

JANUARY 2017

DELIVERED MONTHLY TO 5,800 HOUSEHOLDS

THE HUNTINGTON HILLS HONKER

THE OFFICIAL VOICE OF THE HUNTINGTON HILLS COMMUNITY ASSOCIATION



**GYM RENTALS AVAILABLE
CALL THE MAIN OFFICE AT
403-275-6666, EXT 234
FOR MORE INFORMATION.**

TO FIND OUT WHAT IS HAPPENING AT YOUR LOCAL COMMUNITY CENTRE - READ THE HONKER!

Great News Publishing

| Call 403-263-3044 for advertising opportunities

| www.great-news.ca



Love
DENTAL

Dr. Philip Love
Dr. Michele Spooner
Dr. Huda Jergeas
Dr. Tanya Chacko

Core Values

- Gentle care
- Your comfort
- Cost effective treatment plans
- Quality work

Monday: 7-4
Tue & Wed: 7-7
Thursday: 7-4
Fri & Sat: 9-4

(403) 275-6424

125-8220 Center St. NE
Beddington Co-op Mall
Next to Royal Bank

SELL YOUR HOME FAST AND FOR TOP DOLLAR

Call Hal Anderson Now

For a **FREE MARKET EVALUATION OF YOUR HOME**

403-247-5171

www.landtradingcompany.com



RE/MAX REAL ESTATE
(Mountain View)



Huntford RD



3 St. NE



Hunterplain Hill

SORRY YOUR HOUSE IS NOT HERE



DREAM CUTS

BARBER & STYLIST

ADULT (Men) \$3 off
ADULT (Women) \$5 off
KIDS \$3 off
SENIOR \$3 off

SERVICES

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

MON-FRI 9am - 7pm
SATURDAY 9am - 6pm
SUNDAY 10am - 5pm

WALK-IN 7 DAYS A WEEK

403-275-5500

**#109 7020 4 ST. NW
CALGARY, AB T2K 1C4**

(Next to Starbucks outside Superstore)

**PISCES
PET EMPORIUM
THE GREATEST
PET STORE
ON EARTH**



PIJAC
PET INDUSTRY JAWZ AWARD COUNCIL

SAVE 15%

On ONE regular priced item with this ad
Expires February 28, 2017

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

Not valid on Gift Cards, Cat & Dog food, Feeders, Kennels, Starter Kits & Sale items. "No Cash Value"
One coupon per customer per month. Applies to amount before taxes.
Cannot be combined with any other offers. Must be presented at time of purchase.
Store management reserves the right to reject any coupons not being used according to the intended purpose.



HUNTINGTON HILLS COMMUNITY ASSOCIATION

520-78 Ave. NW Calgary, AB – T2K 0S2
 Phone: 403.275.6666 | Fax: 403.295.2248
www.huntingtonhillscalgary.com

Delivered monthly to 5,800 households and businesses for 2 years!

Editorial Submissions

cassandra@weconnectyou.ca
 All editorial content must be submitted by the 1st of the month for the following month's publication.

Advertising Opportunities

403-263-3044 | sales@great-news.ca
 All advertisements must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing

Serving Calgary communities for 28 years
 91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
 Calgary, AB
 T2C 2K2

Check out our website:
www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Huntington Hills Community Association.

The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and Huntington Hills Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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	

CONTENTS

7	HUNTINGTON HILL CURLING CLUB
7	MESSAGE FROM THE VICE PRESIDENT
9	GOOD FOOD BOX
9	NORTH CENTRAL FAMILY SUPPORT PROGRAM
10	FAMILY CONNECTS - PARENT LINK CENTRE
16	NEWS FROM THE FRIENDS OF NOSE HILL
18	OPEN EYES AND MINDS FOR HEALTHY PETS
20	BUSINESS CLASSIFIEDS



Huntington Hills Community Centre

520 – 78 Avenue NW, Calgary
www.huntingtonhillscalgary.com
 HELPFUL • CARING • ACCESSIBLE

EXECUTIVE BOARD MEMBERS

President	Vacant
Vice President	Heather Allison
Secretary	Walter Langston
Treasurer	Bill Mick

BOARD OF DIRECTORS

Director	Purvin Shah
Director	Daisy Dai
Director	Karen Williams
Director	Molly McDonald
Director	Moe Sinotte
Director (VIVO Rep)	Tim Hungate
Director	Arthur Cleroux
Director	Lilita Jeanes
Director	Vacant

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

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 – 78th Avenue NW

Calgary, Alberta T2K 0S2

403-275-6666 ext 231 or 234 | 403-512-5732



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



403-275-6666 ext 229

hhcurls@shaw.ca

www.huntingtonhillscurlingclub.com

Barb Dickson – Curling Coordinator/Instructor

The curling season is well underway at Huntington Hills. The ice is GREAT, and the people are FANTASTIC.

The 55+ Drop In League on Wednesday and Friday mornings at 9:00 are always looking for curlers. The cost is \$6.00 each time. Drop in, curl, and have fun!

Junior curlers have been busy in bonspiels and playing on Saturdays! We are taking in new curlers each month – some new curlers come after they have had their school attend learn to curl classes! Come out and join the fun – ages 5 – 18 welcome.

Thank you to all of the volunteers that assisted with the Noel Junior Bonspiel. It was again a huge success! Congrats also go to the curlers who organized and hosted a very successful ladies spiel in November! Ladies you continue to host a wonderful spiel. Cheers!

Practice Ice is available on weekends - Sunday from 1:30 to 4:00pm. The cost for members is \$5.00/person/hour and \$10.00 for non-members/hour. Equipment is also available to rent.

Up-Coming Events

Men's Bonspiel January 8 – 11 – 2015 – please go to our website for more details.

Senior Ladies Southern Play downs – January 27 – 30 - 2017

We have numerous corporate and family functions booked on weekends so if you are thinking of booking some curling ice for a fun event, please contact the curling office directly and we would be thrilled to assist you with your event.

We are looking forward to a great second half to our season! Cheers and if you want more information on curling at Huntington Hills contact Barb @ 302-275-6666 ext. 229 or email to hhcurls@shaw.ca or check out the Huntington Hills Curling Club website www.huntingtonhillscurlingclub.com.

VICE PRESIDENT MESSAGE

A message from the Vice President of the Huntington Hills Community Association – Heather Allison.

I feel privileged to have been elected as the Vice President for this wonderful community association. There are many exciting things happening within the community and especially at the Community Hall. I'm sure you all have noticed over the last few months all the renovations going on. We are very excited about the new entrance and gym. Many other improvements are continuing to be made in this vibrant active community building. There are many active groups participating in activities and with the opening of the new gym, we are looking at more new and exciting activities. We welcome all community members to come and see the facility. If there is a program that interests you, please come and join us. I look forward to a new and exciting future at Huntington Hills and seeing more community members come out and enjoy the great community and what it has to offer.

A very successful Raffle took place in October and November. I would like to extend a huge thank you to all the organizations who came together to help sell the tickets. It is exciting we could offer such an amazing raffle with a 2017 Ford Escape as the first prize, and cash prizes for 2nd and 3rd place. An enormous thank you to Jim Murphy, General Manager and Barb Dickson, Curling Manager, at the facility for all of their hard work in organizing and spearheading this Raffle.

Look for exciting ways you can come and support your community. We are always looking for volunteers to help and in the future we will be looking for new Board members. If you would like to be a part of the future in your community and become a board member, please contact Huntington Hills Community Association at the following email: president@huntingtonhillscalgary.com.

Follow us on Facebook page, just search Huntington Hills Community Association on Facebook and Like our page.

Our website address is: <http://huntingtonhillscalgary.com>.

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 78th 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:** 3rd 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 2nd Thursday of every month, starting at 12pm. Cost set by Board.
- Club Cost and hours:
 \$33 for membership
 Tuesdays and Thursdays from 10am – 4pm
 Call 403-275-4294 for more information; registration and costs, program start times, and more.



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
Jan 17, 2017	Jan 26, 2017
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.



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 1-6 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
January 17 2017	January 26 2017
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



Quality Child care

- Bussing to 5 local schools:
- St. Henry, St. Hubert, Dr. JK Mulloy, Alex Munro, Huntington Hills School
- Government Subsidy Available
- Affordable
- Qualified and energetic staff
- Third year accredited
- Fully licensed
- Sibling Discounts

Located:
 520 78th AVE NW
 Call us @ 403-275-6666 ex.233


Huntington Hills Community Association Out of School Care Programs



Offering Morning and Afternoon Kindergarten spots at ALL 5 schools!

- Ice Skating
- Curling Ice
- A bus to take us on fieldtrips!
- A projector to watch our monthly movie on
- Delicious kid friendly snacks
- A lizard AND a gecko!
- Crafts and Science experiments
- Baking
- On-site park
- Large grassy hills and fields
- A new gym coming in Fall 2016
- PD days included in monthly fee
- Winter/ Spring/ Summer Camps available too!





YEAR OF THE ROOSTER

Chinese New Year celebrations are Jan. 27 – Feb. 2 and this year is the year of the Rooster. Roosters are born 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017. Their personality is observant, hardworking, courageous, talented, frank and honest. Lucky numbers are: 5, 7, and 8.



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.

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.weconnectyou.ca

All of the Parent Link Programs are free of charge!

PROGRAMS WILL RESUME JAN. 3, 2017

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, January 28, 2017 2:00 – 4:00pm

Winter is in full force! As the days get shorter and the nights get colder, even the best of us can get a little down. Come join other Moms for great conversation and snacks in a relaxing setting. We will be chatting about ways to stay happy and active in the colder months. We will also be making homemade soup and buns for everyone to take home. Childcare will be provided. To register call Tracey at 403-275-6666 #276. Registrations will take begin January 9, 2016

Me and my Dad

This program returns Sunday January 29th with our “Planes, Trains, and automobiles” theme. This program runs from 1:30pm – 3pm. Call Tracey, 403-275-6666 ext. 276, after January 9 to register.

PARENTING PROGRAMS:

Dealing with Disobedience (TP discussion workshop)

January 30, Monday, 6:30-8:30 pm

Come share ideas and experiences while identifying positive parenting strategies to help prevent problems and handle disobedience with children 3-11 years old Call Tracey at 403-275-6666 ext. 276 to register for the workshop and free childcare starting Jan 9 For more information call Sue at 403-275-6666 #235.

POSITIVE PARENTING PROGRAM (Triple P Group) (for children 3-11 years):

Saturday mornings, January 14 – March 11, 2017, 10:00am – 12:00pm

Do you feel like you:

- often struggle with your child’s behavior?
- could use more strategies to use in difficult situations?
- would like to share ideas with other parents?

SPECIAL EVENTS:

Free Family Day Skate 2017

Feb 17 Friday (1-2:30 pm)

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.



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.



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

IN & AROUND SCHOOLS News from Dr. J. K. Mulloy School

7740 10ST NW Calgary AB T2K 1H6
403 777 6640

Happy New Year Huntington Hills! The students have now returned to school after Winter Break. We appreciated having the seniors from Huntington Hills Manor joining us for both our Remembrance Day Assembly last November and for our Grade 3 and 4 Music celebration before the break. We hope to have them watch our other grades perform later this year. The students also enjoyed collecting food items for the Food Bank in December. They love to be able to make a difference in the lives of other children.

Although our garden is asleep for the winter, and the children completed the work to prepare before the frosty weather set in, we are still busy with plans for the outdoor classroom. We have had final drawings reviewed and are sure that our design takes into account the appropriate policies and guidelines. This is an exciting time as we wait while our applications for funding are being reviewed.

We will shortly be starting our gymnastics unit in PE, which is one of the children's favourite units. Students are working hard as their report cards go home at the end of this month, and they are learning more about "Honesty," which is our Virtue Focus for the month of January.



There is no single cat called the panther. The name is commonly applied to the leopard, but it is also used to refer to the puma and the jaguar. A black panther is really a black leopard.

ANIMAL TRIVIA



It's a New Year for Healthy Sleep!

By Chris Carruthers PhD

2017 is upon us, with our good intentions to improve our health through diet and exercise. But sometimes it's a struggle to get more physical activity and healthy foods. Why? It may be due to our lack of quality and quantity of sleep.

Sleep balances our hormones, leptin and ghrelin, that influence our hunger and cravings.

Sleep cleanses and detoxifies the brain, so that we have the clarity and focus to make good decisions.

Sleep replenishes us, and provides us with the energy and willpower we need.

Take action on the 4 Sleep Fundamentals:

1. Create a dark, cool, clean, quiet, and comfortable electronic-free bedroom that you love.
2. Build your sleep drive all day long with healthy lifestyle habits.
3. Improve your thinking about sleep. You probably get more sleep than you realize, and you can still have a great day after a bad night. Don't distress. Use your mental skills to refocus on relaxation, and don't let your busy mind cause insomnia.
4. Learn three simple skills that help you get back to sleep quickly when you wake up for any reason: journal a little before bed, take deep slow breaths when you awaken, and learn to scan and relax the body for a quick return to sleep.

Improving your sleep may be the single best thing you can do to improve your health! Focus on sleep first, and then tackle changes in nutrition and activity.

Tips for today and tonight: stop caffeine by 2 PM, make sure you get some time out in the fresh air, practice a

regular sleep ritual before bed (maybe some relaxed stretching or yoga), don't watch the clock during the night, and keep a regular bedtime and wake-up time all week long.

Sleep Well Tonight!

Chris Carruthers PhD is a sleep consultant in Palliser, who is on a crusade to help people feel great all day long with better sleep and more energy.



BRAIN GAMES SUDOKU

9			6			4		5
	8			7				6
						3	8	
	9		1	2	3			
3								2
			5	9	8			3
	7	2						
4				5				1
6		5			7			8

FIND SOLUTION ON PAGE 26

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

Time: 7:00 to 9:00pm



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 baby:

1. Responding to the baby when they cry. They need to know that they can depend on you in times of need.
2. Hold and hug your child.
3. Learn their cues for tiredness, hunger, happy, upset, etc.

4. Being gentle and comforting in times of being upset. Rock the baby, sing a soft song, cuddle, or walk with them.

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: nccemap@weconnectyou.ca.

Public Skating

Public skating is ongoing.

Mondays – 2:00 – 3:30pm

Wednesdays – 2:00 – 3:30pm

Fridays – 1:15 – 2:15pm





News from the Friends of Nose Hill

by Anne Burke

For the Nose Hill Trail and Pathway plan (2004) there was a commitment of \$4.5 million from the Enmax Legacy Parks Program of the total \$6.6 million. From 2007-2012, this was for ongoing trail repairs, renewing degraded land, restoring damaged habitat, adding interpretive and orientation signs. Trail work was expected to continue for several more years. The paved pathways were intended to manage use and help protect the prairie grasslands (plants and wildlife).

There was a recent urgent item of business for City Council from a Community Services Committee report which was received for information. An update on City Parks Projects contains more information about capital funding for Nose Hill Park.

Council created the ENMAX Legacy Parks Program in 2003. The purpose was to develop new regional parks and improve existing ones, local community parks, and open spaces. A steering committee is responsible for managing the funds, including an investment plan for infrastructure, in some cases. City Council invested over \$135 million through this program. In addition, Council approved \$75 million for more projects to 2017.

Due to the economy, part of the 2016 ENMAX dividend is no longer available. So, there are shortfalls in funding for future priority projects. Some projects are already in progress and others are on hold, although design work was already done.

There is no shortfall for Nose Hill, because the Legacy-funded portion is complete and the construction in north and south zones is underway and ongoing. The total amount was \$4.4 million from phases 1 and 2; the non-Legacy budget was \$1 million and total project budget is \$5.5 million. The total actual cost to date is \$4.6 million, in addition to about \$54 thousand for existing purchase orders not yet invoiced. The remaining allocations are \$800 thousand.

An action plan for Calgary will enhance the urban forest and landscape, protect the environment by encouraging public awareness, and ensure that we have access to nature. In general, parks support biodiversity: a variety in the number and types of plants and animals in a particular area, such as Nose Hill, or in the world. Our parks network and open spaces offer recreational opportunities and help to offset carbon in urban spaces.



Express Your Innate Power

Dr. Alma Nenshi, Family Chiropractor

The Power that made the body heals the body. You have the innate wisdom to live the life you were designed to live. By letting go of negative thought patterns and destructive energy, you release what holds you back in life. Not only does this create more capacity for gratitude and abundance, it helps you deal with stresses in a healthy fashion while recharging your life with energy!

Give yourself permission to de-stress and heal from above-down, inside-out, physically, chemically, emotionally and spiritually. Recharge by living intentionally with integrity, honesty, kindness and love. Still if you are always feeling tired and no amount of rest fully recharges your batteries, take stock of what's important in your life. Is there incongruity between your thoughts and your actions? What must you do to course-correct?

True healing, be it physical, emotional, chemical, or spiritual, only occurs when 3 things are in place. First you must restore your energy reserves. Second, you need to remove or cope with all stresses that deplete your energy. And third, you must be able to organize your body's energy into healthy function. Healing cannot occur when the body is in crisis. Below are a few ways we naturally support patients in these three areas.

Since the body uses DC current to regenerate itself, we offer modalities that rely on DC current to help restore

the body's natural healing energy. Frequency Specific Microcurrent (FSM) is a low risk, non-invasive and incredibly effective therapy for nerve and muscle pain, inflammation and scar tissue. In a study with patients suffering with fibromyalgia associated with neck trauma, FSM reduced inflammatory cytokines IL-1 by 75% in only 90 minutes and reduced pain from average of 7.4/10 to 1.4/10 in 90 minutes. Our Erchonia PL-5 laser also increases energy at a cellular level while acting like a calculator that subtracts pain, while our BrainTap light and sound therapy clinically calms brain stress using brain entrainment technology to promote healing.

Of course plugging the holes in a bucket is just as important as filling it. Over-utilizing vitamins and supplements can tax the detoxification systems unnecessarily. While we can identify the specific supplements that best support your body's needs, we can also help you wean off those that you may no longer need.

Finally, it's not enough to just replenish your energy reserves; you must convert this energy into healthy biological functions, a process controlled by a delicate network of communication pathways called your nervous system. By alleviating stress on the nervous system, chiropractic adjustments enhance the functional health of everything the brain controls, including your digestion, reproduction, hormones, cardiovascular system, energy, pain, etc.

Most importantly, a healthy nervous system allows you unrestricted access to the innate wisdom within you, the source of all your inspiration, intuition and healing. Your nervous system is your lifeline to your inner Power, enabling you to live the way you were designed to live, strong, healthy, happy, vibrant, loving, and full of energy and potential!

As Wayne Dyer reminded us numerous times during his life, "Row, row, row your boat gently DOWN the stream." When you are able to let go and follow your intuition, you allow yourself to be an instrument of the Power that created the universes, directing your life as part of a greater plan. New thoughts and ideas will inspire you to take action, steps you otherwise may not have considered, but will ultimately accelerate you towards your life's path and purpose. Your life will unfold and manifest in ways you never expected. All you need to do is stay connected to your Power and trust in the process.... Then sit back and enjoy the ride!



Open Eyes and Minds for Healthy Pets

By Jennifer L. Scott, B.Sc., D.V.M.

Given recent event in the news, I would like to give this veterinarian's perspective on conventional Western medicine versus alternative modalities as offered by practitioners to pet owners. I know veterinarians who are adamantly against alternative medicine options for their patients; and I know veterinarians who have become so convinced of the benefits of alternative medicine that is all they currently practice. Most alternative veterinarians will spend a great deal of time, money, and effort to become certified in these fields.

I practice conventional Western medicine. I treat animals with pharmaceuticals and diet for illness, surgery as necessary, and use diagnostics such as blood work, radiographs, and ultrasound. I refer to board-certified specialists in oncology, internal medicine, surgery, and diagnostic imaging, to name a few. I treat animals with preventative medicine including vaccinations, and deworming. I ask questions about travel, diet, and behavior. If a client requests minimal vaccination protocols, we discuss risks and I offer titer testing. If a client wants to use raw diets to feed their pets, we discuss human risks, especially to immune-suppressed household members. I discuss conventional treatments for aging pets, but I

also never dismiss alternative medical modalities. My mantra is never close your mind to what is out there, but keep your eyes wide open. Be an open-minded cynic.

I am open to offering alternatives to my pet owners, I call them my extra tools in my toolbox to keep my patients well. I strongly recommend clients use practitioners who have acquired a high level of expertise only, and only those certified by reputable organizations. I discuss laser therapy, physiotherapy, rehabilitation facilities with under-water treadmills, acupuncture, homeopathy, herbology, chiropractic, cranio-sacral, and visceral manipulation with any clients who are interested.

I know acupuncture best. I was certified as a veterinary acupuncturist, but was too busy in conventional practice to stay current. Acupuncture is now considered mainstream and classes are offered at most North American veterinary schools. Some practitioners treat using trigger points and others focus on moving energy along the meridians, but to the same outcome. There are limitations. Many clients come to an alternative medicine colleague of mine trying to avoid surgery for ruptured anterior cruciate ligaments in their dogs' knees. These people love their pets and will do anything to make them well, but are terrified at the idea of general anesthetic. A ruptured ACL needs conventional surgery to stabilize the joint, alternative medicine will not help. But after surgery, any number of the rehabilitation and alternative treatments may lead to an improved outcome.

Dandelion root and Milk thistle were once restricted to herbalists to treat chronic liver disease; they are now part of pharmaceuticals in conventional practice. Calming diets are available containing L-tryptophan, marigold, rosemary, and milk casein; all once considered alternative treatments. I use a homeopathic containing rescue remedy and arnica on the gums of almost every patient recovering from surgery. I have a homeopathic I use in very young puppies and kittens receiving vaccines to alleviate any side effects, but I absolutely believe vaccinations are necessary.

Health and wellness for our pets and ourselves is a pursuit that should never be limited by old or new restrictions and prejudices. The most important job of the veterinarian in consultations is to educate the client so that together they can provide the best quality of life for the pet. Stay warm.

Huntington Hills mybabysitterlist

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

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

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.

Trivia
Wrigley's
Chewing Gum

Wrigley's promoted thier new spearmint flavored chewing gum in 1915 by mailing 4 sample sticks to each of the 1.5 million names listed in the US telephone books



Huntington Hills Real Estate Update

Last 12 Months Huntington Hills
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
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
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

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.

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.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.

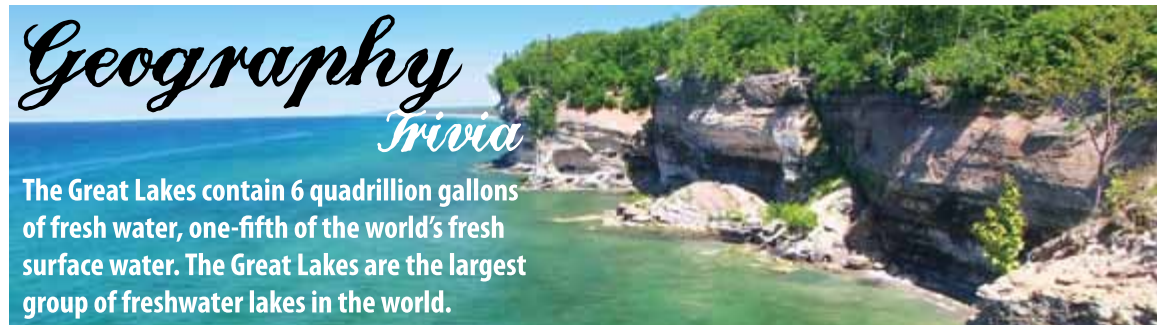
HD PROPERTY CARE: 403-837-1888. All your property needs. Snow shovelling/removal, yard maintenance, spring/fall clean up, odd jobs with trees, fence, patio, decks. Mention this ad and receive 10% off your service.

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.

ELEMENTARY SPECIALIST

Will Tutor Gr. 1-4
(also ESL)

403-288-4870
Reasonable Rates



Geography Trivia

The Great Lakes contain 6 quadrillion gallons of fresh water, one-fifth of the world's fresh surface water. The Great Lakes are the largest group of freshwater lakes in the world.



The Indoor GARDENER

by Cindy DeJager

PRAYER PLANT
(marantaceae leuconeura erythroneura)
Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it – and this one certainly does.

HOW DOES A PRAYER PLANT PRAY
Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythroneura (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold – so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

Maranta loves humidity but not wet soil – make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.

IN & AROUND CALGARY



Free ESL Classes

Develop essential vocabulary, pronunciation and conversation skills with native English-speaking volunteers. Weekly 1.5 hour classes on Wednesday mornings, Thursday evenings and Sunday evenings. Adults +18, school-aged children if accompanied by adult. Register at calgaryesl.ca.



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
 Website at www.michellerempel.ca

Happy New Year! Parliament rose at the end of December and I have enjoyed having an extended opportunity to spend time with constituents working at home in Calgary. I have had the chance to meet with many individuals in our community and hear about the issues important to them. I look forward to the House returning soon so I can continue to work hard on your behalf in Ottawa.

Over the last number of weeks I continue to hear from individuals who are being impacted by unemployment. This continues to be of primary concern to me. I will be holding a 'Alberta Jobs Round Table' meeting on January 12th at 11:45 AM. I want to hear directly from those in our community who are out of work, employers and social assistance service providers (like food banks, etc). If you, or someone you know, would like to attend, please contact my office at 403-216-7777 or email Michelle.Rempel@parl.gc.ca for more details.

Many of you have likely received the government's mail out regarding electoral reform at your home. On October 11, 2016 I submitted the results of my consultations with our community, to the special committee on electoral reform, which found 79% of respondents did not think we needed to change our current system of voting and 91% felt a referendum should be held prior to any changes being made. In fact, the government's own electoral reform committee agreed that a national referendum should be held prior to any changes. However, you will note, that the government's mail out to you with respect to electoral reform makes no mention of a referendum at all. I will continue to advocate for a referendum prior to any changes being made to the electoral system.

There will be many critical issues debated in Parliament in the coming year. As always, I encourage you to contact me at my office on any issue of importance to you.



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

Greetings Residents,

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 Solar Potential Map 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/ to check out the City of Calgary's new Solar Potential Map.

COMMUNITY ANNOUNCEMENTS

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

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalitudes.org.

VOLUNTEERING is good for the soul

IN & AROUND CALGARY



Women's English and Social Group

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Drop in at one of our weekly groups throughout the city. No cost, no immigration requirements and no minimum English requirement. Free childcare provided for children 6 months to 6 years old. Visit www.ciwa-online.com for group locations and times or contact Debra Colley at 403-444-1752 or debrac@ciwa-online.com.



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
Find us at AchillesFootClinic.com



CALGARY PUBLIC LIBRARY

Celebrate Family Day at the Library!

Drop in for activities, storytimes, and more this Family Day. Everyone's welcome to join in the celebration happening at these community libraries:

Country Hills | Crowfoot | Fish Creek | Saddletowne | Shawnessy | Signal Hill

February 20, Noon- 5:00 pm | No registration required.

#Read150

Canada 150—read 150 books in 2017! Pick up your free *Great Reads 2017* reading guide from any community library in Calgary. It's chock full of incredible reading recommendations for every member of your family. Visit calgarylibrary.ca to find out how you can be entered to win great prizes just for reading!

Bill's Book Café with Evan Woolley

All Calgarians are welcome to join *Bill's Book Café*! Library CEO Bill Ptacek and City Councillor Evan Woolley host a lively discussion of *The Sisters Brothers* by Patrick deWitt.

Alexander Calhoun Library
Friday, February 24 | 7:00 pm

KEYBOARD SHORTCUTS

TO DO THIS:

Change the case of the letters
SHIFT +F3

Format all letters as capitals
CTRL+SHIFT+A



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

Happy New Year! My best wishes for 2017 to each of you.

I want to make sure you are informed about programs that you may be eligible for, like the Carbon Levy Rebate rolling out at the beginning of the month; the rebates are automatically available if you have filed your 2015 income tax return. Most Albertans will receive a rebate that will be exceed than the costs they incur because of the levy. As well, Alberta Child Benefit and Alberta Family Employment Tax Credit are available for parents with a net income of less than \$41,220 per year. For more information on these benefits or on additional programs, please contact my office or visit www.alberta.ca.

Before Christmas, I was fortunate to deliver grant funds from the Community Initiatives Program (CIP) to two amazing organizations in the constituency: the STARS Foundation and the Association for the Advancement of Science and Engineering Education. Both of these incredible organizations are so worthy of these grants. I look forward to seeing their continued successful operations.

Small business owners and entrepreneurs are very important to our province. There are hundreds of small business owners in the constituency and I want to hear from you. To get your feedback, I will be hosting a Small Business Town Hall this month. Please visit my Facebook page (@MLAKarenMcPherson), or connect with my office for details on date and time. I welcome your thoughts and I look forward to sharing some information with you on the supports available for starting, opening and maintaining small businesses.

As of January 2nd, 2017 my office is open from 9am until 4:30pm on Monday, Tuesday, Wednesday and Friday (we will be closed for lunch from 12:00pm-1:00pm). On Thursday's our hours will be 12:00pm until 7:00pm. Please feel free to contact me by email at 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.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper Mezzanine, 10 am – 5:30 pm

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

Feb. 14 – 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info www.theatrecalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration www.canada.cnoy.org

FEB. 9 – 12 CALGARY BOAT AND SPORTSMEN'S SHOW AT STAMPEDE PARK BMO CENTRE

The Calgary Boat and Outdoors Show is Southern Alberta's Biggest and Best Boat and Outdoors Show! More info www.calgaryboatandsportshow.ca



FEB. 25 – 26 2017 ISU WORLD SPRINT SPEED SKATING CHAMPIONSHIPS AT OLYMPIC OVAL

The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info www.speedskating.ca



UNTIL APRIL 30 SHOWCASE: TOM COCHRANE AT NATIONAL MUSIC CENTRE

See important artifacts in Cochrane's acclaimed career, including the 1963 Gretsch guitar, used by Cochrane in the music video for 1988 single "Big League". More info www.studiobell.ca



FEBRUARY FEBRUARY FEBRUARY



di^ovine
intervention

Eligible Entrepreneur

Our 6'1, fit and handsome bachelor is a catch. Driven, well educated and down-to-earth, this dynamic, well traveled and successful entrepreneur enjoys life with a very flexible schedule.

He loves outdoor sporting activities, staying fit, and spending time with family and friends.

He is looking for an attractive, slim, smart, 5'5"+, genuine, activity loving lady (age 28-38) who wants to build a family.

Contact in confidence (fees paid by client)
info@divinematchmaking.com
divinematchmaking.com | 403-456-4870

BRAIN GAMES SUDOKU

9	2	3	6	8	1	4	7	5
5	8	4	3	7	9	1	2	6
1	6	7	2	4	5	3	8	9
7	9	8	1	2	3	5	6	4
3	5	1	7	6	4	8	9	2
2	4	6	5	9	8	7	3	1
8	7	2	4	1	6	9	5	3
4	3	9	8	5	2	6	1	7
6	1	5	9	3	7	2	4	8

FREE
at
Your
Community
Library

GREAT READS
for 2017



READ
#read150

RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.



RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc. and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 11-2015-000-011



WASH & GO
LAUNDROMAT EXPRESS

OPEN 7 DAYS A WEEK- 8AM TO 10PM
Self-serve coin operated facility
Blankets, down duvets & Sleeping bags

8,5602 4th St. NW Calgary, AB T2K 1B2
(entrance on 54th Ave. behind the strip mall)
Phone: 587-349-3464




SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)
safetysync.com
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.



Dr. Dale Rapske B.Sc. D.D.S.*
Deerfoot Dental Centre

In General Family Practice for over 30 years

New patients always welcome!

- Oral Surgery
- Crowns & Bridgework
- Teeth Whitening
- Denturist on Site

Insurance Direct Billing
403-275-9255
deerfootdental@gmail.com

Monday-Thurs 8 am - 8 pm
Friday 9 am - 3 pm
Saturday 9 am - 4:30pm

By Appointment

www.deerfootdentalcentre.ca
2nd Floor 225-971 64 Ave NE ... same building as Original Joe's Restaurant

*Denotes Prof. Corp.



Learning Opportunities Ahead

Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer's disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.

Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca

Call (403) 290-0110

Email info@alzheimercalgary.ca

Brought to you by

Alzheimer Society
CALGARY **30+**
years

Qualicare[®]
FAMILY HOMECARE


ALL SENIORS CARE
LIVING CENTRES[™]