

NORTHERN HILLS COMMUNITY ASSOCIATION



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

www.northernhills.ca

NORTH CENTRAL LRT PROJECT



The city of Calgary has started the formal proceeding of the planned expansion of the North Central LRT (Light Rail Transit). Public open houses were held in the communi-

ties where the planned expansion will be of great significance in order to familiarize its residents with the project and also give them a voice to express their concerns and prefer-

ences. The North Central LRT project is of direct relevance to the Northern Hills community members because it will create a new transportation artery starting directly south of Harvest Hills Blvd and ending at the edge of downtown. It will be capable of catering to an increasing volume of commuters, reduce traveling time, and provide the ability to meet future demand.

From the perspective of the City, the North Central LRT construction project will help discourage people to drive downtown. Moreover, it fits in the City's urbanization and development plans. When asked, more than 71% of affected residents indicated that they strongly support the North Central Corridor. In addition, residents can still choose the route on which the North Central LRT can be built from the two highest ranking route options, Centre Street and Edmonton Trail. The latter were considered suitable options because they were more affordable, safe, supporting of economic development, able to attract commuters, environment friendly and presented less technical issues as opposed to Nose Creek Valley and 4 Street NW which were part of the other options considered but are not completely ruled out.

In concrete terms, the idea of placing train tracks along Centre Street or Edmonton Trail can seem superfluous. One might ask: how will it be done? The City has offered a number of concepts intended to illustrate how the

LRT can be built on Centre Street and Edmonton Trail. According to the City website, "Centre Street and Edmonton Trail are divided into segments on the route map based on the existing right of way – measured in metres – that is available for City street infrastructure like transit, roads and sidewalks". For both Centre Street and Edmonton Trail, the tables show the different segments and concepts that go along with them.

The recommended route option will be presented to the public in September 2014 and the final report to City Council is scheduled for December 2014. Preliminary design and engineering will take two years during 2015 and 2016. While the discussion of the North Central LRT gives the impression that community members can look forward to a new LRT within a relatively short future, the important point to take away is that the current "time line is illustrative" according to Dennis Broadhurst of the City of Calgary. Current estimation, conducted by RouteAhead, a 30-year strategic plan for transit improvement launched by Calgary Transit in 2012, puts the infrastructure cost of an LRT at ground level at 40-50 million per kilometre. Construction will be subjected to funding, and taxation alone will not be able to meet the projected cost; therefore, the provincial and federal government might have to chip in.

A. Segment 1 - Centre Street & Edmonton Trail (Downtown - 24 Avenue)

Concept A	Two Driving Lanes, No Parking Lane (Requires 30 meters)
Concept B	One Driving Lane, One Parking Lane (Requires 28 meters)
Concept C	One Driving Lane, No Parking Lane (Requires 20 meters)
Concept D	Two Driving Lanes, No change to Parking (underground)

B. Segment 2 - 7, Centre Street (24 Avenue - Beddington Trail)

Concept A	Two Driving Lanes, No Parking Lane (Requires 30 meters)
Concept B	One Driving Lane, One Parking Lane (Requires 28 meters)
Concept C	One Driving Lane, No Parking Lane (Requires 20 meters)

C. Segment 2-7, Edmonton Trail (24 Avenue - The greenspace north of Beaver Dam Road)

Concept A	Two Driving Lanes, No Parking Lane (Requires 30 meters)
Concept B	One Driving Lane, One Parking Lane (Requires 28 meters)
Concept C	One Driving Lane, No Parking Lane (Requires 20 meters)

UPCOMING EVENTS 2014

June

- ◆ Community Clean Up
- ◆ Diabetes Association Drive
- ◆ Front Yard Garden Contest Start
- ◆ Board Management Meeting

July

- ◆ MLA Stampede Breakfast (Cardel Place)
- ◆ HH Alliance Church Stampede Breakfast
- ◆ Roy Op Stampede Breakfast
- ◆ Lawnchair Theatre

SEE OUR NEW
Colouring Contest
on page 10



The Mission Statement

The **Northern Hills Community Association** endeavours to enrich and empower the diverse communities of the Northern Hills by:

- Advocacy and education
- Supporting opportunities for engagement, and
- Enhancing quality of life



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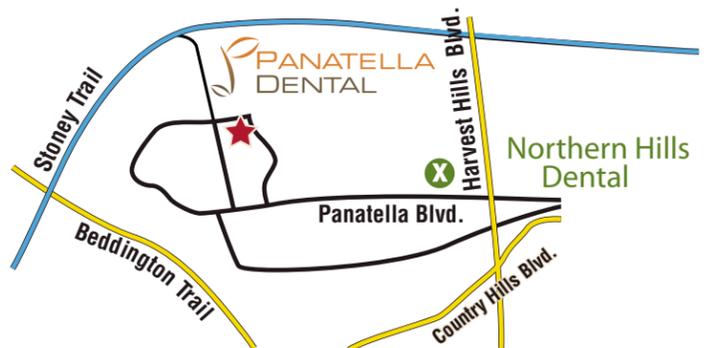
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NEW PATIENTS WELCOME

VOLUNTEER

NHCA VOLUNTEER OPPORTUNITIES

by Sunny Shuang, President

NHCA Board of Directors Update:

The NHCA Board welcomed four new Board members at the Annual General Meeting held in April of this year.

Currently, however, there are a number of vacancies to be filled in the following capacities:

- Communications
- Membership
- Policy
- Schools
- Rinks
- First and Second VP

If you are interested in becoming a Board member of the NHCA Contact: president@northernhills.ab.ca.

There are a number volunteer committees where contribution can be made:

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 those events. Love to socialize and enjoy the feeling of a job well done? Contact events@northernhills.ab.ca

Community Enhancement (Beautification) – We are expanding our efforts to beautify neglected areas in our communities and are looking for community members to contribute in the effort. Activities of the group may include organizing fence painting, gardening, community clean ups, looking for solutions to repair/remove damaged entry features etc. Have a desire to see improvements in our community aesthetics? Contact community@northernhills.ab.ca

2a. Graffiti Abatement - 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!

2b. Litter Clean Up - 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!

2c. Community Garden – Our existing gardens in Harvest Hills and Coventry Hills have been a great success. If you would like to help out at these gardens by doing a little carpentry work, mowing, weeding, watering or planting flowers etc. this would be a great way to get out and enjoy the sunshine! Are you a resident of Panorama or Country Hills and would like to have a garden in your neighborhood? This could be the committee for you. Contact garden@northernhills.ab.ca

Rinks – Our rink in Harvest Hills provided many hours of skating pleasure for residents this year and could use the help with clearing and flooding in winter as well as mowing the site during the summer months. We will be working with the City to have a similar rink up and running in Panorama for

next winter and our rinks committee is seeking eager individuals to help with the planning and execution of an additional outdoor rink in Coventry Hills, this would be a dynamic committee to be a part of. Contact rinks@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 membership@northernhills.ab.ca

At Home In The Hills - An 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. 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 ahih@northernhills.ab.ca

Communications - If you are interested in the newsletter, tweeting, posting or blogging about all the latest goings on in the Northern Hills community, then the NHCA Communications team would love to hear from you! Contact editor@northernhills.ab.ca.

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

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

Senior's Group – SPRY in the Hills, a group of older adults who host regular get together on Tuesdays from 2 - 4 pm, Fridays from 1 - 2pm, a weekly walking group, occasional lunches, workshops and field trips are looking for you and your ideas. Contact seniors@northernhills.ab.ca

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

Traffic – If you and your neighbors have traffic related issues; parking, speeding, upgrading controls at intersections and you're willing to work together to find solutions, contact planning@northernhills.ab.ca

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

From the President

by Sunny Shuang
President NHCA

A Great Kick Start of Eventful NHCA...



It is not an understatement to say that the new and engaged Board members of the NHCA settled in their functions with a lot of energy. A week only into their new positions, many new Board members were already on the ground organizing events and meetings. The NHCA Board has been invigorated by the addition of these new Board members who bring with them a wealth of knowledge and expertise in different areas. Their commitment, along with that of existing Board members, is what will contribute to make the Northern Hills one of the best communities in which to live, work and play.

The same excitement is palpable in the kids/adults soccer and slo-pitch programs which are already underway. The community-based and volunteer-run soccer and slo-pitch programs are wholly run by volunteers who coach, referee, and take pictures. They also helped with line-painting and are in charge of organizing the wind-up party this month. In addition to volunteering in the sports programs, we are also seeing people coming forward to volunteer in different areas such as helping with seniors, community beautification and website support to name only a few. It is truly a noble volunteerism spirit that we are happy to see and encourage.

The highlight of the volunteering spirit in our community was reflected in the success of this year's Community Garage Sale and Flea Market on May 10th at Cardel Place. Thank you to Starbucks Coventry Hills for the coffee and Save On Foods Panorama Hills for the donuts made available for the event. Furthermore, in light of the growing season which is upon us, the gardens are also now ready. Congratulations to our new Events Director, Mohamed and Community Garden Chair, Diana for their serenity and enthusiasm in leading us through another season of success.

I am aware that most of our newsletter audience will read this message after June 1st, 2014, but I nevertheless would like to remind you that on Sunday June 1st, at the Panorama Hills e-Community Centre (88 Panamont Hill NW), the Northstar Residents Association and the Northern Hills Community Association will team up for a clean-up day. Refuse collection trucks will be provided by the City. The Canadian Diabetes Association will also have cloth line trucks to receive your clothing donation. New this year is the bottle recycling program; bottles can be donated to the NHCA. For more details, visit the NHCA website www.northernhills.ab.ca.

On April 29th, 2014, the City of Calgary held an Open House at the Ascension of Our Lord High School as a forum where residents could be informed about the North Central LRT project. The residents also had the opportunity to give their input on the project which the City will take into account when finalizing the project. Interest in the North Central LRT showed to be great and this was evidenced by the large turnout of residents.

There was another Open House about the Keystone Hills Core Plan on May 15th, 2014 at Cardel Place. This plan seeks to establish innovative policies directed towards designs and implementation practices for land use, urban design and mobility along the Centre Street North Urban Corridor and within the Major Activity Centre (MAC). Our new director, Creating Space for Strength, took part in the stakeholder meeting and ensured that information presented in the meeting was disseminated to NHCA members. For more information, you can check the City of Calgary website.

The Airport Trail Tunnel supported by the City of Calgary had its grand opening on May 24th, 2014. It is the largest road infrastructure project in Calgary and it is located underneath the new runway at the Calgary International Airport. The Runway opening events are set for June 14th & 15th.

The NHCA was also invited to the Calgary Police Commission Community Dinner to celebrate community award winners and to provide feedbacks on what residents expected in terms of priorities from the police going forward.

The month of May has proven to be an eventful one for the NHCA. In June, besides the Community Clean-up day event, SPRY will be joining everyone to celebrate Seniors' week from June 2 - 8, across the city. The Community enhancement and beautification committee will be busy planting flowers around the communities. If you would like to participate, send an email to community@northernhills.ab.ca or info@northernhills.ab.ca. This year, the community enhancement committee is planning something different and original, so be sure to check upcoming events on the NHCA website.

We are still a few Board members short of where we would like to be; so if you are interested to commit time and help the community at the Board level, contact president@northernhills.ab.ca for more information.

NHCA office hours are being updated in order to improve service to residents. If you would like to purchase or renew a membership or inquire about upcoming events, please visit the NHCA website at <http://www.northernhills.ab.ca/> for all the details. Thank you to all the sponsors, volunteers, staff, Board Members and members of the Northern Hills Community Association who continue to make this community worth living in.

Backyard Play Safety

With summer approaching, Alberta Health Services EMS would like to encourage parents to ensure their backyard play areas are made safe. Direct supervision is the best method to reduce the chance of injury. It is also prudent to ensure play equipment in your yard is suitable for the age and skill of the children using it. Don't forget to check the equipment often, and repair any worn or broken parts. Set up play equipment on a shock-absorbing surface such as sand, wood chips, or pea gravel. Grass may not adequately cushion a fall.

Water hazards

- Ensure all backyard swimming pools are fenced. The fence should be at least 1.5 metres (5 feet) high and have a self-latching, self-closing, lockable gate;
- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water, if it covers their mouth and nose.

Lawn and garden tools

- Keep young children away from

outdoor power equipment. Serious burns may result from touching hot engine surfaces;

- Ensure that all tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying, or re-locating hives and nests situated near your home;
- To avoid a bite in case of accidentally stepping on a stinging insect ensure your child wears shoes, or sandals;
- If your child has received an 'EpiPen Jr' prescription from your physician (for serious anaphylactic emergencies only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, seek medical attention, or call 9-1-1.

Be That Difference by Volunteering at Bethany Harvest Hills

As you enter the care centre for seniors at Bethany Harvest Hills, you are welcomed not only by the pleasant staff, but also by an atmosphere that makes you feel at HOME. The centre houses six small neighbourhoods that each has ten resident rooms. The neighbourhoods have the village square as the centre of the community. It is used for get-togethers and visits. A central dining room gives family members the opportunity to dine together and share special moments. To ensure that residents don't miss out on the comfort a pet can bring, there is a cuddly cat in every neighbourhood. The beautiful courtyard offers gazebos, gardens and secure wandering pathways where residents can have their daily walks.

Catering to Bethany Harvest Hills' residents is not limited to the efforts of the staff at the centre. "The good news is that every one of us in the community can play a meaningful role in enriching our residents' lives," says Volunteer Coordinator, Lise

Blanchette. "Volunteers make a huge difference in the quality of life for our residents." At present, the centre is in need of volunteers who have skills as drum facilitators, art therapists and palliative care givers. "We also greatly appreciate people who can help with feeding residents", says Blanchette. As many residents tend to revert back to their mother tongues due to dementia, volunteers who are bilingual are always in demand. Other volunteer opportunities include gardening and grounds keeping as well as pet visits.

Bethany was founded by volunteers in 1945 and our tradition of volunteering remains at the heart of our community today. Our mission of Creating Caring Communities is enriched by our volunteers who help us honour the spirit and individuality of our residents. If anyone is interested in volunteering at Bethany Harvest Hills, contact Lise Blanchette at 403.226.8200 or email at lise.blanchette@bethany seniors.com.

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Northern Hills Community Gardens

Every gardener knows under the cloak of winter lies a miracle – a seed waiting to sprout, a bulb opening to light, a bud straining to unfurl. And the anticipation nurtures our dream. ----- Barbara Winkler

Calling all gardeners, young and old, experienced and inexperienced. Would you like to:

- ✓ meet new people?
- ✓ grow your own produce?
- ✓ support the food bank?
- ✓ reduce your footprint on the environment?

Then you need to
join us in the community garden!

Community gardens in the Northern Hills communities of Harvest Hills and Coventry Hills have plots available for the 2014 growing season. For more information on how to get involved please contact:



Harvest Hills Community Garden
harvestgarden@northernhills.ab.ca

Coventry Hills Community Garden
coventrygarden@northernhills.ab.ca

Visit the NHCA website at
www.northernhills.ab.ca

or call the NHCA office at 403 226 6422.

Newsletter

"Did You Know In the Hills?"
Contest!

This month's winner of the "Did You Know in the Hills?" trivia question sponsored by Applebee's and Empire Theatres is **Tabetha Arundell**. The answer can be found on page 5 of the newsletter in the article "Playground Removal and Upgrades".

Tabetha Arundell wins two Landmark Cinemas passes and a \$50 gift card to Applebee's restaurant. Thank you to all of those who submitted their answers and we look forward to your continued participation.

Look in this edition of the NEN for this month's trivia question of the "Did You Know in the Hills?" contest and WIN!



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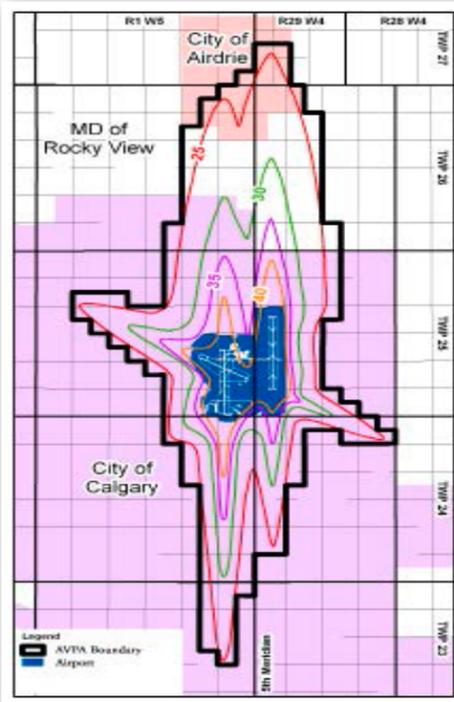
YYC Airport: Runway Expansion and Noise Level Increase

By Paul Eneh

The renovation and expansion of facilities at Calgary International Airport (YYC) involves the construction of the longest runway in Canada (4,267 meters). The new runway, along with the existing ones, will increase the airport air traffic and thereby lead to an increase of noise level in the communities surrounding the airport. There were over 244,917 flights in 2013 and with the commissioning of the new runway, we should expect a substantial increase of aircrafts activities and therefore more noise.

The Aeronautic Act has rules aimed at minimizing the impact of aircraft noise level along with detailed procedures to ensure the safe departures and arrivals of planes. The Noise Abatement Procedure (NAP), part of the Aeronautic Act, stipulates that the cooperation of pilots, traffic controllers, weather conditions, traffic patterns and condition of runways are central to operations and noise control.

Noise standards and certifications were developed by



the International Civil Aviation Organization (ICAO) to limit noise at the source, namely the aircraft. This is accomplished by measuring the noise of the aircraft at maximum weight on departure, arrival, and sideline noise - measured along a 450 meters line to the side and parallel to the runway center line.

The Calgary International

Airport Vicinity Protection Area (AVPA) regulations also control land use in noise sensitive areas around the airport. This act limits residential development around the airport where aircraft noise will be difficult to limit. Noise forecasting models which incorporate inputs such as existing and proposed runway was conducted. This resulted in a Noise Exposure Forecast (NEF), showing the perceived noise levels that would be experienced in the vicinity of the airport.

The Calgary Airport Authority created the ACCC as a forum "for the exchange of information between the community and the aviation industry. The impact of the anticipated increase in air traffic and the efforts to curb the noise that increase air traffic will cause were topics discussed at the last ACCC meeting. The meetings are attended by various community groups to whom the issue is relevant; in addition, a "Concern Hotline - 403 735 1404" has been put in place primarily for residents willing to obtain information or voice their opinion about the airport expansion project.



NHCA c/o Cardel Place
11950 Country Village Link NE
Calgary, Alberta T3K 6E3
Ph.226-6422 Fax 226-6421
Website: www.northernhills.ab.ca
For general information by email, please send messages to info@northernhills.ab.ca

BOARD MEMBERS

President	Sunny Shuang president@northernhills.ab.ca
1st Vice President	Vacant 1vp@northernhills.ab.ca
2nd Vice President	Vacant 2vp@northernhills.ab.ca
Secretary	Shawn Prodgers secretary@northernhills.ab.ca
Treasurer	Jereme Young treasurer@northernhills.ab.ca
Advocacy	David Hartwick advocate@northernhills.ab.ca
Business Development	Shawn Prodgers business@northernhills.ab.ca
Cardel Rep	Suresh Fernando cardel@northernhills.ab.ca
Community Enhancement	Vacant community@northernhills.ab.ca
Communication	Vacant communication@northernhills.ab.ca
Creating Space for Strength	Moraig McCabe createspece@northernhills.ab.ca
Events	Mohamed Hassanin events@northernhills.ab.ca
Grants	Suresh Fernando grants@northernhills.ab.ca
Memberships	Vacant membership@northernhills.ab.ca
Planning/Development	Paul Eneh planning@northernhills.ab.ca
Policy	Vacant policy@northernhills.ab.ca
Rinks	Vacant rinks@northernhills.ab.ca
Schools	Vacant school@northernhills.ab.ca
Sports	Janice Henderson sports@northernhills.ab.ca
Youth	Amanda Davis youth@northernhills.ab.ca
Director at Large	Parminder Gill Paul Eneh

COMMITTEE CHAIR

At Home in the Hills	Allan Pole ahih@northernhills.ab.ca
Community Gardens	Diana Dumoulin gardens@northernhills.ab.ca
SPRY	Dell Sudnik seniors@northernhills.ab.ca
Volunteer Coordinator	Jessica Mehain volunteer@northernhills.ab.ca

NEWSLETTER, WEBSITE AND IT

Editor - Northern Edge News	Ivon Mbuyamba editor@northernhills.ab.ca
Volunteer Writer	Anne Kumar
Social Media	Corie Rochon
IT	Troy Davis web@northernhills.ab.ca

STAFF

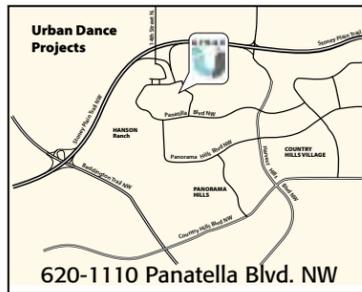
Office Administrator	Gigi Tingzon admin@northernhills.ab.ca
Marketing Administrator	Heather Hubert marketing@northernhills.ab.ca
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Northern Edge News

The Official Newsletter at the North Hills Community Association

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

Editor	Paul Cavanagh	editor@northernhills.ab.ca
Ad Sales	Heather Hubert / Wayne Brown	ads@northernhills.ab.ca
Layout/Design	Duane Thomson	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. Please contact the association office.

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- 56 Bird beak part
- 57 The America's Cup trophy, e.g.
- 58 Gull-like bird
- 61 Neuter
- 62 To be, to Tiberius
- 64 Paranormal ability
- 65 Line

Spring Park Party of Coventry Hills Drive is still Happening - June 8th!!

Due to the weather, we have rescheduled the park BBQ to June 8th from 12 - 3pm. The families from the Covehaven area, the 100 block of Coventry Hills Drive and the traffic circle park are still invited and we hope that local folks can join us for a SPRING PARTY in the park on Sunday, June 8th from 12-3pm. Put it on your CALENDAR and join us for a fun "get to know your neighbor" gathering! We are going to BBQ hamburgers and hotdogs, visit around tables, watch our children play and participate in some organized activities!!! The office of Ward 3 councilor will attend, and help out with the community clean up after the BBQ. Yes, we would like to do a quick community clean up after the gathering, so bring your gloves and a garbage bag!

If you are worried about the speeding traffic around the 100 block Coventry Hills Drive park, come and celebrate with us on June 8th, we are getting speed bumps on our street!! This is thanks to the local families that have rallied and pursued traffic calming applications for the past two years. Please, come out, meet us, and help us celebrate the success that happens when families work together!!

If you are interested in attending or helping organize this event, please contact Rosalind Carson at carsonra@telus.net. More details about this event will be posted around the community towards the end of May. You can also join us on Facebook "Neighborhood Coventry Hills Drive Group" to receive current information about our events and initiatives.

Newsletter

"Did you Know In the Hills?" Contest!

It is time again to pose a question to our readers relating to the northern hills communities, the Northern Edge News, the Northern Hills Community Association (NHCA), or other information contained in an article in this month's newsletter. When you find the answer to the question below send us an e-mail at editor@northernhills.ab.ca and include your name, contact information, NHCA membership number, and the edition (month), article and page number where you found the answer. There will be a prize draw from each month's entries for dinner and a movie. The fine print says there can only be one entry per month per membership and you must have a current NHCA membership to be eligible. So find the answer and WIN!!

The question for this month is:



What are the names and position titles of this year recipients of the Community Hero Awards?

Please send your answer along with your name, contact information, NHCA membership number, the article title and page number to editor@northernhills.ab.ca. There is a dinner and a movie for two prize to be won. Non-members of the Northern Hills Community Association can purchase membership online at <https://www.compusim.com/nhca/membership/>; and existing members whose membership has expired will also be able to renew their membership at the above web address.

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



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\$700,000	\$25,000	\$14,000	\$11,000
\$800,000	\$28,000	\$16,000	\$12,000
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NORTHERN HILLS COMMUNITY SOCCER UPDATE

The evening was a chilly one, 5 degree Celsius to be precise; the sky was blanketed by an icy sheet of cloud the purpose of which it seemed was to snuff out any hope of spring. Yet thumping of soccer balls could still be heard from two adjacent soccer fields at the Ascension of our Lord High School coupled with mellowed voices. On this Monday evening, 4 teams of the Northern Hills Community Association men's soccer league came out to brave the cold and the muddy fields; but mostly importantly, they came out to express their love for a game that even nature was intent on preventing them to play.

It was the second week of the soccer season in which the Red team was facing the White team and the Blue team engaged against the Black team. A competition remains one, and there was no lack of it in these two games; however, it was superseded by an air of camaraderie among players, a sense of avoiding the infliction of injuries and a general feeling of belonging.

The success of the soccer program in the Northern Hills Community is the result of the untiring commitment of volunteers who dedicate their time and energy to ensure the continuous success of the program and their commitment to its development beyond what it is today. Among them, Janice Henderson, sports director for the Northern Hills Community Association, along with the entire team of volunteer involved, have been instrumental in the organization and realisation of the program despite the challenge of limited time. Their devotion embodies the true spirit of dedication and of giving back to the community. Soccer, here in our community, is more than a sport. Soccer facilitates the coming together of people of various backgrounds and talents on a common ground.

And it goes beyond that; because, despite the vacillation of the weather and the challenge of getting more volunteer's involvement, soccer allows children, along with their parents to get out and to enjoy the benefits

of team work, sportsmanship and personal-development. As for the parents, whether they are volunteering or simply supporting their children, they get to meet each other, assess their children under a different light and above all be part of something meaningful.

Thank you to all the volunteers who have made this soccer season possible and a success.



RECIPE OF THE MONTH

Dhal Curry Recipe

Prep Time:

Cook Time: **Serves: 4**

Ingredients:

- 1 cup yellow lentils (Toor Dhal), 250 ml
- 1 onion sliced
- 1 tomato sliced
- 2 green chillies
- 2 to 3 pods of garlic
- 2 tea spoons cumin seeds
- Turmeric powder 1/2th tsp
- (optional) Asafetida, a pinch
- 3 table spoons oil
- 1 tea spoons mustard seeds
- (optional) 1 tea spoons urad dhal (white lentils, ulundu)
- 4 to 5 Curry leaves
- Coriander leaves

Directions:

Wash and soak the yellow lentils for at least 15 minutes in a pan or preferably a pressure cooker. Then add 1/2 tsp of turmeric powder, 1 tsp cumin seeds, 1 sliced onion, 1 sliced tomato, 2 green chillies, 2 pods of garlic, a pinch of asafetida and 1 table spoon of cooking oil.

Close the pressure cooker and cook till 3 to 4 whistles. If using a pan, cover the pan and bring to boil and then simmer for at least 25 to 30 minutes. Then remove from fire. The lentils will be soft and ready to be mashed with a ladle. Once a smooth consistency is obtained after mashing, add salt to taste. Then add 2 table spoons of oil to a small sauce pan, when it is heated season by adding 1 table spoon of mustard seeds, 1 table spoon of cumin seeds, 1 table spoon of white lentils, 1 pod of garlic and a few curry leaves. Add this to the cooked yellow lentils and stir. To add extra flavour, sprinkle finely chopped coriander leaves.

Your dhal curry is now ready to serve with either rice, chapattis, wheat breads or nans.



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Aug 5th – 8th, 2014

1057 Panorama Hills Dr. NW

Park n' Play FREE

**Ages 6 to 12
10 a.m. – 3:30 p.m.**

Stay n' Play FREE

**Ages 3 to 5
10 a.m. – noon**

Join in the fun with games, crafts, and other age appropriate activities!

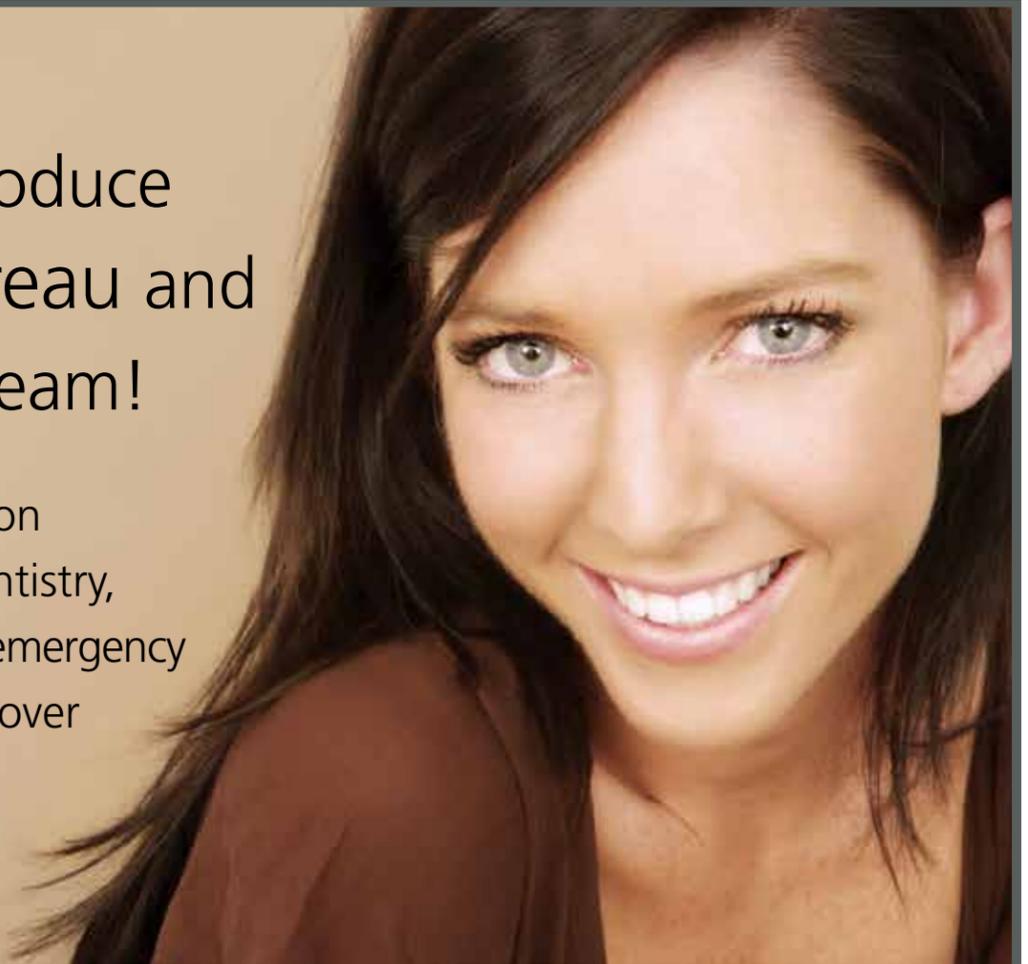
Play Faster This Summer!

Save time and line-ups on the first day by pre-registering for Park n' Play and Stay n' Play. Pre-registration does not guarantee entry. **Entry to these programs is on a first-come, first-served basis.** We encourage you to supply us your information by pre-registering prior to program starting to help you save time filling out forms at the program when you arrive.

Visit Calgary.ca/cns for more details

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

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



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

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

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NOW ACCEPTING NEW & EMERGENCY PATIENTS

Colouring Contest: FREE ICE CREAM!

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

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



NAME: _____

AGE: _____



How to Get a Membership

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

You can purchase a membership three ways:

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



Resident Membership Form

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

FEES: 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"/> Health and Wellness Fair |
| <input type="checkbox"/> Newsletter | <input type="checkbox"/> Children's Soccer | <input type="checkbox"/> Community Beautification |
| <input type="checkbox"/> Ladies Soccer | <input type="checkbox"/> AGM | |
| <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

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BECOME A MEMBER OF THE NHCA AND GET CONNECTED TO YOUR COMMUNITY!

THE NHCA OFFERS THE FOLLOWING FOR OUR MEMBERS:

- We are your voice for planning and development issues
- Partner with local businesses to enhance programs.
- Founding member and board representation for Cardel Place.
- Meet regularly with elected, agency, and government representatives.
- Liaise with Public school and Separate school boards.
- Discounts at NHCA community events!
- Northern Hills members can vote at the NHCA AGM.
- You qualify to join the Board of Directors.
- Discounts and special offers at participating local businesses.
- Monthly community newspaper to every home in Northern Hills.
- Check out our website.



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!

Your membership fee provides affordable local activities and programs that help keep your community healthy and attractive, such as:

- **Programs** – Community Gardens, Seniors Group, Moms and Tots, Community Beautification, Tree Planting, Graffiti Abatement
- **Initiatives** – Outdoor Ice Rinks, Farmers' Market, ESL Program, Youth Council, and Wine and Cheese Group.
- **Sports** – Youth Outdoor Soccer, Adult Slo-Pitch and Ladies Outdoor and Indoor Soccer Programs.
- **In partnership with the City of Calgary** – Stay & Play, Park & Play, Skate Park and Lawn Chair Theater programs over the summer.
- **Events** – Community Garage Sale, Community Clean Up, Community Business & Services Fair, Seniors Resource Fair, City Planning Open House, Community Resource Fair, Fundraisers and Election Forums.



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

LIBRARY NEWS

Programs for June 2014

Register on-line at www.calgarypubliclibrary.com or call 403-260-2620

"Turn your imagination into reality at the Country Hills"

Pyjama Storytime

Snuggle into your jammies and join us for sleepy stories, lullabies and finger plays for the whole family. Ages 2 to 5 with a parent/caregiver
Monday, June 23 from 7:00 - 7:30 p.m. Registration begins May 7



Resume Templates

Learn where to find reliable resume templates, samples and tools and how to use them.



Tuesday, June 10 from 7:00 - 8:30 p.m. Registration begins Apr 21

50+ Coffee and Conversation - 'Wings Over High River' and / or Laughter Yoga

Join us for coffee, conversation and presentations of interest. Ages 50 and up Thursday, June 5 ('Wings Over High River') and / or Thursday, June 19 (Laughter Yoga) from 2:00 - 3:30 p.m. No registration required

Computer Technology Coaching

Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products.

Wednesdays, May 7 to Aug. 27 (No program on July 23) from 2:00 - 3:30 p.m.

No registration required

Beach Ball Babies

Bees buzzing, flowers blooming, sand squishing through toes... Celebrate the hot days of summer with stories, rhymes and songs. Ages 6 to 23 months with parent/ caregiver Wednesday, July 9 from 2:15 - 2:45 p.m. Registration begins June 11

2014 TD Summer Reading Club: Eureka!!

Join us as we kick off Eureka! the 2014 TD Summer Reading Club. Drop in for a scavenger hunt and other fun activities. Collect your maker notebook and read all summer to win great prizes! Saturday, June 21 from 10:00 a.m. - 4:00 p.m.

No registration required

RESEARCHPLUS

<http://calgarypubliclibrary.com/services/research-plus>

ResearchPlus is a fee-based research and reference service at the Calgary Public Library. Our experienced team provides expert research services to individuals, organizations, and large and small businesses.

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Please contact us at researchplus@calgarypubliclibrary.com to inquire about other services or to request a quote.



COUNTRY HILLS LIBRARY

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Hours:

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



In the spring of 2013, our Elbow and Bow Rivers flooded, creating the biggest disaster in Calgary's modern history - and one of the biggest outpourings of volunteer support our city has ever seen. We made it through, together.

Named in honour of the overwhelming community spirit that rose against the waters, Neighbour Day is a way to commemorate the 2013 flood, while keeping the incredible resilience and community spirit of our city bright in our memories and first in our actions.

On Saturday, June 21 get out into your community and get to know your neighbours. Whether you host a block party or join a community cleanup, let's commemorate the 2013 flood by celebrating what makes Calgary great!

The idea is to meet neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community - be it painting a fence or helping clear out some old rubbish. Vibrant and strong communities with good neighbours are one of the things that help make Calgary more resilient and stronger as a whole.

This Neighbour Day, The City of Calgary is encouraging you to head out, explore your community and meet the people you share a street with! It can be as simple as just introducing yourself, giving someone a hand with a project, or even helping throw a block party with neighbours.

Visit www.calgary.ca/neighbourday for more information and ideas on how to celebrate; you'll also find downloadable tools and kits to help organize and plan your own community Neighbour Day:

Poster: Spread the word about Neighbour Day to your friends, family, neighbours and colleagues with this downloadable poster, for both print and digital use.

Invitation: Fill in your event details and share with neighbours, drop in mailboxes and post it around your community.

Nametags: Never forgot another name; print off these tags and get to know your neighbours.

Block party kit: An easy how-to guide to organize a neighbourhood block party.

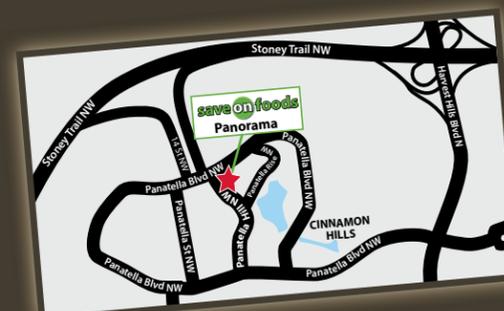
look what's in store at

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unique offerings, fresh ideas



Explore our produce department where you'll discover an impressive selection of the freshest organics. We're constantly looking for top-notch organic fruits and veggies to bring to you, so be sure to check each week to see what's new. This week, try combining one of our organic salad mixes with naturally-grown avocados and juicy tomatoes on the vine for a fresh, flavourful side or meal.



Panorama:

225 Panatella Hill NW, telephone: (403) 384-9780, open 7 days a week, 8am - 11pm

The 2014 NHCA Garage Sale



This year's annual garage sale and flea market turned out to be another success despite the non-cooperating weather. A windy and sunny morning with nippy temperature followed by an overcast afternoon did not hamper the spirits of vendors and shoppers: bargains were plenty! The green Northern Hills Community Association tent stood out among vendors set up outside. Thank you to Starbucks Coventry Hills for the coffee and Save On Foods Panorama Hills for the donuts made available at the NHCA tent; many found warmth there!

The place bustled like the Bazaar of Istanbul as participants enjoyed all the great deals they found ranging from helicopter toys, books, crafts, furniture, housewares, baby items and so much more! The vendors enjoyed the event format along with the east hockey area providing extra shelter from the weather since Cardel was also hosting its Kids Stuff Garage sale. There was a wide variety of tables selling so many great items for chil-

dren; shoppers could buy a book for 25 cents and running shoes for pennies on the dollar!

There was something for almost everybody and we hope you can make it out to our next one. Read our newsletter and website for information on this so you don't miss out!

The NHCA 2014 Garage Sale was a success. It is a success, again, attributable to the many volunteers who organized it.



Coventry Hills

sudoku-puzzles.net

Answers on page 15

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

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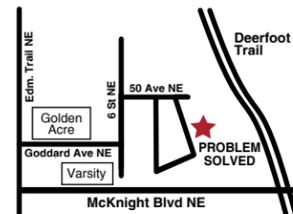
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RCCG-LFC where expectations become manifestations!!!

The Green Foundation On The LRT

By Jeff Binks
Co-Founder, LRT on the Green Foundation

Currently, the verb change best defines Calgary. From the construction cranes that dominate the City's skyline to the opening of new restaurants and shops in our communities, change is always ever present. Among these changes in Calgary is the way we commute. Traffic congestion and infrastructure continue to be among the major concerns in the City of Calgary's Citizen Satisfaction Report. For community residents, driving on Deerfoot highway during rush-hour or trying to board a BRT bus going downtown is a clear substantiation of those concerns.

The next time you are stuck in traffic on your way home, consider the following;

Did you know that over the next three decades, the population of Calgary is expected to double to over 2.2 million people? Did you know that the Calgary Municipal Development Plan has a large number of these new residents living in communities planned for the south east and north central regions? Did you know that the City's main plan

to deal with traffic in these areas is the construction of the North Central and South East LRT lines, now known as the 'Green Line'? Did you know that under existing funding arrangements, the current construction timelines for these LRT lines means they will not

After looking at what the future holds for our city, it starts to become evident that another type of change is also needed.

be completed in their entirety for almost 30 years? Did you know that as a resident of this community, you are one of 270,000 Calgarians who already live and work in the regions that would be served by the Green Line?

After looking at what the future holds for our city, it starts to become evident that another type of change is also needed. Having residents wait nearly 30 years for construction of the Green Line to be completed is also something that needs to be changed. What is needed is a way to unite the voices of Calgarians

living and working along the Green Line to demand this change. In late March 2014, the LRT on the Green Foundation was launched in partnership with ten Calgary Community Associations to help satisfy this need.

The main goal of the Foundation is simple. We hope to see LRT operating along the Green Line by 2021 by uniting what has been, to date, a fragmented advocacy approach by the various stakeholders in both north and south east Calgary. In order to accomplish our goal, we have begun working with as many stakehold-

ers as possible to ensure a cycle of communication exists amongst the group and to harmonize our message. We have taken steps to ensure that our Board of Directors has equal representation between both north and south east Calgary and represents a broad range of stakeholders. We have begun to pursue various citizen engagement activities to raise awareness about the Foundation and to try and make LRT on the Green Line a city wide discussion topic. Steps are also being taken to raise awareness about the cost of congestion and how community access to



LRT on the GREEN Foundation

rapid transit brings with it social, economic and environmental benefits that positively impacts all Calgarians' quality of life.

One of the Foundation's first public engagement step is the creation of a website that we hope will bring together all the relevant information regarding the North Central and South East LRT and offer people the ability to learn more about the Green Line. We encourage you to visit our website at www.lrtongreen.ca. The Foundation has also been working towards establishing a presence on social media using Twitter (@lrtongreen) and Facebook (www.facebook.com/lrtongreen). For those who are connected in social media, we would like to ask you to begin using the hashtag #LRTOTG when tweeting or posting about things that may be relevant to the Green Line

LRT. The use of the hashtag will help us tell the story of the people whose lives are impacted by lack of LRT access.

There is a certain truth to the saying that there is strength in numbers. The Green Line LRT stretches from the northern limits of Calgary to the new hospital in the City's south east. It will bring 40 kilometers of new LRT track to Calgary's existing 53 kilometers network and directly impact the lives of 270,000 people. It will reduce congestion and bring targeted investment and transformational change into our communities as the City welcomes its next one million residents. United, our voices can bring the change we need. We invite you to take the time to learn more about the Green Line and the Foundation and we hope that you will join your voice to ours.

WinSport's Canada Olympic Park

SUMMER CAMPS

ON SALE NOW!

Shaping the Champions of tomorrow!

Sport Calgary's All Sport One Day – June 21, 2014

A FREE DAY OF SPORT DISCOVERY

Sport Calgary's annual "All Sport One Day" event provides an opportunity for children ages 6-12 to discover new and exciting sport activities in a fun way. The city-wide event connects kids and their families with local facilities and sport organizations. The goal of the event is to promote an

activity-filled lifestyle encouraging a lifelong love of sport.

The first All Sport One Day event was held in Calgary in 2009, at two facilities with 450 kids. It has grown in leaps and bounds in the five years since its debut to twelve facilities in the city with activities from over 50 different

sport organizations, and an expected registration of 2700 children this year.

All Sport One Day's "Discovery Sessions" focus on developing physical literacy, which is just as important as the ability to read and write. Physical literacy opens the door to a world of opportunities in sport and physical activity. Almost any sport you can think of is represented, from archery to wheelchair basketball, and all the sports in between!

This is the second year that All Sport One Day will be partnering with Special Olympics Calgary to also provide sport activities for children with intellectual disabilities. (The Special Olympics sport program will be at Talisman Centre only.)

Participating Facilities:

- Cardel Place
- Talisman Centre
- Glenmore Athletic Park
- Saddle Towne YMCA
- Shawnessy YMCA
- Southland Leisure Centre
- Calgary Soccer Centre
- Village Square Leisure Centre
- WinSport's Canada Olympic Park
- Trico Centre for Family Wellness
- South Fish Creek Recreation Centre
- The Genesis Centre of Community Wellness

Registration opens May 26 at [All-SportOneDay.ca](http://AllSportOneDay.ca), and closes on June 15, so interested parents should sign up soon.



NHCA STRATEGIC FOCUS AREAS

- Communications
- Community Advocacy
- Community Enhancement
- Membership & Volunteer Engagement
- Fundraising & Events
- Sports & Recreation

Northern Hills Community Association



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Honourable Michelle Rempel, P.C., M.P.

Calgary Centre-North Report to Constituents

The Federal government's top priority remains jobs and economic growth. In my role as Minister of State for Western Economic Diversification, I would like to draw your attention to two recent events that will have long term effects for Calgarians.



Honourable Michelle Rempel, P.C., M.P. Calgary

I welcomed more than 500 participants to the highly successful Western Innovation Forum on April 16-17, 2014, in Vancouver, British Columbia. This was a major industry-oriented event aimed at connecting Western Canada's aerospace, marine, defence and security industries with investment, partnership and business opportunities.

Hosted in collaboration with Mitacs and the Canadian Association of Defence and Security Industries (CADSI), the Forum brought together innovators in business, government, academia and key economic sectors to discuss and share ideas and best practices, and to explore opportunities for innovation and technology commercialization – all from a uniquely western Canadian perspective. Forums such as this will continue to foster economic success and create new jobs in western Canada and Calgary.

I was also pleased to announce almost \$3 million in Federal support that will enable the Olds College Apparel Innovation Centre in Calgary, in collaboration with Alberta Garment Manufacturing Ltd., to establish Western Canada's first open-access

apparel research and development facility. These funds, matched by monies from private industry, will be used to acquire a broad spectrum of product testing and prototype development equipment. This will provide opportunities for fashion students to obtain necessary education and hands-on experience from market-driven collaboration projects with industry related outcomes.

Once completed, Canadian-based companies and entrepreneurs will have access to a full suite of product testing and development equipment, as well as research services to create advanced textile-based products such as fire and chemical resistant safety gear for the energy, mining and manufacturing industries.

I would also like to clear up some of the confusion regarding riding redistribution. Every 10 years, after the census is conducted, the number of electoral districts (ridings) and their boundaries are revised to reflect population shifts and growth. In keeping with Elections Canada directives, Calgary Centre-North is being divided into two new ridings for the next general election. The new ridings will be called Calgary Confederation (the south of the current riding) and Calgary Nose-Hill (the north of the current riding).

Complete details of these riding changes may be found online at <http://www.redecoupage-federalredistribution.ca>.

Until the next election all Mem-

bers of Parliament will represent their present ridings.

I will continue to serve all constituents of Calgary Centre-North and will continue to work hard for you and your family in Ottawa.

As always, please feel free to contact my office with your concerns or

you can send in your suggestions and comments directly to me through my website www.michellerempel.ca.

www.michellerempel.ca
403-216-7777

105-1318 Centre Street NE,
Calgary, AB, T2

A MESSAGE FROM WARD 3

North Central LRT

Many thanks to the hundreds of Calgarians who attended the North Central LRT project workshop and open house events. There was a full house at both workshops, where people discussed what was important about living, working and travelling in the Centre Street and Edmonton Trail areas, such as the community culture, travel times, number of traffic lanes, parking, etc.

The Ward 3 office attended both open houses, where we saw several hundred citizens walk the two route options- Centre Street and Edmonton Trail. For those people who attended from Ward 3, your feedback is now being considered through the next project phase, which will result in the recommended North Central LRT route. A summary of the conversations will be available on calgarytransit.com once everything is reviewed.

Moving forward, the project team will review the citizen feedback and consider it through technical analysis in the spring and summer. The project team will be back out to talk with Calgarians in the fall of 2014 about the recommended North Central LRT route. It's expected Administration will present the recommended LRT route to SPC on Transportation and Transit Committee in late fall before going to Council in December 2014.



June Activities

June is shaping up to be a fun month in the community. June 8 I will be joining a group of residents in Coventry Hills for their annual cleanup and BBQ. It's great to see neighbours getting to know each other and taking pride in their community.

I will also be sharing a burger and conversation with our active seniors from the SPRY in the Hills group June 11. It's always important to be reminded of the value of keeping active both mentally and physically.

Airport Trail Tunnel

I would like to extend a thank you to those that were able to attend the Airport Trail Tunnel Grand Opening held May 24. It's because of your support that we were able to make this happen.

As always, I welcome your calls and emails so if you have any questions or concerns, please don't hesitate to contact my office. Please visit my website for updated information: www.calgary.ca/ward3.

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



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.



June 29
One Service Sundays begin
at 10:00 am.

Nursery will be staffed for children up to 24 months.

STAMPEDE BREAKFAST
SUNDAY, JULY 6, 2012
9 - 11 AM.



Tent with children's activities such as face painting balloon animals

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

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Crossword puzzle ANSWERS

Puzzle on page 10

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1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
27	28	29	30	31	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52
53	54	55	56	57	58	59	60	61	62	63	64	65
66	67	68	69	70	71	72	73	74	75	76	77	78
79	80	81	82	83	84	85	86	87	88	89	90	91

Sudoku puzzle ANSWERS

Puzzle on page 10

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

WHERE SMILES BEGIN!



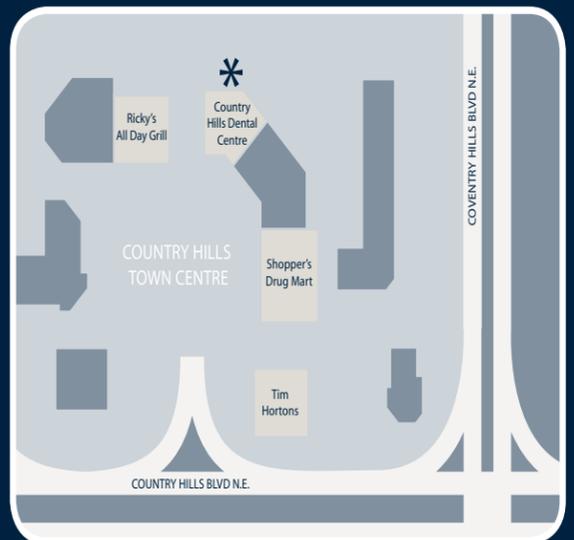
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