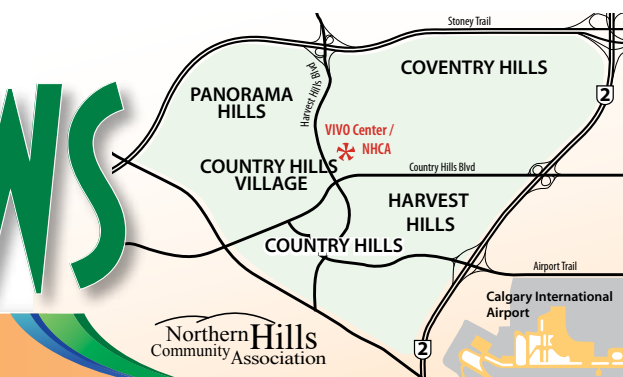


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NORTHERN HILLS NEWS

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



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

North Calgary High School

Tell Us Your Story

By The Advocates for North Calgary High School (ANCHS)

Over the past decade, there have been countless newsletter stories about the planned public high school that still is not built. We recently learned that the North Calgary High School should be at or near the top of the list, which should be obvious to anyone since there is no public high school for the 120,000 people in North Central Calgary. However, we need to convince CBE Administration and the Trustees, as well Alberta Learning that the North High School needs to be the top priority in the Capital Plan as there is no criteria for building high schools.

As the Calgary Board of Education Trustees prepare to vote on their 2019-2022 Capital Plan, the Advocates for North Calgary High School Committee has been invited to attend the Trustee meeting on March 6 and speak on the importance of a North Calgary High School to the community and the impact not having one has on our families.

We recognize that everybody is not on Facebook, and even those who are may not be members of the Facebook group, so we wanted to reach out to the community for YOUR stories. We know that there are success stories, whether your kids have commuted to Diefenbaker, Queen Elizabeth, James Fowler or Crescent Heights, all of which are or have been designated high schools for our community, depending on where you live.

But what about the kids who have fallen through the cracks? What about the kids who have dropped out? What about the challenges students face going to Crescent Heights or Queen Elizabeth because of transportation? What are the academic challenges? The social challenges? The extra-curricular challenges? Have you had a student switch from the CBE to Notre Dame? If so, we would love to hear why, and if it worked out as expected.

If you have a story that you think would demonstrate the need to our Trustees, we want to hear it. We would love to have a large turnout at the meeting so that people can share their stories in person. However, we recognize that because the meeting starts



at noon, it may not be practical for everyone to attend so we welcome a video, an email, or a letter.

If you agree that IT'S OUR TURN for a public high school, please email yncnorthhigh@gmail.com right away or join the Facebook group "Advocates for North Calgary High School", and contact Tamara.

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this month
WHAT'S INSIDE

FREE ICE CREAM ON PAGE 8

JAN 8-MARCH 7: OUTDOOR SOCCER REGISTRATION
JAN 29-MARCH 5: BREAK A LEGO REGISTRATION
MAR 1, 8, 15, 22 : COME PLAY WITH ME AT VIVO
MARCH 10: BREAK A LEGO
MAR 19, 6-8PM: URBAN COYOTE INFO SESSION
APR 6: LET'S CHAT AT VIVO

For more information visit northernhills.ab.ca/nhca-calendar/
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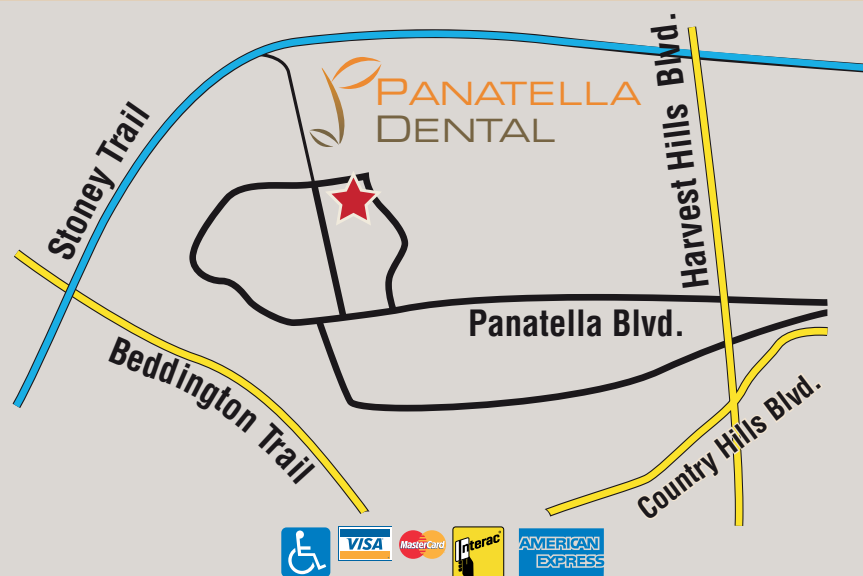
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Community Association Notes



From the President



Snow, icy roads and limited sunlight in the months of January and February coupled with the flu season ravaging home as well as work have me and many people I know exhausted. Cabin fever, at this time of year, is pretty inevitable and avoiding it takes effort which is sometimes hard to muster up when you are feeling beaten down. Mental health issues come in many forms but winter conditions isolate us and physically drain us, create an incubator that may potentially feed those already pre-dispositioned.

Over the last 60 -90 days, I have witnessed the impact of mental health issues not just on some afflicted individuals but how these issues directly or indirectly impact others. A short-term stress leave indirectly impacts other staff and increases their stress and emotional wellbeing which can spiral into

further health issues in the workplace. Depression or anxiety within a household creates frustration among family members as others have to take on additional duties, and try to adjust to unfamiliar behaviors. Mental health spins off an unintentional spider web that can create further mental health issues in others through increased stress, emotions and unfamiliarity in dealing with the nuances of this disease.

I don't think there is a single person who hasn't experienced some variation of mental "unwellness," or been impacted by someone with mental health issues.

Despite the vast range of influence this disease can have, we discuss the flu more openly and attack it with much more vigor/solutions. In a time where we are questioning people's behaviors and making public judgements it surprises me that no one seems to connect the potential that mental health may influence how

people behave. Poor behaviors are sometimes the mask for some underlying issue.

My predecessor, Rick Lundy, is helping to lead the charge on mental health awareness through a local organization called Minds Over Matter. It is a non profit organization that is empowering healthy minds through prevention, education and community. As there are limited dedicated resources given to provincial mental health strategies, local grassroots organizations like this are critical but they need funding and volunteers to facilitate services. As a community, we need to demand our province and country provide more than lip service as the cost to the health care system and families is immeasurable. In the meantime, please support organizations like Minds Over Matter as they continue to fill the gap.

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

Volunteer Opportunities



Dear Northern Hills residents,

Have you heard a phrase "volunteering is good for your soul"? Here in NHCA, we truly believe that volunteering is a wonderful way to engage with your neighbours, to advocate for your community needs, to create new places, activities, groups, etc.! We are seeing a big interest in volunteering as a lot of available roles are getting full-filled, which is amazing! We would like to mention a few more volunteering opportunities and maybe they are something that you are looking for.

Arts & Crafts Committee Member

Are you an artist or just simply would love to bring even more art into the Northern Hills community? Do you want to be part of ambitious and artistic team of residents? We have all the resources ready to be used! Let's get more Arts & Crafts Committee Members together! Contact Yana, Engagement Coordinator via engage@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!

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! Contact Rinks Coordinator, via rinks@northernhills.ab.ca.

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:

What types of basic needs do the Outreach Community Advocates offer during appointments held Wednesdays and Thursdays at NHCA?

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 February is: Charmaine Toms, Congratulations! The answer was "Buffalo Rubbing Stone school" and can be found in February 2018 Northern Hills News in the article "Monthly Acts of Giving Back" on page 7. 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!



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

COMMITTEES

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: Roop Rai

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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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Outreach Thursdays in NHCA



Every 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

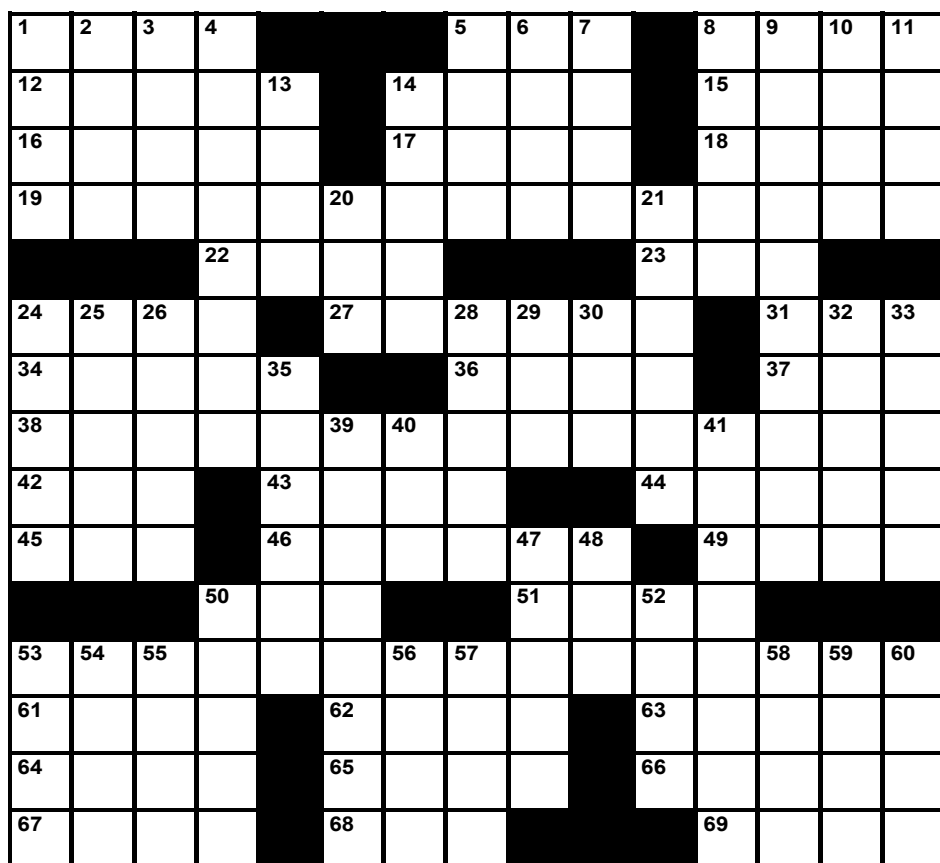
Family Support program collaborated to initiate this service with an intention to meet the needs of North West and North Central Calgary residents.

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



CROSSWORD

Answers on page 14



ACROSS

- Philistine
- "Animal Farm" animal
- On __ (without a buyer)
- Like some walls
- Work over the shirts
- Conduit
- Public utility
- "La Scala di ___" (Rossini opera)
- Police action
- Be exasperating
- Gourmet's study
- Start for "colonial"
- Bacteria
- Detonate
- Picker-upper
- Benefit
- Empty
- Referee
- A marathon is one
- Food scrap
- Proof of wedlock
- Look of disdain
- Hand woven Norse carpet
- "You don't say!"
- Rare trick-taker
- Mozart's "L___ del Cairo"

- South American monkey
- Made a lot of efforts
- Flu symptom
- Much desired quality in a rep
- Diplomacy
- Type of carpeting
- The America's Cup is one
- Early Lima dweller
- Samoan currency
- Hot spring
- Sale spot

DOWN

- Post
- Concluded
- Not to be trusted
- Obligate oneself a second time
- Get ready, for short
- Minute amount
- Annoying insect
- Lively frolic
- Person making some key adjustments
- Grand
- Give up
- Washed-up
- Put into circulation
- Johnny has two
- Reaches a conclusion
- Croc kin
- ___ now and then
- Jamaican music
- Hint
- Like some socks
- Certain strain
- Ringmaster
- Silly trick
- Hard, protective shell
- Money matters
- Conclusion
- Metallic element used in alloys
- Poly- follower
- N.O.Saints chant, "Who's ___"
- Healthy, with 3
- French military topper
- Biblical question
- Ottoman Empire VIP
- ___ airbags
- Bellow
- Realm
- Font size option
- Winter Palace resident
- Relay

Harvest Hills Community Hub

February Update

By Victoria Henry

Things are moving along with the Harvest Hills Hub Project. Recently:

- We have been approved for our \$10,000 donation request from Alberta Treasury Branch. Thank you Alberta Treasury Branch Financial for your generous contribution!
- We have been successful in our bid for a Calgary Foundation Neighbour Grant. This funding must be used to purchase the metal portion of our Notre Dame student designed/built benches as well as any opening ceremony costs. We are so grateful for this funding and look forward to planning a great opening ceremony!

We are currently waiting to hear back regarding our Government of Alberta CFEP grant, which will hopefully cover our remaining costs. We will be

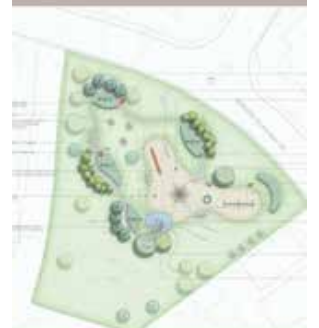
informed by early March, and we have a very good chance of receiving the funding we require. Until we hear back regarding the CFEP we have postponed all detailed planning with our Landscape Architect to stave off additional costs and having to redo work as a result of potentially changing budgets. We are still hoping for a late June 2018 build but regardless of the actual date we will be building on our site at 178 Harvest Glen Way NE this summer!

We will be starting preliminary preparations for the opening day ceremony soon. We are limited in what we can work on since we don't know when the actual build date will be yet, but we are getting some costs figured out and we look forward to brainstorming some ideas for the big day.

That sums up what we've been up to! We would love any ideas you have for the Opening Day Celebration or any ideas for "Events in the Hub" after the build! Please don't hesitate to send any ideas you

have or join our team by emailing Victoria Henry @ HarvestHillsHub@hotmail.com.

Thank you for your ongoing support and interest as we are building something great in the Northern Hills!



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Outreach in the Hills

Vivo March Information

Come Play with Me

Thursday Mornings
10:00 – 11:30 am
Last day - March 22nd
East Side in Vivo
11950 Country Village Link NE,
Calgary, AB T3K 6E3
Come join us for this, free drop
in playgroup for parents and children
(birth –5 years). For information call
403-275-6666 #276 or check web-
site www.weconnectyou.ca

*This program is a partnership
between Family Connections Parent
Link Centre, Northern Hills Commu-
nity Association and Vivo.

Let's Chat at Vivo

Friday, April 6th
10:00 - 11:00 am
Come meet other families and
children as we will share stories and
songs. Information will be shared
about parenting, Talk box (speech
and Language) and Ages & Stages
(developmental growth). Call 403-
275-6666 #276 to register starting
March 1st.

****Look for Spring Come Play with
Me April 12-May 24****



Congratulations NCCA!!!

By the NHCA Community Gardens

Congratulations to the North
Calgary Cultural Association (NCCA)
with their successful grant applica-
tion to the Federal Government's New
Horizon's Senior's Program.

The grant, worth \$25,000, will go
towards improving the NHCA's Cov-
entry Community Gardens located at
Covepark Square NE. These improve-
ments will happen in the summer of
2018 and will include:

- Building accessible raised garden beds for those with disabilities or limited mobility;
- Creating additional garden plots that are accessible to those without economic means to access gardening space;
- Expanding existing community garden infrastructure to create a gathering space with additional benches;

• Hosting community events and workshops to increase local engagement in the community;
Providing mentorship as a means to decreasing senior isolation and to pass on traditions and knowledge of sustainable food production.

The NCCA is a group of seniors with approximately 80 members. NCCA's mandate is to provide their members with affordable recreational and social activities, to reduce isola-

tion of new immigrants and assist them in integrating with the commu-
nity, to collaborate with other commu-
nity organizations to promote multi-
culturalism and empowerment of the
community at large and to promote a
healthy lifestyle.

The NHCA is very excited to col-
laborate with the NCCA on improving
the Coventry Gardens this summer.
If you would like to help out build-
ing wicking beds, planting, weeding,
watering, etc., please let Yana, our
Engagement Coordinator, know via
engage@northernhills.ab.ca.

Stay tuned for community gar-
dens workshops starting in May 2018!





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- Parent & Tot
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Updated: February 16, 2018



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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
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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"/> Gardening	<input type="checkbox"/> Panel Discussions
<input type="checkbox"/> Advocacy (LRT, Schools, etc.)	<input type="checkbox"/> Ice Rinks	<input type="checkbox"/> Seniors Fitness
<input type="checkbox"/> Arts & Crafts	<input type="checkbox"/> Newsletter	<input type="checkbox"/> Seniors Games and Social
<input type="checkbox"/> At Home In the Hills (AHIH)	<input type="checkbox"/> Planning & Development	<input type="checkbox"/> Special Events (Clean-Up, Block Parties, etc.)
<input type="checkbox"/> Board of Directors	<input type="checkbox"/> Playgrounds and Community Hubs	<input type="checkbox"/> Sponsorship
<input type="checkbox"/> Building Safer Communities (aka Block-watch)	<input type="checkbox"/> Political Debates /	<input type="checkbox"/> Sports (Soccer, Slo-Pitch)

Other _____

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

<input type="checkbox"/> Adult Programs	<input type="checkbox"/> Indoor Soccer	<input type="checkbox"/> Tennis Courts
<input type="checkbox"/> Children's Softball	<input type="checkbox"/> Farmers Market	


Other _____

Would you like us to contact you about volunteer opportunities in NHCA?

yes no

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Dates

NHCA Events and Programs

Mar 2018 (Mountain Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	1	2	3
Outdoor Soccer Registration (kids and youth)						
Break A LEGO I Registration @ Vivo for		2:30pm - SPRY @ 6:30pm - Positive	6:30pm - Board	10am - Come & Play 2:30pm - SPRY @ 4pm - Outreach	8pm - Indoor Soccer	
4	5	6	7	8	9	10
Outdoor Soccer Registration (kids and youth)						
		2:30pm - SPRY @ 6:30pm - Positive		10am - Come & Play 2:30pm - SPRY @ 4pm - Outreach	8pm - Indoor Soccer	10am - Break A LEGO
11	12	13	14	15	16	17
Late Registration Outdoor Soccer(kids and youth)						
		2:30pm - SPRY @ 6:30pm - Positive		10am - Come & Play 2:30pm - SPRY @ 4pm - Outreach	8pm - Indoor Soccer	
18	19	20	21	22	23	24
Late Registration Outdoor Soccer(kids and youth)						
		2:30pm - SPRY @ 6:30pm - Positive		10am - Come & Play 2:30pm - SPRY @ 4pm - Outreach	8pm - Indoor Soccer	
25	26	27	28	29	30	31
Late Registration Outdoor Soccer(kids and youth)						
		2:30pm - SPRY @		2:30pm - SPRY @ 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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FILLING

FLOSS

GINGIVITIS

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VENEER

WHITENING

G	I	N	G	I	V	I	T	I	S	P	Z	R	Y	F
N	P	T	S	I	N	E	I	G	Y	H	N	S	V	H
I	E	X	T	R	A	C	T	I	O	N	A	C	F	P
N	T	L	J	T	S	R	T	N	Y	W	E	A	I	K
E	R	H	Q	M	F	K	E	A	G	F	L	L	L	F
T	N	J	I	P	R	L	C	E	X	T	C	I	L	K
I	T	L	W	X	J	E	O	J	N	T	M	N	I	R
H	E	F	H	L	D	K	D	S	F	E	M	G	N	L
W	T	O	O	T	H	B	R	U	S	H	V	V	G	J

Interactive Visualization of Calgary's Air Quality



By the University of Calgary

The analysis, conducted by Stefania Bertazzon and Rizwan Shahid of the Geography of Health and GIS Analysis research group at the O'Brien Institute for Public Health in the Cumming School of Medicine, sheds new light on air quality variations and the potential impact on school kids in neighbourhoods that lend themselves to more active forms of transportation. Bertazzon is a professor in the Department of Geography. Shahid is an adjunct assistant professor for the department and a geographic information scientist at Alberta Health Services.

"I've done studies on air pollution and every time someone sees the data they say, 'oh, wow, the area where I go jogging is in one of the most polluted parts of the city,'" Bertazzon explains.

"People do not realize how much air pollution varies throughout the city. Rizwan had been doing a lot of work on child obesity and neighbourhood walkability, so we put our heads together."

GIS is a geographic information system designed to capture, manipulate, and analyze datasets that can then be presented in geographic mapping overlays. UCalgary's Geography of Health and GIS Analysis research group studies the relationships between health and place and serves as a hub, connecting geographical expertise with health research. The team pulled readings from the city's network of air monitoring stations, as well as data from the City, to devise their own air quality health index with readings for ozone (O3), nitrogen dioxide (NO2) and particulate matter (PM2.5), pollutants that impact human health. Using ArcGIS software and open data from the City of Calgary, the team mapped school neighbourhoods and assigned to each a walk score, bike score and transit score to calculate just how foot-, cycle- and transit-friendly they are for kids.

They found some surprising seasonal variations.

Mapping Calgary's Air

The maps below categorize air quality into low, medium, and high pollution levels, relative to Calgary's recorded values. High values on the maps correspond to 'moderate risk' on Environment Canada AQHI (Air Quality Health Index) scale.

<http://ahs.maps.arcgis.com/apps/Cascade/index.html?appid=3e80a900faed45dbae9399e7b0d3b65a>

In the summer, northeast Calgary sees the highest localized concentration of bad air. But in the winter, it's south Calgary that sees some of the

highest levels of air pollution.

"This was the big surprise," says Bertazzon. "In Calgary we tend to know the northeast is bad for pollution for a number of reasons, but this shows we cannot assume it's restricted to that quadrant alone, especially in winter."

Why These Areas and Not Others?

The data is consistent with seasonal wind patterns: southwest breezes in the summer and northern gusts in the winter. Pollution levels tend to be higher along main traffic corridors. Northeast Calgary has several. Shahid and Bertazzon point out the area also has a higher concentration of industrial emitters and is home to an international airport. Prevailing winds and topography are also factors. Running north-south, Deerfoot Trail is a major source of localized pollution. During the winter, pollution diffuses throughout the corridor. Beyond that, Shahid and Bertazzon agree further analysis is needed to fully explain the variations

What Are The Risks?

Active forms of transportation such as transit, walking and biking are healthy alternatives, but the benefits can be reduced if the air is bad: You might be contributing less noxious pollutants, but you're exposing yourself to those already floating around, Shahid explains.

Exposure at an early age can trigger environmental allergies, respiratory problems and even affect a child's body mass index (BMI), which can lead to even more health problems down the road. Furthermore, at least one study has shown children enrolled in schools located in areas with higher traffic-related pollution exhibit less cognitive development than kids in areas with better air.

So Should We Send Our Kids To School Wearing Masks?

"It points to the existence of a problem, but we don't want to cause a panic here," says Bertazzon.

Overall, Calgary's air quality is pretty good. In an international comparison of urban air quality published in 2016, Calgary fared better than Montreal, Toronto and Edmonton in levels of PM2.5, and well below the international average ambient concentration of NO2.

What's Next?

The team has shared their findings with the Calgary Region Airshed Zone and Alberta Health Services, and hope to connect with Calgary school boards to help them understand the data and press for enforcement of idle-free strategies.

Until then, Bertazzon and Shahid suggest all Calgarians might consider implementing better breathe-safe practices: Kids should walk or bike on dedicated paths away from main traffic flows. Parents are asked to not

walk young children near idling school buses – cross the street and walk on the other side, says Bertazzon.

The Geography of Health and GIS Analysis research group is expanding the boundaries of geographical enquiry and spatial thinking in population and public health, and recently organized an event to promote and showcase GIS research in health.

Media Contact

Heath McCoy
University of Calgary
Faculty of Arts
1 (403) 220-5089
hjmccoy@ucalgary.ca

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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: _____

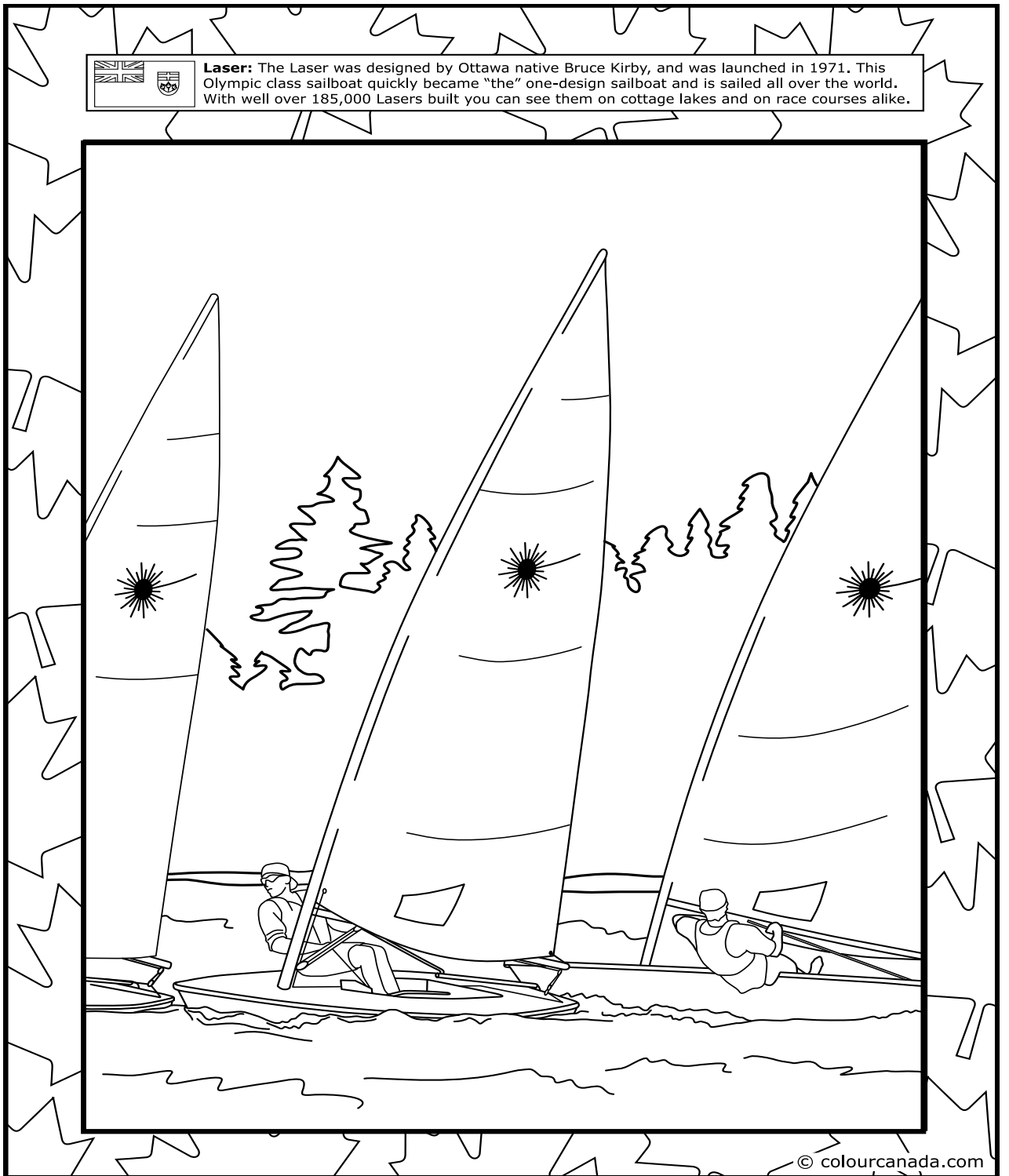
Age: _____

**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

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



Laser: The Laser was designed by Ottawa native Bruce Kirby, and was launched in 1971. This Olympic class sailboat quickly became "the" one-design sailboat and is sailed all over the world. With well over 185,000 Lasers built you can see them on cottage lakes and on race courses alike.

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 - Elizabeth Andrew

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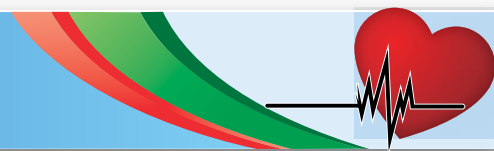



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HEALTH CORNER



Should I Take Vitamins for My Eyes?

By Dr. Dianna Leong

There are different eye vitamins for different reasons. It is important to know the health condition of your eyes before starting any vitamin supplement. Foods that are rich in many nutrients are generally more effective

than any supplements. The most important nutrients for eye health include lutein and zeaxanthin, Vitamin C and E, beta carotene and Omega 3 fatty acids. Top eye foods include kale (nature's sunscreen for the eyes), orange peppers, eggs and wild Alaskan salmon. Usually a healthy diet that

follows Canada Food Guide recommendations is sufficient.

However, busy Canadians often don't have time to follow these meal guidelines. If the body is deficient in certain vitamins and there is family history and associated disease, then vitamins can be beneficial. When

you choose to take a vitamin, ask your doctor if a general multivitamin would be helpful, or a specific vitamin supplement is needed. Vitamins and herbal remedies are natural drugs that can be overdosed or affect how other medications work in your body. It is important to find out what is the right vitamin for your body.

For example, dry eye syndrome affects many Calgarians. People often use eye drops to help. But along with artificial tears, taking a high quality omega 3 supplement (1-3 g/day) over several months can reduce dry eye by improving the tear quality. A person that takes blood thinners needs to be cautious with taking omega 3 supplements, as excess bleeding and bruising can occur in the body.

Age related macular degeneration (AMD) had a lot of research on vitamin supplements. Many people take lutein supplement thinking there is no harm in taking this to help the eyes. However, high dose lutein taken without zeaxanthin can cause biochemical imbalance in the body and can be harmful. Many vitamins for AMD have been developed after the AREDS2 study (Age Related Eye Disease Study). Recent controversy erupted regarding genetic testing to determine if supplemental zinc and antioxidants may actually cause more harm to the eyes. Currently, scientists generally agree that the AREDS2 study is safe for people that have been diagnosed with intermediate or advanced AMD, not for people that have healthy eyes who want to prevent AMD.

A thorough eye exam (that includes dilating the pupils for a complete retinal exam) can detect these problems before they impair vision. A diabetic can minimize the effects on the eyes by maintaining tight control of blood sugar levels, not by taking extra vitamins. The good news is that when you follow a healthy diet, it automatically helps to manage diabetes, control high blood pressure or elevated cholesterol, as well as prevent eye disease.

Medicare is promoting health prevention, as this is less tax payer dollars than attempting to repair the damage by surgery on eyes, or kidney dialysis and transplant. Take a moment to focus on the health of your eyes with your optometrist.



At Vivo March 10th 10am-noon

- Original Creations Contest
- LEGO olympics & Kid's play area



Drop by to see 60+ original LEGO creations, watch LEGO olympics, and play with LEGO!

Northern Hills
Community Association

VIVO

Manifest
CHURCH

CELEBRATE EASTER WITH US!

Good Friday Service

Friday, March 30, 10-11am

BP Church Main Campus (16 Bermuda Dr NW)

FREE Easter Egg Hunt

Saturday, March 31 @ 1pm

Corner of Bergen Road & Centre Street NW

Easter Weekend Services

Saturday, March 31 @ 6pm OR Sunday, April 1 @ 9:30am or 11:15am

BP Church Main Campus (16 Bermuda Dr NW)



BPCCHURCH.CA

Join us for one of our weekend services
Saturdays (6pm), Sundays (9:30am & 11:15am)

Elected Representatives



**Ward 3 Councillor
Jyoti Gondek**

Hello, everyone!

Urban Coyote Information Session

Representatives with the City of Calgary's Urban Conservation team are hosting an information session on urban coyotes March 19th from 6pm – 8pm at Vivo, 11950

Country Village Link NE in the Idea Lab room. This is a great opportunity to have your questions answered by City representatives.

The session will include:

- What does it mean to co-exist with coyotes;
- What is typical urban coyote behavior;
- What is The City doing in relation to coexisting with coyotes;
- What the individual and community can do to co-exist with coyotes; and
- An open opportunity for residents to talk with city

official about their concerns with coyotes.

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**



I enjoyed seeing many of you at Family Skate Day, Winterfest, Riddle Fest and other community events to welcome the Chinese New Year, celebrate our families, and get active despite winter

temperatures!

Alberta's economic recovery is now firmly underway, with nearly every sector strengthening and Alberta once again leading the provinces in growth (www.alberta.ca/budget-economic-outlook.aspx). Alberta's economy also continues to diversify.

The province's liquor industry grew by nearly 780 jobs last year, spurred by the Alberta government's Small Brewers

Development Program and markup reductions. Recently Premier Rachel Notley joined the Minhas family at Minhas Micro Brewery as they announced a new distilling facility for Calgary. Ravinder Minhas, CEO, Minhas Breweries & Distillery, credited the grant program and markup reduction, sharing that "Having been born and raised in Alberta, being able to support the local economy – thanks in part to the support of the government – makes me very proud."

As we ensure that all Albertans, including students, benefit from the province's economic recovery, Minister of Labour Christina Gray highlights the Summer Temporary Employment Program: "STEP has been a valuable program for students interested in gaining unique, first-hand work experience, and it helps employers hire knowledgeable, enthusiastic summer staff." A \$7-per-hour wage subsidy helps participating employers hire students for summer work. Last summer, nearly 3,000 students gained valuable work experience with almost 1,400 employers. Since

our government restored the program in 2015, STEP has supported summer employment for more than 5,700 students.

Recent news stories show that our government continues to stand up for Albertans. Soon I return to Edmonton to begin the Fourth Session of the 29th Legislature, where I will continue to work hard to represent you. Please share your views by participating in the Province's consultations: <https://www.alberta.ca/>

consultations.aspx. And be in touch with my office at any time: Calgary.NorthernHills@assembly.ab.ca.

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**

As a part of my budget consultations, I have heard from many in our community about

what priorities they have for the federal budget.

Of those who have contacted me so far, the prevailing concern of many continues to be the increasing deficit, higher taxes, and the need for sound economic policy that creates good jobs. In addition, I have heard from seniors who, as the cost of living continues to increase, are desperate for support and from students who are struggling with debt and in need of future employment prospects.

I share your concerns and will con-

tinue to advocate for our community in this latest federal budget. If you have not yet contacted me with your comments and priorities for the federal budget, please do so quickly.

You can submit your comments to me directly by writing michelle.rempel@parl.gc.ca or by sending me a postage free letter to my Calgary office.

Thank you as always for your feedback and comments.

*Michelle.Rempel@parl.gc.ca
403-216-7777
201-1318 Centre Street N.E.,
Calgary, AB, T2E2R7
www.MichelleRempel.ca
115-70 Country Hills Landing N.W. T3K5P3*



**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.



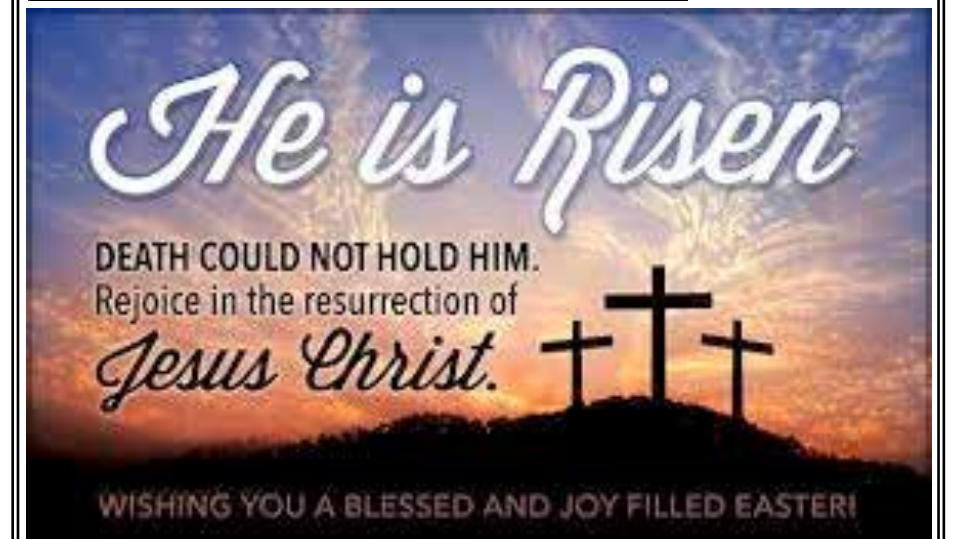
**GOOD
FRIDAY**

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Good Friday Service, 11am, March 30.

Easter Sunday Services on April 1. 9:15 & 11am.

ALL welcome!



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Children's Miracle Network

Community Preparedness

By the Federation of Calgary Communities (FCC)

As Calgarians we know that emergencies can affect our communities at any point. Many emergencies may not be preventable but we can minimize the risk by being prepared. Here is a list of ways you and your neighbours can be prepared.



- Know your neighbours**
 If an emergency does arise, if you know your neighbours you can readily identify neighbours who may have special needs, mobility or those who need additional assistance in an event of emergency.
- Know the potential risks and hazards in your community**
 The more residents are aware of areas in their community that are potential risks, the better prepared a community can be. Be proactive!
- Know the evacuation routes**
 Knowing how to get of your neighbourhood can reduce traffic congestion and allow for emergency personal easy access.

Emergency numbers, Calgary and area:

Ambulance, Fire, Police, Hazardous Materials Spills	9-1-1
Gas Emergency – ATCO Gas	403-245-7222
Electrical Emergency - ENMAX Power	403-514-6100
All other City services	3-1-1
Poison & Drug Information Service	1-800-332-1414
Calgary Emergency Management Agency	3-1-1 or calgary.ca/cema
For more resources, check out the Building Safe Communities tab at calgarycommunities.com	



LIBRARY NEWS

School's Out! Fun Activities at Your Library

Kids ages six to 12 can drop in to the Library anytime on PD Days for games, crafts, and other fun activities. No registration is required. Learn where and when this program is offered by searching "School's Out All Day" at calgarylibrary.ca/programs or downloading or picking up a copy of our program guide Library Connect.

Read Hundreds of Magazines for Free

Did you know you can read hundreds of magazines for free with your Calgary Public Library card? Use RBdigital Magazines to read digital magazines on your computer or download them to your mobile device. Browse more than 300 titles, including Canadian Living, The Economist, Esquire, National Geographic, The New Yorker, Reader's Digest and WIRED. Plus, there's no checkout periods or limits on the number of magazines you can

download. Access RBdigital, and view all our eResources, at calgarylibrary.ca/E-Library.

Spotlight on Member Benefits: Changes to Unpaid Fines

To ensure the people who need the Library the most have access to as many services as possible, Calgary Public Library recently changed its policy related to unpaid fines. Previously, anyone with more than \$10 in unpaid fines was blocked from many Library services and resources. Those barriers have been removed; now, regardless of your fine amount, you'll still be able to book rooms, access the E-Library, register for programs, and use Wi-Fi, Chromebooks, and printers. Learn about more membership benefits at calgarylibrary.ca/membership-benefits.



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Gates of Panorama Hills
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Community Sports



STAY ACTIVE

Recreational Activities, Programs, and Services

Tap into your Creative and Active Sides

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 now. Registration is open. To tap into your inner artist and see which program is right for you, visit Calgary.ca/register.

Yes, Fitness Goals!

With thousands of affordable, quality programs, meeting your fitness goals this year is closer than you think. Adult admissions to City of Calgary Aquatic & Recreation facilities start at less than \$8. Looking for more of an adventure? Catch a wave at one of our two Leisure Centres. Family admissions are less than \$29. Visit Calgary.ca/recreation or call 311 to find a facility near you.

Spring & Summer Recreation Programs

Say goodbye to winter with The City of Calgary's Spring & Summer Recreation Program Guide, which is now on stands. The City of Calgary offers hundreds of fun and affordable recreational opportunities to get you and your family more active, more often this spring and summer. Registered programs include sailing, golf, dance, swimming, summer day camps and more! With dozens of facilities located throughout the city, there are many convenient locations for you and your family to take part in a variety of activities, practically right in your own backyard! Registration is open. To learn more and find a program that's right for you, visit Calgary.ca/register.

Recreation Activities

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 SKATING

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Various locations Age: All Ages Free Drop-in

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Canadians Warm to Canada's Agriculture Day

By Farm Credit Canada

Thousands of Canadians participated in Canada's Agriculture Day events, February 13th, across the country, marking the second consecutive year a day has been set aside for a national celebration of food and those involved in agriculture.

"We are thrilled at the level of participation and engagement by producers and partners of Canadian agriculture, as well as consumers, in events and social media activity across the country," said Candace Hill, manager of Agriculture More Than Ever, one of the driving forces behind Canada's Agriculture Day, first celebrated on Feb. 16, 2017.

"We are still finalizing the numbers, but we are confident this year's celebration was even bigger and better than last year's," Hill said. "It's a testament to our commitment and passion within the industry to showcase the effort and care that goes into producing food everyday."



Canada's Agriculture Day inspired hundreds of events across the country, opened doors to food conversations through social media, and showcased the industry to young people who attended a day-long, marquee event in Ottawa alongside industry and political leaders. It was among the top topics trending in Canada on Twitter and thousands of people engaged



through a variety of events, from small community gatherings to large forums.

"Canadian agriculture is something to celebrate on many levels," said Lawrence MacAulay, minister of Agriculture and Agri-Food Canada, who participated in the Canada's Agriculture Day celebration in Ottawa.

"Our agriculture and agri-food sectors contribute over \$110 billion to our economy and generate thousands of quality middle-class jobs in the food processing, transportation and retail sectors across Canada. Our government has an ambitious plan to grow Canada's agriculture sector in order to meet our target of \$75 billion in agri-food exports by 2025," MacAulay said. "At a local level, family farms are the lifeblood for many rural communities; they support small businesses, their children attend local schools and they contribute in many ways to the quality of life in rural Canada."

"This was a great opportunity for people throughout the industry and across the country to come together, dialogue with consumers, as well as and share ideas on how Canada can meet the challenge of feeding the world's growing population," said Farm Credit Canada president and CEO Michael Hoffer, who was one of several speakers at the Ottawa celebration. "The relationships that were forged as a result of Canada's Agriculture Day will help move the industry forward into the future."

Hill said this year's celebration saw the participation of hundreds of partner groups, including industry associations, community groups, individuals and the media. Many have already expressed an interest in participating in next year's celebration.

Make Our Parks Even Better!



By The City of Calgary

Is there something you wish you could do in the park that you aren't allowed to do right now? The Parks and Pathway Bylaw was last reviewed in 2003, almost 15 years ago. Since then a number of innovations have occurred that influence how we use parks from using goats to manage weeds, to the use of segways and drones – it's time to review this bylaw.

The City wants to understand your vision for parks in Calgary and capture all the opportunities and issues that affect park users. This input will help determine how the Parks Bylaw should change, to make park experi-

ences better for everyone. Is there anything you want to change in our parks? Do you have any ideas on how we can reduce user conflicts in parks?

Throughout February we will be collecting feedback from Calgarians. To share your thoughts please visit engage.calgary.ca/parksbylaw or call 311.



YOUR MOMENT FOR CHANGE

REGISTRATION IS COMING!

CAMPS

March 3

LITTLE KIDS, ACTIVE LEARNERS PRESCHOOL

March 6

DRYLAND

March 13

SWIMMING

March 20

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What's Cooking at Northern Hills Connect

By Northern Hills Connect

In our February 2018 issue, we saw how Northern Hills Connect (NHC) has worked with Ian McAnerin launch his Northern Hills Night Market, and how the group is helping Stephanie Paull move her pitch idea, Kindlii, forward.

This month we look at another member, Zuhair Khan, who in September 2017 pitched the idea of a children's indoor playground. A playground that offers masseuse and styling salon services to pamper the parents who typically idle away hours in waiting for their children to tire.

Zuhair has since moved on from his initial pitch and is working a social enterprise that is more inclusive and has a bigger community impact.

Food is one of those things that transcends cultures and brings a community together. His new concept does just that! It brings the community together around all things food in a fully licensed kitchen to serve up culinary magic!

The law forbids cooking of food out of a home kitchen for selling commercially without having the right permits, a certified commercial kitchen and the mandatory food handling certificates.

This kitchen would facilitate training to meet Alberta's Food Regulation requirements, conduct workshops to cover basic kitchen skills and cooking. It will provide a platform for those who love to teach cooking traditional and ethnic meals, des-

serts, chocolate making, etc.

This would also serve as an ideal space for restaurants and professional chefs in Northern Hills who want deeper community involvement.

We all know someone who's exceptional at cooking and needs a little encouragement to take first steps to starting their own catering business. The kitchen would be the launchpad giving them an affordable space to hone their skills and create their magic.

Being a community-driven enterprise, a stone's throw away from you, it adapts to your needs so we thrive together.

"For me, Northern Hills Connect has played a pivotal role in helping me move my idea forward. We work as a group in critiquing concepts, fine-tuning them, providing support in whatever capacity we can to help build a successful business," said Zuhair.

Zuhair says, that with the help of the training and professional business coaching facilitated by NHC and Momentum / Thrive, he is



ready to pitch his idea in our next meeting and is putting the final touches to his business plan.

Zuhair not only pitches ideas, he also volunteers his time with the Northern Hills connect communications team. If you would like to contribute to helping build the concept further, join us in our next meeting.

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.

Crossword puzzle ANSWERS

Puzzle on page 4

1	B	O	O	R				5	P	I	G		8	S	P	E	C										
12	I	V	I	E	D			14	I	R	O	N		15	P	I	P	E									
16	T	E	L	C	O			17	S	E	T	A		18	R	A	I	D									
19	T	R	Y	O	N			20	S	P	A	T		21	I	E	N	C	E								
					22	M	E	N	U					23	N	E	O										
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								50	O	C	A							51	S	A			52	K	I		
53	H	A	D	M	A	N		56	A	T	T	E	M		58	P	T		60	S							
61	A	G	U	E				62	C	A	R	E			63	P	O	I	S	E							
64	S	H	A	G				65	E	W	E	R			66	I	N	C	A	N							
67	T	A	L	A				68	S	P	A							69	Y	A	R	D					

Neighbour Day 2018

Celebrate with your Neighbours

By The City of Calgary

Held annually on the third Saturday of June, Neighbour Day is an opportunity to get together with your neighbours and celebrate our strong community spirit in Calgary. This year Neighbour Day will be held on Saturday, June 16.

Neighbour Day originated in 2014 to celebrate the incredible outpouring of support and generosity neighbours demonstrated

after the 2013 floods. Now it has evolved into an annual celebration of what makes Calgary such a great city – namely our strong and caring communities.

Neighbour Day continues to grow each year. Last year, The City saw a large increase in the amount of permitted events from the previous year.

This year, The City is once again waiving its fees for block party permits and greenspace bookings for approved Neighbour

Day events that take place on June 16.

The City wants all Calgarians to celebrate and are encouraging as many people as possible to host a local community event.

Visit calgary.ca/NeighbourDay for more information.



Sudoku puzzle ANSWERS

This Sudoku is provided by:

Sudoku of the day:

<https://www.sudokuoftheday.com/>

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



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



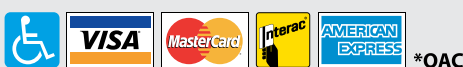
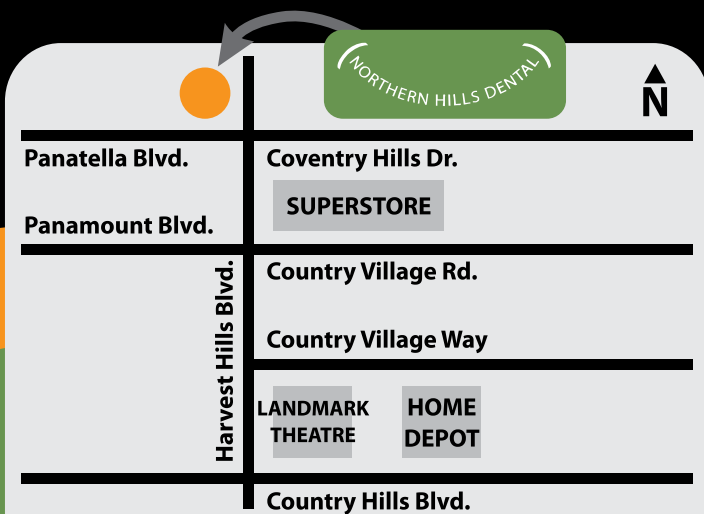
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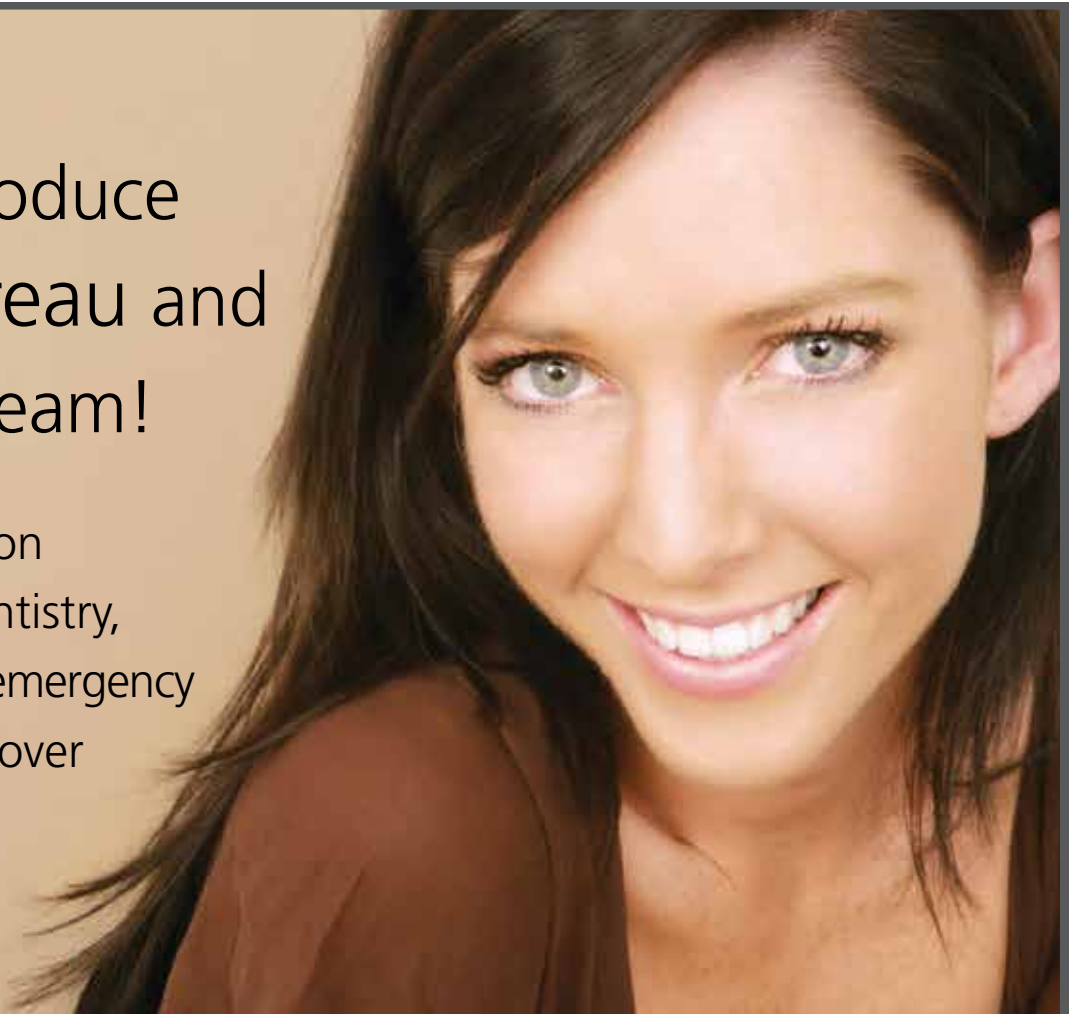
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Thursday: 8am-8pm	

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