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PANORAMA
HILLS

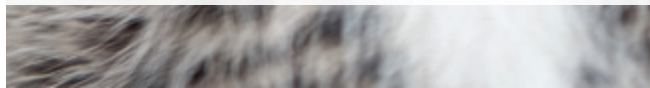


COUNTRY
HILLS



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Playgrounds in Country Hills

Did you know? Country Hills is home to five playgrounds and following the trails blazed by Creating Coventry YYC and Harvest Hills Hub - the Country Hills Playground Boosters formed in summer 2023 to refresh and refurb them!

The playgrounds, from oldest to newest are located at:

- Country Hills Circle NW (erected 1998)
- Country Hills Way NW (erected 1998)
- Country Hills Grove NW (erected 2000)
- Country Hills Drive NW (erected 2005)
- Country Hills Close NW (erected 2013)

The Boosters have spent the last few months generating ideas and gathering information to bring safe, inclusive, and modern playgrounds to our communities so we can have vibrant, welcoming spaces for fun and togetherness.

The committee has enough members for now, but there will be lots of opportunities for Country Hills residents to have their say in the design of future playgrounds. Our first priority is the playground located at Country Hills Circle NW as this is a very well-loved playground.



Our Playgrounds Need Help!

Country Hills Grove Playground



Year Built: 2000

Overview and Conditions

MultiPlay Complex

FAIR

Fall Surface

POOR

Country Hills Way Playground



Year Built: 1998

Overview and Conditions

MultiPlay Complex

POOR

Swings

POOR

Fall Surface

POOR

Country Hills Drive Playground



Year Built: 2005

Overview and Conditions

MultiPlay Complex

FAIR

Spring Toys

FAIR

Fall Surface

FAIR

Country Hills Circle Playground



Year Built: 1998

Overview and Conditions

MultiPlay Complex

POOR

Swings

POOR

Teeter Totter

FAIR

Fall Surface

POOR

*Conditions are from City of Calgary data

Ring in the New Year with A Healthy Relationship with Food

by Alberta Health Services

Consuming a varied diet can provide our bodies with essential nutrients needed to function optimally. Proper nutrition can also lower our risk of chronic disease and support our overall physical health, including the development and maintenance of strong bones, a robust immune system, and efficient organ function.

We know that food plays a central role in our customs, traditions, and celebrations. What we eat is also influenced by education, income, and access to food.

Having a healthy connection with food can also impact our physical and mental well-being.

What Does a Healthy Relationship with Food Look Like?

A healthy relationship with food and eating is an important part of a healthy eating pattern. It can be different for everyone. Some ways you can develop a healthy relationship with food are:

- Enjoying the taste, social, traditional, and cultural aspects of food.
- Being aware of how, why, and where you eat.
- Listening to your body signals for hunger and fullness.
- Welcoming all foods without fear or guilt.
- Looking at food as a source of energy, nourishment, and enjoyment.
- Knowing that eating will change based on appetite, emotions, routines, and many other factors.
- Slowing down and taking time to eat. Our lives are busy and often we have places to go, activities to do, or errands to run. When building a connection with food, it's important to pay attention to textures and flavours of the food you are eating, which can be hard to do when you are rushing your meals and snacks.
- Limiting the use of phones, devices, televisions, or distractions while you are eating. Mindless eating is easy to do when we have a screen in front of us!
- Noticing when you are hungry or full, and reconnecting to the eating experience by creating awareness of your thoughts, feelings, emotions, and behaviours.
- Planning what you would like to eat and involving others in planning and preparing.

Healthy Relationships with Food Start at a Young Age

Classrooms and school lunchrooms are locations where teachers have an opportunity to promote a healthy relationship with food amongst students. Parents and caregivers can also provide an environment to foster healthy relationships with food.

For this reason, public health dietitians at AHS have created resources to support an inclusive learning environment that is sensitive to diverse backgrounds.

Some tips for teachers, parents, caregivers, or mentors include:

- Emphasizing the positive aspects of eating while helping children and teens recognize that food supports our physical, social, cognitive, and mental well-being.
- Referring to foods by their name or their type, such as a fruit or a protein or a dessert, instead of labelling them as "good," "bad," "clean," or "junk." Referring to foods with negative or positive connotations can lead to shame and stress around eating which can contribute to unhealthy relationships with food, which may be harmful to health.

If you are a teacher, parent, or care provider and want to learn more about supporting a healthy relationship with food, please visit [ahs.ca](https://www.ahs.ca) and search healthy relationship with food.

Start Slow and Celebrate Progress!

If you are thinking about making changes to the way you eat and improve your relationship with food, the new year can be a good time to start.

- Take a look at where you are now. Reflect on how you think and talk about food. Choose a small goal that is important to you. For example, maybe you often think about foods as good or bad. It may help to reframe how you think about or refer to food.

For more information including nutrition educations, workshops, and classes, visit [albertahealthservices.ca/nutrition](https://www.albertahealthservices.ca/nutrition).

Seven Key Things to Make Your Relationship Work

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

Enhance your love maps. Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

Nurture fondness and admiration. Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

Turn toward each other. Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

Let your partner influence you. Happy couples are a team that considers each other's perspective and feelings. They make decisions together and search out common ground. Letting your partner influence you isn't about

having one person hold the reins, it's about honouring and respecting both people in the relationship.

Solve your solvable problems. There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

Overcome gridlock. The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to 'declaim' the issue, to try to remove the hurt so the problem stops being a source of great pain."

Create shared meaning. "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

Bonus: Intentional date nights. If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.

If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.



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Help Reduce Single-Use Items Waste

by the City of Calgary

The best way to reduce single-use items waste is to stop using them whenever possible. Using less single-use items will help reduce garbage and litter. Calgary's new Single-Use Items Bylaw started January 16.

It focuses on waste reduction by encouraging Calgarians to avoid single-use items where practical, ask for items as needed, or choose reusable options. Businesses will be required to charge a minimum fee on new paper and reusable bags and provide foodware accessories (utensils, napkins, straws, chopsticks, etc.) by request only.

Calgarians can do their part by asking for only the bags and foodware accessories they need, and by bringing their own bag to avoid the fees. This bylaw applies to in-store, take-out, drive-thru, delivery, and online ordering. Learn more at calgary.ca/singleuse.

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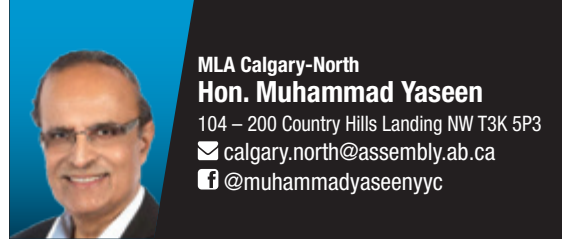


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2024 is well underway. Here are some major updates related to Ward 3, the City of Calgary, and Council decisions.

City Building in Calgary

The City of Calgary is updating the plans that will shape our future. As our population climbs, the City has to prepare to support the growth. Right now, we're gathering feedback on three key areas:

1. The Calgary Plan will merge the Municipal Development Plan with our Transportation Plan.
2. The new Zoning Bylaw (A.K.A Land Use) will simplify the rules of governing and form of buildings throughout Calgary.
3. The new Street Manual will give direction on supporting all forms of safe travel for Calgarians.

Each document is created with public feedback in mind, so please share your input over the next two months at calgary.ca/citybuilding.

Secondary Suites Amnesty Extension

City Council voted unanimously to extend the very successful Secondary Suites Amnesty Program until the end of 2026. Under this program, charges for development permits and registration fees are waived, enabling owners to continue building safe and legal suites at a reduced cost. Visit calgary.ca/suites for more information.

Event Reminder: Chinook Blast

Calgary's annual winter festival returns this month and runs from February 2 to 19. This year's lineup features art installations, live shows and music, winter sports, local markets, and more. Mark your calendars and visit chinookblast.ca for all the event details.



Thank you to the teachers, staff, and parents for their continued work to support Alberta's world-class education system. The 2022 Programme for International Student Assessment (PISA) results underscore Alberta's excellence in education, ranking first in Canada for reading, science, and second in math, just behind Quebec. Globally, Alberta secured the second spot in reading, science, and seventh in math. We should also be extremely proud of the 1,300 students that participated for their dedicated efforts.

Recognizing primary health care as foundational, Alberta's government commits new, incremental funding of \$200 million over two years to enhance access to family physicians, aiming for widespread availability. A ten-year, \$24 billion health care agreement with the federal government in 2023 outlines the initial three years of funding. While beneficial, this funding falls short of requirements, prompting ongoing advocacy for increased federal health transfers aligning with the provinces and territories initial requests.

Alberta's government is taking decisive steps in addressing hate by expanding the Alberta Security Infrastructure Program (ASIP) grant to support Islamic and Jewish faith-based schools for up to 12 months with temporary access to funding for security enhancements. This expansion includes an increase of up to \$20,000 in grant funding to support targeted schools that identify short-term need for physical security on campus. Alberta Sheriffs will collaborate with law enforcement to bolster security presence at religious and cultural institutions where and when needed.

Thank you to my constituents for their support as I carry out my duties as your MLA.

Wishing you all a happy Family Day.





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Preparing or Updating Your Will



Vilma Mydliar, LLB

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Last 12 Months PANORAMA HILLS

MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
December 2023	\$ 587,000	\$ 585,000
November 2023	\$ 389,950	\$ 394,950
October 2023	\$ 307,000	\$ 315,000
September 2023	\$ 427,400	\$ 422,250
August 2023	\$ 409,800	\$ 432,000
July 2023	\$ 399,900	\$ 425,000
June 2023	\$ 409,900	\$ 428,000
May 2023	\$ 379,900	\$ 375,000
April 2023	\$ 439,000	\$ 432,500
March 2023	\$ 589,350	\$ 594,350
February 2023	\$ 427,400	\$ 423,500
January 2023	\$ 370,000	\$ 365,000

Last 12 Months COUNTRY HILLS

MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
December 2023	\$ 387,450	\$ 376,350
November 2023	\$ 529,900	\$ 510,200
October 2023	\$ 454,850	\$ 490,000
September 2023	\$ 392,500	\$ 415,500
August 2023	\$ 525,000	\$ 517,500
July 2023	\$ 407,500	\$ 432,500
June 2023	\$ 437,450	\$ 459,035
May 2023	\$ 387,500	\$ 418,500
April 2023	\$ 419,900	\$ 423,000
March 2023	\$ 630,000	\$ 650,000
February 2023	\$ 304,900	\$ 304,500
January 2023	\$ 0	\$ 0

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News from the Friends of Nose Hill

by Anne Burke

Some features produce a positive response in visitors, as a focus for passive recreation, education, and interpretation; they remain opportunities for interpretation of bedrock themes in the park. Among the landscape features are large sandstone boulders several metres across. Those in north slope coulees may contain fossil clam shells, as remnants of a wave cut terrace which tumbled onto valley glaciers.

The Nose Hill pre-glacial gravels in the eastern portion of the Hill extend throughout the hilltop. In the Burnco gravel pit - and the slopes leading to this area from 19 Street and from Charleswood Drive - several trails and junctions in the south-facing areas are where exposed gravel from the Hill use in the 1960s and 70s would have been visible unless remediation was done with nurse and native grasses, after re-rooting foot traffic while the repair was undertaken.

A review of land uses of Nose Hill revealed that areas more severely damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating. Although rutted trails remained, some already had grass growing in them due to less traffic. Ravine trails were heavily overgrown by tall grasses, thistles, and nettles, so that people used them less.

Firefighting, weeding, and controlled burns with vehicles damaged the plateau and slopes above the Porcupine Valley bike path. Widened and two-track trails are from social use; trail braiding on steeper hillsides due to wet, icy, or poor conditions. An on-hill project was raking to prevent new desire lines. Work was needed on the old motorcross routes up the bluff south of Porcupine Valley and along the Many Owls Valley Road where the trails had been washed out or deeply grooved. Pedestrian use of old vehicle roads slowed regeneration and remediation was warranted.

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The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)

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