

# NORTHERN HILLS COMMUNITY ASSOCIATION



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

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

## THANK YOU

to the volunteers from all four partner organizations who helped with the gifting events at Vivo and Huntington Hills!

Victoria 403-703-0140 (more info on our website at: [www.northernhills.ab.ca/outreach-tuesdays/](http://www.northernhills.ab.ca/outreach-tuesdays/)).

### THANK YOU

for your community spirit this Christmas! THANK YOU for all the donations of toys, gift cards, money and more!

### THANK YOU

for helping many, many families in the Northern Hills this Christmas!

### THANK YOU

We really cannot thank you all enough.

Vivo will continue to have boxes available for Calgary Food Bank donations throughout the winter. These will be collected by the Calgary Food Bank for distribution to those in need all over Calgary, including many families within our own communities. If you can give, please do. If you need help with a food hamper, please contact our awesome outreach social support worker from Bow West and North Central Family Support Program:



## Panorama Hills Resident Wins Gold Medal from the Royal Conservatory of Music

Panorama Hills resident Edoro Omosun, 14, won a Gold Medal for scoring the top mark in Alberta on the Level 3 Violin examination. Edoro received the award on Sunday, November 13 at a public ceremony in Calgary. She studies music with local teacher Zoe Ko.

Regional Gold Medals are awarded each academic year (September 1 to

August 31) to Conservatory examination candidates in Preparatory A and B and Levels 1 to 10 who achieve the highest mark in their respective province or designated region. Eligible candidates must score at least 80% on their practical examination and must have completed the co-requisite theory examinations for their respective grade and discipline. Gold Medal ceremonies

are held annually in cities across Canada, often in conjunction with Convocation ceremonies, to recognize students' achievements and acknowledge the contributions of their teachers.

The Royal Conservatory of Music is one of the largest and most respected music and arts education institutions in the world.

CONGRATULATIONS EDORO!



**January 12:** MP Michelle Rempel's Alberta Jobs Roundtable

**January 12, 19, 26:** New Year Storytime at Vivo (Registration required)

**January 28:** Bike Calgary & Walk 21 Orientation Meeting at Country Hills Library

**February 1-28:** NHCA Sports Registration (Kids & Adults Outdoor Soccer, Adult Slo-Pitch)

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

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



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## REGISTRATION STARTS FEB 1st

NHCA Outdoor Sports Registration

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





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

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# From the President

Northern Hills  
Community Association



I hope that everybody had a wonderful Christmas and a happy New Year. I had a chance to spend some quality time with family and did get some valuable rest.

As we get back to business, the Board is still trying to iron out a budget. With the tough economic times this budget process has been a reminder of that. We will be working hard over the next few weeks to finalize an effective budget to get us through this year.

Don't forget the NHCA has two outdoor pleasure rinks in the Northern Hills! These are totally FREE to

use for all. Our awesome volunteers flood and maintain these rinks (when it's cold enough). If you'd like to help, even if you can only help occasionally, please contact Daniel via: rinks@northernhills.ab.ca or volunteer@northernhills.ab.ca

Storytime for children up to 5 years old will be January 12th and January 19th and January 26th. This is a free program but you must register to ensure space. See [www.northernhills.ab.ca/storytime-parentlink-2017/](http://www.northernhills.ab.ca/storytime-parentlink-2017/) or the article in this newsletter.

Our next AGM will be held in April of 2017. We will be posting the

date and time soon. We encourage the Members of Northern Hills to plan on attending to have direct input into the Association, and also it is an opportunity to elect the Directors for the upcoming year.

Thank you to the residents and businesses who donated gifts and funds to the gift of joy campaign. This was a way to give back to our community and we are honored to help in this fashion.

Just a reminder that kid's and adult soccer registration begins the

beginning of February. It is a great way to meet people and a stay in shape. Please refer to the website for further details.

– Rick Lundy

## NHCA VOLUNTEER OPPORTUNITIES

**If you would like to volunteer with any of our programs or events, please contact: volunteer@northernhills.ab.ca**

These very important areas could use your help:

### CASINO!

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

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

### RINKS

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

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

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

### FUNDRAISING

Are you great at fundraising or marketing? The NHCA Playgrounds



## NHCA Contacts

### BOARD MEMBERS

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

### COMMITTEES

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

- Rinks: VACANT
- SPRY in the Hills: J-L Emond
- Vivo Rep: Suresh Fernando
- Volunteers: Mohamed Hassanin
- Youth: Amanda Davis

**For board and committee contact emails, please visit our website at: [www.northernhills.ab.ca](http://www.northernhills.ab.ca)**

### CONTACT:

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

- Ad Sales: Heather Hubert, [marketing@northernhills.ab.ca](mailto:marketing@northernhills.ab.ca)
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- Soccer Coordinator: Eileen Fisher, [soccer@northernhills.ab.ca](mailto:soccer@northernhills.ab.ca)
- Website/IT: Troy Davis, [troy.davis@northernhills.ab.ca](mailto:troy.davis@northernhills.ab.ca)
- Newsletter Publishing: Duane Thomson at Keyline Publishing



## “Did You Know In the Hills?” Contest!

This month's trivia question is:

**How many businesses currently provide discounts to our NHCA members?**

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

Erratum on last month's trivia question, article with the answer has been mixed up and answer is non-existent

in the newsletter. Thus, we don't have a winner for last month's contest. Our sincerest apologies for this error. We are now awarding two winning entries for this month's contest.

Thank you to all of you who submitted your answers, and we look forward to your continued participation.

Thank you to the lovely people at Applebee's and Landmark Cinemas for sponsoring our contest!



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# Happy New Year Storytime

at Vivo for children (birth to 5 years)

**Thursday Jan 12, 19, & 26.** (Check times below & choose one program)  
**10-10:30 am**  
**10:45-11:15 am**

Come join us for this new, free New Year Storytime with the Country Hills Public Library where children and parents will share songs rhymes and stories in this interactive circle program. We will be located outside the Panther physiotherapy site, on the East side of the building at Vivo (11950 Country Village Link NE, Calgary).

**Call 403-275-6666 #276 to register starting Jan 3.**

This program is a partnership between Northern Hills Community Association, Vivo, Country Hills Public Library and Family Connections Parent Link.



## CROSSWORD

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1	2	3		4		5		6	7		8	9	10
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51			52			53					54		
	55	56				57						58	59
60		61								62	63		
64						65							66

- ACROSS**
- They are blown up at New Year's
  - New Year's activity
  - "Give it \_\_\_!"
  - Princess woe
  - Fresh starts (2 words)
  - Buddies
  - Driver's aid
  - \_\_\_ Today
  - Late-night name
  - Assuming that's true (2 words)
  - Measure of acidity
  - Debatable
  - Bake sale org.
  - New Year's is often event\_\_\_
  - A little out of it
  - Playfulness
  - PC linkup
  - New Year's song
  - Sci-fi writer, Doc Smith
  - Charleston locale
  - New Year's decisions
  - Blade
  - Old time you
  - 50th state
  - Difficult task
  - Press guy
  - Drink for New Year's
  - Colorful fish
  - Neighborhoods
  - Flavor

- DOWN**
- Prom night essentials
  - They can be black at events
  - \_\_\_ Eliot
  - Feast
  - Well-kept secret, for some
  - Cattle call
  - Very happy
  - Clamorous
  - Some family guests
  - Church alcove
  - Oscar \_\_\_ La Renta
  - Terrestrial
  - Asking people to come
  - Blues singer, King
  - Milk producer
  - Small GM car
  - Speaker
  - \_\_\_es: preferred phone contacts
  - Place
  - Operating system, abbr.
  - Reindeer activity
  - New Year's night sights
  - Bank offering, for short
  - It has many keys (abbr.)
  - "Brown" carrier
  - The "Tigers" (abbr.)
  - Good judgment
  - "Absolutely!"
  - New Year's get togethers
  - Cooking method
  - Blue Ridge Mountains

Answers on page 14

- locale
- Common Market inits.
- Chicago airport
- Bar stock
- Drink to
- Weight measure
- Party wear
- Sound system, for short
- Outfielder Mel
- Found on a billboard
- Radio wave

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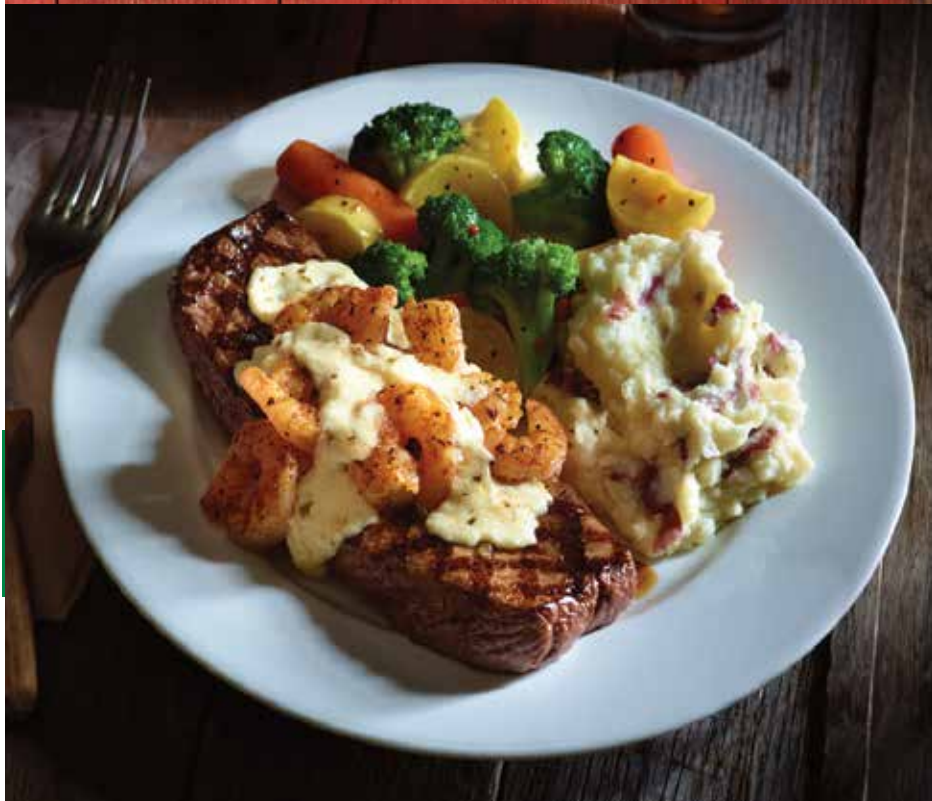
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"I always wondered why somebody doesn't do something about that. Then I realized I was somebody." — Lily Tomlin

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**www.acku.org** **403-232-0228**



# 10th Annual Community Business and Services Fair Roundup

Thank you to all who attended the 10th Annual Community Business and Services Fair on Saturday, November 19th at Vivo! The NHCA is always excited to offer you a chance to learn more about where to go, who to talk to and what you'll get from businesses in our community. There was lots of interest from residents and visitors throughout the morning, and with so many special offers and great draws on offer, it was no surprise!

Thanks also to all those who support the Association by purchasing memberships and to our sponsors of this year's event:

**Cobs Bread, Good Earth Coventry Coffeehouse, Save On Foods Panorama and The UPS Store #264!**

Did you miss the fair? Have no fear – we still have some business directories available for you to pick up outside the NHCA office (while supplies last), and they are all listed below, or on our website. We encourage you to support local community businesses and #shoplocal throughout the year.

The Northern Hills Community Association's event special was for two draws:

**(1) The vendor draw:**

A coffee gift pack donated by Good Earth Coventry Coffeehouse and free day vouchers donated by Work Nicer, were won by the Avon team! A \$25 voucher donated by Famoso Neapolitan Pizzeria was won by Top Gear Car Wash!

**(2) The visitor draw:**

5 prizes (a \$50 voucher from Boston Pizza, free pizza coupons from Canadian Brewhouse, tickets to the Calgary Renovation Show at BMO Centre from Cindy Crosby Weninger, family day passes from Vivo, a picture by an Alberta artist from the Calgary-NorthernHills MLA's office, and some NHCA swag) were won by: Craig Tervit, Lynne Buist, Levi Hollund, Sara Gomez and Alice Ai!

Thank you to all the businesses who donated prizes and congratulations to all the winners!

**THE NHCA COMMUNITY BUSINESS & SERVICES FAIR (2016) LISTINGS**

If you would like more information on the goods and services offered by the vendors who attended our fair, please call the contact numbers listed below.

Please visit our website ([www.northernhills.ab.ca/member-discounts/](http://www.northernhills.ab.ca/member-discounts/)) to see all the NHCA Member Discount partners and the many, many great discounts they offer to you just by being a member of your community association! While there, check out our online Business Directory ([www.northernhills.ab.ca/businesses/](http://www.northernhills.ab.ca/businesses/)) for business members who also support their community by being members of the NHCA. Thank

you all for your support!

**BOOKS, OFFICE & STATIONERY**

- BIZSTATION VIRTUAL OFFICES - Contact: Zingee Ngan T: 403-800-8868
- CRYSTAL INK - Contact: Crystal Reynolds T: 403-708-8093



- USBORNE BOOKS Contact: Alexis Everingham T: 403-889-5162

**CLEANING**

- NORWEX \* Contact: Amanda Herbert T: 403-200-2158
- TOP GEAR CAR WASH \* Contact: Shafique Javer T: 587-755-8674

**FINANCIAL, INSURANCE & LEGAL**

- ATB FINANCIAL \* Contact: Erwin Elvina T: 403-999-6318
- EDWARD JONES Contact: Toddy Kam T: 403-288-5370
- LA CAPITALE FINANCIAL SECURITY Contact: Kamal Sanan T: 403-671-9127
- PINKS & PLATES Contact: Kumar Sharma T: 403-475-9898
- SERVUS CREDIT UNION Contact: Tyler Hope T: 403-351-4066
- STANLEY LAW OFFICE Contact: Uzo Aghaegbuna T: 403-475-5835

**FOOD & DRINK**

- COBS BREAD COUNTRY HILLS \* Contact: Alex Gomez T: 403-226-5555

- COSTCO NORTHWEST Contact: Marc Collens T: 403-660-4620
- GOOD EARTH COVENTRY COFFEEHOUSE \* Contact: Raymond Jiang T: 403-830-2299

**PHOTOGRAPHY**

- ICONIC IMAGES Contact: Samuel Unterman T: 403-801-9245
- PURPLE BOW PHOTOGRAPHY Contact: Aalia T: 587-434-8564

**SKIN CARE & STYLING**

- ARBONNE \* Contact: Nancy Tomney T: 403-510-0983
- BEANERS FUN CUTS FOR KIDS Contact: Jamie Lunseth T: 403-226-9188

- TNH INTERNATIONAL LTD. Contact: Takayuki Hatakeyama T: 403-667-5884

**HEALTH & WELLNESS**

- IDEAL YOU – IDEAL PROTEIN AUTHORIZED WEIGHT LOSS CLINIC \* Contact: Kal Sadra T: 587-393-4200
- SAVE ON FOODS Contact: Amy Hou (Pharmacist) T: 403-384-9792

**LOVE IT OR LIST IT? (Renos & Realty)**

- ALEXANDRA CUSTOM HOMES LTD \* Contact: Amy Tesfai or Victor Millan-Garcia T: 403-891-6711
- J-PAUL CONSTRUCTION SERVICES LTD. Contact: JP Blanchard T: 403-803-7142 E: info@j-paul.ca
- ROYAL LEPAGE BENCHMARK, CINDY CROSBY (WENINGER) \* Contact: Cindy Crosby (Weninger) T: 403-710-7207

- AVON Contact: Pauline Lamoureux T: 403-613-0637

- RODAN + FIELDS Contact: Karla Stasyk T: 403-701-5744

**STELLA & DOT / PARTNERS IN STYLE \***

- Contact: Melissa Waschuk, Jacki Thomas T: 403-619-6074

**SPECIALIST**

- #15 PATHFINDERS - GIRL GUIDES OF CANADA Contact: Amanda Davis T: 403-616-1147
- BEDDINGTON BOTTLE DEPOT \* Contact: Karim Dossa T: 403-274-2122
- CALGARY NORTHERN HILLS CONSTITUENCY Contact: MLA Jamie Kleinstauber or Janine Giles T: 403-274-1931
- ICE CANADA \* Contact: Kevin Stanger T: 587-434-0384

\* these businesses are also Member Discount partners and/or Business Members







Updated: 16-Aug-16

## Membership Application

Membership expires one year from date of purchase. You can purchase a membership three ways:

1. Access our online membership registration at: [www.northernhills.ab.ca](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

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

**Fees:**

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

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

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

D.O.B: \_\_\_\_\_ Gender: \_\_\_\_\_

(Spouses) First Name: \_\_\_\_\_ (Spouses) Last Name: \_\_\_\_\_

(Spouses) D.O.B: \_\_\_\_\_ (Spouses) Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

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

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

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

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

- yes       no

# SPRY

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

By: J-L Emond

The SPRY gatherings and exercise classes are held at the VIVO Centre's "Child Minding Room" which is set up for Adult Exercise Classes, and tables and chairs for Social activities. Adults 55+ are welcome to join the various indoor and outdoor activities that are planned throughout the year.

### SENIORS' EXERCISE SESSIONS: Fit-2-Age Instructor

The laughter-filled, age-appropriate, light exercise classes are lead by Tracy Rand, Director-Certified Aging Adult Instructor & Consultant, BCEM Educator.

The one-hour Sessions at VIVO are every Tuesday at 2:30pm and Thursday at 3:00pm.

The first Exercise Class for 2017 will be Tuesday, January 17th. The last session: May 30th, 2017.

Participation cost is a very reasonable \$35/per person for the Winter-Spring session. The NHCA covers the large majority of costs for instructors and room rentals through AGLC (casino) funding.

### SOCIAL & GAMES

Come and join us for coffee/snacks, and a variety of board and card games every Tuesday at VIVO from 3:30 to 4:30pm (after exercise classes). This is a no-cost activity, and members take turns supplying the goodies and snacks.

### AQUA-FIT INTRODUCTION CLASS

VIVO is sponsoring an Aqua-Fit water exercise program for Seniors. We will determine if there is adequate interest to set-up regular sessions in 2017.

### VOLUNTEERING TIME FOR THE CHILD-MINDING PGM

Seniors wishing to volunteer their time to read and play with the pre-school children at VIVO can pick up an Application from Jay or Mary during our sessions on Tuesdays and Thursdays.

### CANADIAN MENTAL HEALTH ASSOC - CARYA - SPRY

We will be holding a "FREE" series of weekly meetings dealing with Seniors who want to participate in discussion forums on maintaining good mental health and dealing with life's challenges and losses. See us at SPRY for more details.

### HOW TO REGISTER: Northern Hills Community Assoc. 2017

To participate, we ask the you hold an active NHCA Membership. The annual fee is only \$20 for a senior membership (single or couple) per year, payable to the NHCA. There is no additional fee to attend the weekly Socials. NHCA cardholders also get 10%+ discounts from many restaurants and businesses in our area.

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Maths 30-1

# DIPLOMA EXAM

PREPARATION CLASS

**FEE \$60**  
Only \$10/hour!

**When & Where?**  
Date: 14th, 21st Jan  
Time: 2-5pm  
Venue: Vivo, 11950 Country Village Link NE

**Content**

14 Jan	Quick review and exam strategy → Focus on technical skills dealing with MC questions
21 Jan	Mock exam → Apply exam strategy and adapt exam environment → Set your mock exam paper back and analysis

Learn the techniques you need

Visit our facebook page:  
<http://www.facebook.com/soofunlearningcentre>

Sign up: Please email your name and phone no. to 100funlearning@gmail.com  
Payment: Please bring your payment on 14 Jan  
Methods: 1. Write cheque payable to "100 Fun Learning Centre"  
2. Cash payment

More Info:  
**403-918-4407**  
First come first served!

### Math Tutor - Jeffery Chow

- ★ Expertise mathematics teacher from Hong Kong
- ★ 10+ years of tutoring experience
- ★ Strong understanding of high school mathematic curriculums

We are accepting Math 10-1, Math 20-1, Math 30-1 students for Winter Semester 2017!

**"You will get satisfaction out of doing something to give back to the community that you never get in any other way."**

- Ruth Bader Ginsburg



# Big Discounts are 'nearby'

By David Hartwick

There is a community Facebook group where people frequently ask for nearby business recommendations. The responses go from the mom and pop shop down the street to Sunridge, Airdrie, downtown, Crowfoot and even south Calgary. I always considered nearby or local to mean within 5 or 10 minutes. Perhaps even walking distance. But what does it mean to you? Have we become so conditioned to driving everywhere from this community that nearby is now a 20-30 minute drive?

Did you know that NHCA members get significant discounts by shopping and eating 'nearby'? Discounts range from 20% off at Canadian Brewhouse, 15% off at Applebees, 10% off at Cobs Bread, or even 10% off at Jugo Juice in Vivo. Member

discounts are not limited to just food, but there are also discounts on piano lessons, car washes, Scentsy products, healthcare products, UPS shipping and so much more. There are a total of 65 businesses that currently provide discounts to our members and many of them are also our advertisers and sponsors for events around the community. Details on all the different discounts are available on our website <http://www.northernhills.ab.ca/member-discounts/>

Our new membership system is up and running and we are pleased to offer 12 month memberships rather than calendar year memberships so it doesn't matter when you become a member, you get 12 months of benefits for the same low \$30 family membership fee or \$20 individual or seniors fee. You can purchase a membership online, in person at the NHCA office in Vivo.

**Starchevski SCHOOL OF BALLET**

**Register online!**

[www.ssballet.ca](http://www.ssballet.ca)

**Ballet, Jazz, Tap, Lyrical, Hip**

200 Country Hills Landing N.W.

**403 226-8874**

## Ask a Dietitian

Looking for help **managing your weight** in 2017? Do you need expert advice on **nutrition**?

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

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

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

Register at [cfpcn.ca](http://cfpcn.ca) or **587-774-9736**

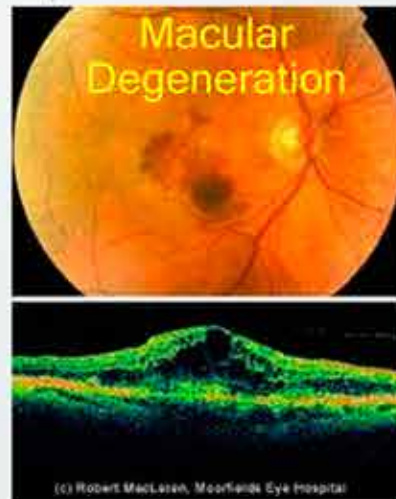
**PrimaryCare Network**  
CALGARY FOOTHILLS  
Your Health, Your Team, Your Community

# PROGRESSIVE OPTOMETRY

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

## IT'S NATIONAL HEART MONTH

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



Our clinic has state of the art

**3D OCT Imaging**

to detect early signs of

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**High Cholesterol**

**Hypertension**

**Type I & II Diabetes**

**Carotid Artery Disease**

before they cause vision loss and further affect your health!

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



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**Walk-in, Evening & Weekend Appts**

**Vision Therapy**

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**Direct Billing to Most Insurances**

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**403 248 3937**

[www.progressiveoptometry.ca](http://www.progressiveoptometry.ca)





# DINNER & MOVIE DEAL

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



**THERE'S ALWAYS A REASON TO CELEBRATE**

applebeescanada.com © 2016 Applebee's International, Inc.

## Helping Your Children with Social and Emotional Skills

As parents, we strive to help our children learn new things in the early years of their lives. These things include learning to walk, dress themselves, use the potty, and many, many more things. Teaching your child social-emotional skills are just as important. These skills are: recognizing and understanding their thoughts and feelings; making healthy decisions and learning right from wrong; being a friend and making friends (teaching conflict resolution and cooperation); self regulation (calming themselves down in an appropriate manner); being empathetic to others.



The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals who are all working together to better the lives of young children

Here are some tips on how to foster social emotional development in a baby:

1. Responding to the baby when they cry. They need to know that they can depend on you in times of need.
2. Hold and hug your child.
3. Learn their cues for tiredness, hunger, happy, upset, etc.
4. Being gentle and comforting in times of being upset. Rock the baby, sing a soft song, cuddle, or walk with them.

and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: [ncec-map@weconnectyou.ca](mailto:ncec-map@weconnectyou.ca).



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

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

**FREE Gr. 7-12 MATH & SCIENCE TUTORING**  
Wednesdays from 3:30 - 5:30 pm  
Just drop in  
[steve@hhachurch.com](mailto:steve@hhachurch.com)

**E.S.L. REGISTRATION SUNDAY, JANUARY 8, 10:30 AM - 1:00 PM**  
3 sessions of 10 January-March classes:  
Sundays 10:15am-12:15pm  
Tuesdays 6:30-8:30pm  
Wednesdays 9:15-11:15am

**Community & Church Family Event**  
*Illusionist Randy Burtis*  
February 3, 7-8 pm  
Please join us for this special event the whole family can enjoy!



Where do you go to ask your big questions?

[www.alphacanada.org](http://www.alphacanada.org) No Stone Unturned

Join Us February 16 - April 13, 2017  
Begins at 6:00 pm with Dinner  
10099 Harvest Hills Blvd NW  
Pastor Aaron, 403-226-0990  
[aaron@hhachurch.com](mailto:aaron@hhachurch.com)

Location Contact

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

10099 Harvest Hills Blvd. N.W. Phone: 403-226-0990  
email: [office@hhachurch.com](mailto:office@hhachurch.com) [www.hhachurch.com](http://www.hhachurch.com)

*Panorama Hills*  
**DENTAL CENTRE**



**Dr. Eric Ondrich  
Dr. Sheila Varshney  
Dr. Benita Yan**  
General Dentists

- Complete Family Dental Care
- Open Evenings and Saturdays
- Preventative Care
- Direct Billing Available
- Payment Plans Available (O.A.C.)
- Sedation with Nitrous Oxide
- Our Staff Speaks: Filipino, Somali and Cantonese

Conveniently Located in:

**PANORAMA HILLS CENTRE**  
#208, 177 Country Hills Blvd. NW  
(By McDonald's and Starbucks)

**NEW PATIENTS AND EMERGENCIES WELCOME!**

**403.226.3939**





# SPORTS REGISTRATION

February 1<sup>st</sup> – 28<sup>th</sup>, 2017 ONLINE at

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

or in-person in February on Saturdays (4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>)  
from 12:00-3:00 pm at the NHCA Office



## KIDS' & YOUTH OUTDOOR SOCCER

Season runs May 1<sup>nd</sup> to June 23<sup>rd</sup>

Weekday evenings 6:30 pm – 7:30 pm (Kids), 7:30 pm – 9:00 pm (Youth)

- ⚽ Games played on local fields
- ⚽ Fees include a team photo
- ⚽ Non-competitive, grassroots, fun soccer
- ⚽ Ages 3 through 18



## WOMEN'S and MEN'S OUTDOOR SOCCER

Season runs April 17<sup>th</sup> to June 23<sup>rd</sup>

Weekday evenings 8:00 pm – 9:00 pm

- ⚽ Games played on local fields
- ⚽ Licensed refs, orientation and tech training
- ⚽ Recreational, fun, intramural community soccer
- ⚽ Women's Over 30 and Men's Outdoor leagues

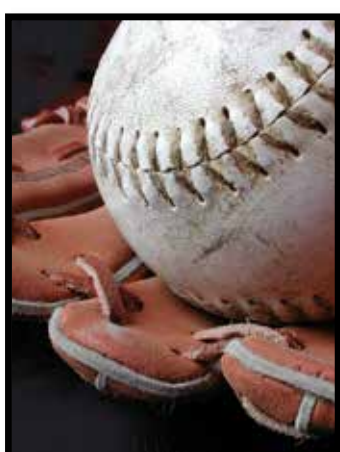


## ADULT SLO-PITCH

Season runs April 14<sup>th</sup> – June 16<sup>th</sup>

Fridays 6:30 pm – 9:00 pm

- ⚾ Games played on local diamonds
- ⚾ Recreational, fun, mixed teams
- ⚾ Equipment (diamonds, bases, softballs) & winning team trophy included in fees



For more information on any of these programs, visit our

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



# Help Needed For Community Led Project

## Harvest Glen Way Playground and Community Green Space Enhancement

### PLAYGROUNDS

**COMMITTEE UPDATE:** The Harvest Hills Playground (Harvest Glen Way) Community Enhancement Project now has an active Parks Foundation account! This is awesome for the committee, as it means they can now start fundraising in earnest, and awesome for donors, too, as donations of \$25 or more qualify for a tax receipt from the Parks Foundation!

The Parks Foundation Calgary has supported many volunteer-driven initiatives in communities around Calgary, partnering in the development of new (and renovations of) parks, playgrounds and open spaces. Like the NHCA, the Parks Foundation feel that all children deserve safe and fun places to play and to learn. Playgrounds offer an outdoor space to activate their imagination, be physically fit, and develop their social and motor skills.

We all recognize the need for more accessible and challenging play spaces in our communities, and in our Northern Hills communities in particular, the NHCA recognizes the desperate need for more free, outdoor, community, recreational spaces for residents of all ages – not just tot lots. This is why the NHCA Playgrounds Committee is looking at the Harvest



Glen Way playground rebuild from a different perspective – it will be more than just a simple playground replacement of an old, community tot lot. We are thinking bigger, and would like to plan and build a community outdoor space that EVERYONE can enjoy. It will have some playground equipment, but it will also be a great place for teens, families, seniors, and yes, tots too!

If you would like to support this community enhancement project, you can do so in several ways:

#### 1. DONATE:

The Parks Foundation account is now active, so currently you can donate in two ways:

- (a) Download and fill out the Parks Foundation donation form on our website at [www.northernhills.ab.ca/playgrounds-update/](http://www.northernhills.ab.ca/playgrounds-update/) and mail it to the Parks Foundation. Please select "Other" on the form and state that you are supporting the "Harvest Hills Playground (Harvest Glen Way)" project.
- (b) Donate via Paypal using the link provided on the Parks Foundation's website at: [www.parksfdn.com/community-led-projects/](http://www.parksfdn.com/community-led-projects/) Please indicate which project you would like to support in the Instructions to Seller section by typing "Harvest Hills Playground (Harvest Glen Way)".

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


#### 2. VOLUNTEER:

We need help both in the planning stages, and will need volunteers for the 2018 build itself. At the moment, Victoria and Meghan could always use your help with community surveys, fundraising and more. Please contact: [harvestplayground@northernhills.ab.ca](mailto:harvestplayground@northernhills.ab.ca) if you can help.

**Thanks in advance, for all the support from the community for this exciting project!**



## Colouring Contest: FREE ICE CREAM!



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

Name: \_\_\_\_\_

Age: \_\_\_\_\_

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

### SUDOKU-PUZZLES

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

Answers on page 14

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





# Green Team Harvest

By Kay Hu, Grade 6 Student

On Tuesday October 4 last year, the students who are in Green Team at Nose Creek School went out to the community garden to harvest the plants they had planted in spring. "The harvest went really well" said Faith, a new member of the Green Team.

Nose Creek has been working with the Northern Hills Community Association on this gardening initiative since Nose Creek School opened in 2012. The community garden provides the space to grow the vegetables and waters the garden through the summer.

During the harvest this year, the Green Team had more food than last year. There weren't many carrots because rabbits keep on eating them, but this year the Green Team had the most beets. They harvested 170 pounds of food that was donated to the Calgary Food Bank.

All Green Team members and

teachers love helping out our Calgary Food Bank.

All the Green Team members worked hard to dig out the vegetables they planted the year prior to last. As a hard working team, the harvest took about an hour with clean up. Using gardening tools to dig, the students got messy with worms, roots and dirt. There was a lot of compost. The sun was shining with a few cool breezes on our hard working Green Team members. They harvested the most beets and potatoes.

Here are a few thoughts on the people who help harvest all the food for the Calgary Food Bank. "I think Green Team is awesome" said Mrs. Bennet, Nose Creek's librarian, who was helping with the harvest. Mrs. Cross, the leader of Junior Green Team says "we have been doing the harvest for four years." The Green Team is proud to grow for the Calgary Food Bank and they hope to do it again in 2017!



# Why don't we have a playground?

By Heather Isidoro, Buffalo Rubbing Stone Parent Association

That was the question my daughter asked on her first day of Grade 1 at the new K- 4 elementary school Buffalo Rubbing Stone which officially opened its doors on September 26, 2016. As parents of children enrolled in the new school we were surprised to discover that new schools do not come with playgrounds, are not funded by the CBE and can cost on average \$250,000.

This was the catalyst that inspired the Buffalo Rubbing Stone Parent Association (BRSPA) to form a volunteer led non-profit society, and commence the Buffalo Rubbing Stone School Playground Project. As parents, we believe that a playground is a vital part of the community and instrumental in encouraging children of all abilities to lead a healthy active lifestyle.

Our children have been given a unique educational opportunity to become the 'designers' of their

playground by learning about and applying their knowledge of the seven sensations of playground experiences. Alongside their teachers they are working to design their dream playgrounds and have their ideas heard and their wishes recognized.

Our goal is to build a playground by the end of the school year that will promote inclusive play for all kids in the community. This playground, in addition to serving the 450 kids in the school, will be accessible to the public and is conveniently located close to sports fields. The BRSPA is working tirelessly to raise the money through a combination of fundraising initiatives, public grants, donations, gifts in-kind and support from the local and corporate community to make our children's vision a reality.

Updates on our project and events and information on how you can get involved can be viewed on the Buffalo Rubbing Stone Parent Association Facebook page.

# PROTECTING YOUR EYES



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

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

Two convenient locations serving the Northern Hills Communities

**SiteForSight**  
eyecare • eyewear

**SecondSight**  
eyecare • eyewear

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

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

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

New and Emergency Patients Welcome

## PISCES

### PET EMPORIUM

# THE GREATEST PET STORE ON EARTH






## SAVE 15%

On ONE regular priced item with this ad  
Expires February 28, 2017

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

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

NH JAN 17



# Messages From Your Elected Representatives



Ward 3 Councillor  
Jim Stevenson

## 2017 Property and Business Assessment Notices

January 5, 2017, The City will be mailing out the 2017 property and business assessment notices.

Once you receive your notice, please review it carefully to ensure your property details are accurate and the assessed value is a fair reflection of the value of your property as of July 1, 2016.

If you have questions about your assessment contact Assessment at 403-268-2888 during the Customer Review Period which runs **from January 5, to March 6, 2017. Changes to your assessed value can only be made if you inquire during this period.**

For more information visit: [calgary.ca/assessment](http://calgary.ca/assessment).

## Stay smart about parking bans this winter

After heavy snowfall, The City may declare a parking ban along snow routes. Snow routes are located on collector roads and most bus routes, and can be identified throughout the city by blue signs with a white snowflake.

The snow route parking ban program supports snow plowing operations by removing parked vehicles

from the streets, and allowing crews to clear snow from Calgary roads more efficiently and effectively. During a ban, parking will be temporarily restricted on designated snow routes for up to 72 hours.

## How snow routes work

- The City will issue an advisory when a parking ban will be implemented within the next 1-2 days.
- The City will declare a parking ban is in effect when crews finish plowing Priority One routes, but before they start on Priority Two routes (collector roads, bus routes, etc.) Parking bans will be in effect for up to 72 hours or until The City declares they have been lifted.
- Snow clearing operations will be ongoing. Parked cars must be moved from snow routes when a parking ban is called. Vehicles that remain parked on these roads during the ban are subject to enforcement, up to and including a parking ticket and tow.

Stay informed about parking bans this winter by subscribing to email alerts at [Calgary.ca/snow](http://Calgary.ca/snow), following @yyctransport on Twitter, calling 311 and listening to the automated message, and watching local news or listening to the radio.

## Be a Snow Angel!

Winter can be a challenging time for people to get

around their neighbourhood. A person with reduced mobility, a parent with a stroller or even just someone carrying bags from their car to their door can easily slip on ice and snow on sidewalks and pathways. Consider helping your neighbours and community by being a Snow Angel and keeping walkways clear of snow and ice!

The Snow Angels campaign encourages Calgarians to look out for those who may need assistance with snow removal. Now in its 13 year, it's one way that community members can come together and help each other out.

If you, or someone you know has been helped by a Snow Angel, call 311 or go online to recognize them and nominate them prizes. For more information visit [calgary.ca/SnowAngels](http://calgary.ca/SnowAngels).

As always, I welcome your calls and emails so if you have questions or concerns, please don't hesitate to contact my office. Also please visit my website for updated information: [www.calgary.ca/ward3](http://www.calgary.ca/ward3).

Jim Stevenson

Jim Stevenson, Councillor, Ward 3  
[www.calgary.ca/ward3](http://www.calgary.ca/ward3)

Lynne Banning, Assistant 403-268-2530  
[eaward3@calgary.ca](mailto:eaward3@calgary.ca)

Barb Fleet, Assistant 403-268-4854  
[ward03@calgary.ca](mailto:ward03@calgary.ca)



Ward 4 Councillor  
Sean Chu

## GREETINGS RESIDENTS,

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

Wondering about the potential amount of sunshine on your home's roof and how it compares to other homes? Check out the City of Calgary's Solar Potential Map to find out!

The new map is intended to be a starting point for Calgarians who are curious about the viability of

solar as an energy source for their particular home or building. Using data collected in 2012 and 2013, the map shows all buildings in Calgary's city limits and their varying degrees of solar exposure, on an annual basis, in generalized optimal conditions.

"The solar potential map can be the first step in determining if a solar energy system could work on your home," says Liz Findlay, manager of Geospatial Business Solutions, the group who created the map. "People considering a solar installation should contact a solar system professional to conduct a thorough assessment for their particular building and location."

The best place to look for solar professionals is the Canadian Solar Industries Association (CanSIA),

which has an online member directory.

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

Visit [maps.calgary.ca/SolarPotential/](http://maps.calgary.ca/SolarPotential/) to check out the City of Calgary's new Solar Potential Map.

Thank you for your attention,

Councillor Sean Chu, Ward 4 [www.seanchu.ca](http://www.seanchu.ca)



Calgary-Northern Hills  
MLA  
Jamie Kleinsteuber

## Greetings residents of Calgary-Northern Hills,

I hope everyone had a restful Christmas and Holiday Season, and are ready for all the opportunities the 2017 New Year has in store for us. I would like to take a moment to provide a review of 2016. Reviewing some major events and community engagement allows me to share what is happening in our community, and how local residents have been part of driving a number of initiatives.

After reviewing my calendar, I held over 90 constituency meetings, and attended over 70 events in Calgary-Northern Hills. Some local community highlights include the Canada Day celebration at the Panorama Hills e-Community Centre, Alberta Culture Days at VIVO, and of course, the Annual MLA / VIVO Stampede Pancake Breakfast that attracted a record number of participants last year. As well, I attended

nearly 100 events and activities within the city. Such events include the Premier's Pride Brunch in Support of Camp Firefly and Making Treaty 7 at the Calgary Grey Eagle Resort.

During the fall, I hosted a Constituency Office Open House which provided the opportunity to speak with constituents about their most important concerns. Constituents discussed \$25/day daycare program, physician assisted death, carbon levy, and the Province's curriculum review. It was an important occasion to share information and ideas. I appreciate that residents took time to speak with me. The information I gathered is extremely important. With this information, I am a stronger advocate for Calgary-Northern Hills in caucus and government meetings.

This past year, I have worked with stakeholders on a number of major initiatives. Hundreds of residents contacted my office in support of a new high school. With the groundswell of support, I shared the important need to staff at the Ministry of Education.

I have also been working with advocacy groups and community members to support the Green Line LRT. The current plan has train stations located at 96th Ave N and North Pointe (across from Notre Dame High School and VIVO). At time of writing, Brian

Mason, Minister of Transportation, requested the City provide a more specific cost estimate for the project. The project is also being considered for funding with revenue from the carbon levy.

As well, I have been part of VIVO's initiative to expand its facility. The project will add another 85,000 square feet to the existing facility and would include a swimming pool and fitness centre, community space and courtyard, indoor park, and a research and innovation centre. I have been outspoken with my colleagues in government that it is a high priority for residents of Northern Calgary.

I look forward to making contact with new constituents and building on existing relationships. Please feel free to contact me about issues that concern you. I wish everyone the best as we approach the year of the Rooster with the upcoming Chinese New Year!  
Your MLA,

Jamie Kleinsteuber

Constituency Office:  
104, 200 Country Hills Landing NW  
Calgary, AB T3K 5P3  
Phone: 403.274.1931

Email: [calgary.northernhills@assembly.ab.ca](mailto:calgary.northernhills@assembly.ab.ca)



Honourable  
Michelle Rempel, M.P.  
Calgary Nose Hill

## Report to Constituents – January 2017

## Happy New Year!

Parliament rose at the end of December and I have enjoyed having an extended opportunity to spend time with constituents working at home in Calgary.

I have had the chance to meet with many individuals in our community and hear about the issues important to them. I look forward to the House returning soon so I can continue to work hard on your behalf in Ottawa.

Over the last number of weeks I continue to hear from individuals who are being impacted by unemployment.

This continues to be of primary concern to me. I will be holding a 'Alberta Jobs Round Table' meeting on January 12th at 11:45 AM. I want to hear directly from those in our community who are out of work, employers and social assistance service providers (like food banks, etc). If you, or someone you know, would like to attend, please contact my office at 403-216-7777 or email [Michelle.Rempel@parl.gc.ca](mailto:Michelle.Rempel@parl.gc.ca) for more details.

Many of you have likely received the government's mail out regarding electoral reform at your home.

On October 11, 2016 I submitted the results of my consultations with our community, to the special committee on electoral reform, which found 79% of

respondents did not think we needed to change our current system of voting and 91% felt a referendum should be held prior to any changes being made.

In fact, the government's own electoral reform committee agreed that a national referendum should be held prior to any changes. However, you will note, that the government's mail out to you with respect to electoral reform makes no mention of a referendum at all. I will continue to advocate for a referendum prior to any changes being made to the electoral system.

There will be many critical issues debated in Parliament in the coming year. As always, I encourage you to contact me at my office on any issue of importance to you.

Phone: (403) 216-7777

Email: [michelle.rempel@parl.gc.ca](mailto:michelle.rempel@parl.gc.ca)

Website: [www.michellerempel.ca](http://www.michellerempel.ca)





Honourable  
Darshan S. Kang, MP  
Calgary-Skyview

**To my fellow constituents,**

I would like to take this moment and welcome you to 2017. May you experience a healthy and prosperous New Year!

2017 will be an historic year for Canada as it marks the 150th anniversary of Confederation. This is an opportunity for us to appreciate Canada's rich culture and heritage and to reflect on those values which make us great; our inclusiveness, diversity

and multiculturalism. I look forward to sharing in the celebrations with you.

Across the country, including here in Calgary, Canadians will be invited to celebrate this milestone at events taking place all year long. I encourage you to get out and enjoy these activities in celebration of our history and culture.

**Happy New Year 2017!**

Your Member of Parliament,  
Darshan S. Kang  
MP Calgary-Skyview  
Unit 140, 2635, 37 Avenue N.E  
Calgary, Alberta, T1Y 5Z6

# Apply to Become a Member on the Assessment Review Board (ARB)

**Apply from Jan.9 to Feb. 3, 2017**

This winter the ARB is looking for Calgarians to serve as members of the Board. The ARB hears formal complaints from the public who disagree with the assessed values of property and business, as determined by The City of Calgary.

If you are interested in joining the ARB, you should have a background in law, assessment, real estate, property management, property development or property appraisal. Learn More about how you can make a difference to the Calgary Community, go to: <http://www.calgaryarb.ca/eCourtPublic/ARB-Recruitment.html>

Application deadline is Feb. 3, 2017. Visit [calgaryarb.ca](http://calgaryarb.ca) for more information.

**Get ready for some FUNdraising!**

## TRIVIA for TRANSIT

An LRT on the Green Foundation community QUIZ NIGHT

**Help us donate transit tickets to the Calgary Food Bank**

**Friday, MARCH 3<sup>rd</sup>, 2017**

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

Tickets in Advance Only via [Eventbrite.ca](http://Eventbrite.ca) - [info@lronthegreen.ca](mailto:info@lronthegreen.ca)

# Working together for our students

A locally accountable Board of Trustees is important. We are elected by the citizens of Calgary and we work hard to ensure parents, students and community members have a voice at the CBE. We advocate with all levels of government for public education and what is in the best interest of CBE students.

We listen and respond to the concerns and aspirations of parents, students, employees, public and government. Trustees provide this information to Administration, who in turn respond to and/or action this feedback. We have monitoring systems in place to ensure that once we identify priorities, they are carried out by our system.

As Trustees, we are active in our

school communities. We listen and seek to understand more about what is important to our community. Recently, we've had conversations with parents about transportation, about the need for space for schools close to where our students live, funding for modernizing the existing schools in our system, and about the need for resources to support our diverse and complex system and all of our students in their learning. Even though we advocate for a large system, each student is unique and deserves the best public education experience we can provide.

We work hard to be strong advocates for our students and advocate for what is in the best interest of the CBE and public education.

The Board of Trustees believes in strong partnerships: with parents, students, staff, communities and all levels of government. By working together, we can make a difference for our students today and for our future.

If you would like to invite your Trustee to join you for your school council meeting or are interested in having a conversation with your Trustee, please contact us at

[boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca)

You can contact the Board of Trustees at [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca).

Follow the Calgary Board of Education on Twitter @yycbedu



## Sledding Safety

Alberta Health Services EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders:

### Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

### Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks to warm up out of the cold;
- Attempt to cover exposed skin from the elements;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from of the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

### Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

Corporate events

Celebrations

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Sports

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FOR MORE INFORMATION CONTACT: [Kimi Voegelin, \[kvoegelin@vivo.ca\]\(mailto:kvoegelin@vivo.ca\)](mailto:Kimi.Voegelin@vivo.ca) 403.567.4475



# Come Play with Me (Free Drop In) 2017

11950 Country Village Link NE, Calgary  
 Feb 2-March 23 2017, (\*\*NO Program Feb 16\*\*)  
 Thursday Mornings 10-11:30 am.

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

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

community resources.

\*This program is a partnership with Family Connections Parent Link Centre, Northern Hills Community Association and Vivo. For more information call 403-275-6666 #276 or check website [www.weconnectyou.ca](http://www.weconnectyou.ca)



# Bike Calgary Community Reps

The Bike Calgary Community Engagement Project was created to initiate dialogue with Calgary's 140+ communities, thousands of businesses and other organizations to build awareness of cycling issues, provide education for new cyclists and build support for cyclists, and to provide city-wide representation for advocacy positions of Bike Calgary. By directly engaging community members and harnessing existing grassroots support for cycling within communities, we will achieve the larger goals of a broad Calgary-wide cycling network "Connecting Calgary's Communities".

Bike Calgary is hosting an orientation meeting on January 28th to invite people interested in making cycling better within the Northern Hills communities and Huntington, Thornhill, Beddington and Highland Park. Come discuss opportunities for connectivity and challenges to biking in the area.

**Where :** Country Hills Library  
 11950 Country Village Link NE, Calgary  
**When :** Saturday, January 28th 11:30am - 1:30pm  
**Info :** Bike Calgary - [bikecalgary.org](http://bikecalgary.org)



## Green Line LRT

Green Line in my community



We've taken your feedback provided in the past on things like route alignment, station areas and transit oriented development and incorporated it into more detailed plans for how the Green Line will function in your community. With Green Line going to City Council for approval on final route alignment and station locations in June 2017, we're looking for your help one more time!

Join us at information sessions this month where we'll share how Green Line could operate and connect with your community once built. You know your community best so we want to hear from you!

There will be six sessions along the entire Green Line from North Pointe to Seton this January. Go to [Calgary.ca/greenline](http://Calgary.ca/greenline) for details and follow the Green Line story on Twitter @yyctransport #GreenLineYYC.

#GreenLineYYC | @yyctransport  
[calgary.ca/greenline](http://calgary.ca/greenline) | contact 311

# Walk 21 Conference

Walk21 Conference is coming to Calgary in 2017, and as the host city, we really want to show off our walkability. We are looking for members from the Northern Hills communities, and Huntington, Thornhill, Beddington and Highland Park to discuss projects that can be initiated or completed within 2017.

We would like to meet with people of the community interested in all modes of active transportation, specifically with walking and biking. There are a few projects coming up that would be of interest that require community involvement

**Where :** Country Hills Library  
 11950 Country Village Link NE, Calgary, AB T3K 6E3  
**When :** Saturday, January 28th 11:30am - 1:30pm  
**Info :** <http://www.walk21.com/>

## Sudoku puzzle ANSWERS

Puzzle on page 10

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

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

## Crossword puzzle ANSWERS

Puzzle on page 4

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1	B	A	L	O	O	N	S	6	P	A	R	A	9	10
11	A	G	O	V	O	12	I	U	13	P	E	A		
14	N	E	W	B	E	G	I	N	N	I	N	G	S	R
18	Q	B	R	O	S	19	V	T	E	E	T			
20	U	S	A	21	J	A	Y	23	I	F	S	O	25	P
26	E	M	O	O	T	28	P	T	A	29	F	U	L	
30	T	31	P	S	Y	32	F	R	I	V	O	L	I	T
33	R	E	34	A	U	L	D	L	A	N	G	S	Y	N
35	36	37	38	39	P									
40	F	P	S	C	41	E	E	42	W	V	A			
44	R	E	S	46	L	U	T	I	O	N	S	50	O	A
51	Y	E	52	H	I	53	O	N	U	S	54	P	R	T
55	56	57	58	59	O	I								
60	A	A	R	E	A	S	C	62	T	A	S	T	E	
64	D	A	T	E	S	65	T	I	E	S	66	M	T	S

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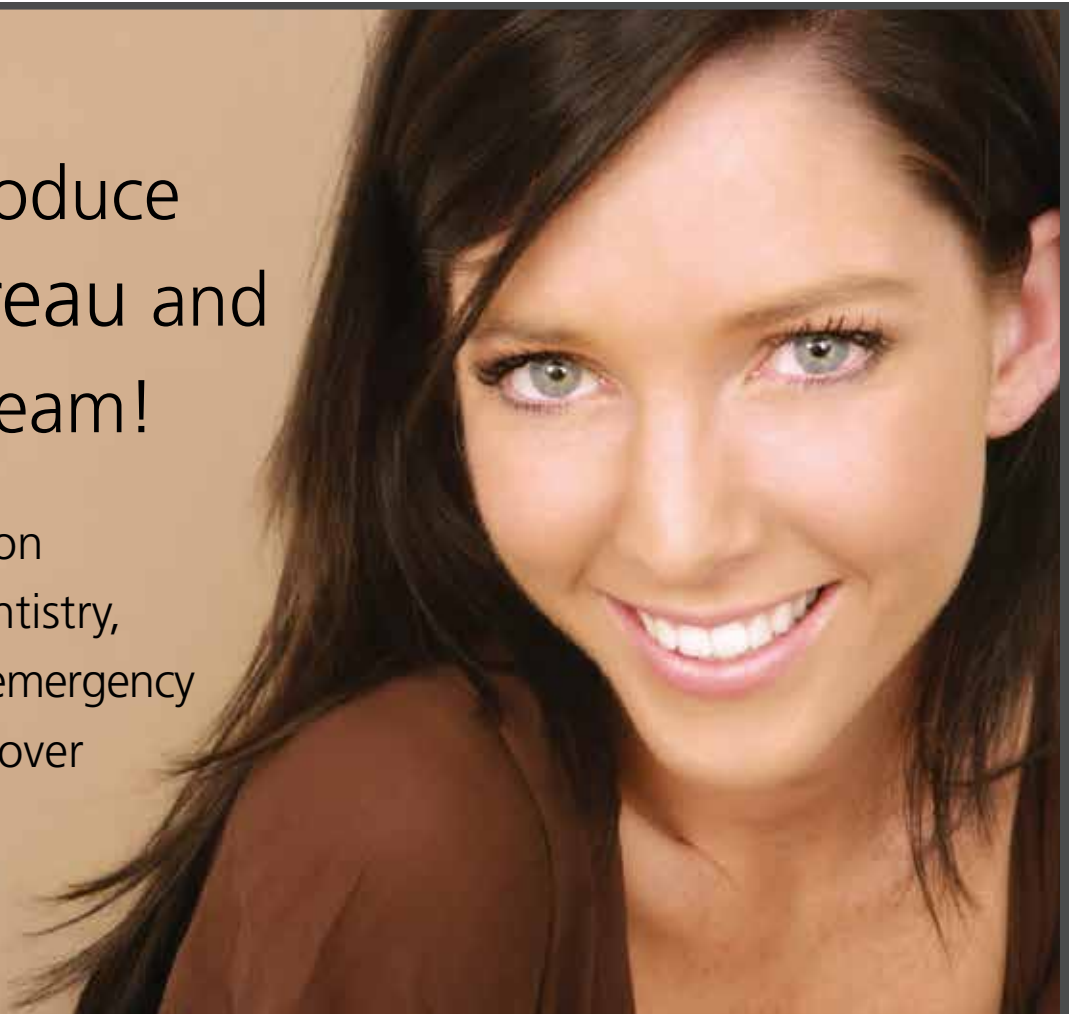
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**Dr. Seto** is happy to introduce Dr. Maria Chan-Goudreau and Dr. Tonny Tang to the team!

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.



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