

NORTHERN HILLS COMMUNITY ASSOCIATION

Northern Hills
Community Association

Country Hills • Country Hills Village • Coventry Hills • Harvest Hills • Panorama Hills www.northernhills.ca

EVENTS ROUNDUP

November was a really busy month! On the 1st there was the 5th Annual Candy Art Competition at Vivo, run by the Calgary Chinese Community Service Association (CCCSA). Children of all ages joined to learn about oral health and that candies are not just for eating – they can be used to create wonderful works of art!

This was followed on the 7th by another fun, learning experience, this time for girls aged 10-14. GoGirl is a program that was originally developed by the City of Calgary, with the aim of enabling girls to make healthy lifestyle choices and build self-esteem, while having a great time! Local girls spent the afternoon at Vivo, participating in a variety of sport, recreation, wellness and arts opportunities. The day also included a healthy snack, a money smarts session just for youth, and a great goody bag to take home. Thanks to Stephanie Mitschke from Vivo, and awesome volunteer Nekolina Lau, as all the girls had a great day!

The NHCA held its 9th Annual Community Business & Services Fair on Saturday, November 14th. Residents and visitors to Vivo gathered to see what the local businesses had on special offer on the day and support the #shoplocal philosophy. For a list of the vendors who attended, please see our business listing on page 8. The winners of the vendor draw were Langford Financial and Kyani. The winners of the Passport to Business draw for visitors to the fair were: Carson Wirth, Zoha, Rose



Marie Gonzaga, Binara Lihinikaduwa, and Callie Freeman! They each won a gift pack containing

Continued on page 6



Photo credits: Candy art photo courtesy of Shannon Martell; GoGirl photo courtesy of Amanda Davis.

PANORAMA HILLS RESIDENTS WIN GOLD MEDAL FROM THE ROYAL CONSERVATORY OF MUSIC

by Jeff Embleton

Thirteen-year-old Panorama Hills residents Edoro Omosun and Julia Zhu have won their individual Gold Medal from The Royal Conservatory for scoring the top mark in Alberta on Level 2 Violin and Level 8 Piano exams, respectively. They received the award on October 25 at a public ceremony in Calgary. Edoro is taught by Catherine Rose and Julia is taught by Marilyn Engle.

Regional Gold Medals are awarded each academic year (Sep-



Edoro Omosun wins Gold for Level 2 Violin



Julia Zhu bags Gold for Level 8 Piano

tember 1 to August 31) to Conservatory examination candidates in Preparatory A and B and Levels 1 to 10 who achieve the highest mark in their respective province or designated region. Eligible candidates must score at least 80% on their practical examination and must have completed the co-requisite theory examinations for their respective grade and discipline. Gold Medal ceremonies are held annually in cities across Canada, often in conjunction with Convocation ceremonies, to recognize students' achievements and acknowledge the contributions of their teachers.

UPCOMING
Events

- Dec 1-31 Northern Lights Contest
- Dec 4 Notary Day (see page 14)
- Dec 5-6 Harvest Hills Alliance Church Christmas Craft Sale & Tea
- Dec 18 NHCA Closes for Christmas
- Jan 4 NHCA Opens
- Feb 1-29 NHCA Sports Registration

FROM THE PRESIDENT

CROSSWORD

NORTHERN HILLS RESIDENTS BYPASSED AGAIN FOR A PUBLIC HIGH SCHOOL

SUDOKU

CITY UPDATE: HARVEST HILLS GOLF COURSE

3

4

9

12

15

PEACE TO ALL

this month

WHAT'S INSIDE

FREE ICE CREAM ON PAGE 10

BEDDINGTON HEIGHTS BOTTLE DEPOT

#111, 20 Country Hills Landing NW
Calgary, Alberta T3K 5P4

403-274-2122

Mon - Fri: 8:45am - 6:00pm
Sat: 8:30am - 5:00pm
Sun: 10:00am - 4:00pm

Computerized • Accurate
Fast & Friendly Service

Special Services for BOTTLE DRIVES
Earn extra \$\$

It matters – and it pays \$\$



MON 8am - 6pm • **TUES-THUR** 7am - 8pm
FRI 8am - 4pm • **SAT** 9am - 4pm

FAMILY DENTAL CARE CLOSE TO HOME!

NOW THAT'S SOMETHING TO SMILE ABOUT!™

Dr. Joel Thurmeier



Visit Dr. Joel Thurmeier & Associates

- Family & Cosmetic Dentistry
- Extended Hours: Early Morning, Evenings & Saturdays
- Direct Insurance Billing
- Emergencies Treated Promptly
- Intra-oral Cameras and Digital Xrays
- TV's In Every Room
- Massage Treatment Chairs
- Soft Tissue Laser Therapy
- Oral Cancer Screenings
- Zoom Whitening
- Child Hygiene Program & Dedicated Children Play Area

GENERAL FAMILY DENTISTRY IN PANORAMA HILLS NW

New Patients & Emergencies Always Welcome!

Visit us at
www.PanatellaDental.com

650, 1110 Panatella Blvd., NW,
 Calgary, AB T3K 0S6

"Panatella Dental" and the logos, tag lines and designs associated with these trade-marks, are trade-marks of J. A. THURMEIER PROFESSIONAL CORPORATION, Canada.
 All rights reserved."



Located Beside Save-On Foods In Panorama Hills

403.226.4788

WWW.PANATELLADENTAL.COM



by Rick Lundy, President NHCA

Congratulations to Darshan Kang and Michelle Rempel for their success in the recent federal election. They will bring our voice to Ottawa, and the NHCA will work closely with them to ensure that the needs of our communities are heard.

I thank our MLA Jamie Kleinsteuber for inviting me up to the disclosure of the newest Provincial budget. I was present in the gallery and listened to the Finance Minister, Joe Ceci present the highlights of this budget. I listened closely as how this budget will affect the NHCA. We will work closely with Jamie to ensure that our voice is heard in Edmonton.

Our First Vice President, your Executive Director and I have met with Councillor Stevenson and Councillor Chu regarding the redevelopment of the Harvest Hills Golf Course. We

expressed our strong opposition with the golf course being closed and being replaced with residential development. We will be meeting with all the Councillors throughout the next several months to ensure that they have all the information pertaining to this issue before they cast their vote when it comes forward to City Council.

The NHCA has been working with Vivo regarding their expansion plans. The NHCA supports this as it is a necessity for our community. I have had the opportunity to review their expansion plans and I realize the value to the Northern Hills residents. The enhancement of the recreation is simply amazing but the added space for people and families to enjoy are the foundation for healthy communities. If you have not yet sent an email of support to your City Councillor, please do. Your support is so important for your elected officials to understand

the needs of our community.

One of the important things the NHCA does is to advocate your needs to all levels of Government. If you have not obtained a NHCA membership, please do so. We need your membership to show that we are strong in numbers, and we can influence Government more effectively with a large membership.

Christmas is a time to reflect and spend memorable time with family

and friends. On behalf of your Board of Directors and staff of the NHCA, we wish everybody a Merry Christmas, and a safe and restful holiday season.

We look forward to serving you in 2016.

NHCA VOLUNTEER OPPORTUNITIES

The following programs and services need your help!

Please contact our Executive Director at: moraig.mccabe@northernhills.ab.ca if you can help.

- **RINKS** – Both Harvest Rink and Panorama Rink need your help to maintain the rinks this winter.
- **COMMUNITY GARDENS** – We need a keen gardener to take on the role of Gardens Chair, to help assess the gardens and prepare for the 2016 growing season.
- **COMMUNITY GARDENS** – Do you like to organize events, but are also a keen gardener? We need a committee member to help put together some “gardening for novices” and “gardening in the Calgary area” workshops.
- **YOUTH LEADER** – We need someone interested in helping us to recruit and guide a new generation of youth leaders for our NHCA Youth Council.
- **EVENTS** – The NHCA runs many events throughout the year. We need volunteers to form a committee to make the events more manageable and fun for everyone (volunteers included!).

For more, and ongoing volunteer roles, please check our website’s

volunteering page at: www.northernhills.ab.ca/nhca-volunteer-opportunities/

Did you know we now advertise our volunteer positions for events and programs on Eventbrite?

All of our event volunteer opportunities will now be posted on the NHCA Eventbrite page, to make it easier for volunteers to see what is available and link these opportunities to their electronic calendars. Eventbrite has a fantastic app that can be downloaded to android smartphones and iPhones, and has the option to add these chosen volunteering “registrations” easily to your phone’s calendar, meaning you can set up automatic reminders for yourself. We hope this makes it easier for community members, but we welcome any of your feedback at: info@northernhills.ab.ca or moraig.mccabe@northernhills.ab.ca

The NHCA volunteer page is at: <http://www.eventbrite.ca/o/northern-hills-community-association-7498163287> (or easier still, just enter “NHCA” in the search bar!). You can find a link to the NHCA Eventbrite page on our website too, at: www.northernhills.ab.ca/nhca-volunteer-opportunities/

NHCA Contacts

BOARD MEMBERS & COMMITTEE CHAIRS

President: Rick Lundy
 1st Vice President: David Hartwick
 2nd Vice President: Amanda Davis
 Secretary: VACANT
 Treasurer: Lonny Mah
 Advocacy: David Hartwick
 Business Development: Wayne Brown
 Comm. Enhancement: Brice Bouwa
 Communication: Chas Young
 Events: Mohamed Hassanin
 Grants: Suresh Fernando
 Membership: Chas Young
 Planning: Paul Eneh
 Sports: Janice Henderson
 Vivo Rep: Suresh Fernando
 Youth: VACANT
 At Home in the Hills: Allan Pole
 Community Gardens: VACANT
 SPRY in the Hills: Dell Sudnik

Website/IT: Troy Davis
 Newsletter Editor: Luz Bolo
 Newsletter Publishing: Duane Thomson at Keyline Publishing
For more information, please visit our website or office:
 NHCA, Genstar Community Wing, Vivo, 11950 Country Village Link NE, Calgary, Alberta T3K 6E3
 Tel: 403-226-6422
 Fax: 403-226-6421
 web: www.northernhills.ab.ca
 For general information, please email: info@northernhills.ab.ca

STAFF

Office Administrator: Marina Barrett, admin@northernhills.ab.ca
 Marketing Administrator: Heather Hubert, marketing@northernhills.ab.ca
 Bookkeeper: Angela Hinsberger, bookkeeper@northernhills.ab.ca
 Executive Director: Moraig McCabe, moraig.mccabe@northernhills.ab.ca



“Did You Know In the Hills?” Contest!

This month’s trivia question is:

Where can you find the NHCA outdoor skating rink in Harvest Hills?

Please send your answer, the article title and page number, along with your name, contact information and NHCA membership number to: editor@northernhills.ab.ca.



Each of our winners win two Landmark Cinemas passes and a \$50 gift card to Applebee’s restaurant!

Non-members of the Northern Hills Community Association can

purchase membership online at <https://www.compusim.com/nhca/membership/> and existing members whose membership has expired will also be able to renew their membership at the above web address.

**Note that only current members of the NHCA will be entered in the draw.*

The winners of the “Did You Know in the Hills?” trivia question sponsored by Applebee’s and Empire Theatres for the month of November is: **Danielle Paetz**, Congratulations!

The answer was “The nomination deadline for the 16th Annual Great Kids Awards is Friday November 27th, 2015 at 4 pm” and can be found on page 12 of the November Northern Edge News in the article “Calgary-Northern Hills MLA Jamie Kleinsteuber under A Message from Your Elected Representatives.” Thank you to all of you who submitted your answers and we look forward to your continued participation.



FOR BEING A GENEROUS SUPPORTER OF COMMUNITY EVENTS AND ACTIVITIES.



CROSSWORD

SPONSORED BY :
Chartwell Harbours
Retirement Residence.

1	2	3	4		5	6	7	8	9	10		11	12	13
14					15							16		
17					18							19		
20				21								22		
	23					24								
			25		26	27					28	29	30	31
32	33	34		35			36	37		38				
39			40						41					
42					43							44		
45							46				47			
			48	49	50	51	52			53		54	55	
56	57	58						59	60					61
62				63								64		
65				66								67		
68				69								70		

- ACROSS**
- Graphical user interface feature
 - Latke ingredient
 - Attain
 - Game name
 - Trash container
 - Old Tokyo
 - Restrain
 - Calkins
 - Inflamed
 - Not extreme
 - Like old records
 - Choppers
 - Yellowfin, e.g.
 - 1995 hurricane
 - Its symbol is an omega
 - Present
 - Cartoon art
 - Taking drastic measures
 - Hitchcockian
 - Like some colonies
 - Harvester
 - First place?
 - Cargo boat type
 - Cherokee and Wrangler
 - Foreign currency
 - Tolerance
 - One with a supporting role
 - More viscous
 - Way to go
 - Tide alternative
 - Short musical pieces
 - Mythology anthology

- Departure announcement
 - Abandon
 - Textile worker
- DOWN**
- SALT concern
 - Demand
 - Best
 - "You ___ bother!"
 - Clip
 - Capital on a fjord
 - Grand ___
 - Decrease
 - Church donation
 - Attack
 - "My ___!"
 - It comes to mind
 - Sarah's husband
 - Potter
 - River of Lyon
 - Excluding
 - Asian buffalo
 - Cotton fabric
 - Grace period?
 - In case
 - Double curve
 - Worked the soil
 - Slough
 - Mushroom you can eat
 - Departure
 - Historian Toynbee
 - Soldier of fortune
 - Black gunk
 - Alate

- Just beat
- Gush
- Reverent
- Like a snicker
- "___ or not..."
- In reserve
- Give away
- Bank
- Lothario's look
- Bucks
- Start with while
- Telephone button



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

Programming for Nursery to Grade 4 during both services and Youth Program - Bible Study and Breakfast at 9 am. Club 56 for grades 5 & 6 during the 11:00 am service.

Unto Us a
CHILD
is
BORN

Harvest Hills Alliance Church invites you to our
Christmas Eve Services
4:00 pm, 5:30 pm & 7:00 pm
Everyone welcome

Services during the Christmas break:
No Services on Christmas Day
Sunday, December 27 @ 11 am
& Sunday, January 3 @ 11 am
No Children's Programming

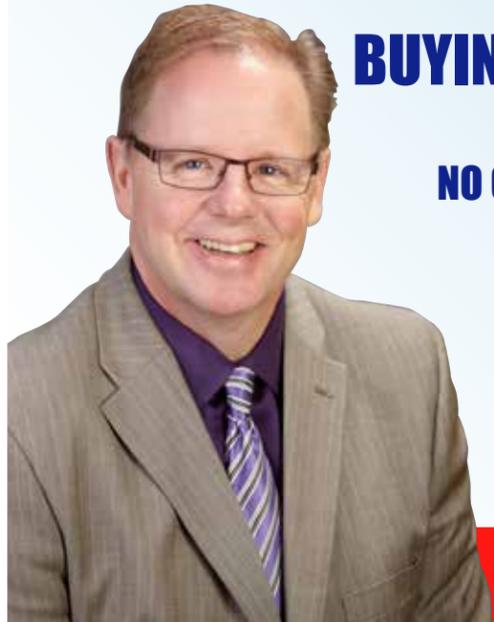
From everyone at Harvest Hills Alliance Church,
we wish you a blessed Christmas and a joyous New Year.

Go to our website for more information on these and other events.
10099 Harvest Hills Blvd. N.W. Phone: 403-226-0990
E-Mail: office@hhachurch.com www.hhachurch.com

"You'll be glad you called Richard First."

- ✓ Over 30 years experience
- ✓ Over 4,000 families have trusted Richard with their real estate needs
- ✓ Ask about the 90 Day Guaranteed Sale
- ✓ Find out why so many satisfied customers continue to use and recommend Richard

BUYING OR SELLING REAL ESTATE?
CALL FOR A COMPLIMENTARY
NO COST OR OBLIGATION CONSULTATION



Richard Fleming
403-651-4400
richard@richardfleming.ca
www.calgaryrealestatesales.ca

CONCRETE CUTTING FOR BASEMENT WINDOWS & DOORS & FLOORS

UP TO SAVE 60% OFF

New openings or enlargements cut into concrete foundations – we use egress windows & doors meeting all fire codes.

We supply and install quality windows, window wells, weeping tiles, core drilling excavation and provide all other concrete cutting services.

Call 403-570-0555,
Text 403-680-0611, or
Email: info@asapconcretecutting.com

NOW HIRING

I spy with my little eye

The NHCA is excited to see some changes taking place in our community.

For anyone that takes Calgary Transit, the addition of new bus stops on the north side of the North Pointe terminal helps alleviate some of the congestion on the east side. We are working with the City of Calgary on the decision for a four-way stop at this intersection and the increased volume of pedestrian traffic as a result of the 86 stop being relocated just east of the intersection beside Notre Dame High School. It seems the combination of those two changes have made this intersection worse than ever.

We have noticed some minor repairs being done in the Canadian Brewhouse but most people have more likely noticed the transformation of the Landmark Cinemas. Many people had remarked that it was looking rundown and aging, and Landmark has responded with the upgrades that many expected from the previous owners. Not only has the exterior been repaired and repainted, the interior is transforming as well including new Coca Cola Freestyle Soda machines and as you read this, new seats are gradually being installed. We understand we can expect some great changes to our local theatre experience in the coming months.

The NHCA appreciates the support these businesses provide to the NHCA and our community.

If you notice other local businesses renovating or updating, or new businesses about to open, we would love to know. We expect Kinjo is close to opening their new location in The District, and Via Cibo is also close to opening in the Superstore parking lot. There is still vacant retail space in the area so hopefully we will see those occupied soon.



THIS CHRISTMAS
MANY ARE IN NEED
Get help \times Give help

Northern Hills Community Association
LEARN HOW. GO TO:
<http://www.northernhills.ab.ca/help-at-christmas>



Outdoor Skating Rinks

Are we ready to hit the Ice?

by Brice Bouwa

What a great opportunity to enjoy the winter season.

Prepare your skates, to hit the ice and spend some time with your family and friends at one of the outdoor rinks in the community.

The NHCA once again will be offering this year to Northern Hills residents the opportunity to enjoy one of their favorite winter activities at the Panorama Hills and Harvest Hills outdoor rinks.

The outdoor skating rink site in Harvest Hills, an earthen berm rink is located at the end of the cul-de-sac at Harvest Lake Drive, while the Panorama Hills Site installed with boards to form the ice surface and developed as an adopt-a-rink is located at 400 Panamount Blvd NW.

These rinks are for pleasure use only. Hockey sticks are not permitted and helmets are strongly recommended. To reduce the work needed to recover from a thaw, users are encouraged to stay off soft, slushy or puddled rink surfaces.

The outdoor rinks will be opened through the combined effort of the NHCA, City of Calgary, and dedicated volunteers.

This year, weather cooperating, we hope to have a great skating season. To keep this program sustained and the rinks operational during winter, we need the participation of volunteers to help organize, flood and maintain ice surfaces at these two rink locations. If you are interested in helping getting these rinks up and running, please contact community@northernhills.ab.ca.



YOUTH INDOOR SOCCER

NHCA Youth Soccer is perfect for the player who wants to play an exciting sport combining team play with individual skills. This program is open to all players, and is primarily devoted to the enjoyment and development of soccer players. No tryouts are required to join a team.

The NHCA Program is for ages 13 to 17 who are interested in playing in a less committed environment. Seasons are typically shorter, traveling is less, and coaches are volunteer-based. This program is purely for the enjoyment of the sport, and there will be some technical and tactical instructions taught.

We have two experienced coaches who will be teaching them skills and the rules of the game.

<http://www.northernhills.ab.ca/u13-to-u17-Indoor-recreational-soccer/>



Season is from January 19 to Mar 22 = 7 games

Cost = 80.00 per player and a NHCA membership

Location: Genesis Centre 7555 Falconridge Blvd. NE

Dates: Tuesday nights from 6:15 to 7:15 pm

**January 19 & 26
February 9 & 23
March 8, 15, 22**



Foresight Eyecare

403-226-8881

Dr. Dianna Leong & Associates
www.foresighteyecare.com

REMEMBER, IT'S DECEMBER...
Use your Vision Plan

20% off RX eyeglasses
when you mention this ad

Our Mission:

Provide 20/20 Foresight to our patients

For Health

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

For Looks

精通英、粵語

- Designer eye glasses packages with family budgets in mind.



- Special Kids Packages

- Eye See Eye Learn – FREE exam & eye glasses for kindergarten kids
- Eye M Growing for Kids – free lens exchange within 1 year for breakage or prescription change
- Myovision for Myopia Control

- Contact Lenses – specialty custom fits to disposable lens packages
- Ask about our Centennial package. FREE lenses with designer frame purchase (some restrictions apply)

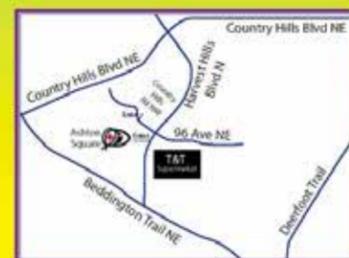
For Life

- Our team is committed to preventative health care for families over the long term. Early child care includes prevention of lazy eye. Adults receive tips on nutrition and eye drops. Visit our facebook page for regular eye health tips and promotions.

- Direct billing to insurance



- Evening and Saturday appointments



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



How to Get a Membership

Annual Membership is from January 1st through to December 31st

You can purchase a membership three ways:

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

Resident Membership Form

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

Fees:

- | | | |
|------------------------------------------|----------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Family \$30 | <input type="checkbox"/> Single \$20 | <input type="checkbox"/> Senior (60+) \$20 |
| <input type="checkbox"/> *Associate \$30 | <input type="checkbox"/> Business \$50 | <input type="checkbox"/> **Business Plus \$120 |
- *Family/Single/Senior outside of the Northern Hills Area **Additional Web Ad
Please enclose cheque payable to "Northern Hills Community Association"

First Name: _____ Last Name: _____

First Name: _____ Last Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

Please indicate activities you would like to learn more about:

- | | | |
|----------------------------------------------|---------------------------------------------------|--------------------------------------|
| <input type="checkbox"/> Community Garden | <input type="checkbox"/> Community Clean up | <input type="checkbox"/> Garage Sale |
| <input type="checkbox"/> Adult Slo-Pitch | <input type="checkbox"/> Small Business Fair | <input type="checkbox"/> Newsletter |
| <input type="checkbox"/> Children's Soccer | <input type="checkbox"/> Community Beautification | |
| <input type="checkbox"/> Ladies/Men's Soccer | <input type="checkbox"/> Annual General Meeting | |
| <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 _____ | | |

If you would like to receive email updates including member benefits, discounts and volunteer opportunities from the NHCA please check here _____

Office Use Only:

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

Received: ____ / ____ / ____ Card Sent

Events Roundup - Continued from page 1

a combination of NHCA swag, gift cards and/or Vivo passes, or a gift pack from Gillette Fabricare. Congratulations all!

Rounding off the month, Vivo's free Winter Wonderland event on November 21st was another fantastic local family fun event: photos with Santa, winter games, hot chocolate, colouring and crafts, and program demos.

A huge THANK YOU goes out to all our local businesses, without whose sponsorship support many of our events and programs in the com-

munity could not be free or highly subsidized, making them accessible to all. This month we would like to thank: GoGirl: Real Canadian Superstore (Coventry Centre), Michael's (Coventry Centre), Extreme Pita (Coventry Centre), Rexall (Panorama), and Sobeys (Country Hills Town Centre); Starbucks (Coventry Centre), Panago (Country Hills Town Centre) and The UPS Store (Country Hills Town Centre). Prizes: Gillette Fabricare, Vivo for Healthier Generations, Applebees, Scotsman's Well, and Triple Flip.



Proudly serving the Northern Hills communities for 9 years!

Get the *Smile* you've always wanted

- Porcelain veneers
- Bonding
- Zoom bleaching
- Complete smile make-overs
- Crowns
- Implants
- Invisalign
- Botox Treatments
- Financing available*



- | | | | |
|-----------|-------------|----------|-----------|
| Monday | • 8am - 6pm | Thursday | 7am - 8pm |
| Tuesday | • 7am - 8pm | Friday | 8am - 4pm |
| Wednesday | • 7am - 8pm | Saturday | 9am - 4pm |

Dedicated Children's Play Area with Video Games
Complimentary Gourmet Beverages

40 Panatella Blvd NW



Financing Available • We Direct Bill Your Insurance
new and emergency patients always *welcome*

Call Today!
403.532.0711

www.NorthernHillsDental.com



*OAC

Harvest Hills Golf Course Update

by Ray Crockett,
Calgarians for Responsible
Development



consider community opinion, not just planning merits, when dealing with large-scale projects that would have a major impact on residents." Development should never proceed without community commitment and support. Let's hope our City Councillors, planning commission and planning department all realize this.

The letters of opposition to Quantum Place's application to rezone HHGC were manifested in 4,682 signatures that were submitted to the City of Calgary. This far exceeded our expectations and was made possible by the efforts of a great group of volunteers who worked diligently to canvass the neighborhood or man a booth at the golf course. Kudos to everyone that helped out with the canvass we could not have done it without you.

The second development that was planned for a small piece of property on the southwest boundary of Harvest Hills immediately North of 96 Avenue was also opposed by residents and the CFRD. This proposal has now been allowed to lapse by the landowner and the city has archived it. This proves that if you take a stand the landowner may just back off. Now we know that victory is possible.

Another example is the Planning Commission's rejection of the DI's plan to redevelop the old Airporter Inn at McKnight and Edmonton Trail. Councillor Chu said, "the city must

Now we are starting on the next phase in the process of opposing the proposed redevelopment of the golf course. In order to stop the proposed application we must convince at least eight councillors (a simple majority of City Councillors) to vote against the proposal to develop the Harvest Hills Golf Course when it is presented to council. To do this we need to create awareness across the whole city that it is not in the best interest of Calgarians to have developers taking our recreational assets and green spaces and turning them into housing developments.

We can stop this development with your help. So please raise this issue with friends, co-workers and Facebook friends so that people know that this is an issue for all Calgarians. Sign up on the CFRD website to get more updates www.calgarians4rd.com

PROGRESSIVE OPTOMETRY

Dr. Debbie Luk, OD, FCOVD
Dr. Andrew Chan, OD
Dr. Anthony Fu, OD

THE FIRST EXAM
OF THE YEAR
SHOULD BE AN EYE EXAM



Optometrists can detect
a vision problem
before it becomes
a learning problem



Free eye exam
for infants to 18 yrs!

Kindergarten Kids
get free glasses!

Stoney Trail	
Progressive Optometry	
Panatella Blvd	Harvest Hills Blvd Superstore
Panamount Blvd	Harvest Hills Blvd Empire Studio 16
Country Hills Blvd	



New Patients Welcome

Walk-in, Evening & Weekend Appts

Residency Trained Optometrists

In-Office Vision Therapy

Occupational Safety Eyewear

Direct Billing to Most Insurances

Cantonese, Mandarin, Vietnamese

translation available

34 Panatella Blvd NW

403 248 3937

www.progressiveoptometry.ca

BECAUSE
**ACTUAL
FOOD** >>>
IS TOUGH TO WRAP

GET A
FREE MYSTERY VALUE
BONUS CARD

WHEN YOU PURCHASE \$50 IN GIFT CARDS

MYSTERY VALUE BONUS CARDS
COULD BE HUGE...UP TO \$25



Now Available at our Northpointe location
388 Country Hills Blvd. • 403.226.6160
as well as our second great location at
2121 36th St. • 587-351-3871

EVERY DAY IS FULL OF REASONS TO CELEBRATE.
#CELEBRATEEVERYTHING

CELEBRATE WITH OUR
SIGNATURE ENTRÉE



Business Fair photos courtesy of Moraig McCabe.

BUSINESS & SERVICES LISTING

Did you miss our business & services fair on November 14th at Vivo? Did you attend, but forget to take home a Passport to Business #shoplocal business listing with you and wanted to contact "that nice book

lady" or "the young man who was doing the balloon animals"? Have no fear! We have extra copies available outside the NHCA office in the news-letter racks, or they are listed below. Businesses are listed alphabetically.

- **#15 Guides**, Amanda Davis E: amanda.davis@northernhills.ab.ca
- **Arbonne**, Nancy Tomney T: 403-510-0983 E: nancy.tomney@gmail.com
- **Art of Living Foundation**, Sanchita Luthra T: 403-969-4078 E: snachitaluthra@gmail.com
- **Asea**, Brandy Peacock T: 587-284-0945 E: brandypeacock@hotmail.com
- **ATB Financial**, Trang Nguyen T: 403-226-7361 E: tnguyen@atb.com
- **Avon**, Linda Etuokwu T: 403-383-0317 E: linda.avonrep@shaw.ca
- **Baseball Calgary**, Sylvia Bader T: 403-827-6379 E: secretary@baseballcalgary.com
- **Century 21 Bam Ben Realty Ltd.**, Sarah & Mark Tomney T: 403-510-0983 E: nancy.tomney@gmail.com
- **Crystal Ink**, Crystal Reynolds T: 403-708-8093 E: crystal@crystalink.ca
- **Hilltoppers Football Association**, Sarah Brazeau T: 403-519-9787 E: hilltoppersfundraising@gmail.com
- **ICE Canada**, Kevin Stanger T: 587-434-0384 E: kevin@icecanada.org
- **Investors Group**, Ryan O'Connor T: 403-226-5531 E: ryan.oconnor@investorsgroup.com
- **JK Apparel**, Danielle Sinclair T: 403-837-7218 E: dvaldina@hotmail.com
- **King and Son Entertainment**, Braden Pole T: 587-894-4755 E: bradenacpole@gmail.com
- **Kyani Independent Distributor**, Isagani Cabral T: 403-397-8840 E: g7gans@gmail.com
- **Langford Financial**, Willis Langford T: 403-921-0820 E: willis@langfordfinancial.ca
- **Northern Hills Community Association**, see contact information on page 3 of this newsletter
- **Norwex**, Amanda Herbert T: 403-200-2158 E: amanda.herbert@live.ca
- **Primerica Financial Services Ltd.**, Phillip Eto T: 403-835-7734 E: osa1401phil@gmail.com
- **Save On Foods**, John Perry T: 403-816-4595 E: 6604sm@owfg.com
- **South Hill Designs**, Rosalva Ortega T: 403-616-0092 E: rosalvaortega.shd@gmail.com
- **Usborne Books**, Alexis Everingham T: 403-889-5162 E: alexis@everingham.ca
- **WFG / Melaleuca**, Caroline Etuhoko T: 403-689-3567 E: cetuhoko@hotmail.com

Panorama Hills DENTAL CENTRE



Dr. Eric Ondrich
Dr. Sheila Varshney
Dr. Benita Yan
 General Dentists

- Complete Family Dental Care
- Open Evenings and Saturdays
- Preventative Care
- Direct Billing Available
- Payment Plans Available (O.A.C.)
- Sedation with Nitrous Oxide
- Our Staff Speaks: Filipino, Somali and Cantonese

Conveniently Located in:

PANORAMA HILLS CENTRE
 #208, 177 Country Hills Blvd. NW
 (By McDonald's and Starbucks)

NEW PATIENTS AND EMERGENCIES WELCOME!

403.226.3939

Northern Hills
 Community Association

SOCCER SEASON RUNS

MAY 2-JUNE 24, 2016

WANNA PLAY?

NHCA is committed to providing a fun, grassroots soccer program.
U4 Mixed, U6 mixed, U8 Mixed, U8 Girls, U8 Boys, U10 Girls, U10 Boys, U12 Girls, U12 Boys, U14 Girls, U14 Boys, U16 Girls, U16 Boys, U18 Girls, U18 Boys

Questions? Email: soccer@northernhills.ab.ca or sports@northernhills.ab.ca

FEBRUARY 1-29, 2016

SOCCER REGISTRATION

»»» → SIGN UP ONLINE ← «««

<http://www.northernhills.ab.ca/kids-outdoor-soccer>

Northern Hills residents bypassed again for a public high school

by David Hartwick

We heard you. Many of you do not care about a public high school nearby. Many of you do not need the North High School because the designated high school for Panorama Hills and Harvest Hills is John Diefenbaker. There was a lack of engagement on each of those communities in Facebook groups when the topic was brought up, whereas the Coventry group had extensive communication on the issue. (Yes, Panorama Hills, Coventry Hills, and Harvest Hills all have community Facebook pages.) For the residents of Country Hills, Country Hills Village, and Coventry Hills, as well as our neighbours in Hidden Valley, Kincora, Evanston, and Sage Hill, students are commuting to James Fowler and Crescent Heights High Schools. But for the residents of Seton, which had a population of ZERO in the 2013 census, the high school is on the way.

This is not the first time that the North Calgary High School has been bypassed in favour of other communities but to build one in a community that did not exist two years ago stings a little. We feel the North High School was misrepresented in the 2014-2017, 2015-2018, and 2016-19 CBE Capital Plans as it does not mention that the North High School was a priority in three previous Capital Plans, 2004-2007, 2005-2008, and 2006-2009. We consider this to be a fairly significant omission of relevant details although the government was made aware of this, and still supported building the Southeast High School over one to serve our community. In fairness, we cannot put full blame on the current government as it appears the school was initially approved at the commencement of this year's provincial election. Here are the numbers:

2014 Calgary Census

Northern Hills population	56,162
Kids 5-14	8,480
15-19	5,577
High Schools	0

Calgary Foothills population	50,500
Kids 5-14	6,457
15-19	3,593
High Schools	0

North Calgary population: (Northern Hills, Hidden Valley, Kincora, Evanston, Sage Hill)	87,384
Kids 5-14	13,657
15-19	3,493
High Schools	0

How is it that over 100,000 Calgarians, in two electoral districts, have no high school? How is it that

there is not a high school north of 60th Avenue? Why does Airdrie have three high schools? We like to compare to Airdrie because in the 2014 Census, they indicated that 20% of their population had been there less than two years, and 50% of that growth came from Calgary!

2014 Airdrie Census population	58,690
Kids 5-14	8,745
15-19	3,059
High Schools	3

As we mentioned, the North High School is in the current Capital Plan, as is a second elementary school for Coventry Hills, and a combined Elementary/Middle School for Country Hills/Harvest Hills. In the next few months, the CBE will be producing the 2017-2020 Capital Plan and we need to make sure all three schools stay in that plan AND are built.

Ask yourselves, your kids, your neighbours the following questions and then decide if you want to join us in our campaign to ensure these schools are built in the Northern Hills:

- Is it right for Harvest Hills and Country Hills to be designated to schools in North Haven, well outside the community?

- Is it right that our kids commute to 3 different high schools when one was supposed to be built in the community 10 years ago?

- If our kids went to a local high school, would they be more successful academically? There is no designated transportation outside of regular school hours and with many teachers, course help is only available before school.

- If our kids went to a local high school, would they have more time for extracurricular activities, jobs, volunteer work, and homework?

- Is it right that our community pays out \$650 per student per year in transportation fees largely due to the lack of a high school? Some kids will still bus, and Calgary winters are not always favourable to walking or cycling. Based on 1800 students for a North Calgary High School, that is \$1.1 million a year in transportation fees.

- Would a high school add much needed community space for meetings, service clubs and recreation?

- What can we do to help get these schools? If you use the Calgary Separate School system, you are aware schools have been built for your needs but we could still use your help as schools increase the value of your home, and our community.

The NHCA is frankly tired of our community not receiving the same infrastructure, programs and services that other communities have available in close proximity. We are developing a strategy and encourage you to keep in touch either on Facebook, @NorthernHills on Twitter, or our website. We would really like to hear from School Councils as well.

Christmas in Coventry

What happens when 700 Coventry Hills residents join a community Facebook group? Amazing things! With Christmas coming, a single mom posted her desperate plea to the group for help. There were dozens of responses and subsequent posts which led to 10 volunteers forming a committee, 20 people stepping forward with donations, some community businesses offering support, and several families that will benefit in the next couple of weeks.

Did you know that there are many single parents in our community? Did

you know that there is poverty in our community? Do you know someone that might be struggling this Christmas?

While this is not a NHCA sponsored event, we are proud of the community coming together and we wanted to share this amazing Christmas story. The organizing committee has no idea how many people they can support at this time, but if you can donate, or if you are really struggling this Christmas, they want to hear from you. You can contact the NHCA office at 403-226-6422 for information.

Merry Christmas!! Thank you!!!



NORTHERN HILLS CHURCH
SUNDAY KIDS CLASSES / WEEKLY CONNECTION GROUPS / CONNECTION EVENTS / FOCUS ON RELATIONSHIP

JOIN US SUNDAYS @ 10AM

LANDMARK CINEMAS COUNTRY HILLS

WWW.NORTHERNHILLSCHURCH.CA



complete eye health for the whole family

- Comprehensive On-Site Testing Equipment
- Designer Eyewear & Sunglasses, Safety Eyewear, Contact Lenses
- Service Available in Cantonese 广东话
- Evening & Saturday Hours Available
- Direct Billing to Most Insurances

Over **1500** Designer Frames In-Stock

Dior • Dolce & Gabbana • Fysh • Gucci
Maui Jim • Michael Kors • Nikon
Tag Heuer • Porsche • Tiffany • Versace & More!

IT IS A BEAUTIFUL DAY . . . MAKE SURE YOU CAN SEE IT . . .
. . . LET US CHECK YOUR EYE HEALTH SOON



Two convenient locations serving the Northern Hill Communities

SiteForSight
eyecare • eyewear

#713, 500 Country Hills Blvd. NE
Country Hills Towne Centre
Calgary, AB T3K 4Y7
(Next to Shopper's Drug Mart)
403.226.7638
www.siteforsight.ca

SecondSight
eyecare • eyewear

#730, 1110 Panatella Boulevard NW
Gates of Panorama Hills
Calgary, AB T3K 0S6
(Next to Save On Foods)
403.452.6831
www.2ndsight.net

**Dr. Monica Jensen-To • Dr. Shauna Chorel
Dr. Bonita O'Brien • Dr. Floria Tse**

New and Emergency Patients Welcome

Colouring Contest: FREE ICE CREAM!



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

Name _____

Age _____



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



Starchevski SCHOOL OF BALLET

Ballet, Jazz, Lyrical, Hip-Hop
The Nutcracker Production in December

Register Now!

403 226-8874

www.ssballet.ca

200 Country Hills Landing N.W.

NORTHERN HILLS DENTAL



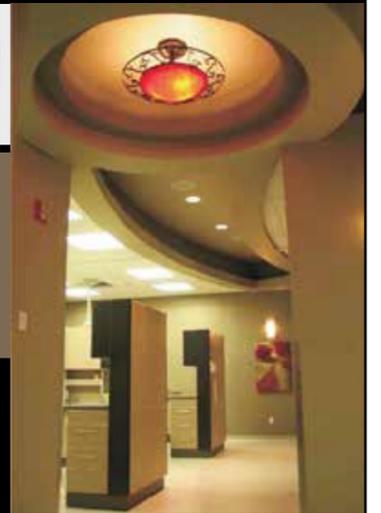
Proudly serving the Northern Hills communities for 9 years!

Comfort, Care, Convenience

Family & Cosmetic Dentistry
Crowns, Bridges & Implants
Invisalign Clear Braces
Zoom Whitening

Dentures
Sedation Dentistry
Wisdom Teeth Removal
Botox Treatments

Intra-oral Cameras & Digital Xrays
Massage Treatment Chairs
TV's in Every Room
Oral Cancer Screenings

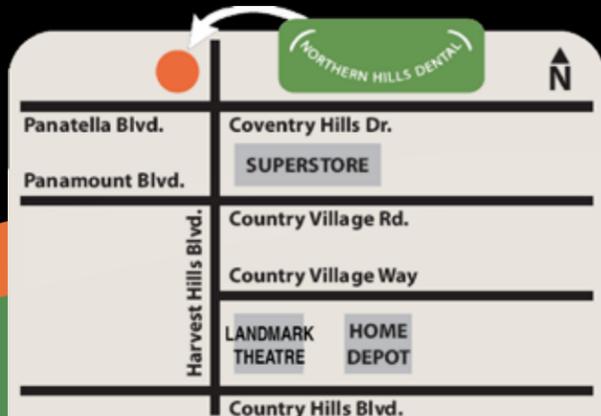


40 Panatella Blvd NW

Monday • 8am - 6pm Thursday • 7am - 8pm
Tuesday • 7am - 8pm Friday • 8am - 4pm
Wednesday • 7am - 8pm Saturday • 9am - 4pm

Dedicated Children's Play Area with Video Games
Complimentary Gourmet Beverages

Financing Available • We Direct Bill Your Insurance
new and emergency patients always *welcome*



Call Today!
403.532.0711

www.NorthernHillsDental.com

12 TIPS OF CHRISTMAS (CRIME PREVENTION)

The holiday season is upon us, and many will be spending time shopping for gifts and attending parties and celebrations, and charities will be collecting much-needed donations.

Festive activities will be in the spotlight, and crime prevention may not, so it is important for Calgarians to ensure they are doing what they can to prevent crime.

1 On the first day of Christmas, you can prevent crime by keeping your car safe from break-ins and thefts.

- Park in well-lit, traveled areas
- Keep valuables and gifts out of site in the trunk, and do not to leave them in the vehicle for long periods of time
- Don't leave your keys in the car while it is running
- Use a steering-wheel lock and/or car alarm to make your vehicle less attractive to thieves
- Ensure your doors are locked (and windows on child-lock) once everyone is inside to avoid unwanted visitors from entering your vehicle.

2 On the second day of Christmas, you can prevent crime by talking to youth about stranger danger.

- Teach kids to ask store clerks or mall security if they become separated from you.
- Never leave kids alone in the car
- If you have a cell phone, ensure your kids have the phone number handy to reach you, and they know where they can go to access a phone (stores, info- desk, security and pay-phones).
- If dropping youth off to shop on their own, establish a meeting place inside the establishment for pick-up (not in the parking lot or at doorways)
- For younger ages, use a safety word.

3 On the third day of Christmas, you can prevent crime by being a safe driver on the road.

- Obey all traffic signals

- Reduce speed and exercise caution when driving in inclement weather
- Know your route, and have an alternate one planned in the case of unforeseen circumstances.
- Pull over to answer your phone, or tend to other distracting events such as pets/kids, eating, reading a map, texting, etc.

4 On the fourth day of Christmas, you can prevent crime by keeping your information safe when shopping online.

- Type the store's URL directly in your browser rather than browse to online retailers through a search engine where you may encounter malicious links,
- Use a different password for each site you must sign in for and don't let the browser store passwords for you.
- Always look for the https prefix in the URL and the padlock icon in the browser's status bar. (If you shop at an online retailer that uses SSL encryption, make sure the address bar turns green as a signal that the page is secure.)
- Monitor your PayPal account and keep track of your purchases.
- Use a credit card rather than a debit card online so you can stop payments quickly in the event of a problem.
- Be cautious with e-mails claiming to be shipping confirmation or package alerts that force you to open a file attachment. Delete any message that claims to provide tracking information but doesn't include a tracking number.

5 On the fifth day of Christmas, you can prevent crime, by identifying fraudulent scams to stay away from.

- If it seems too good to be true, it probably is.
- If making a purchase online or through classified ads, arrange to meet at a neutral, public location and do not go alone. You don't know who is on the other side of the transaction.

- You have the right to check out any caller by requesting written information, a call back number, references and time to think over the offer.
- Do some research online to get to know the current scams <http://www.phonebusters.com/english/recognizeit.html>
- The Canadian Anti-Fraud Centre (CAFC) is the central agency in Canada that collects information and criminal intelligence on Mass Marketing Fraud (telemarketing), advanced-fee fraud letters (Nigerian letters), internet fraud and identity theft complaints from Canadian and American consumers and victims. Report Fraud to The Canadian Anti- Fraud Centre toll free at 1-888- 495-8501 or via e-mail at info@antifraudcentre.ca

6 On the sixth day of Christmas, you can prevent crime if making donations to canvassers for charities.

- Ask for legitimate identification – only donate to registered charities.
- Contact the Canada Revenue Agency to see if the charity is registered at <http://www.cra-arc.gc.ca/charities/>
- If you are approached by someone suspicious, call police at 403-266-1234
- Do not feel pressure to donate right away – ask for information on how you can donate at a later time

7 On the seventh day of Christmas, you can prevent crime when sending gifts.

- Do not send cash in the mail
- Communicate with your recipient to ensure they are expecting a parcel
- When sending a gift or gift card, consider using registered mail or a courier service so parcels can be tracked and insured

8 On the eighth day of Christmas, you can prevent crime by keeping your home safe from break-ins.

- Keep any ladders used for putting lights up away from the home so criminals cannot use them to climb up to your windows

- Do not display gifts in a window or doorway
- Properly dispose of gift packaging and boxes. Do not leave these outside for all to see, as this will advertise the contents of your home to thieves. Put inside garbage bags or take directly to recycling depots.

9 On the ninth day of Christmas, you can prevent crime by securing your home before you go away.

- Make your home looks lived in: Put lights, radios and TVs on variable timers. Have someone stay inside your home for a while each day if possible.
- Have a trusted neighbour/friend/family member check on your home daily, collect your mail, and shovel your walks.
- If you're leaving a vehicle outside your house, have someone move its position periodically, to make it appear as if it is being used.
- Lock-up tools, BBQs and ladders and make sure they are out of sight; set and test your timers; lock and check doors and windows; and leave shades and blinds in normal positions.
- Turn off the telephone ringer so no one knows your home is empty (and don't leave outgoing phone or e-mail messages saying you are away).
- Read your home insurance policy to find out how often your home needs to be checked in order to maintain your coverage.

10 On the tenth day of Christmas, you can prevent crime by reporting suspicious behaviour to police.

- If you see any suspicious activity in your neighbourhood, call police at 403- 266-1234. Call 911 for a crime in progress.
- You may submit an anonymous crime tip to Crime Stoppers: TALK: 1-800- 222-8477; TYPE: tttTIPS.com; TEXT: tttTIPS to 274637

Continued on page 13



DECEMBER SERIES

LIGHT OF THE WORLD

Spend Christmas Eve with us!

December 24, 2015 @ 4-5pm OR 6-7pm // Candlelight Service
16 Bermuda Drive NW Calgary

Join us on Sundays @ 9am or 11am // Watch our live stream on Sundays @ 11am (live.bpchurch.ca)

www.bpchurch.ca

SUDOKU-PUZZLES

Puzzles devised by © Kevin Stone [www.brainbashers.com]

Answers on page 15

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

Domestic Goddesses
Professional House Cleaners
Standard home cleaning from \$150
For a free consultation call:
687-700-7927

RW Right Way
PLUMBING AND HEATING LTD

- Furnace cleaning, repair & installation
- Water heaters - both tank and tank-less
- Sink clogs & installations
- Toilet blockages, repairs & installations
- Sump pumps
- Shower leaks, repairs & installations
- Drain & sewer cleaning & repairs
- Faucet leaks & installations
- Leak locating, Bathtub installations
- Garburators, Laundry tubs, Appliance hook-up
- Whole house re-piping
- Water softener service, installations & repairs

FREE Water Alarm

\$715 +TAX
starting at

24/7 **CALL 403-968-6630**

The Redeemed Christian Church of God
Living Faith Chapel
Tel: (403) 681-7224
rccglfc@gmail.com www.rccglfc.org

invites you

to join us by 10:00am on Sundays for a glorious, joyful, heart lifting and heaven-connected worship at Huntington Hills Community Centre, 520-78 Avenue NW, Calgary, AB T2K 0S2

Come and you will be richly blessed !!!

We are expecting you. God bless you.

For prayer, counseling and other information you may call us, e-mail us or check our website

RCCG-LFC where expectations become manifestations!!!

WARM WISHES FOR THE HOLIDAY SEASON

Season's Greetings!

A Message From Your Elected Representatives



Ward 3 Councillor Jim Stevenson

www.calgary.ca/ward3

Merry Christmas and Happy New Year

On behalf of the Ward 3 office I would like to take this opportunity to wish you and your family a Merry Christmas and may your New Year be abundant in health, happiness and prosperity!

New All-way Stop in Coventry Hills

The Transportation Department has recently installed a new multi-way stop at the intersection of Country Village Way & Country Village Link.

The changes were implemented following an operational review of the intersection. The review was initiated due to the recent changes to the North Pointe Park and Ride and citizen complaints received through 311.

The review identified that pedestrians crossing Country Village Link on the north crosswalk were not visible when transit buses were turning westbound onto Country Village Way from Country Village Link. The review also identified that drivers turning left from Country Village Link onto eastbound Country Village Way encountered significant delays even during off peak times. If you have

questions or concerns regarding the changes please contact 311.

Snow and Ice Control Program (SNIC)

Roads Maintenance has a planned, measured response to snowfall that keeps roads safe during the winter season. Crews clear city roads based on a council approved priority system. While snow is falling, crews will maintain Priority 1 routes. Once the snow stops falling, crews will move from Priority 1 routes and work through the 7 day snow event plan until they reach Priority 4 routes or residential roads.

Roads are maintained during the winter months by:

- Anti-icing before a snow event.
- Sanding, salting and plowing roads.
- Snow removal and storage.
- Sidewalk snow removal.
- Snow fencing where required.

For more information on the Snow and Ice Control Program or for detailed information on a current snow event visit Calgary.ca/snow.

Jim Stevenson, Councillor, Ward 3
www.calgary.ca/ward3

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

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

Ward 4 Councillor Sean Chu



Happy Holidays!
Did you know? The Christmas season is the busiest time of year for The City's recycling facility. It sees an approximately 30% increase in recyclable material during the holidays.

Earn your wings as a Snow Angel!

Every act of kindness is as unique as every snowflake. The act of shovelling a neighbour's walk may look similar but the reason it is important to your neighbour is uniquely special. Helping a neighbour with their walkway will brighten their day, make the pathway safe for everyone and make you the local favourite. Win, win, win!

As you shovel your walk this winter, take a few extra minutes to clear a neighbour's too.

To learn more about the program or to find out information about recognizing a Snow Angel, visit calgary.ca/snowangels.

are out of school, but parents may not yet be home. Calgary AfterSchool participants gain physical, social, leadership and creative skills. For more information, including a listing of all programs, visit calgary.ca/afterschool.

Fair Entry

Need help accessing City of Calgary programs, services or facilities?

The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for all five subsidy available programs and services. They are:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.

Happy Holidays to You All!

Councillor Sean Chu

Communications & Community Liaison Ward 4
ward04@calgary.ca

Calgary AfterSchool

Calgary AfterSchool offers, fun, safe, supervised, and quality after school programs for Calgary kids aged 6 to 16. A collaborative effort between The City of Calgary and community partners, Calgary AfterSchool programming takes place during the critical hours of 3:00 p.m. – 6:00 p.m., when kids



Calgary-Northern-Hills MLA Jamie Kleinsteuber

Greetings, residents of Calgary-Northern Hills,

The month of November, particularly the last few weeks have been a busy time with committee estimates meetings and constituency work, as we prepare for the holiday season. There have been some significant announcements that I would like to mention:

Budget 2015 Introduced
Finance Minister Joe Ceci tabled the new government's first budget on October 27. This budget will achieve three key priorities:

1. Stabilize frontline public services, including healthcare, education, and social services.
2. Set out a prudent path to return to a balanced budget.
3. Stimulate job creation, economic growth

and diversification.

Budget 2015 invests \$34 billion over the next five years to support modern, efficient infrastructure for Albertan families and businesses, including \$3.8 billion for schools, \$4.7 billion for roads and bridges and \$2.2 billion for health facilities and equipment.

New Calgary Cancer Centre

The budget also earmarked \$830 million over five years for the new Calgary Cancer Centre. This centre is already well into the planning stages. Located in the northeast corner of the Foothills Medical Centre Campus, this centre will replace the Tom Baker Cancer Centre and will provide more inpatient beds and additional patient services. Construction is scheduled to begin in 2017. The centre is expected to open by 2024.

"This investment strengthens health care for Albertans, and it's happening at the right time, while construction costs are low and while we're focused on taking care of each other during tough times." – Rachel Notley, Premier.

Continued on page 14

12 TIPS for Christmas
- Continued from page 11

11 On the eleventh day of Christmas, you can prevent crime by recognizing domestic violence and taking action.

- Domestic violence can be seen through various avenues for example in the workplace, neighbours, etc. It takes a community to address domestic violence and it is important to call for help.
- The holidays can be a stressful time and the affects of difficult times are felt long before they get to a point of crisis. It is important for people seek help before they get to that point.
- Calling police for help does not mean charges will be laid automatically, our goal is public safety and to assist families in getting the help they need.

12 On the twelfth day of Christmas, you can prevent crime by getting home from the party safely.

- Do not leave your drink unattended when at parties or other social events, to avoid the risk of someone altering it.

- Never drink and drive – and convince others do the same
- If going to a holiday party, pre-arrange transportation to ensure a safe ride home (taxi cabs, designated drivers, public transportation)
- When leaving a licensed establishment, ensure you and your friends get home safely. Do not walk outside by yourself.
- Always let friends or family know where you plan on going for the evening, and be accountable for notifying them when you are home safely.
- When taking a cab, note the company and number on the vehicle for accountability purposes and to track down incase you leave something behind.
- Calgarians are reminded to always be aware of their surroundings. Stay in busy, well-lit areas and avoid dark, deserted places. If you are suspicious of someone, trust your instincts and scream or use a personal emergency alarm to attract attention.

Stay in groups when travelling to and from a venue, at a function, or taking public transit and taxi cabs.



**Holy Trinity
Anglican Church
Hanson Ranch**



Contemporary Services & Relevant Messages to help you through your week
Sundays at 10:00 a.m.

Christmas Services

Dec. 24th 6:30 p.m. A Service for the whole family (nursery available)

Dec. 24th 9:00 p.m.
Candlelight Service

Dec. 25th 10:00 a.m.
Christmas Day Celebration



18 Hidden Creek Road, N.W.
www.htacc.org

2016-17 | Kindergarten Registration

Kindergarten registration for the 2016-17 school year begins on Monday, Jan. 11, 2016 and is ongoing. Visit www.cbe.ab.ca/kindergarten to find your designated school, where to register, and when your child can begin kindergarten.

If the school that your child will attend is one of the new schools that is opening in September 2016 please visit Building & Modernizing Schools web page and click on the new school's name. The page will provide information about where to register.

You can contact the CBE Board of Trustees at boardoftrustees@cbe.ab.ca.



Pet Santa Photos

4921 Skyline Way NE
Deerfoot & McKnight

Nov 28-29

&

Dec 12-13 11am- 3pm

Bring a donation to the food bank to receive a free pet picture



SAVE 15%

On ONE regular priced item with this ad
Expires Feb 15, 2016

NH 12/15
Not valid on Gift Cards, Cat & Dog food, Feeders, Kennels, Starter Kits & Sale Items * No Cash Value* One coupon per purchase* Applies to amount before taxes *
*Cannot be combined with any other offers * Must be presented at time of purchase*Store Management reserves the right to reject any coupons not being used according to the intended purpose*



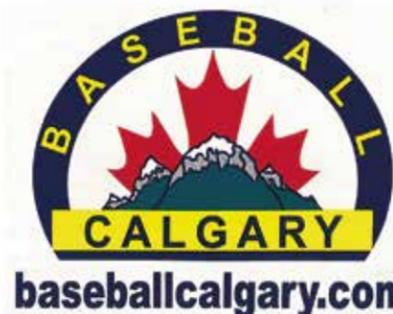
Are you ready to take your game to the next level?

Baseball Calgary is looking for players aged 12 to 18 who want to play competitive and/or performance baseball for the 2016 season. We are affiliated with Baseball Alberta and games are played throughout the province. The season runs from April to the end of July/early August.

Check our website

for details on tryouts which will begin in early Jan 2016.

www.baseballcalgary.com



If you have any questions, feel free to contact us at:
info@baseballcalgary.com

Calgary-NorthernHills MLA – Jamie Kleinsteuber
Continued from page 12

Flood Mitigation Projects

New flood protection along the Bow and Elbow Rivers will help protect Calgary and downstream communities from the severe flooding, like that of June 2013. The 2013 flood cost \$6 billion in public money. To that, we can add private sector losses, lost economic outputs and the disruption to the lives of thousands of Albertans. For these reasons, Alberta's government is moving ahead with two specific projects: the Springbank off-stream reservoir and local mitigation in Bragg Creek and Redwood Meadows.

"I am very pleased that the new provincial government has moved to protect downtown Calgary and

our flood prone communities from a similar flood in the future." –Naheed Nenshi, Mayor of Calgary.

Notary Day

Together with the Northern Hills Community Association and VIVO, I am pleased to offer a notary service in time for the holiday season. If you need documents notarized for travel or for other reasons, please visit my table at VIVO Foyer on Saturday, December 4, 3-7pm, for free notary services. And even if you do not need notary services, drop by to say hi!

Best wishes and happy holidays,
Jamie Kleinsteuber, MLA.
Your MLA, Jamie Kleinsteuber

**Honourable Michelle Rempel, M.P.,
Calgary Nose Hill**



I would like to express my profound appreciation to all of the citizens of Calgary

Nose Hill who participated in the 42ND General Election this past October, as candidates and volunteers, and to all of you who cast a ballot. I am aware of the honour and responsibility that our community has bestowed on me by returning me to Parliament. I will be working hard, as I have in the past, to represent all of the people in the riding and be your strong voice in Ottawa. I also very much look forward to seeing many of you at community events, festivals and activities throughout the riding during the years to come.

My constituency office remains available to provide the usual services for the people of Calgary

Nose Hill. As I have in the past, I will continue reaching out to you, so that you may communicate your issues directly to me. If you have any concerns or wish to comment on any issue, my office will be happy to accommodate you. Please contact me through the following:

phone: (403) 216-7777
email: michelle.rempel@parl.gc.ca

Or visit my website at www.michellerempel.ca

I would also like to take this opportunity, as we enter the holiday season, to wish each of you and your families my very best wishes for a Merry Christmas and a safe and prosperous New Year.

Sincerely,

ATTENTION: RESIDENTS OF THE NORTHERN HILLS

**Need a Notary?
We've got you covered!**

Come to Vivo
on

FRIDAY, DECEMBER 4th from 3 – 7 P.M.

with your documents
and get them notarized for **FREE** by the MLA for
Calgary-NorthernHills, Jamie Kleinsteuber

Need copies?

Copies can be provided at cost by the NHCA (up to 5 free for NHCA members)

Need a translator?

A CCCSA volunteer will be available to translate Chinese/English documents



NOW OPEN

Affinity Medical Clinic

Dr. Paramjit Perry Sahni

MBBS, MD, LMCC, CCFP

Ashton Square

Monday to Friday 9am to 6pm

Saturdays 10am to 2pm

Closed holidays and Statutory holidays

214-40 Country Hills Landing NW

Calgary, AB T3K 5P4

www.affinitymedicalclinic.ca

New Pharmacy on Premises

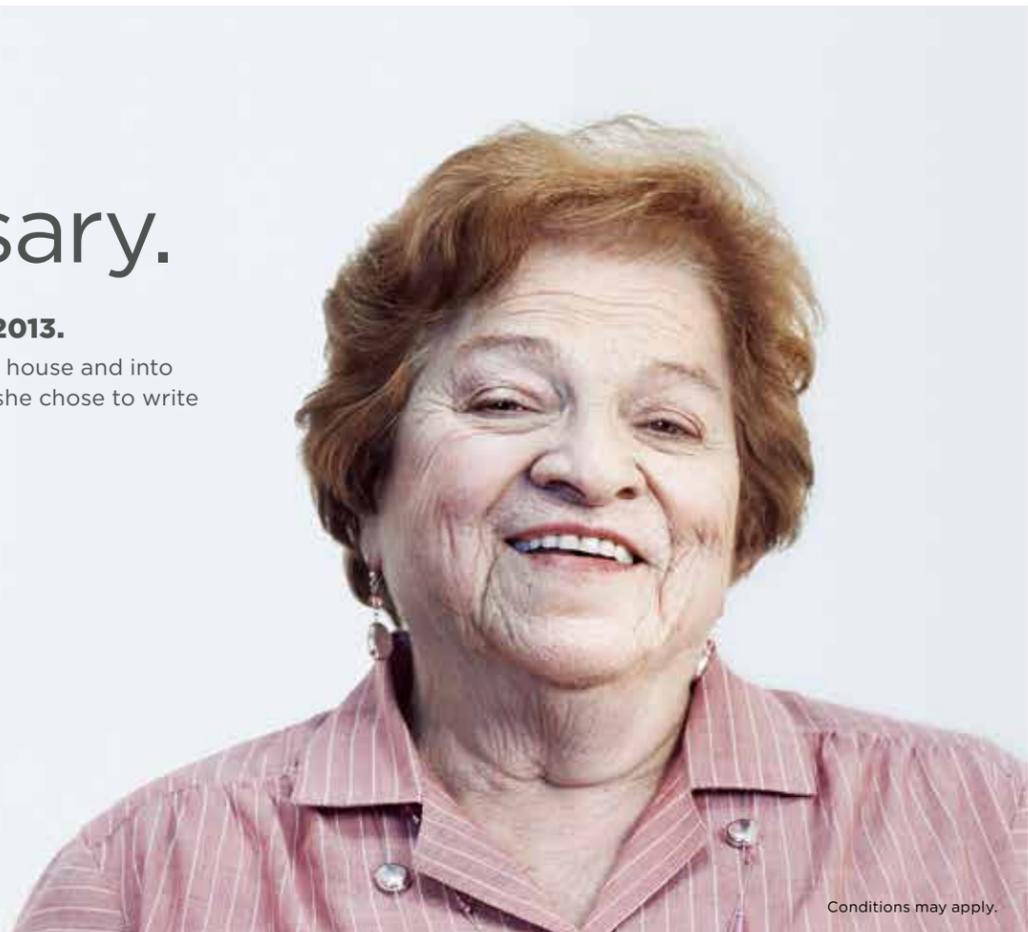
587-349-0500

**Celebrating her
second anniversary.**

FLORENCE CAMERANO, AT CHARTWELL SINCE 2013.

It's been two years since Florence decided to move out of her house and into one of our residences. See the whole story and discover why she chose to write the next chapter at Chartwell.

CHARTWELL.COM



HARBOURS
retirement residence

Make us part of your story.

20 Country Village Cove NE, Calgary

587-287-3942

Conditions may apply.

City Update:

Harvest Hills Golf Course Redevelopment

City issues report to applicant

As indicated in our last update, City staff have finished the first phase of their technical review of the application to redevelop the Harvest Hills Golf Course. The application has been reviewed for its urban planning merits, the technical aspects of the application and compliance with City policies, such as the Municipal Development Plan. Comments and feedback received from the public have also been considered during this review. City staff have issued a detailed team review (DTR) of the application (now available for viewing

at the project webpage) to the applicant. This document summarizes concerns and requests revisions. We anticipate a period of review and negotiation with the applicant. This process is iterative, and we expect it will take a number of months. Following this, we will report back to the community and provide further opportunities for feedback.

Next steps

Stay tuned to the project webpage for updates about this application and for further opportunities to provide your input

and thoughts. We will also send updates to our email subscribers directly. If you know someone who would be interested to receive email updates about this project, please ask them to sign up.

For more details on reports, feedback, and other information mentioned in this article, you may visit the City's project website at:

<http://www.calgary.ca/PDA/pd/Pages/Current-studies-and-ongoing-activities/Harvest-Hills-Golf-Course-Lands.aspx>

Move More, Sit Less



by Nicole Dawe

Did You Know? Sitting for more than six hours a day increases your risk of dying from cancer and other major diseases - even if you maintain a healthy weight and don't smoke.

It is no secret that sedentary behavior has a negative impact on your overall health. Did you know that sitting for long periods of time may actually cancel out some of the health benefits you achieve when you exercise regularly?

The Canadian Physical Activity Guidelines encourages adults to accumulate at least 150 minutes of moderate to vigorous aerobic physical activity per week with at least two days of strength-related activities. Most of us achieve this by going to the gym, training for a run or joining a community sport league. What many people don't realize is that behaviors between your workouts are just as important as the workouts themselves.

1. Common sedentary behaviours and activities include:
2. Sitting in the Office (at a desk or in meetings)
3. Taking Motorized Transportation
4. Watching Television
5. Working with a Computer or Tablet
6. Eating with Friends or Family

"The impact of movement – even leisurely movement – can be profound. For starters, you'll burn more calories. This might lead to weight loss and increased energy," says Dr. James Levine from the Mayo Clinic. "The muscle activity needed for standing and other movement seems to trigger

important processes related to the breakdown of fats and sugars within the body. When you sit, these processes stall – and your health risks increase. When you're standing or actively moving, you kick the processes back into action."

The good news is that decreasing your sedentary behaviors does not need to take up more time out of your already busy schedule. The first step to changing your behavior is recognizing when you are the most sedentary. Once you know your patterns you can find some creative ways to become more active, such as:

1. Take an Active Approach to Transportation – walk, bike or run to destinations within 10km of your home.
2. Walk & Talk – encourage walking meetings in the office or with your friends & family.
3. Power Down the Electronics – experiment with new ways to find entertainment by spending time outdoors.
4. Engage in Conversations – look for opportunities to talk with people instead of making phone calls or sending emails.
5. Use technology – program reminders in your calendar or alerts to be less sedentary (ie: take a walk, stretch at your desk; stand up to answer the phone etc.)

Challenge yourself this week by becoming more aware of your sedentary behaviors and find ways to encourage yourself and others to engage in more leisurely movements every day.



Northern Lights Contest 2015

CONTEST PERIOD: DECEMBER 1-31, 2015

SEND ENTRIES TO:
community@northernhills.ab.ca



New Osteopathic Manual Therapist in NW Calgary

Now Open beside Co-Op

Body Therapy Wellness Centre

We direct bill for Registered Massage Therapy

www.bodytherapycalgary.com

#107, 12018 Symons Valley Road NW

Our multi-disciplinary centre offers:

- Therapeutic Reflexology
- Massage Therapy
- Acupuncture (Including Esoteric and Facial Rejuvenation Acupuncture)
- Osteopathy
- Champissage™ (Indian Head Massage)
- Ayurvedic Foot Massage
- Natural Face Lift Massage
- Facial Reflexology
- Energy Work
- Body Talk

GIFT CERTIFICATES AVAILABLE

Introductory offer

\$20 off your first visit for Acupuncture, Reflexology or Champissage

Are you looking for a fresh start?

New Beginnings Church

www.nbccalgary.com

(403) 389-6224

Crossword puzzle ANSWERS

SPONSORED BY : Chartwell Harbours Retirement Residence.

Puzzle on page 4

1	I	C	O	N	5	P	O	T	A	T	O	11	H	I	T		
14	C	L	U	E	15	A	S	H	B	I	N	16	E	D	O		
17	B	A	T	E	18	C	L	E	A	T	S	19	R	E	D		
20	M	I	D	D	21	L	E	O	F	T	H	E	22	R	O	A	D
23	M	O	N	O	24	T	E	E	T	H							
25	T	U			26	A						28	O	P	A	L	
32	O	H	M	35	N	O	N	36	C	E		38	A	N	I	M	E
39	G	O	I	N	G	T	O	E	X	T	R	E	M	E	S		
42	E	E	R	I	E	43	A	P	I	A	N	44	A	N	T		
45	E	D	E	N							46	T	R	O	47	W	
48	J	E	E	P	S						53	L	I	R	A		
56	B	R	O	A	D	M	I	N	D	E	D	N	E	S	61	S	
62	L	E	G			63	G	O	O	I	E	R	64	G	A	I	T
65	A	L	L			66	E	T	U	D	E	S	67	E	D	D	A
68	B	Y	E			69	D	E	S	E	R	T	70	D	Y	E	R

Sudoku puzzle ANSWERS

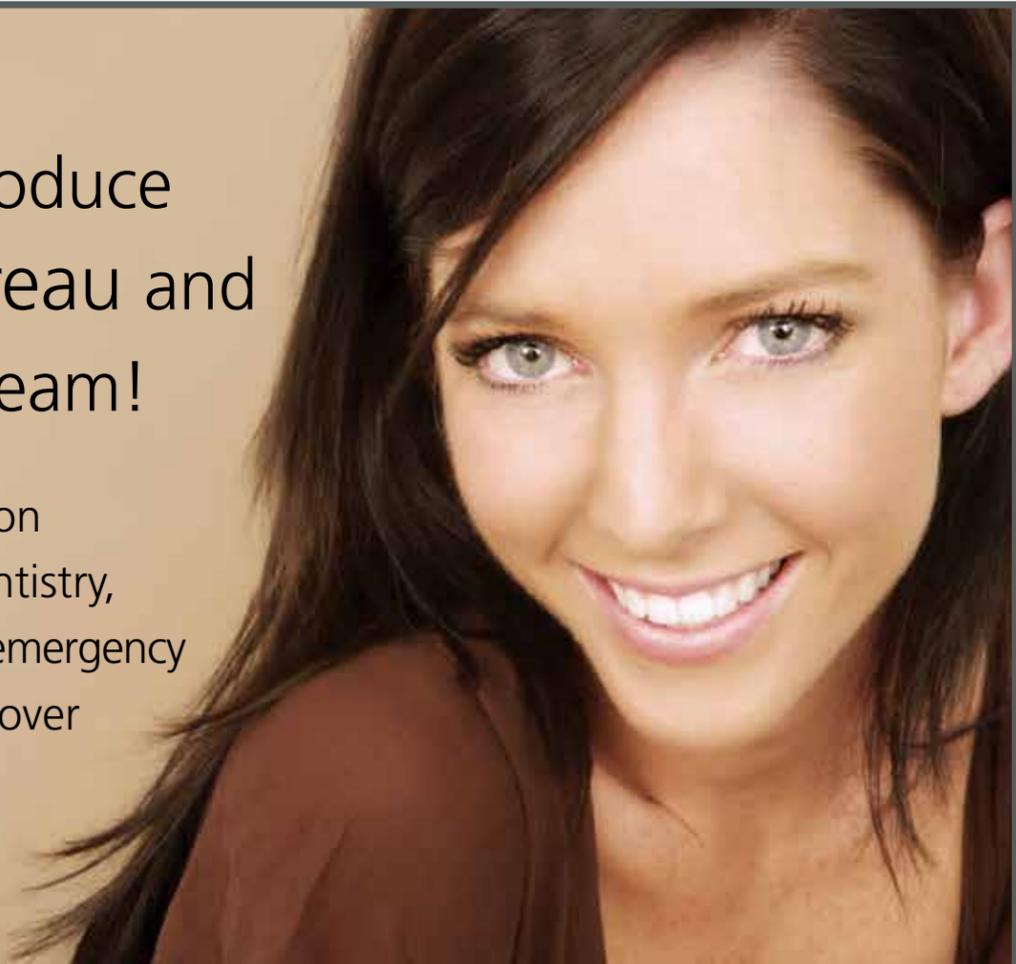
Puzzle on page 12

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

Puzzles devised by © Kevin Stone [www.brainbashers.com]

Join us on social media

@northernhills NorthernHillsCalgary



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

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



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

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

Harvest Hills Blvd. NE

Future Shop
Staples

RBC

★ **PARAMOUNT DENTAL**

Panamount Blvd. NE

Country Village Rd. NE

Coventry Hills Plaza
217, 130 Country Village Rd NE
Calgary, AB T3K 6B8

PARAMOUNT DENTAL

403.730.9882 paramountdental.ca

NOW ACCEPTING NEW & EMERGENCY PATIENTS