

NORTHERN HILLS COMMUNITY ASSOCIATION

Northern Hills
Community Association

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

www.northernhills.ab.ca

Northern Lights Contest: The Winners!

It has been another beautiful year of Christmas lights and decorations for our communities and another exciting year for the annual NHCA Northern Lights Contest!

We would like to thank all contest participants for their entries, and all residents of the Northern Hills who put up lights and decorated our community during the 2016-17 holiday season.

From the entries, the NHCA is pleased to announce the following best-dressed homes for the holidays:

The Winners

First place: 107 Panora Square NW, winning the grand prize of \$200 in Applebee's gift cards!

Second place: 248 Harvest Creek Court, winning \$150 in Applebee's gift cards.

Third place: 68 Harvest Oak Drive, winning \$100 in Applebee's gift cards.

Fourth place: 1085 Panamount Blvd NW, winning \$50 in Applebee's gift cards.

Nominators:

From this year's random draw for nominators, Corinne Swirsky, Barry Little, Linda Hrischuk, Bahadur Samji and Carol Bawkowy each receive \$50 in Applebee's gift cards.

Congratulations to all the winners, and we hope everyone joins again in next year's contest!

This much-loved community contest has been sponsored by Applebee's Northpointe again this year. Please help us to thank them for their continued generosity and community spirit by saying "Thanks!" next time you visit.

Don't forget – they are also an NHCA Member Discount partner! Show your valid NHCA Membership card and you can get 15% off your bill (dine in only; excludes alcohol, "2 Can Dine For" and Early Bird specials). So, why not renew your membership today?



First place:
107 Panora Square NW

Fourth place:
1085 Panamount Blvd NW



Second place:
248 Harvest Creek Court



Third place:
68 Harvest Oak Drive

February 1-28: NHCA Sports Registration

Kids, Teens & Adults Outdoor Soccer and Adult Slo-Pitch

February 2 - March 23: Come Play with Me
free-drop in at Vivo

February 12: CCMA Chinese New Year Riddle
Guessing Festival at Vivo

February 20: Family Day FREE SKATE at Vivo with Calgary-Northern
Hills MLA's Office



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

FROM THE PRESIDENT

3

SPRY IN THE HILLS
SPRING SCHEDULE

6

TFSA: GREAT
INVESTMENT TOOL OR
WASTE OF TIME?

7

COLOURING CONTEST
& SUDOKU

10

ELECTED REPS

12

this month
WHAT'S INSIDE

FREE ICE CREAM
ON PAGE 10

HAVE YOU REGISTERED YET?

NHCA Outdoor Sports Registration

www.northernhills.ab.ca



Northern Hills
Community Association

Northern Hills
Community Association





MON 8am - 6pm • **TUES-THUR** 7am - 8pm
FRI 8am - 4pm • **SAT** 9am - 4pm

FAMILY DENTAL CARE CLOSE TO HOME!

NOW THAT'S SOMETHING TO SMILE ABOUT!™

Dr. Joel Thurmeier



Visit Dr. Joel Thurmeier & Associates

- Family & Cosmetic Dentistry
- Extended Hours: Early Morning, Evenings & Saturdays
- Direct Insurance Billing
- Emergencies Treated Promptly
- Intra-oral Cameras and Digital Xrays
- TV's In Every Room
- Massage Treatment Chairs
- Soft Tissue Laser Therapy
- Oral Cancer Screenings
- Zoom Whitening
- Child Hygiene Program & Dedicated Children Play Area

GENERAL FAMILY DENTISTRY IN PANORAMA HILLS NW

New Patients & Emergencies Always Welcome!

Visit us at
www.PanatellaDental.com

650, 1110 Panatella Blvd., NW,
 Calgary, AB T3K 0S6

"Panatella Dental" and the logos, tag lines and designs associated with these trade-marks, are trade-marks of J. A. THURMEIER PROFESSIONAL CORPORATION, Canada.
 All rights reserved."



Located Beside Save-On Foods In Panorama Hills

403.226.4788

WWW.PANATELLADENTAL.COM



From the President

Northern Hills
Community Association



I hope that everybody is staying warm through this long cold winter.

Several of our community playgrounds are in dire need of an upgrade. Our volunteer committee spearheaded by Victoria and Meghan have worked diligently to address this issue and we thank them for their hard work. The Northern Hills Community Association has budgeted \$10,000 towards this important project, but we do need donations from the residents of Northern Hills to make this happen. If you would like to donate you can do so by two ways:

1. You can donate money towards

the playground update. Directions are on the Northern Hills website at: www.northernhills.ab.ca/playgrounds-update/

2. Volunteer your time in planning and for the build itself. You can contact either Victoria or Meghan via harvestplayground@northernhills.ab.ca

NHCA will be having our Casino on March 24th and 25th. We are desperately searching for volunteers to work both day and evening shifts. Please email volunteer@northernhills.ab.ca if you would like volunteer. The revenue that we receive from the Ca-

sino allows us to add more value to our programs and events, and helps to pay for our rinks, playgrounds and more.

In April, our Annual General Meeting will take place. Next newsletter, we will post the location, date and time. If you are interested in joining the board, please contact the office and I will get in touch with you. I have served on the Board for over three years now and it has been a valuable way for me to give back to my community as well as give input

into the Community Association. Getting Board Members has always been a challenge and to make our communities better, the community requires a vast amount of expertise.

– Rick Lundy

NHCA VOLUNTEER OPPORTUNITIES

If you would like to volunteer with any of our programs or events, please contact:

volunteer@northernhills.ab.ca

These very important areas could use your help:

CASINO!

March 24th & 25th, 2017 Casino: Do you love to help out at casino fundraisers (or just really enjoy the free buffet!)? The NHCA takes part in casinos to help us fundraise to subsidize many of our programs and builds as well as

helping to pay for maintenance of our rinks, and more. If you can help us on either March 24 (Friday) or March 25th (Saturday), please get in touch as soon as possible. Contact: volunteer@northernhills.ab.ca

RINKS

If you can help flood, clear or maintain the outdoor pleasure rinks in Harvest Hills and Panorama Hills, even casually, please contact volunteer@northernhills.ab.ca and ask to be put in touch with Daniel.

FUNDRAISING

Are you great at fundraising or

marketing? The NHCA Playgrounds Committee now has a Parks Foundation account, and could really use your help on a large, outdoor, community enhancement project to raise some funds from the community that they can use towards the matching portion of a grant. If you can help, please contact: harvestplayground@northernhills.ab.ca

If you can help with a donation, please see elsewhere in this newsletter for info about how you can donate towards this fantastic community project and get a tax receipt!

NHCA Contacts

BOARD MEMBERS

President: Rick Lundy
1st Vice President: David Hartwick
2nd Vice President: Amanda Davis
Secretary: Jessie Leighton
Treasurer: Lonny Mah
Directors: Jory Allen, Wayne Brown, Susan Burke, Suresh Fernando, Mohamed Hassanin

COMMITTEES

Adult Slopitch: Neil Meyer
Adult Soccer: Janice Henderson
Advocacy: David Hartwick
At Home in the Hills: Allan Pole
Beautification & Community Enhancement: Brice Bouwa
Building Better Communities (Block-watch): David Hartwick, Shane McEwen, Tavis Settles, Jesse Sinclair
Business Development: Wayne Brown
Community Gardens: Jon Berlie, Melissa Duong, Sarah White
Events: Jory Allen
Finance: Lonny Mah
Membership: VACANT
Planning: VACANT

Playgrounds: Victoria Henry, Meghan Keating
Rinks: VACANT
SPRY in the Hills: J-L Emond
Vivo Rep: Suresh Fernando
Volunteers: Mohamed Hassanin
Youth: Amanda Davis

For board and committee contact emails, please visit our website at:
www.northernhills.ab.ca

CONTACT:

NHCA at Vivo,
11950 Country Village Link NE,
Calgary, Alberta T3K 6E3
Tel: 403-226-6422
Fax: 403-226-6421

Ad Sales: Heather Hubert, marketing@northernhills.ab.ca
Newsletter Editor: Luz Bolo, editor@northernhills.ab.ca
Administrator: Marina Barrett, admin@northernhills.ab.ca
Bookkeeper: Angela Hinsberger
Executive Director: Moraig McCabe, moraig.mccabe@northernhills.ab.ca
Website/IT: Troy Davis, troy.davis@northernhills.ab.ca
Newsletter Publishing: Duane Thomson at Keyline Publishing



“Did You Know In the Hills?” Contest!

This month's trivia question is:

Where and when will the City of Calgary's "We Are Family" event be held?

Please send **your answer, the article title and page number**, along with your name, contact information and NHCA membership number* to: editor@northernhills.ab.ca. **Each of our winners win two Landmark Cinemas passes and a \$50 gift card to Applebee's restaurant!** *Only current members will be entered in the draw; you can purchase or renew your membership online at www.northernhills.ab.ca/membership.

The two winners of the January contest are: Adriana Burton and Lana Matt. Congratulations!

The correct answer to the question: "How many businesses currently provide discounts to our NHCA members?" was "65" and it was in the article titled "Big Discounts Are 'Nearby'" on page 7. Thank you to all of you who submitted your answers, and we look forward to your continued participation.

Thank you for the great community support from Applebee's and Landmark Cinemas for sponsoring our contest!



PINKS & PLATES INSURANCE

Let Us Shop Around For You For Lower Premiums

Home-Auto-Commercial

Discounts Up To 75%

403-475-9898

DEERFOOT Shoe Repair

Alteration - Embroidery

403-275-2999



Walk-ins Welcome

Brand New Salon

403-764-5001

10 COUNTRY HILLS LANDING NW (NEXT TO JOHNNY B'S CAR WASH)

CROSSWORD

"Cut A Rug"

SPONSORED BY :
Chartwell Harbours
Retirement Residence.

1	2	3		4	5	6		7	8	9		10	11	12	
13			14					15				16			
17								18				19			
20								21							
22								23							
			24	25	26				27			28	29	30	
31	32	33						34				35			
36									37	38	39	40			
41								42							
43			44	45	46				47						
			48					49	50			51	52	53	54
55	56	57								58	59				
60									61						
62				63					64						
65				66					67				68		

ACROSS

- 1. Quirk
- 4. Classic opener
- 7. La lead-in
- 10. Cirque
- 13. Symbol of purity
- 15. Diamond stat
- 16. Ground breaker
- 17. Tango, e.g.
- 20. Negative particles
- 21. Small valves
- 22. Large amounts
- 23. Matched
- 24. Wrinkly fruit
- 27. In a consistent manner
- 31. Ancient Spaniards
- 35. Carnival site
- 36. Two-step, Latin American style
- 41. Part of a balance
- 42. Botanical gardens
- 43. Positions
- 47. Growing room
- 48. Vacillate
- 51. J.F.K. postings
- 55. Old counters
- 58. Cruelty
- 60. Jarabe tapatio
- 62. Close one
- 63. River to the North Sea
- 64. Muscle ache

65. "So ___ me!"

- 66. Bishop's jurisdiction
- 67. "___ Blues" (Beatles tune)
- 68. Elton John, for one

DOWN

- 1. Big brass
- 2. Cockeyed
- 3. Eyelashes
- 4. Norse goddess of fate
- 5. "Aeneid" figure
- 6. Plastic ___ Band
- 7. When haroseth is eaten
- 8. Bloviates
- 9. Surgeon's tool
- 10. À la mode
- 11. College grind
- 12. Ryan and Tilly
- 14. Resolution
- 18. Car ad abbr.
- 19. Conclusion
- 23. Hokkaido native
- 25. Kind of mill
- 26. Delay
- 28. Mold-ripened cheese
- 29. Fluff
- 30. Eastern discipline
- 31. Pucks
- 32. Vanquished
- 33. White-tailed eagle
- 34. Swell place?
- 37. Ring result

Answers on page 14

Ideal Protein
Ideal Protein Authorized
Weight Loss Center

\$25 off
startup
fee

ideal You
WEIGHT LOSS CENTER

587-393-4200
idealyoucalgary@gmail.com
200, 200 Country Hills Landing NW

- Doctor derived, structured weight loss protocol
- A variety of Spicy, Sweet and Salty gourmet foods
- One-on-One weekly coaching to educate and motivate you
- Program that also teaches smarter eating to sustain post diet lifestyle changes
- Losing weight can improve blood sugar levels
- and Much More!

EVERYTHING TASTES BETTER
TOGETHER

Bring on the friends, family, and food.

— only at —
APPLEBEE'S®

388 Country Hills Blvd. 2121-36TH Street
403-226-6160 587-351-3871

L Learning by Playing Preschool
403-440-1825 www.learningbyplaying.ca

Accepting 30 months to 5 years old
Prekindergarten Program

Lots of fun activities
like acting, yoga for kids, creative crafts.

REGISTRATION
Sat, Feb 11th, 11am to 1pm

Lots of love and care!!!

jane swinton
INTERIORS

paint selection
kitchen design
full renovation and design
designs for basement development
staging for real estate

Over 15 years of interior design experience
I can help with everything, from picking the perfect paint colour to a full interior renovation

"Let's Create Your Perfect Space"

403-921-0046
janeswintoninteriors@shaw.ca

Outreach in the Hills

COME PLAY WITH ME!

Free, drop-in, Parent Link programming for 2017

Where: Vivo, 11950 Country Village Link NE, Calgary, AB T3K 6E3

When: Feb 2-March 23 2017, (**NO Program Feb 16**), Thursday Mornings 10-11:30 am.

Come join us for the return of a free drop in playgroup for parents and children (birth – 5), located outside the Panther physiotherapy site, on the East side of the building at Vivo. There is lots of parking available outside the East entrance, at the back of the building. The space is on the upper floor and can be reached by taking the stairs or the elevator.

Children are able to move about in the room and pick from a variety of play areas such as dress up, play dough, puzzles and a lots of toys. Staff will be available to answer questions about developmental growth, parenting, and help parents identify community resources.

This program is a partnership with Family Connections Parent Link Centre, Northern Hills Community Association and Vivo. For more information call 403-275-6666 #276 or check the Parent Link website at: www.weconnectyou.ca

BASIC NEEDS REFERRALS

We would like to thank the North Central Family Support Program and BowWest, who have partnered with the NHCA to provide some help to families in our area via community social support outreach for the past year. Victoria has been helping many, many families, seniors and singles experiencing economic challenges in our communities access basic needs referrals for services such as the Calgary Food Bank, help at Christmas and more, out of the NHCA office at Vivo on Mondays from 5:00 – 9:00 PM and Tuesdays from 3:00 – 6:00 PM.

You can book an appointment directly with her

by email at: victoria@bowwest.com or by calling 403-703-0140.

Family Workshops and the Good Food Box

The North Central Family Support Program can offer:



- 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 can 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.

Call 403-275-6666 ext. 221 / ext.232 or email Lili Bunce at: lili@weconnectyou.ca to find out what programs are available in 2017.

Did you know Vivo and Harvest Hills Alliance Church are operating the Good Food Box program in the Northern Hills? This is available to ALL residents, regardless of income!

For more information, please visit: www.gfbcalgary.com



ARE YOU INTERESTED IN PLAYING LITTLE LEAGUE BASEBALL?

- ⌚ AGES 5 – 18
- ⌚ REGULAR SEASON PLAY EARLY MAY – LATE JUNE
- ⌚ SUMMER ALL – STARS JULY - AUGUST

**REGISTRATION FOR LITTLE LEAGUE BASEBALL IN YOUR AREA
REGISTRATION HAS STARTED**

SEE WWW.CLLBASEBALL.CA FOR MORE DETAILS

STEP INTO WINTER

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

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

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

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

To participate contact Research Coordinator: perryr@ucalgary.ca



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



Cory
Agent
403.988.2122



YOUR RESIDENT REALTOR®
FOR OVER 30 YEARS



Tom
Broker
403.803.5151



Text **PREP** to 403-875-3488 to get your **FREE PREPARING YOUR HOME FOR SALE GUIDE**

Visit us at www.wallerrealestate.ca • Email us: info@wallerrealestate.ca





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

Mail Payment to: Northern Hills Community Association (VIVO, Genstar Wing)
11950 Country Village Link NE Calgary AB T3K 6E3

Fees:

- Family \$30 Single \$20 Senior (60+) \$20
 *Associate \$30 Business \$50 **Business Plus \$120

*Family/Single/Senior outside of the Northern Hills Area **Additional Web Ad
Please enclose cheque payable to "Northern Hills Community Association"

First Name: _____ Last Name: _____

D.O.B: _____ Gender: _____

(Spouses) First Name: _____ (Spouses) Last Name: _____

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

Address: _____

Postal Code: _____ Phone: _____

Email: _____

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

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

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

- | | | |
|---|--|---|
| <input type="checkbox"/> Older Adult Programs | <input type="checkbox"/> Outdoor Ice Rinks | <input type="checkbox"/> Farmers Market |
| <input type="checkbox"/> Children's Softball | <input type="checkbox"/> Indoor Soccer | <input type="checkbox"/> Tennis Courts |
| <input type="checkbox"/> Other _____ | | |

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

- yes no

SPRY (Senior Persons Regaining Youth) in the Hills Program for Winter-Spring 2017

SPRY In The Hills – Winter/Spring 2017

LOCATION: Child Minding Room at Vivo (by the northwest entrance)

Tuesdays			Thursdays	
January	2:30 – 3:30	3:30 – 4:30	January	3:00-4:00
17	Seniors Exercise Class	Social/Games	19	Seniors Exercise Class
24	Seniors Exercise Class	Social/Games	26	Seniors Exercise Class
31	Seniors Exercise Class	Social/Games		
February	2:30-3:30	3:30-4:30	February	3:00 – 4:00
7	Seniors Exercise Class	Social/Games	2	Seniors Exercise Class
14	Seniors Exercise Class	Social/Games	9	Seniors Exercise Class
21	Seniors Exercise Class	Social/Games	16	Seniors Exercise Class
28	Seniors Exercise Class	Social/Games	23	Seniors Exercise Class
March	2:30-3:30	3:30-4:30	March	3:00-4:00
7	Seniors Exercise Class	Social/Games	2	Seniors Exercise Class
14	Seniors Exercise Class	Social/Games	9	Seniors Exercise Class
21	Seniors Exercise Class	Social/Games	16	Seniors Exercise Class
28	Seniors Exercise Class	Social/Games	23	Seniors Exercise Class
April	2:30-3:30	3:30-4:30	April	3:00-4:00
4	Seniors Exercise Class	Social/Games	6	Seniors Exercise Class
11	Seniors Exercise Class	Social/Games	13	Seniors Exercise Class
18	Seniors Exercise Class	Social/Games	20	Seniors Exercise Class
25	Seniors Exercise Class	Social/Games	27	Seniors Exercise Class
May	2:30-3:30	3:30-4:30	May	3:00-4:00
2	Seniors Exercise Class	Social/Games	4	Seniors Exercise Class
9	Seniors Exercise Class	Social/Games	11	Seniors Exercise Class
16	Seniors Exercise Class	Social/Games	18	Seniors Exercise Class
23	Seniors Exercise Class	Social/Games	25	Seniors Exercise Class
30	Social/Games	Social/Games		

There are no SPRY sessions at Vivo for the months of June, July and August, but please check your community newsletter over the summer for information about events and things to do for 55+ residents in the Northern Hills.

“You’ll be glad you called Richard First.”



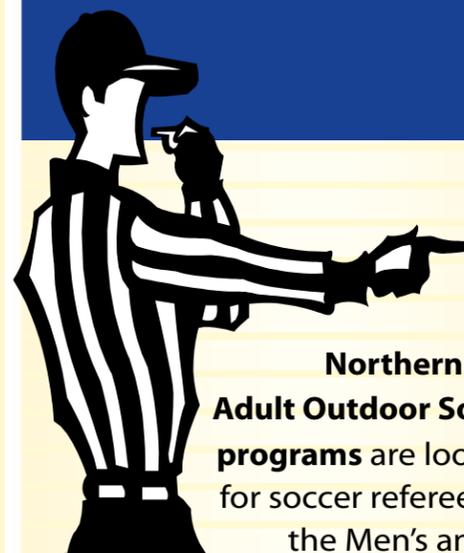
- ✓ Over 30 years experience
- ✓ Over 4,000 families have trusted Richard with their real estate needs
- ✓ Ask about the 90 Day Guaranteed Sale
- ✓ Find out why so many satisfied customers continue to use and recommend Richard

BUYING OR SELLING REAL ESTATE?
CALL FOR A COMPLIMENTARY
NO COST OR OBLIGATION CONSULTATION

Richard Fleming
403-651-4400
richard@richardfleming.ca
www.calgaryrealestatesales.ca



REFS WANTED!



Northern Hills Adult Outdoor Soccer programs are looking for soccer referees for the Men's and/or Women's Soccer Leagues, for the spring-summer season.

If you are interested, please contact Jens at SoccerTech by email:

jens@soccertech.ca or call: 403-863-3001



TFSA: Great Investment Tool or Waste of Time?

By Willis J Langford BA, MA, CCS

What is a TFSA? It stands for Tax-Free Savings Account. If you are not careful this thing could end up costing you more than you'll ever gain. This savings vehicle was introduced by the government in 2009 with a maximum contribution room of \$5000 for that year. Each year we've been allotted another amount. The maximums have changed over the years and now the total contribution room has grown to \$53,000. The contribution room carries forward from year to year until you use it.

The Big Idea Here:

There is no tax deduction for putting money in, like an RRSP, but once in, there isn't any tax payable on the growth that occurs on your money inside the account. The government designed these accounts to encourage Canadians to save more money! Consider this: If you do not have any growth on the money in the account then it's purpose has been defeated. The tax that you would owe on no growth is zip, zero, nada so you might as well use your additional savings to pay down your mortgage, at least you will be saving on interest costs.

If you have a bank held TFSA and your money is invested in what is sadly termed a "High Interest Savings Account". Those accounts are currently paying 0.45% which means on

a \$10,000 deposit you will be make a whopping \$45/year. Pointless!! There are better investment options for you than that.

Some financial institutions may charge you for having the dang thing. Talk about adding insult to injury. They want you to open a TFSA - charge you an annual fee for having it - put you a lousy low-interest bearing investment - and then charge you if you want to take your money out of it. It's a lose-lose-lose for you and a win-win-win for the them (they get 4 wins because they are taking your money and loaning it to others and making 3% or so). If you are not making money on your money there isn't any advantage to having a TFSA. Remember: you have to make your money work for you.

The TFSA is an awesome savings vehicle and you should use it to your full advantage. It's a way to set up a personal pension plan if you are 10 or more years from retirement. This will create a great tax-free income source in retirement that will not create any conflicts with other government benefits like OAS. The TFSA can be used to park unneeded retirement cashflow, because of the ease of moving money in and out, and you never lose the contribution room. Your TFSA can also be a good place to grow an emergency fund.

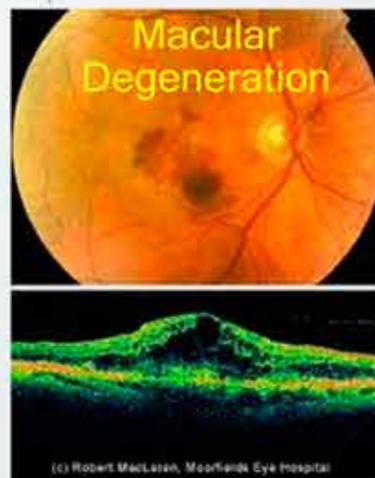
Be Informed and stay informed, after all, It's Your Money!

PROGRESSIVE OPTOMETRY

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

IT'S NATIONAL HEART MONTH

Your eye is the only place to see the bare artery, vein and nerve.



Our clinic has state of the art

3D OCT Imaging

to detect early signs of

Atherosclerosis

High Cholesterol

Hypertension

Type I & II Diabetes

Carotid Artery Disease

before they cause vision loss and further affect your health!



Ask a Dietitian



Looking for help **managing your weight** in 2017?

Do you need expert advice on **nutrition**?

Get professional guidance from a registered dietitian at **FREE** small group appointments for:

- Weight management
- Diabetes or pre-diabetes
- High blood pressure or cholesterol

Classes are Thursday mornings, 10 - 11:30 a.m. at Vivo (11950 Country Village Link NE).

Register at cfpcn.ca or **587-774-9736**

Stoney Trail		
Progressive Optometry	Harvest Hills Blvd	
Panatella Blvd		Superstore
Panamount Blvd		Empire Studio 16
Country Hills Blvd		



New Patients Welcome

Walk-in, Evening & Weekend Appts

Vision Therapy

Occupational Safety Eyewear

Direct Billing to Most Insurances

34 Panatella Blvd NW

403 248 3937

www.progressiveoptometry.ca



Your Health, Your Team, Your Community



DINNER & MOVIE DEAL

Two Entrees and Two Movie Tickets Starting from as little as \$40



THERE'S ALWAYS A REASON TO CELEBRATE
 applebeescanada.com © 2016 Applebee's International, Inc.



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

Children's Programming Nursery to Grade 4 during both services. Grades 7-12 meet at 9 am. Class for Grades 5 & 6 at 11 am.

<p>FREE Gr. 7-12 MATH & SCIENCE TUTORING Wednesdays from 3:30 - 5:30 pm Just drop in steve@hhachurch.com</p>	<p>YOUNG AT HEART (55+) FEBRUARY 16 MARCH 16 APRIL 20 Join us for our 11:30 am Coffee Fellowships followed by our Noon Hour Potlucks</p>	<p>Community & Church Family Event We welcome NEW WEST SYMPHONY & CHORUS February 12, 7:00 pm</p>
--	---	---



Where do you go to ask your big questions?

ALPHA CANADA

February 16 - April 13, 2017
 Begins at 6:00 pm with Dinner
 Harvest Hills Alliance Church
 aaron@hhachurch.com

Join Us
 Location
 Contact

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

Call 311 for Accessibility



The City of Calgary is committed to ensuring that all Calgarians, including anyone living with a disability, are welcome to participate and enjoy City events, services and programs.

Services like captioning, sign language interpreters, assistive listening devices and other services are available to accommodate your needs. Contact 311 to request an ac-

commodation or service for any City event, including public meetings, open houses or engagement sessions. Please provide at least two weeks' advance notice so we can coordinate the service.

We're committed to providing a barrier-free municipal experience for all Calgarians. Visit calgary.ca/accessibility for more information.



Starchevski SCHOOL OF BALLET

Register online!

www.ssballet.ca

Ballet, Jazz, Tap, Lyrical, Hip

200 Country Hills Landing N.W.
 403 226-8874



Northern Hills Community Association

keep MORE in your wallet with our **MEMBER DISCOUNTS**

www.northernhills.ab.ca/member-discounts/

FIND YOUR FIT

LOTS OF CLASSES WITH AMAZING INSTRUCTORS WHO PUT THE FUN IN FITNESS!

FOR MORE INFORMATION, START DATES, AND TO REGISTER VISIT US ONLINE!



WOMEN'S ONLY ZUMBA

PILATES
 FOR MEN & WOMEN

BOOTCAMP
 FOR BABY AND YOU



**Welcome to the
new and improved
NHCA Soccer...**

Northern Hills
Community Association

NHCA OUTDOOR SOCCER

Players will have fun, and develop their game in our structured, developmental program

- ⚽ For players U4 to U18; Players Born 2013 to 1999
- ⚽ 15 sessions spread over 8 weeks, 8 sessions for U4s
- ⚽ Sessions exclusively at the Community Fields in Northern Hills
- ⚽ Single age group in formative years U4-U6, gender-specific teams for U8-U18.
- ⚽ Format: 50% skill development, 50% game
- ⚽ Technical training with our team of UofC players and junior coaches
- ⚽ \$100 Volunteer Deposit and \$30 Community membership required, jersey, picture, medal (U4-U6) supplied.

SOCCER TECH.CA
info@soccertech.ca 403-863-3001

Northern Hills
Community Association

Mixed
U4 (2013/2015)
 Tuesday or Wednesday
\$65.00

U5 (2012)
 Mon/Wed or Tues/Thurs
\$80.00

U6 (2011)
 Mon/Wed or Tues/Thurs
\$80.00

Boys/Girls
 Boys: Tues/Thurs
 Girls: Mon/Wed

U8 (2009/2010)
\$85.00

U10 (2007/2008)
\$85.00

U12 (2005/2006)
\$90.00

Youth
U14/U16/U18
 Boys and Girls Teams
\$95.00



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

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

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

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

Why should I support my Community Association?

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

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

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

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

Your family could get all this for only \$30 a year! Support your community.

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

www.northernhills.ab.ca

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

ALL CANADIAN KARATE UNION

KARATE



Karate Training Improves Strength, Focus, Discipline and Self-Control.

REGISTER NOW!

NEW LOCATION in COUNTRY HILLS!

#201, 200 Country Hills Landing NW (inside Starchevski School of Ballet)

In a community near you, Airdrie, Beddington, Coventry Hills, Falconridge, Kincora, Martindale, Royal Oak and Sandstone.

Register in person. Beginners welcome!
Once registered, students may train at any ACKU club!

ALL CANADIAN KARATE UNION
403-232-0228 www.acku.org

Colouring Contest: FREE ICE CREAM!



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

Name: _____

Age: _____

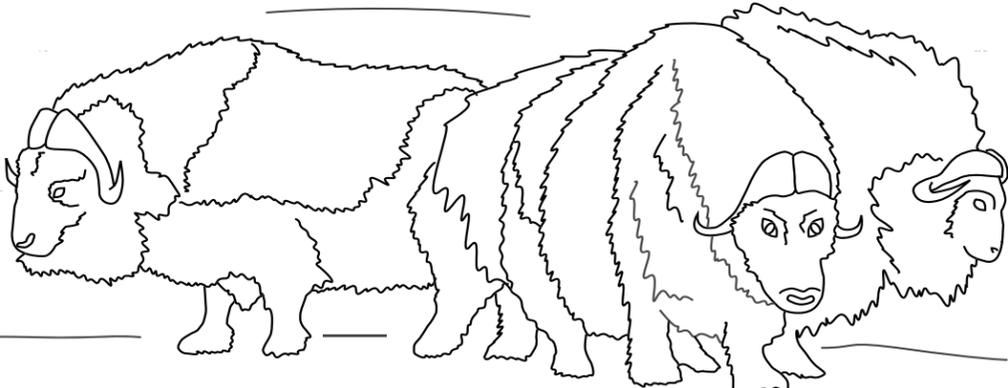
*Note: Only two children per household [if you happen to have more than one copy of the newsletter].

SUDOKU-PUZZLES

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

Answers on page 14

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



Muskox: As one of Canada's oldest mammals, whose relatives lived with mammoths and mastodons, muskox is well adapted to the north. This defensive position used to fend off predators helps keep the animals warm as well. These vegetarians have become symbolic of the desolation of the tundra.

© 2002, colourcanada.com

Harvest Glen Way Playground Enhancement Project Update

Today the Harvest Glen Way Playground Revitalization Committee was told the great news that they had been approved for a \$5000 Conceptual Drawing Grant from the Parks Foundation Calgary! This means the design for the community enhancement project can begin the phase where their ideas can begin to come to life.

Their vision boards are a picture of natural landscapes, built forms and play equipment working in harmony, to create a great space for all ages, with places to play, places to meet neighbours and places to just relax and enjoy the natural surroundings. It will be interesting to see what plans the landscape architects come up with... we will keep you updated.

In the meantime, this project has begun fundraising in order to build up enough to apply for a matching funds grant. If you can help, please visit www.parksfdn.com/community-led-projects/ to donate by PayPal, or download a form from our website at

www.northernhills.ab.ca/playgrounds-update/ Please make sure you indicate which project you would like to support in the Instructions to Seller section by typing "Harvest Hills Playground (Harvest Glen Way)".

Whichever way you choose, tax receipts will be issued by the Parks Foundation for all donations over \$25!



PROTECTING YOUR EYES



- **FRESH SNOW** can reflect up to 80% of UV radiation. Overexposure is linked with increased risk of eye health issues. Polarized and UV tinted lenses will reduce glare and give protection from UV radiation.
- **NIGHT VISION** problems can sometimes be improved with proper prescription glasses and anti-glare coatings.
- **DRY EYES** can be minimized by staying hydrated, taking omega 3 + 9 supplements and by using artificial tears as recommended by your optometrist.

For healthy eyes
book your eye health check-up
with our qualified optometrists.

Two convenient locations serving the Northern Hills Communities

SiteForSight
eyecare • eyewear

SecondSight
eyecare • eyewear

#713, 500 Country Hills Blvd. NE
Country Hills Towne Centre
Calgary, AB T3K 4Y7
403.226.7638
www.siteforsight.ca

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

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

New and Emergency Patients Welcome

PISCES

PET EMPORIUM

THE FRIENDLIEST

PET STORE

ON EARTH





SAVE 15%

On ONE regular priced item with this ad
Expires March 31, 2017

4921 Skyline Way NE
Deerfoot & McKnight
www.piscespets.com 403.274.3314

Not valid on Gift Cards, Cat & Dog food, Feeders, Kennels, Starter Kits & Sale items. *No Cash Value*
One coupon per customer per month. Applies to amount before taxes.
Cannot be combined with any other offers. Must be presented at time of purchase*
Store management reserves the right to reject any coupons not being used according to the intended purpose.

NH FEB 17

Messages From Your Elected Representatives



Ward 3 Councillor
Jim Stevenson

Traffic Congestion around Schools

Traffic volume and congestion around schools during drop off and pick-up times is a concern all across the city. Drivers will stop or park in prohibited areas, obstruct traffic, driveways, crosswalks, and ignore crossing guards. This behavior poses an increased risk to the safety of students, teachers, parents, residents, and motorists in and around school locations.

Our office has worked with several schools in Ward 3 to help them develop strategies for safe drop off such as creating a Kiss and Drop, walking school buses, carpooling etc. Calgary Parking Authority and Calgary Police Service have also worked with schools and parents to provide education and to enforce traffic violations when necessary.

Parents are encouraged to establish a school transportation safety committee and work with teachers, school administration and affected residents

to provide ongoing oversight of traffic issues. My office is available to any interested school or parent committee to help facilitate conversations with City departments, Calgary Police Service and Calgary Parking Authority.

Snow and Ice Control Program

The City of Calgary Roads department is responsible for the snow and ice control (SNIC) program and is committed to helping make Calgary safe for pedestrians, cyclists and vehicles. An effective program is essential to allow the municipality to function under normal winter weather conditions and follows the seven day snow plan.

Priority 1 Routes – includes major commuter roadways such as Macleod Trail or Crowchild Trail, Central Business District

- Maintained within 24 hours after the snow has stopped falling.

Priority 2 Routes – includes roads such as Kensington Road or Acadia Drive, designated emergency routes, trouble spots like bridge decks, ramps and hills.

- Maintained within 48 hours after the snow has stopped falling.

Priority 3 and 4 Routes – includes playground zones and residential areas

- Maintained within 3 – 7 days after snow has stopped falling.

For more information on the Snow and Ice Control program and the seven-day snow plan visit calgary.ca/snow.

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

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

Lynne Banning, Assistant 403-268-2530
eward3@calgary.ca

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



Ward 4 Councillor
Sean Chu

GREETINGS RESIDENTS,

Free family fun for the holiday weekend

Family Day weekend is a perfect time to slow down, reconnect with loved ones and create lasting memories together. Finding holiday activities everyone will enjoy can be a challenge, but this year it will be a walk in the park.

The City of Calgary will be hosting a free We Are Family event on Sunday, February 19 from 1 to 3 p.m. at the Inglewood Bird Sanctuary. Bring the kids for a fun-filled afternoon of nature games, wildlife crafts, scavenger hunts and more. Enjoy a guided walk around the park or try out our spotting scopes to

catch a glimpse of the sanctuary's high flyers.

Don't miss this exciting event perfect for the whole family. For more information, visit calgary.ca/parksevents.

Sunny side up! New map shows the solar potential of your roof

Wondering about the potential amount of sunshine on your home's roof and how it compares to other homes? Check out the City of Calgary's <https://maps.calgary.ca/SolarPotential/> to find out!

The new map is intended to be a starting point for Calgarians who are curious about the viability of solar as an energy source for their particular home or building. Using data collected in 2012 and 2013, the map shows all buildings in Calgary's city limits and their varying degrees of solar exposure, on an annual basis, in generalized optimal conditions.

"The solar potential map can be the first step in determining if a solar energy system could work on

your home," says Liz Findlay, manager of Geospatial Business Solutions, the group who created the map. "People considering a solar installation should contact a solar system professional to conduct a thorough assessment for their particular building and location."

The best place to look for solar professionals is the Canadian Solar Industries Association (CanSIA), which has an online member directory.

Solar energy isn't just for homes. Various City facilities already have solar systems installed to off-set some of their electricity needs and costs. You can find the particular locations on the solar potential map using the information icons on the map or scrolling through the project listings on the left side bar. To find your home on the map, simply type your home address in the search bar.

Visit maps.calgary.ca/SolarPotential/ to check out the City of Calgary's new Solar Potential Map.

Cheers,

Councillor Sean Chu, Ward 4 www.seanchu.ca



Calgary-Northern Hills
MLA
Jamie Kleinstauber

Greetings residents of Calgary-Northern Hills,

Our Climate Leadership Plan places Alberta among the world's most environmentally responsible energy producers. Ultimately, this is helping us build the pipelines we need to safely and efficiently move our energy products to new markets to get full value for our resources.

As you may know, the National Energy Board has approved the pipeline expansion of Line Three, which will run to the United States, and Kinder Morgan's Trans Mountain pipeline from Alberta to Burnaby, BC. This is excellent news for Alberta. We will now be able to safely transport our oil to Asia where we can get a better price for every barrel.

In regards to a carbon levy, it provides an incentive for everyone, including large industrial emitters, to reduce greenhouse gas pollution that causes climate change. Even more importantly, it will pay for

our transition to a more diversified economy. Every single dollar from the carbon price will be rebated to Albertans or put back to work here in Alberta to create good jobs through investments in renewables, infrastructure, and energy efficiency.

The federal government has announced it will impose a carbon price on provinces that do not yet have plans to address climate change. Because we took decisive leadership, we have a made-in-Alberta plan that works for our province and industries, and keeps capital here in Alberta.

Under our provincial plan, two-thirds of Albertans will receive a rebate, which will be based on income. Families who use efficiency programs to lower their utility bills will see money go directly into their pocket. Money from the carbon price will fund energy efficiency programs that will help families reduce their utility bills and create jobs in retrofitting and construction.

Albertans who file their 2015 tax return and meet income criteria would have received the carbon levy rebate in January 2017.

Economic modelling has shown that the average total direct cost of the levy will be less than \$30 per month for a family of four, and indirect costs are

estimated to range between \$6.00 and \$8.75 per month per household. Through rebates, lower energy users will be able to come out ahead. Further, even once the carbon levy is fully implemented, Alberta will still have the lowest taxes in the country, with no provincial sales tax, no payroll tax, and no health care premiums.

Investing in actions to address climate change is the right thing to do. This is a made-in-Alberta policy that works for our unique province and resources, helps us diversify our economy, and protects jobs in our largest industry.

If you have any questions or concerns, please contact my office. For more information about the Climate Leadership Plan please visit www.alberta.ca/climate-leadership-plan.aspx

Your MLA,

Jamie Kleinstauber

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 – February 2017

In January, the consultation phase of the Alberta Jobs Taskforce concluded. Over the course of the last several months my colleagues and I have heard directly from thousands of Albertans. They have shared their personal experiences as a result of unemployment and provided their suggestions

for how to move forward. Thank you to everyone who provided feedback.

The Taskforce has prepared a report for the government to review as they consider their next budget and policy to respond to the crisis. You can read the report here: www.michellerempel.ca/alberta_jobs_report

I will keep you apprised of any response from the government on this matter.

Parliament will debate many important issues this session and I encourage you to stay informed and contact me with your thoughts. Here are some ways you can stay connected:

Subscribe for email updates at www.MichelleRempel.ca/subscribe

Facebook: www.facebook.com/michellerempelMP

Twitter: @MichelleRempel

As always you can contact me at my office using the contact information below:

Phone: (403) 216-7777

Email: michelle.rempel@parl.gc.ca

Website: www.michellerempel.ca

Condo Safety

New to a condo? Here are some safety tips to keep in mind

Editor's note: Don't live in a condo? Read on anyway! Some of these safety tips apply to all homeowners.

by Maria Bartolotti

Q: I'm new to my condo and first time I'm living away from my family. What do I need to keep in mind for safety and security in my new surroundings?

A: Security is an essential component of creating and maintaining a safe environment for you, residents and visitors of your condominium community. Multi-residential properties are exposed to all the normal security and safety risks, crime, public disorder and emergencies that a single family home would be.

Keeping your building safe must start with YOU first. It's important to ensure that you as an Owner are

taking the proper measures when it comes to security and safety. Here are some helpful tips that can help you as an Owner and a Condo Board.

1. Secure all access points (All doors, windows, and parking structures) when leaving and entering your home or the building. As hard as it is to say, in the interest of security in a condo, don't hold the door open for strangers. We all want to be good Samaritans, but letting a stranger into your condominium can be an invite to a possible threat in your condominium community. You can be a good Samaritan somewhere else safe, like a Tim Hortons and pay for a stranger's coffee.

2. Identify non-residents and escort them off the grounds if they are not welcome, but only if you are comfortable in doing so. If you feel threatened do not approach them. Call the police to alert them of any

suspicious activity is your best option.

3. Enforce all property rules set forth by the Board and management company.

4. Inform your condo manager of problem areas around the building, including graffiti and common doors that do not close properly. If your Condo uses key fobs or security cards to access the building, ensure you review these on a regular basis and remove any that are not required.

5. Get to know your neighbors, you do not need to be best friends with the neighbor next door or the individuals in your condominium community, but knowing who they are can make a difference in keeping you and others safe.

6. Do not be afraid to call the police. If you see a suspicious activity around the building report it to the authorities and be sure to include as much information as possible.

7. Remove realtor lockboxes and all lockboxes from the vestibules and those hanging outside your building. These have become an easy way for criminals to break into a building. Ask about the new 'lobby-box' program being offered by CREB for condominiums. This program factors in safety, ease of access and esthetics. This new approach places a central lockbox in a mutually agreeable safe and discreet place, comes with a housing unit and provides secure access to the building. A second lockbox is placed on the unit itself to provide access only to the unit being shown.

The saying is true – a safe condominium community is a happy condominium community. Be diligent and take an active approach when it comes to your safety and those around you.

Reprinted with permission from Condo Living magazine



Maria Bartolotti
ACCI, FCCI, Owner
Condominium Manager

Dir. 403.398.9528 ext 7
Fax: 403.398.0751

maria@newconceptmanagement.com
www.newconceptmanagement.com

101, 221 - 18 Street SE
Calgary, Alberta T2E 6J5

NEW CONCEPT MANAGEMENT INC.
Condominium Management Through Integrity, Fidelity and Professionalism

Get ready for some FUNdraising!

TRIVIA for TRANSIT

An LRT on the Green Foundation community QUIZ NIGHT

Help us donate transit tickets to the Calgary Food Bank

Friday, MARCH 3rd, 2017

Winston Heights Mountview CA Hall, 520-27 Ave NE - Doors Open 7 PM

Tickets in Advance Only via Eventbrite.ca - info@lronthegreen.ca






Nose Creek Softball & Tim Hortons Learn to Play Softball



Spring Softball/Fastpitch Registration for Youth

Nose Creek Softball offers a community based program for young athletes to learn new skills, make new friends and have fun!

Programs Offered:

Girls Teams from U10 to U19
Mixed Teams for Tim Hortons Learn to Play

All of our athletes have the opportunity to:

- Age appropriate skill development
- Play with other athletes of equivalent skill level
- Participate in at least one (1) tournament
- Use premium softball equipment

Indoor Drop-In Clinics On Now!

Spring Session runs from mid-April to end of June
Online Registration is Now Open!

For more information or to Register: www.nosecreeksoftball.ca
Male athletes U10 and up can register for the "Calgary Boys Fastpitch" softball program at: www.calgaryboysfastpitch.com






Leading a Jane's Walk in Calgary A "How To" Workshop 2017

Jane's Walk is a weekend of free neighbourhood walking tours held in cities around the world each May. Jane's Walks are walking conversations about neighbourhoods and what matters to the people who live, work and play there. Anyone can volunteer to lead a Jane's Walk, to offer their insider's view of a neighbourhood and to invite people into conversation.

2016 saw 2,139 walkers at 68 different free tours on topics as diverse as the human health benefits of walking our dogs, how new suburbs can build their sense of identity, the main street urban design framework and the murals of Chinatown.

If you're curious about leading a Jane's Walk, The Calgary Foundation and The City of Calgary invite

you to attend a "how-to" session. You will receive step-by-step instructions on how to bring your ideas and neighbourhood to life through a walking tour. You then may want to offer to design and lead a free walking tour as part of the 2017 Calgary Jane's Walk festival (May 6, 7, 8, 2016). But attending this workshop does not commit you to volunteering for the festival.

Jane's Walks can be done in any neighbourhood and on a variety of themes. For inspiration: Check out the 2014 program at www.janeswalk.org/canada/calgary/ to see the range of walks volunteers offered in Calgary. Or watch the video that the Calgary Public Library produced from

one their Jane's Walks at:
www.youtube.com/watch?v=8q7uV1ft8Q8

You can register for the workshop, which will take place on Wednesday, 15 March 2017 from 6:30 PM to 9:00 PM, on Eventbrite at:
<https://www.eventbrite.ca/e/leading-a-janes-walk-in-calgary-a-how-to-workshop-2017-tickets-31166578074>

This workshop is free and ideal for community associations, recreation and cultural groups, schools, artists, and anyone interested in community, participation, and neighbourhood life. A light supper will be served prior to the event at 6:30pm.

If you have any questions about this workshop or about leading your own Jane's Walk, please contact: Julie Black, City Jane's Walk Coordinator for Calgary, by email: JBlack@calgaryfoundation.org, or telephone: 403-802-7720

Save Money and Water by Finding and Fixing Leaks in Your Home



1 Drop

Put several drops of food colouring in your toilet tank and wait 15 minutes.



2 Peek

Look into the bowl. If the water in your toilet changes colour, you've got a leak.



3 Repair

Flip this page over for some simple repair tips (or hire a plumber).



4 Save

Congratulations! By repairing one leaky toilet, you could save \$100 a year on your utility bill.

IT ALL ADDS UP.

When it comes to water, you pay for what you use, so conserving water not only protects this precious resource, it also saves you money. All water using devices will leak eventually, so challenge leaks in your home by checking for them regularly.

TOILETS AND TAPS ARE THE MOST COMMON SOURCE OF LEAKAGE.

A tap leaking just one drop per second can waste 31,536 liters of water a year. Often the cause of leakage is an old or worn washer, replacing this inexpensive part can save you \$100 a year.

MOST TOILET LEAKS ARE SILENT AND TEND TO GO UNNOTICED.

One leaking toilet can waste 2,500 liters a month, enough to fill your bathtub 28 times. Take the Leaky Toilet Test every 6 months to catch leaks early. Inexpensive and easy to replace, the flapper is the number one cause of leaks in toilets.

TO FIX:

1. Shut off water at the valve
2. Flush the remaining water that is in the tank
3. Note the length of the flapper chain as it is attached to the handle

4. Remove the flapper
5. Take the old flapper with you to the store so you can buy the correct replacement
6. Install replacement, measuring the correct chain length
7. Turn water back on and test toilet again to ensure leak has been fixed

If leaks persist or you would like more detailed leak repair information please visit www.Calgary.ca.

Leaking toilets and faucets may not be the only water wasters in your home. Anywhere water is dripping is costing your money. Use your water meter to help check for other water leaks in your home.

1. Turn off all taps and water appliances (humidifiers, ice makers) in your home
2. Watch the triangle shaped dial on your meter
3. If it keeps turning, you have a leak in your house

Check your humidifier, hot water heater, water softener, washing machine and any other water using device for leaks

Sudoku puzzle ANSWERS

Puzzle on page 10

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

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

Crossword puzzle ANSWERS

Puzzle on page 4

SPONSORED BY :
Chartwell Harbours
Retirement Residence.

1	T	I	C	5	N	E	O	7	S	O	L	10	C	11	W	12	M					
13	U	N	I	14	C	O	R	N	15	E	R	A	16	H	O	E						
17	B	A	L	L	R	O	O	18	M	D	A	N	19	C	I	N	G					
20	A	N	I	O	N	S	21	P	E	T	C	O	C	K	S							
22	S	E	A	S	23	A	G	R	E	E	D											
				24	U	G	L	I	27	S	T	A	28	B	29	30	Y					
31	I	32	E	R	I	A	N	34	S				35	R	I	O						
36	M	E	R	E	N	G	U	E	37	D	A	N	39	C	I	N	G					
41	P	A	N						42	A	R	B	O	R	E	T	A					
43	S	T	E	44	A	D	S		47	A	C	R	E									
				48	S	E	E	49	S	50	A	W		51	E	T	53	54	S			
55	A	56	B	57	A	C	U	S	E	S			58	S	59	A	D	I	S	M		
60	M	E	X	I	C	A	N	H	61	A	T	D	A	N	C	E						
62	P	A	L						63	E	M	S		64	M	Y	A	L	G	I	A	
65	S	U	E						66	S	E	E		67	Y	E	R		68	S	I	R

Unlike some other publications, the ad revenue from the Northern Edge News goes directly to supporting community programs for the community, by the community.

You'll do almost anything for a friend. We'll do almost anything for you.

Like give you cash for opening a new personal chequing account—and for every friend you successfully refer. Friendship pays with ATB.

Learn more at atb.com/friends or drop by the branch.

Calgary Northpointe Branch
northpointe@atb.com
403-226-7383

ATB Financial

*These offers are available to adults age 18 or over. To cash in on the \$350, open your eligible new personal chequing account between January 9 and March 31, 2017 and set up recurring direct income deposit and/or at least two unique recurring pre-authorized payments from this account. The first deposit, or each of the first payments, must go through your account by May 31, 2017, and each must recur at least once per month for the next two consecutive months. If you have or had a personal chequing account with us on or after December 31, 2013, you're not eligible for the \$350. To cash in on the up to \$150 referral bonus, you need to be an existing personal chequing account customer, and each friend you refer must follow the same process, and meet the conditions, for the \$350 cash offer. Visit atb.com/friends or our branch for full offer details.

Rice for King
Fine Vietnamese Cuisine

- Vegetarian & Healthy Menu Choices
- Catering Services & Private Parties
- Dine In & Take Out

THE DISTRICT #220, 11135 - 14 St NE, Calgary, AB T3K 0Z7

587-755-8382

Business Hours:
Sunday - Thursday: 10:30am - 9:00pm
Friday - Saturday: 10:30am - 10:00pm

10% OFF PICK-UP

VISA MasterCard Interac

Join us on social media

@northernhills NorthernHillsCalgary

Northern Hills Community Association



Proudly serving the Northern Hills communities for 11 years!

Get the *Smile* you've always wanted

Comfort, Care, Convenience

- Family & Cosmetic Dentistry
- Veneers, Crowns, Bridges
- Implants
- Invisalign Clear Braces
- Zoom Whitening
- Complete Smile Makeovers
- Dentures
- Sedation Dentistry
- Wisdom Teeth Removal
- Botox Treatments
- Intra-oral Cameras & Digital Xrays
- Massage Treatment Chairs
- TV's in Every Room
- Oral Cancer Screenings



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



Dedicated Children's Play Area with Video Games
Complimentary Gourmet Beverages

Financing Available* • We Direct Bill Your Insurance

40 Panatella Blvd NW

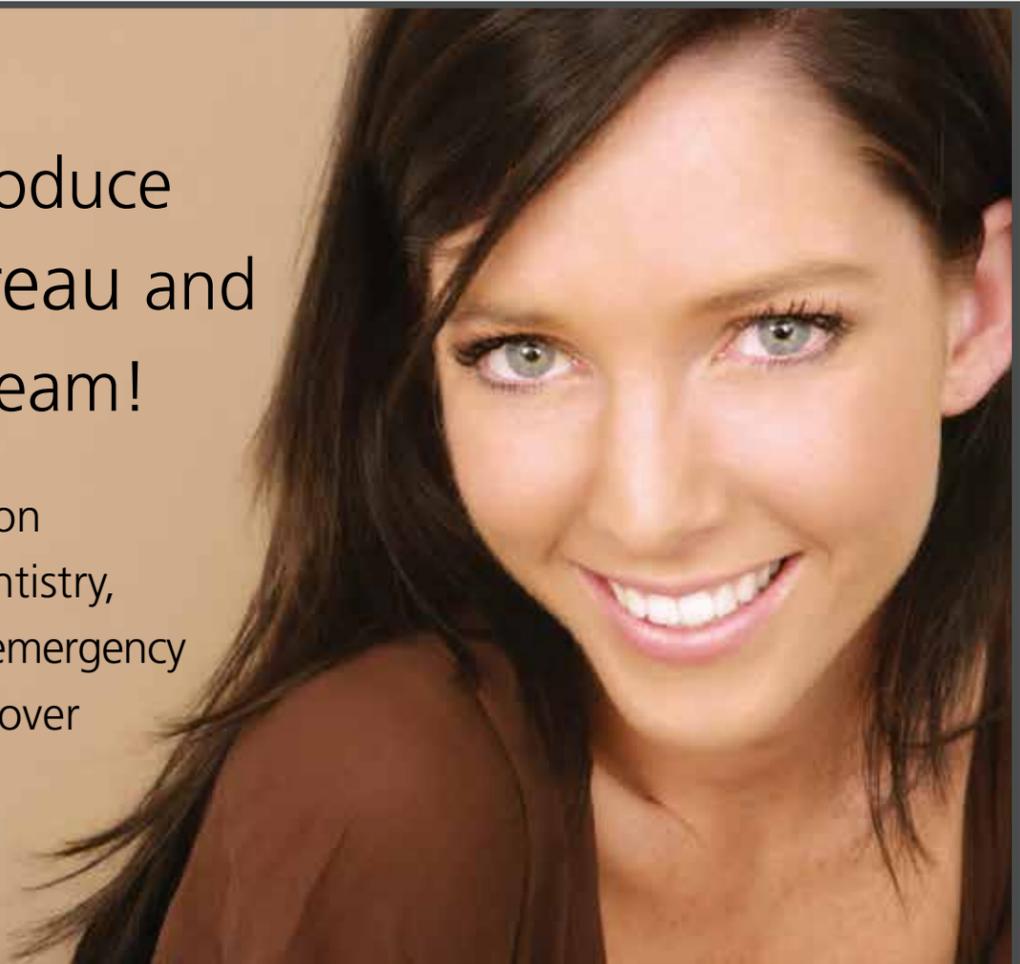
new and emergency patients
 always *welcome*

Panatella Blvd. Coventry Hills Dr.
 Panamount Blvd. SUPERSTORE
 Harvest Hills Blvd. Country Village Rd.
 Country Village Way
 LANDMARK THEATRE HOME DEPOT
 Country Hills Blvd.

*OAC

Call Today!
403.532.0711

www.NorthernHillsDental.com



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

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



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

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

Harvest Hills Blvd. NE

Future Shop
Staples

RBC

★ **PARAMOUNT DENTAL**

Panamount Blvd. NE

Country Village Rd. NE

Coventry Hills Plaza
217, 130 Country Village Rd NE
Calgary, AB T3K 6B8

PARAMOUNT DENTAL

403.730.9882 paramountdental.ca

NOW ACCEPTING NEW & EMERGENCY PATIENTS