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If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.



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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
December 2016	\$420,000.00	\$420,000.00
November 2016	\$443,250.00	\$438,000.00
October 2016	\$479,900.00	\$455,000.00
September 2016	\$439,450.00	\$444,750.00
August 2016	\$444,900.00	\$431,250.00
July 2016	\$479,000.00	\$474,000.00
June 2016	\$459,900.00	\$448,500.00
May 2016	\$459,900.00	\$459,375.00
April 2016	\$469,950.00	\$458,950.00
March 2016	\$478,450.00	\$469,000.00
February 2016	\$460,000.00	\$452,000.00
January 2016	\$422,500.00	\$416,000.00

Last 12 Months Hawkwood MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
December 2016	6	5
November 2016	5	6
October 2016	8	6
September 2016	9	8
August 2016	11	2
July 2016	4	9
June 2016	6	15
May 2016	16	16
April 2016	16	14
March 2016	21	14
February 2016	6	9
January 2016	7	5

To view more detailed information that comprise the above MLS averages please visit hawkwood.great-news.ca

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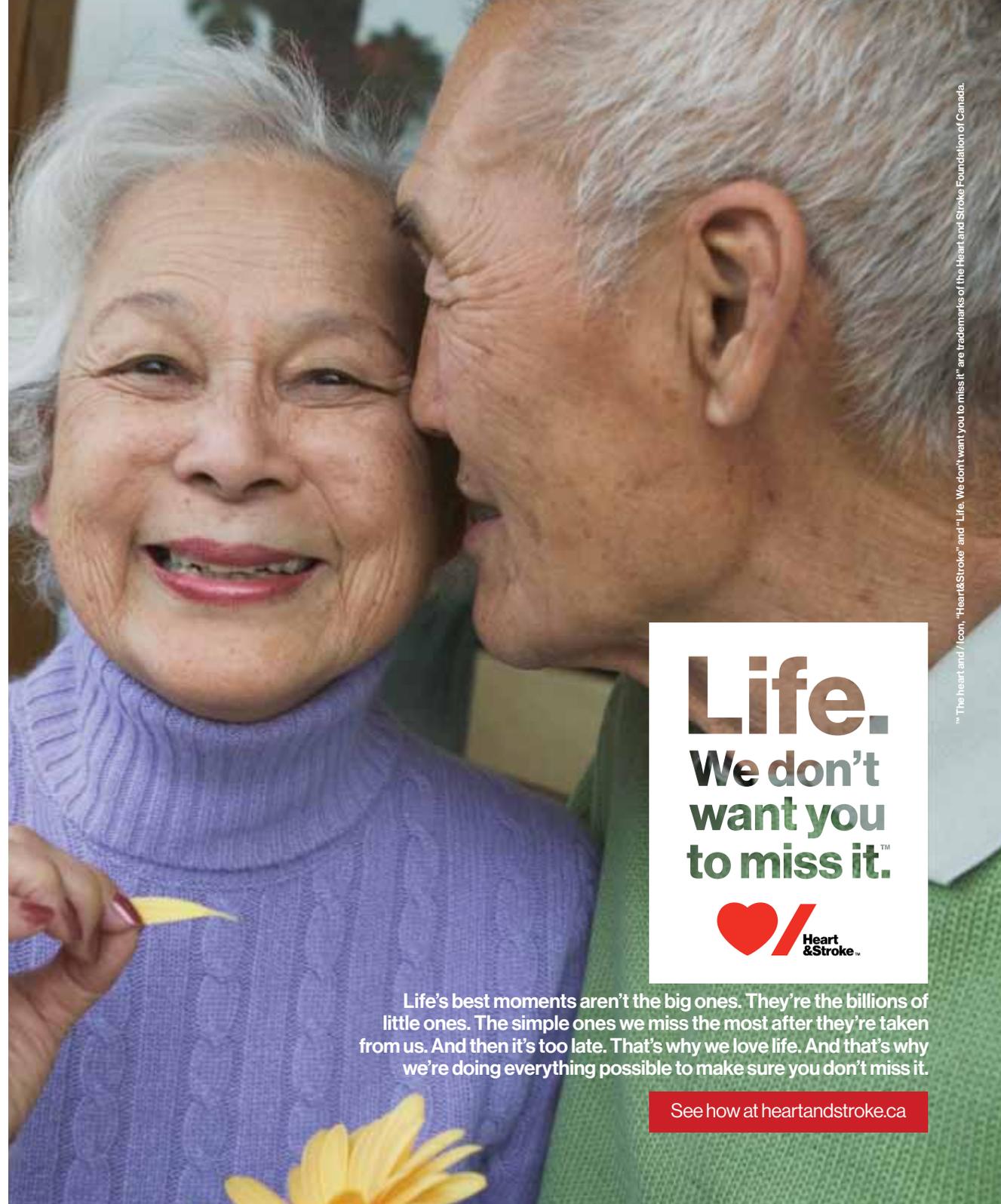
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IMPORTANT NUMBERS

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	
Social Service Info & Referral	211	
Community Mediation Calgary Society	403-269-2707	
RNR Lockworks Ltd.	403-479-6161	
Road Conditions – Calgary	511	
Weather Information	511	
Gamblers Anonymous	403-237-0654	



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Courtney	14	403-862-0079	Yes
Sierra	14	403-202-1790	Yes
Paige	14	403-650-5656	Yes
Maya	15	403-266-1735	Yes
Sophia	15	403-208-9559	Yes
Sharon	15	587-354-1466	Yes
Ryan	15	403-852-9602	Yes
Chaerin	15	587-331-9207	Yes
Blake	16	403-547-3197	Yes
Courtney	16	403-295-7751	Yes
Madina	16	587-353-1955	Yes
Sandy	17	403-617-1516	Yes
Timothy	18	403-818-1094	No
Hayley	19	403-873-1502	Yes
Kristyn	21	403-554-1916	Yes
Kelly	33	403-992-6361	No
Karen	37	587-216-4117	No
Sai Madhu	38	403-903-2183	No
Roni	56	403-247-9913	Yes

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Calling All PARENTS
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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 from the Friends of Nose Hill

by Anne Burke

Calgary has over 8,000 hectares of parkland and natural areas, including 800 kms. of pathways. Public off-leash areas are also multi-use, so let's share these spaces. It is illegal to harass wildlife in parks and natural areas. Keep dogs on leash on paved pathways, even in an off-leash area if wildlife are near. Better to be safe than sorry. Keep your dog away from porcupines and coyotes.

Conservation in an urban world means protecting natural areas, according to Alberta Wilderness Association guest speaker Chris Manderson, urban conservation lead for the City Parks Department. He explored how Calgary has been shaped by its natural environments and, in turn, how they are impacted by a growing city of 1.2 million in an urbanising world. Although Calgary is blessed with a rich fabric of parks and protected areas, he acknowledged some of the new challenges and approaches to protecting Calgary's natural heritage. The Alberta Wilderness Association is a non-profit, federally registered, charitable society since 1965. Dedicated to the completion of a protected areas network and conservation of wilderness, the group has a provincial office and resource centre in Calgary, active members, volunteers, and sponsors in Alberta and beyond. Go to www.albertawilderness.ca.

Since 1996, communities have had the option to pay a public tax for enhanced landscape maintenance in parks and other green spaces.

Usually, community associations and residents organizations are responsible for overseeing irrigation, weed management, mowing, trimming, and cleanup. The levy per household ranges from \$39 to \$219. City-wide standards for local parks were reviewed. If a \$5 levy was added city-wide, the increase would not be enough. Instead, the Canada 150 banner/flower pilot program in 16 communities will be extended for another two years and possibly expanded. Using native plantings instead of annuals would help reduce cost and watering. The City will ask for feedback, partner with garden and community groups, and explore options. The focus will be on community entrances, major intersections, and open spaces. The plan is to introduce flower beds and street light banners in each community. The aim is to add 20 communities a year, while 14 communities were involved in the This Is My Neighbourhood program. www.engage.calgary.ca/TIMN.

Alberta Ecotrust announced a 2nd annual Environmental Gathering: "Breaking Through", Feb. 23 – 25, 2017 at the Shaw Conference Centre, in Edmonton. Details are at www.albertaecotrust.com.



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The Common Redpoll A Winter Migrant to Alberta

Article by J.G.Turner
Photo by J. Burns

The Common Redpoll is an energetic, little songbird with a flaming red cap, black throat, whitish rump and streaked back. This songbird a highly sociable, noisy, chattering bird that travels in large flocks of several hundred birds. It is one of the finch family's most northern breeders and is found circumpolar.

Fun Facts:

- You can find the Common Redpoll from April through September in the Yukon, Northwest and Nunavut Territories, and even across into Newfoundland and Labrador. The Common Redpoll migrates south into the lower Canadian provinces in late autumn.
- In Alberta, we are likely to see the Common Redpoll in the winter when they might forage as large groups in weedy fields or small tree lots.
- Sightings can be scare when there are winter food shortages in their normal wintering range. This forces them to go even farther south, a behaviour called an "irruption." Common Redpolls tend to exhibit this irruptive behaviour every second year to match the production cycle of catkins on birch and alder trees.
- The Common Redpoll's normal breeding range is on the Arctic tundra or in boreal forests. The female nests

low down in dwarf willows, spruce, birch, alders, and small shrubs, where the male brings her food.

- This songbird likes the small high-energy seeds of birch and alder trees and can eat 42% of their body mass every day!
- When in a large group, the Common Redpoll often moves frantically on the ground in their search for seeds to eat.
- When it is extremely cold or food is scarce, the Common Redpoll can store some seeds temporarily in a stretchy part of their oesophagus (diverticula). They will knock seeds down, fly down to scoop them up, then find a sheltered and safe spot to shell and eat the seeds at their leisure.
- If you want to attract them to your yard you can plant birch trees, but we city folks are most likely to see them at a backyard feeder in the winter where they favour nyger seed offerings.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

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Calling All Neighbours!

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Take Control Of Your Heart Health

As many as 9 in 10 Canadians have at least one risk factor for heart disease and stroke. While some risks are outside of our control, up to 80% of premature heart disease and stroke is preventable through lifestyle choices that can reduce key risk factors.

You can take control and decrease your own risks by making small, healthy changes in your daily routine. Making changes is always challenging. Your health-care team can help you figure out what risk factors you should focus on first and set goals that you can reach.

Maintain a healthy weight

If you are struggling with your weight, you're not alone. Over 60% of Canadian adults are overweight or obese. By achieving and maintaining a healthy weight and waist, you can significantly reduce your risk for heart disease and stroke, and help control other conditions such as high blood pressure, high blood cholesterol, and diabetes.

Maintain a healthy diet

The foods you eat affect your health. Start by making sure you eat five or more servings of fruit and vegetables every day to get you on track to a healthier diet.

Stay active

People who are NOT active have double the risk of heart disease and stroke as well as increased risk of diabetes, cancer, and dementia. Being active helps your heart, brain, muscles, bones, and mood.

Working towards 150 minutes of moderate to vigorous activity every week is one of the most important things you can do for your health. And if you already have heart disease, regular activity is one of the best ways to make a good recovery.

Choose to not smoke

Smoking contributes to the buildup of plaque in your arteries, increases the risk of blood clots, reduces the oxygen in your blood, increases your blood pressure, and makes your heart work harder. You might be afraid that quitting will be too hard, but there is lots of help available when you are ready.

Reduce Stress

Stress is a part of life for just about everyone. Sometimes it's not easy to recognize stress because we are caught up in the flow of life. Although stress happens first in the mind, it has strong effects on the body, such as higher cholesterol or blood pressure levels.

Control alcohol consumption

How much and how often a person drinks alcohol are key factors that increase or decrease health impacts. Canada's Low-Risk Alcohol Drinking Guidelines provide guidance on risky drinking patterns, including avoidance of alcohol in pregnancy. Low risk does not equal no risk. Whenever unsure, always consult your health-care provider.

Find more information, resources, and health etools at heartandstroke.ca



Sharing books and loving feelings!

In February, with the celebration of Valentine's Day, thoughts turn to love and other kind feelings. February 14th is also International Book Giving Day which is a volunteer-led initiative that aims to get books into the hands of as many children as possible.

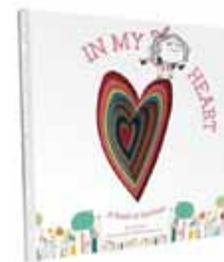
Three ways you might celebrate International Book Giving Day:

- Gift a book to a child in your life
- Leave a book in a waiting room or at a bus stop for children to read (and keep)
- Donate a new or gently-used book to a local hospital, shelter or to Calgary Reads Book Bank that helps get books into the hands of Calgary children who have few or none of their own at home.

Our Favourite Book of the Month

This book is a beautiful way to help children understand their feelings. Borrow a copy from your school or public library and get cozy with your family and talk about and share your feelings.

In My Heart: A Book of Feelings by Jo Witek (Author), Christine Roussey (Illustrator)



Sometimes my heart feels like a big yellow star, shiny and bright. I smile from ear to ear and twirl around so fast, I feel as if I could take off into the sky. This is when my heart is happy.

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, young children will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions.

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com



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MAR. 3 – 12
THE BIG TASTE FOODIE FESTIVAL

Calgary's premiere dining festival offers splendid lunch and dinner options at over 60 downtown restaurants, ranging between \$15 for lunch and \$65 for a gourmet 5 course dinner. More info at www.calgarydowntown.com/the-big-taste



MAR. 7
AN EVENING WITH BLACKIE AND THE RODEO KINGS AT JACK SINGER CONCERT HALL

Playing tracks from their newest offering titled Kings And Kings, the album features some of the band's best "guy" friends from the world of roots, blues and country. One night only, tickets \$32.75-\$62.75. More info at www.artsccommons.ca/WhatsOn/



MAR. 23
GATE TO PLATE TEENS & ADULT COOKING CLASS AT SOUTH HEALTH CAMPUS WELLNESS KITCHEN

Poppy Innovations is thrilled to launch their 'cooking from scratch' series this summer for Gate to Plate. Classes are suitable for those aged 15 years and above. Price includes all food and supplies featuring flatbreads from around the world! More info at www.poppyinnovations.ca



MARCH

YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...

First Tues/Weds every month, Free Mini Builds at the LEGO Store – Chinook Centre

Participants must pre-register in advance to take part. Registration opens at 7 am on the 15th of the month preceding the mini build. Register as soon as possible to avoid disappointment; these events are very popular! Register at <https://shop.lego.com/en-US/minibuild-registration>

Mar. 3 – 18, The Urban Jungle Book at Story Book Theatre

Michael is a foster child with a vivid imagination. Whenever the world gets a bit much for him, he retreats into the amazing world inside his head, and the people in his life become the characters from his favourite story – The Jungle Book. Recommended for ages 6+, tickets at www.storybooktheatre.org

Mar. 16 – 19, The One Act Play Festival at the Pumphouse Theatre

One theatre, four evenings, ten one act plays, a diverse array of local artists. The One Act Play Festival is sure to delight regular theatre goers and the newly curious alike. \$15 adults, \$12 students/seniors. Tickets at www.pumphousetheatre.ca

Mar. 16, Hodgetwins at the Laugh Shop

These American identical twins have some of the most popular channels on YouTube with over 600 million views. Enjoy the edgy sense of humour of these handsome siblings while having a drink at this comedy hotspot. Adults only, \$29.95. More info at www.thelaughshopcalgary.com

Mar. 25 – 26, The Outdoor Adventure and Travel Show at the BMO Centre

Get pre-season deals on the best outdoor gear and travel experiences at this exciting two-day event featuring hundreds of exhibitors. Discover hiking, running/triathlons, camping, kayaking, canoeing, and adventure travel, plus be inspired with seminars from seasoned travelers and experts. More info at www.outdooradventureshow.ca

Mar. 31, Calgary Flames vs. San Jose Sharks at the Scotiabank Saddledome

The C of Red is calling! Don't miss your Calgary Flames live in action at the Scotiabank Saddledome on March 31st as they take on San Jose Sharks! Tickets start at \$29. More info at www.scotiabank.saddledomecalgary.com



Regular Eye Exams

Regular eye exams by a doctor of optometry play an essential role in maintaining your child's overall health

Children may not realize they have a vision problem. They may simply assume everyone sees the way they do. **Be alert for these symptoms.**

- Avoiding near or distance work or holding objects very close to the face.
- Excessive blinking, rubbing of the eyes, grimacing or squinting.
- Covering or closing one eye.
- Tilting the head or unusual posture.
- Losing place while reading.
- Using a finger to maintain place while reading.
- Omitting or confusing small words when reading.

Children should have their first exam between six and nine months of age, and again between two and five years of age and once a year after starting school.

Doctors of optometry are primary health providers that help diagnose, prevent and treat diseases and disorders affecting the visual system. Certain health conditions are often first detected through an eye exam.

Dr. Steve Alfaiate, OD

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Valentine's Trivia

Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



Ask Charles

I saw a house for sale, and I want to check it out – will I have to sign a contract to get a real estate professional to show me the house?

The short answer is no. If you see a house for sale and you simply want a real estate professional to show you that house, you're not required to sign a contract.

Simply viewing a home with a real estate professional doesn't trigger a regulatory requirement to sign a contract with that real estate professional. However, if you start sharing confidential information such as your motivation for buying or your financial qualification, the real estate professional has a responsibility to clarify your working relationship, at which point they are going to provide you with some documents to review.

In the process of clarifying your working relationship, the first document a real estate professional should present to you is the Consumer Relationships Guide. The Consumer Relationships Guide is a mandatory document for real estate professionals when they begin working with a buyer or seller of residential real estate. It explains the different types of working relationships between real estate professionals and consumers.

The Consumer Relationships Guide is not a contract. It does not commit you to a specific ongoing working

relationship with your real estate professional, but it is an essential information piece for consumers to understand what working with a licensed real estate professional entails. Among other things, it discusses responsibilities and obligations.

The Consumer Relationships Guide contains an acknowledgement that consumers have to sign indicating they've read the Guide, understand it, and have been provided with an opportunity to ask the real estate professional questions about it. Consumers need to review and sign the Guide before entering into any contract with a real estate professional.

Some real estate professionals may actually present the Consumer Relationships Guide and request that you sign the acknowledgement even before showing you a single property, but that specific practice is not a requirement.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email ask-charles@reca.ca.

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

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Joe Magliocca**
403-268-2430
Joe.Magliocca@calgary.ca
Calgary.ca/ward2
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At the start of 2017, all Calgary City Councillors took a 2.49% wage roll back. I am very supportive of this decision as I believe that The City needs to be responsible with spending so that we can prevent taxes and fees from increasing.

The City's snow removal crews have been busy this winter ensuring our roads are in a safe and reasonable winter driving condition. One method that they use on residential streets is "flat-blading," which flattens the snow to a hard pack so that it's easier to drive on. One result of flat-blading is the build-up of snow along the side of a roadway, also known as windrow. Plow operators make every attempt to keep driveways clear, or keep windrows as small as possible, but any snow buildup on driveways that does occur is the responsibility of the adjacent property owner to remove, much like sidewalk shovelling.

The Calgary Awards is one of the largest citizen recognition programs in our city which recognizes outstanding achievements and contributions made by Calgarians in the previous year. Each year, individuals, corporations, community groups and organizations are nominated in five major award categories, for a total of 13 awards. The Calgary Awards are for Calgarians. Individuals, businesses, not-for-profit organizations, community groups and other organizations can all be nominated. For specific eligibility requirements, how to nominate someone in your community and for more information visit: calgary.ca/calgaryawards. Nominations close on Wednesday, March 1, 2017.

Joe's Tip:

Stay informed about parking bans this winter by subscribing to email alerts at Calgary.ca/snow, following @yyctransport on Twitter, calling 311 and listening to the automated message, and watching local news or listening to the radio.

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2016 STATS	HAWKWOOD SALES	HAWKWOOD AVG PRICE	CITADEL SALES	CITADEL AVG PRICE
Bungalow	24	\$500,513	18	\$498,556
Two Storey	46	\$556,183	84	\$455,619
Split-Level	15	\$475,467	7	\$434,955
Townhouse	4	\$364,375	20	\$331,310
Condo	4	\$252,605	11	\$239,091
TOTAL SALES	93		140	
Avg Days on Market	39 Days		38 Days	

Red Haus

\$202,900

217, 20 Royal Oak Plaza NW

- upgraded 1 bedroom / 1 bath condo
- maple kitchen, granite, insuite laundry
- balcony, U/G parking, overlooks courtyard

Walk to School

SOLD!

\$574,900

13 Citadel Crest Place NW

- Shane Homes 5 bedroom+den home
- white kitchen, granite & hardwood
- 2 fireplaces, cul-de-sac, huge pie lot

Calbridge Beauty

\$849,900

112 Arbour Butte Cres NW

- custom-built 5 bedroom+den two storey
- designer kitchen, granite & hardwood
- 2 fireplaces, fully finished, West backyard

Walk to Dalhousie Station

\$349,900

5, 5400 Dalhousie Dr NW

- lovely 3 bedroom / 2.5 bath townhome
- wood-burning fireplace, fully finished
- single garage, close to shopping & LRT

Mountain Views

\$264,900

15, 169 Rockledge View NW

- BlueSky 2 bedroom / 2.5 bath townhome
- maple kitchen, 2nd floor laundry, balcony
- 9ft ceilings, U/G parking, close to shops

Walk to LRT & Shops

\$279,900

409, 55 Arbour Grove CL NW

- South-facing 3rd floor condo, 2 bedrooms
- insuite laundry, 2 full baths, U/G parking
- covered balcony, oak kitchen, great value!

Golf Course Views

\$449,900

99 Citadel Meadow Gv NW

- Shane Homes 3 bedroom two storey
- newer roof, new paint & granite counters
- fully finished, bonus room, huge yard

SONOMA

\$379,900

708, 881 Sage Valley Bv NW

- upgraded 3 bedroom townhome, end unit
- quartz counters, fully finished, built-ins
- white kitchen, 3.5 baths, backs on park



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