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boardmail@citadelca.ab.ca **president@hawkwoodcalgary.com**
www.citadelca.ab.ca **www.hawkwoodca.com**

Elected Officials



Councillor Joe Magliocca
Ward 2 Office
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2430
Fax: 403-268-3823
Email: ward02@calgary.ca
Web: www.calgary.ca/ward2



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#29, 735 Ranchlands Blvd NW
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Name	Age	Contact	Course
Courtney	13	403-862-0079	Yes
Sierra	13	403-202-1790	Yes
Sophia	14	403-208-9559	Yes
Sharon	14	587-354-1466	Yes
Ryan	14	403-852-9602	Yes
Courtney	15	403-295-7751	Yes
Blake	15	403-547-3197	Yes
Chaerin	15	587-331-9207	Yes
Madina	15	587-353-1955	Yes
Sandy	16	403-617-1516	Yes
Kristyn	20	403-554-1916	Yes
Kelly	32	403-992-6361	No
Roni	55	403-247-9913	Yes
Iffat Noreen	58	587-353-9949	Yes

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Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

news@great-news.ca
Editorial Content DEADLINE 1st
 of each month for the next month's issue

YOUR COMMUNITY CONNECTIONS

COMMUNITY

Calgary Public Library
 Crowfoot Branch
 8665 Nose Hill Drive - T3G 5T3
 403-221-4122

Scouts Canada
www.myscouts.ca
 403-283-4993

Girl Guides
ggcinfo@calgarygirlguides.com
 403-283-8348

CITY PARKS & PATHWAYS

Edgemont Ravine

Edgebrook Dr. & Edgebrook Blvd. NW
 35.5 hectares of networking ravines in the northwest section of the city are completely surrounded by the community of Edgemont. The naturalized marsh was one of the first to be constructed as part of the water management scheme in a community development. The community and park were established in the late 1970s. Access to the ravines is available through the parking lot on the east side of Edgebrook Blvd. NW.

Ranchlands Park

700 Ranchlands Blvd. NW.
 Ranchlands Park occupies about 12 hectares in the community of Ranchlands in the northwest part of the city. The park was established when the community was developed in the 1970s.

Nose Hill Park

5620 14 St. NW
 Area: 1129 hectares
 Nose Hill Natural Environment Park lies in the northwest part of the city, surrounded by 12 residential communities. The park was created in 1980 and covers over 11 square kilometres. The hill most likely gets its name from the fact that, from certain locations and with a little imagination, it looks like a nose.



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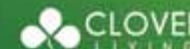
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IN & AROUND CALGARY

Spring Cleaning Made Simple

As you are doing your spring cleaning, be sure to find the right place for all your unwanted stuff from around the house, yard and garage.

By disposing of your materials the right way, you'll keep unnecessary items out of the landfill and give a second life to materials that can be reused, recycled or composted.

Keep your spring cleaning simple with help from these City programs and services:

Spring Yard Waste landfill drop-off

Until May 29, take your yard waste to any City of Calgary landfill for free composting.

Electronics recycling depots

There are several locations around the city to take your old electronics for recycling.

Household hazardous waste drop-off

Safely dispose of old paints and stains, pressurized tanks, cleaning products and more. Drop-offs are located at City of Calgary landfills and designated fire halls.

Community cleanups

Over 100 community cleanups will take place from May to September. Check with your community association to find out when and what items are accepted.

Visit calgary.ca/springcleaning for more details, locations and hours on the above programs.



Get Out and Walk!

A message from the Federation of Calgary Communities

May is a great time for getting out into your community! Walking has many benefits – getting to know your neighbours, know what is happening around you, fresh air and exercise.

Here are some safety tips for walking in and around your community:

1. Tell someone where you are going, which route you are taking, and when you will be back.
2. Be aware of your surroundings.
3. Listen to your instincts. Something that doesn't look or seem right probably isn't.
4. Walk facing the traffic.
5. Stay away from shrubbery, darkened doorways, and alleys.
6. Avoid using headphones so you are aware of the sounds around you.
7. Wear colours that are bright and reflect light.
8. Walk in well-lit areas.
9. Bring a friend or your dog with you for company.
10. Have fun!

For more information on walking alone or starting a community walking group, please check out our walking guide resource called Around The Block: Let's Walk! You can find the walking guide on the Federation of Calgary Communities website www.calgarycommunities.com.



News from the Friends of Nose Hill

by Anne Burke

International Migratory Bird Day is on May 8. Continual monitoring is required to maintain accurate, current information on their status around the world. Go to www.naturealberta.ca for Alberta birds at risk.

Ordinary people with an interest in wildlife, plants or species can help. Citizen science programs combine learning, field work, and volunteer research. Projects can be about insects, frogs and toads, birds, mammals, plants, water, and more.

There are local clubs and annual count events, such as the species count of birds during May at various locations around Alberta. The flower blooming count is the last week of May. Everyone is welcome to participate. For botany details, email svisser@ucalgary.ca.

Our Facebook group is busy reporting on wildlife sightings, identifying plants, and how early the crocus appeared on the John Laurie side, off the 64 Avenue entrance, and near the top above Charleswood Drive. Alberta Plant Watch is part of the national Canada Watch program. By reporting when certain plants bloom, volunteers contribute vital information for climate change studies. We now have almost 3 decades of information.

Go to www.plantwatch.naturealberta.ca.

Participation can be as easy as just looking for flowers in bloom and recording information about it on a data sheet and taking a picture; or go online to identify unusual or difficult plants.

Full colour photos are on our website. You can now report your observations and locations easily online. You can also use your smart phone to report data by your phone's GPS, and/or to send a photo of your plant. Please submit count results by June 30, 2016 for the May Flower Count -May 25-31.

Mark your calendars now for Nose Hill clean-ups on Saturday, June 18 and July 30 at the Edgemont parking lot (Edgemont Blvd. & Shaganappi Tr.) 11 a.m. to 2 p.m. where pick-up bags are given out to park users. Parks staff and Bylaw officers will be on hand. Individuals and groups are welcome for this PUPPY program.

You can volunteer to be a Park Interpreter for Nose Hill from June to October if you love to tell a story and have an interest in environment, natural history, local plants, and wildlife. Must be 18 years of age or older. Training provided. Call 311 or apply online at www.calgary.ca.

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Last 12 Months Citadel

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2016	\$469,900.00	\$458,000.00
March 2016	\$478,450.00	\$469,000.00
February 2016	\$460,000.00	\$452,000.00
January 2016	\$422,500.00	\$416,000.00
December 2015	\$449,900.00	\$450,000.00
November 2015	\$434,700.00	\$429,000.00
October 2015	\$459,900.00	\$450,750.00
September 2015	\$454,900.00	\$452,250.00
August 2015	\$469,900.00	\$458,750.00
July 2015	\$504,900.00	\$490,000.00
June 2015	\$459,900.00	\$455,000.00
May 2015	\$479,000.00	\$460,000.00

Last 12 Months Citadel

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2016	16	15
March 2016	22	14
February 2016	6	9
January 2016	7	5
December 2015	6	7
November 2015	16	10
October 2015	12	12
September 2015	13	12
August 2015	14	14
July 2015	18	14
June 2015	17	23
May 2015	16	21

To view the specific SOLD Listings that comprise the above MLS averages please visit citadel.great-news.ca

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Snacks for Healthy Eyes

Canadian Association of Optometrists

Eat your leafy greens – Fresh spinach and kale are loaded with two antioxidants called lutein and zeaxanthin. These antioxidants help protect against the damaging effects of UV rays – pack an extra-large salad on those sunny days!

Fruits and veggies – Fill your lunch bag with colourful Vitamin C rich foods, such as grapefruit, strawberries, bell peppers and broccoli. Vitamin C is another vitamin that acts as an antioxidant by helping to absorb some of harmful rays generated by the sun.

Hummus – Enjoy some hummus with your veggies! Chickpeas, as well as other legumes, contain Zinc which helps your liver release and drive Vitamin A to the retina to produce melanin – melanin helps protect your eyes from ultraviolet light.

Fish – Most know that Omega 3 fats have many disease fighting powers, but did you know that they can also help protect against age-related macular degeneration and dry eye? Cook up your favourite salmon salad recipe, or order some sushi to-go.

Think Orange – Carrots, yams and sweet potato are packed with beta-carotene, an antioxidant that can help reduce the risk of age-related macular degeneration and cataracts.

Use leftover turkey – Planning a picnic? Pack your sandwiches full of this zinc and niacin filled protein. In addition to helping fill your zinc quota for the day, turkey contains b-vitamin niacin, which can help protect against cataracts.



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Calling All Neighbours!



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Photo Credit: Alberta Guide Dogs



Hawkwood Community Association

Box 62011, RPO Hawkwood NW, Calgary, AB – T3G 5S7

Phone: 403.239.2211

president@hawkwoodcalgary.com • www.hawkwoodca.com

Last 12 Months Hawkwood

MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
April 2016	\$629,900.00	\$612,500.00
March 2016	\$499,900.00	\$495,000.00
February 2016	\$494,900.00	\$485,000.00
January 2016	\$509,350.00	\$498,500.00
December 2015	\$499,900.00	\$477,500.00
November 2015	\$518,900.00	\$510,000.00
October 2015	\$517,000.00	\$505,000.00
September 2015	\$515,000.00	\$508,000.00
August 2015	\$544,450.00	\$531,500.00
July 2015	\$492,000.00	\$474,044.00
June 2015	\$594,900.00	\$575,000.00
May 2015	\$516,500.00	\$501,500.00

Last 12 Months Hawkwood

MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
April 2016	15	6
March 2016	13	11
February 2016	7	8
January 2016	11	2
December 2015	5	3
November 2015	5	8
October 2015	7	5
September 2015	11	9
August 2015	15	14
July 2015	11	6
June 2015	7	5
May 2015	13	14

To view the specific SOLD Listings that comprise the above MLS averages please visit hawkwood.great-news.ca

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Mom in the Fast Lane

Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, "Hey, let's have a race and see who can run the fastest" and we both started to run. After a few seconds, he stopped dead in his tracks and said "Mom, why are we racing?"

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded "Good question, we're not going to race anymore." Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience.

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PERSONALIZED CLEANING SERVICES LTD: Enjoy your spring and let us worry about the cleaning. Book your Spring Clean now and save \$40.00! All supplies provided! Insured and bonded! Call, text or email Kim now 403-875-6219/info@pcscalgary.com. Also visit us at www.pcscalgary.com.

TILE, HARDWOOD, LAMINATE, CABINETS, CONCRETE WORK, PAINTING, PATIOS: Ultimate Construction has been in business for over 21 years. We are licensed and insured. "Fine Italian craftsmanship." We will seriously work within your budget. Call Franco at 403-804-0141 or 403-295-7442.

COMPUTER HELP: New or old Windows PC questions, problems or upgrades. Sync email with smart phones and tablets. Help with internet security, virus protection, backups, on-line banking or other programs (Word, Excel, Genealogy). 30 years' experience. Seniors discount offered. Contact Dave at PCHelpYYC@outlook.com or 403-239-1230.

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LONDONDERRY PAINTING AND DECORATION: Interior and exterior painting ceilings wallpaper and wood refinishing. For free estimates call Howard 403-226-3456.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 17

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Neighbour Day is an opportunity for neighbours to come together in the form of BBQs, cleanups and potlucks to celebrate our strong community spirit in Calgary. Make Saturday, June 18 the day you host a block party, a picnic at your local park or even introduce yourself to a neighbour and lend a helping hand. The City of Calgary wants to encourage as many people as possible to host a local activity on their block or in their residential building. That is why they are waiving the fees for small scale local block party permits and neighbourhood park bookings for events that take place on June 18 this year. Please note the deadline for road closure permit applications is May 27. Visit calgary.ca/neighbourday for more information about Neighbour Day including an event planning kit, information about permits and other logistical considerations.

This spring, Calgary Police Service along with Alberta Commercial Vehicle Enforcement will be paying extra attention to safety infractions by heavy and light trucks. They will focus on moving violations, cargo securement, mechanical fitness and other related infractions to ensure all vehicles are roadworthy and safe. There will be check stops and enforcement blitzes throughout the spring.

With the population growth and the new development throughout northwest Calgary, certain major roadways are becoming increasingly congested. Two major projects that I have been advocating for is to twin the Shaganappi Trail overpass over Stoney Trail and to build a full interchange on 14th Street NW and Stoney Trail. Both of these interchange improvements are critical to the transportation network in northwest Calgary. I have met numerous times with officials from the provincial and federal government to advocate for these projects and I will continue to advocate for them at City Hall. If improving these roadways is a priority for you, please share your views with your local Member of the Legislative Assembly, Member of Parliament, as well as my office through www.joemagliocca.com.

Joe's Tips:

Until May 29, bring your leaves, branches, plants, grass and other yard waste to any City of Calgary landfill for free composting! You can also pick up free mulch from the landfills. Please note that the Spyhill Landfill is now open seven days/week from 7:30 a.m. - 5 p.m.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

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2016 STATS	HAWKWOOD SALES	HAWKWOOD AVG PRICE	CITADEL SALES	CITADEL AVG PRICE
Bi-Level	4	\$462,000	2	\$430,000
Bungalow	1	\$466,000	4	\$597,500
Two Storey	7	\$486,429	19	\$459,684
Two Storey Split	5	\$563,000	1	\$450,000
Split-Level	4	\$468,500	2	\$414,500
Townhouse	0	-	6	\$325,833
Condo	1	\$200,000	2	\$235,000
TOTAL SALES	22		36	
Avg days on Market	41 days		34 days	

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90 Royal Elm Road NW

- Excel 3 bedroom+loft two storey walkout
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TEXT T855763 TO 85377



\$589,900

191 Arbour Wood Close NW

- custom 3 bedroom bi-level on greenbelt
- hardwood & tile floors, vaulted ceilings
- finished walkout, DT views, walk to LRT

TEXT T888770 TO 85377



\$419,900

71 Edgepark Villas NW

- lovely 2 bedroom+den villa, backs on park
- vaulted ceilings, finished walkout, A/C
- oak kitchen, 2.5 baths, walk to shopping

TEXT T879610 TO 85377



\$719,900

103 Edgeridge Circle NW

- Cardel 4 bedroom+bonus two storey
- 3 fireplaces, maple kitchen, hardwood
- finished walkout on ravine, views

TEXT T885036 TO 85377



\$459,900

254 Arbour Stone Place NW

- 5 bedroom+den two storey, fully finished
- white kitchen, laminate floors, cul-de-sac
- fenced yard, mountain views, fireplace

TEXT T831144 TO 85377



\$529,900

99 Arbour Wood Close NW

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- maple kitchen, granite & hardwood
- 2 fireplaces, fully finished on greenbelt

TEXT T977515 TO 85377



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2301, 4001B - 49 Street NW

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