUNTRY HILLS

MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
November 2023	\$529,900.00	\$510,200.00
October 2023	\$454,850.00	\$490,000.00
September 2023	\$392,500.00	\$415,500.00
August 2023	\$525,000.00	\$517,500.00
July 2023	\$407,499.50	\$432,500.00
June 2023	\$437,450.00	\$459,035.00
May 2023	\$387,500.00	\$418,500.00
April 2023	\$419,900.00	\$423,000.00
March 2023	\$630,000.00	\$650,000.00
February 2023	\$304,900.00	\$304,500.00
January 2023	\$0.00	\$0.00
December 2022	\$508,000.00	\$510,000.00

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



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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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Happy New Year!

I hope your holiday season was filled with warmth and time with loved ones. As we enter the new year, here are some upcoming things to keep in mind.

30th Annual Calgary Awards – Call for Nominations

Do you know a neighbour, colleague, or community leader that makes Calgary a better place to live? Consider nominating them for a Calgary Award! Visit calgary.ca/calgaryawards to view the full list of categories and submit a nomination by January 31.

Property Assessments – Go Paperless and Win

If you make the change to a paperless assessment notice, you can enter for a chance to win a \$250 Visa gift card. From January 3 to March 31, visit calgary.ca/gopaperless to sign up and enter.

Snow and Ice Clearing Map

Winter is in full force in Calgary, and that means our snow and ice removal teams are working to keep roads and sidewalks clear and safe. Snow clearing is a major topic that residents write in about, and the most useful tool for navigating priority routes, plows, and timelines is the Road Conditions Map. Check it out at www.maps.calgary.ca/RoadConditions.

Chinook Blast

Calgary’s annual winter festival returns next month and runs from February 2 to 19. This year’s lineup features art installations, live shows and music, winter sports, local markets, and more. Mark your calendars and visit chinookblast.ca for all the event details.



Happy New Year Everyone!

Hard to believe 2024 is here already, I hope you all had a restful holiday season surrounded by those you care most about.

As the Legislature is adjourned until February, I am so excited to spend some more time in the communities of Calgary-Beddington speaking with neighbours and friends about their priorities for the year to come. I have heard your concerns about leaving the Canada Pension Plan, worries over healthcare restructuring, and the ongoing difficulties stemming from an affordability crisis which continues to drag on.

I want to recognize the incredible generosity we see each year around the holiday season, we know families are struggling to make ends meet and the efforts made by community partners and individuals do not go unseen. Though I do regret to see Calgarians relying on food banks in higher numbers than ever before, the kindness of our communities is always heartening to witness.

I, along with my colleagues, will continue to push this government to address those issues which face you and your families. Keep sending us emails, keep calling, and keep stopping in to share your thoughts with my office. I love nothing more than to voice the opinions of my constituents in the Legislature. I will keep working to ensure that the voice of Calgary-Beddington is heard by this government.

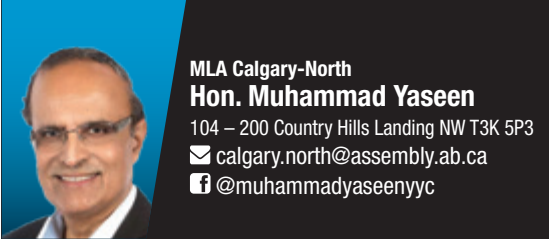
CHECKLIST

9 PM

ROUTINE

- 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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December 1, 2023, all photo radar sites were removed from ring roads in both Calgary and Edmonton and moved to school, playground, and construction zones to improve safety and protect those in vulnerable situations. Transportation and Economic Corridors and Public Safety and Emergency Services will engage with municipalities and law enforcement over the next year to get rid of all “fishing hole” locations so Albertans are assured that photo radar is focused on traffic safety.

The recently announced Dow \$9 billion Path2Zero project in Fort Saskatchewan marks Alberta’s largest private sector investment in 15 years. This initiative, a global first, establishes a net zero Scope 1 and 2 greenhouse gas emissions ethylene cracker and derivatives site, creating thousands of peak construction jobs and hundreds of permanent jobs. The project enhances Alberta’s ethylene and polyethylene capacity, boosting export potential and reinforcing the province’s leadership in emissions reduction and clean technology.

In efforts to revamp Alberta’s healthcare system, the government is implementing initiatives to enhance the efficiency of emergency medical services (EMS). These initiatives are designed to ensure every Albertan has timely access to high-quality healthcare. The government is inviting Paramedics and EMS partners who are on the ground and have a direct line of sight in understanding the unique needs of their communities, to join a new standing committee to share their valuable input.

The Family Justice Strategy receives a \$5 million boost from Budget 2023, earmarked for expanding pre-court services in Edmonton and Calgary. This investment aims to enhance alternative dispute resolution, family court counselling, and parenting interventions, aiding Albertans in deciding whether to settle family matters out of court or navigate court proceedings.

Thank you to my constituents for their support as I carry out my duties as your MLA. Wishing you all a joyous and prosperous new year.

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.



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