

# NORTHERN HILLS COMMUNITY ASSOCIATION

Northern Hills  
Community Association

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

www.northernhills.ab.ca

## Winter Wonderland 2015

Last November 21, Vivo for Healthier Generations celebrated the coming of winter with its annual Winter Wonderland, a free community event.

Together with community partners, Vivo welcomed the

holiday season with loads of family-oriented games, crafts, picture session with Santa, connect with The Calgary Public Library, play with Vivo's Play Ambassadors, meet and greet with Kristina Groves and other Olympians,

crafts, and a variety of activity stations for children.

This event formed part of the City of Calgary's #GetMovingYYC Winter Wellness Week, as well as the celebration of National Child Day and RBC Sports Day.



## Family Support Outreach for the Northern Hills

The North Central Family Support Program (www.weconnectyou.ca), located in the basement (by the curling rink access) of the Huntington Hills Community Association building (opposite the Beddington Safeway, down Centre Street N, at 520-78th Ave NW), covers families in the Northern Hills communities, and many of our families are currently traveling down to access the services they provide:

- **Family Social Connections:** Free recreational opportunities available to all families in North Central Calgary. The North Central Family Support Program believes that for all families to thrive, they need to feel connected and a part of their community. They want to support this connection by offering a safe, fun environment for families to come together and get to know their neighbours and spend time as a family.
- **Information and Supports:** They are able to meet you and your family, and do an intake and assessment to better understand what your family needs, and how they can assist you to make sure you have access to the best services and supports so that your family remains strong.

### NCFSP Outreach Coming to YOUR Community

The North Central Family Support Program has partnered with the Northern Hills Community Association to provide some help to families in our area via community outreach. They will initially be available for families at two drop-in sessions being held in the NHCA office:

- **Tuesday, January 12th, 2016, from 3:30-6:30 PM**
- **Tuesday, January 26th, 2016, from 3:30-6:30 PM**

Continued on page 7



Jan 19/26 | Feb 2/9/16/23 | Mar 1/8  
**SPRY Winter-Spring Sessions**

Jan 19 - Mar 22  
**Youth Indoor Soccer**

Feb 1 - 29 **NHCA Sports Registration**

Feb 15 - **Family Day at Vivo**

(Free Public Skating 12-4 pm with donation of non-perishable food)

UPCOMING  
*Events*

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*this month*  
**WHAT'S INSIDE**

FREE ICE CREAM  
ON PAGE 10

**Bottle Depot**



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BEDDINGTON HEIGHTS  
**BOTTLE DEPOT**

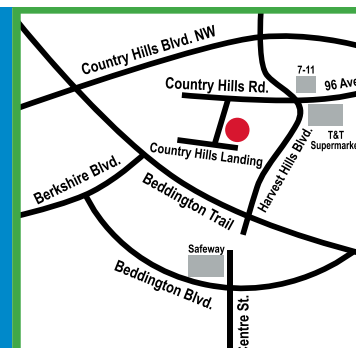
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by Rick Lundy, President NHCA

I hope that everybody had a great Christmas and a safe and happy New Year. The NHCA is looking forward to continue to serve you in 2016 and we will continue to represent you well.

In November, the Board worked hard to approve the budget for 2016-2017. I can honestly say that it was a very difficult budget to pass as we needed to be very responsible during these tough economic times. We changed our processes to ensure that we had pre-budget meetings and that all Directors have a good understanding of all the financial aspects of the NHCA. We had to make some tough decisions and your board was definitely working into the wee hours to get this budget approved. We are being fiscally responsible going forward and are looking to ensure that the financial situation of the NHCA

remains to be healthy. Thanks to all Directors and our Executive Director who worked very hard to get it done.

We are very excited about a needs assessment that will begin this year. The NHCA was selected by the City to be the recipient of a needs and preferences study. THE NHCA consists of 5 different communities, each with very different needs, and we want to ensure that we completely understand each of the communities and their respective needs. A special thanks to Leanne Hall, our Neighborhood Partnership Coordinator, who was instrumental in making this happen.

The NHCA wishes the best of luck to Sue Scott (Vivo CEO), on her upcoming retirement in February. I have got to know Sue since I have become President and it has been a true pleasure and honor. Sue has served Vivo and her community well and she will

be missed. Congratulations Sue.

City Council has approved the route and station locations for the new southeast leg of the LRT and will now formally ask the Alberta government to come up with its share of the funding for the \$4.5-billion Green Line mega-project. City staff will set about acquiring the necessary land for the southeast portion of the new C-Train line, which will eventually run from the city's northern periphery through downtown and all the way to the community of Seton. This is great

news for our communities and we will keep you posted on the developments as we get them. Look out for upcoming Green Line North public consultations, open houses and charrettes in early 2016.

## NHCA VOLUNTEER OPPORTUNITIES

### The following programs and services need your help!

Please contact our Executive Director at: [moraig.mccabe@northernhills.ab.ca](mailto:moraig.mccabe@northernhills.ab.ca) if you can help with:

- **NEWSLETTER DELIVERY** – We need volunteers to help us deliver our community newsletter to businesses in the Northern Hills.

- **YOUTH LEADER** – We need someone interested in helping us to recruit and guide a new generation of youth leaders for our NHCA Youth Council.

- **EVENTS** – The NHCA runs many events throughout the year. We need volunteers to form a committee to make the events more manageable and fun for everyone (volunteers included!).

Please contact Brice at: [community@northernhills.ab.ca](mailto:community@northernhills.ab.ca) if you can help with:

- **RINKS** – Both Harvest Rink and Panorama Rink need your help to maintain the rinks this winter.

### Registering for Children's Soccer and want to get your volunteering in as soon as possible?

These are all volunteer positions which need to be filled as soon as possible. Please contact the Chil-

dren's Soccer Coordinator at: [soccer@northernhills.ab.ca](mailto:soccer@northernhills.ab.ca) if you can help with:

- **INVENTORY HELPERS** – Help to take inventory before the season starts and get your volunteering completed before registration! You would be required to help a couple of evenings and/or a weekend during the second week of January.

- **SOCCER VOLUNTEER COORDINATOR** – Help to find and organise volunteers for the children's soccer program from our pool of parent/guardian volunteers.

- **AGE GROUP COORDINATORS** – Act as the point of contact for your age group (U4, U6, U8, U10, U12, Youth).

- **FLYER DISTRIBUTOR** – Help to parcel up and deliver flyers to our local schools.

For more, and ongoing volunteer roles, please check out the NHCA's Eventbrite page at: <http://www.eventbrite.ca/o/northern-hills-community-association-7498163287> (or easier still, just enter "NHCA" in the search bar!). You can find a link to the NHCA Eventbrite page on our website too, at: [www.northernhills.ab.ca/nhca-volunteer-opportunities/](http://www.northernhills.ab.ca/nhca-volunteer-opportunities/)

## 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  
 Communication: Chas Young  
 Events: Mohamed Hassanin  
 Grants: Suresh Fernando  
 Membership: Chas Young  
 Planning: Paul Eneh  
 Sports: Janice Henderson  
 Vivo Rep: Suresh Fernando  
 Youth: VACANT  
 At Home in the Hills: Allan Pole  
 Community Gardens: VACANT  
 SPRY in the Hills: VACANT

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, Genstar Community Wing, Vivo, 11950 Country Village Link NE, Calgary, Alberta T3K 6E3  
 Tel: 403-226-6422 Fax: 403-226-6421  
 web: [www.northernhills.ab.ca](http://www.northernhills.ab.ca)  
 For general information, please email: [info@northernhills.ab.ca](mailto:info@northernhills.ab.ca)

### STAFF

Office Administrator: Marina Barrett, [admin@northernhills.ab.ca](mailto:admin@northernhills.ab.ca)  
 Marketing Administrator: Heather Hubert, [marketing@northernhills.ab.ca](mailto:marketing@northernhills.ab.ca)  
 Bookkeeper: Angela Hinsberger, [bookkeeper@northernhills.ab.ca](mailto:bookkeeper@northernhills.ab.ca)  
 Executive Director: Moraig McCabe, [moraig.mccabe@northernhills.ab.ca](mailto:moraig.mccabe@northernhills.ab.ca)



## "Did You Know In the Hills?" Contest!

This month's trivia question is:

**What area does the Nose Creek Area Structure Plan (ASP) encompass?**

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](mailto: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 December is: **Sandy Albion, Congratulations!**

THE ANSWER WAS "The outdoor skating rink site in Harvest Hills, an earthen berm rink is located at the end of the cul-de-sac at Harvest Lake Drive." and can be found on page 5 of the December 2015 Northern Edge News in the article "Outdoor Skating Rinks - Are we ready to hit the Ice?" 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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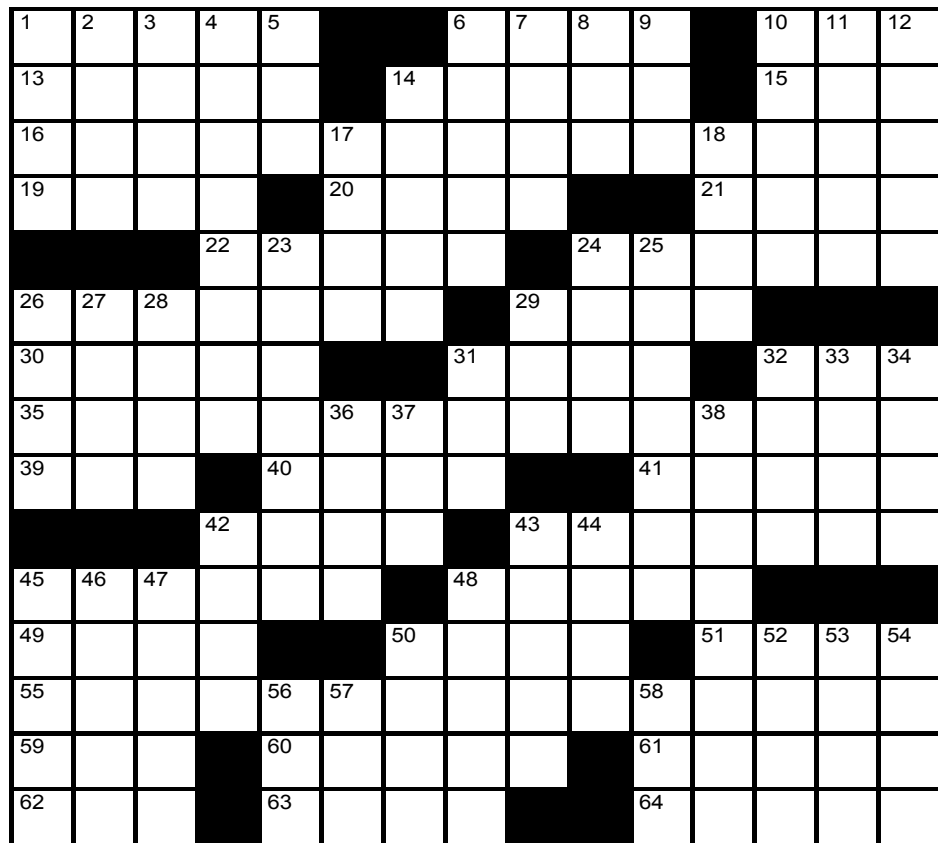
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# CROSSWORD

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**ACROSS**

- 1. Rapids transit
- 6. \_\_\_ print
- 10. Arizona's governor, to friends
- 13. Toothpick fruit
- 14. Defiant one
- 15. Arapaho foe
- 16. 1966 Beatles hit
- 19. Alexei's father, for one
- 20. Times to call, in classifieds
- 21. Sweet drink
- 22. Blue eyes or baldness, e.g.
- 24. Endings for ecto- and proto-
- 26. Zesty
- 29. Hollywood pole
- 30. Nymph
- 31. Almanac tidbit
- 32. Latin "I"
- 35. 1963 Beatles tune
- 39. Nonclerical
- 40. Squander
- 41. \_\_\_ the moment
- 42. Splendor
- 43. Ridges
- 45. Wets
- 48. Analyze, in a way
- 49. Neurotransmission site
- 50. Commend
- 51. 100 paisa
- 55. Songwriting partnership
- 59. College frat.
- 60. Newspaper chain
- 61. Skip off

62. Put away

- 63. Watering holes
- 64. Garment slits

**DOWN**

- 1. Egyptian Christian
- 2. Wistful word
- 3. Mangrove palm
- 4. Upset
- 5. Ballad's end?
- 6. Side
- 7. Exasperates
- 8. \_\_\_ Age
- 9. Bobble
- 10. Asian plants
- 11. Special Forces unit
- 12. Uncool candies?
- 14. Lifeboat support
- 17. Vetch or lupin
- 18. Prayer leader
- 23. Optical phenomenon
- 24. Somewhat, in music
- 25. Mythological plants
- 26. "Murphy Brown" bar owner
- 27. Part of the Corn Belt
- 28. Jetty
- 29. Aircraft compartment
- 31. Elite group
- 32. Broadcast
- 33. Palestinian city
- 34. Half of binary code
- 36. Offering
- 37. Some jazz
- 38. Move
- 42. Ivy League team

- 43. Trick
- 44. Organic compound
- 45. Model material
- 46. College leave
- 47. Gift recipient
- 48. They remained undefeated by the Romans
- 50. "Time's a-wastin'!"
- 52. Bartlett's abbr.
- 53. Set aside
- 54. Roll call calls
- 56. It's a wrap
- 57. Prefix with profit
- 58. King's title: abbr.

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# Update from CFRD

by Ray Crockett

I hope you all had a great Christmas with family and friends, and are all ready for the New Year.

Over the Christmas holiday the Calgarians for Responsible Development (CFRD) were busy preparing for the New Year and planning the work that needs to be done over the next six months to stop the proposed Harvest Hills Golf Course development. The focus of the work will be to convince eight City of Calgary Councillors, or more, that this proposed development should not proceed because it does not support the Municipal Development Plan (MDP) nor the City of Calgary's vision for the future city they want to build. Most importantly, it also does nothing to improve or revitalize the community of Harvest Hills or the Northern Hills area. To assist in lobbying the councillors, we will also need to get the support of a number of community associations across the city. We know that we cannot do this alone, and we have begun discus-

sions with the NHCA so that we work closely together to stop this development.

In partnership with the Hamptons, we have put together a social media team that can get our message out to a wider group of people and help build a broader base of support in the city. If you have any interest/skill with social media and are interested in volunteering we would welcome the help. Please contact us via our website at [www.calgarians4rd.com/](http://www.calgarians4rd.com/)

We are also planning to have a town hall meeting later this month to provide more up to date information on what is happening with the proposed development.

CFRD is gathering a lot of information on the impact the railway has on the development proposal. The CP mainline and siding run adjacent to the golf course. When the development was proposed, CP rail opposed the development so close to their tracks. Their opposition may have led to the City of Calgary and Genstar de-

termining to include a golf course along the tracks to act as a natural buffer. Since Lac Megantic there has been a lot of focus on railway safety, and the Federation of Canadian Municipalities was asked by the Government of Canada to make recommendations on how to prevent another incident like Lac Megantic. Mayor Nenshi participated in the development of the recommendations CFM made to the federal government. We need to make sure that the developer adheres to all the Federal setback and protection regulations.

As mentioned in the last update, the City Planning Commission has responded to the proposed development plan and has suggested quite a number of changes to the plan. If you are interested in what the city had to say it is posted on their website: [www.calgary.ca/PDA/pd/Documents/Current-studies-and-ongoing-activities/harvest-hills/DTR-Harvest-Hills-09Nov15.pdf](http://www.calgary.ca/PDA/pd/Documents/Current-studies-and-ongoing-activities/harvest-hills/DTR-Harvest-Hills-09Nov15.pdf)

We have tried to get clarity from

the City Planning Commission on the impact of their recommended changes to the proposal. We have received a response from the City regarding their request to have the developer move the storm pond further south. If this change is made it will primarily benefit the residents of 200 Harvest Grove Place as an R-2 development was proposed behind their property. The development there was proposed with no setbacks from the existing units, which broke one of the pledges made up front by the developer. Moving the storm pond will allow the developer to move the R-2 development to the current location of the storm pond (behind the current clubhouse). This will mean a slight reduction in the density of this part of the development and provide setbacks for all the residents.

If you want to get more regular updates, remember you can register with us on the CFRD website and ask to be included in future updates. [www.calgarians4rd.com/](http://www.calgarians4rd.com/)

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## How to Get a Membership

Annual Membership is from January 1<sup>st</sup> through to December 31<sup>st</sup>

You can purchase a membership three ways:

1. Access our online membership registration at: [www.northernhills.ab.ca](http://www.northernhills.ab.ca) under the **membership** tab
2. In-person registration at the office
3. Mailing your membership form below to the office

## 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  
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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 _____          |  |  |

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## Library News

**BOOK TRUCK**

Calgary Public Library is adding two brand new mobile libraries to its list of 18 community libraries. The Book Trucks will make stops in communities throughout Calgary, starting January 2016. Each Book Truck will feature 1,800 books and movies for children, teens, and adults. All you need is a FREE Calgary Public Library card (you can even sign up for one on The Book Truck)! To view The Book Truck schedule, visit [www.calgarylibrary.ca/booktruck](http://www.calgarylibrary.ca/booktruck).

host a fascinating book club can be found in the Library's Book Club in a Bag. The Calgary Public Library has just added over 55 new titles to our Book Club in a Bag collection, with a great book club read available for every reading interest! Each book club set has 10 copies, as well as discussion guides, book reviews, and more. Ask for details at your community library.

**CHESS IN THE LIBRARY**

Join members of the Calgary Chess Club and Calgary Junior Chess Club for the opportunity to play chess supported by coaching. Children under 12 must be accompanied by a parent or caregiver. Chess clubs happen Sundays at Country Hills Library. Check dates and times at [www.events.calgarypubliclibrary.com](http://www.events.calgarypubliclibrary.com) or call 403.260.2620. You can also drop by for a pickup game of chess using giant pieces on a giant board.

**LAPTOPS ON LOAN!**

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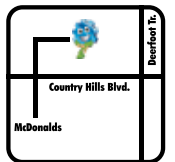
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*Continued from page 1*  
**Family Support Outreach**

This is an ideal time to reach out in your own community and see what social/referral resources are available to your family, or register for free or low-cost programs and workshops. These sessions are drop-in only.

Can't wait until January? Call 403-275-6666 ext. 221 / ext.232 to make an appointment, or drop by their office, located downstairs (by the curling rink access) in the Huntington Hills CA building.

**Are You a Single Parent Family?**

The Building Strong Lone Parent Families program is also operated out

of the Huntington Hills CA building. Their mandate is to help lone parent families thrive, helping them to become less vulnerable, less socially isolated, more independent and more confident. There are no income restrictions or fees to be part of this program.

They offer group support workshops, or individual, one-on-one support to lone parents, which can include providing information, support, resources, referrals, Triple P parent coaching, and setting goals.

For more information or to make an appointment, call 403-275-6688, ext.222 or email [singleparent@we-connectyou.ca](mailto:singleparent@we-connectyou.ca)

## New Vulnerable Person Self-Registry From The Calgary Police Service

The Calgary Police Service has created a database where people can register if they have a physical, mental or medical condition that means they may require special attention in an emergency.

If you are a vulnerable person or care for a vulnerable person, you can provide the Calgary Police with your information. Your privacy will be protected and the information you provide will only be used by first responders to help you or your loved one when you are in danger. To register, go to [calgary.ca](http://calgary.ca) and type Vulnerable Person Self-Registry in the search bar.

The registry is open to anyone who spends a majority of their time in

Calgary and due to a medical, mental health or physical condition, or due to a cognitive developmental disability, may require special attention in an emergency/disaster situation. Some examples include Alzheimer's disease, Autism Spectrum Disorder, Acquired Brain injury, mobility impairment, visual impairment, deaf or hard of hearing, cognitive/developmental disability or a mental health condition.



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**Marriage Course:**  
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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@hhachurch.com](mailto:office@hhachurch.com).

**E.S.L. REGISTRATION**  
**SUNDAY, JANUARY 10, 2016 @ 10:30 AM - 1:00 PM**  
 in the foyer.

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

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

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





# SPORTS REGISTRATION

February 1<sup>st</sup> – 29<sup>th</sup>, 2016 **ONLINE** at

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

or in-person in February on Saturdays (6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>)  
from 12:00-3:00 pm at the NHCA Office (by the preschool in Vivo)



## KIDS' & YOUTH OUTDOOR SOCCER

Season runs May 2<sup>nd</sup> to June 24<sup>th</sup>

Weekday evenings 6:30 pm – 7:30 pm (Kids)

7:30 – 9:00 pm (Youth)

- ⚽ Games played on local fields
- ⚽ Fees include both a team and individual photo
- ⚽ Non-competitive, grassroots, fun soccer
- ⚽ Ages 3 through 18



## WOMEN'S and MEN'S OUTDOOR SOCCER

Season runs May 2<sup>nd</sup> to June 24<sup>th</sup>

Weekday evenings 8:00 pm – 9:00 pm

- ⚽ Games played on local fields
- ⚽ Licensed refs, orientation, tech training, & team building event included in fees
- ⚽ Recreational, fun, intramural community soccer
- ⚽ Women's Over 20 & Over 30 leagues; Men's Outdoor Soccer



## ADULT SLO-PITCH

Season runs last week of April thru June

Fridays 6:45 pm – 9:00 pm

- ⚾ Games played on local diamonds
- ⚾ Recreational, fun, mixed teams
- ⚾ Equipment (diamonds, bases, softballs) & winning team trophy included in fees



For more information on any of these programs, visit our website at

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



**PROJECT UPDATE**

The City of Calgary's Planning, Development & Assessment Team

# City Update: Harvest Hills Golf Course Redevelopment

## City in review process with applicant

City staff issued a detailed team review (DTR) of the application (now available for viewing) to the applicant in October. This document summarizes the list of outstanding issues with the application and includes requests for revisions. We now anticipate a period of review and negotiation during which City staff will work with the applicant to resolve any identified issues in the detailed team review. Further public engagement will be scheduled to collect input about revisions to the application. This process is iterative between the applicant, City staff and the community and we expect it will take a number of months. Once complete, we will report back to the community on next steps. **In the meantime...**

We will continue to send monthly updates of our progress via email. Stay tuned to our project webpage for updates about this application and for further opportunities to provide your input and thoughts. We will also send updates to our email subscribers directly. If you know someone who would be interested to receive email updates about this project, please ask them to sign up. For more details on reports, feedback, and other information mentioned in this article, you may visit the City's project website at: <http://www.calgary.ca/PDA/pd/Pages/Current-studies-and-ongoing-activities/Harvest-Hills-Golf-Course-Lands.aspx>

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--	---

**Dr. Monica Jensen-To • Dr. Shauna Chorel  
 Dr. Bonita O'Brien • Dr. Floria Tse**  
**New and Emergency Patients Welcome**



# Sledding Safety

Alberta Health Services, EMS, would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

## EQUIPMENT

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should

wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

## HAZARDS

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.


## PLAN AHEAD

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.

- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.



# Colouring Contest: FREE ICE CREAM!

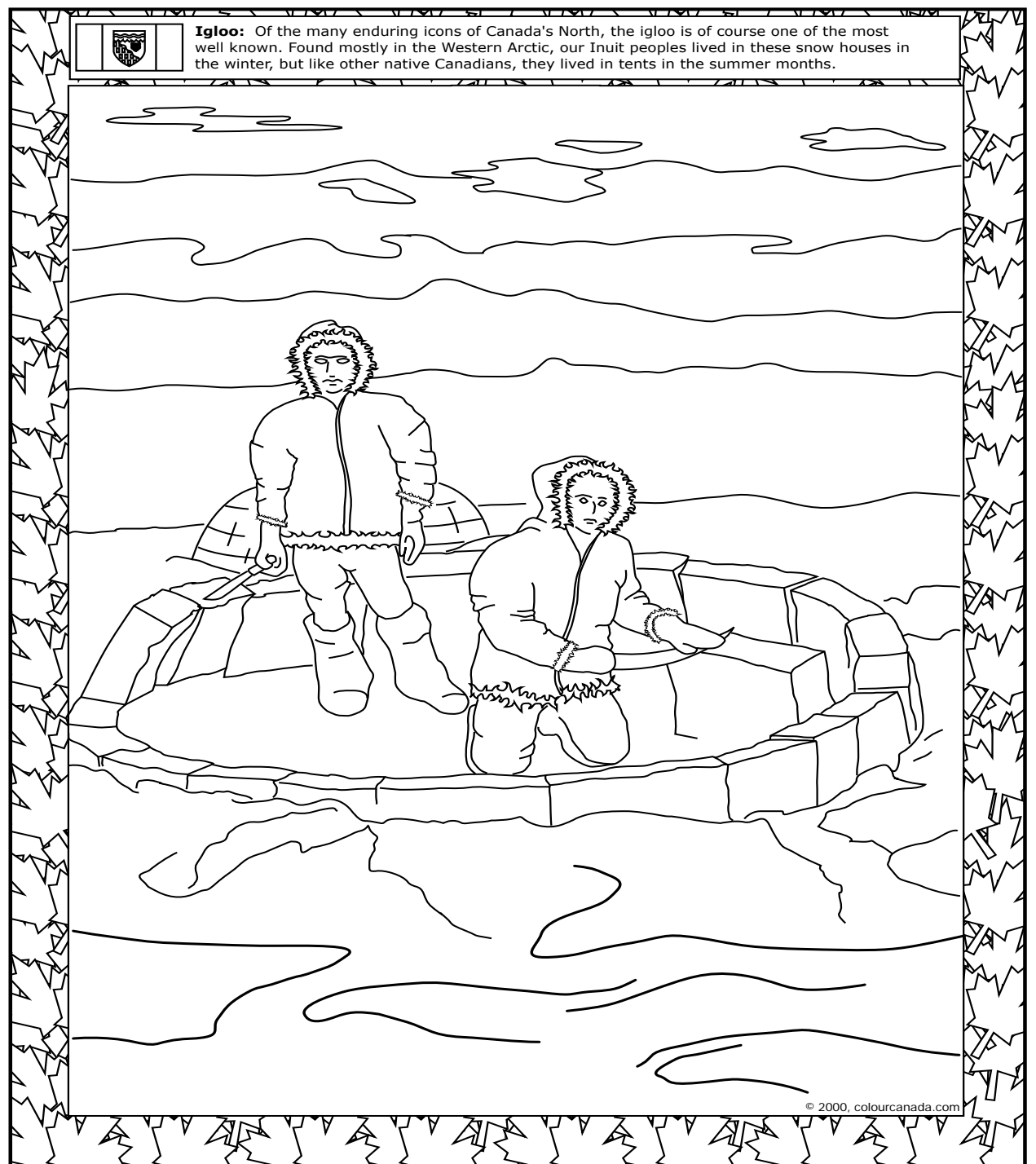


**The first 40 children who colour and take their picture in to Marble Slab Creamery, 623-130 Country Village Rd NE, will receive a free single ice cream cone.\***

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

Age: \_\_\_\_\_

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



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# New Aircraft Approaches Proposed for Calgary International Airport

Changes are being proposed for how some aircraft approach to land at Calgary International Airport (YYC) – changes that can lead to quicker and quieter approaches by arriving aircraft.

by Calgary Airport Authority

The new Required Navigation Performance (RNP) approaches being proposed are designed to take advantage of the latest improvements in aircraft navigational technology. There has been continuous evolution in the technology aircraft use to navigate between their departure location and their destination. With each technological advancement, accuracy in navigation has increased, improving safety, creating greater efficiency in aircraft operations and reducing noise.

RNP approaches are among the newest enhancements to aircraft navigation and make use of Global Positioning System (GPS) satellite data, the same sort of data used by navigation systems found in many new cars and trucks. While GPS signals have been used for years to help aircraft pinpoint their location in the sky, their use in RNP approaches is relatively new. Nav Canada, the company that owns and operates Canada's civil air navigation service, has been working with airlines and airports to implement RNP procedures, and is now proposing to bring these approaches to YYC.

RNP procedures have been used by some WestJet aircraft at Calgary International Airport for a number of years. With the new RNP procedures, more airlines and more aircraft types will be able to use them. RNP provides guidance to enable aircraft to fly a quieter constant descent approach procedure to YYC, eliminating low altitude level segments which can increase noise. The new procedures are also shorter, reducing track miles flown over some portions of the city.

As part of its ongoing consultation with communities regarding noise related to aircraft activity, NAV CANADA, The Calgary Airport Authority and airline partners are holding a series of open houses to provide an opportunity for those interested to find out more about the RNP procedures proposed for YYC. Representatives will be on hand at the open houses to answer questions. **For Open Houses times and places please referer to the above chart.**

Members of the public are also invited to provide input into the discussion of these airspace changes via a survey which can be found online at [www.yyc.com](http://www.yyc.com) by January 30, 2016. The dates, times and locations of the open houses are also available at [yyc.com](http://yyc.com) as is additional information about the RNP's and details of The Calgary Airport Authority's aircraft noise management program.

## The Green Line team is coming to you in January!

The Green Line is a 40 km long new transit line that will extend from Seton in the southeast, travel through downtown, and up Centre Street to Country Hills. Once complete, it will almost double the size of Calgary's LRT network, improving the way Calgarians move around the city. The Green Line is more than just a transit project; it will connect people to places, integrate with new and mature neighbourhoods along the route, and build liveable, vibrant and sustainable communities.

How will the Green Line fit with your community? Join us in January to learn about the project and find out how you can get involved in planning Calgary's next LRT line.

Visit [www.calgary.ca/greenline](http://www.calgary.ca/greenline) for details on upcoming public events in your area!

Ambrose University 150 Ambrose Circle SW December 2, 2015 6 p.m. – 8:30 p.m.	Airdrie Town & Country Centre 103, 275 Jensen Drive NE December 3, 2015 6 p.m. – 8:30 p.m.
Marlborough Community Association 636 Marlborough Way NE December 9, 2015 6 p.m. – 8:30 p.m.	Uplands Recreational Centre 20 Hawkside Close NW January 5, 2016 6:30 p.m. – 9 p.m.
Palliser Bayview Pumphill Community Association 2323 Palliser Drive SW January 6, 2016 6:30 p.m. – 9 p.m.	Acadia Recreation Complex 240 - 90 Avenue SE January 8, 2016 6 p.m. – 8:30 p.m.
Strathcona Christie Aspen Community Association 277 Strathcona Drive SW January 13, 2016 6 p.m. – 8:30 p.m.	Millican Ogden Community Association 6901 20 A Street SE January 19, 2016 6 p.m. – 8:30 p.m.

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Jan. 11, 2016, from 4:30 pm - 6:00 pm
- CALGARY SOUTH** (Located in Glenmore Christian Academy)  
Jan. 13, 2016, from 4:30 pm - 6:00 pm
- CALGARY NORTH** (Located in Vivo)  
Jan. 14, 2016, from 4:30 pm - 6:00 pm

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# SUDOKU-PUZZLES

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

Answers on page 14

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

Sudoku © Kevin Stone



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# Messages From Your Elected Representatives



Ward 3 Councillor  
**Jim Stevenson**  
[www.calgary.ca/ward3](http://www.calgary.ca/ward3)

## Welcome 2016!

Every New Year marks a new beginning. It offers us the opportunity to meet new people, embark on new adventures and to create new memories. I wish you all a happy 2016 and look forward to speaking with you on the phone, at events or at a community association meeting.

## Nose Creek Area Structure Plan (ASP)

On December 8th, Council amended and approved the Nose Creek Area Structure Plan (ASP). This ASP is part of the developer-funded model intended to shorten the amount of time it takes to prepare the plan to approximately one year. The ASP is founded on the principles of health and planning with a vision that Nose Creek will be a leading health-focused, inclusively planned community.

During the discussion, Councillor Stevenson requested Administration work with the Developer to ensure appropriate transportation access to the properties on the east side of Nose Creek. This transporta-

tion plan will be developed during the Outline Plan stage of development.

The Nose Creek ASP encompasses an area of approximately 679 hectares (1, 678 acres) of undeveloped land in northeast Calgary, west of Deerfoot Trail and north of Stoney Trail. The plan includes a mix of 15% residential, 44% industrial, 18% employee intensive (office), 6% commercial and 17% Other (Rec Centre, Rail, Roads, etc).

## North Calgary Cultural Association

Thank you to the NCCA for hosting the Ward 3 office for dinner November 10th. We all enjoyed the stories, songs and jokes that were shared as well as the incredible food!

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: [www.calgary.ca/ward3](http://www.calgary.ca/ward3).

*Jim Stevenson, Councillor, Ward 3*  
[www.calgary.ca/ward3](http://www.calgary.ca/ward3)

*Lynne Banning, Assistant 403-268-2530*  
[eaward3@calgary.ca](mailto:eaward3@calgary.ca)

*Barb Fleet, Assistant 403-268-4854*  
[ward03@calgary.ca](mailto:ward03@calgary.ca)

## Ward 4 Councillor Sean Chu



## Friends,

The next few months will see a new chapter in Ward 4's development. The Green Line, Alberta largest infrastructure project to date, is taking shape and will directly impact our Ward. It will go along Centre Street, and will head north to the future community of Keystone. I have been working hard over the past few months to make this a reality.

The Green Line will extend from Seton in the deep SE, to the far Centre North. Nearly 290,000 Calgarians live along the Green Line's 40 Km route and it will double Calgary's LRT system when completed in 2024. The Green Line will be wind powered, and will have a large impact on taking vehicles off the road, and will alleviate pressure off Calgary's main road arteries.

What this means for you? Centre Street will change as it will now incorporate the Green Line. Ward 4 residents who use the bus to move around will have their transit routes change, as they will now feed into the LRT stations as the transit hub of each community. Some parts of the Green Line will be underground so as to not impact businesses. This is going to be a huge – but positive – change for Ward 4.

I will be having a few Town Halls over the next few months in each community to make sure you as a resident have the info you need, businesses are aware of the changes coming, and transit users know what to expect in the years to come. The Centre North Green Line LRT stops has not been finalized and your feedback is very important.

I look forward to hearing from as many as you as possible on this major change to Ward 4.

Thank you

Councillor Sean Chu

*Communications & Community Liaison Ward 4*  
[ward04@calgary.ca](mailto:ward04@calgary.ca)

Share a Smile  
**TODAY**

## Calgary-NorthernHills MLA Jamie Kleinsteuber



## Climate Leadership Plan

Albertans are blessed with an abundance of natural resources and a breathtaking environment of forest, lakes and mountains. Developing a new climate leadership plan will keep our economy strong and our air, land and water clean.

Our plan accelerates the transition from coal to renewable electricity sources, puts a price on carbon pollution for everyone, and sets emissions limits for the oil sands. Alberta's plan includes achievable carbon pollution measures while using revenues from the plan to help Alberta adapt and thrive in a lower-carbon economy.

Electricity and renewables

- Alberta will phase out all pollution created by burning coal and transition to more renewable energy and natural gas generation by 2030

- To do that, our government aims to replace two thirds of our existing coal electricity with renewable energy

Carbon pricing

- A price on carbon provides an

incentive for everyone to reduce greenhouse gas pollution that causes climate change

Methane reduction

- Alberta will implement a methane reduction strategy to reduce emissions by 45% from 2014 levels by 2025

Revenue neutral

- One-hundred per cent of proceeds from carbon pricing will be reinvested in Alberta, and will not be put into general government revenues.

Alberta's Climate Leadership Plan is based on advice from the Climate Change Advisory Panel who have heard from thousands of individual Albertans. Our Government is very excited to take these historic steps to position Alberta as a world leader in progressive energy production that protects both the environment and the economy for future generations.

We take pride in the actions of our government that are going to mean better health as well as a more stable and diversified economy in Alberta. In the days ahead there will be much discussion about various aspects of this historic and major policy initiative. If you have any questions or feedback about various aspects of this announcement, our constituency office is here for you.

*Your MLA, Jamie Kleinsteuber*  
[calgarynorthernhills@assembly.ab.ca](mailto:calgarynorthernhills@assembly.ab.ca)  
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## New Pharmacy on Premises

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# SPRY (Senior Persons Regaining Youth) in the Hills Program for Winter-Spring 2016

The SPRY participants are making the most of their relatively new venue: in Vivo's child minding room. The room is large and light, and ideal for up to 50 participants for seniors' exercise classes.

### EXERCISE SESSIONS

From January to early March, SPRY will be hosting seniors' Fit2Age sessions with Tracy on Tuesdays from 2:30-3:30 pm and Thursdays, from 3:00-4:00 pm. Think you can't exercise? Have a "dodgy knee" or your hips no longer co-operate? No problem! Tracy designs her program to suit everyone, regardless of ability. You can even do some gentle exercise in a sitting position.

Don't like exercising? Then come along for the social and games time!

### SOCIAL & GAMES

Social time is important. Where better to catch up with friends new and old, but over a coffee at SPRY? Engage with others in some fun games, and keep your brain active and healthy. Don't know how to play Mexican Train, but maybe like Mah-jong? Bring along your tiles and teach others how to play! Social time is scheduled on Tuesdays

after the exercise classes, but please check the schedule for special double social sessions: it's printed in this issue, is posted on the noticeboard outside the NHCA office, or is available online at [www.northernhills.ab.ca/seniors/](http://www.northernhills.ab.ca/seniors/)

### HOW TO REGISTER

Come and try something new! SPRY is a drop-in program for anyone

55+, so no need to pre-book. Just turn up on Tuesdays or Thursdays to take part in some (or all) of the SPRY programming. For 2016, all you need to participate in SPRY is a valid seniors' (or associate) membership to the NHCA and to pay the annual 2016 program fee of \$25 per person. That's it. No extra sessional fees for the exercise classes, although we do ask that you

sign a waiver.

NHCA Senior membership is only \$20/year, which you can easily make back (and more!) at local stores and restaurants with our Member Discount Program. For more information on how to join, visit our website at [www.northernhills.ab.ca](http://www.northernhills.ab.ca), come by the NHCA office in Vivo, or you can even join at the next SPRY session.

Northern Hills Community Association's SPRY in the Hills Program				
Child Minding Room at Vivo, 11950 Country Village Link NE, T3K 6E3				
Winter-Spring 2016 Session (mid-January to mid-March)				
Tuesdays			Thursdays	
January	2:30 - 3:30	3:30 - 4:30	January	3:00-4:00
19	Social/Games	Social/Games	21	no session
26	Fit2Age Exercise	Social/Games	28	Fit2Age Exercise
February	2:30 - 3:30	3:30 - 4:30	February	3:00-4:00
2	Fit2Age Exercise	Social/Games	4	Fit2Age Exercise
9	Fit2Age Exercise	Social/Games	11	Fit2Age Exercise
16	Fit2Age Exercise	Social/Games	18	Fit2Age Exercise
23	Fit2Age Exercise	Social/Games	25	Fit2Age Exercise
March	2:30 - 3:30	3:30 - 4:30	March	3:00-4:00
1	Fit2Age Exercise	Social/Games	3	Fit2Age Exercise
8	Social/Games	Social/Games	10	no session

## Celebrating her second anniversary.

### FLORENCE CAMERANO, AT CHARTWELL SINCE 2013.

It's been two 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.

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# Sneak It In

by Nicole Dawe

Do you think that you're too busy to fit in a workout? Think again. Research shows that small bouts of exercise can add up and provide just as many heart-healthy benefits as longer workouts. You don't even have to be at the gym or wearing workout clothes for it to count. You can squeeze in little bits of activity here and there so that even when you're too busy for a full workout, you can stay active and burn calories. Below are simple and inventive ways to transform the must-do activities of daily life into mini-workouts.

## CLEANING THE HOUSE

Instead of seeing it as a chore, start thinking of cleaning as a serious double-duty workout. Simple and easy cleaning, such as dusting, taking out the trash, straightening and changing the bed linens can burn up to 170 calories per hour for a 150-pound person. And heavier duty tasks such as sweeping the floor, washing windows and cleaning the garage can burn more than 250 calories an hour.

To up that calorie burn even more, get creative! When scrubbing the bathtub, take fewer breaks, and scrub extra hard to work your muscles (don't forget to switch arms). While vacuuming, add some lunges instead of letting your arms do all the work. When doing laundry, use the bottle of detergent as a dumbbell and do a few bicep curls on your way out of the laundry room.

## AT WORK

We've all heard the advice to take the stairs instead of the elevator and park at the back of the lot to get more walking in, but there are even more easy ways to squeeze activity into your workday. Instead of emailing or calling a coworker, walk over to his or her office for that report you need. Or suggest trading the normal sit-down meetings (which normally also feature not-so-great pastries and sweet treats) for walking meetings. Walking meetings aren't perfect for all types of business, but the activity and break from the norm can encourage creative new thoughts and unique solutions to problems, making it great for brainstorm sessions.

## GETTING READY

Getting ready in the morning may seem like a weird time to sneak in activity, but you totally can. Make it part of your morning routine to do a few stretches, jumping jacks or push-ups. Just a few minutes of activity first thing in the morning can wake you up and get your endorphins going. Just be sure to start slow and easy if you just woke up, as your muscles may be tight from not moving for hours while you slept. Try squats and lunges while you blow-dry your hair or pump out a few calf raises while you brush your teeth.

Check back in February for more simple ideas of how you can sneak in more activity into your every day.

# Free Notary Event Successful

The new Calgary-NorthernHills MLA, Jamie Kleinstaub, partnered with the NHCA, Vivo and CCCSA to provide free notary and Chinese translation services in the foyer at Vivo on December 4th from 3-7 PM. Despite late notice of the event, quite a few residents came prepared with their documents, ready to have them copied and notarized. Some residents just came to say "Hi!", ask the MLA about Bill 6, or just share some free hot chocolate, a candy cane or a Timbit (or three)!

Don't worry if you missed it... the MLA plans to have another free notary event for residents in 2016. In the meantime, if there is anything you need notarized, or if you just have something you would like to talk to the MLA about, please contact the Calgary-NorthernHills office to make an appointment. The Calgary-NorthernHills office contact details are on Page 12 of this newsletter, in the "A Message from Your Elected Representatives" section.

We would like to thank the MLA and his office, Vivo and CCCSA for giving up their time, space and skills to help us make this first-time event a success.



## NHCA

Northern Hills Community Association

### YOUTH INDOOR SOCCER

**NHCA Youth Soccer is perfect for the player who wants to play an exciting sport combining team play with individual skills. This program is open to all players, and is primarily devoted to the enjoyment and development of soccer players. No tryouts are required to join a team.**

**The NHCA Program is for ages 13 to 17 who are interested in playing in a less committed environment. Seasons are typically shorter, traveling is less, and coaches are volunteer-based. This program is purely for the enjoyment of the sport, and there will be some technical and tactical instructions taught.**

**We have two experienced coaches who will be teaching them skills and the rules of the game.**

**Season is from January 19 to Mar 22 = 7 games**

**Cost = 80.00 per player and a NHCA membership**

**Location: Genesis Centre 7555 Falconridge Blvd. NE**

**Dates: Tuesday nights from 6:15 to 7:15 pm**

**January 19 & 26  
February 9 & 23  
March 8, 15, 22**

<http://www.northernhills.ab.ca/u13-to-u17-indoor-recreational-soccer/>

## Crossword puzzle ANSWERS

Puzzle on page 4

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1	C	A	N	O	E		6	F	I	N	E		10	J	A	N			
13	O	L	I	V	E		14	D	A	R	E	R		15	U	T	E		
16	P	A	P	E	R		17	B	A	C	K	W	R	18	I	T	E	R	
19	T	S	A	R		20	E	V	E	S		21	M	E	A	D			
						22	R	A	I	T		24	P	L	A	S	M	S	
26	P	I	Q	U	A	N	T		29	B	O	O	M						
30	H	O	U	R	I			31	F	A	C	T		32	E	G	O		
35	I	W	A	N	N	A	B	E	Y	O	U	R	M	A	N				
39	L	A	Y		40	B	L	O	W		41	S	E	I	Z	E			
						42	P	O	M	P		43	C	U	E	S	T	A	S
45	B	E	D	E	W	S		48	P	A	R	S	E						
49	A	X	O	N			50	C	I	T	E		51	T	A	K	A		
55	L	E	N	N	56	O	N	M	C	C	A	58	R	T	N	E	Y		
59	S	A	E		60	B	O	O	T	H		61	E	L	O	P	E		
62	A	T	E		63	I	N	N	S		64	V	E	N	T	S			

## Sudoku puzzle ANSWERS

Puzzle on page 12

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

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

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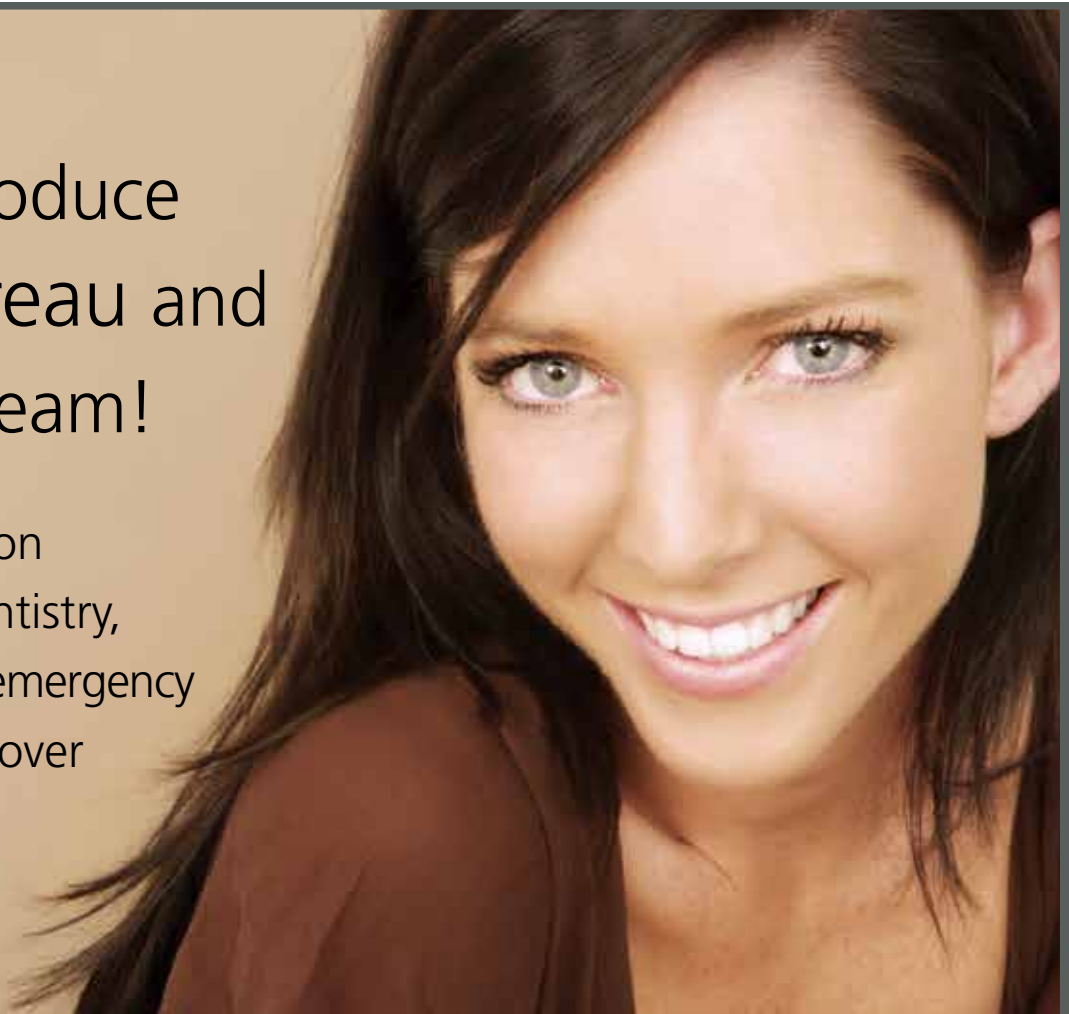
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**Dr. Seto** is happy to introduce Dr. Maria Chan-Goudreau and Dr. Tonny Tang to the team!

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.



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

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