

NORTHERN HILLS COMMUNITY ASSOCIATION

Northern Hills
Community Association

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

www.northernhills.ca

Celebrating 20 Years of Community Service - with Fundraiser Parties

On October 18, 2014 from 6 PM – 12 AM, the Northern Hills Community Association would like to invite all of its members and residents to celebrate the 20th Anniversary fundraiser party at the Canadian Brewhouse (9650 Harvest Hills Blvd N). The party will be loaded with fun, laughter and good times; there will be cash to be won, delicious food and fabulous prizes to be brought home! The event will feature a buffet, 50/50 draw, raffle, door prizes, silent auction, and various other games. So get ready and invite your friends and family to come and have some fun.

The cost of admission is as follows:

Early Bird Rate before

Sept. 30th:

- **Members: \$20**

- **Non-Members \$25**

Regular Rate after Sept. 30th

- **Members: \$25**

- **Non-Members \$30**

At the door: \$35 (for all)

The admission ticket includes one beverage, all you can eat buffet and a chance to win door prizes.

The funds collected will go toward strengthening the NHCA mission of enhancing the quality of life in the community by enriching and empowering the diverse communities of the Northern Hills through advocacy, education, and the provision of opportunities for engagement. In practice, this is achieved by the organization and promotion of social events that bring community members together, by engaging government representatives, and by offering volunteer opportunities.

For 20 years, the Northern Hills Community Association has sought to make the idea of being a member of the community a relevant and practical

one. The NHCA has tried to represent every element that constitutes a positive community life in its approach to engaging the Northern Hills residents. Moreover, the NHCA is a collaborative organization that has partnered with different community based organizations as part, always, of its efforts to improve community life.

The Northern Hills Community Association contribution to the community is palpable when one looks at its sports program that involves kids, men and women; community gardens and clean-up events (including graffiti abatement and beautification), social events, small business fairs, various contests and much more. Recently, the NHCA has continued to develop and carry out programs for all age

groups; youth council, SPRY in the Hills, At Home in the Hills, and the upcoming ESL conversation club. All in all, the NHCA 20th anniversary celebration is a celebration of the communities that it represents and serves. It is a milestone that testifies to the success of the organization and to its commitment to create a hopeful and brighter future for all community members and residents in the Northern Hills.

WINS Clothing Drive & Community BBQ Fundraiser A Family Fun Day: Sept 13, 2014 10am – 2pm

As a prelude to the October 18, 2014 20th anniversary fundraiser and celebration, an adult event, the NHCA would like to extend the celebration to all families and resident in

the community. In collaboration with Women In Need Society (WINS) and the Northern Hills Church, the NHCA will host a Community BBQ at the Cardel Place east parking lot on Saturday September 13, 2014 from 10 AM – 2 PM. The Fundraiser BBQ will include a hamburger, chips and drink for \$5 - proceeds will go to the NHCA. The event, at which a WINS truck will be on site to collect used clean and usable clothing, toys, small household items and working electronics (visit <http://www.womeninneed.net/donation-items> for a list of accepted items). There will also be a bouncy castle, tons of interactive games and prizes for everyone to win! The community BBQ will also be a fundraiser event where you can buy

an admission ticket to the main celebration and fundraiser on Oct 18th.

If you are a business in the Northern Hills area, and would like to donate to our silent auction or sponsor the event, please contact our marketing administrator at marketing@northernhills.ab.ca or 403-226-6422. We are also calling for volunteers to come help out with both events, so if you are interested, please contact volunteer coordinator at volunteer@northernhills.ab.ca.

So, mark the date of October 18, 2014, round up your family and friends, and reserve your tickets at the NHCA office. The office number is 403-226-6422 or email admin@northernhills.ab.ca. See you at the celebration!

July's Gardening Event: Northern Hills Community Church

By Anne Theresa Sureshkumar

In line with its mission to improve community life, the NHCA organizes an annual community garden event. This year, in association with the Northern Hills Church, the NHCA garden event consisted, as it mostly does every year, of planting flowers, watering, painting and weeding around the neighbourhood.

The Northern Hills Church mission is to support families to live a life that leads toward God; and to accomplish that, the Church partners with community organizations such as the NHCA as one of its outreach efforts. In addition to partnering with the NHCA for the gardening event, the Northern Hills Church also helps seniors and residents with things such as front yard work, window cleaning, weeding and bush trimming. They also provide ongoing assistance to a number of seniors.

The Church started in January 2014 with a membership of 64 faithful and counts 100 members today. Its commitment to community involvement and the extent of its outreach was well evidenced by some of its volunteers who came all the way from Ohio, Oregon and Columbus to participate in the garden event. The Church embraces the philosophy of growing closer to God by



building meaningful relationships, nurturing relations within the church family and beyond it as a way of attaining its full potential.

The following comment is from Alice who was among the event's participants: "On July 22, 2014, we were gifted with a group of volunteers who were here in our community to provide community support. Some were from as far away as Oregon and a few had no gardening experience. Within a couple of hours we accomplished so much more than I could have done on my own. Between the weeding, watering and painting of the names on the wooden planks that raise the beds (located at Country Village Rd and Coventry Hills Blvd and they both cross over to Coventry Hills Way); we shared a lot more. We were able to make a personal connection."

The Church lead pastor Peter Roberts recognized the importance of his Church involvement in the community and noted that they would like to reach out and be "a support for people who are in need...we want to help the community not just once a year, but more frequently; perhaps quarterly." Furthermore, the Northern Hills Church welcomes many of the NHCA initiatives in the community and intends to collaborate with the latter on future community events and/or functions, a feeling also shared by the Northern Hills Community Association.

UPCOMING EVENTS 2014

September & October

- ◆ Women In Need Society (WINS)
Cardel Place East Parking Lot – September 13th (10 AM – 2 PM)
- ◆ NHCA 20th Anniversary Fundraiser BBQ
Cardel Place East Parking Lot – September 13th (10 AM – 2 PM)
- ◆ NHCA 20th Anniversary Celebration
The Canadian Brewhouse North Calgary – October 18th (6 PM – 12 PM)



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VOLUNTEER

NHCA VOLUNTEER OPPORTUNITIES

by Sunny Shuang, President

NHCA VOLUNTEER OPPORTUNITIES

Vacancies on the Board:

The following are Board positions that need to be filled:

Second VP
Communications
Membership
Community Enhancement
Policy
Secretary

If you are interested in becoming a Board member of the NHCA please contact: president@northernhills.ab.ca

We have various volunteer committees where volunteers are always needed:

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

Upcoming Special Event: NHCA 20th Anniversary Celebration- Share your ideas and expertise with the planning committee to celebrate this important milestone. Contact events@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 gardening 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

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

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 membership@northernhills.ab.ca

Policy – If you have experience with policy writing and/or are interested in writing and editing, the policy and procedure team would like to get your input and support. Contact policy@northernhills.ab.ca

At Home In The Hills - An initiative to assist new comers to Canada in the Northern Hills. We offer information and assist with the transition in the community. 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 tweeting, posting or blogging about all the latest happenings 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 fearless attitude when communicating with businesses in the area? Our association would appreciate your help in contacting local business owners to discuss advertising opportunities and how they can contribute to the community. 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

by Sunny Shuang
President NHCA



As many NHCA activities have winded down in August, many new events were in the preparation mode at the same time. The NHCA office is busy getting ready for the Fall season, as there are many exciting events coming up for the residents to get involved in and enjoy.

During the month of August, we had a lot of exciting news and updates for residents. First, NHCA has hired a new staff, Bonna-Jean Campbell. Bonna-Jean is a fellow resident in the Northern Hills, and she will be providing assistance to the president and the board of the NHCA. She will work on documentation and business related to the board to ensure more efficient and effective functioning. Welcome on board Bonna-Jean!

Community gardeners have great news to celebrate, finally! After a long time of planning and waiting for the approval, with the support of the City of Calgary, a new community garden sign has now been installed for Harvest Hills and Coventry Hills gardens. Now when you pass the gardens, you can read the sign of garden's story and appreciate the wonderful look of the gardens that is a result from the gardeners' hard work! A big thank you goes out to Joanne Davenport, Diana Dumoulin and Aaron Taylor for their vision and action to make the sign a reality.

Toward the end of August, I represented the NHCA by joining the Hon. Teresa Woo-Paw in celebrating the achievement of our student constituents and in a celebration of the constituency and the community. Another crucial meeting that finally took place was for the Creating Spaces for the Strength Stakeholder Committee. We met with the Minister of Health, Fred Horn, to advocate the needs of having a health care facility in the Northern Hills community, and a space to synergize the efforts to serve the community's social and cultural needs better.

Youth Movie night happened on Aug 21st. Thanks to the office and the Youth Director, Amanda Davis, to plan and organize the event so our youth can enjoy a great night out!

Currently, the NHCA has these events going on and need your participation.

1. "Grow to Impress!" will end on Sept 15th. For all social media savvy people, make sure to follow NHCA Facebook and Twitter, and submit the most impressive community attrac-

tions, such as your neighbours' flower beds, your proud zucchini or your neighbourhood's community garden. Send in your snapshot via Facebook, Twitter or Instagram #nhcagrowtoimpress, or email or snail mail to the NHCA. The winners

of the contest will receive \$100, \$50, and \$25 gift cards, sponsored by the Blue Grass Nursery. To find more information, you can "like" and follow us on Facebook <https://www.facebook.com/northernhillscalgary> or the NHCA website: <http://www.northernhills.ab.ca/grow-to-impress-contest/>

2. NHCA is once again partnering with the Women In Needs Society (WINS) for a clothes drive on September 13th 2014 from 10am to 2pm. The location will be in the East Parking Lot of Cardel Place. This year at the event, we will be collaborating with the Northern Hills Church, to have a family style Community BBQ Fundraiser to celebrate the NHCA's 20th Anniversary. There will be food, drinks, silent auction, raffle, various games and 50/50 tickets. The money raised will go towards programs for youth, seniors, sports and community functions.
3. Our 20th year Anniversary Celebration Fundraiser is going to take place on Oct 18th, 2014 at the Canadian Brewhouse. There will food, drink, silent auction and 50/50 tickets. You can purchase tickets ahead of time. For more details, please contact admin@northernhills.ab.ca.

To all the businesses around the community, we want your donations! If you would like to sponsor or donate to our 20th Anniversary fundraiser event, please contact our marketing administrator Heather Hubert at marketing@northernhills.ab.ca or our Marketing Director Shawn Proders at business@northernhills.ab.ca.

To volunteer with events planning and fundraising, please contact events@northernhills.ab.ca or volunteer@northernhills.ab.ca to join the planning committee.

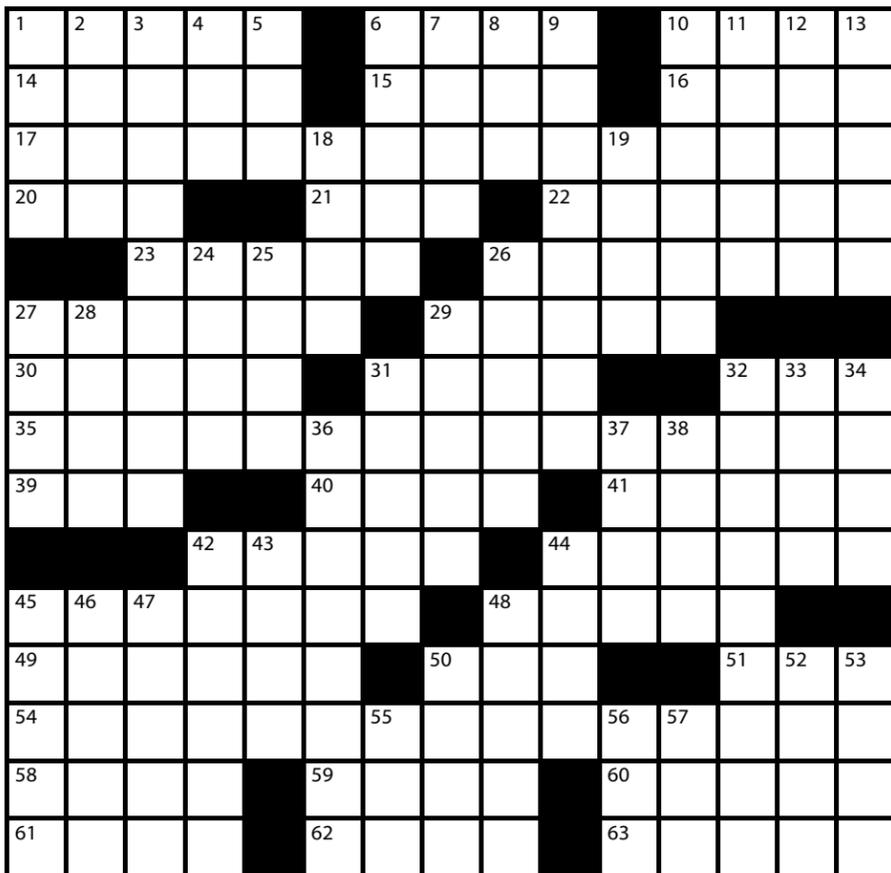
The NHCA board welcomes all individuals who would like to contribute the community association with your expertise. If you have an interest in helping out in your community at the board level, contact president@northernhills.ab.ca for information on the latest opportunities that are available.

Hope to see you in the upcoming celebration around the community!

Northern Hills
Community Association

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ACROSS

- 1. Certain bird
- 6. Keats, for one
- 10. "The Sound of Music" backdrop
- 14. Antipasto morsel
- 15. Biblical preposition
- 16. Gloss
- 17. George's aunt
- 20. Calendar abbr.
- 21. Puzzle
- 22. Put something on
- 23. Blast from the past
- 26. Reduces friction
- 27. Contradicted
- 29. Arouse desire
- 30. Bouquet
- 31. "___ No Sunshine"
- 32. "A pox on you!"
- 35. "Stony End" singer
- 39. Numbskull
- 40. Irritate
- 41. Salsa, for one
- 42. Mark
- 44. Colorful bird
- 45. Call a koala an elk, e.g.
- 48. Chipper
- 49. Secrets

50. Arctic bird

- 51. TV doc
- 54. She beat Bo Bice
- 58. And others, for short
- 59. '80s rock band
- 60. As such
- 61. Gym set
- 62. 1987 Costner role
- 63. Myers and Douglas

DOWN

- 1. Microsoft product
- 2. African plant
- 3. Stains
- 4. Holiday lead-in
- 5. "Losing My Religion" rock group
- 6. Blender button
- 7. Black stone
- 8. "Yadda, yadda, yadda"
- 9. Bear
- 10. Ancient meeting places
- 11. Floor coverings
- 12. Newbie, of sorts
- 13. Eye sores
- 18. All fired up
- 19. Aces, sometimes
- 24. Arm or leg

25. Abby address?

- 26. Romance, e.g.
- 27. Cake with a kick
- 28. "-zoic" things
- 29. Deed
- 31. Line to the audience
- 32. Needlepoint, e.g.
- 33. Ancient Andean
- 34. "Our Time in ___" (10,000 Maniacs album)
- 36. Speech of old Syria
- 37. Matinee ___
- 38. Handel oratorio
- 42. "St. Elsewhere" singer, ___ Barkley
- 43. Eastern royal
- 44. Tip for the dealer
- 45. Court officer
- 46. Fit to be tied
- 47. Deep-six
- 48. Disloyal one
- 50. Cuckoos
- 52. Cheat, slangily
- 53. Lofty lines
- 55. Fair ___ doctrine
- 56. Engine speed, for short
- 57. Chinese dynasty

Grow to Impress Contest Ends on September 15th

Have You Submitted Your Pictures?

by Ivon Mbuyamba

On July 15 the Grow to Impress Contest started. In light of the summer laudable weather we have had as of late, the blossoming of gardens and consequently the enhancement of summer beauty ought to be a reasonable expectation. Perhaps you have not yet taken the time to appreciate the beauty in your back yard or front yard or even seek it out in your community, but you have until September 15 to find it (and find it you will if you seek it) and when you do, please do not keep us in the dark but indulge our eyes and cater to our love for the beautiful.

The Grow to Impress contest is a new initiative by the Northern Hills Community Association Community Enhancement committee wherein community members are encouraged to take a picture of something they consider to be beautiful in any of the following categories: most impressive fruit, vegetable, shrub, tree, flower, rock garden, front yard



and back yard. You are then allowed to submit one entry per category; however, if your entry promotes a neighbor, you will qualify for an additional entry in any of the above categories thus increasing your winning chances.

There are three medium through which pictures can be submitted. The first one is through social media, namely the NHCA Facebook page, @nhcafb, and Instagram. The second medium through which pictures can be submitted is by e-mail at nhcafb@northernhills.ab.ca. Lastly, you can mail your pictures to the NHCA office.

At the end of the contest, the best picture will receive a People Choice Award and each category winner will get a \$50 gift card for first place and a \$25 gift card for second place from the sponsoring organization: Blue Grass Garden Centre. A \$100 gift card will be given to a winner who had promoted his/her neighbor but wins on their own entry. The contest is on; let's go take some memorable photos!

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La Société Pommes de Reinet Daycare is now accepting registrations at our **Martindale** location for **September** in our daycare program **(12 months to 5 years)**. We are also **accepting registrations** for our preschool program for the **2014-2015 year**.

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The NHCA would like to thank all the businesses that donated and assisted our programs this year! When you are out and about please support the businesses that supported us.



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

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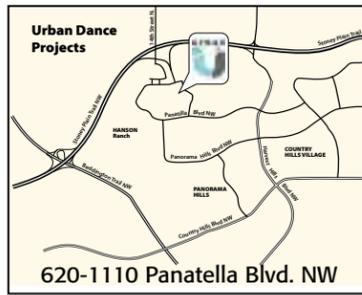
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Northern Edge News

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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"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 are **Ken and Linda Oelke**. The answer can be found on page 1 of the newsletter in the article "Another Great Stampede in The Northern Hills."

Ken and Linda Oelke wins 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!



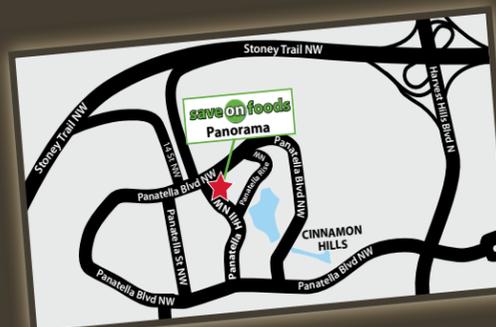
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First Annual Curls for Cause Fundraiser



House® Southern Alberta and about which Ronald McDonald House CEO Larry Mathieson said the following, "We're honoured to be the recipient of the Curls for Cause event... It is always so inspiring to see people in the community come together to raise funds for the House. Children heal faster when their families are near them and Ronald McDonald House depends on the community to help us continue our mission of keeping families together while their child receives medical treatment in Calgary."

For Hair Booth, in addition to raising money for families with sick children, they also wanted to create a vibrant event that would engage area residents by fostering an atmosphere where they, along with children, can come together



and share in a community spirit through various activities. The organization hopes that this year's Curls for Cause will be a spring board for future yearly events in which noble causes and community can come together.

by Ivon Mbuyamba

The first annual Curls for Cause event, organized by Hair Booth Salon in conjunction with Ronald McDonald House® Southern Alberta, took place on August 17, 2014 at Save On Food's east parking lot. The strong winds that at times menaced to blow away tents, chairs, tables and other items on display could not blow away the overall fun of the event. There was a bounce house castle where children played all along, face painting, raffle ticket prizes, a live DJ, a fashion show, along with a number of other fun stuff including even a police car that all (children included) were allowed to closely inspect.

The Curls for Cause event, hosted by Miss Universe Canada 2013 Riza Santos, was organized to raise money for Ronald McDonald

NORTHERN HILLS Women's Over 30 INDOOR REC LEAGUE

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

Come join a **RECREATIONAL SOCCER LEAGUE** where the focus is on socializing and sportsmanship while playing some indoor soccer.

*Looking for
players
to play!*

Women's Intramural Indoor Soccer is designed so that friends can play together and so that their team will play against teams of similar ability. An intimate knowledge of the game or the skills of the game is not necessary as the environment we strive to create is one where people feel welcome to learn the game and are supported in their quest to increase their knowledge and skills.

REGISTRATION OPEN NOW!!

Don't delay, as spaces fill up quickly!

COST:

NHCA MEMBERSHIP – for both years 2014 & 2015
(Insurance needed to play) – \$20 or \$30 depended on your needs.

REGISTRATION FEE'S – 23 games – \$200
Jersey Fee - \$30 – (your's to keep – comes with shorts and socks)

REMEMBER to buy your membership first for 2014 & 2015 or you will be charged the non-member fee!

- Purchase Membership:
<https://www.compusim.com/nhca/membership/>
- Purchase Ladies Soccer League Regn
<https://www.compusim.com/nhca/programs/>



Time Frame:

Between Sept 1 to Sept 30
– outdoor practice/ tech training/ team practices.
Between Oct 1 to March 15st
– one hour game/week for every team.

Nights:

Friday nights – game times start at 8:00, 9:00, 10.00pm.

Location: Genesis - 7555 Falconridge Boulevard NE

WE OFFER:

- Licensed referees.
- New player orientation
- Technical sessions.
- Social Events
- Lower Prices than other Leagues



If you have any questions, please email thehillswomensoccer@shaw.ca

Great friends

New activities

Save the date

NOV
8

cardelplace.com



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 the names of the organizations that Cardel Place is partnering with in order to offer "individuals and families the opportunity to play at a reduced rate?"

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.*



Jumpstart: Everybody Has The Right to Play

Cardel Place social responsibility and awareness is encapsulated in its mission to raise healthier generations. In line with that mission, Cardel Place is pursuing local initiatives to tackle "the national challenge of physical inactivity" and inactive lifestyles.

To achieve the above, Cardel Place has partnered with the City of Calgary and Canadian Tire Jumpstart program to offer "individuals and families the opportunity to play at a reduced rate" on ongoing monthly, three month and annual passes. Those who qualify for the Fee Assistance Program are entitled to a:

- 50% discount on children, youth, adult and family passes.
- 75% discount on eligible sport and recreation programs for children and youth 4 – 18.
- City of Calgary Fee Assistance

How to Apply:

- Submit an application to The City of Calgary. Applications are available at Cardel Place, any City of Calgary facility or online at www.calgary.ca.
- If approved, visit a City of Calgary facility to receive your Fee Assistance Card.
- Bring your fee assistance card to Cardel Place Guest Services



Jumpstart™

Giving kids a sporting chance.

where your reduced rate of %50 on a continuous pass will be applied.

- Fee assistance customers must re-apply each year to The City of Calgary.
- Canadian Tire Jumpstart Program Subsidies

The Canadian Tire Jumpstart program helps kids 4 – 18 from financially disadvantaged families participate in sport and/or recreational activities. Fee Assistance participants aged 4 – 18 are eligible for a 75% subsidy on select Cardel Place sport and recreation programs up to a maximum of \$200/year.

For more information please contact Jumpstart@cardelplace.com

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\$500,000	\$19,000	\$10,000	\$9,000
\$600,000	\$22,000	\$12,000	\$10,000
\$700,000	\$25,000	\$14,000	\$11,000
\$800,000	\$28,000	\$16,000	\$12,000
\$900,000	\$31,000	\$18,000	\$13,000
\$1,000,000	\$34,000	\$20,000	\$14,000
\$1,500,000	\$49,000	\$30,000	\$19,000

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For Seniors Corner.....

SPRY in the Hills

A little more than three years after our first meeting, we are bursting at the seams; new friends have been made and a lot has been experienced!

Fit2Age has become a very popular program and on some days we reach FULL CAPACITY at the Panorama Hills e-Community Centre; we have had up to 30 people attend at one time. With this many people in the building we have had to hold our breath to do some of the moves!

We have a number of people who do not participate in the Games/Social part; so there is a little bit more elbow room for this. Although a number of games have been tried, Mexican Train remains the favourite activity, usually consisting of up to two tables of 6-8 people. Some of our guys prefer to play Crib so there is usually a table for them (some of our ladies have been known to play crib as well). Lately some have been learning Canasta, others are re-learning it; while still others, over coffee, prefer to chat and catch up on community news.

Members sign up to bring treats (some fantastic goodies, thanks); a few of our members take turns manning the coffee box as well! We are still awaiting a grant request we made to cover coffee and goodies in the future; in the meantime, our members will continue to share the load and take turns.

During the Winter/Spring Session we had

- 1) NIA and other related disciplines - presented in January for consideration as an activity for our group
- 2) Estate Planning - presented by TD Bank staff in April
- 3) Cardel - staff involved SPRY in the Hills
 - a. at an information sharing meeting in February
 - b. with a presentation on the Healthy Community Challenge

c. in a demonstration on Nordic Pole Walking in May, along with an invitation to attend their Demonstration Classes at Cardel in May and to join the Nordic Pole Walking program they offer.

d. requesting our attendance at their Expansion Feedback meeting in May

- 4) Mount Pleasant Community Association Seniors - invited SPRY in the Hills on several trips (many thanks). Some of our members went to visit the Saskatoon Farm and the Chinook Honey Co. Two people attended Rosebud with MPCA Seniors to see 'Chickens' in July. An invitation to visit the Fairview Colony in September is in the works.
- 5) Off-site Activities - consisted of
 - a. Lunch at Pio Peruvian in March
 - b. Lunch at Xan Mongolie Grill in April
 - c. 'Liver and Onions' Lunch at Kensington Legion in May
 - d. car pool (4 members) to Rosebud to see 'Diary of Anne Frank' in May
 - e. Presentation on Container Gardening at Garden Retreat in May
 - f. Lunch at Buddha's Veggies in June
- 6) Councillor Stevenson (and his very capable staff) - honored SPRY in the Hills members with a Barbeque on June 11th; sincere thanks to our Ward 3 Councillor and his Staff for the BBQ and the souvenirs. We all, including Councillor Stevenson, learned something during the fete!

May 31st ended the current session. We will start meeting again in Fall on September 14, 2014. Fit2Age will be back for October and November on Tuesdays 2:00 – 3:00 pm and Fridays 1:00 – 2:00 pm. Early in September further information and calendars will be emailed and posted on the website www.northernhills.ab.ca/Groups and Committees / SPRY in the Hills

Schedule

TUESDAY SCHEDULE

SEPTEMBER

	2:00 - 3:00	3:00 - 4:00
16	Social/Games	Social/Games
23	Social/Games	Social/Games
30	Social/Games	Social/Games

OCTOBER

	2:00 - 3:00	3:00 - 4:00
7	Fit2Age	Social/Games
14	Fit2Age	Social/Games
21	Fit2Age	Social/Games
28	no program	

NOVEMBER

	2:00 - 3:00	3:00 - 4:00
4	Fit2Age	CPS Presents
11	Fit2Age	Social/Games
18	Fit2Age	Social/Games
25	Fit2Age	Social/Games

DECEMBER

	2:00 - 3:00	3:00 - 4:00
2	Social/Games	Social/Games
9	Wind-Up - Details	TBA
	LAST DAY FOR THIS SESSION	

MERRY CHRISTMAS

FRIDAY SCHEDULE

OCTOBER

	1:00 - 2:00
3	Fit2Age
10	Fit2Age
17	Fit2Age
24	Fit2Age
31	no program

NOVEMBER

	1:00 - 2:00
7	Fit2Age
14	Fit2Age
21	Fit2Age
28	Fit2Age

PLEASE NOTE:

Fit2Age is a registered program. NHCA membership & waiver form required.

Ensuring the safety of people and pets

Responsibilities of dog owners in off-leash areas:

Dogs are allowed to be off-leash only in designated off-leash areas. Even in off-leash areas, dogs must be on leash in the parking lot and on the pathways. All of Calgary's pathways are on leash areas.

In an off-leash area, owners must ensure that their dog is under control at all times. Under control means that the dog must remain at such a distance from his owner so as to respond to voice, sound or sight commands. It also means that the dog must not chase, threaten or attack people or animals.

Responsibilities of dog owners on pathways:

- Owners must have their dog secured by a leash no longer than two metres.
- Owners must ensure that their dog remains on the right-hand side of the pathway unless moving around other users.
- Owners must ensure that their dog remains under control at all times and does not interfere with other users.
- Owners must not be on a bicycle, skateboard or rollerblades with any animal on a leash.



Responsibilities of dog owners in other public spaces:

Owners must not leave their dog unattended while tethered or tied on premises accessible to the public.

Responsibilities of dog owners on private properties:

Owners must ensure that their dog is not left unsupervised while tethered or tied on a private property.

For more information, visit calgary.ca and search "Responsible Pet Ownership."



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Register Online





NHCA Vision

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

Northern Hills
Community Association

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)

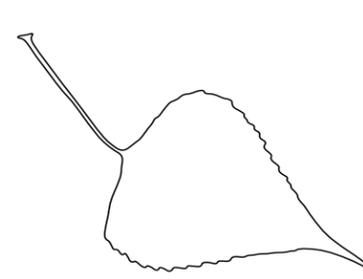
NAME:

AGE:

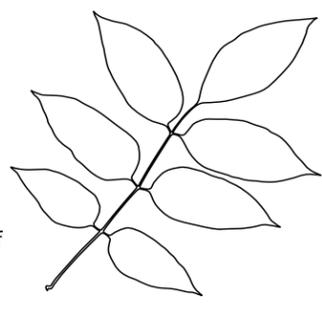
Autumn Leaves: With the coming of shorter days, trees know that it is time to hibernate. They will live off the food they made in the summer and don't need their leavers for the winter. In order to drop their leaves the green chlorophyll disappears leaving behind yellow, orange or red colours.



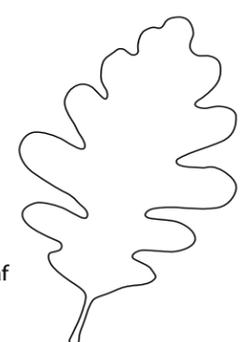
Maple Leaf



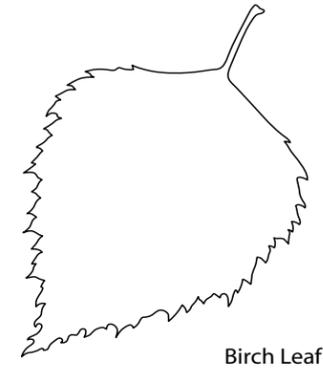
Poplar Leaf



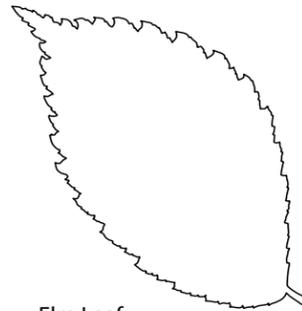
Ash Leaf



Oak Leaf



Birch Leaf



Elm Leaf

© colourcanada.com



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

Resident Membership Form

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

Fees:

<input type="checkbox"/> Family \$30	<input type="checkbox"/> Single \$20	<input type="checkbox"/> Senior (60+) \$20
<input type="checkbox"/> *Associate \$30	<input type="checkbox"/> Business \$50	<input type="checkbox"/> **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"/> Newsletter
<input type="checkbox"/> Children's Soccer	<input type="checkbox"/> Community Beautification	
<input type="checkbox"/> Ladies/Men's Soccer	<input type="checkbox"/> Annual General Meeting	
<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 _____		

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

LIBRARY NEWS

Programs for September 2014

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

“Turn your imagination into reality at the Country Hills”

Bear Gets Ready for Bed Join us for stories, songs and rhymes with an autumn flavour. Ages 2 to 5 with a parent/caregiver Monday, Sept. 22 from 7:00 - 7:30 p.m. Registration begins Aug. 20

Happy 10th Birthday, Country Hills

Join us as we lead into National Library Month and celebrate 10-years at the Country Hills Library with music, stories, entertainment and treats for the whole family! Saturday, Sept. 27 from 10:00 a.m. – 4:00 p.m. No registration required

Family Magic Show

Join TD Sparks as he entertains you with magic, balloons and comedy. Ages 4 and up. Saturday, Sept. 27 from 11:00 - 11:45 a.m. No registration required

Adult Book Club

Call for details on specific books. Mondays, Sept. 29, Oct. 27, and Nov. 24 from 7:00 - 8:30 p.m. Registration begins Aug. 18

Computer Technology Coaching

Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products. Wednesdays, Sept. 3 to Dec. 17 from 2:00 - 3:30 p.m. No registration required

ESL Conversation Club (Intermediate)

Practise your English listening and speaking skills in this six-week program. Tuesdays, Sept. 16 to Oct. 21 from 6:30 - 8:30 p.m. Registration begins Aug. 18

Welcome to Canada: Career and Employment Services Orientation

Are you new to Canada and want to know more about career and employment services? Learn about services and resources that will help develop your employability and job search skills. In partnership with the Calgary Bridge Foundation, In School Settlement Program. Register by calling 403.999.3880 or 403.777.6074. Saturday, Sept. 13 from 1:00 – 3:00 p.m. Registration begins Aug. 18



You may already be downloading e-books from the library using Overdrive but did you know you can also download and read eBooks on your computer or device using the 3M Cloud app.

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3M Cloud library consists of popular fiction and non-fiction e-books titles. Download and enjoy eBooks from 3M Cloud quickly and easily. Our new 3M Cloud collection is growing every day with books for adults, teens and kids. Read on multiple devices:

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



North Haven School News

Welcome to the 2014-2015 school year. Everyone at North Haven School is eager to continue to make your school a “Haven for Learning”.

As we embark on a new school year, we are excited to continue to learn about the initiatives set forth by Alberta Education. Noted is the work we will be taking up around Curriculum Redesign. Convening conversations with the community will take place on evenings prior to school council. As we shift in our thinking around what curriculum will look like and sound like, we are excited by what this will offer our students.

Continued work around relevance and rigour within task design will be maintained. Practices around how to use formative assessment and getting students to self-assess will be continued. We are excited to carry our work around reading intervention forward which afforded our students to move from 47% reading at/above grade level to 81% reading at/above grade level. Such a celebration for our students and staff!

We look forward to an exciting and active school year filled with adventures in learning and personal growth. Feel free to drop by North Haven School any time to experience the learning that happens every day in your community school of choice.

Lisa Nachtigal
Principal

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Answers on page 15

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

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A MESSAGE FROM WARD 3

Back to school

September marks the transition from summer into fall where the heat of August makes way for cooler temperatures and the earlier arrival of nightfall. It also marks the return to school for children in Calgary.

With that in mind I would like to remind people to exercise caution when dropping off and picking up your children from school and be aware of your speed in school and playground zones. Park only where it is safe to do so and do not block pedestrian crossings.

If we all work together we can keep our children safe!

School and Playground zone changes

On July 22, 2014 City Council approved changes to school and playground zone timing in Calgary. The changes are:

- Playground zones will be in effect



from 7:30 a.m. to 9 p.m., all year around.

- School zones will also be in effect from 7:30 a.m. to 9 p.m., on school days.

Creating consistent times for playground and school zone hours will improve safety for both pedestrians and motorists. It will help to eliminate confusion over the end time of "one hour after sunset" for playground zones as well as provide longer times for schools with playgrounds as many school sites are used after school hours.

These new times are now in effect although the Calgary Police Service will not begin enforcing the new times until September 1, 2014. Until that time the CPS will focus on educating Calgarians about the changes.

The City of Calgary is also working with the various school boards to combine school and playground zones into one zone if appropriate.

For more information on the changes please visit the City's FAQ sheet.

Jim Stevenson
Councillor, Ward 3

Ward 4 Report

Council Priorities for 2015-2018

Approved in May 2014, Council Priorities 2015 – 2018 are set by City Council and focus on Calgarians and the services they want and need to achieve their goals. They include defined outcomes for each of the five priority areas and 44 strategic actions to provide direction for administration.



To develop the priorities, City Council considered trends, citizen engagement results, legislation, long term plans, economic indicators and the needs of day to day operations. Council Priorities help guide City departments as they create their business plans and budgets, called Action Plan 2015 – 2018, within the spending limits set by Council. Working together, City departments will collaborate to realize the outcomes set in Council Priorities.

The draft Action Plan will be released in early November for public review and comment followed by Council deliberations November 24-December 5. To learn more, please visit calgary.ca/actionplan.

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For prayer, counseling and other information you may call us, e-mail us or check our website

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SMILE!
It makes a difference!

Honourable Michelle Rempel, P.C., M.P. Calgary Centre-North Report to Constituents



Honourable Michelle Rempel,
P.C., M.P. Calgary

I have been very active throughout the riding this summer. From our very successful Coffee and Chat in June, through a wide variety of local Stampede events and the ever popular Sun and Salsa Festival, to chatting with you at your own doors, I have enjoyed meeting and speaking with so many of you about issues that are important to you. I would like to thank the many community volunteers who have worked so hard to make all these events so successful. I have also been proactively engaged with local community groups and associations, students, seniors and many stakeholder groups in the riding with visits, meetings and roundtables. As your representative in Ottawa I have been a voice for cutting waste and lowering spending. The Government remains on track to keep its promise to Canadians to balance the budget by 2015. This has resulted in tax savings of nearly \$3,400 for an average Canadian family of four, making a real difference in the lives of thousands of Calgary families.

As Minister of State for Western Economic Diversification (WD), I am privileged to participate in many efforts that strengthen and enhance our economy. For more than 25 years, WD has been promoting the development and diversification of the economy of Western Canada and advancing the interests of Western Canada in national economic policy, program and project development and implementation. Recent WD announcements include:

Support for the Olds College Apparel Innovation Centre in Calgary which will enable the College, in collaboration with Alberta Garment Manufacturing Ltd., to establish Western Canada's first open-access apparel research and development facility

Support for TRIUMF, Canada's national laboratory for particle and nuclear physics, in procuring a new TR-24 cyclotron and developing the Institute for Accelerator-based Medi-

cal Isotopes (IAMI). Our Government is committed to ensuring a reliable supply of medical isotopes for Canadians and the procurement of the new cyclotron and establishment of IAMI will allow for the development of new isotope products, processes, and services.

Support toward the purchase of specialized advanced manufacturing and product development equipment at the Alberta Centre for Advanced Micro Nano Technology Products. Approximately 80 Alberta small and medium companies will benefit from this initiative, which is expected to result in the development of new product prototypes, the creation of new jobs in the field, as well as connections between SMEs and multi-national companies.

Support for Northern Lakes College to purchase specialized equipment needed to establish a new power engineering steam lab at its Peace River Campus. The project will help address the growing need for qualified power engineers in Alberta, and in addition, the initiative will provide

surrounding First Nations and Métis communities with greater access to skills training programs needed for careers in the oil and gas, as well as forestry sectors.

Support for a pilot program that is providing Information Technology (IT) skills training and career opportunities for individuals with Autism Spectrum Disorder (ASD) via the Sineave Family Foundation and Autism Calgary's new not-for-profit organization Meticulon Consulting Incorporated. This initiative is not only helping to improve the quality of life and level of independence for people with ASD, but is also supporting local businesses in accessing quality IT services.

As I head back to a very busy new session of Parliament I remain committed to being a strong voice for you in Ottawa. As always, your input on important issues is necessary to ensure my work as an effective parliamentarian, so please feel free to contact my office with your concerns or you can send in your suggestions and comments directly to me through my website www.michellerempel.ca.

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

Nursery to Grade 4 programming during both services.
Youth Program at 9:00 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 - www.aa.org
Tuesday: 10:00 am - TOPS (Take Off Pounds Sensibly) 7:30 pm—Men's Bible Study
Wednesday: 9:15 & 9:30 am Ladies Bible Studies - Starting September 17 3:30 pm - Free Math and Science Tutoring 7:00 pm - Ignite for Youth grades 7 - 12 starting Sept. 10 7:30 pm - Al-Anon - www.calgaryal-anon.org
Friday: 9:00 am - Moms With Young Ones
Saturday: 8:00 am - Men's Bible Study

E.S.L. Registration - Sunday, September 14 at 10:30 am - 1 pm in the church foyer.

the marriage course **Marriage Course: Tuesday evenings @ 6:30 p.m. Starting October 7, 2014 for 8 Tuesdays**

The Marriage Course is for any couple who wants to invest in their relationship, whether you have been together 1 or 61 years and whether you have a strong relationship or are struggling.

A relaxed friendly setting, delicious dinner, interesting teaching, opportunity for questions and discussion.

Over seven sessions you will discover practical tools to help you: understand each other's needs; communicate more effectively; grow closer through resolving conflict; heal the ways you've hurt each other; recognize how your upbringing affects your relationship; improve relationships with parents and in-laws and much more.

Email us at: office@hhchurch.com.

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

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Northern Hills Communities Crime Statistics – July & August 2014

The crime statistics for July & August 2014 in the Northern Hills area are in the attached tables. Additional information can be obtained from the Calgary Police Service (CPS) crime map at <http://crimemap.calgarypolice.ca/>.

Overall, the number of crimes reported in July is the highest so far this year for any of the previous months while August's crimes report remains in line with other months. About 80 - 90% of the crimes are classified as thefts, thefts from vehicle, vandalism, assaults and vehicle thefts.

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 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.

In addition to reporting crimes directly to the police, residents can also contact Crime Stoppers anonymously by telephone, web tip, or text message. If the information leads to an arrest, the caller may qualify for a reward. For further information about the Calgary Crime Stoppers readers may contact the vice-president of the Calgary Crime Stoppers Association at snagina@shaw.ca or 403-464-9442. Alternatively, you can check their website at www.ttttips.com.

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.

Crime Category	July 2014 Statistics by Community					Total
	Harvest Hills	Panorama Hills	Coventry Hills	Country Hills	Country Hills Village	
Theft	18	-	10	2	1	31
Vandalism	1	5	6	-	3	15
Vehicle Theft	-	2	4	-	-	6
Assault	-	4	5	-	-	9
Residential Break-in	-	1	7	1	-	9
Theft from vehicle	4	2	6	1	-	13
Total	23	14	38	4	4	83

Crime Category	August 2014 Statistics by Community					Total
	Harvest Hills	Panorama Hills	Coventry Hills	Country Hills	Country Hills Village	
Theft	5	1	3	-	2	11
Vandalism	2	4	3	-	1	10
Vehicle Theft	1	2	3	-	-	6
Assault	2	1	6	-	3	12
Residential Break-in	1	3	2	-	-	6
Theft from vehicle	-	4	-	-	-	4
Total	11	15	17	0	6	49

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Littering:

Partnering with Calgarians to keep Calgary clean

Animal & Bylaw Services wants to continue to foster its partnership with Calgarians to help keep our public and private spaces clean, safe and free of garbage and debris.

Community spirit is a strong force in our city. Thank you to everyone who continues to support and demonstrate strength and community pride!

We encourage all Calgarians to continue contributing to their neighbourhoods by keeping their properties tidy, using proper receptacles to dispose of waste and picking up litter.

Another way to foster safe, clean and healthy communities is to get involved in a Community Clean-up. The schedule of Community Cleanups can be found on our website www.calgary.ca/cleanup.

Be sure to report any litter infractions or waste concerns by contacting 311.

Littering offences are covered under the **Street Bylaw (20M88)** and the **Parks and Pathways Bylaw (20M2003)**:

- Litter or waste must not be left, or disposed of, except in receptacles provided for waste disposal
- No person shall dispose of litter or waste from a vehicle
- No person shall leave or dispose of litter or waste that is burning i.e. cigarettes

FINES

- Littering \$500.00
- Littering from a vehicle \$750.00
- Disposing of burning litter \$1,000.00

Burning litter, as we all know, can become a safety concern and any litter and waste, if not disposed of properly, can have a negative impact on our city.

Thank you to all Calgarians for your continued hard work and the pride that you take in our city.



Back to school safety

Alberta Health Services EMS would like to remind parents and students about some basic road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving.
- Give right of way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop. Motorists should do likewise.
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines until fully clear of the roadway.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

www.albertahealthservices.ca

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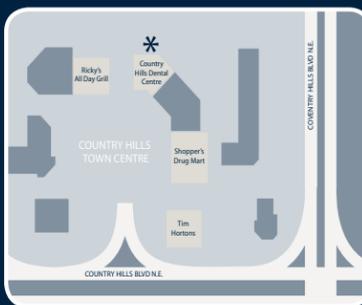
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Crossword puzzle ANSWERS

Puzzle on page 4

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1	W	2	A	3	D	4	E	5	R	6	P	7	O	8	E	9	T	10	A	11	L	12	P	13	S
14	O	L	I	V	E	15	U	N	T	O	16	G	I	L	T										
17	R	O	S	E	M	18	A	R	Y	C	L	O	O	N	E	Y									
20	D	E	C			21	V	E	X	22	E	N	R	O	B	E									
				23	O	24	L	25	D	I	E	26	G	R	E	A	S	E	S						
27	B	28	E	L	I	E	D			29	T	E	A	S	E										
30	A	R	O	M	A			31	A	I	N	T				32	F	I	E						
35	B	A	R	B	R	36	A	S	T	R	E	37	I	S	A	N	D								
39	A	S	S			40	R	I	L	E	41	D	A	N	C	E									
						42	G	43	R	A	D	E	44	T	O	U	C	A	N						
45	M	46	I	47	S	N	A	M	E	48	J	O	L	L	Y										
49	A	R	C	A	N	A				50	A	U	K			51	W	52	H	53	O				
54	C	A	R	R	I	E	55	U	N	D	E	56	R	57	W	O	O	D							
58	E	T	A	L				59	A	S	I	A				60	P	E	R	S	E				
61	R	E	P	S				62	N	E	S	S				63	M	I	K	E	S				

Sudoku puzzle ANSWERS

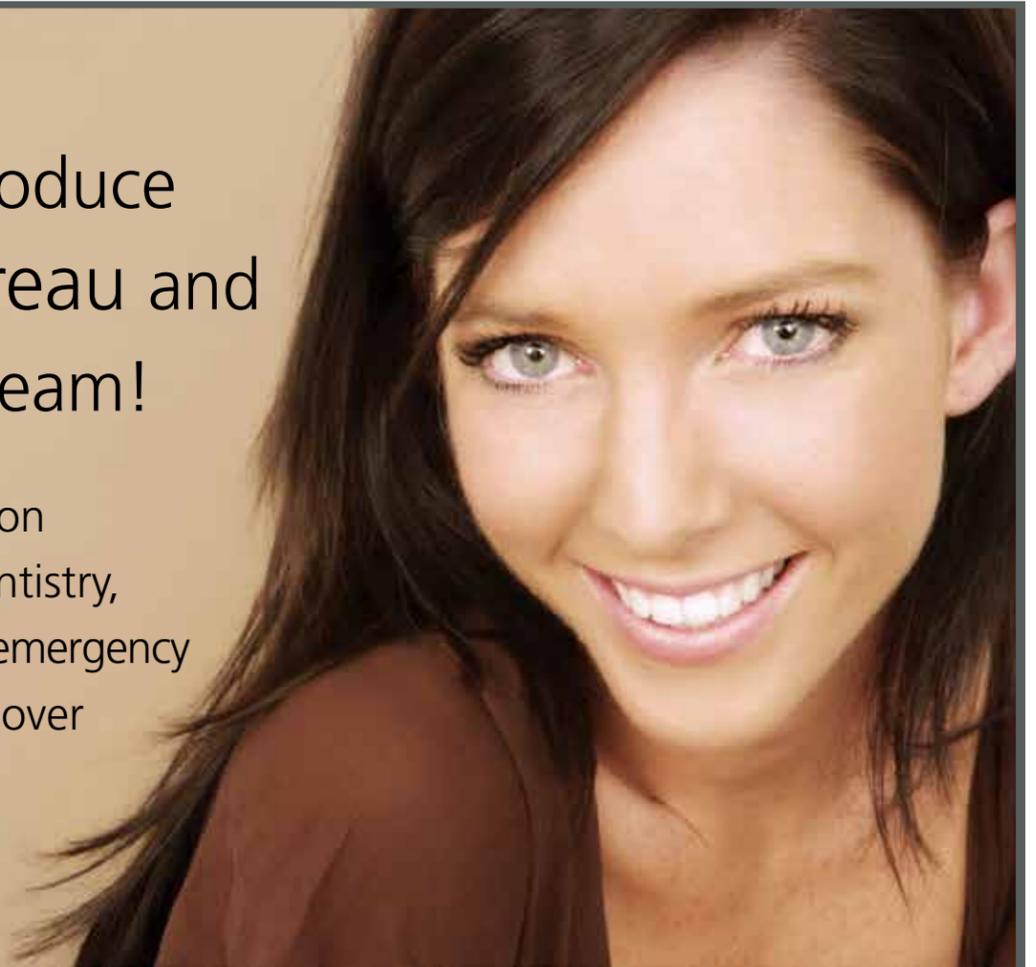
Puzzle on page 12

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

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.



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