

FEBRUARY 2017

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# THE HUNTINGTON HILLS HONKER

THE OFFICIAL VOICE OF THE HUNTINGTON HILLS COMMUNITY ASSOCIATION



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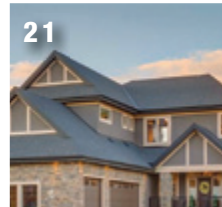
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## HUNTINGTON HILLS COMMUNITY ASSOCIATION

520-78 Ave. NW Calgary, AB – T2K 0S2  
 Phone: 403.275.6666 | Fax: 403.295.2248  
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### Editorial Submissions

[cassandra@weconnectyou.ca](mailto:cassandra@weconnectyou.ca)  
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*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

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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	
Gamblers Anonymous	403-237-0654



403-275-6666 ext 229  
[hhcurls@shaw.ca](mailto:hhcurls@shaw.ca)  
[www.huntingtonhillscurlingclub.com](http://www.huntingtonhillscurlingclub.com)  
**Barb Dickson – Curling Coordinator/Instructor**

In early January the men's league hosted their annual Bonspiel. The organizing committee did an outstanding job and filled the Bonspiel with 32 teams.

We hosted some great teams and curlers for the weekend.

Upcoming for the remainder of the season the leagues are in their last round of play and playoffs will begin in mid-March. Juniors are busy attending spiels and some are in play downs. The young curlers are polishing their skills through games and drills and continue to improve in all aspects of the great game of curling! It is always fun to be able to share the game between generations out on the ice. The Curling ice continues to be popular for Corporate and family events and the ice is booked over the weekend with some new people being exposed to the sport of curling as well as the "old vets" of the game.

So whether you have never tried curling or have been away from the game for a while, remember in September to come out with friends and family and GET CURLING! We also have "sticks" available for curlers that may have some physical challenges getting into the "hack", From 5 years old– 95 years young – Curling is a great way to remain active, meet some new friends and enjoy throwing rocks at a house!

Huntington Hills Curling Club welcomes curlers young and old, green as grass or seasoned veterans. Our lounge is open every evening 6:30pm to Midnight. Come and watch TV on our big screens, or enjoy watching some curling out on the ice, but most importantly – remember why curling continues to be popular across the ages and skill levels – because it is FUN!

**For more information contact: Barb Dickson – Curling Coordinator/Instructor**

**403-275-6666 ext.229 or  
[barb.d@huntingtonhillscalgary.com](mailto:barb.d@huntingtonhillscalgary.com).**

## VICE PRESIDENT'S MESSAGE

Well exciting things are happening with the new gymnasium open and we are getting settled into new office space as well. Anyone is welcome to come and visit the community facility and see what is available to participate in.

Are you following us on Facebook? We have regular updates about what is going on in the Huntington Hills community, as well as quick updates from the city. If you have not liked our Facebook page yet please make sure you do.

If you would like to become more involved in your community, we are always looking for volunteers to help. We are also looking for new board members. Look for updates regarding how to help make decisions within your community by becoming a board member at our next Annual General Meeting.

*Heather Allison  
 Vice President  
 Huntington Hills Community Association*

## Free Family Day Skate 2017

### Feb 17 Friday (12:30-2pm)

Come join the Huntington Hills Community Association and Family Connections Parent Link and North Central Family Support Program for a Family Day Skate. This is a family event and there maybe children and parents who are learning to skate so please skate with care and respect (no racing or hockey sticks). All children 17 and under must have a buckled helmet and skates to be on the ice to participate in this Free event. It is recommended that everyone, children and adults wear helmets (hockey or biking) when on the ice. Please wear proper footwear (preferably skates or winter boots). For more information, call 403-275-6666 #242.

# Huntington Hills Community Centre

520 – 78 Avenue NW, Calgary  
[www.huntingtonhillscalgary.com](http://www.huntingtonhillscalgary.com)  
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Director	Vacant

Stay current and involved with activities, local news and meetings with your Huntington Hills Community Association at

[www.huntingtonhillscalgary.com/](http://www.huntingtonhillscalgary.com/)

# Gym Rentals Available

Call the Main Office at 403-275-6666, ext 234 for more information.

# Adventures in Learning Preschool



**Registration is now open.**

### Registration fee:

\$75.00 NON REFUNDABLE.  
 Three classes weekly (Mon, Wed, and Fri) 9:00-11:30 am \$160.00 per month.  
 Two classes weekly (Tue. & Thurs) AM \$ 135.00

### Class times

- Morning hours 9: 00-11:30  
 Your child must be at least 3 years old age to enter and be fully toilet trained.

Subsidy is available through the Government of Alberta.

### Huntington Hills Community Adventures in Learn Preschool

520 – 78<sup>th</sup> Avenue NW  
 Calgary, Alberta T2K 0S2  
 403-275-6666 ext 231 or 234 | 403-512-5732



# The North Central Family Support Program

The North Central Family Support Program is thrilled to announce our new partnership with BowWest Community Resource Centre. Outreach Advocates from BowWest will be at Huntington Hills office on Wednesdays and at the Northern Hills Community Offices in Vivo on Tuesday evenings to provide outreach, information and basic needs referrals for singles, seniors and families experiencing economic challenges. Please call Victoria at 403-703-0140 for more information or to book an appointment.

Good Food Box: prices and order information remain the same upcoming 2017 schedule

### ORDER DATE PICK UP DATE

Feb 21, 2017 March 2, 2017  
 March 14, 2017 March 23, 2017

NEW! Support Group for Parents & Caregivers of Children with ADHD— Coming in January, stay tuned! For information please e-mail [lorraine@weconnectyou.ca](mailto:lorraine@weconnectyou.ca).



### Good Food Box Dates for 2017

Call 403-275-6666 ext 221/232 for more information. You must pay cash by the order deadline no later than 11:00am that day. Orders must be picked up between 11:00am - 6 pm at the Huntington Hills Community Association.

We are not responsible for orders not picked up on time. Identification may be requested at pick up.  
 \$25/20 lbs, \$30/30 lbs, \$35/40 lbs

Order deadline please pay cash only by 11:00 am	Pick up date is THURSDAY from 1-6pm (earlier pick up available if you receive a
February 21 2017	March 2 2017
March 14 2017	March 23 2017
April 25 2017	May 4 2017
May 30 2017	June 8 2017
June 20 2017	June 29 2017
September 19 2017	September 28 2017
October 17 2017	October 26 2017
November 14 2017	November 23 2017



## CALGARY MOUNTAINVIEW LIONS CLUB

Meets at the Triwood Community Hall on the second and fourth Tuesday of each month. Serving Northwest Calgary, open to all men and women of legal age. For more info call: John Wilson 403-932-6043

# Public Skating

Public skating is ongoing.

Mondays – 2:00 – 3:30pm  
 Wednesdays – 2:00 – 3:30pm  
 Fridays – 1:15 – 2:15pm



# HUNTINGTON PIONEERS ASSOCIATION



A club for adults 50 years and older, retired or semi-retired.

Located in the lower level of the Huntington Hills Community Association  
520 78<sup>th</sup> Avenue NW T2K 0S2  
Phone: 403-275-4294 • Fax: 403-275-5227  
www.huntingtonpioneers.com  
E-Mail: pioneers50@telus.net  
The Huntington Pioneers Association is a group of people participating in a variety of activities.

## Some of the activities include:

Bridge, snooker, whist, shuffle boarding, art classes, craft classes, outings, movies, volunteer activities, social events and more!

We have regular monthly activities and we invite anyone meeting our membership requirements to join us:

**Pot luck supper:** last Monday of each month, starts at 5:30pm

**Movie Night:** 4<sup>th</sup> Friday of every month 7pm, Silver collection for popcorn and pop.

**Art classes:** Every Tuesday 1:00pm-3:00pm, includes: oil painting, water color, acrylics and sketching.

**Games Night:** every Tuesday from 6pm – 9pm.

**Soup and Bun Day:** The 2<sup>nd</sup> Thursday of every month, starting at 12pm. Cost set by Board.

Club Cost and hours:  
\$30 for membership  
Tuesdays and Thursdays from 10am – 4pm

Call 403-275-4294 for more information; registration and costs, program start times, and more.

# Huntington Hills Community Association Out of School Care!!

- Open 7am-6pm Monday to Friday
- Open for summer camp, spring break and winter break
- Servicing five schools within the Huntington Hills area
  - Dr. JK Mulloy
  - Huntington Hills Elementary
  - St. Henry
  - St. Hubert
  - Alex Munro

Part time care 200 a month  
Full time 400 a month  
Drop in school day \$20 a day  
Drop in non-school day \$40 a day

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403-275-6666 ext 233 OR 277  
Kayann or Sarah



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# Humpty's Champions Cup

Tickets are now on sale for the Humpty's Champions Cup running April 25-30, 2017, at WinSport Park in Calgary.

The seventh and final Pinty's Grand Slam of Curling event of 2016-17 features all of the top tournament winners of the curling year. World champs, junior champs, Grand Slam champs and more collide in one final showdown to close out the season.

Winnipeg's Jennifer Jones topped Ottawa's Rachel Homan in a powerhouse women's final for the inaugural Humpty's Champions Cup title while Winnipeg's Reid Carruthers edged Toronto's John Epping in a thrilling second extra end for the men's trophy.

Both Team Jones and Team Carruthers will get a chance to defend their titles with guaranteed spots awarded to the reigning champs.

You don't want to miss this epic event, visit **Ticketmaster.ca** or call **1-855-985-500** to purchase your Humpty's Champions Cup passes today for a special early bird deal, so you can guarantee the same great seat for all 18 draws. Hurry, because the price goes up January 5<sup>th</sup>! Weekend packages, which includes both men's and women's finals, are also on sale now.



# Family Connections Parent Link Centre

The Parent Link Centre is open from 9-5PM Monday-Friday & Thursday we are open 9- 7:30PM and We offer free programs for parents with children 0-6. For more information on hours and programs please stop by & visit us to pick up a calendar or call Tracey at 403-275-6666 ext 276.

**Family Connections Parent Link Centre will be closed on Monday February 20, 2017 for Family Day**

## PARENT LINK STAFF

**Cassandra:** Manager ext 274

**Tracey:** Administrative Assistant - ext 276

**Sue:** Parent Coach - ext 235

**Paula:** Child Development Facilitator – ext 237

**Vivian:** ESL Program Facilitator – ext 242

**Michele:** Program Facilitator – ext 241

[www.wecconnectyou.ca](http://www.wecconnectyou.ca)

**All of the Parent Link Programs are free of charge!**

## PROGRAMS

**ESL Program coming soon,** Contact Vivian at 403-275-6666 ext. 242 for more information.

**Playtime Fun:** Tuesday mornings, 10:00-11:30; Please Join us for this free, drop-in, playgroup for parents and children (Birth to 5). Children are able to move about in the room and pick from a variety play areas.

**Kids' Corner:** Tuesday afternoons, 1:30-3:00; Join us for this afternoon, relaxed, drop in group for parents and children free of charge (Birth – 5). Our afternoon program is a little quieter and is another option parents with children under 12 months come to.

**Play & Songs:** Wednesday mornings, 10:00-11:30; This is a playgroup for all ages with a variety of activities to explore in the Parent Link Room and ending with a short song time. Please sit with your child on the rug during this time. Toddlers are not expected to sit for songs and wandering will happen. Exposing your child to these song times is great for developing their attention span. There are no toys available during the song time.

**Baby and Me (under 12 months):** Thursday afternoons, 1:30-3:00; Stop in and join the fun playing

with your baby and talking with other parents. Watch the calendar for special guests e.g. Library, AHS nutrition or Speech & Language speakers.

**Come Play with Me** (drop in program at Vivo): Thursday mornings, 10:00-11:30, February 2 – March 23, no program on February 16, 11950 Country Village Link NE, Calgary, AB T3K 6E3; Come join us for this, new, free drop in playgroup for parents and children (birth – 5), located outside the Panther physiotherapy site, on the East side of the building at Vivo. There is lots of parking available outside the East entrance, at the back of the building. The space is on the upper floor and can be reached by taking the stairs or the elevator. For information call 403- 275-6666 ext. 276.

\*This program is a partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.

## Just for Moms

Saturday, February 25 28, 2017 2:00 – 4:00pm  
We all spend so much time taking care of others, let's take a look at ways to take care of ourselves. Come join other Moms for great conversation and snacks in a relaxing setting. We will be chatting about ways to take care of ourselves. We will also be doing some baking. Childcare will be provided. To register call Tracey at 403-275-6666 #276. Registrations will take begin February 6, 2016.

## "Let's Build Something with My Dad"

Saturday Feb 25 10-11:30 am  
Dad's ONLY (and children) activity for children 1-5 years  
Come join our new Me and My Dad program. Dad's and children 1 year (able to walk and run) and older will be able to participate in variety of activities while meeting other dads. Call Sue for more information at 403-275-6666 #235. To register call Tracey at 403-275-6666 #276 starting Feb 1.

## PARENTING PROGRAMS

Developing Good Bedtime Routines (1 year and older)  
Triple P Discussion Group  
Friday Feb 10 10-12 pm  
Learn how to teach your child to stay in bed and manage

other bedtime challenges for young children. Call Tracey at 403-275-6666 #276 to register (workshop & Childcare) starting January 20.

## Family Day Storytime with Judith Umbach Library

Friday Feb 17 10-10:45 am  
At Huntington Hills location 520 78 Ave NW  
Come join us for stories and songs with the Library. Please call 403-275-6666 #276 to register as Jan 27. This program is for children 5 and under. Please choose one storytime that is closer to where you live.

## Managing Fighting and Aggression (children 3-11 years)

Triple P discussion  
Tuesday Feb 27 6:30-8:30 pm  
Do you feel like your child can be aggressive and destructive and you would like to learn how to prevent problems, communicate, share and take turns and problem solve? Call Sue for more program information 403-275-6666 ext. 235 Please call to register starting Jan 30. 403-275-6666 ext. 276.

## SPECIAL EVENTS:

### Family Day Storytime with Judith Umbach Library

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## Family Connections Parent Link Centre

is looking for a volunteer to help us with a music and, or dancing program on Thursday evenings starting in March. It will be a 4 week program for children 2.5 – 6 years old. If this is something you might be interested in Please contact Vivian at 403-275-6666 ext. 242.

## AT THE HHCA...



### Learn to Skate

begins Jan 7  
registration is open

### Shinny 3

registration began December 13 for the January 29 – March 26 session.

### Outdoor Soccer

Registration begins Feb. 14

# IN & AROUND SCHOOLS

## Dr. J. K. Mulloy School

7740 10ST NW Calgary AB T2K 1H6

403 777 6640

This month we will be having Kananaskis in the Classroom back to the school with the presentation about Bears. The curricular connections fit best with our grade ones and fours, so they will be having follow-up sessions. This addition to our regular programming is paid through the fundraising efforts of our parent run Program Enhancement Society. This month we will also have students participate in a Dr. J. K. Mulloy *Carnaval* to celebrate winter activities. The activities are designed and run by our Grade Fours under the direction of our French specialist. This is the second year we have enjoyed this Winter activity day and the students are very excited to join the the activities that are based upon adaptations of traditions from the Quebec Carnaval. Our ongoing parent driven fund raising for the outdoor classroom through the Program Enhancement Society has now raised approximately half the money necessary to complete the project, thanks to a grant from Parks Foundation Calgary.



## Building Strong Lone Parent Families

The Building Strong Families offers individual and group support.

Individual Support: providing information, resources, referrals and parenting resources.

Group Support: Workshops are offered though out the year. Topics include: living on a budget, fun family activities, parenting on your own, resources, and self-care. Child care provided.

Contact: Lesley at 403-275-6668 ext. 222 or [singleparent@weconnectyou.ca](mailto:singleparent@weconnectyou.ca)

**FEBRUARY MOON CALENDAR**

 First Quarter Feb 3	 Full Moon Feb 10	 Last Quarter Feb 18	 New Moon Feb 26
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**NEW!!**



# FOCUS for Attention

There are many challenges and celebrations in a family where ADHD is present. All parents and caregivers of children and youth with ADHD are invited to this monthly support group. Join us for strategies, information, resources, guest speakers and the opportunity to network.

**Location:** North Central Family Support Program  
Huntington Hills Community Centre  
520-78 Ave NW Calgary, Lower Level

**Dates:** Jan 10, Feb 21, March 14, April 18, May 9, June 13, 2017.

Free: Registration is required  
Call **403-275-6668 ext. 232** to register  
For more information, contact [lorraine@weconnectyou.ca](mailto:lorraine@weconnectyou.ca)

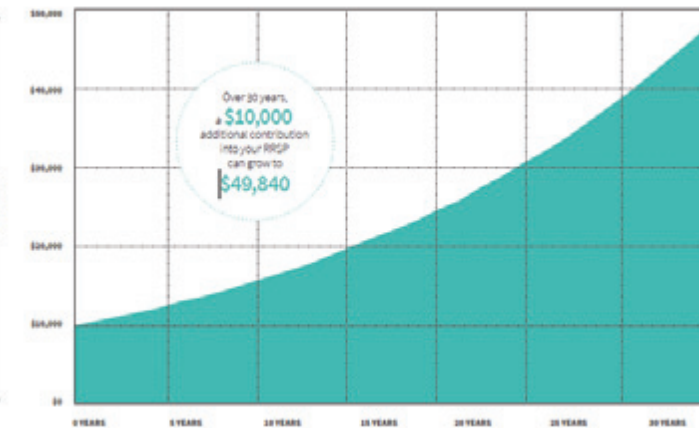
**Time:** 7:00 to 9:00pm



# The benefits of maximizing your RRSP

by Janine Rea, BA Economics

They say you can't make up for lost time - but that's not necessarily the case with contributions to your registered retirement savings plan (RRSP). Canadians are allowed to carry forward unused RRSP contribution room until the age of 71. So, if you didn't maximize your RRSP contributions in past years, you can still take advantage of the opportunity to invest more than your annual contribution limit this year, make up for shortfalls in past years, and take advantage of a large tax deduction - all at the same time. Maximizing your RRSP contributions is one of the best strategies to build the retirement you deserve and dream of.



The RRSP investment assumptions - \$10,000 investment purchased on January 1, at a gross rate of return of 5.0% over a 30 year period. The rate of return shown is used only to illustrate the effects of the compounding growth rate and is not intended to reflect future actual or expected returns on investment.

Utilizing all of your RRSP contribution room now can make a big difference to your future retirement lifestyle.

INVEST SMART > INVEST REGULARLY > CONSIDER AN RRSP LOAN

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Hunterplain Hill

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## Huntington Hills Real Estate Update

Last 12 Months Huntington Hills  
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
December 2016	\$408,000	\$394,500
November 2016	\$399,900	\$404,500
October 2016	\$409,900	\$405,000
September 2016	\$428,950	\$412,500
August 2016	\$434,900	\$426,000
July 2016	\$449,900	\$435,000
June 2016	\$399,900	\$382,750
May 2016	\$348,750	\$338,500
April 2016	\$409,900	\$400,000
March 2016	\$444,900	\$426,500
February 2016	\$459,300	\$455,500
January 2016	\$439,900	\$445,000

Last 12 Months Huntington Hills  
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
December 2016	2	5
November 2016	7	8
October 2016	12	9
September 2016	9	8
August 2016	11	9
July 2016	10	9
June 2016	5	8
May 2016	15	6
April 2016	10	9
March 2016	7	8
February 2016	10	2
January 2016	3	1

To view more detailed information that comprise the above  
MLS averages please visit [huntington\\_hills.great-news.ca](http://huntington_hills.great-news.ca)



## Helping Your Children with Social and Emotional Skills

As parents, we strive to help our children learn new things in the early years of their lives. These things include learning to walk, dress themselves, use the potty, and many, many more things. Teaching your child social-emotional skills are just as important. These skills are: recognizing and understanding their thoughts and feelings; making healthy decisions and learning right from wrong; being a friend and making friends (teaching conflict resolution and cooperation); self regulation (calming themselves down in an appropriate manner); being empathetic to others.

Here are some tips on how to foster social emotional development in a toddler:

1. Eye contact with all conversations. This will mean that you will have to get down to their level and talk to them.
2. Have routines that are predictable for your toddler.
3. Always let them know that they matter to you.
4. Be positive when they try something new. It doesn't matter if they succeed or not.

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: [ncecm@weconnectyou.ca](mailto:ncecm@weconnectyou.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](http://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](http://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](http://www.albertaecotrust.com).



# 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](http://heartandstroke.ca)

## 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](http://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](http://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](http://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](http://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](http://www.scotiabank.saddledomecalgary.com)

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](http://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/](http://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](http://www.poppyinnovations.ca)



MAR 2017



# 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](http://www.calgarywildlife.org) for more information.



## Valentine Chocolate Trivia

Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800s. Today, over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S. per year.



## 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](http://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](mailto:ask-charles@reca.ca).*

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Huntington Hills. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**RIGHTWAY PLUMBING AND HEATING:** Has been happily serving the Huntington Hills area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

**BODNARUK LAW OFFICE:** Divorce and Family Law: Agreements, Child and Spousal Support, Parenting Issues and Property Division. Wills, Enduring Powers of Attorney and Personal Directives. Telephone: 403 - 288 - 0009 Email: mbodnaruk@nwcalgaryl.com #408, 4625 Varsity Drive NW, T3A 0Z9. Website: www.calgarynwlawyer.com.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**LOOKING FOR A LOCAL, PROFESSIONAL ELECTRICIAN?** FCC Electric is well established, insured, certified and willing to assist with all your Residential or Commercial projects. FCC Electric offers free estimates, inspections, kitchen/basement/garage renovations, repairs/troubleshooting, panel/service changes, service work and retail development. Home renovations as well as deck construction. 65+ discounts 403-462-8801.

**ELEMENTARY SPECIALIST**  
**Will Tutor Gr. 1-4**  
**(also ESL)**  
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Reasonable Rates



**JEFFREY ELECTRIC:** Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

**LOCAL THORNCLIFFE MAN WILL DO:** Dump hauling, garage cleaning, electronics recycling, and thrift store hauls. Very reasonable rates. Call or text Dale at 403-828-5772.



If music be  
the  
food of love,  
play on.  
- William Shakespeare



MLA Calgary-Mackay-Nose Hill  
**Karen McPherson**  
Current Member  
(403) 215-7710  
calgary.mackay.nosehill@  
assembly.ab.ca

Since the beginning of the year I've had the opportunity to meet with many constituents at both our Lunar New Year Open House on January 28th at my constituency office and the SMB Town Hall I hosted on February 2nd. I really appreciate the time people took to come out and connect. I always look forward to meeting with constituents and hearing your feedback. If you missed either event and would like information about government programs and services, please contact my office or visit [www.alberta.ca](http://www.alberta.ca).

I was also so pleased to spend time with many of you at events in January such as the many Lunar New Year Celebrations in China Town, the Beddington Heights Winter Carnival and the various community association meetings. Did you know that each community in the Calgary Mackay Nose Hill riding has a skating rink? Huntington Hills has an indoor rink (with lots of hockey) and the others are seasonal outdoor rinks. Winter can be a challenging time to enjoy the outdoors so I'd like to encourage you to join me in lacing up your skates and checking out our community rinks. I can't think of anything more Albertan than skating outside! It is great to see how many dedicated residents volunteer their time to maintain the ice rinks for people to enjoy.

Our government is working hard to help the many Alberta families impacted by low global oil prices and who are facing challenging times. Through Alberta Works, Albertans can access a range of career and employment services, whether they are making career transitions or looking for employment. Alberta Works also helps Albertans with low incomes cover their basic costs of living. To learn more about programs and services that may be available to you, I encourage you to call the Alberta Supports Contact Centre (1-877-644-9992) and make an appointment.

Once again, please feel free to contact me by email at [calgary.mackay.nosehill@assembly.ab.ca](mailto:calgary.mackay.nosehill@assembly.ab.ca), by phone at 403-215-7710 or drop by the office at #106, 8220 Centre Street NE, beside First Calgary Credit Union.



Calgary Nose Hill  
**Hon. Michelle Rempel, MP**  
201-1318 Centre Street NE, Calgary,  
AB, T2E 2R7  
Phone: 403-216-7777  
Email: [michelle.rempel@parl.gc.ca](mailto:michelle.rempel@parl.gc.ca)  
Website at [www.michellerempel.ca](http://www.michellerempel.ca)

In January, the consultation phase of the Alberta Jobs Taskforce concluded. Over the course of the last several months my colleagues and I have heard directly from thousands of Albertans. They have shared their personal experiences as a result of unemployment and provided their suggestions for how to move forward. Thank you to everyone who provided feedback.

The Taskforce has prepared a report for the government to review as they consider their next budget and policy to respond to the crisis. You can read the report here: [www.michellerempel.ca/alberta\\_jobs\\_report](http://www.michellerempel.ca/alberta_jobs_report)

I will keep you apprised of any response from the government on this matter. Parliament will debate many important issues this session and I encourage you to stay informed and contact me with your thoughts. Here are some ways you can stay connected:

Subscribe for email updates at [www.MichelleRempel.ca/subscribe](http://www.MichelleRempel.ca/subscribe) Facebook: [www.facebook.com/michellerempelMP](http://www.facebook.com/michellerempelMP) Twitter: @MichelleRempel As always you can contact me at my office using the contact information below: 403-216-7777 Michelle.Rempel@parl.gc.ca 201-1318 Centre Street N.E., Calgary, AB, T2E2R7 [www.MichelleRempel.ca](http://www.MichelleRempel.ca)



**SAFETY SYNC**  
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403.668.6402  
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.



**Councillor, Ward 4  
Sean Chu**  
403-268-3727  
ward04@calgary.ca  
www.calgary.ca/ward4  
www.seanchu.ca

Greetings Residents,

Free family fun for the holiday weekend

Family Day weekend is a perfect time to slow down, reconnect with loved ones and create lasting memories together. Finding holiday activities everyone will enjoy can be a challenge, but this year it will be a walk in the park.

The City of Calgary will be hosting a free We Are Family event on Sunday, February 19 from 1 to 3 p.m. at the Inglewood Bird Sanctuary. Bring the kids for a fun-filled afternoon of nature games, wildlife crafts, scavenger hunts and more. Enjoy a guided walk around the park or try out our spotting scopes to catch a glimpse of the sanctuary's high flyers.

Don't miss this exciting event perfect for the whole family.

For more information, visit [calgary.ca/parksevents](http://calgary.ca/parksevents).

**Sunny side up! New map shows the solar potential of your roof**

Wondering about the potential amount of sunshine on your home's roof and how it compares to other homes? Check out the City of Calgary's <https://maps.calgary.ca/SolarPotential/> to find out!

The new map is intended to be a starting point for Calgarians who are curious about the viability of solar as an energy source for their particular home or building. Using data collected in 2012 and 2013, the map shows all buildings in Calgary's city limits and their varying degrees of solar exposure, on an annual basis, in generalized optimal conditions.

"The solar potential map can be the first step in determining if a solar energy system could work on your home," says Liz Findlay, manager of Geospatial Business Solutions, the group who created the map. "People considering a solar installation should contact a solar system professional to conduct a thorough assessment for their particular building and location."

The best place to look for solar professionals is the Canadian Solar Industries Association (CanSIA), which has an online member directory.

Solar energy isn't just for homes. Various City facilities already have solar systems installed to off-set some of their electricity needs and costs. You can find the particular locations on the solar potential map using the information icons on the map or scrolling through the project listings on the left side bar. To find your home on the map, simply type your home address in the search bar.

Visit [maps.calgary.ca/SolarPotential/](http://maps.calgary.ca/SolarPotential/) to check out the City of Calgary's new Solar Potential Map.



# 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*



Name	Age	Contact	Course
Tegan	12	403-203-8163	Yes
Keira	14	403-809-9020	Yes
Saml	14	403-463-8264	Yes
Benjamin	14	587-284-6324	Yes
Hazel	15	587-890-9559	Yes
Emily	15	587-581-3684	Yes
Brooklyn	16	403-990-6176	Yes
Rachelle	19	403-971-8870	Yes
Paige	23	780-305-1381	No
Tannis	24	403-852-0889	Yes
Emilie	27	403-923-3816	No
Shawna	30	403-968-5764	Yes
Tammy	30	587-968-1638	Yes
Andrea	31	587-437-2048	Yes
Dayelle	33	587-755-1878	No
Anna	34	403-607-7464	Yes
Teresa	44	403-478-3749	Yes

**Calling All BABYSITTERS** Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS** Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).

## COMMUNITY ANNOUNCEMENTS

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

**OFFERING STORAGE BOX** (yellow lid) fits under bed W15.75, H5.5, L31.5 \$20, 2 GE Kitchen & Bath F40 Eco lux Fluorescent Tube light bulbs \$10, Spices rack \$10, Household things metal sturdy holder \$10 L15.7, W10.2, H16.9. Call 587-581-5883.



### STEP INTO WINTER

**Are you thinking of becoming more active?**  
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

**To participate you must be:**

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

**By completing the 3 questionnaires you will receive:**

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator: [perryr@ucalgary.ca](mailto:perryr@ucalgary.ca)



Ethics ID: REB15-3944  
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

# PISCES

## PET EMPORIUM

### THE FRIENDIEST

# PET STORE

## ON EARTH



# SAVE 15%

On ONE regular priced item with this ad  
Expires March 31, 2017

**4921 Skyline Way NE**  
**Deerfoot & McKnight**  
www.piscespets.com 403.274.3314

Not valid on Gift Cards, Cat & Dog Food, Petcare, Kennel, Starter Kits & Sale Items. \*No Cash Value!  
One coupon per customer per month. Applies to amount of sale sizes.  
Cannot be combined with any other offers. Must be presented at time of purchase.  
Store management reserves the right to reject any coupon not being used according to the intended purpose.



## DREAM CUTS

BARBER & STYLIST

Bring in this coupon to receive  
**\$3 off ADULT MEN, KIDS,**  
**AND SENIOR'S** hair cuts!  
And receive **\$5 off** Adult  
**WOMEN'S** hair cuts!

## SERVICES

Hair Cut  
Hair Styling  
Beard Trimming & Outlining  
Neck Razor Shave  
Colour/Highlight  
Hot Towel Shave

**MON-FRI** 9am - 7pm  
**SATURDAY** 9am - 6pm  
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**WALK-IN 7 DAYS A WEEK**

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2<sup>nd</sup> Floor 225-971 64 Ave NE ... same building as Original Joe's Restaurant

\*Denotes Prof. Corp.



# CLIMB

FOR WILDERNESS

**SATURDAY, APRIL 22, 2017**  
**THE BOW BUILDING**

CLIMB  
**1188**  
STAIRS

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**ALBERTA**  
**WILDERNESS**  
**ASSOCIATION**



[climbforwilderness.ca](http://climbforwilderness.ca)



# ACHILLES FOOT CLINIC

New location at the Oasis Medical  
Clinic at Deerfoot Mall

- Diabetic Foot Care
- Ingrown Toenails
- Bunion Pain
- Custom Orthotics
- Fungal Toenail Treatment
- Heel Pain



Providing Medical and Surgical treatment of the foot for the whole family!

Accepting new patients  
No referral needed

Call us today 403-910-4576  
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Community  
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GREAT  
READS  
for 2017



READ  
#read150