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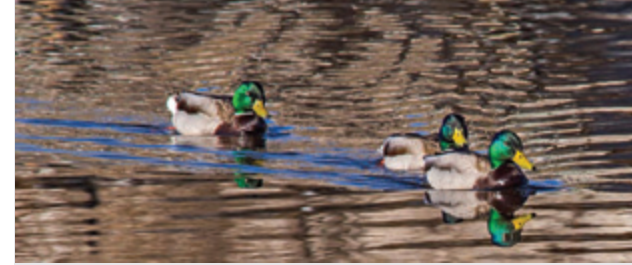
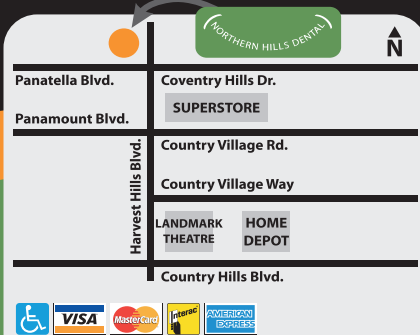
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# Dental Pain in Pets

If you have ever had a cavity, dental abscess, or fractured crown you may remember the pain you experienced probably made it difficult for you to concentrate on any task. Eventually you would seek dental treatment or rely on pain control to function. I see dental disease in almost every pet I examine in my veterinary clinic. Unfortunately preventative dental care is not something that most pet owners start early and continue daily. If there is a line of hot red swollen inflammation along your pet's teeth, put your nail against the edge of the gum where it meets the tooth. Does your pet wince and pull away?

Taking care of your pet's teeth can be time-consuming and expensive. Owners tend to ignore the teeth because they don't see them, but healthy teeth are directly linked to your pet's short and long-term well-being. I can't count the number of clients who have told me a month after a dental treatment that their elderly pets start playing with toys again and they didn't appreciate the discomfort their pet must have been experiencing.

Put to rest the belief that pets fed hard foods don't get dental disease. The value of specialized diets and dental products is limited, but really, if there was some magic component added to food that eliminated dental disease, wouldn't people be eating it to avoid our own dental disease and the ensuing costs.

Pets, ideally, should have their teeth brushed daily. Use a soft small tooth brush. Finger brushes don't work. Use pet toothpastes that do not foam or contain sodium bicarbonate so they can be swallowed. They come in flavours ranging from tuna to chicken to beef. Yum, yum! Many of my clients have even taught their pets to tolerate electric tooth brushes.

A few pets will not allow brushing under any circumstance. These pets will have to rely on the limited benefits from chewing products as well as a specialized

dental diet. None of these products out-perform the physical action of daily tooth brushing. Never give your pet hard bones, ice, and very hard toys.

Ideally pets should have regular preventative cleanings. Veterinarians offer every tool available to minimize the risks associated with general anaesthetic. Veterinarians doing pet dentals use ultrasonic scalers, drills, polishers, and advanced dental radiology to do as thorough a job as your own dentist and their staff. No self-respecting pet will tolerate a complete scaling and polishing below the gum line conscious.

I recently did a dental cleaning of a young dog's mouth expecting no or little disease. Visual examination prior to the cleaning everything looked good, but I discovered four deep pockets between the gums and four teeth. Dental radiographs confirmed the bone around the roots of the teeth was being eaten away by infection. The removal of diseased teeth allows a better chance to keep the surrounding teeth healthy. This disease would never have been discovered without a proper examination of an anaesthetized pet.

Superficial scraping of visual tartar only hides disease and lulls a person into thinking their pet's mouth is healthy.

Rotten teeth and gums can be a portal to bacteria entering the blood stream and traveling throughout the pet's body. Dental disease advances more quickly when pets have other illnesses such as kidney disease or diabetes, and dental disease can make other diseases more difficult to control. When the teeth hurt it can also cause an otherwise sweet pet to become cantankerous. Our pets are living longer than ever with advances in veterinary medicine and so your pets are going to need those healthy teeth longer...start brushing early.

Jennifer L. Scott, D.V.M.

It just doesn't get better than this

OUR JOB IS TO KEEP IT THIS WAY




Your city employees want to start the new year with a big *Thank You* for appreciating our efforts in keeping Calgary clean and green. You gave our garbage and recycling teams a *97% satisfaction* rating last year.

And we'd also like to thank the City for reaffirming their commitment to keeping this service public — and saying *No Thank You* to a for-profit service that would have cost taxpayers *5-20% more!*

**Here's to another great year, in Canada's greatest city.**

**CUPE**  
Calgary's city employees  
**Making your city  
work for you**

Photo by Jeff Wallace: facebook.com/jeffwallacephotography/  
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# BY THE LIGHT OF THE MOON

*Gardening by the phases of the moon*

**February 8      New Moon (waxing)**  
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

**February 15      First Quarter (waxing)**  
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

**February 22      Full Moon (waning)**  
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

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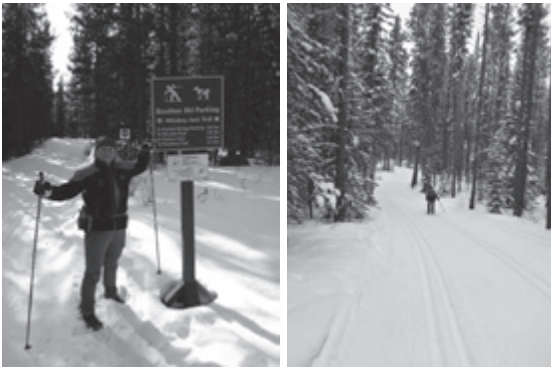
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# Not a snowbird?

## Try fair weather skiing on Waxless cross country skis!

A great way to enjoy Alberta's sunshine and long winters is to be outdoors! If you don't like the cold and don't want to fuss with waxes, waxless skis are a great alternative. They work the best in temperatures of -6 to + 3 degrees C. On warm Chinook days, or for spring skiing, they are perfect! You don't have to learn to apply the day to day sticky wax on the base of your ski, but waxless skis do require glide wax on the tips and tails as well as the scales. This protects your ski base and ensures you glide across the snow!



Haven't been out skiing for a while? There are many places to take a cross country ski lesson. It is a great way to get back to skiing or, to start out on the right foot for the first time! No line ups, no crowds, no lift fees, cross country skiing is a great way to enjoy the sun, fresh air and gentle exercise. What could be better than a day outside with friends skiing in West Bragg Creek, Ribbon Creek or other parts of Kananaskis country! There are two websites for checking trail conditions; Skierbob and on the Alberta Parks website. There are groomed and track-set ski trails as far west as Banff National Park and as far east as Shaganappi golf course, when we have enough snow in Calgary. I think of cross country skiing as a cross between trail biking and walking, it is smooth and heavenly, with a little good technique. So get out of the city and get signed up for safe, gentle outdoor fun!

*Julie Walker is a Cross Country Ski instructor and Outdoor Educator.*

# What should I do if my child is sucking his/her thumb?



The habit of thumb sucking can be a nightmare for most parents but it is comforting and calming for the child. Your child probably practiced this habit while in the womb and perfected it as an infant.

**Should you be worried?** Should you get medical help? According to the American Academy of Pediatric Dentistry, most children will stop sucking their thumb between the ages of 2 and 4. If the habit is discontinued by age 4, most children will not develop damaging concerns for their teeth or jaws until their permanent teeth begin to appear. Having said that, it is always easier to eliminate this habit when kids are younger and the habit has not become a norm for them.

The **type of thumb** sucking is also critical. If your child only places the thumb in his/her mouth passively, there is less damage to teeth and jaws versus if they were aggressively sucking the thumb causing a negative pressure leading to narrowing of the upper jaw. The consequences of this habit continuing into age 5 and 6

will be flared upper front teeth and/or these teeth not coming into proper position due to the constant presence of the thumb. If your child is still sucking after age 4, it is time to consider taking action

**How do I help as a parent?** If you identify the time your child is most likely to such his/her thumb (sleeping, watching television, etc.) consider distracting them with a substitute activity, such as rubber ball to squeeze or a water bottle to hold on to when watching television, holding a stuff animal while going to sleep, etc. The key is to notice when and where sucking occurs and to try to divert her/his attention by offering an alternative. Praising and positive reinforcement works better than scolding. Children often suck their thumb when feeling insecure or anxious. Focus on correcting the cause of the anxiety and provide comfort to your child. If the child is older than age 5, although it becomes harder to eliminate the habit but at this age you can involve the child in actively coming up with a plan to stop the habit as a family.



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# Restoring Your Smile Without Invasive Treatment



*Imagine being able to hide chips and stains and improve the shape of your teeth with minimal time in the dental chair? What if your dentist could literally press-on porcelain coverings that made your smile look and feel brand new?*

## What Are Lumineers®

**Lumineers®** are ultra-thin pieces of porcelain that are bonded on to teeth to correct minor cosmetic flaws.

As thin as a contact lens - Lumineers® are a great option for patients who want to restore their smile without having to remove a lot of natural tooth structure in the process. Lumineers® require minimal preparation of teeth – just a slight roughing of tooth surfaces for the porcelain wafer-thin veneer to bond to. If you've always been bothered by that one tooth that is slightly further back than others, or a tooth that is stained or chipped slightly; Lumineers® can give you the perfection you're wanting in just two short appointments.

## The Advantages of Lumineers®

The biggest advantage to Lumineers® (veneers) is the minimal amount of tooth preparation involved. In some cases no preparation of a tooth or teeth is needed – it all depends on what is being accomplished by placing the veneers. But the lack of tooth preparation isn't the only advantage Lumineers® provides, other advantages are:

**Natural Appearance** - Lumineers® are made from Cerinate porcelain – a material that mimics the natural texture and look of teeth.

**Stain Resistant** – love a daily cup of coffee or glass of red wine? No need to worry about your Lumineers® looking grungy in a few months – they are made from a stain resistant material.

**Durable** – what's the point of having treatment done if you have to baby your teeth afterwards! Lumineers® may be paper-thin but they can still endure the day-to-day use that is required of them.

Dentists understand the frustrations patients experience when there is a single tooth or a few teeth that don't look quite right. But there are methods to improve the look of teeth without resorting to significant preparation of teeth!



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**Nose Creek Softball & Tim Hortons Learn to Play Softball**



Spring Softball/Fastpitch Registration for Youth  
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**PROGRAMS OFFERED:**  
 Girls Teams from U10 to U19  
 Mixed Teams for Tim Hortons Learn to Play

**All of our athletes have the opportunity to:**

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- Play with other athletes of equivalent skill level
- Participate in at least one (1) tournament
- Use premium softball equipment

**Indoor Drop-In Clinics on Now!**  
 Spring Session runs from mid-April to end of June  
 Online Registration is Now Open!

For more information or to Register: [www.nosecreeksoftball.ca](http://www.nosecreeksoftball.ca)  
 Male athletes U10 and up can register for the 'Calgary Boys Fastpitch' softball program at [www.calgaryboysfastpitch.com](http://www.calgaryboysfastpitch.com)





# News from the Friends of Nose Hill

by Anne Burke

We can preserve nature and foster biodiversity for future generations, by staying on designated pathways and trails in our parks, in addition to respecting wildlife habitat and their migration patterns. The long-range plans are to monitor and manage invasive species (weeds); reduce habitat fragmentation; and link important habitat areas in the city and region.

The city-wide Biodiversity committee has met and a website with agenda and minutes is in the works. In the meantime, digital versions of the 10-year strategic plan can be found on the City's biodiversity page at: [www.calgary.ca/biodiversity](http://www.calgary.ca/biodiversity).

Many of Calgary's existing open space sites, such as Nose Hill, Union Cemetery, Reader Rock Garden, Riley Park, Fort Calgary, and Inglewood Bird Sanctuary are in the category of Cultural landscapes. A major challenge is determining which method is most appropriate for the resource, with a view toward protection, preservation or conservation, and restoration.

Cultural resource projects may include some or all of the following:

- Protection: measures needed to guard against further damage or deterioration;
- Preservation: ongoing maintenance activities that preserve the historic appearance or features of the landscape;
- Restoration: the removal of later additions and the re-creation of missing elements

Of the 800 kms of city-wide pathways, City Council approved snow clearing for up to 350 kms. Generally, City Parks crews are to clear snow on pathways within 24 hours and on sidewalks adjacent to parks within 72 hours. Re: concerns about pathways in natural parks not being cleared, some trails/pathways are best used only in non-winter months. Due to the steepness of the slope or site conditions, there may be safety concerns for potential pathway users and crews.

Environmentally Significant Areas (ESAs) are land with conservation value.

This applies to the river valley system, the urban forest, and natural environment parks. The land includes escarpments, natural grasslands, woodlots, and native pasture but also pertains to wetlands, natural bodies of water, and riparian corridors (along the river margins and banks).

There is an update on Open Space policy for recreational and environmental park spaces. Stakeholder consultation meetings with City Parks staff and industry began in February 2015. A final draft form of impact assessment for ESAs was debated by Council in early 2016. Planning and mapping guidelines are expected and a work program completed by March 2016.

## BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 21



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Please call or visit our website for details.

CALGARY



WILDLIFE

## Tiger in the Sky

*Article by Cheryl Bowman*

*Photo by Niket Sura*

The Great Horned Owl is the most common owl in North and South America. These magnificent birds are most recognized by their 'plumicorns' which resemble horns or cat like ears. These raptors are very adaptable using several different types of hunting skills to capture their prey as well as having a wide variety of prey.

It is this adaptability for hunting that they received their nickname 'Tiger in the Sky'. The Great Horned Owl will dive, wings bent, talons outstretched to silently capture unsuspecting prey, including prey that outweighs the bird itself. They also swoop low along the ground to grab any variety of smaller prey and interestingly they are known to walk along the ground to capture yet other types of prey.

The Great Horned Owl is a solitary bird except for mating. It is at this time that the smaller male owl will roost close to the nest of the larger female until all the young fledge, and at this time will again leave. The owls do not build their own nests but rather prefer other bird nests.

The most common injury the Calgary Wildlife Rehabilitation Society sees in these raptors are injuries from window strikes or of being hit by a vehicle. Owls that are received with injuries from window strikes have a better

chance of rehabilitation. Owls brought in with injuries from a vehicle strike are more difficult to rehabilitate due to broken bones and open fractures.

Should you find an injured Great Horned Owl, please call the Calgary Wildlife Rehabilitation Centre at 403-266-2282 as soon as possible for further instruction. These are powerful birds and must be handled with care, however every moment counts.

If you catch a glimpse of the Great Horned Owl in their natural environment, remain quiet and still and enjoy the wonder of this beautiful Tiger in the Sky.

**Mukesh Gupta, CPA, CGA**  
(Former Canada Revenue Agency Auditor)

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Men always want to be a woman's **FIRST LOVE.**

Women like to be a man's **LAST ROMANCE.**

*Oscar Wilde*



## SHIBLEY & COMPANY

### MAKING A WILL

It is a good idea for everyone to have a Will and people often have more assets than they think. Having a Will is the only way to communicate who gets what you have. Anyone with children under the age of 18 should make a Will in order to choose a guardian for their children and give directions about their financial needs.

You can make a Will at any time and should make one when you marry, start a family or divorce.

A Will contains your instructions about what you want done with your property when you die. It appoints an Executor who is responsible for carrying out your wishes and sets out what happens to your property.

It is not a complicated process and usually takes little time to prepare.

**For more information, please contact Shibley & Company at 403-275-3230.**

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### MLA CALGARY - NORTHERN HILLS JAMIE KLEINSTEUBER

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#### Summer Temporary Employment Program (STEP)

This summer, more job opportunities will be available for students as the Alberta government reintroduces the Summer Temporary Employment Program (STEP). This program supports local employers by providing wage subsidies for more than 3000 summer student positions. STEP gives students the ability to gain valuable work experience while also helping small businesses.

Helping small business (1-49 employees) is part of the expansion of the STEP program while also helping municipalities, not-for-profit groups, school boards and publicly funded post-secondary institutions. The Alberta Learning Information Service website [alis.alberta.ca](http://alis.alberta.ca) is Albertans' online gateway to services and information about career planning, education and jobs.

\$10 million has been allocated for STEP each year starting 2016-2017 for work placements that run from May to August. Details on application requirements and procedures will be made available as of January 2016.

#### Naming newest school in Panorama

Many growing communities across Alberta need new schools or upgrades to schools so that students can learn close to home. Catholic Schools within Calgary – Northern Hills include: Ascension of Our Lord, Notre Dame High School, St. Clare Elementary and St. Jerome School.

Calgary - Northern Hills currently has four public education schools: Panorama Hills School, Coventry Hills School, Captain Nichola Goddard School and Nose Creek School. The Calgary Board of Education has recently named its newest school in Panorama Hills as: Buffalo Rubbing Stone. This elementary school will teach from Kindergarten through to Grade Four.

Minister of Education and Minister of Infrastructure will work together and with school boards to ensure transparency and accountability for delivering on schools. Realistic targets for completing school projects and the necessary funds in place will ensure projects can proceed.

In the coming years, I look forward to visiting each school to meet students learning about the Alberta Government. Meeting an MLA can help children better understand the different levels of government and how the work we do affects us in our everyday lives.

## IN & AROUND CALGARY

### Crowchild Tr. Study: Upcoming Events

Attend an upcoming public drop-in session to see how the ideas gathered from Calgarians in fall 2015 look when applied to the Crowchild Trail corridor. Learn more about why some ideas will not move forward for further consideration. As well, help us review and evaluate the remaining ideas and the associated benefits, impacts, constraints and trade-offs against the project key principles. Feedback received will help the project team identify concepts for further development.

#### Drop-in Session #1: Saturday, February 27

Time: 2 to 5 p.m.

Location: Sunalta School, Gym – 536 Sonora Ave. S.W.

#### Drop-in Session #2: Thursday, March 10

Time: 5 to 8 p.m.

Location: Red and White Club, McMahon Stadium – 1833 Crowchild Tr. N.W.

#### Drop-in Session #3: Saturday, March 12

Time: 10 a.m. to 1 p.m.

Location: Queen Elizabeth (Senior) High School, Auxiliary Gym – 512 - 18 St. N.W.

In addition to the events above, similar drop-in sessions for residents, businesses and other stakeholders located within a block of Crowchild Trail have been scheduled in February. These invite-only events provide those with homes and businesses in close proximity to Crowchild Trail an opportunity to participate in the same sessions with others who share their unique perspective or concerns.

An opportunity to provide feedback online will also be available in late February.

For more information about this study and opportunities to provide your input, visit [calgary.ca/crowchild](http://calgary.ca/crowchild).



A honey bee must tap two million flowers to make one pound of honey.



## MARCH 5 BLITZ SNOWSHOE FUN RUN — LAKE LOUISE

Snowshoeing is one of the fastest growing outdoor winter activities. Get involved in the trend and participate in a 5 kilometre of 10 kilometre snowshoe fun race. [www.snowshoe.blitzevents.ca](http://www.snowshoe.blitzevents.ca)



## MARCH 5 TO 6 CALGARY MAPLE FESTIVAL DES SUCRES

Running all weekend at Heritage Park, this event is a celebration of francophone music, culture and food. [www.calgarymaplefest.com](http://www.calgarymaplefest.com)



## MARCH 18 TO 28 SPRING RALLY IN THE ALLEY

This annual, family-friendly event offers a range of activities centered around different modes of transportation. [www.heritagepark.ca](http://www.heritagepark.ca)



## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- 1 • **January 16 to May 31 - Body Worlds Vital:** The
- 2 exhibition celebrates the living human body and allows
- 3 visitors to learn about human anatomy is a far more real
- 4 way than any textbook. [www.sparkscience.ca](http://www.sparkscience.ca)
- 5 • **March 3 - The Harlem Globetrotters:** The Harlem
- 6 Globetrotters, a world-famous exhibition basketball
- 7 team, combines athletic feats and teamwork with theatre
- 8 and comedy. [www.harlemglobetrotters.com](http://www.harlemglobetrotters.com)
- 9 • **March 3 - Sgt. Pepper's Lonely Hearts Club Band:**
- 10 The Art of Time Ensemble is a chamber group that
- 11 merges chamber music and pop music in this concert.
- 12 The ensemble reinvents The Beatles' soundtrack to The
- 13 Summer of Love. [www.calgaryphil.com](http://www.calgaryphil.com)
- 14 • **March 4 to 13 - The Big Taste:** Each year for The Big Taste,
- 15 a number of Calgary restaurants offer prix fixe menus,
- 16 giving Calgarians the chance to try the best of what each
- 17 restaurant offers. [www.calgarydowntown.com](http://www.calgarydowntown.com)
- 18 • **March 5 - The Black and White Ball:** Decidedly Jazz
- 19 Danceworks' annual fundraising party is a black and
- 20 white evening. Dress up in your finest (make sure it's
- 21 black or white) and dance the evening away. [www.decidedlyjazz.com](http://www.decidedlyjazz.com)
- 22 • **March 13 to 15 - Earth Science for Society Exhibit:**
- 23 Earth Science for Society (ESfS) is a free, family-friendly
- 24 event that is open to the public. It showcases the
- 25 importance of Earth Science in our everyday lives. [www.esfscanada.com](http://www.esfscanada.com)
- 26 • **March 17 to 19 - ACAD Student's Association Spring**
- 27 **Show + Sale:** See what Calgary's up-and-coming young
- 28 artists have produced during their school year. [www.acad.ca](http://www.acad.ca)
- 29 • **March 24 to 29 - Disney On Ice presents Dare to Dream:**
- 30 Disney princess stories are coming to the ice. The whole
- 31 family will have fun seeing these favourite stories come to
- life on the ice rink. [www.disneyonice.com](http://www.disneyonice.com)
- **March 29 to April 9 - Taking Flight:** Festival of Student
- Work: Each year, the Taking Flight festival showcases
- the range of work conceived, directed and performed
- by University of Calgary graduate and undergraduate
- students. [www.scpa.ucalgary.ca](http://www.scpa.ucalgary.ca)
- **March 30 to April 16 - Macbeth:** Darkness, dishonesty
- and murder fill Shakespeare's supernatural tragedy
- Macbeth. Macbeth timelessly highlights how ambition can
- cause one's downfall. [www.shakespearecompany.com](http://www.shakespearecompany.com)

# BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Panorama Hills and Country 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."

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**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](http://www.communitymediation.ca), 403-269-2707.

**NORTHWEST ELECTRICIAN/PLUMBER:** Professional and affordable electrical installations/repairs. Install lights, ceiling fans, switches and outlets, appliances, garage sub-panel, renos and basement development. Replace noisy bathroom fans. Plumbing: toilets/sinks/garburators and dishwasher installs plus basement development. Licensed, certified, insured. Seventeen-year resident of Hidden Valley NW. <http://ca.linkedin.com/pub/nick-dabrensky/8/1b1/7b5/>. Bryan Baeumler Approved. Nick 403-471-5553 or [dabrensky@telus.net](mailto:dabrensky@telus.net).

**HARDING'S SERVICES:** offers "Peace of Mind Solutions" for all of your painting, cleaning, window washing, ceiling texturing and renovations needs. Please call us today for your free estimate at 403-254-4726 or visit our website at [www.hardingservices.com](http://www.hardingservices.com).

**MK CLEANING SERVICES:** Detailed, experienced cleaning in your home. Offering one time, weekly, bi-weekly, and monthly scheduling. We strive to use environmentally friendly products wherever possible. Licensed, insured and bondable. Standard rate \$35.00 per hour. 15% off your first clean. Contact for a free estimate!

**K9 BED BUG DETECTION:** Fast and accurate, in your home or business. Had house guests lately? Been travelling by airplane or bus? Itchy re-occurring rashes? Let Night Night Sleep Tight Inc. help you with answers and peace of mind! Don't wait lets talk! Call 587-899-BUGS (2847) or visit [NightNightSleepTight.ca](http://NightNightSleepTight.ca).

**SENIORS IN YOUR NEIGHBOURHOOD:** Some may be at risk or struggling, but unable or unaware of how to get help. So how do you spot the signs? And what should you do about it? Visit [seniorconnect.ca](http://seniorconnect.ca) to view a free 30 minute educational video.

**VOLUNTEER DRIVERS NEEDED:** to get seniors to urgent medical appts. From your computer or phone, you can choose days/times that fit your life (no need for same time every week), the areas closest to you, and which seniors you drive. We pay mileage or issue tax receipts. Visit [driventovolunteer.org](http://driventovolunteer.org)

**THE FOUNDATION ACADEMY:** TFA is taking students from grades 1 to 10 and high school. We teach math, English, science, computer, Arabic to all levels. We help in assignments, homework, projects and exams. We teach in home, library and connect via Skype for extra help. Get half hour free class with one hour regular. Contact 587-892-3491.

# Panorama Hills / Country Hills mybabysitterlist

Name	Age	Contact	Course
Aida	53	403-253-6509	Yes
Aisha	16	587-700-7406	Yes
Alexandra	33	587-432-7977	Yes
Alexandra	13	403-288-0695	Yes
Aman	39	403-401-1060	Yes
Amber	30	587-438-4789	Yes
Amy	19	403-969-6057	Yes
Andrea	30	587-437-2048	Yes
Andrea	23	403-465-0933	No
Angela	14	403-288-3410	Yes
Ann	55	403-569-0237	No
Bella	15	403-969-2072	Yes
Blaise	24	587-223-8583	Yes
Camila	27	403-680-0942	No
Carol	21	403-472-9002	Yes
Catherine	27	514-293-1395	Yes
Chantelle	27	403-354-7370	Yes
Christoph	24	587-998-6172	Yes
Christorlord	14	587-700-8701	Yes
Claire	13	403-830-0060	Yes
Dawn	36	403-285-9513	Yes
Dayelle	32	587-755-1878	No
Emily	14	587-581-3684	Yes
Eugene	18	403-703-4488	Yes
Faris	14	403-402-0950	Yes
Genevieve	25	581-307-6165	Yes
Iffat Noreen	57	587-353-9949	Yes
Janessa	14	587-830-6585	Yes
Jared	14	403-209-2447	Yes
Josefa	25	587-437-1252	Yes
Josephine	15	403-402-5752	Yes
Kaiya	12	403-805-1446	Yes
Laikyn	12	403-702-5316	Yes
Latto	16	587-577-0047	Yes
Lauren	22	587-893-8008	Yes
Lindsay	29	403-383-1474	No

Lizzie	25	403-703-4076	Yes
Maddy	18	587-888-7298	Yes
Maddy	18	587-888-7298	Yes
Madison	13	403-850-6001	Yes
Maggie	21	403-605-8598	Yes
Makenzie	18	403-796-7733	Yes
Maria	45	403-818-0560	No
Maryam	18	587-707-7107	No
Maude	15	587-890-2828	Yes
Maxine	13	403-455-8427	Yes
May	54	587-968-0782	Yes
Megan	24	403-861-3718	Yes
Mercedes	54	403-831-6429	Yes
Neha	15	403-273-4395	No
Nicole	20	403-808-9215	Yes
Pam��la	21	819-531-2543	No
Rachelle	18	403-971-8870	Yes
Rebecca	13	587-223-6730	Yes
Sabrina	16	403-512-3171	Yes
Samantha	14	587-349-1138	Yes
Sandy	16	403-617-1516	Yes
Sarah	20	587-777-8935	Yes
Sarah	27	403-926-2985	Yes
Shanila	37	403-805-6904	Yes
Shy-Lynn	15	587-899-2766	Yes
Siobhan	22	403-923-9499	No
Solit	15	587-700-7406	Yes
Sylvia	29	403-710-7455	No
Taryn	19	403-999-1777	Yes
Tobi	15	403-909-6908	Yes
Todd	44	403-585-8463	Yes
Ty	14	403-295-6065	Yes
Vicky	19	204-898-6636	Yes
Zara	23	587-703-9212	Yes
Zoe	13	403-272-7841	Yes
Zoey	13	403-803-2052	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).



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[www.calgary.ca/ward4](http://www.calgary.ca/ward4)

Dearest Residents,

**Know Your City Hall**

Calgary City Hall is, by definition, a public space where citizens can visit, attend Council and Committee meetings, and present on issues that matter to them. City Hall 101 aims to throw open the doors and welcome you to this important city space.

Much like an introductory course at University (hence the “101”), this afternoon workshop is an interactive welcome to your City Hall. In just two and half hours, you will learn about the inner workings of Council and its Committees. And to help you find your voice in government, the event will explore the many ways (at City Hall, online, or in your community) that you can connect with your City, Mayor, and Councillors.

Hosted by the Mayor’s Civic Engagement Committee, 3 Things for Calgary, and the City Clerk’s Office, City Hall 101 starts by welcoming you and other Calgarians to Historic City Hall and the Municipal Complex.

Beyond touring these important public spaces, you will also learn from citizens like yourself about how you can present to Council or Committee. From getting your turn at the microphone or getting tips or tricks about speaking with Council, the goal of the workshop is to help you get the knowledge and confidence to connect with The City and your politicians about the issues that matter to you.

The next City Hall 101 is 4 p.m. - 6:30 p.m. on Monday, March 7, 2016. You can register at [Calgary.ca/CityHall101](http://Calgary.ca/CityHall101).

## Interested in doing a job that counts? The City is recruiting civic census takers now!

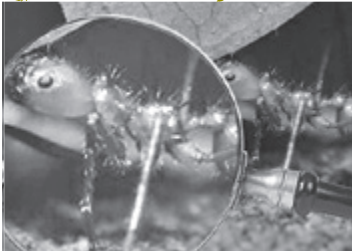
The City’s civic census is conducted annually and that means census taker recruitment is underway. The City needs nearly 1,000 flexible workers to help with the door-to-door physical Census collection and data recording in April.

Census takers need to be able to walk in seasonable weather conditions and easily operate a tablet computer. Census takers are provided with essential training, to be completed at home online and must be available for an in-person session in March.

Applications can be downloaded online and are accepted in person, at The City of Calgary Election and Information Services office, 1103 55 Ave NE, between 8:30 a.m. – 4 p.m. Monday to Friday. In addition to completing an application form, there is a written skills assessment test that takes approximately 30 minutes to complete.

If you or anyone you know would be a good fit as a census taker, be sure to send them to [calgary.ca/census](http://calgary.ca/census) to fill out an application.

Insect Trivia



Worker ants may live seven years and the queen may live as long as 15 years.

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1st

of each month for the next month's issue



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The Best Neighbourhoods Survey is now open.

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Tell us what makes great neighbourhoods great and what's most important to you in choosing where to live.

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AvenueCalgary.com/survey

avenue  
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Panorama Hills • Country Hills

Northern Hills Community Association

11950 Country Village Link N.E. Calgary, AB | T3K 6E3

Phone:403.226.6422 • Fax:403.226.6421

www.northernhills.ab.ca • admin@northernhills.ab.ca

Last 12 Months PANORAMA HILLS  
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
January 2016	\$552,743	\$532,311
December 2015	\$488,355	\$468,285
November 2015	\$565,189	\$548,354
October 2015	\$547,333	\$531,366
September 2015	\$553,942	\$538,830
August 2015	\$559,315	\$546,655
July 2015	\$530,151	\$517,851
June 2015	\$520,204	\$509,889
May 2015	\$526,708	\$515,070
April 2015	\$552,074	\$541,074
March 2015	\$535,503	\$522,862
February 2015	\$584,080	\$567,761

Last 12 Months COUNTRY HILLS  
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
January 2016	\$394,350	\$390,400
December 2015	\$417,933	\$407,800
November 2015	\$440,697	\$433,250
October 2015	\$402,740	\$393,066
September 2015	\$429,083	\$422,398
August 2015	\$429,933	\$418,633
July 2015	\$49 3,933	\$478,000
June 2015	\$433,147	\$425,962
May 2015	\$416,919	\$402,600
April 2015	\$0	\$0
March 2015	\$439,425	\$433,025
February 2015	\$409,680	\$405,947

To view the specific SOLD Listings that comprise the above MLS averages please visit [panorama\\_hills.great-news.ca](http://panorama_hills.great-news.ca) or [country\\_hills.great-news.ca](http://country_hills.great-news.ca)

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

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Deadline – 1<sup>st</sup> of each month for the next month's publication

Contact [news@great-news.ca](mailto:news@great-news.ca)

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

BRAIN GAMES SUDOKU

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

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PANORAMA HILLS 2015 STATS	# OF SALES	AVERAGE PRICE
Bi-Level/Bungalow	12	\$576,082
Two Storey/Two Storey Split	210	\$527,116
Split-Level	1	\$413,000
Townhouse	61	\$320,057
Condo	90	\$250,184
Villa	3	\$473,333
<b>TOTAL</b>	<b>377</b>	
Average days on Market	42 days	

TEXT T855813 TO 85377



**\$499,900**

465 Evanston View NW

- NuVista 3 bedroom+den two storey
- oak kitchen, bonus rm w/vaulted ceilings
- hardwood, close to future schools

TEXT T831696 TO 85377



**\$259,900**

3207, 10 Country Village Pa NE

- Lighthouse Landing 2 bedroom condo
- U/G parking, 2 full baths, maple kitchen
- ensuite laundry, balcony, lake views

TEXT T829951 TO 85377



**\$419,900**

426 Evansdale Way NW

- Broadview Homes 3 bedroom+den+loft
- maple kitchen, 9ft ceilings, 2 car garage
- fenced yard, steps to playground & park

TEXT T815002 TO 85377



**\$669,900**

6219 - 72 Street NW

- renovated 5 bedroom / 3 bath bungalow
- fully finished, West yard, 2 car garage
- 2 fireplaces, granite, walk to schools

TEXT T831082 TO 85377



**\$649,900**

7031 - 61 Avenue NW

- renovated Nu-West bungalow 4 bedrooms
- quartz counters, fully finished, 2 car garage
- big backyard, upgrades, walk to schools

TEXT T862767 TO 85377



**\$475,000**

90 Royal Elm Road NW

- Excel 3 bedroom+loft two storey walkout
- country kitchen, great room w/fireplace
- bright & sunny, finished basement, big yard

TEXT T882926 TO 85377



**\$649,900**

328 MacEwan Park View NW

- updated 4 bedroom+den two storey
- new roof & exterior, finished walkout
- granite, hardwood, backs on Nose Hill Park

TEXT T882876 TO 85377



**\$379,900**

49, 5400 Dalhousie Drive NW

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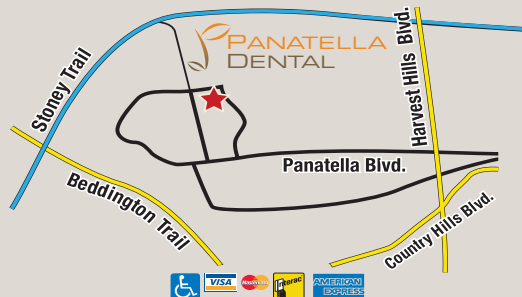
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