

Northern Edge News

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

www.northernhills.ab.ca • FREE



Second Community Garden Launched in Coventry Hills

Well, they were at it again this year... the (crazed gardeners) residents of Coventry Hills and members of the NHCA are proud to announce the launch of a second community garden, this time in Coventry Hills. The organizers and volunteers were out in full force on May 14 and 15 2010 arranging and constructing the second garden in the Northern Hills area, as conceived and built by the residents of Coventry. This garden follows on the success of the initial community garden built in Harvest Hills last year.

But, contrary to last year (where construction day included a blizzard) the weather was much better with sunny skies which contributed to the positive spirits as volunteers cut, drilled and screwed the cedar planks together to be constructed into about 40 raised



beds. It is envisioned that the garden will ultimately contain fruit, vegetables and plants of all shapes and sizes.

It was an epic effort by all and I'm sure the day won't be forgotten for many years, a day where every single participant gave their all. Just looking around, people were hard at work and of course having a little fun as well. I must say, without too much boasting, that the residents of the



sobeys  **bucars** 

Northern Hills are getting pretty darned good at planning and expediting this community garden thing. It was marvel to behold.

Volunteers brought a second home; complete with tent, trailer, chairs, heater, and probably even the kitchen sink if we looked hard enough. The beds were built at a brisk but controlled pace, as volunteers organized themselves into high performing teams that continuously checked their work times and quality as they toiled to

achieve the finished product. The organizers were especially brave when they tackled the most difficult job of all, collecting the money! Come on out, work your butt off and then contribute some money to help defray the costs? That can be a tough sell, but for this group it was consistent with their obsession for enhancing our communities in the hills, as they exemplified a no quit attitude and a passion for getting the job done. Organizers from the Northern Hills Community

Continued on page 3

UPCOMING EVENTS 2011

June 15
Front Yard Garden Contest Begins

June 24
Adult Slo-Pitch Ends

June 25
Sports Wind-Up
9:00 am to 1:00 pm
Cardel Place

July 1 to 30
City of Calgary Skate Park
Cardel Place East Parking Lot
July Stampede Breakfasts

July 9 Cardel/MLA Woo-Paw

July 10 Harvest Hills Alliance Church

July 16 Royop/Superstore Lot

July 14
Lawnchair Theatre
6:30 to 8:30 pm
Harvest Lake Drive NE (south end of lake)

July 18 to 22
Park 'N Play; Stay 'N Play in Coventry
12455 Coventry Hills Way NE
City of Calgary

July 25 to 29
Park 'N Play; Stay 'N Play in Panorama
Panamount Sq/ Panamount Blvd NW
City of Calgary

Garage Sale and Flea Market

The weather couldn't have been much better... with the sunny skies and 15 C degree temperatures for the annual NHCA annual garage sale and flea market. The wind was a little brisk at times, but that didn't seem to chill the spirits of the vendors or the shoppers as the trading was just as vigorous. The weather, along with the positive attitudes of participants, vendors and organizers alike contributed to the absolute success of the event on Saturday May 14, 2011, held once again this year in the east parking lot of Cardel Place.

Some 52 hardy vendors sold goods and wares of all sorts of shapes, sizes, and uses in the crisp spring weather of the east parking lot at Cardel Place while simultaneously, inside Cardel, our partner organization had once again this year set aside

the east hockey rink area, minus the ice of course, for another 60 to 70 tables of clothes, toys, books, and other goods aimed at families with young toddlers and children.

This unique format made for a complimentary environment that accommodated the needs and wants of all, and provided a variety of goods and wares that left nobody wanting. There was something for everybody... with all sorts of purchasing choices for shoppers and consumers catering to all family members needs. The sale was a one-of-kind experience for anyone who patiently managed the traffic and crowds to attend the event.

In the end, the affair could not have occurred without a small army

of volunteers, whose efforts are truly appreciated. We owe thanks to our sponsors, Starbucks, who once again provided coffee for the vendors and volunteers.

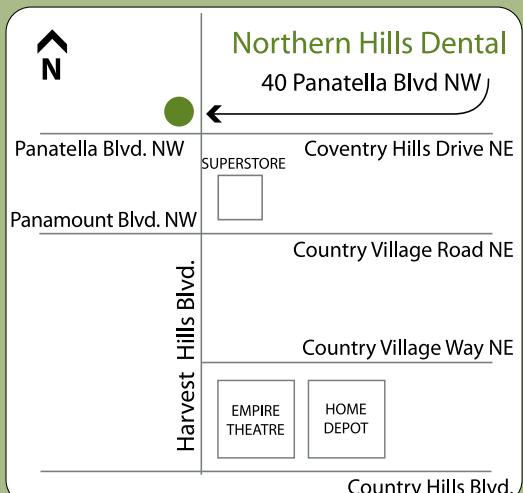


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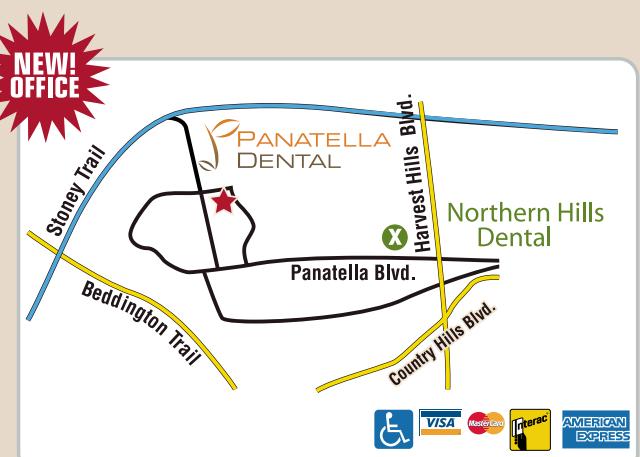
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EDITORIAL

No Abuse Policy for NHCA

By: Paul Cavanagh

In the past couple of months there have been a few occurrences of abusive and threatening conduct aimed at some NHCA members and employees. While these instances are considered to be isolated and do not generally reflect the behaviour of most residents or individuals in our communities who interact with the NHCA, these occurrences have caused enough concern for us to begin drafting a "zero tolerance" policy on abuse. Although this policy is not yet formalized we would like to remind all residents and participants in our programs that abusive and/or bullying behaviours will not be tolerated by any of the volunteers, employees, or participants who contribute their skills, spirit and time to our programs and events.

The NHCA is dedicated to the development of our neighbourhoods as vibrant and inclusive communities and deems these types of actions and behaviours unacceptable under any and all circumstances. Our organization and the achievement of our goals relies on a small army of dedicated and enthusiastic volunteers and a small group of paid, part-time employees to function and carry out the work of the organization. We would not expect

them to be subject to nor to endure such abuse and bullying. The formal policy under development will give all of our volunteers, members, and employees the right to end any abusive conversations, situations, or interactions and to remove themselves from the presence of those trying to inflict the abuse.

Adopting a policy is one thing but the easiest way to eliminate such interactions is to prevent such situations from occurring in the first place. That is, all participants in our activities and programs should remember that we are all human beings with a variety of skills and abilities and that we owe each other a measure of respect for trying to bring positive change to our community. Most of us are volunteers, just trying to pitch-in and make a difference, and can sometimes find ourselves in unfamiliar situations or circumstances. If we all show a little tolerance and understanding for the people we are working with, and allow each of us some credit for attempting to make a difference, we would be that much closer to preventing abusive situations in the first place. Remember, this kind of policy is only as good as the people using it.

As always, please send your thoughts and letters to editor@northernhills.ab.ca.

Seasonal allergies and your eyes

With the warm weather finally upon us most people love to head outdoors to enjoy the heat, but for allergy sufferers this can often lead to bouts of sneezing, itching and watery eyes. According to Health Canada up to 20% of the population suffers from allergies. Generally, the culprits that trigger seasonal allergies are tree pollens in the spring, grass pollens in the summer and weed pollens in late summer and fall. Seasonal allergies can present with a variety of symptoms such as nasal congestion, sneezing, itchy and watery eyes. Ocular allergies primarily involve itchy, red, watery eyes with or without other allergy symptoms. Many allergy sufferers use over-the-counter allergy medications including pills, nasal sprays and eye drops. Sometimes these products do not offer complete relief or may only reduce some of the allergy symptoms. Typically, if the only allergy symptom is itchy, watery and red eyes then it may be best to consider an eye drop. Usually the type of eye drops used for ocular allergies range from artificial tears, anti-histamines, mast cell stabilizers, cortico-steroids and combinations of these agents. Consulting with your optometrist or family physician (especially if other symptoms are present) will provide you with a professional assessment of your symptoms and recommendations for the proper allergy treatment. The best news is that with professional consultation, seasonal allergies can often be controlled with the right combination medication and also by minimizing exposure to the allergens.

Karen Pinchak O.D.



GARDENING

- Continued from page 1

Association took some great pictures of the day and helped arrange the donated food and drinks provided by our very generous sponsor: Sobeys. Yay for sandwiches, fruit, coffee, and tea.

And of course there is our fearless leaders Joanne and Terri - calm, cool and collected - as they moulded a random group of volunteers into a well-oiled construction machine that accomplished something wonderful. No one could have done it better. Our heartfelt thanks, our community is lucky to have them. It is truly surprising that with a little planning and effort a community can accomplish so much, in so little time, with most people starting

out as complete strangers. In all it was a great day and an amazing experience.

The group built and placed some 30 to 40 beds in about 6 hours over two days. I think it already looks fabulous and it's only just begun. In the upcoming weeks we are going to add several trees to both of our community gardens through the Neighborhoods Urban Forest Renewal program organized by the City of Calgary. Now we can look forward to sowing the seeds, growing the gardens, and enjoying the outside as much as the people we are sharing it with. The event could not have occurred without a small army of volunteers, whose efforts are truly appreciated. Once again, we owe our thanks to our sponsors, Sobeys and Bucars.



From the President

by Wendy Cavanagh,
President NHCA



Congratulations to the Coventry Community Garden Committee! The beds were built and soil added the weekend of May 14th and 15th in preparation for planting. The weather cooperated, well no rain or snow but a little wind just to remind us it is still springtime in Calgary! We are eager to see this garden grow and welcome the community building opportunities that a project like this brings to the Hills. Special thanks to Joanne Davenport for leading the committee and to all those residents and volunteers who have taken ownership moving forward.

The Harvest Garden is also buzzing with activity as gardeners returned this month to add soil and mulch the last two weeks of May with the official kick off to the season taking place on May 29th. There will be perennials, ornamental and orchard trees/shrubs added to both garden sites this year.

Our Community Clean Up, E-cycle and WINS drive held on Saturday, April 30th proved to be a huge success. Over 220 cars came through the parking lot at the Panorama E-Centre, to drop off e-cycle goods and donate items to WINS. The volunteers were kept busy throughout the day, including those families who helped clean up the litter in our community green spaces. Everyone enjoyed a BBQ cooked up by the E-Center staff. Thanks to MLA Teresa Woo-Paw for helping out and for donating the food and coffee.

The wind on May 14th didn't deter eager shoppers from attending our Annual Garage Sale held in the East Parking lot of Cardel Place. With more than 50 tables there were plenty of goods and wares to be picked up for a reasonable price.

Our summer sports programs: youth outdoor soccer, Adult Slo-Pitch and Ladies Outdoor Soccer are already several weeks into their seasons. Based on preliminary feedback the weather this year is cooperating better than last year and the coaches, players and parents are all having a great time. Congratulations to Sue Burke and her team for a positive start to another great sports tradition in the hills.

We welcome two new members to the board, Tyler Melnyk, who will be taking on the role of Secretary and Parminder Gill, who will be leading our At Home in the Hills program. Thanks for contributing your time and skills!

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

WHERE'S OZZIE



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



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From the Federation of Calgary Communities:

The Federation of Calgary Communities is in the Stampede Parade and they want volunteers from all communities to take part!

The Calgary Stampede Parade is introducing "pacers" into their program this year. Pacers will be placed in between each parade entry to help the event stay on time and on track. To kick off this addition, the "pacers" in this year's Stampede Parade will be community volunteers! Each pacer will be given a sash with the name of their community on it, e.g. Abbeydale, Evergreen, Marlborough, or Valley Ridge. They will also be encouraged to wear something that is special or important to them such as a sports uniform, a cultural outfit or the classic western wear of the Stampede. Whatever it may be, The Federation wants our pacers to represent and demonstrate the power of the community association movement.

We are looking for adult volunteers to fill our pacer positions in the Stampede Parade. This is an exciting opportunity to showcase yourself, your community and the diversity within! We would like to see a volunteer from each community in Calgary! Please spread the word and register online at www.calgarycommunities.com/events.php if you are interested in taking part in our first ever parade entry. We ask that you ask around and provide a back up volunteer as well.

Attention Long Time Northern Hills Residents!

The Federation of Calgary Communities 50th Anniversary Magazine Needs Your Help!

The Federation is celebrating its 50th Anniversary this year, and in celebration a magazine will be published. The magazine will be filled with stories, photos, and quotes of neighbourhood life in Calgary over the past 50 years. We want YOU to fill the magazine with your memories of growing up in this great city!

Be a part of it and contact Rebecca Dakin at (403) 244 4111 ext. 204 or communityrelations@calgarycommunities.com to set up a one on one conversation or a group discussion with a group of people you know!

awards that recognize and honour volunteers who give their time and talents to improve neighbourhood and community life in Calgary!

If you know an individual or group of volunteers making a difference in your community, give them the recognition they deserve by nominating them for one of these new awards. The four award categories include:

The 'Be Part of It' Group Award: Honouring a group of volunteers whose community contributions improve neighbourhood life and create a sense of belonging.

The Step Up Award: This award winner is someone who shoulders the responsibility for things that regularly go unnoticed. This individual steps up to help out without hesitation.

The Spark Award: This is someone who engages people to be a part of their community and sparks a sense of excitement among residents.

The Community Builder Award: Recognizing people, organizations, or companies based in Calgary whose efforts have enhanced and made a significant difference to the quality of life in Calgary.

Help celebrate one of Calgary's 20,000 community association volunteers today!

How does someone get nominated?

By someone like you!

1. Complete the nomination form on our website at www.calgarycommunities.com
2. Attach any supporting documents
3. Send via mail, fax, or e-mail to:
Federation of Calgary Communities
Suite 301, 1609 – 14th Street SW
Calgary, AB T3C 1E4
Phone: (403) 244-4111
Fax: (403) 244-4129
E-mail:
communityrelations@calgarycommunities.com

****The deadline to nominate a volunteer is Monday, July 4 2011**

We need YOUR HELP!
Volunteer & make a difference in OUR COMMUNITY



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, Covey 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.

 We are doing our very best at trying to manage the traffic and parking volume being experienced in our neighborhoods, which is why this year, we have a maximum of 6 fields at each location.

 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 Team Formation volunteers will try to accom-

modate player requests to be placed on a team with their peers and friends, however this is not always possible. Soccer field requests will not be accommodated as this would add many extra hours to the Team Formation volunteer role. In addition, the NHCA Soccer Program reserves the right to change the soccer fields for an Age Group if it is required for the benefit of the program.

 Due to the number of children in our program, we must send in a generic uniform order to Admiral. For example, a standard number of Youth Small and Youth Mediums are ordered for the U4 teams. If the order wasn't generic, we would not receive our order until the end of May (middle of the season).

 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.

 The NHCA has engaged MVP Soccer Training to provide an in-depth clinic for the coaches and assistant coaches. A technical trainer from MVP and the NHCA Soccer Coordinator will provide ongoing support for these volunteer roles throughout the season.

There have been many changes over the years, some good, some not so good.

The program tries to provide a rewarding volunteer opportunity, but above all, give our children a really great soccer experience. We hope that this has provided some insight to the program and the dedication of office staff and parent volunteers to see that a soccer program is provided for Northern Hills residents year after year.

Thank you for your continued support!



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

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NEWSLETTER

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Calling All Volunteers!

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Northern Edge News

The Official Newsletter of the Northern Hills Community Association

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

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



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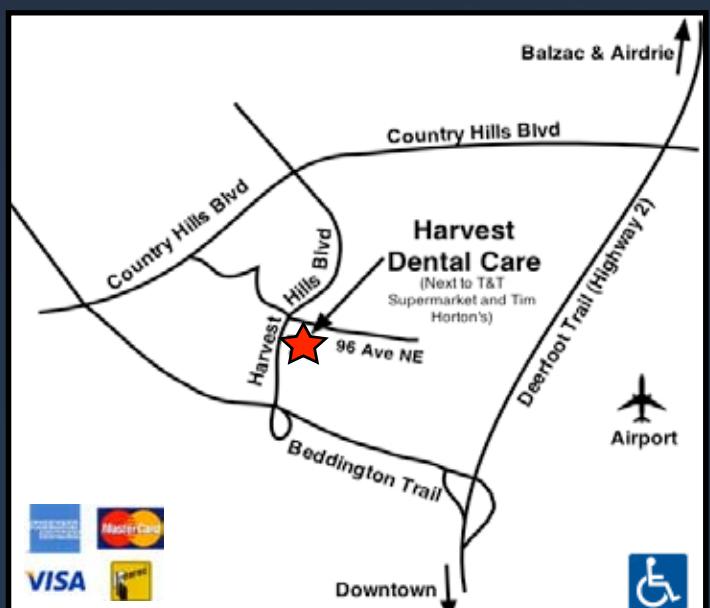
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Dr . Anwar is a General Dentist that has been practicing in Calgary for the past 10 years.



Farmers Market Postponed

Despite all the hard work of the Northern Hills Farmers Market Committee, it looks like the market will have to be postponed due to permit problems. Unfortunately the transfer of the site from Rockyview to the City of Calgary has posed some challenges which are neither quick nor easy to overcome.

The committee, though disappointed, is not easily defeated and they are relentless in their pursuit to bring a local farmers market to north central Calgary. Moraig McCabe, a member of the NHFM committee said, "This is the not the first hurdle we have had to jump and I'm sure it won't be the last. We've had a lot of support from the community, local farmers and vendors, who all want to see this happen. We're a determined bunch, so just watch this space."

Get it while it while you can! Sweet Alberta Asparagus

May and June are when Sweet Alberta Asparagus is harvested. Our cool Alberta climate produces extremely sweet asparagus. The purple color on the tips indicates very high sugar content. When selecting asparagus, look for firm spears that have a closed tip. Purple tips indicate extra sweetness. Asparagus should be kept in the fridge. Ideally, bundles should stand in about an inch of water, covered loosely with a plastic bag. Stored properly, asparagus can keep for up to a week. * Sourced from Edgar Farms

If you still need convincing why you should try Alberta asparagus then consider these great health benefits:

- Acts as an anti-inflammatory and high in anti-oxidants
- Supports digestion
- Healthy for your heart and helps to regulate blood sugar
- Has anti-cancer benefits

What are you waiting for?

My Favorite Asparagus Salad

*By Karen Miller,
Double Dishing is a collaboration of women chefs from Alberta.*

Serves 4 to 6

2lbs.	Asparagus, trimmed and peeled
1 Tbsp	Salt
2 Tbsp	Balsamic vinegar
2 tsp	Dijon mustard
2 tsp	Garlic, minced
1/3 cup	Olive oil
	Sea salt and freshly ground black pepper to taste
2	Ripe plum tomatoes, diced
1/2 cup	Parmesan cheese, freshly grated

Bring a large pot of water to a boil. Add the asparagus and the salt and blanch the asparagus. Cook until it's still crisp, about 3 minutes. Drain and arrange on a platter.

Make the dressing by whisking the vinegar, mustard, garlic and olive oil together. Season with salt and pepper and add the diced tomatoes. Pour over warm asparagus and sprinkle with the Parmesan cheese.

Shawna Smith is a Holistic Nutritionist & Esthetician who is passionate about supporting local farmers and is a member of the NHFM committee. www.shawnasmith.ca

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

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SENIORS CORNER

SPRY IN THE HILLS

Hopefully by the time this goes to print, you are sitting on your deck, basking in the sunshine, reading this. It's been quite the spring!

In fact, due to the cold temperatures and persistent snow flurries, we have been grateful for our weekly gatherings at the Panorama Hills e-Community Centre, 88 Panamount Hill N.W. It got us out and gave us an opportunity to get to know one another a little better while ignoring the dreary weather.

The games table featured different board games – all easy to learn and the only requirement may be a sense of humor. The bursts of laughter from that end of the room, confirmed it. There was always a crib game going on at the other end of the room. And of course, tea, coffee and goodies were always on the ready. So as you can see, there was something

for everyone. We were very pleased with our attendance and it is so nice to see friendships developing. We look forward to resuming the weekly sessions in September.

Even though we are suspending our weekly meetings at the Panorama Hills e-Community Centre for June, July and August, we are pleased to say that the Rexall Drug Store, 1110 Panatella Blvd. NW, has offered us the use of a room in their store one Wednesday every month. The dates are June 15, July 13 and August 17 from 2 – 5 pm. We hope you will join in these sessions so that we maintain contact within the group and continue to grow over the summer.

Our walking group is going strong and will continue throughout the summer or as long as there is interest. We meet at The Running Room, just east of Sobeys at 11 a.m. every Thurs-



day. From there, we walk around the pond. Everyone can make their own pace, and go as little or as far as they are able. After the walk, some go to

Timmie's for coffee and more conversation and some arrange to go to lunch in order to prolong the activity. We hope to see you there!

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NHCA Community Gardens and Beautification Sponsorship

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

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GARDEN NEWS

Front Yard Garden Contest – Enter a Neighbour and win!

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

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

Composting Anyone?



By Chris Roy

Last year was the first year for Harvest Gardens and many of its gardeners. Our knowledge was largely lacking but our spirit and energy more than compensated for it. I think most of us would say that we were fairly proud of what we were able to accomplish. We had some great help from the more experienced gardeners, which certainly went a long way, and that tradition continued this past weekend.

About 20 of our gardeners were lucky enough to sit in on an excellent beginner gardener session that we hosted and was conducted by Janet Melrose from the Calgary Horticultural Society's Community Garden Resource Network. It has been a long time since my brain felt that full. Climate, soil, planting, harvesting, it was a little bit of information overload but I definitely think my garden will be the better for it. I already figured out why my carrots were lackluster performers last year. It was great to see a large group of new gardeners from the Coventry Garden and I can't wait to see how things turn out at both of our locations. All I can say is if ignorance was working last year, I can't imagine what the results will be like this year.

If you missed this past educational session keep checking in for our next event. We are planning a hands-on composting experience with an expert. His name is Bert Einsiedel and he also has a blog with some great info (<http://urbangardener-bert.blogspot.com/>), check it out and check our website for when we finalize dates.

reside in Country Hills, Coventry Hills, Harvest Hills and Panorama Hills.

CONTEST GOALS

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

To recognize people for their beautiful front yards.

NOMINATIONS

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

1. A color photo of the nominee's front yard (digital picture, scanned picture, photograph), ensure there is nobody on the property.
2. The address of the nominee's

property

3. Your address and contact information

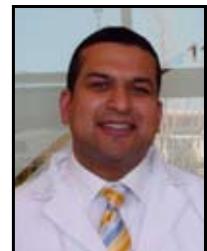
There are no limitations to the amount of nominations submitted by your household. Each nomination must be for different addresses. Nominations must be received by August 15th 2011 in order to be considered. All nominated addresses will be published in the Northern Edge Newsletter and will also appear on the www.northernhills.ab.ca website after the contest.

prize sponsors.

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



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



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COMMUNITY Garden Update

Once this newsletter hits your mailbox, we will be reflecting back on a very busy month of May. We will have:

- facilitated our first ever gardening class
- constructed raised vegetable and flower beds
- dug a perennial bed
- planted raspberries
- planted the seeds to our garden that will provide healthy organic produce to our families and the Calgary Inter-faith Foodbank

We'll still have a bit of work to do in June which will include planting flowers, shrubs and trees but then it will be time to sit back, relax and watch everything grow!

I know that I'll be reflecting on the hours and hours that our garden committees and volunteers have contributed to make this happen. These people have contributed time away from their families and have taken time off work to make all of this happen. They are also doing this in a month that is already typically one of the busiest in the year – getting their own personal garden going, shuttling kids to soccer, coordinating year end school activities and the list goes on. And then I'll ask myself if all of the hard work and the sleepless nights was really worth it and I'll remember why I ventured down this road a little over a year ago. My motivation was to grow vegetables for those families that need some help up. I never realized that community gardening was so much more than this until I experienced it. There is a reason that garden begins with the word community. It's all about the people – the people that you meet, the people that you work side by side with, the people that you learn from, the people that admire the garden and sit awhile for a chat, the people that share their coveted family recipes, the amazing people that you never knew lived in your community!

And thenonce we've relaxed for a bit, we'll start planning for next year. A gardener's work is never done after all.

Please stop by and have a chat with us this summer. We'd love to meet you! We are located at the west end of Harvest Lake Drive (just south of the lake) and at the corner of Covepark Square and Coventry Hills Way. As always, regular updates can be found on our blog.

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

SCHOOLS



Coventry school under construction

Building Practices Are Green and Sustainable

As progress on the Coventry Hills and Panorama Hills Middle Schools continues, B2L Partnership is proud to share our accomplishments toward being a leader in green construction.

All ASAP II schools are being built to achieve at least a Leadership in Energy and Environmental Design (LEED) Silver certification. This is an independent rating system that is used to measure environmental and energy efficiency. LEED Silver-rated buildings are up to 45 percent more energy efficient than conventional buildings. They provide healthier environments as a result of improved air quality and the use of natural light.

During the construction phase, an impor-

tant goal when building green is to reduce the amount of material going to landfills. For each school site, construction debris is separated into recyclables or waste. Our goal is to have the majority of debris land in the recycle bins versus the waste bins; for example, the target set for structural steel is 95%. By continuously tracking and analyzing construction debris, we aim to achieve all targets.

The protection and conservation of water is another key objective in sustainable building. Recent analysis of the washroom fixtures that will be installed in the schools has shown that we are in compliance to reduce wastewater by over 50% through careful specification of

Continued on page 11

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GREEN SCHOOLS*-Continued from page 10*

low-flush urinals and toilets.

On-site training of our industry partners and trades has been conducted over the past few weeks to emphasize the importance of implementing indoor air quality measures. The focus has been on preventing and reducing contaminants (especially dust) through measures such as outdoor cutting areas for masons, dedicated wood-shop areas, minimizing dirt tracked into the schools, and keeping mechanical equipment clean. This process is carefully monitored and, to date, the industry partners and trades have demonstrated a great depth of knowledge and commitment to the process.

Green building practices will be monitored and analyzed through all phases of construction. The P3 model in Alberta creates real accountability for achieving LEED and for managing energy costs. Because B2L Partner-

ship is responsible for design, construction and maintenance of schools, it has the tools required to create sustainable and efficient schools that meet both short term LEED objectives and long term sustainability and environmental objectives. The resulting ASAP II schools will provide Alberta's children with safe, healthy environments to learn and thrive.

The Coventry Hills Middle School, located at 12056 Coventry Hills Way, and 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 schools, or background information on B2L Partnership, visit www.B2LPartnership.ca. This website is updated regularly with progress reports and photographs.

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

Happy Summer from St. Clare School Community.

It is hard to believe that the school year is quickly coming to an end. We have had a wonderful fun-filled and exciting year at St. Clare! The month of June is no exception. We start the month with our patrollers going to the patrol picnic at Heritage Park on June 2. We are very thankful to our patrollers for a job well done this year to ensure that our students cross the street safely, each day. Two of our grade one classes will spend a week at the Open Minds School at the Glenbow Museum. This will be a great learning opportunity for everyone involved. Our Grade three and Grade six students write their achievement exams during the week on June 13-17. They have worked hard this year to prepare for these exams and we wish them well. We continue during the month of June to collect for the Food Bank as the final part of our

social justice this year. Our final week will have our Farewell liturgy and special presentations to our Grade six students that are leaving us. We will also have our Play Day that week and our final end of the year power point that all the students look forward to reviewing.

We wish you all a happy and safe summer.

*Ms. G LeClair,
Principal of St. Clare*

Kindergarten registration – If your child will be five years of age before March 2nd 2012, they are eligible to attend St. Clare School. You need to bring the child's birth certificate, and proof that you live in the Coventry Hills area (ie a gas bill). We are open from 8:00am – 4:00 pm, Monday to Friday to accept registrations.

North Haven School News

I can't believe this school year is already coming to a close. I want to express my sincere thanks to all the staff members, parents, students and community members who support our "Haven of Learning" every day. Without you, we would not achieve what we do on a daily basis.

Some important information for the 2011-2012 year about our school includes the following:

- New hours: 8:00-2:30. There will be a 15 minute recess in the morning and a 60 minute lunch break for students
- We will be having 6 early dismissal days where students in grades 1 – 6 will be dismissed at 11:15. These days are: October 28, November 25, December 22, January 20, April 27 and June 27.
- There will be one AM kindergarten class running from 8:00-10:30am. Kindergarten students will attend school their regular hours on early dismissal days.
- Summit Kids is a new before and after school program beginning in September.
- We are already in the process of booking exciting programs for students.
- We will be hosting Gary Olsen, an artist in residence.

This is just a glimpse into North Haven's community of learning for the 2011-2012 school year.

I wish you all a relaxing, safe and healthy summer full of adventure and fun!

*Lisa Nachtigal
Principal*



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Our Team

Dr. Dianna Leong brings 16 years of experience practicing optometry in Calgary. She lives in the Northern Hills Community and is excited to provide eye care for her community. Special interests include diabetes care; she is on a national diabetes committee to enhance timely referral and treatment. Dr. Leong was president of the Calgary Society of Optometrists, participating in providing continuing education and networking with other health care professionals.



Our staff include licensed optician and experienced optometric assistants that share Dr. Leong's commitment to provide quality eye care, for your entire family.

Our Services 精通英、粵語

- Comprehensive vision and eye health exam from age 6 months to adults
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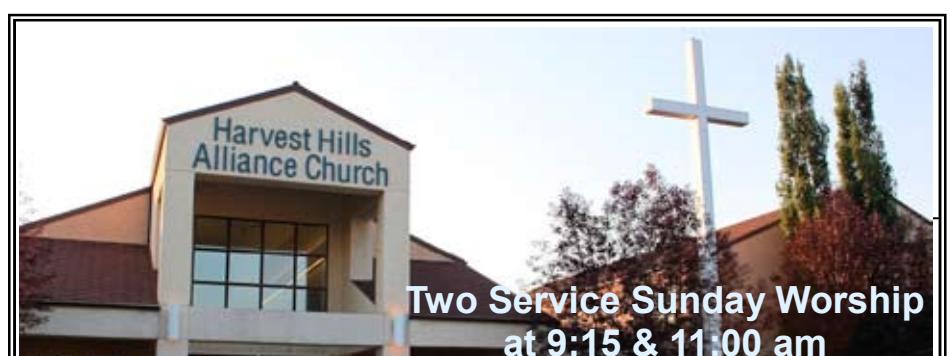
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Programming for Nursery to Grade 4 during both services and Loonie Café for Youth during the 9:15 am service. Club 56 for grades 5 & 6 during the 11:00 am service.

STAMPEDE BREAKFAST SUNDAY, JULY 10, 2010

9 - 11 AM.



This year Harvest Hills Alliance Church will be collecting donations for "Put The Boots To Hunger" during our Stampede Breakfast.

Put The Boots To Hunger is a campaign partnership between Burnet, Ducksworth & Palmer LLP (BD&P) and the Calgary Food Bank. The goal for 2011 is \$700,000.

Please bring your non-perishable food donation or funds donations when you come for breakfast. Make cheques payable to Calgary Inter-Faith Food Bank, noting our Put the Boots to Hunger campaign. Thank you for your support!

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

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

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

PROVINCIAL

Hello Residents of Northern Hills,



Teresa Woo-Paw,
MLA Calgary Mackay

I would like to thank a pair of young constituents, Do Nicson and Evan Kwok, who attended the 2011 MLA for a Day event at the Legislature in May. Both asked very good questions in my office and over lunch, and we could all benefit from their continued interest in civic leadership. To learn more about educational programs offered by the Alberta Legislature, contact my office or visit: www.assembly.ab.ca/visitor/student_zone/opportunities.htm

Bill 18, the Education Act, was introduced in the Alberta Legislature on April 27. It underpins changes to the education system to reflect expectations for high school completion, online and diverse learning environments, and a wide range of supports to students. I have discussed with the Minister of Education the feedback many of you have provided this year about education in Alberta. If you have not done so already, please participate in the discussion at www.education.alberta.ca/engage. More information about Bill 18 is available at the Alberta Education website (www.education.alberta.ca/educationact).

In response to your concerns, Alberta Health Services has improved access to cardiovascular clinics from the previous 30-day wait for a new patient appointment to no wait at all at the Rockyview General Hospital. CV Clinics at the Peter Lougheed Centre and the Foothills Medical Centre have also significantly improved efficiency through collaborations with Calgary area cardiologists and streamlined patient information systems.

Seniors' Week runs from June 6 to 12 this year and I had a chance to visit two organizations that are providing valuable support to seniors in our city. On May 4, I volunteered with Meals on Wheels (www.mealsongwheels.com) and delivered meals to individuals located in downtown. Meals on Wheels is doing a great

service to the community and are supported by a dedicated team of volunteers. Seniors make up a significant amount of the individuals that use their services. Also on May 4, I had a chance to visit the Salvation Army's newly opened women's residential shelter. This is a new facility that is designed to help women rebuild their lives in an environment that feels much like a home. They are also setting up a program to have the women they assist provide volunteer services to their neighbouring facility that provides care for seniors (ab.salvation-army.ca/services.htm#seniors).

Finally, I would like to highlight several recent outstanding volunteer initiatives I had the pleasure to support. The "Love for Japan" event organized by Adrine Chong, Cecilia Chong, Melissa Cheah, Kim Roe, and Jade Tarbet drew a sold-out audience on April 30. The Immigrant Seniors Advocacy Committee headed by Liza Chan continues to bring together community leaders from Jewish Family Services, Calgary Family Services, and the Calgary Chinese Elderly Citizens' Association to find new ways to support the many immigrant seniors residing and living in Calgary-Mackay. I would also like to recognize the Vietnamese Students' Association at University of Calgary for their dedication to the university and broader communities.

I encourage current and potential community leaders to visit the new RCVO@Volunteer Alberta website. It provides access to a wealth of knowledge, resources and learning opportunities to those seeking to strengthen our community through volunteering.

As always, I'd like to receive your questions, concerns, or comments about our community. I encourage you to follow my work on Twitter:

@TeresaMLA, and to subscribe to my monthly electronic newsletter via my

website: www.teresawoo-paw.ca.

Sincerely yours,

Teresa Woo-Paw MLA,
Calgary Mackay

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CITY

A MESSAGE FROM WARD 3 ALDERMAN JIM STEVENSON – www.ward3calgary.ca

Our City, Our Budget, Our Future:

The city has a web site where you can comment and find information on the Budget, Finance & Taxes. The web site is www.calgary.ca and click on "Our City. Our Budget. Our Future"

Schedule for lane grading:

As you know with the challenges of the weather this year, road maintenance could be delayed in some aspects. First priority is street cleaning before other activities can proceed. These are the dates we received for lane grading and is based on 2 graders.

Country Hills - August 22 -28, 2011

Harvest Hills - August 29 – September 4, 2011

Coventry Hills (South) – September 5 – 11, 2011

Coventry Hills (East) – September 12 -18, 2011

Coventry Hills (West) – September 19 – 25, 2011

Panorama Hills – September 26 – October 2, 2011



Jim Stevens,
Ward 3 Alderman

Screening Fences:

The first meeting regarding screening fences occurred and concerns were brought forward and discussed. They did not as yet come to a resolution or agreement on how to proceed with this issue. Our office will keep you updated as it moves along.

Left turn light on Country Hills Blvd and Barlow Trail NE:

A request was submitted to complete a west-bound left turn study for Country Hills Blvd and Barlow Trail NE. The left turn study was completed on Tuesday April 11th, 2011 during the morning peak hour. It was determined that a left turn arrow was warranted and will therefore be implemented. Opticom Transit Signal Priority will be added at the same time, granted the funding is received from Calgary Transit. This was to be done by May 5, weather permitting.

Bus service from Panorama Hills/ Coventry Hills to the NE:

Residents from Panorama Hills/Coventry Hills wanting to go to Martindale or other points in the NE by transit can now do so. Take Route 430 from the North Pointe Bus Terminal to the Airport, transfer onto the new Route 100, Airport to McKnight-Westwinds, and then transfer to one of the many NE routes. Services provided by these routes are 7 days a week.

For more detailed information you can go to: http://www.calgarytransit.com/route_maps/names.html

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

SECONDARY SUITES UPDATE

by Gael MacLeod, Councillor Ward 4

At the March 7th meeting of City Council, the highly controversial and complex matter of secondary suites was debated at length. This issue has been discussed over the years although no definitive decisions have been made by previous Councils on how to move forward. Secondary suites are considered an alternate form of housing to modestly increase density, provide opportunities for increasing the supply of relatively affordable accommodation and meet lifestyle needs of different groups.

Secondary suites are often referred to as basement suites and are defined as a self-contained living space consisting of a bedroom, a bathroom and a kitchen within or on the same property as a single family home. They differ from duplexes in that they are limited in size to a maximum of

70 square meters (753 ft²).

City Council approved a Notice of Motion to allow for suites in R-2 districts as a permitted use primarily to expedite the approval process and ultimately clear the way for more suites to be constructed. No decision was made to allow secondary suites in R-1 areas. However, this proposal was referred back to Administration for further consultation and study. A follow-up report will go back to City Council in December 2011. This report will also address the development of a new enforcement approach to focus on existing suites that are unsafe or otherwise non-compliant.

In addition City Council directed Administration to examine the Alberta Building Code requirements for secondary suites with respect to requirements that have an impact on construction costs of these suites, but do not have an impact on safety. Recom-

mendations will be brought to City Council in June 2011.

Two additional motions were proposed, one that would allow secondary suites as a discretionary use in R1 districts within 2.5 kilometers of post secondary schools, and another that would allow secondary suites within a 400 meter radius of an LRT or BRT stop. Council directed that both ideas be brought to impacted communities for consultation this fall.

There is considerable concern about the impact secondary suites may have on communities and it continues to be a challenge to separate fact from fears. I will endeavor to keep you informed as this matter moves forward.

As always, if you have any concerns about this or any other issue, please contact my office at alcaaw4@calgary.ca or 403-268-2430.

Calgary Public Library Programs for June 2011

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

for children and teens



2011 TD Summer Reading Club

Join us as we kick off Splash! Celebrate Summer, the 2011 TD Summer Reading Club. Drop in for a scavenger hunt and other fun activities. Collect your activity booklet from your local Country Hills Library and read all summer to win great prizes! Join us Saturday June 18 anytime from 10:00 a.m. to 4:00 p.m.

Canada Rocks!

Happy Birthday, Canada! Stories, songs, and rhymes to celebrate! For ages 2 to 5 with a parent or caregiver.

Join us on Thursday, June 30 from 2:15– 2:45 p.m.

for Adults..

Living Book Club for Seniors

Join us for presentations by a diverse selection of Living Book volunteers, followed by a group discussion. Call 403-221-2094 for details on specific topics. Wednesday, June 15 from 2:00 – 3:30. No registration is required.



Fabulous Hikes of the Foot-hills and How to Pack for Them

Not sure where to start hiking this summer? With safety in mind, learn the best places to view beautiful scenery, using gentle or challenging trails. Learn to read the basic signs of wildlife, and how to be bear-aware. Presented by Julie Walker, Full Circle Adventures. Tuesday July 12, 7:00 – 8:30 p.m.

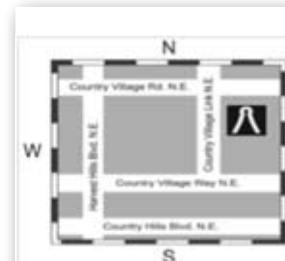
It's time again for the Calgary Public Library to encourage

students to get reading over the summer with our Summer Reading Club! This year's theme is "Splash! Celebrate Summer" and our title sponsors are TD Bank and Library and Archives Canada. We will run a variety of activities and programs relating to summer fun and all things water! The club has been extremely popular in the past, with many parents reporting that participation helped their children maintain and develop stronger reading skills over the summer months.

While the club is aimed at school-age children, we will be including a preschool component for children ages 4 and under so the entire family can participate! Weekly book prize draws and a grand prize draw at the end of the summer for both the school-age and preschool groups are all part of the fun. The Summer Reading Club officially starts on Thursday, June 16th at Country Hills Library, while our kick off celebrations and scavenger hunt will be held on Saturday, June 18th from 10:00 a.m. to 4:00 p.m.

Registration is free and can be done throughout the summer. Why not encourage a summer of books and reading in your home by signing your children up for Splash: The 2011 TD Summer Reading Club?!

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Sundays (mid-Sept to mid-May)	Noon – 5 p.m.

P.U.P.P.Y. Initiative Update

P.U.P.P.Y. (Pick Up Pooch's Poo Yourself), an initiative from The City of Calgary Parks, in partnership with Animal & Bylaw Services, got off to a snowy start at Southland Park. Although the snow compromised the park clean-up portion of the event, organizers were thrilled to see nearly 100

Calgarians willing to brave the elements in order to learn about responsible pet ownership and park sustainability.

The P.U.P.P.Y. initiative engages citizens, educating them about the importance of picking up after their pets and proper off-leash park etiquette

through interactive activities and models. Participants tested their knowledge about the differences in appearance and behaviour of coyotes and dogs, witnessed how dog feces can enter our water system, and grilled the experts on hand with their questions.

If you were unable to join us at the Southland event, you still have three more opportunities to participate in the P.U.P.P.Y. initiative.

Sunday, June 12, 1:00pm – 4:00 pm – River Park: Dog poop left in parks is not just unsightly; it can be unhealthy, too. Come learn how sickness and disease can spread to both animals and humans if pet waste is not picked up.

Sunday, September 25, 1:00pm – 4:00 pm – Nose Hill Park: It is a reality that Calgarians must learn to live in harmony with wildlife, such as coyotes. Come explore how the habituation of wildlife can occur if pet waste is left behind.

Sunday, October 16, 1:00pm – 4:00 pm – Bowmont Park: Calgary's parks are multiuse spaces. Come learn more about how to share these spaces in a manner that is respectful of pets, wildlife, bicyclists and all users of green spaces.

Stop by the next P.U.P.P.Y. special event and have some fun while gaining a deeper appreciation of how to use parks and green spaces in responsible ways. Show how you take pride in your parks by assisting with a park clean-up and learn how to protect your parks for shared use today and in the future!

For more information about the P.U.P.P.Y. initiative, please go to calgary.ca/parks or call 3-1-1.

Register for 2011 Summer & Fall Dance Programs



Age 2-Adult

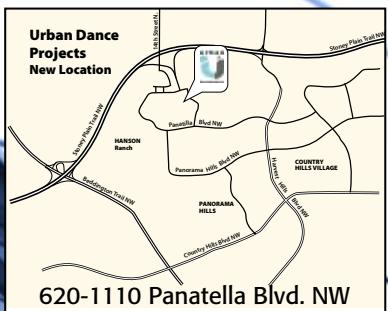
OFFERING

Parent & Tot,

Preschool,

Ballet, Tap, Jazz,
Hip Hop, Musical Theatre,
Adult Classes

**NEW location at the
Gates of Panorama**



www.urbandanceprojects.com
info@urbandanceprojects.com
403-253-4058



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

Northern Hills
Community Association

Calgary Police Service Warn of Prowlers

This is a the Calgary Police Service with a PCAP message (Police & Community Awareness Program) for all communities in District 7

The Calgary Police Service is reminding citizens to remove items of value from vehicles parked on residential streets. There has been an increase in theft from vehicles in the 7 District communities, specifically the Huntington Hills and Crowfoot LRT area. Culprit(s) are entering unlocked vehicles and/or smashing windows to remove items of value. Homeowners are being encouraged to keep an eye out for all suspicious person(s), vehicle(s) or activities in their community and report these matters to police immediately at 266-1234. For crimes in progress, call 911. You may also report a crime anonymously by calling CrimeStoppers at 1-800-222-8477.

Incidents may also be reported online where there are no suspects and total value stolen is less than five thousand dollars at www.calgarypolice.ca

This message is sponsored by EnCana Corporation

Skateboarding in Calgary – do the survey and give your opinion.

The City of Calgary Recreation in partnership with the Calgary Association of Skateboarding Enthusiasts (CASE) is seeking community input in the creation of a 5 year Skateboard amenity plan. We are looking for your input to help inform a plan for developing future skateboarding opportunities in Calgary. For more information about the online survey, please visit www.calgaryskateboarding.com.

This summer create a family memory beyond compare!

Discovery Wildlife Park

This is a once in a lifetime opportunity to meet MASKWA, the only WHITE black bear in captivity.

- **Meet all 14 of our bears including our movie star Kodiaks, plus many more special and well-trained animals.**
- **Have your photo taken with one of the bears or with GusGus the beaver, star of the Energizer bunny commercial.**
- **Watch our famous animal presentations.**
- **Full concession and great gift shop are on hand.**

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

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

Check Us Out On
Facebook! 

For the full experience, visit
www.discoverywildlifepark.com

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



Graffiti Prevention and Resources

Graffiti is vandalism and it hurts everyone. Its presence suggests to vandals that residents don't care about their community.

Graffiti is defined as words, figures, letters, drawings or stickers applied, scribbled, scratched, etched, sprayed, or attached on or to a surface.

"The Broken Windows Theory" has proven time and time again that graffiti will attract further vandalism and crime if not addressed. This theory is based on the premise that if disorderly behaviours such as graffiti and littering are left unchecked in a community, they invite more serious crime and disorder.

PREVENTION:

- Remove graffiti from your property as soon as you notice it. Ideally, graffiti should be removed within 24 hours.
- If you see graffiti on any City or private property, record the location and report it to 3-1-1.
- If you see graffiti in progress, call 9-1-1 immediately.
- If you see graffiti on your neighbour's property, inform them right away and encourage them to clean it up as soon as possible.
- If you have to cover up graffiti, paint the whole wall if possible.
- Consult an expert to help remove graffiti because if improperly done, it can become imbedded and very hard to remove.
- Anti-graffiti coatings can be applied to exterior surfaces. The coating is repellent which makes the graffiti easier to remove.

RESOURCES:

- Community Cleanups
- Discounted colour match paint and graffiti removal supplies available at your local Cloverdale Paints or ICI paint stores.
- Corporate Coordinated Graffiti Abatement Program (CCGAP)

For more information about community cleanups and CCGAP, please contact Rick Haddow, Manager of Community Relations at 403-268-3656 or rick.haddow@calgary.ca. You can also visit calgary.ca/animalservices.

Residents can also call 3-1-1 to get a Community Standards Logbook. This pocket-sized booklet is free of charge and outlines potential bylaw infractions that citizens can watch for. It provides important information about how to report problems, log pages to record details and steps that will be taken after infractions are reported.

If we all strive to be more proactive, we help to ensure that all Calgarians live in safe, healthy and vibrant communities.



Jumping Castle For Rent

Get your jumping castle today. Great for kid events, birthday parties, bbq's, community celebrations, and much more. Be the parent all the kids are talking about by having the coolest thing at your party.

Our Promise Best rate!!!

Call today to book a date or if you have any questions.

403.875.5214

WHERE SMILES BEGIN!



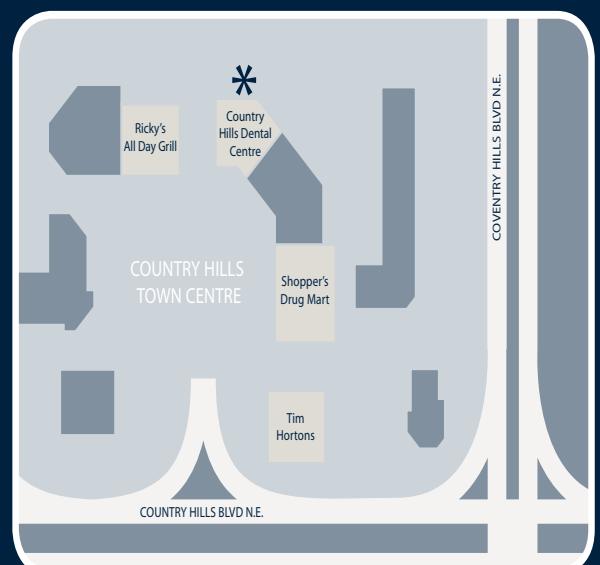
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