

NORTHERN HILLS COMMUNITY ASSOCIATION

Northern Hills
Community Association

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

www.northernhills.ca

Another Great Stampede in The Northern Hills

by Ivon Mbuyamba

On Sunday July 13th, Stampede, the 10 day event, came to a close. For communities in Calgary, one of the hallmarks of Stampede is the plethora of breakfasts and BBQs offered by government officials and various organizations intended to feed the spirit of the event, reinforce community cohesiveness and for politicians, to reconnect with their constituents. The average temperature during this year's Stampede was just over 24 degree Celsius; the sun shone everyday and with clear blue skies, all the breakfasts and BBQs were fun and enjoyable.

The Northern Hills Communities also had its share of breakfasts and BBQs during this year's Stampede. On July 5th, Teresa Woo-Paw held a Stampede breakfast at Cardel Place east parking lot, which was attended by Jim Prentice, the Alberta Tory leadership hopeful. The turnout was significant and remained consistent throughout and there were performances by the Korean Dancers, Youth Singers of Calgary and the amazing Band of Outriders. Community members had the opportunity to directly interact with their officials and learn how the latter are contributing to community-development initiatives in an informal setting.

On Sunday July 6th, still at Cardel Place east parking lot, Devinder Shory's Stampede BBQ, held jointly with Michelle Rempel for the last two years, took place from 11 AM – 1 PM. Both parliamentarians' BBQ was well attended and the presence of a "very special guest,"



(Devinder Shory's office) Lauren Harper, Prime Minister Stephen Harper's wife, who helped serve food, made the event remarkable for all of those who attended. Although there were no performances, Devinder Shory and Michelle Rempel's BBQ collected monetary donations for Grow Calgary, an organization whose mission is to grow fresh local produce for the Calgary Interfaith Food Bank and promote "healthy food choices".

Preceding Devinder Shory and Michelle Rempel's BBQ was the Harvest Hills Alliance Church always amazing

Stampede breakfast earlier during day from 9 - 11 AM. There were pony and horse rides, a giant bouncy house, face painting, balloons, treats, pancakes, refreshments and strawberries to top it off! Many people flooded the church parking lot to enjoy the live band and an exciting visit from Mayor Nenshi!

Lastly, on Saturday July 12th, The Real Canadian Superstore parking lot's western mantle was in full display. The Roy-Op Stampede Breakfast brought a different tune to the festivities. Their breakfast consisted of free pancakes, the Stampede Caravan, a live western band, visiting

marching bands, tradition dancers, pony rides, games and entertainments for kids and the Stampede Royalty. All in all, it was a breakfast worthy of the spirit of Stampede.

The Northern Hills Community Association was present at all the Breakfasts and BBQs held in the Northern Hills during Stampede. Our visibility was in the form of our green tent, at which memberships were sold, information about the organization's vision and mission was disseminated and pictures were taken with government representatives. There were four lucky winners, Ivon Mbuyamba, Wayne Brown, Marlene Clark and Norma who all received great prizes

from draws! Sunny Shuang, NHCA President, represented the Association at a dinner with Prime Minister Stephen Harper on July 5th at Heritage Park. Most importantly, our volunteers permeated the different events. Northern Hills Community Association's volunteers were present at all the events and they helped set up tents and tables, served food and coordinated in various ways. This year's Stampede injected a good dose of aliveness in our community, and along with temperature worthy of a true summer, we hope you have all had a great time! And now, we look forward to next year Stampede.

UPCOMING EVENTS 2014

August & September

- ◆ Park N Play
PANATELLA BLVD AND PANATELLA ST NW
– August 5th – 8th (10AM - 3:30 PM)
- ◆ Stay N Play
PANATELLA BLVD AND PANATELLA ST NW
– August 5th – 8th (10 AM - 12 PM)
- ◆ Nuit Blanche Calgary 2014
Calgary's Olympic and Municipal Plazas
– Sept 20 (7PM – 1AM)
- ◆ 20th NHCA Anniversary Celebration, October
- ◆ Curls for Cause Fundraiser, August 17, (10 AM - 5 PM)
Gates of Panorama Hills Area, 225 Panatella Hills NW



Northern Hills
Community Association

The Mission Statement

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, and
- Enhancing quality of life

Northern Hills
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NHCA VOLUNTEER OPPORTUNITIES

by Sunny Shuang, President

Vacancies on the Board:

The following are Board positions that need to be filled:

- Second VP
- Communications
- Membership
- Community Enhancement
- Policy

If you are interested in becoming a Board member of the NHCA please contact: president@northernhills.ab.ca

We have various volunteer committees where volunteers are always needed:

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

Upcoming Special Event: NHCA 20th Anniversary Celebration- Share your ideas and expertise with the planning committee to celebrate this important milestone. Contact events@northernhills.ab.ca.

Community 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

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 community@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 if you've had enough!

Community Garden – Our existing gardens in Harvest Hills and Coventry Hills have been a great success. If you would like to help out at these gardens by doing a little gardening work, mowing, weeding, watering or planting flowers etc. this would be a great way to get out and enjoy the sunshine! Are you a resident of Panorama or Country Hills and would like to have a garden in your neighbourhood? This could be the committee for you. Contact garden@northernhills.ab.ca

Rinks – Our rink in Harvest Hills provided many hours of skating pleasure for residents this year and could use the help with clearing and flooding in winter as well as mowing the site during the summer months. We will be working with the City to have a similar

rink up and running in Panorama for next winter and 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 rinks@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

Policy – If you have experience with policy writing and/or are interested in writing and editing, the policy and procedure team would like to get your input and support. Contact policy@northernhills.ab.ca

At Home In The Hills - An initiative to assist new comers to Canada in the Northern Hills. We offer information and assist with the transition in the community. 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

Communications/Social Media - If you are interested in tweeting, posting or blogging about all the latest happenings in the Northern Hills community, then the NHCA Communications team would love to hear from you! Contact president@northernhills.ab.ca or editor@northernhills.ab.ca

Sponsorship - Have an interest in marketing and a fearless attitude when communicating with businesses in the area? Our association would appreciate your help in contacting local business owners to discuss advertising opportunities and how they can contribute to the community. Interested? Contact 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

Senior's Group – SPRY in the Hills, a group of older adults who host regular get together on Tuesdays from 2 - 4 pm, Fridays from 1 – 2pm, occasional lunches, workshops and field trips are looking for you and your ideas. Contact seniors@northernhills.ab.ca

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

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 traffic@northernhills.ab.ca

For more information please contact the NHCA office at 403-226-6462 or info@northernhills.ab.ca

From the President

by Sunny Shuang
President NHCA



The month of July was an exciting one for the Northern Hills Community Association. Not only did our hardworking volunteers pace in the Stampede Parade, but they were also present at all the Stampede breakfasts and BBQs at which we were delighted to receive warm greetings and the support of various government officials. On behalf of the NHCA volunteers, members, staff, and Board of Directors, I would like to extend a sincere thank you to MLA Teresa Woo-Paw, MPs Devinder Shory and Michelle Rempel, Cardel Place, Harvest Hills Alliance Church and Roy-Op for their continued support of our communities and for making the NHCA an integral part of the party. By being present, they were able to interact with community members who inevitably had the chance to express their concerns and offer feedbacks. In addition to mingling with government representatives, some NHCA members had a chance to renew their membership and win prize draws courtesy of Cardel Place and Starbucks (Coventry Hills).

One of the highlights of the 10 Day event was Mayor Naheed Nenshi's appearance at the Harvest Hills Alliance Church Stampede breakfast at which he honored the long-time volunteer Ed Kehler with a Stampede Champion T-shirt. Ed Kehler has been the organizing force behind the Harvest Hills Alliance Church Stampede breakfasts. After, Events Director Mohamed Hassanin and I, presented Mayor Nenshi with some NHCA swag, a gesture he happily welcomed. He proceeded to applaud and recognize the NHCA's good work for the Northern Hills residents. The Mayor's presence contributed to creating a truly uplifting experience.

Another important moment of this year's Stampede events was the appearance of Mrs. Lauren Harper, Prime Minister Stephen Harper's wife, at Devinder Shory and Michelle Rempel's BBQ. She served food and took the time to talk to the NHCA's volunteers and directors. She subsequently praised the NHCA Board's great work, and emphasized on the importance of volunteerism and community associations. As president of the NHCA, I was invited to represent the organization at the Prime Minister's BBQ Dinner at Heritage Park. It was an enriching experience; I met leaders of various community associations with whom we shared our experiences.

The end of Stampede brings us again to where we need to recognize those without whom the success described above would not have been possible. We cannot forget to say thank you to all our amazing volunteers. Without your commitment and hard-work, the NHCA's visibility would be insignificant. A special thank you goes out to our Volunteer Coordinator, Jessica Mehain, and Events Direc-

tor, Mohamed Hassanin. Mohamed was also in the Parade and manned the tables at all the events.

As a community association, the NHCA collaborates with various organizations to bring engaging activities and programs to the

community. This summer, the NHCA and the Community and Neighbourhood Service of the City of Calgary are teaming up to offer the Stay n' Play, Park n' Play, Lawn Chair Theater and Mobile Skate Park. Most of the above activities are still taking place; so please refer to our events calendar on the front page of our Newsletter for dates and times details.

The "Grow to Impress!" contest started on July 15th, and you have until September 15th to submit a picture through the NHCA Facebook page, Twitter (@nhcafb), Instagram (#nhcagrowtoimpress), e-mail or snail mail of the most impressive natural décor you encounter such as your neighbours' flower beds, your produce garden, and/or your neighbourhood's community garden. In the meantime, you can follow us on Facebook and/or Twitter to see current submissions. Each category winner will get a \$50 gift card for first place and a \$25 gift card for second place from our sponsoring business Blue Grass Garden Centre. A \$100 gift card will be given to a winner who has promoted his/her neighbour.

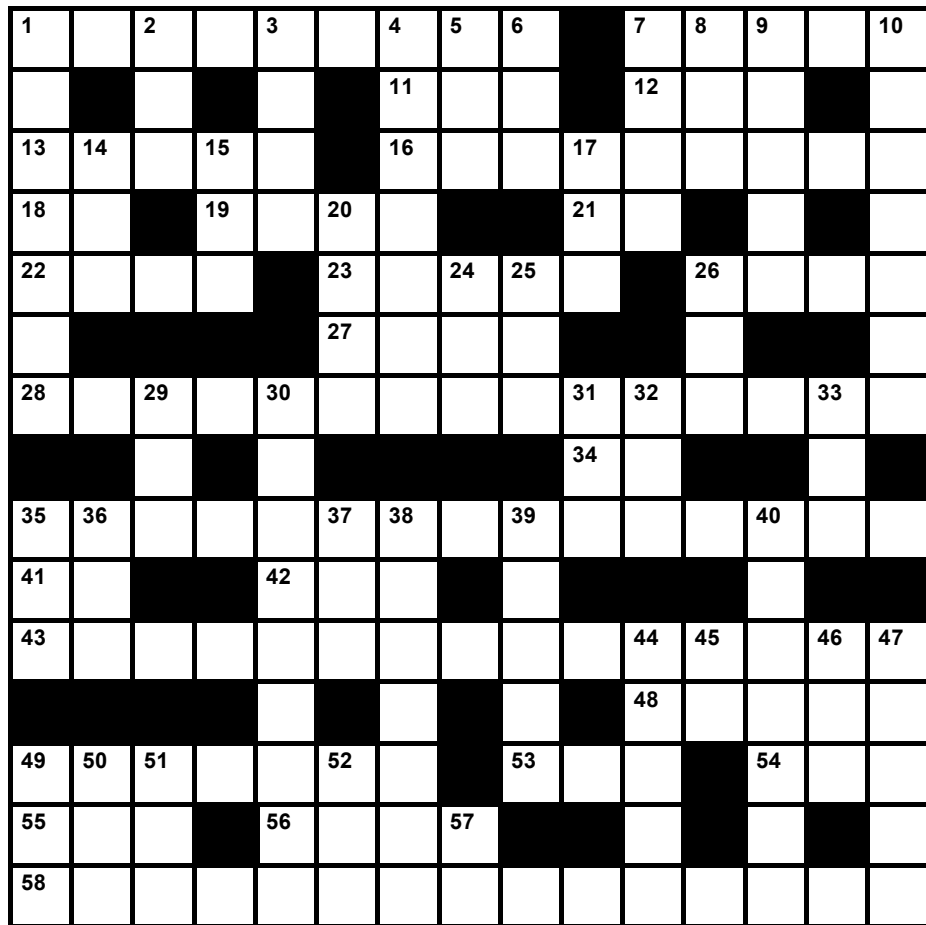
Our 20th year Anniversary Celebration Fundraiser is around the corner. On August 17th, the NHCA will team up with the Hair Booth Salon to raise money for both the Ronald McDonald House Southern Alberta (a children charity fund) and our 20th year Anniversary celebration. If you are interested in the planning and organizing of the above event or of fundraising in general, please contact events@northernhills.ab.ca or volunteer@northernhills.ab.ca to join the planning committee. For all the businesses in the community that would like to sponsor or donate to our 20th Anniversary fundraiser event, please contact the NHCA marketing administrator Heather Hubert at marketing@northernhills.ab.ca or the Marketing Director Shawn Producers at business@northernhills.ab.ca.

The Planning & Development committee met with a local Church group to discuss potential space sharing in the community. Part of the NHCA's strategy is to work in cooperation with local groups and to find a possible permanent location for the NHCA. The NHCA is also seeking the service of someone capable of writing grant proposals and board policy development. We will welcome all individuals with the expertise to fulfill the above functions; therefore, if you are interested in helping your community at the board level, please contact president@northernhills.ab.ca for more information.

We hope you are enjoying the summer and all the fun events taking place in the community.

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ACROSS

- 1. "Fun, Fun, Fun" singers (2 words)
- 7. Fun activities
- 11. Car club
- 12. Draft choice
- 13. Boat used in sports events
- 16. Florida tree
- 18. Messaging format, briefly
- 19. Skirt lines
- 21. Steelers locale
- 22. Columbus's transport
- 23. Beer color
- 26. Winter games locale sometimes
- 27. Trot or canter
- 28. Beach wear (2 words)
- 34. Salt Lake City locale
- 35. Florida resort (2 words)
- 41. Land of the brave and free
- 42. Tiebreakers, briefly
- 43. She sang "The Summer Knows"
- 48. Lake crosser
- 49. End of the day, begin-

- ning of the evening
- 53. ___ polloi
- 54. Prohibited insecticide
- 55. Savings account
- 56. Rainbows
- 58. Trip on a cruise stop, perhaps (2 words)

DOWN

- 1. Beach wear
- 2. Singer Winehouse
- 3. Extended walk
- 4. Crew member
- 5. He was a part of the opening of the Olympic Games in Beijing, ___ Ming
- 6. Opinion
- 7. Bash
- 8. High peak
- 9. Breakfast, lunch and dinner
- 10. Talk to connect?
- 14. "Where ___?"
- 15. Revelation response
- 17. Credit card %
- 20. Trio of wise men
- 24. Mammoth
- 25. Catchall abbr.

- 26. Unavailable
- 29. Caesar's 3
- 30. Water transport
- 31. "___ Last Summer" Abba song
- 32. A Cadillac
- 33. French for sea
- 35. Hero sandwich
- 36. Cool ___ cucumber
- 37. Fund-raising grp.
- 38. Perfume
- 39. Apollo 17 took the "Blue Marble" photograph of it
- 40. Get ___ (enthusiasm) (3 words)
- 44. Ganache
- 45. South America, for short
- 46. Affirmative action
- 47. Prevent
- 49. Ash to Jess
- 50. Mentalist Geller
- 51. Henpeck
- 52. Football positions, for short
- 57. Florida to the US

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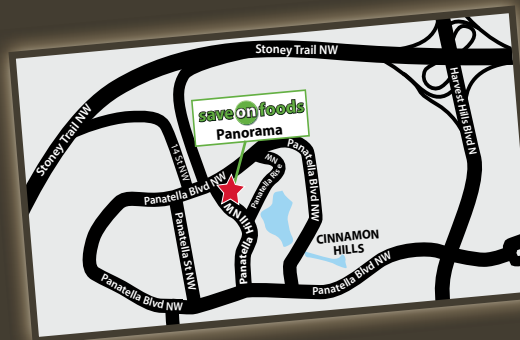
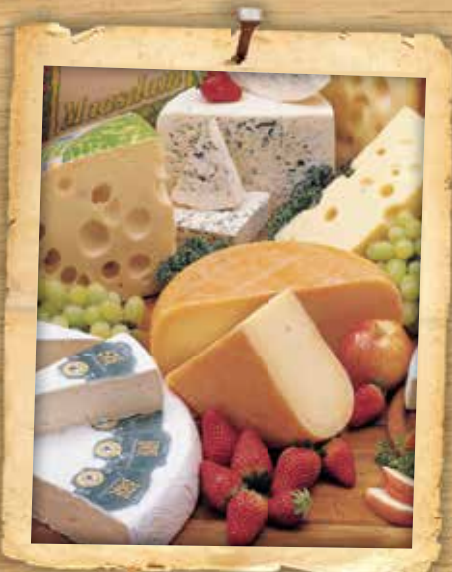
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Grow to Impress Contest is On!

by Ivon Mbuyamba

On July 15 the Grow to Impress Contest started. In light of the summer laudable weather we have had as of late, the blossoming of gardens and consequently the enhancement of summer beauty ought to be a reasonable expectation. In case you have not yet taken the time to appreciate the beauty in your back yard or front yard or even seek it out in your community, you have until September 15 to find it (and if you seek it you will surely find it!). When you do, please do not keep us in the dark, but rather indulge our eyes and cater to our love for the beautiful.

The Grow to Impress contest is a new initiative by the Northern Hills Community Association Community Enhancement committee wherein community members are encouraged to take a picture of something they consider to be beautiful in any of the following categories: most impressive fruit, vegetable, shrub, tree, flower, rock garden, front yard and back yard. You are then allowed to submit one entry per category; however, if your entry promotes a neighbor, you will qualify for an additional entry in any of the above categories thus increasing your winning chances.

There are three medium through which pictures can be submitted. The first one is through social



media, namely the NHCA Facebook page, twitter (@nhcafb), Instagram (#nhcagrowtoimpress). The second medium through which pictures can be submitted is by e-mail at nhcafb@northernhills.ab.ca. Lastly, you can mail your pictures to the NHCA office.

At the end of the contest, the best picture will receive a People Choice Award and each category winner will get a \$50 gift card for first place and a \$25 gift card for second place from the sponsoring organization: Blue Grass Garden Centre. A \$100 gift card will be given to a winner who had promoted his/her neighbor but wins on their own entry. The contest is on; let's go take some memorable photos!



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Calgary, Alberta T3K 6E3
Ph.226-6422 Fax 226-6421
Website: www.northernhills.ab.ca

For general information by email, please send messages to info@northernhills.ab.ca

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2nd Vice President	Vacant 2vp@northernhills.ab.ca
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Community Enhancement	Vacant community@northernhills.ab.ca
Communication	Vacant communication@northernhills.ab.ca
Creating Space for Strength	Moraig McCabe creatingspace@northernhills.ab.ca
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Grants	Suresh Fernando grants@northernhills.ab.ca
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Planning/Development	Paul Eneh planning@northernhills.ab.ca
Policy	Vacant policy@northernhills.ab.ca
Rinks	Vacant rinks@northernhills.ab.ca
Schools	Rick Lundy school@northernhills.ab.ca
Sports	Janice Henderson sports@northernhills.ab.ca
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Northern Edge News

The Official Newsletter at the North Hills Community Association

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

Editor	Paul Cavanagh	editor@northernhills.ab.ca
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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). Advertising layout assistance is available from Keyline Publishing. Please contact the association office.

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NHCA Joins Hair Booth Salon for "Curls for Cause" Fundraiser

A commitment to corporate social responsibility and community engagement is the feature of a great business. With that in mind, the Hair Booth Salon, located in Panorama Hills, is coordinating and organizing the "Curls for Cause" fundraiser on August 17, the purpose of which is to raise money for the Ronald McDonald House Southern Alberta, a non-profit organization that provides families with sick children a "home away from home." Alice L of the Hair Booth Salon says their ultimate goal is to bring awareness about the organization and to strengthen families going through difficult times.

NHCA Events Director Mohamed Hassanin sees this fundraiser as an opportunity to bring community members together while fundraising for a noble cause. "It's amazing how events like this can be so powerful in their vision," says Hassanin. The NHCA is thrilled and excited to be a part of this event. The NHCA will be selling memberships, offering prize draws and so much more!

The "Curls for Cause" will be hosted by Miss Universe Canada 2013, Riza Santos, and will feature a



Children Charity Fundraiser, a BBQ by Tony Roma's, beverages, swag bags, raffle prizes, a live DJ, face painting, photo booth fun, dance and family fashion show, and many more activities.

The Hair Booth Salon is thankful for the sponsors whose support contributed to the realization of this event. The sponsors are Save-On-Foods, Tony Roma's World Famous Ribs, Northern Hills Community Association, Sounds Unlimited Disc Jockey & Ent. Services, Unite Eurotherapy, Modern Beauty Supplies, Peace of Mind Massage Therapy Centre, Mira Pucchi Maquillage Inc., Lamia Akl Photography, and Broken Doll Clothing.

The "Curls for Cause" fundraiser will take place on August 17, 2014 from 10 AM to 5 PM at the Gates of Panorama Hills area - 225 Panatella Hill NW (Save-On-Foods East Parking). We wish to see you all there!



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YOU ARE NEEDED! SO SHOW UP!

By Anne Theresa

Every single drop makes a difference in the ocean and as a volunteer that's the difference you can make in your community. The NHCA can be the place where you can be the difference! Research on volunteering in Canada tells us that 47% of Canadians volunteer, equalling 2 billion hours of volunteering. Volunteering gives you the choice to choose your area of work; therefore, if you like to organize events, you know how to raise money, you are a good communicator, or you have ideas on how to improve the quality of life in the community, then the NHCA is the place for you. Volunteering is that opportunity with multifold benefits where you help yourself by helping someone else.

Volunteering primarily endows the doer with a deep sense of happiness that comes from doing well. Apart from this titanic advantage, volunteering offers other benefits. Volunteering connects you with people. It expands your network of contacts, often giving you the kind of contacts you wouldn't otherwise come across. It inflates your horizons by bringing you into contact with people from different walks of life.

Volunteering steers you towards escalating your circle of friends. It gives you the opportunity to meet people with similar interests and strengthens existing relationships by getting involved in activities collectively. It also goes a long way in developing your social skills as you continuously interact with people. Volunteering has shown to increase self-confidence, combat depression and help stay physically fit.

Volunteering has been the corner stone in building organizations like the Northern Hills Community Association. The NHCA has been a reality since 1993 through the collective synergy created by our volunteers. You can be part of this great tradition of volunteering by becoming a member of the NHCA. We are calling for more volunteers from the community to expand the programs and events which focus on enhancing the quality of life for the residents in the community. The board members, who are in charge of policy making and planning, and communicating with city officials, are also volunteers who lend their diverse expertise for the benefit of the organization and you too can be one of them.

The NHCA is in need of more volunteers this summer to carry out numerous upcoming events (refer to the upcoming events schedule on page 1).

The Northern Hills Community Association honors and appreciates the efforts of all its volunteers, who have been active in moulding the NHCA at every stage since its inception. If volunteering has been on your wish list or if you have just thought about it, come along and join us at the NHCA!

"Did You Know In the Hills?" Contest!

This month's winner of the "Did You Know in the Hills?" trivia question sponsored by Applebee's and Empire Theatres is **Jen La**. The answer can be found on page 14 of the newsletter in the article "Kids' Soccer Wind Up Party".

Jen La wins two Landmark Cinemas passes and a \$50 gift card to Applebee's restaurant. Thank you to all of those who submitted their answers and we look forward to your continued participation.

Look in this edition of the NEN for this month's trivia question of the "Did You Know in the Hills?" contest and WIN!



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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 editor@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 question for this month is:



What's the name of the organization for which monetary donations were collected at Devinder Shory and Michelle Rempel's Stampede BBQ and what is its mission?

Shory and Michelle Rempel's Stampede BBQ and what is its mission?

Please send your answer along with your name, contact information, NHCA membership number, the article title and page number to editor@northernhills.ab.ca. There is a dinner and a movie for two prize to be won. Non-members of the Northern Hills Community Association can purchase membership online at <https://www.compusim.com/nhca/membership/>; and existing members whose membership has expired will also be able to renew their membership at the above web address.

**Note that only current members of the NHCA will be entered in the draw.*



Hello Residents of Northern Hills

Successful Stampede Breakfast

The annual Stampede breakfast was a great success this year, and I would like to thank the approximately 3000 constituents who came out to share in our Stampede spirit. The Northern Hills constituency office has had a very successful collaborative relationship with Cardel Place over the years and a unique and entertaining breakfast was the outcome of that relationship. Of course this could not have been done without the great support and hard work of our community volunteers; each year dozens of volunteers plan and execute the Stampede breakfast that continues to get more complex as the popularity of our event rises.

Responsible spending and booming economy deliver strong balance sheet

The Government of Alberta ended its fiscal year on a positive note with a strong balance sheet

after months of uncertainty from volatile oil prices and the June 2013 flooding in southern Alberta.

The province achieved a \$2.5 billion operational surplus and a full fiscal plan surplus of \$755 million.

In 2013-14, government continued to invest in core areas that are important to Albertans, including: affordable and accessible health care; looking after vulnerable Albertans; a productive education system; modern infrastructure that supports community and economic growth; responsible resource development with expanded market access; as well as the constant evaluation of the effectiveness of spending to deliver outcomes Albertans expect.



Teresa Woo-Paw, MLA Calgary Northern Hills

A MESSAGE FROM WARD 3

Calgary International Airport opens new runway

Last month I had the privilege of attending the ribbon cutting at the grand opening of the Calgary International Airport's (YYC) newest and longest runway.

To celebrate this historic event, YYC hosted a two-day Run & Roam the Runway. On June 14, 1,400 participants were able to run the runway and on June 15, 10,000 guests were given the opportunity to roam the runway. It was a fun two days with aircraft displays, food trucks and many other attractions. Projects such as the new runway are critical in order to meet the needs of this continued growth.

** Last year YYC was the fastest growing airport in Canada and over the last 20 years has more than doubled in size and passenger volumes.*

Jim Stevenson, Councillor, Ward 3
403-268-2530



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\$600,000	\$22,000	\$12,000	\$10,000
\$700,000	\$25,000	\$14,000	\$11,000
\$800,000	\$28,000	\$16,000	\$12,000
\$900,000	\$31,000	\$18,000	\$13,000
\$1,000,000	\$34,000	\$20,000	\$14,000
\$1,500,000	\$49,000	\$30,000	\$19,000

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Ward 4 Report

The Youth Employment Centre is there for youth ages 15-24

The City of Calgary Youth Employment Centre (YEC) provides career and employment services to Calgary youth, ages 15 to 24.

In collaboration with local businesses and other youth-serving agencies, YEC provides youth with career development opportunities such as career advising, interview preparation, resume critiquing, a computer lab, job postings, hiring fairs and career exploration opportunities. Offering services and resources to youth at no cost, YEC works with youth from all backgrounds.

YEC is located on the second floor 315 10th Ave S.E. and is open Monday – Friday from 8 a.m. – 5 p.m.

For more information on the Youth Employment Centre, visit www.nextsteps.org or phone 403-268-2490.

Park n' Play and Stay n' Play

Looking for some free, high quality programs for your kids this summer? We offer a variety of programs

including many different activities. Our programs are designed to help children make new friends along with learning new games and activities in a safe environment that they can use on their path to healthy and active lifestyles. These free drop-in programs are for children and are available in various community locations across Calgary.

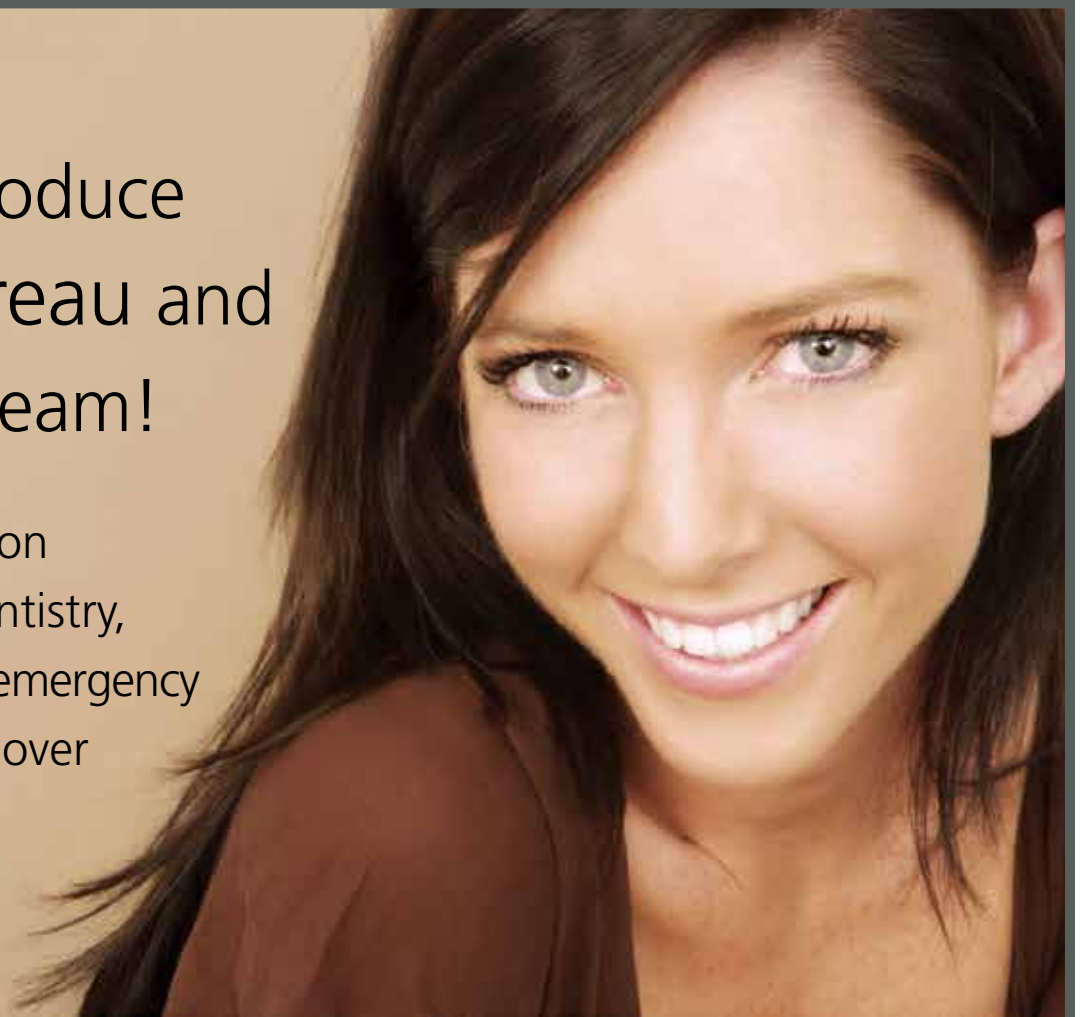
Park n' Play is for ages 6 – 12. Stay n' Play is for ages 3 – 5 and children must be accompanied by an adult. Programs run weekdays through July and August, and are weather dependant. We encourage you to supply us your information by pre-registering prior to program starting to help you save time filling out forms at the program when you arrive. Pre-registration does not guarantee entry.

www.calgary.ca/cns
Sean Chu
Councillor, Ward 4



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

Tuesday: 8am–8pm

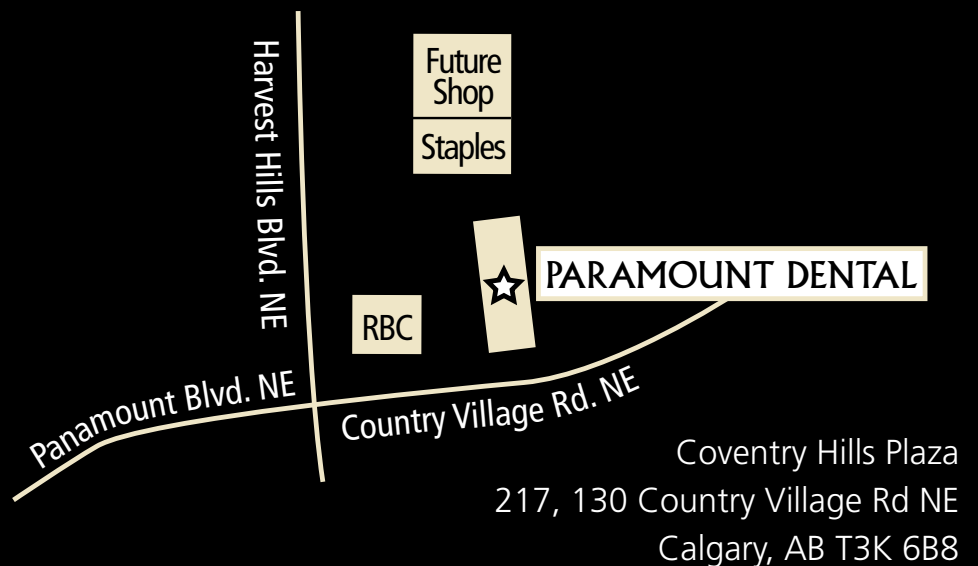
Wednesday: 8am–4pm

Thursday: 8am–8pm

Friday: 8am–4pm

Saturday: 8am–4pm

Sunday: closed



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NOW ACCEPTING NEW & EMERGENCY PATIENTS

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*.



*Note: Only two children per household (If you happen to have more than one copy of the Newsletter)

NAME: _____

AGE: _____

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The Great Horned Owl: is one of Canada's most common birds of prey, notable for its large size and prominent ear tufts or "horns." This predator has big yellow eyes, a curved beak & claws, and long fluffy feathers. Its tends to be brown or grey-brown and is Alberta's Provincial bird.

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How to Get a Membership

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

- Access our online membership registration at: www.northernhills.ab.ca under the **membership** tab
- In-person registration at the office
- Mailing your membership form below to the office

Resident Membership Form

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

Fees:

<input type="checkbox"/> Family \$30	<input type="checkbox"/> Single \$20	<input type="checkbox"/> Senior (60+) \$20
<input type="checkbox"/> *Associate \$30	<input type="checkbox"/> Business \$50	<input type="checkbox"/> **Business Plus \$120

*Family/Single/Senior outside of the Northern Hills Area **Additional Web Ad
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:

<input type="checkbox"/> Community Garden	<input type="checkbox"/> Community Clean up	<input type="checkbox"/> Garage Sale
<input type="checkbox"/> Adult Slo-Pitch	<input type="checkbox"/> Small Business Fair	<input type="checkbox"/> Newsletter
<input type="checkbox"/> Children's Soccer	<input type="checkbox"/> Community Beautification	
<input type="checkbox"/> Ladies/Men's Soccer	<input type="checkbox"/> Annual General Meeting	
<input type="checkbox"/> Graffiti Abatement	<input type="checkbox"/> Planning and Development	

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

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

If you would like to receive email updates including member benefits, discounts and volunteer opportunities from the NHCA please check here _____

Office Use Only:

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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, Community Business & Services 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

LIBRARY NEWS

Programs for August 2014

Register on-line at www.calgarypubliclibrary.com or call 403-260-2620

"Turn your imagination into reality at the Country Hills"

Eureka! Who's who in the zoo?

Lions and tigers and bears? Oh my! Join us for zoo songs, stories and rhymes. Ages 6 to 23 months with a parent/caregiver
Wednesday, Aug. 6 from 2:15 - 2:45 p.m. Registration begins July 9



12 Tuesday, Aug. 19 from 2:30 - 3:30 p.m. Registration begins July 9

Kids' Library Club

Drop in and talk about your favourite books, movies and music, and enjoy board games, origami, video gaming, art contests and much more. Ages 8 to 12
Thursdays, Aug. 21 and Aug. 28 from 2:30 - 4:00 p.m. Registration begins July 9



ESL Teen Talk

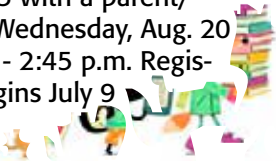
ESL teens and tweens can practice English language skills and enjoy a variety of fun activities at the Library. Ages 10 to 14
Monday, Aug. 11, Tuesday, Aug. 12, Wednesday, Aug. 13, Thursday, Aug. 14, Friday, Aug. 15 from 2:00 - 3:30 p.m. Registration begins Apr. 24

Computer Technology Coaching

Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products. Wednesdays, May 7 to Aug. 27 (No program on July 23) from 2:00 - 3:30 p.m. No registration required

Eureka! Under the sea

Discover the wonders of the ocean through stories and rhymes. Ages 2 to 5 with a parent/caregiver
Wednesday, Aug. 20 from 2:15 - 2:45 p.m. Registration begins July 9



Electricity with Mad Science

Excite some electrons, construct some serious circuits and test the conductivity of different materials. Presented by Mad Science. Ages 7 to

Willie Lyons and the Sears National Kids Cancer Ride

On September 4, Willie Lyons, a local Coventry Hills resident, will be joining the sixth annual Sears National Kids Cancer Ride that will start a 17-day bicycle ride from Vancouver to Halifax. The initiative will be joined by thousands of cyclists some of whom will only ride shorter distances in communities around the country. Willie is seeking to raise a minimum of \$25,000. With every pedal stroke, money will be raised for kids and families battling cancer.

Willie Lyons sees the Sears National Kids Cancer Ride event as an opportunity to make a valuable difference in the lives of children and families affected by cancer. And to ride the 7000 kilometers, Willie will be spending 7 months of intense training. The event is organized by Coast to Coast Against Cancer Foundation, a volunteer-based organization that makes no use of professional fundraisers. They leverage corporate sponsorships and registration fees to ensure that 100% of individual donations raised through their events go directly to the childhood cancer charities they support.

To participate or to find out more about the event, please visit the following web sites: <http://snkcr.com/willielions>
www.searsnationalkidscanceride.com
www.coasttocoastagaincancer.org



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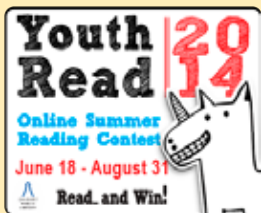
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For Kids:

Read all summer and you could win a Mad Science Party for 10, weekly book prizes and more!!



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Kids' Soccer Sponsors

On behalf of the Kids' soccer program, parents, volunteers and the children themselves, the Northern Hills Community Association would like to thank the following sponsors who supported this year Kids' soccer program:



PANATELLA DENTAL

Panatella Dental for sponsoring boys and girls U4 and U6, and girls U8

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Paramount Dental for sponsoring boys and girls U10

ATB Financial™

ATB Financial for sponsoring girls U12

The soccer program for children is an initiative that does more than just provide fun and physical activity for children; it promotes the development of skills such as team work, competitiveness and the ability to socialize, all skills that are important to their development.

Your support and contribution to the realization of the Kids' soccer program goes a long way in improving the quality of life in the community and demonstrate a good example of corporate social responsibility. We commend you for it and look forward to your continued support.

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Live music comes to South Glenmore Park on July 13 and Central Memorial Park from August 5 – August 8, and again with an amazing grand finale on September 7.

Bring a picnic and folding chair, or stretch out on a blanket while relaxing to the musical sounds of The Joe Defendants, the Lorna MacLachlan Quartet, and more to be announced.

The series finale ends in style on Sept 7 with a featured pianist and accompanying ensemble from the Honen's Festival.

This premier musical series is being presented for free to the public to showcase Calgary parks along with various talented musicians during the primetime summer months.

Locations & Dates

Sunday, July 13 – Variety Splash Park at South Glenmore Park 2-4p.m.

Tuesday, August 5 through Friday, August 8 – Central Memorial Park 12-1p.m.

Sunday, September 7 – Central Memorial Park 2-4p.m.

For more information, visit calgary.ca/parks or contact 311.



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SUMMER PSALMS

10:00 am Final One Service Sunday on August 31 with Nursery 0-2 yrs

September 7, 2014
Two Service Sundays begin at 9:15 & 11:00 am.

Children's Programming Nursery to Grade 4 during the first service as well as FUEL for grades 7—12.
Children's Programming Nursery to Grade 6 during the second service.

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

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NHCA Vision

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

Northern Hills
Community Association



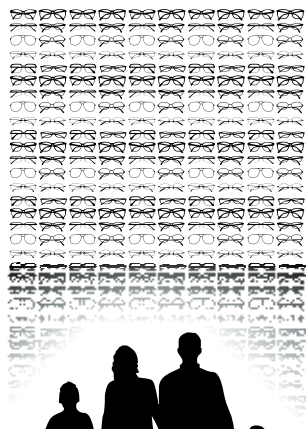
NHCA STRATEGIC FOCUS AREAS

- Communications
- Community Advocacy
- Community Enhancement
- Membership & Volunteer Engagement
- Fundraising & Events
- Sports & Recreation

Northern Hills
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Dr. Bonita O'Brien • Dr. Floria Tse

New and Emergency Patients Welcome

RECIPE OF THE MONTH

Chicken Curry – South Indian Style

Prep Time: 10 minutes
Cook Time: 30 minutes
Serves: 4



Ingredients:

- 9 lbs chicken
- 1 large onion or 2 small ones
- 2 medium sized tomatoes
- 2 tablespoons ginger garlic paste
- 1 cinnamon sticks
- 1 bay leaf
- 1 tablespoon aniseed (saunf)
- 4 cloves
- 2 or 3 cardamom
- 1 teaspoon chilli powder (add more depending on the level of spiciness desired)
- 1 teaspoon coriander powder
- 1 tablespoon (optional) curd or white yogurt
- 100 grams coconut
- Oil as requires
- Few curry leaves
- Garnish with cilantro or coriander leaves

Directions:

Wash chicken (with bones or boneless) and keep aside. Heat oil in a pressure cooker or pan and add the dry spices (cinnamon, bay leaves, aniseed, cloves, cardamom and curry leaves) along with chopped onions. Mix with salt to quicken the process; when onions become transparent, add the ginger garlic paste and stir-fry for two minutes and then add the tomatoes. Add the chicken pieces once the above mixture thickens and sauté. Add turmeric, chilli and coriander powder. After the masala blends into the chicken, add curd and water as required (depending on level of gravy required, 2 to 3 cups of water). Close the pressure cooker and wait for 2 to 3 whistles and take off. If cooking in a pan, cover with a lid and cook until the chicken is cooked.

While the chicken is cooking, grind the coconut along with the aniseed (saunf) into a fine paste and add it to the chicken and let it boil until you can see the oil on top of the gravy. Remove from stove and add coriander leaves to garnish. Serve with rice or roti bread.

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Crossword puzzle ANSWERS

Puzzle on page 4

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1	B	E	2	A	C	3	H	B	4	O	5	Y	6	S	7	G	8	A	9	M	10	S
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Sudoku puzzle ANSWERS

Puzzle on page 12

SPONSORED BY :
Chartwell Harbours
Retirement Residence.

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

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What is Blue Light Hazard?

If you use a lot of electronic devices like TVs, computers, smartphones and tablets, and have LED lighting, you are exposed to blue light or high energy visible (HEV) light.

Blue light is part of the visible light spectrum that can cause damage to your eyes. Blue light exposure after sundown may also disrupt sleep cycles.

Blue light's shorter wavelength creates light scatter within the eye, causing glare and eye fatigue. It also penetrates into the eye potentially damaging retinal cells. Cumulative lifetime exposure can increase the risk of age-related macular degeneration. Children's eyes filter blue light less efficiently than adults, which means children are more susceptible to the effects of blue light hazard.

What Can You Do?

At night, use dim red lights for night lights. If you or your kids use a lot of electronic devices, wear "blue blocker glasses".

New lens coatings for glasses block out hazardous blue light and can be used indoors to reduce eyestrain when looking at digital screens.

Hoya's Recharge lens coating reflects harmful blue light away from the eyes, thereby reducing free radicals and the risk of eye disease. It also enhances contrast and night vision.

Ask Dr. Dianna Leong & Dr. Jennifer Hugh at Foresight Eyecare for more information.

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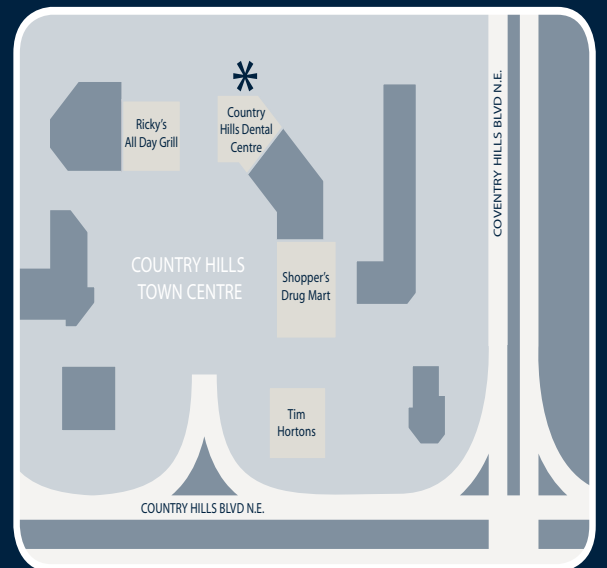
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