

NORTHERN HILLS COMMUNITY ASSOCIATION

Northern Hills
Community Association

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

www.northernhills.ca

NHCA Holds Seventh Annual Business Fair

By: Paul Cavanagh

The NHCA held its annual Business Fair on November 23rd on the mezzanine level of Cardel Place. This year the event attracted 37 vendors and local businesses (see list below) that displayed their wares and participated in a little good old fashioned commerce and trade. The Business Fair has become an increasingly popular event among presenters and participants alike.

We had a variety of vendors including a bakery, a barber, a real estate agent, senior's services, financial institutions, skin care products, children's books, crafts, travel, automotive sales, naturopathy as well as many other services and products available locally in the Northern Hills. The variety of participants displayed at our Fair is just a small example of the great entrepreneurs and businesses in our communities.

The NHCA would like to thank the retailers and businesses who participated in this year's affair and to Cardel Place for providing a superb location to hold the event.

The NHCA is a volunteer organization that tries to provide opportunities for a healthy and vibrant business atmosphere in the northern hills areas while at the same time maintaining a safe and sustainable environment for our residents. The NHCA would like to thank all of the participants, attendees, sponsors and volunteer supporters of this great event and look forward to seeing everyone again next year.

November proved to be a winning month for those NHCA members who attended the Business Fair and received a prize draw. Thanks to all those who support the Association through purchasing memberships and to our sponsors of these draws:

1. Cobs Bread
2. RBC Financial
3. Cardel Place
4. Canadian Brewhouse
5. Heritage Makers
6. Youngevity

A great big thank you goes out to **Panago Pizza at 616-500 Country Hills Boulevard NE (Ph 403-226-7100)** who provided delicious pizza, Cobs Bread who provided Scones, Starbucks Coventry Hills who provided coffee, Sobey's who provided half price juice, and Rexall Panorama who provided water



for all of the participants and volunteers throughout the day. Business Fair Participating Vendors:

- Amir Hassanali-Author
- Arbonne
- ATB Financial
- Audiomedica
- Avon
- Calgary Northern Hills Constituency Office-Teresa Woo-Paw
- Century 21 Real Estate
- Cobs Bread
- Country Hills Toyota Scion
- Designing Travel Inc.
- Embroidery Wall Décor
- Epicure Selections
- Five Star Barber
- Foresite Eyecare
- Granddaughters Personal Care Inc
- Heritage Makers
- Investors Group
- Irlen Syndrome
- Kiddiekakes Custom Cake Design
- Munasu African, Latin & Caribbean Store
- Northern Hills Church
- Party & Dollar Bonanza
- Primera
- Punkymonk Baby Creation
- RBC Royal Bank
- Scentsy
- Servicedealsfinder
- Stampin' up
- Steeped Tea
- Stella & Dot
- Usborne Books
- The UPS Store 264
- Trivita
- Western Naturopathic, Youngevity Younique

UPCOMING EVENTS 2013

December and January

- Indoor Soccer Season
- Northern Lights Contest
- Mayor's Annual Food Drive
- Business/Craft Fairs
- Harvest Hills Pleasure Rink Starts
- **2014 Membership Purchase and Renewal Time**

Northern Hills
Community Association

Notice to Parents of Possible School Operations Changes

by Erin O'Brien

Nose Creek and Coventry Hills schools are discussing moving to a modified school calendar for this coming school year. As a result, one of the changes being considered would include starting classes in the second week of August, 2014. There will be a meeting to discuss these proposed changes at:

Nose Creek School on December 2, 2013 at 7 pm.

Concerned residents, parents and parents of preschool children are invited to understand how the proposed changes might affect residents, people, children, students and the community.

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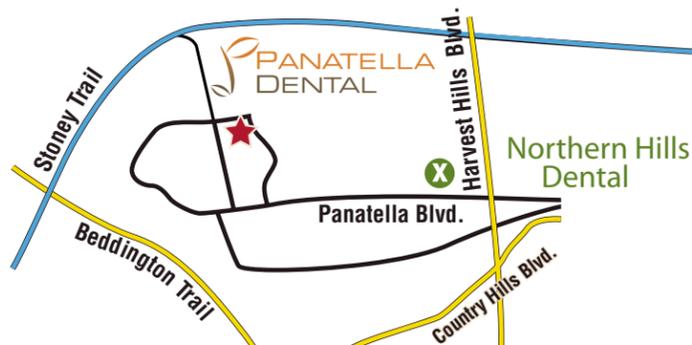
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NEW PATIENTS WELCOME

VOLUNTEER

NHCA VOLUNTEER OPPORTUNITIES

by Kate Shaw, President

Vacancies on the Board:

Community Garden Director – Our existing gardens in Harvest Hills and Coventry Hills have been a great success. If you would like to be the volunteer coordinator of these gardens and are able to commit to one Board meeting a month, then this may be the position for you.

Rink Director - Our rinks require a coordinator to be successfully manage rinks in Harvest Hills and Panorama Hills. As a Board volunteer, you will attend a Board meeting once a month.

If you are interested In Board Positions Contact:
president@northernhills.ab.ca.

We have many volunteer committees that could always use help:

Social Networker - If you are interested in tweeting, posting or blogging about all the latest goings on in the Northern Hills community, then the NHCA Communications team would love to hear from you! Contact 2ndVP@northernhills.ab.ca.

Graffiti Abatement - Individuals eager to learn how to clean it up and prevent future outbreaks! If you are someone who likes to take action and see results, this could be the opportunity for you. Please contact community@northernhills.ab.ca if graffiti gets under your skin!

Litter Clean Up - Have some ideas on how to clean up and prevent littering in our neighbourhoods? We are seeking individuals who are as annoyed as we are about the amount of loose litter lingering in our alleys, on our boulevards and in our green spaces. Please contact community@northernhills.ab.ca if you've had enough!

Youth - Calling on future community leaders to get together and bring their ideas on how to engage their peers in community building activities. A great way to meet youth with common interests and fulfill those volunteer hour requirements! Please contact youth@northernhills.ab.ca

Membership Services - Opportunities to meet your neighbours when helping out at events around the community. The NHCA hosts a table at a variety of events including the Community Garage Sale, Business Fair, E-Cycle and Community Clean Up, Stampede breakfasts etc. If you are interested in helping out contact membership@northernhills.ab.ca

At Home In The Hills - An initiative to assist new Canadians, Calgarians and/or residents to the Northern Hills. We are working on providing activities and information to assist with the transition into our area. This volunteer committee recently held a successful Kaleidoscope Olympics event. If you are a resident of the Northern Hills Communities, familiar with the area and perhaps speak another language, this could be a wonderful opportunity to meet and greet! Contact ahih@northernhills.ab.ca

Beautification – We are expanding our efforts to beautify neglected areas in our communities and are looking for committee members. Activities of the group may include organizing fence painting, gardening, community clean ups, looking for solutions to repair/remove damaged entry features etc. Have a desire to see improvements in our community

aesthetics? Contact

community@northernhills.ab.ca

Events – Our association hosts many events, large and small, throughout the year and we are looking for individuals to join this committee to help organize and carry out the tasks necessary for success. Love to socialize and enjoy the feeling of a job well done? Contact

events@northernhills.ab.ca

Sponsorship - Have an interest in marketing and a no fear attitude when communicating with businesses in the area? Our association would appreciate your help in contacting local business owners to discuss advertising opportunities and their community support. Interested? Contact

marketing@northernhills.ab.ca

Grants – We are a non-profit organization and funding is an important component of our business plan. There are funds available; we just need committee members who enjoy filling out the forms! Previous experience with grant applications would be an asset. If securing available funds is your specialty then we need you! Contact

grants@northernhills.ab.ca

Community Garden – Our existing gardens in Harvest Hills and Coventry Hills have been a great success. If you would like to help out at these gardens by doing a little carpentry work, mowing, weeding, watering or planting flowers etc. this would be a great way to get out and enjoy the sunshine! Are you a resident of Panorama or Country Hills and would like to have a garden in your neighborhood? This could be the committee for you. Contact garden@northernhills.ab.ca

Rinks – Our rink in Harvest Hills provided many hours of skating pleasure for residents this year and could use the help with clearing and flooding in winter as well as mowing the site during the summer months. We will be working with the City to have a similar rink up and running in Panorama for next winter and our rinks committee is seeking eager individuals to help with the planning and execution of an additional outdoor rink in Coventry Hills, this would be a dynamic committee to be a part of. Contact rinks@northernhills.ab.ca

Farmers' Market – A committee has done some research and planning for a Farmers' Market in our area. We need help with finding a potential site and/or business partner to get this project moving! The focus will be on healthy, fresh food. If you are an avid market shopper and/or have knowledge of vendors in the Calgary area, this would also be a great group to explore the possibilities with. Contact farmersmarket@northernhills.ab.ca

Senior's Group – SPRY in the Hills, a group of older adults who host regular get togethers on Tuesdays from 2 - 4 pm, Fridays from 1 - 2pm, a weekly walking group, occasional lunches, workshops and field trips are looking for you and your ideas. Contact seniors@northernhills.ab.ca

Traffic – If you and your neighbors have traffic related issues; parking, speeding, upgrading controls at intersections and you're willing to work together to find solutions, contact planning@northernhills.ab.ca

For more information please contact the NHCA office at 403-226-6462 or info@northernhills.ab.ca.

From the President

by Kate Shaw,
President NHCA



Community service is voluntary work that is done gratis (i.e. - for free, without wages, no cash compensation, etc) in order to help people or give back to the community. Don't be too busy during this holiday season that you can't see the needs of others. Remember to help out wherever you can by shoveling the snow, helping an older person who may be alone, donating your time or money during this giving season. NHCA volunteers give all year round, not just during this busy time of the year. When I started on the Board, I recall a discussion with the current Office Manager and the Past President on the topic of volunteering. We asked each other how our families viewed volunteering when we were growing up. Is volunteering something that your family instilled in you or was it not necessarily valued? Was serving others something you did on a regular basis or not at all? I realize that if I am not helping others, my life is not complete. My family taught me the meaning of helping others less fortunate from a very young age. By developing a lifestyle of serving, you will be rewarded in ways you never thought possible.

I am proud of the work that we on the NHCA Board are accomplishing. On October 26, we held our second strategic planning session. The purpose was to develop strategic and operational plans to move forward for the next three years. This process allowed us to take an in depth look at what we are doing, what we want to focus on, where we want our resources to go and how to get there. The Board and staff gave up a full Saturday to participate in this process. I was amazed, but not surprised at the passion and dedication throughout the day. This process is not an easy one, but is necessary in order to remain accountable and sustainable as a viable Community Association well into the future. I would like to thank Lynne Nieman who facilitated the session and Angela Williams from the City of Calgary who co-facilitated the day. I also wish to thank our sponsors Subway, Tim Horton's and Imperial Oil who donated coffee, sandwiches and funds to pay for our facilitator. And most importantly I wish to thank all of the Board members, committee volunteers, staff and community volunteers for contributing to this successful process. At the end of the day it was felt that we needed more time to develop some of the details on how to go forward so follow-up meetings were scheduled to fully assemble a written document that includes goals, action plans and budgets for the next year, and ways of measuring results. Work is still in progress at this time. Stay tuned for more details!

Thanks to all the volunteers who helped organize and run a successful Annual Business Fair event on November 23rd at Cardel Place. We are pleased to be supporting some of our local businesses in the Hills. For details, see the story in this issue and on the NHCA website. We are pleased to welcome our new

office assistant, Gigi Tingzon who started work in early November and has been a great asset to the office dynamic. Gigi is a new resident to Northern Hills and brings a great deal of vigor to the community, where she is always looking for opportunities to help and learn more about the Northern Hills community. This completes our office staff. Our second Casino was held November 17 and 18. Thanks to the many volunteers that worked so tirelessly to support this major fundraiser to fund our many valuable programs and services.

Once again we are holding our NHCA Northern Lights Contest. I encourage you to nominate your friends and neighbors by entering them into the Contest. Contest details are found in this issue and on our website www.northernhills.ab.ca

Donation boxes for the Mayor's Annual Food Drive can be found at the NHCA office in the west wing of Cardel Place and at Cardel's information desk. Please take the time to donate non-perishable food items to help feed Calgary families in need.

Winter in the Hills brings with it plenty of activities. Remember to take time to skate at the Harvest Hills recreational rink. It is operational again this winter. This pleasure rink is located at the south end of Harvest Hills Lake at the west end of Harvest Lake Drive. There is existing winter water service at a site in Panorama Hills, located at Panatella Blvd. and Panatella Hill Way. This site had delays with broken water service last winter and without a Rink Director to get this up and running this winter, this project is currently on hold. All outdoor rinks require dedicated volunteers to help flood and clear. Contact president@northernhills.ab.ca if you are interested in helping out.

This is the time of year where the NHCA board, committees and staff are planning programs and services for 2014. Our November 27th board meeting included the review of plans and budgets for the upcoming year. As always, we welcome your input. We are continually looking for input from Northern Hills residents. If you have concerns and/or opinions regarding traffic, development, facilities and services in the Northern Hills, please email your comments/ suggestions to president@northernhills.ab.ca

NHCA 2013 memberships expire on December 31st. Memberships help fund the many programs and services that the Association endeavors to provide to the residents of the Northern Hills. Refer to the list found in this newsletter and on our website for activities, programs, events and projects we provide and support. By purchasing or renewing your membership today, you are helping to build a strong and engaged community. If you are planning to visit the NHCA office to purchase or renew a membership, find out when soccer registration begins or inquire about our many other programs, events and services. Please check our website at www.northernhills.ab.ca for up to date hours and information.

I wish you all a happy, healthy and safe holiday with family and friends and a Happy New Year. I look forward to serving you in 2014.

Storm Water Ponds not for Recreation

With winter starting (again) the NHCA understands that it is tempting for local residents to use storm water ponds for recreational skating and/or toboggan run out areas during these cold weather months. Please be reminded that these activities are dangerous, prohibited under city bylaw, and are not endorsed by the NHCA. Here's why.

There are several storm water ponds located in the northern hills: Harvest Hills, Coventry Hills, and Panorama Hills to name a few. These ponds are engineered facilities planned and operated by the City of Calgary and designed to control and manage surface water runoff in our neighbourhoods. Their surface water levels fluctuate, rise and fall, depending on climate and precipitation such as summer storms or winter chinook winds. During the winter months the surface ice rises and falls (because it is floating on the water), which promotes uneven ice thicknesses and a high potential for cracking due to repeated stress cycles. This represents a very dangerous and unpredictable situation on the ice surface for people, animals, and objects.



In Harvest Hills, the NHCA has developed a pleasure rink designed for recreational skating. It was designed, developed and is maintained by local volunteers. It is open to skaters of all ages. There are also slopes and hills that run out onto open fields without any obstructions for safer sliding.

Please choose to recreate safely and responsibly.

Newsletter

"Did you Know In the Hills?" Contest!

It is time again to pose a question to our readers relating to the northern hills communities, the Northern Edge News, the Northern Hills Community Association (NHCA), or other information contained in an article in this month's newsletter. When you find the answer to the question below send us an e-mail at editor@northernhills.ab.ca and include your name, contact information, NHCA membership number, and the edition (month), article and page number where you found the answer. There will be a prize draw from each month's entries for dinner and a movie. The fine print says there can only be one entry per month per membership and you must have a current NHCA membership to be eligible. So find the answer and WIN!!

The skill testing question for this month is:



What is the closing date for submissions to the NHCA Northern Lights Contest?

When you find the answer, mark the date on your calendar and send in the answer to editor@northernhills.ab.ca



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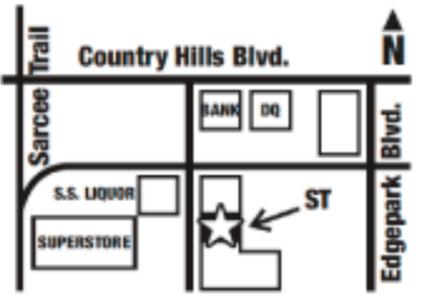
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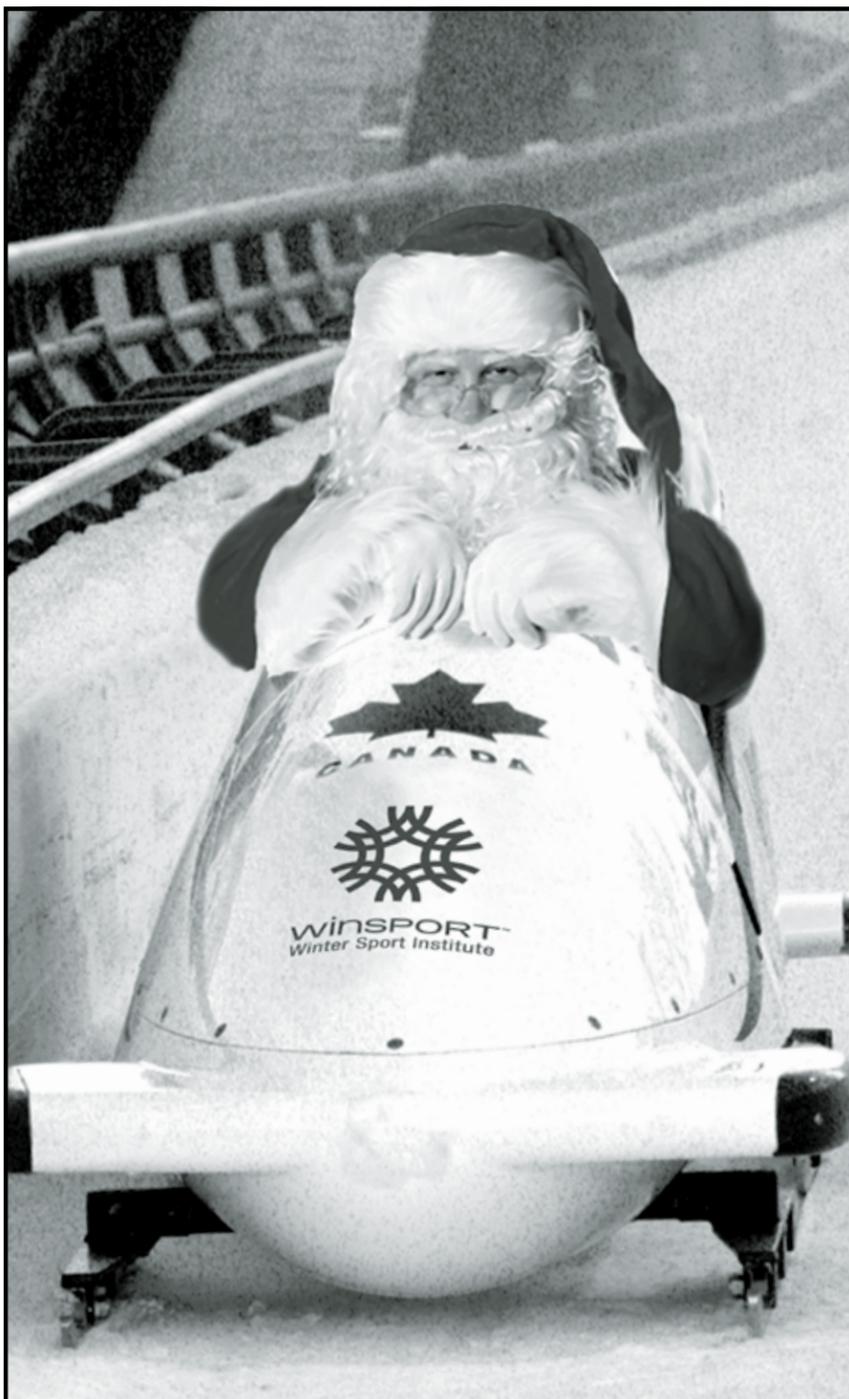




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Northern (Hills) Lights Contest ENTER TO WIN!

by Collen Middleton

The fun and festivities of the holiday season are just around the corner and what better way to celebrate than to help decorate the communities of the Northern Hills! The Northern Hills Community Association (NHCA) is pleased to announce the return of the "Northern Lights Contest" in recognition of residents who contribute to the holiday spirit. The contest is open to any residents living in: Country Hills, Coventry Hills, Harvest Hills or Panorama Hills.



Nominations

Nominations will be accepted for residents' effort to beautify our community during the winter season. Some considerations in judging may include the following:

- Decorative plants or seasonal flora
- Colourful or plentiful lights



- Use of low wattage lighting or environmentally friendly choices in decorations
- Demonstrating diversity of beliefs

To nominate someone's seasonal decorations please contact community@northernhills.ab.ca or drop off your nomination to the NHCA Office in the Genstar Wing of Cardel Place at 11950 Country Village Link. Be sure to include the following items:

- A colour photo of the nominee's front yard (digital picture, scanned picture, photograph)
- The address of the nominee's property
- Your name and contact information
- Nominations must be received by December 31st to be considered, and only nominated homes and their nominators will be considered for prizes. All nominated addresses will be published in the newsletter, and posted on www.northernhills.ab.ca once the winners have been selected.

Judging and Winners

The Northern Hills Community Association beautification committee will determine the winners. **Two households** from each of the communities of Country Hills, Coventry Hills, Harvest Hills and Panorama Hills will be chosen. Each winning home will receive a **\$100 gift certificate from Applebee's** and all those who take the time to nominate will be entered into a draw for **two winners of a \$100 gift certificate from Applebee's**. For more information please contact the NHCA Office at 403-226-6422 or email: community@northernhills.ab.ca



NHCA c/o Cardel Place
11950 Country Village Link NE
Calgary, Alberta T3K 6E3
Ph.226-6422 Fax 226-6421
Website: www.northernhills.ab.ca

For general information by email, please send messages to info@northernhills.ab.ca

BOARD MEMBERS

President	Kate Shaw president@northernhills.ab.ca
Past - President	Wendy Cavanagh pastpresident@northernhills.ab.ca
1st Vice President	Kara Boehnert 1vp@northernhills.ab.ca
2nd Vice President	Amanda Davis 2vp@northernhills.ab.ca
Secretary	Shawn Prodgers secretary@northernhills.ab.ca
Treasurer	Jereme Young treasurer@northernhills.ab.ca
Advocacy	David Hartwick advocate@northernhills.ab.ca
Cardel Rep	Suresh Fernando cardel@northernhills.ab.ca
Community Enhancement	Collen Middleton community@northernhills.ab.ca
Community	Garden Vacant garden@northernhills.ab.ca
Communication	Paul Cavanagh communication@northernhills.ab.ca
Events	Luzimar Serviss events@northernhills.ab.ca
Grants	Suresh Fernando grants@northernhills.ab.ca
Business Development	Shawn Prodgers business@northernhills.ab.ca
Memberships	Herve Lamah membership@northernhills.ab.ca
Planning/Development	Brian Pshyk planning@northernhills.ab.ca
Policy	Sunny Shuang policy@northernhills.ab.ca
Rinks	Vacant rinks@northernhills.ab.ca
Schools	Kara Boehnert school@northernhills.ab.ca
Sports	Janice Henderson sports@northernhills.ab.ca
Youth	Amanda Davis youth@northernhills.ab.ca
Director at Large	Parminder Gill
Volunteer Coordinator	Jessica Mehain volunteer@northernhills.ab.ca

NEWSLETTER, WEBSITE and IT

Editor - Northern Edge News	Paul Cavanagh editor@northernhills.ab.ca
Website/IT	Troy Davis web@northernhills.ab.ca

STAFF

Office Manager	Matt Pechey Matt.pechey@northernhills.ab.ca
Administrator	Gigi Tingzon admin@northernhills.ab.ca
Marketing Administrator	Heather Hubert marketing@northernhills.ab.ca
Bookkeeper	Angela Hinsberger bookkeeper@northernhills.ab.ca
Soccer Coordinator	NHCA office soccer@northernhills.ab.ca

Calling All Volunteers!

We have many rewarding volunteer opportunities available for you right here in your community!

Northern Edge News

The Official Newsletter at the North Hills Community Association

The Northern Edge News is published once a month by the Northern Hills Community Association

Editor	Paul Cavanagh	editor@northernhills.ab.ca
Ad Sales	Heather Hubert / Wayne Brown	ads@northernhills.ab.ca
Layout/Design	Duane Thomson	Keyline Publishing
Delivery	Canada Post	

Deadline: All ads must be submitted and paid for by the 9th of the month by noon (no exceptions) for publication in the following month's edition. Please book all ads through the NHCA Office (ads@northernhills.ab.ca). Advertising layout assistance is available from Keyline Publishing. Please contact the association office.

Go Batty for the Environment at Captain Nichola Goddard School!

The grade 4 students and teachers at Captain Nichola Goddard School have been learning about being stewards of our environment. They have embarked on a bat conservation project with the City of Calgary's Parks department and Husky Energy to create a sustainable natural environment for bats in and around our community.

The Go Batty partnership has already resulted in a sustainable bat protection program for our city. Students have been busy researching, studying, writing about and discussing Alberta bats, environmental concerns and habitat requirements. They are also taking part in designing and painting 42 sturdy cedar bat houses for Husky to put up as near as our Panorama community and other places around Calgary.

We hope to attract the Little Brown Bat to use our bat houses during the warmer seasons. This native species is the most common bat in Alberta, with an estimated 1 to 1.5 million bats in the province. Little Brown Bats are a small bat, weighing a bit more than a Toonie. They usually roost in buildings or trees with colonies of typically 50 to 300 bats. All Alberta bats are insectivores, consuming hundreds of flying insects per hour. Their preferred prey are nuisance insects including moths, beetles and mosquitoes.

Here's what our students said about the project: Liam said, "My favourite part of the bat house project was painting it!" and Gibson remarked,



"Something I learned is that the bats look through a little slot in the bat house to see any predators." Maya observed "that the bat houses we got had three layers

Leslyanne Banks
Grade 4 Teacher
Captain Nichola Goddard



and about 300 bats could live in it!"

Our bat houses will be mounted throughout Panorama in tall trees along the walkways. Please watch out for our bat houses! They are designed with dark colours to attract the bats, maintain heat in the house and blend in with the environment so they may tricky to find!

Welcome to the Team, Gigi!

The NHCA Office Administration team is finally complete! We've hired Gigi Tingzon to fill the final part-time position in the Office and she's been busy learning the ropes, just in time for the holiday season. Gigi has been with the NHCA team since early November and has been met with open arms, as the office has been gearing up for what looks to be a full and busy 2014 year for all.



Gigi, a newer resident of the Northern Hills community, comes to us previously from the Contra Costa County Sheriff's Office, where she oversaw numerous programs for the county's law enforcement division. She brings with her an eagerness to learn and great interest in learning all she can about the NHCA.

Join us in welcoming Gigi to the Administration team. Feel free to stop in and say hello when you have a moment!



NHCA Vision

Northern Hills is a vibrant diverse, inclusive and sustainable community.

Northern Hills
Community Association

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NORTHERN HILLS CHURCH

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Website: www.northernhillchurch.ca

Email: info@northernhillchurch.ca

Phone: (587) 353 - 0883

Riding Bicycles through the Cold Season

Leaves have turned, days are getting shorter, mornings chillier. It might start snowing any day now. It's the time of year when many people put their bicycles away until spring. You needn't though: with a little bit of preparation you can continue to ride your bike at least off and on through the cold season.

As long as roads aren't snowy or icy and temperatures don't fall far below zero, cycling isn't much different than walking: you need a jacket and gloves. The days when it's -30C are memorable, but there aren't very many of them! Thanks to chinooks, Calgary regularly experiences above-zero temperatures with dry roads and pathways even in the deep of Winter.

Join thousands of Calgarians who ride

their bicycle year-round. You don't have to do it every day, but whenever you'd be comfortable walking, you can also be comfortable riding. Continue to enjoy the health benefits of cycling by riding to work, school, or for fun through the cold season.

Winter weather doesn't keep Calgarians off the ski slopes and cross-country trails, and it needn't keep them off the bike paths either. Even snow and subzero temperatures can be overcome. Proper clothing is important, and, depending on your level of comfort and commitment, you might consider adapting your bike for riding on snowy and icy roads and paths. To learn more about winter cycling in Calgary, visit bikecalgary.org/winterriding



NHCA STRATEGIC FOCUS AREAS

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Northern Hills Community Association

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Chartwell's Winter Guest Stay program is designed to offer short-term accommodation with the level of support you need. This includes a relaxed environment, nutritious dining, and on-site activities and services. Come explore peace of mind retirement living without a commitment, and leave the shovelling to someone else this winter. We have a furnished suite waiting for you.

Seasons greetings and warm wishes for the holiday season from your friends at Chartwell Harbours Retirement Residence.

A special thank you to participating Sobey's for their support of CHARTWELL'S FILL 'ER UP FOOD DRIVE FOR VETERANS.

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Go Girl 2013



On November 9th, 68 girls packed Cardel Place to take part in this year's Go Girl Event. This event is put on by the Northern Hills Community Association and Cardel Place each year in November. This is the second year that the NHCA has been part of the event and once again was a complete success.

The girls participated in numerous activities throughout the afternoon such as: rock climbing; yoga; zumba; jewelry making; and a spa. This year the theme of Go Girl was Self Defense. No matter what group the girls chose, they each got a chance to participate in the Self Defense hour. Watching the girls learn about how to defend themselves was amazing, and they sure learned how to yell very loud! These girls were very engaged throughout the session!

For another year, Dean Stanton came to facilitate the Urban Art session. Make sure to take a look at the wall by the child minding center to find all of the wonderful creations from the last 4 years of Go Girl.

This year each group also participated in an NSTEP session where they learned about nutrition. It was very interesting to learn exactly how many sugar cubes were actually in items that we commonly consume.

At the end of the day the girls received a bag from Iviva, which was graciously donated from the Market Mall Store. This bag was filled with a few goodies donated by Michaels in Country Hills, Superstore in Country Hills, as well as a coupon for Cardel



Place. A big thanks goes out to Heather Hubert from the NHCA who worked very hard at getting donations for this wonderful event!

As always, a huge thanks goes to the beautiful volunteers that helped the girls throughout the day. Rebecca Everitt, Angela Williams, Chanessa Dick, Koren Graumann, Sarah Kisko, and Kiran Sharda from the NHCA Youth Council, were wonderful role models for the girls. It was a lot of fun to watch some of these ladies participate in the Self Defense training!!

The NHCA is looking forward to working together with Cardel for Go Girl 2014!



The Mission Statement

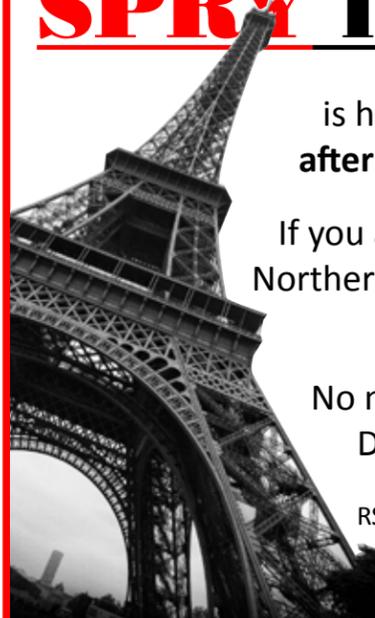
The **Northern Hills Community Association** endeavours to enrich and empower the diverse communities of the Northern Hills by:

- Advocacy and education
- Supporting opportunities for engagement, and
- Enhancing quality of life

Northern Hills
Community Association

OPEN INVITATION TO OLDER ADULTS IN OUR COMMUNITY

SPRY in the Hills



is heading out to France for the afternoon of **December 10, 2013.**

If you are an older adult living in the Northern Hills, please come and join us from 2:00 – 5:00 pm.

No need to pack, but your RSVP by December 6, 2013 is required!

RSVP to www.seniors@northernhills.ab.ca or call NHCA Office at 403-226-6422 or sign up at our regular meetings.

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✓ We do more than oil

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516 Country Village Way NE. Open 7 days a week and 'til 8pm weekdays.

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\$15 off
any major maintenance service

Offer applies to the purchase of any maintenance service (excluding air filters, additives and light bulbs) and must be presented at time of service. Valid at all Calgary locations. Not valid with any other maintenance offer or discount. Expiry: March 31, 2014 Code: 6938

MR. LUBE

\$10 off
any oil change package

Offer applies to the purchase of any oil change package and must be presented at time of service. Valid at all Calgary locations. Not valid with any other oil change offer or discount. Expiry: March 31, 2014 Code: 6939

MR. LUBE

Northern Hills Advocates at Work!



by Kate Shaw (President) and David Hardwick (Advocacy Director)

As you know, there was not much change for the Northern Hills Communities in the recent municipal election. Most of us have the same Councillor (Alderman), School Trustee and of course Mayor, with the exception of those in Country Hills that have a new Councillor, Sean Chu. Congratulations to all those that ran for election, and to those that won.

As we mentioned in an October article, voter turnout is typically low in our community so thank you to all those that took the time to vote. We heard a few stories of confusion about where to vote and a lack of information so hopefully that did not dissuade too many people. In October we also mentioned some election issues for people to consider and ask the appropriate candidates about.

As members of the NHCA board, we had the pleasure of providing interviews to the Calgary Herald and Shaw Cable during the recent municipal election campaign regarding the issues in our neighborhood. The interviews provided us the opportunity to promote the positive attributes of our communities and their strengths, but also highlight some of the needs we hear from our residents. When asked about the most important issues for our neighborhoods, we explained that we are in urgent need for a public high school as many of our students are

bussed out of the neighborhood. Three other key needs that were identified through our community consultations were gathering places (seniors, daycare, cultural groups) that are affordable and available, medical and diagnostic services, and recreational services. Other important issues discussed were ongoing traffic concerns and access to human services. More information is available in our Creating Space for Strength report available on the NHCA website.

Now we want to ask the community again what is important? We recently completed our Creating Space for Strength consultation where structural, program and service needs were considered for the area, and we are now looking at taking that forward to the next step. But what else is important to you that we can share with our elected officials over their four year term? Are traffic lights driving you nuts? The proposed development east of Coventry Hills? Traffic safety? Services? Programs? The lack of a public high school? Overcrowded schools? We would like to hear from you so that we can build a new list of resident concerns, wants, and needs to improve life in our great community.

We will sort out the feedback by level of government and meet with the appropriate representative to share our wish list in the coming months. Please email your comments to advocacy@northernhills.ab.ca.

Newsletter

"Did You Know In the Hills?" Contest!

The NHCA has a winner of the "Did You Know in the Hills?" contest sponsored by Applebee's and Empire Theatres.

Andre Bridgnell's name was drawn for the month of September* from all of the entries who found the correct answer that the names and addresses of the indoor facilities that will be used by the NHCA men's and women's indoor soccer programs this fall and winter were Absolute Baseball, 2221 Crowchild Trail NW and Calgary North East Sports Facility, 401-33 St NE. Andre wins two Empire Theatre passes and a \$50 gift card to Applebee's. Thanks to all of the people who have found the answer, sent in entries and have decided to play indoor soccer through the NHCA this winter!

Look in this edition of the NEN for details on our "Did You Know in the Hills?" contest and WIN!



*Note: We checked our records and discovered no draw or winner for September edition. Next month we will be back on track with the announcement of the November draw winner. We apologize for any confusion this might have caused.

PROGRESSIVE OPTOMETRY

Dr. Micah Luong
Dr. Debbie Luk
Dr. Palki Arora



DOES YOUR CHILD STRUGGLE WITH READING?

Your child may be a vision-related learning disorder that requires vision therapy

Make an appointment to ensure your child's eyes are ready for school
AHC covers routine eye exam from 6 months to 18 yrs old

Dr. Luk specializes in pediatrics. She is a residency-trained, board-certified developmental optometrist

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Panatella Blvd		Superstore
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www.progressiveoptometry.com



**Two Service Sunday Worship
at 9:15 & 11:00 am.**

Programming for Nursery to Grade 4 during both services and Youth Programs during the 9:15 am service. Club 56 for grades 5 & 6 during the 11:00 am service.



Harvest Hills Alliance Church

*Invites you to our
Christmas Eve Services*

*4:00 pm
5:30 pm &
7:00 pm*

Everyone welcome

Services during the Christmas break:

*No Service on Christmas Day
Sunday, December 29 @ 11 am
Sunday, January 5 @ 11 am*

There will be no Children's Programming these two Sundays.

Go to our website for more information on these and other events.

10099 Harvest Hills Blvd. N.W.
E-Mail: office@hhachurch.com

Phone: 403-226-0990
www.hhachurch.com

ATB Financial Celebrates 75th Anniversary with Community Support

On September 27, 2013, ATB Financial showed their continuing support for our communities when the Northpointe Branch presented the NHCA with a \$1000 cheque to sponsor our U12 girls soccer division for 2014! In addition, the Northpointe Branch, in partnership with the NHCA, planted a special blue spruce tree in the NHCA's Coventry Community Garden. We were advised that the tree "represents ATB's deep community roots and hope for continued growth and prosperity of the Northern Hills." The tree growing and taking root, symbolic of growth and prosperity, in our community is appreciated by all.

The NHCA thanks ATB Financial for their generous donation and for contributing to the beautification of the Northern Hills. Thanks also to Heather Hubert, Sarah White and son, and Matt Pechey for helping to find a permanent home for the spruce tree in our Coventry Garden. Shown are photos of Sarah White and her son planting the beautiful blue spruce tree on a nice sunny day (before all the snow came).

Congratulations ATB, on your 75th Anniversary!



ATB Financial™

How to Get a Membership

Annual Membership is from January 1st through to December 31st
You can purchase a membership three ways:

1. Access our online membership registration at: www.northernhills.ab.ca under the membership tab
2. In-person registration at the office
3. Mailing your membership form below to the office



Resident Membership Form

Mail to: NHCA, 11950 Country Village Link N.E. Cardel Place, Calgary AB T3K 6E3

FEES: Family \$30 Single \$20 Senior (60+) \$20
 *Associate \$30 Business \$50 **Business Plus \$120

*Family/Single/Senior outside of the Northern Hills Area **Additional Web Ad

Please enclose cheque payable to "Northern Hills Community Association"

First Name _____ Last Name: _____

First Name _____ Last Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

Please indicate activities you would like to learn more about:

- | | | |
|---|---|---|
| <input type="checkbox"/> Community Garden | <input type="checkbox"/> Community Clean up | <input type="checkbox"/> Garage Sale |
| <input type="checkbox"/> Adult Slo-Pitch | <input type="checkbox"/> Small Business Fair | <input type="checkbox"/> Health and Wellness Fair |
| <input type="checkbox"/> Newsletter | <input type="checkbox"/> Children's Soccer | <input type="checkbox"/> Community Beautification |
| <input type="checkbox"/> Ladies Soccer | <input type="checkbox"/> AGM | |
| <input type="checkbox"/> Graffiti Abatement | <input type="checkbox"/> Planning and Development | |

Please indicate what activities you would like to see in your community:

- | | | |
|---|--|--|
| <input type="checkbox"/> Older Adult Programs | <input type="checkbox"/> Children's Softball | <input type="checkbox"/> Outdoor Ice Rinks |
| <input type="checkbox"/> Indoor Soccer | <input type="checkbox"/> Farmers Market | <input type="checkbox"/> Tennis Courts |
| <input type="checkbox"/> Other _____ | | |

Would you like us to contact you about volunteer opportunities in your community? yes no

OFFICE USE ONLY:

Paid by: Cash Cheque # _____ Credit Card (Visa / MC)
Received: ____ / ____ / ____ Card Sent

BECOME A MEMBER OF THE NHCA AND GET CONNECTED TO YOUR COMMUNITY!

THE NHCA OFFERS THE FOLLOWING FOR OUR MEMBERS:

- We are your voice for planning and development issues
- Partner with local businesses to enhance programs.
- Founding member and board representation for Cardel Place.
- Meet regularly with elected, agency, and government representatives.
- Liaise with Public school and Separate school boards.
- Discounts at NHCA community events!
- Northern Hills members can vote at the NHCA AGM.
- You qualify to join the Board of Directors.
- Discounts and special offers at participating local businesses.
- Monthly community newspaper to every home in Northern Hills.
- Check out our website.



The annual membership fee for families is only \$30. Single and Senior Households \$20. Businesses (directory on website) are \$50 and Business Plus members (ad and link on website) \$120. Watch the value of your membership grow as the NHCA increases its business discount programs and you receive savings, while at the same time supporting community programs!

Your membership fee provides affordable local activities and programs that help keep your community healthy and attractive, such as:

- **Programs** – Community Gardens, Seniors Group, Moms and Tots, Community Beautification, Tree Planting, Graffiti Abatement
- **Initiatives** – Outdoor Ice Rinks, Farmers' Market, ESL Program, Youth Council, and Wine and Cheese Group.
- **Sports** – Youth Outdoor Soccer, Adult Slo-Pitch and Ladies Outdoor and Indoor Soccer Programs.
- **In partnership with the City of Calgary** – Stay & Play, Park & Play, Skate Park and Lawn Chair Theater programs over the summer.
- **Events** – Community Garage Sale, Community Clean Up, Community Business & Services Fair, Seniors Resource Fair, City Planning Open House, Community Resource Fair, Fundraisers and Election Forums.



Support your community association today. Memberships can be purchased on-line, in person at the NHCA office or by mail. www.northernhills.ab.ca

BEEN HAVING THE CHILDREN'S OUTDOOR SOCCER BLUES?

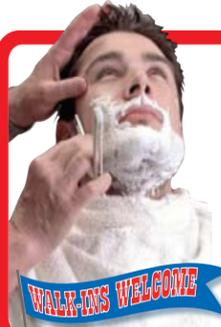
Mark your calendars with the following dates only for in-person* registration to play 2014 Children's Outdoor Soccer:

- Saturday, **February 1st** from 9:00am-12:00pm
- Monday, **February 3rd** from 5:00pm-8:00pm
- Saturday, **February 15th** from 9:00am-12:00pm
- Wednesday, **February 19th** from 5:00pm-8:00pm
- Saturday, **February 22nd** from 9:00am-12:00pm
- Monday, **February 24th** from 5:00pm-8:00pm
- Saturday **March 1st** from 9:00am-12:00pm

Online registration runs February 1st-March 1st ONLY! Watch this spot for more information.

*In-person registration is reserved for cash, cheque, and debit payments. All credit card payments must be made through online registration





FIVE STAR BARBER SHOP
 Monday - Friday 9 am - 8 pm
 Saturday 9 am - 6 pm
 Sunday 11 am - 5 pm
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 220 - 30 Country Hills Landing NW.
 Calgary, T3K 5P4

Men's Cuts \$19
 Hot Shaves \$21
 Senior's Cuts \$16
 Kid's Cuts \$16

Every Haircut includes a Hot Neck Shave

Bring this coupon in and **Receive \$5 OFF**



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Calgary NE office
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Airdrie office
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The NHCA Marketing Advantage

Are you a business owner operating in one of the Northern Hills Communities? Here are 5 Facts on how to Quickly Gain Tremendous Presence and Gain Access to Local Clients through the NHCA.

- 

FACT # 1:
 Your potential customers living within the NHCA communities expect to be able to find and learn basic information about your company.
- 

FACT # 2:
 When your potential customers get a referral to your business, what is the first thing they do? They go online to check you out. Some start from NHCA Business Directory online. Are you listed there?
- 

FACT # 3:
 Your business needs to be found online and on print and did you know you could start with NHCA online business directory <http://www.northernhills.ab.ca/businesses/> or Northern Edge News Newsletter
- 

FACT # 4:
 Northern Hills Community Association NHCA is everywhere your customers are and a Business Partnership Membership can get you to them.
- 

FACT # 5:
 NHCA Seventh Annual NHCA Community Business & Services Fair occurs annually in November and this is an opportunity for you and your business to showcase your business products and services and also get to meet and connect with your future clients.

CONTACT US BY:

Email at marketing@northernhills.ab.ca; phone 403-226-6422 or fax info 403-226-6421.



Contact Name _____
 Company _____
 Telephone _____
 Email _____
 Best time to call _____
 Interested in _____

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 (By McDonald's and Starbucks)

NEW PATIENTS AND EMERGENCIES WELCOME!

403.226.3939

Northern Hills Community Association



403-226-8881

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Provide 20/20 Foresight to our patients



For Health

- Complete eye exams include checkup for cataract, glaucoma, degenerations, plus signs of high blood pressure or diabetes within the eyes.
- Alberta Health Care covers complete eye exams for kids under 19, and seniors, and Medical and urgent eye care for Albertans aged 19-64, no referral needed.
- Our doctors take the proper time to assess your eyes and needs.

For Looks

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- Designer eye glasses packages with family budgets in mind.
 - Ray-Ban
 - GUESS
 - MICHAEL KORS
 - ANNA SUI
 - bebe
- Special Kids Packages
 - Eye See Eye Learn - FREE exam & eye glasses for kindergarten kids
 - Eye M Growing for Kids - free lens exchange within 1 year for breakage or prescription change
 - Myovision for Myopia Control
- Contact Lenses - specialty custom fits to disposable lens packages
- Ask about our Centennial package. FREE lenses with designer frame purchase (some restrictions apply)

For Life

- Our team is committed to preventative health care for families over the long term. Early child care includes prevention of lazy eye. Adults receive tips on nutrition and eye drops. Visit our facebook page for regular eye health tips and promotions.
- Direct billing to insurance
 - Blue Cross
 - Great-West Life
 - Sun Life Financial
 - GSC
- Evening and Saturday appointments



Ashton Square
226, 40 Country Hills Landing NW
Bus access #301, 88, 86, 109, 114, 142

LIBRARY NEWS

Programs for December 2013

Register on-line at www.calgarypubliclibrary.com or call 403-260-2620

"Turn your imagination into reality at the Country Hills"

Jingle Bell Babies

Celebrate the festive season with stories, songs and finger plays especially for babies.

Ages 6 to 23 months with a parent/caregiver Monday, Dec. 9 from 10:15 - 10:45 a.m.
Registration begins Nov. 13



pen to make your very own holiday greeting card. Ages 9 to 12 Saturday, Dec. 7 from 10:30 a.m. - 12:30 p.m.

Registration begins Nov. 13



Marvellous Movies

Join us for movies from the Library's video collection. Call branch for movie titles.

Friday, Dec. 27 from 2 - 4 p.m. No registration required

Holly Jolly Toddlers

Come celebrate the holiday season with stories, songs and more! Ages 2 to 3 with a parent/caregiver Tuesday, Dec. 10 from 10:10 - 10:30 a.m. Registration begins Nov. 13

Tinsel Time

Come celebrate the season with Christmas stories, songs and rhymes. Ages 3 to 5 independent of a parent/caregiver Thursday, Dec. 12 from 10:15 - 10:45 a.m.
Registration begins Nov. 13

Waiting for Santa

Join us as we get ready for Christmas with stories, rhymes and songs. Ages 2 to 5 with a parent/caregiver Saturday, Dec. 14 from 2:15 - 2:45 p.m.
Registration begins Nov. 13

Create A Holiday Card

Learn about the basic forms of calligraphy, and use a special calligraphy

Computer Technology Coaching

Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products. Wednesdays, Sept. 11 to Dec. 18 from 2 - 3:30 p.m. No registration required

Traditional Plants of the Season

Learn how to create a festive container of traditional plants, while discovering their history and the wonder, awe and spirituality they bring to the winter festivities. Presented by Janet Melrose, Calgary's Cottage Gardener. Saturday, Dec. 7 from 1 - 2:30 p.m. Registration begins Aug. 19

READ, LISTEN, CREATE AND PLAY!

Check out the Library's TeenZone!

<http://calgarypubliclibrary.com/teens>

There are many ways that teens can connect with others via the Calgary Public Library, whether on our TeenZone Blog, via social media or by finding the right book. The Library has something for everyone.

The Calgary Public Library TeenZone is where teens can find their next book to read. They can sign up for an automated newsletter or browse the amazing book lists. Teens can follow the Teen Blog for great contests, book and music reviews. What's more, teens get a chance to be interactive and creative on the Teens Create page, where we showcase local teens' art, poetry and ideas. Here we have an amazing virtual space, an open free canvas, where teens have access to creative expression. Take a look at some of the amazing entries online. If you are a teen or know one, be sure to let them know they can curate content for the library Teen Zone.

In addition to all this, of course the library has an expansive young adult collection, where, aside from books, we lend eBooks, Graphic Novels, DVDs, CDs and Magazines. All this and more is available with a teen library card (only \$6.00 per year!). And don't forget all the digital content available via our Website: encyclopedias for researching, newspapers for keeping up on current events, Shakespeare database for L.A., listening to music with Naxos Music Library, and so much more.

Also, the library is a great place to volunteer. We have some interesting opportunities, from helping seniors learn computers to being a reading buddy to a child in grades 1-3. More information is available on our Website and the staff at Country Hills is very happy to help.



COUNTRY HILLS LIBRARY

11950 Country Village Link NE

Hours:

Monday - Thursday 10 a.m. - 9 p.m.
Friday & Saturday 10 a.m. - 5 p.m.
Sundays (mid-Sept to mid-May) Noon - 5 p.m.



IT'S TIME TO GET INVOLVED



Cold Weather Safety

Alberta Health Services EMS responds to many cold weather related emergencies every winter. Simple actions, such as: dressing appropriately and anticipating sudden weather changes, may help keep you warm and safe this season.

Frostnip

- Frostnip occurs when skin is extremely cold, but not frozen. It commonly affects the ears, nose, cheeks, fingers and toes;
- Skin appears red, but also turns white when pressed. It may also feel numb to the touch;
- When treated promptly, frost-nipped skin will heal without complication;
- Gently re-warming the affected area in a warm environment, is advised.

Frostbite

- Frostbite occurs when skin becomes so cold, that the skin and underlying tissue freeze, completely;
- It may look white and waxy and will feel hard to the touch;
- Treatment begins with removal from the cold environment and placing the affected area in warm, *not hot*, water (about 41°C), until re-warmed;
- Seek further medical attention as required.

Hypothermia

- Hypothermia is an abnormally low body temperature - less than 34°C (as compared to normal body temperature of about 37°C);
- People suffering hypothermia may act inappropriately with uncharacteristic stumbling, mumbling, and fumbling, as their body temperature continues to lower;
- Early recognition and prompt medical attention is crucial. Left untreated, hypothermia may progress to coma and death;
- Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Gentle re-warming should start as quickly as possible, including: removal of wet or constrictive clothing, covering with blankets or sleeping bags, and protecting the patient from further heat loss (wind, moisture and contact with cold surfaces).

Don't Let Thieves Steal Your Christmas

The Christmas season is prime time for car prowlers and thieves. Gifts and valuables in vehicles can make their jobs easy. Here are a few tips to help reduce your risk:



- When you exit or enter your parked vehicle, stop and take a look around the area.
- Before leaving your parked car, always remove the keys, roll up the windows and lock the doors.
- Park in a well-lit area, use parking lots frequented by others
- Put all valuables and gifts in your trunk. If that's not possible, conceal gifts and other valuables.
- Try not to unload gifts in your vehicle and then leave it unattended in the same parking spot. Car prowlers might be on the lookout for shoppers traveling back and forth from stores to unload gifts.
- Never leave your car running unattended.

If you park in an attached garage, always lock the door leading from the house to the garage and the garage door.

- If you don't park in a secure garage at home, don't leave gifts in cars overnight to keep them secret.
- After opening an automatic gate to underground parking, wait for the gate to close before you park.
- Prevent crime by reporting suspicious behaviour to police at 403 266-1234. Call 911 for a crime in progress.

If your car is broken into:

- Inventory missing articles for later use with the police or an insurance claim.
- Report online at www.calgarypolice.ca/online-reporting or in person at a district office. Even if there's little chance of catching the suspect, alerting the police can help prevent somebody else's car from being prowled.
- Special thanks to the Crime Prevention Unit at the Calgary Police Service for their input.

Are you looking  for a fresh start?

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www.nbccalgary.com
(403) 389-6224

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info@granddaughters.ca
www.granddaughters.ca

Northern Hills Communities Crime Statistics – October 2013

The crime statistics for October 2013 in the Northern Hills area are in the attached tables. Additional information can be obtained from the Calgary Police Service (CPS) crime map at <http://crimemap.calgarypolice.ca/>.

Overall, the number of crimes reported in October was 51, which is down from the summer months and a more usual for the Northern Hills Communities in a month. About 61% of the crimes are classified as thefts, thefts from vehicles, and vandalism. The CPS tell us these crimes are often related and frequently involve vehicles that are parked and left unlocked and/or idling. Also, of note is a significant increase in the number of assaults (8) and residential break-ins (7) occurred in October. These crimes are not necessarily related.

The purpose of providing regular reports on crime statistics and information is to increase awareness and hopefully help

the CPS make our neighborhoods safer. We meet regularly with Community Liaison Officers (CLO's) for our area to review statistics, to discuss issues and trends regarding crime in our communities, and to identify ways that the NHCA can help the CPS in their work. Residents can contact the CLO's for our area at the District 7 office if they have any questions or concerns.

In addition to reporting crimes directly to the police, residents can also contact Crime Stoppers anonymously by telephone, web tip, or text message. If the information leads to an arrest, the caller may qualify for a reward. For further information

about the Calgary Crime Stoppers readers may contact the vice-president of the Calgary Crime Stoppers Association at sna-gina@shaw.ca or 403-464-9442. Alternatively, you can check their website at www.tttips.com.

Remember, if you are the victim of a crime or if you are a witness to a crime, no matter how big or small, please report it to the police service as soon as it is safe to do so. The more information that the police have to work with the more likely they will be able to solve the crime and apprehend the person or persons responsible.

Crime Category	October 2013 Statistics by Community					Total
	Harvest Hills	Panorama Hills	Coventry Hills	Country Hills	Country Hills Village	
Theft	7	1	3	-	5	16
Theft from vehicle	-	3	6	-	-	9
Assault	1	3	3	1	-	8
Residential Break-in	-	-	7	-	-	7
Vandalism	-	2	1	-	3	6
Vehicle Theft	-	1	3	-	-	4
Robbery	-	1	-	-	-	1
Total	8	11	23	1	8	51

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- ✓ Over 4,000 families have trusted Richard with their real estate needs
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flemingr@telusplanet.net
www.calgaryrealestatesales.ca

A Word from Ward 3

Thank you for providing me the opportunity to continue to represent you on City Council.



Jim Stevens,
Ward 3 Alderman

I have always had a strong passion for community and am looking forward to working with you to make Ward 3 and Calgary an amazing place to live. Over the next 4 years I will continue to make decisions that are in the best interest of the citizens of Ward 3 and the city as a whole.

I have begun to set my strategic goals for the next 4 years based on your input and perspective. As part of my list of priorities I would like to:

Work with city administration to address broad community concerns such as traffic, transit, and other important services that contribute to our quality of life.

Ensure future North Central LRT development remains top of the transportation list.

Advocate for smart development to provide a variety of housing options for new and existing Calgarians.

I will continue to refine my list of priorities as I hear from you and incorporate more of your ideas with my experience and knowledge of city administration.

I would also like to take this opportunity to welcome Barb Fleet to Ward 3. She joins myself and Lynne Banning to create our new Ward 3 team. Our combined skills and experience will enhance our ability to serve the citizens of Ward 3.

I encourage you to visit my website, www.calgary.ca/ward3, for information on what is happening in and around Ward 3. Also if you have any questions or concerns, please do not hesitate to contact my office.

Jim Stevenson
Councillor, Ward 3

Fostering safe communities...

Fall is the time of year when many Calgarians are busy preparing their homes and yards for the winter months ahead. Here are some things to keep in mind during your fall cleanup:

- Under the Community Standards Bylaw, it is illegal to burn leaves and yard waste. Check calgary.ca for leaf drop off locations.
- Tree branches may be disposed of with your household garbage. All tree branch trimmings left out for waste collection must be packaged in plastic garbage bags, tied in bundles or placed in your black or green bin for collection. Bundles can be no more than 1.25 metres in length and must weigh less than 20 kg each. Bundles should be put out for collection on your regularly scheduled collection date and must be placed

at least 0.3 m (1 foot) from your blue, black or green bins.

- According to the Drainage Bylaw, water from a hot tub or pool can't be drained into the storm drainage system that channels water into our rivers. Instead, this water should be drained into the wastewater drain located in the basement of your home.
- Hazardous materials such as gasoline, motor oil and paint cannot be disposed of with your household garbage. Visit calgary.ca to find a list of Throw n' Go locations and fire stations with special storage depots for proper disposal of these materials.

Have a safe fall season and thank you for helping us build safe and vibrant communities!

Birding Basics

Winter is a great time of the year for young people to connect with nature. They can do this by learning about the variety of bird species in Fish Creek Provincial Park and other natural areas in Calgary through the Friends of Fish Creek Winter Birding Course. Birds are now easier to see as the trees have shed their leaves, there are fewer species present and they often occur in large flocks.

Sign up with your child, grandchild, niece, nephew or any young person who enjoys experiencing nature and wildlife, and who would benefit from this valuable learning opportunity. Allow them to enrich their life enjoying the great outdoors during morning or afternoon weekend sessions. The fee for youth 16 years of age and under is only \$5.00 with one registered adult.

As a fundraiser for the Friends of Fish Creek, these outings will be conducted by lifelong birder and naturalist Gus Yaki and other experienced birding instructors.

12-week course starts Monday, January 6, 2014.
Choose to come on Monday, Tuesday, Wednes-

day or Thursdays at 9:15am, Saturdays at 9:00am or 1:15pm, or Sundays at 9:00am or 1:15pm.

Reserve early as each group size is limited to 15 participants.

Fee for 12 outings:

- Adult Friends of Fish Creek Members: \$60.00
- Adult Non-Members: \$100.00
- Youth 16 years of age or younger with registered adult: \$5.00

Pick up a 2013-2014 Membership and save!

Membership year runs from Oct. 1, 2013 - Sep. 30, 2014

Individual: \$35.00 Family: \$45.00

Senior (+60 years of age)

Individual: \$25.00 Family: \$30.00

To Register visit friendsoffishcreek.org/programs/birding-course

email info@friendsoffishcreek.org or call 403-238-3841

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. . . LET US CHECK YOUR EYE HEALTH SOON

Licensing your cat or dog

The first step towards responsible pet ownership is to license your cat or dog. Here are five things every Calgarian should know about pet licensing:

- Your cat or dog's licence is their ticket home! Licensing your pet provides Animal & Bylaw Services with the information needed to reunite you with your pet should he ever become lost. A licence tag also tells people who may find your cat or dog that the animal is owned and that they should turn him in to Animal & Bylaw Services.
- Licensing your cat or dog is the law! Under the Responsible Pet Ownership Bylaw 23M2006, by three months of age, all cats and dogs residing in Calgary must be licensed with The City of Calgary Animal & Bylaw Services. The penalty for an unlicensed cat or dog is \$250.
- Cat and dog licences must be renewed annually! A one-year licence costs:
 - \$15 for altered cats and kittens (up to six months old)
 - \$30 for unaltered cats
 - \$36 for altered dogs and puppies (up to six months old)
 - \$58 for unaltered dogs
- Your license fees, not tax dollars, fund our Animal Services operations! Your fees allow us to:
 - Return lost cats and dogs to their owners and enforce the Responsible Pet Ownership Bylaw.
 - Deliver school programs and educate animal owners about responsible pet ownership.
 - Feed and shelter lost cats and dogs at the Animal Services Centre.
 - Operate a state-of-the-art veterinary clinic to provide care for adoptable cats and dogs.
 - Operate our animal adoption and volunteer animal socialization programs.
 - Provide emergency medical care for lost cats and dogs that are injured.
 - Help neighbours resolve animal-related conflicts.
 - Provide free spay or neuter surgeries for the cats and dogs of low-income Calgarians.
- Purchasing and renewing a cat or dog licence is easy! You can purchase or renew a licence online (calgary.ca/petlicences), by phone (3-1-1), or in person at the Animal Services Centre (2201 Portland Street S.E.).

Thank you to all Calgarians who license their cats and dogs every year! Your commitment to responsible pet ownership helps us to create healthy, safe and vibrant communities for people and their pets.

For more information about pet licensing and the Responsible Pet Ownership Bylaw, visit calgary.ca/animalservices.

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.



Yielding to Emergency Vehicles

Time is the enemy in any emergency. You can help police, fire, and EMS get to the scene quickly and safely by following the rules of the road. It is important for motorists to understand how to safely yield right of way to emergency vehicles with lights and siren activated so that everyone stays safe.

What to do when an emergency vehicle approaches with lights and siren activated

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, clear the intersection.
- On a one or two lane road, motorists should move to the right side of the road and stop. Remember to signal.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal.
- Remember, emergency vehicles may need to use any available road space to maneuver. This may include the use of shoulders and left hand turning lanes to pass other traffic.

While driving on the road

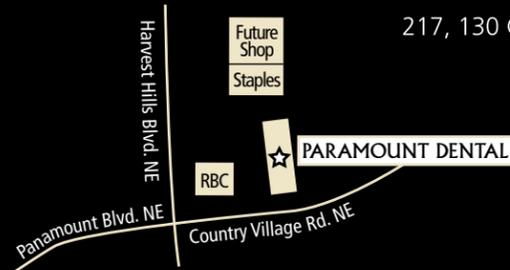
- Drive defensively at all times. Be attentive to sirens of emergency vehicles and be prepared to yield the right of way.
- It is the law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving in the lane next to where an emergency vehicle is stopped.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Do not drive on or block the shoulder of highways if emergency vehicles require it for access. Instead, wait for the emergency vehicle to pass before merging safely back in to the flow of traffic.
- Always leave plenty of space between your vehicle and an emergency vehicle in case it should stop suddenly.

www.albertahealthservices.ca

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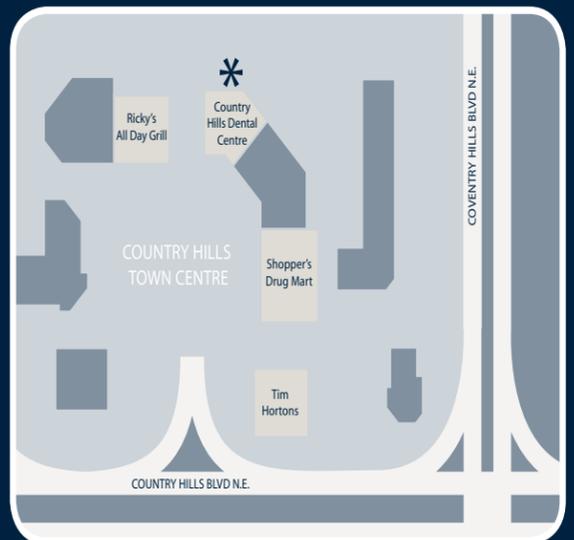
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