

THE NOLAN HILL HERALD

**Calling for
Calgary
Awards
Nominations**

**Stay Alert
and Aware
During
a Power
Outage**

HEART MONTH

 Suburban Journals
PUBLISHING
make an impression

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In Our **Community**

Councillor Report

Calgary continues to have among the highest unemployment rate in Canada. That is why I believe we need to do more to stand up for our energy industry which provides hundreds of thousands of good jobs in our province. I was pleased to support a notice of motion in Council that asked City Administration to develop a strategy for the City of Calgary to advocate for Canada's responsible energy industry. This includes an analysis and review of other municipalities' efforts to influence the construction of pipelines; advocacy options, ether in collaboration with or in response to the actions of other municipalities and options possible through city charter provisions. I also proposed an amendment to this notice of motion asking the Mayor to write the federal government to urge them to repeal the anti-oil Bill C-69 and Bill C-48. Council agreed to write the federal government on these items and others matters that are impacting our energy sector. Our energy sector follows among the strictest environmental policies and regulations in the world and I am pleased that council voted unanimously to stand in support of this industry.

The City of Calgary has mailed out property assessment notices and they are also now available online. The information contained in these assessment notices will be used to prepare the 2019 property tax bills. Please note that the Customer Review Period is from January 3 to March 12, 2019. If you have any questions about your property assessment, contact Assessment at 403-268-2888 during the Customer Review Period. You may also visit calgary.ca/assessment to get more information. By logging into Assessment Search, you can review your assessment, compare it to other similar properties and more.

Joe Magliocca, Councillor, Ward 2



Suburban Journals
PUBLISHING

make an impression

- 33 Calgary communities
- more than 88,000 homes
- over 228,000 residents
- Unlimited response

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This Month in History

February 1, 2003

Upon re-entry, Space Shuttle Columbia broke apart over Texas, killing all seven crew members. This was the second space shuttle lost in flight





Membership Form

Date: _____

Member Name: _____ First Name _____ Last Name

Mailing Address: _____

_____ Postal code: _____

Phone- Residence: _____ Cell: _____

Email address: _____

Yes	No	<i>I would like to volunteer my time, interest or experience in the areas of...</i>
<input type="checkbox"/>	<input type="checkbox"/>	Communications: web/internet, newsletter, road signs programs, etc.
<input type="checkbox"/>	<input type="checkbox"/>	Sports, recreational, fitness, special events, civic advocacy, etc.
<input type="checkbox"/>	<input type="checkbox"/>	Planning & development, transportation, schools fundraising, etc.
<input type="checkbox"/>	<input type="checkbox"/>	Casino, grants, donations, amenities, etc.
<input type="checkbox"/>	<input type="checkbox"/>	Buildings, sports facilities, parks/playgrounds, pathways, etc.
<input type="checkbox"/>	<input type="checkbox"/>	Other: _____

Amount Paid CAD\$ _____ Paid by Cash Cheque *

** Please make cheques payable to NOLAN HILL COMMUNITY ASSOCIATION*

Membership Fee is \$20 family per year (non-refundable) and is valid from January 1 to December 31 each year. Depending on the month of payment, fee will be prorated and will be collected as per below table:

Quarter	Period	Fee \$
Q1	Jan-Mar	20
Q2	Apr-Jun	15
Q3	Jul-Sep	10
Q4	Oct-Dec	5

Calgary Connection

Volunteer Calgary:

Visit the “Volunteer” page of www.propellus.org for volunteer opportunities in Calgary.

Home-Start:

Home-Start is a free program coordinated by Boys and Girls Clubs of Calgary that offers to support to families with young children, who may be experiencing a variety of issues such as: feeling alone, caring for twins and triplets, postpartum depression, being new to Canada, parenting and/or family stresses, illness in the family. Interested in getting involved? For more information or to learn about upcoming training sessions, visit our website at www.boysandgirlsclubsofcalgary.ca.

Mentor Volunteers Needed at Hull Services:

Mentors provide our kids with encouragement and guidance in making healthy choices. They help our young people realize their strengths, see that they are important and that they matter. “When close and caring relationships are placed at the center of a youth intervention, positive and healthy development happens.” Jean E. Rhodes, PHD. Join us in helping our youth lead healthy, productive lives and contact Jacky at jsanderson@hullservices.ca or 403-238-7974 or visit www.hullservices.ca.

Making an Impact in Your Community - Supportive Home Providers

Research shows that youth enter homelessness largely due to conflicts at home. What starts with couch surfing with friends to avoid going home, can escalate to prolonged episodes of homelessness. Youth can quickly become entrenched in street life. Supportive housing requires individuals who provide a safe and caring home to successfully transition youth into independence. Please call McMan Calgary & Area for further information. 403-508-7751.

+ 55 Connections Social Club

Are you single and 55 years of age or over? Are you near

retirement or already retired? Are you interested in expanding your social network? Meet us for coffee any Thursday at 10:30 am. Enjoy a comfortable atmosphere. Meet others who have similar interests. Find out about monthly planned activities. Please note: this is not a matchmaking service. For more information. Call Sylvia at 403 281 0667 or Joan at 403-242-7793

Youth Employment Centre

Do you know someone aged 15-24 who is looking for work? The City of Calgary’s Youth Employment Centre (YEC) offers year-round services and resources to help youth, secure employment and take the first step in their career. Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit youthemploymentcentre.ca.

Women’s English & Social Group

Improve your English and meet new women at a New Friends and Neighbourhood Group. We have 16 group locations in the city. Groups meet once a week for 2 hours to practice English, make friends and have fun! No cost, no immigration requirements and no minimum English. Free childcare provided for children 6 months to 6 years old. Visit www.ciwa-online.com or contact Debra Colley at debrac@ciwa-online.com or 403-444-1752

The fun starts after the bell with Calgary AfterSchool

This school year the fun starts after the bell. After school programs are offered by The City of Calgary for FREE or low cost. Youth are provided positive, fun and supervised after school programs in schools, recreation buildings and community facilities across Calgary. Children and youth grades 1-12 can drop into a weekday program in their community and take part in a variety of activities from 3-6 p.m. Activities may include basketball, swimming, arts, leadership, skating, sports and much more. At Calgary AfterSchool, it’s more than just getting children and youth active. These programs are designed to stay productive, increase self-esteem and teach them skills that will follow them throughout their life. Learn more at calgary.ca/afterschool.



February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing, may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.



Common signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a ‘crushing’ pain; may also be ‘squeezing’ or simply a ‘heavy’ sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men and women, and the elderly.

Heart attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to

lessen heart damage;

- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many reputable organizations. It’s easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Alberta Health Services

Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

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

Answer on Page 13

DID YOU KNOW??

The croissant was invented in Austria.



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.

City of Calgary

Did You Know... These Facts About February

- The birthstone of February is Amethyst.
- The birth flower is the Primrose.
- The two zodiac signs in February are Aquarius (January 20 - February 18) and Pisces (February 19 - March 20)
- February has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days.
- February is black history month.
- Rumor has it, the Roman emperor Augustus took one day off February and added it to August, the month named after him.

Stay Alert and Aware During a Power Outage

Power outages can happen any time of the year but are especially dangerous during the cold winter months. They can last for minutes, hours and sometimes even days.

“The best way to stay safe in a power outage, is to be prepared,” says Sue Henry, Deputy Chief at Calgary Emergency Management Agency. “Have a fully stocked 72 hour kit including flashlights, blankets and non-perishable food. It's also important to have a plan for any medications that require power to be administered that are powered by electricity or need to be refrigerated.”

While temperatures may drop, it is never safe to use camp stoves, kerosene heaters or barbeques indoors, as they emit carbon monoxide. Gas stoves used as a heat source for long periods of time without ventilation will also pose a danger.

Electrical equipment and appliances can be overloaded when the power is turned back on, so it's a good idea to disconnect them. Be sure to leave one light on, so you know when the power has been restored!

A fully charged power bank is invaluable during a power outage. This will allow you to charge your smartphone so you can check for updates on the internet, and contact family members.

For more information on preparing for a power outage and building a 72-hour kit, visit calgary.ca/getready.

To report a power outage call ENMAX Power Trouble Line at 403-514-6100.

City of Calgary

DID YOU KNOW?

Cats spend 66% of their life asleep.



Calling for Calgary Awards Nominations

The Calgary Awards is one of the largest citizen recognition programs in our city. 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.

The Calgary Awards are for Calgarians. Individuals, businesses, not-for-profit organizations, community groups and other organizations can all be nominated. For additional information, nomination criteria and the online application form visit: calgary.ca/calgaryawards phoning 403-268-8881, or e-mail calgaryawards@calgary.ca. Nominations open on Wednesday, January 16, 2019.

Fun Fact

The Calgary Awards began in 1994 as a Centennial project to commemorate Calgary's 100th year as a city and to recognize outstanding citizen achievements. The Calgary Awards celebrate Calgarians who have helped make Calgary the best place to live. Visit calgary.ca/calgaryawards for more information.

City of Calgary

Drive Safely This Winter

Getting safely to your destination is easier with a bit of preparation, whether you are taking shorter trips around the neighborhood or longer excursions on the highway.

Have your antifreeze levels, battery and ignition system, brakes, heater and defroster checked on your vehicle. Install good winter tires for the best traction in slick conditions. Also, driving with your gas tank nearly full ensures that even if you are stranded that you will be able to keep warm until help arrives.

You will also want to have a vehicle emergency kit, with:

- Jumper cables
- Flares or reflective triangle
- Ice scraper
- Car cell phone charger
- Cat litter or sand for better tire traction
- Non-perishable food and water
- Blankets, extra warm clothes and winter gloves
- Small shovel

Should you need these items, you will be glad you took a few moments to plan ahead.

Safe driving, Calgary! For more information on winter emergency safety, and to learn more about how to prepare your family and your home for an emergency, visit calgary.ca/getready. Learn what the risks are in Calgary, how to build a 72 hour emergency kit and take the Calgary Emergency Management Agency's Ready Calgary course.

City of Calgary

Sudoku Corner Solution

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



Heart Month

February is Heart Month – and it's a good time to learn more about how to be heart healthy.

You can help keep your heart and blood vessels healthy by taking steps toward a healthier lifestyle. Healthy lifestyle habits include healthy eating, getting active and being tobacco free. An assessment of your heart health can help to identify your risk of a heart attack or stroke and further identify what you can do to reduce your risk.

A heart-healthy lifestyle is important for everyone, not just those with existing health problems. If you already have heart or blood vessel problems, such as high cholesterol or high blood pressure, a healthy lifestyle can help you manage those problems.

If you have children, you can be their healthy role model. If your habits are healthy, your children are more likely to build those habits in their own lives.

Be Tobacco Free

Reducing or quitting tobacco use is one of the most important things you can do for your health. Tobacco use is still the number one cause of preventable death and disability world-wide and is linked to many illnesses, including heart attack, stroke, diabetes, pulmonary disease and many others. When you quit using tobacco, no matter how old you are, you will decrease your risk of these health problems.

For help with quitting, visit:

- Make Your Move to Becoming Tobacco Free <https://www.albertahealthservices.ca/topics/Page14487.aspx>
- Alberta Quits <https://www.albertaquits.ca/>

Eat Healthy

Healthy eating helps promote and maintain a healthy weight when combined with active living. Eating more vegetables and fruit offers additional benefit of lowering blood pressure and the risk of heart attack, stroke, diabetes, vascular dementia and kidney disease.

Get Active

Increasing your physical activity is good for your heart and blood vessels, as well as the rest of your body. Being active helps lower your risk of health problems and helps you feel good.

Know Your Risk – Heart Disease Risk Calculator

A Heart Disease Risk Calculator is now available to tell you your heart age and chances of having a heart attack or stroke in the next 10 years. If you do not already have a diagnosis of heart disease or stroke, which means you're already at high risk, and you are over 30 years of age, try this calculator to find out your heart age and what can be done to reduce your risk.

This risk assessment looks at your age, blood cholesterol levels, blood pressure and family history to calculate your risk score. To find out more and to calculate your heart risk, visit <https://myhealth.alberta.ca/Alberta/Pages/Heart-Disease-Risk-Calculator.aspx>

Alberta Health Services



Joke Corner



- Q. Do skunks celebrate Valentine's Day?**
A. Yes, they are very "Scent"imental
- Q. What did the paper clip say to the magnet?**
A. You are very attractive
- Q. What did the elephant say to his girlfriend?**
A. I love you a ton
- Q. What did one oar say to the other?**
A. Can I interest you in a little "row" mance
- Q. What did the bat say to his girlfriend?**
A. You are fun to hang around