

Northern Edge News

May 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



NHCA Casino a Success!

Well we did it! The Northern Hills Communities successfully held our first volunteer Casino in conjunction with the Alberta Gaming Licensing Commission (AGLC). Thanks to an incredible group of volunteers and an awesome Casino Advisor, Jim Nguyen along with his team of experts, everything ran as smooth as silk.

Over 20 volunteers, residents from our own Northern Hills neighborhoods, came out in full force on April 4th and 5th to "work the casino" in an effort to raise funds for much needed programs and projects in our communities! Volunteer support was incredible, as community members stepped up quickly to offer their help with various positions such as Chiprunner, Cashier and Countroom Staff. Some dedicated Volunteers even covered two full shifts over the two day period! So many members volunteered that we had no problem creating a "backup" list of additional help, just in case.

The NHCA extends a sincere thank you to all who helped out, and those that offered to be on call. An extra-special thank-you goes out to Lynne Banning from Alderman Stevenson's office and

NHCA Director, Caroline Davies and our Volunteer Coordinator, Shauna Carreddu, who are also volunteers.... Amazing!

The success of this event brings on an incredible rush of pride for our communities because it shows how a little coordinated and passionate volunteer effort can result in significant benefits. The funds raised during the two days will be combined with proceeds from all of the charity casinos in the second quarter of the year and then split between the volunteer organizations that participated. We expect to know some time in June how much of the total is our share along with the scheduled date for our next casino event! The next task for the NHCA is to compile our list of suitable (subject to the approval of the AGLC) projects or programs where the funding can be used.

In addition to the money raised and perhaps



most importantly, the event promoted and generated significant community awareness and spirit. And that, my friends and neighbors, is something you just can't buy! Many, many thanks to all the wonderful volunteers - you were amazing and it goes without saying that we couldn't have done it without you! Thanks for supporting the cause and we hope you had a little fun along the way!

UPCOMING EVENTS 2012

May 1st

Children's' SOCCER Season Begins!
Yeah!

May 12th

NHCA Garage Sale and Flea Market

May 12th

Cardell Place

May 26th

Stampede Centennial 4 Corners
Celebration

June 9th

Community Clean-up/WINS Drive

June 15th

Front Yard Garden Contest Begins

June 23rd

Adult Slo-Pitch Ends (C'est Domage)

July 1st to 30th

Skate Park Cardel Place East Lot

July 3rd to 6th

Park N Play and Stay N Play in Coventry
Hills

July 23rd to 27th

Park N Play and Stay N Play in
Panorama Hills

July 7th to 14th

Stampede Breakfasts – Various Locales

July 26th and TBD

Lawn Chair Theatre – Harvest Hills and
Panorama

August 3rd to 6th

Park N Play and Stay N Play in Country

Hills August 31st

Front Yard Garden Contest Ends

NHCA Garage Sale and Flea Market!

9:00 am – 1:00 pm Saturday, May 12th

Mark this event on your calendar and be prepared to come out and haggle at the annual NHCA Garage Sale and Flea Market scheduled from 9 am – 1 pm, Saturday May 12, 2012. Last year, the weather couldn't have been much better... with the sunny skies and 15° C degree temperatures. The wind was a little brisk at times but didn't chill the positive spirits and attitudes of participants, vendors (52 in total) and organizers. If you are a potential vendor looking to register for this event, just complete the registration form in this newsletter and drop off at the office as indicated.

This year the outdoor location is the north end

of the east parking lot at Cardel Place while inside, Cardel will once again set aside the east hockey rink area, minus the ice of course, for another umpteen tables of children's clothes, toys, books, and other goods.

This unique format provides a complimentary environment to accommodate the needs and wants of all. There will be something for everybody... with all sorts of purchasing choices for shoppers and consumers catering to all family members. Come one and all to the garage sale/flea market event of the year, May 12, Cardel Place East Parking lot. See you there!

NHCA Vision

Northern Hills is a vibrant, diverse, inclusive and sustainable community.

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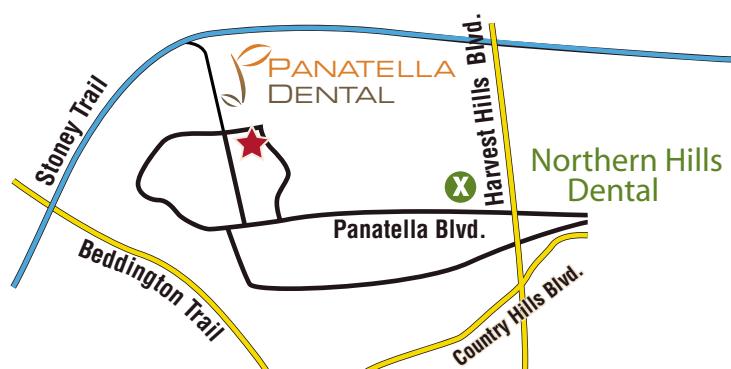
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NEW PATIENTS WELCOME

VOLUNTEER

NHCA VOLUNTEER OPPORTUNITIES

VACANCIES ON THE BOARD:

Community Garden Director - This is a wonderful opportunity to combine your green thumbs with your organizational skills! Working with the existing garden coordinators, you will act as a liaison with the board, City, the Garden Resources Network and the Calgary Interfaith Foodbank. Come, grow with us! 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.

Administration Director - We have a talented team working in the office and our Administrative consultant provides leadership on a daily basis. This board position involves support and oversight to our staff by maintaining the communication with the board and coordinating work volumes with admin support.

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 events@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 - Our pleasure rinks in Harvest Hills and Coventry were ready to go and awaiting a cold, snowy winter. Mother nature did not deliver but we did manage a couple of weeks of skate time and flooding and clearing practice. Our rinks committee is seeking eager individuals to help with the planning and execution of this initiative in 2012/13. 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 farmersmarket@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



By the time this edition hits your mailbox, the most recent provincial election will be history and our elected representatives will be preparing for their upcoming term in office. The NHCA would like to congratulate those who were entrusted with the responsibility of leading our province. We look forward to working with our local representatives on such issues as schools, health services and support for seniors in our communities.

Thanks to all the members who attended the NHCA Annual General Meeting held in conjunction with the Resource Fair event on April 19th. We have a great team of staff, and volunteers including committeees and Board members, who work hard to make the Northern Hills a great community. We thank existing board members for their continued commitment and welcome those who joined us for the new term. Special thanks to Caroline Davies who has completed her term on the board. Along with her consistent support of our programs and events by acquiring sponsorship and giving so much of her time, Caroline led the team to bring us our first Harvest Moon Dance and our first Volunteer Casino Event. We thank Caroline for her unwavering support and hope that she will remain a friend to the community and to all those who have had the pleasure to work with her!

The NHCA Community Resource Fair, City Open House and Health and Wellness Fair was a great opportunity for residents in the area to become more informed about the resources provided to families by many non-profit organizations that serve our communities. City representatives from several municipal planning departments were also able to provide updated information on development and infrastructure projects in and around the Northern Hills. Businesses involved in health and wellness added another dimension to the Fair. Thanks to our many sponsors, City representatives, staff, members of the board and committeees who worked together to bring the event to the community. If you were there, we hope you also took the opportunity to speak to local elected representatives as well as those candidates in the April provincial election who were mingling with the attendees. You just never know who you will see in the crowd at this event so if you missed it make sure you save the date for next year!

It's Garage Sale time! Once again the NHCA has partnered with Cardel Place to provide residents with the opportunity to sell their gently used items on Saturday, May 12th. If you haven't secured a table yet, there may still be time. If you are looking for that 'special' item, make sure you stop by the north end of the east parking lot at Cardel or check out the arena where you will find a plethora of kids only items.

Our industrious Youth Council will provide us with some interesting entertainment immediately following the Garage Sale on May 12th. The concourse level of Cardel Place will set the stage for youth in the community to show us their talent. Please

stop by and cheer them on. Selected participants may have the opportunity to participate in the upcoming Centennial Celebration & Stampede Breakfast on May 26th. Don't miss this party! You're on the guest list for the Calgary Stampede's 4 Corners Centennial Celebration - 100 years of the Stampede. The celebration takes place in our area on May 26th at Cardel Place. There will be plenty of food and entertainment for the entire family. Watch for local talent on the entertainment stage.

Spring has sprung and the receding snow has left behind a trail of garbage and dog feces in our neighborhood parks, boulevards and alleys. We wish we could blame it on the snow, but unfortunately it's our own residents who have made the mess! Join us in the annual Community Clean Up on Saturday, June 9th. In addition to helping clean up the area, you are encouraged to clean out your basement and garage by bringing your unwanted tech equipment and/or household items to the parking lot of the Panorama e-community centre for recycling and WINS collection. Every little bit helps to keep recyclable items out of the landfill and provide much needed reusable items to our City's families in need.

Although Summer is just around the corner, we are already busy planning for our Fall Fundraiser. 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 a 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 table for the Garage Sale 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

More on (the lack of) Schools and other facilities in the Northern Hills

By David Hartwick

There were several things that we learned from a meeting (prior to recent provincial election) we had with MLA Woo-Paw, the Calgary Board of Education (CBE) and Ward 3 School Trustee Lynn Ferguson: members of our community had not voiced the request for a high school in the past; that Calgary Northern Hills was one of only 4 electoral districts in Alberta that did not have a high school; and that the CBE was interested to hear our concerns and to look further at innovative ideas. The representatives explained to us how they determine the ranking of communities and schools each year, how it can change, the needs in other communities, and the continued lack of consistent funding from the Provincial Government. While informative, we presented several arguments that we considered important to both the CBE and to the Provincial Government.

For starters, we compared our communities to the City of Airdrie. The Northern Hills communities have a population that is about 20% larger than Airdrie, which offers us a good comparison in terms of population but the reality is, we don't compare when it comes to services and infrastructure. We have considerably less schools than Airdrie, and we are lack-

ing an Urgent Care Centre and other Alberta Health Services. I am not sure what Airdrie offers, but we lack Social Services such as Children and Youth Services and Seniors Services. A health facility for the Northern Hills, similar to the Airdrie Urgent Care Centre, was on a list of Alberta Major Projects back in 2005 with 'proposed' status but has since quietly disappeared, as did the high school by 2007. Airdrie has most recently been approved for a third high school while the Northern

Hills communities have one Separate High School and no Public High School, and none planned in the near

future.

This fall, Coventry and Panorama Hills will finally see the first two Middle Schools in our community while Harvest Hills and Country Hills will likely never see a public school. The lack of schools in our community means our kids have had limited access to extra-curricular activities that kids in other communities have. It means that our kids have had fewer opportunities to get to know other kids in the area because everyone



buses to different schools. It means that our kids have had fewer volunteer opportunities to contribute to a better community. It means our kids are spending two hours on a bus every day when kids in other communities would already be home playing, doing homework, or being a part of their community. It also means that parents have had to pay bus fees (considered taxes by some residents).

The other issue we discussed was a report issued by the Fraser Institute, which provides annual statistics on Calgary schools. The entire report can be viewed on the Fraser Institute website. John Diefenbaker, the designated school for Panorama

Hills, ranks 47th and Queen Elizabeth, one of the designated schools for part of Country Hills, ranks 17th. Crescent Heights, the designated high school for Coventry Hills, was the only Calgary public high school that made the Fraser Institutes list of "Consistently low-performing Alberta high schools". According to the Fraser Institute School Report Card, Crescent Heights had a five year high in 2010 with a Diploma Completion rate of only 63.3% and an overall rating score of 5.2/10. James Fowler, which is the other designated for a portion of Country Hills has a Diploma Completion rate of 51.4% and a score of

3.4/10. We acknowledge that these are statistics and may not accurately reflect a full education picture for these schools, but no matter how you justify it, the requirement to send our kids to schools that rank 196 and 254 out of 276 schools concerns the NHCA and should concern residents with kids in those schools.

This is a topic that could continue for pages. It is my hope that you have been provided with enough information to STEP UP, SPEAK UP, and SIGN UP. Join the NHCA, and contact your MLA and CBE Trustee Lynn Ferguson to ask for more information on schools and provide feedback on the new fee structures.

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@northernhills.ab.ca. Include your name, contact information, NHCA membership number along with the month of edition and page number where you found him. There will be a prize draw from each month's entries.

One entry per month per membership and you must have a current NHCA membership to be eligible. Spot Ozzie, be a member and WIN!!



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SENIOR'S CORNER

SPRY in the Hills

The Spring Session for SPRY in the Hills has been developed and already circulated to the email contact list. For those of you not on our emailing list, the schedule is posted on www.northernhills.ab.ca; please check it out and come join us.



The proof is in the pudding!

Approximately 25 members of SPRY in the Hills participated in the Fit2Age program during our 2012 Winter Session, February and March. They have voted, almost unanimously, to have this program continue in April and May so those of you who still wish to experience this 'craze' in our Community can participate. A member who has encountered 'employment conflict problems' wrote to tell us that he misses the energizing exercise and looks forward to returning as soon as the conflict is resolved. Please feel free to come and monitor the class first, if you have some doubts as to whether this is for you. Some days we are almost

at capacity so be prepared! The following is a testimonial we have received:

Calgary, AB
Feb. 23rd, 2012

SPRY – Northern Hills Seniors Stay-ing Fit-2-Age with Tracy

TESTIMONY: DON'T LET AGING GET IN THE WAY OF STAYING FIT !

Members of SPRY - 2012 are benefiting from a Healthy Form of Exercise twice a week!

MAKING EXERCISE "FUN" AND NOT A "CHORE".....

I've heard that "POLE DANCING" is an exercise in muscle strengthening, developing balancing skills and having Fun, BUT did you know you can get the SAME benefits using a "CHAIR" and retain your modesty, while not annoying your neighbors? Best of all, chairs can be found almost anywhere, but other than on a Bus, where would one find a pole to exercise? And what will the other passengers think when you start hanging from the poles while riding a Bus.

Tracy's "Fit2Age" exercise program is for all seniors (and wanna-be seniors) that enjoy their independence. This one-hour of well-paced exercises for all ages, with team-spirited participants and packed with continuous laughter (also a good exercise bonus) to playfully burn



off those pesky calories and fat affected by gravity.

AN HOUR OF EXERCISE, FUN & TEAM SUPPORT

- Core muscle development, strengthening and shaping
- Balance (not on a tightrope either)
- Instill Confidence
- Improve at your individual pace
- No sweat to burning calories, your "exercised" muscles will do that for you

"Good job everybody !!!"

Regards, Jay, striving to stay 50 forever.

Now, doesn't this just make you want to come and join us.....but hurry as the Spring session ends May 25, 2012!

Youth Got Talent
A Talent Showcase for Performers Grades 7 - 12
May 12th 2012, 1pm - Cardel Place Piazza
Singing | Dancing | Other

Register Your Act Now!
\$5 entry fee payable at the NHCA Office

presented by
NHCA
youth council

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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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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Calling All Volunteers!

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

COMMUNITY



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!! Have your friends join with you!

When: Once a week – Wednesday nights - April 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 14 - 19

Cost: \$55/player and a NHCA Community Membership (for the insurance needed to play)

HOW TO REGISTER:

- Just phone NHCA, they are taking the registration over the phone 403-226-6422 or
- Register Thursday nights in person 5:00 – 7:00pm at 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:

- Ref's provided
 - Player Orientation/practice
 - Technical Sessions
 - Ice-Breaker Party & Wrap-Up Event
- Register now!

If you have any questions, please email janicelhenderson@shaw.ca or youthvolunteer@northernhills.ab.ca.

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Four Corners: A Celebration of our Western Heritage & Values



- Attendance by the Stampede Royalty (Queen, Princesses & Indian Princess)
- Pony Rides &/or Wagon Rides
- Calgary Stampede Flash Event of white hat giveaways, contests

Stampede Ambassadors sharing information about what's hot at Stampede this year and the Centennial celebrations

A birthday cake cutting

Four Corners is an opportunity for the residents of North Calgary to come out and show off community spirit and kick off the Calgary Stampede Centennial celebrations. So come on out to **Cardel Place on May 26th** and be ready to have a rootin' tootin' good time!

Stampede being a part of Calgary for 100 years and to profile other community/cultural groups in North Calgary that make our city a great place to live, work and play. The celebration will include such events and activities as:

- Caravan Pancake Breakfast
- Promotions Stage with Entertainment
- Community Line Dancing
- Branding Crew & Harry the Horse + additional mascots as available

NHCA Strategic Focus Areas

Communications
Community Advocacy
Community Enhancement
Membership and Volunteer Engagement
Fundraising and Events
Sports and Recreation

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THE NHCA OFFERS THE FOLLOWING FOR OUR MEMBERS:

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



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

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

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



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

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

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

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www.ProgressiveOptometry.ca

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SCHOOL NEWS

We're now open

Please drop by and say "hello".

We look forward to meeting you and helping you achieve your financial goals. Please visit us.

Monday	9:30 - 5:00
Tuesday	9:30 - 5:00
Wednesday	9:30 - 5:00
Thursday	9:30 - 6:00
Friday	9:30 - 6:00
Saturday	9:30 - 3:00

Watch for our Grand Opening in June 2012

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North Haven School News

Are you looking for a great school to send your child to? Look no further, North Haven School is for you!

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- SMARTBoards in every classroom
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- Resource support
- English as a Second Language support
- A SUPERB music program
- Daily physical education
- Wide variety of physical education equipment
- A computer lab with 25 brand new IMAC computers
- Annual school theatrical productions
- A multitude of extracurricular activities/clubs

- Artists in residence programs
- Guests speakers/programs
- Comprehensive field trips
- Whole school initiatives
- Strong parent support
- Well-resourced library
- Lunchroom program
- After school program focussing on social skills
- Teachers who know your children and CARE
- Open door policy
- A happy and caring student population

You are invited to our **OPEN HOUSE** on **May 10**. Come and see all the fabulous things North Haven School has to offer.

We look forward to seeing you!
Lisa Nachtigal
Principal

April Showers Bring May Flowers!

From St. Clare School.

We are hoping with all the snow and rain that we have had, that we will soon see flowers bursting forth in our environment. Many things are bursting forth at St. Clare this month. We have just finished our in-line skating for grades Kindergarten to grade 4 with a final family evening of in-line skating at the school from 6:00 pm – 8:00 pm. A great time was had by all.

Volunteers are a very special and important part of our St. Clare community. Without them we couldn't do the many special events that we do each day. Therefore we are having a special volunteer appreciation for these wonderful volunteers on May 3. We are having a special volunteer Breakfast for our parents. They can stop in on their way to work have a coffee and a special treat and head to work that morning feeling appreciated.

Other events happening this month are as follows: On May 11, we have our Marion Day celebration and a special sacramental celebration to recognize all the students who have received a sacrament this year. Our grade three and six students are writing achievement exams on May 15 and 16. The teachers will have a Professional Day on May 18. They will be looking at reviewing the year's events, also looking at reviewing a new spelling philosophy and looking forward and doing next year's planning. We have our annual School Council AGM on May 30 at 7:00 pm as we close this year's activities and look to electing a new executive for next year. Finally we finish the month with our annual Spring Fling that will happen on May 31 with a performance at 11:00 am and 7:00 pm. It will be another amazing performance I'm sure.

A very important meeting that will occur on May 10 at 7:00pm at St. Clare is our kindergarten orientation meeting. This meeting is open to all families living in the Coventry area that would like their children to go to kindergarten at St. Clare for the 2012-13 school year. It is also open to all families who have already registered for Kindergarten at St. Clare for the 2012-13 school year. Your child must be 5 by March 1st 2013. Hope you will join us.

Have a Great May
Giselle LeClair
Principal

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

GARDEN NEWS



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@northernhills.ca.

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.

Where's Ozzie Winners!

The NHCA is pleased to announce the winner of the "Where's Ozzie?" contest for the month of March, sponsored by **First Calgary Financial**. Nora McGregor was drawn from all of the correct entries submitted for March. Nora 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!



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Annual Community Garage Sale / Flea Market



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: _____

Your parents helped you cross the street safely, learn to ride a bike and drive a car



Now they need you to help them make the right decision

If conversations have begun to explore the topic of retirement living, you're probably wondering where to begin. The most important thing is to find the option that best suits your parent's needs. At Chartwell, our professionally trained staff can help you navigate the decision-making process and help you decide on the best option.

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MAY 29TH, 2012 AT 1PM

Let your talent be heard!

If you're 65 or over, share your musical gift with us & you could be Chartwell's next Senior Star Champion! Drop by or call today for your registration form to participate. Visit us at seniorstar.ca!



HARBOURS OF NEWPORT RETIREMENT RESIDENCE

20 Country Village Cove NE., Calgary

Call 403-226-5381



CITY

Community Clean Up!

Saturday, June 9th 9:00 am to 2:00 pm

It's that time of year again. Time to clean up and clear out all that 'stuff' we don't know what to do with. Mark your schedules for the Northern Hills Community Association – Panorama E-Community Centre Clean Up! We are looking for more than just your garbage – see below for details.

DO YOU HAVE A PARK OR AN ALLEY IN YOUR NEIGHBORHOOD THAT IS FULL OF GARBAGE AND/OR DOG FECES?



We are organizing volunteers to help pick it up as part of this Community Clean Up event. Get together with your family or friends and we will provide garbage bags, gloves etc. to assist with the clean up. Supplies can be picked up at the NHCA office

prior to the event or at the Panorama E-Community Centre (88 Panamount Hill NW) at 9:00 am on June 9th. Contact volunteer@northernhills.ab.ca and let us know what area of the community you will be cleaning up, bring back the garbage by 2:00 pm and we will dispose of it for you. Refreshments will be served.



WOMEN IN NEED SOCIETY CLOTHING & TOY DRIVE.

On the same day, the Women in Needs Society (WINS) will host A Clothing & Toys Drive in our community. There will be volunteers from the WINS and the Northern Hills Community Associa-

tion (NHCA) to receive any gently used or unused items. Items that can be donated include: clothing for men and women, items for children, household items, misc. and seasonal items. Please refer to the detailed list. You can drop them off at the Panorama E- Community Centre Parking Lot by 2:00 pm. All donations will be used to build programs for women who are in low-income situations.

MANY PEOPLE ARE AWARE OF THE E-CYCLE DEPOT IN OUR COMMUNITY, BUT IF NOT, A SPECIAL E-CYCLE COLLECTION WILL TAKE PLACE AT THIS EVENT WHERE YOU CAN DROP OFF ELECTRONIC ITEMS SUCH AS:

- Personal Computers and components
- PC computer peripherals such as: (Mice, keyboards, cables, speakers)
- Printers
- Fax Combination Machine
- Servers
- Cell Phones
- All televisions and computer monitors



Further information on E-cycling can be found at www.calgary.ca

Please note that the following items WILL NOT be accepted:

- Tires
- Household chemicals
- Paint
- Car batteries

- Liquids
- Microwaves
- Home appliances

Used prescription or non prescription glasses or sunglasses that might be buried in your drawers, desks or closets, can also be donated for charity. Children's glasses are especially needed. Both plastic and metal frames are accepted.

E-mail community@northernhills.ab.ca or call the NHCA office at 403-226-6422 for more information

A Note from Ward 4 Alderman

Street Cleaning Now Happening in Ward 4 Communities



Keep your eyes open for the Street Cleaning notification signs in your neighbourhood soon. The City of Calgary's Spring Clean-up program starts April 15 and runs through to June 29.

Gael MacLeod,
Ward 4 Alderman

Along with sweeping our roads clean of sand and debris, city crews will also clean grit off the sidewalks and boulevards of all major roads. Cleaning improves the appearance of our roads, but it also ensures they are safe for use and protects the environment.

It's a big job to clean over 15,000 kilometers of paved roads. The city is asking for your assistance in clearing roadways for crews and equipment. This will help us speed up the process and improve the efficiency of clean-up efforts.

Residents are asked to relocate their waste and recycling carts and remove their vehicles from the roads scheduled for cleaning.

Crews will sweep around vehicles and bins that have not been removed. However, they won't return to sweep again, so it's important to move your vehicle, even if there is no penalty for not doing so.

The city has a great online map that lets you find out what day your neighbourhood is scheduled for cleaning. Check it out at http://cocnmp.com/spring_cleanup.

You can also call 3-1-1 to find out when the sweepers will be in your community.

If you have a Ward 4 concern, please contact my Constituent Assistant at 403-268-3727 or by email at ward04@calgary.ca.

For up-to-date news and events follow me on Twitter @yycgael or visit my website at www.gaelmacleod.ca.



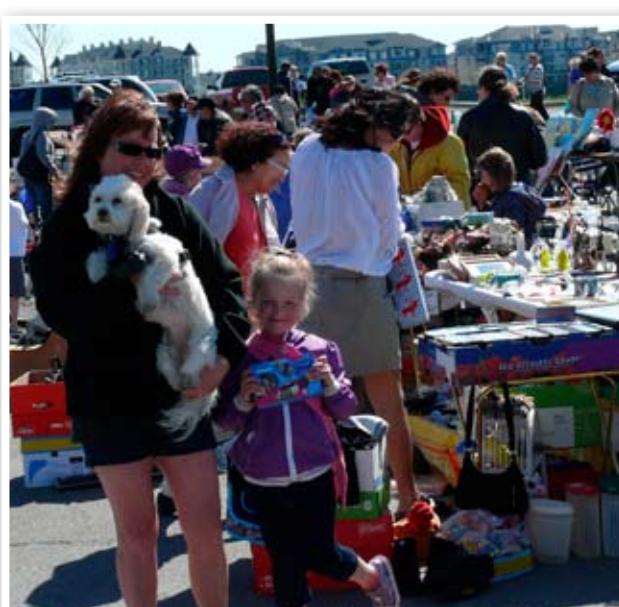
Community Parade of Garage Sales

The Northstar Residents Association in partnership with the Dan Hope Real Estate Team will be hosting a Community Parade of Garage Sales in Panorama Hills on Saturday, June 2 from 9am – 2pm. All participating homes will be placed on a map that will be available to the general public beginning May 19 at the Panorama Hills e-Community Centre, Re/Max Real Estate (Mountain View) office or the NHCA office in Cardel Place. You can also find the map online at www.mypanoramahills.com, www.danhope.ca or www.northernhills.ab.ca. If you are a member of the Northstar Residents Association (i.e. live in Panorama Hills or Hanson Ridge) and would like your house to be a part of the parade of garage sales then please contact the Panorama Hills e-Community Centre at 403-226-4386.

Be sure to pick up your copy of the map and come out to the Community Parade of Garage Sales on Saturday, June 2 starting at 9am! RAIN OR SHINE!

Panorama Hills e-Community Centre
88 Panamount Hill NW
Calgary, AB T3K 0L3
Phone: 403-226-4FUN (4386)
Fax: 403-226-5682
www.mypanoramahills.com

The Dan Hope Real Estate Team
RE/MAX Real Estate (Mountain View)
401, 9650 Harvest Hills Blvd. NE
Calgary, AB
Phone: 403-451-8575
Fax: 403-455-8575



POLICE AND COMMUNITY AWARENESS PROGRAM (PCAP)

The Police & Community Awareness Program (PCAP, formerly known as PACT) is a proven, effective crime prevention tool employed by the Calgary Police Service to alert residents in Calgary and surrounding rural areas to important situations such as criminal acts occurring in their area or requests for public assistance in cases such as missing children. Furthermore, it provided its messages to a person answering the call or to a standard answering machine.

If you would like to receive timely information about crime trends happening in your community, please register with PCAP.

SAFER COMMUNITIES AND NEIGHBOURHOODS (SCAN)

The Safer Communities and Neighbourhoods Act (SCAN) allows Albertans to take back their neighbourhoods by reporting problem residences and buildings. SCAN, which was a key recommendation from the Safer Communities and Crime Reduction Task Force, promotes community safety by targeting/investigating properties that: negatively affect the health, safety or security of one or more persons in a neighbourhood; and/or interfere with the peaceful enjoyment of one or more properties in a community or neighbourhood.

In the Act, property is defined as: structure, business, house, apartment, suite, mobile home; applies to both commercial and residential properties; and includes vacant land.

SCAN improves community safety by targeting properties used for ongoing illegal activities such as:

- producing, selling or using illegal drugs
 - solvent abuse
 - unlawful sale and/or consumption of alcohol
 - prostitution
 - child sexual abuse
 - gang & criminal organization activity
- The SCAN legislation holds prop-

erty owners accountable for illegal activities regularly taking place on their property. Two SCAN Units, operating out of northern and southern Alberta, work to improve community safety by investigating tips from the community about problem properties in your neighborhood. Since October 2008, SCAN responded to more than 500 complaints. Of those, almost 350 were resolved through informal means such as working with the landlord or owner.

If there's a suspicious property in your neighborhood, do not investigate it yourself or approach the occupants. Please:

- call SCAN toll free at 1-866-960-SCAN (7226) to report the property.
- OR complete a SCAN complaint form online. Simply fill in the form with your concerns about illegal activities taking place on properties in your neighbourhood and submit it. A member of the SCAN unit will contact you about your concerns.

CITIZEN ONLINE POLICE REPORT SYSTEM

The Calgary Police Service encourages Calgarians to report all crimes, in order to identify trends and better direct our patrols. This system allows you to submit and print a police report if one of the following has happened to you within the City of Calgary and you do not know who did it:

- You have lost or have had stolen something that is worth less than \$5,000 (not including firearms, licence plates or government-issued funds or identification). Lost Property or Theft under \$5,000
- Your property or vehicle has been vandalized. Damage/Mischief to Property or Vehicle under \$5,000
- Your vehicle has been broken into. Theft from Vehicle under \$5,000

All other crimes must be reported by calling the non-emergency line at 403-266-1234 or by visiting a district office.

**FOR EMERGENCIES
OR CRIMES
IN PROGRESS – CALL
9-1-1**

**Now is the
time to get
involved.**



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FATHER'S DAY
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Northern Hills Crime Statistics

March 2012

The crime statistics for the month of March 2012 in the Northern Hills area are in the attached table. Additional information can be obtained from the Calgary Police Service (CPS) crime map at <http://crimemap.calgarypolice.ca/>.

Crime Category	March 2012 Statistics by Community				Total
	Harvest Hills	Country Hills*	Coventry Hills	Panorama Hills	
Theft from vehicle	10	2	6	4	22
Vandalism	1	6	7	4	18
Theft	1	-	1	6	8
Assault	1	-	4	1	6
Residential Break-In	1	-	-	3	4
Commercial Break-in	-	1	-	-	1
Robbery	-	1	-	-	1
Total	14	10	18	18	60

*Includes Country Hills Village

The purpose of providing regular reports on crime statistics and information is to increase awareness and hopefully help the CPS make our neighborhoods safer. We meet regularly with Community Liaison Officers (CLO's) for our area to review these statistics, to discuss issues and trends regarding crime in our communities, and to identify ways that the NHCA can help the CPS in their work. Residents can contact the CLO's for our area at the District 7 office if they have any questions or concerns.

Remember, if you are the victim of a crime or if you are a witness to a crime, no matter how big or small, please report it to the police service as soon as it is safe to do so. The more information that the police have to work with the more likely they will be able to solve the crime and apprehend the person or persons responsible.

Elm Pruning Ban – Help Prevent Dutch Elm Disease

Dutch elm disease (DED) is a deadly fungus that attacks elm trees spread by elm bark beetles. To reduce the risk of DED, pruning elm trees is prohibited throughout Alberta annually from April 1 to September 30. Provincial regulations also prohibit the storage, transport and sale of elm firewood.

Property owners should prune dead and dying elm branches Octo-



ber 1 to March 31. This helps to reduce the beetle breeding habitat and reduces the risk that fresh cuts from pruning will attract the beetles.

For information from the Government of Alberta Agriculture and Rural Development regarding Dutch elm disease and the elm pruning ban, please visit [http://www1.agric.gov.ab.ca/\\$department/deptdocs.nsf/all/prm1043](http://www1.agric.gov.ab.ca/$department/deptdocs.nsf/all/prm1043).

Fostering safe communities...

Excessive Vehicle Noise Testing Offered

On Saturday, May 26 and Wednesday, May 30, Animal & Bylaw Services is offering Calgarians the opportunity to have the decibel levels of their vehicles read by the Noise Snare.

On July 5, 2011 an amendment was made to the **Calgary Traffic Bylaw 26M96**, citing that any vehicle noise measured at 96 decibels or more by a sound pressure level

meter is "objectionable noise" and is in contravention of the bylaw. On December 19, 2011, Council directed Animal & Bylaw Services to use the Noise Snare technology to test excessive vehicle noise.

Details regarding the testing site and times will be available the beginning of May on calgary.ca by searching "Vehicle Noise 2012."

The P.U.P.P.Y. Program:

Teaming up with Calgarians to promote sustainable use of off-leash areas

wildlife and parks. The events and locations are as follows:

Saturday, May 26
1:00pm – 4:00 pm – Southland Park

Saturday, June 9
1:00pm – 4:00 pm – River Park

Saturday, September 8
1:00pm – 4:00 pm – Nose Hill Park

Saturday, October 13
1:00pm – 4:00 pm – Bowmont Park

The P.U.P.P.Y. initiative engages citizens, educating them about the importance of picking up and disposing of pet waste and proper off-leash park etiquette through interactive activities and models. By participating in this program, Calgarians will gain a deeper appreciation of how to use parks and green spaces in responsible ways. Learning to share the space is crucial to increasing user enjoyment and sustaining the ecological integrity of the many beautiful parks across Calgary.

For more information about the P.U.P.P.Y. program please go to calgary.ca and search "P.U.P.P.Y." or call 3-1-1.

COUNTRY VILLAGE WET POND

(Submitted by Sharon Hamilton, Shoreline Association)

The Country Village wet pond is located behind Cardel Place.

DID YOU KNOW THERE IS A HOMEOWNERS ASSOCIATION RESPONSIBLE FOR THE PATHWAY SYSTEM AROUND THE POND?

The homeowners association is the Shoreline Association. All owners within the 11 condo complexes between the pond and Coventry Hills Blvd NE, Country Village Rd NE and Country Village Way NE are members and pay an annual fee. These fees, plus City contributions, pay for the maintenance, upkeep and upgrades to landscaping and amenities around most of the pond. (The City is responsible for the lands behind Cardel Place and Notre Dame High School, the pond, path and park. The shopping centre is responsible for their gazebo and tree area.)

WHAT SHORELINE ASSOCIATION FEES HAVE PAID FOR

In 2010 overhead pathway lighting was installed along the east and north portion of the pond. Phase II of the lighting project is starting spring 2012 along the northwest side with the remainder anticipated for 2013. Fees have also paid for upgrades



such as additional benches and garbage bins, replacement of shrubs and trees, ongoing graffiti removal and snow clearing.

RESPONSIBLE USE

With spring in the air the Shoreline wants to remind everyone that this is an on-leash dog park, no exceptions no matter how friendly, obedient or small the dog! Dog owners are responsible for picking up after their dog.

Please be courteous to all users of the path particularly when passing pedestrians.

The City has posted signs warning that the wet pond is off limits for skating, walking on ice or wading in.

We encourage all those who use the pond area to enjoy and maintain respect for the pathway environment and other users.



YOU SURVIVED ANOTHER WINTER



DID YOUR CAR?

MR. LUBE

Largest Environmental Web Community in the World!

The **Freecycle®** Network is proudly fanning the flames of the grassroots wildfire across the globe as the largest environmental web community on the planet, with 9 million members, in thousands of local groups, in more than 85 countries!

Currently we are keeping more than 500 tons out of landfills daily, while building stronger communities.

"Our mission is to build a worldwide gifting movement that reduces waste, saves precious resources and eases the burden on our landfills while enabling our members to benefit from the strength of a larger community."

Freecycle is globally local -- Each city has volunteer Moderators and a unique and vibrant email community.

Anyone living in that city is then welcome to post items to be gifted away or to request items which they might be able to use.

Whether it is baby items, a fence or a computer, it's probably being given away, or requested, on one of the local groups already up and running as you read this article.

By giving freely with no strings attached, members of Freecycle help instill a sense of generosity of spirit, as they strengthen local communities and promote environmental sustainability and reuse. As we further develop community reuse and recycling on a globally local scale, we are creating a global gift economy in the process.

It is simply beautiful how one can change the world, one gift at a time!

Please visit <http://www.freecycle.org/> to find the Freecycle® community in your area.

LIBRARY NEWS

Programs for May 2012

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

DINOSAUR PICNIC

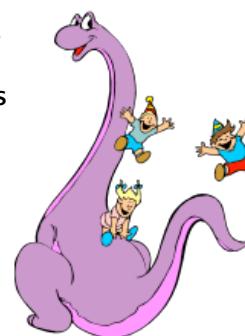
Join us for stories and rhymes about dinosaurs who roar, race, stomp, chomp, and party!

Ages 3 to 5 independent of a parent/caregiver. Monday, Jun 11: 2:15 - 2:45 p.m. Registration begins Apr 24

CELEBRATE MOTHERS

Enjoy stories and songs celebrating mothers. Ages 2 to 5 with a parent/caregiver

Sunday, May 13: 2:00 - 2:30 p.m. Registration begins Apr 24



BABYTIME IN RHYME

Enjoy Mother Goose, rhyming books, and finger/toe fun for babies.

Ages 6 to 23 months with a parent/caregiver. Thursday, Jun 14: 10:15 - 10:45 a.m. Registration begins Apr 24

INTRODUCTION TO BACK COUNTRY CAMPING

Join us in a discussion of recommended equipment for camping in the wilderness.

Presented by Mountain Equipment Co-op. Thursday, May 17: 12:00 - 1:00 p.m. Regis-



tration begins Apr 23

COMPUTER TECHNOLOGY COACHING

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

Wednesdays, May 02 to Jun 13: 2:00 - 3:30 p.m. No registration required

CENTENNIAL BIRTHDAY BLOCK PARTIES PRESENTED BY CENOVUS ENERGY

Join us for a party one hundred years in the making! Help Calgary Public Library celebrate its centennial with a special community-based block party at your Library, presented by Cenovus Energy. Bring the whole family and enjoy music, food, games, entertainment and a variety of contests and prizes.

Saturday, Jun 02
10:00 a.m. - 4:00 p.m.
No registration required



city was home to many educational and arts groups including the Calgary Women's Literary Club and Calgary's first university courses. It was the main branch of the Library until the W.R. Castell Central Library opened in 1964. The building was leased to the Glenbow Foundation from 1964 to 1973, and was declared a historic site in 1976. It re-opened October 16, 1977 after a major rehabilitation project. The top floor, formerly home to the Muttart Art Gallery and Alliance Francaise, is now home to the library's volunteer services and foundation offices



The first Public Library in Alberta (opened on January 2nd 1912) was Memorial Park library. Under the leadership of Alexander Calhoun, the first Chief Librarian, this cultural heart of the

Burns and Scalds

Every month Alberta Health Services EMS responds to emergencies where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking simple preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1°burns; broken skin or blisters commonly develop.
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean, non-fluffy material to protect from infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention from your doctor as required.

Prevention of burns

- Check the temperature of your hot water tank. Many homes keep hot water temperatures as high as 60°C / 140°F. This temperature will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices that prohibit access.

If you require immediate medical attention for a burn, call 9-1-1.

COUNTRY HILLS LIBRARY

11950 Country Village Link NE

Hours:

10 a.m. - 9



E Monday - Thursday

p.m.

Friday & Saturday

10 a.m. - 5 p.m.

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

Register for 2012 Summer & Fall Dance Programs



Age 2-Adult

OFFERING

Parent & Tot,

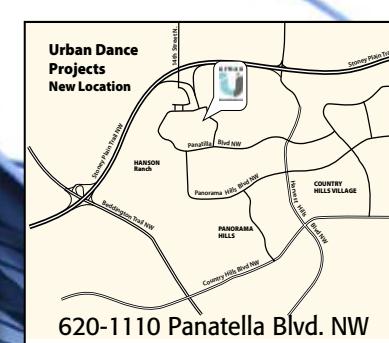
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Window & Balcony Safety

With the return of warmer weather, Alberta Health Services EMS would like to remind parents of an often overlooked hazard in the home – open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window in their house – often from the second floor. Falls such as these are preventable by taking time to assess your home and ensuring windows are safe.

Windows and screens

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.

- Keep drapery cords out of children's reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember: screens are designed to keep bugs out, NOT to keep children in!

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Consider installing a balcony guard to eliminate access between the vertical bars of a balcony or deck.

Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Consider installing safety devices which limit windows opening to a maximum of 4 inches or 10 centimeters.
- Ensure the safety device can be released quickly so the window can be used for escape in case of fire or other emergency.

AHS EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

RV & BOAT STORAGE

11 MINUTES FROM NORTH CALGARY

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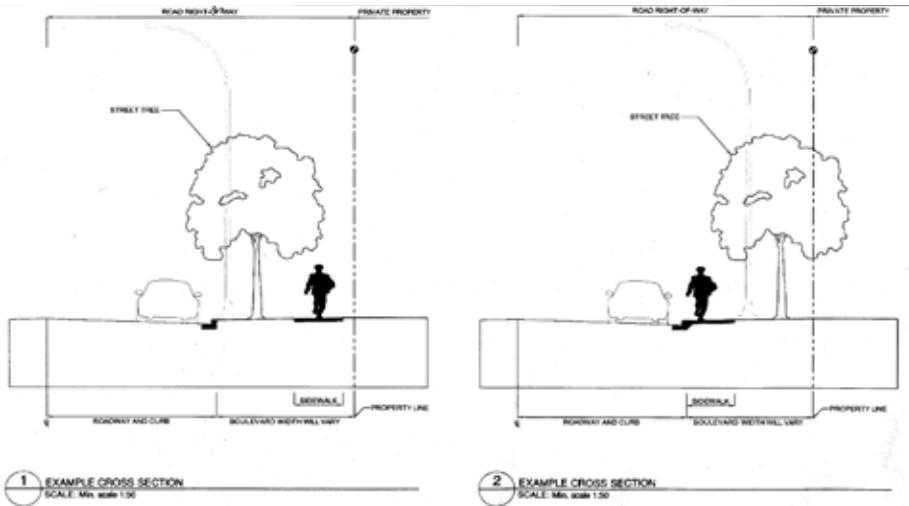
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Notification of Preventative Maintenance Tree Work



The community of Harvest Hills is scheduled for a full community Preventative Maintenance Tree Work (Elms trees will be done first followed by rest of Community Trees). Work will commence in Parks and on Streets within the next week.

WHAT IS PREVENTATIVE MAINTENANCE TREE WORK?

The City's Parks Urban Forestry Division systematically prunes thousands of boulevard and parks trees (public trees) annually through a Preventive Maintenance Tree Work Program. This work is schedule and completed one community at a time according to an eight year City wide plan. The goal of Preventative Maintenance Tree Work is to inspect and address any potential tree issues before they become problematic. Long term, this will improve the health and condition of our Urban Forest in addition to reducing costs.

WHAT WORK WILL BE COMPLETED?

Tree work is performed for reasons of public safety and tree health. Branches that may interfere or encroach onto the public sidewalk, or that are a traffic safety concern will be pruned. Also, trees shall be pruned of dead, diseased, or defective branches. In instances where trees have been evaluated and require removal, notifications shall be posted on these trees to inform the community. Ur-

ban Forestry employees and contractor work is performed in accordance with the International Society of Arboriculture (ISA) and ANSI industry standards.

WHAT IS A PUBLIC TREE?

In accordance with the Tree Protection Bylaw 232002 a "public tree" includes any tree which has any part of its trunk located on City lands and is the responsibility of the City to maintain. The road right of way adjacent to your property is City owned land and is home to many "public tree". The diagram below illustrates how trees are typically situated in relation to your property.

WHAT CAN I DO?

Please obey any safety related precautions and parking restrictions associated with tree work. Your cooperation is greatly appreciated!

I HAVE QUESTIONS/CONCERN WHO DO I CONTACT?

To learn about "Pruning Trees" and other tree related tree care go to www.treesaregood.com.

Requests for tree work throughout the year can be placed to 311 for Urban Forestry Division inspection and scheduling. If you have any questions or concerns about the work, please do not hesitate to call 311 and your concern will be directed to the Urban Forestry Supervisor coordinating the work.

Thank-you!



We would like to Welcome Applebee's as our Exclusive Ladies Outdoor Soccer Sponsor for the 2012 Season including 14-19 Age Group – over 20 Age Group & Ladies 30 + . The Northern Hills have many Great Businesses that support many of our Programs . Thank you Applebee's on behalf of The NHCA – Wayne Brown-Marketing Director

Construction is continuing on the extension of 96 Avenue N.E. and the Airport Trail / Deerfoot Trail Interchange Upgrade.

This project includes the construction of six vehicular lanes and a regional pathway from Harvest Hills Link eastward to Deerfoot Trail, and an upgrade to the Airport Trail / Deerfoot Trail interchange.

The area east of the 96 Avenue N.E. and Harvest Hills Link intersection is an active construction zone and includes open excavations and major hazards. Members of the public need to avoid this area.

Residents wishing to access the south side of 96 Avenue should use the existing intersection at Harvest Hills Link. Road construction activity will continue until project completion in Fall 2012.

For everyone's safety, please obey all signage, speed limits and any other posted restrictions for the duration of this construction project.

For more details, go to www.calgary.ca/ti.

calgary.ca/ti | 3-1-1



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.

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: 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

Looking ahead:

June 21 - Last Community Moms 'N Tots here until September.
July 1 - Canada Day
- One Service Sunday begin at 10 am.
July 2 - Summer Day Camps begin - one week only. Contact Angela at angela@hhachurch.com.
July TBA - STAMPEDE BREAKFAST
September 9 - Two Service Sundays begin - 9:15 am & 11:00 am
November 30 & December 1 - Christmas Craft Sale & Tea

E.S.L. Classes:

For more information email: esl@hhachurch.com.

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

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

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

WHERE SMILES BEGIN!



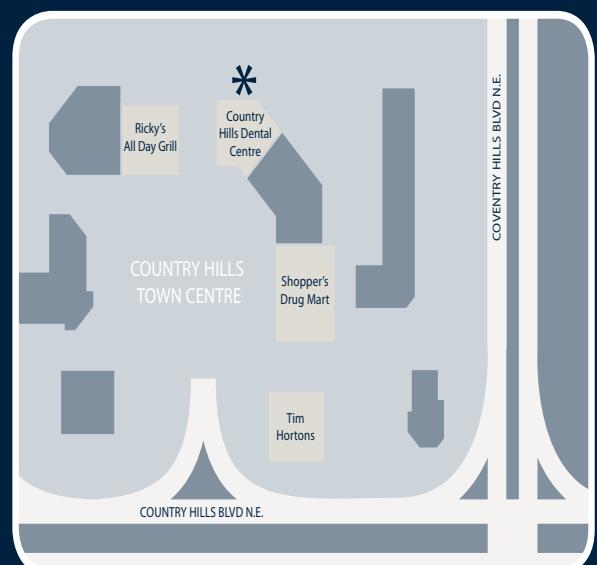
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