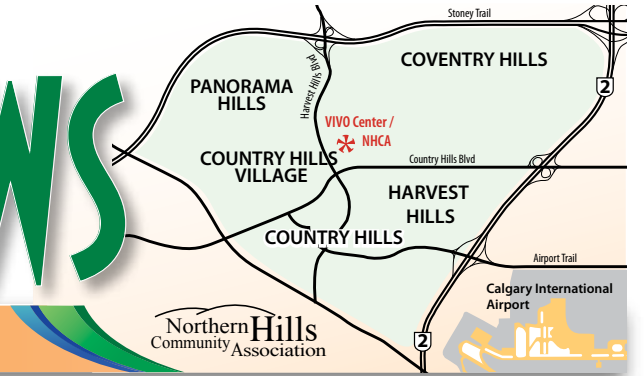


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NORTHERN HILLS NEWS

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



Official Newsletter of the Northern Hills Community Association ❖ www.nhca.ca [Facebook] [Instagram] @northernhillscalgary [Twitter] @northernhills

Low AGM Attendance Suggests Community's Apathy



By David Hartwick,
1st Vice President and Advocacy Director, NHCA

Northern Hills Community Association represents the largest number of residents in Calgary, with a population of 58,000 people and still growing! Year after year we are finding the need to advocate more, and engage more residents in various initiatives, programs, services, and events. This year alone we had multiple great projects and successful outcomes, but there is still lots of work ahead and many things that require residents support and involvement! Our community continues to suffer an infrastructure and program deficit largely due to apathy when only 45 people out of 58,000 attend our AGM. So we want to know, what will it take to ENGAGE this community? What will it take to get people to take a stand for a high school, off-leash parks, a medical centre, ice rinks, baby clinic, LRT, playgrounds, meeting space, or whatever forces you into your car every day?

What are we missing in this community?

What are you going to do about it?

It's Our Turn! Will you help us?

Contact me via advocacy@northernhills.ab.ca or Yana, our Engagement Coordinator via engage@northernhills.ab.ca.

Odds are pretty good you were not at the NHCA Annual General Meeting on April 12th. With 58000 people in our community and loads of sponsored food, we had 45 residents join us, and many more at the open house prior to that. We would like to thank Servus Credit Union, specifically their newly opened high-tech branch in Panorama Hills, Good Earth in Coventry Hills, and Famoso Neopolitan Pizzeria on Country Hills Blvd NE for providing delicious food and drinks for the AGM.

Councillor Jyoti Gondek hosted the Open House which included information tables on Ward 3 activities and initiatives such as Vivo, Advocates for North Calgary High School, SoccerTech, Brookfield Developments, Blockwatch and more. Unfortunately, less than 100 people attended even though we had a rare visit by Calgary Police Chief Roger Chaffin.

The very brief AGM followed, where we elected our new board and recognized Community Heroes including Brian Wells (Building Safer Communities) and Luz Bolo (Northern Hills News Editor). We also recognized some Community Heroes that work in the community but have gone above and beyond to assist the NHCA. Those awards went to Lynne Banning, who provided outstanding contributions to us through her role the past 9 years in the Ward 3 office; and both Cynthia Watson and Nicole Dawe

– Continued on page 9



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this month
WHAT'S INSIDE

FREE ICE CREAM ON PAGE 8

THURSDAYS, APRIL 12 – MAY 24, 10:00 – 11:30 AM, COME PLAY WITH ME

MAY 5, 10:00 – 4:00 PM, EVENTS AT COVENTRY & HARVEST HILLS COMMUNITY GARDEN

MAY 6, 12:00 – 1:00 PM, COMMUNITY PICNIC + JANE'S WALK AT COMMUNITY SPACE BY NOSE CREEK SCHOOL

MAY 10, 10:00 – 11:30 PM, PLAY AND CHAT WITH ALBERTA HEALTH SERVICES SPEECH AND LANGUAGE PATHOLOGIST

MAY 26, COMMUNITY CLEAN-UP

MAY 31, JUNE 7 & 14, 10:00 – 11:00 AM, STORY-TIME PROGRAM AT VIVO (SIGN UP REQUIRED BY MAY 2)

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

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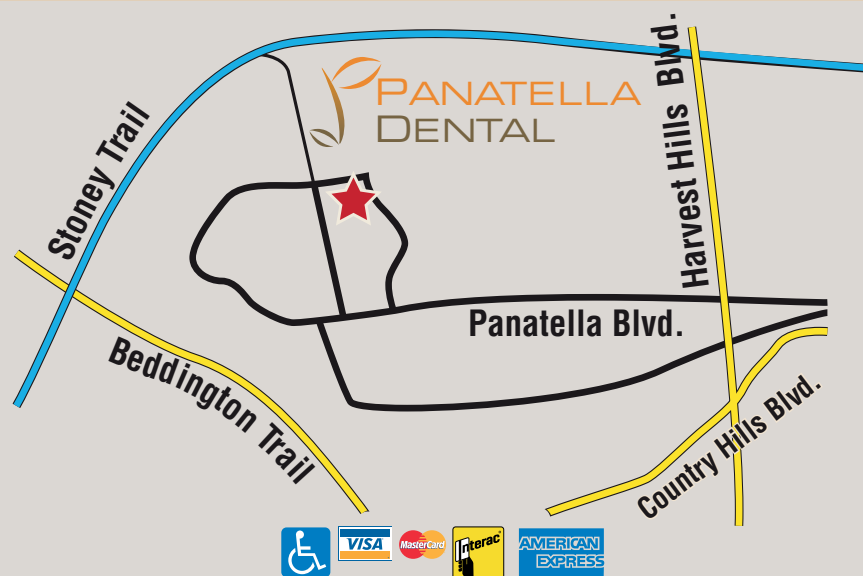
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Community Association Notes

Northern Hills
Community Association

From the President

I want to update you on some achievements we reached over the last year and what the upcoming year will bring.

It has been a financially challenging year as economics have had some direct impact on our primary sources of revenue which is advertising and sport program enrollment. Like most non-for-profit organizations, we have had to get pretty creative as a board in finding solutions to adhere us to the budget without compromising the programming and support the community has demanded. A big part of this success comes from the amazing work our operational staff does. A huge thank you to them for keeping us compliant and being the direct connection to the community, our volunteers, and our many partners. I would also like to thank the many businesses that support us in so many ways from advertising and sponsorship, to gifts/swag for events and providing food/drinks and manpower whenever we ask.

Last year, we honored several guys from the Block Watch group who were ramping up this program in the Coventry area which has expanded into the Panorama community. In fact, other sister communities such as Hidden Valley and Bridgeland are working with our Block watch group to duplicate their model. It has been successful in reducing criminal activity and resulted in arrests due to their great relationship with our police partners. We would



love to expand this program into Country Hills Village and Harvest Hills but need representatives from those communities to assist with driving the initiative. Let us know if you want to get involved with this volunteer watchdog group.

What started as an idea a couple years ago will bear fruit this year as the Harvest Hills Hub. All the funding required for the redevelopment of the park and outdoor meeting space has been raised- a total of \$285,000. This is a result of many fundraising efforts and grant applications. We are planning to break ground once spring comes and will start to plan for a grand opening and many other outdoor events at this location. Thanks to the dedicated committee driving this legacy project.

Doing a single park takes a lot of effort and money so when it was determined that Coventry had many parks at varying stages of disarray, a long-term plan for that entire community called Creating Coventry, began to evolve between NHCA, Vivo and our city partners. A great deal of time has been invested in community engagement to determine what Coventry residents want to see in those green spaces vs multiple parks that contain a slide, monkey bars, and a single bench. They are taking a holistic approach to community planning that will ensure that the parks serve all residents both young and old with staged re-development over many years.

The NHCA continues to play an active role in reviewing new developments for

the Northern Hills and we have been involved in many conversations with developers over the last year. One positive result of this approach has meant ensuring a commercial development next to Superstore, in the parking lot, didn't infringe on pedestrian traffic that flows from Coventry to the commercial area and that pedestrian experience is considered with appropriate lighting, greenery,

seating, and eye appeal. We will continue to work toward being more strategic with our community planning and advocacy.

In our Coventry Garden, we have partnered with the Northern Hills Cultural Association and have received a grant to expand and retrofit our gardens to make it easier for seniors to utilize. Items such as raised beds (to reduce bending) and access

for those with limited mobility are all being considered. It will also be another avenue where we are looking to have programming around gardening/composting, harvesting, and food/health classes.

Last year we began a strategic partnership with Soccer Tech so that we can begin to deliver added-value to our community programs with

– Continued on Page 11

Volunteer Opportunities

We hope spring is actually around the corner. I think we all are waiting for warm spring and hot summer to enjoy all our outdoor activities. You name them! We have gardening, soccer, slo-pitch, mural painting, events, block parties, and much more! Here are a few volunteering opportunities that might be of interest to some of you:

Assistant Editor

Do you read this newspaper every month? Have you thought about joining the editorial team? You can be part of this community project! Besides you are more than welcome to write about something fun and interesting, it doesn't have to be event or project. Contact our engagement coordinator, Yana Soldatenko via engage@northernhills.ab.ca.

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 indi-

viduals dedicated to create 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? 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!

Northern Hills Mural

Have you heard yet? Northern Hills community will have the longest fence mural in Canada! Do you like to paint? Do you want to make a new Guinness World Record of the most people painting the mural at once?



Or do you just want to help out and have fun this summer painting the mural? Let's celebrate our community with bright colours! Get involved by contacting our Volunteers Director, Roop Rai via volunteer@northernhills.ab.ca.

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/



NHCA Contacts

BOARD MEMBERS

President: Leah Argao
1st Vice President: David Hartwick
2nd Vice President: Jessie Leighton
Secretary: Simon Cheng
Treasurer: Lonny Mah
Directors: Laura Hack, Vince Ellis, Roop Rai, Winnie Huang, Jun Lin, Ian McAnerin

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
Northern Hills Mural: Laura Hack
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
Tel: 403-226-6422
Email: info@northernhills.ab.ca
Ad Sales: Heather Hubert, marketing@northernhills.ab.ca
Newsletter Editor: Annie Udofia, editor@northernhills.ab.ca
Assistant Editor: Mack Carver, assistanteditor@northernhills.ab.ca
Administrator: Marina Barrett, admin@northernhills.ab.ca
Bookkeeper: Paige Martin
Executive Director: Moraig McCabe,

moraig.mccabe@northernhills.ab.ca

Kids/Youth Soccer: SoccerTech, info@soccertech.ca

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

Website/IT: Troy Davis, 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.

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What is SCAN?

A message from the Federation of Calgary Communities

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SCAN targets properties, not people. If criminal activity is uncovered by the unit, CPS and SCAN investigators will work together to resolve the issue. SCAN investigators investigate drug and sex trafficking and/or gang-related crime.

For more information www.scan.alberta.ca or call 1-866-960-7226.



“Did You Know In the Hills?” Contest!

This month’s trivia question is:

What is NHCA’s newest project scheduled to be completed in Fall 2018?

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 will receive 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 April is: Ken and Linda-Lou Oelke, Congratulations! The answer was “the AGM is on April 12, 2018 commencing at 7.30 pm” and can be found in April 2018 Northern Hills News in the article “Ward 3 Open House and NHCA AGM” on page 4. Thank you to all of you who submitted your answers, and we look forward to your continued participation.

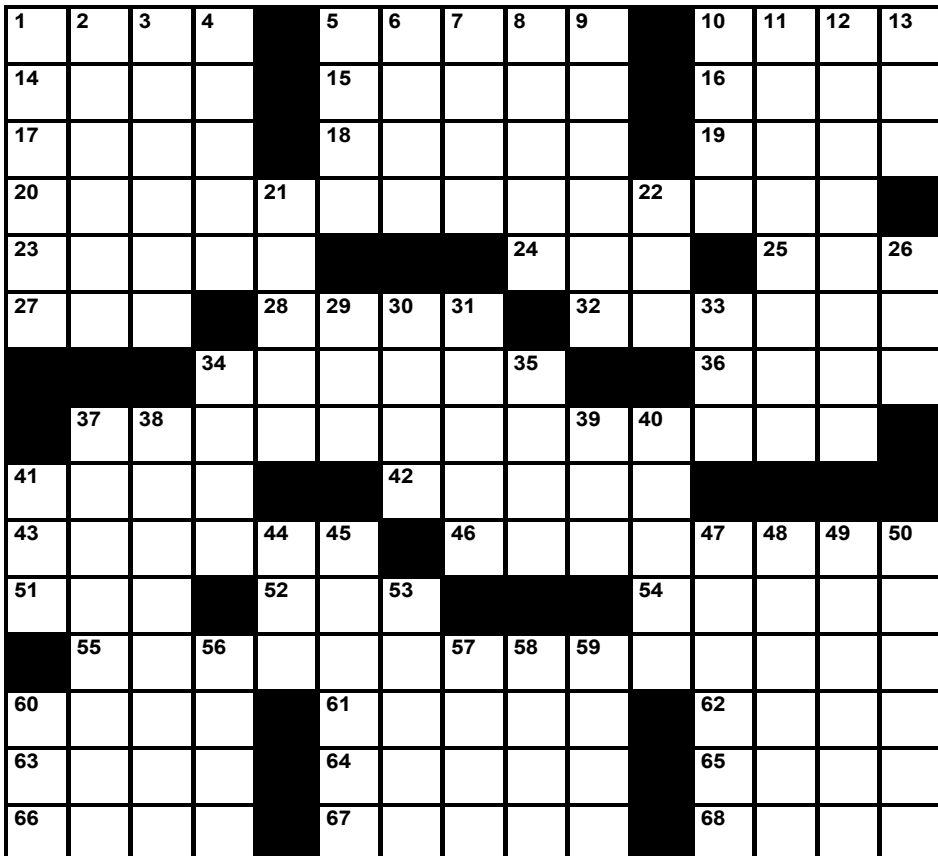
Thank you to the lovely people at Applebee’s and Vivo for sponsoring our contest!



“Heroes are not giant statues framed against a red sky. They are people who say: This is my community, and it is my responsibility to make it better.” – StudsTerkel

CROSSWORD

Answers on page 14



- ACROSS**
- Ambush
 - Criticism
 - Band on a heraldic shield
 - Atlas stat
 - Punjabi princess
 - Sesame Street grouch
 - Statistics calculation
 - Vampire author Rice
 - Grammar topic
 - Baseball card statistic
 - ___nic route
 - Farm area
 - Ferment
 - Assurance
 - “Big Bang Theory” character
 - Disentangle
 - Church area
 - Baja bread
 - NFL statistic
 - New York’s ___ Canal
 - Operatic song
 - Michigan lake
 - Swedish rug
 - Delicious bar
 - Serfs in the Middle Ages
 - Fawn’s parent
 - Migration formation?

- It’s recorded at Wimbledon
 - At the end
 - Cry out
 - 4,840 square yards
 - “Likewise”
 - Nose (out)
 - Impending
 - Boat type
 - Fax, say
 - Wired
- DOWN**
- Doorpost
 - Common fertilizer compound
 - Type of ball
 - Breathe heavily
 - Country with a blue, white and red flag
 - Actress, Jessica _____
 - Tolstoy’s Karenina
 - Capital on the Dnieper
 - Last quarter
 - School composition
 - Slang for heroin
 - Wizard
 - Heir’s sound-alike
 - Balearic _____
 - End of poly?
 - Purchaser

- Consisting of one element
- Band
- Shore slapper
- Eye-related
- Like the Owl and the Pussycat
- Taking it back to the old-school?
- Scarf
- Long ___
- Big do
- One of the Fab Four
- Goes with oohed
- Ovation
- Cavity
- Walked alongside one’s master
- River-mouth feature
- Winning gesture
- Annoyance
- Liver dish
- Must pay
- Grow dim
- Direction pointer
- Decorated, as a cake
- Outcropping
- Real spooky
- Licenses, for example



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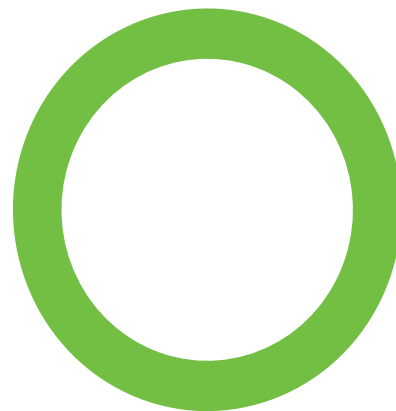




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Dates

NHCA Events and Programs

May 2018 (Mountain Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4	5
Outdoor Soccer Registration is still Open! Kids, Youth, and Adults						
Adult Slo-Pitch @ 1660 Hidden Creek Way NW, Calgary, AB T3A 6H5, Canada						
Outdoor Soccer Season						
		2:30pm - SPRY @		10am - Come Play 2:30pm - SPRY @ 4pm - Outreach		
6	7	8	9	10	11	12
Outdoor Soccer Registration is still Open! Kids, Youth, and Adults						
Adult Slo-Pitch @ 1660 Hidden Creek Way NW, Calgary, AB T3A 6H5, Canada						
Outdoor Soccer Season						
12pm - Jane's		2:30pm - SPRY @		10am - Come Play 10am - Play & 2:30pm - SPRY @ 4pm - Outreach		
13	14	15	16	17	18	19
Adult Slo-Pitch @ 1660 Hidden Creek Way NW, Calgary, AB T3A 6H5, Canada						
Outdoor Soccer Season						
Outdoor Soccer Registration is still Open! Kids, Youth, and Adults						
		2:30pm - SPRY @	2pm - Seniors Art	10am - Come Play 2:30pm - SPRY @ 4pm - Outreach		
Soccer Photo Week @ Harvest Hills Alliance Church, 10099 HARVEST HILLS BLVD NW,						
20	21	22	23	24	25	26
Adult Slo-Pitch @ 1660 Hidden Creek Way NW, Calgary, AB T3A 6H5, Canada						
Outdoor Soccer Season						
		2:30pm - SPRY @	2pm - Seniors Art	10am - Come Play 2:30pm - SPRY @ 4pm - Outreach		9am - Clean-Up
27	28	29	30	31	1	2
Adult Slo-Pitch @ 1660 Hidden Creek Way NW, Calgary, AB T3A 6H5, Canada						
Outdoor Soccer Season						
		2:30pm - SPRY @	2pm - Seniors Art	10am - Storytime 2:30pm - SPRY @ 4pm - Outreach		

Please note:
*Soccer, Slo-Pitch and Garden start dates might be postponed due to weather conditions! *

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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The Northern Hills Mural Project

By Laura Hack
Director at Large, NHCA

The NHCA is excited to announce our newest project to be completed this fall: "The Northern Hills Mural". The mural will be celebrating the 25th Anniversary of the Northern Hills Community Association and will be the longest mural in Canada. We will be working on the 850m long fence mural June until September of this year with a completion and official reveal in September. The project was brought to the Board in December by Kim Walker an enthusiastic volunteer and long-time resident of the Northern Hills. The Northern Hills Community Association, The City of Calgary, Jamie Kleinstuber (MLA), and Michelle Remple (MP) are all fully behind this and excited to see us bringing together businesses, neighbours, and community members as part of this project. As you can



see from the pictures, this fence is in desperate need of some love and with this mural installation we will be rejuvenating a major artery in our neighbourhood.

We have been working tirelessly on getting everything and everyone in place for the painting of the Northern Hills Mural this summer and are looking for your help in completing a 3-day paint-a-thon for the Guinness Book of World Records. Don't

worry our paint-by-number design will ensure you and your family are able to participate. Who wouldn't want to be a part of this historic event? Please stay tuned for more updates next month and through more frequent updates on our NHCA webpage.

Who: Any and everyone who would love to come out and help us paint as well as develop relationships with our neighbours in Northern Hills, young and old are all welcome.

What: The Northern Hills Mural - 850m long painted mural inspired by residents of the Northern Hills.

Where: Fence Line along Coventry Hills Blvd NE, between Country Hills Blvd and Country Village Rd.

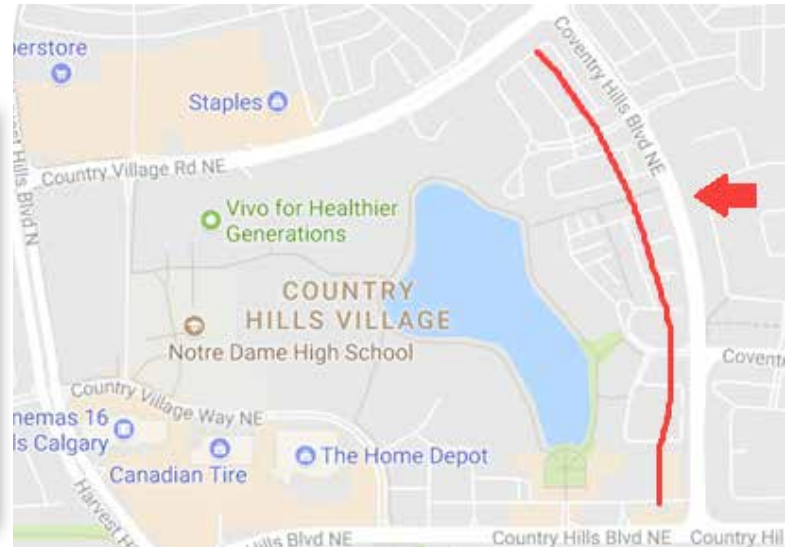
When: Priming and Painting from June to September of this year and the official reveal will take

place mid-September 2018.

Why: We will have a professional artist working with volunteers and community members in efforts to bring residents together to build a sense of belonging and an elevated sense of pride in our community.

How: With your help in priming, painting, and putting on top coats we will ensure the longevity of the Northern Hills Mural. Please contact us to get involved.

For more information please visit our NHCA webpage or contact us via email mural@northernhills.ab.ca



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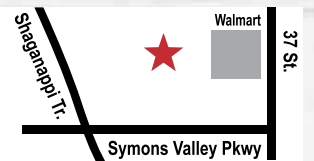
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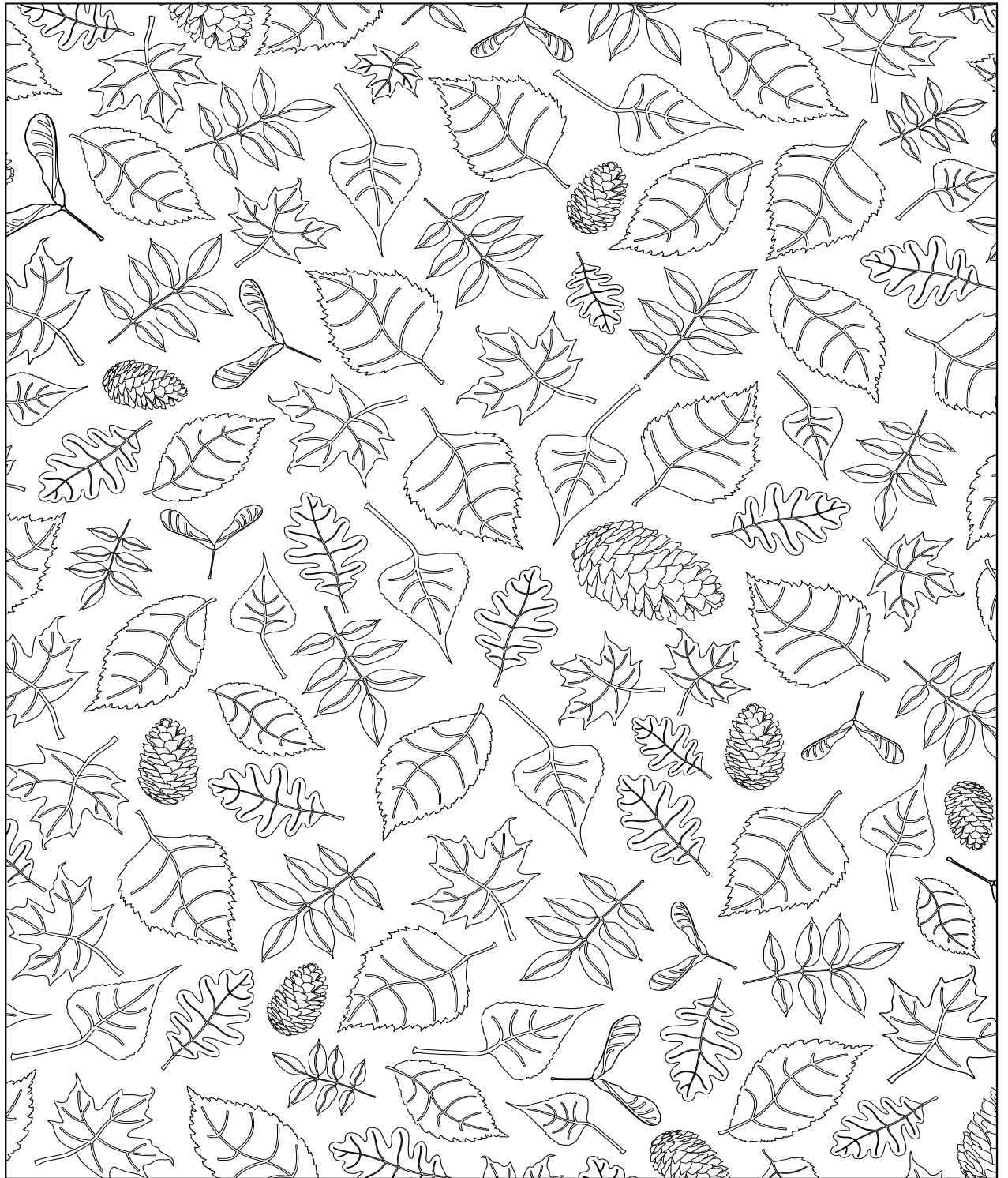


The first 40 children who colour and take their picture in to Marble Slab Creamery, 623-130 Country Village Rd NE, will receive a free single ice cream cone.*

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

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

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 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

Low AGM Attendance Suggests Community's Apathy

- Continued from page 1

(and the entire Vivo team), for building a supportive and strong relationship with the community and the NHCA. We would also like to recognize Tracy Martin, Alanna Bryant, Simon Ng, and Susan Taylor as fantastic members of the Vivo team.

Advocacy was a focus of the evening. I asked, "Out of curiosity, how many people are in one of the community Facebook groups?" to which a number of people raised their hands. We have become conditioned in North Central Calgary, that everything is close. By car. We have been conditioned that when someone asks in one of those groups where the nearest Korean BBQ, or kids playcentre, or 24 hour medical centre, or recreation centre other than Vivo is located, an answer of Airdrie, Sunridge, downtown, or even further south are acceptable answers. Former politicians, a lack of engagement in our community and simply "getting used to it" have created this conditioning. We have accepted a lack of infrastructure as the norm while the newer communities elsewhere have flourished largely in part to loud political voices. But in the last year or so, the NHCA has changed direction as an organization.

We have started getting political, not partisan, just political. We pushed hard in the last Provincial election that candidates should be local, not drop ins, and we will continue to do that this election. ASK THAT QUESTION OF CANDIDATES. WHERE DO YOU LIVE? Our past 2 MP's for Calgary Northeast (Coventry Hills and Harvest Hills) have been ineffective, partially because they didn't live here. We need to change that. The last civic election, we had 4 local candidates running for Councillor instead of candidates that did not live in the ward. Effective the next provincial election, Calgary - Northern Hills will be split into Calgary - Northeast, Calgary - Beddington and Calgary - North as we mentioned in previous newsletters. We need LOCAL candidates.

We have 2 more elections on our doorstep in the next 18 months and we need to engage this community to speak out about the issues. We need you to ask why North Central Calgary has to drive far for a public high school? Why we have to drive far for after hours medical care? Why we are driving to other recreation centres because our own doesn't meet our needs? Why the city has a requirement of 1 ice rink per 18500 people but that standard doesn't apply to the 120000 people with only 2 rinks? Why a community of 58000 people does not have a single off-leash park? Why is North Central Calgary constantly passed over for the needs of Southeast



Calgary? We are preparing a speaking points sheet for every home so that when a candidate comes to your door, you can ask not just if they are aware, but HOW they will change it. We encourage you to ask, do you live here? Do you play here? Do you eat here?

But we are not doing this alone. We are reaching out to neighbouring North Central Calgary communities like Evanston, Hidden Valley, Sage Hill, Kincora, Beddington, Carlington and more. We are working with our elected officials and advocating to make things happen here. To be heard. We are pushing politicians to know the issues. YOUR ISSUES.

Advocacy is free. We will advocate for you whether you are a member or not. But we are limited on what we can do because membership fees help cover the costs of advocacy. Membership also shows politicians and bureaucrats that we are engaged. Look around you and see the great



things happening in the area as a result of volunteers and membership. Imagine how much more we could do with YOU. We cannot do it without members. We cannot do it without volunteers. Talk to you neighbours. Talk to you friends. Talk to the Parents Councils at schools. Or parents at the ice rink. Spread the word. This is OUR community and IT'S OUR TURN.

Contact me via advocacy@northernhills.ab.ca or Yana, our Engagement Coordinator via engage@northernhills.ab.ca.

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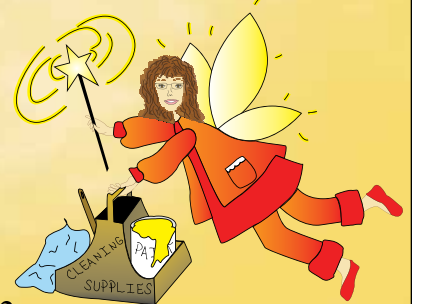
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Elected Representatives



Ward 3 Councillor Jyoti Gondek

Hello, everyone!

It's been a busy month working with community representatives and city administration to identify ways to improve traffic safety in Northern Hills. Last week our office and representatives from roads, transit and planning teams toured through Ward 3. We were able to cover a lot of ground and point out many of the strengths and weaknesses of community design (including the many points that residents have already raised with our office). We all took note of areas where we can improve conditions and where some pilot projects may work. It will take a few weeks to investigate and organize all the information gathered so once we have a more specific plan of what we can do we will provide an update to the community.

Thank you for staying engaged while I work to make positive change happen in our ward.

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

Vivo's expansion and a public high school were top of mind in Calgary Northern Hills long before I was elected to represent you. Now, thanks to the hard work of many -- and the provincial government's provision of crucial funding in Budget 2018 -- these goals are becoming reality! Nearly one-third of Calgary Northern Hills residents are children. Representing our need for schools has always been a top priority of mine. Buffalo Rubbing Stone School is now open, with a beautiful playground, and a second new elementary school in Coventry is on the way.

Following these achievements, we focused on our need for a public high school. Together we've watched North Calgary High School climb from 27th to 2nd place on CBE's School Capital Plan 2019-2022, a tribute to all who've worked together to advocate for our youth. But the news gets better. Following Budget 2018, our government announced funding for North Calgary High's design phase, making the project "shovel ready" for future funding cycles. We will continue to move this school forward with the positive energy that comes from knowing our children are valued and their future bright.

Vivo's expansion is also becoming reality! As our com-

munity's hub, Vivo has innovatively used every inch of space to bring our culturally diverse population together. Vivo for Healthier Generations passionately promotes long-term health and wellbeing. Soon there will be more community space in which to do that. Jobs, pipelines, and an economic recovery built to last -- that's our government's focus. Budget 2018 extends the benefits of economic recovery to all Albertans by protecting public services.

Thank you to all who have worked so hard for Vivo's expansion and for a North Calgary High School. Wonderful things happen when people work together and their government supports them by funding the public services they need.

If you have questions or concerns about provincial matters, please email my office anytime: 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

Honourable Michelle Rempel, M.P. Calgary Nose Hill



The provincial governments in Alberta and British Columbia were recently engaged in a trade dispute which originated following the BC government's announcement of new regulations that

include restrictions on the transportation of energy products from Alberta. These changes could impact the expansion of the Trans Mountain Pipeline - a vital infrastructure project for all Canadians.

Justin Trudeau has the power, right now, to put an end to this trade dispute.

He can invoke the federal government's authority in section 92(10)(c) of the Constitution Act and declare the construction of this pipeline a benefit to all Canadians - which it is.

My colleague in the Alberta Legislature, Prasad Panda, created a petition which I have sponsored calling on the federal government to use Section 92.10(c) of the Constitution Act to declare, via the

Parliament of Canada, that the expansion of the Trans Mountain pipeline project is for the general advantage of Canada. Together we are asking the Prime Minister to show leadership, put an end to costly trade disputes, and support Alberta energy workers and their families by ensuring this pipeline is constructed. You can find a link to the official parliamentary petition at www.Use92.ca

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

201-1318 Centre Street N.E.,
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Community Clean-Up

**Saturday
May 26th
9am - 2pm
at Panorama
E-Community Centre**

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 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?

yes no

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**Continued from page 3 –
From the President**

an addition of technical training and the intent to create consistency to both the enrollment and experience year after year. We are looking at the possibility of adding other sports programs that may be currently unfulfilled in this community but the challenge to get new initiatives off the ground is volunteer manpower.

About a year ago, one initiative landed on our doorstep from Philip Lozano as extension of the Momentum Program. He helped to start up a grass roots organization, known as Northern Hills Connect, whose purpose is to help fledgling social enterprises to get off the ground. This initiative helps to foster and support community-based businesses that are not just about profit but also serves the greater good of the community through helping marginalized citizens get employment, develop community inclusion or improves the environment. The group has received some grant funding, held a pitch competition, and has held workshops. One cool outcome that has evolved out of this group is a night market that will be held at Vivo this summer.

No one will be able to say that creativity isn't alive in the Northern Hills. Thanks to the driving force of Kim Walker and board member Laura Hack we are well underway in getting a Mural developed along the fence line of Coventry Hills Blvd and Country Hills Way. This will likely be a world record event that will put our community on the map. This dowdy fence will get a fresh face and will be a destination art exhibit. Stay tuned for details as we will need many volun-

teers throughout the summer.

Other great news: we have seen participation growth in our senior group SPRY and they have some exciting stuff on the horizon. Our At Home in the Hills program has sprouted new legs and is planning on creating some social events to bring together existing residents as well as helping new members of our community/country become connected. Our Rink volunteers are looking for ways to improve our winter skating experience plus we are looking for new rink for the Country Hills area. An Arts and Crafts committee is in its initial planning phase to make classes accessible and this year we hosted our first Break a Lego family event for Lego lovers to compete and have fun.

Advocacy continues to be a huge part of what we do because our community cannot afford apathy. I love where we live but after this year I can truly admit that our community needs are often overlooked.

We are reshaping our voice and influence at all levels of government so that we are that constant squeaky wheel that refuses to go away. We have tried polite and we have tried being brash, both without much success.

Now is the time for volume... the volume of many voices with a consistent community message. Your voices. Because it's our turn.

Turn to David.

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

LIBRARY NEWS

What's Your Library Story?

Calgary Public Library wants to know how the Library has made a difference in your life. Did the Library help you find a job? Has the Library brought your family closer together? What Library programs or services are essential to you? Head to calgarylibrary.ca/library-stories to let us know why you love the Library, and to read stories from other Library members about the impact the Library has had on them.

Learn a Language for Free

Calgary Public Library members get free access to Rosetta Stone Library Solution, an easy-to-use eResource for learning a new language. Choose from 30 languages, including Arabic, English, French, Hindi, Mandarin, Spanish, Swahili, and Urdu. The program's core lessons build skills in reading, writing, speaking, and listening, while focused

activities improve grammar, vocabulary, and pronunciation. Start learning today at calgarylibrary.ca/rosetta-stone. Not a Library member? Sign up for your free Library card at calgarylibrary.ca/card or visit any Library location.

Spotlight on Member Benefits: Free Programs

Did you know your Calgary Public Library card gives you access to hundreds of free programs? One of our newest programs is Reading with Royalty, a glamorous family-friendly storytime program led by local drag queens and kings. Spark your imagination and celebrate inclusion and diversity! Check out Library Connect, the Library's program guide, to discover the programs we offer for everybody. Download Library Connect at calgarylibrary.ca or pick up a copy at your community library.

“There is no power for change greater than a community discovering what it cares about.” *Margaret J. Wheatley*



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through to June 13

Creators Collective is a for anyone who is *inspired* by art and loves to be creative. This is not an art class nor is it for just artists, but rather a time to gather, interpret a theme your own way and have fun in the process of creating some artwork. Join us at the church the last

Wednesday of each month. Artwork needs to fit into a page protector.

Bring your own supplies.

For more information about this

and the many other scheduled opportunities that take place at the church, give us a call.



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

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

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

Community Sports



Hip Hip Hooray to Ladies' Indoor Soccer League!

80+ ladies and 6 teams have been committedly playing for the past 6 months. We hope all of you had a great season and had lots of fun playing soccer! As a way to celebrate the end of the indoor season we organized a small wind-up gathering on

Friday, March 23rd at Genesis. Pizza and pop drinks along with our Sports Director, Vince Ellis, and our President, Leah Argao, made a great combo! Ladies were happy to have both representatives from the NHCA's Board of Directors at the wind-up

celebration. Is this winter over yet? Outdoor soccer season is around the corner and we hope to see you ladies playing soccer outside and enjoying the weather!

Photo credit: Samantha J., NHCA Photographer (Volunteer)



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SEASON STARTS MAY 1ST!

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Outdoor Soccer

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SoccerTech.ca Northern Hills Community Association

Family Connections Parent Link Centre

By Sue Blackburn Forster

Play and Chat with Alberta Health Services Speech and Language Pathologist

May 10 – Tues. 10-11:30 am
(during the Come Play with Me program)

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

The Come Play with Me program will be ending May 24. This program will start up again in the Fall. We are running a Storytime program May 31, June 7 & 14 but you need to sign up for this program. See specific information on this below.

Storytime at Vivo for children (1 to 5 years)

Families need to sign up to be involved with this program

11950 Country Village Link NE, Calgary

Thursday May 31, June 7 & 14 10-11 am

(Families need to commit to all 3 dates to register and live in the Vivo area.)

Come join us for this free Storytime with the Country Hills Public Library where children and parents will share songs rhymes and stories in this interactive circle program. We will be located outside the Library in the Vivo Administration area. Call 403-275-6666 #276 to register starting May 2.

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

Please stay in touch by checking for our monthly calendar at www.weconnectyou.ca We will be running summer programs out of the Huntington location.

CONDO TERMINOLOGY

Get in on the lingo of condos

By Maria Bartolotti

Q: I'm a newbie condo buyer, and I'm a little mystified by the industry jargon. Any chance you can help me straighten it out?

A: I'm constantly being pulled aside by owners or the general public about condominium ownership and what the different terms means. To help you out, here's a refresher on some of the lingo.

WHAT IS A CONDOMINIUM:

A condominium can be a townhome, conventional, commercial, bareland or any type of property with shared ownership, in which each owner owns the space within their walls, floors and ceiling of the unit to which they hold title, and jointly owns a portion of all the common property. Your home is still your castle, but there are different rules, obligations and financial responsibility that come with living and owning a condominium.

CONDOMINIUM CORPORATION:

Every condominium development has a condominium corporation that comes into existence when a condominium plan is registered with the Land Titles Office. The corporation is

made up of everyone who owns a unit in the development, and the condominium's board of director's runs it with the help of a good management company like New Concept Management Inc.

BOARD OF DIRECTORS:

In essence, the role of a board, as elected by its owners, is to act honestly and in good faith exercising the powers and in discharging their official duties. These include maintaining the common property and assets of the Condominium Corporation, as well as setting policies and enforcing its bylaws.

UNIT FACTORS:

The measure used to determine a condo owner's share of condominium contributions (fees) and voting rights. Typically, unit factor is proportional to the size of the owner's condominium unit. The total sum of the unit factors for all the units on a condominium plan is 10,000. It is important to know the unit factor assigned to your unit because it will affect your condominium contributions and your voting rights.

BYLAWS:

Every condominium has a set of bylaws, which set out the rules and regulations that

govern the corporation. They are a legal binding obligation of the owners and occupants in a condominium corporation. In order for the bylaws to be enforceable they must be registered with Land Titles. The condominium board is responsible for enforcing the bylaws. The bylaws may cover such things as whether pets are allowed to live in the building, renovation guidelines, parking restrictions, and more.

RESERVE FUND STUDY:

A Reserve Fund Study is an important tool that should be utilized by the Board of Directors with the help of their Management Company, like New Concept Management Inc. to maintain and enhance the major common property assets of the Condominium Corporation. The Reserve Fund Study provides a multi-year funding plan for major capital expenditures. In Alberta, the Condominium Property

Act requires Condominium Corporations to complete a Reserve Fund Study every five years.

For more on this month's topic in Ask Maria, go to: www.calgaryhomeliving.com

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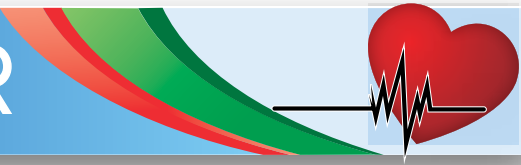


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HEALTH CORNER



Move, Sleep, Sit

Excerpts from Dr. JE MacLean's original article for the First 2000 Days Network

In November 2017, the Canadian 24h Movement Guidelines for the Early Years (0-4 years) were released. According to the new guidelines, a healthy 24 hours for very young children includes:

For infants (under 1 year old):

- **MOVE:** Being physically active several times in a variety of ways, particularly through interactive floor-based play. For those not yet mobile, this includes at least 30 minutes of tummy time spread throughout the day while awake.
- **SLEEP:** 14-17 hours (for those aged 0-3 months) or 12-16

hours (for those aged 4-11 months) of good-quality sleep, including naps.

- **SIT:** Not being restrained for more than one hour at a time (e.g. in a high chair). When sedentary, engaging in pursuits such as reading and storytelling with a caregiver is encouraged. Screen time is not recommended.

For toddlers (1-2 years old) and preschoolers (3-4 years old):

- **MOVE:** At least 180 minutes spent in a variety of physical activities at any intensity spread throughout the day, but more is better. Include energetic play for both age groups, with preschoolers getting at least 60 minutes of it.

- **SLEEP:** 11-14 hours of good-quality sleep for toddlers, and 10-13 for preschoolers, which may include naps, with consistent bedtimes and wake-up times.

- **SIT:** Not being restrained for more than one hour at a time (e.g. in a stroller) or sitting for extended periods. When sedentary, engaging in pursuits such as reading and storytelling with a caregiver is encouraged. Sedentary screen time for those younger than two years old is not recommended, and no more than one hour for those aged 2-4 years, but less is better.

Get to know the Canadian 24h Movement Guidelines - csepguidelines.ca/early-years-0-4/



Despite the snow outside, it IS supposed to be spring and I hope everyone is looking forward to another garden season. We a few exciting events to share with you:

"Recipes from the Garden"

There will be a recipe sharing event at Harvest Hills Community Garden on Saturday May 5th and we invite you all to join us!

What is it? We will learn about some less common vegetables that can be grown here. There will be free food samples, seed packet giveaways and door prizes.

Where and when is it? Harvest garden from 2-4 pm. Address: 520 Harvest Lake Drive NE. If weather is poor, the event will be moved to Vivo's atrium.

Who can come? The event is open to the public of all ages.

"Raised Wicking Bed Workshop: Design and Build Your Own Self-Watering Garden Plot"

Would you love to grow your own delicious fresh food and conserve water and energy in the comfort of your own community? Do you want to help improve accessibility for seniors and people with

limited mobility to community and gardening?

What is it? Join us in learning from experienced gardeners, carpenters and permaculture designers how to design and build your very own "raised wicking bed". This workshop will introduce you to the basics of designing and building a self-watering planting bed or container.

This event is proudly sponsored by the North Calgary Cultural Association, New Horizons for Seniors and the Northern Hills Community Association Coventry Hills Community Garden.

Where and when is it? 2 Dates: Saturday, April 28th and May 5th from 10:00 am-2:00 pm at Coventry Hills Community Garden. Address: 90 Cove park Square NE, across from Nose Creek School and the ESG Child Play Care Center.

Who can come and what should I bring? It is a FREE workshop opened for public of all ages. Bring suitable outdoor clothing for the conditions, gardening or work gloves, water bottle and your own mug. Snacks and Beverages will be provided.

Harvest Hills Community Hub Update

By Victoria Henry

The Harvest Hills Hub Committee is delighted to share that due to our successful Community Facility Enhancement Program (CFEP) grant application, we are now officially fully funded!! We are currently making plans to move ahead with detailed planning of our community hub project. Thank you to the Government of Alberta CFEP grant for your generous contribution!

The Harvest Hills Community Hub Project will include a full renovation of our location (178 Harvest Glen Way, NE) including a brand new, all-ages playground, custom designed benches created by Notre Dame High School, three picnic tables, an "Alberta Discovery Trail", and other exciting features! We are passionate about this project and committed to facilitating connections between neighbours to foster a more vibrant and connected community!

Following construction of the Harvest Hills Hub, we are hoping to host at least a couple events this summer and fall. Some ideas we have for events include:

- a book swap,
- a weekly meetup 5k running group,
- a neighbourhood potluck,
- a weekly meetup meditation group,
- a community Freecycle or Stuff Swap event,
- a board game or trivia night; and
- a Kid's Entrepreneur Day (where kids could sell homemade crafts, drawings, run a lemonade stand, etc).

If you are interested in participating in any of these events or if you have any additional ideas for events at the hub please contact Victoria Henry at HarvestHillsHub@hotmail.com.

Please follow us on Facebook for more event ideas, construction details, and updates on our opening ceremony. If you've been considering joining our team, this is a great time to join us in planning and organizing fun and engaging events for the residents of the Northern Hills!!

Crossword puzzle ANSWERS

Puzzle on page 4

1	J	U	M	P	5	F	L	A	K	9	F	E	S	S	E				
14	A	R	E	A	15	R	A	N	I	16	O	S	C	A	R				
17	M	E	A	N	18	A	N	N	E	19	U	S	A	G	E				
20	B	A	T	T	21	I	N	G	A	V	22	E	R	A	G	E			
					23	S	C	E		24	S	T	Y						
25	B	U	S	T	L	E	29	O	A	T	H	31	R	A	J				
34	U	N	T	I	E	35	A	P	S	E	36	P	E	S	O				
37	Y	A	R	D	S	38	A	F	T	E	R	C	A	T	C	H			
40	E	R	I	E	41	A	R	I	A	42	H	U	R	O	N				
43	R	Y	A	44	C	H	O	C	45	H	E	L	O	T	S				
				46	D	O	E		47	V	E	E							
				48	S	P	E	E	D	50	F	S	E	R	52	V	I	C	E
56	I	N	A	L	L	57	W	A	I	L	58	A	C	A	E				
59	D	I	T	T	O	60	E	D	G	E	61	N	E	W	R				
62	S	T	E	A	M	63	S	E	N	D	64	E	D	S	Y				

Sudoku puzzle ANSWERS

This Sudoku is provided by: [Sudoku of the day: https://www.sudokuoftheday.com/](https://www.sudokuoftheday.com/)

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

A WELCOME to ALL SENIORS of NORTHERN HILLS

WHAT: SENIORS WALK-EXERCISE OUTDOOR EVENT
WHEN: Come and Join us, Tuesday, May 29th, 2018 (2:30-4:30pm)
WHERE: Country Hills Shopping Centre Gazebo (Between Sobeys and Woody's Tap House)
COST: FREE - No reservations required

A chance for the Seniors in our Area to enjoy the fresh air, and a mild Walking Exercise around the Lake behind the Shopping Centre (500 Country Hills Blvd. NE)

(In case of rain, Activities will take place inside the VIVO Complex)

Organized by SPRY in the Hills (Senior Persons Regaining Youth)

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- 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



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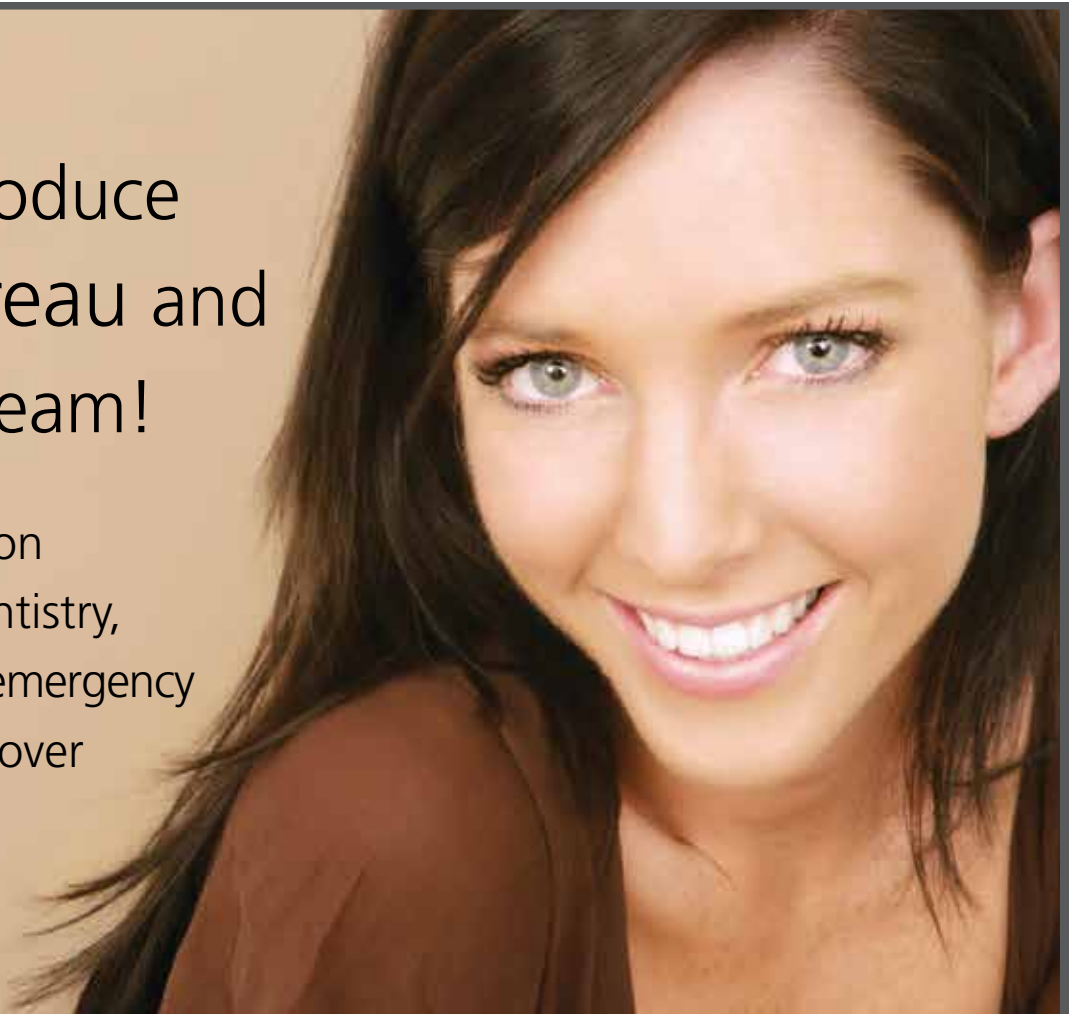
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Dr. Seto is happy to introduce Dr. Maria Chan-Goudreau and Dr. Tonny Tang to the team!

Dr. Chan-Goudreau's primary focus is on children and comprehensive family dentistry, while Dr. Tang focuses on cosmetic and emergency dentistry. Our new dentists both have over 10 years experience.



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

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

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