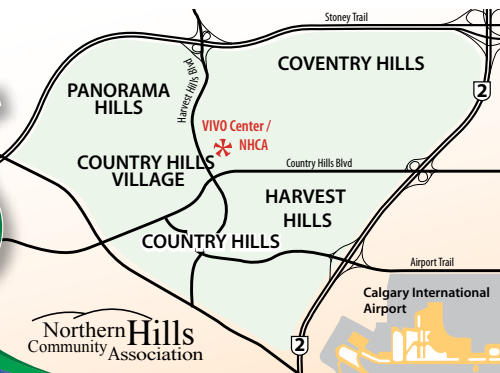


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NORTHERN HILLS NEWS



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

Northern Hills Community Association

Official Newsletter of the Northern Hills Community Association ❖ www.nhca.ca @northernhillscalgary @northernhills

Northern Lights Contest: The Winners!

It has been another beautiful year of Christmas lights and decorations for our communities and another exciting year for the annual NHCA Northern Lights Contest!

We would like to thank all contest participants for their entries, and all residents of the Northern Hills who put up lights and decorated our community during the 2016-17 holiday season.

From the entries, the NHCA is pleased to announce the following best-dressed homes for the holidays:

THE WINNERS

First place: 248 Harvest Creek Court NE, winning the grand prize of \$200 in Applebee's gift cards!

Second place: 68 Harvest Oak Drive, winning \$150 in Applebee's gift cards

Third place: 134 Harvest Glen Way, winning \$100 in Applebee's gift cards

Fourth place: 107 Panora Square, winning \$50 in Applebee's gift cards

NOMINATORS:

From this year's random draw for nominators, Barry Little, Lena Lee, Corrine Swirsky, Nurbanu Samji, Tricia Olenick, and Joelle Calaghan each receive \$50 in Applebee's gift cards.

Congratulations to all the winners, and we hope everyone joins again in next year's contest!

This much-loved community contest has been sponsored by Applebee's Northpointe again this year. Please help us to thank them for their continued generosity and community spirit by saying "Thanks!" next time you visit.

Don't forget – they are also an NHCA Member Discount partner! Show your valid NHCA Membership card and you can get 15% off your bill (dine in only; excludes alcohol, "2 Can Dine For" and Early Bird specials). So, why not renew your membership today?



First place:
248 Harvest Creek Court NE



Third place:
134 Harvest Glen Way



Fourth place: 107 Panora Square



Second place:
68 Harvest Oak Drive

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this month
WHAT'S INSIDE

FREE ICE CREAM ON PAGE 10

JAN 8-MARCH 7: OUTDOOR SOCCER REGISTRATION
JAN 29-MARCH 5: BREAK A LEGO REGISTRATION
FEB 7: NOTRE DAME OPEN HOUSE HIGH SCHOOL
FEB 19: FAMILY DAY & CREATING COVENTRY AT VIVO
FEB 28: NHCA BOARD MEETING
MARCH 10: BREAK A LEGO

For more information visit northernhills.ab.ca/nhca-calendar/
Follow us on Twitter @NorthernHills or like on Facebook @northernhillscalgary

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.

Richard Fleming
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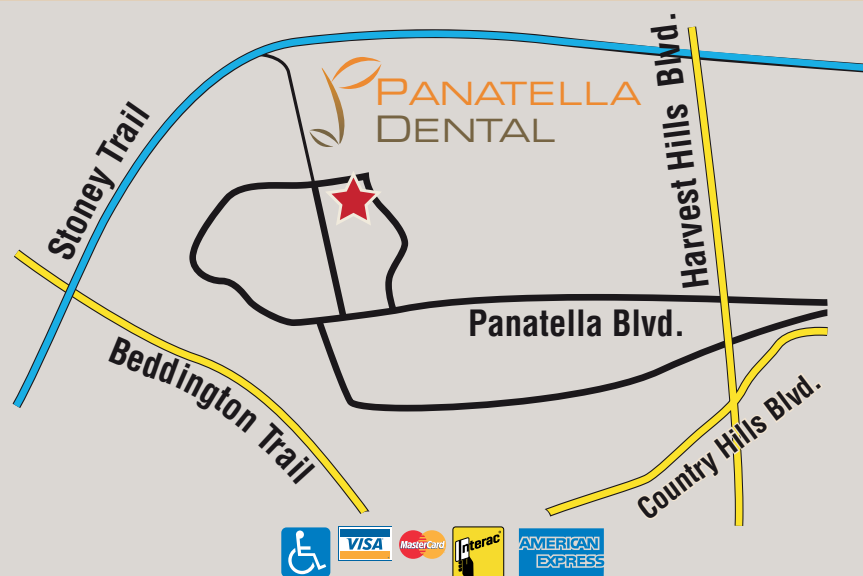
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Community Association Notes



From the President

Spring Fever. It happens to many people at this time of year. After fighting through the winter weather, overcoming the cold and flu season and driving to and from work in the dark I find my patience gets a bit short and the blues set in. The longing for spring warmth, sunny blue skies and lounging outside just can't be quelled by weekend Netflix marathons. I have no idea how folks in the far north manage through weeks of everlasting darkness as too many overcast days can send me into a state of the blues no matter how much vitamin D I consume.



there is often this dull period that can set the stage for depression, anxiety and unhealthy behaviors so mental health care awareness often steps into my head at this time of year. There is such stigma that comes with discussing mental health issues but the range of severity and the social impacts are so far reaching that I can't think of anyone I know that has not been effected in some way. Whether it is stress from work, finances, family or more complex clinical issues, most people have experienced some form of emotional or physical challenge resulting from mental illness.

Like a cold or flu is a trigger to remind us to take care of our body, emotions and

behaviors are reminders that we need to also take care of our mental well-being. Winter and our insular communities make isolation an additional challenge to developing health mental wellbeing but if we can get outside our door there are a ton of resources and ways help push away the winter blues. I am personally coping by making vacation plans, getting enough rest, taking a course to challenge my mind and cleaning out my closets. Discussing mental wellness strategies needs to become as common as our conversations about physical well-being so let's start talking.

Leah Argao
President – Northern Hills Community Association
president@northernhills.ab.ca

Volunteer Opportunities

Dear Northern Hills residents,

We would like to mention a few volunteering opportunities that might get those of you interested in community work!

Ice Rink Builder Volunteer

Have you been in your community rinks yet? We have a small but very committed team of volunteers who make these rinks possible! They built them from scratch and maintain them throughout the season. Would you like to help out and together make them even better? We are looking for individuals who enjoy working outside, not bothered by cold, and love community work!

Arts & Crafts Committee Leader

Are you an artist or just love to do arts and crafts? Do you have an 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?

Assistant Editor

Heard about some great projects in the area? Or is there 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 newsletter editor, Luz Bolo via editor@northernhills.ab.ca.

Event & Program Organizer

Would you be interested to work in a team and design + organize initial events and programs for the Harvest Hills Hub? 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!

Opening Ceremony Organizer

What an opportunity! You can be part the team who will be designing an opening ceremony of Harvest Hills 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/



"Did You Know In the Hills?" Contest!

This month's trivia question is:

Which school organized a clean-up around a pond in Panorama Hills?

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 northernhills.ab.ca/membership.

The winner of the "Did You Know in the Hills?" trivia question for the month of January is: Joan Dolan, Congratulations!

The answer was "Good Earth Coffeehouse and Vivo for Healthier Generations" and can be found in January 2018 Northern Hills News in the article "NHCA Thanks Neighbour!" on page 5. 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!



"While the spirit of neighborliness was important on the frontier because neighbors were so few, it is even more important now because our neighbors are so many."

– Lady Bird Johnson



NHCA Contacts

BOARD MEMBERS

President: Leah Argao
1st Vice President: David Hartwick
2nd Vice President: Jessie Leighton
Secretary: Simon Cheng
Treasurer: Lonny Mah
Directors: Wayne Brown, Simon Cheng, Vania Szeto

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Adult Co-Ed Slopitch: Neil Meyer
Adult Soccer: VACANT
Advocacy: David Hartwick
At Home in the Hills (AHIH): Winnie Huang

Beautification/Community Enhancement: VACANT – contact us!
Business Development: Wayne Brown
Community Gardens: Jon Berlie, Melissa Duong, Sarah White
Events: Vania Szeto
Membership Services: VACANT – contact us!
Planning: Simon Cheng
Playgrounds: Victoria Henry, Meghan Keating
Rinks: Daniel Sennhauser
SPRY in the Hills: J-L Emond
Vivo rep: Jessie Leighton
Volunteers: VACANT

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Newsletter Publishing: Duane Thomson at Keyline Publishing

EDITOR'S NOTE:

All articles submitted by the general public are the author's opinion and not necessarily reflective of the opinion of NHCA.

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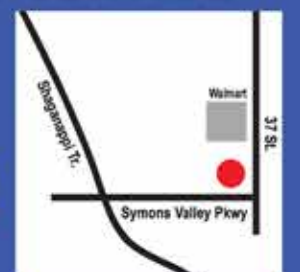
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Best of Calgary Wants To Hear From You!

Though the physical limits of our city may match the size of Manhattan while hosting a population one-tenth the size of NYC there are still so many amazing things happening from one corner to another --be it the deep south or our most Northern point -- that Calgarians can have a difficult time staying on top of the best that this city has to offer.

Too often we cocoon in our communities rather than venture beyond our neighbourhood borders to see what's out there. But what if there was somewhere you could easily access all the great things happening in Calgary and be informed about how much Calgary has grown and continues to grow, both culturally and physically?

That's why Best of Calgary was created – to showcase to tourists and locals alike the best of what's offered in the areas of food and drink, shopping and services, and arts and culture.

From January 24 to February 28, we're asking Calgarians from all pock-



ets of the city – from Rocky Ridge to Saddle Ridge; from Auburn Bay to Bridlewood – to tell us where they love to shop, eat or just hang out, who they think are the best musicians or artists, and where their favourite places are in the city.

Please visit bestofcalgary.city and have your voice heard in our survey of 100 categories.

The 2018 results will be release in early May, and Calgarians will have an opportunity to experience some of the "Best of" winners first-hand during Best of Calgary Ideas Week, running throughout the last week of May.

More information can be found at bestofcalgary.city in the weeks and months ahead.

KINDERGARTEN

Where Your Child's Talents Are Treasured

By Calgary Board of Education

Kindergarten is the start of an exciting adventure full of promise for children and their families. At the Calgary Board of Education, we understand that children bring their own unique talents and gifts to their learning experience, which is why we personalize students' learning to help them reach their full potential.

In the early years, personalized attention can make a meaningful difference in children's lives. That is what sets CBE early learning programs apart from the rest.

CBE schools are open to all children and are committed to embracing every student in a safe and welcoming environment. From the very first day of kindergarten, our teachers begin looking into the future to help children take those next steps in their learning. We never lose sight of our ultimate goal, which is for every student to complete high school with a foundation of learning necessary to thrive in life, work and continued learning.

Whether it is a community school, language program, or one of our many alternative programs, families can choose the kindergarten program that is best for their child. They can be assured that the unique needs of each child will be taken into consideration at our schools.



Kindergarten is a child's first introduction to school and the CBE. The first year will be filled with significant early experiences they will remember for a lifetime.

We are proud to be part of creating those memories. We are proud to provide learning as unique as every student. Come learn with us!

Kindergarten registration for the 2018-19 school year begins on Monday,

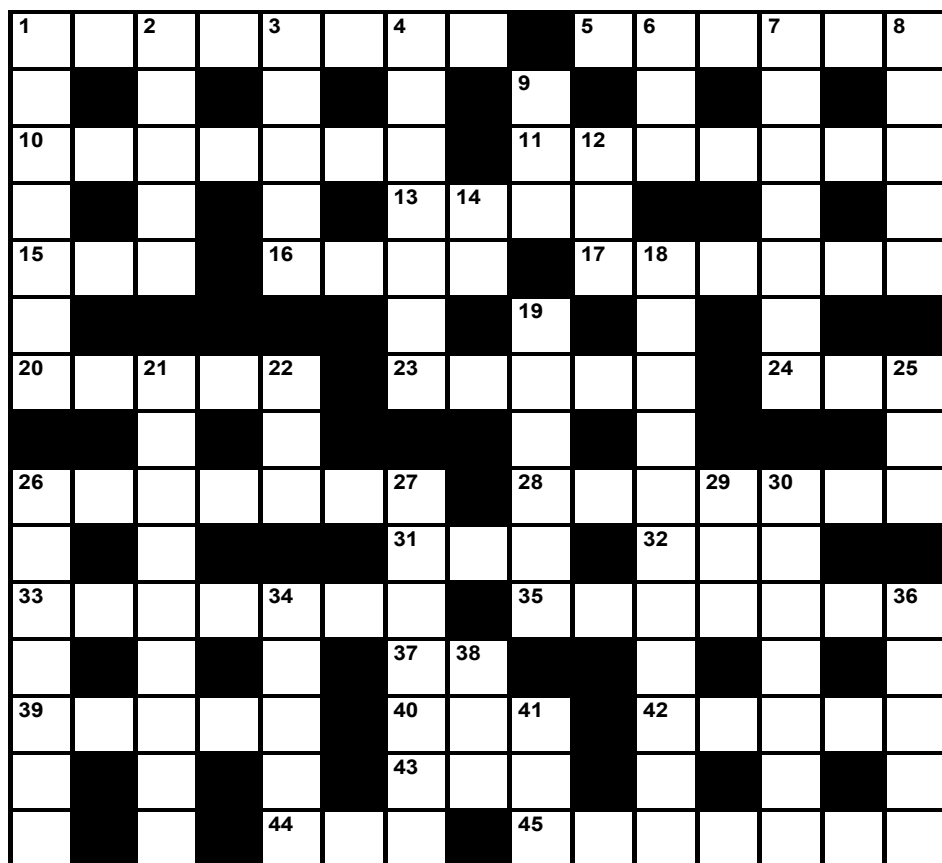
Jan. 22, 2018 and is ongoing. Visit www.cbe.ab.ca/kindergarten to find your designated school, where to register, and when your child can begin kindergarten.

Follow the Calgary Board of Education on [Twitter @yycbedu](https://twitter.com/yycbedu)



CROSSWORD

Answers on page 14



ACROSS

- 1. Famous palace in Granada
- 5. Mexican resort
- 10. Scotland's largest city
- 11. Capital of Indonesia
- 13. Sculpture on a pedestal, perhaps
- 15. Noted cathedral town near Cambridge
- 16. Province of Spain
- 17. Safari country
- 20. Parisian river
- 23. Japanese city
- 24. Casbah headgear
- 26. Spanish city famous for oranges
- 28. German city, former residence of Prussian kings
- 31. Rule opposed by Gandhi
- 32. Color

- 33. Capital of Spain under Moorish rule
- 35. Himalayan peak
- 37. Columbia's state, for short
- 39. Watery continental divide?
- 40. British isle
- 42. Norwegian poet
- 43. Spanish for one
- 44. Lt.'s subordinate
- 45. Strong currency

DOWN

- 1. Barbary Coast port
- 2. Weighing a lot
- 3. Skiing obstacle
- 4. Lake vessel
- 6. "Raiders of the Lost ___"
- 7. Welsh city
- 8. South African antelope
- 9. Bedwear, informally
- 12. Words with "premium" or "glance"
- 14. One, en francais
- 18. Pay for, 3 words
- 19. Macedonia capital
- 21. Scottish city
- 22. Seafood selection
- 25. RSA neighbor, in the Olympics (it's a short form of an African nation)
- 26. Island in the Caribbean
- 27. Dutch humanist
- 29. Baja California ___ (Mexican state)
- 30. Type of fishing, 2 words
- 34. Small food portion
- 36. Medina site, on the Mediterranean
- 38. Tuna or soup holder
- 41. A silent bid



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Creating Coventry Update & Family Day Event



Thank you to all the residents who have participated in our events and online survey over the past few months! Since the "Backyard Dream" events in October, we have also heard from youth in our community at Vivo's Youth Night and Notre Dame High School, and engaged the over 55's at SPRY in the Hills.

We have collected all your ideas and suggestions



for our 14 Coventry playgrounds and park spaces. We're now analysing what we heard, and combining that with the systematic observation data collected by volunteers at the 14 locations last summer. On Family Day we will have one more event, to let the community know what we have so far, and to ask for some more feedback to fill in the gaps before the plan is finalized and we present it to the City and our partners this spring.

JOIN US ON FAMILY DAY

February 19th from 12-3 PM at Vivo
Come and see how YOUR ideas will shape the future of Coventry's community parks!
Final chance for feedback!

If you have taken part in one of our other events and would like to see how your ideas are incorporated, if you haven't had the chance yet to give feedback and would like to, or if you're just interested to see what your friends and neighbours have helped to create for your community, please come to Vivo on Family Day and visit the Creating Coventry story boards! Vivo will also be holding a free skate, and there will be other free activities to take part in, from 12 noon until 3pm, on February 19th.

We hope to see you there!



Coventry Hills Building Safer Communities scores 2 big wins

Byline: David Hartwick,
1st Vice President, NHCA

Are you a member of one of the NHCA Building Safer Communities Facebook groups? You might know it better for your particular community as the Coventry Hills Watchdogs, Panorama Hills NHCA BSC Blockwatch, Harvest Hills NHCA BSC Blockwatch, or the Country Hills NHCA BSC Blockwatch. If so, you are likely in a subgroup that is particular for your neighbourhood as determined by maps in those Facebook groups.

The administration committee, spearheaded by community volunteers, started this initiative in Coventry Hills out of frustration over crime in the community, just over

2 years ago. They had no experience with block watch or crime prevention but built the program into a reputable crime fighting entity now supported by the Calgary Police Service and with a number of other communities reaching out for assistance to set up something similar. To date, Coventry Hills has over 1400 members while the other communities are fairly new and still growing in numbers. The CPS has members in each community group and respond if required.

How successful has the initiative been? The Captains of each area meet regularly with the NHCA CPS representative to discuss crime trends, strategies, and share information that has built a strong relationship between the

community and CPS, mostly dealing with crime, but also other policing matters including traffic and domestic violence. It took a long time to convince people to call the police if observing suspicious activity and they continue to remind people to call if something doesn't seem right. Why?

The Building Safer Communities group has been responsible for the apprehension of individuals with a cache of weapons in a stolen car from Red Deer, shutting down a drug house, but most recently, capturing the infamous Porch Pirate in December and a prowler in January. All because someone called the police with something that didn't seem right. The stolen car, was a simple noise

in a back alley that someone called in because of the Facebook group.

The Porch Pirate made national news at Christmas. He approached front doors shortly after parcels were left on doorsteps, sweeping them away quickly, with one particular identifying doorbell video broadcast across the internet. A Coventry resident that had viewed that video on the Watchdogs group observed the individual on her street about a week later and called CPS. They quickly swooped in and apprehended and charged the individual.

On January 3rd at 250am, a Coventry resident reported a car prowler. CPS responded and suspect was apprehended and has a long history with police.



Our Community Resource Officer constantly reminds us that if you see something 'not right', to call it in and let them decide if it is worth response. We continue to see people posting suspicious activity in these Facebook groups and some question it as a waste of resources. We encourage you to follow that request and call CPS if something doesn't look right and let them decide if it is worth checking out. Above all, please do not put yourself in a dangerous position if you notice something.

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Dates

NHCA Events and Programs

Feb 2018 (Mountain Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
Outdoor Soccer Registration (kids, youth, adults)						
Break A LEGO I Registration @ Vivo for Healthier Generations, 11950 Country Village Link NE, Calgary, AB T3K 6E3, Canada						
		2:30pm - SPRY Fit- 3:30pm - SPRY Social 6:30pm - Positive	4pm - Outreach	10am - Come & Play 2:30pm - SPRY Fit- 3:30pm - SPRY Social 4pm - Outreach	8pm - Indoor Soccer	
4	5	6	7	8	9	10
Outdoor Soccer Registration (kids, youth, adults)						
Break A LEGO I Registration @ Vivo for Healthier Generations, 11950 Country Village Link NE, Calgary, AB T3K 6E3, Canada						
		2:30pm - SPRY Fit- 3:30pm - SPRY Social 6:30pm - Positive	Notre Dame Open 4pm - Outreach	10am - Come & Play 2:30pm - SPRY Fit- 3:30pm - SPRY Social 4pm - Outreach	8pm - Indoor Soccer	
11	12	13	14	15	16	17
Outdoor Soccer Registration (kids, youth, adults)						
Break A LEGO I Registration @ Vivo for Healthier Generations, 11950 Country Village Link NE, Calgary, AB T3K 6E3, Canada						
		2:30pm - SPRY Fit- 3:30pm - SPRY Social 6:30pm - Positive	4pm - Outreach	10am - Come & Play 2:30pm - SPRY Fit- 3:30pm - SPRY Social 4pm - Outreach	8pm - Indoor Soccer	
18	19	20	21	22	23	24
Outdoor Soccer Registration (kids, youth, adults)						
Break A LEGO I Registration @ Vivo for Healthier Generations, 11950 Country Village Link NE, Calgary, AB T3K 6E3, Canada						
	Family Day @ Vivo 12pm - Creating	2:30pm - SPRY Fit- 3:30pm - SPRY Social 6:30pm - Positive	4pm - Outreach	10am - Come & Play 2:30pm - SPRY Fit- 3:30pm - SPRY Social 4pm - Outreach	8pm - Indoor Soccer	
25	26	27	28	1	2	3
Outdoor Soccer Registration (kids, youth, adults)						
Break A LEGO I Registration @ Vivo for Healthier Generations, 11950 Country Village Link NE, Calgary, AB T3K 6E3, Canada						
		2:30pm - SPRY Fit- 3:30pm - SPRY Social 6:30pm - Positive	4pm - Outreach 6:30pm - Board	10am - Come & Play 2:30pm - SPRY Fit- 3:30pm - SPRY Social 4pm - Outreach	8pm - Indoor Soccer	

Find more information on NHCA's events and programs in our new calendar which you can even add to your own Google Calendar!

Following the link northernhills.ab.ca/nhca-calendar/ or by scan the QR code:



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- CAVITY
- DENTIST
- DENTIN
- ENAMEL
- EROSION
- GUMS
- MAXILLA
- MOLAR
- PLAQUE
- ROOT
- TOOTHPASTE

Outreach in the Hills

Vivo programs for Feb-March 2018

Come and Play with Me

Feb 1-March 22 (no program Feb 15)
 Thursday Mornings
 10:00 – 11:30 am
 East Side in Vivo
 11950 Country Village Link NE,
 Calgary, AB T3K 6E3

Come join us for this, new, free drop-in playgroup for parents and children (birth – 5 years).

For information call 403-275-6666 #276 or check website: www.weconnectyou.ca

Come join the Family Connections Parent Link, with the Country Hills Public Library, where children and parents will share songs, rhymes and stories in this interactive circle program.

Families need to live in the Vivo area to join this program. Please call 403-275-6666 #276 to register. This program is for children 5 and under.



Vivo Family Day Storytime

Thursday, Feb 15
 10:00 – 11:00 am
 Idea Lab, Genstar Wing, Vivo
 11950 Country Village Link NE,
 Calgary, AB T3K 6E3

Monthly Acts of Giving Back

By Kristen Straiton,
 Grade 1-2 Teacher, Buffalo Rubbing Stone School,
 Calgary Board of Education

As part of a project to do a monthly act of giving back, Grade 1 and 2 students from Buffalo Rubbing

Stone school decided to pick up garbage around the pond in Panorama Hills. Boys and girls eagerly looked for garbage under bushes and around the park. They were so proud of each other for how many coffee cups and pieces of plastic they were able to put into their bags.

Many of the children have said that they will continue this act of giving back by cleaning up around their own neighbourhoods.



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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: _____

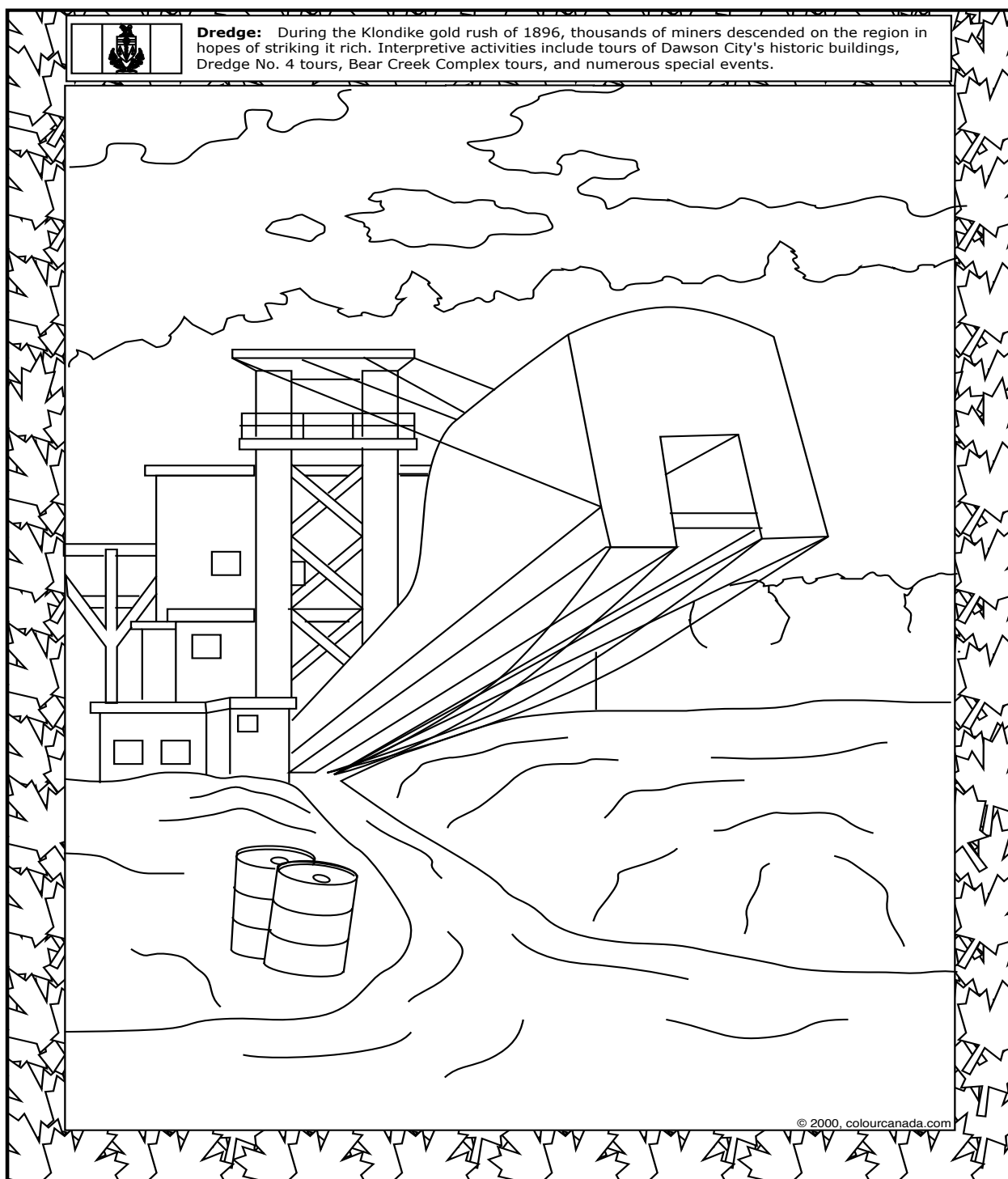
Age: _____

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



Dance Classes
Ages 3 to Adult

Starchewski
 SCHOOL of BALLET

Register online!
www.ssballet.ca
 403 226-8874

200 Country Hills Ld NW

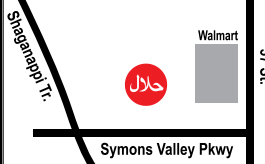
Sage Hill Crossing Halal Meat & Grocery

54 Sage Hill Passage NW
 587-619-5644
sagehill.halal@gmail.com

Mon to Sat 10:30 am - 8:00 pm
 Sun 10:30 am - 6:00 pm

We are located behind London Drugs, across from BrightPath day care centre

Visit us for all your halal meat, fish, and ethnic grocery needs!



Volunteers do not necessarily have the time. They have the heart.

- Elizabeth Andrew


Dr. Tim Begalke • Dr. Jamie Wallace • Dr. Jeremy Wallace • Dr. Erin Gray • Dr. Anne Kelly



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Mon 8:00 am - 7:00 pm
 Tues 8:00 am - 7:00 pm
 Wed 8:00 am - 4:00 pm
 Thurs 8:00 am - 4:00 pm
 Fri 8:00 am - 2:30 pm

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HIRING FAIR

Join Our Team

Looking for compassionate people for our new Seniors Care Community in NE Calgary



OPENING MAY 2018!

Do you have a passion for working with seniors, truly care about their well-being, and see them as people first - not just a job? **Then we want to hear from you.**

Bring your resume & application to one of our hiring locations below:

GENESIS CENTRE

7555 Falconridge Blvd. NE

Nurses (RN's & LPN's)

Thursday, February 8 th	1pm - 5pm
------------------------------------	-----------

Health Care Aides

Tuesday, February 13 th	9am - 1pm
------------------------------------	-----------

Thursday, February 15 th	4pm - 8pm
-------------------------------------	-----------

Food Service & Housekeeping

Tuesday, March 6 th	9am - 1pm
--------------------------------	-----------

Sunday, March 11 th	11am - 3pm
--------------------------------	------------

VIVO CENTRE

11950 Country Village Link NE

Nurses (RN's & LPN's)

Saturday, February 10 th	10am - 2pm
-------------------------------------	------------

Health Care Aides

Saturday, February 24 th	10am - 2pm
-------------------------------------	------------

Food Service & Housekeeping

Wednesday, March 14 th	4pm - 8pm
-----------------------------------	-----------

RSVP TODAY

For more information, positions or to complete an application visit:

www.agecare.ca/Hire

For recruitment updates call (403) 351-8965



AgeCare
SKYPOINTE

179 Skyview Circle NE, Calgary

Elected Representatives



Ward 3 Councillor Jyoti Gondek

Hello, everyone!

Thanks to all of you who have continued to engage with me and the Ward 3 office over the past few months. Your perspectives and ideas on how to foster great neighbourhoods are always appreciated. Open communication with residents is a core part of my job, and it guides my decision-making at Council.

To ensure we continue the dialogue in the most

effective way possible, here are a few tips on how to reach out in different ways:

Social Media – Twitter, Facebook, Instagram and other social media platforms are great ways to communicate and share general information or opinions about things that matter to you.

311 – If you'd like to report something that's gone sideways with a City service, such as missed cart pickup or snow clearing, I encourage you to call 311 to ensure the concern is properly logged.

Ward 3 Website & Email - If you are unable to resolve your issue via 311, please contact my office either through my webpage at www.calgary.ca/ward3 or email ward03@calgary.ca. Provide us the Service

Request Number (SRN) and we will follow-up on your behalf.

Keep sharing your questions, comments and ideas, and I look forward to many more opportunities to work together to make Ward 3 and Calgary a great place to live.

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



Happy Chinese New Year to everyone in Calgary Northern Hills! May it be a year of health, happiness and prosperity.

Alberta's economy is picking up. To keep things moving

forward in Calgary, the Government of Alberta is investing in Innovate Calgary. The infusion of \$1.5 million will connect entrepreneurs with mentors and experts to help them navigate the early stages of starting and growing a business. Statistics show that Albertan small businesses with incubator support have an average growth rate of 25 per cent, while nationally the average is less than 5 per cent.

The program's funding comes from Economic Development and Trade's Alberta Entrepreneurship Incubator program (AEI), a \$10-million, two-year pilot, delivered through Alberta Innovates to fund entrepreneur development programs across Alberta. "Small businesses bring exciting new ideas into our economy and create jobs and opportunities for all Albertans. That's why we are providing this support to help more entrepreneurs turn their ideas into new businesses with products and services that are ready for market," says Deron Bilous, Minister of Economic Development and Trade. For more information on this or any Government of Alberta programs, please contact my office at Calgary.NorthernHills@assembly.ab.ca.

With Chinese New Year and Alberta's Family Day on the same weekend, it is a great opportunity to spend time with friends and family. Please join us at Vivo for Healthier Generations on Monday, February 19, 2018, 12-4pm, for "Family

Skate Day." Admission to the arena is FREE with a donation to the Calgary food Bank. Enjoy hot chocolate while you reconnect and stay active!

As well, stop by my booth to say hello the following Sunday, February 25, 10am-4pm, when we gather at Vivo to celebrate Lantern Festival with riddle-guessing challenges, games, music and prizes. Happy

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



Honourable Michelle Rempel, M.P. Calgary Nose Hill

In December, I introduced a private members bill to define "bestiality" in the Criminal Code.

This bill responds to the 2016 R. v. D.L.W. Supreme Court ruling that upheld the acquittal of a British Columbia man who was charged with bestiality after compelling the family dog to sexually abuse his

16-year-old stepdaughter. Lawyers for the man argued that the 1954 bestiality law only included penetration of an animal. The Supreme Court justices agreed, saying it would be inappropriate for courts to expand that definition beyond what was intended by the politicians who drafted the original law.

The Supreme Court has clearly indicated that this is a legal grey area that can only be corrected by legislation. I am disturbed that the government has not yet corrected this glaring void in our

criminal code.

I believe this to be a non-partisan issue that is clearly needed to keep both humans and animals safe. The current law is reflective of an archaic understanding of sex, and the change that I am seeking to make with my bill both reflects the language of the Supreme Court ruling, and frankly is a no-brainer.

I would appreciate hearing your

thoughts on this, or any other, issue. You can contact me by writing Michelle. Rempel@parl.gc.ca or at 115-70 Country Hills Landing N.W., T3K2L2.

Michelle.Rempel@parl.gc.ca 403-216-7777 115 - 70 Country Hills Landing N.W. T3K5P3

Michelle.Rempel@parl.gc.ca
403-216-7777
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. 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



E.S.L. at HHAC

3 sessions of 10-15
January-April classes:

Sundays 10:15am-12:15pm
Tuesdays 6:30-8:30pm
Wednesdays 9:15-11:30am

Weekly Activities at the church:

Monday: 7:30 pm - AA Meetings

Tuesday: 10:00 am - TOPS

6:30 pm - NA

6:30 pm - ESL (esl@hhachurch.com for more information)

7:30 pm - Men's Bible Study

Wednesday: 9:15 & 9:30 am - Women's Bible Studies (4 to choose from)

9:15 am - ESL

3:30 pm - Free Math and Science Tutoring

6:00 pm - Al-Anon

7:00 pm - Youth

Thursday: 9:30 am - 3 pm, first, second and fourth Thursdays - Quilters Plus

6:30 pm - Women's Fitness Class & Bible Study

Friday: 9:30 am - Moms With Young Ones

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

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

10099 Harvest Hills Blvd. N.W.
email: office@hhachurch.com

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

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Percy Connolly-RE/MAX Realtor

[percyconnolly/videos](https://www.youtube.com/channel/UCp3c3c3c3c3c3c3c3c3c3c3)

"I live and Sell in Northern Hills, and I am an Area Expert. I believe in giving back to the community"

Northern Hills Connect Initiative Thriving as Entrepreneurs Move Forward

Byline: NHC Team

Following the successful launch of the Northern Hills Night Market in 2017 by Ian McAnerin, Northern Hills Connect (NHC) is already seeing results to their new Initiative '1 Year, 1 Business', launched in January. '1 Year, 1 Business' is the focus for NHC on 2018 - bringing one Northern hills based social enterprise business to launch in 2018, and working towards the overall goal of 5 social enterprises over the next 5 years.

The group met in January to award September pitch competition participants their prize money, and progress reports shared at that event indicated that several of the entrepreneurs involved with the group are moving forward with their business ideas.

One of those entrepreneurs is Stephanie Paull, a graphic designer residing in the community, and a hopeful candidate to launch a socially driven enterprise in the next year. "The group is filled with truly amazing and inspiring people who

offered the support I needed to lift off. I'm really grateful to be a part of it all," said Stephanie, who helped brand the Northern Hills Night Market, and designed the NHC logos.

At the NHC Pitch Competition in fall 2017, Stephanie pitched her idea Kindlii: a platform connecting neighbors in an online marketplace which utilizes the auctioning system. "Buying and selling locally can be a fun thing! It should be community driven. I am designing a system that is simple, very efficient and truly different from what all the other platforms have to offer."

Since the pitch competition, NHC has helped connect Stephanie with the resources to progress. "I was referred to attend a feasibility study at Momentum where I then applied for and was accepted into the Self Employment Program. The course will help me build a solid Business Plan which I intend to launch with this year."

Support from community partners has been key in moving the initiatives

forward. Prize money for the fall 2017 pitch competition was provided by Arusha Centre, and Manifest Church. Brad, with manifest church, recognizes the value of working closely with Community-minded entrepreneurs. "It's been such a privilege to interact with such gifted, passionate people and watch so many great ideas take on flesh the past few months. Manifest Church (the church I lead that meets Sunday mornings here in Nose Creek School) was thrilled to donate prize money for the winners of the pitch competition. After all, Manifest's tagline is "You belong" because family and community are at the heart of what we're building. I'm looking forward to seeing how we can work

together to help our Northern Hills Communities thrive in the months and years ahead."

Northern Hills Connect 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. Watch for more profiles of community entrepreneurs, and be sure to check out our upcoming events at events.northernhillsconnect.com.



Responsible Pet Ownership

By Federation of Calgary Communities (FCC)

Pets can be a great addition to any household and community. They can provide companionship, reduce social isolation, and be a valuable member of the family. They're also a great way to meet your neighbours! Below are a few tips about what it takes to being a responsible pet owner.

Dogs and cats are required to be licensed within the City of Calgary limits. The pet license is required to be renewed on an annual basis.

When it comes to dogs, they can


roam off-leash in specific designated areas across the city. However, certain areas like playgrounds, sports fields, or cemeteries are prohibited. Dogs should always be supervised by their owner in a public place.

Ensure to always remove your animals' feces on public or private property – it's quick and easy.

If you lose or come in contact with a lost pet contact 3-1-1. For more information, visit calgary.ca




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Two convenient locations serving the Northern Hills Communities

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<p>#713, 500 Country Hills Blvd. NE Country Hills Towne Centre Calgary, AB T3K 4Y7 403.226.7638 www.siteforsight.ca</p>	<p>#730, 1110 Panatella Blvd. NW Gates of Panorama Hills Calgary, AB T3K 0S6 403.452.6831 www.2ndsight.net</p>

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 Dr. Bonita O'Brien • Dr. Floria Tse
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FEBRUARY'S DRINK OF THE MONTH



\$2 TOONIE

BAHAMA MAMA

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Must be 18+ in Manitoba and Alberta / 19+ in Ontario and Saskatchewan.
Contains 0.75 oz of alcohol in Ontario, Manitoba & Saskatchewan and 0.72oz in Alberta. Void where prohibited. Tax & gratuity excluded. Dine-in only.
Participation may vary. While supplies last.

Community Sports



Soccer Experience and Success of the Former NHCA's Soccer Player

Interview with Gianmarco Plenzik, NHCA's Former Soccer Player

by Jens Lipper, SoccerTech, jens@soccertech.ca

JL - What was your experience like with NHCA's soccer?

GP - My experience with the NHCA soccer was a great experience, my passion and love for the game started with NHCA soccer. I met new kids and made new friends who I still play with and against them today. I was surrounded with kids with the same interest and love for the game. It was a friendly environment with tons of fun and enjoyment.

JL - What are your favourite memories about NHCA's soccer?

GP - My favorite memories with NHCA soccer would be interacting with other kids, making friendships while having fun and learning how to play soccer.

JL - How did NHCA's soccer prepare you for a competitive soccer?

GP - NHCA soccer prepared me for competitive soccer by building up my confidence on the field and off the field. It helped me develop basic skills that



has helped me massively in competitive soccer. It helped me learn the rules and basic knowledge of the game along with letting me be creative on the field.

JL - Where do you play now and do you plan to continue playing soccer in the future?

GP - I currently play Tier 1 for a competitive club but aside from that it has also given me opportuni-

ties with the Alberta team and the U12 Danone Team Canada. Yes, I plan on continuing playing soccer all the way to University and hopefully throughout University. I'm hoping to get an opportunity to play at a high level after University as well.

JL - If you have any advice for a young NHCA player what would it be?

GP - The most important advice I could give a young player is always have fun playing the game and don't let other things interfere with your love for the game. To improve as a young player work hard, practice basic skills like ball control, passing, dribbling and juggling these skills will help a player get to a high level when playing competitive soccer in the future.

JL - Is there any chance we can see you work with our kids at NHCA's soccer this summer?


GP - Yes, I would love to help out with NHCA soccer and give back to the community just like I was taught at a young age.

Photo Album

Game shots from Ladies Indoor Soccer

Photo Credit: Samantha J., NHCA Photographer (volunteer)






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Standings

Category: Ladies 30+

Division: Ladies Indoor Regular Season

Team	G	W	T	L	GF	GA	GD	SO	PTS
NHCA Ladies Royal Blue (Royal Blue)	9	9	0	0	36	12	24	3	27
NHCA Ladies White (White)	9	4	1	4	31	20	11	2	13
NHCA Ladies Green (Green)	9	4	1	4	16	24	-8	1	13
NHCA Ladies Pink (Pink)	10	4	0	6	29	31	-2	0	12
NHCA Ladies Purple (Purple)	10	3	2	5	18	29	-11	1	11
NHCA Ladies Black (Black)	9	1	2	6	18	32	-14	0	5

31203 Coyote Valley Road
 Calgary, AB T3L 2R1 Canada

SoccerTech
 (w) <http://soccertech.ca/>
 (e) info@soccertech.ca
 (T) 403-863-3001

Outreach Wednesdays and Thursdays in NHCA

Every Wednesday and Thursday from 4-7pm we have 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 families - no restrictions on children under 18 living at home.

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.



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Northern Hills Community Association
OUTDOOR SOCCER
 Registration January 8 to March 7, 2018!



Jersey, Shorts, Socks, Photos, Medals and Technical Training included!
 Volunteering on a First-Come, First-Served basis! Register now!!!

CHILDREN - MIXED AGE GROUPS

Age Group	Year of Birth	Days	Times	Location	Cost
U4	2014/16	Tuesdays	5:45-6:30 pm	Vivo	\$65.00
U4	2014/16	Wednesdays	5:45-6:30 pm	Vivo	\$65.00
U5	2013	Mon/Wed	6:00-6:55 pm	Vivo	\$80.00
U5	2013	Tues/Thurs	6:00-6:55 pm	Vivo	\$80.00
U6	2012	Mon/Wed	6:00-6:55 pm	Ascension	\$80.00
U6	2012	Tues/Thurs	6:00-6:55 pm	Ascension	\$80.00

BOYS, GIRLS AND YOUTH TEAMS

Age Group	Year of Birth	Days	Times	Location	Cost
GU8	2010/11	Mon/Wed	6:00-6:55 pm	Country Hills Park	\$85.00
GU10	2008/09	Mon/Wed	7:00-7:55 pm	Vivo	\$85.00
GU12	2006/07	Mon/Wed	6:30-7:55 pm	Panamount	\$90.00
GU14	2004/05	TBD	TBD	ICHL/Goddard	\$95.00
BU8	2010/11	Tues/Thurs	6:00-6:55 pm	Country Hills Park	\$85.00
BU10	2008/09	Tues/Thurs	7:00-7:55 pm	Vivo	\$85.00
BU12	2006/07	Tues/Thurs	6:30-7:55 pm	Panamount	\$90.00
BU14	2004/05	TBD	TBD	ICHL/Goddard	\$95.00
MU16/18	2000/03	TBD	TBD	ICHL/Goddard	\$95.00

**TO REGISTER, PLEASE VISIT
 WWW.NHCA.CA OR
 WWW.SOCCESTECH.CA!**



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www.wilsonlantzllp.ca

info@wilsonlantzllp.ca

City of Calgary

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 or 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.

Never hear the words, "I'm bored" with Calgary AfterSchool

This year the fun starts after the bell. After school programs are offered by The City of Calgary for FREE or low cost. Youth are provided positive, fun and supervised after school programs in schools, recreation buildings and community facilities across Calgary. Children and youth grades 1-12 can drop into a weekday program in their community and take part in a variety of activities from 3-6 p.m. Activities may include basketball, swimming, arts, leadership, skating, sports and much more. At Calgary After-

School, it's more than just getting children and youth active. These programs are designed to stay productive, increase self-esteem and teach them skills that will follow them throughout their life. Learn more at calgary.ca/afterschool.

Tap into your creative side this spring with Calgary Recreation.

Think you don't have a creative bone in your body? Think again! We all have the ability to be creative and programs with The City of Calgary can help you find your inner artist. This spring, The City of Calgary is offering hundreds of artistic and creative programs for all ages, interests and abilities, allowing you to get more creative, more often. Performing and visual arts classes range from beginner drawing and painting for adults, to pre-school dance and ballet, clay classes for families, and even belly dancing for those looking for something a little different.

The Spring & Summer Recreation Program Guide is on-stands February 21 and registration opens February 26. To tap into your inner artist and see which program is right for you, visit Calgary.ca/register.



Crossword puzzle ANSWERS

Puzzle on page 4

1	A	L	H	A	M	B	R	A	5	C	A	N	C	U	N				
L	E	O	O					9	P	R	A	Y							
10	G	L	A	S	G	O	W	11	J	A	K	A	R	T	A				
I	V	U						13	B	14	U	S	T		D	L			
15	E	L	Y	16	L	E	O	N	17	A	18	F	R	I	C	A			
R								A	19	S	O					F			
20	S	E	21	I	N	22	E	23	T	O	K	Y	O	24	F	E	25	Z	
			N	E						O	T							I	
26	S	E	V	I	L	L	E	27		28	P	O	T	29	S	30	D	A	M
T	E							31	R	A	J	32	H	U	E				
33	C	O	R	D	O	B	A	34		35	E	V	E	R	E	S	36	T	
R	N	U						37	S	38	C			B	P	U			
39	O	C	E	A	N	40	M	A	41	N	42	I	B	S	E	N			
I	S	C						43	U	N	O	L	E	I					
X	S	44	E	N	S			45	D	O	L	L	A	R	S				

Sudoku puzzle ANSWERS

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

Puzzle on page 8

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

Recreation Activities

By City of Calgary

Free public swimming

Free swimming is available on some statutory holidays at select pools. Check online for the dates and locations of upcoming free public swimming at calgary.ca/pools. Not available at our Leisure Centres. Various locations Age: All Ages Free Drop-in.

Free public skate

Free skating is available on some statutory holidays at select arenas. Check online for the dates

and locations of upcoming free public skating at www.calgary.ca/arenas.

Various locations Age: All Ages Free Drop-in

Saturday and Sunday Splash Swim – \$1 for kids

Check your favourite pool schedule for Splash Swims, admission is \$2/adult and \$1/child or senior. Search calgary.ca/pools





Re-imagining Your Community Parks

JOIN US ON FAMILY DAY

February 19th from 12-3 PM at Vivo

Come and see how YOUR ideas will shape the future of Coventry's community parks! Final chance for feedback!





Are you interested in playing baseball this summer?

Registration is now open!

See www.cllbaseball.ca for more details.

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- Monday** • 7am - 8pm
- Tuesday** • 7am - 8pm
- Wednesday** • 7am - 8pm
- Thursday** • 7am - 8pm
- Friday** • 8am - 4pm
- Saturday** • 9am - 4pm



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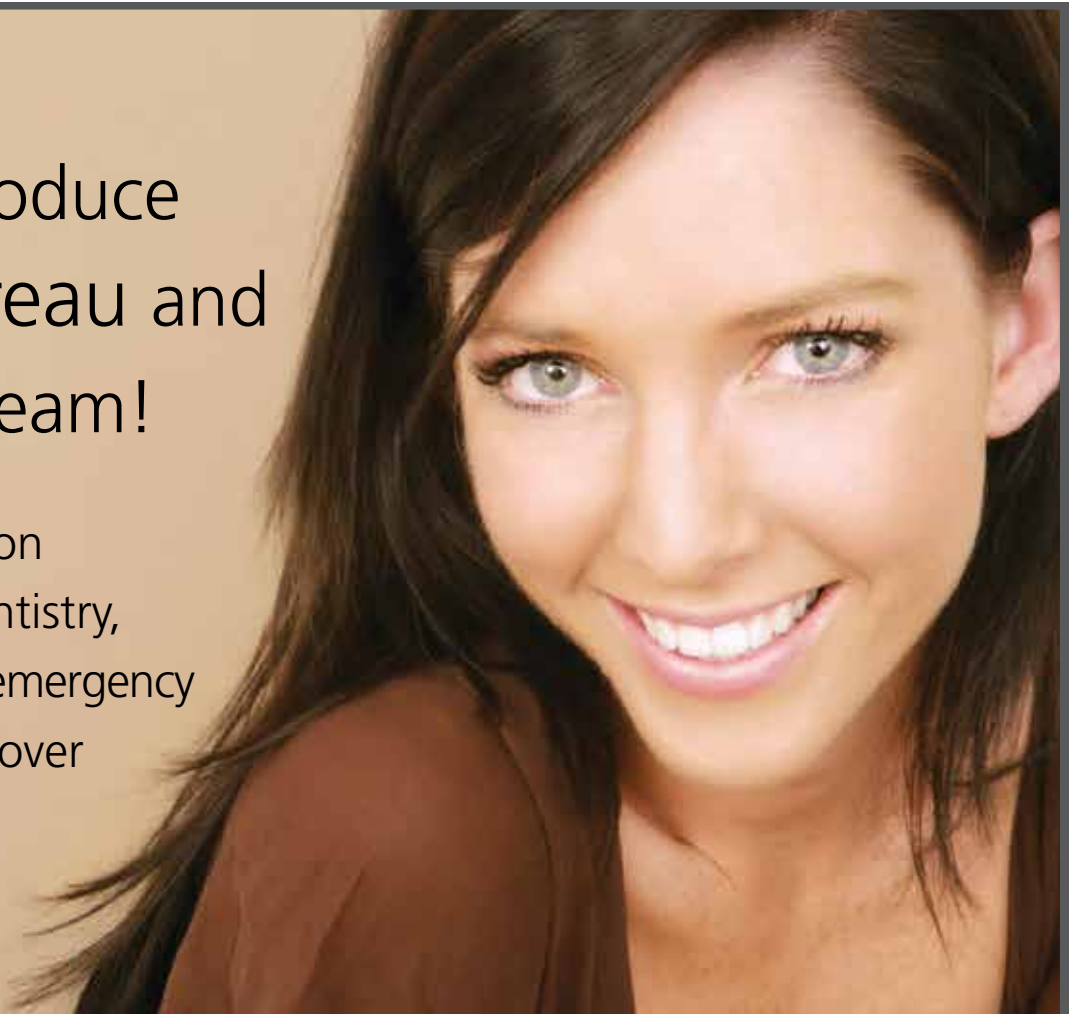
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Dr. Seto is happy to introduce Dr. Maria Chan-Goudreau and Dr. Tonny Tang to the team!

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.



For your convenience we are now offering evening appointments and direct billing to insurance

Monday: 8am-4pm	Friday: 8am-4pm
Tuesday: 8am-8pm	Saturday: 8am-4pm
Wednesday: 8am-4pm	Sunday: closed
Thursday: 8am-8pm	

Harvest Hills Blvd. NE

Future Shop
Staples

RBC

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Country Village Rd. NE

Coventry Hills Plaza
217, 130 Country Village Rd NE
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NOW ACCEPTING NEW & EMERGENCY PATIENTS