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News from the Friends of Nose Hill

by Anne Burke

Natural parkland is green space with a (relatively) low level of maintenance and natural or naturalizing vegetation. Natural areas are accessible (by trail networks) or have limited/little public access. A master plan deals with current and future needs by population for park/greenspace. The Municipal Protected Areas Program demonstrates how biodiversity will be protected, conservation lands connected, and how Canadians will gain an appreciation for local nature. A Municipal Eco Toolkit by the Miistakis Institute for Alberta municipalities will help maintain their natural infrastructure systems (municipal30x30.ca).

Nature Canada is building a web of partners to help Canada achieve its biodiversity conservation goals to protect 30% of land, water, and marine areas by 2030. As of 2022, Canada has only protected 13.7% of land. The Canadian City Parks Report surveyed 35 Canadian municipalities, 2,500+ residents of Canadian cities, as well as park staff and other professionals across the country. One-third of cities said addressing federal biodiversity and land protection goals are a high priority. When 81% of Canadians are living in urban areas, protecting land in urban areas is vital. Cities are in dire need of new space for parks. Park budgets are not keeping pace. Partnerships are critical when cities need policies and structures. Park issues are increasing and require more training and collaborations. Departmental structures can promote collaboration or disconnection. Some residents feel disempowered but still want to engage. Mental and physical health benefits are key although there is a lack of programs. There are nine case studies in the 2024 Report which includes analysis of key data from surveys of both municipal staff and residents of Canadian cities, for new and ongoing issues facing parks, and how to help city staff make better decisions about programs, policies, and funding. Read more at parkpeople.ca.



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Last 12 Months PANORAMA HILLS MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
December 2024	\$449,900	\$440,000
November 2024	\$476,400	\$468,950
October 2024	\$432,500	\$419,750
September 2024	\$465,000	\$464,500
August 2024	\$479,900	\$487,995
July 2024	\$464,950	\$489,000
June 2024	\$485,000	\$480,000
May 2024	\$449,900	\$480,000
April 2024	\$555,000	\$587,500
March 2024	\$469,000	\$470,750
February 2024	\$309,900	\$320,000
January 2024	\$432,450	\$419,600

Last 12 Months COUNTRY HILLS MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
December 2024	\$534,900	\$551,112
November 2024	\$467,500	\$464,250
October 2024	\$494,900	\$463,500
September 2024	\$480,000	\$491,500
August 2024	\$504,950	\$499,000
July 2024	\$365,000	\$360,000
June 2024	\$757,500	\$752,000
May 2024	\$562,500	\$592,650
April 2024	\$525,000	\$552,000
March 2024	\$525,000	\$523,000
February 2024	\$682,400	\$675,000
January 2024	\$449,450	\$467,000

To view more detailed information that comprise the above MLS averages please visit pano.mycalgary.com or cou.mycalgary.com

Landlord and Tenant Law – Sublets and Options in DV Situations

by Charmaine Coutinho

As a volunteer lawyer with Calgary Legal Guidance, I advise clients who would otherwise be unable to access (paid) legal services to empower them to take the next steps in their legal matters independently. I commonly deal with landlord and tenant disputes.

This article discusses only leases covered by Alberta's Residential Tenancies Act (RTA). The RTA excludes tenants sharing living space with a landlord, supported living accommodations, and a few other scenarios. I aim to help our community become more familiar with a few RTA topics, at a time when landlords and tenants are under stress and possibly looking for options.

Subletting

As the cost of living dramatically increases, the proportion of income we allocate to rent may shrink. Many now find themselves unable to afford what may once have been a comfortable rent. The solution, particularly for those in a fixed term lease, may be to sublet.

However, many leases purport to ban sublets. According to the RTA, a tenant can ignore any term in a lease that purports to erase a protection offered to tenants by the RTA. So, a tenant can ignore a lease term that bans subletting.

Under the RTA, a tenant needs a landlord's written consent to sublet, and a landlord cannot refuse to provide consent without reasonable grounds. If a landlord has not given the tenant their written reasons for denial within 14 days of receiving the request, a tenant can assume that the landlord agrees to the sublet. A landlord also cannot charge the tenant a fee for giving consent for the sublease.

Before subletting, a tenant should understand how a sublet works: the primary lease between the tenant and the landlord still exists. As such, all of the tenant's responsibilities and obligations under that primary lease continue despite the sublet. If the subletter fails to meet their tenancy obligations, the primary tenant would be responsible for meeting these obligations.

For example, if a subletter fails to pay rent, the primary tenant is responsible for paying rent to the landlord. If a subletter damages the rental unit during or at the end of the tenancy, the primary tenant would be responsible for repairing the unit before surrender to the landlord or could be sued by the landlord for repairing the cost of damages done by the subletter. Any tenant planning to sublet should seriously consider the risks involved before entering into a sublease.

It is possible for a landlord to voluntarily agree to end the primary lease early, with pre-defined or no penalty fees, and set up a new lease with the interested subletter; this would be exclusively at the discretion of the landlord and cannot be forced by the tenant.

Domestic Violence and Tenancies

Victims of domestic violence can end a tenancy early and without financial penalty, without a landlord's consent. This right arises in circumstances where the tenant's or a dependant individual's safety is at risk. There is a process to request an authorization certificate from the Alberta government; once the required documents are submitted, the applicant can receive a certificate within seven days. This certificate must be served on the landlord at least 28 days before the applicant terminates the tenancy.

If the applicant fears for their continued safety, they may leave the rental unit before receiving a certificate or before the end of the 28-day period.

Please reach out - there are supports from the city, province, and legal organizations serving vulnerable individuals, ready to offer confidential advice and assistance to those escaping domestic violence.



How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
 - 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
 - 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
 - 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
 - 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
 - 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
 - 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
 - 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?
- If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.
- The following are some signs that couples therapy could be unproductive or even counter-productive:
- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
 - 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
 - 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
 - 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
 - 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
 - 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
 - 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
 - 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
 - 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.
- Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

Photo Gallery

by Bob Leuty





Learning About Polycystic Ovary Syndrome (PCOS)

by Alberta Health Services

Polycystic Ovary Syndrome (PCOS) is a common condition that is caused by a hormonal imbalance. Hormones control the activity of different cells and organs in your body. With PCOS, the hormone imbalance can affect your period and your overall health. It causes the ovaries to produce higher levels of the hormone testosterone. With PCOS, your ovaries may also develop enlarged, fluid-filled follicles that are often referred to as cysts.

Because of the extra testosterone, people with PCOS may have:

- Missed periods, irregular periods, and very light periods (including spotting)
- Extra hair on the face or body
- Thinning hair on the head
- Severe acne
- Difficulty managing weight
- Difficulty getting pregnant
- Darkening of skin on the neck, armpits, or groin area
- If you notice sudden, unusual hair growth on your face or body or new wide purple stretch marks on your body, contact your healthcare provider right away.
- You may also have symptoms of:
 - Sleep apnea
 - Fatigue
 - Anxiety, depression, and mood changes

- High blood pressure, high blood glucose, and high blood lipids (your healthcare team can test for these things)

People living with PCOS may be at an increased risk of sleep apnea, diabetes, heart disease, pregnancy complications, and endometrial hyperplasia.

Visit Your Healthcare Provider

It's important to consult your healthcare provider about PCOS. Write down how you feel, your symptoms, when your symptoms started, what makes your symptoms better or worse, and any concerns you have. Make a list of questions and concerns. During your appointment, your healthcare provider may ask you several questions about your health history and your family's health history.

They may ask about your:

- Menstrual cycle
- Past pregnancies or attempts to get pregnant
- Unwanted hair growth
- Symptoms
- Weight management
- Medicines and supplements
- Ethnicity

These questions help your healthcare provider diagnose PCOS and know how to best support you and your overall health.

Your healthcare provider will also check your height, weight, and blood pressure. Because PCOS can increase your risk of diabetes and heart disease, knowing your

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current height, weight, and blood pressure will help your healthcare team manage these risk factors and also manage your PCOS symptoms.

Your healthcare provider may also do an exam to check for signs of high testosterone levels, insulin resistance, and other conditions. This exam includes:

- Looking for skin tags and dark, thick, velvety skin in your body folds and creases.
- Looking for extra hair in different parts of your body, especially on your face and chin. You may want to delay shaving, plucking, or doing any hair removal before your appointment.
- Looking for wide purple stretch marks in your belly area and other parts of your body.

Work with your healthcare team to decide what is best for you as you manage your PCOS and find resources and services in your community:

211 Alberta helps people in Alberta find the right resource or service for whatever issue they need help with. 211 is available any time, day or night, by phone (call 2-1-1), text, and online chat. It is confidential and available in over 170 languages over the phone.

The Alberta Healthy Living Program has workshops, classes, and services to improve your health and quality of life.

The Alberta Health Services Chronic Disease Management program has links and resources to help people living with chronic conditions.



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Stay Safe, Stay Off Storm Ponds

by The City of Calgary


This winter season, be safe while enjoying the outdoors and stay off storm ponds. Any recreational activity including skating, sledding, or even walking across a storm pond is not allowed under the Stormwater Bylaw because it's simply not safe.

With more than 300 storm ponds across the city, they might look like natural ponds, but they don't function the same and the ice is less predictable.

Unlike a normal pond, storm ponds are designed to collect runoff to protect communities from overland flooding and clean water before returning it to the river. The water in storm ponds contain road salt and other contaminants that eat away at the ice. Beneath the ice surface, water is constantly flowing, and levels are changing as water moves between inlet and outlet pipes. This weakens the ice and creates unstable air gaps and vary the ice thickness.

Looking to safely skate? Skaters of all levels can use one of the over 65 volunteer maintained Adopt-a-rinks in communities across Calgary or a City of Calgary natural ice rink. Rinks maintained by The City are among the safest places to skate because they are checked daily for ice thickness and quality, and surfaces are flooded as needed to make sure they're safe for skating. To find safe outdoor skating rinks near you visit calgary.ca/rinks.





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Celebrating Albertans Who Step Up for Seniors

For 26 years, the Minister's Seniors Service Awards have recognized and celebrated outstanding individuals and organizations for their service to Alberta's seniors. Nominations are now open, and Albertans are encouraged to nominate individuals, businesses, and non-profit organizations who showed kindness, compassion, and dedication for Alberta's seniors. Up to 13 awards will be presented to individuals, including two Special Service Awards. Nominations will close on April 30, 2025; details on submission can be found online.

World Leaders in Creative Thinking

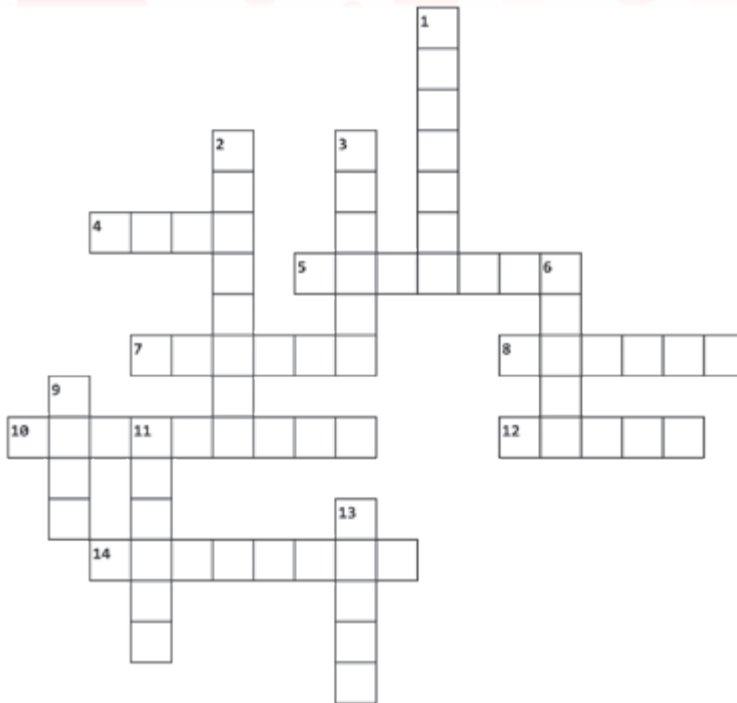
Thanks to the hard work and dedication of our province's students, parents, teachers, and education support staff, Alberta ranked first in Canada and second globally in creative thinking. These achievements build on our province's outstanding success in reading, science, and mathematics from the same 2022 PISA assessments. Alberta students ranked first in science, reading, and creative thinking among Canadian provinces, and second only to Singapore among all participating countries and second in mathematics among Canadian provinces. By participating in international assessments like PISA, our government is committed to benchmarking Alberta's education system against the best in the world. Together, we're setting the bar high and shaping a bright future for Alberta's learners.

Rewiring Alberta's Electricity Market

Alberta's government is modernizing the province's electricity system to put Albertans first, restoring the balance between affordability, reliability, and sustainability. To achieve this, Alberta's government continues to work with its partners on power market reforms. Alberta's transmission policies are also being updated to improve reliability, increase efficiency, protect ratepayers, and align Alberta with other jurisdictions. Alberta's government is committed to the province's unique competitive electricity market, which provides consumers with choice and makes the province a premier destination for investors.

Thank you to my constituents for their support, wishing you all a Happy Family Day.

February Crossword



Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National _____ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the _____ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
11. Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



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Joke of the Month



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