

Northern Edge News



Mar 2012 • Official Newsletter of the Northern Hills Community Association

www.northernhills.ab.ca • FREE

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

Stepping Up to make the Northern Hills a better community to live in...

If you read nothing else today, please read me! Now that I have your attention, are you engaged in our community?

When I first moved to the area, I thought it was a temporary stop; I was buying a new house in a new starter neighbourhood. Eleven years later, I am still here, and I have looked elsewhere, but I just never find another community that meets my needs, and many of my neighbours are still here as well. Our community is comprised of a mix of dual income families, single parents, seniors, poverty stricken families, as well as numerous ethnic backgrounds.

But is our community engaged?

Back in October, 2011, Mayor Nenshi wrote a column encouraging people to get more involved in a better Calgary. The Mayor urged people to do three things to make the community better, but also mentor three other people to do the same. From the Calgary Herald: "They can be big things like joining a community association or small things like having a front yard barbecue and inviting your neighbours over," Nenshi said. Mayor Nenshi is continuing his push to engage Calgarians to make your neighbourhood, and Calgary a better place: <http://www.3thingsforcalgary.ca/>.



I look at our membership numbers for a community of 50,000 people or 17,000 homes. We only have about 1,500 members, so not even 1 in 11 homes, and most of those memberships are due to our sports programs. We have learned that on average, 14% of Calgarians belong to their community association, but in the Northern Hills, we have a 9% membership rate. It makes it difficult for council members to take direction from community associations with consistently low membership rates, and low turnouts at Annual General Meetings. People often tell us that they are members of the NHCA but after a few questions, we learn

their membership expired, or they are a member of either the Northstar Residents Association or Panorama Estates Homeowners Association, but not the Northern Hills Community Association. If you are not sure, please call us at 403-226-6422. It is equally frustrating for community associations and community interest

Northern Hills Community Association

However, after a passionate rant by me at a recent board meeting, our association is encouraging our community to STEP UP, SPEAK UP, and SIGN UP. We aren't waiting for this movement to come to Calgary because we are starting it in the Northern Hills now.

We are asking you to join us, become a member of our community association, let us know what concerns you about the community, contact your MLA, Alderman, School Trustee, and MP and tell them what is missing from our community. The Northern Hills is a great place to live for so many reasons. However, a North Calgary Diagnosis and Treatment Centre planned for here in 2005, has vanished from plans and yet both Airdrie and Cochrane have Urgent Care



Centres with smaller populations. Why does Airdrie have considerably more schools with a smaller population? I had a conversation with a parent in Cardel Place a few weeks ago and we were talking about the lack of schools in the area. I asked if she had called her MLA about it and she hadn't. At a recent NHCA event, a parent was talking about how full Panorama Hills Elementary was with 8 Kindergarten and 8 Grade 1 classes and I

wondered how many parents have called their MLA or School Trustee to speak up?

groups, when people don't exercise their right to vote which provides additional feedback to elected officials from constituents. We think Mayor Nenshi made it clear that people need to join their community associations. But people also need to step up for change. Every voice counts, and we are seeking yours.

The Mayor is not the only person looking for engagement. A new initiative was launched in association with Telus, called Stepping Up for Change. The initiative, or movement, originates from a book by Dr. John Izzo, but unfortunately is only being introduced in Vancouver and Toronto this year.

We aren't telling you who to vote for in this next election or any election. We want you to engage every candidate to debate the issues. We want you to encourage every candidate to know the issues. In a community of 50,000, we hope residents will run for political office and our board so that we have strong representation that lives in our community, shops in our community, has children in our community, and !

(Continued on page 4)

UPCOMING EVENTS 2012

April 4th and 5th
NHCA volunteers at Casino

April 16th
Ladies SOCCER Season Begins! Yeah!

April 19th

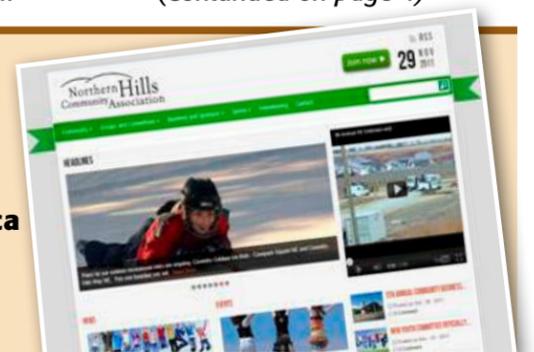
- NHCA Community Resource Fair
- City Planning and Development Open House
- Health and Wellness Fair
- NHCAAGM

April 20th
SLO-PITCH Season Starts! Yeah!

May 1st
Children's' SOCCER Season Begins! Yeah!

May 12th
NHCA Garage Sale and Flea Market

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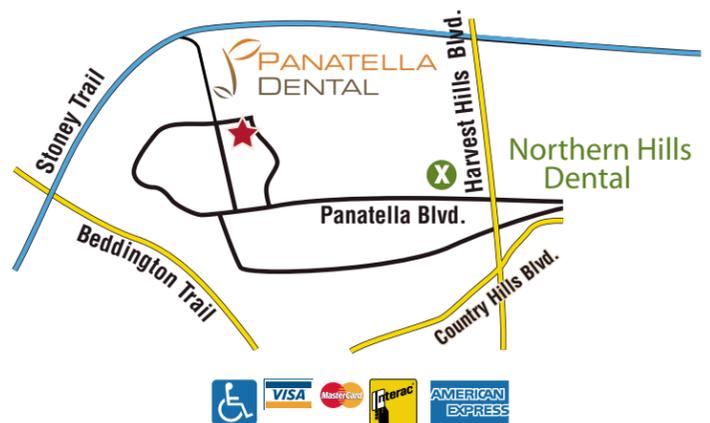
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NEW PATIENTS WELCOME

VOLUNTEER

NHCA VOLUNTEER OPPORTUNITIES

VACANCIES ON THE BOARD:

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

Secretary – Do you have a laptop, a good command of the English language and keyboarding skills? We're looking for you! The most important duty involves the preparation of the minutes from our monthly board meetings. Generally, this position requires a lower time commitment than some board/committee positions but as a board member you will have the opportunity for input regarding our activities in the surrounding community.

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

Contact president@northernhills.ab.ca

There are many committees that could always use the help:

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

Garbage Collection - Have some ideas on how to clean up and prevent littering in our neighbourhoods? We are seeking individuals who are as annoyed as we are about the amount of loose litter lingering in our alleys, on our boulevards and in our green spaces. Please contact community@northernhills.ab.ca if you've had enough!

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

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

At Home In The Hills - A new initiative to assist new Canadians, Calgarians and/or residents to the Northern Hills. We are working on providing activities and information to assist with the transition into our area. We have begun with a webpage with agency and city information and a

plan for a group of volunteers who will become 'Big Neighbours' to those new to the 'Hills'. If you are a resident of the Northern Hills Communities, familiar with the area and perhaps speak another language, this could be a wonderful opportunity to meet and greet! Contact 1vp@northernhills.ab.ca

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

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

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

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

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

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

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

Senior's Group – SPRY in the Hills, a group of older adults who get together on Tuesdays from 2 - 4 pm and Fridays from 1 - 2pm are looking for you and your ideas. Contact seniors@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 Wendy Cavanagh,
President NHCA



March is Community Membership Awareness Month. Remove the words 'membership and month' and the phrase Community Awareness remains. What does Community mean to you? How do you fit into your community? Does your presence make it a better place? Do your neighbors know you? Are your children respectful of the green spaces and public and private property? When you see an empty coffee cup or forgotten bag of doggy doo on the pathways, do you pick it up? Do you speed through a playground zone or drive the shortcut through a residential street to get there 2 minutes faster?

When we look at the bigger picture and how our community fits within the city around it, do we have enough schools? Are there opportunities to gather together to share interests or celebrate? Is recreation important and how does that look – a facility or a park, a pathway or a bike lane, a skating rink or a garden? What would make this place that you have chosen to live so great that you would never want to move?

We like the message from North Haven School in this edition. Along with the academics, they are focusing on what they refer to as the 'Circle of Courage' and the 'four pillars of belonging', a philosophy that teaches responsibility for actions and encouragement to seek solutions to problems. David Hartwick shares these sentiments when he asks you to 'Step Up for Change' in his submission. Wake Up, Speak Up and support your Community Association. It's one way to send a strong message that we're here, we care and we're not going anywhere!

After much thought and discussion, we have come up with a diverse list of plans to enhance existing projects and programs within the Northern Hills communities. Our budget is balanced due to much anticipated Casino funds and sponsorship. If you are a resident or business who would like to contribute to the Community by way of donation or sponsorship, please contact marketing@northernhills.ab.ca

Those who enjoy skating had the opportunity to take to the ice during a cold snap a few weeks ago. The new pleasure rinks in Coventry and Harvest Hills were cleared and flooded by an eager group of volunteers. If you would like to volunteer to help flood and clear this year or next contact community@northernhills.ab.ca

At our board meeting in January, we were presented with a proposal to build a fully boarded and lit outdoor ice rink in Panorama Hills. Area resident, Derek Zaharko is willing to lead the charge for this ambitious project. If you would like to help Derek with plans and execution please contact panrink@northernhills.ab.ca

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

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

On April 19th, the NHCA will once again be host to various City of Calgary departments, non-profit community resource agencies and perhaps a few of our elected officials. A Health and Wellness Fair will be a new addition to this event, including presentations and displays by people in the business of keeping us healthy and happy. The NHCA Annual General Meeting will follow with community news and door prizes too! Don't miss it!

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

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

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

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

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

Youth Council Partners with Cardel Place Winterfest

What a success our Family Day event was! We would like to thank Graham Thomson for inviting our Youth Council to be part of Winterfest this year! This was the very first major event managed and planned by the NHCA Youth Council, and we are so excited that we were able to provide many free activities for the young kids on the upper level of Cardel Place. Some of these activities included a spring caterpillar-making table, a bird-feeder making station, and an awesome six-hole mini golf course!

At the craft table our volunteers would help kids punch holes into ten circles, thread a pipe cleaner through the holes, and then the kids would draw on faces with googly eyes. The bird feeder table would take a little bit more assistance: first our volunteers would help the kids spread a shortening mixture on the pine cone, then roll it in the bird seed., and place it in a bag for them to take home. As for the mini golf: well that was a hit! Our mini golf volunteers tried to liven up the event by have the kids sing to get their golf club, it did back fire on them at one point when one clever girl told them that they had to sing to get the club back!!!

We raised almost \$100 with our popcorn and cupcake sale. These funds raised will go towards future events and

programs that the NHCA Youth Council will provide for our community.

We would like to thank the 30 youth volunteers helped us out during the day. They all worked extremely hard, and by the end of the day they were all exhausted! Without these volunteers we would not have been able to make this event such a success. We would also like to send a special thanks to the City of Calgary for providing our council with gift cards to Michaels and Walmart. These gift cards allowed us to buy all of our supplies for this event.



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WHERE'S OZZIE?



"Where's Ozzie?" is a monthly contest of the Northern Hills Community Association. Here is a photo of Ozzie. Look for him in photos in this and upcoming issues of the Northern Edge News. When you spot him, send an e-mail to communication@northern-hills.ab.ca. Include your name, contact information, NHCA membership number along with the month of edition and page number where you found him. There will be a prize draw from each month's entries. For the months of October 2011 through January 2012, First Calgary Financial, 500-130 Country Village Rd. NE, (403) 736-4640, is proud to sponsor the Ozzie contest with the monthly prize of dinner and a movie! One entry per month per membership and you must have a current NHCA membership to be eligible. Spot Ozzie, be a member and WIN!!



STEP UP - Continued from Page 1

plays in our community so they clearly understand the needs of our community. We want you to join the movement "Stepping Up For Change". Join us in building a better, more engaged community that encourages our elected officials to provide the same services, programs and infrastructure in the Northern Hills that they would want in their own neighbourhood. In fact, they would expect in their own neighbourhood.

In case you didn't know, this election will bring a new Provincial Electoral District to our community, Calgary-Northern Hills. As an example of the role a community association plays on behalf of residents, the NHCA was successful in helping to convince the Electoral Boundaries Commission that we should be our own electoral district. This might be a surprise to many of you as it generally was not reported except in the Northern Edge News, but these changes will take effect as soon as the provincial election is called. This

means that residents of our community will no longer reside in Calgary-Mackay, but will reside in Calgary-Northern Hills.

The NHCA is always discussing what we believe are important issues for our residents and the new district makes the coming election a great time to have a list of wishes and to get engaged. Our board has been making a list of issues to think about, talk about, pick up the phone and call an elected official about. What is on your list? Our AGM is April 19th at Harvest Hills Church. City Departments, community services and elected officials will be attending an Open House prior to the AGM from 5:30 pm to 7:00 pm for you to ask questions, view our list, and add your own wishes to it. This event is generally poorly attended and we are asking you to come out and show our officials we all care about our community and we want to be heard.

I am Stepping Up for Change. Are you?

David Hartwick, Board Member



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Ph.226-6422 Fax 226-6421
Website: www.northernhills.ab.ca

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

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

SPRY in the Hills



CALLING ALL SENIORS...
time to renew acquaintances, make new ones, play some games, do some exercise and participate in planned activities!!

**All meetings are held at
Panorama eCommunity Centre,
88 Panamount Hill NW.**

OUR WINTER/SPRING SESSION IS NOW IN FULL SWING:

Fit2Age Exercise Program

Tuesday 2-3 pm and Fridays 1-2 pm
February 3, to March 30, 2012
(A current NHCA membership and a signed Waiver Form is required to attend)

A Social Hour on Tuesdays from 3-4pm

is open to all SPRY members
A walk and chat takes place on Thursdays, weather permitting.

We always have room for more, so please, bring a friend and come check us out. It's a great way to meet people from your neighbourhood. We also welcome ideas for future programs, guest speakers and projects.

Schedule for January to May 2012

Available at www.northernhills.ab.ca/Groups & Committees/SPRY

Northern Edge News

The Official Newsletter of the Northern Hills Community Association

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



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OUTDOOR SOCCER REGISTRATION

ONLINE Registration:

February 1st to March 7th 2012

Northern Hills Community Association

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



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

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

SOCCER SEASON RUNS: May 1st thru June 22nd, 2012

Soccer Divisions:	U10 Boys, Girls: \$90
U4 Mixed: \$50 Boys & Girls (Born in 2008 & 2009) Plays Monday OR Wednesday evenings	(Born in 2002 & 2003) -Boys Plays Tuesday AND Thursday evenings -Girls Plays Monday AND Wednesday evenings
U6 Mixed: \$60 -Boys & Girls (Born in 2006 & 2007) Plays Tuesday AND Thursday evenings	U12 Girls, U12 Boys: \$90 (Born in 2000 & 2001) -Boys Plays Tuesday AND Thursday evenings -Girls Plays Monday AND Wednesday evenings
U8 Mixed, Girls, Boys: \$70 (Born in 2004 & 2005) -Boys Plays Monday AND Wednesday evenings -Girls Plays Monday AND Wednesday evenings -Mixed Plays Tuesday AND Thursday evenings	

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

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

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

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



When: We play twice a week (Tuesday & Friday nights) after all the kids programs are done - April 16 thru to the end of June – approx. 16 games

What: Play Outdoor Soccer

Where: Within the Northern Hills Community

Who: Women over 30 – ALL SKILL LEVELS

Cost:

- \$70.00/player
- NHCA Community Membership (for the insurance needed to play) - \$20.00 (Single) or \$30.00 (Family)
- \$20.00 - jersey, shorts, & socks (new players only)

We offer:

- Licensed referees.
- New player orientation
- Technical sessions.
- Ice-breaker party

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

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

Looking for Referees!

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

We pay!

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



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



Outdoor 2012 City Soccer Registration
Children born 1994 - 2003 (U10-U18) **

Tyke Soccer
Recreational/Developmental Soccer Registration
Children born 2004-2009 (U4/U6/U8)
Tyke Soccer (games played on MacEwan and Beddington fields)

Register online at:
www.msbunited.ca
Registration begins Feb 1, 2012. Visa and Master Card are accepted.

Register in person at:
Mar 8th Beddington Heights Community Center 6:30-8:30pm
Mar 17th Cardel Place 11:00am-1:00pm

Please make cheques payable to: MSB United Soccer Attn: Registrar

Birth Year	Age Group	Gender	MSB Fee	Individual Technical	Tier I/II/III
2008-09	U4	F M	\$100	N/A	N/A
2006-07	U6	F M	\$100	N/A	N/A
2004-05	U8	F M	\$100	\$30	N/A
2002-03	U10	F M	\$180	\$30	\$160
2000-01	U12	F M	\$220	\$30	\$160
1998-99	U14	F M	\$220	\$30	\$160
1996-97	U16	F M	\$270	N/A	\$160
1994-95	U18	F M	\$270	N/A	\$160
Adult	Adult	F M	\$270	N/A	N/A

**Tiers I, II, III tryouts for U18 boys for outdoor 2012
Indoor 2012-13 tryouts for Tiers I, II, III in U10-U12 age groups



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

SLOPITCH REGISTRATION

February 1st Thru
March 15th, 2012



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

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

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

Registration and Program Details can be found at

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

Under the SPORTS section in "Adult Slo-Pitch"

Community Resource Fair, City Planning Open House and NHCA 2011 Annual General Meeting (AGM) April 19, 2012



On April 19, 2011 at the Harvest Hills Alliance Church the Northern Hills Community Association (NHCA) will present a Community, Health and Wellness Resource Fair, and City of Calgary Planning and Development Open House as the lead in to our 2011 Annual General Meeting (AGM). The resource fair and open house will run from 5:00 to 7:00 pm followed by the AGM from 7:30 to 8:00 pm.

Community, Health and Wellness 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, and other social services providing information for those who are new to the country and/or area. Representatives from the NHCA will also be available to residents who wish to voice concerns or provide ideas on how the NHCA can work to make your community a better place to live.

This year, the NHCA would like to introduce some of the health and wellness resources in our area.

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. You could also talk to your Counsellors, school trustees & MLA to voice concerns.

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.

Where's Ozzie Winners!

The NHCA is pleased to announce the winner of the "Where's Ozzie?" contest for the month of January, sponsored by First Calgary Financial. Andre Bridgnell was drawn from all of the correct entries submitted. Andre wins two Empire Theatre passes and a \$50 gift card to Boston Pizza. Thanks to all of the people who sent in entries and spotted Ozzie! Remember, keep your eyes peeled in each edition of the Northern Edge News for the dog about town who gets photographed as he goes where the action is... in the Northern Hills!



Check our New website out at
<http://www.northernhills.ab.ca/>
Launched December 2011

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

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

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

Registration Form
on page 12 or

go to your new website at
<http://www.northernhills.ab.ca>



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March is Community Association Membership Awareness Month!

Did you know there are more than 20,000 volunteers in the community association movement in Calgary? It's the LARGEST collective volunteer movement in the city! There are also more than 156,000 Calgarians who are members of their community association. Be part of it!

The Federation of Calgary Communities is proud to once again promote March Community Association Membership Awareness Month. We encourage you to take a few minutes this month to find out what your community association can do for you! It's easy and you'd be surprised at the many benefits and options available to you as a neighbour.

Community associations are

so much more than organizations offering programs and services such as youth soccer or evening yoga to residents. For example, this newsletter was created and produced by hard-working volunteers from your community association! Each month they put this together to let you know what great things your community has to offer. Community associations are the voice for community life; working with City Council on planning and development issues in Calgary. Do you want to take part in what goes on in your neighbourhood? Have a say and get involved! Many community associations also work closely with many local businesses to offer discounts and benefits to their

members.

Throughout this month-long event The Federation of Calgary Communities will be working closely with the 149 community associations in the city to promote the many benefits of belonging. Each community association is different so find out what yours can do for you today!

Engage. Belong. Inspire. Be part of it!

For questions or more information on March Community Association Membership Awareness Month please contact Rebecca Dakin with The Federation of Calgary Communities at (403) 244-4111 ext. 204 or communityrelations@calgarycommunities.com

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Prepared for Golf?

by Bob Davidchuk
PGA of Canada Professional, Harvest Hills Golf Centre



With the Calgary golf season just around the corner, it is time to get out the golf clubs and prepare for the 2012 season. There are many ways you can prepare for the season even though it may be a few or more weeks before you actually get out on the golf course.

Off-season conditioning in the form of a golf specific fitness program would be a great way to start. Countless PGA tour stars spend hours in the gym in the off season doing a variety of exercises such as aerobics, yoga, strength and conditioning, power programs, core and balance exercises and stretching and flexibility exercises. The professionals are not only trying to get stronger, more powerful and more flexible, they are also trying to avoid injuries during the season.

I would suggest that if you started with a program in the off-season or pre-season, you would have a stronger, more efficient and durable golf swing. This would help you avoid common golf injuries to the back, neck, shoulders, elbows and wrists and will probably give you more distance on your drives and more consistency in your golf swing as well. Before you do any workout, always warm up your body first with some light aerobic workout such as a slow jog or riding a bike.

When you do get a chance to visit the driving range prior to the season, it would be a very good idea to take it easy at first. Always start with some slow moving stretches to your shoulders, neck, back, wrists and arms.



Here is an example of a simple stretch to do before you start swinging the club.

After stretching, progresses to some slow motion swings and increase your range of motion little by little. When you start hitting balls, start with a pitching wedge or short iron and make several 1/2 swings and 3/4 swings before getting to full power. Gradually work your way into the longer irons and finally to the driver. The most common mistake I see from golfers is to go straight to the driver and try to kill the first shot. Ouch!

Luckily for residents of our Northern Hills communities, golfers can visit the Harvest Hills Golf Centre which provides a year round driving range with heated stalls on cold days. With the many Chinook days that we get, working on your game at a driving range in the winter months is quite comfortable and enjoyable. You also get to see full flight of our golf ball which helps you practice ball flight compared to hitting a ball into a net.

If you need help with your off-season golf workouts or fitness programs, I have many golf specific exercises that I could share with you or even create a full individualized program for you. As a CPGA professional with over 20 years experience and having worked with Dr. Randy Gregg at the Edmonton Sport Institute on golf fitness programs, I have much to offer golfers with their golf fitness requirements.

I will be teaching at Harvest Hills Golf Centre this season and will offer a variety of lesson programs for people of all ages and abilities and will ensure that you get the most out of your learning experience whether it is fitness related or not. I look forward to a great season this year at Harvest Hills and I hope that this article will help you properly get prepared for the golf season, avoid injuries and enjoy a stronger golf swing this season. For more information, please contact me at bob.davidchuk@gmail.com.

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GARDEN NEWS

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Community Gardening in the Northern Hills

It's that time of the year again to think about getting our hands dirty, planting some seeds and enjoying the fruits of our labour.

Both gardens (Harvest Hills and Coventry Hills) have a few remaining vegetable plots available for rent this year. If you are interested in meeting new people, concerned about how the food you eat is being produced, concerned about your environmental footprint, and want to provide fellow Calgarians with a hand up, why not consider joining us? Annual fees are \$35.00 (4 x 8 feet) or \$50.00 (4 x 12 feet). Or if you don't want to rent a bed but want to help out, just let us know.

Contact admin@north-ernhills.ab.ca to get your name on the waiting list or to volunteer.

Hope to see you there!

The community gardens are a community based project dedicated to bringing together residents of the Northern Hills communities. The garden also has beds dedicated to growing produce for the Calgary Interfaith Foodbank as well as the community at large. During the growing season each garden bed is rented, planted and cared for by an individual or family within the community. "Communal" picking of produce is only allowed within marked "community" beds.





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SCHOOL NEWS

North Haven School News

The Calgary Board of Education believes in "Educating tomorrow's citizens today". So how does North Haven School's vision fit into this motto? If we understand the motto to mean the Calgary Board of Education is preparing students for a future of success, then I am proud to say North Haven School is rising to this challenge and meeting the Calgary Board of Education's expectation.

The circle of courage implemented at our school focuses on the four pillars of belonging, generosity, independence and mastery. Through these four pillars, students are encouraged to work well together through communicating with one another, collaborating to solve problems, being kind to one another and demonstrating their understanding every person is unique and comes with strengths and challenges. The circle of courage is a philosophy that helps students to become responsible for their actions and to see there are solutions to problems. It is about being able to work in a community of people abiding by expectations while still being autonomous. This is what the staff and students at North Haven School are striving for.

As our students venture to junior high school, high school and eventually beyond, no matter what they choose, we are giving them the

foundations to be the best they can be. We are providing them with the knowledge of how to work together, problem solve, be a team player while still having a voice of their own.

The fortune 500 companies indicate the following as attributes in character they look for when hiring an employee: communication skills, collaboration skills and the ability to function as part of a team. Further to this our workforce today requires employees to exhibit soft skills or behavioural competencies. Also known as Interpersonal Skills, or people skills, they include proficiencies such as communication skills, conflict resolution and negotiation, personal effectiveness, creative problem solving, strategic thinking, team building, influencing skills and selling skills, to name a few.

As I reflect on what the circle of courage philosophy entails, I am proud to say we are providing opportunities for our students to work on their soft skills. We have not lost sight of the academics, but rather are tuned into developing interpersonal skills in our students as well. So, is North Haven School educating tomorrow's citizens today and preparing them for tomorrow's workforce? My answer is a heartfelt YES!

Happy March from the St. Clare School Community

The season of Lent is now upon us. Lent is a very important time for the St. Clare's Catholic School Community. During the month of March we continue to focus on prayer, and acts of kindness to others, and giving to the less fortunate. This is all leading up to Jesus' resurrection on Easter Sunday. During Lent we will be collecting personal hygiene items for the Mustard seed homeless community. It will be all put into special bag with a greeting from our students wishing them a great day. Our acts of kindness will be part of bucket filling charter education, along with our daily prayer.

February was an exciting month, highlighted by our Family Dance that was held on February 15. Over 500 people attended. Many of our students performed their dances that they had been learned in their physical education class. The silent auction was also a great success. A huge thank you goes out to the community who contributed items to the silent auction as well as to all the families that were in attendance. Events like this strengthen our school community and bring a sense of pride and joy to the school itself.

March is yet again a busy month at St. Clare School. Some of the great happenings occurring at our school include the grade six students par-

ticipating in the Open Minds school program at Canada Olympic Park to enhance their science curriculum. On March 19th we will be celebrating St. Clare Day with a school wide presentation by Magician Steve Harmer at 9:15 in the morning followed by a liturgy at 1:30 in the afternoon. To continue to promote a healthy and active lifestyle, St. Clare will close the month on March 30th with its fourth annual Wellness Fair. The Wellness Fair includes various presenters from the Calgary community to promote the awareness of healthy living and safety in our daily lives. We have presentations and instruction in areas such as Africa dance, Hip Hop, Fencing, yoga, stranger danger, and back pack safety to mention just a few, and there are twenty five presenters in all. Many thanks to all the presenters and sponsors of this special day for our students.

Don't forget kindergarten registration has been ongoing this year. If you live in Coventry Hills and your child will be five before March 1st 2013 they are eligible to register. Non catholic may also inquire. Please bring a birth certificate of the child, plus proof of residency in Coventry Hill when registering.

Hope you have a great March,

Giselle LeClair, Principal

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COVENTRY ASSOCIATION for SCHOOL ENHANCEMENT



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9am - 1pm

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LIBRARY NEWS

Programs for March 2012

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

The Internet: Part 1: An Introduction

Learn about web browsers, URLs, hyperlinks, and search engines. Basic computer skills required.



Tuesday, Apr 17: 6:30 - 8:00 p.m. Registration is ongoing.

Reading Tag: Darwin Awards Edition

Join us for a group reading session of Darwin Award winners and nominees. Take a turn reading or just come and listen. You can come and go as you please. Ages 13 to 17
Wednesday, Mar 28: 7:00 - 8:00 p.m. No registration required.

The Calgary Wildlife and Rehabilitation Society

Learn about this organization and its rescue programs through its resident owls or hawks.
Tuesday, Apr 03: 7:30 - 8:30 p.m. Registration is ongoing.

Parent-Child Mother Goose

Enjoy a relaxing and fun hour of songs, rhymes, and story with your children. This program is for ages 6 to 23 months with a parent/caregiver.
Wednesdays, Apr 11 to May 30: 10:15 - 11:15 a.m.
Registration begins Mar 27.

Toddler Storytime

Join us for stories, songs, and fingerplays especially for toddlers. Ages 2 to 3 with a parent/caregiver
Tuesdays, Apr 24 to May 29: 11:00 - 11:20 a.m. Registration begins Mar 28.



Family Storytime

Come in for stories, songs, and fingerplays the whole family can enjoy. Ages 2 to 5 with a parent/caregiver
Mondays, Apr 23 to May 28: 2:15 - 2:45 p.m. Registration begins Mar 28.

Say Goodbye to Mathematics Blues With The Calgary Public Library

Algebra got you down? Can calculus drive you crazy? Does business accounting make your head spin? Fear not. The Country Hills Library has the solutions to your mathematical problems.
So let's start with the obvious. We're a Library. We have books. Books about trigonometry, algebra, calculus, accounting, finances, using Microsoft Excel and anything else math related you could ever want. From grade one workbooks, to using accounting software, you can find it at your Calgary Public Library.

Noisy at home? Can't concentrate? The Library offers sanctuary to solitary studiers. With specific tables dedicated to quiet study, and customer friendly hours (we're open evenings and weekends), you'll be crunching numbers with ease in no time. Also, when it isn't in use, we open our program room up for studiers; creating quiet space.

Have a tutor; or maybe you are a tutor? Maybe you have a study group? Travelling a lot to study sessions? The Library has you covered there too. We have several tables so meeting half way has never been easier.

Remember, March 14th is Pi (3.14) day; celebrate confidently with your beefed up math skills.

For more information come in to the Country Hills Library or visit us @ www.calgarypubliclibrary.com



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.

SUMMER DAY CAMP REGISTRATION BEGINS
WEDNESDAY, APRIL 18TH @ 6:30 - 8 PM at the church.
Day Camps July 2-6, 2012 from 9am-noon;
All camps are \$75 for the week.



We are running **only one week** of Day Camps this year.
"Sky" Preschool Day Camp - ages 4 through kindergarten (completed)
Sports Camp - grades 1-6 (completed);
"Creator's Canvas" Art Camp - grades 1-6 (completed)
Contact Angela at angela@hhachurch.com for more information.

Weekly Activities at the church:

Monday: 6:30 pm - Girl Guides of Canada Deerfoot District
7:00 pm - AA Meetings
Tuesday: 9:30 am - P.A.C.T. (Parents and Children Together)
Email: p_a_c_t@hotmail.com
10:00 am - TOPS
1:00 pm - ESL (esl@hhachurch.com for more information)
Wednesday: 9:15 & 9:30 am - Women's Bible Studies (4 to choose from)
4:00 pm - Free Math and Science Tutoring
7:00 pm - Youth
7:00 pm - Al-Anon
Thursday: 10:00 am - Community Moms 'N Tots
Friday: 10:00 am - Moms With Young Ones
Saturday: 8:00 am - Men's Bible Study



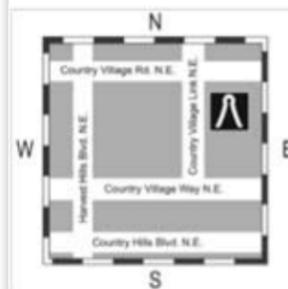
E.S.L. Classes:

Tuesday afternoons at 1:00 pm, until March 27, 2012.
For more information email: esl@hhachurch.com.
ESL registration April 1 from 10 am - 1 pm in our front foyer.

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

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Northern Hills



Northern Hills Community Association

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A MESSAGE FROM WARD 3

INVITATION:

I invite everyone to join me at the Country Hills Tim Horton's, 900 – 500 Country Hills Blvd NE on Tuesday April 3, 2012 at 10:30 am. This get together offers the opportunity for me to meet with you and discuss any concerns you may have and for me to share information with you on projects in your area. This is a casual coffee meet and greet and I hope that you will have time to drop in and meet with me. Please visit the Ward 3 website for future meetings.



Jim Stevens,
Ward 3 Alderman

KEYSTONE AREA STRUCTURE PLAN (ASP):

North of Stoney Trail both sides of Centre Street
This will be the first major residential ASP adopted that incorporates policy directions of the new Municipal Development Plan and Calgary Transportation Plan.

The City Administration facilitated a meeting with the landowners February 7, 2012 to discuss both the Design Guidelines and the Parks Department considerations. The Keystone Area Structure Plan (ASP) document will be circulated to the landowners in March 2012, and in April 2012 the Keystone Hills ASP is scheduled to proceed to Calgary Planning Commission and Council Public Hearing in June 2012.

As always, please feel free to contact my office with any concerns you may have.

Hello Residents of Northern Hills!

We, in the Calgary-Mackay Office, have been busy working on numerous concerns within the constituency, including issues with: Alberta Works, Employment Standards, Workers' Compensation Board, and Alberta Health and Wellness. Please feel free to come in, call us, or drop us an email with any concerns with which you feel we may be able to help.



Teresa Woo-Paw,
MLA Calgary Mackay

high school and post-secondary credits simultaneously—and a head start on their apprenticeship training after graduation.

Under the project, as many as 12 teachers can access a one-year preparation program at Red Deer College. The post-secondary institution, along with the University of Alberta, Apprenticeship and Industry Training and Alberta Advanced Education and Technology, developed the program in collaboration with Alberta Education. Information on the project and the application form can be found at www.education.alberta.ca/admin/workforce.aspx

The Calgary-Mackay constituency office is committed to supporting these and other initiatives that improve the quality of life for people in our community. For more information, please subscribe to my e-newsletter by visiting <http://teresawoopaw.ca>

As I mentioned last time, planning is ongoing for the annual Stampede Breakfast within the constituency. Please mark your calendars for the morning of Saturday, July 7th. We are beginning to get interest from businesses in the community and hope you will come out to join us. More news as plans come together.

As the Legislature is back in session, I am busy with sittings from Monday to Thursday. This promises to be a very busy time for all MLAs. Some of the major pieces of legislation include curbing government spending, bettering health services for all Albertans, and retooling legislation surrounding public education.

A project to support a growing demand for Career and Technology Studies (CTS) programs in high schools will provide nearly \$1 million in grant funding available for teachers who want to instruct carpentry under Alberta Education's new Teacher Bridging to Advanced CTS Programming Carpentry program. Teachers who complete the course will be certified to instruct high school students in carpentry courses at a level recognized by post-secondary institutions. As a result students will receive CTS dual credits—

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**Laser Vein Removal
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MICRODERMABRASION \$59 OR 2 FOR \$99

\$45 SPRING FACIAL includes: Deep Cleansing, Toning, Exfoliating Mask & Moisturising	LASER HAIR REMOVAL Upper Lip \$18 Chin \$23 Underarms & Bikini Line \$49 (Women only)
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WAXING
\$40 Men's Back/Chest
\$20 Face/Half Legs/Bikini Line/Brazilian*
***Women only**

Offer(s) end April 15/12

196 Panamont Green N.W.
www.shennys.com (403) 669-0310

Northern Hills Community Association Annual Community Garage Sale / Flea Market

Serving Harvest Hills, Coventry Hills, Country Hills, Panorama Hills and Country Village Link

When: Saturday May 12th, 2012 9:00 a.m. to 1:00 p.m.
Where: Cardel Place - North End of East Parking Lot (Outdoor Table Rentals)
What: Kick Off your spring-cleaning and get to know your neighbours through a community organized garage sale.
Fee: \$20 per table for NHCA members & \$40 for non-members. The fee includes the rental and set-up of one table and garage sale advertising. You must bring your own chair(s) and trolley, if required.
How: Complete the registration form below and drop off with cheque payment anytime at the NHCA office in the Genstar Community Wing of Cardel Place. (Please put in an envelope under the door if office is closed). Cash or credit/debit card payments will be accepted Monday through Friday from 9:30 a.m. to 2:00 p.m. and Thursday evenings 5:00-7:00pm.

Registration starts Friday, March 23rd and ends on Friday, April 30th or when all tables have been booked.

Questions? Visit www.northernhills.ab.ca for information, contact 403-226-6422 during office hours or email info@northernhills.ab.ca

For Cardel Arena's **Indoor Table Rentals** for KIDS STUFF ONLY, visit Cardel's Guest Services Desk or visit www.cardelplace.com for more information

Please remove bottom portion and submit with payment to the NHCA office

2012 Garage Sale / Flea Market REGISTRATION FORM

Name: _____
Address: _____ Phone: _____
Email: _____
NHCA Mem. #: _____ (New Membership: \$20/30)
Number of tables: _____ x \$20.00 (NHCA member fee)
_____ x \$40.00 (non-member fee)
Total cost: _____ Paid by: Cash Cheque Credit Debit
Office Use: _____
Received by: _____ Payment Ref: _____ Date: _____

Contact: www.2toyota.com
403.291.2111



I would like to extend our 'friends and family' discount to all residents of Panorama Hills...

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They saved for their first car and house, lived within their means and made smart spending decisions. They want to enjoy the rest of their retirement without worrying about money or how long their hard earned savings will last.

At Chartwell Seniors Housing, we understand how important financial peace of mind is to you and your parents. Chartwell's Payment Options Plan (POP) helps make retirement living affordable for all the years to come.



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20 Country Village Cove NE. Calgary, AB
Call 403-226-5381

Visit us online at chartwellreit.ca

Scan our QR code and find out more about us!



How to Get a Membership

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

You can purchase a membership three ways:

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



Membership Form

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

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

Please enclose cheque payable to "Northern Hills Community Association"

First Name _____ Last Name: _____

First Name _____ Last Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

Please indicate activities you would like to learn more about:

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

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

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

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

OFFICE USE ONLY:

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

Received: ____ / ____ / ____ Card Sent



Writing Program With Simon Rose A Success!

For the past six weeks, 20 kids, ages 9 to 11 took part in the very first writing class that the NHCA offered with children's author Simon Rose. In this session children invented their very own imaginary country, complete with detailed maps, a system of government, descriptions of the inhabitants, highly imaginative flags, banners and coats of arms, their own currency and created amazing and unique mythological creatures. The class was filled with bouts of laughter, silly giggles, and some very funny reactions when Simon showed them his charismatic vocal abilities when storytelling! The passion that Simon showed was truly amazing, and it was evident in the last class how his passion inspired the kids to be creative and truly appreciate the art of writing.

The NHCA is excited to offer another writing session with Simon in the spring where the kids will be exploring the exciting world of Time Travel!

Take the Mayor's Challenge...

3 Things for Calgary asks all Calgarians to:

1 Think about 3 Things you can do to make Calgary better. These things could be for your street, your neighbourhood or for the entire city.

The 3 Things you do are up to you. What are your skills and passions? What issues are important to you and what can you do about those issues to make Calgary better?

2 Do those 3 Things.

Whether your 3 Things are large or small, every action you take to make Calgary better makes a difference. And if you have more than 3 Things you want to dive into, then do them!

3 Encourage 3 more people to do the same.

This part is so important. You might already do so much for your community, but others might not yet be living up to their potential.

Find out more at www.3thingsforcalgary.ca



Fostering safe communities...

Property Addressing

- All property addresses must be clearly visible from the street.

- Property owners must ensure that addresses are clearly displayed at the back of the property if that property is adjacent to an alley or public walkway.

- A well-displayed address greatly assists emergency services such as Calgary Fire and Alberta Health Services – EMS.

- It also helps city operations such as Waste & Recycling and Animal & Bylaw Services to provide services more efficiently.

Thank you!



New Program for Seniors!

Animal & Bylaw Services is proud to announce the launch of our "Seniors for Seniors" program: a new cat and dog adoption program aimed at connecting mature cats and dogs with people age 60 and over. This program offers seniors a 60% discount on adoption fees when adopting a "senior" cat or dog (8 years or older).

Through the "Seniors for Seniors" program, our goal is to help enrich the lives of both pets and people by sharing the benefits of adopting an older companion animal. Not only does adoption give a deserving animal a much needed home, the adopter can benefit from increased opportunities for exercise, socialization and companionship. The love of a pet has also been linked to health benefits such as lowering blood pressure, triglyceride levels and cholesterol. A furry companion can also help to combat loneliness.

When well taken care of, senior cats and dogs can be a source of love and companionship for many years to come. Older pets are great for first-time pet owners or people who do not have the time or energy to deal with frisky puppies or kittens. Most senior animals are house-trained and likely have already received obedience training. In addition, when you adopt a senior cat or dog, there are no surprises when it comes to his size or personality, making it easier to know if the pet will be a good fit in your home and for your lifestyle.

The 60% discount offered through the "Seniors for Seniors" program results in a cost of \$60 to adopt a senior cat and \$80 to adopt a senior dog. The adoption fee includes a vet check, vaccinations, spay or neuter surgery, a microchip, a six-month City of Calgary licence and a bag of food.

Help us to connect the wonderful senior cats and dogs at the Animal Services Centre with loving and caring forever homes! For more information about the "Seniors for Seniors" program call 3-1-1 or visit calgary.ca/animalservices to view all of our adoptable cats and dogs.

New!! Recreational Soccer for Ages 16 to 29

Are you interested in playing soccer!!!
Come join other teens and young adults in the community and have some fun.

Program is beginner friendly, no experience necessary and for all fitness levels. This a recreational fun league, the only goal is for you to have a fun safe game of soccer, meet some other like minded neighbours, learn a new skill, and have FUN!! Bring your friends and family!

- When:** Once a week – Wednesday nights - April 4 thru to the end of June from 8:00 to 9:00pm
- What:** Play Outdoor Recreational Soccer
- Where:** Within the Northern Hills Community
- Who:** Girls from 16 thru 29
- Cost:** \$55/player and a NHCA Community Membership (for the insurance needed to play) - \$20.00 (Single) or \$30.00 (Family)
- How to register:** Just phone NHCA, they are taking the registration over the phone 403-226-6422 or drop by the office – Genstar Wing of Cardel Place - 11950 Country Hills Village Link NE

Besides playing some exciting weekly soccer games and enjoying the fresh air and the exercise there will be:

- Licensed ref's provided
- Player Orientation/practice – April 18th
- Technical Sessions – April 4 & April 11
- Ice-Breaker Party & Wrap-Up Event

Register now!

If there isn't enough interest shown, monies will be returned.....
If you have any questions, please email kirandeep.s@hotmail.com or janiceLhenderson@shaw.ca.



PET GROOMING IS BACK AT PET PLANET COUNTRY HILLS!



Call 403-226-3932 to book your appointment now.

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Dr. Eric Ondrich General Dentist

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- Payment Plans Available (O.A.C.)
- Sedation with Nitrous Oxide
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(By McDonald's and Starbucks)

NEW PATIENTS AND EMERGENCIES WELCOME!

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WHERE SMILES BEGIN!



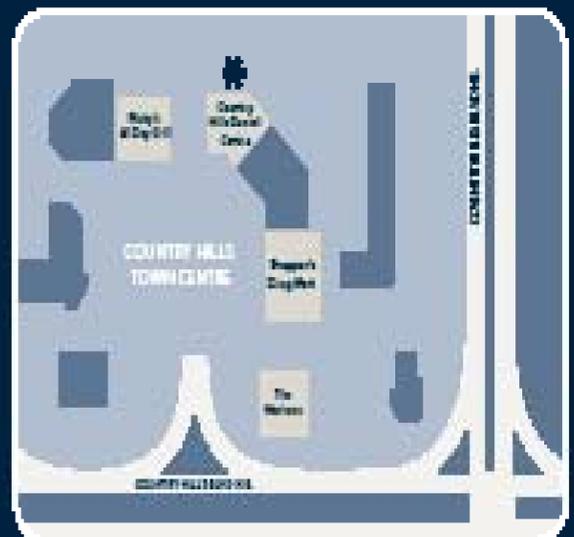
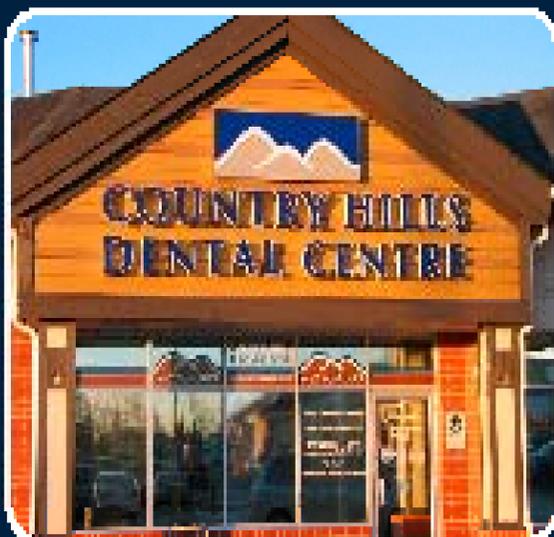
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