

# Northern Edge News



May 2011 • Official Newsletter of the Northern Hills Community Association

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

## NHCA Holds Annual General Meeting (AGM), Community Resource Fair and City Planning Open House

The NHCA held its 2010 Annual General Meeting (AGM), Community Resource Fair and City Planning Open House on April 14 2011 at the Harvest Hills Alliance Church. This year the event attracted 28 service groups, City Departments, and elected representatives. The event followed a model started in 2010 that has grown to attract more presenters and participants alike. Despite the winter-like spring weather (again this year) the event participants and attendees were kept comfortable, dry and warm to make discussions and interaction that much easier.

Agencies and groups that attended were:

- Alzheimer Society of Calgary
- ASPEN Family and Community Network Society
- Bethany Care Society (Harvest Hills)
- Calgary Catholic School Board
- Calgary Family Services – Older Adult Team
- Calgary Police Service (Community Liaison and the Graffiti Unit)
- Cardel Place
- City of Calgary: City Bylaw Services
- City of Calgary: Community and Neighbourhood Services
- City of Calgary: Development and Building Approvals
- City of Calgary: Land Use Planning and Policy
- City of Calgary: Parks Department
- City of Calgary: Property Tax Assistance Program, CHAMPS (City Link)
- City of Calgary: Transit
- City of Calgary: Transportation Infrastructure
- City of Calgary: Utilities and Environmental Protection
- City of Calgary: Water Resources
- Country Hills Public Library
- Harvest Hills Alliance Church
- Newport Harbour Care Center



- North Calgary Cultural Association
- Northern Hills Community Association
- Scouts Canada
- Wards 3 and 4 Counsellors Jim Stevenson and Gael MacLeod
- Women in Need Society

We thank all of the groups and individuals who participated in this year's affair and specifically the Harvest Hills Alliance Church for providing the event location, Sobeys who provided sandwiches and beverages for event participants, and Stonehill Restaurant and Tavern who provided snacks and drinks at the post event informal mixer. We also thank: Empire Theatres; Calgary Zoo; Discovery Wildlife Park; Country Hills Library; Gillette's Fabricare; and Taqa North, who provided great prizes for our lucky Passport draw. The winners of the draw were – Michelle Danyluk, Gail Hallock, Sheila Evans, Moraig McCabe, and Ghali Gurlax.

The NHCA is a volunteer organization designed to provide opportunities for a healthy and vibrant community in the northern hills areas while at the same time maintaining a safe and sustainable environment for our



residents. The summary discussions at the AGM outlined an association that has positive finances and is poised for growth through a broad slate of ambitious and robust strategic plans, events, programs, and activities.

### UPCOMING EVENTS 2011

**May 14**

Community Garage Sale and Flea Market  
9:00 am to 1:00 pm  
Cardel Place

**May 14**

First Meeting NHCA Youth Committee  
1:30 pm to 3:30 pm  
Cardel Place Childminding Room

**June 15**

Front Yard Garden Contest Begins

**June 24**

Adult Slo-Pitch Ends

**June 25**

Sports Wind-Up  
9:00 am to 1:00 pm  
Cardel Palce

### NHCA AGM and Resource Fair Sponsorship

The NHCA would like to thank the Stonehill Restaurant and Tavern, located at 9650 Harvest Hills Boulevard North, in Harvest Hills for their generous support and sponsorship of the NHCA 2010 Annual General Meeting (AGM). The new local restaurant provided their support, location, complimentary beverages and appetizers at the informal gathering that followed the April 14th AGM and Resource Fair. Thank you Stonehill for your support and welcome to the vibrant communities of the Northern Hills!



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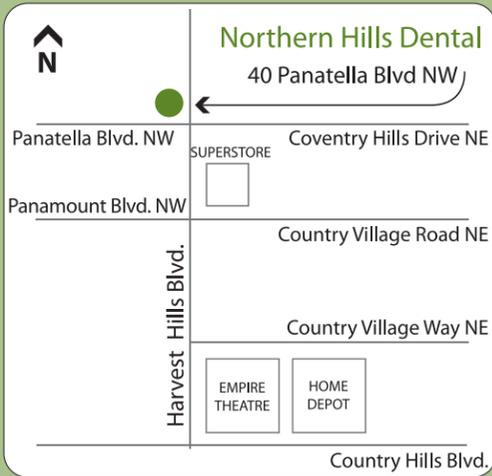


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## From the President

by Wendy Cavanagh,  
President NHCA



Thanks to all of the Community Agencies, City Departments and our elected representatives for their participation in the Community Resource Fair and Open House on April 14th. This was the second year that we combined these events with our AGM. It was also the second year that this event coincided with a spring snow storm. Despite the weather, we managed to share information with residents of the Hills and achieve quorum for our AGM!

Moraig McCabe, our Administrative Consultant, did a fantastic job of pulling it all together for us. Thanks too to Sunny Shuang our events director, Wayne Brown and Jason de Weerd our marketing/sponsorship team and Caroline Davies for managing the sponsorship and delivery of the refreshments. The board would also like to thank the Harvest Hills Alliance Church for providing the location and sponsors who donated the prizes for the event. Please see the AGM article in this issue.

Our Annual General Meeting provided the NHCA board with the opportunity to present our 2010 financial statements and achievements and plans for 2011. If you missed it, here is a recap:

- First community Garden in Harvest Hills with over 20 beds, some of which produced food for the Food Bank; second one planned for Coventry with 30 beds in 2011 is on track
- Ongoing advocacy by our Planning and Development Committee
- Participating in the successful lobby for the change in the provincial electoral boundaries
- Reformatted newsletter and updated webpage (continuing to improve)
- Growth in membership and sport programs, added Adult Slo Pitch, Ladies Outdoor and Indoor Soccer (working on possible indoor soccer for youth)
- Expanded community Clean-up to include E-cycle and volunteers for garbage pick up (adding WINS drive and bottle drive this year)
- Participated in the Seniors fair and added a WINS clothing drive
- Business Fair changed from display only to allow sales
- Added Resource Fair in addition to City Open House (in conjunction with AGM)
- Community Garage Sale added Flea Market aspect and partnered with Cardel Place
- Community Enhancement activities (flower bed features and upgrades). This year we are beginning to lobby for gate/fence repairs and noise walls.
- Northern Lights Contest
- Front Yard Garden Contest
- Fall Fundraiser – Harvest Moon Dance – first attempt and raised approx. \$2500
- Partnered with the City by providing funding for the Stay N Play and Park N Play programs as well as the summer Skate Park. (We will be adding another Play program for Panorama and are hoping to fund an additional Theatre in the Park event for 2011)
- We have been working on outdoor rinks and with the help of additional volunteers, by next winter should have two recreational rinks up and running as well as moving forward with the plan for a boarded and lit community rink.
- Currently in 2011 along with building our committees, we have added a Seniors Program, Youth Director, Volunteer coordinator and we are working on an At Home in the Hills program to aid new residents with information and activities. (May include programs such as English as a Second Language)
- The first meeting of the Youth Committee will be on May 14th at Cardel Place, 1:30 to 3:30 pm; come out and have a say in what happens in your community
- One of the most impressive achievements for the 2010 year would have to be the improvement in our financial future. Thanks to our planning process, efforts of board and staff and the diligence of our Treasurer and bookkeeper, we have worked our way out of an annual deficit situation and have also successfully applied for a Casino fundraiser.
- Fundraising is necessary for sustainability and we would like to thank TAQA North, Popsicle and Pantatella/Northern Hills Dental for their significant financial support in 2010.
- Our success in 2010 is due in large part to our ongoing sponsorship from businesses such as Sobey's, Amici's, Tudor Rose, Stonehill Restaurant, Gillette Fabricare, our partnerships with the City of Calgary, Cardel Place and the Northstar Residents Association as well as continued support from our elected officials, members and volunteers.

Suffice to say that the NHCA is alive and well. A big thanks to the board who give so much of their time and to the staff, Mae, Moraig and Angela who provide all the support. We are now into year two of our strategic plan (2010 to 2014) and are tracking well against our objectives.

It's Garage Sale Time Again. May 14th from 9:00 am until 1:00 pm East parking lot of Cardel Place. Details in this issue and on the website. Get your table now!

The Farmers' Market committee has secured a location! See their article in this edition.

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](http://www.northernhills.ab.ca)

## ANNOUNCEMENTS

### NHCA VOLUNTEER OPPORTUNITIES

by Wendy Cavanagh  
President

**Vacancies on the Board:**  
Contact [president@northernhills.ab.ca](mailto: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](mailto:community@northernhills.ab.ca)

**Beautification** – We are expanding our efforts to beautify neglected areas in our communities and are looking for volunteers and sponsors who love gardening and have a desire to see improvements in our community aesthetics? Contact [community@northernhills.ab.ca](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:planning@northernhills.ab.ca)

**Wine and Cheese Club** – An opportunity to

learn about some fine wine and cheese while meeting your neighbours. This club is planning their next get together. If you are interested in joining them please contact [community@northernhills.ab.ca](mailto:community@northernhills.ab.ca) and we'll have you tasting in no time.

For more information please contact the NHCA office at 403-226-6462 or [info@northernhills.ab.ca](mailto:info@northernhills.ab.ca)

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## LET YOUR VOICE BE HEARD!

### LOOKING FOR YOUTH IN GRADES 10-12

Do you have an idea for a new youth program in the Northern Hills Community? Do you want to gain leadership and Volunteer experience? Come and be part of the exciting, new NHCA youth committee and let your ideas be heard!

**SATURDAY**  
May 14<sup>th</sup> 1:30-3:30pm  
At Cardel Place

For more information or to register email us at:  
[youth@northernhills.ab.ca](mailto:youth@northernhills.ab.ca)



# COMMUNITY GARAGE SALE & FLEA MARKET

**SATURDAY, MAY 14th, RAIN OR SHINE**

9:00 am – 1:00 p.m.

Cardel Place Arena and Cardel Place (East Parking Lot)  
11950 Country Village Link NE

The NHCA has teamed up with Cardel Place to bring to the Northern Hills the biggest and best garage sale event ever!! This the 2nd year we are hosting a garage sale and flea market...meaning - along with all the usual nifty used stuff you might find - there will be arts and crafts and home business goodies!!

**Outdoor Table Rentals** with the NHCA  
\$40 for non-NHCA Members/\$15 for NHCA Members

Whatever your goods, sell them in this flea market atmosphere.

Register for these tables by visiting the NHCA office in the Genstar Community Wing of Cardel Place or by calling 403-226-6422  
Visit [www.northernhills.ab.ca](http://www.northernhills.ab.ca) for more information

**Indoor Table Rentals** with Cardel Place  
These indoor tables are specifically for 'kid's stuff'

\$30/10% discount for Cardel pass holders

To register for these tables visit:  
Cardel's Guest Services Desk or  
Visit [www.cardelplace.com](http://www.cardelplace.com) for more information



[www.northernhills.ab.ca](http://www.northernhills.ab.ca)

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

## Annual Community Garage Sale / Flea Market

**When:** Saturday May 14<sup>th</sup>, 2011 9:00 a.m. to 1:00 p.m.

**Where:** Cardel Place East Parking Lot (Outdoor Table Rentals)  
\*\*Cardel Place Arena (Indoor Table Rentals for "KIDS STUFF ONLY")

**What:** Kick Off your spring-cleaning and get to know your neighbours through a community organized garage sale.

**Fee:** \$15 per table for NHCA members & \$40 for non-members. The fee includes the rental and set-up of one table and garage sale advertising.

**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 card payments will be accepted Monday through Friday from 9:30 a.m. to 2:00 p.m. Registration starts Friday, 1<sup>st</sup> April and ends on Saturday, 7<sup>th</sup> May or when all tables have been booked.

**Questions?** Contact 226-6422 during office hours or email [info@northernhills.ab.ca](mailto:info@northernhills.ab.ca)

**\*\*To register for these tables, visit Cardel's Guest Services Desk or e-mail [cardelplace.com](http://cardelplace.com) for more information**

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



### 2011 Garage Sale / Flea Market Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

NHCA Mem. #: \_\_\_\_\_ New Membership: \$30

Number of tables: \_\_\_\_\_ x \$15.00 (NHCA member fee)  
\_\_\_\_\_ x \$40.00 (non-member fee)

Total cost: \_\_\_\_\_ Paid by: Cash Cheque Credit Card

Office Use:

Payment received by: \_\_\_\_\_ Date: \_\_\_\_\_



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# COMMUNITY

## Northern Hills and Evanston-Creekside United!

by Susan Burke

Today, while I am writing this, I am looking outside and seeing a weekend's worth of snow sitting again in my backyard. It is surreal trying to think about soccer with all this white, but soccer it is.

The Northern Hills soccer program was presented with a wonderful opportunity to become part of a cooperative relationship with the Evanston-Creekside (ECCA) soccer program; specifically U10's and U12's. I would like to say a warm WELCOME! to the U10, U12 children and parents from ECCA, and to their soccer coordinator - Tara McLay-Molnar.

Registration for both of our communities really falls off in these two age groups as parents decide to either enroll their child in a more competitive soccer program or have their child concentrate solely on other activities. Sometimes, with the low registration numbers, in order to provide for our community and

still put teams on the field, the solution is to create smaller teams and to cut-down the size of the field. We will be absorbing a few U10 and U12 children from ECCA, along with their parent volunteers. This will give ECCA children a team to play on, and plump up our numbers to give our children a great game.

It has been wonderful learning and sharing with Tara as we strive to build the best northern community soccer programs possible with you, the parent volunteers. Each week, our brainstorming brings to light an idea or thought about how to improve things, and in the end, it is always exciting to realize that we can continuously improve.

If you find an ECCA family on one of your teams, give them a warm Northern Hills welcome and hope that the weather cooperates so everyone can have fun this season.

## The Family Who Reads Together

Annual CBC/Calgary Reads book sale

May 13 (noon-9pm), May 14 (9am-6pm) and May 15 (9am-4pm)

at the Calgary Curling Club, 720 – 3<sup>rd</sup> Street NW.

By grade 2, it was clear that Anna was struggling to read. Through Calgary Reads, an early literacy initiative, Anna was matched with a trained volunteer for individual tutoring. Her mother, Nancy, recognized the effectiveness of Calgary Reads in bolstering literacy levels and soon became a volunteer tutor herself. Eventually she became a volunteer with the annual CBC/Calgary Reads book sale.

As a tireless advocate of the fundraising event that she feels perfectly reflects the mission of Calgary Reads, Nancy logs countless hours as a member of the book sale's Operations Committee, in addition to sorting, setup, and sale day duties. And just as Nancy once followed her daughter into the Calgary Reads program, Anna, now in grade 11, has joined her mother as a book sale volunteer. It was a natural progression, since Anna is now an avid reader, who

frequently recommends books to Nancy. Together, mother and daughter characterize the multi-generational commitment of a family that has been touched by Calgary Reads.

The CBC/Calgary Reads book sale is the major annual fundraiser for the program, and an essential event for book lovers. In 2010 the book sale raised \$125,000 for the early literacy initiative, while thousands of book lovers returned home with high quality used books.

This year the book sale promises to be even better, with a larger location and expanded hours. You can also help by dropping off quality used books at the Calgary Curling Club, starting April 27, weekdays from 8am-8pm and weekends from 9am-4pm, or at any RBC branch from April 11 - May 4.

## 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](mailto: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!!



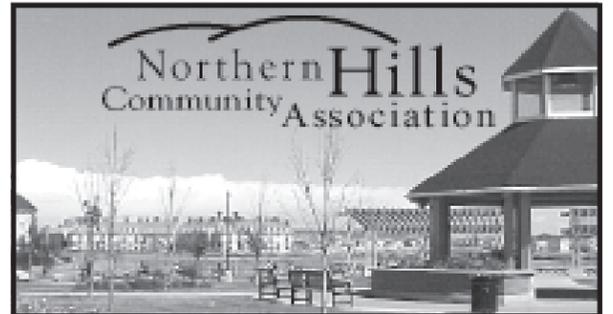
## Northern Edge News

The Official Newsletter of the Northern Hills Community Association

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

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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](mailto:ads@northernhills.ab.ca)). Advertising layout assistance is available from Keyline Publishing 403-759-1000 ([keyline@shaw.ca](mailto:keyline@shaw.ca)).



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For general information by email, please send messages to [info@northernhills.ab.ca](mailto:info@northernhills.ab.ca)

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### NEWSLETTER

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### Calling All Volunteers!

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

# NHCA FARMERS MARKET UPDATE

We are pleased to announce with some wonderful work of our committee, the location of our Farmers' Market.

Symons Valley Ranch has partnered up with NHCA to give us a great market that we hope you'll attend. Symons Valley Ranch is located 10 minutes from Stoney Trail, and most North East communities of Calgary. It is a place rich in history and Western fun. Symons Valley Ranch will be a great place to bring the family to experience a local selection of food, health, and culture.

We invite you to keep checking back to hear updates about when we will be opening and what types of vendors you'll see with us. Like our facebook page and blog to hear our

news first!

Now here's a recipe to get you excited about the summer.

## GREEK-STYLE QUINOA SALAD

I don't know about you but for me grocery shopping has become a whole lot more exciting lately. I am always excited when local produce starts to grace the produce aisle. In the last couple of weeks I have been able to find local cucumbers, peppers, tomatoes and some leafy greens.

This salad was inspired by the local produce I was able to find. I have also added quinoa (pronounced "keenwa") to this salad to make it a complete meal. Quinoa is a complete protein meaning it contains all eight essential amino acids. It is also very

high in calcium, magnesium and iron, a relatively good source of vitamin E and several of the B vitamins. Quinoa has a natural bitter coating called saponin, you will need to soak it for a few minutes and then rinse it in cold clear water until the "soapy" residue is gone.

Prep: 20 minutes  
Makes: 6-8 servings

- 1 cup of quinoa
- 2 cups of water
- Pinch of salt
- 2 tomatoes chopped
- 1/2 cucumber chopped
- 1 red, yellow, orange or green pepper chopped
- 1/2 red onion chopped
- 1/2 cup crumbled feta cheese

### Dressing

- 2 tbsp of olive oil
- 1 tbsp red wine vinegar
- 2 tbsp fresh lemon juice
- 1/2 tsp dried oregano
- Pinch of sea salt
- Freshly ground pepper to taste

Dressing: In a small container whisk together oil, red wine vinegar, lemon juice, oregano, sea salt and fresh ground pepper.

### Directions: Preparing Quinoa

Placed well-rinsed quinoa with water and salt in a saucepan, cover and bring to a boil.

Turn the heat to low, keep covered, and simmer for 15 minutes or until all the water is absorbed. Let cool.

In a large bowl, toss together cooled quinoa, tomatoes, cucumber, pepper, red onion and the feta cheese. Pour dressing over the top and toss to coat. Enjoy!

This salad will stay good for a couple of days in the fridge.

Brought to you by Myriah Reed and Shawna Smith. Shawna is a Holistic Nutritionist & Esthetician who is passionate about supporting local farmers and is a member of the NHFM committee. [www.shawnasmith.ca](http://www.shawnasmith.ca) 403-477-8165



Northern Hills Community Association

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# PANATELLA AND NORTHERN HILLS DENTAL

## Proud Sponsors of the 2011 NHCA Soccer Program

Once again, the dental clinics of Northern Hills Dental and Panatella Dental have pledged their support to the NHCA Soccer program. For a second year in a row, these 2 clinics have donated to the program to ensure the participants have the proper equipment and uniforms to make for a more enjoyable season. Owners, Dr. Joel and Jodi Thurmeier, being residents of the Northern Hills Community for the last 10 years, believe strongly in these initiatives and others projects such as playground development at St. Jerome School, Panorama Hills School and Coventry Hills School, as well as education involvement such as oral health instruc-



“If a man does not make new acquaintance as he advances through life, he will soon find himself left alone. A man, Sir, should keep his friendship in constant repair.”

- Samuel Johnson (1709 - 1784) British lexicographer.



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tion for kindergarten and preschool students and providing smart boards in classrooms. The couple feels that giving back to the community they live in is the least they can do to show their appreciation for the support their community has shown them at their clinics. “It makes us proud to see our community continue to flourish and our kids given ample opportunity to thrive through active and involved community programs such as these. How can you not support a program like this?

We promote and preach good health choices everyday to our patients; we felt it only natural to



support the same in our community.”

Northern Hills Dental and Panatella Dental are both situated in the community of Panorama Hills. Both facilities are comprehensive dental wellness centers focused on general family and cosmetic dentistry. The dental clinics strive to provide patients young and old, with outstanding care and attention to oral health and a patients needs. The clinics are open extended hours evenings and Saturdays. They direct bill to insurance companies and offer creature comforts like massage treatment chairs and hot towels after treatment. Both have devoted children's area with lots to do to make children comfortable as soon as they walk in the door. Treatment rooms are equipped with in-chair entertainment, intra oral cameras, cancer screening equipment, and soft tissue lasers to name a few.

If you want to get more information on either clinic, visit their websites at [www.northernhillsdental.com](http://www.northernhillsdental.com) or [www.panatelladental.com](http://www.panatelladental.com).

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

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# SENIORS CORNER

After much deliberation and a hat full of suggestions, a name has been chosen for our new senior's group. We are now proudly known as **SPRY in the Hills** a.k.a. **Senior Persons Regaining Youth**. And if you've ever attended one of our gatherings, you know just how fitting that name is, especially if the level of chatter and laughter is any example.

Thanks to Gayle Hallock for the winning entry and for generously declining her movie passes from Empire Theatres so they can be used by our group in a future contest.

Even though we are classified as seniors, and as such are quick to take any seniors' discounts that are offered, we are not ready to only sit around and play

cards - although that is a very important part of our activities.

To that point, we enjoyed our weekly exercise program in March and began weekly walking sessions in April. The walking group meets at The Running Room by Sobeys every Thursday at 11 a.m. The lake behind the store is a perfect starting point and accommodates everyone's capabilities. You can go around the lake once, twice, or many times - but save enough energy for lunch afterwards at one of the local eateries. This is a delightful way to combine exercise and fellowship - and the walking is free!

We will be taking a break over the summer and our Tuesday sessions will start up again in September. The walking group, however, will continue pounding the pavement throughout the summer.

If you'd like to drop by and see what we are all about, we meet every Tuesday in May from 2 to 4 p.m. at the Panorama Hills E-Community Centre, 88 Panamont Hill NW. We need your participation to make SPRY in the Hills a busy, fun association.. Stop by and check us out and tell all your friends!

For any further information, you can contact us at [seniors@northernhills.ab.ca](mailto:seniors@northernhills.ab.ca)

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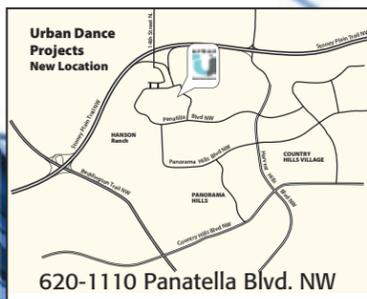
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## NHCA Community Gardens and Beautification Sponsorship

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



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# Community Garden News

We've been busy planning this winter and have lots of information to share about both gardens but as well we want to remind our readers to visit our blog for updates and information on all things gardening.

You will find references to:

- Water conservation and how to install rain barrels
- Links to classes being held around the City
- Exercise tips for gardeners
- The importance of bees and how to create a bee friendly garden
- Milk jug planting

Check us out and add us to your favorites:

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

## HARVEST GARDENS

### Did you know:

Harvest Gardens will be receiving ornamental trees from the Neighbor

Woods program this summer. This will increase the aesthetics of the garden and continue to promote the garden as a social gathering place for our residents.

Have a craving for strawberries, rhubarb and raspberries? These are coming to the garden this year, for all to enjoy.

At time of writing, we still had a few plots available for rent. If you are interested in growing your own organic food, meeting new people, reducing your carbon foot print and supporting the Calgary Food Bank, then this is the place for you! Contact [garden@northernhills.ab.ca](mailto:garden@northernhills.ab.ca) to reserve your spot.

## COVENTRY GARDENS

### Did you know:

Our application to construct a community garden in Coventry Hills this year has been approved by the City of Calgary.

We will be building 30 raised vegetable beds; the majority of them will be rented by our residents but others will be dedicated to providing produce to the community at large as well as the Food Bank.

Construction days are planned for May 14 and 15. If you are handy with a drill, a saw or a shovel, we would love your help! Let us know by con-

tacting [garden@northernhills.ab.ca](mailto:garden@northernhills.ab.ca).

Coventry Gardens will be receiving ornamental trees from the Neighbor Woods program as well this summer.

## WANTED

Used, good condition shed (8x8 or 8x10) for Harvest Hills community garden. Contact [garden@northernhills.ab.ca](mailto:garden@northernhills.ab.ca).

## Volunteer in my Backyard

Yes, they have been spotted right here in our own community! Helping out at various activities and events. You may not have noticed them; they are inconspicuous, quietly working and being helpful. But if you dropped in at the Cardel Winterfest, Coventry School Resource Fair, AGM and Community Resource Fair at Harvest Hills Alliance Church, believe me – they were there! These volunteers gave out information to community residents, served snacks and beverages, helped with set up and clean up, among various other tasks. In addition, some of these volunteers want to assist folks that are new to our community, help with the NHCA newsletter, beautify our community and more!

Why are these kind folks helping out? What is the benefit of volunteering right in your own backyard? It is a great way to meet people in your community, make a difference, learn about important issues and gain an increased awareness of what is going on in your community. What are some of the other personal benefits? Learn a new skill, find a new interest or hobby, possibly even develop some new friendships! Volunteering together can also be a great activity for families, and a way to nurture the giving spirit in young people.

To be honest, even more assistance at our community events would be greatly helpful. Community involvement can be short term such as helping out at an event, or a long term commitment such as committee work. With busy work and family schedules, and it is important to consider what is a comfortable fit.

Thank you to the Volunteers that have already helped out this year (and those who helped out in previous years). Volunteers are important, and NHCA is looking at hosting a volunteer appreciation event in the future.

If you would like more information about the opportunities that are available, whether you like the idea of volunteering for a couple of hours or are interested in more of a commitment, please check the NHCA website at [www.northernhills.ab.ca](http://www.northernhills.ab.ca), the NHCA newsletter or contact the Volunteer Coordinator at [volunteer@northernhills.ab.ca](mailto:volunteer@northernhills.ab.ca).

And while you are out in the community, keep your eyes open – you may spot a Volunteer!

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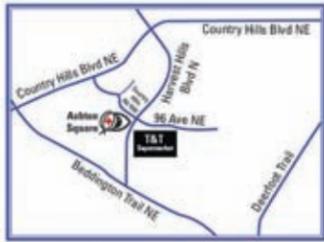
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To promote long term well being of our patients' eyes, providing comprehensive eye health care and optical solutions through doctor's recommendations and quality eyewear.

### Our Team

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



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

### Our Services

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# North Central LRT Open Engagement Open Houses

Come and join the conversation with Calgary Transit and other stakeholders about planning for the future route of the North Central LRT. Calgary Transit wants to hear everyone's ideas on where we should be planning to build the sixth leg of Calgary LRT system, what things we should consider when planning this route, the types of LRT vehicles that will run on the line and station concepts. Input from these sessions will help us determine where to focus our planning to fine tune the future alignment options. For further information visit the Calgary Transit web page at <http://calgarytransit.com/>

### Wednesday May 25/11 (4pm – 8pm)

Location: Cardel Place  
11950 Country Village Link NE (lobby area)

### Thursday May 26/11 (4pm – 8pm)

Location: Winston Heights Community Association  
520-27 Ave NE (main hall)

### Saturday May 28/11 (9:30am – 2:30pm)

Location: Huntington Hill Community Association  
520-78 Ave NW (main hall)

## 9-1-1 Needs You!

9-1-1 is in the business of saving lives, but we need your help. We get over 400,000 9-1-1 calls every year – that's over 1000 calls to 9-1-1 every day. Unfortunately, many of these – up to 30% or 300 calls every day - are accidental where the caller didn't mean to call 9-1-1 and doesn't have an emergency.

But even if they didn't mean to call and they hang up or even if their cell phone called without them knowing, we have to check and make sure every time someone calls 9-1-1 that it was an accident and they don't need emergency services. That means we have to call each of those numbers back.

That's a lot of work! It could also tie up the line if someone with a real emergency is trying to call us.

You can help prevent accidental calls to 9-1-1. A cell phone in your purse, pocket or backpack can call 9-1-1 sometimes EVEN if the keypad is locked. Some phones have a lock feature to

prevent this, but others, such as Blackberries have an "Emergency Call" function that can dial 9-1-1 even if the keypad is locked. These phones should be put into "standby" or carried in a holster to prevent accidental 9-1-1 calls. Please talk to your cell phone service provider and find out how to safely carry your phone to prevent accidental 9-1-1 calls.

An inactive cell phone can dial 9-1-1, even if you don't have a plan or 'pay as you go' minutes. Removing the batteries from old cell phones will prevent accidental 9-1-1 calls.

We also get a lot of 9-1-1 calls as a result of children playing with the phone. Please don't allow children to play with your phones.

If you accidentally dial 9-1-1, from your home or cell phone stay on the line and tell the Emergency Communications Officer what happened. If you hang up, we have to call you back and that could tie up a line for someone who really needs it. Hanging up is a real hang up for 9-1-1.

9-1-1 needs you to help make sure that everyone who needs emergency help can get it.



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# SCHOOLS

## CBE shortfall effects students

Education is not a business. Education is the shared duty of communities to enable children to fulfill their potential and become leaders of tomorrow. The duty to educate our children does not vary with the economy. Indeed, tough economic times challenge us to sustain our commitment to our diverse population of students.

Since the provincial budget was announced on Feb. 24, there has been significant dialogue about its impact on public education. The Calgary Board of Education (CBE) has been communicating an unfortunate reality to our staff and our parents. We are facing a \$61.7 million shortfall. This shortfall is huge and it's troubling.

Our budgeting process is long and complicated. In January, CBE's Finance Department presents forecasts for the coming school year. After the Province announces the provincial budget, Alberta Education provides school boards with the details of funding. The CBE's Finance Department analyses these numbers and presents senior administration with the financial reality of the upcoming school year. This year they presented a devastating estimate a \$61.7 million shortfall.

Because the shortfall represents a significant gap, our administration is approaching the budget in phases. Phase one proposes cuts of \$24.9 million to centrally managed support services, which include positions such as psychologists, learning

leaders, learning specialists and other employees in areas such as Information Technology, Facilities, and Finance. These cuts required a redesign in how services are delivered to schools. Phase one also proposes using all of the reserves permitted for use under provincial legislation. After this, our reserves are gone. Finally, CBE will examine the student and transportation fees charged to families as well as service levels being provided.

As a last resort, phase two will directly affect schools as they are asked to make cuts estimated at \$24.8 million. Principals received their funding allocations on April 21 to determine staffing for the fall. Ongoing communication and consultation with their school councils will help principals to identify funding priorities within their schools.

The Board of Trustees is making every effort to be clear and open during our budget process. However, throughout this process, we must respect our

staff, some of whom will be losing their jobs and we must respect our principals, whose responsibility it is to meet the needs of students within their individual schools. Even though we have a challenging budget for 2011-12, schools remain open and students continue learning. Our commitment is to provide Calgarians with the best possible learning environment for each student in the public education system.

For ongoing and more detailed information on the budget process, please visit the CBE's website at [www.cbe.ab.ca](http://www.cbe.ab.ca). If you have comments, questions or concerns, I am always happy to hear from you. Please contact me at [lcferguson@cbe.ab.ca](mailto:lcferguson@cbe.ab.ca) or 403-294-8263.

Lynn Ferguson  
Trustee Wards 3 & 4  
CBE shortfall affects students

## Happy spring!

from St. Clare Elementary School.

Well, let us hope that spring will finally be here and things can begin to turn green and sprout new life. The month of May at St. Clare will be an exciting month. On May 5th we have our Volunteer Tea and talent show, for our parent volunteers. We have many of our students



perform their special talents as a thank-you to the volunteers to show their appreciation for all the hours of volunteering that parent have done to make St. Clare a great place to learn. We are all looking forward to this special event! On May 13th we have a very special Marion Day Liturgy. At this liturgy we honor all the students who have received a sacrament this year by presenting them with a special gift and placing their picture on a special banner in our Crossing area. There are many special field trips this month. Grade 3 students are going to the Glenbow Museum. They are also having a special in-school presentation on Coyote safety in Calgary. Our grade one students will be having a special in-school dog presentation on May 18th. Our grade three and six students write their first achievement exams on May 17th and 18th. To finish off the month of May we have our Spring Fling on May 26th. This is a great celebration of music, dance and song put together by our amazing music teacher and our talented students. It will be a wonderful event for everyone.

We are still accepting registrations for Kindergarten for the 2011-2012 school year. Your child must be 5 years of age before March 1st 2012. You will need to bring proof that you live in the Coventry area along with your child's birth certificate to register.

Happy May!  
Giselle LeClair  
Principal

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# North Haven School News

North Haven School is excited about potentially welcoming Summit Kids to our community of learning. Summit Kids provides out-of-school care for students. We are collecting information from parents as to whether or not this will be viable for our school. Below is some information provided by Summit Kids. If you are interested in such a program being added to our already terrific school and have not yet had the chance to complete the survey, please visit our webpage at <http://schools.cbe.ab.ca/b225/>. There is a hot link to the survey on our homepage. After filling in the survey, please send it as an attachment to the general mail account of North Haven School which can be found under the contact us tab. Thank you. We look forward to hearing from you.

Lisa Nachtigal  
Principal

## OUT-OF-SCHOOL CARE – SURVEY

Dear Parents,

In an attempt to better serve our community's needs please help our School Council determine the requirement for Out-of-School Care at North Haven School by completing the questions below.

North Haven School has approached Summit Kids. Summit Kids is a comprehensive and innovative program that offers children the opportunity to participate in a variety of recreational activities including a "built-for-kids" Running and Wellness Group. Their own Theatre Company works with all age groups and abilities within the program to build confidence and performance skills. They also offer Visual Arts, Taekwondo, Cooking, as well as active projects with Eco-Kids Canada and the Jane Goodall Institute of Canada. Summit Kids has achieved industry excellence and received numerous accolades from Teachers, Principals, CBE Directors, Accreditation Council members, not to mention their happy Participants and Parents. This program is affordable, interesting and what they call "edutaining"!

On a staffing level, the Summit Kids program has attracted teaching professionals, mental health professionals and early childhood educators further enabling them to offer endless learning and growth opportunities within a nurturing environment - safe child care is just the minimum! They also offer a half-day Kindergarten Enrichment Program that is becoming one of the most sought-after programs in Calgary. For more information check out their website at [www.summitkids.ca](http://www.summitkids.ca)

### I would be interested in:

- Mornings (7 a.m. – 8:10 a.m.)
- Afternoons (2:40 p.m. – 6 p.m.)
- Early dismissals (to 6 p.m.)
- Day camps on non-instructional days (i.e., PD Days, Parent/Teacher Conferences)
- Kindergarten Extended Day Enrichment Program (10:50 a.m.– 6 p.m.)
- I have one child requiring childcare
- I have more than one child requiring childcare

# GOVERNMENT

## Hello Residents of Northern Hills,

I am glad to have recently helped several families, businesses, and community groups establish and strengthen roots in Calgary-Mackay. By helping them navigate Alberta's many services and programs for Albertans who want to contribute to and strengthen Alberta, I've learned about some opportunities for government to improve how we support efforts of enthusiastic Albertans. I have brought concerns about environment, access to health care, and entrepreneurship to my legislature colleagues, and my constituency office has worked with various ministries to make things right for Calgary-Mackay constituents.



Teresa Woo-Paw,  
MLA Calgary Mackay

I'd like to thank the 120 attendees who joined Minister of Education Dave Hancock and myself for the community dialogue on Education at Notre Dame High School on April 6th. Check my website for a copy of those questions posed and as soon as answers become available, they will be posted as well. Minister Hancock and I welcome your continued input about how we can make Alberta's education system work better for you.

As an example, several constituents contacted me recently about property taxes and education. I hope the following information clears some misconceptions.

This year, the Alberta government estimates it will collect about \$20 less, on average, in education property taxes from Calgary residents. Education property taxes provide support for Alberta's basic education system, and all Albertans benefit from a quality kindergarten-to-Grade 12 education system. The province does not tell any Mayor or any Council how much revenue to raise or how to spend it. If the City of Calgary wants to increase its own taxes, no permission is required from the province. City council decides how much it will tax its property owners – not the province.

That said, I'm always looking for your input about opportunities to improve how we support Albertans in conjunction with municipal and federal leaders. I look forward to hearing more about your ideas and concerns throughout the spring and summer.

As always, please contact me at the information below with any questions, concerns, or comments about our community. I encourage you to follow my work on Twitter: @TeresaMLA, and to sign up to receive my monthly electronic newsletter via my website: [teresawoo-paw.ca](http://teresawoo-paw.ca).

Sincerely yours,  
Teresa Woo-Paw MLA,  
Calgary Mackay  
Parliamentary Assistant to the Ministry of Employment and Immigration

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[www.ssballet.ca](http://www.ssballet.ca)

**Harvest Hills Alliance Church**  
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.

**HHAC**  
**TALENT SHOW & POTLUCK**  
**FRIDAY, MAY 27th AT 5:30 PM**



The theme is 'SPORTS' so wear or bring your favorite jersey, any sport, any team!  
Please contact Pastor Lori at [lori@harvesthillsalliance.com](mailto:lori@harvesthillsalliance.com).



### Looking ahead:

#### July:

Youth Missions Trip  
Summer Day Camps: Please check our website to see which camps still have openings or email Joy at [summerstudent@harvesthillsalliance.com](mailto:summerstudent@harvesthillsalliance.com).  
Stampede Breakfast  
Outdoor Service

#### August:

Drop In Camps for Children

#### September:

Christmas Craft Sale registration.

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

10099 Harvest Hills Blvd. N.W.  
E-Mail: [office@harvesthillsalliance.com](mailto:office@harvesthillsalliance.com)

Phone: 403-226-0990  
[www.harvesthillsalliance.com](http://www.harvesthillsalliance.com)

# CITY

## A MESSAGE FROM WARD 3 ALDERMAN JIM STEVENSON

96 Ave NE Road Extension & Airport Trail/Deerfoot Trail Interchange Improvements

After a two month winter hiatus, construction activities at the site have resumed. The project remains on schedule for the objective of overall completion by July 1, 2012

The placement of concrete for the piers of the Nose Creek Bridge structures is currently underway: once frost has left the ground, earthworks will resume (this is expected by the fourth week of April).



Jim Stevens,  
Ward 3 Alderman

Completion of the bridges over Nose Creek and the XCP Railway will be one of the primary objectives of the 2011 construction season.

Be alert as the on ramp re-construction at the Airport Trail/Deerfoot Trail interchange in 2011 will result in the establishment of construction zones.

### Cardel Place:

The community response at the open houses was extremely positive and supportive. Cardel Place will continue to connect, engage and gather feedback from the community overtime to. They want to strengthen the urban fabric of north central Calgary by continuing to be an inspiring destination.

Check out <http://www.cardelp->

[lace.com](http://www.cardelp-) for more information.

### Planning information:

A couple weeks ago, a map that displays all Land Use, Outline Plan and Road closure (LOC) applications was made available for public use at the following website: [www.calgary.ca/applicationmap](http://www.calgary.ca/applicationmap) as part of our eServices program in Development & Building Approvals.

Today, 2011 April 04, another online tool will be made available – an interactive house. This house is intended to group all current calgary. caweb information regarding residential improvement projects in one place. This will better assist our customers in navigating through our web information to bring them directly to what they are searching for. This

includes brochures on home improvements, what permits (if any) they require and where to go for more information or questions.

This ehouse can be accessed at : [www.calgary.ca/ehouse](http://www.calgary.ca/ehouse)

The eServices program within Development & Building Approvals is working towards providing more online services in the future. This year, the focus is on making applications for Development Permits and Trade Permits available on line as well as payment options.

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](http://www.ward3calgary.ca)

## A MESSAGE FROM WARD 4 ALDERMAN GAEL MACLEOD

Our City. Our Budget. Our Future.

City hall has certainly been a whirlwind of activity over the past few months with a number of important, and at times controversial, issues for the new City Council to consider. Many of you have taken time from your busy schedules to send thoughtful emails to the Ward 4 office about the issues of the day and as local concerns. I very much appreciate your contacting me to share your views.

This is an exciting time in Calgary as we have developed a public engagement process that will help to shape our future. Our City. Our Budget. Our Future. is a project designed to undertake a facilitated review of core services and The City's business planning and budget process while considering the longer-term vision that will support the future that Calgarians envision.

During this phase of the process we need citizens to tell us how to make the city we all want real – what is important, what is not. The focus will be on City services, your values and priorities and how they relate to the services that touch your lives now and into the future.

Five Community Forums will take place involving citizens, youth and community associations. Dates and locations for these forums can be found at [Calgary.ca/ourfuture](http://Calgary.ca/ourfuture). There you can find out about the many ways to get involved and have your voice heard.

Currently, my website is under construction. I plan on using my new website, and social media tools, to keep you informed and give you the opportunity to comment on upcoming issues prior to Council decisions.

I endorse the 3-1-1 program and believe it is an effective tool in resolving a significant number of individual resident issues. My office is always available to work with you. Please contact my Community Assistant at 403-268-3727 or [alcaw4@calgary.ca](mailto:alcaw4@calgary.ca)

Happy spring!

## Where's Ozzie Winners!

The NHCA is pleased to announce the winners of the "Where's Ozzie?" contest for the months of February and March. The winners, Ken and Linda-Lou Oelke (February – Calgary Zoo Passes) and Breann Kakowchyk (March - Empire Theatre Movie Passes), were drawn from all of the correct entries submitted. 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!



## LIBRARY NEWS

The Library will be closed Monday, May 23 for Victoria Day.

### FOR CHILDREN AND TEENS

#### Chess in the Library

Join members of the Calgary Chess Club and Calgary Junior Chess Club for the opportunity to play chess, supported by coaching. This program is for ages 6 to 20, however, children under 12 must be accompanied by a parent or caregiver. Join us each Saturday, May 21, June 25, July 16 and August 17 from 1:30 – 3:30 p.m. No registration required.

#### Make-up for Teens

Girls, age 13 – 17, learn how to expertly apply the right make-up for your type. Join us Saturday May 7, 2:00 – 3:30 p.m.

Ages 13 to 17 Registration limited to 15 participants



### FOR ADULTS

#### Comic Confidential: The Art of the Comic Book

Learn how this diverse art form has evolved into an effective tool used to discuss censorship, politics, diversity, and social change. In partnership with the Art Gallery of Calgary. Tuesday, May 10, 7:00 – 8:30 p.m.

#### E-Books: A Library On the Go

Are you curious about e-books? Library staff demonstrate how to download an e-book using OverDrive.

Join us on Tuesday, May 17, 6:30 – 8:00 p.m.

Registration limited to 40 participant



#### Are you curious about e-books?

Library staff demonstrate how to download an e-book using OverDrive. Join us Tuesday, May 17 from 6:30 – 8:00 p.m.

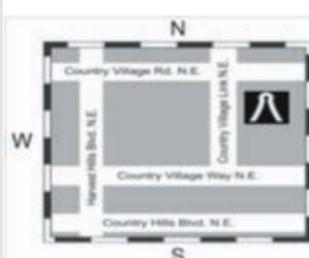
Are you having a hard time trying to find a new book or one that fits your criteria? The Calgary Public Library has many tools to help you in your search. Readers can find more information about the books they enjoyed or are interested in by visiting our E-library and entering into "Books, Authors & E-Books".

When searching for author/book read-alikes try Readers Advisory Online, Novelist, and What Do I Read Next? Each database is uniquely different and yields different results, so why not give them all a try and decide for yourself which works best for your needs.

If you are looking for book summaries or reviews try Book Review Digest Plus. This resource is also handy if you forget the title or author of a book. If you remember the main characters name you can plug it in the search box to find the title, author, reviews and sometimes more.

Are you interested in signing up for a book club but don't really have the time to commit? Dear Reader.com Email Book Club allows you to sign up for an online book club of your genre choice(s). Each week you will get daily emails with portions of the book so that at the end of the week you will have received 2-3 complete chapters. Decide for yourself if you like the book and then borrow it from the Library. Each week a new book will be sent out to you, so you are bound to find something that you enjoy. Signing up also includes 21 monthly newsletters, reader guides, book giveaways, and more.

These resources are available, for free, to all Calgary Public Library members. When in doubt, come in and ask for suggestions from the staff at the Information Desk.



### 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

## Going Green with Our Pets

According to a two-year study by the EWG (Environmental Working Group) on the impact the everyday toxins have on our beloved pets, EWG scientists found in the case of 43 different common chemicals, dogs and cats had higher levels than humans, and comparable levels of many others.

These chemicals have been associated with cancer, reproductive and developmental risks, birth defects and thyroid problems in humans. Dogs show higher rates than humans of several kinds of cancer (including skin cancer, bone cancer, breast tumours and leukemia), and hyperthyroidism, a leading cause of illness in older cats.

It makes sense that our pets would be so susceptible to the poisons in our homes and environment as they are the closest and most intimate with the chemical debris in the air, soil, and dust. The changes we make for our family's health that benefit the environment, affect our pet's life tremendously. Here are some tips to make sure that Fido and Fluffy are living as green, and thereby as healthy a life, as possible.

**Toys** – Choose non-plastic toys made from natural materials. Seek out the growing selection of green options at local pet stores.

**Yard** – Go organic! By eliminating all artificial fertilizers and chemicals in our yard, we are dramatically reducing our pet's exposure to dangerous toxins. These toxins enter our home from their feet, which they then lick off. These toxins also become a part of the house dust that is breathed in by all members of the household.

**Food** – Feed your pet the best you can afford. Wherever possible, seek out organic options or try making your own. Do your research when shop-



ping at pet supply and grocery stores as pet food labelling is a highly-contested debate among pet advocacy groups. When providing food and water to your pet, use stainless steel or glass bowls and avoid plastic dishes.

### Pet Waste –

For Dogs - Use biodegradable pet waste bags when putting feces in the trash, or another option is using an in-ground pet waste composter. An interesting project to keep an eye on is the San

Francisco renewable energy plant using dog feces. This dog-friendly city produces over 6,500 tons of dog waste annually and is looking to turn all that waste normally ending up in the landfill, into valuable alternative energy!

**For Cats** - Choose non-clumping, natural or recycled cat litter for your furry feline. Green options are easier to break down and have less impact on the environment. Use baking soda in the litter instead of chemical laden "odour free" litter additives.

**Household chemicals** – Our pets are highly sensitive to household chemicals. They also ingest pretty much everything we use from walking or sleeping on cleaned floors and carpets and the licking their paws and body. Use only natural cleaning products that are clearly labelled as environmentally friendly or make your own. Avoid any artificially-fragranced products like spray or plug in air fresheners, scented candles and burners. Choose instead pure essential oils made with natural ingredients as a green and healthy alternative. By using products that are good for our health and the environment, our pet companions will experience the same benefits.

**Pet beds and bedding** – Avoid artificial materials in covers and stuffing as it is mostly comprised of petroleum derivatives, like polyester. Use natural cotton or hemp for all bedding in case your pet chews and ingests their bed.

**Overpopulation** – Spay or neuter your pet and do your part to avoid the overpopulation of cats and dogs in North America. Going green is also going ethical in regards to avoiding the overcrowding in shelters. This prevents millions of dogs and cats from being euthanized every year in North America.

**Dog walking** – When taking your dog to the dog park or out for walks, locate areas that are not commercially landscaped, reducing their exposure to artificial chemicals. Whenever possible, find undeveloped green spaces, lakes, oceans, wild areas, forests and so forth which offer you, your pet, and your family a health promoting, natural outing. When walking in urban areas, dog boots are a great option to help protect your pet from toxic exposure.

By giving your home a green makeover, you can make it a safer, cleaner living space for you and your pets. You will decrease the opportunities your pet will be exposed to the chemicals that build up in our homes everyday, likely saving money and heartache by reducing the trips to the veterinarian. With the alarming growth of cancer in our furry friends, they are pretty much acting as a modern day canary in a coal mine, showing us what we are doing to our own health with the widespread use of everyday chemicals. Small and simple changes help us all to lead healthier, higher-quality lives.

## 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](http://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

# Discovery Wildlife Park

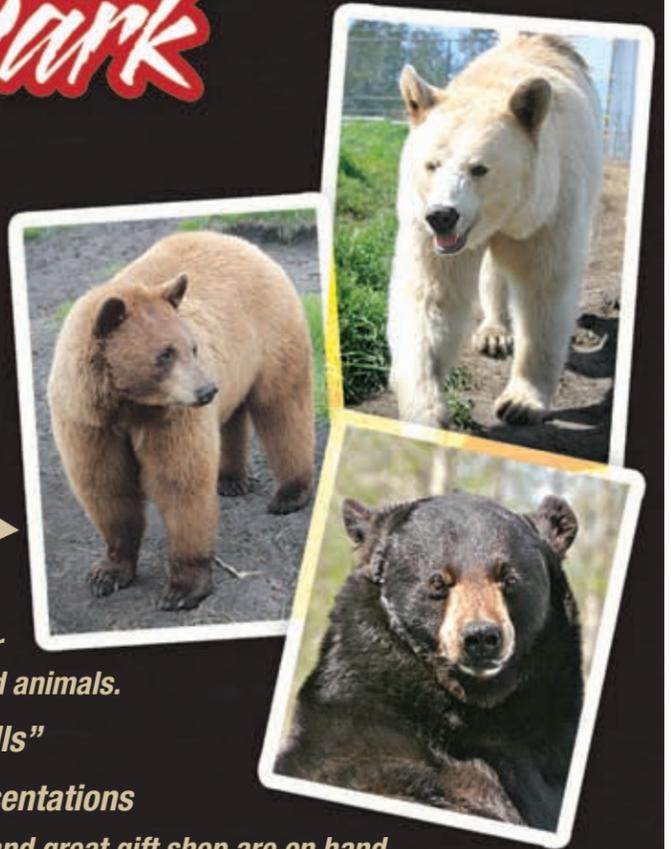
This summer create a family memory beyond compare!

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

For the full experience, check out our website [www.discoverywildlifepark.com](http://www.discoverywildlifepark.com) and our Facebook page.

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

This is a once in a lifetime opportunity to meet MASKWA, the only white black bear in captivity. This is also the only place in the world that you can see all three colour variations of the black bear – black, brown and white – at the same time.



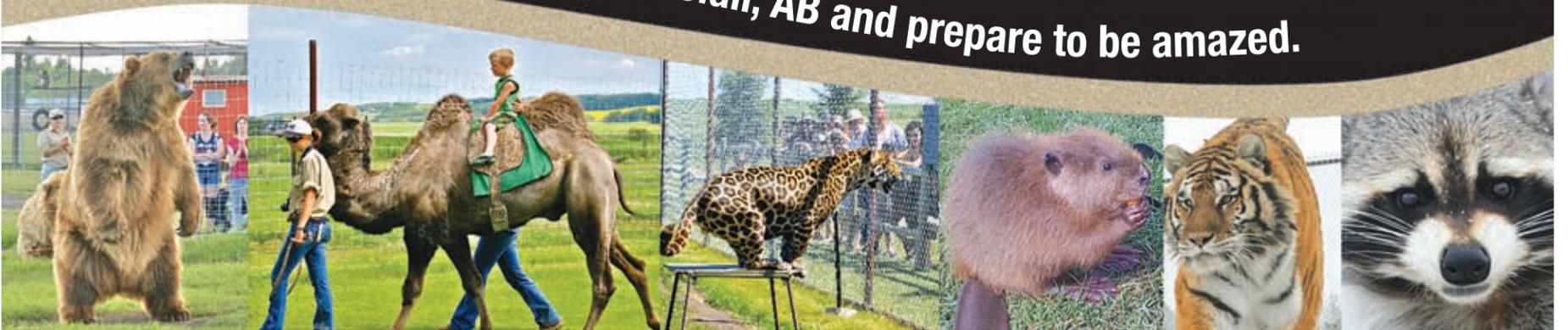
- Meet all 15 of our bears including our movie star Kodiaks, plus many more special and well-trained animals.

- Ride our camel, star of "Deck the Halls"

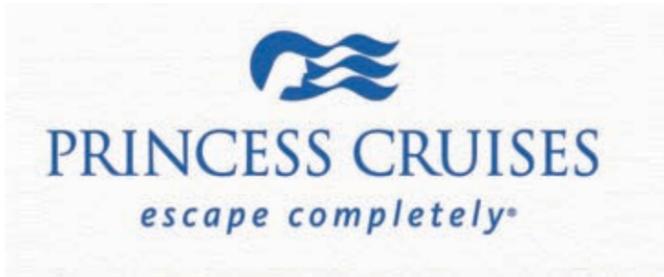
- Watch our famous animal presentations

- Full concession and great gift shop are on hand

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



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## PRINCESS 1 DAY SALE

June 1st CARDEL PLACE 7:00 PM

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# WHERE SMILES BEGIN!



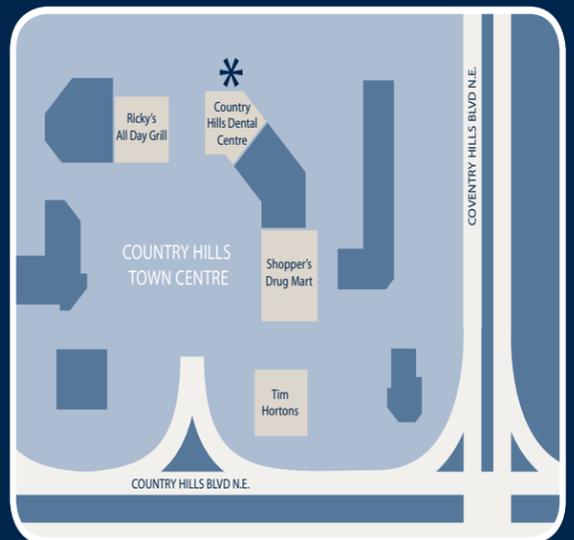
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