

# Northern Edge News



Sept 2011 • Official Newsletter of the Northern Hills Community Association

www.northernhills.ab.ca • FREE

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

## 2011 FRONT YARD GARDEN WINNERS

By Paul Cavanagh

Well, despite another Calgary summer of cool, rainy and sometimes downright nasty weather the gardeners and homeowners in the northern hills communities have proven to be made of sterner stuff. Take that Mother Nature! The Northern Hills Community Association is proud to present our favourite front yard gardens, as nominated in our annual contest, and the first place winners in each neighbourhood. If you get a chance before these remarkable botanical creations fade into fall you should grab the family and go out to have a look at the beautiful results to enhance our communities and neighbourhoods by our residents. They are truly inspiring and can be appreciated by gardeners and non-gardeners alike.

Winners of the nominations draw ...  
 9 Country Hills Bay  
 55 Country Hills Manor  
 231 Covemeadow Close  
 36 Coverdale Road  
 232 Harvest Gold Circle  
 40 Harvest Park Way  
 77 Panorama Hills Circle  
 94 Panorama Hills View  
 And the other nominees are...

### Harvest Hills

- 141 Harvest Creek Close
- 144 Harvest Hills Drive
- 173 Harvest Hills Drive
- 658 Harvest Hills Drive
- 1125 Harvest Hills Drive
- 24 Harvest Lake Crescent
- 379 Harvest Lake Drive
- 10911 Harvest Lake Way
- 139 Harvest Oak Crescent
- 184 Harvest Oak Way
- 242 Harvest Park Circle
- 117 Harvest Park Way
- 110 Harvest Rose Circle
- 16 Harvest Gold Circle

### Coventry Hills

- 166 Covehaven View
- 146 Covemeadow Crescent
- 166 Covemeadow Crescent
- 11308 Coventry Boulevard
- 131 Coventry Hills Drive
- 139 Coventry Hills Drive
- 12137 Coventry Hills Way
- 12649 Coventry Hills Way
- 12874 Coventry Hills Way
- 87 Coventry Road
- 85 Covepark Crescent

### Panorama Hills

- 220 Panamount Lane
- 331 Panamount Point
- 190 Panamount Road
- 194 Panamount Road
- 542 Panatella Boulevard
- 745 Panorama Hills Drive
- 753 Panorama Hills Drive
- 769 Panorama Hills Drive
- 19 Panorama Hills Point

- 231 Panorama Hills Road
  - 106 Panorama Hills View
  - 33 Panorama Hills Way
- ### Country Hills
- 1077 Country Hills Circle
  - 124 Country Hills Drive
  - 56 Country Hills Green
  - 182 Country Hills Heights
  - 56 Country Hills Rise
  - 62 Country Hills View

### Winners of the Nominations Draw:

Ken Chilton, Joanne Davis

The winners each received a \$100 gift card from Blue Grass Garden Centre. In addition, a \$100 garden centre gift card was awarded



to the two winners of the draw from all those who took the time to nominate their neighbour's gardening achievements. We would especially like to thank the sponsors of this year's contest, Dr. Osman Anwar of Harvest Dental Care and Blue Grass Garden Centre.



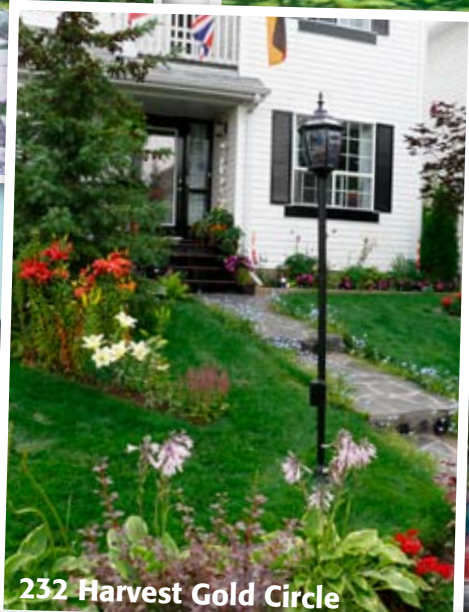
36 Coverdale Road



77 Panorama Hills Circle



55 Country Hills Manor



232 Harvest Gold Circle



9 Country Hills Bay



231 Covemeadow Close



94 Panorama Hills View



40 Harvest Park Way

### SPONSORS



Dr Osman Anwar of Harvest Dental Care is proud to sponsor the prizes for this contest. See his full color advert in this issue for more information.

## UPCOMING EVENTS 2011

### October 14

NHCA Harvest Moon Dance and Fundraiser  
 Huntington Hills Hall – 8pm to 1 am

### November 1

Start of NHCA Northern Lights Contest

### November 19

Small Business Fair  
 Cardel Place 10 am to 2 pm

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# VOLUNTEER

## NHCA VOLUNTEER OPPORTUNITIES

by Wendy Cavanagh, President

### Vacancies on the Board:

Contact [president@northernhills.ab.ca](mailto:president@northernhills.ab.ca)

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

**Graffiti Abatement** - We have a new chair for this committee and are hoping he will be joined by 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](mailto:community@northernhills.ab.ca) if graffiti gets under your skin!

**Garbage Collection** - 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 greenspaces. Please contact [community@northernhills.ab.ca](mailto:community@northernhills.ab.ca) if you've had enough!

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

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

**At Home In The Hills** - A new 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. We have begun with a webpage with agency and city information and a plan for a group of volunteers who will become 'Big Neighbours' to those new to the 'Hills'. 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 [1vp@northernhills.ab.ca](mailto:1vp@northernhills.ab.ca)

**Beautification** - We are expanding our efforts to beautify neglected areas in our communities and are looking for committee members. Love gardening and have a desire to see improvements in our community aesthetics? Contact [community@northernhills.ab.ca](mailto:community@northernhills.ab.ca)

**Blockwatch** - Want to help build a safe and caring community? Become a Community Representative. Provide a direct link between Calgary Community Block Watch and residents and community groups. The Community Representative, with the support of Block Watch staff, identifies and initiates programs and projects aimed at creating safer communities. Time commitment is approx. 6 - 8 hours per month. Make a difference! If you would like to become involved, contact Blockwatch at (403) 509-2565 or visit [www.calgaryblockwatch.com](http://www.calgaryblockwatch.com).

**Events** - Our association hosts many events, large and small, throughout the year and we are looking for individuals to join this committee to

help organize and carry out the tasks necessary for success. Love to socialize and enjoy the feeling of a job well done? Contact [events@northernhills.ab.ca](mailto:events@northernhills.ab.ca)

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

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

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

**Capital Projects** - Residents in our communities have requested outdoor ice rinks. The City has lent a hand with connecting the winter water at the Coventry location and the rink will be ready this winter. All that's left to do is flood and clear! The installation of winter water and an earth berm for the rink in Harvest Hills was recently approved by the board and plans are moving forward for the work to be completed this fall. If construction goes ahead as scheduled we will be seeking volunteers to flood and clear this rink too. Our Ice Rinks committee is seeking eager individuals to help with the planning and execution of this initiative. If you are interested in this program and/or the building of a more permanent outdoor rink in the Hills, this would be a dynamic committee to be a part of. Contact [community@northernhills.ab.ca](mailto:community@northernhills.ab.ca)

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

**Senior's Group** - A group of older adults who get together on Tuesdays from 2 - 4 pm are looking for you and your ideas. Contact [seniors@northernhills.ab.ca](mailto:seniors@northernhills.ab.ca)

**Traffic** - This committee would respond to traffic related issues; parking, speeding, upgrading controls at intersections or communicating with the city planning department regarding road improvements for our area. If you have a passion for solving problems this could be your opportunity to make a difference. Contact [planning@northernhills.ab.ca](mailto:planning@northernhills.ab.ca)

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

## From the President

by Wendy Cavanagh,  
President NHCA



We are excited about the upcoming 2nd Annual NHCA Harvest Moon Fall Fundraiser on October 14th. Please plan to join us for a fun filled evening including live music, dancing, live and silent auctions. Your participation will help support the efforts of the many volunteers who endeavor to create a vibrant and friendly community here in the hills. We have lowered the ticket prices and changed the location this year. If you are a business that would like to support the Community Association by donating an auction or prize item please contact our staff in the NHCA office at [admin@northernhills.ab.ca](mailto:admin@northernhills.ab.ca) See the article in this edition of the NEN for details. Buy your tickets early!

Ongoing projects in your neighborhood require your assistance. We would love to hear from residents who desire to participate in the creation of Community Gardens in Panorama and Country Hills. The locations have been confirmed and all we need are the gardeners eager to get their hands dirty! Please contact [community@northernhills.ab.ca](mailto:community@northernhills.ab.ca)

Residents in Coventry Hills, Harvest Hills and possibly Panorama Hills could be skating outdoors this winter. Those who enjoy skating and would like to learn and/or feel the need for a little exercise by helping flood and clear the ice surface may also contact [community@northernhills.ab.ca](mailto:community@northernhills.ab.ca) to make these rinks a reality this year!

Thanks to all those who took the time to acknowledge their neighbor's efforts to beautify our community by entering them into the Northern Hills Front Yard Garden Contest. The contest closed August 15th and you can view pictures of the beautiful winning yards in this issue. Eight winners of the Yards contest and two from the nominators draw were each the lucky recipients of \$100 gift cards to a local garden centre. We thank all the nominees for their hard work, talent and passion.

Look for the volunteers in the community flower beds who have been hard at work planting and weeding the gardens and entrances all summer. The community gardens and corners they have been taking care of

look exceptional this year and we sincerely thank them for their dedication to these projects. Participating volunteers have recently received NHCA sweatpants as a small token of our appreciation. When you spot a volunteer make sure you acknowledge them with a honk and a wave!

The board plans to discuss advocacy this fall and is looking for input from Northern Hills residents regarding the needs and wants for development in our area. For example, have you thought about what public school your children will attend once they reach high school age? At the moment, all high school students who attend public school are bussed out of the area and the CBE has no plans for a school in our area. We have also heard the concerns that residents and service providers share regarding the lack of infrastructure dedicated to Service Agencies for our area. Our communities share one recreational centre that is at capacity and looking to expand. It only makes sense that the needs of the residents in the immediate area be taken into consideration when planning such an expansion.

Stay tuned for updates on some of the upcoming discussions between the NHCA, our elected officials and managers of facilities that serve our area residents. If you have concerns and/or opinions regarding the lack of facilities and services in the Northern Hills, please e-mail your comments/suggestions to [president@northernhills.ab.ca](mailto:president@northernhills.ab.ca)

The NHCA office is back to our regular business hours. Our staff took a few holidays but also managed to rearrange the office and update the paint. If you are planning to visit us to purchase a membership, get your tickets to the upcoming Harvest Moon Dance or would just like to view the new bright green decor, please check the website for up to date hours and information.

Thanks to all the sponsors, volunteers, staff, board members and members of the Northern Hills Community Association who continue to make this the best community in which to live and play. If you are interested in upcoming events or volunteer opportunities, please check out our website at [www.northernhills.ab.ca](http://www.northernhills.ab.ca)

## Now is the time to get involved.

Call for  
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Northern Hills Community Association

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# Summer Time Fun for Northern Hills Youth

It has been an exciting summer for some of the youth in our community! First we had the pleasure of having the youth from the Harvest Hills Alliance Church volunteer in July to help out around the Northern Hills. They built a shed for the Harvest Hills Community Garden, cleaned up some of the parks, got rid of the pesky graffiti, and volunteered at the Bethany Care Center. Thank you again to these wonderful volunteers for their time!

On July 20th, Julia-Ann Reyes, Lionel Migrino, Lauren Migrino, and Kelly Gao spent the afternoon helping paint the shed at the Harvest Hills Community Garden. It was hard work and they did a great job getting as much done as they could before the rain started! Thanks again for all of your hard work!

Another fun project that some very wonderful kids (and their parents) have been a part of is the youth garden plot at the new Coventry Hills Community Garden. A big thanks to Susan Burke, our sports director, who donated a garden plot especially for youth in our community. This dynamic group of 11 kids aged 5-10 have worked hard over the summer to plant, water, and maintain not only the youth plot but the community plots as well. We will be having an "End of Season" picnic near the end of August to harvest and eat the veggies that grew over the summer. This has been a fun summer project and the NHCA is looking forward to next season.



# 2nd Annual NHCA Harvest Moon Dance Fundraiser

October 14th, 2011

**Calling All Music Loving & Dance Enthusiastic Volunteers!**

Are you in the mood for an evening of music and dancing? What could be a better way to spend your night than enjoying great live music, letting your hair down while you dance and volunteer for a great cause – your communities!

The 2nd Annual NHCA Harvest Moon Dance Fundraiser is coming up on Friday, October 14th and not only will you have a chance to bid on some fabulous items in the live and silent auctions, but you will also have a great opportunity to interact with other Northern Hills residents, neighbours and friends and let loose on the dance floor to contemporary music. There are many fun and exciting ways to get involved:

- volunteer to help plan and carry out the event;
- donate auction items;
- become a sponsor for the event;

The goal of the event is to raise money to strengthen and upgrade our existing activities and programs such as... the annual garage sale, community gardens, newsletter, website, community advocacy, community enhancement, website, and sports programs. We would also like to expand our involvement in some additional key focus areas in our strategic plan and develop some new programs and activities in the interest of creating a broader sense of community for residents, to expand our support services within the Northern Hills, and to develop positive membership growth.

In order to accomplish these bold objectives, we are asking that you help your community out by joining us on October 14 for an evening of fun and dance and good old community spirit.

And one great way to participate as a volunteer in one of the following areas: venue set-up and decoration, door entry, selling 50/50 tickets, the silent auction, bartending...

As a volunteer, you will be recognized your hard work and other surprising rewards during and after the event. At the same time, this is a great way to meet people in your community, enhance your life experiences and build the community you want. If you enjoy an evening out, and would like to assist with this event, please contact the volunteer coordinator at [volunteer@northernhills.ab.ca](mailto:volunteer@northernhills.ab.ca).

The 2nd NHCA Annual Harvest Moon Dance is taking place on Friday, Oct. 14th from 8 p.m. to 1 a.m. at Huntington Hills Community Hall. Please check out the website at <http://www.northernhills.ab.ca> for more details. Did I mention we need great items, services or packages for the live and silent auctions?

**See you there!**

## Where's Ozzie Winners!

The NHCA is pleased to announce the winners of the "Where's Ozzie?" contest for the month of July. The winner, Anika Fitzpatrick (Discovery Wildlife Park family pass), was drawn from all of the correct entries submitted. Thanks to all of the people who sent in entries and spotted Ozzie! Remember, keep your eyes peeled in each edition of the Northern Edge News for the dog about town who gets photographed as he goes where the action is... in the Northern Hills!



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The Northern Hills Community Association is repeating the success of last year's fundraiser with the

# 2<sup>ND</sup> ANNUAL HARVEST MOON DANCE

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**Friday, October 14<sup>th</sup>, 2011**  
from 8:00 pm to 1:00 am

at the **Huntington Hills Community Hall**  
78th Avenue and Centre Street N.W.

Dance to a mix of country, classic rock & roll and contemporary music by Quicksilver

Live and Silent Auctions • Cash Bar

**Tickets: Only \$20\*** for a whole evening of entertainment and include entry into the Early Bird Draw‡, music & dancing, party snacks and munchies at midnight

\* **August early-bird pricing:** \$20 (NHCA Members) or \$30 (non-Members) per person; at 2pm on Friday, 2<sup>nd</sup> September, prices increase to \$25 (NHCA Members) or \$35 (non-Members) per person.

‡ Early Bird Draw only for tickets purchased by 2pm on Friday, 2nd September, 2011

The Board, staff and volunteers of the NHCA have worked hard all year on improving the communities we live in by:

- ✱ providing community advocacy
- ✱ liaising with elected representatives
- ✱ publishing a free, monthly newsletter – the Northern Edge News
- ✱ updating and promoting the NHCA website as a source of information for all residents and businesses in North Calgary
- ✱ offering children's and adult sports programs
- ✱ e-cycling in conjunction with the Panorama e-community centre and WINS Drive
- ✱ running the annual flea market and garage sale
- ✱ building new community gardens in Coventry Hills, maintaining the Harvest Hills community gardens and planning new gardens for Panorama Hills and Country Hills
- ✱ community beautification (i.e. planting at community entrances and in the community recreational areas)
- ✱ organizing SPRY in the Hills – a program for Seniors
- ✱ organizing projects focused on youth involvement in the community
- ✱ coordinating Graffiti Abatement, At Home in the Hills, Farmers' Market and Blockwatch groups
- ✱ building new outdoor recreational ice rinks
- ✱ participation in the Airport Noise Committee

For the next year we would also like to expand our involvement in these and some other key focus areas in our strategic plan and develop some **new programs and activities** in the interest of creating a broader sense of community for the residents. In order to do this, we need to increase the membership program and hold an annual fundraising event.

**We are asking for your support, as a business owner in our area, to consider purchasing some tickets for family and friends to attend the Harvest Moon Dance and/or by donating an item for the Silent or Live Auctions.**

We hope that you will be among those who will come and enjoy dancing up a storm to a variety of country, classic rock & roll and contemporary music, having a few drinks with friends and some fundraising fun. Balloon pop for prizes, enter the ever-popular 50/50 draw, or bid in our silent and live auctions for some fabulous prizes; whatever you decide to do, everyone's a winner as the proceeds go towards making your community a better place to live, work and play. **Tickets are limited, so get yours soon! Tickets may be purchased from the NHCA office in Cardel Place.**

**All donations will be recognized in our Event Program and in our monthly newsletter the Northern Edge News**, which is distributed to over 15,000 homes and businesses in the Northern Hills. We sincerely hope that we can count on you to help us reach our fundraising goal.

**Thank you in advance for your support and see you there!**



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

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

## BOARD MEMBERS

<b>President</b>	Wendy Cavanagh president@northernhills.ab.ca
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## NEWSLETTER

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<b>Soccer Coordinator</b>	Susan Burke soccer@northernhills.ab.ca

## Calling All Volunteers!

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

# Northern Edge News

The Official Newsletter of the Northern Hills Community Association

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

Editor	Jenny De Guia	editor@northernhills.ab.ca
Ad Sales	Mae Seifert, Wayne Brown	ads@northernhills.ab.ca
Layout/Design	Duane Thomson	keyline@shaw.ca
Printing	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 403-759-1000 (keyline@shaw.ca).

# COMMUNITY

## NHCA SPORTS UPDATE

Fly me to the moon and let me play among the stars...

### THE TRAVELLING JERSEY CLUB

Once again, our travelling jersey club strikes again for 2011.

In February and March, NHCA Sports made a donation to St Francis Xavier university students going on humanitarian missions to Guatemala and Belize. We sent soccer equipment, soccer jerseys, shorts, socks, t-shirts and water bottles which were given out to schools and orphanages.

We also have a partnership with the Blizzard organization for indoor soccer.

The U10 girls team, Blizzard Celtic01 FC, were the last winner's named in the BMO Soccer Team of the Week competition. Part of their nomination was a \$500 donation to a charity of the teams' choice. These wonderful girls chose the Special Olympics, and we are proud to have been able to add to this donation with jerseys, shorts, socks and balls. At the presentation, the Celtic01 team and a few special Olympians participated in an impromptu soccer match, where a great time was had by all.

For more information about the Special Olympians check out this website:

<http://www.specialolympicscalgary.ca/>

For more information about our partner, the Calgary Blizzard Club, check out this website <http://www.eteamz.com/calgaryblizzard/>



### CHILDREN'S SOCCER

This year we had about 1050 children signed up to play soccer and 110 teams were created to hit the pitch. We also had a few teams from the Evanston-Creekside communities join us in the U12 age group, and a few players from the U10 age group join up with our teams.

Coaches' orientations were done by Andrew Fleming of MVP again, and they appear to be a great help to our coaches. We received positive feedback from a few who felt like we were offering good support and will continue to add and change as the years go by. Our coaches are one of our most

important volunteer roles.

The weather appeared to be more cooperative this year, thank goodness!

There were more days where teams played than last year and isn't it fabulous driving by the soccer fields in our neighborhoods and seeing all those children having fun and getting exercise. Ole, ole!

### CHILDREN'S SOCCER WINDUP PARTY

The morning of June 25th arrived with sunshine and good weather being promised. At 7:30 a.m., the soccer event coordinator volunteer, her husband, and I, were at the Cardel Place

back parking lot, so much to do, so little time.

At 8:30 we went to Sobey's to pickup the food and beverages they had so generously donated. Does anyone know how to fit a pallet into a Pathfinder?? Obviously the wrong choice in vehicle, so the search for a friend began, that is, the search for a friend with a truck. I thank my lucky stars for my next door neighbor, who is my guardian angel for everything that I need. Back to Sobey's and the pallet of food, WOW!! They have been such a generous donor to so many of our events. We even had the boys in the back put to work loading all that "stuff".

At Cardel, the volunteers arrived and the setup chaos began. Tables for everything from the photo pickup, equipment return, to first aid, registration and the food. The bouncey's were blown up, and again this year we were lucky to have quite a few of them. They looked like so much fun; you almost wish you were a kid again. The Wood Group BBQ arrived and was immediately put to work and work they did! Derek Sigurdson and partner-in-crime, BBQ'd their fingers to the bone!

There were a lot more people than responded

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\* Check with us for our catering services, special rates available for party orders



## WHERE'S OZZIE



The Northern Hills Community Association would like to introduce a new monthly contest. Here is a photo of Ozzie. Look for him in photos in 2011 Northern Edge News Issues. When you spot him, send an e-mail to [communication@northernhills.ab.ca](mailto:communication@northernhills.ab.ca). Include your name, contact information, NHCA membership number along with the month of edition and page number where you found him. There will be a prize draw from each month's entries. One entry per month per membership and you must have a current NHCA membership to be eligible. Spot Ozzie, be a member and WIN!!



and the windup volunteers were absolutely amazing. All-in-all, you couldn't ask for better weather, event sponsors, volunteers and soccer supporters. It was so wonderful to look around and see all of the parents and children taking part in the day. I hope that everyone had a good spring soccer season, were able to make new friends from the other soccer parents they met and a further confirmation of how great "The Hills" are to live in.

Hills Dental - again our dental partners were a very generous supporter of the children's U6 and U8 divisions in our soccer program this year by sponsoring jerseys.

**NEWALTA** - payment of the shipment charges to St Francis Xavier in Nova Scotia for The Travelling Jersey Club.

**2011 Slopitch Season PIG N WHISTLE** - for the VERY generous donation of gift certificates for the Slo-Pitch league

Sports Windup Sponsors  
**SOBEY'S** - again and again, Sobey's generously supports our NHCA events and the windup was no exception. The food, water and snacks were all supplied by Sobey's. Thank you, Sobey's, for being such a wonderful donor to the NHCA.

**STARBUCKS** - coffee for the volunteers, that early morning sure required the coffee supplied.

**WOOD GROUP** - for that amazing, 22nd century BBQ donated by the Wood Group. The Wood Group provides the latest and greatest submersible pump technology to Oil & Gas companies.

**FIRST CALGARY Savings** (Coventry & Northgate branches) - trophies for the Slo-Pitch finalists, a bat, and other prizes

**PIG N WHISTLE** - for the VERY generous donation of gift certificates for the Slo-Pitch league

**COBS** - for the donation of scones for the Wind-up

**NHCA BOARD MEMBERS** - Sunny Shuang, Caroline Davies. Special mention to Moraig McCabe and Mae Siefert - we would be in trouble without you!!!

**NHCA SOCCER VOLUNTEERS, THE SLO PITCH COORDINATOR, AND WINDUP VOLUNTEERS** - all of our wonderful volunteers, WOW! What a lot of work you did!, THANK YOU to everyone!!!!



**ADULT SLOPITCH**

Peggy Morrison, our Slo-Pitch coordinator, did a fabulous job in planning the 2011 season and we grew to 10 teams! Outside of a little cold and rainy weather, the teams came out ready to take on their opposition. Again this year, the team captains were a huge help to Peggy by helping to keep things running smoothly.

This year, the winning team was the Flyballs, 2nd place was Scared Hitless and 3rd place went to the Ginger Kids. Each of these teams received gift certificates from the Pig N Whistle. Gift certificates were also given out to teams for best plays and sportsmanship.

Everyone had a chance to make more friends in the community. Thanks for all the support by the teams, we couldn't have done it without everyone!!

**SPONSORSHIP**

I would like to take this moment to gratefully acknowledge our amazing sponsors!!

**2011 Soccer Season**  
 Panatella Dental and Northern



Dr. Micah Luong  
 Dr. Debbie Luk  
 Dr. Laura Schmidt  
 Dr. Mark Ross

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## NEW PATIENTS WELCOME

Joining our team...Dr. Debbie Luk  
 She is a residency trained developmental & pediatric optometrist, with special interest in vision therapy.

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Examen de la vista

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- Bella** Grades 1 - 2, NW, SE & SW classes
- Dolce** Grades 3 - 4
- Viva** Grades 4 - 6
- Allegra** Grades 7 - 10
- Ragazze** Grades 11 and up

To register contact the office at 403-686-7444, or email us at office@calgarygirlschoir.com



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Founder & Artistic Director | www.calgarygirlschoir.com

**BACK TO SCHOOL SALE - kids and teens glasses 20% off with this ad**

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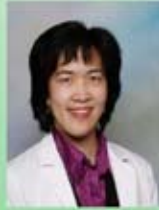


226, 40 Country Hills Landing N.W.  
Bus access #301, 88, 86, 109, 114, 142

**Our Mission**

To promote long term well being of our patients' eyes, providing comprehensive eye health care and optical solutions through doctor's recommendations and quality eyewear.

**Our Doctors**



Dr. Dianna Leong has practiced optometry for 17 years and is excited to provide eye care to families in her own Northern Hills

Community. An emphasis of Dr. Leong is to take the proper time to assess your eyes, your visual needs, and signs of ocular disease that suggest other problems within your body. Special interests include Diabetes care and networking with other health care professionals to enhance timely detection, referral and treatment. She is also pleased to offer full scope eye care services including providing glasses and contact lenses, and "fixing Internet eyewear"



Dr. Ruhee Dhalla was born and raised in Calgary. She received her Doctor of Optometry degree with honors from the Illinois College of Optometry in May 2010.

After optometry school, she pursued a post-graduate clinical residency program in pediatric optometry at the University of Houston College of Optometry, where she specialized in working with children, special needs individuals and brain injury patients. Dr. Dhalla is excited to be returning home to Calgary to practice and hopes to offer the community comprehensive family eye care with a special emphasis on pediatrics.

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- Evening and Saturday appointments. Accepting new patients

**FREE Diabetes Clinics: September 16. Phone our office for details**

### NHCA Harvest Moon Dance Fundraiser 2011 - Calling for Donation Items!

by Sunny Shuang

There's only 6 weeks left before the 2nd Annual NHCA Harvest Moon Dance Fundraiser on Oct. 14th, 2011 at the Huntington Hills Community Hall.

The Fundraiser Planning Committee would like to express our sincere gratitude to the following businesses for their generous donations to the fundraiser:

AMEC, Avon from Kara Boehmert, Cardel Place, Calgary Public Library, Calgary Stampeders, Ceroc Calgary, Chiropractic Centre for Health, City of Calgary, Community Recreation Centre, Country Hills Dental, Discovery Wildlife Park, EB Games, Empire Theatres, Extreme Pita, Future Shop, Harvest Hills Veterinary Clinic, Kojji Japanese Restaurant, Marks Warehouse, Mavis Wahl - Massage Therapy, Paramount Dental, Purolator, RBC, Shoppers Drug Mart, Staples, Stella & Dot from Amanda Davis

The Committee continuously seeks your business support, and there are no items too small to contribute. Your donations will be used in our live and silent auctions, and as door and balloon prizes. If you wish to contribute, please contact the Events Director at events@northernhills.ab.ca by September 30th, 2011.

Thank you in advance for your support!

# JEFF NEUSTAEDTER & ASSOCIATES



\*Not intended to solicit properties already For Sale.

**229** Total 2011 Year to Date Sales in Calgary  
January 1 - August 10

REPRESENTED SELLERS

**143**

REPRESENTED SELLERS

**86**

REPRESENTED BOTH BUYERS & SELLERS

**27**

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info@homesincalgary.info

\*All stats based on MLX sales



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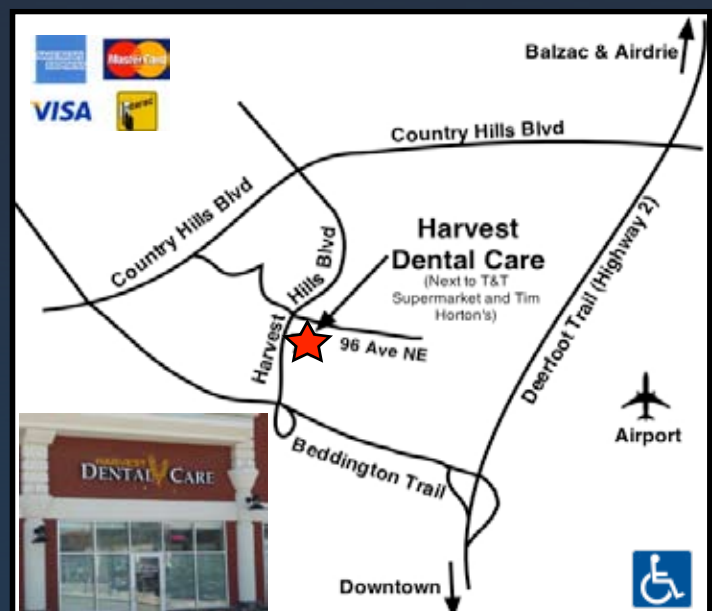
**KEY FEATURES OF OUR DENTAL OFFICE:**

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- Children & Seniors Program
- Digital X-rays and Imaging



**Dr. Osman Anwar, B.Sc., D.D.S.**

Dr. Anwar is a General Dentist that has been practicing in Calgary for the past 10 years.



# SENIOR'S CORNER

## SPRY in the Hills

Contact [seniors@northernhills.ab.ca](mailto:seniors@northernhills.ab.ca)

Fall Meetings will be at TWO locations:

### LOCATION NO. 1

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

September 20 and 27, Tuesdays, 2-4 pm  
Time to renew acquaintances, socialize, play some games and get updates for the Fall Program.

October 4 to December 6 - Tuesdays -  
Registered Exercise Program 2-3 pm followed by  
Social Hour for all SPRY members from 3-4 pm.

October 7 to December 9 - Fridays -  
Registered Exercise Program 1-2 pm only (2nd time)  
Participants can arrange a social period off site.

### LOCATION NO. 2

**Rexall Drug Store, 1110 Panatella Blvd. NW**

Starting September 14 and every Wednesday till December 14, 2011, 2-5 pm. We have planned short, 15 to 30 minute, presentations on various topics every Wednesday commencing at 2:00 pm. After the presentations a social get together for talking, playing cards or games is available till 5:00 pm. Names of topics will appear on the calendar of events.

### REMINDER

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

**Walking Club - 11:00 am = Meet at  
Running Room, Country Hills**

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

We would welcome volunteers to help with programming.

**THIS IS OUR CLUB**

# GOV'T OF ALBERTA

## Hello Residents of Northern Hills!

### Back to School for many students

As the fall will soon be upon us, it is time for children to head back to school. While some may be returning to schools, both within and around the constituency, others are heading to new schools or into new post-secondary programs. We wish them all the best as they continue their journey, or forge ahead on new ones, in the hopes that they will find much success



Teresa Woo-Paw,  
MLA Calgary Mackay

### CRIEC Offers Skilled Immigrants Outstanding Occupation-Specific Mentoring Opportunities

If you are a skilled immigrant and are unemployed or under-employed, please consider the mentoring program offered by the Calgary Region Immigrant Employment Council ([www.criec.ca](http://www.criec.ca)). The program enables mentors from corporate Calgary to help skilled immigrants to: develop an understanding of the Canadian workplace culture, set realistic career goals and establish a plan of action to achieve them, acquire job search and interview strategies, develop a professional network, and initiate steps to obtain professional designation.

The program has helped almost 170 skilled immigrants, at least 50 of whom have found employment

matching their skills and experiences. Mentors also gain by developing their leadership skills and acquiring a greater understanding of the contributions skilled immigrants can make in the workplace.

Please contact Katalina Bardell at Bow Valley College ([kbardel@bowvalleycollege.ca](mailto:kbardel@bowvalleycollege.ca)) to participate as a mentee. If interested in being a mentor, contact CRIEC's Project Coordinator Amal Baky ([amal@criec.ca](mailto:amal@criec.ca)).

### More affordable housing across Alberta

Low income and homeless Albertans will soon have greater access to affordable housing, thanks to an almost \$90 million federal-provincial investment. The 12 projects receiving grants will create over 800 new housing units which will benefit an estimated 1,600 families, individuals, seniors and persons with disabilities. For more information on housing support, visit [www.housing.alberta.ca](http://www.housing.alberta.ca).

### Please participate in the Multiple Sclerosis observational study

A new web-based study that will document and track the experiences of Albertans who suffer from MS, in particular those who have had the Zamboni treatment or other similar procedures, is now up and running. To find out more, visit [www.tamsi.ca](http://www.tamsi.ca).

Sincerely yours,  
Teresa Woo-Paw MLA,  
Calgary Mackay

## Back to school safety

Alberta Health Services EMS would like to remind parents and students of some basic road safety tips as streets become busier with the return of the school year. Pedestri-

ans and motorists each have an important role to play- road safety is a shared responsibility.

### Around school buses

- Flashing amber lights mean a bus is slowing down to stop. Motorists should do likewise.
- No matter which direction you are coming from, STOP when approaching a school bus with activated flashing red lights - unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving.
- Give right of way to pedestrians who have activated overhead crossing lights or who are waiting to cross from a street corner.
- Remember it is illegal to pass vehicles, other than those that are parked, in school zones or playground

zones during posted hours.

### Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines until fully clear of the road way.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing you. By teaching them safe crossing habits as early as possible you can reduce the chance your child may be involved in a preventable auto/pedestrian collision.

## Register for 2011 Fall Dance Programs



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Adult Classes

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[info@urbandanceprojects.com](mailto:info@urbandanceprojects.com)  
403-253-4058



# CITY

## What's in a name? A tale of two City Parks.

Normally when naming a park in Calgary, City Council must approve the name. However, there is the curious case of Egerts Park in Thorncliffe. Egerts Park was named after John Egert, a City of Calgary Parks employee in the mid 1900s, who was instrumental in the development of some of the parks in North Calgary, including his own. Unfortunately, Egert died of cancer in the 70s, and the park was informally named after him by Park's staff, a name which took hold and is still in use today. Naming signs will be placed at the North end of the park and another one at an additional location acknowledging his contribution.



Gael MacLeod,  
Ward 4 Alderman

Nose Hill Park, which consumes a large portion of Ward 4, is thought to be named because its likeness to a nose when viewed from a certain angle. It officially became a park in 1980 and is the second largest park in Calgary, surpassed only in size by Fish Creek Park. It is home to a number of large mammals including coyotes and deer and is one of the most significant examples of fescue grassland ecosystems left on the Canadian prairies. Along with the Bow River Valley, it is one of the two remaining examples of the high plains that once covered this area, and is considered an endangered ecosystem. Most grasslands of this nature have been lost to cultivation, agriculture, pollution, forestation, and development. In the 1980s, a great deal of the park was intended for residential development, but citizen action saved the land for its current use as the beautiful park it is today.

Elsewhere, funding for phases one and two for the Laycock Park Wetland Restoration Project has been secured. Parks plans to hold an open house in the fall to inform the public on the project's progress.

My office is always available to work with you at 268-3727 or [alcaw4@calgary.ca](mailto:alcaw4@calgary.ca)

## Northern Hills Crime Statistics – July 2011

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

Community	Harvest Hills	Country Hills*	Coventry Hills	Panorama Hills
Theft from vehicle	3	-	3	6
Theft	1	5	5	4
Assault	-	-	4	2
Commercial Break In	-	-	-	1
Vandalism	-	-	-	1
<b>Total</b>	<b>4</b>	<b>5</b>	<b>12</b>	<b>14</b>

\* Includes Country Hills Village

The purpose of providing monthly reports on crime statistics and information is to increase awareness and hopefully help the CPS make our neighborhoods safer. We meet regularly with Community Liaison Officers (CLO's) for our area to review these statistics, to discuss issues and

trends regarding crime in our communities, and to identify ways that the NHCA can help the CPS in their work. Residents can contact the CLO's for our area at the District 7 office if they have any questions or concerns.

Remember, if you are the victim of a crime or if you are

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

Share a  
**SMILE**  
with  
someone  
today!

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[www.interavon.ca/natalie.gulayets](http://www.interavon.ca/natalie.gulayets)

## A MESSAGE FROM WARD 3 ALDERMAN JIM STEVENSON

I hope that everyone enjoyed the summer and that you are looking forward to the fall season.

### New Web Page:

We have a new web page at [calgary.ca/ward3](http://calgary.ca/ward3) and hope that you will be able to find information that you are looking for, faster and easier. This will enable us to keep you up-to-date on what is happening in Ward 3 and your neighbourhood.



Jim Stevens,  
Ward 3 Alderman

The city has updated the web page, [www.calgary.ca](http://www.calgary.ca). This site is quite different from the previous web page, as it operates just like Google. Simply enter a keyword or phrase into the search bar or click on a title at the bottom. If you require assistance the help site is at the bottom right.

### Taradale Dog Park:

The Dog Park in Taradale, at 64th Ave. & Tarington Road N.E., should be open by the time you read this.

As always, I welcome your calls and emails so if you have any questions or concerns, please don't hesitate to contact my office.

Jim Stevenson, Alderman



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Leah Wamboldt  
BSc, CIM, FCSI  
Investment Advisor

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[mrlube.com](http://mrlube.com)



"Ozzie" shows his disappointment at the recent vandalism of the Coventry Hills Community Garden Plot

## Garden Vandals

On the evening of Wednesday, August 17th a gardener at the Coventry Hills community garden came upon a group of children pulling and throwing vegetables around. The photo included here shows the aftermath of some of their handiwork. At one time this was a vegetable plot full of carrots that were destined to the Calgary Inter Faith Food Bank. Sadly, they will receive a much smaller donation than expected from us this year. I'd like to say that this was an isolated incident but unfortunately cannot although this was the worst damage seen this year. It is extremely difficult and disheartening for individuals to see their efforts to beautify their community, provide fresh organic produce to their families as well as those that need a hand up, strewn on the ground.

We respectfully request that parents of children that spend time at the parks next to the community gardens in Coventry Hills and Harvest Hills explain what we are doing and ask for their support and consideration. In both gardens we have vegetable beds that we have set aside and have planted specifically for the community. They are clearly marked with signs that say "community veggies, please help yourself". These gardens are brimming with peas, carrots, strawberries and rhubarb for all to enjoy. All other gardens are intended for individual families who rent the beds and the food bank.

Thank you for your support. It is truly appreciated.

**SMILE!**  
It makes a difference

### Northern Hills Fiddlers

Come make music with us!

Calgary's fun, affordable fiddle class... enrolling new violinists now!

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www.northernhillsfiddlers.org  
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Come Dance with us!

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### Dance Classes for ages 3yrs.- Adult!

540 - 64 Ave NE  
Just off Deerfoot!

403-730-0903

### Register for Fall Classes

Wed Sept 7- 5:00-8:00

Thurs Sept 8- 5:00-8:00

Sat Sept 10- 10:00-1:00

Classes START Sept 12!

www.danceexplosions.com

Ballet Tap Jazz Hip Hop  
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## IMPORTANT NOTICE

The City of Calgary would like to remind Northern Hills residents that the 96 Avenue N.E. right-of-way from Harvest Hills Link to Deerfoot Trail is a heavy construction site. As such, members of the public need to avoid the area for their own safety. Residents east of Harvest Hills Link wishing to access the south side of 96 Avenue should use the existing intersection at Harvest Hills Link.

### PLEASE DO NOT ENTER OR CROSS THE CONSTRUCTION ZONE.

For everyone's safety please obey all signage, speed limits and any other posted restrictions for the duration of this construction project.

Thank you for your cooperation.

Transportation Infrastructure  
The City of Calgary



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

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

### Other Programs starting in September:

Men's Ministries meet every Saturday morning at 8 am.  
Women's Bible Studies start on September 7th and Brunch on the 17th.  
Youth Ignite starts September 14th and Friday events are the second and fourth Friday of most months.



### Christmas Craft Tea & Sale Registration Saturday, September 10 @ 9 - Noon at the church.

For more information please email:

ccst@hhachurch.com

or call Candice at 403-226-0990 ext 267.

Christmas Craft Sale & Tea is December 2 & 3, 2011.

### Explore the Meaning of Life

Is Christianity boring? Who is Jesus? Why did He die? Why follow Jesus?



### Alpha & Marriage Course: Tuesday evenings @ 6:30 p.m. Starting September 20, 2010 for 10 Tuesdays

A relaxed friendly setting, delicious dinner, interesting teaching, opportunity for questions and discussion.

Whatever your background; or wherever you are on your spiritual journey,

YOU ARE WELCOME

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.harvesthillsalliance.com

# LIBRARY NEWS

## Programs for September 2011

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

### FOR CHILDREN AND TEENS

**The World Lives Here:** Grow Readers for Life!

Celebrate International Literacy Day with this fun and interactive family storytime. Ages 2 to 5 with a parent or caregiver. Thursday, September 8, 2:15-2:45. No registration required.

**Faux Fur** - A live performance at your Library. Faux Fur is a wildly talented local teen band. Listen to them here: <http://www.myspace.com/fauxfurfake-fur> No registration



required. Ages 13-17. Saturday, September 10, 2:30 – 3:15 p.m.  
**Teen Takeover!** - Teens take centre stage! Come hang out at the library -- we'll turn the space over to you and have some games and events for you to enjoy. Ages 13 – 17. Friday September 23, 6:30 – 8:30 p.m. No registration required.

### FOR ADULTS..

**The Beatles** - Enjoy a multi-media program which looks at the cultural impact of these iconic figures from the 1960's to today. Presented by the University of Calgary Continuing Education.

Wednesday, September 7, 7:00 – 8:30 p.m.

**Boost Your Marvelous Brain** - Learn about your brain and the potential for improving long term health through risk reduction and lifestyle choices. Presented by the Alzheimer Society of Calgary. Ages 50 and up.



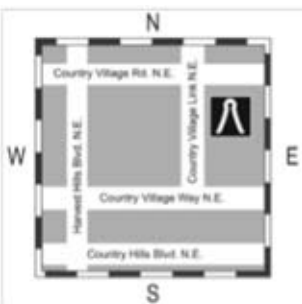
Wednesday, Sep 14, 2:00 – 3:30 p.m.

**One Year Later** - Civic Update Find out what your Alderman has been busy doing

on your behalf during this past year. Question period to follow. Saturday, September 17, 10:30 – 11:30 a.m. No registration required.

**MANGO LANGUAGES** is an online language-learning system that provides listen-and-repeat practice using real life situations and believable conversations. Currently there are over 21 languages available, including Spanish, French, Arabic, Hindi, Korean, German, Mandarin Chinese, Italian, Russian and more. In addition there are many ESL courses available such as English for speakers of Chinese (both Cantonese and Mandarin), Vietnamese Arabic, and Korean. The lessons are based on phrases and dialogs rather than individual words. If you previously used "TELL ME MORE" Languages you'll want to check out Mango Languages.

To find Mango Languages go to [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com), Click the E-library tab > Click Encyclopedias & Dictionaries, then find Mango Languages in the alphabetical list.



## 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.

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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:

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



## 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 which programs 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"/> Fall Fundraiser          |
| <input type="checkbox"/> Newsletter         | <input type="checkbox"/> Children's Soccer           | <input type="checkbox"/> Community Beautification |
| <input type="checkbox"/> Ladies Soccer      | <input type="checkbox"/> AGM/Community Resource Fair |   |
| <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                |  |  |

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

# Are Your Child's Eyes Ready for School?

By Dr. Debbie Luk, BSc(Hons), O.D. and Alison Leung, BSc

Vision is an integral part of a child's learning and development and is the fourth most common cause of disability in North America. This is an important statistic as 80 per cent of what children learn come from their visual processing of the world. Vision problems can sometimes be the root of learning difficulties. Fortunately, they are treatable, especially with early detection.

## Frequently Asked Questions:

### When should my child have an eye exam?

The first eye exam should be at six months old and yearly thereafter. Alberta Health Care covers children's annual eye exam until 19 years of age. Alberta's Eye See Eye Learn program



also covers a pair of spectacles for a child attending kindergarten. How do I know if my child is having vision problems? - See chart. -

### How is vision related to learning?

Vision is more than just seeing 20/20. Good vision means being able to read efficiently, clearly and comfortably for an extended period of time. Good vision is the ability to interpret visual information so we can

discriminate similar looking shapes and letters such as b, d, p and q. Furthermore, good vision allows us to visualize information in our minds, enabling us to succeed in reading comprehension, math and abstract concepts. Many children who have difficulties in school often have a vision problem. It is important to emphasize that vision is a learned skill, similar to walking and talking. If your child is falling behind in school, vision therapy can help acquire these fundamental visual skills.

### How can we treat vision problems?

Glasses, visual hygiene and/or vision therapy may be prescribed. Vision therapy is an individualized program of neuro-optometric exercises performed both in-office and at home which will help remediate the aforementioned vision problems.

As parents, you play a vital role in your child's development. An annual eye examination can detect risk factors for vision problems. If additional testing and treatments are indicated, then a developmental optometrist will be able to help your child improve visual skills and excel to his/her full potential.

Visit [www.covd.org](http://www.covd.org) or [www.oepf.org](http://www.oepf.org) for more information and find out whether your child needs vision therapy.

Condition	Signs
<b>Lazy Eye</b> (Amblyopia)	Asymptomatic. Develops during infancy/childhood; early detection improves prognosis.
<b>Eye Tracking (oculomotor) dysfunction</b>	Skipping of words or losing place when reading, difficulty following or catching a ball.
<b>Eye Focusing</b> (accommodative) <b>dysfunction</b>	Headaches around the eyes during near work, intermittent blurry vision, trouble copying from the board, holding a book close to the face when reading.
<b>Eye Teaming (binocular) dysfunction</b>	Eyestrain, double vision, rubbing of eyes, leaning on desk when doing homework, tilting of paper when writing.
<b>Visual Perceptual Deficits</b>	Reversal of letters or words, difficulty in spelling, math, abstract thinking, and reading comprehension.

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**By using the card just a couple of times, you can recoup the cost of a licence in savings!**

Over 88% of dog owners and 54% of cat owners in Calgary know that an important part of being a responsible pet owner is licensing their pets. Not only are you rewarded with great discounts, there are many benefits for you, your pet and other animals in need when you licence and provide permanent identification. Knowing your pet is licensed gives you peace of mind if your pet is lost. A licence tag lets others know your pet is owned and allows Animal & Bylaw Services to quickly reunite pets with their owners. In addition, licence fees, not tax dollars, allow Animal & Bylaw Services to:

- Educate cat and dog owners about responsible pet ownership
- Shelter and feed lost cats and dogs in our vet-operated facility
- Provide medical care to adoptable cats and dogs in our shelter
- Manage our cat and dog adoption programs
- Operate the Pet Drive Home program
- Run our volunteer animal socialization program
- Offer 400 school-based presentations per year at no charge
- Provide funding to vet clinics for emergency medical care for cats and dogs
- Operate the No Cost Spay/Neuter Program
- Enforce the Responsible Pet Ownership Bylaw
- Help neighbours resolve their animal-related conflicts

For more information or to receive your I Heart My Pet Rewards Card, visit [calgary.ca/animalservices](http://calgary.ca/animalservices) or call 3-1-1. For a list of partnering vendors, visit [iheartmypet.ca](http://iheartmypet.ca).

Watch this month for updates to the rewards program and a new I Heart My Pet website!

Now is the time to **GET INVOLVED.**  
Call for **membership today!**  
Northern Hills Community Association  
**403-226-6422**

# Maintaining a Healthy (NHCA) Heart



Our new look



by Moraig McCabe

I wonder how many readers realise that the NHCA runs mainly on the hard work of a dedicated group of volunteers. The Board members are volunteers. The community program leads and committee members are volunteers. The people you see on their knees planting flowers at the community gates or running around soccer fields coaching groups of happy children are volunteers.

Only the small team of administrative staff are paid (when they aren't volunteering) and to me they are the heart of the NHCA; their hard work keeps all the other NHCA vital organs (the board, committees and volunteer teams) supplied with whatever support they need to flourish... and this is where I come in. For the past few months it has been my job to take a good look at the NHCA heart and see what needs to be done to make sure it stays healthy, continuing to provide the vital link between the community and the association. Most of the changes will be internal, procedural and go unnoticed by the majority, but there is one that will be obvious to all—we have reorganized and redecorated the NHCA office in Cardel Place!

Thanks to Normandeau Interiors on Panatella Boulevard for the free paint and a small group of volunteers for the elbow grease, we have transformed a gloomy office into a bright, modern, multi-functional area.

Come and say hello and see the transformation for yourself



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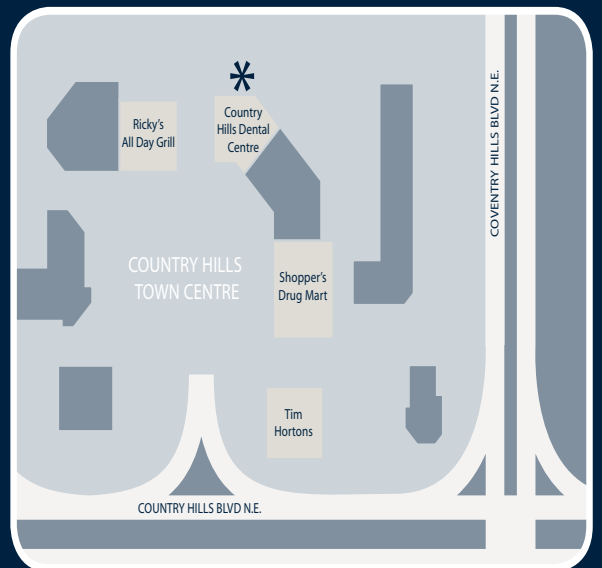
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