

# Northern Edge News



FEB 2013 • Official Newsletter of the Northern Hills Community Association

www.northernhills.ab.ca • FREE

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

## WINNING LIGHTS!

December 2012 was a Holly Jolly Christmas Season! The NHCA would like to acknowledge all residents who decorated their homes in the spirit of the season and the people who took a moment to nominate their favorite decorations in the 2012 edition of the annual NHCA Northern Lights Contest. Congratulations to all the nominees and to those who took the time to acknowledge the efforts of their neighbors.

Without further adieu, here are the winners of the 2012 Northern Lights Contest.

### WINNERS

164 Country Hills Park  
1191 Country Hills Circle  
33 Panorama Hills Way  
1085 Panamound Drive  
49 Harvest Park Place  
180 Harvest Gold Heights

### DRAW WINNERS

Chris Neil  
Nenette Gonzalez

### NOMINATED IN COUNTRY HILLS

1081 Country Hills Circle  
2076 Country Hills Circle  
2083 Country Hills Circle

### NOMINATED IN PANORAMA HILLS

18 Panorama Hills Road  
143 Panamound Gardens  
179 Panamound Gardens  
273 Panatella Boulevard  
543 and 545 Panamound Blvd.  
1161 Panorama Hills Landing

### NOMINATED IN HARVEST HILLS

22 Harvest Grove Close  
68 Harvest Oak Drive

This community association event was sponsored by Applebee's Restaurant, located at Suite 707- 388 Country Hills Boulevard, who provided each of the eight winners with a \$100 gift certificate. In addition, a \$100 gift certificate was given to each of the two lucky winners of the nominators draw.

Thanks again to Applebee's and to all who lit up our community over the holidays!



1191 Country Hills Circle



1085 Panamound Drive



33 Panorama Hills Way



49 Harvest Park Place

164 Country Hills Park



180 Harvest Gold Heights



## UPCOMING EVENTS 2012

### February

Kids Outdoor Soccer Registration - Feb 1 to Feb 28  
Adult Slo-Pitch Registration - Feb 1 to Mar 15  
Men's Outdoor Soccer Registration - Feb 1 to Feb 28  
Ladies 20 to 30 Soccer Registration - Feb 1 to Feb 28  
Teen Soccer Registration - Feb 1 to Feb 28  
Ladies +30 Soccer Registration - Feb 1 to Feb 28  
'Creating Space for Strength' Community Consultations - Feb. 21st

### April

Annual General Meeting - April 11  
Health & Wellness/Resource Fair - April 11  
Planning and Development Open House - April 11  
Adult Slo-Pitch Begins - April 22

### May

Soccer Season Begins - May 1  
Garage Sale and Flea Market - May 11

## Storm Water Ponds not for Recreation

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 this cold winter weather. These activities are dangerous, prohibited under city bylaw, and are not endorsed by the NHCA.

There are several storm water ponds located in the northern hills: Harvest Hills, Coventry Hills, and Panorama Hills to name a few. These structures are planned and operated as engineered facilities designed to control and manage surface water runoff in our neighbourhoods. As such, 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 ice that has formed on the surface rises and falls (because it is floating on the water), which promotes uneven ice thickness formation and a high potential for cracking due to repeated fluctuation cycles. This represents a



very dangerous and unpredictable situation on the ice surface for people, animals, and personal items.

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. Please choose to recreate safely and responsibly.

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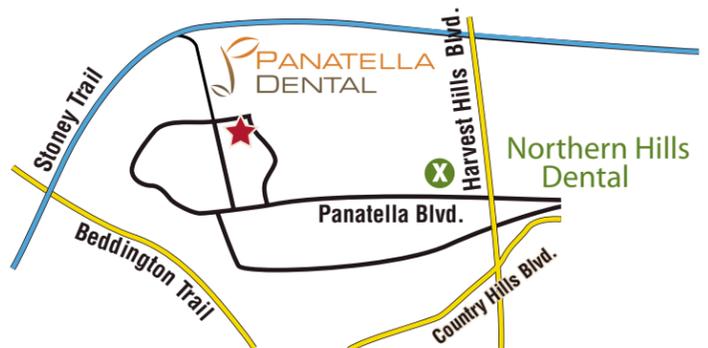
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# VOLUNTEER

## NHCA VOLUNTEER OPPORTUNITIES

### VACANCIES ON THE BOARD:

**Rinks Director** – Love the outdoors and would like to see kids and families enjoying some free ice time this winter? This is a great opportunity for someone who would like to see more outdoor rinks in our neighborhoods. A committee of volunteers in Harvest, Coventry and Panorama could use your help working with the City to make it happen!

**Community Garden Director** – This is a wonderful opportunity to share your enthusiasm for gardening! Working with the existing garden coordinators, you will represent the interests of the Community Gardens on the NHCA board. Come, grow with us! The previous director has provided great documentation and will remain as an active volunteer.

**Beautification Director** – Are you bothered by the condition of some areas of our communities? This position provides the opportunity for creative solutions to some obvious problems.

**Marketing Director** – This position is responsible for developing relationships with local businesses for advertising in the Northern Edge News and, in conjunction with the sponsorship committee, develop sponsorship opportunities for NHCA events, activities, sports programs, membership development, and value-added partnerships.

For Interest In Board Positions Contact: [president@northernhills.ab.ca](mailto:president@northernhills.ab.ca).

There are many committees that could always use the 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 [community@northernhills.ab.ca](mailto:community@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 [graffiti@northernhills.ab.ca](mailto:graffiti@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](mailto: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](mailto: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](mailto: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 its first welcome 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:grants@northernhills.ab.ca)

**Community Garden** – Our first garden in Harvest Hills has been a great success. We are currently looking for a coordinator for this existing committee. We added a second garden in Coventry Hills in 2011. Would you like to see a garden in Country Hills or Panorama? If you love to garden, this could be the committee for you. Contact [garden@northernhills.ab.ca](mailto:garden@northernhills.ab.ca)

**Capital Projects** – Our pleasure rinks in Harvest Hills and Coventry are ready to go and awaiting a cold, snowy winter. 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 [community@northernhills.ab.ca](mailto:community@northernhills.ab.ca)

**Farmers' Market** – A committee is researching and planning for a Farmers' Market in our area. 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, your input would be appreciated. Contact [farmers-market@northernhills.ab.ca](mailto:farmers-market@northernhills.ab.ca)

**Senior's Group** – SPRY in the Hills, a group of older adults who get together on Tuesdays from 2 - 4 pm and Fridays from 1 - 2pm are looking for you and your ideas. Contact [seniors@northernhills.ab.ca](mailto: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](mailto:planning@northernhills.ab.ca)

For more information please contact the NHCA office at 403-226-6462 or [info@northernhills.ab.ca](mailto:info@northernhills.ab.ca).

## From the President

by Wendy Cavanagh,  
President NHCA



Thanks to all the volunteers and special guests who accepted the NHCA invite to view the movie 'Life of Pi' on Saturday January 26th. It was a great event organized by our new Volunteer Coordinator, Jessica Mehain and new Events Director, Kate Shaw. With the support of Shauna Careddu, they took on the task on short notice and more than 200 volunteers and guests joined in the early morning event. The movie was inspirational as was the event celebrating a record number of volunteers who came out to help the Community Association make this the best community in 2012.

Please make an effort to attend the Community Conversation taking place at the Country Hills Superstore Community Room on Tuesday evening, February 21st. This is an opportunity for residents to get together and discuss the strengths of our community and voice their opinions about future programs and services here in the Hills. The event is the next step in the ongoing 'Creating Space for Strength' Study and we are looking forward to hearing from you! Mark it on your calendar and take the step to help shape your community.

How many of you are aware of the wonderful program being offered to Moms and Tots in our community? The Northern Hills Community Association in partnership with the Harvest Hills Alliance Church, has been offering time and space for this group for more than a decade. With dedicated volunteer leadership Moms and their young children are provided the opportunity to get together on Thursday mornings from 10am – noon. Please take a moment to read the article submitted by Rosemarie Penner, parent volunteer coordinator. If you wish to join in the fun all it takes is an NHCA membership and an early start to your day!

We have some sad news, Ozzie, our little furry community mascot, has developed some health issues and he has had to retire. The January issue of the NEN was the final Ozzie contest. Thanks to Oz for being such a good sport, to those who held on to him or his leash while we snapped the photos at various events here in the Hills and to those who either entered the contest or considered themselves his fans. The good news is that Applebee's and Empire Theatre will continue to sponsor our new contest 'Did You Know in the Hills?' Look for the way to win in this issue.

As the snow falls and eventually melts with the Chinooks, we who are out and about on foot in the neighborhood continue to be dismayed by the lack of consideration and respect that some dog owners have for their neighbors and the environment. We just don't understand why those who take on the commitment of owning a pet cannot adhere to the simple bylaw of picking up after them. Our local scouts have taken on this issue as a project, studying this behavior/problem, its consequences and possible solutions. Please review the info/article in this issue and if you have any ideas on how to get people to scoop the poop, please e-mail [community@northernhills.ab.ca](mailto:community@northernhills.ab.ca)

Congratulations to the winners of the Northern Lights Contest! Thanks again to those who decorated our neighborhoods throughout the Christmas season and to those who took the time to notice. The winners, photos and nominees can be found in this issue and on the NHCA website. Thanks to Applebee's for their continued support of this event.

Sports registrations begin February 1st!! This is your opportunity to access affordable programming close to home. Playing in the Hills begins with your registration for Kid's outdoor soccer, Ladies/girls indoor and outdoor soccer, Men's soccer, Adult Slo-Pitch. Winter will be over sooner than you think and the time to plan for your spring/summer activities is now. Please see registration details in this issue and on the NHCA website.

We have had yet another setback in our pursuit of outdoor rinks. Although volunteers from Coventry and Panorama Hills were working together at the Adopt a Rink site in Panorama a water pipe has broken and cannot be repaired until the spring. The City plans on making the repair and we will continue to work with them to get this site ready for flooding next winter.

Next steps will be to consider a new site for winter water installation in Coventry. The cost for such has become high but if residents feel we need another rink we will do our best to provide. We welcome suggestions for possible sites and ideas around fundraising. If you would like to help with the existing rinks and/or new sites, please contact [community@northernhills.ab.ca](mailto:community@northernhills.ab.ca) for more info.

For the older adults in our area looking for some exercise and social time, don't forget to check out the ongoing SPRY in the Hills program taking place every Tuesday and Friday afternoon. This is an NHCA funded program with space provided by the Panorama E Centre and is completely volunteer run. They are a lively group and continue to welcome new members. Info and schedule is located on the NHCA website.

The NHCA has prepared our 2013 budget for approval at the February board meeting. Once again, the directors, staff and committee volunteers have taken on the challenge to provide much needed advocacy,

Continued on page 5

# COMMUNITY

## OPEN INVITATION TO OLDER ADULTS IN OUR COMMUNITY

# SPRY in the Hills

## Winter and Spring Meetings

January 15, 2013 to May 28, 2013

will be at

Panorama Hills e-Community Centre,  
88 Panamont Hill N.W.

Time to renew acquaintances, socialize, play some games, do some exercise, get updates and participate in other planned activities.

All the Tuesdays, 2 to 3 pm and all the Fridays, 1 to 2 pm,  
February 1 to May 31, 2013

### Fit2Age Exercise Program

(a current NHCA membership and a signed Waiver Form is required to attend)

Tuesday classes will be followed by Social Hour for talking, playing cards or games

open to all SPRY members from 3 to 4 pm.

Newcomers are welcome to attend.

Fridays social times to be arranged off site by participants.

All the Tuesdays during this period, with the exception of January 29 (James/Maria present "Chile"), will be devoted to Fun and Games. We are planning on playing (and learning) a variety of games. Everyone is encouraged to bring a game of their choice. There will always be playing cards available for those not interested in playing the games of choice.

### Schedule for January to May 2013

available at

[www.northernhills.ab.ca/Groups & Committees/SPRY](http://www.northernhills.ab.ca/Groups%20&%20Committees/SPRY)

### REMINDER

.....ONGOING EVERY THURSDAY.....

**Walking Club (11:00 am)**

- Meet at Running Room, Country Hills

Have you purchased your

Northern Hills Community Association membership?  
Cost \$ 20.00 per Senior Household per calendar year.

We would welcome volunteers to help with programming.

**THIS IS OUR CLUB**

## A REMINDER TO SCOOP THE POOP!!!

Ahhhh... winter is here with plenty of snow... well maybe that is part of the problem. For most of this winter there has been plenty of snow to cover Fido's daily deposits on our pathways and parks. So, just because it is winter and tomorrow's snowfall could eliminate the evidence... does not make it appropriate to leave the poop where it was placed by your dog.

Dog feces contain the same bacteria that is in human waste. People use toilets and have sewers and sewage treatment plants to protect the environment and drinking water. But when we don't pick up after our dogs we are depositing raw sewage on the fields where we play, the trails where we walk, and the streams where Fido often stops for a drink come spring-time. Dog waste is NOT fertilizer.

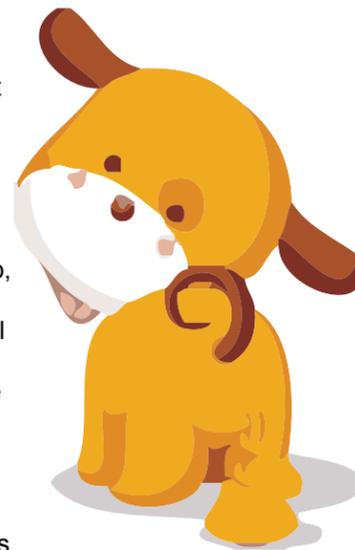
### What is in Dog Waste?

#### Some Common Diseases:

Roundworm, Giardia, Campylobacter, Leptospira, Tapeworm, Cryptosporidium, E. Coli, Fecal Coliforms

### Dog Waste is a Public Health Issue

Each of those listed above is a disease that humans can get! Adults may not roll in the fields, roll on the grass with our dogs, or touch the dog's



toys and then our mouths because we understand how diseases are spread. Young children are not so careful. If a child touches an object that has been in contact with dog feces and then touches their hand to their mouth, they could become infected with a disease.

Roundworm larva, if ingested by a human, can migrate throughout the body

to organs such as the brain, lungs, kidneys, liver, heart, or eyes. Roundworm larva can cause blindness.

### Reasons to Scoop the Poop:

1. To Protect local water quality
2. To Protect our children from disease
3. To Monitor your dog's health
4. To Respect our community and the visitor experience
5. It's the law in Calgary to pick up pet waste deposited in a public place

So, please, for the sake of your neighborhoods, communities, and pets take the time to SCOOP THE POOP, especially in winter, because come next spring... yuccckkk!

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# Need a Doctor?

Dr. Dennis Dong MD is accepting new patients for his family medical practice. Dr. Dong speaks Cantonese, specializes in acupuncture and is offering a clinical weight loss program; lose up to 30 lbs in 40 days!

Dr. Alvin Adriano MD would like to welcome all of his current patients to his new location in Harvest Hills. Dr. Adriano will also be accepting new patients for his family medical practice.

Appointments 9-5 pm, Monday to Friday  
405-9650 Harvest Hills Blvd. NE, Calgary  
Phone 403-984-2775 [oasismedicalclinic.ca](http://oasismedicalclinic.ca)



**Oasis**  
MEDICAL CENTRE  
Harvest Hills

**From the President** – Continued from page 3

programs and events for residents in the Northern Hills communities. Without the addition of resources received through the recent and now ongoing Casino volunteer fundraising events, the Association would have a difficult time choosing between projects and programs we would like to provide and support. Membership support is imperative when we look at plans for future initiatives. Residents who purchase memberships not only help support our efforts but a growing membership will enable the Association to better communicate with and advocate for you.

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 e-mail your comments/suggestions to [president@northernhills.ab.ca](mailto:president@northernhills.ab.ca)

A reminder that your NHCA memberships have expired on December 31st, 2012 and that

memberships help fund the many benefits that the Association endeavors to provide the residents of the Northern Hills. By purchasing or renewing your membership today you are helping to build a strong, engaged community.

If you are planning to visit the NHCA office to purchase/renew a membership, register yourself or your children for upcoming sports events and programs, or inquire about our many other programs, events and services please check our website [www.northernhills.ab.ca](http://www.northernhills.ab.ca) for up to date hours and information.

Thanks to all the sponsors, volunteers, staff, board members and members of the Northern Hills Community Association who continue to make this the best community in which to live, work and play!



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](http://www.northernhills.ab.ca)

For general information by email, please send messages to [info@northernhills.ab.ca](mailto:info@northernhills.ab.ca)

**BOARD MEMBERS**

President	Wendy Cavanagh <a href="mailto:president@northernhills.ab.ca">president@northernhills.ab.ca</a>
1st Vice President	Jessica Holmes <a href="mailto:1vp@northernhills.ab.ca">1vp@northernhills.ab.ca</a>
2nd Vice President	<a href="mailto:2vp@northernhills.ab.ca">2vp@northernhills.ab.ca</a>
Secretary	Corina Smith <a href="mailto:secretary@northernhills.ab.ca">secretary@northernhills.ab.ca</a>
Treasurer	Tim Smith <a href="mailto:treasurer@northernhills.ab.ca">treasurer@northernhills.ab.ca</a>
Advocacy	David Hartwick <a href="mailto:advocate@northernhills.ab.ca">advocate@northernhills.ab.ca</a>
Cardel Rep	Paul Cavanagh <a href="mailto:cardel@northernhills.ab.ca">cardel@northernhills.ab.ca</a>
Community Enhancement	Wendy Cavanagh <a href="mailto:community@northernhills.ab.ca">community@northernhills.ab.ca</a>
Community Garden	VACANT <a href="mailto:garden@northernhills.ab.ca">garden@northernhills.ab.ca</a>
Communication	Paul Cavanagh <a href="mailto:communication@northernhills.ab.ca">communication@northernhills.ab.ca</a>
Events	Kate Shaw <a href="mailto:events@northernhills.ab.ca">events@northernhills.ab.ca</a>
Grants	Suresh Fernando <a href="mailto:grants@northernhills.ab.ca">grants@northernhills.ab.ca</a>
Marketing	VACANT <a href="mailto:marketing@northernhills.ab.ca">marketing@northernhills.ab.ca</a>
Memberships	Navjot Virk <a href="mailto:membership@northernhills.ab.ca">membership@northernhills.ab.ca</a>
Planning/Development	Brian Pshyk <a href="mailto:planning@northernhills.ab.ca">planning@northernhills.ab.ca</a>
Rinks	VACANT
Schools	Kara Boehnert <a href="mailto:schools@northernhills.ab.ca">schools@northernhills.ab.ca</a>
Sports	Janice Henderson <a href="mailto:sports@northernhills.ab.ca">sports@northernhills.ab.ca</a>
Youth	Amanda Davis <a href="mailto:youth@northernhills.ab.ca">youth@northernhills.ab.ca</a>
Director at Large	Parminder Gill
Volunteer Coordinator	Jessica Mehain <a href="mailto:volunteer@northernhills.ab.ca">volunteer@northernhills.ab.ca</a>

**NEWSLETTER, WEBSITE AND IT**

Editor - Northern Edge News	Paul Cavanagh <a href="mailto:editor@northernhills.ab.ca">editor@northernhills.ab.ca</a>
Website/IT	Troy Davis <a href="mailto:web@northernhills.ab.ca">web@northernhills.ab.ca</a>

**STAFF**

Administrator	Mae Seifert
Administrative Assistant	Heather Hubert
Administrative Consultant	Moraig McCabe <a href="mailto:admin@northernhills.ab.ca">admin@northernhills.ab.ca</a>
Bookkeeper	Angela Hinsberger <a href="mailto:bookkeeper@northernhills.ab.ca">bookkeeper@northernhills.ab.ca</a>
Soccer Coordinator	NHCA office <a href="mailto:soccer@northernhills.ab.ca">soccer@northernhills.ab.ca</a>

**Calling All Volunteers!**

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

# Newsletter "Did You Know In the Hills?" Contest

Well it's a new year and starting with the February edition we at the NHCA newsletter have decided to retire Ozzie – the dog about town in the hills – and have created a new contest for the Northern Edge News (NEN)!

We will pose a question relating to the northern hills communities, the NEN, the NHCA, or other information contained in a newsletter article in each edition. When you find the answer to the question send an e-mail to [communication@northernhills.ab.ca](mailto:communication@northernhills.ab.ca) and include your name, contact information, NHCA membership number, and the edition month 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 date and location of the first Community Consultation (open to one and all) meeting for the "Creating Space for Strength" study?**

When you find the answer, mark the date on your calendars and send in the answer to [communication@northernhills.ab.ca](mailto:communication@northernhills.ab.ca).



## Where's Ozzie Winners!

The NHCA has another winner of the "Where's Ozzie?" contest sponsored by **Applebee's** and **Empire Theatres**. Allison Pardo's name was drawn for the month of December from all of the correct entries who found Ozzie in the 'Local Scouts article', on page 12 of the December issue of the newsletter. Allison wins two Empire Theatre passes and a \$50 gift card to Applebee's. Thanks to all of the people who have sent in entries and spotted Ozzie!

The January edition of the Northern Edge News will be the final edition for the dog about town. Look in this edition of the NEN for details on our new newsletter contest "Did You Know in the Hills?".

**Look in this edition of the NEN for details on our new newsletter contest "Did You Know in the Hills?".**



# Northern Edge News

The Official Newsletter of the Northern Hills Community Association

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

Editor	Paul Cavanagh	<a href="mailto:editor@northernhills.ab.ca">editor@northernhills.ab.ca</a>
Ad Sales	Mae Seifert, Wayne Brown	<a href="mailto:sds@northernhills.ab.ca">sds@northernhills.ab.ca</a>
Layout/Design	Duane Thomson	<a href="mailto:keyline@shaw.ca">keyline@shaw.ca</a>
Printing	Keyline Publishing	
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**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](mailto:ads@northernhills.ab.ca)). Advertising layout assistance is available from Keyline Publishing 403-759-1000 ([keyline@shaw.ca](mailto:keyline@shaw.ca)).

# Northern Hills Community Association

## SPORTS REGISTRATION

February 1<sup>st</sup> – 28<sup>th</sup> online at

[www.northernhills.ab.ca](http://www.northernhills.ab.ca)

or in-person on SATURDAYS in February at the NHCA Office (in the Genstar Wing, Cardel Place) 10am – 12.30 pm



### KIDS' & YOUTH OUTDOOR SOCCER

The season runs Apr 29 - Jul 13, weekday evenings 6 - 7 pm (U4), 6:30 – 7:30 pm (U6 - U12), 7:45 – 9 pm (Youth)

- ⚽ Games played on local fields
- ⚽ Uniform (jersey, shorts, socks) included in fees
- ⚽ Non-competitive, grassroots, fun soccer
- ⚽ **Ages 3 through 18 (NEW for 2013: Youth Outdoor Soccer for Boys or Girls U14, U16 & U18; includes tech training)**



### WOMEN'S & MEN'S OUTDOOR SOCCER

The season runs Apr 29 - Jul 13, weekday evenings 8 – 9 pm

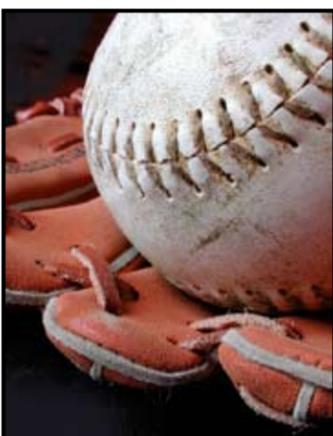
- ⚽ Games played on local fields
- ⚽ Licensed refs, orientation, tech training & team-building event included in fees
- ⚽ Recreational, fun, intramural community soccer
- ⚽ Women's Over 20 (ages 20-30) or Over 30 leagues
- ⚽ **NEW for 2013: Men's Outdoor Soccer & Women's Over 30 VERY Recreational Outdoor Soccer leagues**



### ADULT SLO-PITCH

The season runs: Last week of April thru June, Fridays 6:45pm – 9 pm

- ⚾ Games played on local diamonds
- ⚾ Equipment (diamonds, bases, softballs ) & winning team trophy included in fees



**FOR MORE INFORMATION about any of our programs, please visit our website: [www.northernhills.ab.ca](http://www.northernhills.ab.ca)**

The NHCA Office is located in the Genstar Wing of Cardel Place, 11950 Country Village Link NE, T3K 6E3. For up to date office hours, please visit the Contact page on our website.

# 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, Small Business 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](http://www.northernhills.ab.ca)

## 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](http://www.northernhills.ab.ca) under the membership tab
2. In-person registration at the office
3. Mailing your membership form below to the office



### 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:**

- Community Garden     Community Clean up     Garage Sale
- Adult Slo-Pitch     Small Business Fair     Fall Fundraiser
- Newsletter     Children's Soccer     Community Beautification
- Ladies Soccer     AGM/Community Resource Fair
- Graffiti Abatement     Planning and Development

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

- Older Adult Programs     Children's Softball     Outdoor Ice Rinks
- Indoor Soccer     Farmers Market     Tennis Courts
- Other \_\_\_\_\_

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

**OFFICE USE ONLY:**

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 Received: \_\_\_\_ / \_\_\_\_ / \_\_\_\_     Card Sent

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**What do you like about your community?**

**What can be improved?**

**Is the current community and social infrastructure meeting the needs of our communities?**

**If you live in:** Country Hills, Country Hills Village, Coventry Hills, Evanston-Creekside, Harvest Hills, Hidden Valley, MacEwan Glen, Panorama Hills or Sandstone, **THIS CONCERNS YOU!**

**Have your voice heard!** Register now for FREE to participate in this exciting community development project in North Central Calgary!

# COMMUNITY CONVERSATION

## 6:00 p.m. Thursday, February 21<sup>st</sup>

In the Community Room (upstairs) at Real Canadian Superstore, Coventry Hills location:  
100 Country Village Road Northeast, T3K 5Z2

To register FREE or for more information, visit  
**www.northernhills.ab.ca**



**Project Team:** Eaton International Consulting Inc. [www.eatoninternationalconsulting.com](http://www.eatoninternationalconsulting.com)

**Project Origins:** Calgary-NorthernHills Constituency

**Project Funders:** Government of Alberta (CFEP Grant); United Way of Calgary and Area, Aspen Family and Community Network Society, Northern Hills Community Association

**Project Supporters:** Calgary-NorthernHills Constituency; City of Calgary; Aspen Family and Community Network Society; Northern Hills Community Association; United Way of Calgary & Area

**Want to get involved?** For more information about the project, contact Sarah Elaine Eaton tel: 403-244-9015 email: [saraheaton@eatoninternationalconsulting.com](mailto:saraheaton@eatoninternationalconsulting.com)

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### NHCA Mission

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

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



# NHCA Mom 'n Tots

by Rosemarie Penner

As any parent can tell you, getting out of the house with your little one(s) is a necessity to surviving THEIR childhood with YOUR sanity intact. For myself, this sanity has come in part from the NHCA Mom 'n Tots program.

The first time I attended was a revelation. Finally! I could have a conversation with adults! One with complete sentences. One where the other person wouldn't start screaming or throwing a temper tantrum if I just wasn't up for sharing my ice capp after another sleepless night. In other words ... a two-hour weekly break from life with my, then, 1 1/2 year old twins. Sure, they would periodically sit on my lap and just HAD to show me the latest costume/toy/tool found. But, the promise of being around adults who were in the same child-laden situation (cue angels singing "hallelujah!") more than made up for these minor inconveniences.

The past 3 years have been a huge benefit to both my kids and I. I truly believe that I've been a better mom and the boys have grown more independent because we get time weekly to pursue our own interests.

The boys have had ample practice with a variety of skills, such as:

**Social cues & codes:** "While you may want to play cowboy, your friend may not be interested in being your trusty steed. Be gracious about it."

**Manners:** We've all been there. "Kiddo, you need to say may I have a cookie, PLEASE." followed by "What do you say?" (with the requisite raised eyebrow) that eventually leads to our angel mumbling "Thank you".

**Fine motor skills & increased concentration:** That blessed moment where your child is completely focused on building the perfect home for those safari animals or doll. Better yet, they are doing this with OTHER kids and there is no fighting!

**Developing their imaginations:** I had no clue you could be a pirate doctor, princess handyman, or puppy cowboy. I think it's great to see the kids

band together to create a puppet show or create a new game.

**Support system:** I've met an amazing group of individuals who have graciously shared their own experiences in everything from birthday party venues, potty training advice, dealing with toddler/preschooler angst, and keeping your lovely bundle of joy from single-handedly destroying the house now that your angel is no longer content to sit in a playpen ... just to name a few. Ah, there are days when I still reminisce about the days before my twins would run and climb over every surface of the house. As for the preschooler angst, well, lately I've been asking for a lot of advice.

**Close friends that live close by:** We live in a city that defines urban sprawl. Being able to call a friend when it's one of THOSE days and set up a quick playdate or walk has been invaluable. At the end of the visit (or phone call), I realize that I'm not in this alone and everyone else's kids are probably behaving just as "endearing" as my own.

**Burning off energy ... theirs, not mine:** Having a safe place where the twins can run off some of their limitless energy has made our home more peaceful ... at least on Thursdays. And on those cold, blustery winter days, having an indoor space outside our home for them to burn off energy has been wonderful.

So, if any of the following apply to you, I encourage you to try out the Mom 'n Tots group.

**Maternity/paternity leave:** It's okay to want a break from patty cake and peek a boo. I sincerely wish I had taken advantage of this program during my mat leave. I probably would have enjoyed the time I had with my babies more.

**Stay-at-home parents:** We all need to be around other adults, especially those who understand what it's like. Plus, it is healthy for our children to have unstructured play time with their peers.

**Parents who work part-time:** Several of the parents who attend the mom 'n tots group work part-time. Even if you are unable to come every week, this is a great space to relax and let the kids play.

The NHCA has sponsored the Mom 'n Tots group for over 10 years. The Mom 'n Tots group is a parent-ed, non-structured playgroup for all ages available at no charge to all current NHCA members. We meet at Harvest Hills Alliance Church (10099 Harvest Hills Blvd NW) on Thursdays from 10am to noon. Toys are provided by the venue, but snacks are up to individual parents to provide for their own child(ren). Registration for this program is not required for current NHCA members, so please feel free drop in! If you



do not have a current NHCA membership, please drop by the main office in Cardel Place or sign up for membership online at <http://www.northernhills.ab.ca/membership/> Please direct inquiries regarding the Mom 'n Tots program to [momntots@northernhills.ab.ca](mailto:momntots@northernhills.ab.ca).

Northern Hills Community Association

NHCA Communities: Country Hills, Coventry Hills, Country Hills Village, Panorama Hills, Harvest Hills

Want a chance to get to know some ladies around your neighborhood while enjoying the benefits of getting some exercise?



Women's Intramural Outdoor Soccer is designed so that friends can play together and so that their team will play against teams of similar ability. An intimate knowledge of the game or the skills of the game is not necessary as the environment we strive to create is one where people feel welcome to learn the game and are supported in their quest to increase their knowledge and skills.

There is a Women's Soccer Program for you:

- o **Over 30 - RECREATIONAL Level 1** - all players are welcome from the new to players that have many years' experience. This is the existing league that has been ongoing for many years so expect many players to have experience with play and developed level of skill.
- o **Over 30 - VERY RECREATIONAL LEAGUE Level 2** - this is a new option in our ladies recreational community soccer and is designed for new or less experienced players to develop skills and confidence in their play with players with similar skill sets....
- o **Ages 20 to 30 - RECREATIONAL LEAGUE** - for new players and seasoned players that just want to play soccer and have fun where the focus is on socializing and sportsmanship while playing some outdoor soccer right in the community.

When: We play twice a week (8:00pm to 9:00pm) after all the kids programs are done - April 16 thru to the middle of July - approx. 18 games

What: Play Outdoor Soccer

Where: Within the Northern Hills Community

We offer:

- o Licensed referees.
- o New player orientation
- o Technical sessions.
- o Ice-breaker party

If you are interested then in February visit [northernhills.ab.ca](http://northernhills.ab.ca) - ladies soccer tab and register!

If you have any questions, please email [ladiessoccer@northernhills.ab.ca](mailto:ladiessoccer@northernhills.ab.ca)





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# Unconditional love...

Give yourself a gift this Valentine's Day and "Fulfill two needs with one deed"! Get unconditional love from a new furry friend while also providing a much needed



### Seniors for Seniors:

Seniors (age 60 or older) get a 60% discount when adopting a senior cat or dog (age 7 or older), resulting in a cost of only \$60 to

adopt a cat or \$80 to adopt a dog.

### Gift certificates:

Are you thinking about giving someone a cat or dog for a special occasion? We strongly encourage you to give an Animal & Bylaw Services gift certificate instead. We believe that choosing a pet is an important personal decision and owning a cat or dog is a responsibility for the lifetime of that pet.

Gift certificates give potential pet owners time to choose the best cat or dog for their home and lifestyle. Gift certificates can be purchased in any denomination and can be used towards the adoption of a cat, dog or towards the cost of a pet licence.

For more information, visit [calgary.ca/animalservices](http://calgary.ca/animalservices) and search adoptable cats or dogs.

forever home for a cat or dog. Adopting from The City of Calgary Animal & Bylaw Services will provide both.

Health benefits of having a pet:

- Improve your mood
- Reduce your stress level
- Control your blood pressure
- Boost your immunity
- Stave off loneliness

Animal & Bylaw Services makes it easy to adopt a pet.

### New adoption procedures for cats and dogs:

- View adoptable cats and dogs at [calgary.ca/animalservices](http://calgary.ca/animalservices).
- First come, first meet.
- Appointments are no longer required.
- Come to the Animal Services Centre at 2201 Portland Street S.E.

## Fostering safe communities...

# RV Parking Tips

For winter campers or those lucky enough to be travelling somewhere warm to avoid Calgary's weather, here are a few reminders when parking your RVs:

### Under the Calgary Traffic Bylaw 26M96:

RVs registered to a City of Calgary address can be parked on the street, directly adjoining the owner's residence, for up to 36 consecutive hours.

After 36 hours, the RV must be moved to an off-street location for at least 48 consecutive hours before being parked again on the street

adjoining the owner's or operator's residence.

While parked on the street, RVs should be parked in a manner that is safe and does not constitute a hazard for anyone using the street.

RVs may not be parked on the street at any time if detached from the vehicle used to haul them.

### Under the Land Use Bylaw 2P80:

Recreational vehicles can be parked on front property or driveways for up to 24 hours.

## Emergency planning for your pet

- Ensure you have a temporary, alternative place for your cat or dog to go for safekeeping in the event of an emergency.
- In the event of a fire, do not return to search for pets. Contact 911 from a safe phone. Firefighters will search for any animals left behind in a home.
- After placing a 911 medical emergency call, confine your cat or dog if a home evacuation is not required. This ensures the safety of cats, dogs and rescue personnel.
- Rescued cats and dogs will be delivered to the Animal Services Centre for temporary safe keeping.

Injured cats and dogs may be taken to a 24-hour vet clinic.

- Contact Animal & Bylaw Services at 311 (from within Calgary) or 403-268-CITY (2489) (from outside Calgary) for information about your pet if he has been brought to the Animal Services Centre.
- Animal & Bylaw Services provides free door and window stickers that notify emergency responders that pets may be in the residence. Get stickers by contacting 311 or visiting the Animal Services Centre at 2201 Portland Street S.E. during regular business hours.

### Two convenient locations serving the Northern Hill Communities

## SiteForSight

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[www.siteforsight.ca](http://www.siteforsight.ca)

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. . . . LET US CHECK YOUR EYE HEALTH SOON



Animal & Bylaw Services wants to remind Calgarians that idling is not an effective means of warming up your vehicle in the winter.

Idling does nothing to warm your vehicle's transmission, tires, suspension, steering or wheel bearings. Even in winter weather conditions, fuel injected engines only require between 30 seconds and 2 minutes of idling to circulate oil through the engine. In addition, idling for longer than 10 seconds uses more fuel than turning your engine off and restarting it again.

If the windows of your vehicle are clear, the best way to warm your vehicle in cold weather is to drive it, avoiding high speeds and rapid acceleration for the first 5 kilometres.

When vehicles are left running while parked, they produce emissions that contribute to air pollution and climate change, affecting our health and the environment. Putting a stop to engine idling is an easy way to re-

duce emissions, save money, and protect your vehicle's engine!

To help reduce idling in places where it occurs most often, The City of Calgary developed two signs that can be posted in problem areas. The signs are intended to act as an instant reminder for people to turn off their engines. Visit [calgary.ca](http://calgary.ca) and search "idling" to find the "Idle Free Zone" sign and the "Fresh Air Intake" sign to

download and print.

White metal idling signs are available for purchase and green plastic idling signs are available at no charge at:

Traffic Permits Counter  
Main Floor Building E,  
Manchester Centre  
2808 Spiller Road SE, Calgary  
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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 15, 2013. Code: 6858



# GOVERNMENT

## Hello Residents of the Northern Hills Community

The Legislature will be going back in the coming weeks, which means that things will become more hectic for me, both in Calgary and Edmonton. That said, I have thoroughly enjoyed meeting with constituents during my brief break this winter and will continue to represent them as best I can in the Legislature and in public. Do not hesitate to bring issues, comments, concerns, or ideas to my attention through my office email.

**Creating Space for Strength** continues to move ahead at a great pace. We are learning much more about what you, the constituents, need and desire, as well as what you feel are the strengths and weaknesses within the constituency and in the larger community. The NHCA is moving ahead with some community consultations and my office will be there to hear from you and hopefully obtain some useful guidance as to how the constituency sees itself. Be sure to come out and get in touch with the NHCA office for specific information.

While I always enjoy being invited out to community events, I realise that there will be times you may wish to have others attend, such as Premier Redford. Invitations for Premier Redford to attend events are now being accepted online exclusively. It's a quicker and easier way to include Premier in your event, and you'll get a faster response than by using mail, email or phone. Visit [Alberta.ca/premier](http://Alberta.ca/premier) and click on "Online Invitation" for more information. This need not be strictly for community events, as there are surely individuals who work in the non-profit sector around the city that may find this information useful. I continue to accept email and hard copy invitations for my presence at events, directed to my office.

With Family Day coming this month, it is a time for us to enjoy a long weekend with family and friends, as well as use that time to come together. I do consider Calgary-Northern Hills an extended



Teresa Woo-Paw, MLA Calgary Northern Hills

family and hope that we can work together, even if we cannot always agree on everything. I wish you all a happy Family Day and hope that, as we look into the spring, we will be able to forge great community connections.

Lastly, speaking of community connections, please begin to think about (and mark on your calendar) the Stampede Breakfast at Cardel Place on July 6<sup>th</sup>, 2013. My office has begun planning meetings and we hope to continue with the successes of the past years. While there were some wrinkles (line-ups) to work through, I am sure many of you were happy to come together and celebrate the 100<sup>th</sup> anniversary of the Calgary Stampede. Do come out and enjoy the fun. Until next time, I hope you enjoy a happy and healthy month!

Honourable Teresa Woo-Paw,  
MLA Calgary-Northern Hills  
403-274-1931  
[calgary.northernhills@assembly.ab.ca](mailto:calgary.northernhills@assembly.ab.ca)  
<http://woo-paw.mypcmla.ca/blog/>



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rccglfc@gmail.com [www.rccglfc.org](http://www.rccglfc.org)

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Come and you will be richly blessed !!!

We are expecting you. God bless you.



NHCA Communities: Country Hills, Coventry Hills, Country Hills Village, Panorama Hills, Harvest Hills

## SOCCER REGISTRATION

February 1st-28th, 2013



Northern Hills Community Association is committed to providing a fun, non-competitive soccer program.

**Soccer Season Runs: April 29th thru June 28th, 2013**

U4 Mixed, U6 mixed, U8 Mixed, U6 Girls, U8 Boys, U10 Girls, U10 Boys, U12 Girls, U12 Boys, U14 Girls, U14 Boys, U18 Girls, U18 Boys

Email: [soccer@northernhills.ab.ca](mailto:soccer@northernhills.ab.ca)

\*\*\* Please note: You do need a current NHCA membership \*\*\*



## Men's Soccer League

A "just for fun" men's soccer league

**Where:** Within Northern Hills Community

**When:** Two nights a week from 8:00 to 9:00pm – April 16<sup>th</sup> to July 13<sup>th</sup> – 18 games

**What:** Play a friendly game of soccer

**We offer:**

- Licensed referees.
- New player orientation
- Technical sessions.
- Ice-breaker party

If you are interested then in February visit [northernhills.ab.ca](http://northernhills.ab.ca) - men soccer tab and register!

If you have any questions or are willing to help organize this league please email [menssoccer@northernhills.ab.ca](mailto:menssoccer@northernhills.ab.ca)

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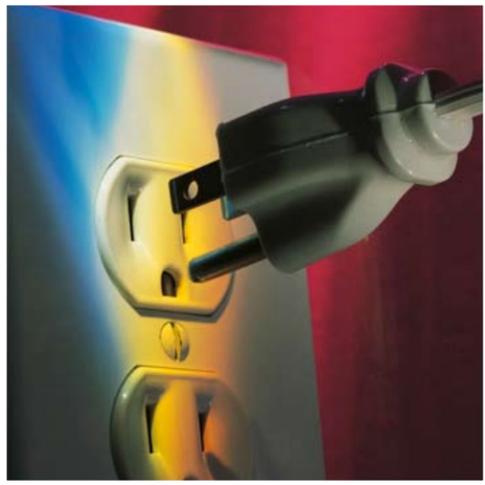
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## Electrical Safety

Electricity provides convenience and comfort, but contact with it can harm or kill you. To stay safe, follow these Electrical Safety Tips:

- Water conducts electricity. Do not use electrical appliances near water, even if you have ground-fault circuit interrupter (GFCI) outlets.
- Overloaded outlets and overheated cords and appliances are the third leading cause of house fires. Too many cords plugged into one outlet can lead to overloading. For more than two cords, use a power bar, not octopus outlets.
- Electrical cords need to be insulated with plastic to prevent you from getting shocked. If you have a cracked, frayed or broken cord, it is best to replace the connected appliance. For minor damage, electrical tape may be used.
- Appliances that are plugged in have electricity running through them, even when they are turned off. If you need to fix an appliance, unplug it first.
- Before hanging pictures, use a stud finder with an AC detector to tell you where live electricity wires are located in the walls.
- If your basement is flooded with water beneath the outlets, turn off the breakers for the area before addressing damage. If water is above the outlets, do not enter the area. Call the ENMAX Trouble line (403-514-6100) to have your outside power meter shut off first.
- A licensed electrician is recommended to address electrical concerns you may have.
- If you do receive an electrical shock, visit your doctor. Electrical shocks can permanently interrupt normal heart rhythms if not treated.

Questions? Email [thinksafe@enmax.com](mailto:thinksafe@enmax.com).  
More information at [enmax.com/quickbites](http://enmax.com/quickbites)

# 3 Key Tips for How to Spot and Avoid Phishing and Vishing Scams

The word phishing comes from the analogy that Internet scammers are using email lures to "fish" for passwords and financial data from the sea of Internet users. Phishing is the creation of email messages and web pages that are replicas of existing, legitimate sites and businesses. These web sites and emails are used to trick users into submitting personal, financial or password data. You could be asked for information such as credit card numbers, bank account information, social insurance numbers and passwords. The goal of criminals using brand spoofing is to lead you to believe that a request for information is coming from a legitimate company. In reality, it's an attempt to collect your information for the purpose of committing fraud.

With vishing, criminals ask you place a phone call instead of asking you to click on links that direct you to a malicious website. When you call, a recording will ask for personal information like a

credit card number. Criminals will then recognize any telephone keystrokes you type in, thus receiving your information. Do not use a phone number provided in an email. Use a phone number that you have independently found (like from your bank or credit card provider) instead.

1. Protect your computer with anti-virus software, spyware filters, email filters and firewall programs which are updated regularly.
2. Do not reply to any email that requests your personal information.
3. Look for misspelled words.

This information was taken from a pamphlet created by the Calgary Police Service and AMA. For more tips and the full pamphlet check out our website [www.calgarycommunities.com](http://www.calgarycommunities.com) and look for the Building Safe Communities resources list.

## February Is Heart Month



### REDUCE YOUR RISK

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

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

**D**o you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

### KNOW THE SIGNS OF A HEART ATTACK

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

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

### WHAT TO DO WHEN SECONDS COUNT

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.



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- Supportive Living services
- Enjoy 3 meals daily (plus snacks),
- Weekly linen and housekeeping service
- Full calendar of social and recreational activities
- Subsidized rates on studio suites available
- Respite suite available

Tours 10 - 4 daily  
[info@luxstonemanor.ca](mailto:info@luxstonemanor.ca)  
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Directions  
from Hwy 2 go west on Yankee Valley Blvd, right on Luxstone Blvd E, take first left

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*"I should have done this years ago."*

**Make your next move to Luxstone Manor**

**Call today (403) 945-4700 or visit us @ [www.luxstonemanor.ca](http://www.luxstonemanor.ca)**

**LET US KNOW WHAT YOU THINK!**

**Northern Edge News**

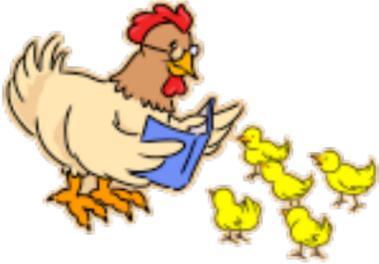


# LIBRARY NEWS

## Programs for January 2013

Register on-line at [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com) or call 403-260-2620

### “Turn your imagination into reality at the Country Hills Library”



#### Little Baby Chickies

Bring your little chickie and celebrate spring with songs, rhymes, and stories. Ages 6 to 23 months with a parent/caregiver Monday, Mar 25 from 10:15-10:45a.m.

Registration begins Feb 12

#### Love You Forever

Celebrate Valentine’s Day with stories, songs, and rhymes about families. Ages 2 to 5 with a parent/caregiver Thursday, Feb 14 from 2:15 - 2:45 p.m. Registration begins Jan 15

#### Drop-In Family Storytime

Drop in for stories, songs, and fingerplays the whole family can enjoy.

Ages 2 to 5 with a parent/caregiver Saturdays, Feb 09 to Mar 16 from 2:15-2:45p.m.

No registration required



#### Oh!! Origami

Learn how to make cool origami balls using a basic module, then piece modules together to create origami balls at home.

Ages 14 and up Saturday, Feb 02 from 1:00 - 3:00 p.m. Registration begins Dec 17



#### Computer Technology Coaching

Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products.

Thursdays, Jan 10 to Apr 25: 2:00 - 3:30 p.m. No registration required

#### Eating With Purpose

Looking for tips on how to lose weight or deal with emotional eating? Learn how increased mindfulness before, during and after meals can help you

reach your health and wellness goals. Presented by Dana Lee Hansen, PhD (Pharm), Registered Holistic Nutritionist. Tuesday, Apr 23 from 7:00 - 8:30 p.m. Registration begins Dec 17

#### 50+ Coffee and Conversation

Join us for coffee, conversation, and presentations of interest. Ages 50 and up Tuesdays, Feb 12, Feb 26, Mar 12, and Apr 09 from 2:00 - 3:30 p.m. No registration required.

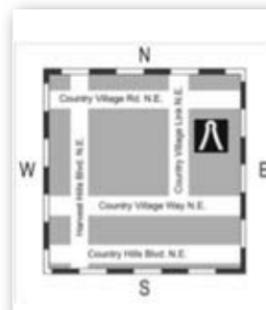


Are you wondering what to read next? Try our NextReads e-newsletter service and get great book suggestions by email.

We'll regularly send you a reading list with links to our catalogue so you can see what's available or place a hold. Whether you like Science Fiction, Romance, History, Travel, or other genres – Calgary Public Library can help you find your next great read. We

also suggest books for kids and teens through this service. With over 20 popular genres, we are certain you will find books to suit your interests. So sign up for NextReads and receive great book suggestions. NextReads is free and your email will remain confidential and for newsletter use only.

Visit: [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com) and go to Books and More, then NextReads



### 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.

## Water Services Customer Notice

22 January 2013

### Subject: Prohibited activities on City of Calgary storm ponds

Recently citizens have been observed using the nearby storm pond for recreational purposes including skating, hockey and sledding. Due to a constant flow of water, the ice on storm ponds can be very unstable and recreational activities are not permitted on the ponds. The restricted use of these ponds is clearly indicated on signage around the ponds.

Calgary's storm ponds are designed to manage and store storm water from rainfalls and snow melts. During high rain or snowfall events, the wet ponds store the storm water and then slowly disperse it back into our river system to mitigate potential flooding issues in the community. The conditions of storm ponds can change dramatically and quickly should there be a significant amount of water coming through the storm system.

Please discuss the dangers of going on these ice surfaces and general ice safety with your children. The Calgary Fire Department would like to remind Calgarians of the following ice safety messages:

- Never play on the ice that forms on waterways in and around The City of Calgary.
- Only skate or play on ice surfaces that have been made for recreational use.
- People living in lake communities should contact their community association to determine if ice has been tested for safety before using it for recreation purposes.
- If you see an animal on the ice, that doesn't mean the ice is safe for you to walk on. Cats and dogs are much lighter than people.
- Reach, throw, but don't go—there is no use becoming another victim. Call 9-1-1 and let the professionals deal with the situation as they are equipped and trained to do so.

For more information on ice safety please visit The Calgary Fire Department's website [www.calgaryfire.ca](http://www.calgaryfire.ca).

[calgary.ca/waterservices](http://calgary.ca/waterservices) | call 3-1-1



## Northern Hills Crime Statistics - December 2012

Crime Category	December 2012 Statistics by Community				Total
	Harvest Hills	Panorama Hills	Coventry Hills	Country Hills*	
Vandalism	3	7	2	2	14
Theft from vehicle	3	7	2	-	12
Theft	2	3	4	1	10
Assault	-	2	2	-	4
Residential Break-in	1	-	2	-	3
Vehicle Theft	-	-	1	1	2
<b>Total</b>	<b>9</b>	<b>19</b>	<b>13</b>	<b>4</b>	<b>45</b>

\*Includes Country Hills Village

The crime statistics for the month of December 2012 in the Northern Hills area are in the attached table. Additional information can be obtained from the Calgary Police Service (CPS) crime map at <http://crimemap.calgarypolice.ca/>.

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 these 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 [snagina@shaw.ca](mailto:snagina@shaw.ca) or 403-464-9442. Alternatively, you can check their website at [www.ttttips.com](http://www.ttttips.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.

## NHCA Vision

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



## IT'S TIME TO GET INVOLVED

# Sledding Safety

Alberta Health Services, EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects such as trees and rocks or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Educate your family how to stay safe by following these simple reminders and have a fun day on the toboggan hill.

## Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

## Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

## Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

## SLOPITCH REGISTRATION

February 1st Thru  
March 15th, 2013

Registration and Program  
Details can be found at  
[www.northernhills.ab.ca](http://www.northernhills.ab.ca)

Under the SPORTS section  
in "Adult Slo-Pitch"

Northern Hills Community Association is committed to providing a fun, non-competitive co-ed adult slo-pitch program.

## Slo-pitch Season Runs: April thru June 2013

- Games will be played on Friday nights from 6:30 – 8:30 pm
- The season will run from April and June
- There will be a maximum of 7 innings per game
- The batting order will consist of 4 females and 6 males
- NHCA will provide diamonds, bases and 4 softballs per team
- A trophy will be awarded at the end of the year with the winning team's name engraved and displayed at the NHCA office



**'Home of the 2012 Junior Canadian Champions!'**

**Since 1958 Centennial Little League [CLL] has offered baseball play and instruction in a fun, safe, supportive environment for boy and girl players 4 to 18 years old. CLL typically has a team base of 21 teams every season.**

**Professional instruction is provided to our coaches to ensure quality and safe baseball instruction.**

**We are part of Alberta District #3 Little League, serving our Northern Hills communities, and are governed by Little League Canada's mandate.**

**Regular season play runs early May to the end of June.**

**Online Registration starts Jan 15, 2013, please visit our website at [www.cllbaseball.ca](http://www.cllbaseball.ca)**

**Walk in registration at Cardel Place March 2, 2013 @ 10am-2pm**

**'Let's Play Ball!'**



**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.

### Weekly Activities at the church:

- Monday: 6:30 pm - Girl Guides of Canada Deerfoot District  
6:30 pm - ESL ([esl@hhachurch.com](mailto:esl@hhachurch.com) for more information)  
7:00 pm - AA Meetings  
7:00 pm - Joyful Noise practice
- Tuesday: 9:30 am - P.A.C.T. (Parents and Children Together)  
Email: [p\\_a\\_c\\_t@hotmail.com](mailto:p_a_c_t@hotmail.com)  
10:00 am - TOPS  
7:30 pm - Men's Bible Study
- Wednesday: 9:15 & 9:30 am - Women's Bible Studies (4 to choose from)  
9:15 am - ESL ([esl@hhachurch.com](mailto:esl@hhachurch.com) for more information)  
3:30 pm - Free Math and Science Tutoring  
7:00 pm - Youth  
7:00 pm - MOI - Prayer  
7:00 pm - Al-Anon
- Thursday: 10:00 am - Community Moms 'N Tots  
6:30 pm - ESL ([esl@hhachurch.com](mailto:esl@hhachurch.com) for more information)
- Friday: 9:30 am - Global Prayer  
10:00 am - Moms With Young Ones
- Saturday: 8:00 am - Men's Bible Study

**The Marriage Course beginning March 5, 2013.  
How to build a healthy marriage that lasts a lifetime.  
Dinner at 6:30 with discussion at 7:00 pm. \$125 per couple.  
Contact [office@hhachurch.com](mailto:office@hhachurch.com) to register.**

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

10099 Harvest Hills Blvd. N.W. Phone: 403-226-0990  
E-Mail: [office@hhachurch.com](mailto:office@hhachurch.com) [www.hhachurch.com](http://www.hhachurch.com)



NHCA Communities: Country Hills, Coventry Hills, Country Hills Village, Panorama Hills, Harvest Hills

## The NHCA Children's Soccer Program

has grown to over 1200 children in the 2012 outdoor season; the upcoming season/program is changing into more of a Committee-run program.

If you have the following qualities then contact us now at [nhcachildrensoccer@shaw.ca](mailto:nhcachildrensoccer@shaw.ca) as we are looking for you to help with 2013's NHCA Children's Soccer Program

- a personal interest in the NHCA Children's Soccer Program
- a positive attitude and enthusiasm
- a willingness to use your ideas
- an ability to work with others in a team environment
- able to complete a role you take on

"The success of any great event or organization is governed by the volunteers and the community that gets involved with a group and makes things happen. Without volunteers and organizers forming committees, no group could function." Author unknown

### 2013 Volunteer Coordinators (Position's needed to be filled)

<b>AGE GROUP</b>	U6 Mixed (2007 - 2008) – Stephanie
U18 Boys (1996, 1995) – Kelly	U6 Boys (2007 – 2008)
U18 Girls (1996, 1995)	U6 Girls (2007 – 2008)
U16 Girls (1997, 1998) – Kelly	U4 Boys (2009-10) - vacant
U16 Boys (1997, 1998)	U4 Girls (2009-10)
U14 Girls (1999, 2000) - Patrice	<b>OTHER POSITIONS:</b>
U14 Boys (1999, 2000)	Coaches Coordinator: Leslie Ann, Kachana
U12 Girls (2001, 2002) - Kelly	Soccer Skills Coordinator: vacant
U12 Boys (2001, 2002)	Field Painting Coordinator: vacant
U10 Girls (2003, 2004) - vacant	Pictures Coordinator: Susan
U10 Boys (2003, 2004)	Equipment Coordinator: vacant
U8 Girls (2005, 2006) – Sarah	Secretary: vacant
U8 Boys (2005, 2006)	Wind up Coordinator: Stephanie.
	Treasurer: vacant
	Technical Trainer Coordinator: vacant
	Communications Coordinator: vacant

After fifty years of good morning and good night kisses...



**It's nice to know that things don't change in a Chartwell retirement residence**

Bill and Anne have enjoyed over fifty years of marriage and couldn't see themselves apart. But keeping up their home had become too great a burden for both of them. The worry and work were taking a toll.

Living in a Chartwell retirement residence has taken away the worry of having to maintain a house while allowing them to focus on their time together. If the time has come to start considering your options, we can help.



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**Call 403-295-2919**  
[www.chartwell.com](http://www.chartwell.com)

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 388 Country Hills Boulevard  
 403-226-6160

facebook.com/applebeesnorthpointe

\*Offer only applies to items ordered from the 2 for \$25 menu. Sorry, no substitutions. Does not include drinks, dessert or taxes.  
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Dr. Dave Sinha, MD  
 Dr. Eugene Magerman, MD  
 Dr. Rulene Maré, MD  
 Dr. Stella Jansen Van Rensburg, MD  
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- 3 Eye Brightener - Eyes Wide Open

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# WHERE SMILES BEGIN!



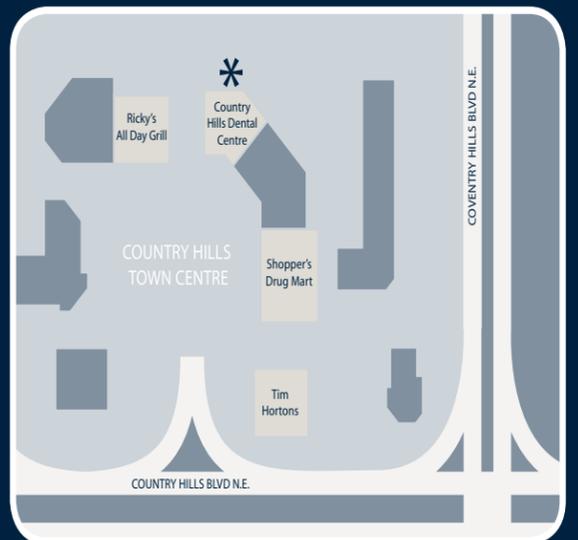
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