

Northern Edge News



Jan 2012 • Official Newsletter of the Northern Hills Community Association

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

SPRY in the Hills

We wish everyone a very Happy New Year and hope the holiday season was filled with fellowship, food, and fun!

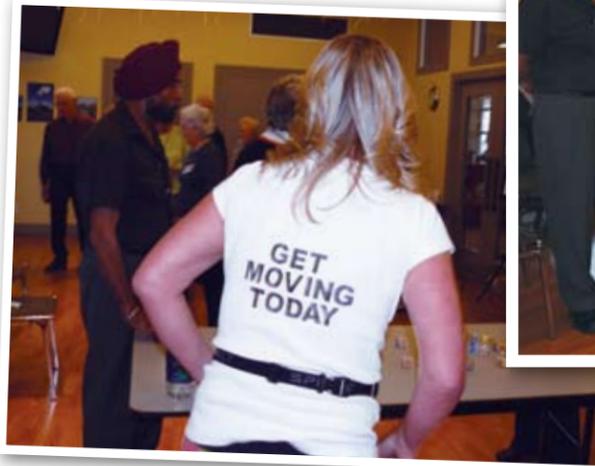
Our Christmas get together was well attended and fun for all. The games were a lot of fun and you may have heard the laughter wafting down the hill from the centre! It was very appropriate that the exercise class was held just before the party – so no one felt guilty about the number of calories they enjoyed at the party. It was great to see everyone and to see new faces as well.

We want to send out a special thank you to our sponsors and supporters of the event: Harvest Dental Care and Sobeys for supplying some great prizes for the activities and games, and food and refreshments, respectively.

To see our complete schedule for the new year, go to northernhills.

ab.ca. and click on Seniors Groups on the left side of the screen.

Contact us at seniors@northernhills.ab.ca.



NHCA Annual Christmas Potluck

By: Paul Cavanagh

On December 8, 2011 the NHCA board, committee members, and staff held their annual Christmas Potluck dinner in the Panorama e-centre. The event was attended by some of our elected representatives: MLA Teresa Woo-Paw, City of Calgary Ward 4 Alderman Gael MacLeod, and Ward 3 Alderman Jim Stevenson's staff members. The evening was a great forum of informal discussion and advocacy as well as idea generation for initiative that could be pursued by the NHCA and our elected officials. Speeches were kept to minimum, as the event was primarily social, however several members of the NHCA were honoured by Alderman Jim Stevenson and the City of Calgary for their volunteer efforts and community leadership. A great big thank you is extended to the many volunteers that help out the NHCA by doing committee work, helping with projects, and at special events. If you would like to find out more about the opportunities available, email the Volunteer Coordinator at volunteer@northernhills.ab.ca or contact the Northern Hills office.



New NHCA Website

The new NHCA website was launched December 15, 2011 and we are looking for your feedback!

The Northern Hills Community Association (NHCA) is pleased to announce our latest website upgrades and enhancements! We were trying to make our website more user friendly, more informative, and even a little splashier. Please let us know if we achieved our goals of the new site being accessible, functional, and current, without sacrificing too much aesthetic appeal.

We were trying to design a better way for residents and association members to obtain information and to seamlessly join the NHCA and become involved in the community. So, why don't you have a gander at the latest version of our new website and give us feedback. If we did it right, it should be spiffier, up to date, informative, and functional in serving the



needs of our residents, the NHCA and our members, and our diverse, happening, energetic communities... affectionately known as the Northern Hills.

UPCOMING EVENTS 2011

February 20th

NHCA Youth Council Family Day Event
Cardel Place

April 4th and 5th

NHCA volunteers at Casino

April 19th

NHCA Community Resource Fair
City Planning and Development Open House
Health and Wellness Fair
NHCA AGM

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NEW PATIENTS WELCOME

VOLUNTEER

NHCA VOLUNTEER OPPORTUNITIES

By Wendy Cavanagh, President

Vacancies on the Board:

Community Garden Director – This is a wonderful opportunity to combine your gardening and organizational skills into one. Working closely with the existing garden committees, you will help them find the resources and tools to sustain the gardens. As the Director on the NHCA board you will oversee the garden budget and act as a liaison between the garden committees and the board. You will be the primary contact for the gardens with the City, the Garden Resource Network and the Calgary Interfaith Food Bank. The previous director has provided great documentation and will remain as an active volunteer.

Schools Director – As a member of the NHCA board you will be our main contact with the Calgary Board of Education (CBE), the Calgary Catholic School District (CCSD) and their elected trustees. You will liaise and communicate with the schools in our neighbourhoods to identify programs and initiatives of mutual interest. You will lead the development and implementation of a NHCA Schools Liaison Committee to help identify and resolve issues related to schools and education in our community. You will be putting your organizational skills and your passion for a quality education together for the benefit of our community.

Contact president@northernhills.ab.ca

There are many committees that could always use the help:

NEW! Adult Slo-Pitch Co-ordinator – If you like slo-pitch and would like to see the teams out on the diamonds this spring, here's your opportunity to have some fun. The Co-ordinator helps with team formation and game schedules. You will assist the team captains review the rules and distribute equipment with the support of the NHCA Sports Director. To wrap up the season there will be fun awards and prizes for the participants.

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

Garbage Collection - Have some ideas on how to clean up and prevent

littering in our neighbourhoods? We are seeking individuals who are as annoyed as we are about the amount of loose litter lingering in our alleys, on our boulevards and in our green spaces. Please contact community@northernhills.ab.ca if you've had enough!

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

Membership Services - Opportunities to meet your 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

At Home In The Hills - A new initiative to assist new Canadians, Calgarians and/or residents to the Northern Hills. We are working on providing activities and information to assist with the transition into our area. We have begun with a webpage with agency and city information and a plan for a group of volunteers who will become 'Big Neighbours' to those new to the 'Hills'. If you are a resident of the Northern Hills Communities, familiar with the area and perhaps speak another language, this could be a wonderful opportunity to meet and greet! Contact 1vp@northernhills.ab.ca

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

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

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

Continued on page 5

From the President

by Wendy Cavanagh,
President NHCA



Happy New Year! The NHCA board, staff, committee chairs and invited guests enjoyed a pot-luck get together at the Panorama E-Centre on December 8th. Thanks to all who joined us for this annual event and shared a taste of their favorite dishes. Look for a few photos of the evening in this edition. We have a great team of dedicated volunteers, staff, City and government employees who work hard to help us build a strong community. Many thanks and looking forward to 2012!

For those who attended the NHCA Annual Business Fair event on November 19th and for those who were unable to join us, we have included a list of the participating businesses and the winners of the prize draws. Please use this information to support local business when choosing where to shop for goods and services in the area.

Our Planning and Development Director and a committee of residents from Country Hills joined Alderman Macleod and staff on a cold December day for a walking tour of some of the trouble spots for traffic and pedestrians in the Ward 4 community. Residents who live near Country Hills Drive are concerned with the amount of traffic and speeding vehicles in their neighborhood. We are continually looking for input from Northern Hills residents. If you have concerns and/or opinions regarding traffic, development, facilities and services in the Northern Hills, please e-mail your comments/suggestions to president@northernhills.ab.ca

Thanks to all the residents who submitted photos of holiday light displays throughout our community. Winners of the \$100 gift cards to Applebee's will be announced in February's NEN issue as well as on the NHCA website www.northernhills.ab.ca. Congratulations to all who made the holidays a little brighter by lighting up their Homes in the Hills!

The rinks are here! Those who enjoy skating may already be enjoying the new pleasure rinks in Coventry and Harvest Hills. If you would like to volunteer to help flood and clear this winter contact community@northernhills.ab.ca

Don't forget to register for upcoming NHCA sports programs. Children's outdoor soccer, Ladies soccer and Adult Slo-Pitch. Registration begins in February. More details in this edition and on the NHCA website.

Seniors and Youth are active here in the Hills with great plans for the New Year. SPRY in the Hills attendees enjoyed their open house in December where games, prizes and food donated by Sobeys were included on the menu. See pictures in this issue. Programs resume in January and our Youth Council will be hosting it's very first event at Cardel Place on Family Day, February 20th. We are so proud of the volunteers who work hard to bring these activities and events to North Central Calgary!

Our first Casino Fundraiser will take place on April 4th and 5th, 2012! Here is an opportunity for residents in our community to volunteer and help support the NHCA fund future projects and programs. Contact volunteer@northernhills.ab.ca if you wish to support the cause and have a little fun!

We've set the date and booked the band for next year's Harvest Moon Dance and Fundraiser! Mark your calendars for Friday, October 19th 2012. The NHCA hopes this event will only get bigger and better every year and if you are business/resident who would like to participate by donating an auction item or help promote and sell tickets we'd be happy to hear from you. Contact events@northernhills.ab.ca

We are seeking those who are interested in a community garden in Panorama and Country Hills. If you would like to have a place to experiment with your veggie growing and gardening skills please contact community@northernhills.ab.ca and we'll get you started!

As we begin 2012, a reminder that your NHCA memberships expired on December 31st, 2011. Memberships help fund the many benefits that the Association endeavors to provide the residents of the Northern Hills. Please refer to the list, found in this newsletter and on our website, of activities, programs, events and projects we provide and/or support. By purchasing or renewing your membership today you are helping to build a strong, engaged community.

If you are planning to visit the NHCA office to purchase a membership, secure your community garden plot or inquire about our many programs, events and services, please check the website for up to date hours and information.

The NHCA board and staff would like to thank Troy Davis, our new webmaster, for creating our brand new website launched on Dec. 15th. Please click on www.northernhills.ab.ca to find out what's new and coming to the Hills.

Thanks to all the sponsors, volunteers, staff, board members and members of the Northern Hills Community Association who continue to make this the best community in which to live, work and play. If you are interested in upcoming events or volunteer opportunities, please check out our website at www.northernhills.ab.ca

WHERE'S OZZIE?

"Where's Ozzie?" is a monthly contest of the Northern Hills Community Association. Here is a photo of Ozzie. Look for him in photos in this and upcoming issues of the Northern Edge News. 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. **For the months of October 2011 through January 2012, First Calgary Financial, 500-130 Country Village Rd. NE, (403) 736-4640, is proud to sponsor the Ozzie contest with the monthly prize of dinner and a movie!** One entry per month per membership and you must have a current NHCA membership to be eligible. Spot Ozzie, be a member and WIN!!



COMMUNITY

Volunteer Profile – Jessica Mehain

By: Shauna Carredu

Jessica Mehain brings her warm smile, kind heart and sense of fun to many NHCA events. This year, she helped out at events such as the Community Clean up & WINs Drive, Community Garage Sale, Go Girl Workshop offered by City of Calgary, and the Harvest Moon Dance. Jessica lives in the community of MacEwan with her husband and two children, ages 5 and 2. She became involved in NHCA events after playing soccer with the Northern Hills league. Although Jessica maintains

a busy schedule between her home and work life, she has been a willing and reliable volunteer. After being at home for a couple of years to devote her time to parenting, Jessica attended SAIT and now works full time as an Assistant for a Medical Specialist. In addition, she continues to do some part time work and volunteers whenever she can.

Jessica finds volunteering in the community rewarding for many reasons, noting that it is great to meet new people, try new things and do things that she never thought she would. Jessica also points out that

it sometimes means coming out of her comfort zone, which can also be exciting. She feels that every minute of volunteering has been worthwhile, and enjoys seeing how much others appreciate what is going on in our community. It is clear that she appreciates the intrinsic rewards of volunteering, and a thank you as big as the Northern Hills is extended to Jessica!

A thank you is also extended to the many Volunteers that help NHCA out on a regular or as needed basis, doing committee work, helping out with projects and at special events. If



you would like to find out more about the opportunities available, email the Volunteer Coordinator at volunteer@northernhills.ab.ca or contact the Northern Hills office.

Outdoor Pleasure Rinks in Northern Hills Communities

By: Deanna Stangness
Capital Projects, NHCA Board Member

The NHCA is pleased to announce that there are two outdoor rinks planned for this upcoming winter 2011/12 in the communities of Coventry Hills and Harvest Hills. I am very excited about these two rinks as they are truly the culmination of the work I have wanted to accomplish since I began volunteering to be on the board.

Coventry Hills rink is an Adopt-A-Rink project through the City of Calgary. The site is just south of the new Junior High School and is adjacent to the playground and the recently constructed community garden. The concrete curb for the basketball court provides the containment border for the ice surface. As for the winter water service, it was already in place and the City was able to do some maintenance and get it ready for flooding

this winter. I am putting out a call for volunteers in the Coventry area that would be willing to coordinate volunteers, flooding, shoveling and general maintenance.

Harvest Hills has been working towards getting a rink in the park area immediately south of the storm management pond, again adjacent to the community garden in that community. This rink has required a lot more work, as there was no existing winter water service and the Adopt-A-Rink program was not an option. Therefore, the NHCA had to plan and budget for construction of a soil berm to contain the ice surface, and to install a winter water supply.

It looks like there will be problems getting the winter water installed this December, so the City has agreed to provide water trucks for this season with the expectation that the winter water supply will be installed prior to next winter. The berm will be built

on December 12, 2011, and hydro-seeded, so optimally in the spring it will be new grass. As the pleasure rink will go forward this December and will be available till spring, but of course completely at the mercy of the weather. This rink should be up and running around Christmas break, if we can get volunteers to organize and manage the rink.

Harvest Hills rink is not only a pleasure rink but will address safety concerns that have plagued the area. People have in the past used the storm water management pond for skating, which is extremely dangerous and could lead to animal and human injuries. The water levels of the storm water pond are in constant flux causing air voids and thin ice at the surface.

There has been a lot of interest in



the last couple of years by residents in Harvest Hills and we would like to call them together to start planning. All the positions are available: volunteer coordinator, flooding and general maintenance of the rink.

Remember your community is as good as its volunteers. Please contact me with the position you are interested in and the area you live in: projects@northernhills.ab.ca



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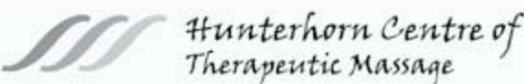


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Continued from page 3 (Volunteers)

Interested? Contact marketing@northernhills.ab.ca

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

Community Garden – Our first garden in Harvest Hills has been a great success and we have recently added a second in Coventry Hills in 2011. Would you like to see a garden in Country Hills or Panorama? If you love to garden, this could be the committee for you. Contact garden@northernhills.ab.ca

Capital Projects – Residents in our communities have requested outdoor ice rinks. The City has lent a hand with connecting the winter water at the Coventry location and the rink is ready. All that's left to do is flood and clear! An earth berm for the rink in Harvest Hills was recently installed and the City will be providing water for flooding until the winter water is installed. We are seeking volunteers to flood and clear this rink too. Our Ice Rinks committee is seeking eager individuals to help with the planning and execution of this initiative. If you are interested in this program and/or the building of a more permanent outdoor rink in the Hills, this would be a dynamic committee to be a part of. Contact community@northernhills.ab.ca

Farmers' Market – A committee is researching and planning for a Farmers' Market in our area. The focus will be on healthy, fresh food. If you are an avid market shopper and/or have knowledge of vendors in the Calgary area, your input would be appreciated. Contact farmersmarket@northernhills.ab.ca

Senior's Group – SPRY in the Hills, a group of older adults who get together on Tuesdays from 2 - 4 pm are looking for you and your ideas. Contact seniors@northernhills.ab.ca

Traffic – This committee would respond to traffic related issues; parking, speeding, upgrading controls at intersections or communicating with the city planning department

regarding road improvements for our area. If you have a passion for solving problems this could be your opportunity to make a difference. Contact planning@northernhills.ab.ca

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

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For general information by email, please send messages to info@northernhills.ab.ca

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NEWSLETTER, WEBSITE AND IT

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

Northern Edge News
The Official Newsletter of the Northern Hills Community Association

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

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| Editor | Paul Cavanagh | editor@northernhills.ab.ca |
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| Printing | Keyline Publishing | |
| Delivery | Canada Post | |

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

Meet the NHCA Youth Council

Kayla Rasmussen, President

Hey there! Meet our Youth Council members! First up, a thirteen year old girl from "The Hills". Why did Kayla decide to join the Youth Council? "Too many people complain about things that need to be changed, things that need to be done, and I want to do something about it. If your coffee is cold, stop complaining and warm it up in the microwave. And that's what I'm here to do, make the community better for youth and adults alike. When the Council is done, this community will be a whole lot different than it used to be. And I think the rest of us agree on that."

Sanya Chaudhry, Vice President

Ask this thirteen year old how she started in the council, and you'll probably have a pretty simple answer. "I joined because... Well Kayla told me about it and I decided to give it a shot. She told me that the council would be starting up a basketball drop-in league in the next year, and I love basketball. I live for it."

Kiran Sharda,

Volunteer Coordinator and Secretary

Walk in the doors and you see an 11th grade girl in a Perry the Platypus t-shirt, waving at you and smiling with bright blue nails. Meet Kiran. She's an ambitious teen with nothing to lose. After volunteering to be the secretary and the volunteer coordinator, Kiran made it clear that she was here to help and here to lead. You should expect great things from this girl.

Otto Lau, Treasurer

This guy is awesome. He's been here since day one, and although he's not that chattiest, he brings a "I-Otto" the table! He deals with our finances and gives us advice on how to handle issues. He will

manage our finances and make sure that we don't overspend!

Stefan Ruediger, Marketer and Communications

Stefan may look like your average guy, but watch out. He's creative, chill, and up for any position within the council. Even though he's been switched back and forth within positions, he bounces back and gives it all he's got!

Sameha and Ali Abdalbaki, Events Coordinator

I should start calling them Salt and Pepper! If we have a boring event that needs excitement, we can count on Sameha and Ali to "spice it up"! Sameha is creative and smart, while Ali is enthusiastic and full of suggestions. So many things have happened these past couple months, but they just think of more events to get our name out there (and they're pretty cool too!). Just make sure you don't make Ali secretary!

Amanda Davis, NHCA Board Liaison

Without Amanda, none of this wouldn't exist. She believes that the youth in our community should have a voice and she wanted to make sure that we had the opportunity to do so! She put the ads in the newsletter and seven of us responded! We are ready to make a difference, so thank you Amanda for starting this up for us and giving us this opportunity. We wouldn't and *couldn't* be here without you!

February 20th: Family Day

On February 20th, the NHCA Youth Council is taking part in the Family Day event at Cardel Place! This event will be the first event that the NHCA Youth Council will do. We are very excited to plan this event over the next few weeks! We will be providing exciting activities

such as a coloring contest, making a homemade bird feeder, and a mini-golf course! And of course food! Popcorn, candy, and hot chocolate will be available. All of this fun will take place on the top floor of Cardel Place. Hope to see you there!

What Have We Been Working On?

For the past couple of months, we've been getting settled in. Some of our council members attended the NHCA monthly council meeting and we've been having our own about every week. We attended the business fair on November 19th, helped at the Harvest Hills Alliance Church Craft Fair on December 2nd, and set up a volunteer sign-up table on the December 3rd Christmas Event (having over 30 people sign up!) We planned a "Snow Day" event, but after a delay in the construction of the Harvest Hills outdoor ice rink we decided to cancel. Another cancellation included the first annual Career Fair. We were going to invite different trades and companies to come and talk about their jobs to high school students about to apply to colleges, but unfortunately this required much planning and could not be done in time. We are still looking at holding this event, but it probably won't be until next year. We want to make sure that it is planned well

so that it is a successful event!

Otto conducted a survey this past September and we discovered that a majority of students at Notre Dame High School wanted to have access to a drop-in/community basketball league. So... sometime this year or early next year, we will be looking at teaming up with Cardel Place starting up a basketball and floor hockey league for the cold winter months!

We are still looking for volunteers aged 13-17 to sign up with us for future volunteer opportunities! Please email youthvolunteer@northernhills.ab.ca

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SCHOOLS

North Haven School News

In the blink of an eye, it is already 2012. We, at North Haven School, cannot believe how fast our year is going and how the season for resolutions is already upon us.

Everyday at our school we strive for ensuring instruction is as unique as every child, the Calgary Board of Education's motto. Through this lens we have embarked on a journey recognizing individual differences in each of our students and how these differences complement our group as a whole.

We continue to honour the circle of courage philosophy within our school. Students are diligent in working towards achieving each of the four pillars of the circle of courage: belonging, generosity, mastery and independence. This is evidenced in the school in how our students get along with one another and how they treat one another as well in how they advocate for themselves and others. Through this philosophy, we have also seen a drop in the number of negative incidences coming to the office and rise in students gaining positive

reinforcement.

January through June will continue to be just as busy as the first few months of school. For the month of January, our students will be involved in a gymnastics unit. We will also continue to work on our School Development Plan around intentional instruction of reading comprehension strategies across the curriculum. Students will also engage in school wide activities including Junkyard Symphony and coming up in February Alien-In Skating. Individual classes are looking forward to guest speakers and going on field trips.

World Literacy Night is January 27. We will be holding a literacy evening here at the school on January 26 in honour of this day. Please visit our website for more details around this exciting event. All from the community are welcome.

We look forward to what 2012 holds for all at North Haven School as we continue to filter our learning through our overarching question of "How Can I Make a Difference?"

Happy New Year to Everyone and Welcome to 2012!

Peter Rybicki
Assistant Principal

It is hard to believe that it's already 2012. January is always a wonderful month filled with new beginnings, fresh starts and resolutions to make those changes to healthier ways of living.

First off, St. Clare would like to thank all of the families who participated in the St. Vincent de Paul Society Food Bank drive over the Christmas season. Your donations and generosity really help those in need over the holidays.

The Grade Three and Four students were fortunate enough to participate in "The Directors Cut" in December. This program integrated story writing with the use of technology in the classroom. The student sure showed off their creativity in this new digital age.

At St. Clare, we will have many new and exciting special events and activities this month. For those interested in the sacrament of baptism, baptism classes will begin on January 17 at 9:30-10:30 in the library. Other classes are to follow on the 24, 31 and February 7th. Since January is the month of the Holy Family, celebrat-

ing Mary, Joseph and baby Jesus, as well as remembering the blessings of your own families, the Holy Family mass will also be held on Wednesday January, 18 at 7:00 pm at Ascension Parish. All Families are welcome.

Volunteers are greatly appreciated and always needed at St. Clare. In order to volunteer at the school, an orientation must be completed. The dates and times for these orientations are on January 13, at 8:00 am and on January 25 at 6:30 pm. School Council also meets at 7:00 pm on the 25th in the school library.

As for healthy living, the students of St. Clare will begin their dance unit in the gym at the start of the school year. Grade 5 students will be getting their Hepatitis B shots on January 25th.

Parents, please note that Kindergarten registration has begun. Any child who will be 5 years of age before March 1, 2013 can register at St. Clare for the 2012-2013 school year. You need proof of residency in Coventry Hills and a birth certificate. Office hours are 8:00 am - 4:00 pm.

Hope everyone has a wonderful January.

Happy New Year,



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NEW PATIENTS WELCOME

Joining our team...Dr. Debbie Luk
She is a residency trained
developmental & pediatric
optometrist, with special interest in
vision therapy.

| | |
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NHCA Sports Update

Another spring sports season is just around the corner and perhaps it is a good time to reflect on a few wins and losses, based on feedback received from our participants. We feel that it is important that you are being heard and where possible, changes will be made.



- In order to help manage parking and traffic in our communities, we split out the U6 Age Group to play at fields in Panorama, Harvest Hills and Coventry. We are very lucky to have fields in all of our "Hills" communities in order to make this happen.
- The volunteer roles have been revamped to ensure that these commitments do not take

40 hours of your time. Our coaches and co-coaches volunteer the most hours out of all these roles, so I must take my hat off to these men and women. This year, we will have a special treat for you!

- We will be adding an XS to our inventory order this year so that our 3,4,5 and 6 year olds can get socks that don't become tights!
- Our photographer has already been booked for those team photographs and we will be able to book our venue in January as well. This

will allow for delivery of the photographs to the field during the soccer season.

- **We will be bringing back medals this year for all of our age groups!!**
- The NHCA website has been revamped and launched. Our website is a fantastic information tool and should be able to answer your questions about our soccer program.
- 2011 saw the NHCA Travelling Jersey club donate soccer apparel and equipment to Belize, Guatemala and to the Special Olympics in conjunction with the U10 girls team - Blizzard Celtic01 FC. We also donated used baseball equipment to Innisfail.

We are so glad our members are involved and letting us know what is important to you and your families! Together, we can keep building something wonderful in "The Hills".

Spring will be upon us before we know it!!!

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

Come join a recreational soccer league where the **focus is on socializing and sportsmanship** while playing some outdoor soccer right in the community.



- When:** We play twice a week (Tuesday & Friday nights) after all the kids programs are done - April 16 thru to the end of June – approx. 16 games
What: Play Outdoor Soccer
Where: Within the Northern Hills Community
Who: Women over 30 – ALL SKILL LEVELS
Cost:
- \$70.00/player
 - NHCA Community Membership (for the insurance needed to play) - \$20.00 (Single) or \$30.00 (Family)
 - \$20.00 - jersey, shorts, & socks (new players only)
- We offer:**
- Licensed referees.
 - New player orientation
 - Technical sessions.
 - Ice-breaker party

If you are interested then in February visit northernhills.ab.ca - ladies soccer tab and register, to avoid disappointment register early!

If you have any questions, please email northernhillsladies@gmail.com

Looking for Referees!



Northern Hills Women's Soccer League is looking for referees to referee our outdoor soccer season! We pay!

- Tuesday and Friday nights 8:00 to 9:00pm
- Mid April to the end of June

All games are held right here in our own community. Please contact Janice Henderson at janicelhenderson@shaw.ca if you are interested.



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

OUTDOOR SOCCER REGISTRATION

February 1-29th, 2012



Northern Hills Community Association is committed to providing a fun, non-competitive outdoor soccer program.
 *** Please note: You do need a current NHCA membership ***

Northern Hills Community Association is a not-for-profit organization, committed to providing a non-competitive soccer program. Our children have an opportunity to learn about this great sport while getting exercise, having fun and making new friends.

- Limited driving as games occur on local fields within Northern Hills
- No player evaluation
- Lower program costs than offered by the City of Calgary league
- The season runs for May and June of each year
- Games will be played on set evenings from 6:30 p.m. – 7:30 p.m.
- Players will receive a jersey, shorts, socks, a medal and a team and individual picture

Soccer Season Runs: May 1st thru June 22nd, 2012

ONLINE Registration: Feb 1st thru Feb 29th, 2012

Soccer Divisions:

U4 Mixed: \$50
 Boys & Girls (Born in 2008 & 2009)
 Plays Monday OR Wednesday evenings

U6 Mixed: \$60
 Boys & Girls (Born in 2004 & 2005)
 Plays Tuesday AND Thursday evenings

U8 Mixed, Girls, Boys: \$70
 (Born in 2004 & 2005)
 U8 Boys Plays Monday AND Wednesday evenings
 U8 Girls Plays Monday AND Wednesday evenings
 U8 Mixed Plays Tuesday AND Thursday evenings

U10 Boys, Girls: \$90
 (Born in 2002 & 2003)
 U10 Boys Plays Tuesday AND Thursday evenings
 U10 Girls Plays Monday AND Wednesday evenings

U12 Girls, U12 Boys: \$90
 (Born in 2000 & 2001)
 U12 Boys Plays Tuesday AND Thursday evenings
 U12 Girls Plays Monday AND Wednesday evenings

Registration and Program Details can be found at <http://www.northernhills.ab.ca>
 Under the SPORTS section in "Children's OUTDOOR Soccer"



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

SLOPITCH REGISTRATION

February 1st Thru March 15th, 2012



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

Slo-pitch Season Runs: April 20th thru June 22nd, 2012

- Games will be played on Friday nights from 6:30 – 8:30 pm
- The season will run from April 20th thru June 22nd
- There will be a maximum of 7 innings per game
- The batting order will consist of 4 females and 6 males
- NHCA will provide diamonds, bases and 4 softballs per team
- A trophy will be awarded at the end of the year with the winning team's name engraved and displayed at the NHCA office

Registration and Program Details can be found at <http://www.northernhills.ab.ca>
 Under the SPORTS section in "Adult Slo-Pitch"

NHCA Sports & Alan Rickwood, Blizzard GM

By Alan Rickwood
Blizzard GM

The NHCA is excited to be in partnership with the Blizzard Soccer Club to offer residents of the Hills an opportunity to involve their children in premier level or competitive level soccer with the Calgary Minor Soccer Association (CMSA).

The Calgary Blizzard serves communities in North Calgary and has players from Edgemont, Tuscany, Scenic Acres, Silver Springs, Northern Hills communities and many more.

There are a number of differences between our Community soccer program and CMSA soccer program.

Community House League Soccer

- Community soccer is non-competitive.
- Community soccer is played on local fields so there is limited driving.
- Community soccer has lower registration fees.

- Community soccer does not have player evaluation.

CMSA Competitive/Premier Soccer

- Competitive soccer is a higher level of soccer and there are player evaluations.
- Skill levels are assessed and players will be placed based on their age group and skill level.
- Blizzard Soccer Club runs age groups from U10 to U18.
- The season will run from mid-April thru June or July, depending upon the age group as the younger age groups will play until the end of June.
- Competitive soccer teams will have their games schedules to be played all over the city of Calgary.
- Teams are expected to have practices in addition to weekly games.
- There is a higher level of commitment when playing competitive

or premier level soccer, with technical training provided for those playing premier level soccer.

- Coaches are expected to complete National Coaches Training certification (NCCP).

For the last two years, the NHCA has benefitted by having a Blizzard(MVP) Technical Trainer provide expertise for the coaches orientation and last year you would have seen Blizzards coming out to the field to run a training night for many of U8 teams.



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Blizzard Soccer Club would like to wish all residents of Northern Hills a very happy and successful 2012.

Blizzards are one of the oldest soccer clubs in Calgary, having been founded in 1967, in fact the Club's original name was North Hill Blizzards. The Club is based in north Calgary and caters for players of all abilities wishing to play in league soccer under the umbrella of Calgary Minor Soccer Association, from ages 7 to 18, as well as having an adult section.

Blizzards do not run a house league program but do provide help to the Communities such as Northern Hills by helping to provide training sessions for coaches

Blizzard's online registration for outdoor league soccer will open at the end of January. More details on this and the Club can be found at www.calgaryblizzard.com or any enquiries can be directed to Alan Rickwood at gmbizzardsoccer@yahoo.ca



Since 1958 Centennial Little League has offered baseball play and instruction in a fun, safe, supportive environment for **players 4 to 18 years old**.

Our league typically has a team base of 21 teams every season.

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

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

“Let's Play Ball!”

Please visit our website at www.cllbaseball.ca and look for our upcoming registration dates in Feb 2012.

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

NHCA Children's Soccer Program -Did you Know...?

The NHCA Soccer Program has been running for almost 10 years now and we thought we would share with our communities, information that might or might not be known:

- The NHCA office staff, although paid, work with each and every volunteer Director and Committee associated with the NHCA Board of Directors. This means they are kept insanely busy!
- The soccer program and all other NHCA programs depend upon parent volunteers, which is why your time and hands are so important.
- To fulfill the volunteer requirements from the Soccer Program, you might be called upon to volunteer for one of the other NHCA community programs.
- The Sports Director and Soccer Coordinator is a volunteer position.
- The soccer program is for all communities under the Northern Hills umbrella: Country Hills, Coventry Hills, Harvest Hills and Panorama Hills.
- Although there are over 1000 children in the NHCA soccer program, each community does not have enough registrants in order to run their own league with a U4, U6, U8, U10 and U12 division, which is why the program encompasses all Northern Hills communities.
- In order to help manage parking and traffic, we have split out the U6 Age Group, which has approximately 400 children, to play at 3 different fields in our Northern Hills neighborhoods.
- The coaches and assistant coaches are all parents from the community who are very giving of their time to commit to this very important role. **Some have played soccer, many have not.** These men and women deserve our support and thanks as it can be a stressful or intimidating role.

Thank you for your continued support!

Check our New website out at <http://www.northernhills.ab.ca/>
Launching December 15



WE ARE LOOKING !!!

for a

SLO-PITCH PLANNER

Do you like the crack of the bat? The big catch in the field? The sizzling throw to 1st?

If so, the NHCA is currently looking for you to help with coordinating our 2012 Slo-pitch league.

We have 8-10 teams playing in our league. Registration usually consists of 4-5 entries of people signing up a whole team, the rest will be individual registrants.

What is required from the Coordinator is:

- Place individual registrants on teams, teams are made up of 4 females and 6 males
- Work with a volunteer to create game schedules for the teams utilizing 4-5 diamonds in "The Hills"
- Organize a kick-off meeting with team captains to review the rules and bases, slo-pitch balls and score books are given out
- Work with the NHCA Sports Director for fun awards and prizes given out to participants

Our Slo-Pitch league participants are a blast, so come along for the fun!!!

For more information please contact: sports@northernhills.ab.ca

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**NEW PATIENTS AND
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Coventry Hills School Outdoors Spaces

By: Marcia Dupuis

Following an application to the Community Facility Enhancement Fund through Alberta Lotteries, Coventry Hills School was granted the full amount that was requested. Teresa Woo-Paw, MLA for Calgary Mackay, presented the Outdoor Spaces Committee with a cheque in early May 2011 to install Phase 1 of the Outdoor Spaces project; the naturalization space. It's been a busy time for the Outdoor Spaces Committee ever since.

The years of hard work, planning, fundraising, and grant-writing have finally paid off as our beautiful new naturalized space has finally been installed into the schoolyard. We have Dogwood, Tamarack trees, potentilla, and Oat Grass in our park. Our park has huge rocks placed in an arch shape. These rocks make up our own amphitheatre for a place for students to share their ideas together. Students can move around their park by the pathways made of flat rocks and paving stones. We have pathways made of gravel and students can cross a wooden bridge over waterways. A sundial is in the north part of our park to help us track the sun and time.

The highlight of this entire project was the volunteer weekend on September 17th and 18th. Our committee was completely blown away by the magnificent volunteer response we had. A huge thank you goes out to all of the volunteers who came out to help install mulch, sand, turfstone, build the bridge and the forms for the

human sundials, and mix and pour concrete. Many of those volunteers stayed beyond the shift they had volunteered for to hunker down and work for the entire day; some volunteers came for both days! We would like to particularly mention that Harvest Hills Alliance Church got together a group of volunteers to help with the project. As well, members of the local scouts came out to help, as well as various members of the surrounding community. It was really wonderful to see our community at Coventry Hills School pull together to achieve this amazing project; it was even more wonderful that members of our greater Northern Hills community joined the school to make this space a reality. This truly was a project in community building, and we would like to thank you all deeply for your participation.

Plants are in, and the children are beginning the work of learning how to be stewards of the space. Further developments are also coming - watch for the human sundial to be completed over the coming weeks. As well, the sculpture and arch are currently in the design phase, so watch for those developments to come!

This project does not belong just to the children of Coventry Hills School, but to our entire community. We would like to invite all of you to wander around and enjoy the new space (and while you're at it, feel free to pull a few weeds if you see any!).

Coventry Hills School staff, students and parents.

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CITY

100 Years of Recreation Kicks Off with Hockey Day in Calgary



Lynne Banning
Community Assistant to Alderman Stevenson, Ward 3

The City of Calgary Recreation is celebrating its centennial in 2012. January 1 kicked off the celebrations with an ode to one of our favorite winter pastimes – Hockey Day in Calgary!

Hockey Day in Calgary is the start to a year-long celebration of Calgary's commitment to providing sport, recreation, art and cultural opportunities. Recreation 100 (REC

100) offers a full year of events and activities that will highlight 12 monthly themes; starting with hockey and skating in January.

Calgarians, young and old, were invited to the Municipal Building and Olympic Plaza on New Year's Day to celebrate a century of Calgary's rich recreational landscape. This free, family friendly event started at 11:00 a.m. with entertainment and public skating. Hockey Day in Calgary also featured hockey demonstrations, Hockey Hall of Fame memorabilia, hockey-themed art, and a ball hockey tournament with Hockey Canada alumni

The City is proud to host the 2012 IIHF World Junior Hockey Championship - So lace up! Join the excitement and make January your month to share the spirit of hockey and your passion for skating.

Visit calgary.ca/rec100 to learn more about Hockey Day in Calgary, our multitude of events, and significant recreational

achievements in Calgary. REC 100 is more than a legacy; it's a century of achievement and a future of well-being.

This event is hosted in partnership with The City of Calgary, Hockey Calgary and the 2012 IIHF World Junior Championship.

A MESSAGE FROM WARD 3

Happy New Year,

I wish you good health, happiness, prosperity, and all the best in the New Year. I will promise to continue to work, with your help, to keep Ward 3 a place that you are proud to call home.

and to keep it in time with the happenings in Ward 3 and the City.



Jim Stevens,
Ward 3 Alderman

We hope it is user friendly and easy to check on any issue that you require information on, but if you have any suggestions or information that you would like to be included please let us know.

Ward 3 New Web Page,

Please check on the Ward 3 Web Page at www.calgary.ca/ward3. We are updating the web page to include more information

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

Northern Hills Crime Statistics - November 2011

The crime statistics for the month of August and September in the Northern Hills area is in the attached tables. Additional information can be obtained from the Calgary Police Service (CPS) crime map at <http://crimemap.calgarypolice.ca/>.

| November Statistics | | | | |
|----------------------|----------------|-----------------|----------------|----------------|
| Community | Harvest Hills* | Country Hills** | Coventry Hills | Panorama Hills |
| Theft from vehicle | 1 | 4 | 2 | 5 |
| Theft | 4 | 2 | 5 | 1 |
| Vandalism | 5 | - | 1 | 5 |
| Assault | - | - | - | 1 |
| Residential Break-In | - | - | 4 | 1 |
| Vehicle Theft | - | - | 1 | - |
| Sex Offence | 1 | - | - | - |
| Total | 11 | 6 | 13 | 13 |

* Includes Harvest Hills Business Park

** Includes Country Hills Village

The purpose of providing regular reports on crime statistics and information is to increase awareness and hopefully help the CPS make our neighborhoods safer. We meet regularly with Community Liaison Officers (CLO's) for our area to review these statistics, to discuss issues and trends regarding crime in our communities, and to identify ways that the NHCA can help the CPS in their work. Residents can contact the CLO's for our area at the District 7 office if they have any questions or concerns.

Remember, if you are the victim of a crime or if you are a witness to a crime, no matter how big or small, please report it to the police service as soon as it is safe to do so. The more information that the police have to work with the more likely they will be able to solve the crime and apprehend the person or persons responsible.

Where's Ozzie Winners!

The NHCA is pleased to announce the winner of the "Where's Ozzie?" contest for the month of November. November's contest is sponsored by First Calgary Financial.

Rowan Livingston was drawn from all of the correct entries submitted. He wins two Empire Theatre passes and a \$50 gift card to Boston Pizza. Thanks to all of the people who sent in entries and spotted Ozzie! Remember, keep your eyes peeled in each edition of the Northern Edge News for the dog about town who gets photographed as he goes where the action is... in the Northern Hills!





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403-226-8881

Feline Winter Woes



Their built-in coats are not enough when the temperature goes below freezing.

Visit any animal shelter during the winter and you will invariably see cats who are suffering from frostbite, especially in their extremities. Cats left outside often lose the tops of their ears because they've been frozen so badly. If their ears, noses and toes are being frozen, you know they are feeling the cold everywhere else.

Responsible cat owners and guardians understand the value of their pets to their families, their well-being and to society and treat them accordingly.

But we all know that even when we are diligent about protecting our pets and keeping them inside, cats escape and get out of doors or windows every day in our city. They are curious creatures after all. Unfortunately, they may not always find their way back home.

We can all help to protect our own feline family members by provid-

ing licences and permanent identification. This helps to ensure that if they do get out, they can be returned safe and sound. Identification shows others that your cat indeed has an owner and makes it easy to identify and contact you.

This winter, we can all help to change the plight of our city's cats. If you see a cat wandering in your

neighbourhood, you can check to see if he has identification. If you have the cat in your possession and he is wearing a licence, call 3-1-1 to have an officer come to pick up the cat. In absence of a licence, you can take the cat to the Calgary Humane Society or a vet clinic. You can also bring the cat to the Animal Services Centre if it is during regular business hours.

As the weather turns colder, we are less likely to want to be outside for extended periods of time. The same can be said for our pets. It seems unfair however, that cats are often treated differently than our canine companions. Dogs are brought in the house or put in a heated garage and provided with beds and blankets to keep them warm. But cats are often thought to be fine when left outside in the frigid weather. Simply put, they aren't.

Although some may believe that cats are meant to wander and hunt, this is not the case. They are domesticated animals who need our care.

Northern Hills Community Association Membership

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.

- We bring you up to date information and are a voice for the community on important planning and development issues such as Stoney Industrial Plan and Stoney Trail.
- Events – Community Garage Sale, Community Clean Up, Small Business Fair, Seniors Resource Fair, City Planning Open House, Community Resource Fair, Fundraisers and Election Forums.
- Partner with the City of Calgary for Stay & Play, Park & Play, Skate Park and Lawn Chair Theater programs over the summer.
- Partner with local businesses to enhance programs.
- Youth Outdoor Soccer, Adult Slo-Pitch and Ladies Outdoor and Indoor Soccer Programs.
- NHCA carries liability insurance for members at all sporting events..
- Represents the community on the Cardel Place board of directors.
- Programs – Community Gardens, Seniors Group, Moms and Tots, Community Beautification, Tree planting, Graffiti Abatement
- Working on new initiatives including Outdoor Ice Rinks, Farmers' Market, ESL Program, Youth Council, and Wine and Cheese Group.
- Meets with Gov't representatives and City police to represent the interests of our community.
- Distributes a monthly community newspaper to every home in Harvest Hills, Country Hills, Country Hills Village, Coventry Hills & Panorama Hills.
- Develops and maintains NHCA website,
- Liasess with Public school and Separate school boards.
- As an NHCA member, you receive a discount at all NHCA community events!
- As an NHCA member who resides within the Northern Hills boundaries, 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.

The annual membership fee for families is only \$30. Single and Senior Households \$20. Businesses (directory on website) are \$50 and Business Plus members (ad and link on website) \$120. Watch the value of your membership grow as the NHCA increases its business discount programs and you receive savings, while at the same time supporting community programs!

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



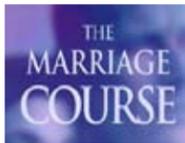
Two Service Sunday Worship at 9:15 & 11:00 am.

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

You are invited to



Alpha,
The Marriage Course
 and
DivorceCare on
Tuesday evenings @ 6:30 pm.



Dinner, presentation and discussion.

Contact Pastor Glenn at glenn@hhachurch.com.



DivorceCare starts: January 10
 Alpha and The Marriage Course start: January 17.

E.S.L. Classes:

Sunday mornings at 10:45 am, January 8 - 29, 2012.
 Tuesday afternoons at 1:00 pm, February 7 - March 27, 2012.
 For more information email: esl@hhachurch.com.

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

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

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

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We meet at Creekside Co-op Wednesday evenings. Guests are always welcome! Please see our website at talknowtm.com for more details.

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LIBRARY NEWS

Country Hills Library: How do we fit into your life?

by Joanne Peace

Country Hills Library plays a vital role in the Northern Hills community. Embracing the mountainous task of fulfilling every information need for every age and every interest, Country Hills Library is proud to live up to its Calgary Public Library mission statement: "to enrich lives and build community by ensuring universal access to resources for information, learning, inspiration and enjoyment."

The President of the Northern Hills Community Association, Wendy Cavanagh, explains the value of Country Hills in our community: "The library is not only an information centre but one of the few non-commercial meeting places that exist in our community. [It provides] a space where residents can feel part of our local community without having to take a



class or belong to a formal group."

At Country Hills we pride ourselves on the role we play in improving people's well being. Take a look at some of the great events and programs that we offer. From early literacy programs, to Homework Help and Reading Buddies for school-aged children, to English and Spanish conversations clubs, or even specialty events like Digital Detox Day, we are constantly changing and evolving to serve our customers. The Library also welcomes new Canadians to the community. Country Hills is sponsoring, in conjunction with the Calgary Bridge Foundation, "Welcome to Canada: Health Benefits and Resources" in Mandarin and Cantonese.

It is the Staff at Country Hills who are responsible for the excellent service we provide:

Readers assistance—helping you figure out what to read next

Information resources—whether you are looking for consumer reports, health information or academic research or want to access newspapers from around the globe.

Help with E-books, Databases, and other customer service needs.

Maintaining a comfortable place where you can relax, read, study and even meet a friend and enjoy a coffee.

As Wendy Cavanagh says, the value of Country Hills Library to our community is incredible. We are more than a space; with a designated Kids' Corner, Teen Zone, and Readers' Nook by the fireplace, we invite you to come and make use of your Library. Come visit us at Cardel Place!



COUNTRY HILLS LIBRARY

11950 Country Village Link NE

Hours:

Monday – Thursday 10 a.m. – 9 p.m.
 Friday & Saturday 10 a.m. – 5 p.m.
 Sundays (mid-Sept to mid-May) Noon – 5 p.m.

Programs for January 2012

Register at

www.calgarypubliclibrary.com
 or call 403-260-2620

Eye Health from A to Z

Hear about prevention strategies to reduce the incidence and impact of common eye health conditions, such as macular degeneration, cataracts, dry eyes, glaucoma, and computer-related eye strain. Presented by optometrist, Dr. Monica Jensen-To. Monday January 16, 7:00 – 8:30 p.m.

Welcome to Canada: Health Benefits and Resources

Join us for an interactive session regarding various government health benefits, as well as community health resources available in Calgary. In partnership with the Calgary Bridge Foundation, In-School Settlement Program. Register by calling 403-999-2862. Saturday, Jan 21, 1:30 – 3:30 p.m. Taught in Mandarin.

Today's Technology Transfer: Cool Internet Tools for Genealogists

Join us as we explore how some of the new social media tools can aid in your genealogical research.

Saturday, February 4, 2:00 – 3:30 p.m.



Pajama Storytime

Snuggle into your jammies and join us for sleepy stories, lullabies, and fingerplays for the whole family.

Ages 2 to 5 with a parent or caregiver. Thursday, January 19. 7:00 – 7:30 p.m.

Animal Potpourri Puppet Show

Join Gail Gregory of Tales, Tunes, and Puppetry for a puppet show featuring fun folk tales and stories about some of your favourite animals.

For children ages 3 to 6 with a parent or caregiver. Saturday, January 28, 10:30 – 11:15 a.m.



How to Get a Membership

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

You can purchase a membership three ways:

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



Membership Form

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

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

Please enclose cheque payable to "Northern Hills Community Association"

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"/> 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

OFFICE USE ONLY:

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

Snow Route parking bans – update City of Calgary, December 2011

This winter, Calgary will implement Snow Route parking bans for the first time in our city's history. This program will touch every community in Calgary and will impact all drivers. The Snow Route parking ban bylaw was approved by City Council in October 2011. Since then, the program has undergone a number of adjustments in response to issues that were brought forward by aldermen and businesses groups.

The City has heard feedback from citizens and some communities concerned with the Snow Route parking bans in their areas. These concerns are being monitored closely, and will be dealt with on a case-by-case basis after we experience the first few Snow Events. This will enable drivers to adjust to the new program and will ensure The City has accurate information regarding parking impacts and driver habits.

Snow Events are declared when five centimetres or more of snow accumulates on city streets. Snow Route parking bans will be in effect for 72 hours, but may be extended or lifted early based on road conditions and the status of snow clearing operations.

The information below contains some key

updates regarding the new Snow Route program:

Overnight parking bans in the downtown core and Business Revitalization Zones

- While most Snow Route parking bans will be in effect for 72 hours when a Snow Event is declared by The City, some high density business areas will only have an overnight ban to accommodate parking during regular business hours.
- Specific Snow Routes located in downtown or in business revitalization zones (BRZ) will be in effect from 9 p.m. to 6 a.m. when The City declares a parking ban.

Free overnight parking in City-owned lots

- The Calgary Parking Authority will offer free overnight parking from 9 p.m. to 6 a.m. in all their lots when Snow Route parking bans are in effect. Lot locations can be found on the CPA website.

Development of an interactive Snow Route map on Calgary.ca

- There is now an interactive Snow Route map on Calgary.ca that allows citizens to find Snow Route locations in their community.
- There is also a listing of Snow Route locations available on Calgary.ca/snow.

E-mail notification available on Calgary.ca

- Citizens can quickly and easily subscribe to e-mail alerts on Calgary.ca/snow.
- E-mails will be sent to inform citizens when-

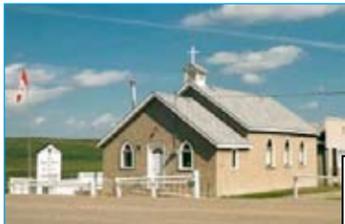
ever a Snow Route parking ban is expected, in effect, lifted or extended.

Smart phone app – with Snow Route parking ban “push” notifications

- The City of Calgary Road Conditions app will be launched in early December and is designed to help Calgarians plan their commute during winter storms. Real-time information will be provided on plow/sander locations, road conditions and traffic cameras.

- This app has the added feature of notifying citizens anytime a Snow Route parking ban has been advised, declared or lifted.

We need your support to make this program a success. You can help us make our roads safer and more driveable this winter by ensuring your car is not parked on a Snow Route during a parking ban. Become familiar with the Snow Routes in the areas where you live, work and visit. Be aware of the weather and understand that if you are parked on a Snow Route this winter and a parking ban is declared, you will have to find alternate parking.



St. Clements Anglican Church, Balzac invites you to their services every Sunday at 11:15 a.m.

Contact Rev. Gordon Jackson at 403-239-1004 or email gorjack@shaw.ca

New Program Coming to Northern Calgary for Immigrant and Refugee Women

Marilee Campbell
Program Coordinator

The Calgary Immigrant Women's Association (CIWA) is opening an informal conversation group for women, the New Friends and Neighbourhood Group (NFNG). All immigrant and refugee women are welcome to come, enjoy free certified childcare while practicing English together, learning about services in Calgary and making friends with other women in the neighbourhood.

We will welcome guest speakers, try new activities, and learn about interesting topics such as parenting, first aid, finding a job, Canadian culture, shopping in Canada, recreation, money management, camping and many, many more!

Registration is free and all immigrant and refugee women are welcome to attend. It is a drop-in program with no cost or fee, no minimum language requirement and no immigration requirements.

Enjoy our 17 locations throughout Calgary, including three nearby the Thorncliffe area:

Beddington Group

16 Bermuda Drive NW – Every Tuesday from 1-3PM

January 10, 2012 will be the first day – join in anytime!

Thornhill Group

6617 Centre St N (Thornhill Library) – Mondays from 10-Noon

January 5, 2012 will be the first day – join in anytime

Edgemont Group

224 Edgeburn Lane NW – Every Wednesday from 1-3PM

January 4, 2012 will be the first day – join in anytime!



Alberta Health
Services

Emergency
Medical
Services

Snow Shovelling Safety

Before you start:

- Dress properly for the weather before heading outdoors. Unprotected exposure to low temperatures and wind chill can result in hypothermia or frostbite.
- Dress in layers starting with a warm insulating inner layer; ending with wind and water proof outer layers. If you become too warm as you shovel, you can always remove outer layers as required.
- Wear proper footwear with a solid tread and adequate ankle support. Don't forget to wear a toque or hat to prevent heat loss from your head.
- Stay well hydrated by drinking plenty of water before and after you shovel. Avoid caffeinated beverages and alcoholic beverages as well as smoking. These all act as stimulants that can put a strain on your heart by constricting blood vessels and increasing heart rate. Caffeine can also promote dehydration – another important reason to avoid it. Alcoholic beverages do not act as a stimulant, but they also promote dehydration, impair your judgment, and make you more susceptible to the effects of the cold weather.
- Reduce the chance of injury by warming up your muscles with light exercise and stretching before you shovel. Warm muscles use energy more efficiently.

How to shovel:

- Choose the correct size of shovel for you. A smaller shovel will require you to lift less snow at a time and reduce the strain on your body.
- Protect your back by lifting properly: keep the shovel close to the body, stay balanced by standing with feet about hip-width apart, bend your knees, squatting with a straight back. As you lift the snow use your legs to provide the lift, tighten your stomach muscles to support your back, keep your back straight. Do not bend your back.
- When possible, push snow, don't lift it. Always orient your body in the same direction you are pushing the snow. If you need to move the snow to one side, reposition your entire body to continue facing the direction you are pushing.
- Do not throw snow over your shoulder or to the side. Most back injuries occur when you are in a twisted position. The injury can be made worse when you are bearing the weight of heavy snow as you twist.
- Don't extend your arms when maneuvering a full shovel of heavy snow as this puts excess strain on your back muscles and too much weight on your spine. Attempt to keep the weight of the shovel close to your body.
- Pace yourself and take a break, especially if there's been a heavy snowfall; don't try to clear it away all at once.

Local Food Plan Looks to Involve Communities & Citizens

Across Calgary and the region, citizens are aware that food is a key part of our daily lives and plays an important role in our health, our communities, our environment and our local economy.



There is a growing momentum in Calgary around local and sustainable food and there is evidence of this everywhere we look. Calgarians are making personal choices to shop locally; farmers are connecting directly with local businesses; community gardens are increasing in number and governments are taking a leadership role within their local food systems.

Since 2009, The Office of Sustainability at The City of Calgary has been working with stakeholders from across Calgary to get a clearer understanding of our local and regional food system and the roles of everyone involved in

it. A food assessment is a great starting point which would allow us to better understand our contributions, connections and where priorities for action exist.

With direction from City Council, the Calgary Food Committee was established to undertake a food system assessment and develop an action plan with recommendations and report back to Council and Calgarians in spring 2012. Membership on the committee includes farmers, local businesses, chefs, educators, industry experts, scientists and other key players in the local food system.

The **Food System Assessment and Action Plan** will examine the range of food issues, barriers and existing assets, and provide key baseline information identifying connections and gaps within our food system. This data will be represented in maps and included in a land inventory.

The Calgary Food Committee is inviting you to get involved! They will be engaging citizens and communities through the winter starting with an event on Saturday January 28th 2012 in the Ant Hill Building (148 10th Street N.W.), just one block from Sunnyside LRT Station. For more information, please visit www.yycfood.com or contact Rebecca Newlove at 403-268-1034 or food@calgary.ca

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Calgary Northern Hills Candidate Prasad Panda with Wildrose Leader Daniele Smith

EXPERIENCE

- Professional engineer
- 25 years as an executive of some of the world's largest oil and gas construction projects
- Proven management skills

CONNECTING BUSINESS AND COMMUNITY

- Strong connections to Calgary's business leaders
- Understands the needs of newcomers, particularly recent immigrants

COMMITMENT

- Visited more than 5,000 homes in Northern Hills since winning the Wildrose nomination in May 2011
- Listening to our community

A VOICE FOR POSITIVE CHANGE

- After 40 years of the same government, Alberta is ready for new ideas, new voices and new directions
- Prasad will help make Alberta work better

FOR MORE INFORMATION OR TO JOIN THE TEAM

Contact Prasad Panda, Candidate Calgary Northern Hills

#612, 500 Country Hills Blvd. NE
Calgary, Alberta T5K 5K3
Phone: 403-768-0107
Email: Prasad.Panda@wildrose.ca
www.prasadpanda.ca



MEET THE CANDIDATE



Saturday, January 21, 2012
10:00 am - 1:00 pm
Cardel Place
11950 Country Village Link NE

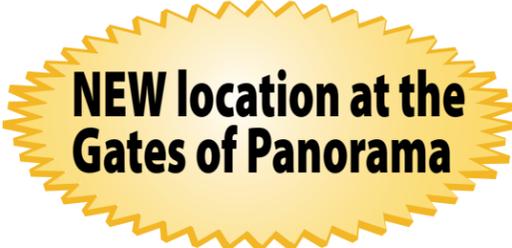
Register for 2012 January Dance Programs



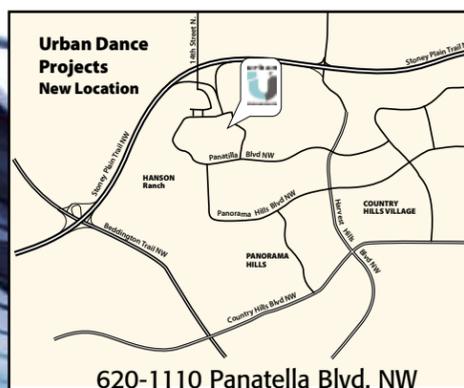
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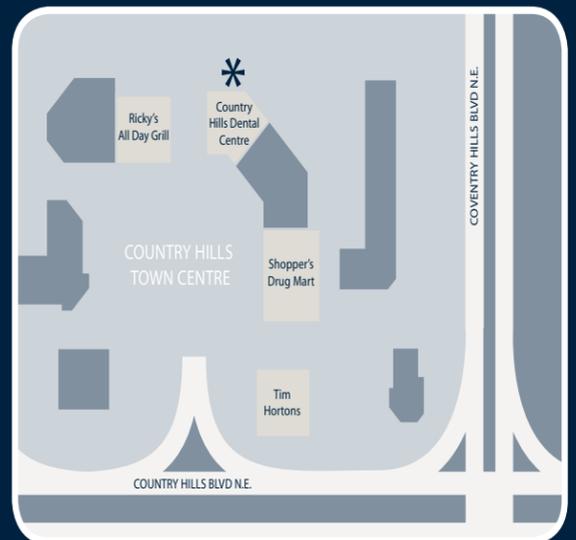
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