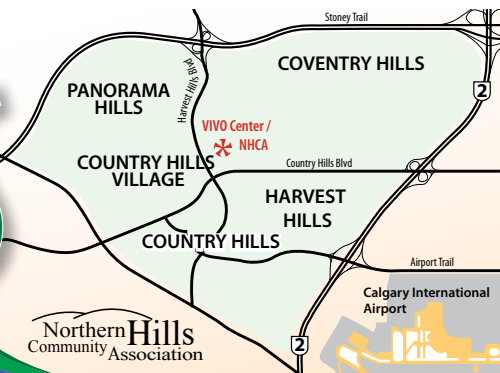


Over 20,000 monthly printed copies

# 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 [Facebook] [Instagram] @northernhillscalgary [Twitter] @northernhills

## Break A LEGO

### 1<sup>st</sup> LEGO Event in the Northern Hills!

By Yana Soldatenko,  
Engagement Coordinator, NHCA

Have you heard about Break A LEGO? It is a collaborative project between Northern Hills Community Association, Vivo for Healthier Generations, and Manifest Church Calgary. Our first Northern Hills Break A LEGO event was held on Saturday, March 10th!

Several LEGO events and programs exist in the city, but the suggestion to organize a LEGO event for Northern Hills community was brought forward by Manifest Church's pastor, Brad Huebert, following the fantastic experiences at various LEGO events with his family. Break A LEGO is a new, creative, and different type of LEGO event with three major parts to it. First, Original LEGO creations contest provided an

opportunity for participants, kids, and adults to show their not out of the box LEGO creations. Participants were required to build their creations at home and bring them on the day of the event. Furthermore, four contest categories were created namely: "Things that Fly," "Things that Move," "Buildings & Structures," and "Wild Card." Each contest participant had a chance to compete in 2 categories. We would like to thank our grand prize sponsors Mastermind Toys and Manifest Church, as with their support our 1st place winners in each category received a great LEGO set!

Also included in the Break A LEGO event was LEGO OLYMPICS comprising of playful and fun activities for kids such as

- Continued on page 4



Northern Hills  
Community Association

mastermind  
**TOYS**

vivo  
for Healthier Generations™

Manifest  
CHURCH

REAL CANADIAN  
SUPERSTORE



FROM THE PRESIDENT	3
CROSSWORD	4
WARD 3 OPEN HOUSE AND NHCA AGM	4
EVENTS & PROGRAMS CALENDAR	6
ELECTED REPS	10
SPORTS PAGE	12

*this month*  
WHAT'S INSIDE

FREE ICE CREAM  
ON PAGE 8



**UPCOMING Events**

- APRIL 6, 10-11:00 AM - LET'S CHAT AT VIVO
- APRIL 12, NHCA AGM + WARD 3 OPEN HOUSE
- TUESDAYS IN APRIL, 12:00-2:00PM MEET CARYA AT THE COUNTRY HILLS LIBRARY
- THURSDAYS, APRIL 12 - May 24, 10:00 - 11:30AM, COME PLAY WITH ME
- APRIL 27, 9:30-11:30AM, OPEN CLOSET AT HARVEST HILLS ALLIANCE CHURCH
- MAY 6, 12:00-1:00PM, COMMUNITY PICNIC + JANE'S WALK AT COMMUNITY GARDEN SPACE BY NOSE CREEK SCHOOL
- MAY 10 - PLAY AND CHAT WITH AHS SPEECH & LANGUAGE PATHOLOGIST

For more information visit [northernhills.ab.ca/nhca-calendar/](http://northernhills.ab.ca/nhca-calendar/)  
Follow us [Facebook] [Instagram] @NorthernHillsCalgary [Twitter] @NorthernHills

**Bottle Depot**

BEDDINGTON HEIGHTS  
**BOTTLE DEPOT**

#111, 20 Country Hills Landing NW  
Calgary, Alberta T3K 5P4

**403-274-2122**

**New Automated Counting Machines to Serve to you Better and Faster**

Mon - Fri: 8:45am - 6:00pm  
Sat: 8:30am - 5:00pm  
Sun: 10:00am - 4:00pm

Computerized • Accurate • Fast & Friendly Service

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

**Extra 10% Cash Back**  
with this ad  
valid until Apr 30th





**MONDAY-THURSDAY** 7am - 8pm  
**FRIDAY & SATURDAY** 8am - 4pm

**FAMILY DENTAL CARE CLOSE TO HOME!**

**NOW THAT'S SOMETHING TO SMILE ABOUT!™**



**Visit Dr. Joel Thurmeier & Associates**

- Family & Cosmetic Dentistry
- Extended Hours: Early Morning, Evenings & Saturdays
- Direct Insurance Billing
- Emergencies Treated Promptly
- Child Hygiene Program & Dedicated Children Play Area
- Intra-oral Cameras & Digital Xrays
- TV's In Every Room
- Massage Treatment Chairs
- Soft Tissue Laser Therapy
- Oral Cancer Screenings
- Botox® Provider
- Zoom Whitening

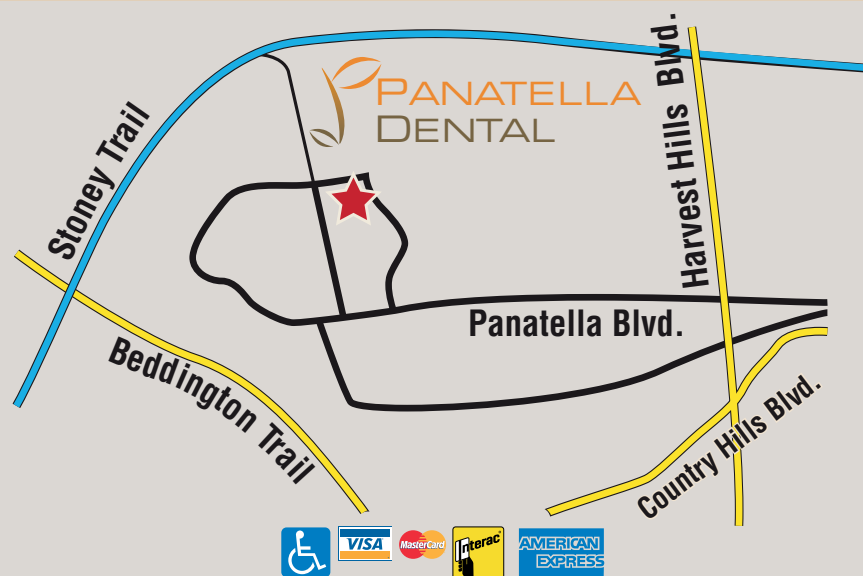
**GENERAL FAMILY DENTISTRY  
 IN PANORAMA HILLS NW**

New Patients & Emergencies Always Welcome!

**Visit us at  
[www.PanatellaDental.com](http://www.PanatellaDental.com)**

650, 1110 Panatella Blvd., NW,  
 Calgary, AB T3K 0S6

"Panatella Dental" and the logos, tag lines and designs associated with these trade-marks, are trade-marks of J. A. THURMEIER PROFESSIONAL CORPORATION, Canada. All rights reserved."



**Located Beside Save-On Foods In Panorama Hills**

**403.226.4788**

**WWW.PANATELLADENTAL.COM**

# Community Association Notes



## From the President



I can hardly believe it has been almost a year since I took on this role, and man it has been a busy one. The

efforts of the board, the NHCA staff, and many volunteers have resulted in some amazing outcomes to many new initiatives that you will see develop over this upcoming year. To keep the momentum going, we will need many volunteers this year, and your input on what other things you want to see your NHCA to work on.

Here are some of the highlights for 2017/2018:

- Held an election forum to bring attention to candidates for municipal and school board election
- Creating Coventry is making

strides to identify how to re-develop the many playgrounds and green spaces in the Coventry area

- Harvest Hub will be breaking ground for a redevelopment of a park and play space in Harvest Hills
- Northern Hills Connect kicked off initiation of social enterprise development in Northern Hills
- Our community gardens will get refurbished and provide better access to our seniors
- A new parklet will create pedestrian entrance near Superstore as a result of working with developers
- Break A LEGO was a 1st-time family initiative to gather families in a fun, challenging, and competitive event
- Block Watch expanded into Panorama and is getting city-wide recognition for its work
- A large-scale community mural is anticipated to be completed on the fence line

along Coventry Hills Boulevard.

- Continuing advocacy around our community needs for a High School, improved public services including improved transportation.

This is in addition to delivering our regular programming in sports, community development, and ensuring you are informed through the delivery of the newsletter publication. To service our community, we need to hear your voice and understand what you want. I encourage you to come out to the AGM and meet some of the amazing people that who this great stuff happen.

Watch Facebook and our website for ongoing details!!

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

## Volunteer Opportunities



Dear Northern Hills residents,

Spring is around the corner! This means spring and summer outdoor activities are coming back. Gardening, playgrounds, events, block parties, and much more! We would like to mention a few volunteering opportunities that might be of interest to some of you.

### HHHub Event & Program Organizer

Are you interested in helping to design and organize engaging events and programs for the Harvest Hills Community Hub (HHHub)? Consider joining our team! We are a group of local individuals dedicated to creating opportunities for connection and collaboration between Northern Hills residents. This role is a great opportunity to be part of our thriving community-led project which is recognized by the City!

### Community Gardener

Looking to give back to your community? Are you an experienced gardener willing to share your knowledge? Do you have garden tools or garden books to donate? Do you want to learn more about how you can give your skills and time to your community? We have two marvelous community gardens that are looking for volunteers who would like to learn and enhance garden skills by helping out with planting, watering, weeding, mowing, and upcoming garden renovations!

### 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!

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/](http://northernhills.ab.ca/volunteering/)



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

This month's trivia question is:

### When is NHCA's AGM scheduled?

Please send your answer, the article title and page number, along with your name, contact information and NHCA membership number\* to: [editor@northernhills.ab.ca](mailto:editor@northernhills.ab.ca). 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](http://northernhills.ab.ca/membership).

The winner of the “Did You Know in the Hills?” trivia question for the month of February is: **Lana Dinn, Congratulations!**

The answer was “outreach, information, and referral support for singles, seniors and families” and can be found in March 2018 Northern Hills News in the article “Outreach Thursdays in NHCA” on page 4. 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 – contact us!  
Advocacy: David Hartwick  
At Home in the Hills: 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

### CONTACT

NHCA at Vivo,  
11950 Country Village Link NE,  
Calgary, AB T3K 6E3  
Web: [www.northernhills.ab.ca](http://www.northernhills.ab.ca)  
Tel: 403-226-6422  
Email: [info@northernhills.ab.ca](mailto:info@northernhills.ab.ca)  
Ad Sales: Heather Hubert,  
[marketing@northernhills.ab.ca](mailto:marketing@northernhills.ab.ca)  
Newsletter Editor: Luz Bolo,  
[editor@northernhills.ab.ca](mailto:editor@northernhills.ab.ca)  
Assistant Editor: Annie Udofia  
Administrator: Marina Barrett,  
[admin@northernhills.ab.ca](mailto:admin@northernhills.ab.ca)  
Bookkeeper: Paige Martin  
Executive Director: Moraig McCabe,  
[moraig.mccabe@northernhills.ab.ca](mailto:moraig.mccabe@northernhills.ab.ca)

Kids/Youth Soccer: SoccerTech,  
[info@soccertech.ca](mailto:info@soccertech.ca)  
Community Engagement  
Coordinator: Yana Soldatenko,  
[engage@northernhills.ab.ca](mailto:engage@northernhills.ab.ca)  
Website/IT: Troy Davis,  
[troy.davis@northernhills.ab.ca](mailto:troy.davis@northernhills.ab.ca)  
Newsletter Publishing:  
Duane Thomson at  
Keyline Publishing

### EDITOR'S NOTE:

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

**SAGE HILL BOTTLE DEPOT**

**WE ARE OPEN 7 DAYS A WEEK!**

MON-SAT 9AM-5:30PM SUN 10AM-4:30PM

**SPRING INTO YOUR NEW FAVOURITE DEPOT!**

**70 SAGE HILL PLAZA NW (ACROSS FROM WAL-MART)**

(403) 275-7003

Book your next bottle drive with us!

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





# Ward 3 Open House and NHCA AGM

Ward 3 Councillor Jyoti Gondek is teaming up with the NHCA on April 12th for a Ward 3 Open House prior to the NHCA Annual General Meeting.

Final details are still being worked on at the time of publication but this is a great opportunity to learn more about Ward 3 and the NHCA. Some of the possible attendees are the Creating Coventry Group, the Building Safer Communities team (Blockwatch), and a few surprises.

At the AGM, you can learn more about who the Northern Hills Community Association is. What do we do? What communities do we represent? Where do we get our funding? Who makes the decisions for the organization?

The NHCA is...YOU. Where do we get our funding? YOU. Who makes the decisions? Well, sort of, YOU. At the AGM, we discuss finances, get your approval on our direction, and share what we are doing. This is an opportunity to meet others from the communi-

ty, provide us with feedback, meet the NHCA board...and maybe even join it, and meet your elected representatives. You can also learn the amazing value you get from being a member including Blockwatch, advocacy like schools, health centre and Vivo expansion, in addition to our valuable discount program where you can easily get your full membership back through discounts at local retailers.

Check out NHCA.ca, @NorthernHills on Twitter, or Facebook.com/NorthernHillsCalgary for up to date information on the evening. Expected times for the Open House is 530pm -7pm with the AGM commencing at 730pm, together at Harvest Hills Alliance Church, a great community partner.

This is YOUR community association. Come out and meet your neighbours, buy a membership that gives you a vote at the AGM, and learn about the ongoing value all year with that membership.

# Garden Events

Do you want a plot in a Community Garden?



**Register Today!**  
nhca.ca/community-gardens/

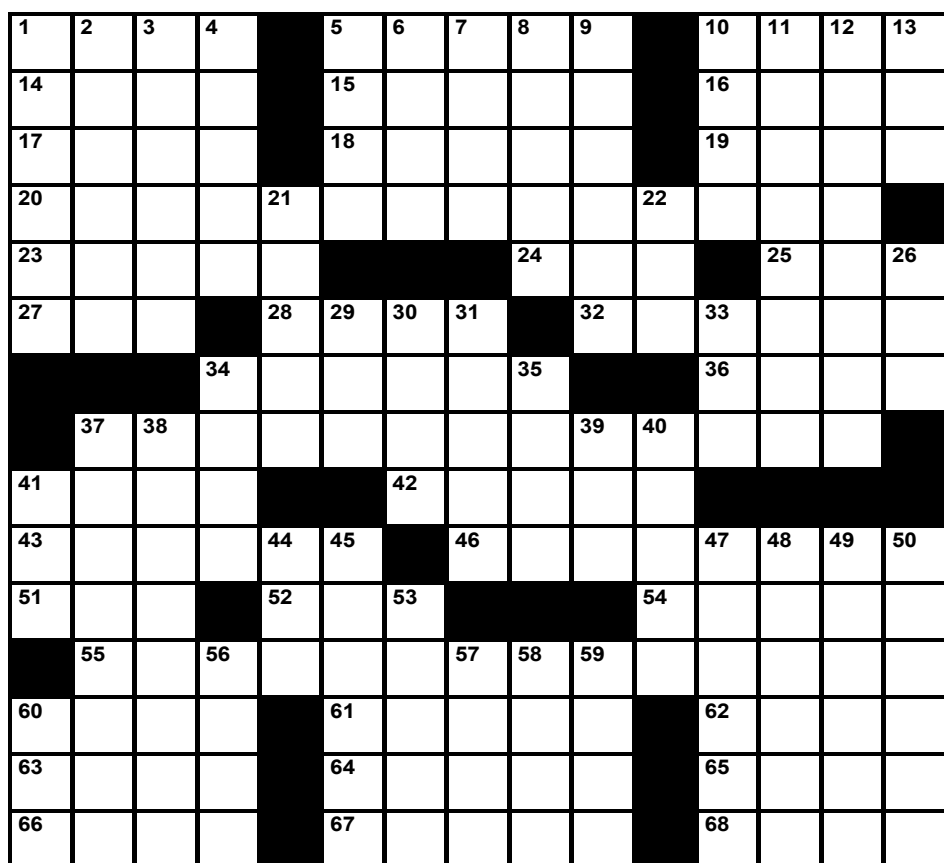
Raised wicking bed workshop at Coventry community garden at the end of April. Stay tuned to NHCA social media for more details to come!

"Recipes straight from the garden!" - Harvest Hills community garden

will host a recipe sharing event where you can learn about less common vegetables that grow great in our Calgarian climate and delicious ways to eat them! Stay tuned to NHCA social media for more details to come!

## CROSSWORD

Answers on page 14



**ACROSS**

- 1. Conduct
- 5. Map collection
- 10. Crest
- 14. Entry
- 15. Safe place
- 16. Common online activity
- 17. German lady
- 18. Overthrow, e.g.
- 19. Astronaut's org.
- 20. Discoverer's cry
- 23. Glove material
- 24. Self-addressed envelope
- 25. Grassy area
- 27. Rank, abbr.
- 28. Potato of the tropics
- 32. Improvised
- 34. Desires
- 36. Notable break-up of 1991
- 37. Cash cache
- 41. Malted barley drink
- 42. Tenth
- 43. Use for support
- 46. Secures, as a sword
- 51. Scarfed down
- 52. Hard throw, in baseball
- 54. Long-legged wading bird

- 55. Springs searches
- 60. Estimate follower
- 61. Grain sorghum
- 62. Jumna river city
- 63. Take note of
- 64. Genuine
- 65. Margosa
- 66. Racetrack stats
- 67. Wed on the cheap
- 68. Redwood or sapling

**DOWN**

- 1. IHOP offering
- 2. Papal name
- 3. Willie Mays and teammates
- 4. Study musical technique
- 5. Swear to
- 6. Hands on deck
- 7. Creep around
- 8. Medicinal plants
- 9. \_\_\_ of consciousness
- 10. Teen worry
- 11. Spanish king
- 12. Spa employee
- 13. A letter from Greece
- 21. "..., \_\_\_, read all about it!"
- 22. Wasabi-coated snack veggie
- 26. Borrower's concern, briefly
- 29. Blurbs
- 30. Defeat decisively
- 31. Gold lace
- 33. Two-man operation
- 34. Ethereal
- 35. Actor Green or Rogen
- 37. Balanced on the edge
- 38. Free
- 39. An article you use every day
- 40. Come to
- 41. Supporting item
- 44. Cull
- 45. It might get under your skin
- 47. Absentee
- 48. Item in a wardrobe
- 49. Biggest course
- 50. Big Mac bun topper
- 53. Watery meal
- 56. Grass squares
- 57. Hence
- 58. Film crew member
- 59. Entry point
- 60. Exclamation of surprise

**LEGO** - Continued from page 1

building a LEGO cube with one hand, building the tallest tower, building a connecting bridge between two tables, and much more! LEGO Olympics turned out to be a great success as there were many kids interested in participating and playing. An existent Kids Play Area allowed kids to play with more significant LEGO pieces, participate in coloring activities, and have fun under the supervision of a Play Ambassador in Vivo. A typical segment throughout the event was the "How Many LEGOs?" activity, where participants were asked to guess how many LEGO pieces were in the closed transparent jar placed in front of them. It was exciting to see kids and parents having fun while

writing down their guesses. At the end of the event, the person with the highest guess number and the closest to the number of pieces in the jar won the Star Wars LEGO set! There was a special guest appearance of Batman at the event to check out the Break A LEGO.

Our special appreciation goes to all wonderful volunteers, without whom all of this won't have been possible. We want to thank you all for your hard work and for sharing in the day's excitement. You were our rock stars! Thanks to Superstore's sponsorship, our volunteers were fed and full of energy for the whole event. We hear there is a growing interest in such activity so we would like to do it again either this year or next. Stay tuned!

**SPRING 2018 REGISTRATION NOW OPEN!**

10-WEEK SESSIONAL DANCE CLASSES start April 2018

- Hip Hop Intro 4-6 yr
- Kinder Combo 4-5 yr
- Tiny Tot / Tiny Kinders 3-5 yr
- Parent & Tot
- NEW Junior Hip Hop 6-10 yr

**FREE TRIAL CLASS**

**2018 SUMMER CAMPS**

Half & Full-day Camps Available!  
Optional Before & After Camp Care Available!

- Mini Stars (Ages 3-6)
- Rising Stars (Ages 6-11)
- Live to Dance Intensive (Ages 7 & up)

WWW.URBANDANCEPROJECTS.COM

620 - 1110 Panatella Blvd NW  
info@urbandanceprojects.com 403.253.4058

**Wilson Lentz LLP**  
Chartered Professional Accountants

**Our Services**

- ✔ Tax Returns and Planning – Corporate, personal, trusts
- ✔ Accounting – Financial statements
- ✔ Bookkeeping, GST, and Payroll

**Location & Phone**

Suite 117 – Arcuri Business Centre  
70 Country Hills Landing NW  
(Beddington Trail NW and Harvest Hills Blvd. N)  
403.226.9194

www.wilsonlentzllp.ca      info@wilsonlentzllp.ca



# Creating Coventry Update

By Nicole Dawe

## Recap!

During the Family Day event at Vivo, over 300 individuals stopped by to participate in the Creating Coventry Engagement. It was exciting to learn more about how people walk and bike around this area, have them put their stickers onto the big map of future park dreams, and share

why some parks are more in use than others.

We're now in the process of summarizing all of this information into a very visual report to share with the community this spring.

## What's Next: Save the Date for a Picnic!

On Sunday, May 6th from 12pm-3pm, Vivo, NHCA, Manifest Church and North Calgary Cultural Association are partnering to host a community picnic and Jane's Walk. The picnic will take place from 12pm-1pm at the community garden space by Nose Creek School, with a walk through the various parks and

green spaces following from 1pm-3pm.

We'll be sharing the final report and future vision for parks in Coventry Hills where you'll learn about the new, inclusive, and accessible community garden and social space being built this summer and get a chance to have fun and get to know your neighbours. Stay tuned to Vivo and NHCA social media and website for more information.

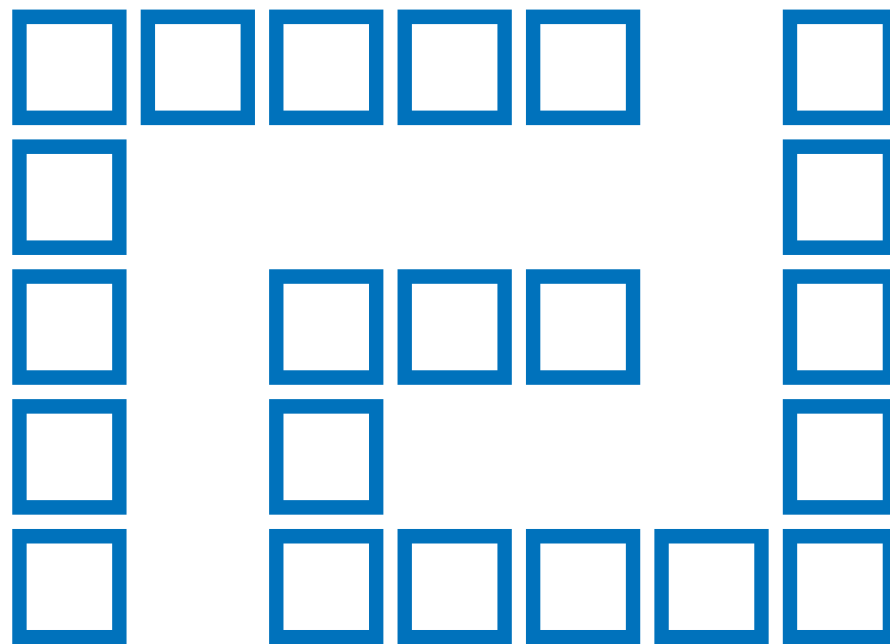
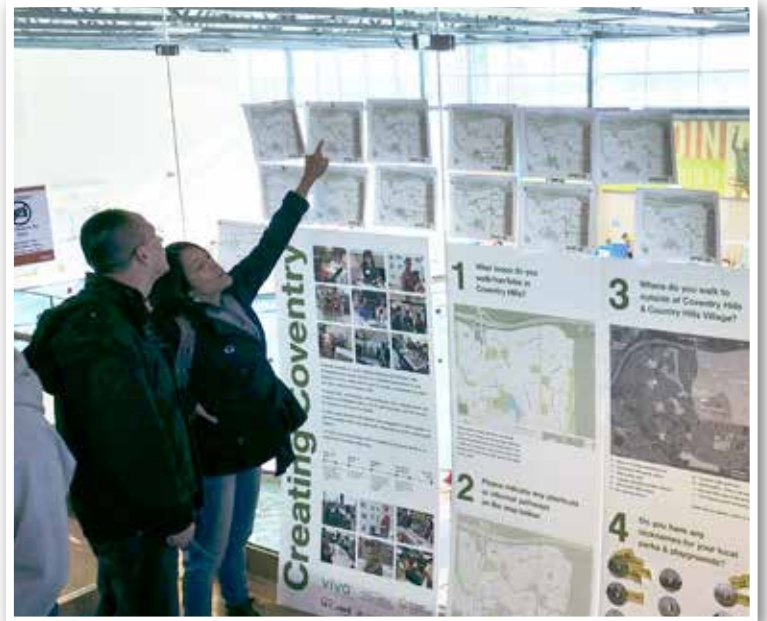
Jane's Walks are free, locally-led walking tours inspired by legendary urban activist Jane Jacobs, in which people get together to explore, talk about, and celebrate their neighbourhoods.

## Why Coventry?

Some people have asked why Coventry and not another community? We began this process with Coventry Hills as it has a higher number of playgrounds and green spaces that decisions will have to be made on in the next decade. The hope is to repeat this process in other communities in the future.

Want to know more or get involved?

Feel free to reach out to Moraig (NHCA lead, creating-space@northernhills.ab.ca) or Nicole (Vivo lead, ndawe@vivo.ca) to chat about anything related to this project.



## Feeling boxed in by the banks? Panorama has a new way out.

With the opening of our new concept branch in Panorama you are no longer stuck with the rigid banks. Now you can break out with a financial institute that actually puts money in your pocket! Check us out.

1087 Panatella Boulevard (next to the Co-op gas bar)



Save | Spend | Borrow | Plan

Feel good about your money.™

®/™ Trademark(s) of Servus Credit Union.

# Dates

NHCA Events and Programs

Apr 2018 (Mountain Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Late Registration Outdoor Soccer(kids and youth)						
		2:30pm - SPRY @		2:30pm - SPRY @ 4pm - Outreach	10am - Let's Chat at	
8	9	10	11	12	13	14
Late Registration Outdoor Soccer(kids and youth)						
		2:30pm - SPRY @		10am - Come Play 2:30pm - SPRY @ 4pm - Outreach 6pm - AGM @ TBD		
15	16	17	18	19	20	21
Late Registration						
		2:30pm - SPRY @		10am - Come Play 2:30pm - SPRY @ 4pm - Outreach		
22	23	24	25	26	27	28
		2:30pm - SPRY @		10am - Come Play 2:30pm - SPRY @ 4pm - Outreach		
29	30	1	2	3	4	5
Outdoor Soccer Season						
		2:30pm - SPRY @		10am - Come Play 2:30pm - SPRY @ 4pm - Outreach		

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/](http://northernhills.ab.ca/nhca-calendar/) or by scan the QR code:



Greetings #2058



Hello, Panorama

## Think outside the banks.

At Servus we do things differently. Let us show you how. Get in on our branch special offer. We'll give you \$500\* towards your investment when you become a member and open a GIC, along with one additional service.

Learn more at [servus.ca/panorama-hills](http://servus.ca/panorama-hills) or visit the Panorama Hills branch at 1087 Panatella Boulevard (next to the Co-op gas bar).



Save | Spend | Borrow | Plan

Feel good about your money.™

®/™ Trademark(s) of Servus Credit Union. \*Terms and conditions apply. This is a limited time offer.



# Harvest Hills Community Hub Update – April 2018

Things are moving along with the Harvest Hills Community Hub Project. We are anxiously awaiting news on the outcome of our final grant, the Government of Alberta Community Facility Enhancement Program (CFEP) Grant. Upon hearing back, we will be moving forward with the detailed planning of the community hub with our Landscape Architect, IBI Group. We are hoping for a build on our site at 178 Harvest Glen Way NE in early summer!

Recently, we have had a few more community volunteers come out of the woodwork and join our team! Thank you to Nikki Browne, Shantanu Datta, and Andrea Rudoski for attending the March meeting and stepping up to help out with the hub! Your fresh ideas and enthusiasm are so appreciated as we move forward into the final leg of the build and set our sights on the growing of our hub!

Currently, we are planning an engaging opening ceremony and brain-

storming possible future events and meetups at the site. Some ideas we are considering include:

- a meetup 5k running group,
- tea in the park for seniors,
- a community book swap,
- a visit from the Calgary Public Library bus,
- a local business day (showcasing local, homemade, sell-from-home, and small business models); and
- a community potluck.

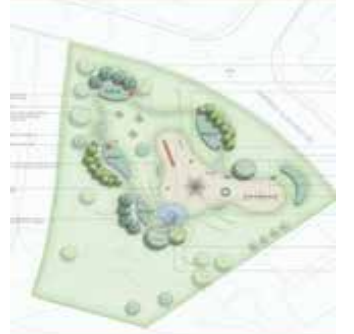
Please check out our Facebook page for a more thorough list of potential events in the hub as well as pictures and video of some of the play equipment we are hoping to install. [www.Facebook.com/HarvestHillsHub](http://www.Facebook.com/HarvestHillsHub)

If you have been thinking about joining the team, or if you have any ideas for an event or meetup at the completed hub, please do not hesitate to reach out! Email Victoria Henry at [HarvestHillsHub@hotmail.com](mailto:HarvestHillsHub@hotmail.com). And please follow our Facebook page at [www.Facebook.com/HarvestHillsHub](http://www.Facebook.com/HarvestHillsHub) for updates on our progress!

Thank you for your ongoing support and interest as we build something great in the hills!

Harvest Hills  
**COMMUNITY HUB**

MAKE YOUR  
COMMUNITY  
EVEN BETTER.  
JOIN THE  
TEAM!



[WWW.FACEBOOK.COM/HARVESTHILLSHUB](http://WWW.FACEBOOK.COM/HARVESTHILLSHUB)

## PROGRESSIVE OPTOMETRY

 **Flame's Team Optometrist**



**New Patients Welcome**  
Walk-in, Evening & Weekend Appts  
Occupational Safety Eyewear  
Direct Billing to Most Insurances  
Family Eye Care

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

廣東話 眼科醫生

白內障 青光眼 乾眼症

34 Panatella Blvd NW  
403 248 3937

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

JUNE						
S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**SAVE THE DATE!**

The 1st Annual Coventry Hills  
Parade of Garage Sales will be held  
June 9-10, 2018 at 9am- 4pm  
details to follow

Proudly sponsored by your Coventry Hills Specialist and Resident Realtor®

**CORY LOMSNES**  
587. 435. 0750



REAL ESTATE MOUNTAIN VIEW

## YOU DO LIFE. WE DO TAXES.

Services include Personal Tax, Small Business Tax, Bookkeeping & Payroll.

Come see us at:

#6 - 10 Country Hills Landing NW Calgary, AB T3K 5P4

**(403) 457-8826**



866-290-2222 [libertytaxcanada.ca](http://libertytaxcanada.ca) [LibertyTaxCanada](https://www.facebook.com/LibertyTaxCanada) [LibTaxCanada](https://www.instagram.com/LibTaxCanada)

**\$20 OFF\*** TAX PREPARATION  
Save \$20 when you have your tax return prepared at Liberty Tax.


#6 - 10 Country Hills Landing NW, Calgary, (403) 457-8826



\*For new customers. Valid at participating locations. Other exclusions may apply. Void where prohibited by law. Cannot be combined with other offers or used toward past services. One coupon per customer and per return. Not valid with Instant Tax Refund. Valid 1/1-4/15/2018. Promo Code: **NEWN20**



# 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: \_\_\_\_\_

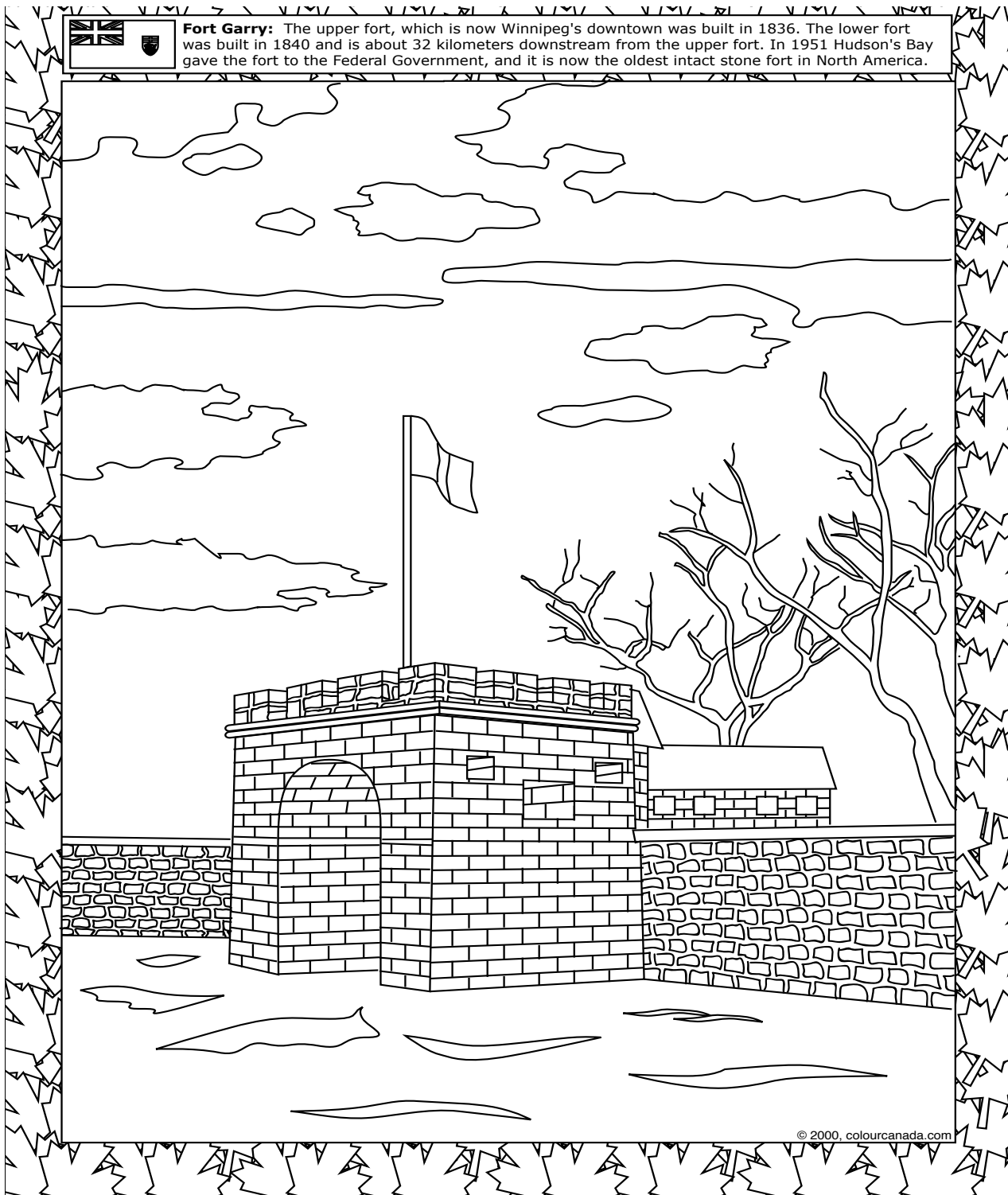
Age: \_\_\_\_\_

*\*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:  
<http://www.sudokuoftheday.com/>      Answers on page 14

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




### STEP UP DRIVING ACADEMY LTD.

Service available in English, Hindi, Punjabi, Urdu

Lady Instructor Available  
 Class 5  
 Brush Up Lessons  
 Advance Training  
 Car Rental /  
 Free Pick Up and Drop Off

**Ishinder Gill**  
 403 700 9788  
[stepupdrivingacademy@gmail.com](mailto:stepupdrivingacademy@gmail.com)

### Dance Classes

**Ages 3 to Adult**

*Sturchevski*  
 SCHOOL of BALLET

**Register online!**  
[www.ssballet.ca](http://www.ssballet.ca)  
 403 226-8874

200 Country Hills Ld NW

### Join us on social media





@northernhills      NorthernHillsCalgary

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



## COUNTRY HILLS DENTAL CENTRE

**403.226.1809**  
 707, 500 Country Hills Blvd. NE  
 Calgary, AB T3K 4Y7

*Proudly serving the Northern Hills Communities since 1998*

**www.countryhillsdental.com**

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





By Advocates for North Calgary High School (ANCHS)

Thank you. Thank you to those who wrote letters; To those who tweeted; To those who called; To those who rallied; and to any of you who took any action to make the CBE and Alberta Government hear our plea: IT'S OUR TURN.

Last month, the CBE revealed the high school was #3 on their 2019-2022 Capital Plan, which was way better than #27 just 3 years ago. Representatives of the NHCA and the Advocates for North Calgary High School attended the CBE Board of Trustees meeting on March 6 to make presentations to the Trustees and administration, watch the presentation by administration, and listen to subsequent questions by the Trustees on the ranking of the schools. A debate and vote on the Capital Plan would be held a week later.

A rally was quickly organized between the two meetings on Sunday, March 11th, which drew about 100 residents, MLA Kleinsteuber, Trustee Althea Adams, Councillor Gondok

and several members of the media. The high school remained at #3 at the vote March 13th.

It would appear our efforts have been heard. To our surprise, Premier Rachel Notley announced design funding for the North Calgary High School on March 23rd. What does this mean exactly? It means the Province will fund the preliminary design of the school and site suitability so that when funds become available, shovels are in the ground faster. This process typically takes about a year.

This DOES NOT mean the school is a done deal nor provides a timeline for construction funding. We must continue to put pressure on the Alberta Government to fund the high THIS YEAR. In fact, NOW.

Let's be clear...the utilization rate in the north sector leads the city at 274%!!! The Capital Plan forecasts the north will again have the largest population growth of 19000 people by 2021. The CBE determines there is a high school needed for every 50,000 to 60,000 people. With the Northern Hills and Hidden Valley already having 68901 people, and an additional 40000 in the north sector communities of Carrington, Livingston, Evanston, Sherwood, Kincora, Nolan Hill and Sage Hill, we are actually in need of TWO! And those areas are expected to grow to 118000 according to the same Capital Plan!

# North Calgary High School APPROVED! Sort of.



Don't let up on the pressure. Take 5 minutes and write or call MLA Jamie Kleinsteuber, Education Minister David Eggen, Finance Minister Joe Ceci, and Premier Rachel Notley. Please, take 5 minutes now. We needed this school yesterday. Or actually, 14 years ago.



**the Gutter Doctor**

**Home Exteriors**  
Install/Repair/Clean

EAVESTROUGHS | DOWNSPOUTS  
FASCIA | SOFFIT | ROOFING | SIDING

15,000 happy customers since 2003!

**403-714-0711** [gutterdoctor.ca](http://gutterdoctor.ca)



# YOU'RE INVITED!

## COME AS YOU ARE.

**VISIT US THIS MONTH:**  
 April 7/8 - Understanding Jesus' Work  
 April 14/15 - Understanding Jesus' Passion  
 April 21/22 - **SPECIAL GUESTS:** Watoto Children's Choir  
 April 28/29 - Jesus' Greatest Command

**16 BERMUDA DRIVE, NW CALGARY :: PROGRAMS FOR KIDS & YOUTH**

**BPC** [BPCCHURCH.CA](http://BPCCHURCH.CA) | Visit us for one of our weekend services  
 Saturdays (6pm), Sundays (9:30am & 11:15am)



# Elected Representatives



Ward 3 Councillor  
Jyoti Gondek

**Hello Ward 3!**

**Ward 3 Open House**

I would like to invite you to our first Ward 3 Open House to be held April 12th. I will be confirming location and time shortly so please check out my website at [Calgary.ca/ward3](http://Calgary.ca/ward3) or my Facebook page at [facebook.com/jyotigondek](https://facebook.com/jyotigondek).

As you know, my guiding vision in office is to bring infrastructure investment back to north central Calgary. One of the steps I'm taking in this regard is to ensure that the north extension of the Green Line is a priority as we execute the construction of Stage 1. That's why

I have asked Administration to ensure that ridership rates over time are reported as a key variable and not just cost of delivery. Frankly, Ward 3 has the right-of-way in place along Harvest Hills Blvd and could commence construction immediately if funding was available, but we lack the connectivity to the rest of the network. One suggestion I have made is to utilize our existing right-of-way as a dedicated bus lane, with a possible bike lane and pedestrian pathway. In this manner, we use our roadways to their best ability and allow for a smooth transition to LRT in future.

My other advocacy efforts include full support of the need for a public high school in north central Calgary. Congratulations to Advocates for North Calgary High School and the NHCA for rallying the troops on March 11, bringing out elected officials and the media to sit up and pay attention to our overlooked needs. Kudos to all residents who have been champions for

this public high school – you managed to get us back on the CBE's priority list at number 3 citywide. I'm pushing for our municipality to get a seat at the table so we can make sure new communities get built with schools, and established communities (like ours) can be prioritized and retrofitted to meet the educational, social, and health needs of our kids.

I wish you all a great spring break and happy Easter!

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

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

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

## Calgary-NorthernHills MLA Jamie Kleinsteuber



Happy Easter to everyone in Calgary Northern Hills! Spring is in the air, and many are planning their first camping trip of the season. Alberta's wildfire officials have been working hard to prepare the province for fire season, March 1 through October 31. Firefighters need our help. Humans are the greatest cause

of fire in Alberta, responsible for 789 of Alberta's 1231 wildfires last year.

Preventing wildfires is a shared responsibility. Before heading out, check [www.albertafirebans.ca](http://www.albertafirebans.ca) to be sure campfires are permitted where you plan to camp. Never leave a campfire unattended. Be mindful of high winds that can quickly turn a campfire into a wildfire. Remember fireworks and incendiary targets are prohibited on public lands. You can report wildfires by calling 310-FIRE (3473). Working together, we can reduce the likelihood of wildfires along with their safety risks, negative impacts, and associated firefighting costs.

As Canada legalizes cannabis, Alberta has developed regulations that ensures

"focus on keeping our communities safe, while protecting public health and promoting safety on roads, in workplaces, and public spaces. They'll help keep cannabis out of the hands of youth while ensuring consumers have access to safe products no matter where they live", as explained by the Minister of Justice Kathleen Ganley.

Alberta's legal age for consumption and purchase of cannabis is 18, meaning those under the age of 18 cannot enter a cannabis store, even if accompanied by an adult. The Alberta Gaming and Liquor Commission (AGLC) will oversee distribution, compliance, and enforcement of Alberta's cannabis retail system. Regulations will be established provincially,

but municipalities will be able to adjust certain aspects to suit their communities. For more information on Alberta's approach, visit [www.alberta.ca/cannabis](http://www.alberta.ca/cannabis).

If you have questions or concerns about provincial matters, please email my office anytime: [Calgary.NorthernHills@assembly.ab.ca](mailto:Calgary.NorthernHills@assembly.ab.ca). Happy spring!

Your MLA,  
Jamie Kleinsteuber

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

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

## Honourable Michelle Rempel, M.P. Calgary Nose Hill



The federal government presented Canadians with a budget at the end of February. The federal government is projected to borrow \$18 billion this year alone which brings new deficit spending to \$60 billion over the last three years. The budget also forecasts that Canada's "Real GDP growth" will decline from 3.0 in 2017, to 1.6 in 2019. I will be hosting a Town Hall meet-

ing to discuss the budget, and other issues of concern on April 12, at 7:00 PM at the BP Church in Beddington Heights (16 Bermuda Drive NW).

An RSVP is not required to attend but is appreciated. You can RSVP by sending an email to [Michelle.Rempel@parl.gc.ca](mailto:Michelle.Rempel@parl.gc.ca) or by calling 403-216-7777.

[Michelle.Rempel@parl.gc.ca](mailto:Michelle.Rempel@parl.gc.ca)  
403-216-7777  
201-1318 Centre Street N.E.,  
Calgary, AB, T2E2R7  
[www.MichelleRempel.ca](http://www.MichelleRempel.ca)  
115-70 Country Hills Landing N.W. T3K5P3

Updated: February 16, 2018



## Membership Application

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

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

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

**Fees:**

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

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

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

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

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

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

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

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

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

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

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Adult Sports                                 | <input type="checkbox"/> 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?**

- |                              |                             |
|------------------------------|-----------------------------|
| <input type="checkbox"/> yes | <input type="checkbox"/> no |
|------------------------------|-----------------------------|

# Census 2018

Complete your census online! Watch the mail for your access code and visit [calgary.ca/census](http://calgary.ca/census) from April 1 to 19. The census data collected every year is used to ensure adequate programs and services are available to meet the needs of Calgarians. If you are unable to complete your census online, door-to-door census and voter registration collection will begin April 20, 2018.



Lovely Homes, quiet streets,  
desirable neighborhoods, great  
Schools, great deals. This is  
Northern Hills!

Call Percy Your area Market Expert!

Percy Connolly  
403-287-3880





# LIBRARY NEWS

## National Volunteer Week

Calgary Public Library's volunteers are honoured each April during National Volunteer Week (April 23-29, 2017) at our Volunteer Recognition Event. Our volunteers make an incredible difference in our community every day, allowing the Library to do so much more: offer more programs, in more locations, more often, to so many more Calgarians. Thank you to all our volunteers!

Want to be a Library volunteer? Visit [libraryvolunteers.ca](http://libraryvolunteers.ca) for more information.

## Summer Reading

Looking for ways to keep kids busy this summer? The Library can help with that! Kids can be part of a 3 Things for Canada Action Squad and help with community projects, learn to code using Scratch, and get messy with our science program. And of course we've got books that kids love to read!

For details, visit [calgarylibrary.ca](http://calgarylibrary.ca).



## Meet Carya at the Country Hills Library

Northern Hills is full of talented and knowledgeable residents who want to make their community a better place. Abbas and Lauren from Carya would love to meet you! Let's chat about what you value about living in Northern Hills, and your ideas to make your community stronger and more connected. Come share your stories and dreams, no matter how big or small, and let's see what we can do together.

Come have a conversation with us - we will be hanging out near the

window seats in the Country Hills Library every Tuesday from 12:00-2:00 throughout April. If you want to connect outside of those times, get in touch with us by email: [lauren@caryacalgary.ca](mailto:lauren@caryacalgary.ca), [abbasm@caryacalgary.ca](mailto:abbasm@caryacalgary.ca) or call 403-205-5271.



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 Grades 7-12 MATH & SCIENCE TUTORING** continues Wednesdays from 3:30 - 5:30 pm Just drop in with the work you need help with.

## OPEN CLOSET

Go **SHOPPING** without money!

Harvest Hills Alliance Church  
10099 Harvest Hills Blvd NW

### FREE CLOTHES

Coats, Baby Accessories, Shoes, Jewelry, Small Household Items, Linens, Toys, Kitchen Gadgets, Knick-knacks

FRIDAY, April 27, 9:30 to 11:30 am

NO appliances/electronics/furniture!  
NO drop-offs until "the week of" April 22<sup>nd</sup> to 26<sup>th</sup>



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

10099 Harvest Hills Blvd. N.W.  
email: [office@hhachurch.com](mailto:office@hhachurch.com)

Phone: 403-226-0990  
[www.hhachurch.com](http://www.hhachurch.com)

# Outreach in the Hills

## Let's Chat at Vivo

April 6 10-11:00 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 1.

## Come Play with Me

11950 Country Village Link NE, Calgary, AB T3K 6E3

April 12 - May 24 on Thursday Mornings by 10 am - 11:30 am. (located beside Panther Physiotherapy Centre)

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 website [www.weconnectyou.ca](http://www.weconnectyou.ca)

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

## Play and Chat with Alberta Health Services Speech and Language Pathologist

May 10 by 10-11:30 am Vivo location

Do you have questions about your baby, toddler, or preschooler speech and language skills? Please drop in during our regular play group and ask to speak with our contact.

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



# PROTECTING YOUR EYES

# IN SPRING

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

Bring in this ad and get **\$50 OFF** a complete prescription lens and frame purchase

Some conditions may apply. See in-store for details. Offer code MAR2018.

Two convenient locations serving the Northern Hills Communities

**SiteForSight**  
eyecare • eyewear

**SecondSight**  
eyecare • eyewear

#713, 500 Country Hills Blvd. NE  
Country Hills Towne Centre  
Calgary, AB T3K 4Y7  
403.226.7638  
[www.siteforsight.ca](http://www.siteforsight.ca)

#730, 1110 Panatella Blvd. NW  
Gates of Panorama Hills  
Calgary, AB T3K 0S6  
403.452.6831  
[www.2ndsight.net](http://www.2ndsight.net)

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

New and Emergency Patients Welcome



# Community Sports



## STAY ACTIVE

Meeting your fitness goals is closer than you think

With thousands of affordable and 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](http://Calgary.ca/recreation) or call 311 to find a facility near you.

### 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](http://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 [calgary.ca/arenas](http://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](http://calgary.ca/pools).

#### Soccer Drop-in

Mondays, Wednesdays, & Fridays from 11:30 a.m. – 1:30 pm at Calgary Soccer Centre Age: 18+

Develop foot skills, practice drills, or play a game. Nets and standards are available. Please supply your own soccer ball.



### Registration is still open!

Adults  
Kids & Youth  
**Outdoor Soccer**

Jerseys, shorts, and socks are included in the program prices



U4-U10 get medals as well!



ANNUAL GENERAL MEETING (AGM) 2017

THURSDAY, APRIL 12 | 7:30 PM  
HARVEST HILLS ALLIANCE CHURCH



# Time for your spring cleaning?

**The Edge**  
DENTAL HYGIENE CENTRE

- No dentist
- Family friendly
- Evening and weekend appointments
- Experienced Hygienists offering Local Anesthetic, Nitrous Oxide and Laser Therapy for your comfort
- We offer In Office and Home Whitening, Sportsguards
- Our exams are always complementary
- Direct billing to your insurance, Student plans, AB Seniors, AISH and NHIB

**No insurance – no problem!**

**Our fees are LESS than the AB recommended fee guide.**

We are happy to share our pricing; call the office today!



PROUDLY SERVING YOUR COMMUNITY FOR 10 YEARS

Harvest Hills Professional Centre  
Suite 209, 178 96th Ave NE  
Calgary, Alberta T3K 6G4

403.226.2678  
[www.edgehygiene.com](http://www.edgehygiene.com)



**YOUR NEIGHBOURHOOD JUST GOT  
A LITTLE MORE  
BADA\$\$**

heavy bag classes  
bootcamps  
private training  
nutritional counselling  
team building  
corporate classes  
+ more!

**RUMBLEBOXING.COM**

5149 COUNTRY HILLS BLVD NW UNIT 310, CALGARY, AB T3A 5K8  
FIRST TIMERS ARE ALWAYS **FREE**

**YOUR MOMENT  
FOR CHANGE**

**REGISTRATION IS COMING!**

**CAMPS**

March 3

**LITTLE KIDS, ACTIVE LEARNERS PRESCHOOL**

March 6

**DRYLAND**

March 13

**SWIMMING**

March 20

Registration opens at 8am  
online, in-person and over the phone

@VivoYourLife vivo.ca

**vivo**  
for Healthier Generations™

# NORTHPOINTE

## FAMILY DENTISTRY

Dr. Georgie Rosenbaum • Dr. Ed Rosenbaum • Dr. Benita Yan

## 403-226-1155

510, 388 Country Hills Blvd NE  
Look for us near LANDMARK Cinemas,  
beside Ginger Beef

[www.northpointedentalclinic.com](http://www.northpointedentalclinic.com)

### Accepting New Patients. Children Always Welcome!

**Direct Billing**  
**Evening Appointments**  
**We are General Dentists that offer:**

- Cosmetics • Invisalign • Botox (Dr. Yan)
- Implants • Cleaning • and more

**Dr. Yan speaks Cantonese & English**

WE NOW OFFER IERO MOUTH SCANNING - NO MORE MESSY, GOOEY IMPRESSIONS!

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

## Teeth to Treasure!

# WORD SEARCH

BICUSPID  
CALCULUS  
CEMENTUM  
CUSP  
DENTIN  
ENAMEL

GUMS  
MAXILLA  
MOLAR  
OCCLUSAL  
PULP  
ROOT



# Connecting with My Community Through Community Gardens

By Melissa Duong, Harvest Hills Garden Coordinator

When I first moved to Calgary eight years ago, it was a daunting task. A new city, a new job, a new house, and new people. I wanted to get to know more of my neighbors and more about the community of Harvest Hills. But how to go about this? I learned that Harvest Hills had a community garden and even though I was no expert in the gardening, it was a hobby that I enjoyed, and I decided to rent a plot. I had little experience in gardening but was warmly welcomed by many of the other gardeners at that time. I didn't have to know everything about gardening to join the community garden. I just needed to have an open mind about trying new things and an open ear to learn from more experienced gardeners.



I learned about companion planting to naturally repel pests and to stimulate a healthy garden. For example, onions naturally deter aphids, so they are a great companion to plants such as lettuce and tomatoes which fall victim to these pests. But there are also bad companions. Peas and beans can be detrimental to the growth of onions, and other onion-like plants (garlic, leeks, shallots) can lead to the spreading of onion maggots when they are planted close together.

While most of the plots at the community garden are privately rented, I also learned that the community garden also has a few plots to grows vegetables for the Food Bank and the community. It provides a source of fresh organic vegetables for those that may not have the resources to obtain it for themselves and their families. The seeding,

maintenance, and harvesting of the communal and Food Bank plots are shared responsibilities of the community gardeners and volunteer groups.

For myself, the most significant benefit from joining the Harvest Hills community garden has been the opportunity to meet and create friendships with my neighbors and others from the Northern Hills communities. And although a community garden does not come without its challenges, it is certainly better to tackle these challenges together as a community than as a lone ranger.

**Do you want a plot in a Community Garden?**

**Register Today!**  
[nhca.ca/community-gardens/](http://nhca.ca/community-gardens/)

## HEALTH CORNER

### Health Canada Reminds Canadians about Safe Levels of Alcohol Consumption



Following a recent tragedy in Quebec, where media have reported that the death of a 14-year-old girl may have been associated with consumption of a sugary alcoholic beverage, Health Canada is reminding Canadians, especially youth and young adults, of the risks associated with drinking large-volume, single-serve beverages that are high in alcohol.

Many single-serve alcohol products are intensely flavored and are high in sugar, which could cause consumers not to realize how much alcohol they are consuming. Some of these products contain more than three standard alcohol drinks in one serving. Health Canada advises adults to be cautious if consuming such beverages and recommends that parents talk to their teens about the risks of drinking alcohol. For further information, please refer to Canada's Low-Risk Alcohol Drinking Guidelines, link here: <https://goo.gl/L3VVLT>.

#### Energy Drinks and Alcohol Don't Mix

The product linked to the recent tragedy was not considered to be a caffeinated energy drink (which are not permitted to contain any alcohol). Health Canada discourages Canadians from mixing energy drinks with alcohol, something that has become increasingly popular in recent years. People may not feel all of the symptoms of intoxication when consuming caffeinated energy drinks mixed with alcohol, in particular, the drowsiness associated with alcohol consumption.

Health Canada requires that all caffeinated energy drinks carry warning statements on the label stating that these products are not to be mixed with alcohol. The Department does not allow the sale of any caffeinated energy drinks that are pre-packaged and pre-mixed with alcohol.

Health Canada is in contact with Quebec provincial authorities and is working with the Canadian Food Inspection Agency to learn more about the product that may have been a factor in the death of the 14-year-old Quebec girl, as well as similar products that may be on the market. The Department is also reviewing large-volume, single-serve alcoholic beverages to assess their safety, and will take any necessary action to help protect the health and safety of Canadians.

ALL CANADIAN KARATE UNION

# KARATE

## REGISTER NOW!

**Country Hills** - Starchevski School of Ballet  
**Coventry Hills** - Nose Creek School  
**Panorama Hills** - Buffalo Rubbing Stone School

Register in person. Beginners welcome.  
 Once registered, students may train at any ACKU club!

ALL CANADIAN KARATE UNION  
 403-232-0228    [www.acku.org](http://www.acku.org)

### Crossword puzzle ANSWERS

Puzzle on page 4

1	W	A	G	E	5	A	T	L	A	S	10	A	C	M	13					
14	A	D	I	T	15	V	A	U	L	T	16	C	H	A	T					
17	F	R	A	U	18	E	R	R	O	R	19	N	A	S	A					
20	F	I	N	D	21	E	R	S	K	E	22	P	E	R	S					
23	L	A	T	E	X	24	S	A	E	25	L	E	A							
27	E	N	S	28	T	A	R	O	32	M	A	D	E	U	P					
				34	A	R	D	O	R	35	S	36	U	S	S	R				
				37	T	R	E	A	S	39	R	O	V	E						
41	B	E	E	R	42	T	I	T	H	E										
43	R	E	L	Y	44	O	N	45	S	H	E	A	T	H	E	S				
51	A	T	E	52	P	E	G	53	54	C	R	A	N	E						
				55	E	A	S	T	E	R	57	E	G	58	G	H	U	N	T	S
60	O	R	S	O	61	D	U	R	R	A	62	A	G	R	A					
63	H	E	E	D	64	L	E	G	I	T	65	N	E	E	M					
66	O	D	D	S	67	E	L	O	P	E	68	T	R	E	E					

### Sudoku puzzle ANSWERS

Puzzle on page 8

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

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



# NORTHERN HILLS DENTAL™



**Proudly serving the Northern Hills communities for 11 years!**

Get the *Smile* you've always wanted

## Comfort, Care, Convenience

- Family & Cosmetic Dentistry
- Veneers, Crowns, Bridges
- Implants
- Invisalign Clear Braces
- Zoom Whitening
- Complete Smile Makeovers
- Dentures
- Sedation Dentistry
- Wisdom Teeth Removal
- Botox Treatments
- Intra-oral Cameras & Digital Xrays
- Massage Treatment Chairs
- TV's in Every Room
- Oral Cancer Screenings



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



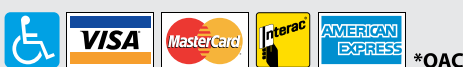
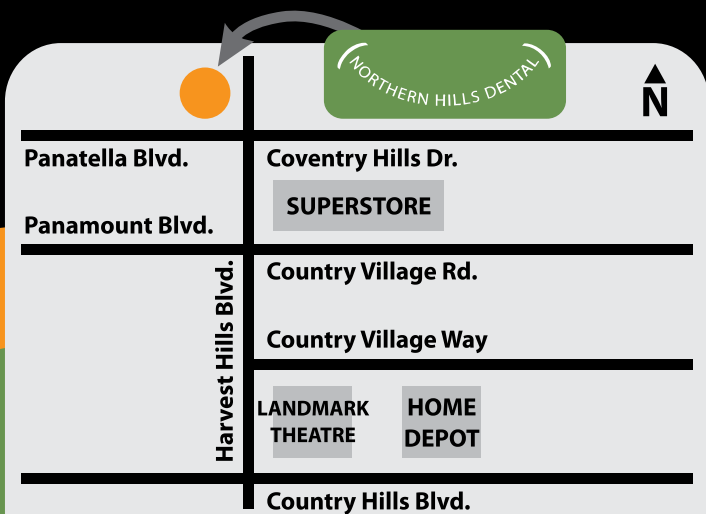
*Dedicated Children's Play Area with Video Games*

*Complimentary Gourmet Beverages*

**Financing Available\* • We Direct Bill Your Insurance**

## 40 Panatella Blvd NW

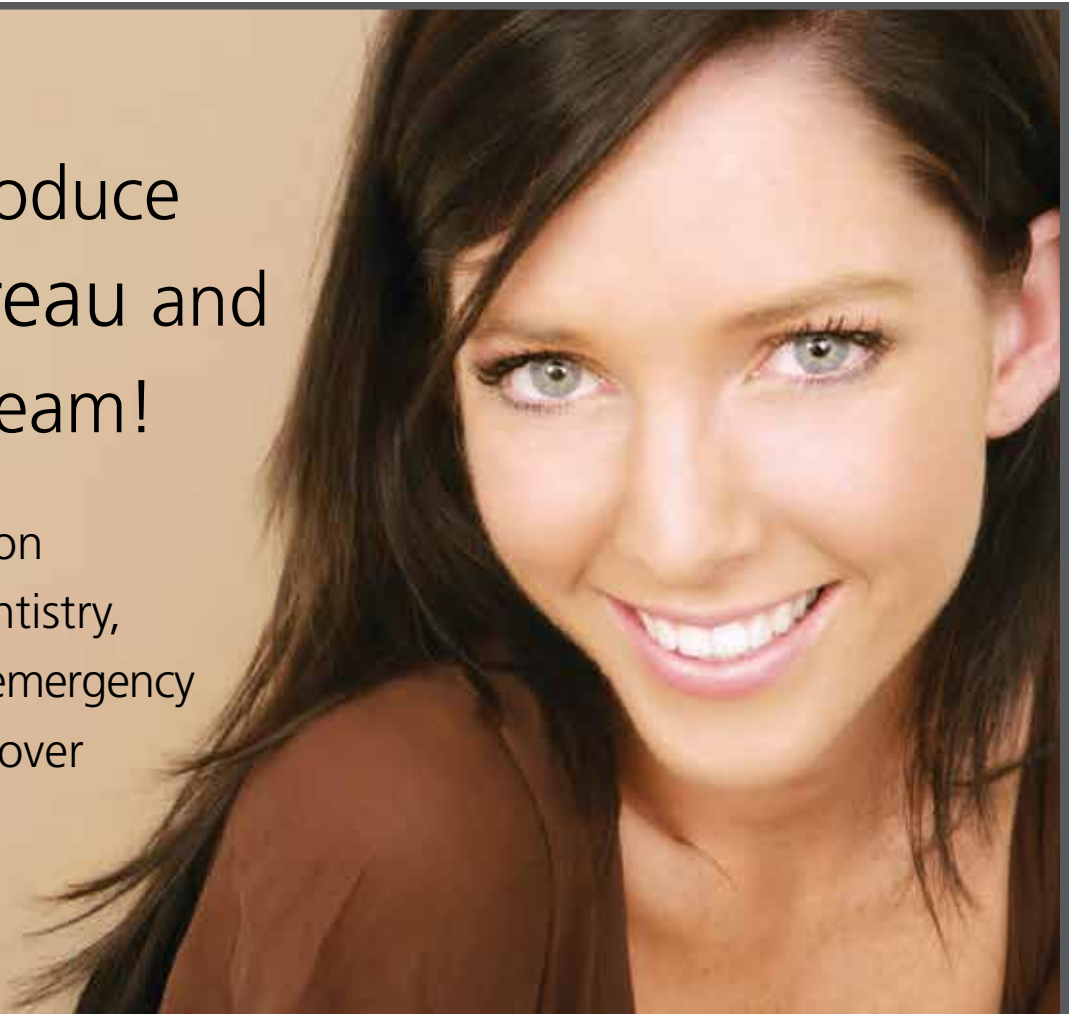
new and emergency patients  
always *welcome*



# Call Today! 403.532.0711

[www.NorthernHillsDental.com](http://www.NorthernHillsDental.com)





**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

★ **PARAMOUNT DENTAL**

Panamount Blvd. NE

Country Village Rd. NE

Coventry Hills Plaza  
217, 130 Country Village Rd NE  
Calgary, AB T3K 6B8

# PARAMOUNT DENTAL

403.730.9882    [paramountdental.ca](http://paramountdental.ca)

NOW ACCEPTING NEW & EMERGENCY PATIENTS