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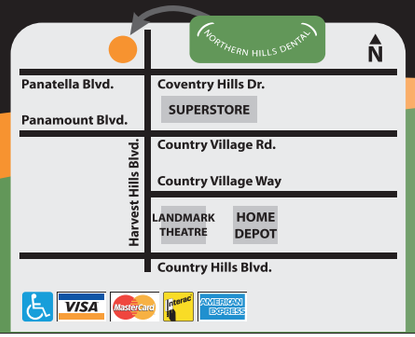

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Learning Opportunities Ahead

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

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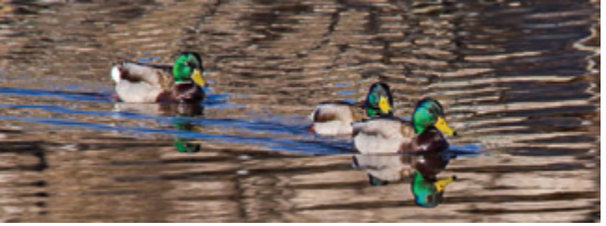

PANORAMA HILLS | COUNTRY HILLS

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Email: michelle.rempel@parl.gc.ca
Website at www.michellerempel.ca

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 Weather Information	511
Gamblers Anonymous	403.237.0654

Calgary

Green Line LRT

Green Line in my community

We've taken your feedback provided in the past on things like route alignment, station areas and transit oriented development and incorporated it into more detailed plans for how the Green Line will function in your community. With Green Line going to City Council for approval on final route alignment and station locations in June 2017, we're looking for your help one more time!

Join us at information sessions this month where we'll share how Green Line could operate and connect with your community once built. You know your community best so we want to hear from you!

There will be six sessions along the entire Green Line from North Pointe to Seton this January. Go to **Calgary.ca/greenline** for details and follow the Green Line story on Twitter @yyctransport #GreenLineYYC.

#GreenLineYYC | @yyctransport
calgary.ca/greenline | contact 311

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.

Speed Up Mortgage Payments or Contribute to an RRSP?

By Toddye Kam, CFP®, CFA

Paying down your mortgage and saving for retirement are two worthy goals. But can you work toward them at the same time? Ask yourself: Is it a wise move to make extra mortgage payments or should I put that money into my RRSP instead? Let's consider the pros and cons of making larger-than-necessary mortgage payments. First, the "pro" side:

- You'll pay less in interest over the long term. Over the course of a few decades, the interest you pay on your mortgage could equal, or exceed, the mortgage amount itself. The sooner you pay off your mortgage, the less you'll pay in interest.
- You'll realize more equity when you sell your home. The less you owe on your house, the greater the equity in your pocket when you sell it.
- You could get a psychological benefit. If you can pay off your mortgage, you may feel as though a burden has been lifted.

Now, let's examine the "cons" of paying down your mortgage early:

- You might sacrifice investment returns. If you paid off a fixed-rate mortgage of 5%, you are essentially "earning" a 5% return. But if you could find an investment - such as the securities held inside your RRSP - that earned more than 5%, you might be better off putting your money there. Of course, there's no guarantee on the earnings you'll get from your RRSP, but your returns will, in effect, be boosted by the RRSP's tax-deferred environment. Furthermore, you get an immediate tax break on your annual contributions.
- You'll tie up cash in an illiquid investment. If your employment should be threatened or you face some large, unexpected expenses, you may need quick access to a large amount of cash - and it's harder to get money out of your home than it is from your savings and investments.
- You'll risk being under-diversified. If you put all your money in your house, and the housing market slumps, your net worth might suffer more than if you had spread your money among a variety of assets, such as stocks, bonds and mutual funds. While diversification, by itself, cannot guarantee a profit or protect against loss, it can help reduce the effects of volatility.

Clearly, paying down your mortgage early offers some significant benefits - but it could also incur some significant costs, particularly in the area of saving for retirement. And since you could be retired for two or three decades, you may want to take full advantage of your RRSP, your Tax-Free Savings Account (TFSA) and other retirement savings vehicles. Ultimately, the mortgage-versus-retirement question is a highly personal one and does not lend itself to easy solutions. But it's not necessarily an either-or situation. You could, for example, increase your RRSP contribution and use your tax refund to make an extra mortgage payment each year. It's your choice - so make it a good one.

Expert mortgage advice for:

- First time home buyers
- New immigrants
- Self-employed
- Multi-rental properties

Ming Chen
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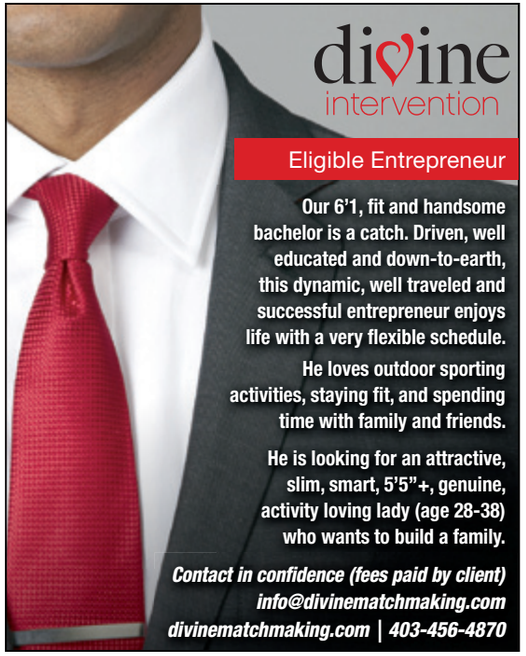
All mortgages are subject to credit approval.



Panorama Hills/ Country Hills mybabysitterlist

Name	Age	Contact	Course
Adesola	14	403-695-5081	No
Ali	13	587-229-3392	Yes
Aman	40	403-401-1060	Yes
Bushy	46	403-452-0383	Yes
Carol	22	403-472-9002	Yes
Ejay	16	403-714-4538	No
Evan	13	403-879-6209	Yes
Evie	13	587-889-0110	Yes
Josephine	16	403-402-5752	Yes
Julie	26	587-435-5535	Yes
Lily	15	403-730-1611	Yes
Luke	13	403-730-1611	Yes
Shanila	38	403-805-6904	Yes
Shazia	46	403-472-9001	Yes
Tobi	16	403-909-6908	Yes
Zoey	14	403-803-2052	Yes

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Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

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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

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Email: calgary.northernhills@assembly.ab.ca

Greetings residents of Calgary-Northern Hills,

I hope everyone had a restful Christmas and Holiday Season, and are ready for all the opportunities the 2017 New Year has in store for us. I would like to take a moment to provide a review of 2016. Reviewing some major events and community engagement allows me to share what is happening in our community, and how local residents have been part of driving a number of initiatives.

After reviewing my calendar, I held over 90 constituency meetings, and attended over 70 events in Calgary-Northern Hills. Some local community highlights include the Canada Day celebration at the Panorama Hills e-Community Centre, Alberta Culture Days at VIVO, and of course, the Annual MLA / VIVO Stampede Pancake Breakfast that attracted a record number of participants last year. As well, I attended nearly 100 events and activities within the city. Such events include the Premier's Pride Brunch in Support of Camp Fyrefly and Making Treaty 7 at the Calgary Grey Eagle Resort.

During the fall, I hosted a Constituency Office Open House which provided the opportunity to speak with constituents about their most important concerns. Constituents discussed $25/day daycare program, physician assisted death, carbon levy, and the Province's curriculum review. It was an important occasion to share information and ideas. I appreciate that residents took time to speak with me. The information I gathered is extremely important. With this information, I am a stronger advocate for Calgary-Northern Hills in caucus and government meetings.

This past year, I have worked with stakeholders on a number of major initiatives. Hundreds of residents contacted my office in support of a new high school. With the groundswell of support, I shared the important need to staff at the Ministry of Education.

I have also been working with advocacy groups and community members to support the Green Line LRT. The current plan has train stations located at 96th Ave N and North Pointe (across from Notre Dame High School and VIVO). At time of writing, Brian Mason, Minister of Transportation, requested the City provide a more specific cost estimate for the project. The project is also being considered for funding with revenue from the carbon levy.

As well, I have been part of VIVO's initiative to expand its facility. The project will add another 85,000 square feet to the existing facility and would include a swimming pool and fitness centre, community space and courtyard, indoor park, and a research and innovation centre. I have been outspoken with my colleagues in government that it is a high priority for residents of Northern Calgary.

I look forward to making contact with new constituents and building on existing relationships. Please feel free to contact me about issues that concern you. I wish everyone the best as we approach the year of the Rooster with the upcoming Chinese New Year!

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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.

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9			6			4		5
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			5	9	8		3	
	7	2						
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FIND SOLUTION ON PAGE 17

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.

To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to PC@great-news.ca

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.

Calgary Nose Hill
Hon. Michelle Rempel, MP
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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.

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
December 2016	$494,900	$483,500
November 2016	$525,000	$495,000
October 2016	$509,900	$493,250
September 2016	$489,900	$468,250
August 2016	$519,900	$512,000
July 2016	$569,300	$548,925
June 2016	$569,900	$562,000
May 2016	$537,000	$527,500
April 2016	$562,400	$547,500
March 2016	$499,900	$480,000
February 2016	$525,000	$510,000
January 2016	$509,900	$495,000

Last 12 Months COUNTRY HILLS MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
December 2016	$0	$0
November 2016	$369,900	$359,000
October 2016	$379,900	$365,000
September 2016	$449,450	$437,750
August 2016	$375,000	$368,000
July 2016	$429,900	$450,000
June 2016	$393,900	$391,450
May 2016	$374,900	$362,000
April 2016	$397,400	$389,000
March 2016	$355,000	$345,000
February 2016	$0	$0
January 2016	$394,350	$390,400

To view more detailed information that comprise the above MLS averages please visit **panorama_hills.great-news.ca** or **country_hills.great-news.ca**

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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

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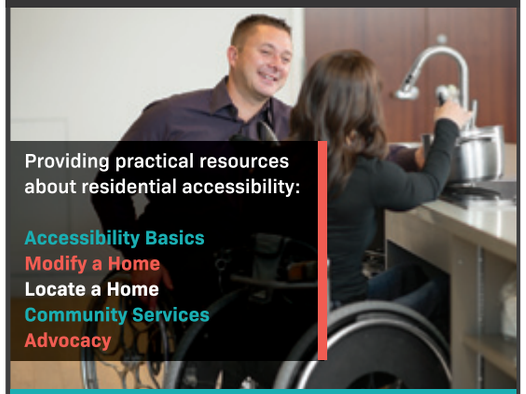

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