

Northern Edge News



August 2011 • Official Newsletter of the Northern Hills Community Association
 Harvest Hills • Coventry Hills • Country Hills • Country Hills Village • Panorama Hills

www.northernhills.ab.ca • FREE



WHOOPING IT UP AT LOCAL STAMPEDE BREAKFASTS

Well, the citizens of the Northern Hills were at it again this year coming out in full force to take on Stampede week with a flurry of fun and enthusiasm. There were two full Stampede weekends of excitement, food, conversation, horse rides, roping and a few prizes to boot. The Northern Hills Community Association (NHCA) enjoyed breakfast with community leaders, residents and dignitaries the weekend of July 9th, 10th and Saturday, July 16th. Our hosts, Teresa Woo-Paw and Cardel Place, Harvest Hills Alliance Church, and Retail and Commercial Developers Roy Op did not disappoint. Stampede related activities and entertainment was provided by musical groups for the thousands of residents attending the events. The musical groups in attendance included The Calgary Fiddlers and The Red Deer Rebels Marching Band. The NHCA held a membership drive and a prize draw. The lucky winners of NHCA prizes were:

1. Christine Othitis
2. Prasad Panda
3. Colin and Jennifer Fitzpatrick
4. Bruce Haughian
5. Margaret Moore

The NHCA wishes to give a big Stampede Ya-Hoo Shout Out to our sponsors MLA Teresa Woo-Paw, Cardel Place, Harvest Hills Alliance Church, Roy-Op, Koiji Japanese Restolounge (Gift Certificates) and The Dollar Bonanza store (Bouncy Castle for a day). It all in good fun if its Stamping! Yee-Haw!



UPCOMING EVENTS 2011

August 15 to 19

Park 'N Play; Stay 'N Play in Country Hills
 Country Hills Cres/ Country Hills Dr. NW
 City of Calgary

August 15

Front Yard Garden Contest End

September 24

Seniors Resource Fair and WINS Clothing and Toys Drive
 Cardel Place 10 am to 2 pm
 City of Calgary and Women In Need Society

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NEW PATIENTS WELCOME

ANNOUNCEMENTS

NHCA VOLUNTEER OPPORTUNITIES

by Wendy Cavanagh, President

VACANCIES ON THE BOARD:

Treasurer - The Treasurer would attend monthly board meetings and oversee the financial aspects of the Association. If this position interests you, it would be helpful if you had some accounting experience. We do have a bookkeeper on staff who is responsible for recording transactions, preparing cheques and financial statements. The NHCA has just completed its audited financial statements for 2010 and we are on track with our budget for 2011.

Contact president@northernhills.ab.ca

There are many committees that could always use the help:

Graffiti Abatement - We have a new chair for this committee and are hoping he will be joined by individuals eager to learn how to clean it up and prevent future outbreaks! If you are someone who likes to take action and see results, this could be the opportunity for you. Please contact community@northernhills.ab.ca if graffiti gets under your skin!

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

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

Membership Services - Opportunities to meet your neighbors 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

At Home In The Hills - A new 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. We have begun with a webpage with agency and city information and a plan for a group of volunteers who will become 'Big Neighbors' to those new to the 'Hills'. 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 1vp@northernhills.ab.ca

Beautification - We are expanding our efforts to beautify neglected areas in our communities and are looking for committee members. Love gardening and have a desire to see improvements in our community aesthetics? Contact community@northernhills.ab.ca

Blockwatch - Want to help build a safe and caring community? Become a Community Representative. Provide a direct link between Calgary Community Block Watch and residents and community groups. The Community Representative, with the support of Block Watch staff, identifies and initiates programs and projects aimed at creating

safer communities. Time commitment 6 - 8 hours per month. Make a difference! If you would like to become involved, contact Blockwatch at (403) 509-2565 or visit www.calgaryblockwatch.com.

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

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

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

Community Garden - Our first garden in Harvest Hills has been a great success and we have recently added a second in Coventry Hills in 2011. If you 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. The City has lent a hand with connecting the winter water at the Coventry location and the rink will be ready this winter. All that's left to do is flood and clear! The installation of winter water and an earth berm for the rink in Harvest Hills was recently approved by the board and plans are moving forward for the work to be done this summer and fall. If construction goes ahead as scheduled we will be seeking volunteers to flood and clear this rink too. 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 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 farmersmarket@northernhills.ab.ca

Senior's Group - A group of older adults who get together on Tuesdays from 2 - 4 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

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

From the President

by Wendy Cavanagh,
President NHCA



Thanks to all who took the time to stop by the NHCA tent at the numerous Stampede Breakfasts during the second week of July. It was a great opportunity for us to touch base with the community and network with our elected representatives.

The board plans to discuss advocacy this fall and is looking for input from Northern Hills residents regarding the needs and wants for development in our area. For example, have you thought about what public school once they reach high school age? At the moment, all high school students who attend public school are bussed out of the area and the CBE has no plans for a school in our area. We have also heard the concerns that residents and service providers share regarding the lack infrastructure dedicated to Service Agencies for our area. Our communities share one recreational centre that is at capacity and looking to expand. It only makes sense that the needs of the residents in the immediate area be taken into consideration when planning such an expansion.

Stay tuned for updates on some of the upcoming discussions between the NHCA, our elected officials and managers of facilities that serve our area residents. If you have concerns and/or opinions regarding the lack of facilities and services in the Northern Hills, please e-mail your comments/suggestions to president@northernhills.ab.ca

We would like to extend a great big thanks to the Youth group, organized by Evan Spencer from the Harvest Hills Alliance Church, for concentrating their community building efforts within our neighborhoods this July. The future caretakers of our communities helped to clean up graffiti, care for the Community Gardens and with the help of John, their volunteer foreman, they put their carpentry skills to the test by building a shed for the Harvest Hills Garden and Rink. Well done!

Plans for the 2nd Annual NHCA Harvest Moon Fall Fundraiser are well underway. Save the date, October

14th, for a fun filled evening including live music, dancing, live and silent auctions. We have lowered the ticket prices and changed the location. See the article in this edition of the NEN for details. Buy your tickets early!

By now, residents adjacent to the proposed recreational outdoor ice rinks will have been contacted to provide their feedback as preparations for the Coventry and Harvest Hills rink will be well underway. We are excited to be able to move ahead with this action plan and look forward to seeing families enjoying this traditional outdoor activity this upcoming winter. If you would like to help us make it happen please contact community@northernhills.ab.ca

Don't forget to give your neighbors a pat on the back for their gardening efforts by entering them into the Northern Hills Front Yard Garden Contest. Now until August 15th you can take a picture of a beautiful yard here in the Hills and send it along with the address to community@northernhills.ab.ca. Your neighbor will be entered into the contest and your name will be entered into a draw for some wonderful prizes! Take a few minutes to acknowledge the efforts of our community gardeners.

The NHCA office hours will be reduced over the summer. If you are planning to visit us or are returning sports equipment, please check the website for up to date information.

The NHCA board will not have formal meetings during July and August, however, you will find us out in the community, hosting the NHCA tent, working in the Community Gardens, plotting ice rink locations, meeting with committees and continuing our efforts to help make our Northern Hills Community the best that it can be!

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

Now is the time to get involved.

Call for

MEMBERSHIP TODAY!

Northern Hills Community Association

403-226-6422

It Was a Busy Day in June....

Despite the dodgy weather, June 18 2011 was a very busy date for the NHCA volunteers and residents of the Northern Hills. There were two major events on tap that day, each well attended and fantastically supported, that served to enhance our community spirit and green space. First out of the gate, early in the morning, was delivery of new trees destined for our community yards and boulevards under the City of Calgary "NeighborWoods" Urban Forest Renewal program. Shortly after the start of the NeighborWoods initiative, another group of NHCA volunteers started construction of our second community garden in the public park across the street from the new middle school currently under construction in Coventry Hills.

After months of planning, the NHCA and The City of Calgary doled out some 130 new trees to the participating residents and the NHCA for their yards and selected boulevards and green spaces. The program established by the City, and implemented in conjunction with volunteers from the NHCA included a workshop by trained City employees on how to plant the trees, and provided mulch and watering bags to get the trees off to a good start after planting. Based on the results from this year, the NHCA has decided to approach the City for participation again in future years. The trees were provided by Eagle Lake Nurseries through the City of Calgary and thanks to all of the folks from the City and Eagle Lake as well as the volunteers and residents who

participated in this great initiative to try and green up our communities.

Meanwhile, over in Coventry, another group of avid resident gardeners were hard at work building and planting our second community garden in the Northern Hills. This initiative was undertaken following the success of the initial community garden started in 2010 in Harvest Hills. The participants sawed and drilled the raised beds together before filling them with dirt and planting their prized seeds and seedlings. This initiative, also long in the planning, was a rousing success and a good time was had by all getting underway. Many thank to all of the folks who led, participated in and got behind this project in the interest of building a strong sense of community in the Northern Hills. I am sure there will be community gardens sprouting up in Country Hills, Panorama Hills, and perhaps other parts of the Northern Hills in the future.

We would be remiss if we didn't thank Joanne "Guerrilla Gardener" Davenport and her small army of passionate and dedicated volunteers who headed up and implemented these two great initiatives this year in the hills. You guys are Awesome!



Frontyard Garden Contest

As you are walking or driving around your neighbourhood, are your eyes drawn to yards with beautiful flowers and luscious foliage? Do you find yourself looking at other peoples' front yards for ideas to implement in your own? If you can answer yes to either question, then you most likely appreciate the effort that numerous owners have put forth to create an attractive yard. While it is true that not everyone is born with a green thumb, it is easy to spot residents that have one.

The Northern Hills Community Association is pleased to bring back the annual "Front Yard Garden Contest" in recognition of people who contribute to making our neighborhoods look inviting. The contest runs from June 15 2011 to August 15, 2011 is open to any resident living in one of the following four communities: Country Hills, Coventry Hills, Harvest Hills and Panorama Hills. You can nominate or be nominated if you reside in Country Hills, Coventry Hills, Harvest Hills and Panorama Hills.

CONTEST GOALS

- To raise awareness of front yards and how they contribute to the beauty and image of our neighborhoods.

ute to the beauty and image of our neighborhoods.

- To recognize people for their beautiful front yards.

NOMINATIONS

To enter your neighbours' yard or any yard in the above mentioned communities, please e-mail community@northernhills.ab.ca or drop off your nomination to the Northern Hills Community Association (NHCA) Office in the Community Wing of Cardel Place at 11950 Country Village Link. Be sure to include ALL of the following:

- A color photo of the nominee's front yard (digital picture, scanned picture, photograph), ensure there is nobody on the property.
- The address of the nominee's property
- Your address and contact information

There are no limitations to the amount of nominations submitted by your household. Each nomination must be for different addresses. Nominations must be received by August 15th 2011 in order to be considered. All nominated addresses will be

published in the Northern Edge Newsletter and will also appear on the www.northernhills.ab.ca website after the contest.

WINNERS

One winning yard in each of the four communities will receive a great prize sponsored by Harvest Dental Care. One additional winner will be drawn from all those who took the time to nominate their neighbor. Photos of the winning yards will be published in the Northern Edge Newsletter, posted on www.northernhills.ab.ca website and will also appear on the website of our prize sponsors.

For more information please contact the NHCA Office at 403-226-6422 or e-mail community@northernhills.ab.ca



Dr Osman Anwar of Harvest Dental Care is proud to sponsor the prizes for this contest. See his full color advert in this issue for more information.

Ladies Drop-In Soccer

Are you sitting around on a Tuesday night and wanting to get out and meet your neighbors?

Here's your chance:

Ladies over the age of 30, can join us for drop-in soccer. It does not matter your ability, as it is a recreational game of soccer, where the women in this community can get together once a week, exercise, get outside, socialize and meet your fellow neighbors.

When:

Every Tuesday evening (weather permitting) throughout July and August.

Where:

Cardel Place – park in the back (arena) parking lot, you will see the soccer fields.

Time:

7:40 pm we will meet on the soccer fields behind Cardel Place to play drop-in soccer from 8:00 to 9:00pm.

Cost:

\$2.00/person/game, for the cost of the licensed referee's.

If you have any questions, please email Janice at janicelhenderson@shaw.ca



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Where's Ozzie Winners!

The NHCA is pleased to announce the winners of the "Where's Ozzie?" contest for the months of June. The winner, Andre Bridgall (Discovery Wildlife Park family pass), was drawn from all of the correct entries submitted. Thanks to all of the people who sent in entries and spotted Ozzie! Remember, keep your eyes peeled in each edition of the Northern Edge News for the dog about town who gets photographed as he goes where the action is... in the northern hills!



The Northern Hills Community Association is repeating the success of last year's fundraiser with the

2ND ANNUAL HARVEST MOON DANCE

on

Friday, October 14th, 2011
from 8:00 pm to 1:00 am

at the **Huntington Hills Community Hall**
78th Avenue and Centre Street N.W.

Dance to a mix of country, classic rock & roll and contemporary music by Quicksilver

Live and Silent Auctions • Cash Bar

Tickets: Only \$20* for a whole evening of entertainment and include entry into the Early Bird Draw[‡], music & dancing, party snacks and munchies at midnight

* August early-bird pricing: \$20 (NHCA Members) or \$30 (non-Members) per person; at 2pm on Friday, 2nd September, prices increase to \$25 (NHCA Members) or \$35 (non-Members) per person.

‡ Early Bird Draw only for tickets purchased by 2pm on Friday, 2nd September, 2011.

The Board, staff and volunteers of the NHCA have worked hard all year on improving the communities we live in by:

- ✱ providing community advocacy
- ✱ liaising with elected representatives
- ✱ publishing a free, monthly newsletter – the Northern Edge News
- ✱ updating and promoting the NHCA website as a source of information for all residents and businesses in North Calgary
- ✱ offering children's and adult sports programs
- ✱ e-cycling in conjunction with the Panorama e-community centre and WINS Drive
- ✱ running the annual flea market and garage sale
- ✱ building new community gardens in Coventry Hills, maintaining the Harvest Hills community gardens and planning new gardens for Panorama Hills and Country Hills
- ✱ community beautification (i.e. planting at community entrances and in the community recreational areas)
- ✱ organizing SPRY in the Hills – a program for Seniors
- ✱ organizing projects focused on youth involvement in the community
- ✱ coordinating Graffiti Abatement, At Home in the Hills, Farmers' Market and Blockwatch groups
- ✱ building new outdoor recreational ice rinks
- ✱ participation in the Airport Noise Committee

For the next year we would also like to expand our involvement in these and some other key focus areas in our strategic plan and develop some **new programs and activities** in the interest of creating a broader sense of community for the residents. In order to do this, we need to increase the membership program and hold an annual fundraising event.

We are asking for your support, as a business owner in our area, to consider purchasing some tickets for family and friends to attend the Harvest Moon Dance and/or by donating an item for the Silent or Live Auctions.

We hope that you will be among those who will come and enjoy dancing up a storm to a variety of country, classic rock & roll and contemporary music, having a few drinks with friends and some fundraising fun. Balloon pop for prizes, enter the ever-popular 50/50 draw, or bid in our silent and live auctions for some fabulous prizes; whatever you decide to do, everyone's a winner as the proceeds go towards making your community a better place to live, work and play. **Tickets are limited, so get yours soon! Tickets may be purchased from the NHCA office in Cardel Place.**

All donations will be recognized in our Event Program and in our monthly newsletter the Northern Edge News, which is distributed to over 15,000 homes and businesses in the Northern Hills. We sincerely hope that we can count on you to help us reach our fundraising goal.

Thank you in advance for your support and see you there!



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

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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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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).

COMMUNITY

Lawn Chair Theatre

On a recent gorgeous July evening some lucky residents of the Northern Hills communities gathered at the south end of the storm pond in Harvest Hills to be entertained by the theatrical troupe called Wagon Stage. The event known as Lawn Chair Theatre comprises a program sponsored by the City of Calgary and supported by the NHCA. An enthusiastic crowd of about 50 people took in the affair and loved every minute of entertainment put on by the young players. There was amusement in the form of plays, stories and live music to the delight of all the children, young and old who attended. Members of the NHCA were in attendance to help with the organization and support of the event. The NHCA would like to thank the City of Calgary for sponsoring the event and we all look forward to doing it again next year.



Northern Hills Community Association – Graffiti Abatement Committee

The Graffiti Abatement Committee is a new, growing group of volunteers that share a concern about the increasing amounts of graffiti in our communities – Country Hills, Coventry Hills, Panorama Hills, Country Hills Village and Harvest Hills. We are looking for people who are willing to invest a little of their time into their community, to keep the Hills beautiful and clean for everyone to enjoy!

Why is this important?

Graffiti is often the first sign of a neighbourhood's decline. It tells crimi-

nals that we don't care about what happens in our community.

We feel less safe in our own neighborhood in the presence of graffiti and other vandalism.

It gives a poor impression of our community, and reduces our property values – sometimes as much as 15%!

What is graffiti, anyway?

Graffiti is any vandalism on public or private property that was applied without permission.

It can be paint, markers, pen or pencil. It can be painted on, scratched or

etched on, or applied as stickers.

Most graffiti in Calgary is simply a 'tag' – a way for a person to be recognized among his peers.

A small percentage – 5% or less – of Calgary graffiti is gang related, identifying territories.

Graffiti can be hate speech, targeting religious, cultural, ethnic, racial or sexual backgrounds.

It can be vulgar or offensive. It can be political in nature, or anarchist.

In all its forms, applied without permission, graffiti is illegal.

What are we doing about it?

The Graffiti Abatement Committee is creating plans and programs to combat graffiti vandalism in our neighbourhoods.

Our first focus is on reporting incidents of graffiti. Reporting is the most important, yet most neglected step in cleaning up our neighbourhood.

We are starting a reporting spree in the Hills. Help us report graffiti to the City this month, and you may win a \$5 gift card from the Little Caesar's in Panorama Hills!

We will be offering volunteer services to individuals who need help removing graffiti from their property.

We are looking for volunteers who would be willing to offer time occasionally to help with graffiti removal.

We will be hosting a guerrilla clean-up day at the end of summer. Much like a garbage pick-up event, volunteers will gather and hit the streets to clean up the Northern Hills!

Interested in volunteering? We'd love to hear from you! Email us and we'll keep you informed.

graffiti@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!!

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Keeping An Eye on Diabetes



The eye is a window to diabetes and some other diseases within the body. The prevalence of diabetes is rapidly increasing, and is the leading cause of blindness and vision loss in ages 25 – 75.

Diabetes damages the walls of the fine blood vessels within your retina, which is the nerve tissue at the back of the eye that senses light and translates it into vision. The retina is approximately the thickness of your fingernail. Blood sugar can readily enter the retina without needing insulin, so if blood glucose is too high, this is toxic to retinal tissue and causes diabetic retinopathy (DR). This damage is simultaneously happening in the fine blood vessels of kidneys and elsewhere.

Many people with DR have NO early symptoms. One can have 20/20 vision and no pain but still have DR. Often when a person notices vision loss from DR, the disease has reached an advanced stage and can be difficult to treat. Over time, diabetes can also

increase risk of glaucoma and can fast-track cataract development.

A thorough eye exam (that includes dilating the pupils for a complete retinal exam) can detect these problems before they impair vision. A diabetic can minimize the effects on the eyes by maintaining tight control of blood sugar levels. The good news is that when you take the right steps to manage diabetes, this also helps control high blood pressure or elevated cholesterol, as these are often linked together in Metabolic Syndrome.

Medicare is promoting health prevention, as this is less tax payer dollars than attempting to repair the damage by surgery on eyes, or kidney dialysis and transplant. If you have been diagnosed with diabetes, a diabetes eye exam is covered by Alberta Health Care, and you do not need a referral to see an optometrist. Take a moment to focus on your eyes.

Dr. Dianna Leong

A COMMUNITY GARDENS NETWORKING EVENT

“RAISING DIRT FROM THE DEAD”

Doug Weatherbee “The Soil Doctor”

Soil Foodweb Advisor and International Soil Expert

Soil is a complex community of life, supporting the most bio diverse ecosystem on the planet. A single teaspoon of soil contains billions of living organisms that are continuously at work, creating soil structure, storing carbon, producing nutrients and building defense systems against disease.

Healthy soil cleans water, stores carbon, purifies the very systems that sustain us in addition to producing healthy and nutrient-dense food!

Learn how to create healthy and alive topsoil through organic agricultural methods, relying on biology and ecology instead of chemicals and utilizing natural systems of soil regeneration.

Friday August 26th • 7 – 9 pm
Harvest Hills Alliance Church
 10099 Harvest Hills Blvd. NW

COST

Donations gratefully accepted for future educational events.
 100% of proceeds to go these great non-profit organizations:
 Community Garden Resource Network
 Permaculture Calgary
 Northern Hills Community Gardens

For further information check these websites:
www.calhort.org/events
www.vergepermaculture.ca

SPONSORED BY

Community Garden Resource Network (Calgary Horticultural Society)
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Doug is visiting Calgary all the way from Mexico. Be sure not to miss this unique and rare opportunity to learn from an international expert!



Dr. Micah Luong
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The NHCA Board Strikes Gold!

In October 2010, our MLA Teresa Woo-Paw purchased an auction package at our annual Harvest Moon Fundraiser where the NHCA board of directors would cook up and serve a gourmet dinner for her and seven guests. At the time, our main interest was to raise a few shekles for our association coffers and we were grateful to Teresa for embracing that spirit and participating in good fun. At the time, the board members who would contribute their time and effort to provide the service had no idea what a strategic event it would turn out to be.

After months of waiting, the date was finally set for June 13 and the menu established. When the board arrived to serve up our delicious meal we were amazed to find that the guests of our MLA included the Alberta Government Ministers of Municipal Affairs and Infrastructure along with their executive assistants, and the Chairman of the Board and the Operations Manager for Cardel Place. And, once we had completed our commitment of indentured servitude (i.e. –served dinner as promised) we were all invited to sit down with the honoured guests to discuss the issues and needs in



the Northern Hills communities.

Now, these opportunities don't come along everyday so the board members in attendance tried to make the most of it by outlining some of the issues and needs in the hills such as traffic, improved services and facilities, better green space maintenance,

more schools, graffiti, noise issues, better bus service, etc. We also tried to provide a long shopping list of items and facilities for our communities that included more schools, acute care facilities, recreation facilities, as so on. Naturally, these items won't become reality without some more definition, planning and discussion, but the evening did serve to establish some relationships and also was the start of ongoing consultation and discussion between the NHCA and our elected representatives.

So, what started out as a simple fundraising attempt was turned, through some creative thinking on the part of our elected MLA, into an evening of opportunity that could ultimately be of greater value to the NHCA than the funds raised from the sale of our services. We would like to thank Teresa and her husband Bo-

rack for providing the opportunity for us to be heard and look forward to using these initial consultations and discussions as a springboard to ongoing development and building our community into a great place to work, play and live.

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NHCA Community Gardens and Beautification Sponsorship

The NHCA would like to thank the Bucars RV Centre, located at 262109 Range Road 10, Balzac for their generous support and sponsorship of the NHCA Community Gardens and neighborhood beautification programs by providing financial support for plants, equipment and supplies. Thank you Bucars for your support to the vibrant communities of the Northern Hills!

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This summer the transformers meet kidztown: **Be an optimist prime not a negatron.**

Kidztown Park Shows can be seen weekly from July

Wednesdays
3:30pm - Hidden Ranch Circle and Hidden Ranch Blvd NW
7pm - Panamount Square NW

Thursdays
3:30pm - Covepark Square NE
7pm - Kincora Park and Kincora Drive NW

Sunday
11am - Blackstone Drive and Brentwood Road NW

For more info on Kidztown visit www.kidztown.net (and click on the Parks tab) or call Kidztown at 403-607-4721.

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Dr. Dianna Leong has practiced optometry for 17 years and is excited to provide eye care to families in her own Northern Hills

Community. An emphasis of Dr. Leong is to take the proper time to assess your eyes, your visual needs, and signs of ocular disease that suggest other problems within your body. Special interests include Diabetes care and networking with other health care professionals to enhance timely detection, referral and treatment. She is also pleased to offer full scope eye care services including providing glasses and contact lenses, and "fixing Internet eyewear"



Dr. Ruhee Dhalla was born and raised in Calgary. She received her Doctor of Optometry degree with honors from the Illinois College of Optometry in May 2010.

After optometry school, she pursued a post-graduate clinical residency program in pediatric optometry at the University of Houston College of Optometry, where she specialized in working with children, special needs individuals and brain injury patients. Dr. Dhalla is excited to be returning home to Calgary to practice and hopes to offer the community comprehensive family eye care with a special emphasis on pediatrics.

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Stampede Breakfast

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Thank you for giving back to the community.

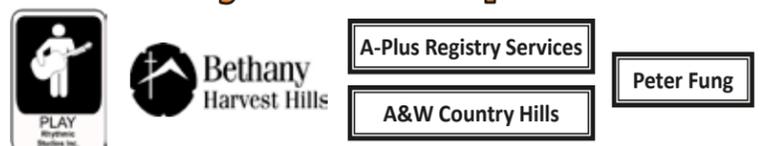
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SENIOR'S CORNER

SPRY IN THE HILLS

We finally got some decent weather so we could enjoy our weekly walks around the pond. If you haven't joined us yet, we meet outside The Running Room at 11 a.m. every Thursday morning, weather permitting. As the summer goes on, more people are joining in the walks. If time permits, some of the walkers stay for a bite to eat or a coffee.

We enjoyed our second city hike at Edworthy Park and had perfect weather for it. We opted to take the river walk and leave the more challenging climb up through the Douglas fir for another time. It's always surprising how far and how fast you can walk when you are chatting.

After our walk we were quite happy to grab a picnic table and sit and enjoy our packed snacks. Somehow we resisted the temptation to enjoy an ice cream at Angel's at the end of the foot bridge – I'm not sure how that happened, but I promise not to miss out on that the next time.

Our fall schedule has been confirmed and we have an action-packed plan for us to enjoy. Beginning on September 20, we will resume our weekly Tuesday gatherings at the e-Centre at 88 Panamont Hill NW at 2 p.m. These will continue throughout the remainder of the year. We will also meet at the Rexall Drug Store, 1110 Panatella Blvd. NW. every

Wednesday for social time and cards, beginning Sept. 14, until Dec. 14.

Beginning In October and going on through November and in to December we have a fitness class planned for every Tuesday from 2 – 3 p.m. and every Friday from 1 – 2 p.m. Both of these classes will be held at the Panorama Hills e-Community Centre. We are excited about these Fit-2Age classes. What does that mean? It means we can



Birinder and Maria enjoy a snack after their walk at Edworthy Park.

Photo by Louise Ingram

ALL join in no matter what our limitations. This class is sponsored by NHCA and will require NHCA membership, registration and waiver forms. Our complete schedule

can be obtained by contacting seniors@northernhills.ab.ca. Hope to see you at one of our sessions

YOUTH CORNER

Northern Hills Youth Get into Community Spirit!

By Amanda Davis

During the first week of July, the youth from the Harvest Hills Alliance Church spent time in the Northern Hills helping to build and shape our community. Led by their youth pastor Evan Spencer, these dynamic youth participated in many activities throughout the Northern Hills community.

They volunteered at the Bethany Care Center, serving seniors and doing yard work around the building. They also helped our community by taking on the grueling task of removing graffiti and cleaning up some of our public parks!

Along with doing the watering and mowing at the Harvest Hills Community Garden, some of the youth helped to build a shed that the NHCA will be able to use for storing gardening tools and future ice rink equipment. This exciting project was led by John Engler, who volunteered his time to help these youth learn the skills needed to build a shed. The youth spent three days working on building

the shed from the ground up. Starting from relocating the current compost bin to make room for the shed, to measuring, cutting, and nailing the boards together for the final product.

The NHCA was very excited to support the Harvest Hills Alliance Church with their efforts to

engage youth in the community and show them the importance of building a strong community right in their own back yard!

The NHCA would like to thank all of the youth, and other volunteers for all of their hard work in the Northern Hills community.



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Investment Advisor

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GARDEN NEWS

Community Garden Update

This spring:

- Saw the construction of 30 raised vegetable beds in Coventry Hills
- Eight beds were planted for the Calgary InterFaith Food Bank
- Three beds were planted with strawberries, rhubarb, carrots and peas for the community at large.



Please look for the beds marked "Community Veggies please help yourself".

- A perennial bed in Harvest and two flower beds in Coventry were added

- Fruit bearing bushes were planted

- With collaboration of the Neighbor Woods program, trees were planted in both gardens

- We took our first steps towards offering educational programs to our gardeners and the community at large – Vegetable Gardening for the Beginner and Composting 101

- We also took steps towards offering education to the broader masses of the City at large and will be offering our first educational program on August 26th, with the collaboration of the Calgary Horticultural Society. (See "Raising Dirt from the Dead" notice in this newsletter).

- Each gardener received a tomatoe plant courtesy of Burpee Seeds and GroZone greenhouses.

We:

- Have already begun a waiting list for 2012

- Are extremely thankful for the many volunteers that have come out to implement change in our community

- Are extremely thankful for the Neighbor Woods Tree program. We would never have been able to afford these trees on our own. We thank the City for their immeasurable support and advice that they provided to us through the process of tree selection, placement and planting.

- Are researching the idea of a Community Garden cookbook for a fundraiser

CITY

Transit News

Calgary Transit has launched its express airport service pilot program. The program will be provided on a trial basis for a six month period from downtown to Calgary International Airport. What is particularly advantageous for Ward 4 residents is the new Route 300 makes three convenient stops along Centre Street at 40th, 56th and 64th Avenues on its way to the airport. I was in the vicinity of the 40th



Gael MacLeod, Ward 4 Alderman

Street stop recently and it appeared passengers have already adopted the service. Fare structure is a bit different from regular transit. Going to the airport the fare is the usual cost. Departing from the airport costs eight dollars unless the passenger carries a monthly Calgary transit pass which covers the cost of the trip. For more information on the route, visit the Calgary Transit website at www.calgarytransit.com or contact 3-1-1. Should ridership support this service, it will be offered on a regular basis until the proposed North Central LRT becomes operational in the future.

Speaking of which, the three open houses conducted in the spring proved there is a great

deal of interest in the proposed line. 1200 people attended the meetings while another 1000 weighed in online. The purpose of these consultations, one of which was held at the Huntington Hills Community Association, was to familiarise residents with the three potential routes under consideration: Centre Street N, Edmonton Trail NE and a line shadowing the current CPR tracks to the east. Transit will be meeting with the Community Volunteer Committee shortly to evaluate the comments gathered at the open houses. The communities will be contacted in the fall regarding the feedback from these consultations.

My office is always available to work assist with you. Please contact my Community Assistant at 403- 268-3727 or alcaw4@calgary.ca Happy Summer!

Did You Know?

A.J. McArthur originally built the Centre Street Bridge in 1906, which was sold six years later to The City of Calgary in 1912 for \$1,300.



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Thank You

The Northern Hills Community Garden extends their THANKS to **THE CALGARY FOUNDATION** for their \$600.00 donation. This donation was granted via their *Stepping Stones* Program and was used to fund the construction of our raised vegetable beds in Coventry Hills. The *Stepping Stones* program encourages active citizenship by helping residents undertake small creative projects – *neighbourly first steps* – that benefit their local community.



More information about The Calgary Foundation can be obtained via their website www.thecalgaryfoundation.org.



One Service Sunday Worship at 10:00 am

Children's Programs during Summer Sundays: Nursery to age 3.

FREE FUN D.I.P. Fun Drop In Parties (formally Park Parties) will be held at the church

on August 9th, 10th, 11th & 16th, 17th and 18th & 23rd, 24th & 25th. (Tuesday, Wednesday, Thursday) **Time: 10 am - noon**

for children **Kindergarten to grade 4 .**

Parents are required to sign in your child(ren) when dropping them off and sign out when picking them up.

Two Service Sunday Worship begins September 4 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.

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

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LIBRARY NEWS

Programs for August 2011

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

Family Outdoor Adventures with the Library

Join us for games, stories, and songs outside in the sun. This program is for children ages 5 to 9 with a parent or caregiver. Meet in the program room on Thursday August 4, 2:15-3:30. The program will be held inside in case of rain.

Daddies and Babies

Learn about baby's growth and development, safety, sleep, play, parenting, and more! Presented by Alberta Health Services. Register online at www.birthandbabies.com. Ages up to 12 month with a parent or caregiver. Saturdays, August 6 and 13, 10:30 a.m. – 12:30 p.m.



Game-a-palooza!

Come join us for an extravaganza of games: giant chess, checkers, Snakes 'n Ladders, and more!

Ages 6 to 12 with a parent or caregiver. Tuesday, August 9, 2:00 – 3:30 p.m. No registration required.

Law at Your Library: Wills and Estates

Learn how to plan your will, including types of wills, what to include, choosing an executor, and power of attorney. In partnership with Calgary Legal Guidance.

Wednesday, Aug 10, 7:00 – 8:30 p.m.

Splashin' Around!

Bathtubs, beaches, pools, and puddles! Join us for stories, songs, and rhymes on Tuesday August 16,

10:10 – 10:30 a.m. or 10:45 – 11:05 a.m.

Ages 2 to 3 with a parent or caregiver.

Marvelous Movies

Join us on Thursday, August 18, 2:00 – 3:00 p.m. for movies from the Library's video collection.

No registration required.

If you are in the mood for travel this fall, Calgary Public Library has an impressive selection of travel materials, from guide books to magazines to a provocative Travel Blog. Whether you are thinking of the Caribbean, Ireland, Asia, or any other part of the world, your Library has the resources to help you plan the perfect escape.



Whatever your desire, check out some amazing magazines and discover tempting destinations around the globe. AFAR is a glossy publication that will inspire you with fellow travelers' stories peppered throughout and features like Wander, which this month explores exotic destinations like Marrakech, Morocco, Copenhagen, Denmark, and even Portland, Maine. Postcards is another regular feature and offers pictorially beautiful views of "where travel can take you".

National Geographic Traveler, which accompanies the Traveler guide

books, is filled with examples of the renowned photographs that you would expect from this prestigious magazine. International globetrotting adventures are featured this month with 50 tours of a life time. This glossy also boasts articles on the Croatian Coast and the Just for Laughs Festival in Montreal. Additionally, to learn about any other country in the world, your Library carries all the current popular travel guide books like Lonely Planet, Fodor's, Frommer's, Rick Steve's and more.

CPL staff writes a fantastically creative Travel Blog, called Travel Talk. It will inform you of all the latest travel tips about where to go, what to see and how to get there. This is valuable resource featuring the latest travel books, even for Banff, with all there is to offer for traveling close to home. It also follows Gerri's recent adventures to Egypt.

Visit www.calgarypubliclibrary.com or talk with staff at the Information desk and discover the perfect getaway this fall.

PARK N PLAY 2011

FREE Summer Drop-In Programming for kids!

Stay n' Play: 10:00 - 12:00 p.m.
(3 - 5 years of age)
NOTE: Adult /guardian must accompany children in the Stay n' Play program

Park n' Play: 10:00 - 3:30 p.m.
(6 - 12 years of age)

Join in the summer fun with games, crafts and other amazing activities led by City of Calgary staff.

Country Hills
Country Hills Cres & Country Hills Drive NW
AUGUST 15 - 19, 2011

In partnership with the Northern Hills Community Association

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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.

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"

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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

Explosions

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Register for Fall Classes
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Monday Aug 22-5:00-8:00
August 29-31- 5:00-8:00
Sept 7-8-5:00-8:00
Saturday Sept 10-10:00-1:00

Ballet Tap Jazz Hip Hop
Musical Theatre Acro

GOVERNMENT

Hello Residents of Northern Hills!

The start of summer has brought some new members to our community. I was glad to help welcome two new businesses to our community: the new CIBC in Creekside (12618 Symons Valley Rd NW), and the Foresight Eyecare, a new Optometrist clinic in the new plaza across the street from us (# 226, 40 Country Hills Landing NW). I also had a working dinner catered by the Northern Hills Community Association with Ministers Hector Goudreau (Municipal Affairs) and Ray Danyluk (Infrastructure),



Teresa Woo-Paw, MLA Calgary Mackay

and two Cardel Place board members to discuss municipal and building projects in our community. I also met with Aspen and United Way to discuss steps towards establishing more community spaces.

As a life-long supporter of education, I am proud of our community members' many accomplishments. In June I began to deliver scholarship certificates and personal letters of congratulations to 620 student recipients in our community. I also attended the Chinese Academy: Junior High and Senior High Graduation Ceremony of the Class of 2011 on June 4th at John Diefenbaker school, and brought opening remarks to Emotional Health Carnival (EHC) partnership at U of C on June 10.

The 3rd Annual Calgary-Mackay/Cardel Place Stampede Breakfast was a success with many volunteers showing their community spirit and talents in the Calgary-Mackay community. Please see the accompanying thank you advertisement listing all those who were able to help us make the event a reality.

Finally, I'd like to draw your attention to a new tool to help employers and human resources professionals better understand academic credentials earned abroad.

The Education Overview Guides were showcased by Employment and Immigration Minister Thomas Lukaszuk at the Edmonton Chamber of Commerce's "Connections for Business" meeting. The guides currently provide 10 different country profiles. Each guide provides information on specific credentials such as prerequisites, length of study and what the credential compares to in Alberta. See: www.employment.alberta.ca/educationguides

Other resources include:

International Education Guides – in-depth guides to education systems in nine different countries at www.employment.alberta.ca/IQAS-IEG;

Occupational Licensing Fact Sheets – 66 fact sheets that outline the process for getting qualifications recognized at www.albertacanada.com/regulated-trades and www.albertacanada.com/regulated-professions; and,

International Qualifications Assessment Service – the service assesses foreign-earned education and compares it to credentials in Canada at www.employment.alberta.ca/IQAS.

As both your MLA and the Parliamentary Assistant to the Ministry of Employment and Immigration, I'd like to receive your questions, concerns, or comments about our community. I encourage you to follow my work on Twitter: @TeresaMLA, and to subscribe to my monthly electronic newsletter via my website: www.teresawoo-paw.ca.

Sincerely yours,
Teresa Woo-Paw MLA, Calgary Mackay
calgary.mackay@assembly.ab.ca



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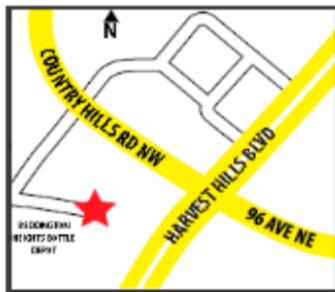
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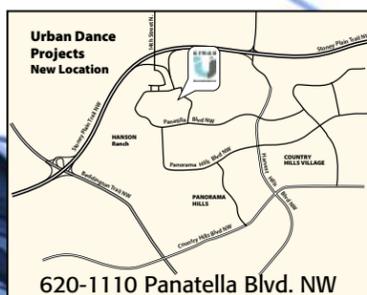
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403-253-4058

Donate Blood

Canadian Blood Services extends their appreciation and congratulations to Alderman Jim Stevenson for his commitment to blood donation. Alderman Stevenson has made more than 100 blood donations and was recognized at Canadian Blood Services' annual Honouring Our Lifeblood celebration in June. This event honoured milestone donors who make blood donation a regular part of their lives.

Blood donation is a simple act that offers tremendous support to patients and families who rely on blood and blood products. In fact, every minute of every day someone in Canada needs blood. While 1 in 2 Canadians are eligible to donate, only 1 in 60 actually does. Jim Stevenson is a community leader who takes the time to do his part to ensure local hospital patients receive the treatment they need.

A sincere thank you to Alderman Stevenson, and all blood donors in the Northern Hills Community. What better feeling can there be than to know you are actively involved in saving lives? You truly are heroes.

Community clinics are generously hosted at Cardel Place. New donors are encouraged. Call 1 888 2 DONATE to book your appointment or for eligibility information.

Saturday clinics 9:00 am to 2:00 pm	Friday evening clinics 3:00 pm to 8:00 pm
August 27 th	July 22 nd
November 26 th	September 30 th
February 11 th	December 9 th

Safe and Considerate Fire Pit Usage

An evening around a fire pit is a favourite pastime for many Calgarians. The City of Calgary Animal & Bylaw Services partners with citizens to help ensure high standards of public health and safety: this includes the regulation of fire pits as outlined in the Community Standards Bylaw.

Animal & Bylaw Services receives many complaints related to excessive smoke from fire pits. This is often a result of burning improper materials. Only clean dry firewood is permitted to be burned in fire pits. You cannot burn treated or painted lumber, wet or unseasoned wood, lumber containing glue or resin, yard waste such as leaves or grass, garbage, rubber, plastic or any animal parts. It is also important to check the wind conditions prior to lighting a fire. High wind speed can pose a fire hazard and similarly, if the wind speed is low, the air quality is poor and fire pit smoke will not dissipate.

For the safety of Calgarians and their neighbours, fire pits must be located at least two metres from houses, fences, trees and any other combustible structures. Fire pits must be



constructed of non-combustible materials and we suggest having a metal grill or screen to prevent sparks or embers from escaping. Fires must be supervised at all times and owners must have a way, such as a hose, present and readily available to extinguish the fire.

The "Fire on Premises" section of the Community Standards Bylaw includes the following fire pit regulations:

Burn only clean, dry firewood.

Fire pit must be situated at least two metres from a building, structure or any combustible material and can't be located under trees or branches. If a fire

pit is found to be in contravention of the bylaw, the property owner will be required to remove or modify it.

- An open flame can't exceed one metre at its widest point.
- Owners must have a way to extinguish the fire.
- All fires must be supervised at all times.
- Fires are not allowed between 1 a.m. and 10 a.m.
- Fire pits can't be used during a fire ban. Failing to abide by this rule can result in a \$1000 penalty.

If you would like to learn more about the "Fire on Premises" section of the Community Standards bylaw visit calgary.ca and search "fire pits" or call 3-1-1 and request to have Animal & Bylaw Services mail you a *Fire pit usage within Calgary* leaflet.

When fire pits are used safely and properly, they can provide many hours of enjoyment and neighbours can continue to live in harmony with one another. Let's work together to make sure our nights spent by the fire are safe and fun for all Calgarians.



In-line Skating Safety

In-line skating is a popular recreational activity in the summer. It is excellent physical conditioning and exercise. Skaters can be found most everywhere that bicyclists, skateboarders, and joggers go. As the number of people using in-line skates has increased, so has the number of injuries resulting from this activity. Fortunately, most in-line skating injuries can be prevented by following some basic safety tips.

CHECK YOUR EQUIPMENT

- Choose good quality skates that fit your feet properly. Loose skates will not provide enough ankle support or control.
- As with cycling, ensure your helmet is in good repair. Replace any helmet that has been in a crash even if it appears undamaged.

WEAR THE GEAR

- Most injuries suffered by in-line skaters are due to a lack of basic safety gear worn by the participant when an incident occurs.
- Protective gear includes a CSA approved helmet, knee and elbow pads, and wrist guards.
- Wearing protective gear every time you skate will reduce your chance of injury.

ON THE PATH

- Recognize your limitations, especially when you are new at in-line skating. Most in-line skating injuries are caused by loss of control when navigating down hills or negotiating turns.
- Novice skaters are advised to learn skating on a flat, grassy surface until they have the feel of in-line skates. This will allow for the safe practise of standing and balancing on your skates.
- Keep your eyes and ears open for hazards as you skate. Do not wear headphones while you are skating, especially when crossing streets or level train crossings.
- Stay to the right of the path when skating unless you need to pass.
- Always pass on the left. Call out "passing on your left" to alert others you are approaching.

Fall back into your routine!

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Register online August 15th.

 come out and play

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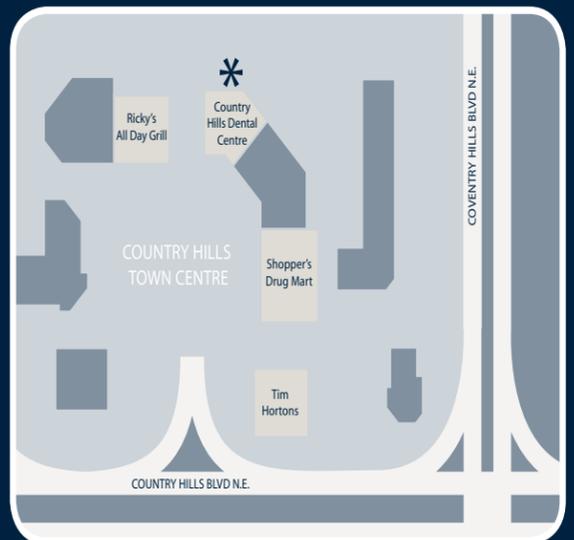
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