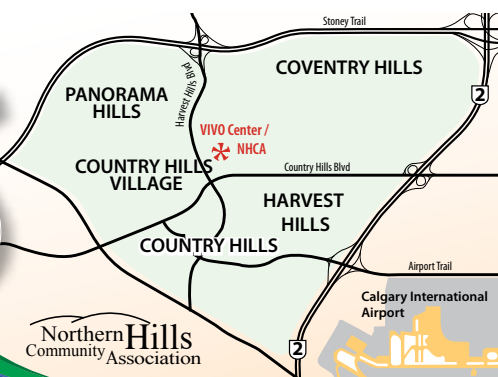


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NORTHERN HILLS NEWS



Country Hills • Country Hills Village • Coventry Hills • Harvest Hills • Panorama Hills

Official Newsletter of the Northern Hills Community Association ❖ www.nhca.ca @northernhillscalgary @northernhills

Thank you, so much!

By Marina Barrett, NHCA Office Administrator, admin@northernhills.ab.ca

On Sunday December 10, we held our 2nd Annual Gift of Joy event. Our mandate was to provide struggling families from within the Northern Hills communities with a Christmas.

With the assistance of Bowwest Community Resource Centre and North Central Family Support Program we, together with Vivo, were able to seek out families who either didn't qualify for other resources; or missed application deadlines. The criteria was simple: these families had to live in our communities. There is a misconception that the residents of our communities aren't struggling – and that couldn't be further from the truth. The changes in our economy over the last 2-3 years has made it tough for people to catch up – let alone get ahead.

So, we reached out to you our neighbors for donations toward this event. Wow! Did you deliver! We received so many donations in our office and we just have to say – thank you, so very much! You brought gift wrap, children's gifts, mom & dad gifts, gift cards; and the donations kept coming in!

With your support; and with help from Canadian Tire Country Hills who donated over \$1,500.00 worth of gifts and gift cards; and Save-On Foods and Big Al's Bar & Grill who donated gift cards for every family, we were able to provide gifts, assistance and groceries to 25 families on Sunday! We haven't stopped there, either. We've continued to assist 20 more families through Bowwest, North Central and Vivo who missed out on the event and we won't stop until all these donations are gone.

We recognize the struggle that many families in our community face, and it's through collaborative efforts like our #GiftOfJoy program that we can help provide a bountiful Christmas to those in need. Your continued support is amazing. Thank you also to Ward 3, to all the personal and anonymous donors, and to the Volunteers who make this possible. We are already planning next year's event, so please stay tuned for more information to come.

If you are in need, or would like information regarding outreach services, please contact

Germaine at 403-874-6809 or Kate at 403-703-0140.



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this month
WHAT'S INSIDE

FREE ICE CREAM ON PAGE 8

- JAN 8: OUTDOOR SOCCER REGISTRATION STARTS**
- JAN 11,18,25: STORYTIME AT VIVO**
- JAN 16: SPRY**
- JAN 17: NORTHERN HILLS CONNECT KICKOFF 2018**
- JAN 30: POSITIVE PARENTING PROGRAM (TRIPLE P GROUP)**
- FEB 7: NOTRE DAME HIGH SCHOOL OPEN HOUSE**

For more info on important dates, visit northernhills.ab.ca/nhca-calendar/
Follow us on Twitter @NorthernHills or like on Facebook @northernhillscalgary

Bottle Depot

BEDDINGTON HEIGHTS BOTTLE DEPOT

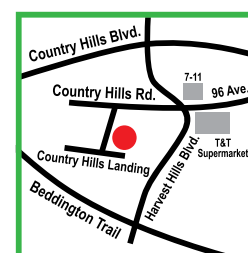
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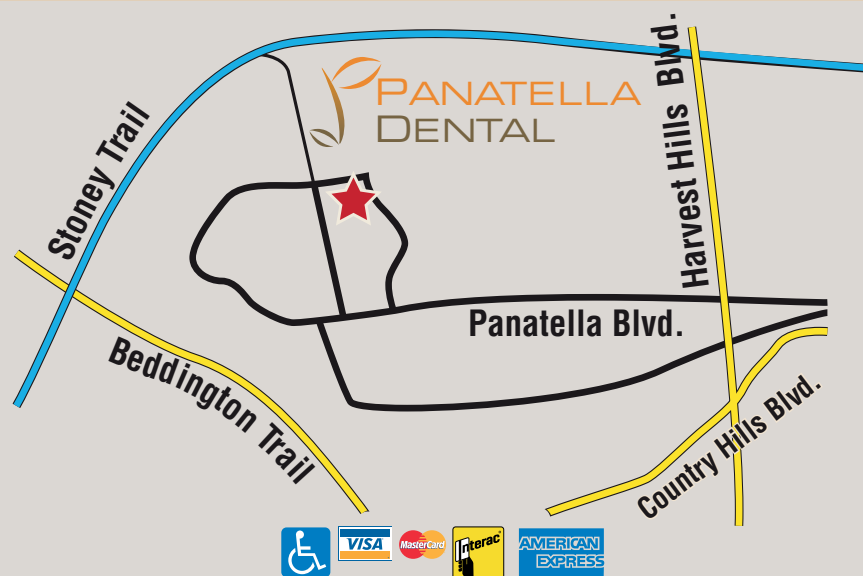
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Community Association Notes



From the President

It seems impossible that we are already ringing in 2018 as 2017 seems like such a blur. There is so much that hasn't been completed but in reflection there were many positive steps in the right direction that the NHCA has made. There have been any well attended events, many programs delivered, many new initiatives/committees started, many new relationships developed and many plans for the future of the NHCA have put into motion. Overall a successful 2017 but it couldn't have been achieved without the hard work of our volunteers, committee leaders, board members and operational



office staff support who I am so grateful for.

I am not a big follower of astrology but 2018 is the Year of the Dog. When I was looking for what that might mean, everything I read pointed to an eventful year marked with change that is focused on the human condition, activism, intelligence and social awareness. If this is even slightly true, the NHCA is prepared to be a vehicle for social improvement for our community in the new year. 2017 was a year of building foundations, redefining our culture as a board and building of the basic knowledge/understanding into the teams so that we are ready to move from a jogging pace to a full out sprint.

I don't usually make New

Year's resolutions but this year I am making one to ensure I am ready for a marathon 2018 year. I am making a commitment to fill up my own cup and keep it full. We can't give more of ourselves than we personally have to give so I plan fill up my cup to the brim with health and wellness to give me energy, self-reflection time to increase my confidence, knowledge so that I can share my learnings and a bit of self-love so that I can balance this crazy life of work-family-community.

As we kick off this New Year I wish for you all a Very Full Cup. Happy 2018.

Leah Argao
President – Northern Hills Community Association
president@northernhills.ab.ca

Volunteer Opportunities

Dear Northern Hills residents,
Happy New 2018 Year!

We would like to mention a few volunteering opportunities that might get you most of you interested!

Ice Rink Builder Volunteer

If you enjoy working outside, not bothered by cold winter and having fun while doing something for your community, then the Ice Rink Builder Volunteer role might be just right for you!

Event & Program Organizer

Would you be interested to work in a team and design + organize initial events and programs for the Harvest Hills Hub? As Event and Program Organizer, you will be able to connect and collaborate with local businesses and residents. This role is a one-time opportunity to be part of the great community-led project which is recognized by the City!

Opening Ceremony Organizer

What an opportunity! You can be part the team who will be designing an opening ceremony of Harvest Hills Hub from scratch! If you are looking to gain and/or enhance your event management skills, the Opening Ceremony Organizer is a rare chance to have in your own community!

Assistant Editor

Heard about some great project in the area? Or is there event coming up that you would like to share? We would like to hear from you and give you an opportunity to write about it! Besides you are more than welcome to write about something fun and interesting, it doesn't have to be event or project. Contact our Editor, Luz Bolo via editor@northernhills.ab.ca.

Arts & Crafts Committee Leader

Are you an artist or just love to do arts and crafts? Do you have an experience designing and organizing a program in a team of similar passionate community minded individuals? We have all the resources ready to be used! Let's form an Arts & Crafts Committee?

Find detailed role descriptions and application requirements of all the above volunteer roles by scanning QR code or following the link:



northernhills.ab.ca/volunteering-opportunities/



"Did You Know In the Hills?" Contest!

This month's trivia question is:

Who are the two sponsors of the #NHCAthanksneighbour initiative?

Please send your answer, the article title and page number, along with your name, contact information and NHCA membership number* to: editor@northernhills.ab.ca. Our winners win a \$50 gift card to Applebee's restaurant and a Vivo family day pass! Only current members will be entered in the draw; you can purchase or renew your membership online at northernhills.ab.ca/membership.

The winner of the "Did You Know in the

Hills?" trivia question for the month of December is: **Janice Dekkers, Congratulations!** The answer was "Visioneers International Network in Vancouver" and can be found in December 2017 Northern Edge News in the article "Growth and Success of the NHCA Block Watch" on page 5. Thank you to all of you who submitted your answers, and we look forward to your continued participation.

Thank you to the lovely people at Applebee's and Vivo for sponsoring our contest!



"While the spirit of neighborliness was important on the frontier because neighbors were so few, it is even more important now because our neighbors are so many."

– Lady Bird Johnson



NHCA Contacts

BOARD MEMBERS

President: Leah Agaro
1st Vice President: David Hartwick
2nd Vice President: Jessie Leighton
Secretary: Simon Cheng
Treasurer: Lonny Mah
Directors: Wayne Brown, Simon Cheng, Vania Szeto

COMMITTEES

Adult Co-Ed Slopitch: Neil Meyer
Adult Soccer: VACANT
Advocacy: David Hartwick
At Home in the Hills: VACANT

Beautification/Community Enhancement: VACANT – contact us!
Business Development: Wayne Brown
Community Gardens: Jon Berlie, Melissa Duong, Sarah White
Events: Vania Szeto
Membership Services: VACANT – contact us!
Planning: Simon Cheng
Playgrounds: Victoria Henry, Meghan Keating
Rinks: Daniel Sennhauser
SPRY in the Hills: J-L Emond
Vivo rep: VACANT
Volunteers: VACANT

CONTACT

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Website/IT: Troy Davis, troy.davis@northernhills.ab.ca

Newsletter Publishing: Duane Thomson at Keyline Publishing

EDITOR'S NOTE:

All articles submitted by the general public are the author's opinion and not necessarily reflective of the opinion of NHCA.

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Creating Coventry Update

You spoke! We listened! As we brace ourselves for change in the Coventry area, all of you have implemented your creativity getting us closer to making it a reality.

The intent of the Creating Coventry project is to co-create a long-term plan for parks and green spaces in Coventry Hills. It has three steps: speak, listen and change. Speak to the community for involvement, listen to the community for feedback, and change to see your vision come to life.

On Friday, November 24th, we had a chance to engage youth in our community to ensure all voices are represented as part of this project.



vided youth with a massive map of the Coventry area with specific locations of each park space.

Highlights from November 24th:

1. Multiple whiteboards were set-up at Vivo with around 100 photos of design examples. We also pro-

2. Youth who were attending the Youth N' Motion event were asked

to give feedback individually or as a group.

3. Surveys were handed out to each youth who participated by volunteers and Vivo staff.

Each survey had the following questions:

- Pick your top 3 favourite designs/examples
- Out of your top 3 choices – Which one was your favourite and why?
- If you could create a play space for yourself, what would you create? Which location would you want to see your design come to life?

What we heard:

- Full basketball court
- Soccer field
- Waterpark

We would like to thank everyone who participated and shared their dream spaces with us. We cannot contain our excitement improving

and witnessing change within our community park spaces!
What's next?

We have also been out to Notre Dame High School and connected with the SPRY in the Hills older adults group, to get more feedback. We will be adding those results to our data pool.

It's not too late to add your ideas! Check out NHCA's social media and take part in our online survey where you can share your dream play and community spaces:

<https://www.surveymonkey.com/r/YSNTXHF>

The survey is open until January 15, 2018.

Share on social - What do you think of the top 3 ideas? What did you love? What did we miss?

Let us know using #CreatingCoventry and #DreamSpace and tag Northern Hills.

Watch out for a chance to give feedback on the final report on Family Day in February at Vivo.

CROSSWORD

Answers on page 14

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21										
				22						23	24	25	26	27
28	29	30	31				32	33	34					
35						36						37		
38					39					40	41			
42					43					44				
45			46	47						48				
49									50					
				51	52	53	54				55	56	57	58
59	60	61	62								63			
64						65					66			
67						68					69			

ACROSS

1. "Yeah, right!"
5. Rogue
10. Detest
14. Truth or ___ (slumber party game)
15. Bamboo supplier
16. Any thing
17. Support
18. Turn-of-the-century genre
20. Tropical plants with red to yellow flowers
22. Capital of Poland
23. Keen
28. Flighty
32. More ardent
35. Let have
36. Arid
37. Genetic identification
38. Fragrant flower which is followed by red berries
42. Flying geese formation
43. Some votes
44. Loyal subject
45. Volunteer
48. Crumpled into a ball
49. Court figure
50. Line up a shot
51. Widely cultivated herbs
59. Like some campaigns

63. Epitome of thinness
64. Field of Dreams setting: 1989 film
65. Bucking bronco show
66. Beach site
67. Neuter a horse
68. Forbidding
69. Ticked (off)

DOWN

1. Yemen capital
2. Story
3. Floral Van Gogh focus
4. Gala
5. Chilling
6. Bill of fare
7. No pro
8. Food choices
9. Senior formal
10. Certain retrovirus
11. Swallowed
12. Green or China
13. Exotic farm-bird
19. Former empire
21. Ahead by a pair
24. Hey!
25. Confused
26. Don't follow through
27. Said grace, e.g.
28. Relieves
29. Patron
30. Mendelian gene
31. Poodle classification
32. Little laugh
33. Mined-over matters
34. Increase, with "up"
36. Eyelid flare-up
39. Kind of chance
40. A mission to remember
41. Top of a pot
46. Buy ___
47. Sheds tears
48. Beach Boy Brian
50. Following
52. Miscalculates
53. Swag
54. Vein
55. Court doc
56. Peace
57. Anger, with "up"
58. Husky burden
59. Engagement
60. Winner in a landmark 1973 Supreme Court case
61. Hole maker
62. Not happy





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SPRY (Senior Persons Regaining Youth) in the Hills Program for Winter/Spring 2018

By J-L Emond

The SPRY gatherings and exercise classes are held at the VIVO Centre's "Child Minding Room" which is set up for Adult Exercise Classes, and tables and chairs for Social activities. Adults 55+ are welcome to join the various indoor and outdoor activities that are planned throughout the year. Registration Opens January 1 online at central.ivrnet.com/northernhills.

SENIORS' EXERCISE SESSIONS:
Fit-2-Age Instructor

The laughter-filled, age-appropriate, light exercise classes are lead by Tracy Rand, Director-Certified Aging Adult Instructor & Consultant, BCEM Educator.

The one-hour Sessions at VIVO are every Tuesday and Thursday at 2:30pm.

The first Exercise Class for 2018 will be Tuesday, January 16th. The last session: May 29th.

Participation cost is a very reasonable \$35/per person for the Winter-Spring session. The NHCA covers the large majority of costs for Instructors and room rentals.



SOCIAL & GAMES

Come and join us for coffee/snacks, and a variety of board and card games every Tuesday and Thursday at VIVO from 3:30 to 4:30pm (after exercise classes). This is a no-cost activity, and members take turns supplying the goodies and snacks. There is no additional fee to attend the weekly Socials.

VOLUNTEERING TIME FOR THE CHILD-MINDING PGM

Seniors wishing to volunteer

their time to read and play with the pre-school children at VIVO can pick up an Application from Jay or Mary during our sessions on Tuesdays and Thursdays.

CANADIAN MENTAL HEALTH ASSOC - CARYA - SPRY

We will be holding a "FREE" series of weekly meetings dealing with Seniors who want to participate in discussion forums on maintaining good mental health and dealing with life's challenges and losses. These sessions

will commence in mid-January. See us at SPRY for more details.

HOW TO REGISTER FOR:
Northern Hills Community Association Membership

To participate, a valid NHCA membership is required. Memberships can be purchased online or at the NHCA Office. NHCA cardholders also get 10%+ discounts from many restaurants and businesses in our area.

NHCA Thanks Neighbour!

The Northern Hills Communities are full of amazing people and businesses and the NHCA wants to recognize them. We are proud to introduce the #NHCAthanksneighbour initiative recognizing great neighbours doing positive things for our community.

We encourage you to nominate your neighbour that clears the sidewalks; The business that sponsors your sports team; The daycare provider that works nights and/or weekends; The politician that helped you solve a problem; The person that stopped to help you change a tire, or find your lost dog or catch your mail blowing away in the wind. Maybe it's the business that helped organize your community event. The list is endless, but if you know someone doing positive things in the community, we want to recognize it.

Each month, we want your nominees through social media so we can share what they do and celebrate our community heroes and neighbours.

You can find us using @NorthernHills on Twitter, or @NorthernHillsCalgary on Facebook and Instagram so make sure you follow us!

Each month, we will choose up to 5 nominees to receive our special thank you package put together with special thanks to Good Earth Coffeehouse and Vivo for Healthier Generations, who jumped on board as soon as they heard about the initiative. We look forward to adding another sponsor or two by the time we award the first packages. **BONUS:** There will be one extra special package available each month if we have a nominee that is a Northern Hills Community Association member. In the case of more than one nominee that is a member, we may do a draw, or provide more than one special package. We may get more than 5 nominees each month so you can keep nominating someone until we recognize them, and then they will not be eligible for the package again for one year. However, we will still recognize their nomination every time because good neighbours

need to be recognized.

To kick this off, we naturally want to recognize Good Earth Coffeehouse Coventry Hills and Vivo for Healthier Generations for joining us, recognizing those that are making the Northern Hills a great place to live. Thank you Good Earth and Vivo!

Remember, to make a nomination, tag us on [Facebook @NorthernHillsCalgary](https://www.facebook.com/NorthernHillsCalgary) or [Twitter @NorthernHills](https://twitter.com/NorthernHills) or introducing our brand new Instagram account [@NorthernHillsCalgary](https://www.instagram.com/NorthernHillsCalgary). Make sure that you include #NHCAthanksneighbour in your post.

THANKS NEIGHBOUR!



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Dates

NHCA Events and Programs

Jan 2018 (Mountain Time - Edmonton)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
Northern Lights Contest						
			4pm - Outreach	4pm - Outreach	8pm - Indoor Soccer	
7	8	9	10	11	12	13
Outdoor Soccer Registration (kids, youth, adults)						
			4pm - Outreach	10am - Happy 4pm - Outreach	8pm - Indoor Soccer	
14	15	16	17	18	19	20
Outdoor Soccer Registration (kids, youth, adults)						
		2:30pm - SPRY 3:30pm - SPRY	4pm - Outreach 6:30pm - Kickoff	10am - Happy 2:30pm - SPRY 3:30pm - SPRY 4pm - Outreach	8pm - Indoor Soccer	
21	22	23	24	25	26	27
Outdoor Soccer Registration (kids, youth, adults)						
		2:30pm - SPRY 3:30pm - SPRY	4pm - Outreach	10am - Happy 2:30pm - SPRY 3:30pm - SPRY 4pm - Outreach	8pm - Indoor Soccer	
28	29	30	31	1	2	3
Outdoor Soccer Registration (kids, youth, adults)						
		2:30pm - SPRY 3:30pm - SPRY 6:30pm - Positive	4pm - Outreach	10am - Come & 2:30pm - SPRY 3:30pm - SPRY 4pm - Outreach	8pm - Indoor Soccer	

Find more information on NHCA's events and programs in our new calendar which you can even add to your own Google Calendar!

Following the link northernhills.ab.ca/nhca-calendar/ or by scan the QR code:



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 E T E A C R W H I T E N I N G
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Outreach in the Hills

Vivo programs for Jan-March 2018

Happy New Year Storytime at Vivo for children (1 to 5 years)

11950 Country Village Link NE,
Thursday Jan. 11, 18 & 25
10-11 am

(Families need to commit to all 3 dates to register and live in the Vivo area)

Come join us for this free Storytime with Parent Link staff where children and parents will share songs rhymes and stories in this interactive circle program. We will be located outside the Library in the Vivo Administration area. Call 403-275-6666 #276 to register starting Dec. 4.

Positive Parenting Program (Triple P Group) for children 3-11 years

Huntington Hills location
520-78 Ave NW
Tuesday Jan. 30-March 20
(8 weeks) 6:30-8:30 pm

Often struggle with your child's behavior? Would like to share ideas

with other parents?

Call 403-275-6666 ext. 276 to register for the free workshop and childcare starting Dec. 4. For more information about the program call 403-275-6666 #241.

Look for Come Play with Me at Vivo

FREE for children (birth- 5)
Feb 1-March 22
(no program Feb 15) 2017
Thursday Mornings 10 - 11:30 am

Come join us for this, new, free drop-in playgroup for parents and children (birth - 5 years) For information call 403-275-6666 #276 or check website www.weconnectyou.ca



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online for our most popular home improvement projects, with the remainder online by summer 2018. Everything you need to know about your next renovation and our service enhancements can be found at calgary.ca/myhome.

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Colouring Contest: FREE ICE CREAM!



The first 40 children who colour and take their picture in to Marble Slab Creamery, 623-130 Country Village Rd NE, will receive a free single ice cream cone.*

Name: _____

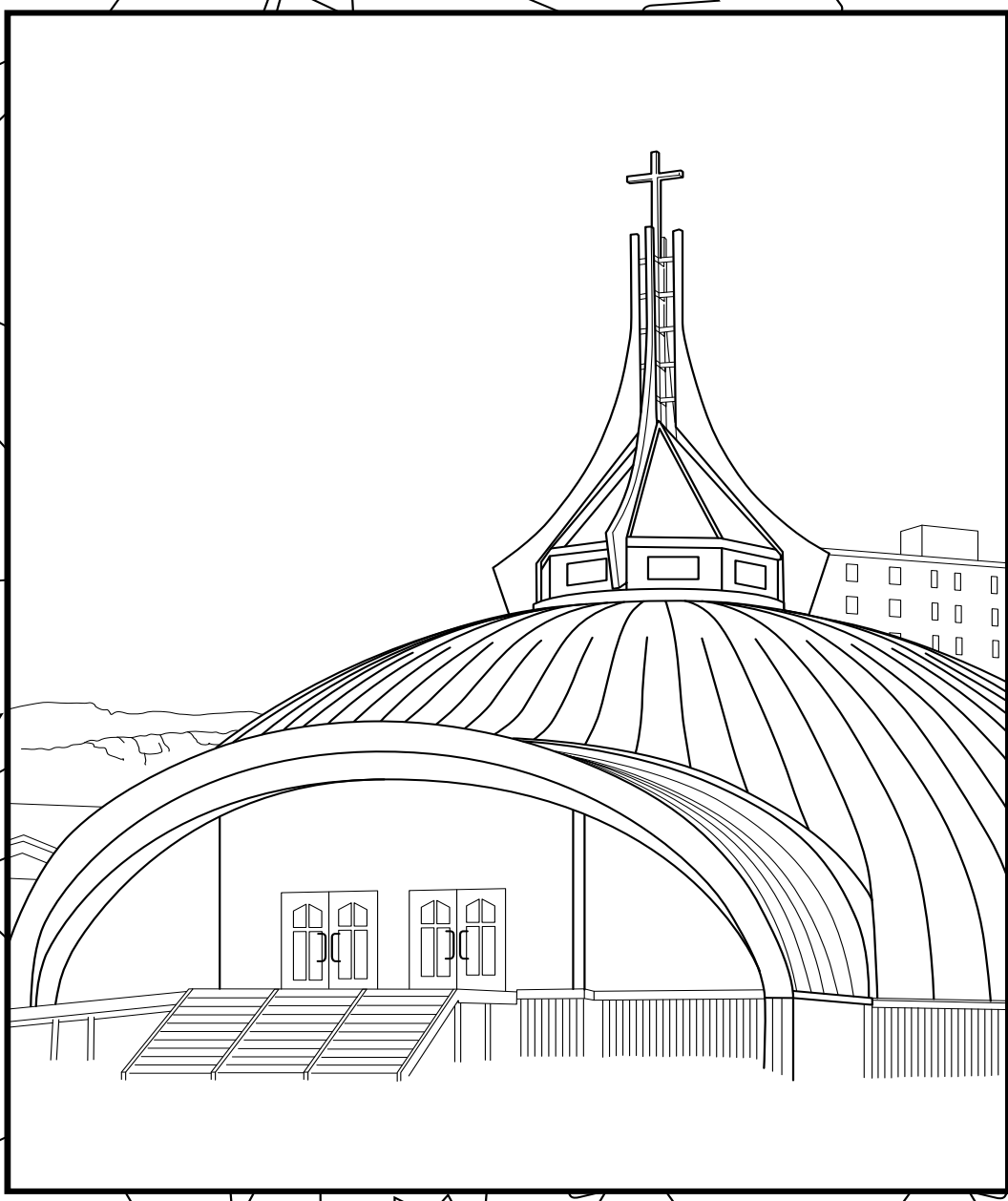
Age: _____

**Note: Only two children per household [if you happen to have more than one copy of the newsletter].*

SUDOKU-PUZZLES

This Sudoku is provided by: Sudoku of the day:
<https://www.sudokuoftheday.com/> Answers on page 14

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



St. Jude's Cathedral in Iqaluit, Nunavut was finished in June 2012 and replaced the original building that was destroyed by fire. What makes this a great architectural design is the fact that it looks like an igloo, a traditional dwelling in the north.

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Northern Hills Community Association

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 Fri 8:00 am - 2:30 pm

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Outreach Wednesdays and Thursdays in NHCA

Every Wednesday and Thursday from 4-7pm we have two Outreach Community Advocates, from the BowWest Community Resource Centre, who are taking appointments from the NHCA office.

They offer Basic Need Appointments: outreach, information and referral support for singles, seniors and adults who do not have children under 18 living at home.

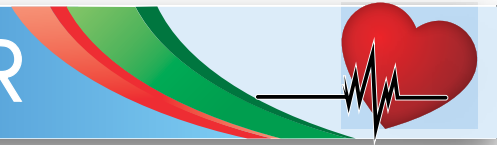
- Wednesdays: Kate Joseph (contact via email kate@bowwest.com or phone 403-703-0140)
- Thursdays: Germaine Rivera (contact via email germaine@bowwest.com or phone 403-874-6809)

The Northern Hills Community Association, the BowWest Community Resource Centre and the North Central Family Support program collaborated to initiate this service with an intention to meet the needs of North West and North Central Calgary residents.

The North Central Family Support Program has other interesting and helpful activities for you and your family.



HEALTH CORNER



Sitting is the New Smoking

By Dr. Aaron D'Amico

Acute and chronic low back pain is becoming one of the most prevalent physical disorders in Canada. Instead of fixing the problem, individuals try and temporarily mask what could have been a relatively otherwise easy fix, with medication. This doesn't usually solve the problem but rather temporarily alleviates the pain symptoms and can cause the problem to become progressively worse. In most cases, more conservative approaches should be taken. These include Chiropractic manipulation, Active Release Technique (ART), Gvilon, Acupuncture, Massage along with the proper posture, strengthening and stretching exercises. Medication in most cases is to help alleviate the symptoms while the problem is being fixed. Just taking medication alone doesn't do this.



Nowadays everyone sits for the majority of their day. Whether it's at your desk working, in your car driving or at home watching your favorite show. Our bodies were made for movement. When we sit in a prolonged position our body reacts and begins to tighten up. This means that your muscles and ligaments become shorter causing joints to stiffen up and lose their natural range of motion. The

main muscle responsible for low back and hip pain while sitting is your iliopsoas. This muscle has two parts; the Iliacus and Psoas. The Iliacus originates from the inside of your pelvis (iliac fossa), while the Psoas originates from the front of the lumbar spine (low back). Both of these muscles join together and insert into the front of your thigh (femur). As you sit this muscle become shorter and shorter and slowly begins to cause pain in the low back and hip.

If you're not moving around continuously there are several things you can do to help prevent or decrease the tightening of your hip flexor muscles and surrounding ligaments. At work having a sit-stand desk decreases the length of time your hip flexors are in the shortened position. Getting up to stretch the iliopsoas and/or walking around every 30-60 minutes are other great ways to help you get away from the sitting induced pain.

Research shows us that sitting is one of the more strenuous positions for our low backs. It was found that sitting caused about 1.5 times more pressure on your lumbar spine than standing alone. To make matters worse if you slump or lean forward about 20 degrees that number increases to almost twice that of standing. This is why proper posture and movement are so important. I constantly recommend easy low back exercises that help immensely. Some of my favorite methods and well researched exercises, are the McGill Big 3. This includes Bird Dog, Curl-Up and the side plank. These three exercises target your low back and core while helping to strengthen the muscles along with aiding the joint mobility.



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Elected Representatives



Ward 3 Councillor Jyoti Gondek

Hello, everyone. From the entire Ward 3 team, I would like to wish you all a merry Christmas, happy holidays and joyous new year! The past two months since being sworn into office have been busy with orientation and meetings with City of Calgary staff to bring me up to speed on major projects and ward-specific items. I've also had the pleasure of attending meetings with community stakeholders, including the Northern Hills Community Association. In terms of Council business, I have advocated for important services we need in Ward 3, like a public high school and better transit options. I'm trying to leverage the Joint Use Agreement (JUA) between the City and school boards to see if there is a way to get a high school into our community through non-traditional means (i.e. let's get creative and provide a critical piece of infrastructure in our community).

Council also spent four days in budget deliberations in November and made some important decisions that ensure Calgarians will not be affected by cuts to transit or police service. For more details on the budget process and results, please visit the Ward 3 website: calgary.ca/ward3.

Following the budget deliberations, we were advised of some great news for north central Calgarians with regard to transit service. Throughout the campaign, I heard from many residents that there was a lack of an east-west bus connection in north Calgary. Since then, I have been successful in making the case for restoring funding for proposed cuts to transit service during recent budget talks, and Council directed Administration to find efficiencies that would minimize underutilized routes and introduce service where it is lacking. Transit has been able to respond by creating a new route 100 which consolidates the current route 100 with the 430 at the airport terminal. This new route 100 will run between the North Pointe bus terminal, the airport and McKnight-Westwinds LRT station creating a direct connection from North Pointe to McKnight-Westwinds. The total

travel time of 37 minutes eastbound and 42 minutes westbound includes a short layover at the airport that does not require changing busses. This routes starts on December 25 and more information is available at: calgary.ca/ward3.

I would like to take this opportunity to thank all of you who took the time to share your perspectives with me on various issues we are facing as a city, as well as the things that are important to you in your own community. Open communication with residents is a core part of my job, and it guides my decision-making at Council. I'm looking forward to many more opportunities to connect with you in 2018 as we work together to make Ward 3 and Calgary a great place to live.

Jyoti Gondek, Councillor, Ward 3
www.calgary.ca/ward3

Lynne Banning, Assistant 403-268-2530
eaward3@calgary.ca

Barb Fleet, Assistant 403-268-4854
ward03@calgary.ca

Calgary-NorthernHills MLA Jamie Kleinsteuber



Greetings Residents of Calgary Northern Hills,

Happy new year to everyone in Calgary Northern Hills! I wish you a happy, healthy, prosperous

year ahead.

As the year begins, many people think about new year's resolutions, resolving to do better in the year ahead.

If your new year's goals are to save money or to do more for the environment, read on!

Did you know that Energy Efficiency Alberta's Residential Retail Products Program features online rebates? You could save up to \$100 when purchasing an energy efficient refrigerator, clothes washer or smart thermostat. Just buy an appliance from the approved model list (see <https://www.efficiencyalberta.ca> to make sure you've got the right one), take a photo of your receipt, fill out the application form, and wait six to eight weeks for your rebate.

Our government's \$8.5-million investment in the Residential Retail Products Program is expected to save

nearly 250,000 gigajoules of energy, enough to meet the needs of 1,675 homes for one year – the equivalent of removing 41,000 personal vehicles from the road for one year. Over the life of these energy-efficient products, the government's investment in the Residential Retail Products Program is expected to deliver \$45.4 million in cost savings to participating households – savings on utility bills to be spent on other priorities. Albertans can save money – and the environment – by making energy efficiency a part of their life. Thousands of Albertans have already done so – and you can too!

This year, Chinese New Year and Alberta's Family Day fall the same week-

end, making it a great time to spend time with friends and family. I hope to see you on Monday, February 19, 2018, for "Family Skate Day" at Vivo. Watch for more details as the day draws near or email the office at Calgary.NorthernHills@assembly.ab.ca to have more information sent your way.

Your MLA,
Jamie Kleinsteuber

Constituency Office:
104, 200 Country Hills Landing NW
Calgary, AB T3K 5P3
Phone: 403.274.1931

Email: calgary.northernhills@assembly.ab.ca



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Honourable Michelle Rempel, M.P. Calgary Nose Hill

Report to Constituents – NOVEMBER 2017

As 2018 begins, my focus remains on policy that creates jobs and ensures economic growth here at home. With that in mind, I invite you to contact me with your thoughts about the upcoming federal budget.

As a part of my annual pre-budget consultation, I would like to hear from small businesses, non-profit groups, industry organizations, community groups and individuals in our community. Your feedback on what you would like to see included in the upcoming federal budget

will be the basis for my submission to the Minister of Finance.

You can submit your comments to me directly by writing michelle.rempel@parl.gc.ca or by sending me a postage free letter to my Calgary office.

Thank you in advance for your feedback and comments.

Michelle.Rempel@parl.gc.ca
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Building Neighbourhood Connections At Home in the Hills (AHIH)

At Home in the Hills (AHIH), an initiative under the umbrella of Northern Hills Community Association (NHCA), first began in 2011. It has been run by a local group of resident volunteers who wish to make their community a better and more livable place. In the beginning, AHIH focused more on the new residents to help them settle in the Northern Hills (Harvest Hills, Country Hills, Country Village Hills, Coventry Hills and Panorama Hills). It facilitated and provided guidance on resources within Calgary to these new residents.

More recently, AHIH has broadened its scope of work and now aims to bring the neighbours within the Northern Hills close to each other. The idea is to build stronger neighbourhood connections benefitting residents of the Northern Hills. Also create environments where neighbours can trust and find support in each other in the time of need. Knowing the neighbours will create an environment where tolerance and peace can prevail and can be passed on to the next generations.



In this new 2018 year, AHIH will organize events and activities in the neighborhood to spread the word about its brand new agenda. One of the first steps in this direction is public outreach. An AHIH outreach-desk was setup in VIVO during December 2017 to introduce the residents to AHIH's agenda and seek their valued suggestions. These sessions included surveys for residents' input and a spinning-wheel contest for giving prizes to the residents who gave correct answers on

questions about the Northern Hills Communities.

Don't you worry! We made sure to find another way to hear back from you. We set up online survey which will remain open up until Jan 31st. Find the survey on our website page, by following the link northernhills.ab.ca/at-home-in-the-hills/ or by scanning the QR code:

Your input will help us to organize programs and activities which will benefit you and your neighbours, and hence will create stronger neighborhood connections.



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Community Sports



Soccer Experience and Success of the Former NHCA's Soccer Player

Interview with Keeley Burke, NHCA's Former Soccer Player

By Yana Soldatenko, NHCA Community Engagement Coordinator, engage@northernhills.ab.ca

YS - What was your experience like with NHCA's soccer?

KB - I started playing NHCA soccer when I was 2 and a half. All we did was chase the ball, run from our shadows, pick dandelions and have snacks, it was a lot of fun. Getting into U6 and U8 soccer, I made new friends every year and started to learn more about the game. For a number of years, I was lucky enough to have the same teammates and in our last year of U8 Girls we were learning a lot of skills and had become a pretty good team. During these years of soccer, I had the opportunity of having my dad as one of my coaches. Getting to spend more time with him and also my friends at soccer helped me to really love and enjoy the game. Playing NHCA soccer was a great starting point for me and I learned how to love this sport. As I am now 16 years old and coaching a team of my own I hope to give the kids the same passion and drive for the game as the NHCA gave me.

YS - What are your favourite memories about NHCA's soccer?

KB - My favourite memory of NHCA soccer would have to be my last year and last game. We had just played our final game and we were sad that our season was over but we played a really good game. At the end of the game as we were all saying our goodbyes our coach yells out "Who wants ice cream?", so we all went to Dairy Queen to celebrate.

YS - How did NHCA's soccer prepare you for a competitive soccer?

KB - NHCA soccer was a great starting point for my soccer career. It taught me about teamwork and gave me the skills and soccer mindset that continue to help me today. Coming into competitive soccer was very nerve racking because I wasn't sure if I would be good enough. Looking back now, the NHCA was the perfect place to start playing soccer because after my first few tryouts I realized that I was fully prepared for the ride. (PLEASE INSERT BOTH IMAGES SOMEWHERE AROUND HERE)

YS - Where do you play now and do you plan to continue playing soccer in the future?

KB - I play in the competitive U17 league. My favourite memory with my current team would have to be in the summer of 2013. We were in the provincial finals and it was a long intense game. By the time that final whistle blew we were on our way to penalty kicks. It was probably the most nerve racking thing ever, but we were able to pull it off and became Provincial Champions. Beyond what I am currently playing I am interested in play soccer at the university that I choose.

YS - If you have any advice for a young NHCA player what would it be?

KB - I would tell a young player to enjoy youth soccer while they can. These years have gone by so fast and I can't imagine myself doing anything else. I love playing soccer and I have made friends that I hope to have for a long time. Youth



soccer was so much fun, and you need to enjoy it and always give 100% to get the full enjoyment out of it because it is so worth it.

YS - Is there any chance we can see you work with our kids at NHCA's soccer this summer?

KB - I worked with the NHCA last year doing technical training for U4, U6 and U10. It was so much fun to pass on my knowledge to the next generation and I hope to be able to do the same thing this year.



4 of the 6 NHCA Ladies Indoor Soccer teams. See standings on opposite page. Photo Credit: Raman S., NHCA Photographer (Volunteer)

SoccerTech
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Standings

Category: Ladies 30+
 Division: Ladies Indoor Regular Season

Team	G	W	T	L	GF	GA	GD	SO	PTS
NHCA Ladies Royal Blue (Royal Blue)	6	6	0	0	21	8	13	2	18
NHCA Ladies White (White)	6	3	1	2	16	12	4	1	10
NHCA Ladies Purple (Purple)	6	2	2	2	13	10	3	1	8
NHCA Ladies Green (Green)	6	2	1	3	10	11	-1	1	7
NHCA Ladies Pink (Pink)	6	2	0	4	16	23	-7	0	6
NHCA Ladies Black (Black)	6	0	2	4	11	23	-12	0	2

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 Last season was full of challenges directly impacting our delivery of the program. We have taken clear steps of improvement and will not use last year's software for this year's program. It does mean you will have to create new accounts - it will also give you access to cool apps and portals.

VALUE FOR MONEY
 All players will receive full uniform kits, including jerseys, socks and shorts. Please ensure that you follow the sizing instructions on the website and at the NHCA office. U4 to U10 players will also receive a participation medal and pictures. Pictures included for U12 to U16/18. Technical training is here to stay.

PROGRAM COSTS
 No raised fees - lower up front cost for the program! No more volunteer fee up front (unless you choose to opt out)! The only costs you will be charged at registration: the program fee and the Community Association membership. For those who have already purchased the CA membership, a refund will be issued.

FIRST COME, FIRST SERVE VOLUNTEERING
 Volunteering is highly important to keep the price point low for the program. We have made more volunteer positions available but will restrict quantities of volunteers needed. If you want a certain volunteer position, please ensure to register early. Registration will open January 8th, 2018

U12-U18 LEAGUES
 U12s will play in a more age appropriate league. All sessions are 1.5 hours in length. One practice and one game per week. Teams from neighboring communities will be added. U14 and U16/18 might enter into the Intercommunity House League for play. Minor travel is to be expected for all U12-U16/18 leagues.



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“Nanny Shack - 24/7 Childcare Services” Moves on to RBC Fast Pitch Finals!

By Tamara Keller,



An idea shared at Northern Hills Connect's inaugural "Pitch Competition" in September has taken on new legs, thanks to University of Calgary students, left to right Giancarlo Piertraoia, Sanya Chaudhry, Charlie Meister, Hugh Taylor, and Mohamed Sameen.

Northern Hills Connect

The idea that became known as “Nanny Shack” was first shared as Nannies to Go by Jessie Leighton and Fatima Cuade at Northern Hill Connect’s “Pitch Competition” on September 8, 2017. That night, local entrepreneurs and an audience of interested community members came together at Vivo, where a total of eight ideas for social enterprise businesses were shared; ranging from the Nanny Shack, to a children’s play place with spa, a visual fine arts program for homeschoolers, online resale and auction sites, a community “Time Bank”, Reclaim Garden Produce, and Night Market North.

Jessie and Fatima went on to present their idea at EconoUS 2017, held Sept 13-15 in Calgary. Here they were connected to many great resources to move their idea forward, but time was becoming an issue as they faced the common challenge of balancing other priorities in their lives.

This is when local University of Calgary student and Northern Hills Connect member Sanya Chaudhry recognized the fit with the Nanny Shack idea for her Entrepreneurial Thinking class ENTI 317. Sanya approached Jessie to discuss ways to move Nanny Shack forward, and together with her classmates pictured, “Group 58” spent the fall semester further developing the business case for Nanny Shack; exploring business models, interviewing parents and nannies, even holding two focus groups with parents. Their hard work culminated in a pitch at the RBC Fast Pitch semi-finals competition held at the Haskayne School of Business on December 7. A total of 60 teams across 5 classes pitched their ideas, with one winner from each class plus one wild card from all classes chosen to move on to the finals in April. Group 58 secured the wild card spot and will be competing at the RBC Fast Pitch finals, held at the Taylor Institute Building at the U of C in April. The prize package is valued at \$100,000 in

cash and in-kind.

Congratulations to Sanya, Mohamed, Hugh, Pietraoia and Charlie!

Do you have an entrepreneurial idea that you'd like to explore? Would you like to learn more about Northern Hills Connect?

Join us on Wednesday January 17 at Northern Hills Connect 2018 Kickoff!

Meet in the Idea Lab at Vivo, from 6:30 to 9 pm, to hear from those who pitched in September about how their ideas are moving forward. Plus, we'd love to hear from you – bring YOUR idea to share. Everyone is welcomed, and dinner will be provided for the roundtable discussion.

More info and RSVP at <http://events.northernhillsconnect.com>.



Compost your real Christmas tree

Make it a green Christmas and compost your real tree this year. There are now two ways to compost your real tree: Use your green cart or drop your real tree off at one of our 12 drop-off locations between December 25 and January 31. If composting in your green cart, follow the same steps as you would for branches in your yard. All trees should be free of lights, ornaments, tinsel, tree stands and string, and should not be wrapped or bagged.

Visit Calgary.ca/christmastree for more information.

Did you know?

All trees collected will be composted with the other food and yard waste collected from the Green Cart program. By composting your Christmas tree, you can keep waste out of our landfills and reduce harmful greenhouse gas emissions.



Get Active and Creative This Winter with The City of Calgary

Become more active and creative this winter by taking part in City of Calgary recreational programs and classes. The Winter Recreation Program Guide is now available. Offering fun, affordable programs for Calgarians of all ages, programs are led by certified, professional instructors at convenient locations throughout the city. With hundreds of programs to choose from, there is something for everyone.

For more information and to register, visit calgary.ca/recreation.



Crossword puzzle ANSWERS

Puzzle on page 4

1	A	S	I	F	5	S	C	A	M	P	10	H	A	12	13	E		
14	D	A	R	E	15	C	A	N	E	R	16	I	T	E	M			
17	E	G	I	S	18	A	R	T	N	O	19	U	V	E	A	U		
20	N	A	S	T	21	U	R	T	I	U	M	S						
					22	P	E	E			23	S	H	A	R	P		
28	S	C	A	T	T	Y	32	T	O	R	R	I	D	E	R			
35	A	L	L	O	W	36	S	E	R	E	37	D	N	A				
38	L	I	L	Y	O	39	F	T	H	E	V	A	41	L	L	E	Y	
42	V	E	E			43	A	Y	E	S	44	L	I	E	G	E		
45	E	N	L	I	S	47	T	E	E	48	W	A	D	D	E	D		
49	S	T	E	N	O					50	A	I	M					
						51	B	E	L	L	F	L	O	55	W	E	R	S
59	G	R	A	S	S	62	R	O	O	T	S	63	R	A	I	L		
64	I	O	W	A		65	R	O	D	E	O	66	I	S	L	E		
67	G	E	L	D		68	S	T	E	R	N	69	T	E	E	D		

Sudoku puzzle ANSWERS

Puzzle on page 8

This Sudoku is provided by: [Sudoku of the day: https://www.sudokuoftheday.com/](https://www.sudokuoftheday.com/)

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

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- Thursday** • 7am - 8pm
- Friday** • 8am - 4pm
- Saturday** • 9am - 4pm



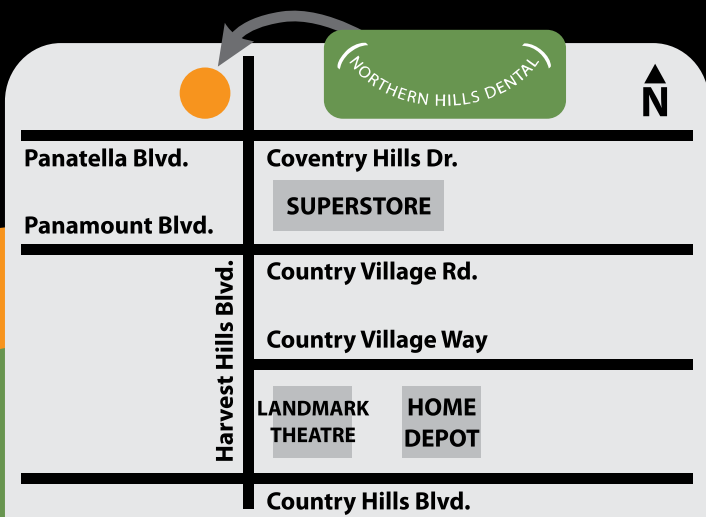
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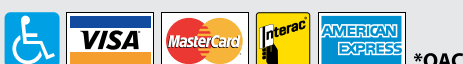
40 Panatella Blvd NW

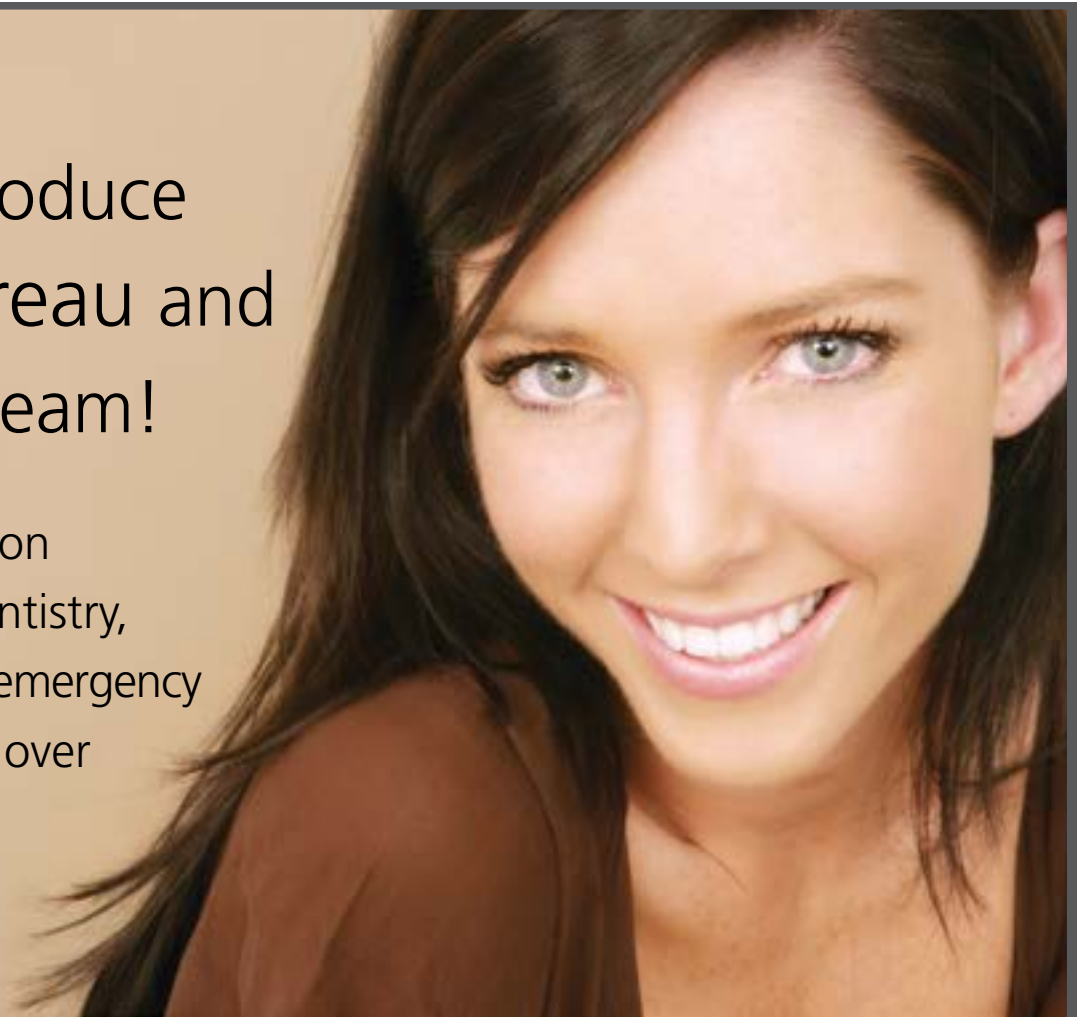
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Dr. Seto is happy to introduce Dr. Maria Chan-Goudreau and Dr. Tonny Tang to the team!

Dr. Chan-Goudreau's primary focus is on children and comprehensive family dentistry, while Dr. Tang focuses on cosmetic and emergency dentistry. Our new dentists both have over 10 years experience.



For your convenience we are now offering evening appointments and direct billing to insurance

Monday: 8am-4pm	Friday: 8am-4pm
Tuesday: 8am-8pm	Saturday: 8am-4pm
Wednesday: 8am-4pm	Sunday: closed
Thursday: 8am-8pm	

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