

Northern Edge News



April 2011 • Official Newsletter of the Northern Hills Community Association

www.northernhills.ab.ca • FREE

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

Community Resource Fair, City Planning Open House and NHCA 2010 Annual General Meeting (AGM)

April 14, 2011

On April 14, 2011 at the Harvest Hills Alliance Church the Northern Hills Community Association (NHCA) will present a Community Resource Fair and City of Calgary Planning and Development Open House as the lead in to our 2010 Annual General Meeting (AGM). The Resource Fair and Open House will run from 5:30 to 7:00 pm followed by the AGM from 7:30 to 8:00 pm.

COMMUNITY RESOURCE FAIR

The resource fair will showcase agencies in Calgary that provide a wide range of services and support to all individuals and families. Agencies in attendance could include:

Alderman Jim Stevenson's office
MLA Teresa Woo-paw
MP Devinder Shorey
Calgary School Trustees
Cardel Place
Harvest Hills Alliance Church
P.A.C.T.
Country Hills Library
Northern Hills Community Association
Programs and Events/Marketing/Membership

1) Youth services:

- Boys & Girls Club
- Girl Guides/Boy Scouts of Canada
- Youth Central (formally "Child & Youth Friendly") – Operated by youth 12 to 18 who are responsible for distributing grant money to important youth driven projects; have a variety of challenging, fun and meaningful volunteer projects that youth can work on as a team.
- Calgary Learning Centre – Free family literacy



programs to encourage the development of literacy and learning in preschool children. There are also Home reader program helps to increase literacy activities at home by providing support to parents.

- Calgary Bridge Foundation for Youth (immigrant youth)
- Homework club (for immigrant youth) – improves academic success in school, English language skills, self-confidence and self-esteem; assistance to immigrant youth and families to adjust to Canada life.
- YMCA – Have programs for children, youth and adults delivered throughout the city. Programs focus on education, language skills, employment and recreation.

2) Seniors Services:

- Calgary Family Services – Older Adult Teams,
- Get up and Go Program – A nonprofit, charitable organization that provides services to older adults who are 65+; volunteer opportunities to help older adults in the community; and community program that train older adults to take bus.
- Newport Harbour Care Centre
- A long-term Care facility
- Bethany care Society (Harvest Hills) – Specially designed to meet the care needs of those in mid to late stages of dementia, the care centre is built on a model of "six small houses" and offers an environment similar to resident homes while still enabling staff to provide quality care.

3) Immigrant services:

- Ethno-cultural Council of Calgary
- Centre for Newcomers – The Centre for Newcomers is a place where newcomers to Canada find connections in Calgary.
- Calgary Chinese Community Services Association – Provide services and support to current and future Chinese Canadian community, including health program, children and youth and interpretation program.
- Calgary Cultural Society

4) Mental Health

- Alzheimer Society of Calgary – The mission of the Alzheimer Society of Calgary is to alleviate the personal and social consequences of Alzheimer's disease and other related dementias and

promote the search for a cause and cure

- Alberta Health Services – Access Mental Health; Mobile Response Team (24-hr) - Provide information and options for adult and geriatric services and community referrals; help any mental health concerns and find help

- Canadian Mental Health Association – Provide advocacy services, supportive counseling, and suicide bereavement support
- Distress Centre – 24-hour crisis line; peer support

5) Community Resources and Support

- Calgary Police Services (Community Liaison Officer and Graffiti Liaison)
- City of Calgary, Community & Neighborhood Services
- 211 – Connects you to a full range of community, government and social services information in Calgary
- City Link
- Aspen Family & Community Network Society (Aspen transportation assistance program)
- Calgary Humane Society – Kids for Animals Club; Humane Helpers – Club activities include choosing pets, crafts and games, grooming and trips to zoo; Humane helpers and a parent can help socialize cats and rabbits
- Women In Needs Society (WINS) – Thrift stores, family resources centers and free goods referral program to help women and their families can get clothing, household items and furniture at the thrifty store.
- Women's Centre – Safe place for women to talk to someone and get information on services
- YWCA – Provide community health and recreation, education and employment services, housing, family violence prevention.

City Planning Open House

A variety of City of Calgary Departments will be present to speak with residents of the Northern Hills. This is a great opportunity to find out what developments and projects are planned for our community. Departments may include:

- City Planning and Development
- City Transportation
- City Parks Department
- City Utilities and Environmental Protection
- City Waste and Recycling Services
- City Water Resources
- City Transit
- City Development and Building Approvals

NHCA Annual General Meeting

All active members of the Northern Hills Community Association, residents who wish to become members or renew their membership, and those residents who just want to find out what it's all about are encouraged to attend. This is your opportunity to learn more about our association, our finances, our accomplishments, our vision, and our plans for the upcoming year.

Prize Draw

Upon arrival, you will be provided a "passport" that requires a stamp from each agency's station. Completed passports will then be entered in a draw to win a prize. The prize will be drawn following the AGM. Membership is encouraged, but not required. One passport per residence. Winners must be present.

UPCOMING EVENTS 2011

April 14

City Open House and NHCA AGM
5:30 to 7:00 pm City Open House
7:30 to 8:00 pm NHCA AGM
Harvest Hills Alliance Church

April 23

Adult Slo Pitch Begins

April 30

Community Clean Up and WINS Drive
9:00 am to 2:00 pm
Panorama E-Center

May 2

Start of Soccer Season!

May 14

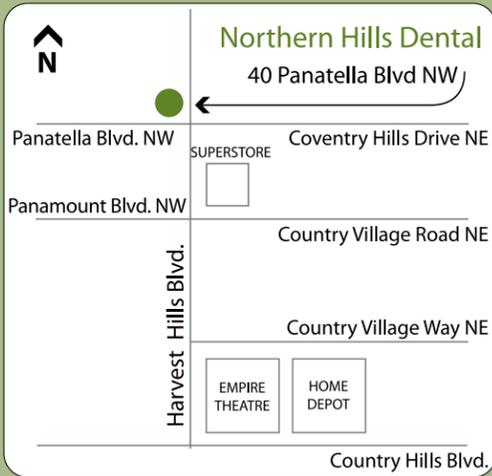
Community Garage Sale and Flea Market
9:00 am to 1:00 pm
Cardel Place

Expert dental care in a welcoming and convenient location, now that's something to smile about.

NORTHERN HILLS DENTAL

Family Dentistry in Panorama Hills
 New Patients and Emergencies Welcome,
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 FRI 8am - 4pm • SAT 9am - 4pm



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 Dr. Dr. Mike Sander

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Another reason to smile...

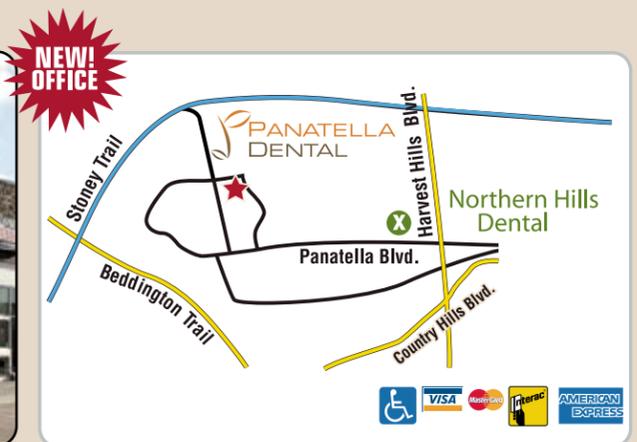
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 New Patients and Emergencies Welcome,
 Direct Billing available, Evening and Saturday Appointments.



Dr. Achala Bhalla, Dr. Joel Thurmeier



MON 8am - 6pm TUES-THUR 8am - 8pm
 FRI 8am - 4pm SAT 9am - 4pm

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 www.PanatellaDental.com
NEW PATIENTS WELCOME • 403.226.4788

From the President

By Wendy Cavanagh, President
NHCA

I think we can say that the big melt has finally occurred and there is a hint of warmth in the air. The winter has been long but on the positive side, we've had a lot of time to plan for the upcoming busy season of events and activities here in the Hills.



A warm welcome to Dr. Moraig McCabe who has kindly accepted a short term administrative consultant contract to provide support for our office staff including coverage during holidays and leaves of absence over the next few months. Thanks for helping us out!

As our board and committees grow, so does our ability to deliver programs, activities and to advocate for the needs of our communities. Thanks to Amanda Davis who recently joined the board with the desire to address the needs of Youth in our area. Amanda is working on a degree in Social Services and has already connected with existing resources to discuss what the Community Association can do to get our youth actively involved in the

building of our community. We thank Amanda's husband, Troy and Deborah's husband, Jeff who have offered their skills to our website committee. We look forward to them working with Ty to provide us with a website that meets the needs of the association by providing updated relevant information to our residents. A family that volunteers together experiences the added benefit of endless topics of discussion around the dinner table...and in the car and before the lights go out at night!

Members of the Farmers' Market Committee have been diligently searching for an appropriate location for our desired market and a few possibilities are in the works.



This has taken much time and effort and we appreciate their commitment to this project. Look for updates on the NHCA website www.northernhills.ab.ca where you will also find links to the Farmers' Market blog and Facebook Page. Well done!

Our Seniors'/Older Adults Program has seen early suc-

cess. We thank the North Star Residents Association in Panorama Hills for providing the room for their weekly Tuesday meetings. Yoga for Seniors along with games and social time were the focus in March. April's agendas include some tea and conversation, with the opportunity to discuss what matters to Older Adults. If you are interested in joining contact seniors@northernhills.ab.ca

The Youth Outdoor Soccer Teams are organized and uniforms have been ordered. Those who have registered and are looking for updated information can find it on the NHCA website. To the families who missed the registration deadline, we hope that you will join us next year. Remember, we take registrations during the entire month of February for the upcoming spring soccer season. Thanks to all the families who are returning to the program and to those who are joining us for the first time. We are so proud to be able to provide the largest outdoor, non-competitive, close to home program in

Calgary. Your participation is key to the program's success and the sustainability of our Community Association. Hats off to all the parents who have also volunteered. See you on the fields in May and June...let's hope for a warm and sunny spring!

Thanks to all who ordered trees through the

Neighbourhoods Program, intended to replenish and enhance the urban forest in our community through a volunteer tree planting program. The city will be contacting you and the trees are scheduled to arrive in June. If you have any questions or concerns please call 311 or e-mail community@northernhills.ab.ca.

Plans for our outdoor recreational rinks are ongoing. Repairs to the Coventry water source are scheduled for spring 2011 which will enable us to flood the non-boarded ice surface next winter. We have budgeted to install winter water this year in Harvest Hills at a location adjacent to the existing Community Garden. This is intended for a second non-boarded pleasure rink in our communities. Long term plans are to have a third similar ice rink in Country Hills and a lit, boarded rink in Panorama Hills. We will be working with a developer on the large community rink in Panorama. If you would like to get involved in this or any of the ice rink projects please contact community@northernhills.ab.ca

Don't miss the upcoming Community Resource Fair and City Open House to be held at the Harvest Hills Alliance Church on April 14th. Please take a look at the list in this issue, of Resource Agencies and City Departments who will be available to provide information and answer your questions. Let's show our appreciation for

their effort to reach out to us by making this a well attended event! It all begins at 5:30 and runs until 7:00 pm. The NHCA Annual General Meeting will follow at 7:30 with prizes and refreshments.

April 30th is Clean Up Day! Join your neighbors from 9:00 am until 2:00 pm and help clean up the garbage, recycle your outdated tech goods, donate to WINS, and drop off your bottles to support a local hockey team. It's all happening in the Hills on one day! Look for the details in this newsletter and on the NHCA website.

It's Garage Sale Time Again. May 14th from 9:00 am until 1:00 pm East parking lot of Cardel Place. Details in this issue and on the website. Get your table early!

Thanks to the Coventry Hills School for inviting the NHCA to their Resource Fair on Thursday, March 17th. We enjoyed connecting with the many families of Coventry who support us through their participation in our events and programs. It was a great opportunity to share information about upcoming activities and our long term plans for the community.

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 and play. If you are interested in upcoming events or volunteer opportunities, please check out our website at www.northernhills.ab.ca

ANNOUNCEMENTS

Northern Hills Community Association Business

NOTICE OF 2010 ANNUAL GENERAL MEETING OF THE NORTHERN HILLS COMMUNITY ASSOCIATION

April 14th, 2011 at 7:30 p.m.
Harvest Hills Alliance Church
10099 Harvest Hills Blvd. NW

The Board of Directors of the Northern Hills Community Association has drafted a resolution to their bylaws to update the current bylaws which were adopted in 1998.

The Board of Directors has approved this proposed change for adoption and seek to ratify the adoption of this proposed bylaw resolution at the 2010 Annual General Meeting held on April 14, 2011 at the Harvest Hills Alliance Church, 10099 Harvest Hills Blvd. NW

If you have any comments about the proposed bylaw change please contact Wendy Cavanagh at president@northernhills.ab.ca or by calling the NHCA office at 403-226-6422.

RESOLUTION OF THE BOARD OF DIRECTORS:

Resolution in writing of the Board of Directors of Northern Hills Community Association dated the 23rd day of February, A.D. 2011.

BACKGROUND:

The Association is a non-profit society incorporated and operating under the laws of the Province of Alberta.

The Association desires to make certain changes to its Bylaws. The following is a resolution made at a Board Meeting of the Board of Directors of Northern Hills Community Association on the 23rd day of February, A.D. 2011.

IT WAS RESOLVED THAT:

The following amendment be added to the bylaws of the Northern Hills Community Association under Article VI – Finances, #6:

Dissolution of Association

"In the event of dissolution of the Northern Hills Community Association and after paying debts and liabilities, the remaining assets including proceeds from gaming will:

- be disbursed to eligible charitable or religious groups or purposes; or*
- transferred in trust to a municipality until such time as the assets can be transferred from*

the municipality to a charitable or religious group or purpose approved by the Board."

RATIONALE FOR THIS AMENDMENT

The rationale for this change is as follows:

The Northern Hills Community Association's eligibility application for the holding of a casino has been approved by the Alberta Gaming and Liquor Commission and is waiting for slotting by Casino Licensing.

The Alberta Gaming and Liquor Commission requires that all applicants incorporated under any statute and approved for holding a casino ensure that there is a Dissolution Clause in their bylaws to address disbursement of remaining financial assets.

PROCESS

That the required notice be sent to the general membership by e-mail and posted on the Association's website at least 21 days prior to the Annual General Meeting, to allow the voting membership to rule on the Resolution.

That if the membership passes the Bylaw amendment, the Secretary be authorized to make the required changes by filing the required documentation with the Alberta Corporate Registries – Society Division.

EDITORIAL

Traffic Noise an Issue in the Hills

In recent months the NHCA has received several complaints from residents about excessive traffic noise in some locations of the northern hills communities. Specific locations where excessive noise was cited as a problem include the northern portions of Coventry and Panorama adjacent to Stoney Trail, and in Harvest Hills adjacent to Country Hills Boulevard (see letter to editor this edition of NEN). And the issue will likely only get worse as our communities grow.

One solution is to install privacy fences, or noise barriers, similar to those recently installed on 96 Avenue along the south side of Harvest Hills. The fences on 96th Avenue were installed proactively in anticipation of increased traffic once the extension is connected to Deerfoot Trail and Airport Trail. Barriers are not usually installed in advance of a roadway because new roads typically don't carry their full traffic loads within their first few years of service. The loca-

tions along Stoney Trail and Country Hills Boulevard are along existing roadways where the traffic, and associated noise levels, has been steadily increasing since they were originally opened for traffic. Stoney Trail is the jurisdiction of Alberta Transportation. The noise study was done in the summer of 2010. The NHCA is looking into what can be done to initiate another study.

So, what can we do?

The areas adjacent to Country Hills Blvd. and Harvest Hills Blvd. are the jurisdiction of the City and the City of Calgary will respond if a number of complaints are registered. And, depending on the number of complaints received the City will assess the situation. Initially, the City will likely want to conduct noise studies to evaluate the conditions and impacts in each location. If conditions exceed certain thresholds the City could undertake measures to mitigate noise issues at affected locations. But, the start

of the process is for affected residents to add their names to a Traffic Noise Investigation Request Form. The NHCA will be knocking on doors to have residents put their name on the request for a study and the Community Association will endorse this. The study may not be done this year but we have to start the process!

For our part, the NHCA would act as facilitators and help residents get organized around the issue, keep in contact with Alderman Jim Stevenson, and help to keep track of the responses and actions from the City of Calgary. Should you have any questions or concerns you can contact the NHCA office or email planning@northernhills.ab.ca.



Privacy Fence in Harvest Hills

We have lived at Harvest Wood Link for eight (8) years. When we moved into the community of Harvest Hills the traffic on Country Hills Blvd. was a non-issue, however, once the traffic light was installed at Coventry Hills Blvd. the noise was present with traffic speeding up and slowing down for the light, it has become an annoyance the traffic can be heard over music in ones back yard. The increase in population of the NHC has also increased with this comes more traffic. Another issue is all of the garbage that is wind blown into our yards from the commercial businesses on the North side of Country Hills Blvd. This has turned into a daily chore.

Another significant problem we have to deal with is people parking their ve-

hicles which are for sale on Harvest Wood Way (which runs parallel to Country Hills Blvd). These vehicles are left for weeks on end with for sale signs in the windows, taking up much needed residential parking and limiting access to designated mailboxes. Home owner's contact 311 and a bi-law officer will come by and ticket these vehicles; however, it is an ongoing issue.

Having a community privacy fence would go a long way to mitigating all of these problems. We have often wondered why every other community in the NHC has these fences and Harvest Hills does not?

Concerned Residents

Hello Ms Woo-Paw,

I am writing to encourage the government not to cancel the Voucher program as it is important for developing innovation in our province. There is too little supporting innovation as it is. Without this program, many great ideas-with their associated economic potential, will not see the light of day. Non renewable resources cannot support our province indefinitely.

I am a small business owner and entrepreneur developing unique technologies. I cannot afford to overcome the regulatory hurdles without some form of financial assistance. The Voucher program is ideal in that regard. It has the additional benefit of helping support industries such as laboratories and engineering consultants.

Please consider the extraordinary value this program provides before making any decision to cut it.

Thanks in advance.

Michael Cogill

Editors Note:

The Alberta Innovates Vouchers program helps small technology and knowledge-driven businesses in Alberta get their ideas and products to market faster. Companies can apply for vouchers worth up to \$15,000 or \$50,000 to be used with a service provider for business and technology development services.

Small Business Advisor



Walter Quan

We'd like to introduce Walter Quan as your Small Business Advisor.

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- discussing your business banking needs
- offering professional banking and investment solutions
- delivering excellent personal service

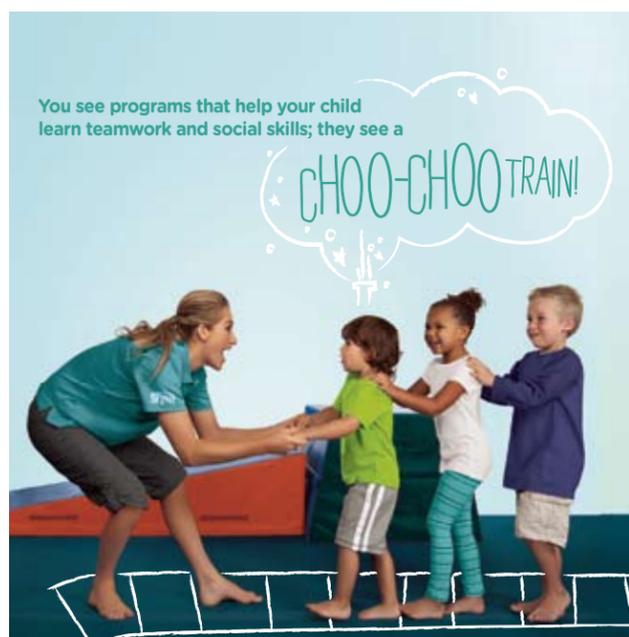
Drop by the branch to talk to your Small Business Advisor and discover how we can make your business banking easier. We look forward to seeing you soon.

450 Country Hills Blvd. NE Suite 152
Calgary
(403)226-7300 Ext. 240
Walter.Quan@td.com

Mon - Wed 8 am - 6 pm
Thur - Fri 8 am - 8 pm
Sat 8 am - 4 pm



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Parents' Survival Night - Camp



COMMUNITY

NHCA VOLUNTEER OPPORTUNITIES

by Wendy Cavanagh
President

Contact president@northernhills.ab.ca

VACANCIES ON THE BOARD:

There are many committees that could always use the help:

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 community@northernhills.ab.ca

Beautification – We are expanding our efforts to beautify neglected areas in our communities and are looking for a committee chair to coordinate our volunteers and sponsors. Love gardening and 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

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 president@northernhills.ab.ca

Community Garden – Our first garden in Harvest Hills has been a great success and we are planning to build a second in Coventry Hills in 2011. If you are a resident of Coventry and love to garden, this could be the committee for you. Contact garden@northernhills.ab.ca

Capital Projects – Residents in our communities have requested outdoor ice rinks. Our Ice Rinks committee is seeking eager individuals to help with the planning and execution of this initiative. If you are interested in this program and/or the building of a more permanent outdoor rink in the Hills, this would be a dynamic committee to be a part of. Contact projects@northernhills.ab.ca

Farmers' Market – A new committee is 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 farmersmarket@northernhills.ab.ca

Senior's Committee – A group of older adults who get together and have some fun on Tuesdays from 2:00 until 4:00 pm are looking for you and your ideas. Contact seniors@northernhills.ab.ca

Traffic – This committee would respond to traffic related issues; parking, speeding, upgrading controls at intersections or communicating with the city planning department regarding road improvements for our area. If you have a passion for solving problems this could be your opportunity to make a difference. Contact planning@northernhills.ab.ca

Wine and Cheese Club – An opportunity to learn about some fine wine and cheese while meeting your neighbours. If you wish to help this club get together and/or are a sommelier or know someone who is, please contact community@northernhills.ab.ca and we'll have this club tasting in no time.

Secretary – We currently are in need of someone to fill this low time commitment Board position with the following requirements and duties:

- Resident of Harvest Hills, Country Hills, Panorama Hills, or Coventry Hills
- Registered community association member
- Take minutes at our board meetings one per month, excluding July and August
- Prepare and distribute the minutes to the board members via e-mail

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

WHERE'S OZZIE



The Northern Hills Community Association would like to introduce a new monthly contest. Here is a photo of Ozzie. Look for him in photos in 2011 Northern Edge News Issues. When you spot him, send an e-mail to communication@northernhills.ab.ca. Include your name, contact information, NHCA membership number along with the month of edition and page number where you found him. There will be a prize draw from each month's entries. One entry per month per membership and you must have a current NHCA membership to be eligible. Spot Ozzie, be a member and WIN!!



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	Wendy Cavanagh president@northernhills.ab.ca
1st Vice President	Sunny Shuang 1vp@northernhills.ab.ca
2nd Vice President	Susan Burke 2vp@northernhills.ab.ca
Past President	pastpresident@northernhills.ab.ca
Secretary	secretary@northernhills.ab.ca
Treasurer	Michael Cogill treasurer@northernhills.ab.ca
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Cardel Representative	David Hartwick cardel@northernhills.ab.ca
Community Enhancement	Wendy Cavanagh community@northernhills.ab.ca
Community Garden	Joanne Davenport Garden@northernhills.ab.ca
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Events	Sunny Shuang events@northernhills.ab.ca
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Planning/Development	Ryan Scott planning@northernhills.ab.ca
Schools	Marcia Barr school@northernhills.ab.ca
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Sports	Susan Burke sports@northernhills.ab.ca
Website/IT	Tyrone Hooge web@northernhills.ab.ca
Youth	Amanda Davis youth@northernhills.ab.ca
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NEWSLETTER

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

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	Jenny De Guia	editor@northernhills.ab.ca
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Printing	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 403-759-1000 (keyline@shaw.ca).

Panorama Playground Grand Opening



When Panorama Hills School opened in September 2009, the children, parents, staff and community noticed that it was missing something—something important.

It was missing a playground for the children of the school and community to enjoy. As playgrounds are not included in the funding to build new schools, a committee was formed by the Panorama Hills Community Enhancement Society.

Fundraising for the playground began in November of 2009. In a remarkable testament to the community members and businesses of the

Northern Hills, as well as the support of local and provincial government grants, Panorama Hills School is no longer missing a playground.

THANK YOU Northern Hills Dental, Panatella Dental, Cardel Homes, Excel Homes, Homes by Avi, Nexus Builders Group, Rockford Developments, Cedar-glen Homes, Shane Homes, Landmark Homes, Genstar, The Home Depot, Urban Projects Corp., Little Caesars, CAT Traxs Services, Richard Fleming-ReMax Mountain View, Lafarge, and Rona for your Platinum, Gold and Silver level

donations. Thank you also to the many other businesses who supported this project in a variety of meaningful ways.

In the second week October of 2010, less than a year after fundraising began, Urban Projects Corp. donated their services to excavate the site that would make the dream of a playground reality. The children were excited to see "the big hole" which would soon hold the equipment that they were ready to play on. A week later, on Thursday October 14th, volunteers worked in the hot sun to prepare post holes for all the play-

ground pieces. On Friday, the weather changed and instead of being greeted by the hot sun, parents, grandparents, community members, volunteers from Landmark Homes and Home Depot all arrived ready to work as flurries swirled. Spirits were not dampened and volunteers were energized as the children surrounded the worksite during recess and lunch hour with the encouraging chant, "Volunteers Rock! Volunteers Rock!"

By Saturday afternoon, October 16th, a beautiful, bright playground had replaced "the big hole." Yet all was not complete. Landscaping still needed to be done and the following weekend more parents, teachers, and community members gave of their time to put the finishing touches on the area surrounding the playground.

No longer an empty patch of grass, the Panorama Hills School playground is now a place of action where children enjoy the pleasure of racing down slides and swinging on monkey bars. The children, staff and parents of Panorama Hills School would like to thank everyone who had a part—large or small—in the process of bringing our playground to fruition. We look forward to celebrating with those who made playground possible on the 31st of May.

Sprouting: A Fun & Nutritious activity you can do with kids

by Shawna Smith
Holistic Nutritionist & Esthetician

It is near impossible to find fresh produce in Canada in the winter months. Most produce has traveled a long way before it makes it to our plates. A great way to ensure you are eating fresh produce with live enzymes and optimal nutrition is to add some fresh sprouts into your diet. Add them to salads, wraps or any dish just before serving.

Sprouting can be a fun activity to do with your children as they grow quickly and children love to check on them daily.

Where can I purchase seeds to sprout? There are companies that sell packages of seeds for sprouting, they can be found in

most health food stores. As well, any organic seeds can be used for sprouting. Ex, quinoa, chick-peas are a couple of options. Your choices are endless.

Here are the general guidelines.

Jar Method

Soak 3-8 hours - Place 1-4 TBSP seeds in a wide mouthed glass jar. Cover jar with screen or mesh and secure with rubber band. Add water, swirl and drain. Refill with water to cover the sprouts and soak seeds for 3-8 hours, over night works well. Drain water. Do not refill.

Rinse twice a day - Rinse seeds by refilling jar with water and gently swirling. Drain water. Invert and prop jar at an angle in

sink or bowl.

Ready in 3-6 days - To keep fresh, refrigerate well drained sprouts in a sealed glass container.

Sprouting Using a Colander

This has become my favorite method.

Soak 3-8 hours - Place 1-6 TBSP in a large bowl and cover with water. Soak seeds 3-8 hours, over night works well. Then drain in your colander, and rinse very well until the water runs clear. Drain, and then place on your plate to catch any water drippings and cover with a kitchen towel.

Rinse twice a day - Run the colander under clean water twice a day making sure that you are rinsing all the seeds.

Ready in 3-6 days - When the sprouts are starting to shoot, rinse one more time, and leave for another 8-12 hours to completely drain. They should be dry to touch. Then place in a mason jar or other glass container to keep in the fridge. Eat & enjoy!

Safety When Eating Raw Sprouts It's important when sprouting, even more so if you are consuming them raw, that you use common sense by using clean jars, being careful that the jars and sprouts aren't contaminated. Never eat any sprouts that smell bad, or are slimy or moldy.

Shawna Smith is a Holistic Nutritionist & Esthetician who is passionate about supporting local farmers and a NHCA Farmers Market Committee Member. Contact 403-477-8165, shawna@smithshawna.ca www.shawnasmith.ca



Northern Hills
Community Association

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COMMUNITY CLEAN UP!

**Saturday, April 30th
9:00 am to 2:00 pm**

It's that time of year again. Time to clean up and clear out all that 'stuff' we don't know what to do with. Mark your schedules for the Northern Hills Community Association – Panorama E-Community Centre Clean Up! We are looking for more than just your garbage – see below for details.

DO YOU HAVE A PARK OR AN ALLEY IN YOUR NEIGHBORHOOD THAT IS FULL OF GARBAGE AND/OR DOG FECES?

We are organizing volunteers to help pick it up as part of this Community Clean Up event. Get together with your family or friends and we will provide garbage bags, gloves etc. to assist with the clean up. Supplies can be picked up at the NHCA office prior to the event or at the Panorama E-Community Centre (88 Panamont Hill NW) at 9:00 am on April 30th. Let us know what area of the community you will be cleaning up, bring back the garbage by 2:00 pm and we will dispose of it for you. Refreshments will be served.

WOMEN IN NEED SOCIETY DONATION DRIVE.

On the same day, the Women in Needs Society (WINS) will host A Donation Drive in our community. There will be volunteers from the WINS and the Northern Hills Community Association (NHCA) to receive any gently used or unused items. Items that can be donated include: clothing for men and women, items for children, household items, misc. and seasonal items. Please refer to the detailed list. You can drop them off at the Panorama E-Community Centre Parking Lot. All donations will be used to build programs for women who are in low-income situations.

MANY PEOPLE ARE AWARE OF THE E-CYCLE DEPOT IN OUR COMMUNITY, BUT IF NOT, A SPECIAL E-CYCLE COLLECTION WILL TAKE PLACE AT THIS EVENT WHERE YOU CAN DROP OFF ELECTRONIC ITEMS SUCH AS:

- Personal Computers and components
- PC computer peripherals such as:
(Mice, keyboards, cables, speakers)
- Printers
- Fax Combination Machine
- Servers
- Cell Phones
- All televisions and computer monitors

Further information on E-cycling can be found at www.calgary.ca

Please note that the following items WILL NOT be accepted:

- Tires
- Household chemicals
- Paint
- Car batteries
- Liquids
- Microwaves
- Home appliances

BOTTLE DRIVE FOR LOCAL 2001

AAA Jr. Canucks Hockey Team

Bring your empty bottles and beverage containers to help support a local junior hockey team!

Used Eye Wear

Used prescription or non prescription glasses or sunglasses that might be buried in your drawers, desks or closets, can also be donated for charity. Children's glasses are especially needed. Both plastic and metal frames are accepted.

E-mail community@northernhills.ab.ca or call the NHCA office at 403-226-6422 for more information



WINE AND CHEESE PLEASE!

By Wendy Cavanagh

Wine connoisseurs and connoisseur want to bes unite! The Community Association is seeking individuals interested in occasional get togethers to talk about, taste and mingle over some good wine and cheese. This program would also require a volunteer sommelier. If you wish to socialize while tantalizing your taste buds and or share some of your wine and cheesy knowledge, please contact community@northernhills.ab.ca.

Dr. Micah Luong Dr. Debbie Luk Dr. Laura Schmidt Dr. Mark Ross



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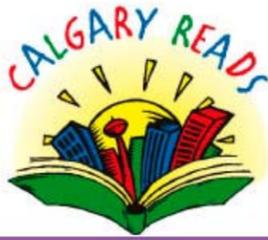
Amber Faubert



The Family Who Reads Together

By grade 2, it was clear that Anna was struggling to read. Through Calgary Reads, an early literacy initiative, Anna was matched with a trained volunteer for individual tutoring. Her mother, Nancy, recognized the effectiveness of Calgary Reads in bolstering literacy levels and soon became a volunteer tutor herself. Eventually she became a volunteer with the annual CBC/Calgary Reads book sale.

As a tireless advocate of the fundraising event that she feels perfectly reflects the mission of Calgary Reads, Nancy logs countless hours as a member of the book sale's Operations Committee, in addition to sorting, setup, and sale day duties. And just as Nancy once followed her daughter into the Calgary Reads program, Anna, now in grade 11, has joined her mother as a book sale volunteer. It was a natural progression, since Anna is now an avid reader, who frequently recommends books to Nancy. Together, mother and daughter characterize



AN EARLY LITERACY INITIATIVE

the multi-generational commitment of a family that has been touched by Calgary Reads.

The CBC/Calgary Reads book sale is the major annual fundraiser for the program, and an essential event for book lovers. In 2010 the book sale raised \$125,000 for the early literacy initiative, while thousands of book lovers returned home with high quality used books.

This year the book sale promises to be even better, with a larger location and expanded hours. Join us at the annual CBC/Calgary Reads book sale on May 13 (noon-9pm), May 14 (9am-6pm) and May 15 (9am-4pm) at the Calgary Curling Club, 720 - 3rd Street NW.

You can also help by dropping



off quality used books at the Calgary Curling Club, starting April 27, weekdays from 8am-8pm and weekends

from 9am-4pm, or at any RBC branch from April 11 - May 4.

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Do you live in Creekside, Evanston, Hanson Ranch, Hidden Valley, Kincora, Panorama, Sage Hill or Sherwood?

If so, your designated Roman Catholic Church is: St. John the Evangelist Catholic Parish. Our office is located at: #11138 Hidden Valley Drive NW. Calgary, AB T3A 5Z6.

You can reach us by telephone at: 403-275-6500 or email: stjohsparish.ca.

Mass is held at Sandstone Valley Ecumenical Centre: #1100 Berkshire Blvd. NW.

Mass times include: Saturdays - 5:00PM, Sundays - 9:00am, 10:30am and Noon.

Please check out our website at: www.stjohsparish.ca

Now is the time to get involved.

Call for MEMBERSHIP TODAY!

Northern Hills Community Association



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- ✓ SCORE PLAYOFF PARTY
- ✓ SCORE HOCKEY TICKETS

Visit Mr. Lube for a Castrol oil change by May 8 and you're automatically entered to win a fan-tastic hockey prize pack.



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SENIORS CORNER

Why does a retiree often say he/she doesn't miss work, but misses the people he/she use to work with? He/She is too polite to tell the whole truth!



What an exciting kick off we had for the month of March. For those of you who joined us a huge thank you and for those of you who are wondering...we are having a blast and you need to join us!!!

In March we started our Yoga and Age Appropriate Exercise Class! Yoga is a very relaxing activity that any age and physical ability level can participate in.

Old Man Winter has surely outlasted his visit this year and in an effort to diminish the winter blues were are starting to coordinate a walking club for the Spring and Summer. Let's all put our heads together and hopefully the power of numbers will get this club off the ground and scare winter away!!

For the months of April and May we have 2 tea and conversations planned! The first session will be a presentation/education session on the different Seniors Housing

Options that we have in Calgary. It is never too early to start learning what is out there for us! Our second presentation as requested will be about writing and updating wills

and estate planning. Now this may seem like a glum topic but it is one that everyone can learn from. Both of these education sessions will be the last Tuesday of the April and May.

We love to see new faces so if you are looking for a little something extra to do we are the group you need to join!!!

Stay tuned for updates!

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Northern Hills Community Association

POSITIONS AVAILABLE

Are you friendly, reliable, outgoing, community spirited and looking for work?

Come and join our administrative team at the NHCA! We are looking for 1 or 2 people to help us with our new office hours and expanding programs.

If you're available Tues 9.30 am – 1 pm, Thurs 5-7 pm and the second Saturday of each month from 10 am – 1 pm and want to join our dynamic team, please send your resume to admin@northernhills.ab.ca

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Women In Need Society (WINS) is a not-for-profit organization in Calgary that was established in 1992.

WINS' Mission:
To help women help their families and themselves.

WINS' Vision:
That women have the resources, knowledge, skills and confidence to achieve self sufficiency.

WINS works with women in low-income situations; including women coming out of shelters, single mothers and their children, women in transition, and new Canadians.

WINS operates 4 Thrift Stores throughout Calgary that provide entry level employment opportunities along with an affordable place to shop for clothing, household goods and furniture.

Revenue generated through the Thrift Stores is used to help fund our community programs.

- Free Good Referral Program
- Family Resource Centres (3)
- Sustainable Livelihoods Program

Clothing, Footwear, & Accessories

- All women's, men's, children's, & baby's clothing – in season, clean and in good condition
- Shoes, boots, & sandals, Belts, purses/bags, gloves & jewellery

Items for Children

- Baby strollers, cribs, and high chairs that are less than two years old or have the CSA and dates still on them. We can also accept car seats that have not expired
- Toys – clean & gently used or new

Household Items

- Bedding, towels, curtains & rods
- Dishes, pots, pans, & cooking utensils along with Small Appliances - coffee pots, toasters, microwaves
- Lamps, fans, humidifiers, wall clocks, vanity mirrors
- Bathroom items – shower curtains, soap holder, garbage basket, towel holder
- Knick knacks, decorations, & pictures
- In season decorations (Easter, Halloween, Thanksgiving, Christmas, etc)

Miscellaneous

- Books, gaming systems – excludes textbooks, encyclopedias, and magazines
- CDs, DVDs, VHS movies & music

Seasonal Items

- Fall & Winter (September - February): shovels, skis, snow-boards, toboggans

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GARDEN NEWS

Will Spring ever arrive? That was the persistent question being posed by everyone at time of writing. I can only hope that March has gone out like a lamb and that we are enjoying warm spring days when you read this. I have been thinking a lot lately about the wonderful taste of a carrot just pulled out of the garden and I have just cooked the last of my potatoes from last fall's harvest. Here's hoping that many of you have also got spring fever.

Both gardens have been busy planning for spring:

HARVEST GARDENS

We have placed our order for trees from the City of Calgary Neighbour Woods program and have established our plans to add fruit shrubs and perhaps a perennial bed for this summer. A number of our gardeners are moving to the Coventry Hills garden this year so we are welcoming



a number of new gardeners this year. We look forward to continuing our program with the Calgary Inter Faith Food Bank this year. We have a couple of educational workshops planned this year which will be available to all interested gardeners in the Northern

Hills. Please watch the garden blog for more information.

<http://northernhillscommunitygarden.blogspot.com/>

COVENTRY HILLS

Our application has been submit-

ted to the City and we hope to have our approval to go ahead in early April. The requested garden site is at the north end of the green space at the intersection of Covepark Square and Coventry Hills Way (across the street from the Middle School currently under construction). Once we have that approval we will be working hard on planning our construction day for mid May. We will be building 40 raised vegetable beds. We will also be taking advantage of the Neighbour Woods program and will add several trees this year. The garden will continue to grow and evolve over the next several years, but will always focus on organic growing methods, education, alternate food sources for our families and support of the Food Bank. We hope that this will become a social gathering place for the community. For more information please contact garden@northernhills.ab.ca.



MILK JUGS FOR SEEDLINGS

We've come across a great set of instructions (adapted from two expert sources) that we would like to share with all of you gardeners that may not have space indoors to start seeds.

All you need is a supply of 4L milk jugs (Starbucks has lots), starter soil, seeds and enthusiasm.

Remove the lid and cut a couple of slits near the top for ventilation, then make a horizontal cut about 4" from the bottom around 3 sides of the jug (leave the handle side of the jug uncut). A utility knife works better than a kitchen knife.

Fill the jug with 3" of starting mix soil (there will be less damage to your roots if you use a starter mix rather than a potting soil), thoroughly moistened.

Sow the seeds according to the directions on the packages.

Lower the top back down and seal with packing tape to keep closed.

Set outside in a sunny area of the yard preferably in an area protected from the wind.

The seeds will germinate nicely when the sun provides enough light and heat.

Monitor to make sure the soil stays moist but not wet.

When the time is right transplant out into the garden plot and you will have climate hardened seedlings ready to take off this summer.

Any non opaque container can be used – just rinse thoroughly.

It is a perfect way to get the whole family involved. The only word of caution....it is addictive!

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SCHOOLS

Provincial Budget will affect Calgary students

How will the budget affect my child's school? Will it affect class sizes? Can students expect the same learning supports and opportunities? Will there be teacher or support staff layoffs? These are some of the questions parents, students and other Calgarians have about what the provincial budget means for public education in our city.

The government asserts that the budget increases funding for education. In reality, the budget gives with one hand and takes with the other. For example, program funding has been cut to cover the teachers' salary increases, which the province negotiated in 2007. As well, educational grants that cover inflationary costs of non teaching staff and programs in schools haven't been increased in four years.

The CBE's budgeting process began with the provincial budget. Although it will take some time to know the detailed impact of the \$61.7 million shortfall, one thing is certain. When salaries and benefits make up 77 per cent of the CBE's budget, we cannot absorb a \$61.7 million shortfall with-

out affecting students, learning and positions—including teachers.

The Board of Trustees continues to ask the provincial government to implement a predictable and sustainable funding model for education—a model that helps us to prepare students to lead in the "innovation economy." We implore the Minister of Education for more funding in this budget. Instead of short sighted measures to relieve short term budget pain, we need to restore the funding to educate our students now.

Although this budget creates serious problems for our school system, the CBE remains committed to educating each student, every day no exceptions.

If you are concerned about the negative impact of the budget on public education, our students need you to communicate your concerns to your MLA. The Board of Trustees is always listening. You can always find more information on the budget, public board meetings and anything else related to public education in Calgary on our website at www.cbe.ab.ca. As

your Trustee, I welcome your input and am always happy to speak to parents and concerned citizens about how we can best support student learning and provide the high quality education that Calgarians expect.

Lynn Ferguson
Trustee Wards 3 & 4
403 294 8263 or
lcferguson@cbe.ab.ca

Happy Easter from St. Clare School Community

We have journeyed through the Lenten season these past 40 days and as we prepare for Easter we remember Holy Thursday and Good Friday with a special liturgy on Holy Thursday morning. Our grade six student do a re-enactment of the Stations of the Cross and Journey with Jesus in his final days. This will take place on April 21st. This will be the start of our long weekend from April 21 at noon until April 25th. with school re-opening on April 26th.

Also this month we have our inline skating happening for all of students from kindergarten to grade six. All the students look forward to the special school-wide event. We also

have scheduled our second annual special family skate night on April 28th. It is only \$2.00 per person for St. Clare families. We know, as it was last year, a great time for everyone. We finish our month with our fun lunch on April 29th.

Don't forget that there is on-going kindergarten registration at St. Clare. Your child needs to be 5 before March 1st 2012, in order to register. Please bring your child's birth certificate and proof of residency in the Coventry Hills area (ie. gas bill). We are open from 8:00am – 4:00pm Monday to Friday.

Have a great April. Happy Easter.

Ms. Giselle LeClair, Principal

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GOVERNMENT

Hello Northern Hills Community,

It has been a busy couple of months back at the legislature in Edmonton. We debated several bills and motions of interest to Calgary-Mackay residents, including Bill 1 to establish the Asia Advisory Council, Bill 2 to better protect against family violence, and Bill 3 to update regulations concerning professional geoscientists. I was also pleased to bring some concerns from constituents to the legislature about adult ESL programs, enhancing business competitiveness, nanotechnology commercialization, and reducing administrative burdens for professionals working in Western Canada.

I also had the opportunity to draft motions to enhance access to post-secondary education to under-represented communities, and another motion to encourage seniors-serving departments and programs to take a holistic view of seniors' roles in Alberta. I encourage you to read the text of the motions on my website at: <http://teresawoopaw.ca/info/statements.php> Thank you for all your ideas and input which help make Alberta a better place for all.

My constituency office staff and I were pleased to help community members to address concerns with health care, foreign credentials, local wildlife, workforce participation, entrepreneurship, and many other topics. I was also glad to hear and address your concerns over coffee at Cardel Place and community spaces hosted by Calgary-Mackay residents.



Teresa Woo-Paw, MLA Calgary Mackay

If you'd like to host a coffee or tea event, please contact Matt at my constituency office.

We're also looking for volunteers who would like to help in our community this spring and summer. First, door-knocking is a great way to better know the community through healthy physical activity. Second, we're looking for volunteers for the annual stampede breakfast at Cardel Place, Saturday, July 9th from 8-11. We are glad to provide training to individuals, groups, and families of all ages and abilities looking for experience or volunteer opportunities.

Finally, I'd like you to join us for a Community Dialogue session with Minister of Education Hon. Dave Hancock on April 6, 2011 from 7-9 p.m. at Notre Dame High School (11900 Country Village Link NE). Students, parents, educators, and administrators from several north Calgary schools will be in attendance.

On a personal note, I was also glad to support International Women's Day in Alberta. Job Postings Magazine also profiled my work and transition from the non-profit sector into politics. When the article is published, I will be sure to let you know how you can get a copy.

As always, please contact me at the information below with any questions, concerns, or comments about our community. I encourage you to follow my work on Twitter: @Teresa-MLA

Sincerely yours

Teresa Woo-Paw, MLA

Parliamentary Assistant to the Ministry of Employment and Immigration

Bicycle Helmet Safety

Bicycle crashes are the leading cause of brain injury in school-aged children. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. Remember – it is the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.



pears undamaged.

GETTING THE RIGHT FIT

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side to side while the straps are unfastened.
- Adjust the chin straps to form a "Y" below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit and comfort.

GETTING STARTED

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example: always wear your own helmet when cycling.

GETTING INFORMED

- Wearing a helmet while cycling can prevent a serious injury or save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it ap-

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

SUMMER DAY CAMP REGISTRATION BEGINS
WEDNESDAY, APRIL 13TH @ 7 - 9 PM at the church.

July 4-8 Pre-school (Ages 4 - K); Cooking; Art Camps (Grades 1-6);
July 11-15 Pre-school Camp and Mega Sports (Grades 1-4);
July 18-22 Outdoor Adventure Camp (Grades 4-6);
July 25-29 Club 56 (Grades 5 & 6)

We reserve the right to cancel any camp due to lack of volunteers.
Register early **with payment** to guarantee your spot.

Reg for Fall

Ballet
Jazz

Tap
Hip-Hop
Lyrical
Musical Theater
Teen & Adult Ballet
Winter & Spring Performances

Starchevski

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403 226-8874

200 Country Hills Landing NW

www.ssballet.ca

OPEN CLOSET

Go SHOPPING without money!

Harvest Hills Alliance Church
10099 Harvest Hills Blvd NW

FREE CLOTHES

Coats, Baby Accessories, Shoes, Jewelry,
Small Household Items, Linens, Toys,
Kitchen Gadgets, Knick-knacks

FRIDAY, APRIL 29, Noon to 4 pm

NO appliances/electronics/furniture!
NO drop-offs until "the week of"
April 24th to 29th

Mark your calendars:
Sunday, May 1 from 9 am - 12:30 pm is our Annual Food Bank Frenzy. Please bring non-perishable food donations Sunday morning ONLY. Thank you.
Sunday, May 1 during both services will be our Children's Musical Drama.

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

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

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

CITY

A message from Ward 3 Alderman



Jim Stevens,
Ward 3 Alderman

UE2011-06 Multi-Family Recycling opportunities

Multi-Family Recycling Opportunities was brought to March 7, 2011, Council with the recommendations to: 1) continue being an optional program serviced predominantly by private recyclers. 2) proceed with development of a full cost of service multi-family recycling strategy during 2012-2014, based on industry and multi-family stakeholder engagement and report back no later than Feb. 2014 with recommendations for a multi-family recycling program that considers partnerships with the private sector to be implemented in 2015-2017.

I am disappointed that it has taken so long for our administration to start to work with the private companies but they have now committed to helping them get access to the sorting facility. There are a number of companies that are now offering recycling services to condos and apartment buildings.

LPT2011-11 Secondary Suites Update

In a unanimous vote Council agreed to make it even easier to create suites in the land-use zones that already permit them. That decision covers some 116,000 Calgary properties in "R2" duplex zones or other districts, but the approval process for all areas zoned "R1" or "RC1" would not change. Council did direct staff to consider in its study a new enforcement approach to ensure suite safety and to approach the province for better building-code rules that don't compromise safety but lower the costs of bringing suites up to code.

As always, I welcome your calls and emails so if you have any questions or concerns, please don't hesitate to contact my office.

Jim Stevenson
Alderman, Ward 3
www.ward3calgary.ca

Toast 'n' Jam

Toast 'n' Jam is a youth program coordinated by The City of Calgary Community & Neighbourhood Services to develop the musical talents of young Calgarians.

The program leads the way to give musicians and bands under the age of 18 a chance to improve and expand their skills, play a live show and showcase their talent.

Band Application Deadline: Friday, May 6th at 4 pm
Check out these websites for more information:
<http://www.calgary.ca/toastnjam>
<http://www.facebook.com/toastnjam>



LIBRARY NEWS

Programs for April 2011

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

for Adults

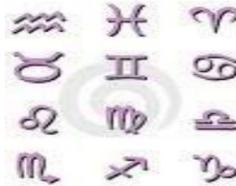
Welcome to Canada:

Newcomer's Session (Cantonese)

Find out about community supports, government services, school systems, ESL, and other resources available in Calgary. Presented by the Calgary Bridge Foundation, In-School Settlement Program. Register by phone by calling 403-777-6074. The class is taught in Cantonese and is limited to 30 participants. Join us on Saturday, April 16, 1:00-3:00 p.m.

Horoscopes and More

Join astrology practitioner, Peggy Lynch, as she shows how this discipline can be used as a reflective tool. Ages 50 and up, Tuesday, April 19 from 2:00 – 3:30 p.m. No registration is required.



for teens...

the hunger games Challenge

Our version of The Hunger Games! Come see if you can survive the Hunger Games... Library-style! If you've read the book and are from 11 to 17 join us on Tuesday, April 12 from 4:00 – 5:50 p.m.



for children ...

Bottle Caps and Booby Traps

Veteran Calgary Storyteller Karen Gummo presents a variety of interactive and surprising stories, songs, and rhymes that can be reused and recycled any time! This program, for children ages 6 to 9, is generously sponsored by the Alberta Beverage Container Recycling Corporation. Join us on Wednesday, April 20, 4:00 – 5:00p.m.



Are you tracing your family tree or getting started with genealogy? Your Library has so many resources to help you on this journey.

Ancestry.ca

Discover the world's largest online family history resource for free! Ancestry Library Edition is a jewel for genealogy searches. Accessible at any of the 17 branches of Calgary Public Library (in-library use), with this resource, you have free access to all sorts of documents, historical records, and photos from the U.K. the U.S.A., Australia and Canada. Often government census records can be a good place to start in searching your family history. This site has records from the 1790 U.S. Federal Census to the 1841 England Census, for example. Relations and relatives can also be found with birth, marriage and death certificates or military cards. This site has all of that, and you many even download ancestral charts to record your own family tree.

Toronto Star, Pages from the Past

Chronicling daily life in Southern Ontario, this is an incredible collection of the Toronto Star's archives scanned from microfilm to digital, making it so easy to read this historic collection. You can find a birth notice or a wedding announcement. Featuring copies of all of the Toronto Star editions since Nov. 3, 1892, Pages from the Past is an accomplishment for Canadian records, a true gift.

Early Canadiana Online

This amazing tool is the first large-scale online collection of early Canadiana print heritage. Perfect for school-aged children or anyone interested in learning about our country's history, here you will find 20,000 pages of text detailing the history of Hudson's Bay Company, and 22,500 pages of Jesuit Relations texts, translated into English. It features works published from the time of the first European settlers up to the early 20th century.

Also take a look at the Canadian Discovery Portal, a new search interface that brings Canada's heritage to the present. It's as easy to search as Google and will allow you to discover so much about our history for family searches. You can also read 100 year old books that have been digitized and are accessible to view from your computer.

With so many online resources available, searching your family tree is easier and more fun than ever. Whether you are looking to genealogy to satisfy your curiosity or to reveal a deeper connection to your past, the Library has plenty of resources to help you. For help with any of this, please ask staff at the Information Desk at Country Hills Library.

Councillor Gael MacLeod, Ward 4 Our City. Our Budget. Our Future.

City hall has certainly been a whirlwind of activity over the past few months with a number of important, and at times controversial, issues for the new City Council to consider. Many of you have taken time from your busy schedules to send thoughtful emails to the Ward 4 office about the issues of the day and as local concerns. I very much appreciate your contacting me to share your views.

This is an exciting time in Calgary as we have developed a public engagement process that will help to shape our future. Our City. Our Budget. Our Future. is a project designed to undertake a facilitated review of core services and The City's business planning and budget process while considering the longer-term vision that will support the future that Calgarians envision.

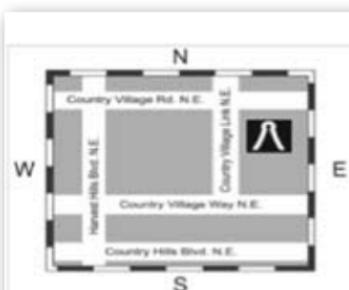
During this phase of the process we need citizens to tell us how to make the city we all want real – what is important, what is not. The focus will be on City services, your values and priorities and how they relate to the services that touch your lives now and into the future.

Five Community Forums will take place involving citizens, youth and community associations. Dates and locations for these forums can be found at Calgary.ca/ourfuture. There you can find out about the many ways to get involved and have your voice heard.

Currently, my website is under construction. I plan on using my new website, and social media tools, to keep you informed and give you the opportunity to comment on upcoming issues prior to Council decisions.

I endorse the 3-1-1 program and believe it is an effective tool in resolving a significant number of individual resident issues. My office is always available to work with you. Please contact my Community Assistant at 403-268-3727 or alcaw4@calgary.ca

Happy spring!



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.

COMMUNITY GARAGE SALE & FLEA MARKET

SATURDAY, MAY 14th, RAIN OR SHINE
 9:00 am – 1:00 p.m.
 Cardel Place Arena and Cardel Place East Parking Lot
 11950 Country Village Link NE

The NHCA has teamed up with Cardel Place to bring to the Northern Hills the biggest and best garage sale event ever!! This the 2nd year we are hosting a garage sale and flea market...meaning - along with all the usual nifty used stuff you might find - there will be arts and crafts and home business goodies!!

Outdoor Table Rentals with the NHCA
 \$40 for non-NHCA Members/\$15 for NHCA Members

Whatever your goods, sell them in this flea market atmosphere.

Register for these tables by visiting the NHCA office in the Genstar Community Wing of Cardel Place or by calling 403-226-6422
 Visit www.northernhills.ab.ca for more information

Indoor Table Rentals with Cardel Place
 These indoor tables are specifically for 'kid's stuff'

\$30/10% discount for Cardel pass holders
 To register for these tables:
 In person at Cardel's Guest Services Desk or online at www.cardelplace.com for more information



www.northernhills.ab.ca

Serving Harvest Hills, Coventry Hills, Country Hills, Panorama Hills and Country Village Link

Annual Community Garage Sale / Flea Market

- When:** Saturday May 14th, 2011 9:00 a.m. to 1:00 p.m.
Where: Cardel Place East Parking Lot (Outdoor Table Rentals)
 **Cardel Place Arena (Indoor Table Rentals for "KIDS STUFF ONLY")
What: Kick Off your spring-cleaning and get to know your neighbours through a community organized garage sale.
Fee: \$15 per table for NHCA members & \$40 for non-members. The fee includes the rental and set-up of one table and garage sale advertising.
How: Complete the registration form below and drop off with cheque payment anytime at the NHCA office in the Genstar Community Wing of Cardel Place. (Please put in an envelope under the door if office is closed). Cash or credit card payments will be accepted Monday through Friday from 9:30 a.m. to 2:00 p.m. Registration starts Friday, 1st April and ends on Saturday, 7th May or when all tables have been booked.
Questions? Contact 226-6422 during office hours or email info@northernhills.ab.ca

****To register for these tables, visit Cardel's Guest Services Desk or e-mail cardelplace.com for more information**

Please remove bottom portion and submit with payment to the NHCA office



2011 Garage Sale / Flea Market Registration Form

Name: _____
 Address: _____
 Phone: _____ Email: _____
 NHCA Mem. #: _____ New Membership: \$30
 Number of tables: _____ x \$15.00 (NHCA member fee)
 _____ x \$40.00 (non-member fee)
 Total cost: _____ Paid by: Cash Cheque Credit Card
 Office Use: _____
 Payment received by: _____ Date: _____

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



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 which programs 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"/> Fall Fundraiser |
| <input type="checkbox"/> Newsletter | <input type="checkbox"/> Children's Soccer | <input type="checkbox"/> Community Beautification |
| <input type="checkbox"/> Ladies Soccer | <input type="checkbox"/> AGM/Community Resource Fair | |
| <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



Deerfoot Trail Online survey

The University of Calgary is conducting a study on the influence traffic information regarding route choice while travelling on Deerfoot Trail. Any person familiar with driving on Deerfoot trail is welcome to participate in a survey which would take approximately 6-8 minutes to finish (www.surveymonkey.com/s/deerfoot). The online survey link is available until May 31, 2011. Your participation is gladly appreciated.

Now is the time to
GET INVOLVED.

Call for membership today!

Northern Hills Community Association

403-226-6422

Discovery Wildlife Park

This summer create a family memory beyond compare!

Open May 1 to Thanksgiving weekend, 10 am to 7 pm, seven days a week.

For the full experience, check out our website www.discoverywildlifepark.com and our Facebook page.

Discovery Wildlife Park
403-227-3211
403-227-3216 fax

This is a once in a lifetime opportunity to meet MASKWA, the only white black bear in captivity. This is also the only place in the world that you can see all three colour variations of the black bear – black, brown and white – at the same time.

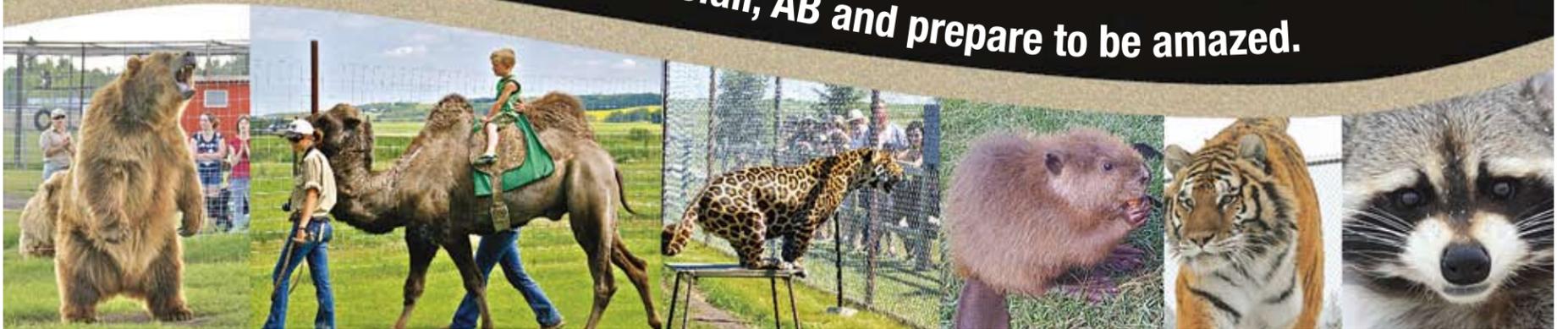
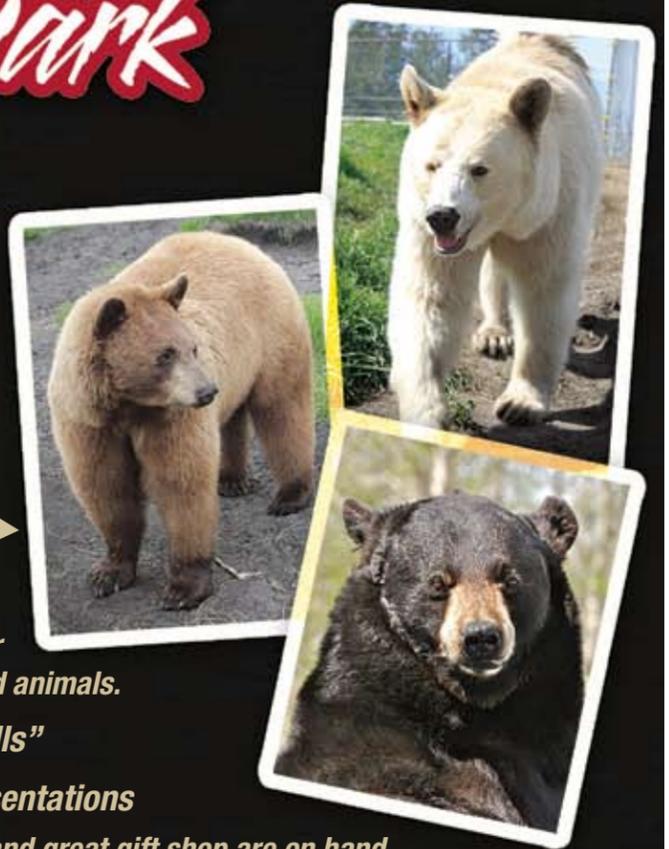
• Meet all 15 of our bears including our movie star Kodiaks, plus many more special and well-trained animals.

• Ride our camel, star of "Deck the Halls"

• Watch our famous animal presentations

• Full concession and great gift shop are on hand

Visit Discovery Wildlife Park in Innisfail, AB and prepare to be amazed.



Help stop graffiti vandalism



Graffiti vandalism can take many forms, but it's essentially words, figures, letters or drawings that are scribbled, scratched or sprayed on a surface without the consent of the property owner. And it's a serious problem. It causes property damage, encourages more graffiti vandalism and other crime, and creates an often expensive clean-up problem for the property owner. That's why the Calgary Police Service and the City of Calgary Animal & Bylaw Services offer these tips for dealing with graffiti vandalism:

RECORD

If you see graffiti vandalism, record its exact location, colour(s), type of property, conveyed message, date it was first seen, and identifiable markings. If possible, take a digital photograph of the van-

dalism. This assists in investigations to identify and hold offenders accountable.

REPORT

Report the graffiti vandalism online at www.calgarypolice.ca (click on "online reporting"), or to the City of Calgary by calling 3-1-1. All reports will be investigated to verify whether the graffiti is vandalism (illegal) or urban art (with permission).

If you see graffiti vandalism in progress, call 9-1-1.

You can also report tips anonymously through Calgary Crime Stoppers by phone at 403-262-8477 or 1-800-222-8477, or online at www.tttips.com ("submit a tip").

All photos or questions may be directed to the Graffiti Vandalism Unit by email to cpsgraffiti@calgarypolice.ca or by calling 403-206-8324.

REMOVE

The City of Calgary requires that graffiti vandalism be removed within 72 hours. This reduces the chance of more vandalism, sends a message to offenders that defacing property is not acceptable, and takes away the recognition that vandals seek.

Painting over graffiti is often the easiest and most cost-effective way to remove it. ICI Paints and Cloverdale, in partnership with the City of Calgary, offer discounts on graffiti/paint remover and paint-over products through the Graffiti Abatement Program. Check the City of Calgary's website at www.calgary.ca/animalservices or call 3-1-1 for details on these and other programs to assist graffiti removal. Be sure to follow all product safety and use instructions, and wear rubber gloves.

Block the graffiti vandalism from view until it can be cleaned up.

For more crime prevention tips, visit www.calgarypolice.ca.

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 Any area / Any price range / Any condition

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www.CalgaryHomeWanted.com

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WHERE SMILES BEGIN!



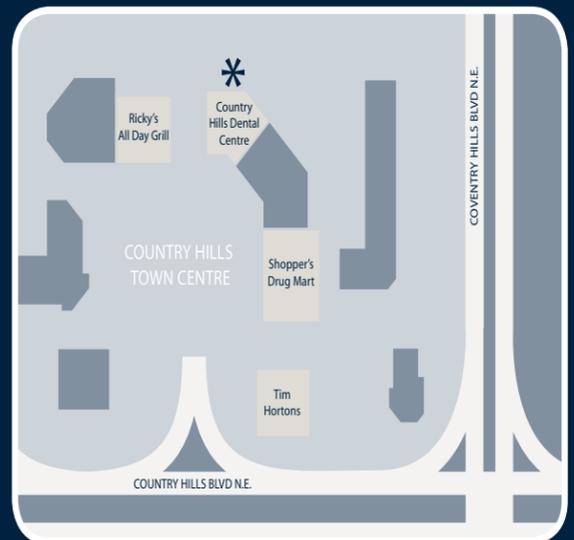
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