

Northern Edge News



Feb 2011 • Official Newsletter of the Northern Hills Community Association

www.northernhills.ab.ca • FREE

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

WINNING LIGHTS!



Well, December 2010 was a Holly Jolly Christmas Season! The NHCA would like to acknowledge all residents who decorated their homes in the spirit of the season and the people who took a moment to nominate their favorite decorations in the 2010 version of the annual NHCA Northern Lights Contest. Congratulations to all the nominees and to those who took the time to acknowledge the efforts of their neighbors.

WINNERS

- 48 Country Hills Green
- 1191 Country Hills Circle
- 44 Coville Cres.
- 55 Coventry Road
- 168 Panorama Hills Place
- 745 Panorama Hills Drive
- 148 Harvest Glen Rise
- 30 Harvest Grove Close

DRAW WINNERS

- Ryan Manson
- Corinne Swirsky

NOMINATED IN COUNTRY HILLS

- 56 Country Hills Green
- 48 Country Hills Green
- 164 Country Hills Park
- 140 Country Hills Park
- 9 Country Hills Bay
- 1191 Country Hills Circle

NOMINATED IN COVENTRY

- 176 Coventry Hills Drive
- 171 Coventry Hills Drive
- 163 Coventry Hills Drive
- 80 Coventry Hills Drive
- 11930 Coventry Hills Way
- 22 Covebrook Green
- 1002 Coventry Drive
- 749 Coventry Drive
- 44 Coville Cres.
- 55 Coventry Road
- 111 Covepark Court

NOMINATED IN PANORAMA HILLS

- Panorama Hills Estates Homeowners Association
- 168 Panorama Hills Place
- 122 Panorama Hills Place
- 67 Panorama Hills Place
- 745 Panorama Hills Drive
- 36 Panorama Hills Green
- 546 Panamont Blvd.
- 543 Panamont Blvd.
- 81 Panamont Rise
- 22 Panamont Green
- 33 Panorama Hills Way

NOMINATED IN HARVEST HILLS

- 148 Harvest Glen Rise
- 111 Harvest Glen Rise
- 96 Harvest Glen Rise
- 79 Harvest Glen Rise
- 966 Harvest Hills Drive
- 1010 Harvest Hills Drive
- 25, 29, 33, 37 Harvest Grove Green
- 323 Harvest Grove Place
- 30 Harvest Grove Close
- 204 Harvest Lake Green
- 112 Harvest Lake Crescent
- 3 Harvest Oak Gate
- 14 Harvest Oak Gate
- 180 Harvest Gold Hts.



Winners of the 2010 Northern (Hills) Lights contest
 Clockwise starting with upper left photo: 745 Panorama Hills Drive, 1191 Country Hills Circle, 168 Panorama Hills Place, 55 Coventry Road, 48 Country Hills Green, 148 Harvest Glen Rise, 30 Harvest Grove Close, Center: 44 Coville Cres.

Come Skate with Me?

Last month the Northern Edge News ran a couple of articles about the potential risks associated with skating on the City's frozen storm ponds in our areas. Those articles resulted in a wide range of immediate and direct feedback from residents... both for and against the article and its message. Some thought it to be an overreaction and unnecessary while others thanked us for

making them aware of the risks associated with these activities and explaining why the ponds could be dangerous.

Regardless of your personal views on the subject, one common theme came forward: the northern hills has a dearth of recreational facilities and in particular a need for places for people to have a recreational skate or a friendly game of shinny with friends or family. The feedback only confirmed that the NHCA is on the right track with our fledgling plans to try and address this issue by developing and implementing safe and accessible recreational skating areas within our communities.

We have identified four candidate locations for skating rinks in the northern hills neighbourhoods. Four locations are proposed: one each in Harvest Hills, Country Hills,

Panorama Hills and Coventry Hills. Adopt-a-rinks are skating rinks that are bounded with soil berms that can be implemented and maintained with relatively little effort provided there is a nearby winter water source at each location. Current plans are to install the first adopt-a-rink in Coventry with the other locations being developed at later dates.

So, what are our plans for bringing these recreational facilities to reality? Well, there is some good news: the NHCA has identified appropriate parcels of land for each proposed venture and we might also be able to provide some seed money to get the adopt-a-rinks going. The challenging news is that we will need resources and additional capital to develop more detailed plans, work with approving authorities, organize

Continued on page 5

UPCOMING EVENTS 2011

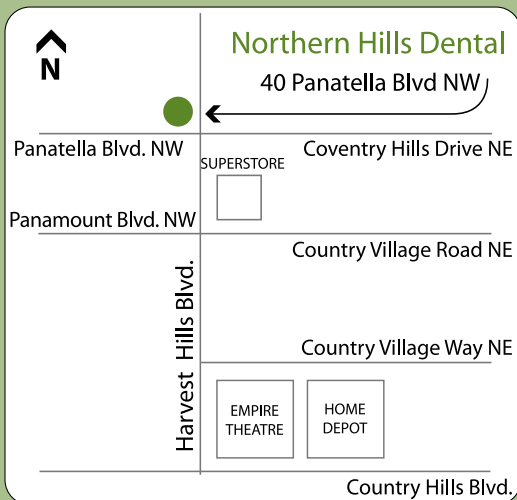
<p>Soccer Registration February/March 2011 All Northern Hills Communities and On-line</p>	<p>AGM and Resource Fair April 14, 2011 Harvest Hills Alliance Church</p>	<p>Planning and Development Open House April 14, 2011 Harvest Hills Alliance Church</p>
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Expert dental care in a welcoming and convenient location, now that's something to smile about.

NORTHERN HILLS DENTAL

Family Dentistry in Panorama Hills
 New Patients and Emergencies Welcome,
 Direct Billing available, Evening and Saturday Appointments.

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



Dr. Kevin Schade, Dr. Sheila Shellborn,
 Dr. Dr. Mike Sander

40 Panatella Blvd. N.W., Calgary, AB T3K 6K7
 www.NorthernHillsDental.com
NEW PATIENTS WELCOME • 403.532.0711

Another reason to smile...

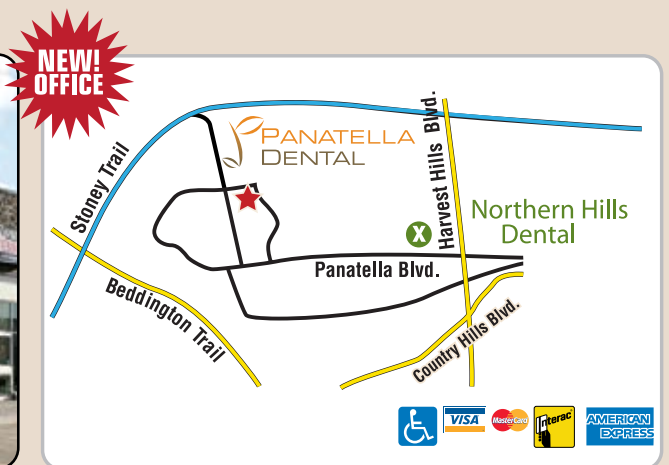
PANATELLA DENTAL

associated with Northern Hills Dental

Family Dentistry in Panorama Hills
 New Patients and Emergencies Welcome,
 Direct Billing available, Evening and Saturday Appointments.



Dr. Achala Bhalla, Dr. Joel Thurmeier



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

650, 1110 Panatella Blvd., NW, Calgary, AB T3K 0S6
 www.PanatellaDental.com
NEW PATIENTS WELCOME • 403.226.4788

ANNOUNCEMENTS

NHCA VOLUNTEER OPPORTUNITIES

By Wendy Cavanagh
President

Vacancies on the Board:

Contact president@northernhills.ab.ca

There are many committees that could always use the help:

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

Volunteer Coordinator – We have a great database management system that tracks volunteer interests and no one to contact volunteers! If you would enjoy connecting volunteers with activities that peak their interest then we need your help. Contact community@northernhills.ab.ca

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

Neighbourhoods Program – Let's get the word out! Our community association is partnering with the City of Calgary to replenish and enhance the urban forest in our communities through this volunteer tree planting program. There are over 100 trees being offered to each of our five communities. The program operates through face to face communication between residents in the identified communities and volunteers. Cost to residents is \$30.00. Deadline for application is the March 31st, 2011 for a June 2011 planting. Trees are also planted in September. If you'd like to help get the word out contact community@northernhills.ab.ca

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

Grants – We are a non-profit organization and funding is an important component of our business

plan. There are funds available, we just need committee members who enjoy filling out the forms! Previous experience with grant applications would be an asset. If securing available funds is your specialty then we need you! Contact president@northernhills.ab.ca

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

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

Farmers' Market – A new committee to begin 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 Committee – A group of older adults who would like to get together and have some fun are looking for you and your ideas. Contact seniors@northernhills.ab.ca

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

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

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

From the President

Report from the NHCA Board

By Wendy Cavanagh, President NHCA



2011 Action Plans are complete and we are now working on the budget. Here's where the residents in the Northern Hills can help. Purchase new or renew your NHCA memberships and help fund the ongoing and new projects and programs that we will be attempting to implement this year.

The new Farmers Market committee got together in January and are working on plans to have a market up and running by Spring. Thanks to those who came forward to help. If you have a favorite food vendor that you would like to see at the market, please forward their contact information to community@northernhills.ab.ca.

Our Projects committee has been working with the City Parks dept. to get our first recreational outdoor rink in Coventry up and running. There have been a few unforeseen challenges but the Coventry rink remains a priority and we will work it out! We are also looking for residents who wish to help with rinks proposed in Harvest, Panorama and Country Hills. These initial rinks will have berms provided by the city's Adopt A Rink program. Members and residents who wish to be involved please contact community@northernhills.ab.ca for more details.

Once again, the residents of the Northern Hills did not disappoint when it came to holiday spirit. The annual lights contest drew to a close Dec. 31st and the judging proved difficult. This year two nominated households from each community were awarded gift cards from our event sponsor, The Tudor Rose Restaurant and Pub and two lucky winners of the draw from those who took the time to nominate a neighbor will also be enjoying food and beverages provided by the Tudor Rose. Look for all the winners and nominees in this issue and on our website at www.northernhills.ab.ca

The deadline for ordering your trees from the Neighbourhoods Program, intended to replenish and enhance the urban forest in our community through a volunteer tree planting program, is March 31st. The city will provide new trees, including trees to replace unhealthy ones, on boulevards and the city owned space between the sidewalk and your property line. This is a one time opportunity to be involved in the growth and preservation of Calgary's urban forest. If you would like to adopt a tree call 3-1-1 and if you would like to help get the word out by distributing some pamphlets to your neighbors contact community@northernhills.ab.ca.

If you are an older adult in our community looking for some interesting programs and/or social events please contact community@northernhills.ab.ca. We have compiled our recent survey results and our 2011 Action Plan for this group includes a weekly opportunity to get together and play cards, games, chat, participate in a fitness class and other activities suggested by our older adult residents.

Several residents have responded to our call for Wine and Cheese enthusiasts, including a few experts! If you wish to join a group who would like to learn more about the pairing of good food and drink while getting to know your neighbors in the Hills please contact community@northernhills.ab.ca and let's get together.

As we spend the next few weeks working on our 2011 plans and budget we are also preparing for our upcoming AGM. Mark the evening of April 14th 2011 on your calendar. You will have the opportunity to speak with City Representatives at the City Open House and visit the booths of many of the Community Resource Agencies that support the residents of the Northern Hills in their efforts to live healthy and productive lives. Don't forget the prize draw for those who attend! We are also considering on site child care for attendees and refreshments will be served.

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

COMMUNITY EVENTS

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

COMMUNITY RESOURCE FAIR

The resource fair will showcase agencies in Calgary that provide a wide range of services and support to all individuals and families. Agencies in attendance could include the Calgary Police Service and the Graffiti Unit, Cardel Place, Calgary Public Library, ASPEN Family and Community Network Society, City of Calgary Community and Neighbourhood Services, Calgary Family Services – Older Adult Team, and the Ethno-Cultural Council of Calgary providing information for those who are new to the country and/or area. Representatives from the NHCA will also be available to residents who wish to voice concerns or provide ideas on how the NHCA can work to make your community a better place to live.

CITY PLANNING OPEN HOUSE

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

NHCA ANNUAL GENERAL MEETING

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

PRIZE DRAW

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

SKATE WITH ME - continued from page 1

long-term management plans, and raise additional money required to purchase supplies and implement the construction of the facilities.

We are looking for people from each of the Northern Hills Communities to form skating rink development committees that would be tasked with the mandate to plan and develop the proposed skating rinks. Much of the ground work has been started with the identification of the available land

and initial contacts with approving agencies at the City of Calgary. But the process is slow, primarily because we only have a few, part-time volunteers currently assigned to the project. If you have the passion to develop safe skating rinks in our communities and are interested in leading or participating in one or more of the skating rink development committees, please contact the NHCA office or send an email to community@northernhills.ab.ca.

EDITORIAL

NHCA Soccer! It's a kick in the Grass!

Well, time-worn clichés aside, the holiday season is getting behind us and the winter blahs might be setting just a touch but the NHCA spring soccer season is all planned out and about to get going for another year. And, why on earth would I dedicate a whole editorial to the start of soccer season, you might ask? Because the NHCA soccer programs mean much more to our association and our communities than providing just another way to get the kids out of the house for a couple of hours.

Our program is the largest of its kind in the city, being completely community-based, and managed and operated by volunteers. We have established programs that go well beyond a good way to get some exercise. Because our soccer programs are designed to maximize parent and child interaction and involvement through a wide variety of volunteer opportunities as well as minimize the amount of time spent travelling to games and practices by using facilities completely contained within the Northern Hills area. It is a great way to get to know your neighbours and develop long-term relationships and friendships with other parents in your neighbourhood.

The soccer program is a key activity that also helps the NHCA develop and maintain sustainable membership

in our association and also provides some additional seed money to help get other programs (e.g. – adult slo-pitch) within our mandate and strategic plans up and running. Our soccer program has been a successful cornerstone for the NHCA and continues to grow as our communities expand. Because of the way we are set up, and in keeping our focus on local, volunteer, community-based program, we are able to keep our fees low while generating maximum benefits that go well beyond a good run in the grass. Last year we had about 1200 kids in the various age groups and, despite the touchy weather, were told by parent that it was a very successful year by all accounts.

Our annual registration for spring soccer is about to start on February 1. We are extremely proud of this year's program and are looking forward to yet another successful soccer year in 2011 supported by the residents in the Northern Hills. The NHCA would like to thank all in advance for your continued support of our community-based sports and soccer programs and appreciate your consideration that our sports programs bring much more value to our communities than killing a few spare hours exercising on a weekday evening.

NHCA Soccer is a real kick in the grass... and so much more!



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

SLOPITCH REGISTRATION

**February 1st Thru
March 15th, 2011**



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

Soccer Season Runs: May 2nd thru June 24th, 2011

- Games will be played on Friday nights from 6:30 – 8:30 pm.
- The season will run from April 22nd thru June 24th.
- There will be a maximum of 7 innings per game.
- The batting order will consist of 4 females and 6 males.
- Cost will be \$60 for NHCA members and \$90 for non-members.
- NHCA will provide diamonds, bases and 4 softballs per team.
- A trophy will be awarded at the end of the year with the winning team's name engraved.

Registration and Program Details can be found at
<http://www.northernhills.ab.ca/Sports>



Calling all ladies who are 30 and older, there is a Community Soccer League in your area and we are looking for players. It doesn't matter what your skill level is! Ladies will be placed on a team and every Tuesday and Friday night, weather permitting, we will be playing soccer amongst your neighbors, family and friends. If you are looking for exercise, fun, friendly competition, low cost, and maybe a new friend or two then make sure to register. Technical training, a tournament, and a party will be part of the program!

April – June, 2011
Tuesday & Friday nights
8:00 to 9:00 pm
Northern Hills Community Fields

Please Contact Janice Henderson at:
Phone: 403-283-2162
Email: janiceLhenderson@shaw.ca

REGISTER IN FEBRUARY!
\$70.00 per player – it includes your jersey

WEBSITE [NHCA | Home](http://www.northernhills.ab.ca)
[northernhills.ab.ca](http://www.northernhills.ab.ca)

SOCCER PROGRAM CANCELLATION & REFUNDS

- Up to April 10th, refunds will be granted in case of health issues, less a 20% administration fee. Doctor's note will be needed.
- If a refund is requested after the uniforms have been ordered, an additional dollar amount will be deducted from the refund to cover the cost of the uniform.
- After May 1st, NO refunds will be granted.

*Players must show proof of current Northern Hills Community Association membership



Now is the time to get involved.

**Call for
MEMBERSHIP
TODAY!**

Northern Hills
Community Association
403-226-6422

Northern Hills
Community Association

**Spring
FASTPITCH / SOFTBALL**

**Boys and girls teams
For children aged 4-18**

REGISTER ONLINE
Between January 22 and March 11

www.Nosecreeksoftball.Ca



Upcoming YMCA Calgary Events:

Open Y Day: On the third Sunday of every month, Calgaryans can enjoy FREE all-day access at any YMCA Calgary branch.

CBC Live Right Now (January 3 – July 1, 2011): CBC Live Right Now is designed to inspire Canadians to join together and improve the health and wellness of this country. The focus is on small steps everyone can take in their life to improve their health. People of all ages can take part in daily challenges found on the Live Right Now website and earn rewards for steps taken toward bettering their health—and through small, manageable changes join together to improve the health of our families, communities and country. YMCA Canada is proud to be a national partner in this movement, supporting the idea that health and wellness should be accessible for Canadians. When people are healthy and well, it helps to strengthen the foundations of community. In addition to a number of local initiatives, YMCA Calgary is offering one-week 'Try the Y' vouchers as one of the Live Right Now challenge rewards (given out online for steps taken

to improve health and wellness). The vouchers provide one-week access to any YMCA branch in Calgary.

YMCA Program Registration: It's never too late to join in the fun! Registration continues even after programs have begun and fees are adjusted accordingly. Get energized in a new program or enjoy one of the ongoing favorites!

Take on a Challenge! To kick-off the new year full of positive energy, YMCA branches across Calgary will be hosting various fitness challenges. The first of these launches February 1. Get going for a fresh new you!

Fitness Flex Pass / Drop in: Ready to get healthy but can't commit to a regular program? YMCA Calgary offers the Fitness Flex Pass and drop-in rates. Come be part of the YMCA family!

Free Youth Leadership Programs: As a commitment to the health & wellness of our community, YMCA Calgary is delighted to offer all Youth Leadership Programs at ZERO COST. YMCA helps children and youth grow, thrive, lead and belong.

Teen Night: Giving youth a fun and safe place to go, YMCA Calgary branches host Teen Night every Friday night. Activities vary by branch.

Day Camps and Residential Camps Registration: It's that time of year! YMCA Calgary offers an incredible array of choices for Spring Break and Summer Day camps. Registration dates vary by camp. Give your kids a chance to meet others, build confidence and get active and excited!

For more details on these and other events happening at YMCA Calgary, contact any YMCA Calgary branch or visit www.ymcacalgary.org.

YMCA Calgary is a charitable organization dedicated to serving the community through a variety of programs and services for people of all ages and abilities. For more than 100 years, hundreds of thousands of Calgaryans have been involved in YMCA Calgary through community programs, health and wellness, education and personal development opportunities.



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!



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



SOCCER REGISTRATION WANNNA' PLAY?

February 1st-28th, 2011

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

Soccer Season Runs: May 2nd thru June 24th, 2011

U4 Mixed, U6 Mixed, U8 Mixed, U8 Girls, U8 Boys,
U10 Girls, U10 Boys, U12 Girls, U12 Boys

Email: sports@northernhills.ab.ca

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

Northern Edge News

The Official Newsletter of the Northern Hills Community Association

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

Editor	Paul Cavanagh (interim)	editor@northernhills.ab.ca
Ad Sales	Mae Seifert, Wayne Brown	ads@northernhills.ab.ca
Layout/Design	Duane Thomson	keyline@shaw.ca
Printing	Keyline Publishing	
Delivery	Canada Post	

Deadline: All ads must be submitted and paid for by the 9th of the month by noon (no exceptions) for publication in the following month's edition. Please book all ads through the NHCA Office (ads@northernhills.ab.ca). Advertising layout assistance is available from Keyline Publishing 403-759-1000 (keyline@shaw.ca).

Proud to be serving the GREATEST COMMUNITY

COVENTRY WET POND

submitted by Sharon Hamilton, President, Shoreline Association

The Coventry wet pond or Country Village wet pond is located behind Cardel Place.

Did you know there is a homeowners association responsible for the pathway system around the pond?

The homeowners association is the Country Hills Town Centre Shoreline Association (Shoreline Association). All owners within the 11 condo complexes between the pond and Coventry Hills Blvd NE, Country Village Rd NE and Country Village Way NE are members. The annual \$105 fee is embedded in the condo fees for these 1,500+ condos. The fees, plus City contributions, pay for the maintenance, upkeep and upgrades to landscaping and amenities around most of the pond. (The City is responsible for the lands behind Cardel Place and Notre Dame High School. The shopping centre is responsible for their ga-

zebo and tree area.)

WHAT SHORELINE ASSOCIATION FEES HAVE PAID FOR

In 2010 overhead pathway lighting was installed along the east and north portion of the pond. Phase II of the lighting project is anticipated for 2011 along the west side to complete the project. Fees have also paid for upgrades such as additional benches and garbage bins, replacement of shrubs and trees, ongoing graffiti removal and snow clearing.

SHORELINE ASSOCIATION AGM – MARCH 31st at 7 pm

The fourth Annual General Meeting will be held at the Harvest Hills Alliance Church on Harvest Hills Blvd Thursday, March 31st at 7 pm. Our challenge is getting 10% of member participation and filling 7 Board of Director



positions.

Director responsibilities – attend approximately 6 meetings in a year! There's not much more than that!

If you are a homeowner of a Country Village condo you are eligible to run for the Board. If you have an interest in the condition of the path-

way system you are a good candidate. No experience is necessary.

If you are a member of the Shoreline Association and will not be attending the AGM please submit a proxy to enable us to meet the required numbers and continue to conduct the AGM.

There will be a full AGM package mailed early March with a proxy form. You can also contact our management company representative, Don Davies at 403 299-1802, don.davies@condominiumfirst.com.

Reg for Fall

Ballet
Jazz

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



Starchevski

SCHOOL OF BALLET

REGISTER NOW

403 226-8874

200 Country Hills Landing NW

www.ssballet.ca

AGES 2 to Adult



WINE AND CHEESE PLEASE!

By Wendy Cavanagh

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

Northern Hills
Community Association

Calling all Princesses!



New 2011 Classes Starting Today

Why not get down with some HIP HOP Classes?





New 2011 Classes Starting Today



#222 11 Hidden Creek Dr NW
Calgary, Alberta



reg.info@ambitionarts.com 403 648 5287 www.ambitionarts.com

We need
YOUR HELP!
Volunteer &
make
a difference

SENIORS CORNER

For Older Adults Only... Great News!



Committee determine how we are going to use the space for the following 4 months
3:00 – 4:00 pm
 Cards, games (please bring your favourite game or cards) and

- Top 3 workshops:
 - A tie: Wellness and travel trips: 24
 - TOPS: 15
 - Aging: 13
- Top 2 Classes:
 - Line/Ballroom Dancing: 19
 - Arts & Crafts: 14
- Top 2 games:
 - Card games: 25
 - Trivial Pursuit: 14

These results will be used by the 'Seniors' Committee to develop a further action plan for our Community's Older Adult population.

Participants will be required to have a current NHCA membership; cost is \$20.00 per year for Seniors. Program Fees will be determined as they are planned and will be based on costs for Instructors and/or supplies.

Northern Hills Community Association has been able to secure space at the Panorama E-Centre for use by our 'Seniors' for meetings and programs on Tuesdays from 2 – 4 pm, starting February 1, 2011 until May 31, 2011. This program will be run by a Seniors' Committee under the auspices of community@northernhills.ab.ca which is your contact for suggestions, questions, or to volunteer to assist in this venture.

The Agenda for our first few assemblies starting on February 1st will consist of two items only:

2:00 – 3:00 pm

Call for volunteers for the Committee followed by a Brainstorming Session, using the Survey Results, to help this

Social

A we get to know each other we will have less brainstorming and more activities.

Resource Fair Surveys Results:

- Out of 38 surveys -----
- Top 3 activities:
 - Yoga for seniors: 19
 - Age appropriate Exercise: 17
 - a tie: Tea & Conversation and Walking Club: 16

Age group:

50 – 55	56 – 60	61 – 65	66 – 70	71 – 75	76 – 80	81+
5	9	9	7	4	2	1

Pay Fees

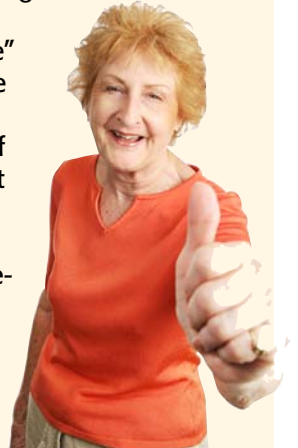
Yes	No
33	3

Help with Activities

Yes	No
20	12

New Opportunity for Older Adults Started

The Northern Hills Community Association would like to introduce a brand new opportunity for (organized and managed by) the older adults in our communities. Starting in February 2011 a group of older adults will gather from 2 to 4 each Tuesday afternoon to socialize, discuss issues, and so on. The group is looking for people to get together to have some "out of the house" fun for a couple of hours one afternoon each week. If you are looking to join a group of like-minded older adults, just contact communication@northernhills.ab.ca for more information about how to become a regular participant. An up-to-date membership in the NHCA is required to join in the fun.



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Community Garden News

At this point in winter, we should be saying goodbye to cold January and looking forward to the chinooks of February. It's also the time of year when I start thinking about gardening and looking at pictures of last year and dreaming about green grass, warm sun, flowers and fresh home grown vegetables. So, here's what we are dreaming about for this summer:

Harvest Gardens was a huge success last year and we would like to add flower beds as well as shrubs and trees this year. The City of Calgary spon-

sored Neighbor Woods program will be donating trees and we hope to have these planted in June. Expanding the community vegetable beds is also an option. We also want to focus on education this year and will be planning events focused on composting, organic gardening, etc. If you are interested in joining our group for vegetable gardening or would like to participate or provide feedback on the improvements we are envisioning this year, please contact garden@northernhills.ab.ca.

We are also in the

midst of selecting a site in Coventry Hills in order to meet our objective of expanding community gardens to other neighborhoods in the Northern Hills. We have two proposed sites in mind and we will be meeting with direct neighbors of these sites to discuss the project before we move ahead. We have had a ton of positive feedback to the expansion to Coventry so we expect to build a fairly large garden this year. If you are interested in gardening and would like to participate, please contact us at garden@northernhills.ab.ca.



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



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Lettuce feed you!

By Myriah Reed

For those of you chompin' for veggies and looking to buy local you'll be excited to hear we've started our Northern Hills Community Farmers Market Committee. We've a group of passionate people ready to bring you a market close to home.

We are in the starting stages, and would love to hear your ideas. If you have any questions or suggestions, please e-mail farmersmarket@northernhills.ab.ca. In the meantime expect to have monthly updates from us, we'll keep you informed.

First help us by participating in our blog and on our facebook page, just search Northern Hills Community Association.

We hope to see you in the spring!

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SCHOOL NEWS

Citizenship: Students learn to care about their community

by Lynn Ferguson,
Wards 3 & 4



The Board of Trustees has five Ends that embody the attitudes, skills and knowledge that will empower students to be contributing citizens and well-rounded individuals as they become adults.

One of our Ends is Citizenship, which states that each student will be a responsible citizen by being an informed and involved member in his or her local, national and global communities.

Today's students are taught to be aware of issues affecting different people in their own community and throughout the world.

Students learn to appreciate a variety of perspectives on local and global issues and they gain an understanding of community values.

There are several connections between being a responsible citizen and being an educated person. A responsible citizen is an informed and involved person who learns about an issue, considers both sides of the situation and thinks critically about his or her opinion.

Students demonstrate citizenship by volunteering in their schools and communities. In the classroom students learn about everything from recycling to bullying and how their actions affect other students, their school and the community. They also get involved in fundraising for a variety of causes such as the United Way and the

Terry Fox Run. Students participate in programs that create safe and caring environments, along with other initiatives such as peer mediators and Circle of Courage.

For more information on our Ends statements please visit our website at <http://www.cbe.ab.ca/Trustees/ends/default.asp>. If you have any comments or concerns, I would be happy to hear from you. Please contact me at lcferguson@cbe.ab.ca or give me a call at 403-294-8263.



Calgary Board of Education

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OUR
COMMUNITY**

Happy February from the St. Clare School Community.

February is the month of Happy Hearts at St. Clare. We have many wonderful events happening. We start our special gymnastics events over the first two weeks to keep our hearts happy and healthy. We will celebrate Valentines Day on February 14th with many activities with the most important activity being the "Valentines for Veterans" that we send off each year to our special veterans so they know they are not forgotten. On February 16th we have our annual Family Dance to keep our Family hearts happy. The Family Dance runs from 6:30 pm to 8:30 pm at St. Clare. It is a great way to start

off the long weekend with Teachers Convention on February 17 and 18th and Family Day on February 21st. We finish our busy month with a healthy Fun Lunch on Feb 25th! Kindergarten registration started in November and is on-going until September. If you have a child who will be five years of age before March 1st, 2012 you can register. Please bring in your child's birth certificate and proof of residency in Coventry to register.

Happy Heart February to everyone in Coventry Hills!
Ms. G. LeClair
St. Clare

Second Phase of High Performance Modular Classrooms for Panorama Hills Middle School

B2L Partnership (B2L stands for Build to Learn) is the industry consortium chosen by the Government of Alberta to build 10 new schools in the province. Construction on the Panorama Hills Middle School has been in high gear since late September 2010. The first phase of high performance modular classrooms are now on site (eight of twelve) and the steel structure of the school is currently being erected.

The final four high performance modular classrooms will be delivered to the site in mid to late February 2011. Similar to the delivery of the first phase, residents may experience some minor traffic delays as large equipment and slow moving vehicles with wide loads pass through the neighborhood to the school site. B2L Partnership will ensure that there are few inconveniences to residents and business owners. All high performance modular classrooms have been delivered to the Coventry Hills



Middle School site as well so with this stage of construction complete, there will be no further disruptions of this nature to the Northern Hills communities.

When the erection of structural steel is completed and the high performance modular classrooms are installed, community residents will gain an excellent perspective on the size and footprint of the Panorama Hills Middle School.

The Panorama Hills Middle School, located at 405 Panatella Blvd, will be open for students by September 2012.

For registration information, up to date information on the progress of the school, or background information on B2L Partnership, visit www.B2LPartnership.ca.

Questions or concerns can be addressed through a contact form on the website or the B2L Partnership toll free number 1-877-726-3284.

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LIBRARY NEWS

PROGRAMS FOR FEBRUARY 2011

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

WHERE'S OZZIE



By Wendy Cavanagh

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 upcoming 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!!

FOR ADULTS

Career Basics: Interview Skills

Improve your skills by learning about different types of questions, and how to answer them. Workshops are led by professional career practitioners from Bow Valley College's Career Connection. Join us on Saturday, Feb 05 from 10:30 to 12:30 p.m.

Healing with Home Remedies

Learn how to prepare rejuvenating remedies with everyday household items at minimal cost. Presented by Innerscapes for those ages 50 and up on Tuesday, February 22, 2:00 – 3:30. No registration is required.



FOR CHILDREN AND TEENS

Toastmasters International - Youth Leadership Program

Develop speaking and presentation skills, self-confidence, and strong leadership abilities.

This program is for teens ages 13 to 17 on Mondays, February 07 to April 04 from 4:00 – 5:30 p.m. Registration is limited to 20 participants.

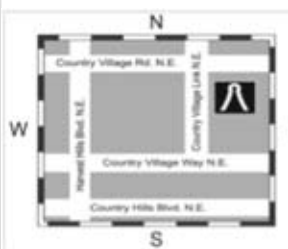
Story Pals

Trained Pet Access League Society volunteers and their highly socialized dogs provide a calm, accepting presence for struggling readers to practice reading aloud. This program is for children ages 6 to 12 on Thursdays, February 17 to March 24 at 6:30 to 7:30 p.m. Registration is limited to 12 participants.



Registration limited to 12 participants

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Check out www.freedomtoread.ca for more examples of challenged and banned books and for further information about Freedom to Read Week.

If you're a teen, in grade 7 to 9 tell us why you value the freedom to read using words, film or graphic art. For more information ask us at the Library or visit <http://bit.ly/5MC2Gb>. Deadline for submissions is February 9. Prizes will be awarded for the top three entries.

Harvest Hills Alliance Church

Your Community Church

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

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

Here are some of the activities that happen during the week:

- Tuesday:** P.A.C.T. (Parents and Children Together) www.pact.9F.com @ 9:30 am.
Alpha/Alpha ESL/Alpha Marriage at 6:45 pm
- Wednesday:** Women's Bible Studies at 9:15 & 9:30 am;
Ignite for Youth at 7 - 8:30 pm.
- Thursday:** Community Moms 'N Tots at 9:30 am
- Friday:** Global Prayer at 9 am.
Mom's With Young Ones @ 10 am.
- Saturday:** Men's Bible Study at 8 am.



We also have:

E.S.L. classes throughout the week. For more information please email: esl@harvesthillsalliance.com.

Quilters Plus meet the second and fourth Thursday every month.

Young At Heart for Seniors meet the third Thursday of every month.

FREE MATH & SCIENCE TUTORING

Wednesdays 4-5:30 pm at HHAC for Grades 7 - 11.

Call Pastor Evan @ 403-226-0990 x 113 to register or for more information.

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

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CITY

Trees! Glorious Trees!

This year, the City will provide ten communities in Calgary with trees as partners in the NeighborWoods program of Urban Forest repair and replenishment. For 2011 the city has selected the Northern Hills communities to be a part of the program, which was developed to add more trees on residential streets, add aesthetic appeal, improve property values, and provide other benefits to neighbourhoods.

Under the program, residents may apply for trees to be planted on city property in front of, or adjacent to, their homes. This is a one-time offer from the city to help us repair and extend the

urban forest in our communities and for individual residents to promote and participate in meaningful community-based environmental stewardship.

Residents simply call 3-1-1 to make arrangements with the city for a tree to be planted in front of their home. This is a volunteer based program and the Northern Hills Community Association (NHCA) has agreed to help with promotion through our newsletter and a door to door campaign across our communities. We only need to provide the volunteers to get the word out in our area.

This is an exceptional opportunity for the Northern Hills communities to add significant

urban forest and plant life to our neighbourhoods at a very low cost. We are looking for residents to help make this important initiative a resounding success. The NHCA will provide support to help advertise the program and get the initiative organized and underway. The rest is up to individual residents.

If you have the spirit to be a part of this unique opportunity and want to see expanded urban forest in our area please contact the NHCA through our office in Cardel Place or email us at community@northernhills.ab.ca.

NHCA Board of Directors

Protect your home by protecting your blue cart

The City of Calgary's household recycling program uses large, wheeled blue carts for weekly recycling material pick-up. These can contain easily combustible materials such as paper and cardboard, along with potentially valuable items such as refundable containers and documents with your personal information.

The Calgary Police Service offers these tips to keep your blue cart — and your home — from becoming a target for vandals or thieves.

Keep your blue cart in your garage or out of sight within your yard whenever it's not out for recycling pickup. Leaving it in the alley or on your driveway can make your cart a target for graffiti, arson or damage by vehicles.

Take refundable containers such as pop cans to bottle depots.

If these containers are left in blue carts, they encourage people to go through the blue cart contents, which can lead to littering and vandalism.

If you don't find recycling depots convenient, you may also consider donating your refundable containers to local bottle drives, or simply dropping the containers off at a bottle depot. Many depots have a bin for donations and the money collected goes to charitable organizations.

Don't put hazardous materials such as solvents or batteries in your blue cart, as these can endanger City staff and damage equipment during recycling pickup and processing. For a convenient list of blue cart materials, and options for non-recyclable material, check The City of Calgary website at www.calgary.ca or call 3-1-1.

Shred all documents that contain personal information such as bills, bank statements, receipts, etc, and place them in a clear plastic bag before disposing of them in your blue cart.

If your blue cart is vandalized, please report it to the Calgary Police Service using the non-emergency phone number: 403-266-1234. This helps the police establish patterns of crime, which in turn helps create solutions.

Let your neighbours know if your blue cart has been vandalized, so they can take precautions to protect their blue carts.

If you see a blue cart being vandalized, report it as a crime in progress to 9-1-1.

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

Calgarians Embrace Cats in Need during Feline Frenzy at Animal Services

Animal & Bylaw Services' adoption promotion, Feline Frenzy, brought forth many generous and compassionate Calgarians, willing to open their homes and their hearts to cats in need of loving, forever homes. Between Nov. 29 and Dec. 12, 2010, 65 fantastic felines left the Animal Services Centre with their new adoptive families. Amazed, the staff at the Animal Services Centre watched as happy cat after happy cat was carried out the door. Again and again we heard Calgarians exclaim that the Animal Services Centre was a beautiful facility, but should not be a long term home for an animal. Many of the new cat owners were simply not aware that Animal Services had pets available for adoption.

"It was fantastic to be a part of the event," declared one member of the shelter staff, "Seeing so many cats, some of which had been with us for over six months, out of their kennels and in to proper, loving homes was simply astounding!"

Animal & Bylaw Services, along with Humane Societies and Animal Services organizations nationwide, have made 2011 the Year of the Cat. It is a whole year dedicated to raising awareness of the plight of these beautiful creatures. In contrast to their canine counterparts, cats end up sitting in shelters because their owners do not licence or provide

their cats with permanent identification. Often, cats have been allowed to roam in their communities. Likewise, the owners of lost or stray cats often don't bother to search for their lost cat. Cats simply seem to be valued less than dogs in our society.

Calgarians have already made many positive strides towards responsible cat ownership. Cat licensing became mandatory in Calgary in 2006 under the Responsible Pet Ownership Bylaw. We currently boast close to a 50% compliance rate in regards to cat licensing. Not only does this high level of licensing allow Animal & Bylaw Services to possess one of the highest return-to-owner rates and lowest euthanization rates for shelters in North America, but licensing fees, not tax dollars, allow us to provide key services to Calgarians. The No Cost Spay/Neuter program for low income Calgarians, the operation of the Animal Services Centre clinic, education programs and the Drive Home program are just some of the fantastic programs that pet licensing fees help to provide.

Calgarians are definitely on the right track, but there is always room for improvement. In celebration of the Year of the Cat, let's work together to keep cats out of the shelters in Calgary.

A message from Ward 3 Alderman



Jim Stevens,
Ward 3 Alderman

I realize that this year has started with a storm and many of the people experienced a problem with the drifting snow at their home, neighbourhood and community. Snow Fences were put up on 80th Ave. between 52nd St. and 60th St.

N. E. But for many of the areas that were approved it was too late in the year and the ground was frozen so they were unable to be installed. The ploughing of the city streets has to follow a policy of the top priorities that are to be done first and to work down the list. This year the city responded to your call for assistance and has hired contractors to help with the clean up. We should give thanks to the Roads Dept. who were proactive and kept a list of the hot spots, so this year they were able to react in a timely fashion.

In answer to my Notice of Motion, Council directed Administration to investigate the appropriate locations and land use districts for Large Places of Worship and report back to City Council with recommended amendments to Bylaw 1P2007, through Calgary Planning Commission no later than Sept.

Many of you may have noticed the increase number of cell towers that are springing up in your communities and this has caused a few issues. They are a necessity for the use of cell phones and other wireless communication devices and therefore a large number are required to guarantee uninterrupted communication. The communication companies send out notices, to adjacent land owners, with a time limit, so they can comment on the towers before they are approved.

The City of Calgary can comment, but we are NOT the approving Authority for these structures. The federal Minister of Industry is the approving authority for telecommunication antenna structures and devices under the Radiocommunication Act.

By the time you read this we should have a decision on the future of the Airport Tunnel project. It is scheduled to come to Council for a decision on Jan. 24th.

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

Jim Stevenson
Alderman, Ward 3
www.ward3calgary.ca

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Every human being is the author of his own health or disease."
- Buddha

He who has health, has hope.
And he who has hope, has everything."
- Proverb quotes

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Those who consume most of their essential nutrients each morning have all day to utilize any possible excess, and can control weight easily.

Hunger is a signal that the body requires protein. Those who consume fruit and other foods without protein when they are truly hungry, will continue to be hungry. Those who eat low-protein starches (cereals, breads, potatoes, pasta and rice) when their bodies call for protein, will be hungry again in two hours. Avoiding starches and using Hemp Hearts and other high protein foods help to control weight by extending the intervals between their meals to as much as twelve hours

Physical weakness is a demand for fuel. Those who fuel up with quick digesting sugars and starches will be weak again and require fuel soon. Hemp Hearts and other foods containing large percentages of slow digesting essential fats – instead of sugar and starch – do not require energy-boosting snacks and can control weight easier.



Digestive systems function best with raw, unprocessed foods that release nutrients slowly and continuously. The long fibers in raw, unprocessed foods remain intact to tie wastes together so they are able to move with contractions through the digestive system. Those who consume Help Hearts with long fiber foods normally expel wastes after every meal. Those who eat significant amounts of sugar, starch and processed foods inevitably become obese – or they cheat themselves

of essential nutrients, causing progressive tissue health failure. Over the years, insufficient essential nutrients may initially cause dry hair and skin, eczema and psoriasis and later, arthritis and prostrate inflammation, issues with elasticity of veins and arteries.

For more information, stop in to the Sangster's Health Centre on Country Hills Blvd.

Small Changes May Have Lasting Effects

We may be feeling that there are too many obstacles and no way to affect change in the world today. If we look around, we may find that there are things we can do that will have an impact on our local surroundings. It might be something as simple as cleaning up garbage in our area of the community. Should we decide that we would like our work to have a more lasting impact we may consider volunteering for our community association. We may find that by helping out locally we are also making an impact globally.

It's easy to think that our contributions may be too small to make any difference but if we understand that positively affecting the life of even one person makes a difference, we will see that everything we do has meaning. By being engaged in our community, we become an integral part of changing the world, one person, and one day at a time.

The Northern Hills Community Association is a group of volunteers working to make that difference locally. If you would like the opportunity to make a lasting impact check out the website at www.northernhills.ab.ca or call the NHCA office at 403-226-6422.



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Dr. Sonja Hagemann

OPTOMETRIST

(formerly at Visions Eyecare Dalhousie Stn.)

is very pleased to announce she has moved her practice to:



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tel: **403-264-2030**

All past and new patients welcome

Family Eyecare • Contact Lenses • Nutritional Eyecare

MEMBERSHIP OPPORTUNITIES

How often do you say hello to a neighbour or welcome a new resident to your neighbourhood? When you arrive home from work or running errands are you dashing from your car to your door? Have you entertained the thought of hosting a small bar-be-que for the people who live on your street?

Spring is coming and it's the perfect time to head outside and take an active role in your community. The Northern Hills Community Association would like to invite you to find out who the people are in your neighbourhood. The Association not only protects your interests by lobbying for a safe, secure environment in which to live but seeks to provide support for your social well-being.

Become an Active Member of your community by purchasing a Membership for a nominal fee of \$30. The fee helps fund the programs and initiatives which provide families with the opportunity to meet others in the area and have some fun.

When you activate your membership in the NHCA you open the door to countless opportunities, whether



you become involved in sports programs, volunteering or social activities is up to you. The extent of your involvement is your decision. Your membership entitles you to e-mail notices from the NHCA about activities and issues in your area. That's an opportunity to become more aware of what's happening in your neighborhood as well as a personal invitation



to come out, meet your neighbors and enjoy some of the social events.

The NHCA encourages our members to participate, not only by getting out and doing, but also by giving feedback and suggestions as to how we can become a better community that listens to and supports all of its members.

If you'd like to join your neighbors and become an active member of your Community Association call the office at 226-6422 or check out the website www.northernhills.ab.ca

If you have any questions or suggestions regarding membership or would like to help out with membership recruitment e-mail us at membership@northernhills.ab.ca

Northern Hills Community Association Membership

Here is what membership gives you:

- We bring you up to date information and become a voice for the community on important planning and development issues such as Stoney Industrial Plan and Stoney Trail.
- Stay & Play and Park & Play programs over the summer.
- Interacts with local businesses to enhance programs by partnering with them.
- NHCA carries liability insurance for members at all sporting events
- Special events – Community garage sale, Community festivals, Theatre in the Park, Election Debates.
- Co-ordinates indoor and outdoor children's soccer program for community house and CMSA leagues.
- Represents the community on the Cardel Place board of directors.
- Builds facilities such as ice rink and playgrounds.
- Tree planting and Community clean ups.
- Meets with City Alderman to bring issues to light.
- Distributes a monthly community newspaper to every home and business in Harvest Hills, Country Hills, Coventry Hills & Panorama Hills.
- Develops and maintains NHCA website with all our current community programs and other information.
- Liases with public school and separate school boards.
- As an NHCA member, you receive a discount at all NHCA community events!
- A free ad in the classified ads on the website.
- You have a vote at the NHCA Annual General Meeting.
- You qualify to join the Board of Directors and make a difference in how the community association is managed.
- Your membership entitles you to discounts and special offers at participating local businesses.

How to Get a Membership

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

You can purchase a membership three ways:

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



Membership Form

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

FEES: Family \$30 Single \$20 Senior (60+) \$20
 *Associate \$30 Business \$50 **Business Plus \$120
*Family/Single/Senior outside of the Northern Hills Area **Additional Web Ad

Please enclose cheque payable to "Northern Hills Community Association"

First Name _____ Last Name: _____

First Name _____ Last Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

Please indicate which programs you would like to learn more about:

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

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

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

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

Your community association needs your support even if you don't make use of the programs they offer, because you benefit from the work of many volunteers.

Becoming a member gives you more connectivity in your community. Your membership fee supports affordable, local programs that help keep your community healthy and attractive to all residents.

If your neighborhood is faced with a planning issue, from transportation to zoning, your community association can help protect the interests of the community.

The annual membership fee is only \$30. Watch the value of your membership grow as NHCA increases its business discount programs and you receive savings, while at the same time supporting community programs!

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



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Calgary's Best Neighbourhoods

Tell us about your neighbourhood and win a trip for two anywhere WestJet flies

Avenue magazine launched its second annual Best Neighbourhoods Survey at AvenueCalgary.com/best-neighbourhoods-survey. Working with Leger Marketing, Avenue's unique in-depth survey of the city's neighbourhoods and invites all Calgarians to not only rate their own neighbourhood but to say what makes a neighbourhood great.

"We ask Calgarians how important factors such as friendliness, curb appeal, safety and tax assessment are to them," says Avenue Editor, Käthe Lemon, "and then we use those answers to determine how to weight the responses and rank the characteristics of each community."

Do You Live in Calgary's Best Neighbourhood?

If you live in one of Calgary's Best Neighbourhoods, we want to hear about it. Participants will be entered in a draw for tickets for two anywhere WestJet flies. The survey is only open until February 28, 2011, so log on as soon as you can in order to qualify for the draw. The survey can be found at AvenueCalgary.com and by clicking on our "Calgary's Best Neighbourhoods Survey" link towards the bottom of the webpage.

This year's Best Neighbourhoods will be revealed in the August 2011 issue of Avenue magazine.

To see last year's 15 Best Neighbourhoods please visit:

<http://www.avenuecalgary.com/articles/page/item/calgary039s-best-neighbourhoods-0>



1



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Tidbits from the Federation of Calgary Communities ...

Management Review of Off-leash Dog Areas

The City of Calgary is reviewing its policies regarding off-leash dog parks through an Off-leash Area Management Plan. If you have any questions, please call 311 or contact Natasha at engageinplanning@calgarycommunities.com. If you decide to call 311, specifically mention the management review for offleash dog parks.

Digital signs rules

As directed by Calgary Planning Commission in the spring, and after three consultations since August, City staff are close to completing Land Use Bylaw rules for "digital" signs (present rules do not effectively address these signs). This will affect third-party and regular commercial signs, also digital signs that might be put on community buildings, etc. We anticipate the proposal at CPC in December and Council tentatively February 7. A number of communities have expressed concerns about proliferation and location of digital signs. Some are also interested in employing them on their own buildings. This work is happening in advance of a more comprehensive review of sign policies generally, which is anticipated to next year. If you are interested in this or want more info please get in touch with NHCA or Federation of Calgary Communities.

Updates to the Community Guide to the Planning Process

We have completed updates to this useful Guide. They are now posted on the website - linked from the Planning page. You can print the changes and insert them into your binder, and copies will be available at the office and at PIP courses. If you come in the office, bring in your old binder so we can swap it with a new one. Some of the changes include a description of the new Municipal Development Plan ("Plan It"), and how it fits into planning decision-making on applications. We have also added some timely planning issues such as community gardens, special care facilities and good neighbour agreements, and surplus school sites.

Multi-residential changes to Council in New Year

Changes to multi-residential districts previously reported passed at CPC and will go to City Council for a public hearing in January 10. Communities who were consulted and the Federation were generally supportive of the changes. For information, contact the Federation.



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Christopher Hubert, CFP
 450 Country Hills boulevard NE, Suite 152
 403-226-7307
christopher.hubert@td.com



LEASURE CORNER

Difficulty – Easy

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

Difficulty – Medium

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

ACROSS

- 1- Cavalry sword
- 6- Cordillera of South America
- 11- Small batteries
- 14- Aggregate of qualities that make good character
- 15- Decline
- 16- ___ little teapot...
- 17- Willow twig
- 18- Area of land
- 19- Choose
- 20- Slight sharp sound
- 22- Reckoning
- 24- Guitarist J.D.
- 28- More spine-tingling
- 29- Positively charged ion
- 30- Clock pointers
- 32- Up and ___!
- 33- Begin
- 35- CPR experts
- 39- Nothing more than
- 40- Botanist Gray
- 41- Tide type
- 42- Bow
- 43- Blackjack request
- 45- 1975 Wimbledon winner
- 46- ___ Mio
- 48- Shoot from the root of a plant
- 50- Surpass
- 53- Broadened
- 54- Continuously
- 55- Prolonged pain
- 57- Rx writers
- 58- Furnishings
- 60- Coniferous evergreen forest
- 65- Place
- 66- Sign up
- 67- Not ready
- 68- Yo!
- 69- Very much
- 70- Intervening, in law

DOWN

- 1- Cutting tool
- 2- Jackie's second
- 3- Wager

Answer on previous page

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					

- 4- Biblical verb ending
- 5- Sound again, again
- 6- Moving
- 7- Bust maker
- 8- Aborigine of Borneo
- 9- SASE, e.g.
- 10- Drunken
- 11- Garlic sauce
- 12- Plentiful
- 13- Lustful deity
- 21- Optical device
- 23- Certain salt
- 24- Rascal
- 25- Western
- 26- In ___ (unborn)
- 27- Hackneyed
- 28- Med. specialty
- 30- Speed
- 31- Composer Khachaturian
- 34- Follow

- 36- Subatomic particle
- 37- Lake in the Sierra Nevada
- 38- Exhaust
- 43- Darlin'
- 44- "___ Brockovich"
- 47- Abrupt
- 49- Inner shrine
- 50- Pizazz
- 51- Excessive
- 52- Irritably impatient
- 53- Earth
- 55- Area of 4840 square yards
- 56- Continue
- 59- Brian of Roxy Music
- 61- Hydrocarbon suffix
- 62- Conditions
- 63- Martini liquor
- 64- Broke bread;

ComParrot by Bonnie J. Malcolm Can you spot 12 differences between these pictures?

Solution: 1. Opening appears on back of boy's cap. 2. Dog's collar is colored in. 3. Stripe on boy's shirt sleeve is missing. 4. Extra writing on envelope on floor. 5. Leg on table is colored in. 6. Flower in bouquet is colored in. 7. Heart on card is colored in. 8. Pocket on shirt has moved. 9. Mirror frame is taller. 10. Curtain is shorter. 11. Top of table is wider. 12. Ribbon on heart is longer.

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- Develop self esteem and self confidence within your child

NOW ACCEPTING REGISTRATIONS FOR JAN 2011. SPACE IS LIMITED



WHERE SMILES BEGIN!



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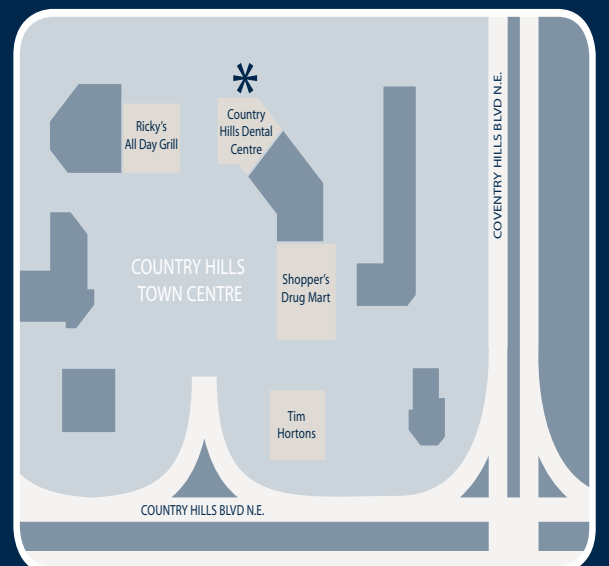
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