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Elected Officials



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Last 12 Months PANORAMA HILLS
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
July 2016	\$569,300.00	\$548,925.00
June 2016	\$569,900.00	\$562,000.00
May 2016	\$537,000.00	\$527,500.00
April 2016	\$562,400.00	\$547,500.00
March 2016	\$499,900.00	\$480,000.00
February 2016	\$525,000.00	\$510,000.00
January 2016	\$509,900.00	\$495,000.00
December 2015	\$489,900.00	\$480,000.00
November 2015	\$555,000.00	\$541,000.00
October 2015	\$528,950.00	\$521,000.00
September 2015	\$569,000.00	\$552,500.00
August 2015	\$569,000.00	\$556,000.00

Last 12 Months COUNTRY HILLS
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
July 2016	\$429,900.00	\$450,000.00
June 2016	\$393,900.00	\$391,450.00
May 2016	\$374,900.00	\$362,000.00
April 2016	\$397,400.00	\$389,000.00
March 2016	\$355,000.00	\$345,000.00
February 2016	\$0.00	\$0.00
January 2016	\$394,350.00	\$390,400.00
December 2015	\$389,900.00	\$389,900.00
November 2015	\$418,894.00	\$410,500.00
October 2015	\$399,900.00	\$394,000.00
September 2015	\$419,950.00	\$406,500.00
August 2015	\$399,900.00	\$390,000.00

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

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your COMMUNITY business of the month



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Whether its our fresh, delicious food or the smiling staff member who remembers your name, there are lots of reasons to love OPA! When they opened their first Calgary Market Mall location in 1998, the idea was simple: change the "fast food" experience by offering delicious, wholesome Mediterranean cuisine with outstanding customer service. By using high-quality ingredients to make classic Greek dishes, they brought something new to the world of quick-service restaurants. Nearly 20 years later, OPA! is one of the most highly recognized and widely loved restaurant brands in the country and has grown from a single restaurant to a national chain with over 90 locations across Canada.

Greek cuisine is all about fresh, authentic dishes prepared with simple ingredients. It's a cooking tradition dating back over two-thousand years, and it's one they take very seriously. OPA! stays true to the essence of Mediterranean-style cooking by using only quality, real ingredients without artificial flavours or fillers. Because tradition is important—and fresh just tastes better.

Gary Der is the Franchisee at the Countryhills location and having grown up in the restaurant business, he chose to open this NW location as he lives in the area and was frustrated with the limited restaurant options. Looking for a perfect place to host your next family party or event, join them for lunch or dinner. They are located at 5149 Countryhills Blvd NW and are open Monday to Saturday from 11:00am to 9:00pm and Sundays from 11 to 8:00pm. Delicious reasonably priced food and friendly service.

For any catering inquiries, please contact Gary Der at 403-615-8821



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News from the Friends of Nose Hill

by Anne Burke

I came across a website which ranks Alberta parks and playgrounds. See: calgaryplaygroundreview.com/nose-hill-park. In addition to free parking, Nose Hill has many features, with hiking, off-leash area, washroom, wildlife spotting, interpretive signs, native grasslands, larger mammals, such as deer and coyotes. You can also find geocaches. OISEAU Agents of Nature is a free downloadable mobile app about nature and wildlife. The idea is to encourage outdoors discovery with interactive fun. Be an agent of nature and solve challenges. You can access Nose Hill and the codes for the app from the parking lot off Berkley Gate. Then unlock some mysteries of nature. Go to the City website for details about the program: <http://www.calgary.ca/CSPS/Parks/Pages/Programs/Get-to-know.aspx> and follow the links.

Speaking of city parks and other green spaces, after the City decided to end the Adopt-a-Park program, there were a few complaints about these areas. The residents involved are proud of how beautiful and green their neighborhoods are through the help of this volunteer program. If this is coming to an end (or being replaced) due to more strict water management, how can we keep the neighbourhoods looking green and nice so that the residents continue to be proud of them?

The General Manager of Community Services responded that the Adopt-a-Park program came into effect in 1984 and was discontinued in 2015. It served a very good purpose and encouraged pride in community, but there were several issues with the program, such as the possible wasteful use of water, safety, collective agreements, and some centralized pieces of the services that the City provides.

The program was replaced with two new programs. The Green Leaders program for community volunteers provides oversight to doing projects in the community to

enhance it, such as painting park benches or weeding. The second project, Water Stewards, will have volunteers focus mostly on keeping the city's many high-use playing fields watered.

Both programs are trying to address some of the issues that had emerged but also respond to the community desire to continue to care and have pride in their community with a more focused, targeted, and supportive approach. The General Manager noted that the programs will be evaluated over the course of 2016.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 17

Panorama Hills / Country Hills mybabysitterlist

Name	Age	Contact	Course
Luke	12	403-730-1611	Yes
Alice	13	403-265-8209	No
Ali	13	587-229-3392	Yes
Evie	13	587-889-0110	Yes
Adesola	14	403-695-5081	No
Zoey	14	403-803-2052	Yes
Lily	15	403-730-1611	Yes
Tobi	15	403-909-6908	Yes
Josephine	15	403-402-5752	Yes
Ejay	16	403-714-4538	No
Carol	22	403-472-9002	Yes
Julie	26	587-435-5535	Yes
Shanila	38	403-805-6904	Yes
Aman	40	403-401-1060	Yes

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IN & AROUND CALGARY



Going on a Holiday?

A message from the Federation of Calgary Communities

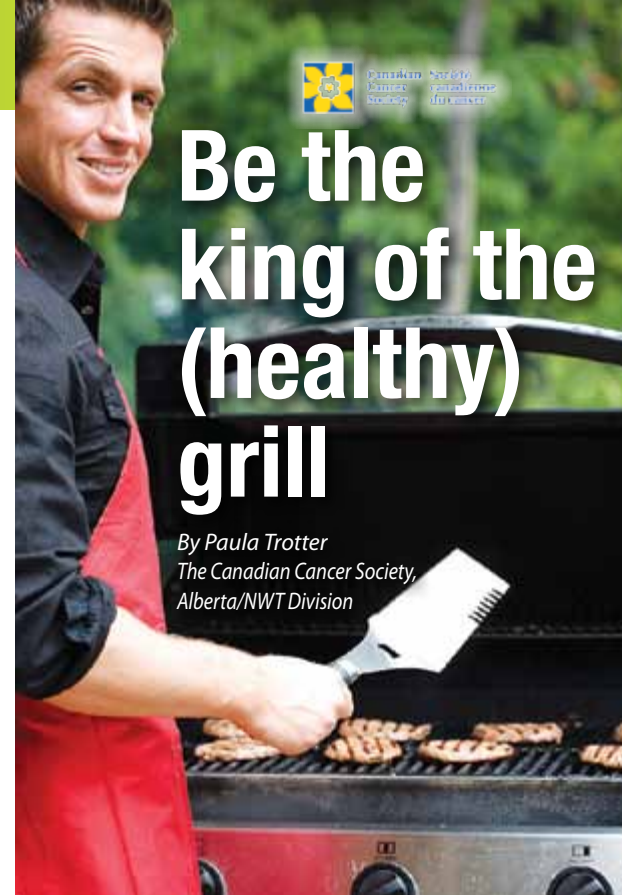
Building Safe Communities Program

Summer is a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock.

Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the lawn is cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more helpful safety resources, check out the Federation of Calgary Communities website at calgarycommunities.com, under the Building Safe Communities tab.



Be the king of the (healthy) grill

By Paula Trotter
The Canadian Cancer Society,
Alberta/NWT Division

Canadians love to grill.

And rightfully so – there's nothing quite like a summer barbecue with family and friends.

So I know being told to limit barbecuing meat can be tough to hear. But studies have shown that eating a lot of well-done and charred meat cooked at high temperatures may increase your risk of developing certain cancers, such as colorectal cancer.

That's because cooking meat, poultry and fish at high temperatures – including barbecuing, broiling and frying – creates chemicals that are associated with an increased risk of developing cancer.

I'm not telling you to stop grilling outright – instead, cut back on how much barbecued meat you eat.

And when you do fire up the barbecue, follow these Canadian Cancer Society tips to safely prepare your grilled food:

- Marinate meat, poultry and fish in vinegar or lemon juice and your favourite herbs before cooking. This will reduce the formation of the chemicals that increase the risk of cancer.
- Choose lean cuts of meat, poultry and seafood over higher-fat meat, and trim off any visible fat (including the skin from poultry). This will reduce the amount of harmful chemicals from the smoke created by burning fats.
- Barbecue slowly and prevent charring by keeping the food away from the hot coals so that flames are less likely to engulf the food.
- Skewer a kebab. Smaller cuts of meat cook faster, which means there is less time for chemicals to form.
- Partially cook your meat before throwing it on the grill. The less time your meat is on the grill, the less it will be exposed to chemicals.

Bonus tip: Learn to enjoy slow cooking. Choose to cook your meats at lower temperatures by braising, stewing, steaming or roasting more often. Then serve with a side of barbecued vegetables – most experts agree plant-based foods do not form cancer-causing chemicals when cooked at high temperatures. Grilled fruit is also delicious for dessert.

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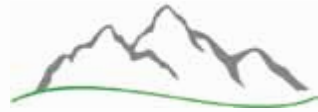
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- Matt will provide proactive solutions to help find a competitive mortgage that works for YOU.
- YOU can have confidence and trust in the results of YOUR unbiased mortgage options.
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- Benefit from an unbiased advisor. Rather than working for one financial institution, Matt deals with many financial institutions on a daily basis. This allows him to offer YOU more choices and highly competitive options.
- Matt brings expertise, simplicity and a sense of calm to the mortgage process.
- He is a facilitator on your behalf who will also provide current mortgage education along the way.



TESTIMONIALS

"Matt Grigg helped me buy my first home. He led the entire mortgage application process proactively so that I was ahead of the process. Once I made an offer, my side was accounted for and I felt in control as a home buyer. Matt made it easy. I have comfort in knowing he will be there for me when my renewal comes up."

Kyla Workman



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IN & AROUND CALGARY

EMS: Accidental Poisoning

Alberta Health Services, EMS, would like to remind parents of precautions they can take to prevent accidental poisoning emergencies in their home. The ingestion of prescription or over-the-counter medications is the leading cause of accidental poisoning in children. Just small amounts of adult medications can be seriously harmful or even fatal to your child if swallowed. Other causes of poisoning are household cleaning products, dishwasher tablets, or personal care items, such as mouthwash or nail polish.

Medication storage

- Store all medications in a locked container and place in an area inaccessible to children.
- Keep medications in their original child-resistant packaging.
- Do not mix multiple medications inside one bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Ensure visitors to your home keep their personal belongings out of children's reach as they may contain unsafe items.
- Take extra precautions with medicines that appeal to children such as chewable vitamins, or flavored cough and cold syrups.
- Properly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, car supplies, and cosmetics in cupboards or drawers that can be locked.
- Apply child safety latches to drawers and cabinets if they are within a child's reach.
- Know and label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness when ingested.
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.
- In case of a poisoning emergency, call 9-1-1.
- Provide the name of the product ingested or, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



The Over-achieving Swainson's Hawk

Article by Cheryl Bowman and Andrea S. H. Hunt. Photo by Andrea S. H. Hunt

Swainson's Hawks are commonly seen raptors that live in southern Alberta from May – October. They are a medium sized hawk (50 centimetres long) that can be identified by a distinctive dark reddish bib on their chest, pointed wing-tips (in flight) and dark bars on the underside of their tails. Swainson's Hawks live in prairie and grasslands, including crop and grazing lands.

Fun Facts:

- Swainson's Hawks have one of the longest migratory routes of any North American raptor.
- These hawks can travel over 20,000 km annually between their breeding grounds in Alberta and their wintering grounds in South America (Uruguay, Paraguay and Argentina).
- The diet of a Swainson's Hawk changes depending on the time of year.
- When nesting in the summer months, they eat rodents but Swainson's Hawks switch to grasshoppers in September and October (about 100 per day!) in order to transition

to their largely insectivore diet in South America.

- Look out for these hawks in farmer's fields in the autumn, chasing grasshoppers on foot!
- Swainson's Hawks are also known as locust or grasshopper hawks.
- Swainson's Hawks are protected under Alberta's *Wildlife Act*.
- A group of migrating or soaring hawks is called a kettle. A kettle can contain tens of thousands of individuals.
- A young hawk is called an eyas.

Did you know?

- Fledgling Swainson's Hawks are quite heavy and often crash on their first flight out of the nest, which can break their wings.

If you find an injured or orphaned Swainson's Hawk, please call our wildlife hotline 403-239-2488 or bring it to our wildlife hospital in the northwest of Calgary (www.calgarywildlife.org).



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As a member of the Standing Committee on Immigration and Citizenship, my duties require that government decisions are held up to scrutiny, and where necessary, improved upon. An unprecedented number of refugees have arrived and will be arriving in Canada and it is of crucial importance that the federal government provides the services they need to integrate into our country, our culture and our economy.

The Minister of Immigration and his officials have been unable to address the total expenditures on the Syrian refugee initiative to date, when appearing before committee to discuss Supplementary Estimates. The government told Canadians during the campaign that the total cost of the initiative would be \$250M, now it's climbing towards \$1B, they haven't calculated the downstream impact on provinces and municipalities, and frontline service groups are testifying at committee saying that their funding has been cut.

The government needs to show Canadians a fully costed plan to support the refugees that they've brought to Canada.

For weeks now at parliamentary committee, as well as in the media, we have been hearing how Syrian refugees are struggling now that they are in Canada. We've heard that they haven't been able to make long term arrangements for affordable housing, access language training services, or find employment. All of these issues put refugees at risk of isolation and poverty. Supporting refugees means more than taking pictures with them when they arrive.

Front line agencies providing services to Syrian refugees are also struggling. Many groups in recent weeks have told a parliamentary committee that they have faced funding cuts, and have been overloaded by the rapid influx of refugees precipitated by the government's Syrian refugee initiative. School boards have described having to raise class sizes and defer maintenance due to the influx of refugees. By the Minister of Immigration's own remarks in the House of Commons and in parliamentary committee, Canada's intake of refugees has increased by nearly 400%, while funding for resettlement has only increased by 4%.

This committee study will conclude in September. I will continue to advocate on this issue on your behalf.



IN & AROUND CALGARY

The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.

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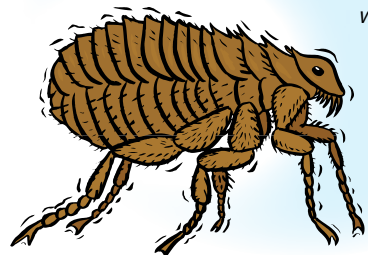
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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting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

Insects and Technology

Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas.

This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.



Discovery Magazine



MLA CALGARY - NORTHERN HILLS JAMIE KLEINSTEUBER

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Email: calgary.northernhills@assembly.ab.ca

Greetings residents of Calgary-Northern Hills,

This summer residents, families, and caregivers have been encouraged to share their thoughts on legislation related to long-term care facilities and home care services.

Two public surveys were available online to Albertans on the Alberta Health website. These surveys allowed Albertans a chance to share their thoughts and provide feedback as the province updates regulations related to nursing homes, home support services, meal requirements, the needs of caregivers, and more.

The surveys are part of the review of the Nursing Homes Operation Regulation and Nursing Homes General Regulation (under the Nursing Homes Act), and the Co-ordinated Home Care Program Regulation (under the Public Health Act). The nursing home regulations under review were drafted in 1985 and since then much has changed in meeting the needs of residents. Updating the regulations, which expire in 2017, will allow the province to help ensure continuing care legislation meets the needs of clients and their families today.

Across Alberta, key stakeholders including home care providers, long-term care facility operators, and advocacy groups took part in sessions to provide information about their experience with long-term care and home care services. In the Northern Hills, I posted links to the public surveys on social media. Additionally, I encouraged employees and family members of residents at the Bethany Retirement Home, Newport Harbour Care Centre, and Chartwell Harbours Retirement Residence to take part in the review.

If you are interested in providing feedback about long-term care and home care services and missed these opportunities, please contact my office. If you would like news of other public consultations, please check posts on the Calgary-Northern Hills Facebook page, @JamieKmla Twitter feed, or jamiekleinsteuber.albertandpcaucus.ca. Do not miss your opportunity to influence public policy in Alberta.

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

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Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

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

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IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

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M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

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kara.weber@rbc.com

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Greetings everyone,

In case of an emergency, know your location

Each year, Calgary's 9-1-1 centre receives over one million emergency and non-emergency calls. It takes a team of over 300 employees, working in a 24-7 environment to answer those calls and get citizens the help they need.

The most important piece of information a 9-1-1 emergency communications officer needs is your location. If you don't know where you are, there may be a delay in getting you the help you need. Many citizens assume that emergency responders can find them based on cell phone GPS. This is not true. While the 9-1-1 officer may receive your approximate location, it's not always accurate. That's why it is so important to always pay attention to your surroundings and know your location.

It's easy if you're at home where you can provide your home address to the 9-1-1 officer. But what if you were outside, enjoying your day in one of Calgary's parks, when you suddenly need to call 9-1-1? If you're in Fish Creek Park, Glenmore Reservoir or on the Bow River pathway, you can look for our emergency locator signs. These signs are an initiative between Calgary Parks and Calgary 9-1-1. Taking note of them will help crews locate you in an emergency.

Whether you're at home or out enjoying the summer in our city, Calgary 9-1-1 is there to help you stay safe.

For more information on Calgary 9-1-1, visit Calgary.ca/911

New to Canada?

Arriving in a new city can be overwhelming. In Calgary, there are many resources and services to assist newcomers, community organizations to help you get settled, and immigrant serving agencies who can help if you're new to Canada.

The Newcomers Guide to Calgary (available in English and Arabic) provides important information for new residents in an easy to download and print format. For more information, visit calgary.ca/newcomers.

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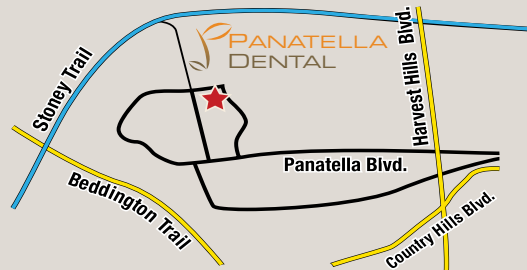
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