

NORTHERN HILLS COMMUNITY ASSOCIATION

Northern Hills
Community Association

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

www.northernhills.ca

AGM a Success, But We Missed You!

By David Hartwick

The NHCA held its annual resource fair and annual general meeting on April 16th at Harvest Hills Alliance Church. We were really pleased with the turnout, but as you can see from the photo, attendance was minimal for a community of 56000 people, and in the middle of an election. At a time when redevelopment is being considered in Harvest Hills that could add thousands of people to the community, residents asked some really great questions and we wanted to share an important update with you since you couldn't make it.

What can we do to get infrastructure in our community? Just in time for the election, Airdrie was approved for a 24 hour Urgent Care Centre. The Calgary Health Region purchased land in our community in 2004 to build a Diagnosis and Treatment Centre, which was approved in the 2005 Alberta Budget. To date, it has not been built. The NHCA has been working with MLA Woo-Paw and several social services minded community groups for several years on our Creating Space project in an effort to have some sort of multi-services building constructed there including a health centre. We have met with several Cabinet Ministers to demonstrate the lack of infrastructure in the area, and the type of facility we would like to see built and they always seem surprised how neglected our part of Calgary has been. After all the meetings we have had, imagine the shock when the new Airdrie facility seems



to hold similar innovative ideas that our group had presented.

It appears that after only one year on the Calgary Board of Education Capital Plan, the Southeast High School has also been approved by the Alberta Government, with the planning stages already funded, well ahead of the North Central High School that was in the Capital Plan as far back as 2004. Why is it that Harvest Hills and Country Hills have never had a public elementary school built? Why is it that the Northern Hills and North Central Calgary is always overlooked? Why is it okay for our kids to spend up to an hour on a bus each way to schools as far as Crescent Heights and Queen Elizabeth? Why does a Southeast MLA get to tell one of his community associations about the 13 schools built or being built in his district compared to only nine in ours when we have a larger

population? That MLA pointed out how important schools are to the community as they are hubs of activity for the community around them. Some of those communities also have Residents Association buildings or community centres.

We have also worked extensively with VIVO (formerly Cardel Place) on expansion plans to include significant improvements to community space, but that space will not come to fruition until the funding comes forward from one or all levels of government.

However, it has also been made clear to us, that our residents do not write or call their elected officials over infrastructure needs and it seems, if you do not ask, you do not get. And the southeast keeps getting. As we keep urging in our newsletters, we want you to STEP UP, SPEAK UP, and SIGN UP (as an NHCA member). Premier Prentice is also an MLA for

North Central Calgary representing the neighbourhoods adjacent to Northern Hills, but it has not had any impact on our infrastructure needs. The recent budget and 10 year plan does not seem to offer more services or infrastructure for our community. Ten years. That is about how long it took for 20000 people to move into our community so imagine the growth over the next ten years in the area with the development of Keystone just north of Stoney Trail.

We apologize that this newsletter did not reach you prior to the election, but we are asking you to please contact your MLA and Premier and let them know that the residents of North Central Calgary are important too. Tell them you want the health centre, the high school, the Harvest Hills school, the LRT, and the VIVO expansion. Let them know, it's OUR TURN.

Active Kids and Their Nutrition: Think of Food First

When gearing up for soccer season, parents can have a lot to think about. Despite our busy schedules, it is always important to prepare our little athletes for each game and this includes their nutrition. "Parents should think of food first," says Erin Sargent, MKin and Certified Exercise Physiologist. Though she often works with elite-level athletes, Erin

offers some great nutritional tips for feeding kids and to prepare them for activity.

1. Pre-game, ensure kids have a light, healthy snack about an hour before they play for lots of energy.
2. Very young children who play the odd game of soccer don't need sports drinks. Water is first because if they have a balanced

diet, children receive all the nutrient replacement they need, and this avoids a lot of the empty calories from sugar contained in supplement drinks.

3. Have a water bottle for your child on the sideline for each game. On a hot day, add some ice then cold water to keep it nice and chilled.
4. Post-game, a small carton of chocolate milk is a good drink due to the levels of protein and carbohydrates.

Additionally, have your child personalize their own water bottle with stickers or markers etc. Whatever makes it fun!

The Canadian Pediatric Society recommends the following guidelines:

"Pre-game snacks or liquid meals should be ingested 1 h to 2 h before an event to allow for digestion before start of exercise. Snacks can

include fresh fruit, dried fruit, a bowl of cereal with milk, juice or fruit-based smoothies. During an event, sports drinks, fruit or granola bars can be ingested to help refuel and keep energy levels high."

General Health Tips

Here are a few other things you may want to add to your game day soccer bag to ensure the best experience for your child.

- Put on their sunscreen, and bring kid-size sunglasses and a hat.
- Pack the bug spray (non-DEET for the little ones). The first few weeks of the soccer season will bring out the mosquito swarms after a bit of rain.
- Coaches will normally bring a first-aid kit, but pack a few Band-Aids and an antibiotic ointment for cuts and scrapes, just in case.

UPCOMING EVENTS 2015

April - June 2015

- Garage Sale
- Community Gardens
- Youth Writing Course
- Children's Outdoor Soccer
- Adult Slo-pitch
- Adult Outdoor Soccer
- Park n Play July/Aug



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VOLUNTEER

NHCA VOLUNTEER OPPORTUNITIES

by Sunny Shuang, President

Vacancies on the Board:

At the current time, there are still several board positions open and available for new members. The following strategic board positions have yet to be assigned:

- **Treasurer**

If you are interested in any Board Position, please contact: president@northernhills.ab.ca.

Volunteer with the committees:

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

Rinks – Our rink in Harvest Hills provided many hours of skating pleasure for residents this year and could use the help with clearing and flooding in winter as well as mowing the site during the summer months. We will be working with the City to have a similar rink up and running in Panorama for next winter and our rinks committee is seeking eager individuals to help with the planning and execution of an additional outdoor rink in Coventry Hills, this would be a dynamic committee to be a part of. Contact rinks@northernhills.ab.ca

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

Graffiti Abatement - Individuals eager to learn how to clean it up and prevent future outbreaks! If you are someone who likes to take action and see results, this could be the opportunity for you. Please contact community@northernhills.ab.ca if graffiti gets under your skin!

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

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

Membership Services - Opportunities to meet your neigh-

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

Policy – If you have experiences or are interested in writing and editing, policies and procedures team would like to get your input and support. Contact policy@northernhills.ab.ca

At Home In The Hills - An initiative to assist new Canadians, Calgarians and/or residents to the Northern Hills. We are working on providing activities and information to assist with the transition into our area. If you are a resident of the Northern Hills Communities, familiar with the area and perhaps speak another language, this could be a wonderful opportunity to meet and greet! Contact ahih@northernhills.ab.ca

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

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

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

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

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

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

For more information please contact the NHCA office at 403-226-6422 or info@northernhills.ab.ca

From the President

Together, we build a strong community!

by Sunny Shuang, President NHCA



Another successful 2014 Annual General Meeting (AGM) and Community Resources Fair were held on April 16th, 2015. The NHCA wanted to express our gratitude to all our fair participants, members and volunteers, official delegates and representatives to make this a wholesome event. A special thanks goes out to the Events Director, Mohamed, volunteer coordinator, Jessica and her faithful volunteer lead, Cathy, to make the event a smooth operation. We also wanted thank our sponsors: Starbucks for coffee, Save on Foods for juice and water, Country Pizza, for pizzas, and door prizes were donated by Boston Pizza, Applebee's and Vivo. Also, a huge thanks to Harvest Hills Alliance Church for the meeting space.

Our treasurer, Jereme Young, presented a successful financial audit statement for 2014, compared to 2013, the NHCA total revenue increased by \$20,951. This is primarily the result of increased revenues for newsletter advertising, a highly successful Oktoberfest / 20th Anniversary Fundraiser, and revenue recognized for volunteer deposits for volunteer services not provided in 2014. Total expenses decreased by \$13,244, driven by an a decrease in sports spending with relation to a slight decline in participation in our sports programs, inventory efficiencies, administration vacancies in the head office, and decreased amortization for furniture and equipment. Based on the audited financial statements, the Northern Hills Community Association is in a strong financial position. The 2015 budget was also presented and approved in the AGM; the budget included a new proposed position of Executive Director for the NHCA.

The board of the NHCA would like to thank our financial auditor Heidi Brauer for ensuring the accuracy of the NHCA financial statement. Sadly, we had to bid our farewell to our treasurer, Jereme Young, as he completed his two-year term, and decided to step down from the board and the executive position. We really want to thank him for all the great work that he has contributed to our community. His expertise in financial matters was a valuable asset, and we will miss him for his astute inputs for the board.

After the AGM, we honored a total of 13 volunteers for the Community Hero Awards. These volunteers went above and beyond to help building a better community by committing countless hours of volunteer times. Their selfless acts are the reason we have very successful programs and events. These volunteers were awarded a certificate which was presented by Stephanie Sokolowski from the Federation of Calgary Communities, and gifts from both the Federation and the NHCA. These outstanding volunteers were as following:

- Children Soccer Committee: Sarah Palinkas, Marcie Gomes, Jeannine Nguyen, and Stephanie Pederson
- Women Soccer League: Janice Dekkers and Diana Brandon
- Planning & Development Committee: Paul Eneh, Nik Allonby, Karbir Fagbenro and Ed Wahl
- At Home in the Hills/ ESL Coordinator: Allan Pole
- Treasurer: Jereme Young
- Newsletter Editor: Ivon Mbuyamba

It is also unfortunate that Ivon will be

stepping down as secretary from the NHCA board due to personal reasons. We would like to thank him for his commitment and contribution to the board. We wish him well but look forward to his return in the near future.

Creating Space for Strength is a project that the NHCA advocates for residents

to have a multi-purpose hub with a Health Centre and community meeting spaces in the Northern Hills and surrounding communities. This area is immensely lacking a proper Health Centre and meeting space. Many residents voiced their concern and wondered how they can get through the officials to acquire what we need. The NHCA is encouraging you to send your letter, your concerns and your voice to the NHCA, and to the city councilors and MLA's office. This will be the way to get us noticed and get us that space and health Centre that we desperately need.

Two sessions for the Harvest Hills Redevelopment were held by the Quantamplace Ltd. on April 23rd and 25th, 2015. The NHCA is interested to hear your feedback if you have attended either of these sessions. Send your feedback to planning@northernhills.ab.ca.

The Community Clean-Up event, collaborating with Panorama E-Centre, took place on April 26th, 2015 at 9am. Thank you for all the volunteers who came together with your neighbours to help keep our neighborhoods clean by picking up loose litter and recycling your old household and electronic equipment items. We also want to thank our sponsors, Superstore and Centre Street Church, for helping make the event an exciting one. We also thank the Women in Needs Society for being on site and taking our donations..

Registration for garage sale tables begins in April and we encourage you to secure your table before the NHCA Garage Sale/ Flea Market takes place on Saturday, May 9th, 2015 from 9 am to 1pm. If you have items to sell or are looking for that one of a kind item, make sure you join us for a fun day of bargain hunting! Contact admin@northernhills.ab.ca to get a table or other details.

If you want to try out your green thumbs and get to know your neighbours, why don't you consider joining the gardeners of the Harvest and Coventry Community Gardens this year? We are also looking for volunteer to coordinate the Harvest Hills community garden, so please contact community garden coordinator at garden@northernhills.ab.ca for more details.

At the current time, the NHCA already has 1500 plus members, including close to 500 new members. This is an exciting development for our membership and there will be more events and opportunities for you to become our members and get involved with your community.

At last, I would like to take this opportunity to bid adieu to everyone, as I have completed my two-year term on the board, and will be taking a break from the NHCA board. This will be my last president message on the Northern Edge News. It has been my greatest honour to serve on the NHCA board for the last 7 years, and was my absolute privilege to serve as your president for the last year. I heard and talked to many caring community residents, met and worked with numerous passionate volunteers during my volunteer time with the NHCA, and learnt so much from everyone who crossed paths with me. This is a community filled with positive and vibrant energy, and I, with my heart and soul, am truly feeling blessed to live in this community. So long and will see you around!

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ACROSS

- 1. K follower
- 5. Said sheepishly?
- 10. Big laugh line (slang)
- 14. Old World bird
- 15. Charles de Gaulle's birthplace
- 16. ___ Danger
- 17. Convention city for felines?
- 20. Pang
- 21. Masses formed by heating
- 22. Downer
- 25. Brahman, e.g.
- 26. 1935 Triple Crown winner
- 30. Ancient Greek weight
- 33. Lifeboat lowerer
- 34. Fair share, maybe
- 35. "My man!"
- 38. Class for teen felines?
- 42. But, to Brutus
- 43. Jack-in-the-pulpit, e.g.
- 44. Kind of wave
- 45. Of a great range
- 47. Wee
- 48. Big sheet
- 51. Dalai ___
- 53. Ham it up
- 56. Santa's original reindeer, e.g.
- 60. Feline in a Salinger title?
- 64. Cornstarch brand
- 65. Mushroom caps
- 66. Dangerous biters
- 67. Capital of Rhône
- 68. Light parody

DOWN

- 69. Dutch painter, to friends
- 1. ___-Atlantic
- 2. Risk prison
- 3. Little impressionist?
- 4. Anastasia's father, for one
- 5. More gloomy
- 6. Balloon filler
- 7. "Aladdin" prince
- 8. Building additions
- 9. Kosher ___
- 10. Diminutive
- 11. Double-reed instruments
- 12. Bat an eye?
- 13. Band on a shield
- 18. As yet
- 19. Creep
- 23. Cleave
- 24. Slow but steady
- 26. Ends partner
- 27. Filly's mother
- 28. All fired up
- 29. Certain retrovirus
- 31. She has a degree
- 32. Certain refrigerant, briefly
- 35. Dwell
- 36. Bookbinding leather
- 37. The "O" in S.R.O.
- 39. "Awesome!"
- 40. Hook up
- 41. 20-20, e.g.
- 45. Cooling system (Brit.)
- 46. Wyle of "ER"
- 48. Central

- 49. Egg producer
- 50. "Take your hands off me!"
- 52. Recurring theme
- 54. Eur. think tank
- 55. Field ___
- 57. Heavy furniture wood
- 58. European language
- 59. Ilk
- 61. 1969 Peace Prize grp.
- 62. "The Matrix" hero
- 63. Cousin of -trix

Soccer is a Family Affair

By Rhonda Koskimaki Okubo



It's a Tuesday night and Valley Creek student, Burke, throws on his jersey and shorts, puts on his shin guards and socks and slips into his cleats. His Mom, Pam, is getting the vehicle ready along with water bottles, bug spray and extra clothing. Is this scene sounding familiar to the spring soccer routines at your house? Maybe you are the same type of parent as Pam, in full soccer gear as well! That's right, soccer is a family affair at the de Jourdan house. Both Burke and Pam play for Northern Hills teams. Burke plays U12, while Pam plays with a women's team. Burke first started playing soccer when he was 4-years-old and played on the same team as my daughter, Marika, he has been playing soccer ever since (indoor in the winter and outdoor in the spring). I asked Pam if she encouraged Burke to get involved in soccer. She said it was actually the other way around. She was inspired by Burke and started playing soccer about 4 years ago. A block over from the de Jourdan's, Dannick Lucas and his Mom, Stephanie Wells, are going through the same routines. Dannick and Burke are teammates and their Moms are as well. I enjoyed playing soccer on a team with Pam and Stephanie during the winter months. Both Moms and sons are scheduled to play on Tuesday nights. I asked Stephanie what is it about soccer that she enjoys the most. Her response was, "I like playing soccer because it makes me feel

a bit connected with the kid I used to be...competitive and sometimes a bit intense. It maybe gets me a bit closer to knowing how my kids feel playing soccer." Dannick added that, "it is cool to watch my Mom play soccer and see her with her team, being happy when they win!"

For many families in the Northern Hills communities there are multiple soccer players living within one household. According to the article "Soccer vs. hockey: Who plays what in Canada" from Maclean's, July 14, 2014, Canada has the ninth ranking spot when it comes to registered athletes in soccer. A FIFA 2006 census found that one in 39 Canadians was enrolled in soccer, ranging from the recreational leagues to the competitive. Don't get me wrong, at our house we love hockey too, and my son, Taiga, plays both soccer and hockey. However, at the international level, soccer is a game that is loved the world over and is readily accessible to all with minimal equipment needed. So, whether or not this is your first year playing or you are a seasoned player on the pitch, know that there are many families across Alberta and Canada that are going through the same soccer rituals as you. Let the soccer games begin!

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One of the things you may not know is how much our advertisers aid in the production of this monthly newsletter as well as so much more! As the Northern Hills Community Association is one of the few independent newsletters in Calgary, we are able to use funds acquired through advertising to support the community through

the newsletter, events, programs and services we provide for you. We want to take this opportunity to thank all of our advertisers for their support and please know your ads are directly going right back into our communities making the Northern Hills a better place to live, work and play in!

If you a business and are interested in advertising, sponsoring an event or

program, or becoming a Member Discount Participant please contact Heather at marketing@northernhills.ab.ca



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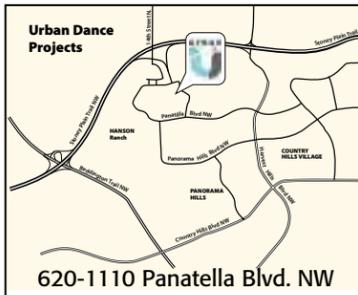
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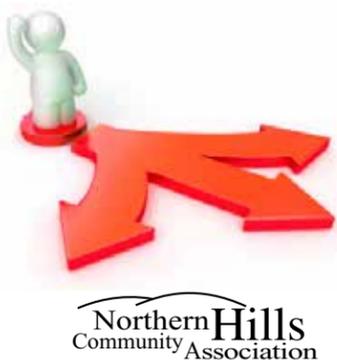
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Northern Edge News

The Official Newsletter at the North Hills Community Association

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

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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. Please contact the association office.

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Please indicate activities you would like to learn more about:

- Community Garden
- Community Clean up
- Garage Sale
- Adult Slo-Pitch
- Small Business Fair
- Newsletter
- Children's Soccer
- Community Beautification
- Ladies/Men's Soccer
- Annual General Meeting
- Graffiti Abatement
- Planning and Development

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

- Older Adult Programs
- Children's Softball
- Outdoor Ice Rinks
- Indoor Soccer
- Farmers Market
- Tennis Courts
- Other _____

If you would like to receive email updates including member benefits, discounts and volunteer opportunities from the NHCA please check here _____

Office Use Only:

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

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

THE NHCA OFFERS THE FOLLOWING FOR OUR MEMBERS:

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



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

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

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



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

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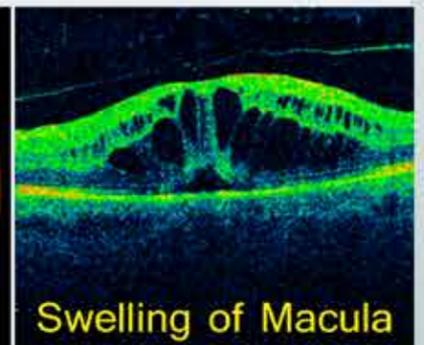
Offer available on regular priced Red Light 30-day package and Renew products only. Cannot be combined with any other offer. Limit 1 per customer. Participating Fabutan locations only. Non-transferable. Some restrictions apply. Available until May 11th 2015.

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IT'S NATIONAL DIABETES MONTH

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Are you interested in helping with a LITTLE FREE LIBRARIES PROJECT for the Northern Hills?

The NHCA would like to run a community competition, where residents can submit a design for a little free library, and/or apply to become a Little Free Library steward for one of 8 NHCA-sponsored *totally free* Little Free Libraries which would be installed on their property.

We need volunteers to help us organize and judge the Little Free Library competition, and more volunteers to help with the installation of the finished Little Free Libraries.

Interested? Contact Moraig and Lee by email as soon as possible at: creatingspace@northernhills.ab.ca and let us know what you would be interested in helping with. We plan to have our first LFL volunteers meeting on Saturday, May 16th.

Want to find out more about Little Free Libraries? Check out <http://littlefreelibrary.org> or a Calgary-based information booklet is available at: <https://calgarycommunities.com/content/wp-content/uploads/2012/08/Final-Little-Libraries-Brochure1.pdf>



Newsletter

"Did you Know In the Hills?" Contest!

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

The question for this month is:



What are some great nutritional tips for feeding kids and to prepare them for activity identified by the Certified Exercise Physiologist Erin Sargent?

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



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

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Dr. Monica Jensen-To • Dr. Shauna Chorel
Dr. Bonita O'Brien • Dr. Floria Tse

New and Emergency Patients Welcome



NHCA Men's Soccer League

A "just for fun" men's soccer league

Two programs: you choose/register for which one works for you:

Short Season – April 10 to June 26 - \$70.00 and NHCA membership

Long Season – April 10 to Sept 17 - \$100.00 and NHCA membership

\$30.00 for jersey/shorts/socks – new players only

Membership: <https://www.compusim.com/nhca/membership/>

Registration: <https://www.compusim.com/nhca/programs/>

Where: Within Northern Hills Community

When: Two nights a week from 8:00 to 9:00pm –

May to June 27th or May to Sept 17th

What: Play a friendly game of soccer

We offer:

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

REGISTER ASAP

If you have any questions or are willing to help organize this league please email northernhillsmensleague@shaw.ca

http://www.northernhills.ab.ca/mens_outdoor-soccer/

It's run by volunteers - my neighbour is on the board and I help by flooding & clearing the community outdoor rinks

They act as an advocate for their members in civic matters (planning and development)

The NHCA runs affordable and fun programs for ALL residents (soccer, SPRY, Youth Council, ESL, etc.)

They get no city or government funding - they rely on our membership fees, ad revenue, casinos and grants

Why should I support my Community Association?

I get their free newsletter that keeps everyone informed about what's happening in the community

The NHCA have an awesome Member Discount Program which saves us money at local businesses - up to 20% off!

They lobby the government for the schools, transit, social services & health facilities we desperately need

They are the volunteers who plant flowers in the community gates, run the community gardens and do community clean up

Your family could get all this for only \$30 a year!

Support your community.

Join the Northern Hills Community Association (NHCA) today at:

www.northernhills.ab.ca

Seniors and single memberships are discounted at only \$20
Some programs (like kids' soccer) require a family membership at \$30

Kids Soccer Training Program Open for Spring and Summer

Looking for a fun way to build your child's soccer skills this season? The Northern Hills Community Association (NHCA) launched a Soccer Training Program for kids of any age and skill level with sessions available throughout the spring and summer.



The program focuses on having fun and teaching children skills like ball control, passing and receiving, dribbling, shooting and goalkeeping.

Children do not need to be playing in the Outdoor Soccer Program to register for the Soccer Training Program, but parents will

need a valid NHCA membership. Registration fees for the training program range from \$50 to \$60 depending on the session.

For more information on session dates, times and costs or to register, visit the NHCA website at www.northernhills.ab.ca

Looking for Soccer Referee's



Northern Hills Children's Outdoor Soccer Programs are looking for referees!

WE PAY \$20 per game!

Please contact sports@northernhills.ab.ca if you are interested.



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Colouring Contest: FREE ICE CREAM!

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

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

NAME:

AGE:



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Does My Child Have Trouble Reading? What to Look For

By Cristy Carlson

Good literacy is a complicated skill that goes beyond the basic reader a student may bring home from school. Often, when children are learning how to read it appears like they are merely memorizing the words on the page. However, reading is a complicated set of language processing skills. Often these skills do not just innately appear in a student. Without explicit instruction of the English Phonemic Code and development of phonemic awareness skills, it is not surprising that many, many students encounter trouble with reading.

For many children, school is their first exposure to a structured literacy programs. Parents are generally the first to notice when their child hits a plateau in their literacy development. It is difficult to know when to intervene if your child may be having trouble. While all children develop differently, there is a typical pattern of development of skills. If you see that your child may be moving outside of that development range, it may be time to consider extra help. If your child is experiencing a great deal of frustration or lack of motivation to read, your instincts to be concerned are correct.

Once a child enters school, it can become more difficult to get a good snapshot of your child's literacy performance. When concerns are first raised, often parents are advised to "wait and see" by educators and other healthcare professionals. What we do know about reading is that good intervention sooner rather than later will do much more to foster confidence and develop literacy than simply observing an emerging literacy issue.

Learning to read well can be challenging for as many as forty percent of children. The earlier the intervention, the less likely those future literacy problems will occur. While having trouble learning to read is actually quite common, many parents wait a year or more before getting help for their child. The older a child is, the more difficult it may become for them to learn how to read well. By third grade, if a child hasn't developed a solid literacy foundation, it may become increasingly more and more difficult to keep pace in

the classroom with their work.

In a book by Paul Kropp called, *How to Make Your Child a Reader for Life*, he identifies reading "slump times". These times are when a child enters Kindergarten, grade four and high school. While frustration and refusal to read may be some of the most obvious signs of a literacy issue in your child, some less obvious ones are the following:

- Your child may not feel motivated to finish a book, or can't find something that they like to read. This is especially common in middle school students. Finishing a book is generally a very reinforcing experience for students. If your child says

the book is boring, it may actually be that they are having difficulty following the story well enough to see it through to the end.

- Your child may become very sleepy when reading. Kids may rub their eyes, and yawn, and say they are tired after only reading a few pages. Children may be so intensely concentrating on getting through the text, that it may exhaust them.

- Your child can't tell you what they read even after they immediately read it. This is an incredibly common, though often overlooked sign of a literacy problem. Many children can read through a piece of material, usually through relying on sight word

memorization and guessing strategies to get through the text. The child has the illusion of emerging literacy. The ability to recognize a word is one thing, but being able understand what one is reading is another. This can indicate low decoding ability. If a child is primarily relying on sight word reading to read a text, much of their memory will be focused on finding the correct word, leaving very little memory left for understanding the text that they are reading. Improving decoding skills enables a child to rely less on memory to read words. When they have a decoding

Continued on page 12

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SUDOKU-PUZZLES

Puzzles devised by © Kevin Stone [www.brainbashers.com]

Answers on page 15

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

Continued from page 11 (Reading)

strategy to read, they can devote more of their energy to understanding what they have read.

- Your Child may guess or omit words. This is an indication that your child is using memorization to read every word they encounter. Memorization is a very unreliable strategy, because once they enter third or fourth grade, written vocabulary increases so dramatically, that they likely will not be able to successfully memorize and retain all the words needed to read age appropriate text.

- Your child may know the letter sounds, but cannot recognize them when trying to sound out words. The act of sounding out words or decoding requires that a child can break the individual sounds of a word in their head. Strong language processing skills like decoding and phoneme manipulation are required to do this.

- Spelling is poor. Poor spelling indicates that your child may

have difficulty understanding the English phonemic code. Just as we break words apart or decode them to figure out how to read them, we put them together, or encode them to understand them. We also use encoding to spell words as well. Contrary to belief, spelling is not a separate skill from reading. Reading is the reverse action of spelling, similar to multiplication and division.

Reading problems don't resolve themselves. That is a myth. As children progress through school the demands for strong literacy skills increase. Children who struggle with reading don't just get better. Rather, they continue to use ineffective strategies on more complicated material. As a result, the longer a child goes without thoughtful, intentional intervention, the more multifaceted and complicated the reading problem may become.

Cristy Carlson is a certified Phonographix reading therapist with Bookworm Literacy Support

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NHCA STRATEGIC FOCUS AREAS

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

Northern Hills Community Association



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DENTAL CENTRE

"Did You Know In the Hills?" Contest!

This month's winners of the "Did You Know in the Hills?" trivia question sponsored by **Applebee's and Empire Theatres** is **Allison Blumhagen**. The answer can be found on page 13 of the newsletter in the article titled "NHCA has amazing membership signups and we want you too!" by David Hartwick.

Allison Blumhagen win two Landmark Cinemas passes and a \$50 gift card to Applebee's restaurant. Thank you to all of you who submitted your answers and we look forward to your continued participation.

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




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Dr. Sheila Varshney
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LIBRARY NEWS

Programs for May 2015

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

“Turn your imagination into reality at the Country Hills”

Drop-in Family Storytime

Drop in for stories, songs and finger plays the whole family can enjoy.

Ages 2 to 5 with a parent/caregiver Saturdays, Apr. 25 to May 30 from 2:15 - 2:45 p.m. No registration required



Computer Technology Coaching

Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products. Wednesdays, May 6 to Aug. 26 (No program on July 1) from 2:00 - 3:30 p.m. No registration required

Welcome to Canada: Accessing Your Social Benefits Are you new to Canada?

Increase your awareness about a variety of social benefits in this

information session. In partnership with the Calgary Bridge Foundation, In School Settlement Program. Register by calling 403.999.4509 or 403.777.6074 Ages 18 and up

Saturday, May 9 from 1:00 – 3:00 p.m. Registration begins Apr. 20

Adult Club

Join us for this once-a-month exploration of a great book. Call for details on specific books. Mondays, May 25 and June 29 from 7:00 - 8:30 p.m. Registration begins Apr. 20

ESL Conversation Club (Intermediate)

Practise your English listening and speaking skills in this six-week program.

Tuesdays, May 19 to June 23 from 6:30 - 8:30 p.m. Registration begins Apr. 20

NEW Settlement Services Desk at Country Hills Library!

Newcomers to Canada can now get additional support, services and information to help settle in Canada. With the onset of April, Country Hills Library now hosts “Settlement Services at the Library Desk” every Tuesday 4:30 – 8:30p.m. With a vision to enhance and expand the library’s services and offer a “one-stop-shop” for newcomers to Canada, the “Settlement Services at the Library’ Desk” provides newcomers the opportunity to meet with settlement workers. Funded by Citizenship and Immigration Canada (CIC) and under the “Services for

Newcomer” project, the Settlement Services Desk operates in collaboration with Immigrant serving agencies in Canada. The purpose of the settlement workers at this desk is to help newcomers orient and adapt to life in Canada, receive support and answers to queries related to Immigration, Employment, English Language, Education and more. With the Settlement desk opening at Country Hills on Tuesday, April 7th, 2015, there will now be Settlement desks at eight of the eighteen community libraries.



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.



NHCA STRATEGIC FOCUS AREAS

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



NHCA Vision

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



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KEN HASLAM, AT CHARTWELL SINCE 2013.

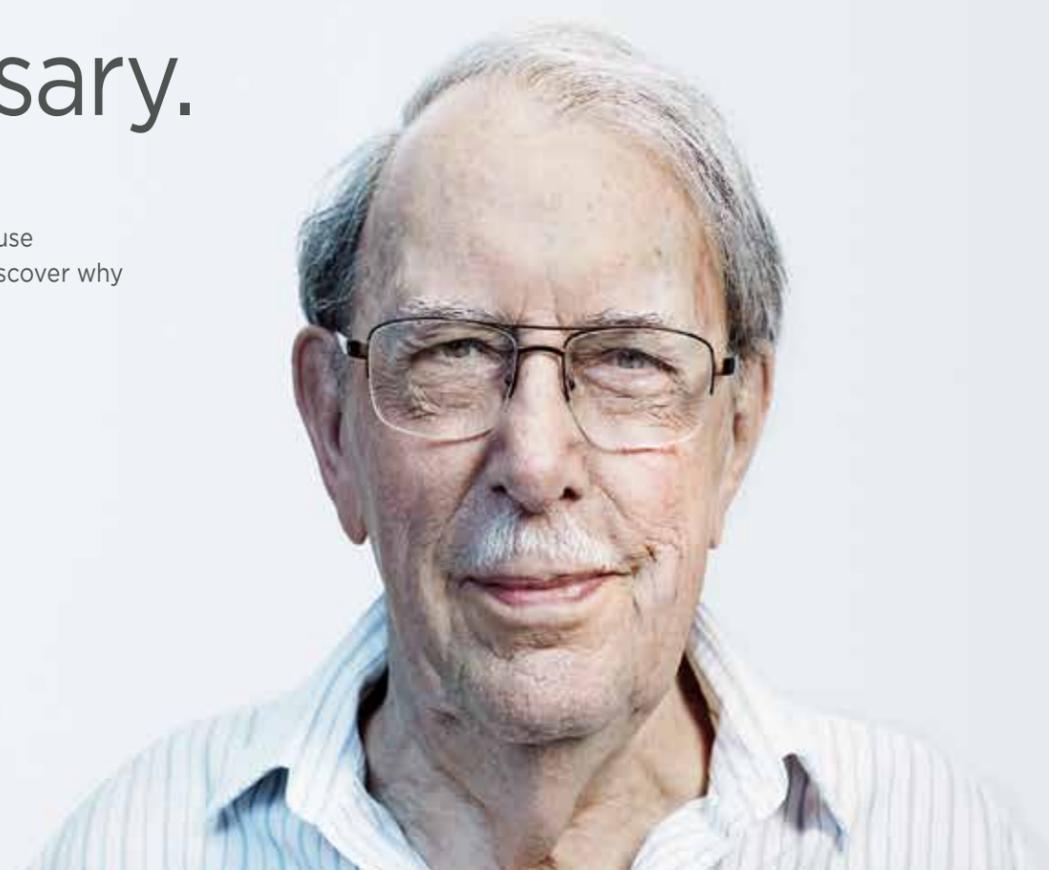
It’s been two years since Ken decided to move out of his house and into one of our residences. Read the whole story and discover why he chose to write the next chapter at Chartwell.

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

Programming for Nursery to Grade 4 during both services and Youth Programs at 9:00 - 10:30 am.
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
7:30 pm - AA Meetings
 Tuesday: 10:00 am - TOPS
6:30 pm - E.S.L. Class
7:30 pm - Men's Bible Study
 Wednesday: 3:30 pm - Free Math and Science Tutoring (Grades 7-12)
6:30 pm - Youth
7:00 pm - MOI - Prayer
7:30 pm - Al-Anon for more info go to www.al-anon.ab.ca
 Thursday: 9:30 am - 2nd & 4th Thursday of the month - Quilters Plus
6:30 pm - E.S.L. Class
 Friday: 9:30 am - Global Prayer
9:30 am - Moms With Young Ones
 Saturday: 8:00 am - Men's Bible Study



This Summer:
June 28 - One Service Sundays begin at 10:00 am.

July 5 - Stampede Breakfast from 9 am - 11 am.



Harvest Hills Alliance Church is part of The Christian and Missionary Alliance (C&MA) Western District. For more info: www.transformcma.ca.

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

10099 Harvest Hills Blvd. N.W. Phone: 403-226-0990
E-Mail: office@hhachurch.com www.hhachurch.com

A MESSAGE FROM WARD 3

Spring Clean-up Street cleaning

Spring is here which means it is time to clean up the sanding materials and debris left behind from this past winter's snow and ice control. Spring clean-up officially begins April 13. Due to the dry weather conditions over the past several weeks, crews have already begun pre-sweeping streets that see high volumes of on-street parking.



Calgarians can now use the address look-up function on Calgary.ca/sweep to find out when street sweeping will take place in their neighbourhood.

Ward 3 Development Updates

With so much development occurring in Ward 3 I have launched

three videos on my website, Calgary.ca/ward3, that provide an overview of all the development currently underway within the ward or approved by Council to begin in the near future.

The videos are titled: Ward 3 West (west of Deerfoot Trail), Ward 3 East - part 1 (lands between Deerfoot Trail and Metis Trail) and Ward 3 East - part 2 (lands east of Metis Trail to Stoney Trail). The timelines I have given are based on information I currently have available and do not take into consideration unforeseen circumstances that may affect these estimates.

I would encourage you to take a few minutes to watch my videos and if you have any further questions about development in Ward 3 or to share other concerns please feel free to contact my office.

Jim Stevenson,
Councillor, Ward 3
403-268-2530

The Mission Statement

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

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

Northern Hills
Community Association

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Northern Hills Community Gardens

Community gardens is dedicated to bringing together neighbours to provide locally grown food for their families, the Calgary Interfaith Food Bank and other interested groups. The garden promotes community, organic growing methods and a sense of shared responsibility and teamwork.



Calling all gardeners, would you like to:

- grow your own vegetables, flowers and herbs?
- support the Calgary Interfaith food bank?
- help grow your gardening community?
- meet new people?

Then you need to join us in the community garden!

Community gardens in the Northern Hills communities of Harvest Hills and Coventry Hills

have plots available for the upcoming season.

For more information on how you can rent a garden plot:

Please visit the NHCA office or call 403 226 6422.

For more information on how you can get involved please contact:

Harvest Hills Community Garden harvestgarden@northernhills.ab.ca

Coventry Hills Community Garden coventrygarden@northernhills.ab.ca

Or visit the NHCA website at www.northernhills.ab.ca

Canada's #1 grassroots soccer camp!

Royal City Soccer Club PRESENTS 2015 Soccer Camps

SINCE 1993

Register by June 1 for earlybird discounts.

11 locations across Calgary (see website for details)

- July and August weeks
- Boys & girls aged 5 to 13
- Camp soccer ball, tshirt, medal
- Full day, morning & afternoon sessions
- No charge early drop off, late pickup care

800-427-0536
royalsoccer.com

WHERE SMILES BEGIN!



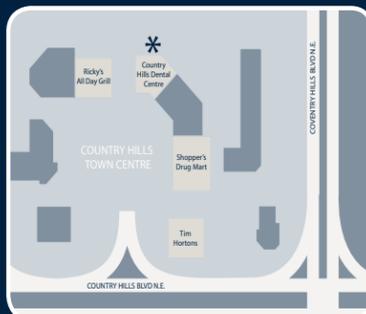
COUNTRY HILLS DENTAL CENTRE



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NEW PATIENTS WELCOME!

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



Dr. Tim Begalke | Dr. Jamie Wallace | Dr. Jeremy Wallace | Dr. Erin Gray
General Dentists

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www.countryhillsdental.com

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Crossword puzzle ANSWERS

Puzzle on page 4

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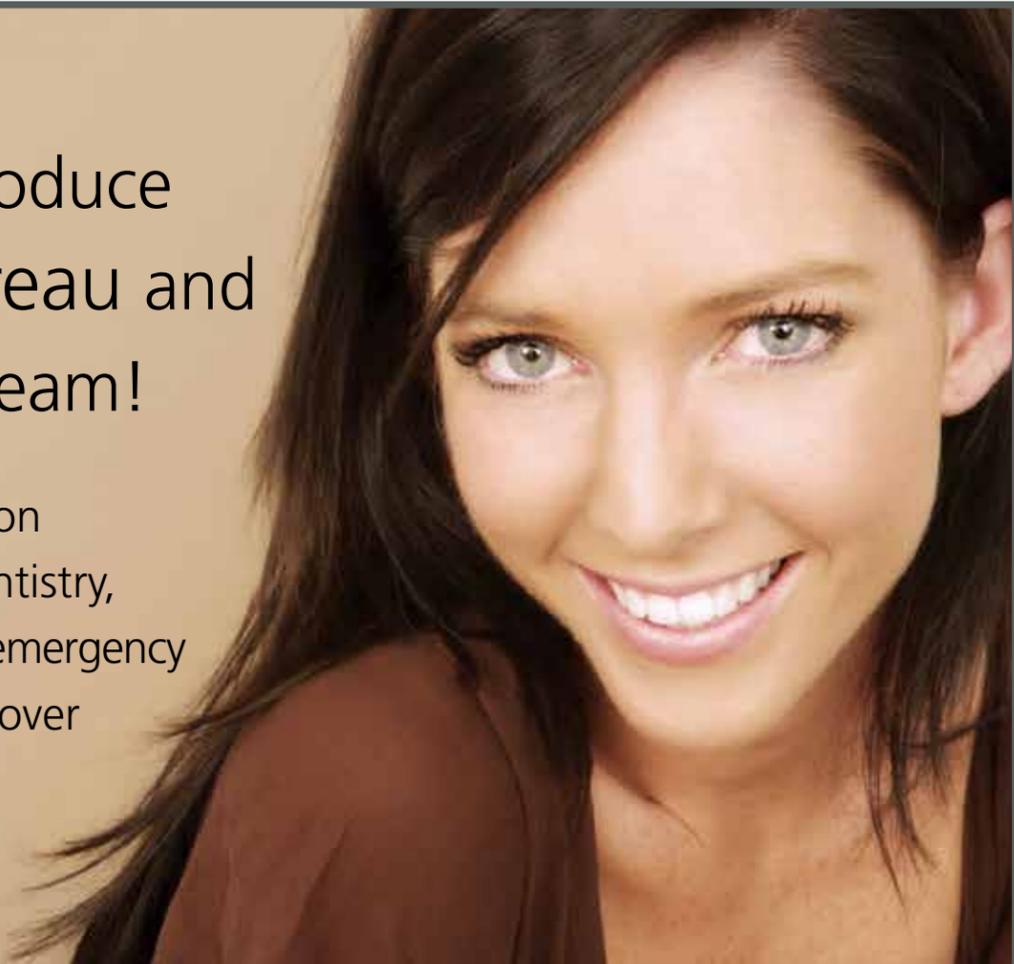
M	A	R	T		B	A	A	E	D		B	O	F	F	
I	B	I	S		L	I	L	L	E		A	B	L	E	
D	E	C	A	T	U	R	I	L	L	I	N	O	I	S	
		T	H	R	O	E			S	I	N	T	E	R	S
					D	R	A	G			C	A	S	T	E
O	M	A	H	A		D	R	A	C	H	M				
D	A	V	I	T		H	A	L	F		B	R	O		
D	R	I	V	E	R	E	D	U	C	A	T	I	O	N	
S	E	D			A	R	U	M		T	I	D	A	L	
					A	N	D	E	A	N	T	E	E	N	Y
F	O	L	I	O		L	A	M	A						
O	V	E	R	A	C	T			O	C	T	E	T		
C	A	T	C	H	E	R	I	N	T	H	E	R	E	Y	E
A	R	G	O		P	I	L	E	I		A	S	P	S	
L	Y	O	N		S	P	O	O	F		K	E	E	S	

Sudoku puzzle ANSWERS

Puzzle on page 12

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



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

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



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

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

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