

# Northern Edge News



MAR 2013 • Official Newsletter of the Northern Hills Community Association

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

## Now wasn't that FUN!

by Paul Cavanagh

One fine Sunday in January, some volunteers from the NHCA and a few local residents took some time off from doing all the great stuff they do... to get out for a skate (in between cold snaps) on the pleasure rink in Harvest Hills. The weather was mild and the hot chocolate abundant as about 20 people from our area skated, chatted and enjoyed the outdoors for several hours on the ice surface perfectly prepared by yet another group of awesome volunteers – the ice maintenance crew!

The rink, in the park area immediately south of the storm management pond and adjacent to the community garden, was tremendous this year and will only require a modest leveling of the berm on one side (this summer) before we can call it truly complete. This is considered a minor detail in that it was still functional all winter (cold weather permitting). **Way to GO Team!**

Thank you all who have contributed to the successful implementation of the pleasure rink in Harvest Hills. The City will be making repairs to the Adopt a Rink site in Panorama Hills this spring and we are working on finding a location for the proposed rink in Coventry Hills. The success of the Harvest rink project is the culmination of countless hours of hard work by local volunteers, residents and members of the NHCA with the support of the City of Calgary. From the initial planning on through the land use application and the construction of the required infrastructure this is truly a remarkable achievement.

Please contact the NHCA if you are interested in being involved in the ongoing implementation and operation of these community assets.

The NHCA Board



HARVEST HILLS SKATING RINK  
SUNDAY, JANUARY 27, 2013

*Hot chocolate, smiles and warm conversations on a beautiful day!*

## PLAN TO ATTEND!

the NHCA Meet and Greet Event April 11, 2013  
and 2012 Annual General Meeting (AGM)

6:00 – 8:00 pm

Light Dinner and Refreshments

## UPCOMING EVENTS 2012

### March

Adult Slo-Pitch Registration Ends - March 15  
At Home In The Hills - March 16

### April

Annual General Meeting - April 11  
Dinner, Meet and Greet with The NHCA Board and Elected Officials - April 11  
Community Development Inspirational Guest Speaker - April 11  
Adult Slo-Pitch Begins - April 22

### May

Soccer Season Begins - May 1  
Garage Sale and Flea Market - May 11

### June

Community Clean Up/WINS Drive - June 8  
Front Yard Garden Contest Starts - June 15  
Adult Slo-Pitch Ends - June 23

On April 11, 2013 the Northern Hills Community Association (NHCA) invites you to join us for a light dinner, pizza supplied by Western Pizza, and social hour at the Harvest Hills Alliance Church. Refreshments and meet and greet beginning at 6:00 pm, special guest speaker at 7:00 pm followed by our 2012 Annual General Meeting (AGM) from 7:30 pm. to 8:00 pm.

### Meet and Greet City and Government Representatives

This is a great opportunity to find out what is going on in your community and to discuss your concerns with our municipal, provincial and federally elected representatives. We have invited municipal, provincial, federal, and school board elected officials from our area to be in attendance

to discuss what affects you in your community.

### Community and Community Development Speaker

This year we are also including an enlightened presentation by a special guest and inspirational speaker from one of the partner organizations for the Creating Space for Strength – An Asset-based Community Development Project currently



underway in our community. If you have ever been to one of these workshops or speaking engagements, you know how much fun and motivational they can be.

### NHCA Annual General Meeting

All active members of the Northern Hills Community Association, and residents who wish to become members or renew their membership, are encouraged to attend. This is your opportunity to learn

more about our association, our finances, our accomplishments, our vision, and our plans for your community in the upcoming year.





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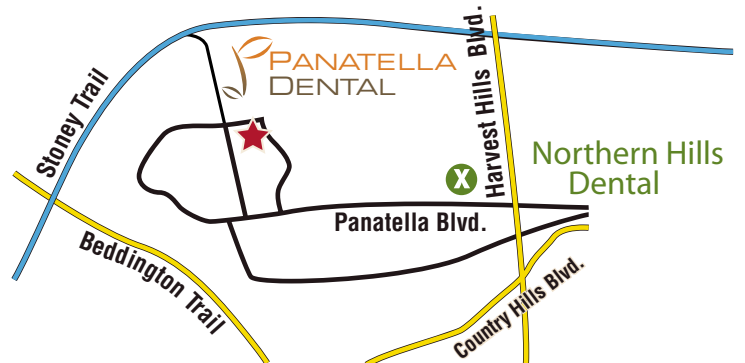
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**NEW PATIENTS WELCOME**

# VOLUNTEER

## NHCA VOLUNTEER OPPORTUNITIES

### VACANCIES ON THE BOARD:

**Beautification Director** – Are you bothered by the condition of some areas of our communities? This position provides the opportunity for creative solutions to some obvious problems.

**Marketing Director** – This position is responsible for developing relationships with local businesses for advertising in the Northern Edge News and, in conjunction with the sponsorship committee, develop sponsorship opportunities for NHCA events, activities, sports programs, membership development, and value-added partnerships.

For Interest In Board Positions Contact: [president@northernhills.ab.ca](mailto:president@northernhills.ab.ca).

### There are many committees that could always use the help:

**Social Networker** - If you are interested in tweeting, posting or blogging about all the latest goings on in the Northern Hills community, then the NHCA Communications team would love to hear from you! Contact [community@northernhills.ab.ca](mailto:community@northernhills.ab.ca).

**Graffiti Abatement** - Individuals eager to learn how to clean it up and prevent future outbreaks! If you are someone who likes to take action and see results, this could be the opportunity for you. Please contact [graffiti@northernhills.ab.ca](mailto:graffiti@northernhills.ab.ca) if graffiti gets under your skin!

**Litter Clean Up** - Have some ideas on how to clean up and prevent littering in our neighbourhoods? We are seeking individuals who are as annoyed as we are about the amount of loose litter lingering in our alleys, on our boulevards and in our green spaces. Please contact [community@northernhills.ab.ca](mailto:community@northernhills.ab.ca) if you've had enough!

**Youth** - Calling on future community leaders to get together and bring their ideas on how to engage their peers in community building activities. A great way to meet youth with common interests and fulfill those volunteer hour requirements! Please contact [youth@northernhills.ab.ca](mailto:youth@northernhills.ab.ca)

**Membership Services** - Opportunities to meet your neighbours when helping out at events around the community. The NHCA hosts a table at a variety of events including the Community Garage Sale, Business Fair, E-Cycle and Community Clean Up, Stampede breakfasts etc. If you are interested in helping out contact [membership@northernhills.ab.ca](mailto:membership@northernhills.ab.ca)

**At Home In The Hills** - An initiative to assist new Canadians, Calgarians and/or residents to the Northern Hills. We are working on providing activities and information to assist with the transition into our area. This volunteer committee recently held its first welcome event. If you are a resident of the Northern Hills Communities, familiar with the area and perhaps speak another language, this could be a wonderful opportunity to meet and greet! Contact [ahih@northernhills.ab.ca](mailto:ahih@northernhills.ab.ca)

**Beautification** – We are expanding our efforts to beautify neglected areas in our communities and are looking for

committee members. Activities of the group may include organizing fence painting, gardening, community clean ups, looking for solutions to repair/remove damaged entry features etc. Have a desire to see improvements in our community aesthetics? Contact [community@northernhills.ab.ca](mailto:community@northernhills.ab.ca)

**Events** – Our association hosts many events, large and small, throughout the year and we are looking for individuals to join this committee to help organize and carry out the tasks necessary for success. Love to socialize and enjoy the feeling of a job well done? Contact [events@northernhills.ab.ca](mailto:events@northernhills.ab.ca)

**Sponsorship** - Have an interest in marketing and a no fear attitude when communicating with businesses in the area? Our association would appreciate your help in contacting local business owners to discuss advertising opportunities and their community support. Interested? Contact [marketing@northernhills.ab.ca](mailto:marketing@northernhills.ab.ca)

**Grants** – We are a non-profit organization and funding is an important component of our business plan. There are funds available; we just need committee members who enjoy filling out the forms! Previous experience with grant applications would be an asset. If securing available funds is your specialty then we need you! Contact [grants@northernhills.ab.ca](mailto:grants@northernhills.ab.ca)

**Community Garden** – Our first garden in Harvest Hills has been a great success. We are currently looking for a coordinator for this existing committee. We added a second garden in Coventry Hills in 2011. Would you like to see a garden in Country Hills or Panorama? If you love to garden, this could be the committee for you. Contact [garden@northernhills.ab.ca](mailto:garden@northernhills.ab.ca)

**Capital Projects** – Our pleasure rinks in Harvest Hills and Coventry are ready to go and awaiting a cold, snowy winter. Our rinks committee is seeking eager individuals to help with the planning and execution of an additional outdoor rink in Coventry Hills, this would be a dynamic committee to be a part of. Contact [community@northernhills.ab.ca](mailto:community@northernhills.ab.ca)

**Farmers' Market** – A committee is researching and planning for a Farmers' Market in our area. The focus will be on healthy, fresh food. If you are an avid market shopper and/or have knowledge of vendors in the Calgary area, your input would be appreciated. Contact [farmersmarket@northernhills.ab.ca](mailto:farmersmarket@northernhills.ab.ca)

**Senior's Group** – SPRY in the Hills, a group of older adults who get together on Tuesdays from 2 - 4 pm and Fridays from 1 - 2pm are looking for you and your ideas. Contact [seniors@northernhills.ab.ca](mailto:seniors@northernhills.ab.ca)

**Traffic** – If you and your neighbors have traffic related issues; parking, speeding, upgrading controls at intersections and you're willing to work together to find solutions, contact [planning@northernhills.ab.ca](mailto:planning@northernhills.ab.ca)

For more information please contact the NHCA office at 403-226-6462 or [info@northernhills.ab.ca](mailto:info@northernhills.ab.ca).

## From the President

by Wendy Cavanagh,  
President NHCA



A big thank you to all the 'Older Adults' who participated in the January 22nd consultation and thanks to all who made the effort to attend the Community Conversation which took place at the Country Hills Superstore Community Room on Tuesday evening, February 21st. Both events were opportunities for residents to get together and discuss the strengths of our community and voice their opinions about future programs and services here in the Hills. As part of the ongoing 'Creating Space for Strength' Study we appreciated hearing from you!

Our new contest 'Did You Know in the Hills?' has launched and members have embraced yet another opportunity to win here in the Hills. Look for the way to win in this issue.

Sports registrations began February 1st!! The Youth Outdoor Soccer registration has closed. Thanks to all the families who have returned to the program and to all those who have decided to join in the fun for the first time this year. Playing in the Hills begins with your registration for Kid's outdoor soccer. Our Ladies/girls indoor and outdoor soccer, Men's soccer, Adult Slo-Pitch are still taking registrations. Winter will be over sooner than you think and the time to plan for your spring/summer activities is now. Please see registration details in this issue and on the NHCA website.

Once again, our NHCA Youth Council demonstrated their leadership and commitment to their community at the Feb. 18th Winterfest Event at Cardel Place. While Cardel Place provided activities for members and day pass holders our Community Association provided funding and youth volunteers for free activities open to all residents. Thanks to our Youth Council and all the youth volunteers who made the day for young residents!

The NHCA January board meeting was cancelled due to scheduling conflicts with board members, however we were back at the table February 27th and the 2013 budget was approved at the meeting. As our membership and programming grows so does the need for skilled staff, board members and volunteers. We welcome newcomer to the office administration team, Lindsey Todd and new board members Kara Boehmert, Community Garden Director and Kelsey Loran who will be taking on the Ice Rink Director role. Sunny Shuang, Voke Sanomi and Wayne Brown have stepped down from the board and Wayne will continue as a volunteer on our marketing team. Heather Hubert, previously our administrative assistant in the office has accepted the new role of marketing administrator. Thanks to all, we appreciate your support.

We would love to see you at the upcoming Kaleidoscope Olympics Event, March 16th from 2 - 4 pm at Cardel Place. Our 'At Home In the Hills Program' welcomes new residents in the hills and this is the perfect opportunity to have some fun, meet new people and learn about different cultures. There are activities and games planned for the whole family. Please join us!!

Plan to attend the NHCA Meet and Greet Event, April 11th from 6 - 8 pm at the Harvest Hills Alliance Church. We welcome all residents for a light dinner and refreshments beginning at 6pm and the opportunity to meet elected representatives as well as NHCA board members, staff and volunteers. At 7pm enjoy the presentation by our invited guest speaker and stay for the NHCA AGM 7:30 to 8:00 pm for the chance to win a door prize!

March is Community Association Awareness Month. A reminder that your NHCA memberships have expired on December 31st, 2012 and that memberships help fund the many benefits that the Association endeavors to provide the residents of the Northern Hills. By purchasing or renewing your membership today you are helping to build a strong, engaged community.

If you are planning to visit the NHCA office to purchase/renew a membership, register for upcoming sports events and programs, or inquire about our many other events and services please check our website [www.northernhills.ab.ca](http://www.northernhills.ab.ca) for up to date hours and information.

Thanks to all the sponsors, volunteers, staff, board members and members of the Northern Hills Community Association who continue to make this the best community in which to live, work and play!

## NHCA Strategic Focus Areas

Communications  
Community Advocacy  
Community Enhancement  
Membership and Volunteer Engagement  
Fundraising and Events  
Sports and Recreation

Northern Hills  
Community Association

## IT'S TIME TO GET INVOLVED



# COMMUNITY

**OPEN INVITATION TO OLDER ADULTS IN OUR COMMUNITY**

## **SPRY** in the Hills

### *Winter and Spring Meetings*

January 15, 2013 to May 28, 2013

will be at

**Panorama Hills e-Community Centre,  
88 Panamont Hill N.W.**

Time to renew acquaintances, socialize, play some games, do some exercise, get updates and participate in other planned activities.

**All the Tuesdays, 2 to 3 pm and all the Fridays, 1 to 2 pm,  
February 1 to May 31, 2013**

### **Fit2Age Exercise Program**

*(a current NHCA membership and a signed Waiver Form is required to attend)*

**Tuesday classes will be followed by Social Hour  
for talking, playing cards or games**

*open to all SPRY members from 3 to 4 pm.*

*Newcomers are welcome to attend.*

*Fridays social times to be arranged off site by participants.*

All the Tuesdays during this period, with the exception of January 29 (James/Maria present "Chile"), will be devoted to Fun and Games. We are planning on playing (and learning) a variety of games. Everyone is encouraged to bring a game of their choice. There will always be playing cards available for those not interested in playing the games of choice.

### Schedule for January to May 2013

available at

[www.northernhills.ab.ca/Groups & Committees/SPRY](http://www.northernhills.ab.ca/Groups%20&%20Committees/SPRY)

### **REMINDER**

.....ONGOING EVERY THURSDAY.....

**Walking Club (11:00 am)**

- Meet at Running Room, Country Hills

Have you purchased your  
Northern Hills Community Association membership?  
Cost \$ 20.00 per Senior Household per calendar year.

*We would welcome volunteers to help with programming.*

**THIS IS OUR CLUB**

## Newsletter "Did you Know In the Hills?" Contest!

It is time again to pose a question to our readers relating to the northern hills communities, the Northern Edge News, the Northern Hills Community Association (NHCA), or other information contained in an article in this month's newsletter. When you find the answer to the question below send us an e-mail at [communication@northernhills.ab.ca](mailto:communication@northernhills.ab.ca) and include your name, contact information, NHCA membership number, and the edition (month), article and page number where you found the answer. There will be a prize draw from each month's entries for dinner and a movie. The fine print says there can only be one entry per month per membership and you must have a current NHCA membership to be eligible. So find the answer and WIN!!

**The skill testing question for this month is:**



What NHCA-Sponsored Event, organized by our At Home in the Hills committee, will occur on March 16, 2013?



**When you find the answer,** mark the date on your calendar and send in the answer to [communication@northernhills.ab.ca](mailto:communication@northernhills.ab.ca).



## Looking for Referees!

Northern Hills Mens & Womens Soccer League is looking for experienced referee's to referee our 2013 outdoor soccer season!

**We pay!**

**Monday, Tuesday, Wednesday, Thursday, &  
Friday nights from 8:00 to 9:15**

All games are held within the community of Northern Hills.  
Please contact Janice Henderson @  
[janicelhenderson@shaw.ca](mailto:janicelhenderson@shaw.ca)  
if you are interested.



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# NEED A DOCTOR?

Dr. Dennis Dong MD is accepting new patients for a family medical practice. Dr. Dong has a special interest in acupuncture, speaks Cantonese, and has a weight loss program (lose up to 30 lbs in 40 days).

MCI, The Doctor's Office at Beacon Hill  
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Tel **403-274-1864** Fax **403-274-9093**  
[www.mcithedoctorsoffice.com](http://www.mcithedoctorsoffice.com)

# SPRY and Community Consultations

SPRY in the Hills was one of the first Community Consultations on the Creating Space for Strength Project. We had 17 seniors come out to share their ideas on what is working, what can be better and how do we get there.

A few of the themes that emerged were:

- Space for seniors to meet that is affordable, accessible and easy to get to
- Increased access to health care – more doctors, laboratories and testing services, a variety of Senior living and care facilities in our community
- Increased public transit services – more buses, inter community routes, improve current services

One group identified the need to have a list of trustworthy handymen, volunteers or trade people who can help them with things around their home. A concrete result of this meeting was that the seniors have mobilized themselves to take on this project and will create a list of reliable people they can trust to come into their homes. A volunteer has stepped up to take the lead on this project. Residents in our Community are requested to submit ideas, or volunteer, for this list to [seniors@northernhills.ab.ca](mailto:seniors@northernhills.ab.ca)

We also came up with several other concrete action steps that we will take on – like a letter writing campaign to our Alderman, MLA, MP, and AHS covering the above topics. We are hoping to meet with Cardel Staff/Board so that we can give Senior input into their programs, instructors, schedule, and costs.

As a follow-up, we are working on arranging to meet with Alderman Stevenson this Spring. A few of the topics we are expecting to cover are Senior bus passes, Senior rates at Cardel Place, bus service, Senior Services in the Community and are requesting



all Seniors in the Community to submit to us their concerns so we can ascertain what other concerns are and relay this to our Alderman for him to gather information to bring to this meeting. Please forward your concerns, as soon as possible, to [seniors@northernhills.ab.ca](mailto:seniors@northernhills.ab.ca) and watch for more information on this meeting. All Seniors are welcome to attend this meeting.

SPRY in the Hills continues to grow and at times we find that the space we use at the Panorama Hills e-Community Centre gets a bit tight so the Creating Space Project cannot come to fruition soon enough for our program. Do not let this stop you from joining us.....we can always make room for a few more! Please plan to attend a meeting soon.



NHCA c/o Cardel Place  
11950 Country Village Link NE  
Calgary, Alberta T3K 6E3  
Ph.226-6422 Fax 226-6421  
Website: [www.northernhills.ab.ca](http://www.northernhills.ab.ca)

For general information by email, please send messages to [info@northernhills.ab.ca](mailto:info@northernhills.ab.ca)

## BOARD MEMBERS

President	Wendy Cavanagh <a href="mailto:president@northernhills.ab.ca">president@northernhills.ab.ca</a>
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Youth	Amanda Davis <a href="mailto:youth@northernhills.ab.ca">youth@northernhills.ab.ca</a>
Director at Large	Parminder Gill
Volunteer Coordinator	Jessica Mehain <a href="mailto:volunteer@northernhills.ab.ca">volunteer@northernhills.ab.ca</a>

## NEWSLETTER, WEBSITE AND IT

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Soccer Coordinator	NHCA office <a href="mailto:soccer@northernhills.ab.ca">soccer@northernhills.ab.ca</a>

## Calling All Volunteers!

We have many rewarding volunteer opportunities available for you right here in your community!

## Where's Ozzie Winners!

The NHCA has another winner of the "Where's Ozzie?" contest sponsored by **Applebee's** and **Empire Theatres**. Isobel Stadey's name was drawn for the month of January from all of the correct entries who found Ozzie in the 'Update on the Pleasure Rinks', on page 4 of the January issue of the newsletter. Isobel wins two Empire Theatre passes and a \$50 gift card to Applebee's. Thanks to all of the people who have sent in entries and spotted Ozzie!

The January edition of the Northern Edge News was the final edition for the dog about town. Look in this edition of the NEN for details on our new newsletter contest "Did You Know in the Hills?".

**Look in this edition of the NEN for details on our new newsletter contest "Did You Know in the Hills?".**



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The Official Newsletter of the Northern Hills Community Association

## The Northern Edge News is published once a month by the Northern Hills Community Association

Editor	Paul Cavanagh	<a href="mailto:editor@northernhills.ab.ca">editor@northernhills.ab.ca</a>
Ad Sales	Mae Seifert, Wayne Brown	<a href="mailto:ads@northernhills.ab.ca">ads@northernhills.ab.ca</a>
Layout/Design	Duane Thomson	Keyline Publishing
Delivery	Canada Post	

**Deadline:** All ads must be submitted and paid for by the 9th of the month by noon (no exceptions) for publication in the following month's edition. Please book all ads through the NHCA Office ([ads@northernhills.ab.ca](mailto:ads@northernhills.ab.ca)). Advertising layout assistance is available from Keyline Publishing 403-759-1000 ([keyline@shaw.ca](mailto:keyline@shaw.ca)).



# Northern Hills Community Gardens

Every gardener knows under the cloak of winter lies a miracle – a seed waiting to sprout, a bulb opening to light, a bud straining to unfurl. And the anticipation nurtures our dream. – *Barbara Winkler*

## Calling all gardeners, young and old, experienced and inexperienced.

Would you like to:

- meet new people?
- grow your own produce?
- support the foodbank?
- reduce your footprint on the environment?

Then you need to join us in the community garden!

### For more information on how to get involved please contact:

Harvest Hills Community Garden [harvestgarden@northernhills.ab.ca](mailto:harvestgarden@northernhills.ab.ca)  
 Coventry Hills Community Garden [coventrygarden@northernhills.ab.ca](mailto:coventrygarden@northernhills.ab.ca)  
 Visit the NHCA website at [www.northernhills.ab.ca](http://www.northernhills.ab.ca)  
 or call the NHCA office at 403 226 6422.



## UPDATE! Creating Space for Strength

An Asset-Based Community Development Project Focussed on Calgary's North Central Communities  
 As you are likely aware, the Northern Hills Community Association (NHCA) is working on a project designed to find out what our communities' strengths and assets are, what can be improved, and how. A Calgary-based consulting firm, Eaton International Consulting Inc. was hired to help us conduct this study. We are particularly interested in hearing your opinions about our strengths, some of the problems faced by our community, particularly in terms of space, and what solutions we can generate to build an even greater community.

The goals of the research project are to:

- identify pre-existing community assets such as community spaces, services, and programs;
  - collect Calgary neighbourhood information and data;
  - highlight untapped community strengths and assets that could be better utilized in Calgary's north central communities;
  - determine what services and programs are currently available in the identified communities; and
  - develop an action plan to move forward.
- The following summarizes our progress on the various project phases:

**Phase 1** – Collecting demographical information (Complete)

**Phase 2** – Survey of the community support services and group meeting/activity spaces available in the community (Complete)

**Phase 3** – Individual and face-to-face interviews with a sample of the community to determine resident needs (Partially Complete)

**Phase 4** – Roundtable discussions with the community to validate and build on face-to-face interviews (Partially Complete)

**Phase 5** – Gather information related to models of community multi-purpose sites and the various aspects of integrated services and collaboration between service providers (Not Started)

**Phase 6** – Build a community action plan specific to the needs of the community (Not Started)

**Phase 7** – Writing the final report (Not Started)

*\*Work plan dates are flexible and may vary as the project progresses.*

We recently (February 21) completed a very successful consultation session with about 60 Northern Hills Residents in round table discussion format to gather information, opinions and ideas on our strengths and needs for the community, and for community development, and are now assessing the data and information for completeness to be used in the next steps in the process.

If you haven't had the opportunity to share your opinions or views, and still wish to be heard, please contact please contact Sarah Eaton at 403-244-9015 or [saraheaton@eatoninternationalconsulting.com](mailto:saraheaton@eatoninternationalconsulting.com) for more information about the project, and how you can get involved.

### SLOPITCH REGISTRATION

February 1st Thru March 15th, 2013

Registration and Program Details can be found at

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

Under the SPORTS section in "Adult Slo-Pitch"

Northern Hills Community Association is committed to providing a fun, non-competitive co-ed adult slo-pitch program.

### Slo-pitch Season Runs: April thru June 2013

- Games will be played on Friday nights from 6:30 – 8:30 pm
- The season will run from April and June
- There will be a maximum of 7 innings per game
- The batting order will consist of 4 females and 6 males
- NHCA will provide diamonds, bases and 4 softballs per team
- A trophy will be awarded at the end of the year with the winning team's name engraved and displayed at the NHCA office

**16 March, 2013**  
**Cardel Place**  
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 The Piazza (main lobby)



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# AT HOME IN THE HILLS

Northern Hills Community Association



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# BECOME A MEMBER OF THE NHCA AND GET CONNECTED TO YOUR COMMUNITY!

## THE NHCA OFFERS THE FOLLOWING FOR OUR MEMBERS:

- We are your voice for planning and development issues
- Partner with local businesses to enhance programs.
- Founding member and board representation for Cardel Place.
- Meet regularly with elected, agency, and government representatives.
- Liaise with Public school and Separate school boards.
- Discounts at NHCA community events!
- Northern Hills members can vote at the NHCA AGM.
- You qualify to join the Board of Directors.
- Discounts and special offers at participating local businesses.
- Monthly community newspaper to every home in Northern Hills.
- Check out our website.



The annual membership fee for families is only \$30. Single and Senior Households \$20. Businesses (directory on website) are \$50 and Business Plus members (ad and link on website) \$120. Watch the value of your membership grow as the NHCA increases its business discount programs and you receive savings, while at the same time supporting community programs!

Your membership fee provides affordable local activities and programs that help keep your community healthy and attractive, such as:

- **Programs** – Community Gardens, Seniors Group, Moms and Tots, Community Beautification, Tree planting, Graffiti Abatement
- **Initiatives** – Outdoor Ice Rinks, Farmers' Market, ESL Program, Youth Council, and Wine and Cheese Group.
- **Sports** – Youth Outdoor Soccer, Adult Slo-Pitch and Ladies Outdoor and Indoor Soccer Programs.
- **In partnership with the City of Calgary** – Stay & Play, Park & Play, Skate Park and Lawn Chair Theater programs over the summer.
- **Events** – Community Garage Sale, Community Clean Up, Small Business Fair, Seniors Resource Fair, City Planning Open House, Community Resource Fair, Fundraisers and Election Forums.



Support your community association today. Memberships can be purchased on-line, in person at the NHCA office or by mail. [www.northernhills.ab.ca](http://www.northernhills.ab.ca)

## How to Get a Membership

Annual Membership is from January 1st through to December 31st  
You can purchase a membership three ways:

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



### Resident Membership Form

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

**FEES:**  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: \_\_\_\_\_  
 First Name \_\_\_\_\_ Last Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

#### Please indicate activities you would like to learn more about:

- Community Garden     Community Clean up     Garage Sale
- Adult Slo-Pitch     Small Business Fair     Health and Wellness Fair
- Newsletter     Children's Soccer     Community Beautification
- Ladies Soccer     AGM
- Graffiti Abatement     Planning and Development

#### Please indicate what activities you would like to see in your community:

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

Would you like us to contact you about volunteer opportunities in your community?     yes     no

#### OFFICE USE ONLY:

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Dr. Micah Luong  
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# 2013 VOLUNTEER APPRECIATION EVENT! NHCA Volunteers Receive Gold Stars!

Kate Shaw  
NHCA Events Director

As a way of saying thank you for helping the Northern Hills Community Association in the year 2012, we invited all our volunteers and a guest to attend a reserved screening of the movie "Life of Pi" rated PG at Empire Theatres, Country Hills location. On Saturday January 26, the NHCA volunteers and guests were treated to a movie, popcorn, pop and some door prizes. The event was well attended by some 150 NHCA volunteers and their guests.

The guests that attended enjoyed themselves and very much appreciated this private showing. We asked the volunteers to write on colored stars why they volunteer for our community. The comments and responses were displayed for everyone to read. They were heartfelt, very inspiring, and much appreciated. Here is a summary/sampling of what you said:

- It's a great way to spend time with the kids, and it's fun!
- The "Go Girl" program was a great confidence builder for young girls!
- I get to grow and donate food for the Food Bank. Community Gardens Rock!



- Thank you very much!! My first time volunteering and I am so proud!
- I love meeting others in the community; it feels more like friends than strangers
- I like making a difference and giving back to a great community
- Be the change you want to see. It feels great to help!

- I enjoy seeing my soccer kids' eyes light up with excitement when I coach!
- I volunteer with my husband and we make it a date; it's something fun to do together and it helps others!
- I enjoy the smiley faces of everyone involved!!
- Getting the kids out and being active!

- It's such a blessing to meet and work with amazing people!
- A complete listing of all responses are contained in the related article "Volunteer Appreciation Event" on next page.

Thank you again to all of the volunteers (and their families who support the volunteers) for contributing

to growth and development of The Northern Hills Communities through volunteering for the Northern Hills Community Association – The NHCA! We have some amazing volunteers and it made me proud to be a part of this great community. Hats off to our 600 volunteers. I can't imagine our community without all of you. You make this world a better place every day. Thank you.

VOLUNTEER APPRECIATION EVENT  
EMPIRE THEATRE – SATURDAY  
JANUARY, 26, 2013

TOP LEFT: Kate signing her star for the tri-fold board!; TOP MIDDLE: Bridgida and Delphine working the volunteer table!; TOP RIGHT: Candies handed out to all guests; LOWER: Sandra, Kate, Shauna, and Jessica at the sign in table.

You're a star. Thanks a mint!

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# Volunteer Appreciation Event Empire Theatre Jan. 26, 20 13 - The Life of Pi VOLUNTEER COMMENTS

I love volunteering because...  
 Thanks for inviting us to the movies  
 Everyone benefits  
 I love helping the community  
 Seeing the fun the kids have from the experience  
 Kids programs not possible without kids  
 A great way to spend time with the kids, and it's fun!  
 We have a great time together  
 I like helping out with my daughter's soccer team  
 The "Go Girl" program was a great confidence builder for young girls!  
 A great feeling of helping and getting to know people  
 I like my community and I feel it is my responsibility to give back  
 It makes me feel good and I'm giving back to the community  
 It's fun!

I get to grow and donate food for the Food Bank. Community Gardens Rock!  
 Thank you very much!! My first time volunteering and I am so proud!  
 I love meeting others in the community; it feels more like friends than strangers  
 I like volunteering as the soccer manager as it allows me to be with my son and meet many people  
 It's never late to give back!  
 I love helping the kids  
 I help people because it's the polite thing to do  
 I like making a difference and giving back to a great community  
 It's been great to have a chance for volunteering for my own community  
 I get to meet new people and also serve my community  
 To help my community of Northern Hills to have a better life  
 Be the change you want to see. It feels great to help

To contribute to my community  
 I love helping out with my children's activities  
 I enjoy seeing my soccer kids' eyes light up with excitement when I coach!  
 I will volunteer with booth tables  
 To help with the soccer program; it's great!  
 I like to help people!  
 Spring community cleaning up  
 Spring clean up  
 Enjoy seeing the joy of my fellow soccer players  
 We enjoy the opportunity to share the "love" of the game with our community!  
 I get to spend time with my kids during these activities!

I volunteer with my husband and we make it a date; it's something fun to do together and it helps others!  
 I got to spend time with my friends and family!  
 I meet new people  
 It's great to be a part of the community!  
 Getting the kids out and being active!  
 Giving our time back to our community  
 Being a part of the community helping out with the children to be with them  
 Such a blessing to meet and work with amazing people!  
 I enjoy the smiley faces of everyone involved!!  
 I like helping other people

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**Northern Hills Community Association**  
 NHCA Communities: Country Hills, Coventry Hills, Country Hills Village, Panorama Hills, Harvest Hills

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



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

**There is a Women's Soccer Program for you:**

- o **Over 30 – RECREATIONAL Level 1** – all players are welcome from the new to players that have many years' experience. This is the existing league that has been ongoing for many years so expect many players to have experience with play and developed level of skill.
- o **Over 30 – VERY RECREATIONAL LEAGUE Level 2** – this is a new option in our ladies recreational community soccer and is designed for new or less experienced players to develop skills and confidence in their play with players with similar skill sets....
- o **Ages 20 to 30 – RECREATIONAL LEAGUE** – for new players and seasoned players that just want to play soccer and have fun where the focus is on socializing and sportsmanship while playing some outdoor soccer right in the community.

When: We play twice a week (8:00pm to 9:00pm) after all the kids programs are done - April 16 thru to the middle of July – approx. 18 games  
 What: Play Outdoor Soccer  
 Where: Within the Northern Hills Community

**We offer:**

- o Licensed referees.
- o New player orientation
- o Technical sessions.
- o Ice-breaker party

If you are interested then in February visit [northernhills.ab.ca](http://northernhills.ab.ca) - ladies soccer tab and register!  
 If you have any questions, please email [ladiessoccer@northernhills.ab.ca](mailto:ladiessoccer@northernhills.ab.ca)



**Northern Hills Community Association**  
 NHCA Communities: Country Hills, Coventry Hills, Country Hills Village, Panorama Hills, Harvest Hills

**SOCCER REGISTRATION** **WANNA' PLAY?**

**REGISTRATION NOW CLOSED**  
 except for youth players (U14-U18)

Northern Hills Community Association is committed to providing a fun, non-competitive soccer program.

**Soccer Season Runs: April 29th thru June 28th, 2013**

U4 Mixed, U6 mixed, U8 Mixed, U8 Girls, U8 Boys, U10 Girls, U10 Boys, U12 Girls, U12 Boys, U14 Girls, U14 Boys, U18 Girls, U18 Boys

Email: [soccer@northernhills.ab.ca](mailto:soccer@northernhills.ab.ca)  
 \*\*\* Please note: You do need a current NHCA membership \*\*\*



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**NHCA Vision**

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

Northern Hills  
Community Association



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# 3 Things for Calgary asks all Calgarians to:

**1. Think about 3 Things** you can do to make Calgary better. These things could be for your street, your neighbourhood or for the entire city.

The 3 Things you do are up to you. What are your skills and passions? What issues are important to you and what can you do about those issues to make Calgary better?

**2. Do those 3 Things.** Whether your 3 Things are large or small, every action you take to make Calgary better makes a difference. And if you have more than 3 Things you want to dive into, then do them! Some examples are:

- host a neighbourhood event
- take part in a community clean-up
- volunteer for a not-for-profit organization
- get to know your neighbours better
- donate items to local charities
- carpool with your co-workers

**3. Encourage 3 more people** to do the same.

This part is so important. You might already do so much for your community, but others might not yet be living up to their potential.

Find out more at [www.3thingsforcalgary.ca](http://www.3thingsforcalgary.ca)



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# GOVERNMENT

## A MESSAGE FROM WARD 3

Many of you have read or listened to reports of the 96th Avenue NE Extension. The project quality assurance investigations in the summer of 2012 determined that there was evidence of deficiencies on all bridge decks currently under construction over Nose Creek and the CP Railway tracks. Further investigation revealed that there were no structural concerns with three of the bridge decks, and that they could be made operational by crack sealing and completion of the deck finishes as per the contract.



Jim Stevens,  
Ward 3 Alderman

The most significant deficiency is with the westbound bridge deck over Nose Creek and it is clear that major remedial work may be required to bring this bridge deck into operation and to ensure that it meets The City's durability requirements. These construction deficiencies have had an impact on the opening of the roadway which was originally scheduled for Fall of 2012.

It was hoped that the necessary work on the three bridge decks could have been completed in November 2012, with the goal of opening half the roadway to traffic (i.e. two-way traffic on the original eastbound carriageway). However, when the colder temperatures and winter conditions set in, work on the bridge decks was suspended until Spring 2013 when warmer temperatures will allow the work to be completed on the three bridge decks. Once the eastbound bridge decks are completed, The City plans to open them up for two-way traffic, allowing motorists to use the roadway between Harvest Hills Boulevard and the Airport Trail/Deerfoot Trail interchange. The entire roadway (both eastbound and westbound lanes) will open once the work on the fourth bridge deck has been completed.

I had a Notice of Motion go to Council on January 14, 2013 regarding Playground/School Zone Safety. Council directed Administration, including Roads, in conjunction with the Calgary Police Service to investigate alternative measures, including but not limited to rumble strips, to improve driver awareness of entering playground and school zones. It will also develop options based on best practices and experience in other jurisdictions. Administration is to report back to Council through the SPC on Transportation & Transit with findings of the investigation and a recommendation for a pilot project, for consideration by Council no later than 2013 May.

Jim Stevenson  
403 268-2530, [www.calgary.ca/ward3](http://www.calgary.ca/ward3)

## Hello Residents of Northern Hills!

As the Legislature returns on March 7th and the Budget is delivered on the 9th, this month is set to be a busy one for me up in Edmonton. That said, I am eager to hear from constituents about their issues and concerns, be they related to legislation or personal matters. My office is here to work with you and try our best to find answers to the various concerns that are brought to our attention. Please do not hesitate to call or email at any time.



Teresa Woo-Paw,  
MLA Calgary Northern Hills

The Creating Space for Strength project is going very well and the community consultation on February 21st went well, permitting us to have a better idea what residents like about Northern Hills and where the gaps may lie. I thank all of those who took the time to come out and those who attended some of our other consultations or were interviewed. This data will help create a foundation for moving forward. Thank you to the Superstore who permitted use of their community room and a special thanks to your president, Wendy Cavanagh, and Moraig McCabe, whose tireless work made the consultation possible.

For those of you looking to make plans over the May Long Weekend already, Albertans and visitors can reserve a campsite at one of 63 provincial campgrounds

online at [www.Reserve.AlbertaParks.ca](http://www.Reserve.AlbertaParks.ca) or by calling 1877537-2757. The Alberta Parks reservation service allows campers to book individual sites up to 90 days in advance and also includes all 147 provincial group camping areas.

Improved, up-to-date road information is a click or a phone call away, with the launch of the first phase of the new 511 Alberta traveller information service. Travellers will now have access to more than 100 highway cameras through the new mobile-friendly website at [www.511.alberta.ca](http://www.511.alberta.ca). Similar information is available via phone by calling 5-1-1 toll-free from anywhere within Alberta.

We continue to look for community talent to fill the programme during the Stampede Breakfast on July 6th, 2013 from 830-1030. If you, or anyone you know, is interested in coming out and participating, I would ask that you contact the office soon, as we are in the process of finalising the entertainment portion of the event. If you want to just come out and enjoy the food, entertainment, and community atmosphere, I welcome you as well. Come early... as the lines get long pretty quickly.

Have a happy and safe Spring Break, no matter what you do or how you celebrate.

Honourable Teresa Woo-Paw,  
MLA Calgary-Northern Hills  
403-274-1931  
[calgary.northernhills@assembly.ab.ca](mailto:calgary.northernhills@assembly.ab.ca)



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### Men's Soccer League

A "just for fun" men's soccer league

**Where:** Within Northern Hills Community  
**When:** Two nights a week from 8:00 to 9:00pm – April 16<sup>th</sup> to July 13<sup>th</sup> – 18 games  
**What:** Play a friendly game of soccer

**We offer:**

- Licensed referees.
- New player orientation
- Technical sessions.
- Ice-breaker party

If you are interested then in February visit [northernhills.ab.ca](http://northernhills.ab.ca) - men soccer tab and register!

If you have any questions or are willing to help organize the league please email [menssoccer@northernhills.ab.ca](mailto:menssoccer@northernhills.ab.ca)

### NHCA Mission

The Northern Hills Community Association endeavours to enrich and empower the diverse communities of the Northern Hills by:

- Advocacy and education
- Supporting opportunities for engagement
- Enhancing quality of life



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# NHCA Youth on Family Day 2013!

The NHCA sponsored Youth Family Day 2013 was a huge success this year. There were many families that came out to enjoy the fun activities, and everyone was happy to see all of the smiling faces on this family centered holiday.

This is the second year that the Northern Hills Youth Council provided free crafts, mini-golf, and games for the family day event. The Youth Council worked very hard during the weeks prior to this event planning, and preparing the fun activities for families to enjoy. The mini golf, as usual was a huge hit, and there were over 250 children who made crafts with our amazing volunteers from Notre Dame High School. This year the Youth Council added a Ball Toss game.



There was a constant line up to play this game, and it was fun to see how amazing everyone was at getting the ball through the holes! Special thanks goes to the NHCA for their support of the Youth Council, as well as Cardel Place

for inviting the Youth Council again to participate in this event. Make sure to join the Youth Council and participate in next year's event to be held, as expected, on Family Day!  
The NHCA Youth Council





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FOR REST OF THE YEAR\*



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# LIBRARY NEWS

## Programs for March 2013

Register on-line at [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com) or call 403-260-2620

**“Turn your imagination into reality at the Country Hills”**

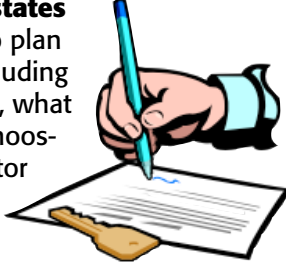


**Parent-Child Mother Goose (CPL)**  
Enjoy a relaxing and fun hour of songs, rhymes, and story with your children. Ages 6 to 23 months with a parent/caregiver  
Wednesdays, Apr 10 to May 29 from 10:15 - 11:15 a.m. Registration begins Mar 26

**Rub-a-Dub-Dub**  
Bring along your favourite bathtime toy as we share stories, songs, and fingerplays all about bubbly bathtime fun. Ages 2 to 5 with a parent/caregiver Sunday, Mar 10 from 2:00 - 2:30 p.m.  
Registration begins Feb 12

**Drop-In Family Storytime**  
Drop in for stories, songs, and fingerplays the whole family can enjoy. Ages 2 to 5 with a parent/caregiver Saturdays, Feb 09 to Mar 16 from 2:15 - 2:45 p.m.  
No registration required

**Law at Your Library: Wills and Estates**  
Learn how to plan your will, including types of wills, what to include, choosing an executor and power of attorney. In partnership with Calgary Legal Guidance. Monday, Mar 18 from 7:00 - 8:30 p.m. Registration begins Dec 17



**Computer Technology Coaching**  
Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products. Thursdays, Jan 10 to Apr 25 from 2:00 - 3:30 p.m. No registration required

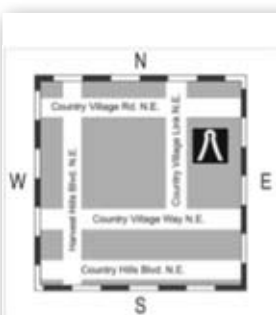
**Eating with Purpose**  
Looking for tips on how to lose weight or deal with emotional eating? Learn how increased mindfulness before, during and after meals can help you reach your health and wellness goals. Presented by Dana Lee Hansen, PhD (Pharm), Registered Holistic Nutritionist. Tuesday, Apr 23 from 7:00 - 8:30 p.m.  
Registration begins Dec 17

**50+ Coffee and Conversation**  
Join us for coffee, conversation, and presentations of interest. Ages 50 and up Tuesdays, Feb 12, Feb 26, Mar 12, and Apr 09 from 2:00 - 3:30 p.m. No registration required

### Do you know that Calgary Public Library has a Library Card designed especially for Persons with Disabilities?

Calgary Public Library offers a wide range of specialized materials, services and programs to all Calgarians. The Special Services Card is designed especially for Calgarians of any age with visual, hearing, physical or learning disabilities. The Special Services' customers can enjoy a diverse collection in alternate formats and adaptive technology resources. This Special Services Card gives the person with disabilities up to six-week loan period for all library materials including regular print books, large print books, talking books, digital books (Daisy), e-books, CDs, DVDs, and much more. With this card, they can also access our adaptive technology resources that include ALEX workstations at eight library locations, Assistive Listening Devices in the John Dutton Theatre and Text Telephone for the Deaf (TTY services) at Central Library.

To apply for this card, just complete an Application Form at any library location or call Diversity Services at 403-260-2702. Our knowledgeable library staff will help you get started. The membership and renewal fee are waived for this card and no fines are imposed other than the lost item cost. At Calgary Public Library, you will find selected materials that always suit your tastes and satisfy all your information needs.



### COUNTRY HILLS LIBRARY

11950 Country Village Link NE

Hours:

Monday – Thursday 10 a.m. – 9 p.m.  
Friday & Saturday 10 a.m. – 5 p.m.  
Sundays (mid-Sept to mid-May) Noon – 5 p.m.

## NEW!! RECREATIONAL SOCCER FOR AGES 14-19

Are you interested in playing soccer!!!

**Come join other teens and young adults in the community and have some fun.**

Program is beginner friendly, no experience necessary and for all fitness levels. This a recreational fun league, the only goal is for you to have a fun safe game of soccer, meet some other like minded neighbours, learn a new skill, and have FUN!! Have your friends join with you!

When: Twice a week – Mon & Wednesday nights – April thru July 13 from 8:00 to 9:00pm

What: Play Outdoor Recreational Soccer

Where: Within the Northern Hills Community

Who:
 

- U14 Girls
- U16 Girls
- U18 Girls

- U14 Boys
- U16 Boys
- U18 Boys

Cost:
 

- \$90.00 each player

**How to register:**

- Registration opens Feb 1, 2013 to Feb 29, 2013
- Go to [www.northernhills.ab.ca](http://www.northernhills.ab.ca) and find the tab for youth soccer and follow the links.

Besides playing some exciting weekly soccer games and enjoying the fresh air and the exercise there will be:

- Ref's provided
- Player Orientation/practice
- Technical Sessions
- Wrap-Up Event

**REGISTER NOW!**

If you have any questions, please email [nhcachildreassoccer@shaw.ca](mailto:nhcachildreassoccer@shaw.ca)

## Northern Hills Crime Statistics – January 2013

Crime Category	January 2013 Statistics by Community				Total
	Harvest Hills	Panorama Hills	Coventry Hills	Country Hills*	
Vandalism	2	2	3	2	9
Theft	3	-	2	3	8
Theft from vehicle	1	2	2	3	8
Vehicle Theft	-	-	6	-	6
Residential Break-in	-	2	2	-	4
Assault	1	1	1	-	3
Commercial Break-in	1	-	-	-	1
Sex Offence	-	-	1	-	1
<b>Total</b>	<b>8</b>	<b>7</b>	<b>17</b>	<b>8</b>	<b>40</b>

\*Includes Country Hills Village

The crime statistics for the month of January 2013 in the Northern Hills area are in the attached table. Additional information can be obtained from the Calgary Police Service (CPS) crime map at <http://crimemap.calgarypolice.ca/>.

The purpose of providing regular reports on crime statistics and information is to increase awareness and hopefully help the CPS make our neighborhoods safer. We meet regularly with Community Liaison Officers (CLO's) for our area to review these statistics, to discuss issues and trends regarding crime in our communities, and to identify ways that the NHCA can help the CPS in their work. Residents can contact the CLO's for our area at the District 7 office if they have any questions or concerns.

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

Remember, if you are the victim of a crime or if you are a witness to a crime, no matter how big or small, please report it to the police service as soon as it is safe to do so. The more information that the police have to work with the more likely they will be able to solve the crime and apprehend the person or persons responsible.



# March is Community Association Membership Awareness Month!

Did you know there are more than 20,000 volunteers in the community association movement in Calgary? It's the LARGEST collective volunteer movement in the city! There are also more than 156,000 Calgarians who are members of their community association. Be part of it!

The Federation of Calgary Communities is proud to once again promote March Community Association Membership Awareness Month. We encourage you to take a few minutes this month to find out what your community association can do for you! It's easy and you'd be surprised at the many benefits and options available to you as a neighbour.

Community associations are so much more than organizations offering programs and services such as youth soccer or evening yoga to residents. For example, this newsletter was created and produced by hard-working volunteers from your community association, put together each month to let you know what great things your community has to offer. Community associations are the voice for community life, working with stakeholders such as City Council on planning and development is-

sues in Calgary. Do you want to take part in what goes on in your neighbourhood? Have a say and get involved! Many community associations also work closely with many local businesses to offer discounts and benefits to their members.

Throughout this month-long event The Federation of Calgary Communities will be working closely with the 149 community associations in the city to promote the many benefits of belonging. Each community association is different so find out what yours can do for you today!

Engage. Belong. Inspire. Be part of it!

For questions or more information on March Community Association Membership Awareness Month please contact Rebecca Dakin with The Federation of Calgary Communities at (403) 244-4111 ext. 204 or [communityrelations@calgarycommunities.com](mailto:communityrelations@calgarycommunities.com).



**FIVE STAR BARBER SHOP**

**Grande Opening Special**

*Bring this coupon and receive \$5.00 off*

- Men's Cut.....\$19
- Hot Shaves.....\$21
- Kid's Cuts.....\$16
- Senior's cuts....\$16

**Every Haircut Includes a Hot Neck Shave**

**OPEN 7 DAYS A WEEK**

Hot Shaves - Mens Styles  
High Lights - Kids Cuts

Monday - Friday  
9 am - 7 pm  
Saturday & Sunday  
9 am - 6 pm

**WALK-INS WELCOME**



#220 - 30 Country Hills Landing NW.  
Calgary, Alberta  
403-460-1780

## Men's Soccer league to kick-off this spring

For nearly nine years, women in Northern Hills have had the opportunity to play recreational soccer within the community. The league, which has doubled in size from its original four teams, continues to attract and develop new players, but this spring the men will get their own chance to take to the pitch with the launch of the Northern Hills +30 Men's Rec League.

Playing Monday and Thursday nights, the league will be structured similarly to the current women's program. "Players will receive technical and fitness training, new player orientation and eighteen games in a season that runs from mid-April to mid-July," says Ali Bryan, Men's Coordinator. "Our program offers tremendous value." In addition to the pre-season training and games, which are overseen by licensed referees, the \$100 registration fee includes the uniform.

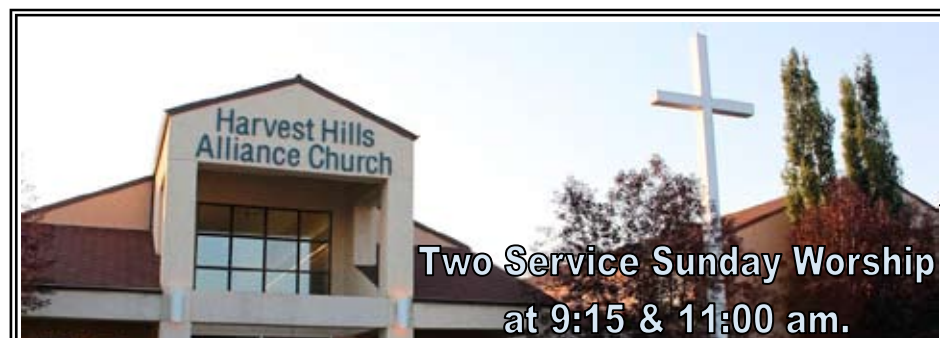
"There are many benefits to playing soccer in your own neighborhood. People are busy. A set schedule and close fields make it easy to coordinate activities with the other members of your household. It's also a great way to network and socialize with community members and a simple way to integrate fitness into your

spring calendar."

The league is open to men with all levels of playing experience living in or outside Northern Hills, but an NHCA membership is required. "It gets me back into some competition. It's fun," says James Young, who has already registered. "Plus a little bit of exercise never hurts."

Registration is off to a slow but steady start, and organizers are optimistic the numbers will continue to grow. "We really need a minimum of four teams," says NHCA Soccer Coordinator, Janice Henderson. "It's time for the men of Northern Hills to lace up their cleats and get involved."

For more information visit: <http://www.northernhills.ab.ca/mens-outdoor-soccer> or contact [northernhillsmenssoccer@shaw.ca](mailto:northernhillsmenssoccer@shaw.ca). Online registration is ongoing until February 28th.

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

Programming for Nursery to Grade 4 during both services and Youth Programs during the 9:15 am service.  
Club 56 for grades 5 & 6 during the 11:00 am service.

**Weekly Activities at the church:**

Monday: 6:30 pm - Girl Guides of Canada Deerfoot District  
6:30 pm - ESL ([esl@hhachurch.com](mailto:esl@hhachurch.com) for more information)  
7:00 pm - AA Meetings  
7:00 pm - Joyful Noise practice

Tuesday: 9:30 am - P.A.C.T. (Parents and Children Together)  
Email: [p\\_a\\_c\\_t@hotmail.com](mailto:p_a_c_t@hotmail.com)  
10:00 am - TOPS  
7:30 pm - Men's Bible Study

Wednesday: 9:15 & 9:30 am - Women's Bible Studies (4 to choose from)  
9:15 am - ESL ([esl@hhachurch.com](mailto:esl@hhachurch.com) for more information)  
3:30 pm - Free Math and Science Tutoring  
7:00 pm - Youth  
7:00 pm - MOI - Prayer  
7:00 pm - Al-Anon

Thursday: 10:00 am - Community Moms 'N Tots  
6:30 pm - ESL ([esl@hhachurch.com](mailto:esl@hhachurch.com) for more information)

Friday: 9:30 am - Global Prayer  
10:00 am - Moms With Young Ones

Saturday: 8:00 am - Men's Bible Study

**The Marriage Course beginning March 5, 2013.**  
**How to build a healthy marriage that lasts a lifetime.**  
Dinner at 6:30 with discussion at 7:00 pm. \$125 per couple.  
Contact [office@hhachurch.com](mailto:office@hhachurch.com) to register.

**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](mailto:office@hhachurch.com) [www.hhachurch.com](http://www.hhachurch.com)

**Northern Hills Community Association** NHCA Communities: Country Hills, Coventry Hills, Country Hills Village, Panorama Hills, Harvest Hills

## The NHCA Children's Soccer Program

has grown to over 1200 children in the 2012 outdoor season; the upcoming season/program is changing into more of a Committee-run program.

If you have the following qualities then contact us now at [nhcachildrensoccer@shaw.ca](mailto:nhcachildrensoccer@shaw.ca) as we are looking for you to help with 2013's NHCA Children's Soccer Program

- a personal interest in the NHCA Children's Soccer Program
- a positive attitude and enthusiasm
- a willingness to use your ideas
- an ability to work with others in a team environment
- able to complete a role you take on

"The success of any great event or organization is governed by the volunteers and the community that gets involved with a group and makes things happen. Without volunteers and organizers forming committees, no group could function." Author unknown

**2013 Volunteer Coordinators (Position's needed to be filled)**

<b>AGE GROUP</b>	U6 Mixed (2007 - 2008) - Stephanie
U18 Boys (1996, 1995) - Kelly	U6 Boys (2007 - 2008)
U18 Girls (1996, 1995)	U6 Girls (2007 - 2008)
U16 Girls (1997, 1998) - Kelly	U4 Boys (2009-10) - vacant
U16 Boys (1997, 1998)	U4 Girls (2009-10)
U14 Girls (1999, 2000) - Patrice	<b>OTHER POSITIONS:</b>
U14 Boys (1999, 2000)	Coaches Coordinator: Leslie Ann, Kachana
U12 Girls (2001, 2002) - Kelly	Soccer Skills Coordinator: vacant
U12 Boys (2001, 2002)	Field Painting Coordinator: vacant
U10 Girls (2003, 2004) - vacant	Pictures Coordinator: Susan
U10 Boys (2003, 2004)	Equipment Coordinator: vacant
U8 Girls (2005, 2006) - Sarah	Secretary: vacant
U8 Boys (2005, 2006)	Wind up Coordinator: Stephanie.
	Treasurer: vacant
	Technical Trainer Coordinator: vacant
	Communications Coordinator: vacant



# SCHOOLS

## St Clare School (March 2013)

**February was a short, but faith-filled, month for St. Clare School.**

February the 13<sup>th</sup> saw the kick-off of the Lenten season with Ash Wednesday celebrations. Our grade 2 and 3 classes started us off with a wonderful school liturgy, where everyone received the blessing of ashes on their foreheads. The morning prior to Ash Wednesday was Shrove Tuesday, which included parent volunteers cooking over fifteen hundred pancakes for staff and students on three grills at the front of the school! A special thanks to everyone who made that day possible, from pancake makers to pancake deliverers, from set up to clean crews. Lent is an important season as we pull together as a community to recognize and celebrate the Paschal mystery; the birth, life, death, and resurrection of Jesus. We are called to make a sacrifice during this season to show our commitment to God.

Students will be dismissed at noon on March 28<sup>th</sup> for Easter break, returning to school on April 8<sup>th</sup>.

Our first group of Grade 1 students completed their Open Minds field trip the week of February 4-8<sup>th</sup>. The Chevron Open Minds School Program is a unique and exciting educa-

tional program that advances student learning by moving the classroom into the enriching environments of the Calgary Zoo, the Glenbow Museum, the Cross Conservation Area and the TELUS World of Science. The week-long curriculum based program integrates traditional classroom learning with hands-on educational experiences that enable students to develop vital critical thinking, problem solving, and writing skills. The students had an amazing time.

Teachers have been working diligently on student Progress Reports, which are slated to go out on March 8<sup>th</sup>. Parent/Teacher interviews will take place March 14<sup>th</sup> from 4:30-7:30, and March 15<sup>th</sup> from 9:00 until 3:00.

Reminder, Kindergarten registration is ongoing for the 2013-2014 school year. If you have a child that will be 5 years of age before March 1<sup>st</sup>, 2014, you may register your child. Please bring a copy of your child's birth certificate and a copy of proof of residency in Coventry Hills (i.e. gas bill with your address on it). We are open from 9:00am – 3:30pm to take registrations. If you have any questions, please contact the school at 403-500-2102.

Happy Easter from the St. Clare Community.

**Applebee's**  
**2 FOR \$25**  
1 SHAREABLE APPETIZER *PLUS* 2 ENTRÉES FOR ONLY \$25

**Bacon Cheddar Cheeseburger**

**Mozzarella Sticks**

**Fiesta Lime Chicken®**

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403-226-6160

facebook.com/applebeesnorthpointe

\*Offer only applies to items ordered from the 2 for \$25 menu. Sorry, no substitutions. Does not include drinks, dessert or taxes.  
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## IT'S TIME TO GET INVOLVED

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Dr. Eugene Magerman, MD  
Dr. Rulene Maré, MD  
Dr. Elizabeth Van Rooyen, MD  
Michelle MacPherson, CLT, LSO  
Janie Khuu, CLT, LME

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# WHERE SMILES BEGIN!



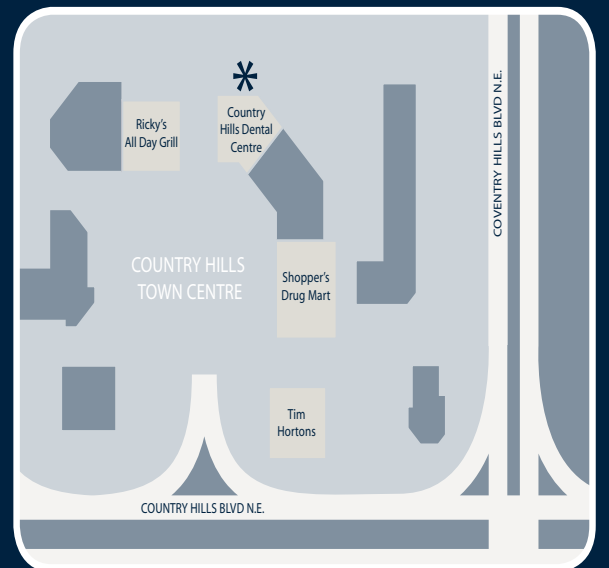
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