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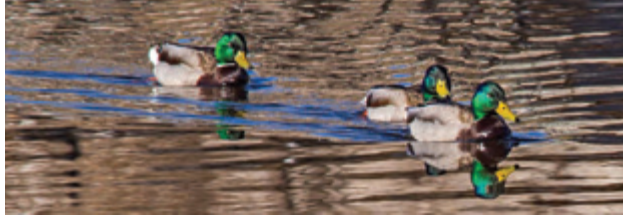
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Panorama Hills/ Country Hills mybabysitterlist

Name	Age	Contact	Course
Adesola	14	403-695-5081	No
Ali	14	587-229-3392	Yes
Aman	41	403-401-1060	Yes
Bushy	47	403-452-0383	Yes
Carol	22	403-472-9002	Yes
Donna	11	403-272-5478	Yes
Ejay	16	403-714-4538	No
Evan	13	403-879-6209	Yes
Evie	14	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
Maya	26	403-830-0831	No
Maya	26	403-830-0831	No
Shanila	39	403-805-6904	Yes
Shazia	47	403-472-9001	Yes
Tobi	16	403-909-6908	Yes
Zoey	15	403-803-2052	Yes

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ELECTED OFFICIALS



MLA Jamie Kleinsteuber
Calgary-Northern Hills
 104, 200 Country Hills Landing NW
 Calgary, AB Canada T3K 5P3
 Phone: (403) 274-1931
 Fax: (403) 275-8421
 Email: calgary.northernhills@assembly.ab.ca



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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	
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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
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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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Where: The Smile Team Pediatric Dentistry | Suite 235, 600 Crowfoot Cres NW

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Q+A WITH Dr. Prabhdeep Chahal

*Some Common Questions answered by Dr. Prabhdeep Chahal
 BSc, DMD, Dip Pedo, FRCD(C)*

When should I first bring my child to the dentist?

The American Academy of Pediatric Dentistry recommends that a child be seen by a dentist when their first tooth erupts or by the age of 1. At this visit, I like to assess medical and dental history, teach parents tricks that help with oral hygiene, inform them on what to expect regarding teeth coming in or falling out, and any dietary or lifestyle modifications that may help prevent decay and keep their little teeth strong and healthy.

What is a pediatric dentist?

A pediatric dentist is the primary and specialty oral care provider for infants, children, adolescents,

and children with all kinds of special needs. A pediatric dentist has 2-3 years of additional specialty training following dental school. I have been a dentist for 10 years.

Do I need a referral to come to The Smile Team?

Not at all! Although many dental offices do refer patients to our office, no referral is necessary! You can go on our website, or give us a call to request an appointment!

My child won't open their mouth! What will you do?

That's what we are here for! We use many different child specific techniques to help us look in

your child's mouth, as well as clean their teeth, and have dental work completed. Our goal is to build your child's trust and work towards a lifetime of happy and healthy dental visits!

What should I do if my child bumps a tooth?

That's also what we are here for! It happens more often than you think. Give our office a call so we can see your child as soon as possible and assess the tooth!

What forms of sedation do you use?

Every child's needs are different! We offer a variety of sedation options based on your child's individual needs.

You want to save more for retirement, but life and its expenses show no sign of slowing down, and you're not sure where you'll find the extra cash. You may be surprised to learn how much "hidden" money is available once you begin tracking spending.

The next time you're out with friends or travelling to work, look at the person on your left. Then, look at the person on your right. One of the three of you has absolutely no idea how much money he or she spends on a regular basis and is likely missing out on key opportunities to build-up retirement savings.

According to a 2012 national omnibus survey commissioned by Edward Jones about one-third of Canadians do not keep track of their spending. The survey found 38.5% of the remaining respondents track every penny and about 30% at least monitor fixed expenses, such as utilities, car payments, housing costs and similar essentials.

It's no surprise young adults (ages 18-34) are least likely to track their spending, while those above age 65 are most likely. An interesting survey result, though, shows those earning below \$40,000 annually and those making above \$100,000 a year are both more likely to track expenses. This suggests good money management habits, such as tracking spending, are important regardless of wealth or income levels.

So, what difference does it really make to know how much you spend on discretionary items like lattes, clothing and vacations? If you add them up over the course of a year, you will see small choices you make

with money can affect your ability to reach goals for later years.

Try tracking your spending for a while, but don't stress about money mistakes that have already happened. Once you have a fix on your spending, focus your attention instead on how you will spend going forward.

For example, estimate every expense you expect over the next year, from your morning coffee to groceries to clothes to travel. Break those totals down to monthly amounts and start thinking about which expenses you can trim or eliminate. For example:

- Buy online versions of magazines, which may be cheaper than print versions
- Consider downgrading your cable subscription (do you really need all those channels?),
- Opt for a less-expensive cell phone package or get a family plan that shares minutes
- Switch to a slower Internet broadband speed at home
- Bringing lunch to work vs. buying lunch each day
- Choose the coffee over the latte

Right away, you may see opportunities to save \$50 or more per week. That's at least \$200 a month and, if you kick in a little more, you are well on your way to contributing sizeably toward that RRSP or TFSA.

Worried you will forget to do it and fall out of the savings habit? Set up a pre-authorized payment into your RRSP and or TFSA on a weekly or monthly basis. You likely won't even miss that \$50 a week and will be surprised to see how quickly it may accumulate.

Armed with this knowledge of where your money is flowing, you can begin working with your Edward Jones advisor to take small steps to greater savings by identifying how you can redirect your discretionary cash to fund your future retirement or other life goals.

A systematic investment plan does not assure a profit or protect against loss. Such a plan involves continuous investment in securities regardless of fluctuating price levels. The investor should consider their financial ability to continue purchases through periods of low price levels.

Toddy Kam, CFP®, CFA, Financial Advisor



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Calgary, AB
T2P3 H6
403.775.4676

Alberta Health Services
Calgary, AB
403.943.4702

Calgary Immigrant Educational Society (C.I.E.S.)
Calgary, AB
403.291.0002

Calgary Opera
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T2R 1A5
403.262.7286

Calgary Public Library
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403.260.2600

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403.777.8254

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Canadian Progress Club
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<http://www.progressclub.ca/calgary-city-centre>

Cerebral Palsy Association In Alberta
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T2Z 4G9
403.543.1161

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T2E 4Z3
403.261.7225

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T2P 2M5
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Last 12 Months PANORAMA HILLS

MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
April 2017	\$512,900	\$517,000
March 2017	\$516,350	\$502,750
February 2017	\$514,200	\$495,000
January 2017	\$592,200	\$575,000
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

Last 12 Months COUNTRY HILLS

MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
April 2017	\$420,000	\$403,000
March 2017	\$362,450	\$354,000
February 2017	\$359,900	\$360,000
January 2017	\$384,900	\$376,500
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

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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News from the Friends of Nose Hill

by Anne Burke

May Flower Count

The May Flower Count will be May 25 to 31. The Alberta Count Compiler is again Kim MacKenzie. Email all count results to kim.mack@goldpaw.ca. We will post a count package on our new website.

Photo Contest

The Society's first amateur annual photo contest invites submissions of photos taken in Nose Hill Park between October 1, 2016 and September 30, 2017. Guidelines and entry forms can be found at www.fonhs.org or by email request friendsofnosehill@gmail.com with the subject heading "Photo Contest". Winners will be announced at our Annual General Meeting in November 2017. Please preserve sensitive areas in the Park. Consult the City of Calgary Parks and Pathways Bylaw at calgary.ca for guidelines.

North Calgary Water Services Project

(Please see the April 2017 issue of the Bugle for more information on this project.)

We heard from the City Project Engineer that the North Calgary Water Services project must follow the Alberta Wildlife Act, the Migratory Bird Convention Act, and the Alberta Environment & Parks Integrated Standards and Guidelines. The project workers must observe restricted activity periods for wildlife. Calgary Heritage Authority received a response from Calgary Parks. The soil tests were in part to check for archaeology, as the drilling route should not impact any known sites. The province has approved the proposal. This means that wildlife surveys were done and drilling work in the winter should reduce impact to plants. Thawing could alter the schedule. There are buffers for wildlife and setbacks for rare plants. Almost half of the Park grassland area has native species. Parks-approved restoration seed mixes will be used for reclamation. Bird species (known or having the potential to occur) were identified. The Ward 4 Councillor can be contacted at ward04@calgary.ca.

Crews will use established pathways for transport of equipment whenever possible. Notwithstanding any other provision in the Parks and Pathways Bylaw, "no Person shall leave a Pathway or Trail while in the escarpment zone in Nose Hill, compromising that area from the Nose Hill Park Boundary up to (but not including) the multi-use Pathway or Trail." There is a multi-use zone on the top of Nose Hill.



Calgary Nose Hill
Hon. Michelle Rempel, MP
201-1318 Centre Street NE, Calgary
AB, T2E 2R7
403-216-7777
michelle.rempel@parl.gc.ca
www.michellerempel.ca

On March 22nd, the federal government released its budget for 2017.

Many of you have contacted me expressing concern over the level of federal spending, the deficit, and the lack of a plan to return to balanced budgets in the foreseeable future. Unfortunately, the latest federal budget does not do anything to alleviate your concerns. In fact, the projected deficit for 2017 is \$23 billion and, at this current rate of spending, the budget will not be balanced until 2050.

Statistics released from the Parliamentary Budget Officer's (PBO) 2016 Labour Market Assessment show that despite the massive deficit spending the federal government has undertaken, between Q3 2015 and Q3 2016 there were no net full time jobs created. For those of you who are unaware of the role of the PBO, they provide non-partisan, independent, and arms-length fiscal and economic analysis of government activity.

Of further concern is the fact that the government's own Gross Domestic Product projections continue to decline despite the increased deficit spending. Canadians are right to be questioning the logic of huge deficits, with no end in sight, which are not creating jobs and are not increasing Canada's competitiveness economically or creating future growth. This is not to mention the scraping of tax credits, including the public transit tax credit, and delays for investments in critical job training programs, infrastructure, defence, and child care.

I will continue to fight for the interests of Alberta families, workers and seniors who are being impacted by this economic downturn.

I recently sponsored petition e-983 which is currently open for signature. The petition is in response to the government's discussion paper regarding changes to the way the House of Commons operates. These proposed changes would eliminate Friday sittings in Parliament, set permanent limits to debate in the House of Commons and committees, and only require the Prime Minister to attend Question Period once per week.

I believe these proposed changes are not in the best interest of Canadians. If you agree I would ask you to visit my website, www.MichelleRempel.ca and sign the petition today.

As a reminder, I am hosting a Career Services event on May 13. For more information, and to RSVP, please visit www.MichelleRempel.ca.

As always, if you have comments or questions on any issue, please do not hesitate to contact me.

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IN & AROUND CALGARY



Celebrate Neighbour Day on Saturday, June 17

Do you miss the days when neighbours connected and got to know each other?

Held annually on the third Saturday of June, Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, garden party, picnic, clean-up or afternoon tea in a local park to celebrate our strong community spirit in Calgary.

The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community.

Make Saturday, June 17 the day you get to know your neighbours! Visit Calgary.ca/NeighbourDay for ideas to help you celebrate.

Planning a really BIG event? Special event and festival permit applications are due March 17. Block party and greenspace permit applications are due May 26.



Mia Calgary - Northern Hills
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 Phone: 403.274.1931 • Fax: 403.275.8421 • Email: calgary.northernhills@assembly.ab.ca

As spring arrives in Alberta, our economy is stabilizing and jobs are beginning to return. We are starting to see renewed investment in drilling and the oil sands. We are seeing new investment in value-added energy projects and in green energy projects.

The Alberta government announced its Budget 2017 on March 16. This budget demonstrated a commitment to making life affordable for everyday Albertans, and keep taxes on families the lowest in Canada. School and bus- ing fees are to be reduced. Post-secondary tuition fees will be frozen for another year. More apprenticeships and training opportunities will be funded.

This government has also cut the growth of govern- ment spending. Waste, perks and excessive salaries have been reined in. Salaries for non-unionized public sector workers, along with salaries for those serving on agencies, boards and commissions, have been frozen. A collaborative new agreement with doctors will save Al- bertan taxpayers \$500 million over two years.

At the same time, investment in modernizations of our schools, hospitals, roads and highways are long over- due. Much-needed repairs and upgrades will keep Al- bertans working while making life better for Albertans who need those services.

Of special interest to Calgary-Northern Hills constitu- ents, Alberta's Budget 2017 allocates \$500 million towards 26 school projects across Alberta, both new builds and modernization projects.

On March 26, I had the opportunity to attend a school announcement at Forest Lawn High School with Minis- ter of Finance Joe Ceci and many representatives from the Calgary Board of Education (CBE). That high school received modernization funding and three new ele- mentary schools were announced, including one right here in Coventry Hills.

The Coventry Hills/Country Hills Village Elementary School has ranked in top positions on the CBE Three- Year School Capital Plan for several consecutive years. Currently, 996 Kindergarten to Grade 4 students reside in the Coventry Hills and Country Hills Village neigh- bourhoods, with another 1,696 preschool-aged children quickly approaching school age. Funding announced for a new school should lead to smaller class sizes for our youngest learners, in other area schools as well - such as Coventry Hills School and Nose Creek School.

Even as we celebrated the announcement of a new el- elementary school, many in our community point out that the long wait continues for the North Calgary High School. The high school site is the vacant land beside the intersec- tion of Panatella Gate NW, and Harvest Hills Blvd N, and just across Coventry Hills Way NE from Nose Creek School.

Thank you to those who have demonstrated support for this new high school through e-mails, phone calls and rallies, working with myself, and our local CBE trustee to move this school up the list of priorities in the CBE's Three-Year School Capital Plan 2018-2021. The North Calgary High School is currently ranked in 8th position in the Year 1 list of CBE's "Capital Priorities - New School Construction." I will continue speaking with Minister of Education David Eggen and with CBE so that our com- munity gets the school infrastructure we need.

TRIVIA Anna Jarvis, the creator of Mother's Day wanted "Mother's" to be spelled "singular possessive, for each family to honour its own mother, not a plural possessive commemorating all mothers in the world."



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 Walk150 takes place in May & June

Book Discussion Groups

May Theme: Great Canadians!
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 Various Library Locations & Dates

Bill's Book Café with Julie Van Rosendaal

Join Library CEO Bill Ptacek & local cookbook author Ju- lie Van Rosendaal on a rich culinary journey as they talk about *Feast: Recipes and Stories from a Canadian Road Trip*.
 Alexander Calhoun Library
 May 12 | 7 pm

Sage Hill Library

Temporary location to open in June! Visit our website for details.
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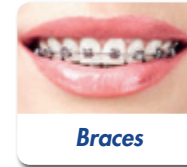
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