

NORTHERN HILLS COMMUNITY ASSOCIATION



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

www.northernhills.ca

NHCA Women's Soccer

by Kiran Khuber

Women's soccer is not only alive and well in the Hills, but it is growing! No more the days of only watching our kids on the field, on the ice or on the pitch - the kids are now coming to watch their mom's play. Whether or not you have been aware of the Northern Hills women's soccer program right here in your community, they have been working diligently every year since their start back in 2005 to promote the sport of soccer. Regardless of the fact that the league has doubled in size, Janice Henderson, Coordinator of the women's soccer league and Sports Director for the Northern Hills Community Association, along with her team, are constantly recruiting new members. Why? For the love of the game. When Janice was asked, she said, "It's about the social, physical and mental benefits that each player gains from this game. The reason I keep looking to recruit is to help women love the game of soccer, to have that hour on the field where you are just chasing after the ball without a care in the world."

The league consists of close to 200 women, a mix of new players and as well as those that have been playing since close to inception. Giselle Inkpen is one of those players. She started playing in 2007. "I thought it was a good idea to socialize with other women in the community, an opportunity to get out and do something for myself." Asked about some of the changes she has seen since joining, "When I joined there were only 4 teams, the league has now doubled. We used to play at one location, now there are different locations through the community. Not only that, but they have also added an Indoor program and we can sign up for tournaments to compete against teams from different communities."

The Northern Hills soccer program runs all year long. The outdoor program runs from May to June, offering two games per week, all played on the fields in our local communities. The Indoor



program runs from October to March, teams playing one game per week, played at the Genesis Centre. The uniqueness of Northern Hills soccer comes from the fact that it allows women of any skill level to participate. The program offers technical training before the start of each season. This soccer training consists of developing the player's fundamental soccer skills as well as their understanding of the game. Training sessions are progressed from beginner to advanced levels of technical skill. Giselle recalls the lack of training available back in 2007 "when I joined, technical training was one night in a gym, led by one of the player's husband." It has since evolved from one session to 5-6 training sessions with a certified trainer. This is an unbelievable opportunity to learn from some of the best. German Comacho, the technical trainer for Northern Hills has been coaching for over 10 years in several clubs, ranging from youth and adult all the way to college-level. He has a background as a certified personal trainer and a district referee. In addition to attending a coaching clinic with Barcelona FC from Spain, he is currently working towards achieving his National C license, accredited by the U.S Soccer Federation. "It's critical that each player build a strong foundation in technical

and tactical areas, while at the same time, having fun regardless of their skill level."

Pam Tokunaga is also part of the women's soccer program and is experiencing her first year as a soccer player. She heard about the league through a friend and having just made a personal challenge to try something new it was the perfect time to sign up. "I didn't have any experience prior to joining so there was definitely an intimidation factor that came into play." But after asking some questions and a bit of convincing from her husband, she decided to give it a try. Asked about some of the benefits since joining, Pam did not hesitate "I've seen a lot of benefits since joining. I had recently lost 40 lbs

prior to registering, so I was trying to find ways to stay motivated. Playing soccer is a nice stress relief and a little competitiveness never hurt anyone. The women I've met are wonderful. It can be intimidating to play with women who are more experienced in the sport but I've had the pleasure of being surrounded by very supportive, encouraging and patient team mates.

Why do women decide to join and then continue to play the sport of soccer? Because it is indeed a beautiful game. If you ask Janice, Giselle, Pam and most any of the women currently part of the league, they continue to play because soccer offers anyone who joins the chance to no longer sit on the sidelines, to be part of the community, to meet new people and create some lifelong friendships.

If you are looking to make a change or to add more activity into your life come join your Northern Hills community soccer team. Registration is quick and convenient; you can register online at www.northernhills.ab.ca or contact Janice Henderson at womenssoccer@telus.net

About the contributor: Kiran Khuber is a member of the Northern Hills women's soccer program. You can read more about the women profiled in this article as well as other women who have taken the leap to be active at itstimeto.squarespace.com - a webpage dedicated to showcasing the stories of everyday women looking to share, inspire and motivate.

UPCOMING EVENTS 2015

March - June 2015

- Community Gardens registration starts March 15
- Volunteer Appreciation Event
- Sports Programs Starts
- Children's Outdoor Soccer
- Adult Slo-pitch
- Adult Outdoor Soccer

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Ice Cream!!
on page 10**

Northern Hills
Community Association



<http://www.northernhills.ab.ca/kids-outdoor-soccer/>
February 1st-March 15th, 2015

Children's Soccer

Northern Hills Community Soccer provides a fun and safe environment for children ages 4-18 to enjoy the beautiful game of soccer. The emphasis is on participation, learning and acquiring life skills including a lifelong love of the game. Providing great value, with fields conveniently located within the Northern Hills District, we have a program that is perfect for your child.

Soccer Season Runs: April 27th thru June 27th, 2015

U4 Mixed, U6 mixed, U8 Mixed, U8 Girls, U8 Boys, U10 Girls, U10 Boys, U12 Girls, U12 Boys, U14 Girls, U14 Boys, U16 Girls, U16 Boys, U18 Girls, U18 Boys

For more details check out our website: www.northernhills.ab.ca under Children's or Youth tab.

If you have any questions Email: sports@northernhills.ab.ca



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VOLUNTEER

NHCA VOLUNTEER OPPORTUNITIES

by Sunny Shuang, President

Vacancies on the Board:

NHCA Board has a few board members retire after completing their two year terms, a couple of mid-term resignations for a variety of reasons. We welcomed four new board members joining at the Annual General Meeting (AGM). At the current time, there are still several board positions open and available for new members. The following strategic board positions have yet to be assigned:

- Communications
- Business Development

If you are interested in any Board Position, please contact: president@northernhills.ab.ca.

Volunteer with the committees:

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

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

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 carpentry 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 neighborhood? This could be the

committee for you. Contact garden@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 experiences or are interested in writing and editing, policies and procedures team would like to get your input and support. Contact policy@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. 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 the newsletter, 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 president@northernhills.ab.ca or editor@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

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 403-226-6422 or info@northernhills.ab.ca

From the President

by David Hartwick
1st Vice President NHCA

While our President Sunny is away on a well deserved vacation, it is my pleasure as the First Vice President to write this month's message with some important news to share.

Our annual registration for this Spring's Kids and Youth, Women, and Men soccer is underway, along with the Adult Slo-pitch. We have been trying to keep our membership aware of dates, deadlines and information through our email database, but we have had some problems through our provider. Some members have received multiple emails while the majority have received none. This has been a huge frustration for our association that I hope has been resolved by the time you are reading this message. We appreciate your patience while we try to sort it out. As a result, we have extended our registration deadline into early March, but you need to register through our website right away or come in to our office for an in-person registration on either March 7th or 14th. There are also employment opportunities available for soccer referees for those aged 14 and older. Our great staff is available for questions at 403-226-6422.

When we discovered the email problem, we quickly turned to our social media accounts to get the word out. We have been amazed by the response to our Twitter account @NorthernHills, doubling in followers in one day, and dozens of new 'likes' on the Northern Hills Community Association Facebook page in one week. These outlets make it easy for us to provide you with up to date information on events, news and activities in the Northern Hills. Facebook, as well as our website northernhills.ab.ca are both great places to learn more about the Value Added program, where your membership can save you hundreds of dollars a year at local businesses including many restaurants and services you likely use all the time. It's like we are paying you to be a member!

One event we feel is important to Northern Hills residents is just around the corner. Cedarglen Homes has purchased the Harvest Hills Golf Course and intends to develop the land into multi-family and single family residences. A development of this

magnitude could have a significant impact on all the residents of the Northern Hills, not just those in Harvest



Hills. The Northern Hills still lacks the Urgent Care facility and public high school that both should have been built a decade ago, LRT, social services, senior services, family services, community meeting space and ice rinks for the existing 56000 residents so how do we accommodate more people? How do we accommodate the traffic increases, particularly on Country Hills Boulevard as a result of the influx of more residents?

The NHCA regularly addresses the infrastructure and service deficiencies within North Central Calgary, with little success thus far. However, we have seen many of the residents of Harvest Hills rise together as one voice to oppose this development and we are inviting all residents of the Northern Hills to join us at the Best Western Freeport Inn March 11th. There will be a session held at 6pm and a second one at 730pm, to learn more about this development and the impact it could have on everyone. Information can be found at www.quantumplace.ca/projects/harvest-hills and www.keeperharvesthillsgreenspace.com

The NHCA is always looking for volunteers and we are currently seeking a Treasurer for our board commencing after our Annual General Meeting in April. The AGM is a great time to learn more about the NHCA, what we do in the community and how to get involved, as well as meet your government representatives. The NHCA has been engaging in strategic planning the past few months and we look forward to sharing our vision for the future at that time. Look for more information on the date in the April newsletter and on Twitter and Facebook.

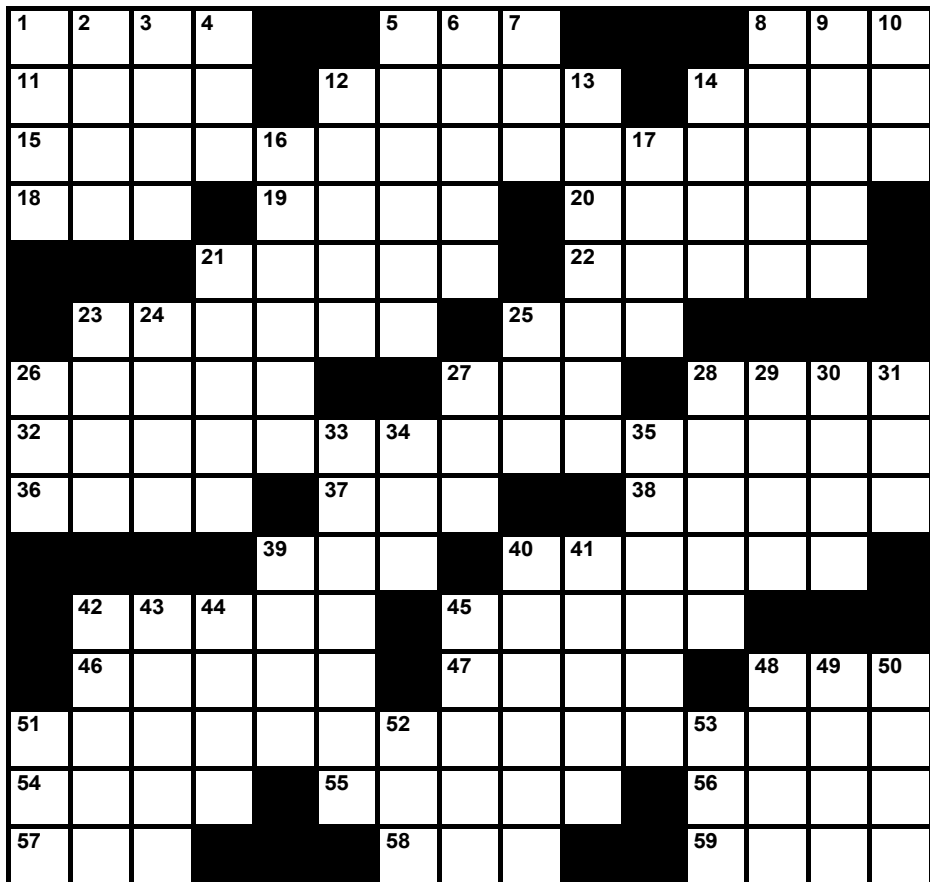
Closing thought.....Take a moment to say hi to your neighbours. The best way to keep our community safe is by knowing who belongs and who doesn't. And you never know when you might need to borrow a cup of sugar, or just need to see a friendly smile.



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- 1. Credit or tarot follower
- 5. Dash
- 8. Bladder, e.g.
- 11. Organic compound
- 12. People person, briefly
- 14. Fodder holder
- 15. Takes his leave of a lady
- 18. Nigerian language
- 19. City in Italy
- 20. Adult insect
- 21. Big Bertha's birthplace
- 22. Lhasa's land
- 23. Raillery
- 25. Best seller
- 26. ___-cochere (carriage entrance)
- 27. Krypton, e.g.
- 28. Group of poems
- 32. TV castaway
- 36. ___ brat
- 37. College in Ashland (abbr.)
- 38. ___-made
- 39. "Come again?"
- 40. Rears
- 42. Birthplace of Little Richard
- 45. Tracks
- 46. Caribbean cruise stop
- 47. Units of work
- 48. Protestant denom.
- 51. Place to find pennies?
- 54. European language
- 55. Dead to the world
- 56. Consequently
- 57. Home improvement

network

DOWN

- 1. 27, to 3
- 2. University in Pakistan
- 3. Make over
- 4. "___ Boot"
- 5. More high-spirited
- 6. Mischievous
- 7. Sleep-disturbing legume?
- 8. ___ of Vicksburg
- 9. Apportion
- 10. Mil. rank
- 12. French commune
- 13. ___ Columbia
- 14. Q-Tip
- 16. Urges onward
- 17. Give off, as light
- 21. Admittance
- 23. 1922 Physics Nobelist
- 24. Jack-in-the-pulpit, e.g.
- 25. Pilgrim's journey
- 26. School org.
- 27. African antelope
- 28. Decorative jugs
- 29. Hymn of praise: var.
- 30. Cutlass, e.g.
- 31. Arch
- 33. Salt shaker?
- 34. Joyful exclamation
- 35. Threat ender
- 39. Bindle bearer
- 40. French existentialist

- 41. Cheap
- 42. Native New Zealander
- 43. Dilettantish
- 44. Adorable
- 45. Allude
- 48. Floater
- 49. Chlorella, e.g.
- 50. Slog
- 51. Twin, e.g.
- 52. Undivided
- 53. ___ bit

NHCA Children's Outdoor Spring Soccer Program

Believe it or not, another season of the NHCA Children's Outdoor Soccer Program has already begun behind the scenes. It won't be long before the seasons change and the neighborhood children will be outside enjoying the great sport of soccer outside on the community's soccer fields within the Northern Hills.

January brought on a lot of organizing for the Volunteer Soccer Committee Members and the NHCA office staff. Most of last year's Volunteer Soccer Committee came back for another year of helping with making sure that this year's soccer program goes off without a hitch. I would like to thank the following people for helping out

- | | |
|----------------------------------|--------------------|
| Age Group Coordinator - U4 | - Sarah Keeler |
| Age Group Coordinator - U6 | - Lauren Lamb |
| Age Group Coordinator - U8 | - Amanda Peters |
| Age Group Coordinator - U10 | - Cara Ross |
| Age Group Coordinator - U16/ U18 | - Kamaldeep Wander |
| ICHL League | - Paul Twigg |
| Referee Manager | - Paul Twigg |
| Secretary (Minute Taker) | - Lauren Lamb |
| Photo Coordinator | - Jeannine Nguyen |

There are still some volunteer positions that need to be filled. Most importantly are the following positions, if you are interested; please contact myself at sports@northernhills.ab.ca immediately

- Age Group Coordinator - U12
- Age Group Coordinator - U14
- Equipment Manager
- Field Painting Coordinator
- Newsletter Article Writer
- Photographer to take pictures at the games/events, etc
- Welcome Coordinator
- Wind-up Coordinator

Many tasks have already been done during the month of January by this group like answering emails; computer programming, ordering the Brite Signs you see around the community; & booking Coach Trainers.

February: Registration has starts!! The NHCA office will be changing their hours working very hard during the registration season by registering children, answering questions from Soccer Parents, and still carrying on with

Continued on next page.

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Continued : Spring Soccer Program

their already tight time lines with the other office responsibilities. Thank you to NHCA's administrative team; Bhawna and Marina who work in the office.

We have had several volunteers come forward to help in the office during this busy time. Thanks so much Li Cai; Nabila Malik; Manu Sarin; Jessica Holmes; Rupe Kanwal; Prub Bassi; Margaret Connolly; Maria Nuique; Corrine Swirsky; Shelley Doyle; and Lacey Stewart.

Parents can register their child on-line or on specific days in person, the website www.northernhills.ab.ca will have all the updated information and hours available. Behind the scenes, the committee members are working on their portfolios, and answering emails.

An inventory was done on Feb 14th, and I want to thank the following individuals for their hard work: Sora Yoon; Shannon Morin; Keiko Kientopp; Denise Leeper; Precious Ilagan; Birka Jaksch, and Zaheeda Jessani.

March is spent in several meetings, making the teams up, finding two coaches for every team, team managers for the Under 4's and the Under 6's, inputting teams into the system, ordering jerseys, ordering equipment. Due to the large number of registered players, this is a very busy month for emails, as parents have a lot of questions.

April continues to be a very busy month for many volunteers, as we bring on hundreds of parent volunteers as there is still much that has to be done before the kids hit the fields in the following month. We will be determining where the children will be playing, booking fields accordingly, making game schedules for all the different age groups, making team equipment bags, and we

bring all the coaches/team managers in for an orientation. We then give the coaches the prepared equipment bags with a box of pre-ordered jerseys. The coaches are also put through a day of soccer on the field by a technical trainer. The soccer lines are also done the week before the children start, but this isn't an easy task with all the rain we tend to get at this time of the year.

May – it's a wonderful month! All the hard work pays off as the children are so excited to get to the fields and meet their teams and their coaches. They can't wait to get their jerseys, shorts, and socks. It is truly amazing to come to the field and watch these golden moments. To watch the coaches having a great time while working hard as they teach their new teams some soccer skills and how to work together on the field. Just standing there watching the parents line up their lawn chairs, sitting or standing and encouraging not only their own children, but also cheering on other teammates. It's truly magical. Team and individual pictures are taken early in the month.

June – the players are still so excited to be on those fields, playing soccer, sometimes they have to fight the elements of rain, wind, cold temperatures, mosquito's, but still they dress appropriately and show up! Coaches too, they always show up ready with new ideas, new drills, activities to keep the children learning. The month goes by very quickly as every June does, but not without a wind up event, pictures being handed out, and medals for every participant. The season ends at the same time as the school lets out.

So much to do, but for great reasons! I look forward to the 2015 Children's Season and working together with several key individuals putting together a great soccer program for your children.



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Ph.226-6422 Fax 226-6421
Website: www.northernhills.ab.ca
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NEWSLETTER, WEBSITE AND IT

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

NHCA Communities: Country Hills, Coventry Hills, Country Hills Village, Panorama Hills, Harvest Hills

ADULT SLOPITCH REGISTRATION

Feb 1st – Mar 15th

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

The Slo-pitch season runs from **April 17th - June 20th**

- Games will be played on Friday nights from 6:30 pm – 8:30 pm
- 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 balls
- A league windup at a local pub is included

To register please visit the **SPORTS** section (Adult Slo-Pitch) on the NHCA website at <http://www.northernhills.ab.ca>.

Under the **SPORTS** section in "Adult Slo-Pitch"

WARNING: This program fills up fast !!

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	Ivon Mbuyamba	editor@northernhills.ab.ca
Ad Sales	Heather Hubert / Wayne Brown	ads@northernhills.ab.ca
Layout/Design	Duane Thomson	Keyline Publishing
Delivery	Canada Post	

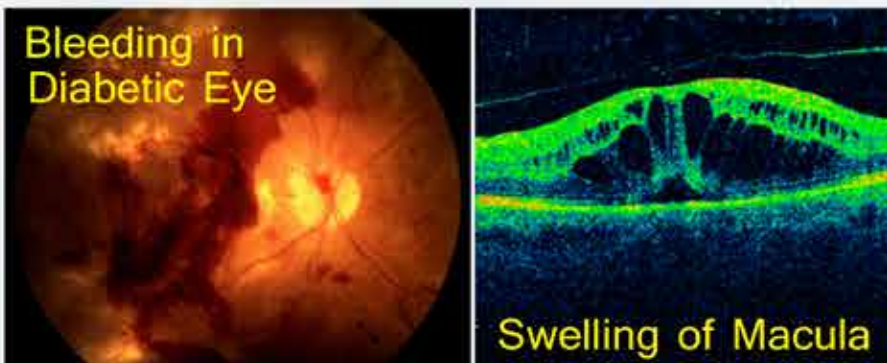
Deadline: All ads must be submitted and paid for by the 9th of the month by noon (no exceptions) for publication in the following month's edition. Please book all ads through the NHCA Office (ads@northernhills.ab.ca). Advertising layout assistance is available from Keyline Publishing. Please contact the association office.

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Dr. Andrew Chan
Dr. Anthony Fu

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When: Twice a week 8:00 – 9:00 pm - April 1 thru the end of June MON/WED or Tues/Friday
What: Play Outdoor Soccer
Where: Within the Northern Hills Community
Who: Women 20+; Womens 30+ Very Rec League #2; or Womens 30+ Semi-Rec League #1
Cost: \$70.00/player & NHCA Community Membership (for the insurance) - \$20.00 (single) or \$30.00 (Family)



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NORTHERNHILLS COMMUNITY ASSOCIATION CHILDREN AND YOUTH SOCCER!



REGISTRATION OPEN TILL MARCH 15TH

<http://www.northernhills.ab.ca/youth-soccer/>
<http://www.northernhills.ab.ca/kids-outdoor-soccer/>

2015 Spring NHCA Programs

Registration Extended through to March 15, 2015



KIDS' & YOUTH OUTDOOR SOCCER

The season runs Apr 27 – June 26,
Weekday evenings 6:30 – 7:30 pm (Kids'),
7:45 – 9:00 pm (Youth)

Games played on local fields
Uniform (jersey, shorts, and socks) included in fees
Non-competitive, grassroots, fun soccer
Ages 3 through 18



WOMEN'S OR MEN'S OUTDOOR SOCCER

Women's - April 27 – June 26, evenings 8:00–9:00
Men's - April 27 – Sept 25, evenings 8:00–9:00 pm

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



ADULT SLO-PITCH

The season runs: Last week of April thru June,
Fridays 6:45pm – 9:00 pm

Games played on local diamonds
Equipment (diamonds, bases, softballs) & winning team trophy included in fees

FOR MORE INFORMATION about any of our programs, please visit our website: www.northernhills.ab.ca or email us at: sports@northernhills.ab.ca

SOCCER VOLUNTEERS NEEDED 2015 OUTDOOR SEASON



If you are interested or need more details, please email sports@northernhills.ab.ca

Needed are:

- Coaches or Assistants
- Newsletter Soccer Article Writer's
- Soccer Referee's

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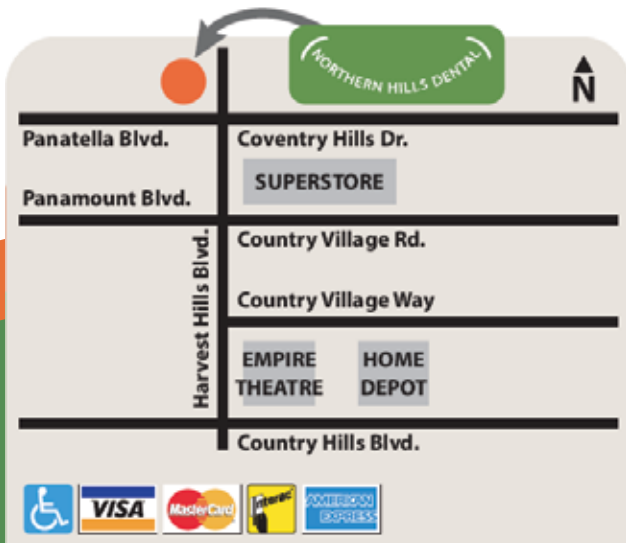
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- Financing available*



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*OAC



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 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
- Newsletter
- Children's Soccer
- Community Beautification
- Ladies/Men's Soccer
- Annual General Meeting
- 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 _____

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

Office Use Only:

Paid by: Cash Cheque # _____ Credit Card (Visa / MC)
Received: ____ / ____ / ____ Card Sent

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

NHCA Men's Soccer League expected to Grow again in its Third Year!

It is difficult to think about outdoor soccer in the middle of winter, but that's exactly what organizers of the Northern Hills Men's Soccer league are doing. Planning is underway. Last year 100 players registered, which increased from the first year of 79 players; went from 4 teams in 2013 to 5 teams in 2014. The season kicks off with technical and skills development in April and then starting May, twice per week (Monday & Thursday) the men play games. The focus is on fun, health and community engagement with the program catering to players of all abilities.

The league is open to men with all levels of playing experience living in or outside Northern Hills, but an NHCA membership is required. Ali

Bryan an organizer of the league says "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." A couple of people were asked why they joined. Ivon Mbuyamba mentioned "I joined for a number of reasons: to stay in good shape, play outside (in the open air); to try something new and different and just have fun." When asked if he enjoyed the season "I did enjoy the season because all the above expectations were met. I had the opportu-

nity to meet and talk to a number of interesting people. There was also a healthy level of competitiveness which I enjoyed along with good sportsmanship."

Octaviano Salgado when asked about what he thought of last year's program said "Great preseason training and lots of fun playing against my neighbours. Yes, I certainly enjoyed it. I was able to meet great people who came out to play for fun and build their soccer skills. The schedule was just right for my hectic life." When asked what made him join "Great opportunity to get back at playing soccer nearby home." I pressed him a bit further as he is a captain of our Red team and asked what would you like to accomplish this year "I would spend more time getting to know my teammates to create a more engaging and dynamic group to win more games and above all build longstanding relational friendships." I asked him if he was coming back "I want to be more active with the events that my community, Northern Hills is providing my neighbours and residents."

Dave Bryan sent an email to the organizers late last spring suggesting that we extend the season throughout the summer and into September. Due to the overwhelming success of the extended season "Players this year have an option when registering, they can play for just May and June or they can play a longer season from May through September" says Janice Henderson, Men's Coordinator. "Our program offers tremendous value. In addition to the pre-season training and games, which are overseen by licensed referees, the registration fee includes a kick-off event and a year-end party."

Jorge Molina, the Green Teams captain echoed those thoughts saying "I'm excited to return to the league on its 3rd year. The friendships and memories from moments playing have been priceless. Not to mention the friendships with players from



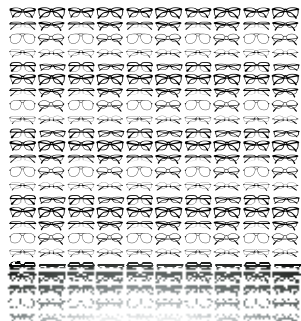
other teams due to our unique opportunity to "top off" players when short or through our post game mixers. Whether you are new to the area, want to meet people or re-live those days when you played organized soccer this is a great environment to feel young again with like-minded soccer enthusiasts. It does not matter what team you cheer for or the continent in the world you have roots in; the environment is welcoming and flexible to your abilities. It's the kind of soccer you can play at your own skill level or improve on without pressure. I have played at different levels, coached various age groups but I joined to have fun, get off the couch and meet my area neighbours. The cost is reasonable and the value without question is un-comparable. It's a beautiful game and I can't wait for the season to start."

Register before March 15th, as there will be a maximum of six teams this year, and every indication indicates when talking to last year's players that most players are coming back. Abiodun Ayorinde and Shane Kilburn for sure are returning. Abiodun mentioned "the games are played on a full-size pitch in Harvest Hills; playing eleven a side." Shane adds "the Organizers, Janice and Ali, have really setup a great recreational league."

For more information visit: <http://www.northernhills.ab.ca/mens-outdoor-soccer> or contact menssoccer@telus.net

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Dr. Bonita O'Brien • Dr. Floria Tse

New and Emergency Patients Welcome

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 is the name of the NHCA technical trainer for soccer and what are his career highlights?

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.



Harvest Hills Golf Course Status Update

Calgarians for Responsible Development



What is the status of the sale of the golf course?

The golf course has been sold by Windmill Golf to Cedarglen Homes. Their intent is to remove the golf course and redevelop it as residential housing, town houses and as many 4 story condo units as they can. However the City has not yet approved rezoning the land from special recreational to residential. So it is NOT a done deal.

Is there a group trying to stop the development?

Yes. When the sale was announced we formed a committee to oppose the development. We have spent the last few months doing research to understand the process, where we can influence it and how can we stop it. It has become clear to us that this is a battle we can win if we pull together. It is also clear that the city wants to substantially increase the density of population within the current boundaries of the city. So this makes it a city wide issue and we need to deal with it as such in order to get the support to sway the vote of all councilors and to get that support we need to get a petition. That is why we chose Calgarians for Responsible Development as the name for our committee. So it is not a done deal.

What else has the committee been doing?

We have been identifying the issues we have as a community with the addition of all the new housing units and an addition of 2,000 more people such as:

- Traffic congestion (this affects all the Northern Hills communities).
- Impact on Nose Creek water shed both from a wildlife as well as a storm water management view.
- Impact on recreation with loss of golf course and additional people vying for access to programs at Cardel Place.
- Impact on local shopping, amenities like doctor's offices, schools, etc.

How can I keep in touch with what is going on?

- Visit our website:
<http://keepharvesthillsgreenspace.com/>
- Email us: KeepHarvestHillsGreenSpace@gmail.com
- Use social media to create awareness:
#KeepHarvestHillsGreenSpace
#CalgariansForResponsibleDevelopment
- Attend our town hall meeting March 11, 6:00 pm, Best Western Freeport Inn.
- Check the website for more details.

What can we do to stop the development?

- Let the city know you oppose this by contacting your councilor.
- Tell everyone you know what is going on and ask them to help stop these kinds of redevelopments.

- Be prepared to volunteer when needed.
- Be at City Hall when the formal hearing is held and make your voice heard.
- Attend the town hall planned for March 11, 2015

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Email: randerson@gkmah.com
g.k. mah, chartered accountant

NHCA Men's Soccer League

Two programs: you choose/register for which one works for you:
Short Season – April 10 to June 26 - \$70.00 and NHCA membership
Long Season – April 10 to Sept 17 - \$100.00 and NHCA membership
\$30.00 for jersey/shorts/socks – new players only
Membership: <https://www.compusim.com/nhca/membership/>
Registration: <https://www.compusim.com/nhca/programs/>

A "just for fun" men's soccer league

Where: Within Northern Hills Community

When: Two nights a week from 8:00 to 9:00pm. Monday & Thursday

We offer:

- Licensed referees.
- Technical sessions
- Wind-up event.

If you have any questions please email sports@northernhills.ab.ca



http://www.northernhills.ab.ca/mens_outdoor-soccer/

Centennial

ARE YOU INTERESTED IN PLAYING LITTLE LEAGUE BASEBALL?

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

REGISTRATION FOR LITTLE LEAGUE BASEBALL IN YOUR AREA

REGISTRATION HAS STARTED

SEE WWW.CLLBASEBALL.CA FOR MORE DETAILS

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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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Northern Hills Sports Program

Online at www.northernhills.ab.ca

Age Group	Type	Year Born	Times/Wk	Night of the Week	Time	Location
U4 Mixed : \$50	Both	2011 & 2012	1 time	Monday OR Wednesday	6:00pm – 7:00pm	Cardel Fields
U6 Mixed : \$60	Both	2009 & 2010	2 times	Tuesday/Thursday	6:30pm – 7:30pm	4 fields - Panorama, Coventry School, Cardel, Ascension School
U8 Mixed : \$70	Both	2007 & 2008	2 times	Tuesday/Thursday	6:30pm – 7:30pm	Country Hills Square Field (Behind McDonald's)
U8 Boys : \$70	Boys	2007 & 2008	2 times	Monday/Wednesday	6:30pm – 7:30pm	Country Hills Square Field (Behind McDonald's)
U8 Girls : \$70	Girls	2007 & 2008	2 times	Monday/Wednesday	6:30pm – 7:30pm	Country Hills Landing Field (by Country Hills Bottle Depot)
U10 Boys : \$90	Boys	2005 & 2006	2 times	Tuesday/Thursday	6:30pm – 7:30pm	Cardel Fields
U10 Girls : \$90	Girls	2005 & 2006	2 times	Monday/Wednesday	6:30pm – 7:30pm	Cardel Fields
U12 Boys : \$90	Boys	2003 & 2004	2 times	Tuesday/Thursday	6:30pm – 7:30pm	Ascension of our Lord School Fields - Harvest
U12 Girls : \$90	Girls	2003 & 2004	2 times	Monday/Wednesday	6:30pm – 7:30pm	Ascension of our Lord School Fields - Harvest
U14 Boys : \$90	Boys	2001 & 2002	2 times	Tuesday/Thursday	7:30pm – 9:00pm	Captain Nichola Goddard School - Panorama
U14 Girls : \$90	Girls	2001 & 2002	2 times	Monday/Wednesday	7:30pm – 9:00pm	Captain Nichola Goddard School - Panorama
U16 & U18 Boys : \$90	Boys	1997 – 2000	2 times	Tuesday/Thursday	7:30pm – 9:00pm	Captain Nichola Goddard School - Panorama
U16 & U18 Girls : \$90	Girls	1997 – 2000	2 times	Monday/Wednesday	7:30pm – 9:00pm	Captain Nichola Goddard School - Panorama

** Each family will be charged a NHCA membership fee and a Volunteer Deposit.

Womens U20	\$70	\$30.00 Jersey	2 times	Monday/Wednesday	8:00 - 9:00 pm	Cardel Fields
Womens Very Rec League 2	\$70	\$30.00 Jersey	2 times	Monday/Wednesday	8:00 - 9:00 pm	Cardel Fields
Womens Semi-Rec League 1	\$70	\$30.00 Jersey	2 times	Tuesday/Friday	8:00 - 9:10 pm	2 fields - Cardel & Harvest
Men's Recreational Soccer	\$70	\$30.00 Jersey	2 times	Monday/Thursday	8:00 - 9:00 pm	Ascension of our Lord School Fields - Harvest
Slo-pitch - Co-ed	\$55.00	No jersey	1 time	Fridays	6:30 - 9:00 pm	Various Fields within Northern Hills

** Each Adult will be charged a NHCA membership fee.



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TUESDAYS 8:30 PM - 9:30PM
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RCCG-LFC where expectations become manifestations!!!

*To cash in on the \$350, open a new personal chequing account (excluding Pay As You Go and HELOC) between Jan 1, 2015 and May 31, 2015, and set up direct income deposit or two unique preauthorized payments to go through your account by July 31, 2015 and that recur for the next two consecutive months. Sorry, if you already have a personal ATB chequing account, you're not eligible for the \$350 offer. To cash in on the \$150 referral bonus, each friend must follow the same process and meet the conditions for the \$350 cash offer. These offers can't be combined with any other promotional offer with ATB. Swing by our branch for more details. *ATB Financial is a trade name/registered trademark of Alberta Treasury Branches. (12/14)

SUDOKU-PUZZLES

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

Answers on page 15

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

Looking for Referees!

Northern Hills Outdoor Soccer Programs are looking for referees to referee!

State your preference and availability for the Children's, Mens, &/or Womens Soccer League

WE PAY!

Please contact sports@northernhills.ab.ca if you are interested.



"Did You Know In the Hills?" Contest!

This month's winners of the "Did You Know in the Hills?" trivia question sponsored by Applebee's and Empire Theatres is **Nichol and Rob Kripki**. The answer can be found on page 1 of the newsletter in the article titled "Northern Lights Contest Winners!"

Nichol and Rob Kripki win two Landmark Cinemas passes and a \$50 gift card to Applebee's restaurant. Thank you to all of you who submitted your 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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North Haven School News

I continue to be astounded by all the amazing people who come into our building every day. From our students, parents and staff to our wonderful paraprofessionals and support staff, we are truly all about student achievement, both academically and personally.

The staff at North Haven School continues to be committed to our School Development Plan of creating rigorous and relevant tasks connected to the real world. We have also been refining our formative assessment techniques ensuring we know where students are and how we can support them in moving them forward. We do this during our Professional

Learning Community time and Professional Development Days.

The circle of courage philosophy continues to be alive and well at our school. It is exciting to hear the students use this language in their day-to day conversations and how it helps them get along with each other and prepare them for their world tomorrow, especially when solving problems. This year, students are most excited about being part of a house team representing one of the four pillars: belonging, mastery, independence and generosity.

It is also with great excitement I commend our school and parent council and all our volunteers. They

continue to give us their undying support through funding things like Alien In-Line Skating, Sound Kreation, bussing for field trips, \$200.00 per teacher for extras in the classroom and a whole lot more. Thank you to

all parents who volunteered in making our Christmas Dance a success. We COULD NOT be as successful as we are without YOU!!

Lisa Nachtigal, Principal

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To our guests with food sensitivities or allergies: Applebee's cannot ensure that menu items do not contain ingredients that might cause an allergic reaction. Please consider this when ordering. Notice: Items marked with an * may be cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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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:

- **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.
- **New: 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.... play soccer and have fun where the focus is on socializing and sportsmanship
- **New: 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: Games 2x a week (8:00pm to 9:00pm) after all the kids programs are done - April 16 to June 27 approx. 17 games

What: Play Outdoor Soccer

Where: Within the Northern Hills Community

We offer:

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



If you are interested then in February visit northernhills.ab.ca - ladies soccer tab and register!

If you have any questions, please email sports@northernhills.ab.ca

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LIBRARY NEWS

Programs for March 2015

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

“Turn your imagination into reality at the Country Hills”

Papa Time Storytime

Here's a chance for fathers and their babies to share books, learn new skills and enjoy fun language activities together. Ages 6 to 23 months with a parent/caregiver

Saturdays, Mar. 7 to Mar. 21 from 10:30 - 11:15 a.m. Registration begins Jan. 7



Preschool Storytime

Join us for stories, songs and finger plays especially for preschoolers. Ages 3 to 5 independent of a parent/caregiver Wednesdays, Mar. 4 to Apr. 8 from 2:15 - 2:45 p.m. Registration begins Jan. 6

Drop-in Family Storytime

Drop in for stories, songs and finger plays the whole family can enjoy. Ages 2 to 5 with a parent/caregiver Sundays, Feb. 22 to Mar. 29 from 1:00 - 1:30 p.m.

Siblings Welcome No registration required

BMO Emerging Artists in Your Library

Join the School of Alberta Ballet's Emerging Artists for an interactive ballet performance just for kids.

This partnership is generously supported by BMO. Ages 3 and up Friday, Mar. 6 from 12:00 - 1:00 p.m. No registration required



Computer Technology Coaching

Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products. Wednesdays, Jan. 7 to Apr. 29 from 2:00 - 3:30 p.m. No registration required

Tax Clinic At Your Library

Drop-in for free, one-on-one help with your tax return. First-come, first-served. In partnership with the United Way of Calgary and Area. Please note that there is an eligibility requirement based on income. Saturday, Mar. 28 from 10:30 a.m. - 3:30 p.m. and / or Sunday, Mar. 29 from 12:30 p.m. - 3:30p.m. No registration required

NEW LOOK. NEW LIBRARY. FREE MEMBERSHIP.

We are so excited to welcome you to our new website and catalogue. Explore what's new and improved, and let us know what you think! The new site address is www.calgarylibrary.ca

Some of the new features include:

- Searching the catalogue has been improved to make it easier to find what you are looking for
- You can log in with your username once your new account is registered
- There are many new ways to discover great things to borrow, as well as our library services, programs, and events

- You can keep track of things you want to borrow by using lists, and you can share your comments, reviews, and lists with other library patrons

Also, as of January 1, 2015, memberships for everyone are free. That's right! Chief Executive Officer, Bill Ptacek, unveiled the library's new visual identity and announced that, with the extensive service and system changes in progress, Calgary Public Library is well on its way to becoming the world's best public library. Come visit us at Country Hills Library and ask our friendly staff to help you wonder, seek, discover & share.



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.

A MESSAGE FROM WARD 3

Nominate your Snow Angel

Keeping sidewalks shoveled, ice-free and safe can be very challenging – even dangerous – especially for older adults and others who have limited mobility. As you shovel your walk this winter, take a few extra minutes to clear a neighbour's too. You'll help them and everyone who travels the sidewalk. If you have a Snow Angel helping you keep your walks clear of snow and ice this winter, contact 311 to have them officially recognized by The City and entered for a prize.

For more information, or to nominate your Snow Angel, visit calgary.ca/snowangels.

Because our Transit Drivers Rock, We Roll

Every weekday, over half a million Calgarians get around the city with the help of Calgary Transit's drivers.



Transit operators do much more than just drive; they ensure passenger safety, keep to a schedule, check fares, give directions, remember stop requests, all while maneuvering large vehicles through unpredictable traffic, adverse weather and tight spaces.

On Wednesday, March 18, join us in celebrating our hard working bus and CTrain drivers. It could be as simple as saying thanks or giving your driver a smile and wave. You can also send a tweet to @calgarytransit thanking your driver, or you can say thanks the old-fashioned way with a hand written card.

For more information, visit calgarytransit.com.

As always, should you have any questions or concerns please feel free to contact the Ward 3 office. I also encourage you to visit my website calgary.ca/ward3.

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

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



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

Programming for Nursery to Grade 4 during both services and Youth Programs at 9:00 - 10:30 am.
 Club 56 for grades 5 & 6 during the 11:00 am service.

E.S.L. REGISTRATION: SUNDAY, MARCH 8 @ 10:30AM—1 PM at HHAC

Weekly Activities at the church:

Monday: 6:30 pm - Girl Guides of Canada Deerfoot District
 7:30 pm - AA Meetings

Tuesday: 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)
 3:30 pm - Free Math and Science Tutoring
 6:00 pm - Youth (Alpha Youth)
 7:00 pm - MOI - Prayer
 7:30 pm - Al-Anon

Thursday: 9:30 am - 2nd & 4th Thursday of the month - Quilters Plus

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

Moms With Young Ones Friday mornings @ 9:30 am-11:00 am.
 A get together for moms with their children ages 0-5 years.
 For more information email woh@hhachurch.com



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

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

10099 Harvest Hills Blvd. N.W.
 E-Mail: office@hhachurch.com

Phone: 403-226-0990
www.hhachurch.com

NHCA STRATEGIC FOCUS AREAS

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



Hello Residents of Northern Hills

Alberta's budget has been a hot topic for 2015, and getting it right for constituents in Calgary-Northern Hills has been a top priority. Over the last five years, we have been successful at getting schools built for our community; Panorama Hills Elementary School; Captain Nicola Goddard School; Nose Creek and another one will open in 2016, along with \$10 million in infrastructure. In addition, we are well along in planning and developing a multi-purpose health and community services centre in collaboration with Northern Hills Community Association, health, social, and cultural groups.



Teresa Woo-Paw, MLA Calgary Northern Hills

sector employees, and the size of middle management.

- Some residents saw opportunities to grow and diversify our exports to Asia and Europe by taking advantage of a lower Canadian dollar.

I have brought your views to my colleagues and Premier Jim Prentice, and we will do our best to develop a budget that responsibly supports and sustains our community now, without burdening our future.

If you would like to learn more about the budget, please visit budget.alberta.ca or contact me at the information below with your thoughts, comments, or concerns.

UPCOMING EVENTS:

North Calgary BUDGET TALK with Minister of Finance, Hon Robin Campbell, Monday March 2, 2015. 7:00 pm – 9:00 pm Family Community Church (10307 Eamon Rd NW)

Come hear from Minister Campbell about the finance of the province and share YOUR VIEWS with MLAs (Teresa Woo-Paw, Alana Delong and Sandra Jansen)

NorthernHills Resident Information

Information session re: HarvestHills golf course March 11, 2015 6:00pm, Best Western Freeport Inn, 86 Freeport Blvd NE
www.keepharvesthillsgreenspace.com

Yours truly,
Teresa Woo-Paw, MLA
calgary.northernhills@assembly.ab.ca
403-274-1931

As one of Alberta's fastest growing communities, it is important that we focus on key spending priorities for our area. In February, I held several budget consultation opportunities with residents of Calgary-Northern Hills, and met with many of you door-knocking. Here is a summary of what you told me:

- Most residents prefer reducing our spending, rather than increasing taxes or user fees or running a deficit.
- Around half of our community members would support reinstating health care premiums, but without burdening low-income Albertans.
- Many residents suggested reducing municipal spending, while protecting regional and provincial priorities such as health and education.
- Residents had mixed feelings about increased fuel taxes or a provincial sales tax.
- Some residents suggested reducing pay for public

WHERE SMILES BEGIN!



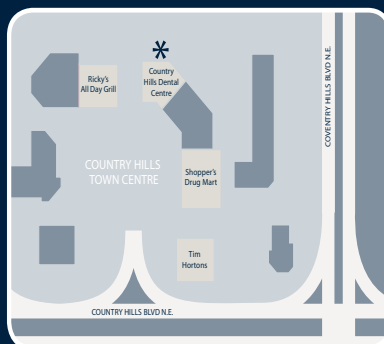
COUNTRY HILLS DENTAL CENTRE



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- Flexible office hours
- Convenient location



Dr. Tim Begalke | Dr. Jamie Wallace | Dr. Jeremy Wallace | Dr. Erin Gray
General Dentists

Country Hills Town Centre
#707, 500 Country Hills Blvd N.E.
(403) 226-1809
www.countryhillsdental.com

Share a Smile...
LIFE IS GREAT



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

Northern Hills Community Association

Are you looking for a fresh start?



New Beginnings Church

www.nbccalgary.com

(403) 389-6224

Crossword puzzle ANSWERS

Puzzle on page 4

SPONSORED BY :
Chartwell Harbours Retirement Residence.

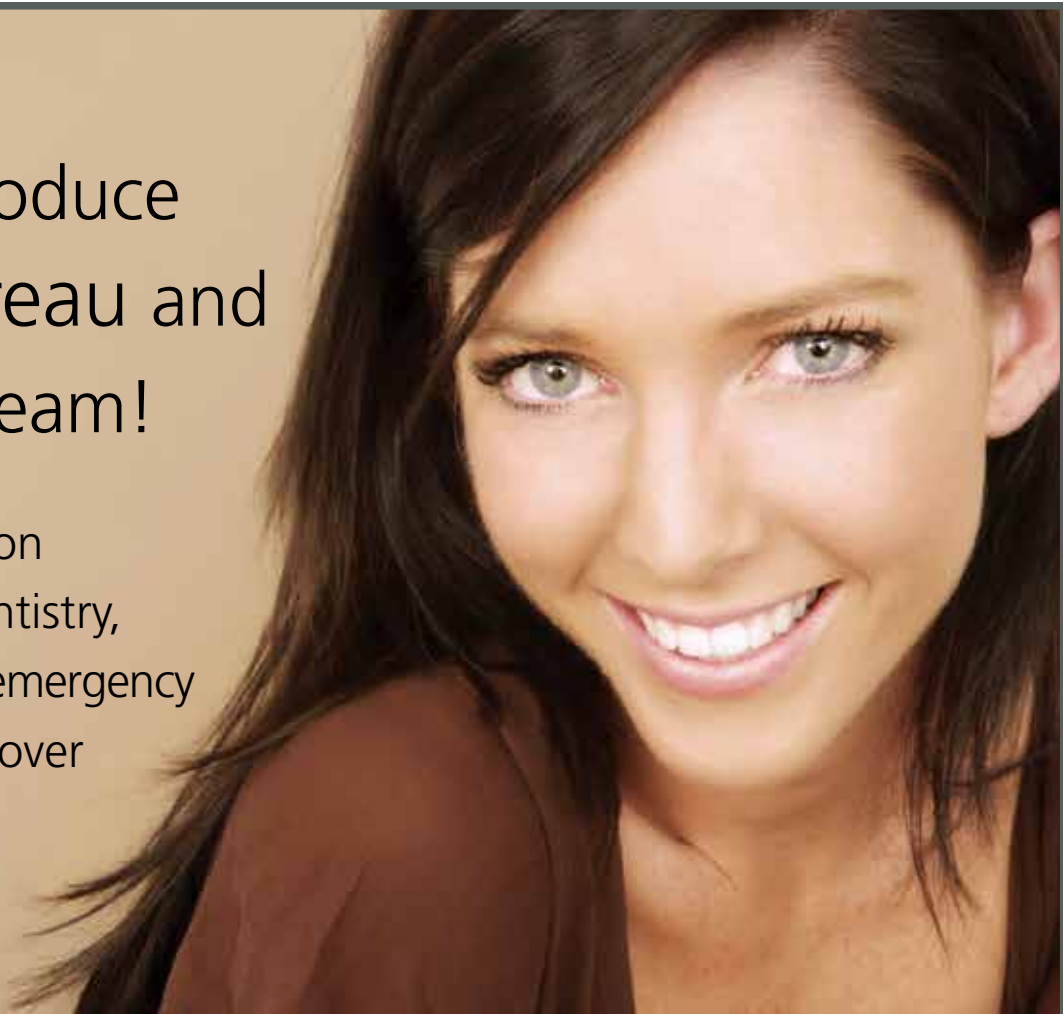
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U	R	E	A		C	E	L	E	B		S	I	L	O
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P	O	R	T	E			G	A	S		E	P	O	S
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A	R	U	B	A		E	R	G	S		B	A	P	
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E	R	S	E		I	N	E	R	T		E	R	G	O
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Sudoku puzzle ANSWERS

Puzzle on page 12

SPONSORED BY :
Chartwell Harbours Retirement Residence.

5	1	4	6	7	3	2	9	8
9	6	7	8	2	1	4	5	3
2	3	8	4	5	9	1	6	7
4	8	2	1	9	6	3	7	5
3	7	5	2	4	8	6	1	9
1	9	6	7	3	5	8	4	2
7	2	1	5	8	4	9	3	6
8	4	9	3	6	7	5	2	1
6	5	3	9	1	2	7	8	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	Friday: 8am-4pm
Tuesday: 8am-8pm	Saturday: 8am-4pm
Wednesday: 8am-4pm	Sunday: closed
Thursday: 8am-8pm	

Harvest Hills Blvd. NE

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

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403.730.9882 paramountdental.ca

NOW ACCEPTING NEW & EMERGENCY PATIENTS