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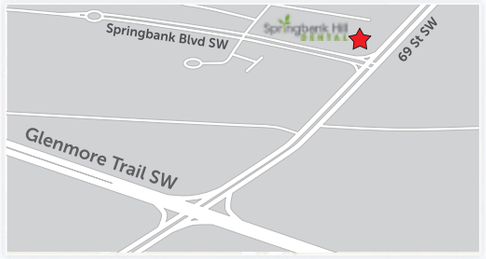

CONTACT INFO

Dr. Michael Sander, DMD
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Councillor Jeff Davison
Ward 6 Office
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Email: eaward6@calgary.ca
Constituency Concerns: Suzy Trottier, Constituency Liaison
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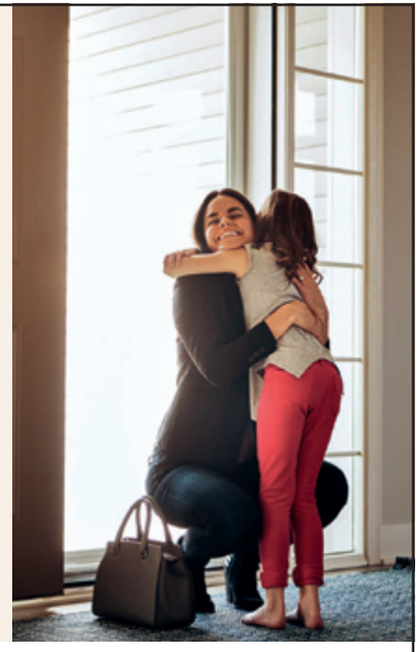

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Name	Age	Contact	Course
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Angelica	23	403-805-2008	Yes
Brodie	17	403-805-1469	Yes
Caitlin	15	403-988-9255	Yes
Charlotte	15	587-888-3100	Yes
Christoph	27	587-998-6172	Yes
Courtney	18	403-970-7322	Yes
Denis	15	403-879-8778	No
Jonathan	18	403-874-4216	Yes
Jordanna	12	403-651-9087	Yes
Julia	14	587-215-1527	Yes
Kashish	18	403-909-6936	No
Kosar	20	403-402-4298	No
Lauren	19	587-215-6198	Yes
Li-Wei	18	403-815-6499	No
Melanie	16	403-671-4558	Yes
Michelle	19	587-891-8670	No
Mikayla	15	403-686-6078	No
Nikolay	18	403-244-4776	Yes
Qin Rui	20	587-830-5617	No
Sherry	23	403-815-8566	Yes
Sophie	31	403-990-8311	Yes
Zinab	16	403-616-4871	No

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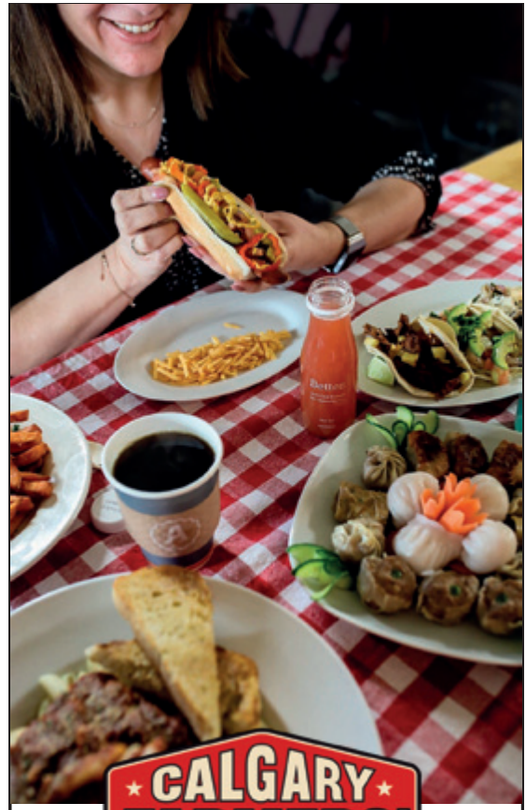

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SCA COMMUNITY ASSOCIATION

Coming up at the SCA Community Association

Family Day Skate

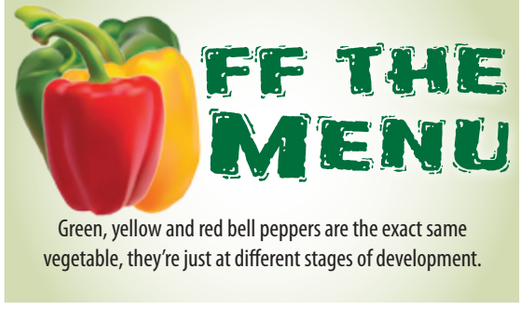
February 18, 2019 at 12-3pm

Grab your family and friends and head over to the SCA for our annual Family Day Skate! Hot chocolate and snacks will be served.

ESL Conversation Café - Free

Tuesday mornings, 9:30 to 11 a.m.

FREE English Conversation (ESL) Cafe - Join us to practice speaking English, learn about Canadian culture and meet other people. Drop-in at the SCA Community Centre (277 Strathcona Dr. SW) for a few classes or join us every week. For more information about this free program, please contact Martha at marthaonsimcoe@telus.net or call 403-245-1726. All welcome! Offered by St. Martin's Anglican Church and the SCA Community Centre. Next classes go from January 8 to March 19, and then from April 9 to June 4, 2019.



Green, yellow and red bell peppers are the exact same vegetable, they're just at different stages of development.

Sometimes you don't even know you have been named. Even if you are aware, you may be under the misconception that to be named Executor in a Will is an honour…. Just ask anyone who has done the job and you will soon be enlightened.

It is a lot of work. Especially the first time through. The paperwork, the waiting, the meetings, the phone calls and then, dealing with the beneficiaries.

Where do you turn for help? If you have really deep pockets, you can have a legal firm act as your Agent. If the Testator (the person who wrote the Will) was very wealthy, you could approach a Trust Company.

What if the Testator was just a regular person? Who can you talk to? Where can you turn?

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A very typical situation is a senior couple where one person handled all of the financial matters from paying bills, to managing investments, reviewing statements and meeting with advisors. Often the referral comes when that individual experiences cognitive decline, is placed into care or passes away and the surviving spouse/partner feels "like a deer caught in the headlights" comments Jill Chambers, BN CFP with Financial Concierge Inc.

During an initial complimentary, in person, consultation, a Financial Concierge™ determines with the family what the needs are and if there is a fit with the services offered.

"Trust is huge for both the senior and their family" states Chambers. "Our goal is to provide Peace of Mind around management of financial affairs". All staff have a current background check including a vulnerable sector report completed through Calgary Police Services, a good to excellent credit score and annual influenza immunization.

Check out their website at www.financial-concierge.ca or call Jill at 403 978 2176. You can also find Financial Concierge Inc. on Facebook and find Jill on LinkedIn.

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"Executor! Me? Oh no!"
"But they handled all the finances"
"I need a personal CFO!"

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FINANCIAL-CONCIERGE.CA

Feng Shui

by Barbara Shorrock

Feng Shui is on my mind again. Perhaps it is because of the "clutter" thing. Maybe because winter causes us to look more inside our homes than outside. Whatever the reason, it is a good time of year to review some Feng Shui principles. There are, of course, far too many to cover in a short article, but let's focus on just a couple.

We'll get the "clutter" thing out of the way first, excuse the play on words. We all love to decorate our homes, both inside and out, this time of year with wonderful seasonal treasures, and we enjoy every sight and sound of Christmas while it lasts. By the time you read this, most of these things will have already been returned to their boxes until next December. Now is an appropriate time to be ruthless with the other "stuff". If you don't love it, need it, use it, or wear it, get rid of it. Give it to charity, sell it, pass it on to someone who will love it, etc. or throw it out. The principle is simple; the action not so easy. So, take one room at a time and remember that Feng Shui says that everything has chi or energy. Too many things create chaos in the energy field, and our life can reflect this chaos. One simple task can be to hang a wind chime at your front door and remove absolutely all clutter from the entry to your home (inside and out).

Living things have their own chi, and healthy house plants are carriers of vital energy and add life and color to our homes. They also provide a benevolent cleaning of the air by absorbing carbon dioxide and giving off oxygen. Plants with a soft graceful appearance are preferred to sharp spiky ones. If you like cactus and yuccas group them together with other friendlier varieties, and away from the people places in the house. Fresh flowers also add color and sensuality to a room. They elevate the mood and perfume the air. Dried flowers are an alternative that some people like, but their life isn't as long as you might think. In fact, it is believed they lose their vitality after a mere three or four months, and many Feng Shui practitioners advise against them. Dead flowers can actually deplete the energy in a space, rather than enhance it.

Pets are natural batteries of chi, and they bring the loving spirit out in just about anyone. It is well known that visiting pets enhance the well-being of residents of long-term care and retirement homes, and we intuitively understand that a clean and healthy pet contributes to the energy of a home.

Flowers Story

A client bought a new home and her agent sent flowers for the occasion. The flowers arrived at the home and the card said, "Rest in Peace". The owner was dismayed and called the florist to complain. After he learned of the obvious mistake, the florist said, "Madam, I am really sorry for the mistake but rather than getting upset you should imagine this: somewhere there is a funeral taking place today, and they have flowers with a note saying, "Congratulations on your new home".

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	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Dec 2018	6	5	$ 613,950	$ 591,250
Nov 2018	9	8	$ 684,900	$ 675,000
Oct 2018	13	7	$ 919,900	$ 902,500
Sep 2018	17	8	$ 749,900	$ 725,000
Aug 2018	12	6	$ 834,900	$ 790,000
Jul 2018	16	9	$ 734,900	$ 713,750
Jun 2018	16	16	$ 765,800	$ 737,500
May 2018	24	12	$ 869,900	$ 865,000
Apr 2018	20	15	$ 804,950	$ 773,750
Mar 2018	18	10	$ 849,900	$ 841,500
Feb 2018	14	8	$ 1,050,000	$ 960,000
Jan 2018	10	5	$ 947,000	$ 940,000

To view more detailed information that comprises the above MLS averages please visit wsp.mycalgary.com

COUGAR RIDGE COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Dec 2018	3	3	$ 686,950	$ 676,744
Nov 2018	11	6	$ 699,900	$ 670,000
Oct 2018	6	7	$ 569,450	$ 551,500
Sep 2018	12	12	$ 569,900	$ 555,000
Aug 2018	10	8	$ 810,000	$ 788,000
Jul 2018	12	10	$ 605,000	$ 577,500
Jun 2018	13	13	$ 587,350	$ 569,950
May 2018	17	12	$ 539,900	$ 528,000
Apr 2018	12	11	$ 592,450	$ 582,500
Mar 2018	22	7	$ 587,400	$ 583,000
Feb 2018	6	5	$ 589,950	$ 575,000
Jan 2018	8	13	$ 558,950	$ 542,500

To view more detailed information that comprises the above MLS averages please visit cgr.mycalgary.com

*Guarantee is being offered by Len T. Wong & Associates Real Estate Pricing restrictions apply.

YOUR CITY OF CALGARY

Bird Sanctuary Reconnection Project Info Session

The Inglewood Bird Sanctuary has been one of The City's most ecologically important parks for nearly 90 years. However, its age has resulted in some important work becoming necessary. Some of the hydraulic structures that control the water level in the lagoon have passed their useful life and are putting the park's lagoon at risk.

Reconnecting the lagoon to the river would improve water quality, reduce water level fluctuations in the lagoon, as well as improve fish habitat.

This project is still in the early design stages and will not start construction until winter 2020 at the earliest.

The City will be hosting an information session about the Inglewood Bird Sanctuary Erosion Mitigation and Fish Habitat Project on Saturday, February 16, 2019 from 10 a.m. – 11 a.m. at the Bird Sanctuary (2425 9 Ave S.E.).

There will be a short presentation on the project at 10 a.m. with time for questions and discussion afterward. If you are interested in learning more about this project, please join us on February 16. Visit calgary.ca/fishcompensation for more information.

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Did You Know? Renovations at Community Libraries
Did you know that during the construction of the new Central Library, the entire Library system received a facelift? Renovations took place at community libraries, including new furniture, fresh paint, enhanced technology, more meeting spaces, and Early Learning Centres. The final two spaces to be freshened up are Village Square and Country Hills libraries. Find many new features at Village Square and an exciting Early Learning Centre at Country Hills.

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Go to Bat for Little Brown Bats!

The Little Brown Bat (myotis lucifugus) is the most common bat species in Alberta. While some little brown bats migrate to the Eastern US, many stay in Alberta and hibernate in caves or abandoned mines. During hibernation they spend 5 – 7 months in a deep sleep called torpor in which their metabolic rate and body temperature decrease markedly. This is a way to conserve energy. If bats are woken during hibernation, they can run out of energy and starve.

Bats are an important species in our eco-system eating more than half their weight in insects every night during the summer.

Fun Facts:

- Little Brown Bats have the largest distribution of any Canadian bat, found in all provinces and territories except Nunavut
- Little Brown Bats can live up to 34 years
- Little Brown Bats are not blind but do use echolocation to hunt and situate themselves
- Bats are the only mammals capable of true flight
- Little Brown Bats consume approximately 1000 insects a night

Little Brown Bats are susceptible to a disease called White Nose Syndrome which causes fungus to grow on their nose waking up the bats during hibernation. There is no cure for White Nose Syndrome. To prevent the spread of White Nose Syndrome, do not visit non-commercial caves unless accompanied by an expert.

CWRS receives many Little Brown Bat patients every year, often found starving or with injuries. If you find an injured or orphaned bat in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, look at the website at www.calgarywildlife.org for more information.

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Your Pet's Heartbeat

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

You have your pet in for a routine physical examination and suddenly the expression on the vet's face becomes much more intent as they listen to your pet's heart and lungs with their stethoscope. Veterinarians listen to how fast the heart beats, for sounds such as murmurs, and for fluid sounds in the lungs that shouldn't be there.

Murmurs are sounds created by turbulence of the liquid, blood, moving through the tubes and valves of the heart. Sounds are symptoms; a sound is not a diagnosis. If a murmur is investigated and found to be of no consequence it is called an innocent murmur.

If your dog is a very young puppy it could simply be a murmur because the normal hole, which exists between the chambers of a fetus' heart, hasn't closed yet. The veterinarian may just recommend making a note of it and checking the puppy in a few weeks. In older dogs and cats, blood work to check for various diseases, an electrocardiogram (ECG), and radiographs (x-rays) to see the size and shape of the heart and to see fluid in the lungs are recommended. Your veterinarian may recommend referral to a specialist for a cardiac ultrasound to visualize the internal mechanics of the heart. A pet may be referred to a cardiologist, who specializes in heart disease.

Your pet's heart rate is measured in beats per minute. A heart rate that is too fast is called tachycardia; too slow is called bradycardia. What your pet's normal heart rate has been in the past is very valuable information, as not every pet's heart rate falls within normal limits.

I once examined an older cat and her heart rate was 62. Normal for a cat is about 160 to 180 beats per minute and 164 had been recorded for this cat all her life. She had developed a mass in her throat which was irritating her vagal nerve and causing the heart rate to slow. The problem wasn't at the heart at all. Thyroid disease can disrupt a normal heart rate and cause a murmur. Anemia can cause a murmur.

Many years ago, I had a client who took his Doberman out to exercise by chasing his truck (A horrible idea!). The dog came to my clinic with a heart rate of 240 which a dog cannot live long with. This dog had developed atrial fibrillation because of a developing disease of the heart muscle and the crisis was triggered by the extreme exercise. We treated this dog with drugs to convert his heart back to a normal rate of about 100 and subsequently referred him to a cardiologist who treated him for about two years before he succumbed to his heart disease.

More than once tachycardia in a big dog with decreased energy and otherwise a normal physical examination has led me to diagnose a tumor of the right atrium of the heart called a hemangiosarcoma. These tumors often start to bleed into the pericardial sac around the heart and the heart starts beating fast because it can't expand properly when the bag around the heart is filling with blood. Taurine deficient diets can cause life threatening diseases of the heart with abnormal heart rhythms.

This article is but a tiny window on the myriad of diseases that can change the sound or rate of a heart beating. Once a specific diagnosis is made a veterinarian will discuss treatment options and prognosis with the pet owner. It is critical to have your pet examined annually and the physical examination is the keystone to any preventative health care program.

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Tigerstedt Block

908a Centre St. N.E, Crescent Heights

Article and images provided courtesy of City of Calgary's Inventory of Historic Resources

The Tigerstedt Block is significant as one of the remaining unaltered commercial streetscapes whose initial construction circa 1928 marked the early development of Centre St. North south of 16th Avenue (Highway No.1) as a neighbourhood high street.

The Village of Crescent Heights was annexed to the city of Calgary in 1908 and the south end of Centre Street was the last portion to develop, due in large part to the post WWI economic recession which continued until the mid-1920s, despite the opening of the new Centre St. Bridge in 1916 and the installation of a streetcar line in 1919.

By 1925-1928 the south end of Centre St. N. was seen to have a number of advantages including easy access to downtown, the city's primary shopping district, and by then was able to establish itself as a commercial district distinct, between 16 and 7 Avenues, fueled by a city-wide population increase of nearly 20,000 between 1926 and 1931. The Tigerstedt Block stands as one of a few remaining retail commercial buildings to recall Centre St. neighbourhood's high street status that was established in the 1920s.

The development of the site spans the 1928 pre-crash commercial boom through the downturn of the 1930s and early 1940s up to the post World War II recovery era which was marked by increasing suburban expansion throughout the city and attendant commercial strip development to serve the needs of an increasing population in the post WWII period.

This modest single storey commercial ensemble is typical of strip development bordering residential working class neighbourhoods during its development period. The northernmost portion of the building (918-92) appears to have been specifically constructed in 1952 to accommodate the photographic studios of Albert Tigerstedt, which had originally been located at 908 (1936 to 1944) and subsequently relocated to 908A around 1945. Tigerstedt was a well-known local photographer specializing in portraiture and commercial photography, who had apprenticed with W.J. Oliver and whose subjects included well-known Calgary personalities. He served in the Royal Canadian navy as a photographer between 1943 and 1945 and remained at 922 until his retirement in 1987. During his 55 years in business, Tigerstedt was one of the most prominent photographers in the city. Tigerstedt maintained his studio in the basement and a retail store on the ground floor. Even after retiring, Tigerstedt occupied space in the building until about 1992.

The Tigerstedt Block is notable as a now rare example in the city of modest commercial-style architecture from the inter-WWI-WWII era. Constructed of commonly available materials, the storefronts include brick outer piers, large plate-glass display windows with recessed entries, and tile detailing below the windows and framing sign bands. The building is dominated by a 10-foot projecting neon sign featuring multi - coloured tubing, in an inverted 'T', containing the lettering `Tigerstedt Block'. The distinctive sign has assumed landmark status as one of the very few extant neon signs in the city dating from the early 1950s. The building itself is also a landmark due to its prominence within the Centre Street streetscape because of its substantial size and historical character.

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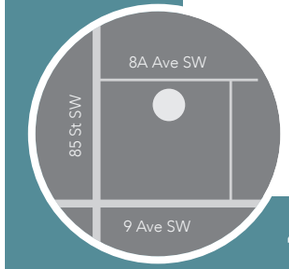

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MARDA LOOP JUSTICE FILM FEST

justREEL FILM SERIES

Marda Loop Justice Film Festival justREEL film series presents screening of:

Namrud

March 12, 2019
Event: justREEL FILM SERIES
Film: Namrud (Troublemaker)
Where: River Park Auditorium (3818 14a St SW, Calgary, AB T2T 3Y2)
When: Tuesday March 12, 2019 at 7:00PM
Cost: FREE

Each year the Marda Loop Justice Film Festival strives to present innovative and meaningful documentaries that encourage Calgarians to take positive action in their communities, this nation, and the world.

We hope that we will be able to not only improve our attendance and following, with your assistance, but that we may also inspire Calgarians to change our communities, nation, and world.

http://www.justicefilmfestival.ca/

BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 31

What we
LEARN FROM HISTORY
is that man can
NEVER LEARN ANYTHING FROM HISTORY.

~ Georg Wilhelm Friedrich Hegel

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@yycbow DeborahforCalgaryBow

February is an exciting time for our Alberta government with a provincial election fast-approaching this Spring. This will mark the 30th general election in Alberta. Our government has worked hard to review and improve election laws to create a more fair and equitable process. New election rules will ban corporate and union donations, restrict election spending and government advertising, and introduce donation caps. Voting will also be more accessible to all Albertans with new voter assist technology. A voter assist terminal will allow independent voting for those with physical limitations. Visit my social media page for more updates as the election approaches.

Following on this topic of elections, I am proud to announce Alberta's first election commissioner. Lorne Gibson was sworn in this past Fall and will be responsible for ensuring compliance and enforcement of certain obligations of entities regulated by the *Election Act* and *Election Finances and Contributions Disclosure Act*. In this capacity, the Election Commissioner will be responsible for fully investigating complaints, levying administrative penalties, issuing letters of reprimand, entering into compliance agreements and recommending prosecutions. Alberta's Election Commissioner is a nonpartisan officer of the Legislature appointed by the Lieutenant Governor in Council on the recommendation of the Legislative Assembly. Should you have any further questions, please contact my office.

Onto lighter news, I would like to thank everyone who attended my New Year's Open house in January. We had a packed office and it was so meaningful to visit with many constituents from Calgary-Bow! I look forward to seeing many of you again at community events. If you have any questions or concerns, please come by my office in Bowness. My staff and I welcome you!

Deborah Drever, MLA Calgary-Bow

Don't Go Breakin' My Heart:
BBB's Top Romance Scams

February can be considered as the month of love. With Valentine's Day falling in this month, some singles may be narrowing their search for someone to spend the holiday of love with. Online dating and social media have made it easier than ever to meet new people and find dates. Unfortunately, it has made scammers' work simpler too. Con artists create compelling backstories, and full-fledged identities, then trick you into falling for someone who doesn't even exist. This form of deception is known as "catfishing."

BBB offers these telltale signs of romance scams:

- **Too hot to be true.** Scammers offer up good-looking photos and tales of financial success. Be honest with yourself about who would be genuinely interested. If they seem "too perfect," your alarm bells should ring.
- **In a hurry to get off the site.** Catfishers will try very quickly to get you to move to communicating through email, messenger, or phone.
- **Moving fast.** A catfisher will begin speaking of a future together and tell you they love you quickly. They often say they've never felt this way before.
- **Talk about trust.** Catfishers will start manipulating you with talk about trust and how important it is. This will often be a first step to asking you for money.
- **Don't want to meet.** Be wary of someone who always has an excuse to postpone meeting because they say they are traveling or live overseas or are in the military.
- **Hard luck stories**. Before moving on to asking you for money, the scammer may hint at financial troubles like heat being cut off or a stolen car or a sick relative, or they may share a sad story from their past (death of parents or spouse, etc.).

Protect Yourself From this Scam:

- Never send money or personal information that can be used for identity theft to someone you've never met in person. Cut off contact if someone starts asking you for information like credit card, bank, or government ID numbers.
- Ask specific questions about details given in a profile. A scammer may stumble over remembering details or making a story fit.

To report a scam, go to **BBB Scam Tracker** and visit bbb.org for more information and other consumer tips.

Councillor, Ward 6
Jeff Davison
Bookings: Kathy Morgan, Executive Assistant ✉ eaward6@calgary.ca; Constituency Concerns: Suzy Trottier, Constituency Liaison ✉ caward6@calgary.ca ☎ 403-268-1035; Development Permit Information: Frano Cavar, Communications and Policy Liaison ✉ ward06@calgary.ca ☎ 403-268-1380

Hello, Ward 6! Here are you updates for February 2019.

Watch for your 2019 Property Assessment Notice
Assessment notices are now available. The City of Calgary mailed the notices on Jan.3, 2019 and they are also available online. The information contained in these assessment notices will be used to prepare the 2019 property tax bills. You can check, review and compare your notice online. Plus, sign up for Notices.

Customer Review Period (Jan. 3 - March 12, 2019)
If you have any questions about your property assessment, contact Assessment at 403-268-2888 during the Customer Review Period on now until March 12, 2019.

Visit calgary.ca/assessment to get more information, access Assessment Search, and sign up for paperless eNotices. By logging into Assessment Search, you can review your assessment, compare it to other similar properties and more.

Calling for Calgary Awards Nominations
Do you know a Calgarian who has made a difference? Nominate them for a Calgary Award. Deadline is Monday, February 25, 2019. For nomination details and eligibility requirements, visit calgary.ca/calgaryawards.

About the Calgary Awards
The Calgary Awards is the City's highest honour recognizing exemplary achievements and contributions by Calgarians. The City of Calgary established the Calgary Awards in 1994 to celebrate and recognize outstanding achievements and contributions made by Calgarians in the previous year. Each year, individuals, corporations, community groups, and organizations are nominated in five major award categories, for a total of 13 awards.

The City of Calgary encourages all Calgarians to look to their neighbours, colleagues, community leaders, local organizations and businesses for those who could qualify as recipients of the Calgary Awards.

Save the Date – Community Open House
Towards the end of April, the Ward 6 office will be hosting a community open house where we look forward to meeting you and addressing your concerns, face to face. More will come on that in the next few months.

CHURCHES

Calgary Free Methodist Church
403-249-2838; 742 85 St SW

The Church of Jesus Christ of Latter-day Saints
403-249-1160; 996 Strathcona Dr SW

The First Korean Presbyterian Church of Calgary
403-273-8665; 1411 69 St SW

First Lutheran Church
403-242-4544; 7102 14 Ave SW

Kings' Christian Center
587-434 3600; 742 85th Street SW Calgary

Richmond Hill Baptist Church
403-242-1256; 7251 Sierra Morena Blvd SW

RockPointe Church - Westhills
403-851-0011; 50 Ambrose Cir SW

St. Michael Catholic Community
403-249-0423; 800 85 St SW

United Reformed Church
403-249-9971; 730 101 St SW, Calgary

Valleyview Community Church
403-249-6006; 7655 26 Ave SW

WestEdge Church
403-253-7136; at WestHills Cinema
165 Stewart Green SW

Westside King's Church
403-777-0800; 3939 69 St SW

St. Martin's Anglican Church
403-249-3014; at Calgary Academy School
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SPRINGBANK HILL COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Dec 2018	6	2	$ 1,692,000	$ 1,670,000
Nov 2018	5	5	$ 814,900	$ 780,000
Oct 2018	12	10	$ 899,900	$ 874,200
Sep 2018	14	7	$ 657,000	$ 644,750
Aug 2018	18	6	$ 715,000	$ 714,900
Jul 2018	15	13	$ 1,262,500	$ 1,202,500
Jun 2018	13	10	$ 719,900	$ 700,000
May 2018	24	17	$ 814,900	$ 799,000
Apr 2018	18	13	$ 767,900	$ 750,000
Mar 2018	11	10	$ 845,000	$ 830,000
Feb 2018	16	5	$ 981,500	$ 966,900
Jan 2018	10	3	$ 1,086,944	$ 1,060,000

To view more detailed information that comprises the above MLS averages please visit sph.mycalgary.com

ASPEN WOODS COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Dec 2018	9	6	$ 898,000	$ 835,000
Nov 2018	9	8	$ 978,000	$ 955,000
Oct 2018	6	4	$ 999,900	$ 960,000
Sep 2018	19	5	$ 999,950	$ 974,000
Aug 2018	12	12	$ 989,350	$ 974,500
Jul 2018	15	11	$ 1,157,000	$ 1,133,500
Jun 2018	14	18	$ 998,000	$ 993,500
May 2018	30	9	$ 1,131,500	$ 1,094,900
Apr 2018	17	9	$ 1,274,950	$ 1,217,500
Mar 2018	15	4	$ 849,000	$ 806,000
Feb 2018	13	9	$ 944,900	$ 925,000
Jan 2018	11	5	$ 715,000	$ 699,000

To view more detailed information that comprises the above MLS averages please visit asp.mycalgary.com

*Guarantee is being offered by Len T. Wong & Associates Real Estate Pricing restrictions apply.

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BRAIN GAMES SUDOKU

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

Wines with Dick Mcdougall

Dick McDougall, WSET 3, Fine Vintage Certified is a high school calculus teacher and a self-employed sommelier in Calgary.

Adventures in North American Wine Touring

My wife recently turned "X" years old. Sorry to use a math variable but I will not survive her wrath if I use numbers here. In celebration, I took her to the Willamette Valley in Oregon. We stayed at the decadent Allison Resort and Spa—pricey but so worth it for that special occasion.

One morning we set out to explore one of the best Pinot Noir regions in the world next to Burgundy and landed at Vidon Winery near Newburg. I had researched this winery carefully and decided it was the perfect destination for a science and calculus teaching nerd like myself.

Owner Don Hagge will tell you he is only a farmer but that is not the whole story. He was a NASA scientist who was Chief of the Physics Branch for the Apollo Space Program for missions 7 through 13 so he was there in Houston cheering Armstrong and Aldrin's moon landing. In his eighties, he is still the brawn behind Vidon Winery doing the majority of the work in the vineyard. So, who is the brains behind the wine?

That would be David Bellows. He has a Ph. D in Molecular Biology from Johns Hopkins School of Medicine and did his postdoctoral studies on saccharomyces cerevisiae (wine yeast) in Toronto. Can you imagine a better pedigree to become a winemaker?

David spent about two hours with us that morning walking the vineyards and explaining the unique soils of the Willamette Valley including the volcanic Jory and the sedimentary Willakenzie. And yes, he mentioned the yeast. He also led us through a magnificent tasting of their famous 3 Clone Pinot Noir and then rocketed us to the Apollo Chardonnay, the Saturn Syrah and the Explorer Tempranillo.

Why not give the Willamette Valley a try on your next wine vacation and learn the stories of these smaller family run wineries that are rocking Pinot Noir?

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HAVE PRIVATE HEALTHCARE CLINICS UNLOCKED THE FORMULA FOR EXCELLENT HEALTH OUTCOMES?

By Nicole Aubertin

Imagine your very own dedicated healthcare team working *with* you to find ways to optimize your health. Now imagine that same team taking it one step further and collaborating *together*, looking for ways to maximize disease prevention, facilitate early detection and execute timely interventions. It is exactly this type of collaboration that has become the hallmark of Copeman Healthcare, which boasts a location in Edmonton, as well as Calgary and Vancouver.

"There is nothing quite like the peace of mind that comes from having several different care professionals working together on your chart," says Chris Nedelmann, CEO of Copeman Healthcare. "In addition to collaboration, our model also strongly emphasizes unhurried, on-time visits and outstanding customer service."

In the Copeman model, the care of a physician is integrated with teams of registered dietitians, kinesiologists, family health nurses, diagnostic staff and other professionals as required.

"It is this combination of providing adequate time, delivering care through a multi-professional team and looking at physical, psychological and cognitive indicators that produce the best health outcomes," says Nedelmann.

Regular baseline assessments track subtle changes in health and assist with early detection. By catching things early teams can respond immediately when treatment is most effective. Services are tailored to the unique needs of clients allowing for a truly integrated approach to health management and disease prevention.

Clients typically choose between the ongoing care program called **LifePlus** or an annual **Comprehensive Health Assessment** (CHA). In either case, clients receive an annual head-to-toe assessment that examines a multitude of health risk factors. A personalized prevention plan is then developed for the client with suggestions for mitigating their own specific risks.

Families are invited to enrol their children in **Copeman Kids**, a unique program that offers same-day visits, age-appropriate health screening and developmental assessments to evaluate speech and language development.

Copeman Healthcare also provides services for organizations and corporations. Health plans are designed to drive optimum workplace wellness and ensure executives and highly valued employees are operating at peak performance. As part of its corporate services, Copeman Healthcare can perform health audits and provide aggregate, anonymous data on the state of the organization's health.

Central to all services is the concept of wellness coaching – providing ongoing support and guidance for optimizing nutrition, exercise, sleep and mental health.

Whatever your needs, let Copeman Healthcare design a program that is right for you.

For more information about the medical team at Copeman Healthcare or to book a tour contact Carlene Clemence at **587-602-0221** or cclemence@copemanhealthcare.com

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