

NORTHERN HILLS COMMUNITY ASSOCIATION



Country Hills • Country Hills Village • Coventry Hills • Harvest Hills • Panorama Hills www.northernhills.ab.ca

Creating Coventry Update

What is your backyard dream? What does your dream-space look like? Do you see a park with wide greenspaces, flowers growing, a community garden, play structures for kids or reading nooks?

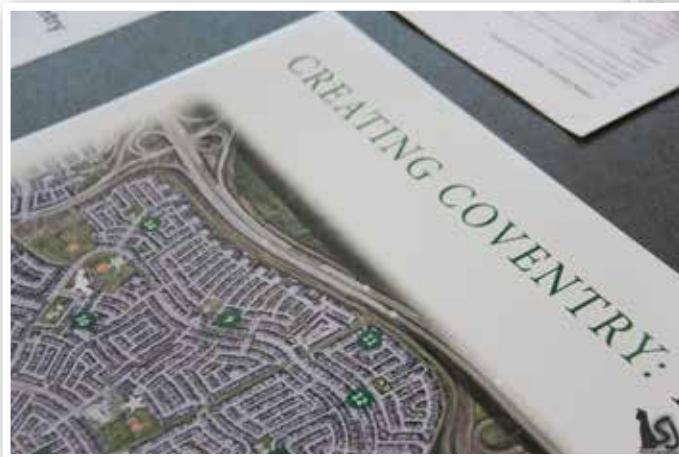
On Saturday, October 28, neighbours of all ages came together to start to build a collective dream for parks and green spaces in Coventry Hills.

The workshop had four parts:

1. Participants had a chance to get inspired by spaces from around the world and share why they would love to see something similar in Northern Hills.
2. In small groups, everyone had a chance to share their ideas to spark play and community. Facilitators took in all of these ideas and tallied them into the top 14 (see photos).
3. Groups then took these 14 ideas and placed them at park locations, considering demographics, space limitations and location of other amenities.
4. Everyone had a chance to pick their top two ideas and an idea they could live without.

Thank you to everyone who came out and shared their

Continued on page 12



DEC 1- JAN 6: NORTHERN LIGHTS CONTEST

DEC 4 - 8: NOTRE DAME FINE ARTS WEEK

DEC 8 - 10: DRUM MAKING WORKSHOP AT VIVO's PLAYLAB

JAN 8: NHCA OUTDOOR SOCCER REGISTRATION STARTS

JAN 11, 18 & 26: STORYTIME at VIVO for CHILDREN

JAN 15-17: ALL SPORT ONE CITY

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



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ELECTED REPS 10

this month
WHAT'S INSIDE

FREE ICE CREAM ON PAGE 8

It matters - and it pays \$\$\$

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FRIDAY & SATURDAY 8am - 4pm

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To all our Northern Hill Neighbors and Family,

For many, the last year may have come with challenges, both financial and emotional. This time of year provides many amazing opportunities to demonstrate being a good citizen. Maybe it will be shoveling a walkway or taking some treats to a neighbor or even helping out at the food bank. The

options are endless. From the outside our homes may all look reasonably similar but behind the doors there is much cultural, social and financial diversity and it truly is the season to reach out beyond our front step to give of ourselves to one another. The staff and board at NHCA would like to extend our sincerest, warmest wishes for the holiday

season. And I, personally would like to thank my Northern Hills community for an amazing 2017. I look forward to 2018 and all the opportunity it brings. Happy holidays!
Leah Argao
President- Northern Hills Community Association
president@northernhills.ab.ca

NEW VOLUNTEER OPORTUNITIES

Hello dear Northern Hills residents,

We would like to proudly announce that we launched our new volunteer on-boarding process along with new volunteer roles. We created them based on your survey responses back in August, and also due to the need of manpower within the NHCA.

We would like to tell you a bit about our new volunteer opportunities and see whether you are interested in any of them! There is such a good variety that might get the majority of you excited



If you enjoy working outside, are not bothered by cold winter and have fun while doing something for your community, then the Ice Rink Builder Volunteer role might be just right for you!

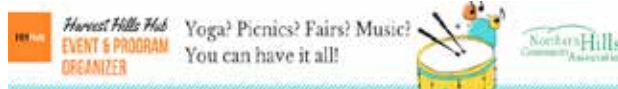


Event Ambassador role provides a great chance to greet and meet new people, and that way get to know your neighbours and community better! You can learn more and share your knowledge of the Northern Hills area with others. Besides, we are always happy to have some extra help with set up and take down of an event.



Are you an artist or just love to do arts and crafts? Do you have experience designing and organizing a program in a team of similar passionate community minded individuals? We have all the resources ready to be used! Let's form an Arts & Crafts Committee?

Do you wish to have a vibrant community place where you can host community parties, art classes or yoga in one community place? HHHub (Harvest Hills Hub: check them out at <https://www.facebook.com/HarvestHillsHub>) might have exactly what you desire! We have a couple of available volunteer roles within the HHHub project, that you can find below:



Would you be interested to work in a team and design + organize initial events and programs for the HHHub? As Event and Program Organizer, you will be able to connect and collaborate with local businesses and residents. This role is a one-time opportunity to be part of the great community-led project which is recognized by the City!



What an opportunity! You can be part the team who will be designing an opening ceremony of HH-Hub from scratch! If you are looking to gain and/or enhance your event management skills, the Opening Ceremony Organizer is a rare chance to have in your own community!

Find detailed role descriptions and application requirements of all the above volunteer roles by scanning QR code or following the link:
northernhills.ab.ca/volunteering-opportunities/



Hi There!

Have a great project to share? Fun facts?

WE'RE LOOKING FOR SOME AWESOME & EYE CATCHING ARTICLES

Heard about the great projects in the area? Or is there an event coming up that you would like to share? We would like to hear from you and give you an opportunity to write about it! Besides you are more than welcome to write about something fun and interesting, it doesn't have to be event or project. Contact our Editor, Luz Bolo via editor@northernhills.ab.ca.



Are you interested in the organizational side of the Northern Edge News and would like to help to keep the newsletter alive? Do you already have some great design and layout ideas? We would love to hear from you! Please contact me, Engagement Coordinator, Yana Soldatenko via engage@northernhills.ab.ca.

The Northern Hills Community Association enhances the quality of life of the community by enriching and empowering the diverse communities of Northern Hills through advocacy, education, and provision of opportunities for engagement.

NHCA Mission

<p>NHCA Contacts</p> <p>BOARD MEMBERS</p> <p>President: Leah Agaro 1st Vice President: David Hartwick 2nd Vice President: Jessie Leighton Secretary: Simon Cheng Treasurer: Lonny Mah Directors: Jory Allen, Wayne Brown, Simon Cheng, Vania Szeto</p> <p>COMMITTEES</p> <p>Adult Co-Ed Slopitch: Neil Meyer Adult Soccer: VACANT Advocacy: David Hartwick At Home in the Hills: VACANT</p>	<p>Beautification/Community Enhancement: VACANT – contact us!</p> <p>Business Development: Wayne Brown</p> <p>Community Gardens: Jon Berlie, Melissa Duong, Sarah White</p> <p>Events: Vania Szeto</p> <p>Membership Services: VACANT – contact us!</p> <p>Planning: Simon Cheng</p> <p>Playgrounds: Victoria Henry, Meghan Keating</p> <p>Rinks: Daniel Sennhauser</p> <p>SPRY in the Hills: J-L Emond</p> <p>Vivo rep: VACANT</p> <p>Volunteers: VACANT</p>	<p>CONTACT</p> <p>NHCA at Vivo, 11950 Country Village Link NE, Calgary, AB T3K 6E3</p> <p>Web: www.northernhills.ab.ca Tel: 403-226-6422 Email: info@northernhills.ab.ca</p> <p>Ad Sales: Heather Hubert, marketing@northernhills.ab.ca</p> <p>Newsletter Editor: Luz Bolo, editor@northernhills.ab.ca</p> <p>Assistant Editor: VACANT – contact us!</p> <p>Administrator: Marina Barrett, admin@northernhills.ab.ca</p> <p>Bookkeeper: Paige Martin</p>	<p>Executive Director: Moraig McCabe, moraig.mccabe@northernhills.ab.ca</p> <p>Kids/Youth Soccer: SoccerTech, info@soccertech.ca</p> <p>Community Outreach Coordinator: Yana Soldatenko, engage@northernhills.ab.ca</p> <p>Website/IT: Troy Davis, troy.davis@northernhills.ab.ca</p> <p>Newsletter Publishing: Duane Thomson at Keyline Publishing</p> <p>EDITOR'S NOTE:</p> <p>All articles submitted by the general public are the author's opinion and not necessarily reflective of the opinion of NHCA.</p>
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CROSSWORD

Answers on page 14

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21						22				
	23						24					25	26	27
			28		29	30			31		32			
33	34	35		36			37	38			39			
40			41						42	43				
44						45							46	
47				48	49			50			51			
52				53		54	55			56		57	58	
			59					60	61					62
63	64	65					66				67			
68							69				70			
71							72				73			

ACROSS

- 1. Chucklehead
- 4. Term of address
- 8. Ancient Egyptian amulet
- 14. Degree in math?
- 15. British royal
- 16. From that place
- 17. Panaji is it's capital
- 18. ___ record
- 19. Make bubbly
- 20. "Queen of all Media"
- 23. Felt bad about
- 24. Use a straw
- 25. Opportune
- 29. Limerick writers, e.g.
- 34. Repeatedly
- 36. China setting
- 37. "Along Came Polly" costar
- 43. Length x width, for a rectangle
- 44. Come again
- 45. Like a famous urn
- 48. Amazon, e.g.
- 53. Pepsi, e.g.
- 55. Tarzan's transport
- 56. Former president of Ireland
- 60. Doha native
- 63. Great ___; river in England

DOWN

- 64. Naught
- 65. First planet discovered using a telescope
- 66. Carbamide
- 67. Bass, for one
- 68. Certify
- 69. Go through volumes
- 70. Certain digital watch face, for short

- 31. Body shop fig.
- 32. The girl from Ipanema came from here
- 33. Honshu honorific
- 35. Poet's preposition
- 37. British luxury car, for short
- 38. Be off
- 39. Born, in Bordeaux
- 40. NATO council, for short
- 41. Acorn, for example
- 42. Can be Roth or traditional
- 46. He flew too close to the sun, in myth
- 47. Greek verb type
- 49. "___ Got a Secret"
- 50. Spleen related
- 51. Store, as corn
- 52. Staggered
- 54. French romance
- 56. Locks in a barn?
- 57. Fix
- 58. On a deck, perhaps
- 59. Detective's need
- 60. In the capacity of
- 61. Works on a wall
- 62. Work on a doily

Be a Snow Angel!


"Lucky and proud."

That's how a lot of people describe their feelings when they nominate a Snow Angel. Many are seniors without the strength to clear their walks. Others may be on the mend from surgery or an illness and their physical ability is limited. Sometimes it's a neighbour who is just having

trouble coping with added responsibilities in his/her life.


When you pick up your shovel to clear your walk this winter, take a few extra minutes to help a neighbour too. You'll make it easier for everyone to travel your neighbourhood and build a sense of community at the same time. For more information, visit calgary.ca/SnowAngels.

CHEERS! THIS ONE'S FOR YOU.



GRILL & BAR

DRINK OF THE MONTH.



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Spend Christmas with us:

Saturday, December 23 @ 6pm

Sunday, December 24 @ 11:15am, 2pm, 4pm

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Growth and Success of the NHCA Block Watch

Interview with Tavis Settles, Board Director at the Building Safer Communities – Block Watch Committee

By Yana Soldatenko,
NHCA Community Engagement Coordinator, engage@northernhills.ab.ca

YS - How would you describe what Block Watch is and how does it work?

TS - Block Watch isn't new! We used to have Block Watch in Calgary before which was run by the City. That's why we still have some old signs on the streets. Though now, there tend to be some fundamental gaps in communications between Calgary Police Services (CPS), Community Resource Officer (CRO), and the public. Therefore, Block Watch serves as a connecting point between the citizens and these services. CPS and CRO are now first seen as partners, and second as law enforcement. The number of reporting crime calls got higher since the launch of Block Watch, according to CPS. Though, the CROs are asking all residents to report any possible crimes of opportunity and aggressive drivers. If you are not sure whether the situation is urgent or not, it is better to call 911 to let operator figure out your situation as they can de-escalate the call in case of non-urgency to non-emergent phone line. Whereas, if you call non-emergent phone line first with an emergent situation they won't be able to escalate it to 911 and you will need to do another phone call. Also posting on Block Watch Facebook



groups is encouraged by the CPS. As that way the CPS gets more information from the residents and able to put a case together and act. Importantly, we are observing that the hours of crime, crimes of opportunity, have changed. Criminals are aware about the program and they are trying to avoid it, by acting during the time when majority of people are at work. We see it on our statistics and already working on solving it.

YS - How has the Block Watch changed since you joined it?

TS - At first we used instant messages, formed only specific street groups, and had 15-20 events per week. Whereas now we have larger coverage in the neighborhoods with small block groups within, and have only 1-2 events per week as we are more organized now. When it is a small site it provides a better vessel for residents to get to know each other than in larger sites. Smaller communities start creating more local street community connections. For instance, before there were rarely any kids playing on the streets. Thought now, kids are more engaged as community became actually safer and parents are more relaxed. This is all due to the public awareness about the Block Watch program and public utilization of CPS services.

At the moment, we have active Block Watch programs in Coventry, Panorama, Harvest, and Country Hills communities. The coverage of the programs is 1 to 5 residents in these neighborhoods. The programs in Panorama, Harvest, and Country Hills are growing but not as fast as in Coventry. There is less engagement happening among residents. Though, we have a plan! Our next step is to drop off information slips into residents' mail, as we saw a growth in our followers as a result of our Halloween information slips with candies (see photo). Also we will put new Block Watch logo stickers around (front doors, windows, car windshields, etc.) and that way we will raise a social awareness about the program among residents and also criminals.



order to get these programs started we will need a few members in the area to provide a structure and a ground work for them, along with group moderators to manage program's daily stuff. Once these first humps overcome, the programs become self-managing.

Additionally, back in September, Block Watch received an award for the establishment of a great community connection in the Northern Hills through the collaboration of Facebook resources, CPS and residents. The award was given by the Visioneers International Network in Vancouver.

Besides, Block Watch was invited by Jamie Kleinstaub, Calgary-Northern Hills MLA, to be awarded with the Member Statement as Alberta Government's recognition of the program's successes. It will take place in Edmonton, this early December.

Lastly, Block Watch is planning to apply for grants which we could utilize by hiring a summer student who would take care of communication and design of the program (maps, communication, website).

YS - What would you tell someone who is thinking about joining Block Watch?

TS - Go to our brand new website -> buildingsafercommunitiesblockwatch.com and learn more about us. When you navigate to "Community Watches" there is a list of active programs in your community. You could also find us on Facebook. Everyone is welcome to join! With more eyes on the street we will reduce crime rate in your communities!



"Did You Know In the Hills?" Contest!

This month's trivia question is:

What award did the NHCA Block Watch receive in September?

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. Our winners win a \$50 gift card to Applebee's restaurant and a Vivo family day pass! Only current members will be entered in the draw; you can purchase or renew your membership online at www.northernhills.ab.ca/membership.

The winner of the "Did You Know in the Hills?" trivia question

for the month of November is: **Kal Saxena, Congratulations!** The answer was "November 30, December 7 & 14th at 10am to 11am" and can be found on page 8 of the November 2017 Northern Edge News in the article "Outreach in the Hills." 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 Vivo for sponsoring our contest!



Recently, we were asked by residents of Huntington and Beddington Hills to help launch similar program. In

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Outreach Wednesdays and Thursdays in NHCA

Every Wednesday and Thursday from 4-7pm we have two Outreach Community Advocates, from the BowWest Community Resource Centre, who are taking appointments from the NHCA office.

They offer Basic Need Appointments: outreach, information and referral support for singles, seniors and adults who do not have children under 18 living at home.

- Wednesdays: Kate Joseph (contact via email kate@bowwest.com or phone 403-703-0140)
- Thursdays: Germaine Rivera (contact via email germaine@bowwest.com or phone 403-874-6809)

The Northern Hills Community Association, the BowWest Community Resource Centre and the

North Central Family Support program collaborated to initiate this service with an intention to meet the needs of North West and North Central Calgary residents.

The North Central Family Support Program has other interesting and helpful activities for you and your family.

Northern Hills
Community Association

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UNDER 4 TO 30+ YRS OLD

REGISTRATION STARTING

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KIDS/YOUTH/ADULT OUTDOOR SOCCER REGISTRATION STARTING JANUARY 8TH, 2018!

Northern Hills
Community Association


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The NHCA Northern Lights Contest is an annual event open to Northern Hills residents that helps to brighten and spread the holiday cheer in our community. Millions of lights will once again decorate our houses, trees and fences creating that magical backdrop for the holiday season. We invite all Northern Hills residents to be part of this great event!

Entry Guidelines and Rules for the 2017 Competition

CONTEST PERIOD

The contest period starts December 1, 2017, and ends on January 5, 2018.

ENTRY REQUIREMENTS

Entries should be submitted via: email to info@northernhills.ab.ca

You can nominate your own home, or any home in the neighborhood that showcase. Your submission should include the following:

1. For the nominated house:
 - At minimum, one photograph of good quality i.e. 300 dpi in jpg, png, or pdf format
 - The correct address of the home you are nominating
2. For the nominator:
 - Your name
 - Your home address

WINNER DETERMINATION

Nominated Properties:

Each Nominated Property entry will be reviewed by the contest judges and will be evaluated on first impression, colour coordination, attractiveness, mixed elements in the display, and originality. Feel free to include a short description with your submission. A photo of the winners will appear in the NHCA newsletter and at www.northernhills.ab.ca

Nominators:

This year we will be drawing Nominators at random! EVERYONE who nominates a property (as long as the contest rules are followed) has an equal chance at winning a prize!

PRIZES AND SPONSOR

The sponsor for the 2017 NHCA Christmas Light Contest is once again Applebee's Northpointe. THANK YOU Applebee's for sponsoring this community contest again this year!

A maximum of FOUR Nominated Properties winners will be selected from the entries: Winners get Applebee's gift cards as follows:

- First place (overall winner) wins \$200 in Applebee's gift cards
- Second place wins \$150 in Applebee's gift cards
- Third place wins \$100 in Applebee's gift cards
- Fourth place (or special mention)

wins a \$ 50 Applebee's gift card

A maximum of SIX Nominator prizes will be randomly drawn from those who nominated a property. The nominators drawn will each win \$50 in Applebee's gift cards!

NOTIFICATION FOR WINNERS:

Contest winners will be notified via the Northern Edge News and Canada Post mail, so please ensure you have the correct addresses in your entry!

CONTEST TERMS & CONDITIONS

Those interested in entering the contest must comply with the following contest terms and conditions:

1. The contest is open to Northern Hills residents and properties only. The Northern Hills communities consist of: Country Hills, Country Hills Village, Coventry Hills, Harvest Hills and Panorama Hills.
2. Your submission of an entry constitutes your representation of eligibility and consent to participate, plus your agreement to abide by all the contest terms and conditions.
3. All entrants agree to allow the NHCA and sponsor:
 - To use the photographs of their submission in any reasonable manner it sees fit; this includes posting on social media channels and website(s), inclusion in the NHCA community newsletter, and use in contest or community advertising in future years.
 - To use the nominator's name and/or address, and the nominated property address, in the NHCA newsletter and on the NHCA website and/or social media channels.
4. By participating in this contest, the nominator warrants that the photographs do not violate anyone's privacy. (Please don't submit photos with people in them!)
5. If you nominate your own house, and your house wins a Nominated Property prize, you become ineligible for the random Nominator prize draw.

If you have any questions about this contest, or the terms & conditions, please contact the NHCA via email at info@northernhills.ab.ca or call us at 403-226-6422.

We look forward to seeing all the wonderfully decorated houses and sharing your entries with the community!

HAPPY HOLIDAYS!

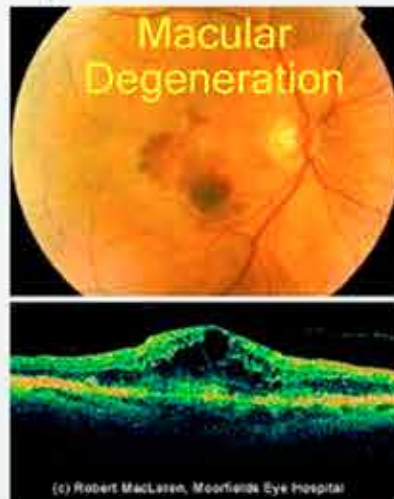


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Colouring Contest: FREE ICE CREAM!



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

Name: _____

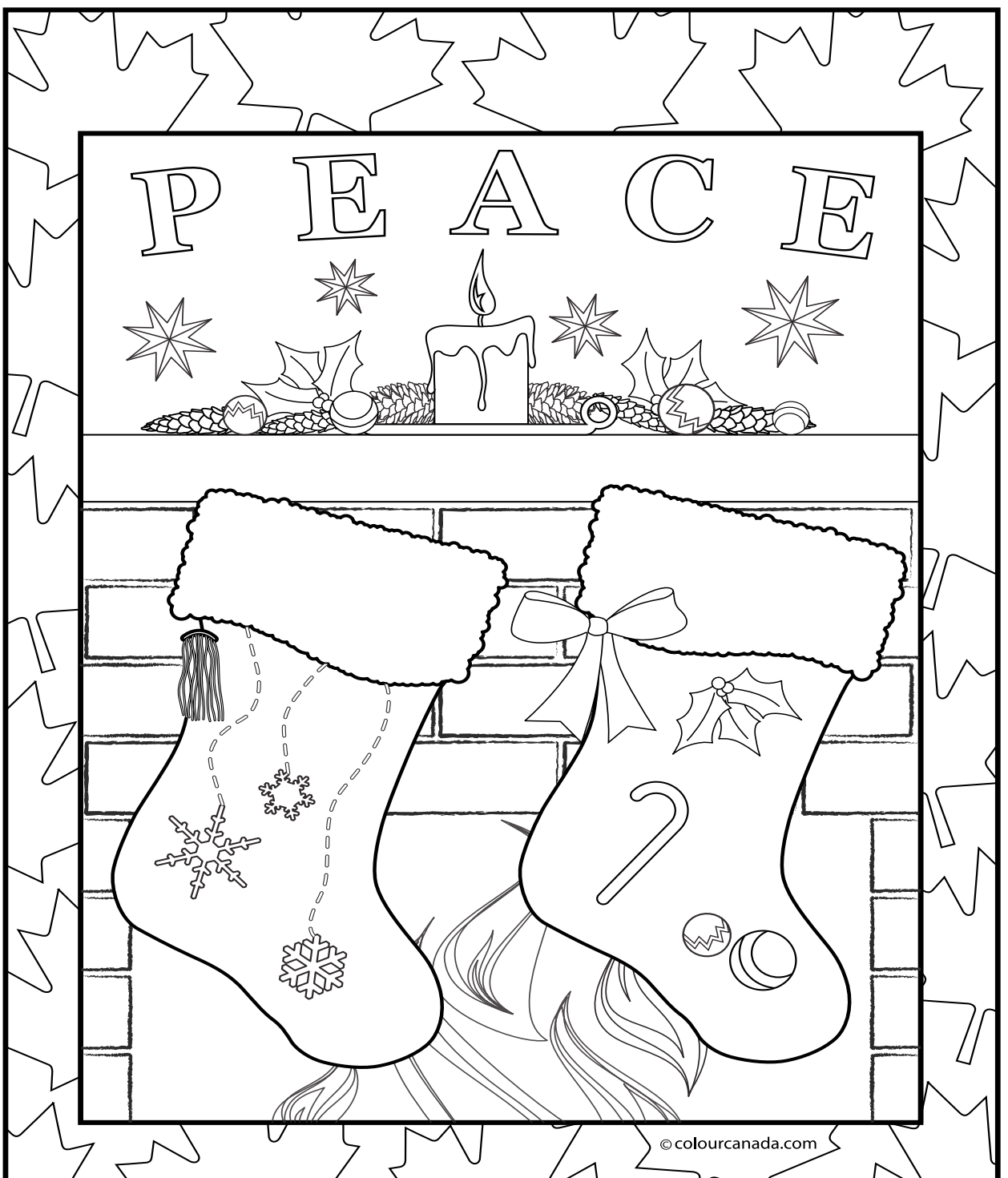
Age: _____

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

SUDOKU-PUZZLES

This Sudoku is provided by: Sudoku of the day:
<https://www.sudokuoftheday.com/> Answers on page 14

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



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Messages From Your Elected Representatives



Ward 3 Councillor Jyoti Gondek

Hi, everyone! I would like to take this opportunity to wish you all a Merry Christmas and Happy New Year!

I would also like to thank the residents of Country Hills, Country Hills Village, Harvest Hills, Coventry

Hills, Panorama Hills and Ward 3 for putting your trust in me to represent you at City Hall. It was a pleasure to meet you at the doors and I look forward to collaborating with my council colleagues to address some of the concerns brought forward during our conversations. I personally would like to start by bringing reinvestment into Ward 3 so we can make our daily lives better.

Thank you again for your overwhelming support. Let's all work together and do great things in Ward 3! If you have any comments, concerns or ideas on

how you think we can all work together for Ward 3, please feel free to reach out to the Ward 3 team.

Jyoti Gondek, Councillor, Ward 3
www.calgary.ca/ward3

Lynne Banning, Assistant 403-268-2530
eaward3@calgary.ca

Barb Fleet, Assistant 403-268-4854
ward03@calgary.ca

Calgary-NorthernHills MLA Jamie Kleinsteuber



Greetings Residents of Calgary Northern Hills,

Greetings Residents of Calgary Northern Hills,

As we move into winter, we also move into flu season. The influenza virus affects the respiratory system, causing serious illness, even death, particularly in seniors, young children, and those with chronic health conditions. Immunization is the best way to protect against influenza. Alberta Health Services makes immunizations available free-of-charge to all Albertans six months or older at public health clinics and doctors' offices, and at pharma-

cies for Albertans nine years of age and older. Take action to protect yourself and your loved ones by getting your flu vaccine. I'm not a big fan of needles, but I've already made sure to get my flu vaccine this season. I hope you will, too.

In other health matters, Alberta's Cannabis Framework was recently released in draft. Over 45,000 Albertans gave input on how our province should manage cannabis when federal laws legalize it July 2018. Alberta's draft framework proposes a minimum age of 18 for cannabis use, with distribution managed by Alberta Gaming and Liquor Commission (AGLC). The draft framework restricts public use of cannabis, emphasizes protection for children, and sets limits on second-hand exposure. Municipalities may also introduce additional restrictions on public consumption. Learn more here: <https://www.alberta.ca/cannabis-legalization.aspx>.

In the new year, Albertans will see stronger protections for buyers of new and converted condominium

units. These protections address move-in date changes, realistic estimates of condo fees, more complete contractual information, and safeguards for buyers' deposits. As Stephanie McLean, Minister of Service Alberta, said, "Albertans deserve to be protected when making a big purchase like a home or investment property. ... we have taken the first steps toward reassuring Albertans that their investments are properly looked after, so they can feel confident when investing in the condo market."

As 2017 draws to a close, a healthy, happy and prosperous holiday season to everyone!

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



Honourable Michelle Rempel, M.P. Calgary Nose Hill

Report to Constituents - NOVEMBER 2017

Small businesses are vital to the Canadian economy. Business owners work hard and have often sacrificed a great deal in order to become successful. That is why

I am deeply concerned about the small business tax increases that the Federal Government has proposed. Any changes to Canada's tax system must ensure that small businesses are given every opportunity to grow, create good paying jobs, and contribute to our economy. With those principles in mind, I have supported legislation in the past, and will continue to support legislation in the future, that lowers taxes for small and medium-sized businesses, reduces government red tape, and allows entrepreneurs to create jobs.

The formal consultation on the Federal Government's proposals closed on October 02, 2017 but, if you would like to learn more about the proposed changes please visit my website www.MichelleRempel.ca.

In order to hear directly from those in our community on this issue I held a Town Hall Meeting at the end of September that was attended by over 300 individuals. Due to the short

notice of the event I was unable to advertise the meeting via billboard signs and apologize if you were not aware of the event. The overwhelming majority of the individuals who attended, and who have contacted me through my office, are opposed to the proposed changes.

Now that the consultation period has closed the debate shifts to Parliament. Please continue to send me your feedback and suggestions on this topic as we debate these changes.

I have also sponsored an online petition which you can access via: www.e1239.ca

Thank you to those who have contacted me on this issue already. I will continue to bring the voices of small business owners in our community forward as the debate proceeds.

As always please do not hesitate to contact me about any issue.

403-216-7777

Michelle.Rempel@parl.gc.ca

201-1318 Centre Street N.E., Calgary, AB, T2E2R7
www.MichelleRempel.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. Club 56 for Grades 5 & 6 at 11 am.



Plan now to join us for
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Christmas Eve Services
11:00 am,

1:30 or 3:00 pm

No Services on Christmas Day

11:00 am Single Service
on New Year's Eve

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

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

Going on a Christmas Holiday?

A message from the Federation of Calgary Communities Building Safe Communities Program

The Christmas Holidays can be a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock. Below are a few tips to help reduce your risk:

- Encourage a trusted neighbour to park their car in your driveway while you are gone.
 - Ensure that your door and window locking devices are working and are locked when you leave.
 - Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
 - Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.
- For more resources, check out the Federation of Calgary Communities website at calgarycommunities.com under the Building Safe Communities menu tab.



HEALTH Corner

By Mckenzie Whalley

The holiday season is fast approaching and it is a wonderful time of the year. However, it can quickly become a period of high stress and anxiety; over indulgence, family conflict, financial pressures, and busy schedules can potentially put a damper on the holiday spirit.



engage in the spirit of giving during the holidays, however, this could leave you with financial debt and further stress by the time the new year comes around. Setting a responsible budget beforehand will allow you to minimize financial hardship when the winter holidays end.

Over Scheduling:

Participating in holiday activities is fun but it can easily become overwhelming to attend numerous social events and obligations. Over scheduling and not creating time to rest will leave most people feeling emotionally exhausted. Setting boundaries and ensuring you create time for yourself in order to rejuvenate will help keep emotional balance during this busy season.

Over Indulgence: The coming months are synonymous with celebration and can lead to overindulgence in unhealthy food, increased consumption of alcoholic beverages and extended durations of minimal sleep. Give yourself permission to celebrate and enjoy the season, however, be mindful of moderation and not developing long-term bad habits.

Family Conflict: The holidays are traditionally a time to connect with family and friends but this can also highlight unhealthy relationship dynamics. Being aware of what you are feeling and developing a plan to deal with uncomfortable situations can help prepare individuals for potential interpersonal difficulties and crisis.

Financial Stress: It feels good to





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NHN BOGO

It takes a village...

to raise a business rooted in community (Part 3)

By Northern Hills Connect

After a busy summer and fall of workshops and pitch competitions, Northern Hills Connect took a moment on November 1 to reconnect. 32 people (including 8 kids!) came out to share their dreams for local, social business in Northern Hills.

At this meeting, everyone had a chance to contribute to Nannies to Go, one of the business ideas from the pitch night. Sonia Chaudhry, a resident of Northern Hills and all around amazing human, is supporting Jessie and Fatima to advance their business idea by using it as her group's project for their entrepreneurial class at the University of Calgary.

On November 1, Sonia and her group presented their business plan thus far. Participants then had a chance to share what they loved about the idea, how they thought it could improve and what gifts they could offer to support it moving forward.

The group also identified that we needed a new target. This spring and summer we accomplished a lot. 150

community members came out to dozens of workshops, meetings and events. These were planned by a small and mighty group of about 40 residents who dedicated over 1,500 hours since early 2017.

We know we want to support our first pitching entrepreneurs. We've also asked ourselves, what other ways could the community grow social enterprise and social belonging in Northern Hills? Coming up we will be looking to answer just that by setting some short and long-term goals for the group and establishing working groups who will focus on bringing these to life.

To get involved, learn more or attend a future meeting/event:

Follow or contact us on Facebook or Instagram - @NorthernHillsConnect.

Check out the website - <http://northernhillsconnect.com>.

Northern Hills Connect (NHC) is a group of neighbours on a mission to create sustainable social enterprises that cultivate a culture of belonging and connection in the Northern Hills Community.


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www.siteforsight.ca



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 Gates of Panorama Hills
 Calgary, AB T3K 0S6
 403.452.6831
www.2ndsight.net

Dr. Monica Jensen-To • Dr. Shauna Chorel
 Dr. Floria Tse • Dr. Andrea Quon

New and Emergency Patients Welcome

Creating Coventry - continued from page 1

hearts and minds with us in both the morning and afternoon sessions. It was an amazing day of community and we have already been approached by other areas of Calgary looking to repeat this same process and learn from Northern Hills.

A very special thank you to Northern Hills Community Association, Vivo for Healthier Generations and our donor Calgary Foundation Neighbour Grants for bringing this event to life. We're also grateful to Starbucks, Panago and Superstore for keeping everyone fueled throughout the day.

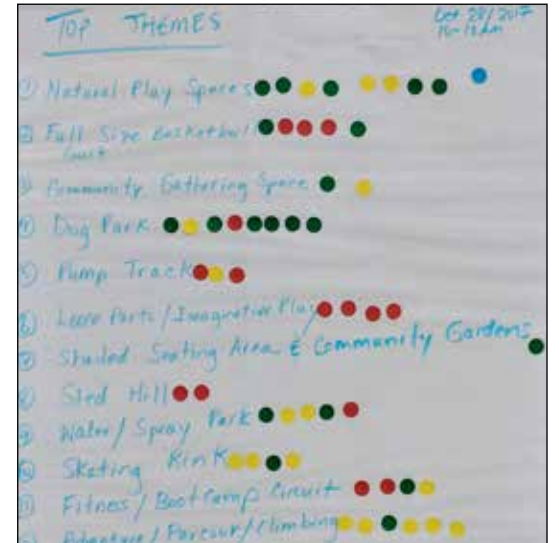
Finally, the University of Calgary, Federation of Calgary Communities, SPRY in the Hills and Parks Foundation Calgary for giving their time and gifts to make this event a success.

So what's next?

- It's not too late! Check out NHCA's social media for a survey where you can share your dream play and community spaces.
- Share on social - What do you think of the top 14 ideas? What did you love? What did we miss? Let us know using #CreatingCoventry and #Dream-Space and tag Northern Hills.
- Watch out for a chance to give feedback on the final report on Family Day in February at Vivo.

BIG Thank You to:

- Partners: NHCA, Vivo & Calgary Foundation
- Event sponsors: Starbucks Coventry Hills, Panago Country Hills Town Centre, Real Canadian Superstore Coventry Hills
- Thank you for help from: U of C planning students, Federation of Calgary Communities, Parks Foundation Calgary, City of Calgary Neighbourhoods, City of Calgary Parks, SPRY in the Hills





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For only \$30/year a NHCA family membership gives you access to all sorts of community programs and events, community business discounts, and more.

For more information, visit www.northernhills.ab.ca.

Memberships purchased from July 1, 2017 will be valid for one calendar year from the date of purchase.



Outreach in the Hills

Vivo Programs for Jan-Feb 2018

Storytime at Vivo for children (1 - 5 yrs)
 11950 Country Village Link NE, Calgary
 Thursday Jan. 11, 18 & 26 10-11 am
 (Families need to commit to all 3 dates to register, and live in the Vivo area.)

Come join us for this free Storytime with Parent Link staff where children and parents will share songs, rhymes and stories in this interactive circle program. We will be located outside the Library in the Vivo Administration area. Call 403-275-6666 #276 to register starting Dec. 4. For further information on our programs check our website at www.weconnectyou.ca.

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

Positive Parenting Program (Triple P Group) for children 3-11 years
 Tuesday Jan. 30-March 20 (8 weeks)
 6:30-8:30 pm
 (Huntington Hills location 520-78 Ave. NW)

- Do you feel like you:
- often struggle with your child's behavior?
 - could use more strategies to use in difficult situations?
 - would like to share ideas with other parents?

Call 403-275-6666 ext. 276 to register for the free workshop and childcare starting Dec. 4. For more information about the program call 403-275-6666 #241.

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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 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:

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

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

First Name: _____ Last Name: _____

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

11th Annual NHCA Business and Services Fair

Thank you to the participating vendors at the 11th Annual NHCA Business and Services Fair on November 18th. Once again, we had another successful event showcasing our local small business owners and entrepreneurs. The event was well attended and we saw many of the vendors hosting their own draws and games to entertain our guests. We owe a massive amount of gratitude this year's sponsors: First Calgary Credit Union, Cobs Bakery, Starbucks, Little Caesars Pizza, Jamie Kleinsteuber and Good Earth Coffeehouse. Our Business Fair counts on the support of sponsors to be successful and this year, we hit a home run. Thank you so much! Thank you also, to Gillett's Fabric Care, Stella & Dot, EHSpro, Ideal Reality, Starbucks, Bing's Accessories, Jamie Kleinsteuber, Crystal Ink and Osborne Books for contributing to our door prize draws. Congratulations to our door prize winners:

- NHCA Swag Bag Combo Pack: Chantel B
- NHCA Swag Bag Combo Pack: Adrienne D
- Ideal Reality Gift Basket: Nancy T
- EHSpro Flood Barrier Packs: Dan R

If you missed the business fair this year; or would like information on the vendors who attended, see the listing below, or visit our website for a comprehensive listing. With the holidays quickly approaching, we encourage you to #ShopLocal and support your neighbors small business.

Bing's Accessories
403-988-1182
Handmade personal accessories.

Crystal Ink
403-708-8093
Independent Publishing Studio and Pop-up bookstore.

Osborne Books
403-889-5162
High quality, educational children's books that make learning fun!



Arbonne
403-510-0983
Skin care and nutrition

Skaai Skin Care
403-650-5690
Manufacturer of affordable vegan and natural skin care products without commercial preservatives, colors and fragrances.

EHSpro
587-434-0384
Environment, Health & Safety services to small businesses and non-profits.

Ideal Reality Lifestyle Management – Weight Management
403-460-2136
Healthy weight and lifestyle management through coaching and meal planning.

Stella & Dot, Independent Stylist
403-922-3215
Jewelry and Accessories direct sales.

Purple Bow Photography
587-434-8564
Newborn, Maternity and Family Photography.

Avon
403-383-0317
Cosmetics, seasonal holiday items and fashion.

Wilson Lentz LLP, Chartered Professional Accountants
403-519-2819
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Fairouz Arabic Language Academy LTD
587-703-5036
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www.firstcalgary.com
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JEI Learning Center
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Country Hills Dental Centre
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Sunglow Wholesale & Retail
403-918-1866
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Insurance

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403-828-6933
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Jamie Kleinsteuber
403-274-1931
MLA for Calgary-Northern Hills

Liberty Tax Service
403-457-8826
Tax Service

RE/Max House
403-829-8844
Realtor

Spirit of Math
403-450-3405
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Good Earth Coffeehouse Coventry Hills
587-755-4248
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Badyal Toor
403-457-0722
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Crossword puzzle ANSWERS Puzzle on page 4

1	C	2	R	3	A	4	B	5	E	6	G	7	G	8	S	9	I	10	B	11	E	12	A	13	M
14	H	15	E	16	M	17	E	18	M	19	I	20	R	21	A	22	P	23	A	24	S	25	T	26	A
27	O	28	B	29	O	30	E	31	I	32	B	33	I	34	D	35	E	36	S	37	T	38	E	39	R
40	C	41	U	42	L	43	T	44	U	45	R	46	E	47	S	48	H	49	C	50	O	51	C	52	K
53	S	54	E	55	L	56	L	57	T	58	U	59	N	60	A	61	H	62	I	63	M	64	65	66	67
68	A	69	N	70	A	71	R	72	O	73	U	74	T	75	S	76	A	77	J	78	79	80	81	82	83
84	S	85	O	86	C	87	I	88	A	89	L	90	G	91	A	92	T	93	H	94	95	96	97	98	99
100	C	101	O	102	C	103	O	104	E	105	M	106	E	107	E	108	R	109	S	110	111	112	113	114	115
116	O	117	N	118	R	119	U	120	S	121	H	122	123	124	125	126	127	128	129	130	131	132	133	134	135
136	T	137	E	138	A	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158
159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184
185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210
211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236

Sudoku puzzle ANSWERS Puzzle on page 8

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

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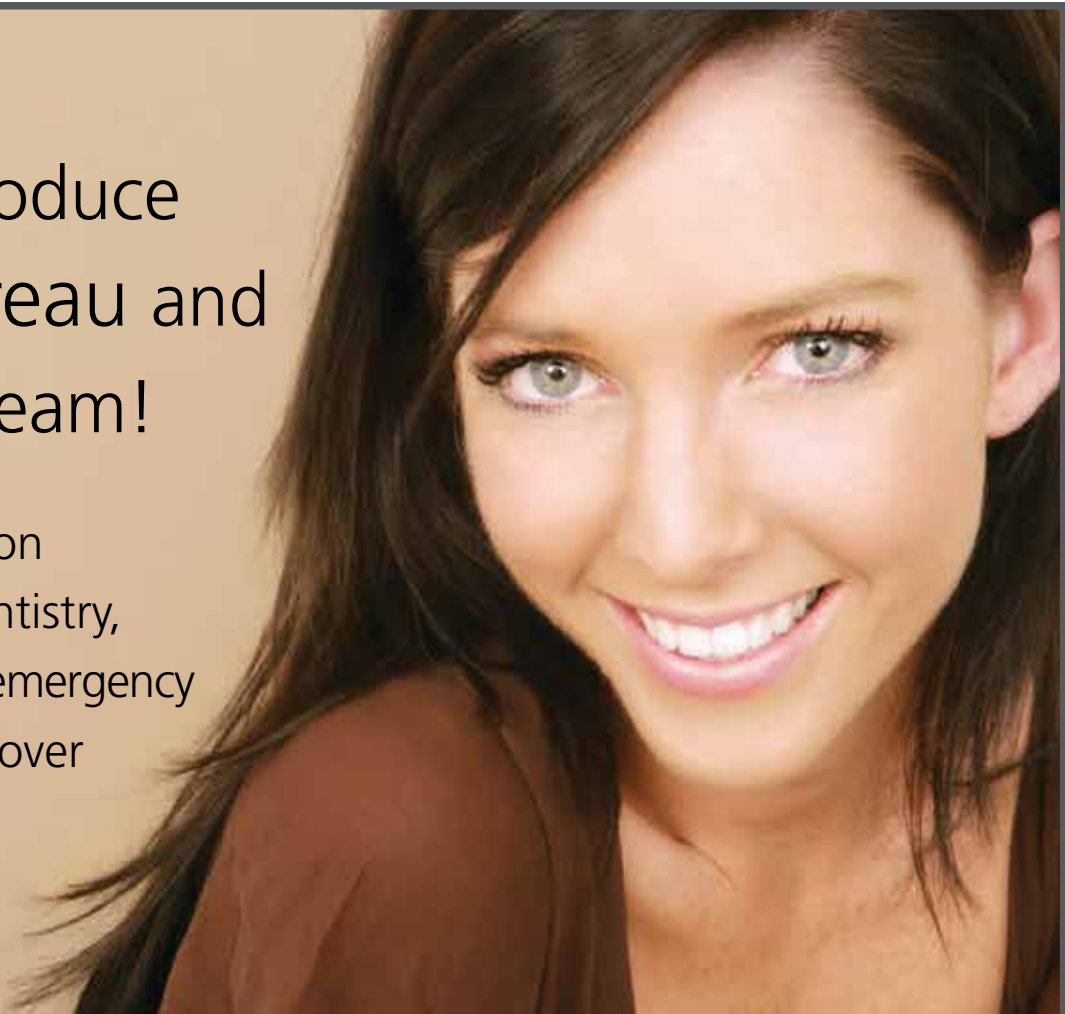
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