

NORTHERN HILLS COMMUNITY ASSOCIATION



Country Hills • Country Hills Village • Coventry Hills • Harvest Hills • Panorama Hills www.northernhills.ab.ca

Canada's Next Star Chef Could Be Your Neighbour

By Moraig McCabe

How many of you knew that there was a professional culinary program right in our own backyard?

Winston Waters started out at 15, and after over 30 years in the catering industry, he was invited to develop the Culinary Program at Notre Dame High School. For the past two years he, and a team of chefs, have been passing on their experience and knowledge, not to mention Chef Waters' boundless enthusiasm for his craft, to their students.

After only two years of the program, they have seen enrollment soar from 160 to 270 students, and it's not surprising to see why. I was given a tour of the shiny, new, catering class kitchens by Juliette, one of the Culinary Program students. Her passion for the class was evident, as she took me through the various stations they rotate through every two weeks. Yet every student looked happy to be there, avidly tending to their creations: Sarah and Chris on the sandwich bar in the cold kitchen, Sarah and Megan on the vegetable



station, Juliette making soup, Vanessa learning the vagaries of stir-fry from "Chef G", and the students mixing cookie

dough and making brownies in the bakeshop.

Juliette explained how not only did the students learn basic cooking tech-

niques, which were important life skills in themselves, but they got to experience the hustle and bustle of a real life catering kitchen. This experience is undeniably valuable; it's so valuable that their 30 level credits count towards their first year of an apprenticeship at SAIT, as long as they pass the written test.

This far exceeds the simple "cookery classes" of school days gone by!

Chef Waters explained how the program was set up to run as a real business: in addition to learning the trade basics from a team of chefs, culinary students prepare lunches for the school café and help with the Culinary Program's professional catering. Many of the funds raised by selling off their (rather delicious) by-products from classes are reinvested back into the school, to help fund some of the other CTS programs. It's a win-win-win.

Canada's next star chef could indeed be your neighbour...

For more information about the program, please visit www.ccsd.ab.ca/notredame or contact winston.waters@ccsd.ab.ca

SHOW OFF YOUR YARD! ENTER OUR CONTEST FOR A CHANCE TO WIN!



By Brice Bouwa

Many of you spend a lot of time, thought and sweat on your yard. After the success of the Yards Contest last year, the NHCA is pleased to launch

the **SHOW OFF YOUR YARD CONTEST** for 2016.

#YardContestNHCA

Nominate a neighbor, or your own yard, for the Show Off Your Yard 2016

contest. We're looking for the most beautiful, well-manicured yards (Front, Side and Back yards) in the Northern Hills Communities.

As always, the NHCA is pleased **CONTINUED ON PAGE 5**

- July 8th – 22nd:** Stay N Play / Park N Play in Coventry Hill
- July 9th:** Vivo Stampede Breakfast at Vivo (with our Calgary-NorthernHills MLA & Calgary-Skyview -MP)
- July 10th:** Harvest Hills Alliance Church Stampede Breakfast
- July 15th-28th:** Mobile Skate Park at Vivo
- July 16th:** RoyOp & Stampede Caravan Breakfast in the "Coventry Centre" retail area (by Marks)
- July 20th:** Harvest Hills Golf Course Development Proposal: Open House at Harvest Hills Alliance Church, 2-8 pm*
- July 21st:** Unplug & Play (a.k.a a bigger, better version of Lawnchair Theatre) *provisional at time of printing*



For up to date community news and events, visit www.northernhills.ab.ca or follow us at Twitter @northernhills/like us on Facebook: northernhillscalgary

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this month
WHAT'S INSIDE

FREE ICE CREAM
ON PAGE 10

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Northern Hills
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With school winding down, I am sure that families are planning their summer vacations. Although the Board doesn't meet throughout the summer, the NHCA is still very active and has plenty of activities. Please visit the website to catch up with all the latest news and events.

Congratulations to Janice, the sports committee, Eileen and the numerous volunteers for their outstanding work in executing an amazing soccer season. We have one of the largest soccer programs in the City,

and it takes a very diligent team to make this happen.

The Calgary Stampede is right around the corner and there will be many Stampede breakfasts taking place in our neighborhood: Vivo's on July 9th, Harvest Hills Alliance Church's on July 10th, and the RoyOp/Stampede Caravan Stampede Breakfast at Coventry Centre on July 16th.

Keep an eye out for the NHCA community pop-up BBQs happening throughout the summer. Join us and

your neighbors for some fun and great food.

We are still looking for some individuals to join our Board. It is a great chance to serve your community and make a difference. If you are interested, please call the office and leave your name with the office and we will contact you.

The NCHA along with Calgarians for Responsible Development and the Hamptons Residents for Responsible Development are working together to stop the rezoning and redevelopment. We have been advised that there will be an Open House, on July 20th from 2-8pm at Harvest Hills Alliance Church, at which the City will show the final plans, and explain to residents what their recommendation to the Calgary Planning Commission (CPC) will be. At the time of printing,

the CPC date is provisionally set to be August 11th. We are understandably unhappy with the timing of these dates as a lot of our residents go on vacation during the summer months, but the City Planning Department has stated the information will be available online for anyone who is away and has internet access, so please check www.calgary.ca/PDA/pd/Pages/Current-studies-and-ongoing-activities/Harvest-Hills-Golf-Course-Lands.aspx for confirmation of dates and updated information.

Rick Lundy

NHCA Contacts

BOARD MEMBERS & COMMITTEE CHAIRS

President: Rick Lundy
 1st Vice President: David Hartwick
 2nd Vice President: Amanda Davis
 Secretary: VACANT
 Treasurer: Lonny Mah
 Advocacy: David Hartwick
 Business Development: Wayne Brown
 Comm. Enhancement: Brice Bouwa
 Events: Mohamed Hassanin
 Membership: Chas Young
 Planning: Paul Eneh
 Sports: Janice Henderson
 Vivo Rep: Suresh Fernando
 Members at Large: Jory Alan
 Youth: VACANT
 At Home in the Hills: Allan Pole
 Community Gardens:
 Sarah White & Melissa Duong
 SPRY in the Hills: J-L Emond & committee
 Website/IT: Troy Davis
 Newsletter Editor: Luz Bolo
 Newsletter Publishing:
 Duane Thomson at Keyline Publishing

For more information, please visit our website or office:
 NHCA at Vivo, 11950 Country Village Link NE, Calgary, Alberta T3K 6E3
 Tel: 403-226-6422 Fax: 403-226-6421
 web: www.northernhills.ab.ca
 For general information, please email: info@northernhills.ab.ca
 For newsletter, please email editor@northernhills.ab.ca

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 Kids/Youth Soccer Coordinator:
 Eileen Fisher, soccer@northernhills.ab.ca
 Executive Director: Moraig McCabe,
moraig.mccabe@northernhills.ab.ca

NHCA VOLUNTEER OPPORTUNITIES

The following programs and services need your help!

Please contact us if you are interested in:

BOARD MEMBERS – The NHCA Board is moving towards a more strategic/governance model, and needs some community leaders to join us in our efforts. If you would like to help us shape the future of the NHCA, please contact us! Call our office on 403-226-6422, or email admin@northernhills.ab.ca with your contact details and resume.

PLANNING COMMITTEE – Are you an engineer, planner or just interested in community design,

traffic flow or the airport expansion? We need some new members to help our existing volunteers on the NHCA Planning Committee. Please contact advocacy@northernhills.ab.ca if you are interested in helping shape your community.

MEMBERSHIP COMMITTEE – Let us know what YOU want to see in YOUR community of Harvest Hills, Country Hills, Country Hills Village and Panorama Hills... join the Membership Committee, and let us know what is relevant to you. If you have a few hours to spare each month, please contact Chas at: membership@northernhills.ab.ca



"Did You Know In the Hills?" Contest!

This month's trivia question is:

How many approximate raised bed plots are rented out annually from Harvest Hills Community Garden and Coventry Community Garden?

Please send your answer, the article title and page number, along with your name, contact information



and NHCA membership number to: editor@northernhills.ab.ca.

Each of our winners win two Landmark Cinemas passes and a \$50 gift card to Applebee's restaurant!

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.

The winners of the "Did You Know in the Hills?" trivia question sponsored by Applebee's and Empire Theatres for the month of June is: **Clodille Chi, Congratulations!**

The answer was "The Advocacy Committee has added a block watch group in Coventry Hills as a Building Safer Communities sub-committee" and can be found on page 3 of the June 2016 Northern Edge News in the article "From the President" Thank you to all of you who submitted your answers, and we look forward to your continued participation.

Thank you to the lovely people at Applebee's and Landmark Cinemas for sponsoring our contest for another year!

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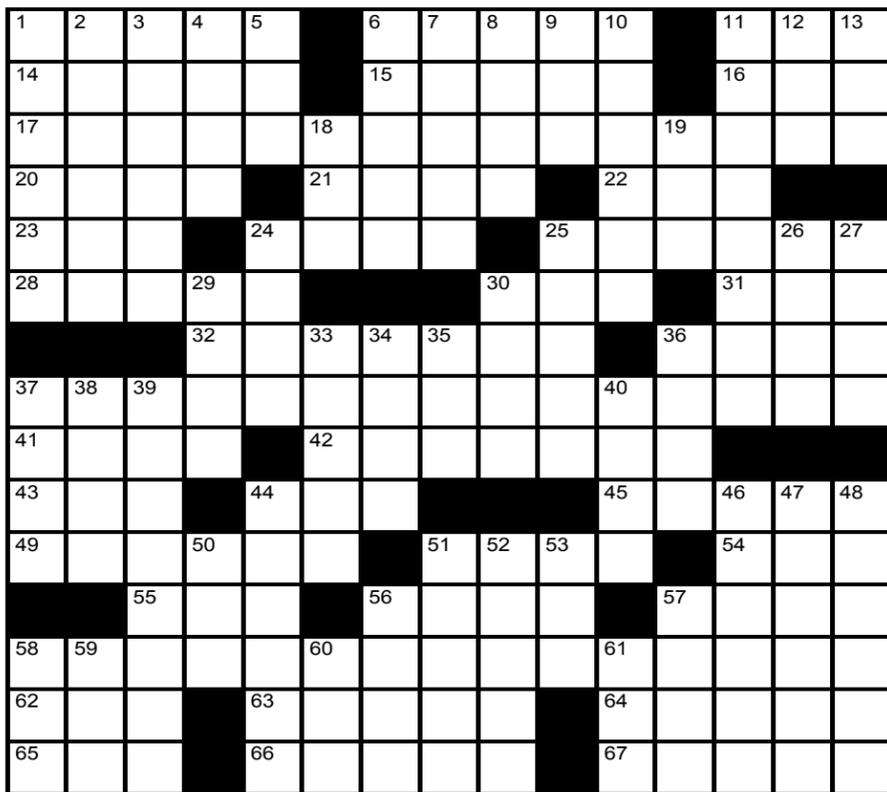
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Answers on page 14

ACROSS

- 1. Italian beverage
- 6. Black
- 11. Calphalon product
- 14. They were created in 1912
- 15. Mountaineer's tool
- 16. ___ Rancho (suburb of Albuquerque)
- 17. Be in charge
- 20. Go for
- 21. Egg
- 22. Faint
- 23. Bass, e.g.
- 24. Castle part
- 25. Diminutive
- 28. Turning chisel accompanier
- 30. N.B.A.'s Unseld
- 31. Be off base
- 32. ___ physics
- 36. Carbamide
- 37. Fancy frocks
- 41. Indian tourist site
- 42. Annoying
- 43. Debate position
- 44. Ribosomal ___
- 45. Dummkopf
- 49. Six-line poem
- 51. Achievement
- 54. ___ power
- 55. Cal. col.
- 56. Ostrichlike birds
- 57. Atlas section
- 58. "Calm down!"
- 62. Brown, for one
- 63. Adhesive

DOWN

- 196. Bait
- 197. Pipe joint
- 198. Gas additive
- 199. Challenges
- 200. Lite
- 201. Interstice
- 202. Afternoon service
- 203. Cause for a lawsuit
- 204. D.C. setting
- 205. It doesn't hold water
- 206. Carry on
- 207. Road shoulder
- 208. ___-tzu
- 209. Oozes
- 210. Chief administrative officers
- 211. Cause of inflation?
- 212. Discouraging words
- 213. Furrow maker
- 214. Remain unused
- 215. Set aside
- 216. California's San ___ Bay
- 217. Elder, e.g.
- 218. Pitching stats
- 219. Maori war dance
- 220. Rings up?
- 221. ___ the town
- 222. 100 kurus
- 223. Breed
- 224. Drew on
- 225. Beans
- 226. Beast
- 227. Ocular problem
- 228. Discharge

- 44. Enter again
- 46. Insect stage
- 47. Idle
- 48. Hamlet et al.
- 50. Call on
- 51. ___ Thieves
- 52. Chart holder
- 53. Old English character
- 56. Corn dish
- 57. Atlas stat
- 58. Do-it-yourselfer's purchase
- 59. Party time, maybe
- 60. Buttermilk morsel?
- 61. Common contraction

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SHOW OFF YOUR YARD

- Continued From Page 1

to recognize and celebrate all of the neighbours' efforts to keep our communities beautiful, and Blue Grass Nursery and Garden Centre is happy to help us reward those green thumbs!

The judges will choose the winners based on various criteria, including appearance, difficulty of work and landscaping features, and creativity. The most beautiful yards selected from the entries will appear in the NHCA newsletter and on our website and social media channels.

CONTEST INFORMATION AND RULES

Period: You have from July 15th till September 15th, 2016 to get your yard in tip-top shape and submit your photos.

Eligibility: The contest is open to any residents in the Northern Hills communities.

Entry requirements: You can submit one entry per yard, EITHER via email, OR via social media. Maximum of three entries per household.

FOR EMAIL NOMINATIONS:

Please send the following to community@northernhills.ab.ca :

- At minimum, one photograph of good quality, in JPG format, of the garden you are nominating
- The address of the garden (and nominee's name, if you know it)
- Your name and home address (the nominator)
- (Optional) Short summary describing why you feel this yard deserves recognition



FOR NOMINATIONS USING SOCIAL MEDIA:

You can submit your nomination via:
 @NorthernHills on Twitter, OR on any of our Show Off Your Yard Contest 2016 event posts on our Facebook page:
www.facebook.com/northernhillscalgary

PLEASE POST:

- At minimum, one photograph of the garden you are nominating
- Add the hashtag #YardContestNHCA to your post
- You can add the community name of where the garden is located, for example: Coventry Hills, or Panorama Hills, but please DO NOT add the actual garden address in your post
- Twitter: Follow us and tag us in your post, by using @northernhills
- Facebook: Like our page and tag us in your photo or post

PLEASE ALSO SEND THE FOLLOWING INFORMATION VIA DIRECT MESSAGE TO US:

- The address of the garden (and nominee's name, if you know it)
- Your name and home address (the nominator)
- (Optional) A sentence describing why you feel this yard deserves recognition

WINNER DETERMINATION:

Each entry will be reviewed by the contest judges, and the winners will be judged based on:

- Overall beauty
- Use of plants and flowers
- Use of hardscape: rocks, pavers, artificial turf

PRIZES:

The grand prize winner (nominee/nominated garden) will receive a \$ 150 gift card for Blue Grass Nursery and Garden Centre; two runners-up will each receive a \$100 gift card for Blue Grass Nursery and Garden Centre.

The nominator of the grand prize winning yard will receive a \$100 gift card for Blue Grass Nursery and Garden Centre; two nominators of the runners-up winning yards will each receive one of two \$50 gift cards for Blue Grass Nursery and Garden Centre.

TERMS, CONDITIONS AND PRIVACY:

1. Only one entry per household, per yard (address) nominated. A maximum of three entries per household will be accepted.
2. ALL entries must be from residents living in the Northern Hills communities, and be of yards located in the Northern Hills communities.
3. The nominator warrants that the photograph does not violate anyone's privacy, and all nominated yard photos may be viewed by the general public, and used by the NHCA as it deems fit. The photos submitted must be royalty free and clear of any copyright or publication restrictions.
4. Participation in this contest constitutes the entrant's full and unconditional agreement to, and acceptance of, all the terms and conditions of this contest.
5. In the event a winning yard is nominated by more than one nominator, a nominator will be randomly selected from those who submitted entries of the winning yard in question.
6. A maximum of one prize will be awarded per household, regardless of the number of entries submitted.
7. Self-nominated entries: If a nominee nominates their own yard and wins one of the three nominee prizes, they become ineligible to win the nominator prize for that yard. In this case, the NHCA reserves the right to award the nominator prize to another nominator of one of the winning yards.
8. If a winner is disqualified for any reason, the NHCA reserves the right to determine an alternate winner or not to award that winner's prize at all.

We wish everyone the best of luck this year and look forward to viewing all your great photos prior to September 15th, 2016!

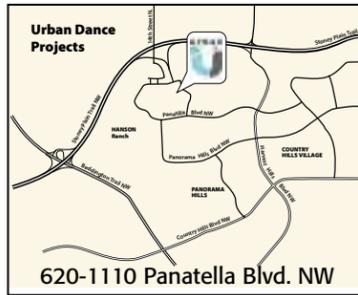
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Growing Resilience in Northern Hills Community Gardens

By Jon Berlie

“All the world’s problems can be solved in a garden”

- Geoff Lawton

The preceding quote may seem like a bold overstatement but as we dig deeper into the benefits of gardens we uncover the roots of positive change that grow strong resilient communities. On an individualistic level, spending time gardening has many unexpected benefits such as increasing mental clarity and treating mental illness, reducing risk of heart disease, Alzheimer’s or stroke. And, community gardens have proven to increase nearby property values while potentially reducing vandalism, and crime.

Here in the Northern Hills a growing number of dedicated residents, community groups and local businesses have cultivated space for community engagement and sustainable land use. Currently the Northern Hills community has created the only two community gardens in a giant northern quadrant of the city bordered by McKnight, John Laurie Blvd, Deerfoot and Stoney Trail. Harvest Hills Community Gardens sprouted through the hard work of volunteers on a snowy day in June 2010. The successful start-up of the Harvest Hills garden provided inspiration for the Coventry Community Garden in the park next to Nose Creek School. In these green sanctuaries, community residents,



Scouts, students from Vivo Healthy Living School, The ESG Learning Center, Nose Creek School and Ascension of Our Lord School gain rewarding life experience through volunteerism and hands on learning. Here we sustainably produce delicious local organic produce which enriches life in our communities.

For six years, these gardens have united local residents, clubs and businesses to produce thousands of pounds of fresh organic produce that have been donated to the Calgary Interfaith Food Bank. A shout-out of thanks goes out to all those who have donated time and resources to support this endeavor: Home Depot donated gift cards to purchase supplies, the Northern Hills 239 Scouts clean out and prepare garden beds, while students and teachers from Vivo’s Healthy Living School, Nose Creek School, the ESG Child Learning Centre, Our Lord of Ascension School

participate in planting, weeding and maintenance of the garden plots. Even the newly opened Good Earth Cafe has stepped up by donating nitrogen rich, great smelling compost in the form of used coffee grounds.

The benefits these gardens provide do not simply end at providing food donations for Calgarian families struggling in tough economic times. With over 60 raised bed plots rented out annually, many residents who may not otherwise have access to garden space are able to grow their own healthy, delicious food while also lightening the overall workload involved in maintaining individual gardens. The expression “many hands make light work” is no better evidenced than when the tasks of watering, weeding, turning compost and more are shared through communal work parties or splitting duties on a weekly basis. By engaging in the gardens participants develop a keen

awareness of our connection to our home, Earth. The changing of the seasons, major weather events and the beautiful complexity of natural processes become very real to a gardener.

In six years, we have come a long way, but still have much more room to grow. Our relatively new communities in Calgary lack the infrastructure and broad level engagement of the older communities, but with fresh energy and ideas we can also blaze new paths. Imagine every one of the Northern Hills Communities having a Community Garden complete with a forest garden full of edible and medicinal plant perennial ground cover, shrubs and trees. Naysayers need to look no further than the Wildwood Community Centre to see what is possible with the dedication and initiative of community members. The more the Northern Hills tribes unite behind the cause of growing a healthy, engaged community, the more we will create the world we want to live in. Diverse yet interconnected members make up a regenerative ecological community. The same holds true for our human communities. With little more than a common vision, a small patch of unused land, some seeds and some shovels, we can create camaraderie, safe sustainable communities and delicious, local, organic, fresh food. This utopic vision may seem like a distant unattainable dream, but communities across Calgary are working together to make this vision a reality.



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:

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*Family/Single/Senior outside of the Northern Hills Area **Additional Web Ad
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 First Name: _____ Last Name: _____
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 Email: _____

Please indicate activities you would like to learn more about:

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<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
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Taking the pulse of Calgary

By David Hartwick

Have you heard of the Calgary Foundation's Vital Signs survey? The 2016 survey is the 10th anniversary measuring Calgarians' opinions of life in Calgary. The survey provides the opportunity for all Calgarians to paint a picture of their community; the strengths and the weaknesses. The survey also provides an opportunity for feedback on how to address issues.

The survey will ask you about housing, work, poverty, transportation, food, immigration, environment, crime, arts, community, quality of life, and so much more. Don't worry, it does not take very long to complete, unless you have lots to say as it is generally a multiple choice layout of questions. But this is your opportunity to grade Calgary as you see it.

What is your vision for public art? Is Vivo affordable or have enough space? Do you have to use your car to get around? Or do you walk, bike or use transit? Where do you shop? Do you feel safe?

Are secondary suites more important than affordable housing? What should the economic priority be for Calgary? Is our economy diversified enough? Do you feel like you belong? At the very least, the survey will have you thinking about things.

The survey was scheduled to close June 30th, but they have extended the deadline to July 10th so take 15 minutes and provide some input. We have posted the link <http://www.thecalgaryfoundation.org/initiatives/vital-signs/calgary-s-vital-signs> on the NHCA Facebook page, and on Twitter. If you haven't heard of the Calgary Foundation, they do some amazing things in Calgary so check out their website after you complete the survey.

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Little Kids, Active Learners is a licensed preschool program offering classes for children three to five years of age.

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FOR MORE INFORMATION VISIT VIVO.CA OR CALL OUR PRESCHOOL TEAM LEADER AT 403-567-4485



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Dr. Andrew Andrawes MD, CCFP

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Saturdays 9am to 1pm
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Calgary, AB T3K 5P4
Pharmacy on Premises www.affinitymedicalclinic.ca

Call to book an appointment: 587-349-0500

STEP INTO SUMMER

Are you thinking of becoming more active?
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:
-18 years of age or older
-Exercising less than 3 days per week
-Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:
-A pedometer (\$25 value)
-\$10 gift card
-Prize draw entry for \$1000 gift card

To participate contact:
Research Coordinator
403.210.7044 or perryr@ucalgary.ca



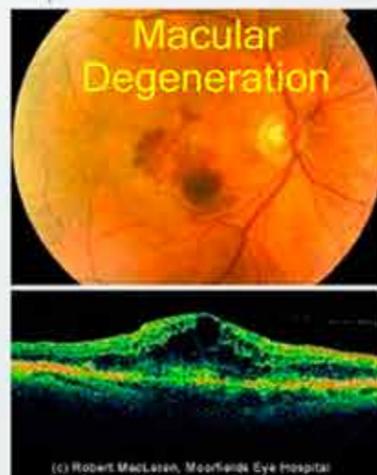
Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

PROGRESSIVE OPTOMETRY

Dr. Debbie Luk
Dr. Andrew Chan
Dr. Anthony Fu

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Atherosclerosis

High Cholesterol

Hypertension

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Stoney Trail		
Progressive Optometry	Harvest Hills Blvd	
Panatella Blvd		Superstore
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Occupational Safety Eyewear

Direct Billing to Most Insurances

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403 248 3937

www.progressiveoptometry.ca

Cleaning and Greening The Northern Hills

Each year, the NHCA partners with the Panorama e-centre, the City of Calgary Waste & Recycling Dept., eCycle, WINS, and residents from our five communities, to clean up the Northern Hills. This year, on June 11th, we also had a free confidential document shredding service and (an unexpected) metal recycling crew, to round off the assortment of free disposal services available to residents. As much as these are a very important way to prevent illegal dumping and keep our communities looking nice, the greatest thanks must go to those residents who collect a community clean up kit and help us to pick up the litter from our parks, green spaces, roadsides and laneways. These are the unsung heroes who keep your community looking like the kind of place we all want to live in!

So, THANK YOU to all the residents who came out to help us clean up the Northern Hills, and those who regularly help to keep the Northern Hills ship-shape for everyone!

If you missed our annual clean up, but would like to help keep your little part of the neighbourhood a little cleaner and greener, please feel free to pick up a community clean up kit (containing gloves, bags, and a packet of wildflower seeds) from the NHCA. Contact us at admin@northernhills.ab.ca or call 403-226-6422.



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July 3 - September 4

**One Service Sundays
at 10:00 am.**



Nursery will be staffed for children up to 24 months.



HHAC 2016

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JULY 10TH 9 AM-11 AM

SAUSAGES, PANCAKES, FRUIT
COFFEE, JUICE

CHILDREN'S ACTIVITIES
LIVE MUSIC

COME and bring FAMILY,
FRIENDS, NEIGHBORS!

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

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

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

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Dr. Sheila Varshney
Dr. Benita Yan**
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**NEW PATIENTS AND
EMERGENCIES WELCOME!**

403.226.3939

SPRY (Senior Persons Regaining Youth)

in the Hills Program for Summer-Fall 2016



By J-L Emond

The SPRY gatherings and exercise classes are held at the Vivo Centre's "Child Minding Room," which is set up for Adult Exercise Classes, and for social activities. Adults 55+ are welcome to join the various indoor and outdoor activities that will be planned throughout the year.

SUMMER LUNCHES

Seniors are invited to join us for lunches at Applebee's - Country Hills, (NHCA Cardholders get 10% off), from 11:30am on the following dates:

Wednesdays:
July 13 & 27; and
Aug 10 & 24.

For more info call: Maria: (403) 285-0313, or Jay: (403) 226-9503

MULTI-CULTURAL FAMILY DAY EVENT

August 27th at VIVO Playing Fields

SPRY will be participating at this event with other Cultural Groups in our area. It's an open invitation to Seniors, their families and grandchildren to participate in a host of outdoor activities from 10:00am to 3:00pm. Food and beverages will be provided free of charge.

RETURN TO EXERCISE SESSIONS:

Fit-2-Age Instructor

The laughter-filled, age-appropriate, light exercise classes are led by Tracy Rand, Director-Certified Aging Adult Instructor & Consultant, BCEM Educator.

The sessions at Vivo are on Thursdays at 3:00pm, starting September 8th, and on Tuesdays at 2:30pm, commencing September 13th.

The fee for the September to December 2016 sessions are \$35 (cash or cheque) per participant, payable in September.

SOCIALS & GAMES

Come and join us for coffee and a variety of board and card games, on Tuesdays commencing Sept. 13th at Vivo from 3:30 to 4:30pm after exercise classes. This is a no-cost activity, and members take turns supplying the goodies and snacks.

HOW TO REGISTER

To participate, we ask that you hold an active NHCA Membership Card. The annual fee is \$20 per person, or \$20 per couple (55+) for each calendar year, payable to the NHCA. There is no additional fee to attend the weekly Socials. NHCA cardholders also get 10%+ discounts from restaurants and many businesses in our area.

Sunglasses Summer Sale

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Nautica
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Vogue
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Coach
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Up to
50% OFF
Some conditions apply.

hurry – sale ends July 29th

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eyecare • eyewear

SecondSight
eyecare • eyewear

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403.226.7638
fax 403.226.7698
www.siteforsight.ca

#730, 1110 Panatella Blvd. NW
Gates of Panorama Hills
Calgary, AB T3K 0S6
403.452.6831
fax 403.452.2644
www.2ndsight.net

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

New and Emergency Patients Welcome



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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.*

Name: _____

Age: _____

**Note: Only two children per household [if you happen to have more than one copy of the newsletter].*

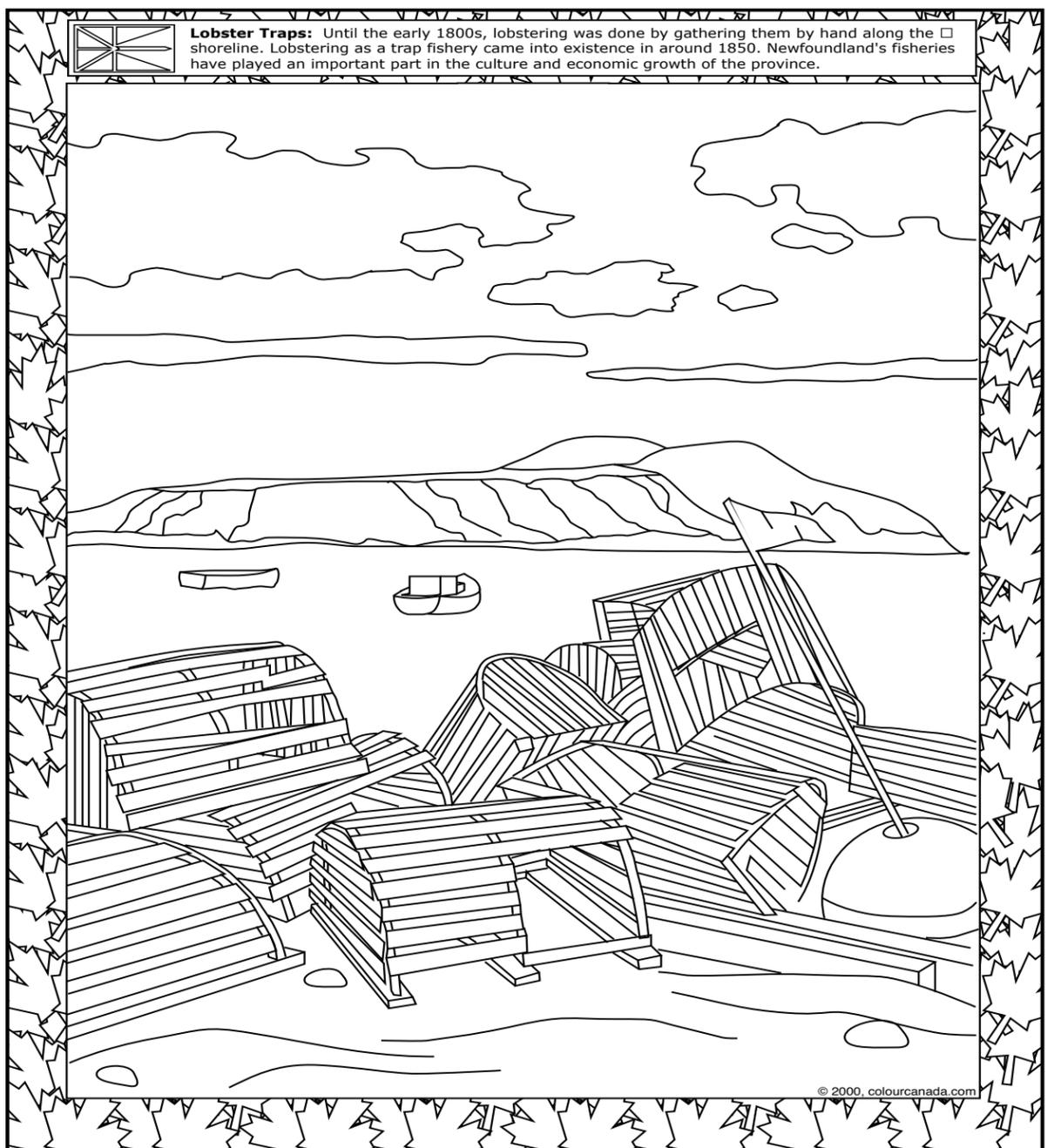
SUDOKU-PUZZLES

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

Answers on page 14

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

Sudoku © Kevin Stone



Going on Vacation?

Summer is a great time to enjoy a vacation, but before you do, make sure your home is as safe and secure as possible. The Building Safe Communities Program suggests:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home and collect flyers.
- Don't advertise that you are going away, e.g. on social media.
- Create a lived-in appearance: be sure the lawn is cared for while you are away, and set lights and a TV on timers so your home is not dark during evening hours.
- Put away or secure all lawn furniture and tools (i.e. ladders) so they can't be used to help a burglar gain access to the upper story windows of your home.
- Ask a trusted neighbour to park their car in your driveway, and disable your garage door while you are gone. Most have a switch that can be turned off, and you can also put a padlock or similar device through the door tracks so it cannot be opened.
- And finally... ensure that all your door and window locking devices are working and are locked when you leave.



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Chip in Fore Communities and Golf With Us on August 12!



By Federation of Calgary Communities

Are you itching for a fun round of golf that includes lunch and dinner, as well as the opportunity to win amazing prizes like a trip for two to Mexico and up to \$15,000? If so, register today for the Federation of Calgary Communities 4th Annual Chip in Fore Communities Golf Tournament, presented by Save-On-Foods! The tournament will take place on Friday, August 12, 2016 at The Canal at Delacour Golf Club.

Registration fees are extremely affordable at only \$160 for an individual golfer and a discounted rate of \$600 for a foursome! Your fee includes

lunch, a round of golf in a power cart, a delicious dinner, and the chance to win one of many exciting prizes. Visit calgarycommunities.com/events to register today!

There are 150 community associations in Calgary with more than 20,000 volunteers involved, making it the largest collective volunteer movement in the city! Community associations come in all shapes and sizes, are run by your neighbours, offer you endless opportunities, bring you together as a community, and are dedicated to addressing local issues and ensuring you love where you live. They can be the anchor for community life, but they need support to effectively operate in today's

competitive not-for-profit world. The Federation of Calgary Communities is that support organization.

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the frontlines of important issues in their community, and improve neighbourhood life in Calgary.

If you have any questions or are interested in finding out more please contact Rebecca Dakin with the Federation of Calgary Communities at communityrelations@calgarycommunities.com or (403) 244-4111 ext. 204.



Update from CFRD

By Ray Crockett,
Calgarians for Responsible Development

There continues to be enormous opposition to the redevelopment of the Harvest Hills Golf Course and now the Hamptons Golf Course as well. The Northern Hills Community Association (NHCA) has been doing a great job of meeting with the communities and councillors involved.

CFRD has also started to update our city councillors. Since the railway and wetlands issues are under federal and provincial control we also send this update to our MLA Jamie Kleinsteuber and our MP Darshan Kang. The intent is to provide factual information to all of our key stakeholders.

In our June article, we were waiting for Quan-

tumPlace Developments and Cedarglen Homes to submit their third amended outline plan, which is currently posted on both the City and Quantum-Place Development websites for your review. This is the one that the City Planning Department will share, with their recommendation, at a public information session, which has yet to be confirmed, but has provisionally been booked for July. The purpose of the information session is to give the citizens of Calgary a chance to ask questions about the final plan, and for the City to share their recommendation that will be presented to the Calgary Planning Commission, possibly in August.

Because of legitimate concerns of a summer open house, when so many are away, City Administration intends to provide other ways for people

to get the information and ask questions such as phone, website and e-mails. Stay tuned!

There have been a lot of people calling 311 to request that Cedarglen Homes maintain their property like we, their neighbours, do. Keep calling and following up after your first phone call. You will note that some cutting has been done close to the fencing.

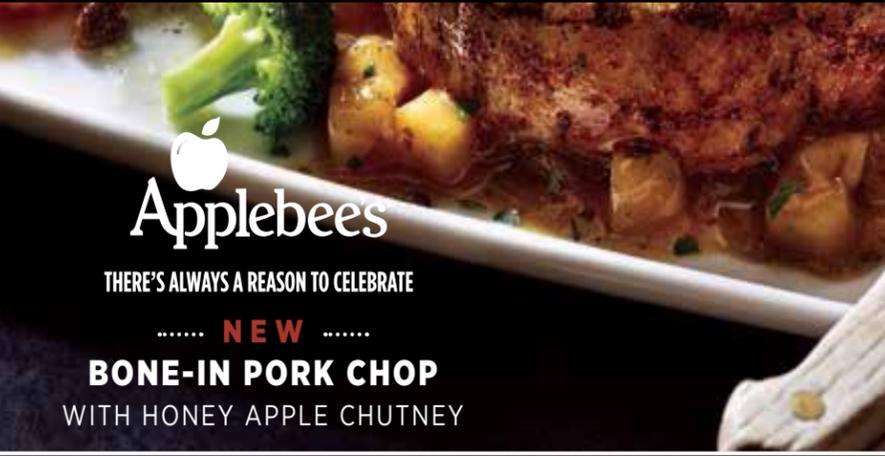
We continue to work side by side with the Hamptons Residents for Responsible Development, Highland Park and of course our own incredible Northern Hills Community Association. If developers can redevelop this recreational land to housing, it can happen all over Calgary. Planners do not become planners to diminish our communities. Communities do not become neighbourhoods of families, friends and neighbours by decreasing our community building spaces. Thank you for your amazing support. We stand together and we will prevail.

NEW HAND-CUT

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Messages From Your Elected Representatives



Ward 3
Councillor Jim
Stevenson

Fire Pit Safety

Summer is a time to be outdoors, and The City of Calgary is reminding citizens using outdoor fire pits, outdoor fireplaces or portable fire receptacles to enjoy them in a safe and responsible manner.

Fire pits, outdoor fireplaces and portable fire receptacles are a part of the Community Standards Bylaw, which is in place to help keep Calgary beautiful, healthy and safe for all citizens to enjoy. Things to remember when using fire-pit types of devices in your yard include:

- Ensure the fire does not exceed 1 metre at its widest point and is at least two metres from any house, garage or similar structure.
 - Only burn clean, dry firewood. Do not burn wet or fresh cut wood, yard waste or wood that has been treated.
 - Always have a way to put out the fire nearby, such as a watering hose or bucket of water.
 - Ensure the fire is always supervised.
 - Fires may only be burned in fire pits between 10 a.m. and 1 a.m.
 - Always check calgary.ca/firebans to ensure no fire bans are in effect before using a fire pit
- Citizens with concerns or a complaint about a backyard fire should contact 311 or call 9-1-1 to report an out-of-control fire in a backyard.

Visit calgary.ca/firepits for the most up-to-date information and safety tips on backyard fire pits, outdoor fire places and portable fire receptacles.

Contact Ward 3

As always, I welcome your calls and emails so if you have questions or concerns please do not hesitate to contact my office for assistance. Also, please visit my website for updated information on the various issues that affect residents of Ward 3: calgary.ca/ward3.

Jim Stevenson, Councillor, Ward 3
www.calgary.ca/ward3

Lynne Banning, Assistant 403-268-2530
eaward3@calgary.ca

Barb Fleet, Assistant 403-268-4854
ward03@calgary.ca



Ward 4 Councillor
Sean Chu

Greetings Ward

Happy Summer to Everyone,

Thinking about a yard improvement project?

Garages, decks, fences and even driveway widening are just some of the projects that often require a permit.

"Before you pay for materials, hire a contractor, or do it yourself, we encourage you to visit calgary.ca/homeimprovement or get in touch with us here at The City," says Jamie Fandrich, Planning Services Technician at The City of Calgary. Fandrich is part of the team that helps Calgarians understand Alberta's safety codes and City bylaws on the phone and in person at the Municipal Building. The latest resource Fandrich's team uses to educate Calgarians on development and building regulations is

the webpage calgary.ca/homeimprovement, which allows anyone interested in doing a renovation to browse popular home renovation topics for bylaw and permit information, property and land designation, drawings and forms they will need to complete their home renovation.

"It can sometimes be difficult to understand when you need a permit and what City bylaws might impact your project – we're here to help guide you through the process," Fandrich says.

Planning, development, licence or permit question?

Visit Calgary.ca/homeimprovement or call and visit Planning Services

Planning Services
Monday through Friday (closed holidays)
8 a.m. - 4:15 p.m.
Call centre: 403-268-5311
Permit counter: 3rd Floor Municipal building,
800 Macleod Tr SE

July submission for Recreation

Art is a big part of what makes Calgary great. It benefits the economy, creates jobs and makes our city attractive, enjoyable and interactive. Learn more at Calgary.ca/publicart

Unlimited swimming and skating for youth (ages 7-17) available all summer with the purchase of our Summer Youth passport. Calgary.ca/youth-passport

Take a kid to the course week – Juniors golf for free at McCall lake Par 3 and Richmond Green with one paid golfing adult. July 4-10 only. Calgary.ca/golf

There's still room in our summer day camps! Keep your kids active, creative and healthy this summer. Find out more at Calgary.ca/myrecguide

Have a Great Summer!

Councillor Sean Chu
Communications & Community Liaison Ward 4
ward04@calgary.ca



Calgary-NorthernHills
MLA
Jamie Kleinsteuber

Greetings, residents of Calgary-Northern Hills:

Residents like you have raised concern about the immediate social and academic need for a local high school. I am encouraged by the community support for a North Central High School.

Since my election to public office, I have visited some of the Calgary-Northern Hills students attending public high school outside the riding. On April 1st, I travelled on the public bus to Crescent Heights High School. I visited staff and students to understand some of the travel demands, and social

and academic shortcomings of attending school far from home. On March 30th, I visited staff and students at John G. Diefenbaker High School to understand the urgency of modernizing the school so that students have the same learning opportunities as their peers across Calgary.

I have consulted with my colleague, the Honourable David Eggen, Minister of Education, about the construction of the North Calgary High School and I am pleased to provide the following information. Every year, Alberta school boards are required to submit a three-year capital plan containing their priority requests for new school construction, including replacement schools and modernization of existing schools. When Government of Alberta funds are available, high priority requests are considered for approval by government.

I have also consulted Calgary Board of Education Wards 3 and 4 Trustee Lynn Ferguson. In its 2017-2020 capital plan, the Calgary Board of

Education (CBE) includes the request for a new, 1,800-capacity high school serving Calgary's northern communities as its ninth overall priority. In prior years, the high school had been ranked 15th in the 2016-2019 capital plan, and 27th in 2015-2018 capital plan.

It is important to note that locally elected trustees are in the best position to evaluate needs. In coordination with the Province of Alberta, school funding is allocated to respond to circumstances in the communities they serve. As the Ministry provides confirmation for modernization or new school funding, I will share those updates through social media, newsletter columns, and community meetings.

Your MLA,
Jamie Kleinsteuber

Constituency Office:
104, 200 Country Hills Landing NW
Calgary, AB T3K 5P3
Phone: 403.274.1931



Honourable
Michelle Rempel, M.P.
Calgary Nose Hill

Report to Constituents July 2016

The 1st session of the 42nd Parliament has been busy and filled with topics that are contentious to say the least. The vital issues of electoral reform and assisted suicide should be of concern to all Canadians, and the resolution of these issues will affect the very nature of our country.

In May, I held a Town Hall Meeting and was able to hear from many of you on these subjects as well as many others. The participants are to be commended on their forthright honesty, and I very much appreciate their feedback. I would like to express my thanks to the Harvest Hills Alliance Church for their excellent service and hospitality.

In April I was proud to host a well-attended Career Services event which featured governmental, educational and community-based resources available to Albertans who are looking for work or to upgrade their employment skills. I am acutely aware of the precarious nature of the economy in this province and will persist in advancing the interest of Albertans at the federal level. Thank you to the Foothills Alliance Church for their help and support.

I look forward to meeting as many of you as possible this summer, on Canada Day, at Stampede and other community events. I would like to extend a big thank you to the hardworking volunteers who make these events possible and are tireless in their efforts to improve the quality of life in their communities, and ensure a bright future for Calgary and all of Alberta. I will continue to engage with local community groups and associations, constituents and many stakeholder groups in the riding with visits, meetings and roundtables, and I am always delighted to hear about the issues that are important

to you. Your comments are always of great help to me. I will also be out knocking in the riding again this summer and I am always appreciative for the feedback I receive from you, and I will thank you advance for taking the time out of your busy days to talk with me.

I will continue to be a strong voice for you in Ottawa and pledge to work hard to make your voices heard in the halls of government. As always, if you wish to comment on these or any other issues that are important to you and your family, 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.

Sincerely, Michelle Rempel

Please contact me through the following:
phone: (403) 216-7777
email: michelle.rempel@parl.gc.ca
Or visit my website at www.michellerempel.ca
201-1318 Centre Street NE, Calgary, AB, T2E 2R7

Green Cart Set to Roll Out Next Spring

By The City of Calgary Waste & Recycling Services

After a successful pilot that saw a 40 per cent drop in garbage and 89 per cent satisfaction amongst residents, the Green Cart Program will roll out to all single family homes beginning next spring. All communities should have the service by fall 2017. Here are the highlights:

- **All food, yard and pet waste is accepted in the program.**
- **Unlimited quantity.** Use paper yard waste bags for extra yard waste that don't fit in the cart.
- **Green and blue carts** will be collected on the **same day every week.**
- **Black carts** will be picked up **once every two weeks on a separate day** since most household waste can be recycled or composted.

Residents will receive everything they need to get started including the green cart, a kitchen pail for collecting food scraps inside the home; a sample of compostable bags for the kitchen pail, and yard waste bags. Once service begins, households will pay \$6.50 per month. This charge reflects the savings achieved by changing black cart garbage collection from weekly to once every two weeks.

Green carts go beyond backyard composting

If you're already backyard composting, keep it up. Use your green cart for all the other materials that cannot be composted at home like meat, bones, shellfish,



dairy, weeds and pet waste.

Why we need to keep food and yard waste out of landfills

It may be hard to believe, but more than half of residential garbage is food and yard waste. Composting this material is the right thing to do. When food and yard waste is buried in the landfill it releases methane, a greenhouse gas that is 25 times stronger than carbon dioxide. By using the green carts we reduce dependence on our landfills, reduce greenhouse gas and turn food and yard waste into nutrient-rich compost.

To learn more about the Green Cart Program, visit calgary.ca/greencart.

Citizens' View:

Calgary's online panel – 2,000 members and growing
City looking for more Calgarians to join citizensview.ca

You're invited to join more than 2,000 people that have already signed up for Citizens' View, Calgary's online panel. Citizensview.ca makes it easier for Calgarians to share their input anytime, anywhere through online surveys and discussions.

As Citizens' View continues to grow, The City is working to make sure that they hear from people of all ages and areas of Calgary. Right now, The City needs more people of all demographics and communities. Can you help?

"Creating an even better Calgary takes all of us—not just government," said Mayor Nenshi. "Citizens are the key to improving our communities and creating the best programs and services for our city. Calgarians are the experts in their lives and I encourage them to share their thoughts about life in Calgary by signing-up at citizensview.ca."

The City hopes to attract more than 4,000



people that reflect Calgary's diverse population. Members can expect to receive surveys once or twice a month, join online discussions, and receive information on City events and service improvements.

Calgarians 18 years and older can sign-up for the Citizens' View at www.citizensview.ca.

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

- Calgary Transit Low-Income Transit Pass Program
- Recreation Fee Assistance Program
- Property Tax Assistance Program
- No Cost Spay/Neuter Program
- Seniors Services Home Maintenance
- For more information or to apply, visit calgary.ca/fairentry.

Celebrating her third anniversary.

FLORENCE CAMERANO, AT CHARTWELL SINCE 2013.

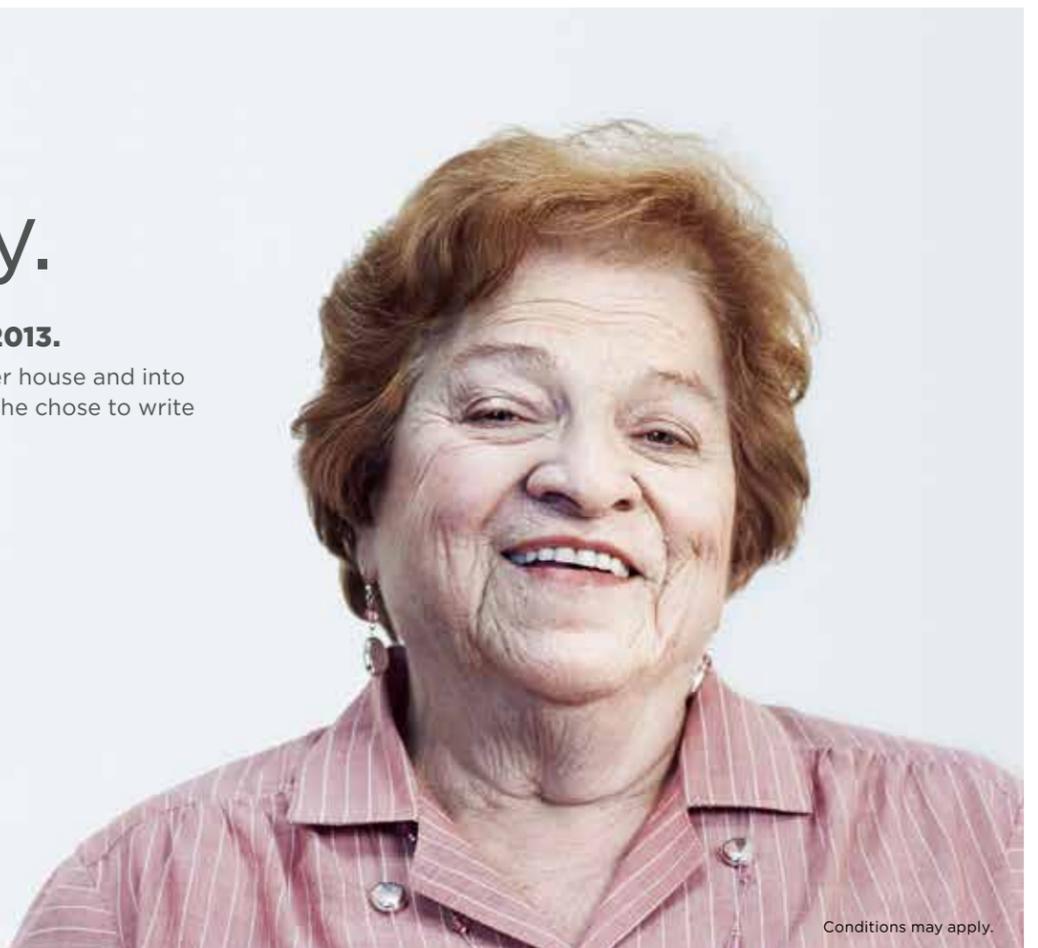
It's been three years since Florence decided to move out of her house and into one of our residences. See the whole story and discover why she chose to write the next chapter at Chartwell.

CHARTWELL.COM



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Conditions may apply.

Are you looking  for a fresh start?

New Beginnings Church
www.nbccalgary.com
(403) 389-6224

Park n' Play & Stay n' Play

These free, safe, supervised programs help children make new friends learn new games and activities that they can use on their path to a healthy and active lifestyles. Programs run weekdays and are weather dependant.

Dates: July 18-22 Community: Coventry Hills
Address: 12350 Coventry Hills Way N.E

Stay n' Play FREE Ages 3Y - 5Y 10:00 am - noon Participants MUST be accompanied by an adult/guardian	Park n' Play FREE Ages 6Y - 12Y 10:00 am - 3:30pm
---	--

Play Pass: Play Faster This Summer!
 Save time and line-ups on the first day by pre-registering for Park n' Play and Stay n' Play. Pre-registration does not guarantee entry. Entry to these programs is on a first-come, first-served basis each day. We encourage you to supply us your information by pre-registering prior to program starting to help you save time filling out forms at the program when you arrive.
 For more information visit: calgary.ca/communitysummerprograms

LOOK OUT FOR THE MOBILE SKATE PARK THIS SUMMER!
JULY 15-28 AT VIVO
 A free Calgary Spring Skateboarding program for all ages. All participants must have a signed waiver, if under 18, the participant will need it signed by a parent / guardian before being able to participate in this program. A skateboard and a helmet is also required. For more information, visit: www.calgary.ca/skateparks or call 3-1-1
 This program is run in partnership with: Northern Hills and Sandstone-MacEwan Community Associations & Vivo

Crossword puzzle ANSWERS
 Puzzle on page 4

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1	L	A	T	T	E	6	S	A	B	L	E	11	P	A	N					
14	O	R	E	O	S	15	I	C	E	A	X	16	R	I	O					
17	W	E	A	R	T	18	H	E	T	R	O	19	S	E	R	S				
20	C	O	S	T	21	O	V	U	M	22	D	I	M							
23	A	L	E	24	K	E	E	P	25	P	E	T	26	I	T	E				
28	L	A	T	H	E	29			30	W	E	S	31	E	R	R				
						32	A	P	33	P	L	34	I	E	D	36	U	R	E	A
37	C	38	O	39	C	K	T	A	I	L	D	R	40	E	S	S	E	S		
41	A	G	R	A	42	I	R	K	S	O	M	E								
43	P	R	O	44	R	N	A	45	I	D	46	I	47	O	48	T				
49	S	E	S	T	E	T	50			51	F	E	52	A	T	54	N	T	H	
						55	S	A	T	56	M	O	A	S	57	A	S	I	A	
58	K	59	E	E	P	60	Y	O	U	R	S	H	61	I	R	T	O	N		
62	I	V	Y	63	P	A	S	T	E	64	T	E	A	S	E					
65	T	E	E	66	E	T	H	Y	L	67	D	A	R	E	S					

Sudoku puzzle ANSWERS
 Puzzle on page 10

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

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

Your Area has a Garden Group

By Yvonne and MJ

Yes! There is an active garden group in your community. Harvest Hills, Country Hills, and Coventry Hills have a group whose members surely love to garden, just like you! Some of our activities for the coming months are:

- July – city garden tour
- August – how to compost speaker
- September – plant and seed exchange
- October – how to can what you grow

Since May, we have been



It's Time for the Garden

meeting once a month and this will continue all the way to October. We share tips and resources about gardening such as:

- Plant and seed exchange events twice a season

- Landscaping ideas
- Gardening Centre field trips/ garden tours
- Presentations on seasonal gardening ideas
- Gardening ideas and tips
- Problem solving around pest and disease control and problems

Whether you are new to gardening or you were born in the cabbage patch, we would gladly welcome you. To join the group please email harvestgarden@northernhills.ab.ca and coventrygarden@northernhills.ab.ca so we can add you to our next scheduled event!

Stampede Taxi Stands

Stampede taxi stands are designated areas near Stampede Park where taxis will be lined-up to wait for customers. Two temporary taxi stands will operate at all hours during Stampede. These stands are located at the South and North entrances of Stampede Park. The taxi stand located at the North entrance of Stampede Park will provide priority service to people with accessibility needs as this entrance provides the most direct route to enter

into the park.

Late Night Temporary Taxi Stands

Within Stampede Park there are multiple entertainment venues. In 2016, all venues are closing at 3 a.m. To accommodate the evening rush, two additional late night temporary stands will be established. For details, visit Calgary.ca and search taxi stands.

Explore swimming and flying creatures at The City of Calgary's free nature drop-in programs

Drop by Ralph Klein Park this summer for The City of Calgary's free nature programs. Designed for children ages 5 to 12 (with an accompanying adult), these interactive sessions explore wetland wonders and birdwatching basics using fun, hands-on activities.

Bring your budding biologist on Tuesday afternoons from 1 to 3 p.m. for Wetland Bug Safari. Get an up-close view of the cool critters living in Canada's largest man-made wetland, examine their unique creature features and learn about their survival in a storm-water pond.

Prefer flying creatures? Drop by on Thursday afternoons between 1 and 3 p.m. for What Bird is That? Find out what makes a bird a bird, explore different bird species and learn how to spot



and identify them using special bird-watching tools and clues.

The City's nature drop-in programs run from July 5 to August 25. Registration is not required. Due to limited staffing and sup-

plies, please no day camp or daycare groups of more than five children.

Visit calgary.ca/parksguide for more information.

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- Wednesday** • 7am - 8pm
- Thursday** • 7am - 8pm
- Friday** • 8am - 4pm
- Saturday** • 9am - 4pm



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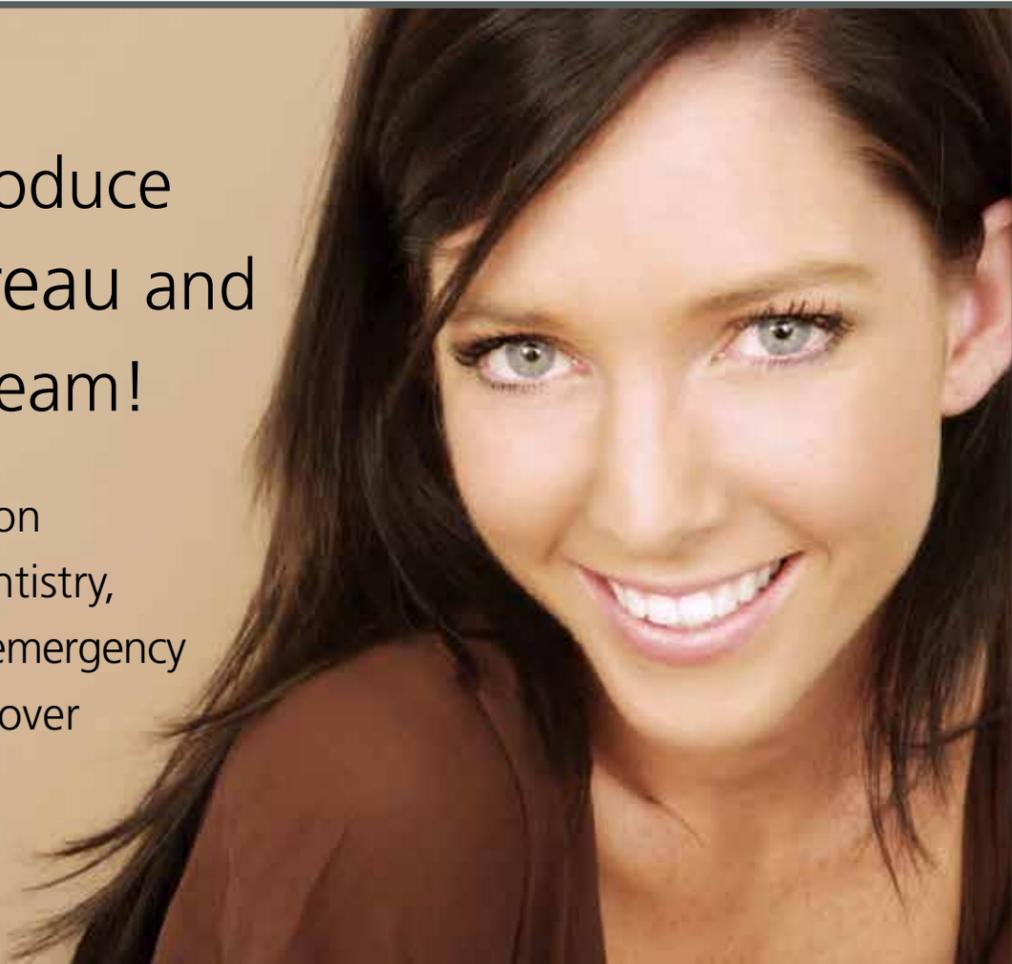
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Dr. Seto is happy to introduce Dr. Maria Chan-Goudreau and Dr. Tonny Tang to the team!

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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