

Three Benefits of a local Farmers Market

by Shawna Smith
Holistic Nutritionist & Esthetician

When it comes to fresh fruits and vegetables, the market is the perfect place to locate some fabulous food finds for everyone in the family!

Here are 3 reasons to support your Northern Hills Community Farmers Market this summer.

FRESH FOOD ~ unfortunately most supermarkets harvest their fruits and vegetables weeks before they are ripe to facilitate for transportation and storage. They are then gassed to encourage ripening before finally ending up on the supermarket shelves. This greatly affects the taste and nutritional value of the produce. When you purchase from a local seasonal Farmers

Market the term "farm fresh" really means something. Most produce is usually picked the day before if not that morning, ensuring your produce will contain optimal nutrients and taste.

SUPPORT FOR LOCAL FARMERS ~ a much higher percentage of your dollar goes to the farmer when purchasing at a farmers market directly supporting your local economy. Many times the same person that you're purchasing from is the same person that was involved in growing or raising your purchase. Take the opportunity to have your questions answered and build a relationship with the farmers.

LOWER CARBON FOOT-PRINT ~ this can happen in a couple of different ways. First, the produce at the market hasn't

had to travel great distances, which lowers fuel emissions. Second, walking to your local farmers market is a great way to get your exercise in for the day and reduce fuel emissions.

"A community farmers market is not only an economic engine, it's also a social gathering place which builds a community." Anonymous

Stay tuned for next month's article, "Sprouting: A Fun & Nutritious activity you can do with kids."

Shawna Smith is a Holistic Nutritionist & Esthetician who is passionate about supporting local farmers and a NHCA Farmers Market Committee Member.

Contact 403-477-8165,
shawna@smithshawna.ca
www.shawnasmith.ca



Northern Hills
Community Association

FARMER'S MARKET

visit us on facebook Northern Hills Farmers' Market

Community Garden Update

As winter's end approaches, at least according to local groundhogs, people are starting to shift their minds towards spring and summer. Hopefully being outdoors is somewhere near the tops of your spring mindset. One of the best ways to get outdoors in the spring is to dabble in some gardening. Whether you're a beginner or someone who would just appreciate another seasoned gardener's opinion there is a number of educational workshops that the community garden group wants to offer to their members this year and if there is interest expand this to all members of the community.

Workshops may include subjects such as:

- Composting Basics

- Starting Plants from Seed
- Food for Small Places
- Growing Food for the First Time
- Vegetable Gardening for Zone Three

Any other ideas would be appreciated and can be sent to garden@northernhills.ab.ca.

If you are interested in vegetable gardening and want to participate in these workshops, watch our community garden blog at <http://www.northernhillscommunitygarden.blogspot.com> or follow the Community Garden link at <http://www.northernhills.ab.ca> for more information and updates.

UPCOMING EVENTS 2011

March 5

Online and office in-person Soccer Registration Extended to March 5

March 15

Adult Slo Pitch Registration Ends

March 17 4:15-8:00 pm

Coventry School Comm. Res. Fair
Coventry School

April 14 5:30-8:00 pm

AGM & Resource Fair
HH Alliance Church
5:30 - 7:00 pm Resource Fair;
P&D Open House
7:30 - 8:00 pm AGM

April 23

Adult Slo Pitch Begins

April 30 9 - 2 pm

Community Clean Up/WINS Drive
Panorama E-Center

Northern Lights Contest Sponsorship

Due to an oversight, acknowledgement of sponsorship of the 2010 Northern Lights Contest by the Tudor Rose Restaurant and Pub, located at Suite 800 - 1110 Panatella Blvd NW, in Panorama Hills, was inadvertently omitted from the article on the front page of the February edition of the Northern Edge News. We would like to take this time to thank the owners of the Tudor Rose who provided each of the eight winners and two lucky winners of the nominators draw with a \$50 gift certificate. Thanks again to Tudor Rose and to all who lit up our neighbourhoods over the holidays!



TUDOR ROSE
403-295-9344

Members are Winners!

Congratulations to all of the new members of the NHCA who recently signed up and supported their community association at Winterfest. Aydemir Gulsen and Dawn Thompson had their names drawn in a membership raffle and were awarded some great gift packages from Creative Edge Flowers and Gillette's Fabricare. Membership in the NHCA has its benefits and we thank all of the people who took time to sign up and support their community association at recent community events!

CREATIVE
EDGE
FLOWERS

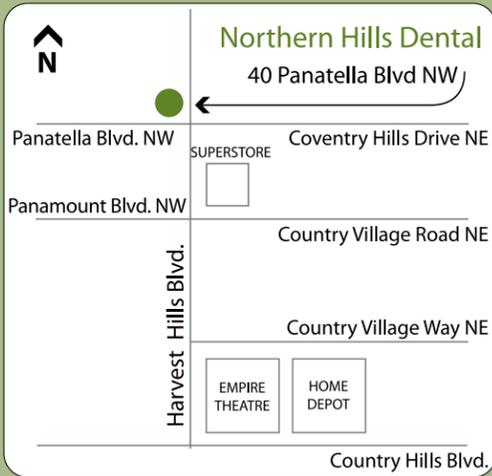


Expert dental care in a welcoming and convenient location, now that's something to smile about.

NORTHERN HILLS DENTAL

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

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



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

40 Panatella Blvd. N.W., Calgary, AB T3K 6K7
www.NorthernHillsDental.com

NEW PATIENTS WELCOME • 403.532.0711

Another reason to smile...

PANATELLA DENTAL

associated with Northern Hills Dental

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



Dr. Achala Bhalla, Dr. Joel Thurmeier



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

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

NEW PATIENTS WELCOME • 403.226.4788

ANNOUNCEMENTS

NHCA VOLUNTEER OPPORTUNITIES

by Wendy Cavanagh
President NHCA

VACANCIES ON THE BOARD:

Contact president@northernhills.ab.ca

There are many committees that could always use the help:

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

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

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

Blockwatch – Want to help build a safe and caring community? Become a Community Representative. Provide a direct link between Calgary Community Block Watch and residents and community groups. The Community Representative, with the support of the Block Watch staff, identifies and initiates programs and projects aimed at creating safer communities. Time commitment 6 - 8 hours per month. Make a difference! If you would like to become involved, contact Blockwatch at (403) 509-2565 or visit www.calgaryblockwatch.com

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

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

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

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

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

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

Senior's Committee – A group of older adults who get together and have some fun on Tuesdays from 2:00 until 4:00 pm are looking for you and your ideas. Contact seniors@northernhills.ab.ca

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

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

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

From the President

Report from the NHCA Board

By Wendy Cavanagh,
President NHCA



Spring is just around the corner and you can feel the energy shifting in the board room. We have completed the budget and if our projections are accurate this could be a great year of accomplishment for the Northern Hills Community Association, and residents of the 'Hills'.

With additions to our board and committees, we plan to build on our existing programs, events and use our resources to introduce new ideas and projects. We welcome a new member to the Board, Deborah Toth-Leung. Deborah will be a 'Director At Large' initially helping with some of the new programs and projects we are working on.

Our calls for volunteers are gradually being answered. Shauna Carredu has offered to become our new volunteer coordinator. This will hopefully, help bridge the

communication gap we have had between those willing to volunteer and someone within the Association who is responsible for getting them connected to the event and/or program that interests them. This is not a new idea but definitely new for us and we welcome the help!

The board has been approached by volunteers in Panorama Hills who would like to see a Blockwatch program in their neighborhood and are willing to be the Panorama Blockwatch Contacts. We have met with the Blockwatch Co-ordinator who will be supporting our volunteers with this initiative. You will find more information regarding the Program in this edition. There is also a request in our volunteer section for those residents willing to support a Blockwatch Program in Coventry, Country and Harvest Hills.

The Farmers' Market Committee has been meeting twice a month to achieve their goal of a Market in our area. They are a highly skilled, well organized team who are determined to make a difference and they have already raised the bar for the rest of us!

Our Seniors'/Older Adults Program is well on its way. We thank the North Star Residents Association in Panorama Hills for providing the room for their weekly Tuesday meetings. There has been great attendance and the committee spent some initial time planning for upcoming activities and programs. Cards/games and Yoga for Seniors along with some age appropriate exercise are on the agenda for March. If you are interested in joining contact seniors@northernhills.ab.ca

The Youth Outdoor Soccer Registration is now complete and we are looking forward to our best soccer season yet...weather permitting! Thanks to all those families who are returning to the program and to those who are joining us for the first time. We are so proud to be able to provide the largest outdoor, non-competitive, close to home program in Calgary. Your participation is key to the pro-

gram's success and the sustainability of our Community Association. Hats off to all the parents who have also volunteered. See you on the fields in May and June!

The deadline for ordering your trees from the Neighbourhoods Program, intended to replenish and enhance the urban forest in our community through a volunteer tree planting program, is March 31st, 2011. The city will provide new trees, including trees to replace unhealthy ones, on boulevards and the city owned space between the sidewalk and your property line. This is a one time opportunity to be involved in the growth and preservation of Calgary's urban forest. If you would like to adopt a tree call 3-1-1 and if you would like to help get the word out by distributing some pamphlets to your neighbors contact community@northernhills.ab.ca.

Keep your eyes on the NHCA website www.northernhills.ab.ca for community news and information regarding programs and events. Our website committee is growing and our goals are to provide relevant, timely information to users including updates to the Youth Outdoor Soccer Program which should help answer all those frequently asked questions!

Plans for our outdoor recreational rinks are ongoing. Repairs to the Coventry water source are scheduled for March 2011 which will enable us to flood the non-boarded ice surface next winter. We have budgeted to install winter water this year in Harvest Hills at a location adjacent to the existing Community Garden. This is intended for a second non boarded pleasure rink in our communities. Long term plans are to have a third similar ice rink in Country Hills and possibly a boarded rink in Panorama Hills.

"Don't miss the upcoming Community Resource Fair and City Open House to be held at the Harvest Hills Alliance Church on April 14th. The event begins at 5:30 and runs until 7:00 pm. The NHCA Annual General Meeting (AGM) will follow from 7:30 to 8:00. There will be prizes and refreshments.

Last but not least, this month, is the introduction of what we hope will be a new program to address some of the needs of new Canadians, Calgarians and/or new residents to the Northern Hills Communities. We're calling it 'At Home In The Hills'. It's intended to provide support through information and opportunities to connect with members and programs in our area. Our goal is to develop the program based on identified needs of those moving into our area and to aid in the transition. We may be looking for some 'Big Neighbors' to help this program along!

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 Resource Fair, City Planning Open House and NHCA 2010 Annual General Meeting (AGM) April 14, 2011

On April 14, 2011 at the Harvest Hills Alliance Church the Northern Hills Community Association (NHCA) will present a Community Resource Fair and City of Calgary Planning and Development Open House as the lead in to our 2010 Annual General Meeting (AGM). The resource fair and open house will run from 5:30 to 7:00 pm followed by the AGM from 7:30 to 8:00 pm.

Community Resource Fair

The resource fair will showcase agencies in Calgary that provide a wide range of services and support to all individuals and families. Agencies in

attendance could include the Calgary Police Service and the Graffiti Unit, Cardel Place, Calgary Public Library, ASPEN Family and Community Network Society, City of Calgary Community and Neighborhood Services, Calgary Family Services – Older Adult Team, and the Ethno-Cultural Council of Calgary providing information for those who are new to the country and/or area, the Miistakis Institute, who will share their information on 'Living with Coyotes', Harbours of Newport Retirement Residences and Representatives from the NHCA will also be available to residents who wish to voice concerns or provide ideas on how

the NHCA can work to make your community a better place to live.

City Planning Open House

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

NHCA Annual General Meeting

All active members of the Northern Hills Community Association, residents who wish to become members or renew their membership, and those

residents who just want to find out what it's all about are encouraged to attend. This is your opportunity to learn more about our association, our finances, our accomplishments, our vision, and our plans for the upcoming year.

Prize Draw

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

Spring FASTPITCH / SOFTBALL

Boys and girls teams
For children aged 4-18

REGISTER ONLINE

Between January 22 and March 11

www.Nosecreeksoftball.ca



EDITORIAL

On a recent blustery winter evening, community newsletter editors from all quadrants of the city came together to discuss what seems to be a common challenge - how do we get you folks to talk to us?

Each month, we at Northern Edge News (NEN) strive to publish relevant and interesting content to our community members. In the same vein, the Northern Hills Community Association (NHCA) works hard to put together programs that help foster positive growth and change while bringing neighbours together. We've told you about the success of projects like the community gardens, and new programs like the "Sounds of Home", which you can read more about in this issue. We're also looking forward to sharing more news about our very own Farmers Market in the coming months.

But if there's more you want to read about, we need to hear from you.

Do you have a suggestion on a topic that's important to the community? Do you have an idea about a new program you'd like to see? Or do you just want to share an interesting and inspiring story about you or your neighbours? Your ideas and comments matter to us, and will help us to keep bringing you a newsletter you want to read and programs you want to be involved in.

In a couple of hundred words or less, you can start a conversation on life in our communities or whatever comes to mind to editor@northernhills.ab.ca. We will publish a few each month to keep the discussions going and help promote year-round nurturing of the spirit of goodwill and caring for our communities.

So whether you're a long time resident, or the new family on the block, we encourage you to get involved and get talking. We look forward to hearing from you!



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

SLOPITCH REGISTRATION

February 1st Thru
March 15th, 2011



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

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

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

Registration and Program Details can be found at

<http://www.northernhills.ab.ca/Sports>



Calling all ladies who are 30 and older, there is a Community Soccer League in your area and we are looking for players. It doesn't matter what your skill level is! Ladies will be placed on a team and every Tuesday and Friday night, weather permitting, we will be playing soccer amongst

your neighbors, family and friends. If you are looking for exercise, fun, friendly competition, low cost, and maybe a new friend or two then make sure to register. Technical training, a tournament, and a party will be part of the program!

April – June, 2011

Tuesday & Friday nights
8:00 to 9:00 pm
Northern Hills Community Fields

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

REGISTER IN MARCH!

\$70.00 per player – it includes your jersey

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

SOCCER PROGRAM CANCELLATION & REFUNDS

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

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

WE NEED LICENSED REFEREES! WE PAY!
Please contact Janice Henderson

COMMUNITY

Help Build a Healthy and Safe Community Host a Block Party!

Did you know that people who feel part of a community live longer and happier lives? It's true – and hosting a block party is a great way to get to know the community around you.

Meeting your neighbours and becoming involved is also a fundamental building block of creating a sense of safety in your neighbourhood, not only for you but for your children and other young people.

In today's hot economy and front-drive-garage society, we sometimes forget how important our *block* is in grounding us and the children living there. Building relationships is building community – and what better way than a block party? It's the 101 of Community Development, where fun, laughter, games and food actually

help us to produce long-lasting benefits for our own families, and those around us.

As adults, we all share in this responsibility, as it truly takes "a village to raise a child." Instead of creating a culture of justice, let's – as a society – create a culture of caring.

**"If not us, then who?"
"If not now, then when?"**

Let's start with something fun, by taking the lead in organizing this great day. A block party really is very simple to organize. Here's how to get started:

- Pick a date and notify everyone on the block.
- Use a large driveway or back yard to avoid closing off the street

– or plan to obtain the necessary permits from the City of Calgary (Roads) to close off the street.

• Let everyone know to bring their own meat to barbeque, a dish to contribute, lawn chairs for comfy seating and their own beverages.

• Assign someone to organize a few kids' games.

• Ask other neighbours to provide a few picnic tables and find someone who can provide a large barbeque.

Instant block party! It's that simple!

Help build your community!

*Cst. Jeff Suderman #3128
Calgary Police Service
Community Liaison Officer
District 7*

Do You Know Your Neighbor? You Should!

PANORAMA is now a BLOCKWATCH COMMUNITY! We owe it to ourselves and our children to work together to create a safe and engaged community; a community where people know each other and are proud community members. We want a community where it's safe for our children to play outside and walk to school. Let's work together to create that community in PANORAMA.

Being a BLOCKWATCH community is simple. Look out for each other and get engaged. Suspect something suspicious? Talk about it with your neighbors. Report it! If you don't know your neighbor something is fundamentally wrong with that. Ask yourself why? Is there something suspicious about what's going on next door?

Drug Houses: Marijuana Grow Operations are becoming a big problem throughout Calgary. Panorama is not immune. The following are some of the signs



to look for:

- Blinds on the main floor are always closed.
- Frequent and unusual traffic (stop, enter garage, leave, different vehicles coming and going)
- Humming noises (wind/humming coming from the garage)
- Little property maintenance (do you see pride of ownership?)
- Strange odors (skunk smell every so often, solvents)
- Property alteration (covering windows/patio doors)
- They will wave and appear friendly. But do you know them? Have you seen inside their house?

These are just some of the things to watch for. If the house was recently sold and it appears that someone moved in, but you've never really met them be alert to the signs above. Talk about it with your neighbors. Become a member of PANORAMA BLOCKWATCH and talk about it with us. These people want to go unnoticed. If they get noticed,

they will leave and eventually not come at all.

Phone numbers to call and report suspicious activity:

*Calgary Police (403)-266-1234
Calgary Police on-line reporting:
<http://www.calgarypolice.ca/onlinereporting.html>
SCAN Unit (Safer Communities and Neighborhoods: 1 (866) 960-7226*

Becoming a PANORAMA BLOCKWATCH member is easy. Go to www.calgaryblockwatch.com and click on the "register" link on the top of the page. Enter your information. We will then work as a community to discuss issues and make our streets safe. We will share information and host meetings and guest speakers. Time commitment is minimal. The reward can be significant!

Sign up with PANORAMA BLOCKWATCH.!

- Know your neighbor!
- Watch for suspicious behavior!
- Talk about it with your neighbors and PANORAMA BLOCKWATCH!
- Report it!



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	Wendy Cavanagh president@northernhills.ab.ca
1st Vice President	Sunny Shuang 1vp@northernhills.ab.ca
2nd Vice President	Susan Burke 2vp@northernhills.ab.ca
Past President	pastpresident@northernhills.ab.ca
Secretary	Randy Harris secretary@northernhills.ab.ca
Treasurer	Michael Cogill treasurer@northernhills.ab.ca
Capital Projects	Deanna Stangness projects@northernhills.ab.ca
Cardel Representative	David Hartwick cardel@northernhills.ab.ca
Community Enhancement	Wendy Cavanagh community@northernhills.ab.ca
Community Garden	Joanne Davenport Garden@northernhills.ab.ca
Communication	Paul Cavanagh communication@northernhills.ab.ca
Events	Sunny Shuang events@northernhills.ab.ca
Grants	Caroline Davies caroline_davies@cooperators.ca
Memberships	Suresh Fernando membership@northernhills.ab.ca
Planning/Development	Ryan Scott planning@northernhills.ab.ca
Schools	Marcia Barr schools@northernhills.ab.ca
Marketing	Wayne Brown and Jason Deweerd sponsorship@northernhills.ab.ca
Sports	Susan Burke sports@northernhills.ab.ca
Website/IT	Tyrone Hooge web@northernhills.ab.ca
Outdoor Ice Rink	rinks@northernhills.ab.ca
Director at Large	Deborah Toth-Leung easyESL@northernhills.ab.ca

NEWSLETTER

Editor - Northern Edge News Jenny de Guia
editor@northernhills.ab.ca

STAFF

Administrator	Mae Seifert admin@northernhills.ab.ca
Administrative Assistant	Susan Fielder adminassist@northernhills.ab.ca
Bookkeeper	Angela Hinsberger angela@northernhills.ab.ca
Soccer Coordinator	Susan Burke soccer@northernhills.ab.ca

Calling All Volunteers!

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

Hello Panorama Residents

Our names are Kevin and Adam and we live with our families in Panorama Hills. We've teamed up in an effort to make our community a better place to live and raise our kids. We want Panorama to be great and are inviting you to become part of this and encourage you to get involved. We've teamed up with BLOCKWATCH and NHCA. Let's get engaged with our community and get to know our neighbors. Let's not ignore the problems in our community. Let's challenge them! We owe it to ourselves and our children to clean up our community. We can get more done as a group than we can as individuals. Become part of Panorama Blockwatch. It's easy. See our first notice in this issue of the NHCA Newsletter.

Thank you.



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

Editor	Jenny De Guia	editor@northernhills.ab.ca
Ad Sales	Mae Seifert, Wayne Brown	ads@northernhills.ab.ca
Layout/Design	Duane Thomson	keyline@shaw.ca
Printing	Keyline Publishing	
Delivery	Canada Post	

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

COMMUNITY

YMCA Calgary Events:

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

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

one-week access to any YMCA branch in Calgary.

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

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

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

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

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

• **Day Camps and Residential Camps Regis-**

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

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

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

AND THEY'RE OFF!...

Submitted by Susan Burke

Well registration month has come and gone. Now all the fun begins.

The NHCA is very lucky to have the lovely Peggy Morrison back at the helm to coordinate our Slo-pitch league and the efficient Janice Henderson in the fray to coordinate the Women's +30 Soccer league.

With the survey for Children's Soccer that was sent out, and emails received, as stated in previous Sports update articles – there will be a few changes this year in order to ensure everything runs as smooth as we can make it. So we are very excited about this soccer season for a lot of reasons, and hopefully Mother Nature is more cooperative in 2011.

The NHCA has a new look for their website, and we will be using the Children's Outdoor Soccer page to provide a progress report on the planning for the 2011 season. A number of you will have seen the first entry in this progress report section, letting you know that Telus was having issues at the start of registration.

The website will include information on game schedules and field locations, as well as team rosters.

Check back with us often on our new website at www.northernhills.ab.ca

And...
LET THE GAMES BEGIN!!!!

We need YOUR HELP!
Volunteer & make a difference

Northern Hills Community Association



From the dreams in your head to a plan in your hand.

As a TD Waterhouse Financial Planner, I can help develop a personalized financial plan that's right for you. Sitting down together, we'll work to create a plan that meets your unique needs. And, I'll continue working with you to ensure you receive sound advice - today and into the future. To start balancing today's needs with tomorrow's goals, call me at 403-226-7307 to book an appointment.



TD Waterhouse
Wealth of Experience



TD Canada Trust
Banking can be this comfortable

TD Waterhouse Financial Planning is a division of TD Waterhouse Canada Inc., a subsidiary of The Toronto-Dominion Bank. TD Waterhouse Canada Inc. - Member CIPF. TD Waterhouse is a trade-mark of the Toronto-Dominion Bank, used under license.



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



Summer **DANCE** Camps

Register Now for our summer **DANCE** camps
July through August 2011

Visit our Website for more details!



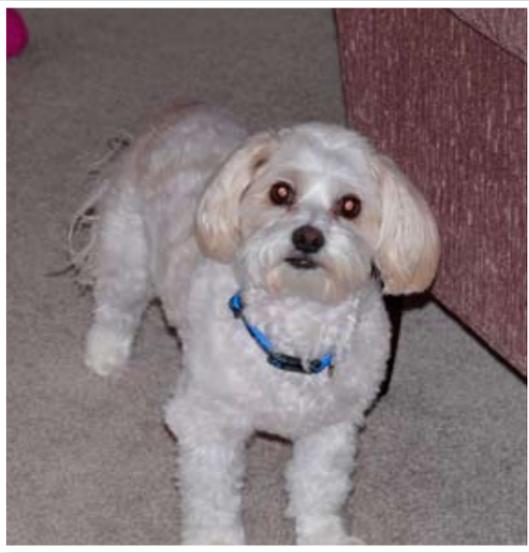
Register Now!

#222 11 Hidden Creek Dr NW
Calgary, Alberta



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

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!!



WINE AND CHEESE PLEASE!

By Wendy Cavanagh

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

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



PROGRESSIVE OPTOMETRY

34 Panatella Blvd NW
Tel: 403-248-EYES (3937)



NEW PATIENTS WELCOME
Come experience personal eye care, dedicated to the health of your eyes

- Eye exams
- Walk-in available
- Evening & weekend appointments available
- Ocular emergencies
- Digital retinal imaging
- Sports vision training
- Cataract & glaucoma evaluation
- Occupational safety eyewear
- Developmental and behavioral optometry
- Refractive laser surgery consultation & follow-up care
- Direct billing to Blue Cross & Green Shield Insurance

Free Anti-Reflective Coating with Eye Examination

精通英、粵語
Examen de la vista

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

Subsidiary of:



Visit us on Facebook!



www.ProgressiveOptometry.ca

(5 great locations to meet your family's complete eyecare needs)

Designer Eyewear & Sunglasses ~ Contact Lenses

Suds & Scissors

Dog Grooming

541-1373

Krista Medina

Jesse Kilfoy

Amber Faubert



BECK
Real Estate Ltd.

Julie Gerhardts, BROKER

Tel: 403-282-8326

Cell: 403-813-0743

email: julie@beckrealestate.ca



Natasha Serrurier, REALTOR

Tel: 403-226-8327

Cell: 403-512-3435

email: natasha@beckrealestate.ca

www.beckrealestate.ca

SMILE!

"At Home in the Hills"

By Sunny Shuang

Last December, after a short 10-day notice, I finally wrote the Citizenship Exam and was sworn in as Canadian Citizen. It was one of my greatest achievements after being in Canada for 18 years. This achievement has made me feel even more at home and more energized to contribute back to the communities here in the Northern Hills!

At the same time, I know that many residents here do not have the same confidence thus far. Barriers like culture differences, languages and the unfamiliarity and understanding about communities have not been able to bring out more people to join our events and activities. They just do not feel at home in the Hills yet!

Recently, Wendy, the president of the Northern

Hills Community Association (NHCA), received some current statistics about the needs in our communities from our community social worker. This led her to think we need to find a way to help residents connect more with each other in our communities. We want to make new people who just moved from different a community, different city, different province or a different country to feel welcome and supported. We would like new residents in the Northern Hill communities feel the neighbourly love. Ultimately, we want to see a global village growing in the NH communities with a shared vision for everyone here. We want YOU to feel "At Home in the Hills."

How should we do it? How can one help another feel "At Home in the Hills?" Well, why don't you tell us? Maybe you would like to have your family matched with

another family that is new to the Hills. Both families can do shared activities, like visiting the Harvest Garden, our own community garden, or attend the summer wind-up for children who are on the soccer teams. Or, it can be a single working person who would like to learn English and Canadian culture, matched up with a long-term older adult resident to share time at the farmer's market or the community beautification group.

Tell us what you think we can do to make you and your neighbours feel "at home in the Hills." We welcome your brilliant ideas, and want to encourage you to be our volunteer to our new program, "At Home in the Hills," just let me know via events@northernhills.ab.ca. Also, watch for the update in the future newsletter and our website <http://www.northernhills.ab.ca> for more details.



A Beautiful Ending for "Sounds of Home"

By Sunny Shuang, information provided by Peter Chan of Calgary Family Services

For those of you who have seen the movie "Sound of Music," you know how songs can connect people and communicate deep feelings and messages.

Now fast-forward to the present, where "Glee," the popular TV musical program, is once again touching people's hearts and reminding them how songs can be the universal language when it comes to meeting people.

With this particular idea in mind, Calgary Family Services and the Northern Hills Community Association jointly held the first ever cultural group for older adults in the Northern Hills Community. Called "Sounds of Home," this 7-week cultural sharing group that began in December, 21st, 2010, was a weekly gathering for six older adults from different cultural backgrounds. The participants, which represented German, Italian, East Indian and Chinese heritage, met weekly for an hour and a half at the Country Hills Library.

During the meetings, each individual had the opportunity to present a piece of music that was associated with his or her culture or home country. After the music was played, they shared a story about the lyrics, gave explanation about the melody, musical instruments, or the meaning of the song for them.

Sometimes, participants presented the music by playing a flute, singing or showing a movie. It was a shared feeling that this weekly session was an enjoyable experience for all the participants.

As one participant said, "I am so looking forward to every Tuesday because I can see my friends, and talk about their music, their culture and have a relaxing time."

Yes, after a few sessions, they developed close friendships and a strong sense of identification with the group. Moreover, participants began to bring in goodies, such as baked cookies and drinks to the meeting.

The last session ended just 2 days before the Chinese New Year on Feb. 1st. Participants enjoyed the cookies, candies and songs associated with the festival. Through song, this cultural sharing group has become such a hit with the participants that they have decided to resume the "Sounds of Home" sometime in the fall of 2011.

If you or someone you know would enjoy this group, please send an email to events@northernhills.ab.ca.

We will notify you when the "Sounds of Home" program will begin again.

JEFF NEUSTAEDTER

& ASSOCIATES

403.208.0555

info@homesincalgary.info



www.HomesInCalgary.info



In 2010 we closed a total of **265** deals in Calgary

We sold **165** listings

We worked with buyers on **100** purchases

We brought the buyer to our own listing **32** times

Nobody will get more buyers though your home than Jeff's Team!

In Tuscany the chance of a Realtor selling their own listing is less than 2%

Jeff's Team averages

19%

WHY ARE WE SUCCESSFUL?

- Knowledgeable & Experienced Realtors who work as a team to help you sell your home.
- Extensive past client base of solid Buyers.
- Monthly ads to over 100,000 Calgary homes.
- Website - www.HomesInCalgary.info



Jeff Neustaedter
Realtor
403.606.5345



Ray Neustaedter
Realtor
403.614.1933



Rod Burriss
Realtor
403.869.7718



Errol Biebrick
Realtor
403.463.7765

Call the #2 Team in Calgary for your free Home Evaluation!

SENIORS CORNER

For Older Adults Only . . . Great News!

Northern Hills Community Association has partnered with the Northstar Residents Association at the Panorama E-Center, 88 Panamont Hill NW, for our 'Seniors' meetings and programs on Tuesdays from 2-4 pm, starting February 1, 2011 until May 31, 2011. If there is enough interest we will continue with a regular Tuesday schedule in September 2011. This program will be run by an NHCA Seniors' Committee under the auspices of seniors@northernhills.ab.ca or community@northernhills.ab.ca which you may contact for suggestions, questions or to volunteer to assist in this venture.



"Funny bones don't get Arthritis"
The Northern Hills Seniors' Group is off to a great start. Who is a Senior you may ask? In our group anyone over the age of 55 is more than welcome to join! We hit the road running with our first meeting on Tuesday, February 1st! Thanks to our recent survey, we had a head start on what activities we would like to get up and running within our group. To date, we have decided to start off with a combined hour of Seniors' Yoga and an Age Appropriate Exercise Class, followed by another hour for social-

izing and card/game playing. Other activities we are exploring include Zumba, Line Dancing, Tea and Conversation (including workshops and learning sessions), Arts & Crafts and Cards & Board Games. We are very excited to have this group up and running and would love for you to join us, the more the merrier!! We meet every Tuesday from 2:00 - 4:00 pm at the Panorama E-Community Center

(Northstar Residents Association)! We need your creative ideas to come up with the perfect name for our group, help us 'Name that Group' by e-mailing your suggestions to seniors@

northernhills.ab.ca or dropping off your suggestions at the NHCA office in Cardel Place. Thank you to everyone who has shown their support thus far!

NORTHERN HILLS COMMUNITY ASSOCIATION

INVITES SUGGESTIONS TO NAME THE NEWLY FORMED 'SENIORS/OLDER ADULTS' GROUP

DEADLINE FOR SUBMITTING IDEAS IS MARCH 31, 2011

NAME THAT GROUP: _____

MY NAME: _____ Phone: _____

Submissions may be made to seniors@northernhills.ab.ca, dropped into the box at 'Seniors/Older Adults' meetings, OR mailed to NHCA, c/o Cardel Place, 11950 Country Village Link N.E., Calgary, AB T3K 6E3, ATTENTION: Seniors.

Winner(s) will be contacted by phone and published in The Northern Edge News.

SITE FOR SIGHT Optometrists

2nd Location: (Open Nov 2010)

"SECOND SIGHT"

Oakley - Porsche - Gucci - Dolce & Gabbana - Versace

EYE WEAR - EYE CARE

Dr. Monica Jensen-To
Dr. Shauna Chorel
Dr. Bonita Ho
Dr. Karen Pinchak

- * Latest fashionable eyewear great sunglasses designer selection
- * On site testing equipment for eye health
- * Digital retinal imaging for early detection of eye disease
- * Contact lenses - good selection and fitting
- * Occupational safety eyewear
- * Emergency and new patients are welcome

403.226.7638

Two locations to provide a better service to the Hills Communities

713 - 500 Country Hills Blvd N.E.
(Next to Shopper's Drug Mart & Tim Hortons)

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

We Buy Houses

Need to sell? No equity? Running out of time?
Not sure where to turn?

We Buy Houses Fair price and fast closing.
Any area / Any price range / Any condition

Call (403) 460-7918 NOW!
www.CalgaryHomeWanted.com



READY WHEN YOU ARE

516 Country Village Way.
Come in for a warranty approved oil change today.

MR. LUBE

Open 7 days a week and 'til 8pm weekdays. No appointment necessary.

mrlube.com

SCHOOL NEWS

Happy March from St. Clare School

March is a very busy month at St. Clare School as we have many special events happening. The most important event is that we begin our Lenten season at St. Clare. On March 8th we will have our Shrove Tuesday pancake breakfast for all of our children provided by the school council and all our St. Clare volunteers. We very much appreciate this tasty treat. On March 9th at 1:30pm we have our Ash Wednesday Liturgy. This marks the beginning of the Lenten season for all Catholics. During this time we focus on prayer, fasting and giving to the poor. This year, as in the past years, we will be collecting personal hygiene items for the Mustard Seed. These items are placed in special bags along with a special greeting from the St.

Clare students. These bags will be given to the people who used the Mustard Seed services.

Also in March the report cards go home followed by parent/teacher interviews. Again our School Council provides the teachers with a wonderful dinner before they begin their evening interviews on March 10th.

On March 18th at 10:00am we have our St. Clare liturgy. This is a very special day as we remember our school namesake, St. Clare. To finish St. Clare Day we have a special presentation at 1:30pm by Steve Harmer on the 7 factors of Friendship.

The students return to their classes to have a special treat as part of the day's celebrations.

Finally at the end of this month we have our annual Well-

ness Fair. It is a great day for the students as we have over 25 presenters come into the school and teach the children about various aspect of healthy living. Students might be seeing a presentation by a dental hygienist or learn a line dance in a workshop or participate in a yoga class or an anti bullying session. All of this starts by having an inspirational speaker begin our day. This year it is a former Olympic Athlete.

We finish the month of March with our spring break beginning on March 29 to April 4 when school re-opens.

Happy March Coventry Hills Community.

Giselle LeClair
Principal

French Immersion Anyone?

Did you know there is a Calgary Catholic School District French Immersion School serving the Northern Hills Communities? Welcome to École St. Pius X! Unlike a Francophone School, French Immersion Schools are intended for students whose first language at home is not French. École St. Pius X provides students with the opportunity to become fully bilingual within an enriched learning environment. Research suggests that children who have the opportunity to learn a second language have increased connections in the brain which results in increased language function, including facility in their first language. With just under 200 students, there is a close feeling of family, yet students still benefit from the latest in Educational Technology and library resources in both French and English. Our students also take part in a multitude of French cultural experiences and have a long-standing history of high academic achievement.

Our school is located in the northwest community of Capitol Hill therefore bus service is provided to and from the Northern Hills (one way for Kindergarten students). The entry points for French Immersion at the elementary level are Kindergarten and Grade 1.

Registration is ongoing and phone calls are welcome at 403-500-2015 for additional information and/or to arrange a school tour. Non-Catholics are also invited to inquire about registering at our school. Our website is <http://www.ccssd.ab.ca/stpiusx/>.

Bienvenue à l'École St. Pius X!

CalgaryDiscountRealty.com

Premium Service - Discount Prices



Calgary Discount Realty is leading the way by providing premium marketing, MLS exposure and personal service at discount prices. Whether you are looking to buy or sell make us your first call or email us at info@calgarydiscountrealty.com



Follow Calgary Discount Realty on Facebook & Twitter



Mark Lockhart
Realtor
403.819.7295

The Realtors from Calgary Discount Realty were involved in **265 Total Deals in 2010**, 19% of the time representing both the buyer & seller. (Industry average is less than 2%)

We bring experience & knowledge of the Calgary Real Estate market & provide you unparalleled service at reduced rates.



Jason Carl
Broker
403.479.7989

WHY ARE WE SUCCESSFUL?

- Full Compensation to Cooperating Brokerages.
- Knowledgeable realtors to help you buy or sell.
- Personal Attention & our unique team dynamic.
- Extensive past client base of solid buyers.
- Monthly ads to over 100,000 Calgary homes.
- Website - CalgaryDiscountRealty.com.



*Not intended to solicit properties already For Sale.



Cory Vance
Mobile Mortgage Specialist
Cell: 403-614-9211
Email: cory.vance@rbc.com
<http://mortgage.rbc.com/Cory.Vance>

"Buying a property is a big decision. I can help by answering your questions about affordability, down payment options, interest rates - and more!"

RBC Royal Bank®



Now is the time to get involved.

Call for **MEMBERSHIP TODAY!**

Northern Hills Community Association

403-226-6422



Northern Hills Community Association

403-257-8882

Mark Lockhart & Associates

CITY

2011: The Year of the Cat

Most people state that pets bring unconditional love and a sense of fulfillment to their lives. Too often however, that sentiment is not reflected in the way pets are treated; especially in the way cats are treated.

Last year over 6,500 cats entered The City of Calgary Animal & Bylaw Services and the Calgary Humane Society. The reason for this sad situation is threefold. Unlike dogs, many cats are allowed to roam their neighbourhood, they are not licensed and they are not spayed or neutered. That is why Dr. Elizabeth O'Brien, who is heading up a national Year of the Cat campaign, states that pet owners need to start treating their cats more like dogs. Cats are not valued as much as dogs and consequently receive poorer care.

But the picture is not all bleak. In 2010, 55% of the cats that entered the Animal Services Centre had identification, enabling them to be reunited

with their owners. That is up from 49% in 2009. In 2010, 54% of the cats in our city were licensed, a 7% increase from 2009.

The City will continue to promote cat licensing because licensing helps to get cats home. Owners can license their altered cat for only \$10 a year and also get an I Heart My Pet rewards card that offers rebates at over 45 different vendors across the city. To reduce the number of unwanted cats, owners need to spay or neuter their pet. To help low income Calgarians, the Animal Services Centre provides free spaying and neutering of cats and dogs. Finally, owners need to keep their cats safely at home and not let them roam.

Implementing these three simple steps will ensure that cats are safe, healthy and returned home if they ever get lost. To find out more information about licensing, the I Heart My Pet rewards pro-



gram and the No Cost Spay/Neuter Program, call 3-1-1 or visit calgary.ca/animalservices.

ANIMAL & BYLAW SERVICES
Partnering with Calgarians
calgary.ca/animalservices

A message from Ward 3 Alderman

Aurora Business Park encompasses 330 gross acres, of which 185 net developable acres will be made available for sale to purchasers in the future. The city has not started construction on the infrastructure at this time, but anticipates commencing construction around 2015. Due to the natural ebb and flow of market demand it is difficult to determine precisely how long it will take to complete construction at Aurora. As such, several phases of development are anticipated. The vision for Aurora is to design a state of the art eco-friendly business park that will incorporate a variety of uses, including office, commercial, light industrial and hotel. Aurora will also be home to a future LRT station when the north LRT line is constructed.



Jim Stevens,
Ward 3 Alderman

Ninety-sixth Avenue NE will serve as a catalyst for development at Aurora Business Park which is currently under construction. The interchange upgrade at Airport Trail and Deerfoot Trail will be completed by the end of 2011. The six-lane extension from Harvest Hills Link, east to Deerfoot Trail will include three bridge structures-one over the CP Rail track and two over Nose Creek. The roadway extension and bridges should be completed by summer 2012 along with the Regional pathways. To keep up to date you can go to: http://www.calgary.ca/portal/server.pt/gateway/PTARGS_0_0_104_0_0_35/http%3B/content.calgary.ca/CCA/City+Hall/Business+Units/Transportation+Infrastructure/Construction+Projects/Road+and+Intersection+Improvements/96+Avenue+NE+Road+Extension/96+Avenue+NE+Road+Extension.htm

Airport Tunnel update

The Airport Tunnel was passed by Council on Feb. 7, 2011. Once the final agreement with the Airport is signed the actual planning, construction and financing begins.

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

Velma Toporowski, Executive Assistant
Lynne Banning, Community Assistant
eaward3@calgary.ca – 403 268-2530
ward03contact@calgary.ca – 403 268-4854

We're open. Let's talk.

At our new CIBC branch, we're dedicated to providing you with the financial advice you need to achieve your goals. We'd also like to welcome you with some exciting time-limited offers. Come meet us today. **It's worth a talk.TM**

- Welcome Bonus of 10,000 Aeroplan[®] Miles with a new CIBC Unlimited^{®1} Chequing Account¹
- 1/2% bonus interest² on the CIBC Long-Term GIC
- Sign-up bonus of up to 100,000 Aeroplan Miles with a CIBC Fixed-Rate Closed Mortgage³



WIN ONE SONY HOME THEATRE ENTERTAINMENT PRIZE PACK OR ONE \$1,000 GIC⁴

CIBC Creekside Banking Centre

12618 Symons Valley Road NW in Calgary | 403 974-3740

MON – WED 9:30 AM – 4:00 PM
THURS – FRI 9:30 AM – 7:00 PM
SAT 9:30 AM – 4:00 PM



For what matters.

¹ Terms and conditions apply; Double Welcome Bonus offer (10,000 Aeroplan Miles) applies to CIBC Unlimited Chequing Accounts (UCAs) opened and enrolled in Aeroplan feature between branch opening day and the 1 year anniversary of the branch opening in 2012, if (i) eligible transactions are completed within 6 months of the account open date, and (ii) the account remains open for a minimum of 6 months. You will receive 5,000 Aeroplan Miles 6-12 weeks after the end of the calendar month in which you complete (i) and 5,000 Aeroplan Miles 6-12 weeks after the end of the calendar month in which you complete (ii). Offer is limited to 1 UCA per customer; cannot be combined with any other UCA offer. Other conditions apply; ask in-branch for details. ² 1/2% bonus interest per year applies to posted rates of 1 to 7 year terms of non-registered, non-redeemable Long-Term GIC only. Minimum investment amounts apply, ask in-branch for details. ³ One-time sign-up bonus only available when CIBC Fixed-Rate Closed Mortgage is initially advanced for minimum \$125,000. Offer excludes CIBC AeroMortgage[®] and CIBC Better Than Posted Mortgage. Mortgage must not be in default to receive bonus Aeroplan Miles and must be advanced within 90 days of application. Mortgage offer is valid between branch opening day and the 1 year anniversary of the branch opening in 2012. You must have or open an Aeroplan Account. Mortgage applicants must meet CIBC lending criteria. Other conditions and restrictions apply, ask in-branch for details. Offer cannot be combined with any other mortgage offer. ⁴ No purchase necessary: 1 first prize consisting of one (1) Sony Home Entertainment Prize Pack (ARV: \$1,429.78); Prize Pack includes each of one (1) Sony 46" LCD TV and one (1) Sony Blue Ray Home Theatre System. 1 second prize consisting of one (1) \$1,000 CIBC Bonus Rate GIC (nonredeemable, non-registered) with a 1-year term, at the current interest rate (Cdn.). To enter, fill out ballot in-branch, available up to 4pm March 28, 2011, one per person. Odds of winning depend on number of ballots. Skill-testing question required. Employees, minors and Quebec residents not eligible. Full details in-branch. ACT QUICKLY, OFFERS MAY BE WITHDRAWN OR CHANGED WITHOUT NOTICE AT ANY TIME. Offers only available at this branch, unless otherwise specified. Offers end on the 1 year anniversary of the branch opening in 2012, unless terminated or amended earlier by CIBC. [®]Aeroplan and AeroMortgage are registered trademarks of Aeroplan Canada Inc. CIBC authorized licensee of marks. ^{®1}Reg. TM of CIBC. "CIBC For what matters." and "It's worth a talk." are trademarks of CIBC.

RESOLUTION OF THE BOARD OF DIRECTORS:

Resolution in writing of the Board of Directors of Northern Hills Community Association dated the 23rd day of February, A.D. 2011.

BACKGROUND:

The Association is a non-profit society incorporated and operating under the laws of the Province of Alberta.

The Association desires to make certain changes to its Bylaws. The following is a resolution made at a Board Meeting of the Board of Directors of Northern Hills Community Association on the 23rd day of February, A.D. 2011.

IT WAS RESOLVED THAT:

The following amendment be added to the bylaws of the Northern Hills Community Association under Article VI – Finances, #6:

Dissolution of Association

“In the event of dissolution of the Northern Hills Community Association

and after paying debts and liabilities, the remaining assets including proceeds from gaming will:

- be disbursed to eligible charitable or religious groups or purposes; or
- transferred in trust to a municipality until such time as the assets can be transferred from the municipality to a charitable or religious group or purpose approved by the Board.”

Rationale for this amendment

The rationale for this change is as follows:

The Northern Hills Community Association’s eligibility application for the holding of a casino has been approved by the Alberta Gaming and Liquor Commission and is waiting for slotting by Casino Licensing.

The Alberta Gaming and Liquor Commission requires that all applicants incorporated under any statute and approved for holding a casino ensure that there is a Dissolution Clause in their bylaws to address disburse-

ment of remaining financial assets.

Process

That the required notice be sent to the general membership by e-mail and posted on the Association’s website at least 21 days prior to the Annual General Meeting, to allow the

voting membership to rule on the Resolution.

That if the membership passes the Bylaw amendment, the Secretary be authorized to make the required changes by filing the required documentation with the Alberta Corporate Registries – Society Division.

Hello Residents of the Northern Hills Community!

The first two months of 2011 have been busy for me, the staff, and volunteers at the Calgary-Mackay constituency office. We helped several constituents resolve their personal and community concerns through good communication and trust.



Teresa Woo-Paw, MLA Calgary Mackay

wide meningitis immunization program. You can read more about these programs at my website at www.teresawoo-paw.ca

In my role as Parliamentary Assistant to the Minister of Employment and Immigration, I met with many hardworking Albertans at an industrial relations conference in Red Deer, held adult ESL consultations, as well as represented the minister at conversations throughout Alberta. To find out more about the consultations, see: <http://www.employment.alberta.ca/Immigration/12512.html>

Also remember to nominate an Alberta employer for the Premier’s Award for Healthy Workplaces by March 18 at www.healthyalberta.com

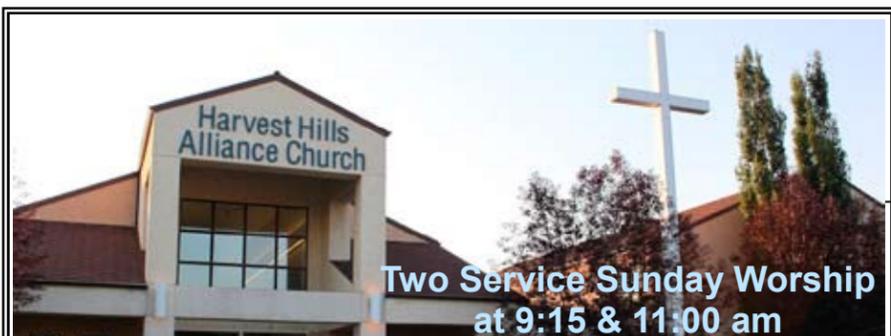
I hope to see you at our next coffee with the MLA, March 26th at Cardel Place, from 11 a.m.-1 p.m.

As always, please contact me with any questions, concerns, or comments you may have as a member of our vibrant community. I encourage you to sign up to receive my eNewsletter, by contacting my office. You may follow my work in the community daily on Twitter: @TeresaMLA

Sincerely yours,
#103, 200 Country Hills Landing NW
Calgary, AB T3K 5P3
403-274-1931
calgary.mackay@assembly.ab.ca

I was glad to participate in the Evening with the Honourable Education Minister Dave Hancock, organized by Save Our Fine Arts in January. In addition, I’ve met with principals of Panorama Hills, Coventry Hills, Crescent Heights, Sir John A MacDonald, Simon Frasier, James Fowler, and Alex Munro schools, as well as trustees from the Calgary Board of Education. We had productive meetings with the boards and leaders of Cardel Place, Momentum, the Canadian Cancer Society, The Chinese Academy, your Community Association, the American Chamber of Commerce in Canada, Tourism Calgary, and many others.

Alberta has also launched several exciting initiatives, including a Women’s Health Program redevelopment at the Peter Lougheed Centre, and a province-



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

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

Missions Week - February 28 - March 6:

Here are two highlights that might interest you:

FAMILY CARNIVAL

on Friday, March 4th @ 7 - 9 pm.

Admission is FREE

Bring your family and friends and have fun playing games from different areas of the world.



GUEST SPEAKER FROM HAITI

on Sunday, March 6th during both services 9:15 am & 11:00 am.

On March 1, 2011 Pastor Myron Siemens joins our staff as Senior Pastor. Please join us on Sunday, March 13, 2011 during the morning services as we welcome Myron and Grace.

Mark your calendars:

Friday, April 29 from 12 - 4:30 pm is our Open Closet (Clothing give away)

Sunday, May 1 from 9 am - 12:30 pm is our Annual Food Bank Frenzy.

Sunday, May 1 during both services will be our Children’s Musical Drama.

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

Reg for Fall

Ballet
Jazz

AGES 2 to Adult

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

REGISTER NOW

403 226-8874

200 Country Hills Landing NW

www.ssballet.ca

Dr. Colleen Brown

OPTOMETRIST
(formerly at Site for Sight)

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

#132, Market Mall Professional Centre
4935 40 Ave NW Calgary AB T3A 2N1
tel: **403-286-4142**

All past and new patients welcome

Family Eyecare • Contact Lenses • Nutritional Eyecare

Dr. Sonja Hagemann

OPTOMETRIST
(formerly at Visions Eyecare Dalhousie Stn.)

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

#132, Market Mall Professional Centre
4935 40 Ave NW Calgary AB T3A 2N1
tel: **403-264-2030**

All past and new patients welcome

Family Eyecare • Contact Lenses • Nutritional Eyecare

Protect your home – by protecting your blue cart



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

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

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

Take refundable containers such as pop cans to bottle depots. If these containers are left in blue

carts, they encourage people to go through the blue cart contents, which can lead to littering and vandalism.

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

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

Shred all documents that contain personal information such as bills, bank statements, receipts,

etc, and place them in a clear plastic bag before disposing of them in your blue cart.

If your blue cart is vandalized, please report it to the Calgary Police Service using the non-emergency phone number: 403-266-

1234. This helps the police establish patterns of crime, which in turn helps create solutions.

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

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

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

Northern Hills Community Association

NOTICE OF 2010 ANNUAL GENERAL MEETING

OF THE NORTHERN HILLS COMMUNITY ASSOCIATION

April 14th, 2011 at 7:30 p.m.

Harvest Hills Alliance Church, 10099 Harvest Hills Blvd. NW

The Board of Directors of the Northern Hills Community Association has drafted a resolution to their bylaws to update the current bylaws which were adopted in 1998.

The Board of Directors has approved this proposed change for adoption and seek to ratify the adoption of this proposed bylaw resolution at the 2010 Annual General Meeting held on April 14, 2011 at the Harvest Hills Alliance Church, 10099 Harvest Hills Blvd. NW

If you have any comments about the proposed bylaw change please contact Wendy Cavanagh at president@nothernhills.ab.ca or by calling the NHCA office at 403-226-6422.

NORTHERN HILLS COMMUNITY ASSOCIATION MEMBERSHIP

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

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

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

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

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

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

You can tell whether a man is clever by his answers. You can tell whether a man is wise by his questions.

- Naguib Mahfouz

Z Save more this **TAX** Season!

File your taxes from our experts & also save by referring to your friends...
Our services include: Personal, Corporate and Self-Employed taxes, Bookkeeping available throughout the year.

Hurry!
ASK for our 1/2 hr free consultation.

P(403)457-5353 F(403)276-5001
In The Husky Plaza # 114-790 Coventry Dr. NE. T3K 4K4
www.calgaryeztax.com

Fun and Learning for 3-5 Year-Olds

Offering Imaginative Play, Creative Crafts, Circle Time, Stories and Songs, Gym Time and many more Exciting and Educational Activities for Children.

TO REGISTER, PLEASE CALL:
403.275.6813

The Beddington Community Playschool has been running for over 25 years. Each of our highly qualified teachers have been with the school for over 10 years. We are Social Services Licensed, and a registered Non-Profit Association governed by Parent Volunteers.

BCPA playschool
www.beddingtonplayschool.ca

Beddington Pentecostal Church | 16 Bermuda Drive NW

Imagine...

reaching heights no one ever expected.

be truly amazing

Great things are possible when your child has the skills to succeed on his own.

Kumon Math and Reading uses a proven method to unlock your child's potential. Victories are frequent and rewarding, so he's motivated time and again to seek out the next challenge.

For over 50 years, Kumon has helped children worldwide defy expectations, and dare to exceed them.

Call to schedule a **FREE** placement test today!

KUMON
MATH. READING. SUCCESS.
800-ABC-MATH
www.kumon.com
© 2010 Kumon North America, Inc.

Beddington Heights **403-547-0752**
Country Hills **403-818-5287**

Call 403-226-5349
www.laserlady.ca

Hours: Monday to Friday by appointment only

Above All Electrolysis and Laser

March Monday Madness!

New laser clients – schedule your first laser session for bikini or underarm on a Monday this month and receive all follow-up sessions @ 50% off!

Providing personal services with integrity and concern for your well being.

Laser hair removal • Electrolysis • Esthetics

Suzana Sostaric-Rutley
Certified Electrologist & Esthetician with over 20 years of experience

LIBRARY NEWS

FOR ADULTS

Living Library
Borrow a "living book" in this unique program which allows Calgarians to discover more about diverse social identities. Living Books share stories about their personal experiences in a welcoming environment as part of a Living Library. These are real people with whom you can have a conversation. As a "reader" you can learn more about the diversity in your community and ask questions you have always wanted to. Join us Thursday, March 24 from 1:00 to 4:00.



UPCOMING FOR TEENS ...

The Hunger Games Challenge
Our version of The Hunger Games! Come see if you can survive the Hunger Games ... library-style! If you've read the book and are from

age 11 to 17 join us on Tuesday, April 12 from 4:00 – 5:30 p.m.

Ages 11 to 17. Tuesday April 12 from 4:00 – 5:30.

DO-IT-YOURSELF TAX HELP

Staff from Canada Revenue Agency help you complete a simple 2010 tax return. Participants must bring income slips, related receipts, calculator, pen, and paper. To ensure maximum benefit of this program, please be on time as there will be no late admittance. The class is from 6:30 – 8:30 p.m. on Tuesday, March 29. Registration is limited to 25 participants.

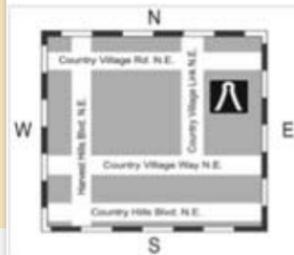


EDUCATIONAL DVDS AT THE CALGARY PUBLIC LIBRARY

Do you ever feel helpless when your child needs help with his/her math homework, even though you know the answer? I know I did when my son needed help with his math homework. I had a tough time helping him with math problems, as he was taught differently than the way I was, and he did not always comprehend my explanations.



Well, there is a solution to this problem!! Calgary Public Library carries a number of educational DVDs in the adult and juvenile collection. Next time you need to spend some time helping your child with math homework, I suggest you have a quick look at our Math DVD collection. We have DVDs to help you from addition, multiplication to fractions, percents, proportions and geometry. With these DVDs, you can help your child effectively. We also have a large of collection of children's DVDs for language arts (phonics, spelling etc), social studies and science.



COUNTRY HILLS LIBRARY

11950 Country Village Link NE

Hours:

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

HEALTH CORNER

Vitamin D – Are you getting enough?

Research is confirming that vitamin D deficiency is more common than suspected and may be causing health problems for millions.

Are winter clouds, cold weather and aging giving you a vitamin D deficiency? Sun exposure on bare skin is the major source of vitamin D, but length of seasons, geographic latitude, cloud cover, smog and sunscreens can reduce UV ray exposure and vitamin D synthesis. In the winter, especially in northern climates, UVB rays from the sun may not be strong enough to make vitamin D in our skin. Dark-skinned people are at increased risk of D deficiency. Eating low fat foods, avoiding the sun, and not eating enough wild-caught, oily fish (one of the best dietary sources of Vitamin D) have all contributed to widespread

vitamin D deficiency.

Research has led the Canadian Cancer Society and the Canadian Dermatology Association to recommend increasing vitamin D intake to 1000 IU's daily for Canadian adults under 50. Higher vitamin D and calcium levels have been linked to lower risk for some cancers, including colorectal, breast and colon cancers.

Vitamin D is well-known for its role in building strong bones and teeth, however a study published in The American Journal of Clinical Nutrition found that taking vitamin D supplements and calcium substantially reduces all-cancer risk in post-menopausal women. The researchers found that the higher the levels of vitamin D in the blood, the lower the relative risk of developing cancer. Another study suggest that women who consume more calcium and vitamin D may be less likely to develop breast cancer before menopause.

Other research shows more



that half of otherwise healthy adolescents may be vitamin D deficient, increasing their risk for osteoporosis and other health problems later in life. Adults with low blood levels of vitamin D may be at higher risk for several types of cancer, as well as high blood pressure, diabetes and bone fractures.

With aging, less vitamin D is converted to its active form, and a deficiency can occur in older men and post-menopausal women. In a review of women hospitalized for hip fractures due to osteoporosis, 50% were found to have signs of vitamin D deficiency. Caffeine can increase bone loss, but increasing calcium and vitamin D intake may counteract this effect. Just don't forget the magnesium with the calcium!

Country Hills Dental Centre Volunteers In Guatemala:

In January, Drs. Jamie Wallace and Tim Begalke along with three other members of the Country Hills Dental Centre Team - Karli, Jewel and Colleen, volunteered with Kindness in Action in Guatemala. Kindness in Action is a non-profit organization that offers free dental care to those in desperate need in third world and developing countries.

KIA volunteers pay their own expenses and transport all of the dental equipment and supplies needed. During this trip, we travelled to many small and remote villages. We worked primarily on children and families who, due to extreme poverty, had never seen a dentist or even practiced any oral hygiene. We had the opportunity to visit some of these families in their homes, which consisted of one or two rooms with dirt floors and leaking roofs, no plumbing, and a kitchen with an open fire for cooking. Sadly, because of the poor living conditions and lack of access to medical care, the child



mortality rate to age 5 in Guatemala is extremely high.

Country Hills Dental is happy to be involved with Kindness in Action. Several of our dental team have volunteered in Honduras, Ecuador, Nicaragua, Venezuela, and Guatemala with Kindness in Action in the past, and will continue to do so in the future.



This was a life changing experience for us and an experience we will not forget. It certainly made us grateful to live in Canada and have the opportunities to experience a healthy life!



62 students ready to discover the world through Immersion Service Learning

While classes may pause for Reading Week, Feb. 18-27, the learning certainly won't stop for 51 St Francis Xavier students who leave on Friday, Feb. 18 as participants in StFX's 2011 Immersion Service Learning program. A further 11 students will take part in another immersion experience in April.

From working on organic farms in Cuba to focusing on community development in Guatemala, the students will complete a weeklong experiential education placement in Cuba, Grenada, Guatemala, L'Arche Ottawa, and Mexico, with a sixth trip to Belize in April.

The placements are a shared group experience where students learn from one another and participate in daily reflections and community service.

A record number of students, representing over 20 disciplines, applied to take part in the program this year. Each immersion experience is at its capacity. StFX was the first Canadian university to offer an immersion service learning program.

Students are so excited for the experience, some have gone out of their way to prepare. In February, a



Student Jalin Couper will take six boxes of donated sports equipment to distribute during her Immersion Service Learning trip to Belize.

donation of six boxes with sports equipment (t-shirts, soccer balls, socks, medals, and sports bags) arrived from the Northern Hills Community Association in Calgary, AB to first-year human kinetics student, Jalin Couper. Jalin will bring the equipment with her to distribute during her Belize experience. "You can communicate through sports," she says. "It breaks down language barriers and

you share a common goal and create stronger friendships. Teams are like families."

The Northern Hills Sports coordinators are very excited to have an opportunity to donate to such an exemplary group of individuals at the St Francis Xavier university. We are looking forward to a pictorial diary as these amazing young men and women take part in such honorable community service.

RED RIVER DECORATOR DOORS LTD.

- Custom Designed Doors
- Steel Craft Insulated Doors
- Liftmaster Door Openers
- Sales and Service
- Repairs

Cliff Martin
403-651-1185
Email: cffmartin@hotmail.com

NOW OPEN
Tanning, Massage, Purses, Jewellery & much more
CHECK OUT OUR SPECIALS
Everybody needs a piece of Heaven in their life
#7, 33 Harvest Hills Drive, NE Calgary Alberta T3K 4R2 (403) 226-2210

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

- ✓ Over 24 years experience
- ✓ Over 3,500 families have trusted Richard with their real estate needs
- ✓ Ask about the 90 Day Guaranteed Sale
- ✓ Find out why so many satisfied customers continue to use and recommend Richard

BUYING OR SELLING REAL ESTATE?

CALL FOR A COMPLIMENTARY NO COST OR OBLIGATION CONSULTATION

Richard Fleming

403-651-4400

fleming@telusplanet.net

www.calgaryrealestatesales.ca



MILA Nails & Spa

Manicure & Pedicure \$40
(Every Tuesday)

Pedicure Spa \$30
Acrylic F. S \$35
UV Gel F. S \$50
Waxing & Tinting Available

234, 66 Sandarac Drive NW,
Calgary, AB T3K4L2
Tel: (403) 730-6452

WHERE SMILES BEGIN!



COUNTRY HILLS
DENTAL CENTRE



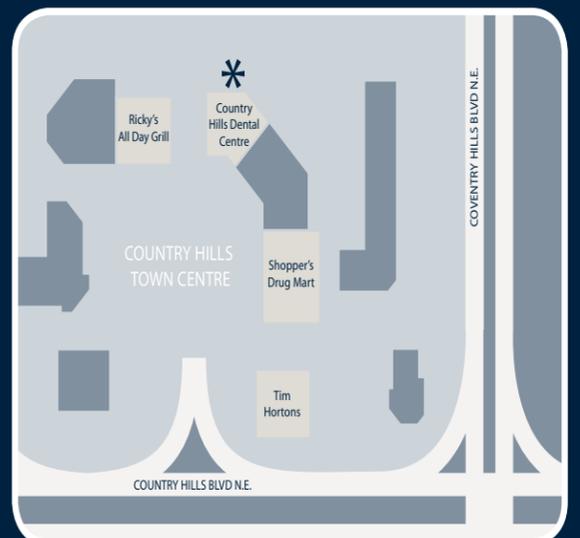
We emphasize PERSONALIZED attention in a FRIENDLY environment to preserve and enjoy EXCEPTIONAL dental health.

NEW PATIENTS WELCOME!

- General and cosmetic dentistry
- Flexible office hours
- Convenient location



Country Hills Town Centre
#707, 500 Country Hills Blvd
(403) 226-1809
www.countryhillsdental.com



Dr. Tim Begalke DMD | Dr. Jamie Wallace DMD | Dr. Jeremy Wallace DDS
Attended the Las Vegas Institute for Advanced Dental Studies