

NORTHERN HILLS COMMUNITY ASSOCIATION



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

Oh no! Not again! 3 for 1 MLA proposal

By David Hartwick

Every eight years, the Alberta Government appoints an Electoral Boundaries Commission “to review the existing electoral boundaries and make proposals to the Legislative Assembly of Alberta as to the area, boundaries and names of the electoral constituencies of the province in accordance with Alberta legislation.”

When the commission met eight years ago, the Northern Hills Community Association made a submission for a Calgary-Northern Hills Constituency. However, their interim plan was to split up the Northern Hills, designating Coventry Hills with communities east of the airport. We considered this unreasonable for a number of reasons including not meeting the requirements of legislation. So we requested to make a presentation to the Commission who then challenged us to come up with a new plan for all 25 constituencies in Calgary, which we did, and Calgary - Northern Hills was created. Eight years later, we find ourselves challenging the commission again. This time, the Interim Report is even worse, in our opinion.

The Commission has proposed a boundary running along Harvest Hills Blvd designating Coventry Hills, Harvest Hills and Livingstone into Calgary North East, again grouping these communities with communities east of Metis Trail. Country Hills, along with Beddington, Hidden Valley and Huntington Hills are designated into Calgary - Beddington. Panorama Hills will become part of Calgary - North including Evanston, and Carrington.

The commission is required to make several considerations including: community boundaries, interests and community organizations, existing community boundaries within the City of Calgary, existing municipal boundaries; geographic features including existing road systems and the desirability of understandable and clear boundaries.

It is our opinion that splitting up our communities into three different constituencies does not meet the legislation. Why is this important?

As a community association, this would mean attempting to coordinate and communicate with

three different MLA’s, adding additional work to a volunteer organization already stretched thin on resources.

As constituents, we are concerned that having three MLAs could diminish our effective representation. Since there is no requirement for MLAs to live within the districts they represent, imagine having three MLAs, none of whom have a vested interest in their district?

The NHCA is concerned that in not having an MLA dedicated to the majority of the Northern Hills residents, getting infrastructure needs such as the North High School, may be lost to other communities.

Vivo desperately needs expansion and we are still hopeful for a north Greenline. However, if Harvest Hills and Coventry Hills, are represented with communities east of Deerfoot that already have LRT, a high school and a newer recreation facility as community focal points, it may be difficult to engage an MLA to represent our needs.

Not only did the NHCA successfully challenge the commission in 2010, but we worked hard to have municipal and federal boundaries changed to reflect the different needs and common interests west of Deerfoot Trail. Effective as of this October’s election, the Ward 3 boundaries will group north central Calgary communities together. We were unsuccessful convincing the federal commission that the boundary needed to move, and we continue to have an absentee MP in Calgary Northeast representing Coventry Hills and Harvest Hills. It is concerning this commission wishes to go backwards and reunite us with communities east of Metis Trail.

Could there be a benefit to having three MLAs? Possibly, but that is difficult to determine and at face value, seems more of a detriment. The NHCA acknowledges there could be some benefit in having ONE boundary within the community. The reason is that the current average population per constituency is 46,697. The commission has a

Continued on page 14

Building Safer Communities, now in Panorama Hills

By David Hartwick

With summer well into gear, so are the Building Safer Communities (BSC) Block Watch groups. We have launched the program in the Panorama Hills area, and the uptake is fantastic with 300 members in the first month. Please keep passing the word along to friends and neighbours that they can join the group on Facebook by searching “panorama hills area nhca bsc block watch”

The BSC and Calgary Police

Community Resource Officer Steve Kelly would like to remind people that with the summer here, so is the criminal element. Let’s all do our due diligence and ensure all crimes of opportunity have been closed off. This means locking and securing your cars, and removing anything valuable from sight. Also, ensure your ground level windows and doors are secured at night.

The Calgary Police Service and our committee encourage everyone to call in and report ANYTHING that doesn’t seem

right or maybe doesn’t fit. The call volume generated from our members has helped CPS respond with the appropriate resources. Coventry is fully rolled out with an active large group, and crime has trended down month after month since it’s launch. With Panorama in the development stage, members are getting used to what to call in (which is anything that doesn’t look, smell, or feel right). We are confident as more people join and more members

Continued on page 14

JULY 8: VIVO, MLA JAMIE KLEINSTEUBER & MP DARSHAN KANG STAMPEDE BREAKFAST

JULY 9, 9-11 AM: HARVEST HILLS ALLIANCE CHURCH STAMPEDE BREAKFAST



JULY 15: STAMPEDE CARAVAN & ROYOP STAMPEDE BREAKFAST AT COVENTRY CENTRE

JULY 17-31: COMMUNITY MOBILE SUMMER SKATE PARK AT VIVO

AUG 8-10: BREAKOUT YOUTH

AUG 14-18: PARK AND PLAY & STAY AND PLAY

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CROSSWORD

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ACTIVATE YYC

6

COACH PROFILE: KAROL ANGORITA GIL

5

COLOURING CONTEST & SUDOKU

10

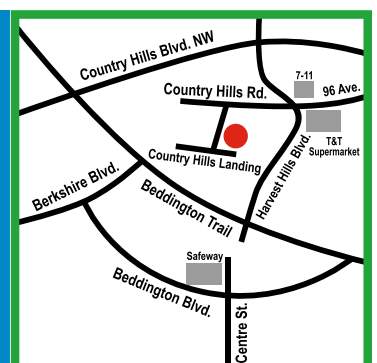
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driving the campaign. They can be reached at harvestplayground@northernhills.ab.ca

What's the Good News?

Over the past few years the Northern Hills Community has had its fair share of challenges and we have often been played out in the public forum, as part of our advocacy efforts to drive awareness about issues impacting our neighbourhoods. However, I am concerned that the focus on these important big picture items has sometimes overshadowed some of the amazing things that are happening in our area. We have not celebrated our successes with the same amount of vigor as the frustration we expressed about some of our challenges like the Harvest Hills development, the Green Line and the lack of high schools.

I am a glass half full kinda gal and think we need to flip the script to check out the WINS we have got going on.

- The Coventry Building Safer Communities (Block Watch)-Thanks to an amazing group of fellows this Coventry grassroots initiative is in the development stages to position itself into the Panorama area. In partnership with our local police force, this program has made huge strides in reducing crime in Coventry, educating neighbours on how to be vigilant in spotting potential crime, and is developing an

atmosphere of trust where people start to get to know who lives next door. Other community associations are taking notice of the level of success that this Block Watch program is getting and are looking to duplicate similar ideas in their areas to continually squeeze out the elements of crime and improve the communication between the community and the police service.

- Harvest Hills Community Playground-Green space is always at a premium, but a handful of Harvest Park citizens determined the park on Harvest Glen Way needed significant improvements. They started redeveloping a community gathering space that would include multi-aged playground elements, remain sustainable in the long term, and help enrich the community. The conceptual design has been completed and it is AMAZING as it includes drought tolerant, native to Alberta foliage, picnic tables and benches designed by students at Notre Dame to encourage community gathering, and a nature in motion theme. Currently they are working on a fundraising campaign for the project and are looking for donations of money and help in the

- Coventry Community Space Project-NHCA and Vivo have partnered on an exciting initiative to identify and revitalize the use of the 14 playgrounds in the Coventry Hills area. It is a proactive approach that will observe the current usage, engage Coventry Hills residents in planning and create inclusive, cost effective long term plans for the community spaces as they each hit various levels of deterioration. The community is taking a proactive approach to ensuring the green space we have available is used in its best possible way and plans effectively for improvements over a longer period of time.
- Community Gardens-We are so proud to support this initiative that has allowed the development of educational programming around food production while at the same time tackles the issue of food scarcity with donations of fresh produce to the food bank due to several plots set aside for donated produce. There are two communal spaces, Harvest Hills and Coventry Hills, that promote people connecting, celebrates organic growing and allows those without adequate space the chance to enjoy developing their own garden. The garden committee is looking to install more raised planters next year so that those with restricted mobility or seniors can participate more easily in the planting passion.
- Connecting is made easier with ParentLink in the Hills and Spry Seniors Programming. Spry in the Hills helps engage our senior community with exercise and social activities to help reduce the chance of isolation and promote wellness. Starting in the Fall, ParentLink Outreach returns with the free drop-in playgroup to allow parents the opportunity to connect to resources to help meet their needs including family support and referrals to other programming.
- Advocates for North Calgary High School-What started as an advocacy issue for the NHCA has developed into another grassroots movement that has members of the community wanting to grow their voice about the need for the CBE to provide a High School for our area. This group is ensuring that this issue has continued momentum

so that the High School need is top of mind going into the elections this fall and remains there during the budget and planning times.

NHCA is looking to create a positive environment where collaboration and thoughtful, persistent conversation gets us the constructive center stage attention we deserve for advocacy issues, while simultaneously finding ways to improve and impact the lives of our citizens, on a day to day basis.

How are we going to do this you ask? Simple... through connection and cooperation with all stakeholders... government, other community/cultural groups, local residents and businesses... we will build partnerships and develop a clear vision of what is most important to the residents of the Northern Hills.

Currently, we are designing a long term business plan that considers our anticipated usage of the land designated for NHCA utilization, new programming that we want to roll out in the next couple years, and ways we can have a social and economic impact on all of the community.

To ensure we deliver the right plan we need your input in several ways:

1. Tell us what you want us to deliver in terms of programming: sports, social, individual/community development.
2. Tell us what is important to you so we can make your voice heard. Concerns about services, schools, development, traffic, crime.
3. Identify what is missing in our community, what would make it better. Community centers? Daycares? Affordable housing? Health Care facility? Revitalized walking/shopping area.
4. Participate and volunteer
5. Get to know your neighbours. Share your community stories with us so we can celebrate them.
6. Vote. It is an election year and our representation needs to be a completely engaged partner.

Let's start the conversation about what is Amazing in the Northern Hills and what we can each do to make it better.

Cheers,
Leah Argao
President- Northern Hills
Community Association
president@northernhills.ab.ca

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Adult Soccer: **TBC**
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At Home in the Hills: Allan Pole
Beautification/Community Enhancement: **VACANT** – contact us!
Business Development: Wayne Brown
Community Gardens: Jon Berlie, Melissa Duong, Sarah White
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EDITOR'S NOTE : All articles submitted by the general public are the authors' opinion and not necessarily reflective of the opinion of NHCA.

Lin Ward 3 Candidate

Make Ward 3 better, together !

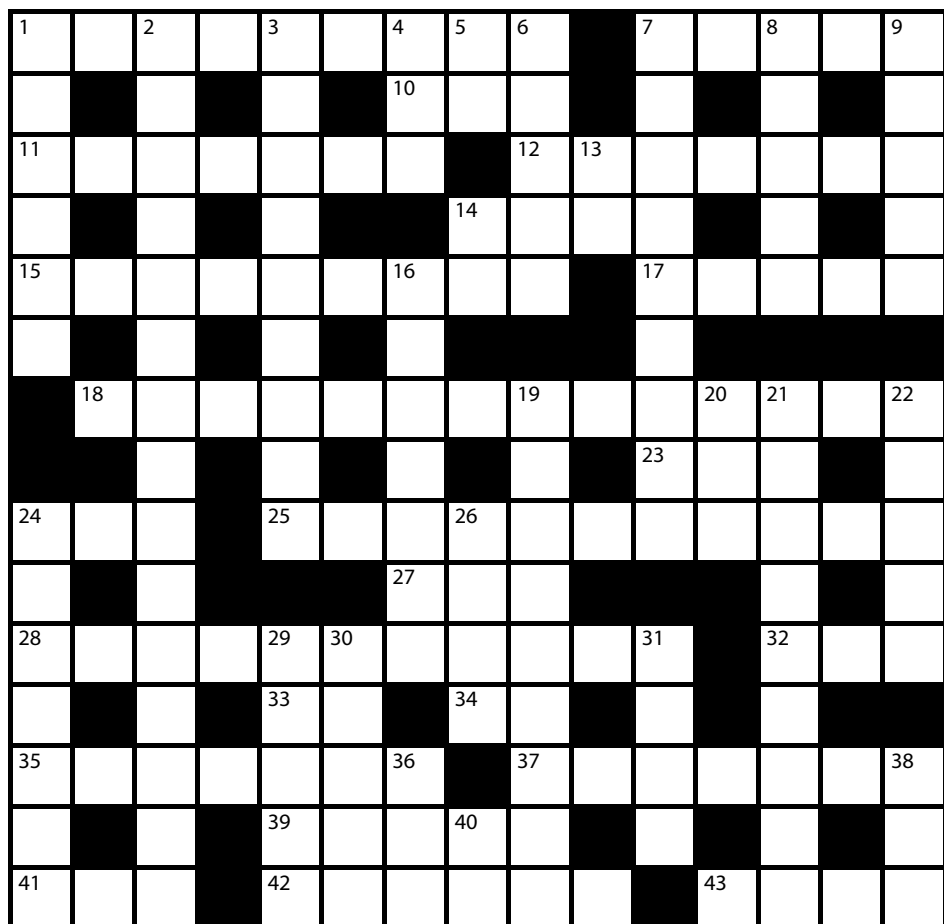
Website: JunLinWard3.ca Email: lin@JunLinWard3.ca



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Civic election on October 16, 2017

CROSSWORD



- ACROSS**
- 1 How a summer sky should look
 - 7 Coastal feature
 - 10 Age
 - 11 Country look
 - 12 Arrival and departure point for a ship
 - 14 Spelunker's favorite spot
 - 15 Swimmer protector
 - 17 Moore or Federer
 - 18 Delectable dessert (2 words)
 - 23 Pollinator
 - 24 Move the boat
 - 25 Positive for the environment (2 words)
 - 27 Toyota SUV
 - 28 Summer kitchen utensils! (2 words)
 - 32 Barbeque site

- 33 Overtime, briefly
- 34 Alien who was too good for earth?
- 35 Go into unknown areas
- 37 Cirque de Soleil equipment
- 39 Tiny town near Last Mountain Lake in Saskatchewan
- 41 Alluring
- 42 Children's pool play action
- 43 Lounge

- DOWN**
- 1 Romantic dinner accessory
 - 2 Little known vacation destination (5 words)
 - 3 Airship
 - 4 Jellied delicacy
 - 5 The elder, abbr.
 - 6 Leaves for lunch?

Answers on page 14

- 7 You can float around on it (2 words)
- 8 ___ on the beach
- 9 Woods on a green?
- 13 Audio visual, briefly
- 14 Credit (abbr.)
- 16 Mirabel, for example
- 19 Flashy cars
- 20 Chess pieces
- 21 Cover
- 22 King Tut's nation
- 24 Reinvigorate
- 26 Luck
- 29 Forested areas
- 30 Take ___ (travel) (2 words)
- 31 Sea creature
- 36 Pipe bend
- 38 Farm animal
- 40 Cathode abbr.



Tennis and Golfers Elbow

By Dr. Aaron D'Amico



Hi! I'm Dr. Aaron D'Amico, a second generation neighbourhood Chiropractor in the Country Hills area. I deal with a variety of spinal and musculoskeletal injuries, complaints as well as help prevent these from reoccurring.

As the weather warms up, more people are looking for an excuse to get outside. A couple of the more popular activities during these sunny summer months tend to be golf and racquet sports. Both of these are great physical activities for all skill levels, but with every sport you can injure yourself. Golf and racquet sports both involve repetitive motion which tends to lead to injuries. I'm talking about when you swing your club or racquet and you get elbow pain. Though elbow pain can also come from occupational or daily activities like typing/texting or cooking, in general the elbow pain has been termed Golfers Elbow (Medial Epicondylitis) or Tennis Elbow (Lateral Epicondylitis).

Golfers Elbow (Medial Epicondylitis)

This injury tends to be painful on the inside of the elbow and the individual may notice a weaker grip than usual. This injury involves the pronator teres and wrist flexor

muscles. Stretching of these muscles or keeping your arm straight may also cause pain in the area. These muscles become inflamed and aggravated and can cause fibrous scar tissue to form over the muscle tendon or even around the surrounding nerves that may lead to a neuropathy (burning or tingling sensation).

Tennis Elbow (Lateral Epicondylitis)

This injury tends to be painful on the outside of the elbow. The injury involves the wrist extensor muscles. Similar to golfers elbow, a passive stretch and/or contracting the muscles will cause pain in that area. This is also a repetitive stress injury that can cause micro-tearing of one or multiple muscles/tendons. An area outside of tennis (or other racquet sports), where this is seen is serving.

Treatment

In both cases, these can be fixed with conservative care using a combination of chiropractic, muscle work (i.e. Active Release Technique), acupuncture, rest and ice. You don't need to continue your daily activities with the continued pain. See a chiropractor to help solve this and any other musculoskeletal and spinal complaints you may have.

If you or your family have any other musculoskeletal complaints and need advice or treatment book a visit with Dr. Aaron D'Amico.

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Importance of Team Sports in Childhood Development

By Mustansir Paliwala

It is a well-known fact that physical activity and team sports are paramount in the development of toddlers and young children. Not only does it play a massive part in "motor skills development and performance" but also enhances the "educational potential."

It also provides a forum for young people to learn how to deal with competition and how to cope with both winning and losing. These learning aspects highlight the impact of physical education and sport on a child's social and moral development in addition to physical skills and abilities.

A sport like soccer, which relies heavily on others around you, is so fundamental in establishing the base which can perhaps stay with the young ones during the course of their lives. It teaches them the importance of key values like:

- Honesty
- Teamwork
- Fair play
- Respect for themselves and others
- Adherence to rules

In our part of the world where it is not possible to have much outdoor sports activity during the winter months, the



Northern Hills Community Association is doing a commendable job of getting the U4 to U18 under a central umbrella and starting the season early in May. Even though this is close to the end of school year and kids may be busy with their year-end assignments and exams, the soccer program is an important piece of the puzzle to get these future leaders stimulated on the academic side. With the active involvement of parents, volunteers and volunteer coaches the program will surely help in achieving broader goals in education and development, as it is focusing on the development of the individual and not only on technical sports skills.

Soccer with its mass global appeal, different leagues, yearlong qualifiers and the celebrity pull with massive amounts of media coverage acts as a hook and an attractive activity for young people, which can often be used as a draw card to recruit children and young people to health and educational programmes.

Coach Profile: Karol Angarita Gil

By Mustansir Paliwala

By day, Karol Angarita Gil is an Electrical Engineer who works on large commercial and industrial projects for a multinational corporation. By night, he dons his coaching hat with the Northern Hills Soccer program, and is on the field four times a week. As one of the volunteer coaches, he focuses his energies and efforts on imparting



in tackling pressure situation and sharpened the decision-making time frame which has helped him throughout his professional career.

As a father, he is of the view that a sport like soccer helps kids get their anxiety levels down, teaches them how to handle everyday pressure situations and brings out the competi-

tiveness which can help them massively in their future lives regardless of what they pursue. Karol has been living in Canada for the last 14 years, and is an active member of Calgary's Northern Hills community.

We wish Karol and his teams, U14 The Barneys & U6 Silver Dragon Aero planes, all the success for the current season.

Growing up in Columbia, a country which has given the world legendary soccer stars like Carlos "El Pibe" Valderrama and Mario Yepes, Karol fulfilled his passion playing the game on the streets with friends and neighbours. He greatly credits those "highly charged" games to have him become the individual he is today. Karol feels that playing soccer with large groups involving kids from different ages trained him



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"You will get satisfaction out of doing something to give back to the community that you never get in any other way." *Ruth Bader Ginsburg*



"Did You Know In the Hills?" Contest!

This month's trivia question is:

What are the FB search words to help residents join the Panorama Hills Building Safer Communities (BSC) Block Watch Facebook group?

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. Our winners win a \$50 gift card to Applebee's restaurant and a Vivo family day pass! Only current members will be entered in the draw; you can purchase or renew your membership online at

www.northernhills.ab.ca/membership

The winner of the "Did You Know in the Hills?" trivia question for the month of June is:

Liz Ballendine, Congratulations! The answer was "Leah Argao" and can be found on page 3 of the June 2017 Northern Edge News in the article titled "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 Vivo for sponsoring our contest!



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community. The more people that get out and meet their neighbours, the happier we are as a city. So go local and buy Village beer this summer!

Receipts can be sent to your community association in original or copy form, via email or hard-copy, and will be accepted until August 31, 2017.

If you have any questions please contact Rebecca with the Federation of Calgary Communities at community-relations@calgarycommunities.com or (403) 244-4111 ext. 204.

On behalf of Community Standards & Waste and Recycling Services

Thank you NORTHSTAR/NORTHERN HILLS

Congratulations on a successful **Community Cleanup** on May 27th, 2017.

The weights collected for this year:

- Garbage: 15350 kg
- Organics: 1340 kg
- Total: 16690 kg
- Truck Loads Hauled: 4

Thank you to the Community Association and residents for your commitment to keep our communities healthy, safe and vibrant.

How will you Activate YYC?

Launched on June 1, ActivateYYC is a micro-grant program that will fund 150 community projects across Calgary – events or activities that get people to walk, play and be neighbourly – like paint the pavement, pop-up BBQs, Little Libraries, community murals, bike parades, and so much more!

ActivateYYC grants will average \$750 in funding intended for organized groups and businesses to experiment with temporary local projects and events. Projects can be small or large, and on public or private land. They should involve volunteers and engage people. They are short term and can occur any time of the year. And they should be new and creative!

Through ActivateYYC – administered by The Federation of Calgary Communities and made possible by The City of Calgary, Council Innovation Fund – the 150 reimbursement

micro-grants will be awarded across Calgary to experiment with local level ideas that support more walkable and neighbourly communities. By engaging a diverse group of citizens we can



explore innovation, look at civic barriers to citizen-led projects and energize people, businesses and social organizations city-wide to engage in future community building projects.

The ActivateYYC application deadline is August 15, 2017. Projects/events can take place from September 2017 to March 2019.

Visit calgarycommunities.com/activateyyc today for all the information you need, including 101 project ideas to get you thinking about how you can activate your community!

She's chatting with a Nurse Practitioner right now.

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African Proverb

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NH July 17

Green Cart Q&A



As green carts are set to roll out this summer, here are some common questions you may have about the program.

Why are we doing this?

More than half of what's in our garbage is material that could be composted. Composting can reduce what goes into our landfills by half and instead creates a high quality, nutrient rich compost for local gardens, parks and farms. A great video to watch is available at calgary.ca/greencart.

What if I already compost in my backyard?

Continue to backyard compost and use your green cart too. You'll be surprised how many materials such as meat, bones, dairy, cooked foods, pet

waste, tree branches can now go in the green cart.

What about smells and rodents?

We found that residents in the pilot didn't experience an increase in pests around their carts. Collecting food and yard waste in the green cart is similar to putting them in the garbage. If your household hasn't experienced problems with pests and food odours in the past, it's unlikely you will with the new system. Some good practices to follow include:

- Empty the kitchen pail into your green cart every 2-3 days.
- Keep the lid of the kitchen pail and green cart closed.
- Put your green cart out for collection every week, even if it's not full.
- Sprinkle a small amount of baking soda or vinegar in your kitchen pail and green cart.

Will compost return to the community?

Yes, some compost will be available to the community for free through community gardens and select giveaway days starting in 2018. The majority of the compost will be sold in bulk to landscape suppliers with the proceeds reducing the processing costs and lowering the program fee.

Keep an eye out for your green cart and starter kit that will be arriving this summer. A community delivery schedule is available at calgary.ca/greencart.



Updated: 16-Aug-16

Membership Application

Membership expires one year from date of purchase. 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

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(Spouses) D.O.B: _____ (Spouses) Gender: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

Please indicate (✓) activities you would like to learn more about:

- Adult sports
- Arts & crafts
- Building Safer Communities (replacement for Blockwatch)
- Children's Sports
- Children's Non-Sports
- Other _____
- Community Social Events (Adult)
- Community Social Events (Family)
- Games Night
- Gardening
- Political Debates / Panel Discussions
- Seniors Fitness
- Seniors Games and Social
- Special Events
- Youth Council
- Youth Non-Sports
- Youth Sport

Please indicate (✓) activities you would like to see in your community:

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

Would you like us to contact you about volunteer opportunities in your community?

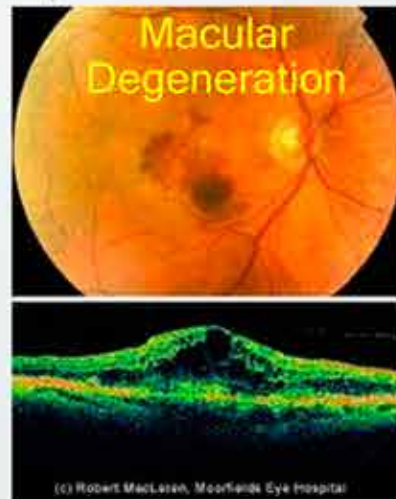
- yes
- no

PROGRESSIVE OPTOMETRY

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 Dr. Andrew Chan
 Dr. Anthony Fu

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Helping Your Children with Social and Emotional Skills Skills for Kindergarten

Age 5 is a 'big' age as these kids are getting ready for school! Now, we have to focus on getting ready for Kindergarten and learning new skills.

Emotional regulation is a crucial skill for kids to learn. They are beginning to learn to have a clearer sense of self. They learn about rules and values that tell them how to behave at school and in the community. They are forming relationships with teachers, peers and other adults. Learning how to manage their emotions when they can't have their way is important as they are learning to take turns and be nice to someone else when they win.

Talk to your child about "telling" and "tattling." This aids with teaching the child about rules on how to behave and how to handle situations when the rules are broken.

Telling is when a child reports a problem to the teacher or parent. It's essential to teach a child to "tell" and try to solve the problem. Three steps to teach "telling":

1. Use "I statements": I am having a problem with Jimmy
2. Name the problem: The problem is I'm not getting my turn.
3. Say what you need: I need some help with this problem.

Tattling is when we place blame



on someone else and doesn't solve the problem. Instead tattling asks a parent or teacher to find fault and/or punish the other person.

Another great way to help emotional regulation is to name the feeling.

Each feeling has a name such as happy, sad, etc. If needed, you can give each feeling a colour (happy is yellow) or you can make/print out pictures to help associate the feeling with the name. Expand vocabulary and use names such as pleased, delighted, upset, anxious, etc.

The Calgary NW ECD Coalitions consist of three coalitions that have joined forces with parents, community members, organizations and professionals --- all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nwecdcoalitions@gmail.com.



Harvest Hills Alliance Church

Single Service Sunday
Worship at 10:00 am.

Nursery available for newborns to 24 months @10:00 am July 1 through September 3.



ANIMATE

SERMONS
 JULY 2 - SEPTEMBER 3/17

10:00 AM SINGLE SUMMER SERVICES


SUMMER Exceptions:
 Come one, come all
 July 9 — Stampede Breakfast 9:00 - 11:00 am
 July 30 — SERVE Day (No Nursery)
 Participating in a variety of service activities throughout the community.

Go to our website for more information on these and other events.
 10099 Harvest Hills Blvd. N.W. Phone: 403-226-0990
 E-Mail: office@hhachurch.com www.hhachurch.com


In Partnership With
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Summer Soccer Camp
 Develop your soccer skills in a fun and challenging environment with our National B licensed coach and their team!!!



July 10-13, 2017 and/or
 August 21-24, 2017.
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 U8 - U12, 10 am - 3 pm. \$185.
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Northern Hills Community Association

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† 4-cylinder Toyotas. Vehicle surveyed 2015 Corolla CE 4 cylinder, automatic transmission with 60,000km. Competitive prices based on telephone survey conducted between March 20 through April 3, 2017 by Sykes Assistance Services Corporation (an independent market research firm), of single outlets for each competitive brand selected by this dealership. Current competitors prices may vary. Dealer prices and selection subject to change without notice. Prices do not include taxes. Prices will vary by make and model.



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

This Sudoku is provided by: Sudoku of the day:
<https://www.sudokuoftheday.com/> Answers on page 14

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

Music plays a big part in Canadian summers. Whether you like the blues, jazz, rock, folk, classical or hip hop there is bound to be a music festival playing your tune. Nothing beats an evening of outdoors entertainment, so if you have the chance check out your local music festival.



© 2011 colourcanada.com



Library News

Country Hills Library, 11950 Country Village Link NE

School's Out: 3 Things for Canada
 School's Out: 3 Things for Canada is a FREE, fun, interactive summer program for kids. Register now at calgarylibrary.ca/3things or at any community library. Play along all summer long. Sign up for programs and earn prize ballots as you read, learn, and make a difference!
 Grand Prize: Be the Library Boss for a Day!

#Read150
 Canada 150—read 150 books in 2017! Pick up your free Great Reads 2017 reading guide from any community library in Calgary. It's chock full of incredible reading recommendations for every member of your family. Visit calgarylibrary.ca to find out how you can be entered to win great prizes just for reading!

Heroes are not giant statues framed against a red sky. They are people who say: This is my community, and it is my responsibility to make it better.

— StudsTerkel

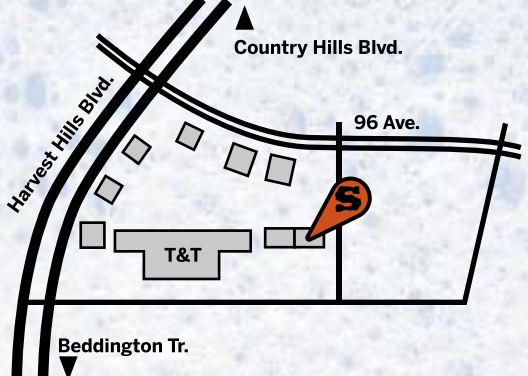


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Oh no! Not again!
 - Continued from Page 1

mandate to be plus or minus 25% which would put Calgary - Northern Hills within hundreds of the cap. While it could be done, this dilutes our votes in that it would mean 58,000 of us are voting for our government representation, while only 35,000 might be voting in another district. While we are still working on the numbers, and with the growth expected in Harvest Hills, and in Carrington and Livingstone to the north, there must be a better way to divide the community to a maximum of two MLAs.

So why are we telling you this? The public has the opportunity to submit their feedback to the commission. You may write the commission

until July 16 through an easy online form <http://abebc.ca/submissions/> or speak in person at a public hearing July 20th. You must register in advance here for the hearing:

<http://abebc.ca/public-hearings/>

But I don't know what else to say. The information you need is in this article. The changes proposed, do not meet legislation. More importantly, write about how these changes might impact you personally. Maybe you have an idea how to best divide the Northern Hills. Or not divide it. Right now, we have one MLA giving the Northern Hills 100% of their energy and focus. The full report and proposed boundaries can be found here: <http://abebc.ca/>



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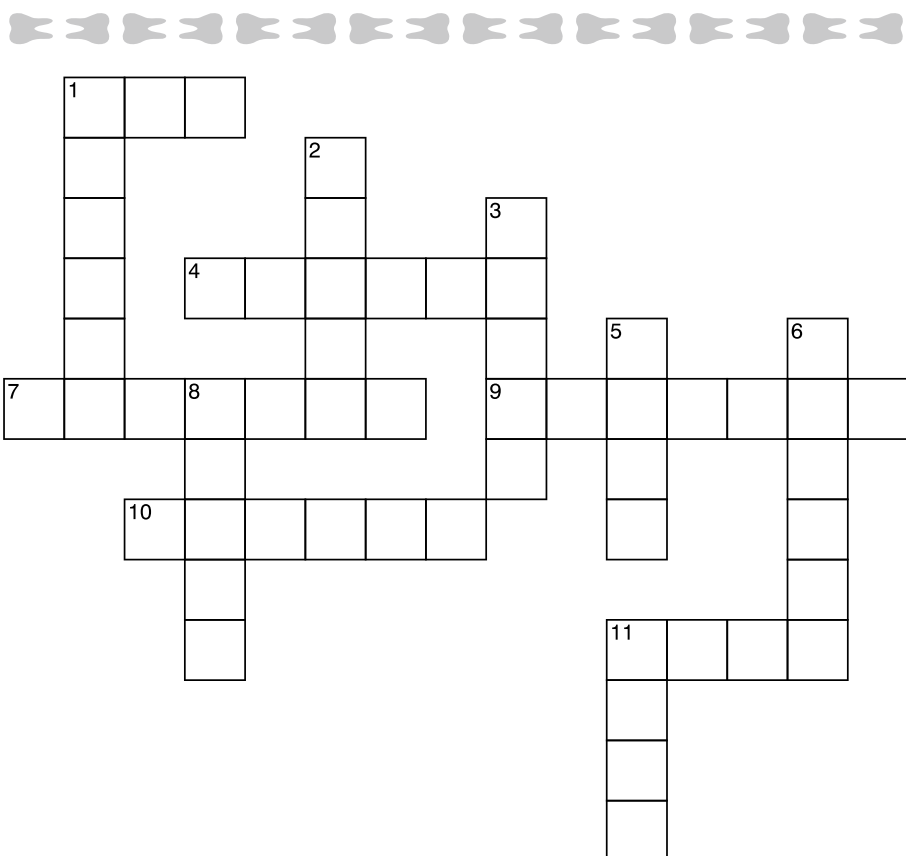
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ACROSS

- Use only a _____-sized amount of toothpaste when you brush.
- The hard outer layer of a tooth.
- Visit your _____ regularly.
- What your dentist applies to protect teeth from decay.
- A dentist uses this to help see all your teeth.
- They hold your teeth in place.

DOWN

- If not removed, can lead to cavities.
- Pictures of your teeth.
- Clean between your teeth with dental _____.
- Your first teeth.
- Limit between meal _____.
- Brush your teeth at least _____ a day.
- Smile.



DOWN 1 ENAMEL, 2 XRAY, 3 MIRROR, 4 GUMS, 5 SNACKS, 6 BABY, 7 FLOSS, 8 SEALANT, 9 PEA, 10 DENTIST, 11 TWICE, 12 PLAQUE

Messages From Your Elected Representatives



Ward 3 Councillor
Jim Stevenson

Coyotes

Calgary Parks recently closed a park and regional pathway area in Panorama Hills / Hidden Valley. The decision was done in consultation with Alberta Fish and Wildlife and the City of Calgary. Calgary Parks will continue to monitor coyote behavior in the city in coordination with Calgary Community Standards, and the Province (Alberta Fish and Wildlife). The Calgary Parks webpage (www.calgary.ca/parks) will continue to be updated. In order to track coyote locations and best monitor communities, citizens are asked to call 3-1-1 to report coyote sightings. Calgary Parks and Calgary Community Standards will continue to work with Alberta Fish and Wildlife to ensure a coordinated approach.

Coyote Safety Tips and FAQ

Safety Tips

- Exercise caution and be aware of your surroundings, especially if your home backs onto an open space or natural area.
- Don't leave small children or pets unattended.
- Even if there isn't a sign, remember that it is denning season and that coyotes could be around.
- Keep pets on a leash particularly in natural areas, and if in an off-leash area keep them in sight and under control.

What should I do if a coyote approaches or acts aggressively?

- Do NOT run or turn away.
- Try to scare the animal by shouting and waving your arms overhead.
- Bang sticks or objects together towards the animal – make as much noise as possible.

- Maintain eye contact with the animal and back away slowly.
- Carry a shrill whistle or portable alarm with you in areas frequented by coyotes.

How can I help to reduce or avoid problems with coyotes?

- Never approach or feed coyotes. Feeding them will habituate them to humans; they will associate humans with a food source.
- Secure open areas under porches, decks or steps.
- Clean up your compost, garbage and other potential food sources and clean up fallen fruit from trees and around bird feeders. Do not leave pet food dishes outdoors.
- Clean up after your pets in your yard or in parks. Coyotes can be attracted to an area by dog feces.
- Do not approach or feed wildlife. Wildlife do not need to be fed, and it may affect their health. It can create a dependency and habituate them to humans and teach them to associate humans with food.
- Do not provoke or approach coyotes to take photos.
- Do not attempt to intervene with dens or coyotes without a wildlife expert present.

Can coyotes be relocated?

Relocating coyote packs or individuals is not a viable option. Alberta Fish and Wildlife also do not support moving the pack because coyotes are very territorial. There is a risk that coyotes already established in the area of relocation will likely injure or kill introduced animals. There is also a risk of spreading disease.

What is the longer term solution for the denning season for next year and subsequent years?

Calgary Parks monitors coyote occurrences throughout the city. Calling 3-1-1 to report observations is a valuable source of information to identify populations and sites of potential conflict. We will take steps to reduce chances of conflict by removing any dens near pathways or other heavily used areas.

We will preferentially use hazing or other aversive

conditioning to instill a fear of humans in coyotes. Where there are persistent problems, or a threat to public safety, we will take steps to cull problem animals.

What will happen after the denning season is over – will coyotes be rampant in communities?

In the majority of cases, coyotes are exhibiting defensive behaviour during the denning season in order to protect their young. Once the young are no longer dependent on dens, we expect that most coyotes will disperse and generally avoid contact with humans. Feeding, food conditioning or other situations where animals are attracted to yards or busier areas of parks may result in continued conflict.

Is this year an anomaly or an indication of what will continue in future years as well? Will The City consider culling coyotes?

Discussions with Alberta Fish and Wildlife suggest that there may be some increased conflict in other areas of the province as well as in Calgary. We don't have any evidence at this point that this will be a problem in the future, but will actively monitor the situation.

Culling coyotes is our least preferred option, but will be used when necessary. Culling may not reduce population levels over time as coyotes will often reproduce more rapidly in these situations. The best long term solution is to reduce unnatural food sources or other attractants and promote co-existence strategies.

It is extremely unlikely, if not impossible to eliminate coyotes in the city or in any particular area.

As always, I welcome your calls and emails so if you have questions or concerns, please don't hesitate to contact my office. Also please visit my website for updated information: www.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

HELLO WARD 4 RESIDENTS,

Register the kids for a summer nature adventure

Looking for activities to keep the kids entertained this summer? Send them on a nature adventure!

The City of Calgary's nature day camps will keep your little critters busy as bees exploring bugs, birds, buds and beyond. These week-long, action-packed adventures provide a perfect blend of fresh air and fun where campers will learn about the natural world and its many wonders.

Nature day camps are offered July through August at the Inglewood Bird Sanctuary and Ralph

Klein Park. Half-day camps are available for children four and five years old. These bite-sized adventures include daily nature walks, games and crafts. Full-day camps, designed for children six to 12, include in-depth investigations and outdoor explorations focused on specific themes, including wetlands, raptors and winged wonders.

Visit calgary.ca/parksguide or call 403-268-3800 to register.

Summer Programs

Have fun with us this summer! The City of Calgary has a wide variety of exciting programs and special events that cater to children, youth and families, all led by qualified City staff. Join us all summer long and experience games, crafts, activities and more.

Find out what's happening in your area, visit calgary.ca/CommunitySummerPrograms.

Youth Employment Centre

Do you know someone aged 15-24 who is looking for work? The City of Calgary's Youth Employment Centre (YEC) offers year-round services and resources to help youth, aged 15-24, secure employment and take the first step in their career.

YEC offers a variety of services FREE of charge including employment counseling, career planning, networking assistance, resume assistance, industry training and mentorship opportunities.

Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit youthemploymentcentre.ca.

Have a great Summer!
Councillor Sean Chu,
Ward 4 www.seanchu.ca



Calgary-Northern Hills
MLA
Jamie Kleinstaub

Greetings Residents of Calgary Northern Hills,

Stampede Breakfast

Again this year, we partnered with VIVO for Healthier Generations to help organize the annual Stampede Pancake breakfast on July 8th, starting at 8:30 AM.

The Northern Hills sees thousands attend our community's Stampede breakfast each year. It's great that so many volunteers help make this one of the largest Stampede events in Calgary!

I've had the pleasure of working with VIVO to host this event the past two years. Special thanks goes to VIVO's planning committee, meeting months in advance to make the 2017 breakfast a great success and an enjoyable time.

Funding Orphan Wells Cleanup

Thanks to a boost in funding to help address orphaned wells across our province, Albertans will soon have a cleaner environment and, in the process, help create 1,650 jobs over three years.

During the spring session, the Alberta government moved to lend the Orphan Well Association (OWA) \$235 million to speed up reclamation of a growing number of oil and gas sites that no longer have a responsible owner.

The OWA is an industry-funded agency working to close and reclaim infrastructure from companies that are no longer in existence. The OWA's work involves removing equipment, sealing wells and ensuring the safety of the site.

Following the collapse of global oil prices, a growing number of Albertans were left with a mess of abandoned wells on their land. The Alberta government worked with the oil and gas industry to secure funding from the federal government for this important priority, knowing that Alberta's energy industry has the skills needed to do the work of closing these abandoned wells.

Funding came through in the 2017 federal budget and it will now be put to good use. The loan will be repaid over ten years by industry through the existing Orphan Fund Levy without adding a

new tax or levy on industry, while ensuring that the "polluter pays" process remains intact – because Albertans should not be on the hook for the cleanup.

Our government is taking action to fix this problem that has been ignored for too long.

As Daryl Bennet from the Alberta Surface Rights Federation explains, "Speeding up the reclamation process will benefit landowners by preventing contamination, removing obstructions to farming operations and improving the food safety of crops and animals."

We will continue to evaluate how to best manage this problem both now and in the future. Although this work is just beginning, we will continue to find ways to better protect people and our environment, while keeping Alberta a competitive place to invest.

Your MLA,
Jamie Kleinstaub

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

Email: calgary.northernhills@assembly.ab.ca



Honourable
Michelle
Rempel, M.P.
Calgary
Nose Hill

**Report to Constituents
– July 2017**

As your Member of Parliament, I am honoured to serve you and represent our beautiful riding of Calgary Nose Hill while I'm in Ottawa. I believe it is important for Alberta to have a strong voice in the capital and as your MP I will continue to ensure that the voices of our community are always heard.

This Canada Day marks 150 years of Confederation and the birth of our great nation. As we celebrate, we have a chance to reflect on the great country we have become and look towards

our bright future. Our country was built by people with strong convictions and commitments to their communities, and Canadians have maintained these traditions. Canadians demonstrate these values today as we draw strengths from our country's regional, cultural, and linguistic diversity.

As we look forward to the next 150 years, let us use this time to contemplate the Canada we want to shape and leave behind for the next generations. How can we build on Canada's notable past to build a brilliant future? I encourage all members of our community, and all Canadians to imagine what our country can achieve and work together to reach our goals as we celebrate this Canada Day.

Happy Canada Day!
403-216-7777
Michelle.Rempel@parl.gc.ca
Website: www.michellerempel.ca
201-1318 Centre Street N.E.,
Calgary, AB, T2E2R7

Chip in Fore Communities on Friday, August 11!

Are you itching for a fun game of golf that includes lunch, 18 holes in a power cart with goodies along the way, a delicious dinner, a fantastic foursome competition, and the opportunity to win amazing prizes, while also supporting a great cause? If so, register today for the Federation of Calgary Communities 5th Annual Chip in Fore Communities Golf Tournament, presented by Save-On-Foods! The tournament will take place on Friday, August 11, 2017 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, 18 holes of golf in a power cart, and dinner.

There are 152 community associations in Calgary that need a support organization that understands their needs. The Federation of Calgary Communities is that organization. This golf tournament will help raise funds for the Federation of Calgary Commu-



nities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary. Help us help them by golfing with us on Friday, August 11! Visit calgarycommunities.com/events to register today. If you have any questions or are interested in finding out more please contact Rebecca with the Federation of Calgary Communities at communityrelations@calgarycommunities.com or (403) 244-4111 ext. 204.

DID YOU KNOW?
Your Community Association receives no city or government funding? They rely on membership fees, ad revenue, donations, casinos and grants.

Northern Hills Community Association

A Goodwill Offer to the Community

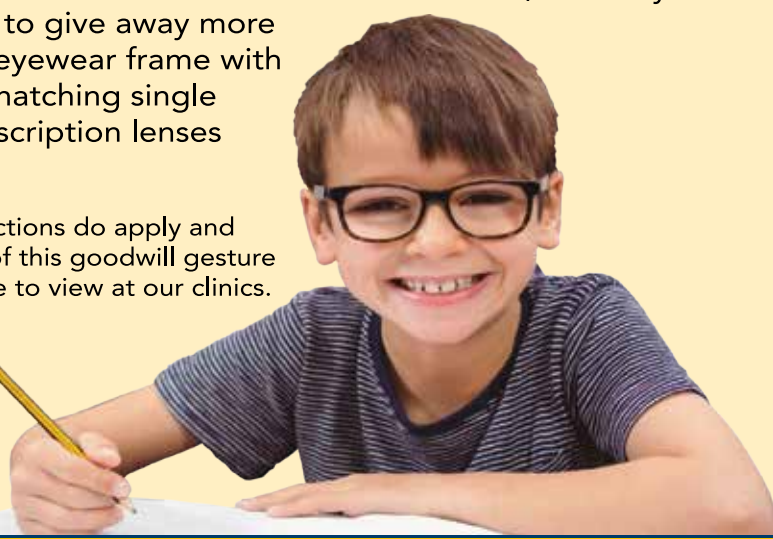
If you are a family with a child 15 years of age or younger, who is in need of prescription eyewear, and you are struggling in the current economic climate, we would like to offer you a chance to

win one FREE pair of prescription glasses by entering our weekly draw.

To enter, just drop by one of our clinics, fill-in an entry form and drop it into the ballot box. No questions are asked and we will not judge or publicize the names of the winners.

Monetary donations to this fund are welcome, and may enable us to give away more than one eyewear frame with a pair of matching single vision prescription lenses per week.

Some restrictions do apply and full details of this goodwill gesture are available to view at our clinics.



Two convenient locations serving the Northern Hills Communities

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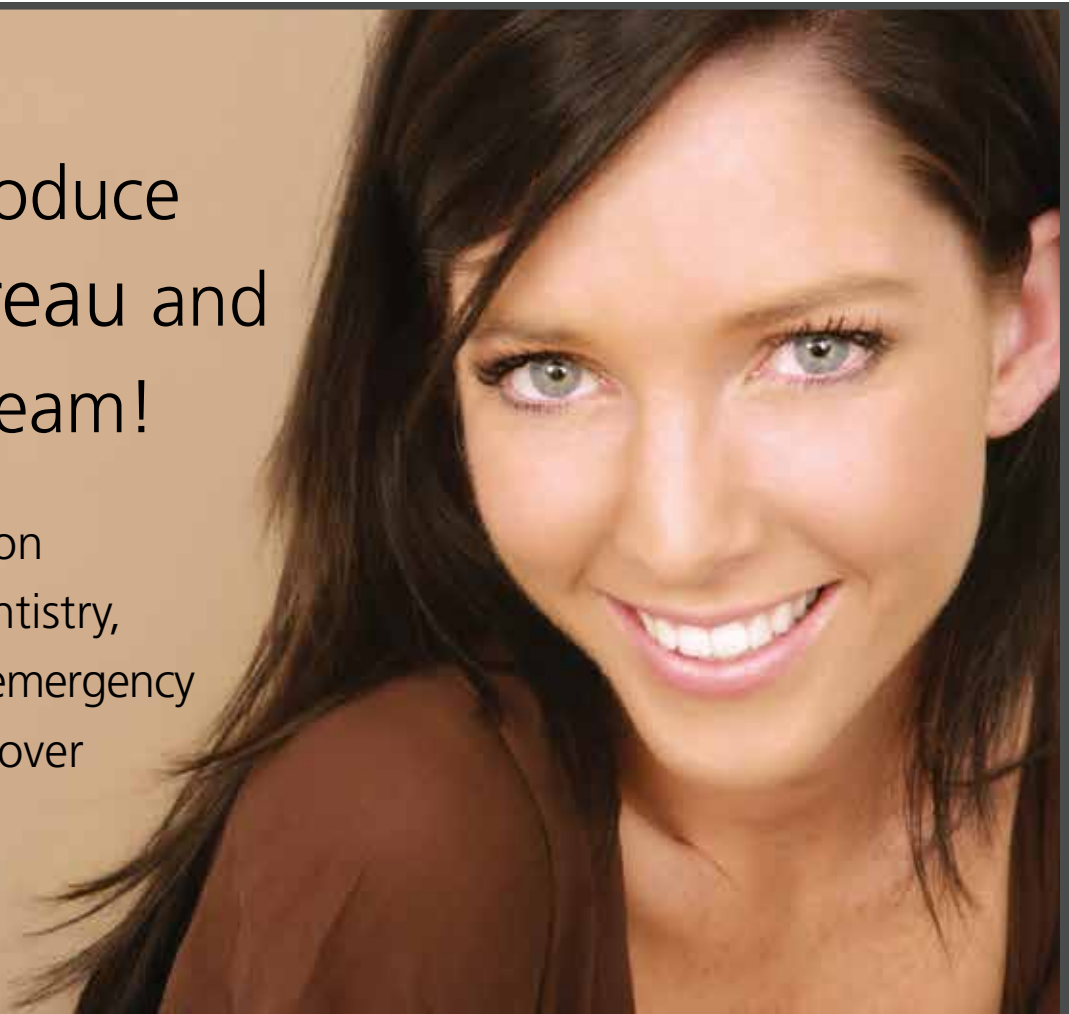
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Dr. Seto is happy to introduce Dr. Maria Chan-Goudreau and Dr. Tonny Tang to the team!

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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