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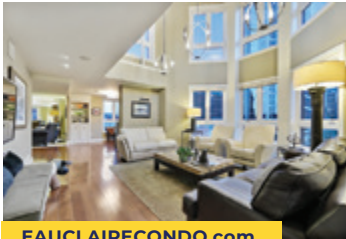
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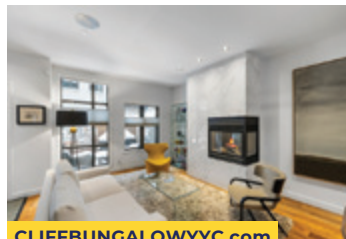
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Erlton Community Association Board Vacancies

There are several vacancies on the board of the Erlton Community Association. These positions are for a one-year term, ending in November. If you are interested in volunteering your time to improve your community and get to know your neighbours, please email membership@erltoncommunity.com with the position that interests you (descriptions can be found at www.erltoncommunity.com).



ERLTON COMMUNITY ASSOCIATION Monthly Meetings

The ECA hosts monthly meetings every second Tuesday of the month at the MNP Community and Sport Centre, except for July and August. Meetings provide an opportunity for community members to receive updates on the status of projects from the ECA and bring any new issues to the attention of the community and executive. Agendas are usually sent the weekend before the next scheduled meeting. All are welcome!

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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.



Scouts

The 10 Sara Scout Hall in Rideau is looking for scouters, Beavers (ages 5 to 7) and Cubs (8 to 10). Our group has roots back to 1914 and is welcoming new volunteers and youth. Come and join the adventure. We also accept hall rentals and bottle donations! Contact me at cerichw@yahoo.ca or scouts.ca.



BEST PICTURE

Oscar season is an exhilarating time of year. With so many categories and nominees, it can be hard to keep track of what's going on! One thing of note is that only three animated films have ever been nominated for Best Picture. *Up*, *Toy Story 3*, and *Beauty and the Beast* in 1991 which was the first ever animated Best Picture nomination.



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ROXBORO COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	0	1	\$1,800,000	\$1,825,000
October 23	3	0	\$0	\$0
September 23	0	1	\$1,250,000	\$1,255,000
August 23	1	0	\$0	\$0
July 23	0	1	\$3,500,000	\$3,350,000
June 23	1	0	\$0	\$0
May 23	0	0	\$0	\$0
April 23	0	0	\$0	\$0
March 23	0	1	\$1,245,000	\$1,217,500
February 23	1	0	\$0	\$0
January 23	0	0	\$0	\$0
December 22	0	0	\$0	\$0

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

WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	17	16	\$244,450	\$248,825
October 23	15	13	\$199,500	\$200,000
September 23	12	4	\$492,400	\$494,000
August 23	11	14	\$225,000	\$218,750
July 23	12	14	\$284,450	\$284,250
June 23	17	13	\$234,900	\$232,400
May 23	14	17	\$214,000	\$209,200
April 23	17	12	\$224,950	\$217,250
March 23	16	14	\$279,400	\$271,000
February 23	9	9	\$229,900	\$229,900
January 23	8	5	\$225,000	\$220,000
December 22	5	3	\$700,000	\$700,000

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

Understanding Mental Health

by Alberta Health Services

Mental Health is complicated. There are so many ways to talk about it and it can get confusing. To better understand, Mental Health Literacy developed a tool known as “the pyramid” that consists of four layers. The base of the pyramid is the largest, which is related to the number of individuals in this state. Therefore, as the pyramid gets smaller so does the amount of people who may experience this state. Let’s take a closer look at what the four levels of the pyramid are.

1. No Distress, Problem, or Disorder

This is the bottom level and the largest of the pyramid. This is when everything is okay, and you are not experiencing any mental distress, problems, or disorders.

2. Mental Distress

The next layer up is mental distress. Distress releases a signal from our brain indicating the need to adapt to our environment and that there is a problem to solve. Triggers of distress are unavoidable, but the process is necessary for life-skills promoting and building resilience. An example is having an argument with your boss. Once you figure out a solution the mental distress goes away.

3. Mental Health Problem

The second layer from the top is mental health problems, which can mean that we are having difficulties and may need external help such as counselling or community support. This can arise from a stressor of great amount, such as the death of a loved one.

4. Mental Disorder/Illness

Located at the top of the pyramid is mental illness. This occurs when there is disruption in usual brain functioning. This disruption is the result of our genes and our environment from the time of conception and throughout our life. Examples of this can be the diagnosis of ADHD, Clinical Depression, and Anxiety.

Now that we have a better understanding of these terms, here are everyday things you can do for your mental health, also known as the “Big Five to Thrive!”

- **Exercise:** This could be a walk in the community or a session at the gym.
- **Sleep:** The optimal amount needed varies for everyone. Put away your phone and snuggle up for a good night’s sleep.
- **Supportive Relationships:** Develop and maintain positive relationships with family, friends, and community. Surround yourself with those who lift you up.
- **Nutrition:** Incorporate healthy foods that are easy to make and taste great!
- **Helping Others:** Get involved in your community coalitions or volunteer with local charities.

It has been shown that improving even one of these areas translates to improvement in the other areas. Consider steps that are realistic for you to better your mental health!



GAMES & PUZZLES

Guess the Sport!

1. This is commonly known as the only sport that has been played on the moon.
2. This incredibly physical two-person activity is considered the world's oldest sport.
3. In this sport, goal posts are painted yellow.
4. In _____, a score of zero is called "love".
5. An elegant show of talent, this is the oldest winter Olympic sport.
6. When you miss three times in a row, it's called a turkey in this sport.



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	5							1
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						2	3	6
			8			7		
2	7	5			6			1
	3							5

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Spiritual Toolbox – New Year’s Resolutions

by Jonni Fox

- Create music
- Play in nature
- Find peace
- Heal with community
- Be with good friends
- Repair something
- Drum for peace
- Make something beautiful
- Create art
- Volunteer
- Play
- Love
- Get outside
- Go fishing
- Read a great book

In the journey of life, the question often arises, “What’s in your spiritual toolbox?” This inquiry goes beyond physical possessions; it delves into the reservoir of habits and practices that shape our daily existence. As we embrace new beginnings and resolutions, cultivating a robust spiritual toolbox becomes paramount.

Change is inevitable, and our spiritual toolbox serves as a compass guiding us through life’s twists and turns. Habits, whether constructive or detrimental, influence our body, mind, and spirit. The concept of habit stacking becomes crucial in this pursuit of a balanced and fulfilling life. By integrating positive habits, one can fortify their spiritual toolbox, ensuring a resilient foundation.

Consider the infinite possibilities that unfold when your toolbox is adorned with habits that uplift and support your highest good. Creative approaches to maintaining this toolbox become essential, acting as a shield against harmful patterns. Life’s unpredictability demands readiness, and a well-equipped spiritual toolbox offers solace during challenging moments.

Picture your goals as destinations on life’s map. Attaining them becomes not only conceivable but also natural with a healthy spiritual toolbox. This repository of uplifting practices aligns with your well-being, health, and overarching objectives. It transforms the pursuit of change into a journey marked by vitality and fulfillment.

In essence, the key to a healthy body, mind, and spirit lies in the contents of your spiritual toolbox. As you navigate the vast landscape of life, let your toolbox be a source of strength and resilience. Embrace habits that resonate with your highest aspirations and witness the transformative power they bring to your existence. What’s in your spiritual toolbox? The answer shapes not just your daily routine but the trajectory of your life.

Happy New Year!



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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	Listed	Sold	Listed	Sold
November 23	5	2	\$569,900	\$575,500
October 23	5	8	\$489,000	\$482,000
September 23	11	11	\$555,500	\$502,000
August 23	4	6	\$549,950	\$571,250
July 23	7	4	\$779,900	\$784,000
June 23	9	5	\$424,900	\$424,900
May 23	8	6	\$467,450	\$457,200
April 23	5	3	\$400,000	\$411,000
March 23	6	7	\$395,000	\$390,000
February 23	3	2	\$407,400	\$442,500
January 23	3	3	\$389,900	\$400,000
December 22	2	2	\$359,950	\$340,000

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

PARKHILL COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	10	5	\$850,000	\$890,000
October 23	12	7	\$460,000	\$450,000
September 23	6	5	\$700,000	\$705,000
August 23	5	3	\$469,900	\$471,000
July 23	8	4	\$484,900	\$533,587
June 23	5	11	\$399,900	\$405,000
May 23	9	5	\$279,000	\$273,000
April 23	6	5	\$799,000	\$785,000
March 23	6	2	\$748,500	\$804,500
February 23	3	3	\$234,900	\$245,000
January 23	2	2	\$727,400	\$707,500
December 22	0	5	\$869,900	\$840,000

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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?

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ELBOYA COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	0	1	\$2,999,990	\$2,775,000
October 23	2	3	\$990,000	\$990,000
September 23	2	6	\$789,450	\$714,000
August 23	3	2	\$909,950	\$905,000
July 23	5	3	\$999,000	\$1,000,000
June 23	4	2	\$1,024,950	\$973,500
May 23	4	5	\$1,050,000	\$935,000
April 23	3	3	\$1,998,000	\$2,000,000
March 23	4	0	\$0	\$0
February 23	5	4	\$945,000	\$921,000
January 23	0	1	\$1,100,000	\$965,000
December 22	1	0	\$0	\$0

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

ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	5	3	\$1,950,000	\$1,932,500
October 23	6	6	\$1,572,500	\$1,562,000
September 23	4	5	\$1,075,000	\$1,000,000
August 23	6	4	\$2,147,450	\$2,139,950
July 23	5	1	\$3,250,000	\$3,323,428
June 23	9	11	\$1,990,000	\$2,200,000
May 23	10	6	\$1,912,450	\$1,865,000
April 23	7	4	\$1,970,000	\$1,987,500
March 23	7	4	\$1,847,450	\$1,925,500
February 23	5	5	\$1,850,000	\$1,870,000
January 23	2	4	\$824,950	\$822,500
December 22	0	5	\$999,999	\$900,000

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

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.

Calgary's First Mall

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

With the Christmas and holiday season behind us, let's reflect on the buildings that help us get it all done: the shopping mall.

The word "mall" can refer to different destinations, such as outdoor pedestrian promenades or covered markets. For now, let's focus on large, enclosed shopping centres. These began popping up in North America as suburbs developed after WWII. One of the first opened in a Minneapolis suburb in 1956.

Originally called "Calgary Centre", North Hill Centre was Calgary's first mall. It opened in 1958 in Hounsfield Heights Briar Hill. The area was subdivided and annexed by the City in 1906 and was established as a neighbourhood in 1953. It was homesteaded by Thomas Riley and Georgina Hounsfield Riley in 1888. Their lodge was located on the site of Bethany Care Centre, which opened in 1946.

North Hill's original freestanding anchor tenant was Simpsons-Sears. This was the first Sears in Calgary and one of its first A-class stores in Canada (Sears closed in 2018). The mall was billed as the largest in Western Canada at the time, with 30 stores and services in one place, including a grocery store and bowling alley. In 1973, North Hill's strip mall feel was eliminated when the anchor stores were enclosed with the other shops in one building.

Chinook Centre arrived in 1960 as an open-air complex anchored by Woodward's department store (acquired by Hudson's Bay in 1993). It merged in 1972 with Southridge Mall (built in 1965). By 1974, Market Mall, Northland Village, and Southcentre Mall were all operating.

Large malls have seen plenty of alterations over the years as tastes have changed and competition for our entertainment dollars has increased. In the mid-1990s, North Hill's grocery store, bowling alley, and theatre were demolished, replaced by more retail spaces and restaurants. I remember in 2000 when my first job (as a grocery clerk) transferred across the mall to the newly built Safeway. By 2004, twin eight-storey condo towers were completed. This ushered in a new era for North Hill as a mixed-use residential and services hub, preserving a key anchor of Calgary's urban growth.

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Historical Photos

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"Aerial view of northwest Calgary, Alberta.", 1957-10-05, (CU1131606) by Rosettis Studio. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://7045.sydneyplus.com/public/final/Portal/Default.aspx?component=AABC&record=9c0c5c88-df82-496a-a83c-07a76297cccd>.



View of North Hill Shopping Centre, Calgary, Alberta, 1960. Transportation Department fonds, CaIA PN-000823. Permission obtained from City of Calgary Archives.

Modern Photos



North Hill Centre, looking west along 16 Ave NW, 2023. Photo courtesy of Anthony Imbrogno.

RESIDENT PERSPECTIVES

Stargazing with Pat J: Hubble vs The James Webb Space Telescope

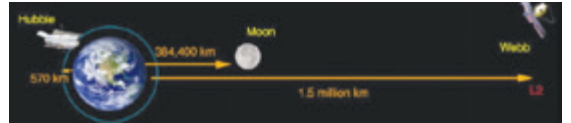
by Patricia Jeffery © 2024, Calgary Centre of the Royal
Astronomical Society of Canada

Named for celebrated astronomer Edwin Hubble, the Hubble Space Telescope (HST) went into orbit on April 24, 1990. Still operational 33 years later, it continues to produce breathtaking images of planets and galaxies.



The James Webb Space Telescope (JWST), named after the NASA Administrator of the Apollo program, rocketed into space on December 25, 2021. Designed to complement the aging Hubble which observes objects in the shorter wavelengths of ultraviolet and visual light, JWST's primary focus is on the other end of the spectrum, the longer wavelengths of the infrared. This makes Hubble and JWST a formidable pair of observatories that together cover a broad wavelength range.

Because the universe is expanding, as a galaxy moves away from Earth, its light wave is stretched; causing it to appear red (infrared). Conversely, a galaxy moving toward us has its light wave compressed; causing it to appear blue (ultraviolet).



How HST and JWST Compare

Location: HST: In low Earth orbit at an altitude of 547 kms. JWST: 1.5 million kms from Earth at a point in space known as Lagrange 2.

Size: HST: School bus. JWST: Tennis court.

Light observed: HST: Ultraviolet, visible, and near-infrared light. JWST: Near and mid infrared light.

Mirror surface: HST: 4.5 sq. metres. JWST: 25 sq. metres. As its larger mirror can gather more light, it can view objects 100 times fainter than the Hubble can see.

Maintenance: HST: Was repaired and upgraded by the now obsolete Space Shuttle. JWST: Is too far from Earth to repair.

Mission Lifetime: HST: Will remain operational as long as its instruments are functioning. JWST: Minimum expected lifespan is five years but may go beyond ten years. This will depend on how long its propellant, which is needed to keep it stable in orbit, will last.

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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!



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	Listed	Sold	Listed	Sold
November 23	0	1	\$1,699,900	\$1,570,000
October 23	2	1	\$1,650,000	\$1,650,000
September 23	1	1	\$1,799,000	\$1,710,000
August 23	2	0	\$0	\$0
July 23	0	0	\$0	\$0
June 23	1	1	\$1,995,000	\$1,979,500
May 23	1	0	\$0	\$0
April 23	2	2	\$1,336,500	\$1,362,500
March 23	1	0	\$0	\$0
February 23	0	0	\$0	\$0
January 23	0	0	\$0	\$0
December 22	0	0	\$0	\$0

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

RIDEAU PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	3	2	\$322,500	\$308,750
October 23	4	1	\$452,000	\$460,000
September 23	2	2	\$1,864,500	\$1,760,000
August 23	2	5	\$549,000	\$540,000
July 23	5	2	\$337,500	\$338,000
June 23	2	3	\$438,800	\$438,800
May 23	3	2	\$429,950	\$417,150
April 23	2	1	\$1,675,000	\$1,850,000
March 23	0	1	\$425,000	\$415,000
February 23	2	2	\$237,450	\$229,950
January 23	2	1	\$580,000	\$570,000
December 22	0	0	\$0	\$0

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

The Harmonious Tapestry of Human Experience

by Jonni Fox, Rod MacCormack, and Moe Refaei
(musicians, song writers and producers)

In the intricate fabric of human existence certain threads weave together to create a tapestry of emotions and experiences. This tapestry is woven from the threads of frequency, love, gratitude, joy, celebration, music, unity, connection, and community. Each element contributes to the rich and diverse texture of our lives.

At its core, the concept of frequency refers to the vibrational energy that permeates the Universe. It is the unseen force that connects all living things. When we harness positive frequencies through acts of love, we contribute to the uplifting of our own spirits and those around us. Love, a powerful and universal emotion, acts as a beacon of light in the human experience. It fosters connection and unity by promoting empathy, compassion, and understanding.

Gratitude is the practice of recognizing and appreciating the blessings in our lives. It brings a profound sense of joy, a radiant, contagious emotion that is often expressed through celebration. Celebrations are a testament to our shared human experience. Music is often described as the universal language of the soul; it has the incredible power to elevate our frequencies and unite people from diverse backgrounds. Through music we find connection, and it often serves as the soundtrack to our most cherished memories.



Unity, connection, and community are interwoven threads in the fabric of our existence. These concepts highlight the beauty of coming together as one. In unity we find strength.

Through connection we discover meaning, and in community we discover support and belonging.

The interplay of frequency, love, gratitude, joy, celebration, music, unity, connection, and community is the essence of our shared human experience. These elements not only enrich our lives but also serve as the foundation for building a harmonious and compassionate world. When we embrace these aspects, we create a beautiful tapestry that reflects the best of humanity, fostering connection, understanding, and a shared sense of purpose. Just for the health of it, listen to your heartbeat and put it on a drum. Add frequency to your life and you will feel alive.



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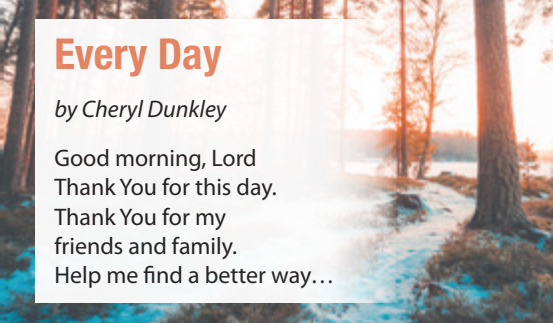
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Every Day

by Cheryl Dunkley

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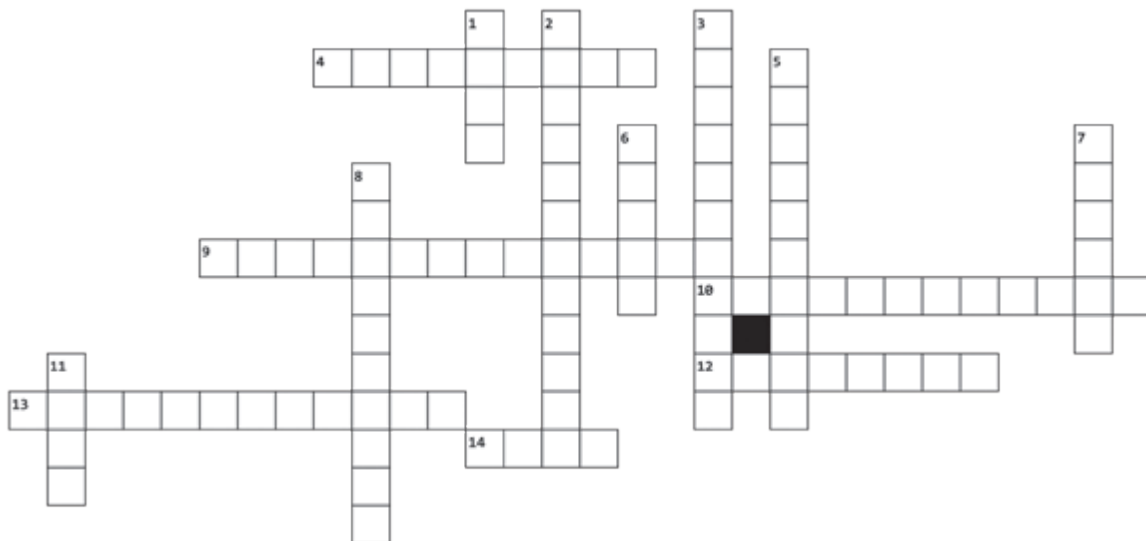
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January Crossword



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.



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BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	0	0	\$0	\$0
October 23	1	0	\$0	\$0
September 23	1	1	\$2,095,000	\$1,860,000
August 23	0	0	\$0	\$0
July 23	0	0	\$0	\$0
June 23	0	0	\$0	\$0
May 23	3	4	\$1,945,000	\$1,925,000
April 23	1	1	\$1,850,000	\$1,800,000
March 23	3	0	\$0	\$0
February 23	0	4	\$3,017,500	\$2,852,500
January 23	1	0	\$0	\$0
December 22	1	1	\$1,869,000	\$1,700,000

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

BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	1	0	\$0	\$0
October 23	2	2	\$2,196,500	\$2,395,000
September 23	3	1	\$1,850,000	\$1,850,000
August 23	4	5	\$1,700,000	\$1,650,000
July 23	2	3	\$2,099,000	\$2,100,000
June 23	4	1	\$899,900	\$875,000
May 23	1	1	\$1,649,900	\$1,600,000
April 23	3	1	\$1,669,000	\$1,640,000
March 23	0	2	\$1,587,500	\$1,505,000
February 23	1	1	\$1,745,000	\$1,697,000
January 23	1	1	\$3,250,000	\$3,000,000
December 22	0	0	\$0	\$0

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



**MLA Calgary-Elbow
Samir Kayande**

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**MP Calgary Centre
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✉️ greg.mclean@parl.gc.ca

Happy New Year!

I hope your holidays were relaxing and restful and that the new year brings you much joy and happiness. What a year it was! From Stampede, to Pride, to Diwali and Folk Fest, it has been an exciting six months. Truly though, the best part of the job for me has been speaking with and getting to know so many of you. I feel incredibly grateful to be representing such a great community here in Calgary-Elbow.

As your MLA, I have been hearing a lot of concerns over the last few months about Alberta’s potential withdrawal from the Canadian Pension Plan. Not to mention concerns over healthcare and the dismantling of Alberta Health Services, and of course, the housing affordability crisis, which has gripped so much of the country and our province.

This province belongs to everyone who built it. Ordinary Albertans. The CPP has allowed Albertans to retire with dignity for the last 60 years. So many of you have written to me because you don’t want it to go away, and I’ve been sharing your desire to keep your CPP with the government at every opportunity.

Should you have any other questions or concerns, my office is located at 205, 5005 Elbow Drive SW. You can also reach me at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346. I am always happy to meet with constituents and listen to what is on your mind.

Once again, thank you to everyone who has taken the time to call, write, and meet with me so far: it is my great honour and privilege to serve the people of Calgary Elbow.



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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