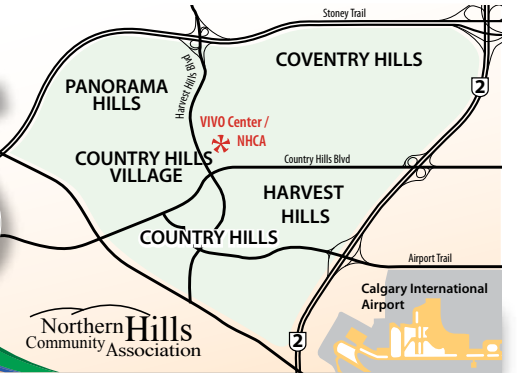


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NORTHERN HILLS NEWS



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

The NHCA Is What We Make It!

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

Last month, we shared the low attendance at the AGM and Ward 3 Open House and pondered, why is it such a challenge to engage our residents?

What would happen if community associations were to disappear? Is the work that we do about the survival of our community association, or survival

of our community? With minimal infrastructure supporting many Calgary communities built in the last 25 years, the strain on community associations seems to endlessly grow, while revenue streams and membership dwindle and a lack of involvement increases.

This community, and our community association, is what WE, THE COMMUNITY, MAKE IT. We need your involvement. The efforts in Coventry Hills and Harvest Hills are a direct result of people in those communities approaching us and volunteering to take on new projects including funding. Building Safer Communities is another grassroots movement due to community members building something new. Our great volunteers risk burnout because many of them are involved in multiple projects so it would be great to have more involvement to maintain and grow everything we are doing.

We wanted to share all the great things that have happened in the Northern Hills in the past year because of the Northern Hills Community Association.



- Women's and Men's Outdoor Soccer
- Women's Indoor Soccer
- Youth Soccer
- Adult Slo-pitch
- At Home In The Hills
- Art and Crafts (coming soon)
- Sponsorship of Park and Play, Stay and Play and Community Skateboard Park
- Break a Lego

Services

- Planning and development, Aurora Business Park, Stoney Industrial
- Discount program
- Community information such as Coyotes
- Social support outreach including Parentlink
- Little Free Libraries mapping
- Community Newsletter
- Business Fair
- Community events like pop-up pizza and bbq's
- Community Open House offering free Vivo admission

Community Enhancement

- Coventry Hills (world record attempt) Mural project
- Harvest Hills Community Hub
- Coventry Hills Community Garden
- Harvest Hills Community Garden

Continued on page 4

Advocacy

- LRT on the Green Foundation representation
- Harvest Hills Golf Course Redevelopment advocacy for community
- North Calgary Diagnosis and Treatment Centre
- 14th Street Overpass connecting Evanston and Panorama
- Airport Community Consultative Committee
- Community Space as determined in the Creating Space for Strength Study
- Social services including youth and seniors services and a baby clinic
- North Calgary High School

- Protecting the Nose Creek Valley, the original Calgary to Edmonton Wagon Trail
- Traffic and roads infrastructure
- Vivo Expansion
- Liaison and advocacy with all levels of government and Calgary Police Service
- Civic Election Forum and information night
- Arena ice

Programs

- Raised Wicking Bed Workshop series
- Building Safer Communities (Community Blockwatch)
- Storytime
- Come Play With Me
- Spry in the Hills Seniors programming

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this month
WHAT'S INSIDE

FREE ICE CREAM ON PAGE 8

• JUNE 3 - 9, SENIOR'S WEEK PROGRAMS BY CITY OF CALGARY

• FRIDAY JULY 6, 5:00-9:00 PM, STAMPEDE FREE BARBEQUE AT VIVO

• JUNE 7 & 14, 10-11:00 AM - STORY TIME PROGRAM AT VIVO

• SATURDAY, JUNE 9 - 10, 9-4:00 PM, 1ST ANNUAL COVENTRY PARADE OF GARAGE SALES

• SATURDAY JUNE 16, COVILLE NEIGHBOUR DAY CELEBRATION (TIME & PLACE TBD)

• SATURDAY, JUNE 23, 9:30 AM - 3:00PM, KID'S SOCCER WIND-UP PARTY (VIVO'S PARKING LOT)

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

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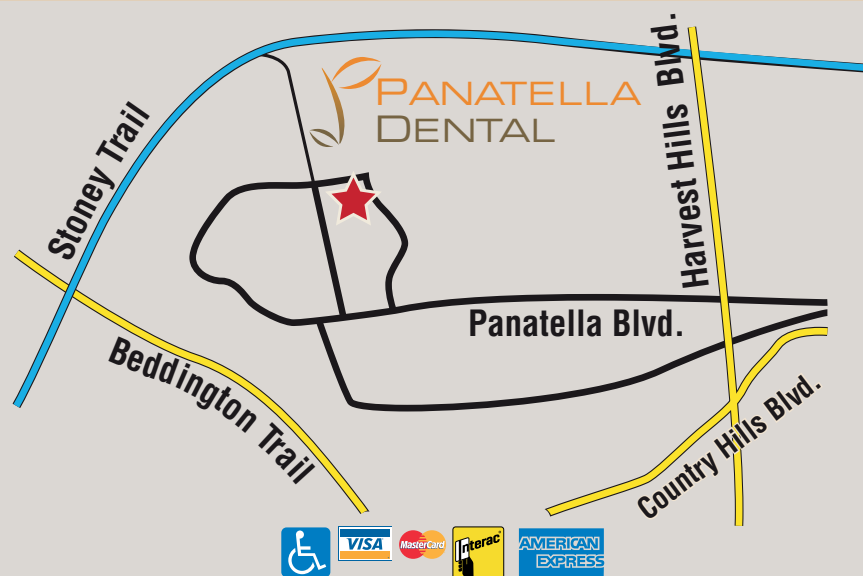
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Community Association Notes



From the Executive

1st Vice President's Message

Last week was the Northern Hills Community Cleanup, which provides the community the opportunity to take almost everything and anything to the Panorama E-Centre for disposal as well as clean up neighbourhood pathways and parks. I always consider this event as the community kick-off to summer. This will be followed by Neighbour Day on June 16th.

The last couple of years, Neighbour Day has seen some large festivities in the area, particularly in Coventry Hills. Last year, we found one that had a donut food truck! Another one regularly draws the Mayor, the Calgary Fire Department, and features a live band. There was another that packed a park and served burgers and hot dogs to hundreds. A couple of these even raised funds for charity. I cannot wait to see what people have planned this year throughout the Northern Hills. If you are having a party, please let us know as we might even pop by with some surprises.

This seems like a good time to remind everyone that our streets, pathways, and playgrounds are busy all summer long, and that all playground zones are active from 7:30am to 9pm EVERY DAY but may be busy outside of those hours. Be safe in your travels and at home, and have a great summer.

David Hartwick
1st Vice President and Advocacy Director
– Northern Hills Community Association
advocacy@northernhills.ab.ca

Volunteer Opportunities

Dear Northern Hills residents,

The summer is already here! And this summer will be full of various activities and events! We are so excited to bring, share, and do them with you. There will be at least 3 big projects on the go this summer:

• Activating Coventry

We want to bring Creating Coventry parks to life. We know that our Northern Hills community has skills, expertise, and gifts they can share to make the next generation of park space a reality in Coventry Hills. Get in touch if you think you might be able to help. Whether you like planning, playing, photo-taking, writing, baking, chatting – the list goes on – there's a way for you to get involved. Contact either NHCA or Vivo via any of the social platforms (Facebook, Instagram, or Twitter), via email to Nicole (ndawe@vivo.ca) or Moraig (moomccabe@googlemail.com), or just pop by Vivo to have a chat.

• Northern Hills Mural

Have you heard yet? 14,000 people. 3 days. 1 huge mural. Northern Hills community will have the longest fence mural in Canada and will attempt to break the Mural Record by having the most people paint on a mural in three days! Are you an artist? Or do you just want to help out and have fun this summer painting the mural? Let's break a Mural Record and paint the longest mural in Canada! Let us know what you'd like to do by signing up through our volunteer sign-up form, that could be found here: www.nhca.ca/get-involve-mural-project/

nhca.ca/get-involve-mural-project/

• Events in Harvest Hills Hub

Harvest Hills Hub is now officially fully funded!!! Now it is time for fun things! Do you have a great events idea and looking for a place to host it? What do you think about a book swap, a board game or trivia night, a Kid's Entrepreneur Day, or a neighbourhood potluck? Are you interested in participating in any of these events or want to bring something else to the table? Contact Victoria Henry (Harvest-HillsHub@hotmail.com).

Besides, we have a few more new initiatives taking place this summer!

• 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 bring more Art to the Northern Hills community!

• At Home in the Hills (AHIH)

AHIH is a revamped initiative of NHCA which will focus on fostering and empowering neighbourhood connections through grassroots and non-traditional outreach. We're on the lookout for creative ideas and local activators who are passionate about this mission! Things to look forward to include our Welcome Party in August 2018, and a whole lot of exciting TBA initiatives coming soon. Contact Winnie Huang (ahih@northernhills.ab.ca).

• Assistant Editor

Do you like organizing the content of the newsletter? Or do you want to write an article on something happening in the Northern Hills? There will be so many activities happening in the community this summer; therefore, lots of great opportunities! Interested in joining the editorial team? Contact our engagement coordinator, Yana Soldatenko (engage@northernhills.ab.ca).

• Community Gardener

Did you know we have 2 community gardens in the Northern Hills? Do you want to learn more about how you can give your skills and time to your community? Both gardens are looking for volunteers who are interested to help out with planting, watering, weeding, mowing, and upcoming garden events! Contact Sarah White, Coventry Garden Coordinator (coventryhillsgarden@gmail.com) or Melissa Duong, Harvest Garden Coordinator (harvestgarden@northernhills.ab.ca).

Besides, how about Country Hills, Country Hills Village, and Panorama Hills? Are you interested in starting a garden? Contact Yana Soldatenko (engage@northernhills.ab.ca).

Find more details on all the above volunteer roles by scanning QR code or following the link: northernhills.ab.ca/volunteering/



NHCA CONTACTS

NHCA OFFICE:

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Calgary, AB, T3K 6E3

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Fax: 403-226-6421
E: info@northernhills.ab.ca

Monday to Friday: 10 am – 3 pm |
Closed on weekends and statutory
holidays

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Newsletter Publishing: Duane
Thomson at Keyline Publishing

VOLUNTEERS

The NHCA is a self-funding, non-profit organization. All of our board members and committee members are volunteers.

BOARD MEMBERS

President: Leah Argao
(president@northernhills.ab.ca)
1st Vice President: David Hartwick
(1vp@northernhills.ab.ca)
2nd Vice President: Jessie Leighton
(2vp@northernhills.ab.ca)
Secretary: Simon Cheng
(secretary@northernhills.ab.ca)
Treasurer: Lonny Mah
(treasurer@northernhills.ab.ca)
Directors at Large: Ian McAnerin,
Laura Hack, Roop Rai,
Vania Szeto-Mackinnon,
Vince Ellis, and Winnie Huang.

COMMITTEES

Adult Slopitch: Neil Meyer
(slopitch@northernhills.ab.ca)

Advocacy and Building Safer Communities (Blockwatch): David Hartwick
(advocacy@northernhills.ab.ca)

Arts & Crafts: Muzna Amin
(arts@northernhills.ab.ca)

At Home in the Hills: Winnie Huang
(ahih@northernhills.ab.ca)

Beautification & Community Enhancement: VACANT - contact us!

Business Development: Wayne Brown
(business@northernhills.ab.ca)

Community Gardens: Jon Berlie
(garden@northernhills.ab.ca)

Coventry Garden: Sarah White
(coventrygarden@northernhills.ab.ca)

Harvest Garden: Melissa Duong
(harvestgarden@northernhills.ab.ca)

Events: Vania Szeto-Mackinnon
(events@northernhills.ab.ca)

Finance: Lonny Mah
(treasurer@northernhills.ab.ca)

Membership: VACANT - contact us!

Newsletter Editor: Annie Udofia
(editor@northernhills.ab.ca)

Northern Hills Connect: Ian McAnerin
(northernhillsconnect.com/contact/)

Northern Hills Mural: Laura Hack
(mural@northernhill.ab.ca)

Planning: Simon Cheng
(planning@northernhills.ab.ca)

Playgrounds: Victoria Henry & Meghan
Keating (HarvestHillsHub@hotmail.com)

Rinks: Daniel Sennhauser
(rinks@northernhills.ab.ca)

Sports: VACANT - contact us!

SPRY in the Hills: J-L Emond & committee
(seniors@northernhills.ab.ca)

Vivo Rep: Jessie Leighton
(2vp@northernhills.ab.ca)

Volunteers: Roop Rai
(volunteer@northernhills.ab.ca)

Website/IT: Troy Davis
(troy.davis@northernhills.ab.ca)

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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CROSSWORD

Answers on page 14

1	2	3		4	5	6	7		8	9	10	11	12	13
14				15					16					
17				18					19					
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		56	57					58	59	60				
61	62							63					64	
65								66					67	
68								69					70	

ACROSS

- 1. Small bit used in dentistry or surgery
- 4. Column crossers
- 8. Poker?
- 14. Pronoun
- 15. Entry to a mine
- 16. Take a breath
- 17. Fourposter, e.g.
- 18. Feline lives
- 19. Bible songs
- 20. Acting like a witch
- 23. Offshore
- 24. Oven
- 25. Brewers' needs
- 29. Go on vacation
- 34. Pertaining to people
- 36. S.A country
- 37. Emulates David Copperfield
- 43. Neutral color
- 44. European capital
- 45. Hostile or belligerent mood
- 48. Nautical support
- 53. Verb preceder, usually
- 55. S-curve
- 56. Try to get access with a code
- 61. Part of a service

63. Small glass container

- 64. Verbal jewel
 - 65. Feeling calm
 - 66. Some wings
 - 67. Dander
 - 68. Rated (oneself) highly
 - 69. Network of blood vessels
 - 70. Automobile
- DOWN**
- 1. Rancher's threat
 - 2. Discomfort
 - 3. African/Arabian water body
 - 4. Princess
 - 5. Whom Wednesday was named for
 - 6. Chicken order
 - 7. There is a knife for it
 - 8. Baby bottle topper
 - 9. Not mailed
 - 10. East Indian lentil sauce
 - 11. Cheekiness
 - 12. "Dutch" tree
 - 13. Object or thing
 - 21. Computer key
 - 22. Mean
 - 26. Exclamation of mockery
 - 27. It comes in sticks
 - 28. Major wreck

30. Month, for short

- 31. A Chinese dynasty
- 32. ___ welder
- 33. "How gross!"
- 35. Long ___
- 37. Dawn's moisture
- 38. Plant served like potato
- 39. Have a lapse
- 40. Have dinner
- 41. Subj. of the 2006 film "The Good Shepherd"
- 42. Mariner
- 46. Tom, Dick or Harry
- 47. Sounded a horn
- 49. Old programming language
- 50. Reproducing without fertilization
- 51. Suckerfish
- 52. Hand shaker
- 54. "Well, I ___!"
- 56. Indian woman's attire
- 57. Mimicked
- 58. Ibis habitat
- 59. Poivre's partner
- 60. "Anything ___?"
- 61. Volume measurement (abbr.)
- 62. "Lo, How a Rose ___ Blooming"

The NHCA Is What We Make It!
- continued from page 1

- Panorama Hills Community Ice Rink
- Harvest Hills Community Ice Rink
- Creating Coventry Janes Walk
- Community beautification
- Northern Lights Contest
- Best Yard contest
- Community Cleanup
- Neighbour Day events and activities
- Northern Hills Connect
- Business Plans of annual agreements with the City of Calgary
- Representation on Vivo Board
- Grant writing to make some of these things happen
- Casino for funding some of these things
- Employed awesome staff to answer your inquiries and assist us in all of this

- Engaged some amazing volunteers
- Grew our membership rewards program
- We built new and stronger relationships with our community partners

Not only will your membership support all the things we do, but will also reward you with dozens of real value discounts at local and nearby businesses. Most people will earn back their membership within a few months. Call the office at 403-226-6422 for membership and opportunities to help us. Membership forms are in this newsletter, or join online NHCA.ca. As always, we love to hear from you advocacy@northernhills.ab.ca or engage@northernhills.ab.ca.



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14,000 People. 3 Days. 1 Huge Mural

By Laura Hack,
Director at Large, NHCA

Save the date! On August Long weekend, August 4-6, we will undertake the painting of the whole 850-meter Northern Hills Mural (#NHMural) and we need your help! We would love for you to come out with family and friends to make this historic event possible. No need for previous painting experience as our

paint-by-number design and the assisting artists will help guide what needs to be done. We are going for the longest mural in Canada and a Mural record with at least 14,000 people participating. Come join us along the east side of Coventry Hills Blvd between Country Hills Blvd and Coventry Hills Way for this amazing weekend showing your Calgarian/Albertan pride.

We have been tirelessly reviewing applications for our lead artist and will be engaging with community, FRIDAY JUNE 15th from 7-9pm at Notre Dame High School you will have a chance to talk to and engage with our Lead Artist. Please enter through the west doors and feel free to park in the lot across from "North Point" everyone welcome!

June is a busy month on the Northern Hills Mural front with the scraping and power washing of the fence as well as the priming and base layers which need to be painted on to ensure the longevity of the Mural. We would love your help with this as well, and welcome individuals, groups and even local painting companies to come and help us out. Please reach out to us at mural@northernhills.ab.ca if you can volunteer your time and labour. At this point, we are also looking for donations of gently used paint brushes, rollers or industrial sized pails, so if you have some cluttering up your

house or garage we would gladly take them off your hands. Donations of these items can be dropped off at the Northern Hills Office in the Genstar wing of Vivo. Thank you in advance for your generosity.

Our expected timeline is as follows: In July we will be finalizing the design with the artist and making sure all the paint and details are ready to go for August 4th-6th. We will be completing the mural in August and applying the top coats to the mural to preserve its longevity. September 15th weekend will be the big reveal and celebration where everyone will have a chance to walk along the mural and see the final product, as well as enjoy Calgary's food trucks and the company of our fellow neighbours.

Looking forward to seeing you this summer along the fence for some painting and celebrating the 25th anniversary of the Northern Hills Community Association.

Activating Coventry Eight Summer Events in our Community's Parks

By Moraig McCabe
Creating Coventry Project Lead

By now, unless you are new to the community (welcome aboard!), you've probably heard of "Creating Coventry". The results of your feedback during the 8 months of community consultations about just what we should plan for the future of our 14 community parks (15 including the new one in Country Hills Village) are now available on the NHCA and Vivo websites. You can download the reports at vivo.ca/creatingcoventry or northernhills.ab.ca/creating-coventry.

This is a long-term plan. Like 15-20 years long term. That's almost a whole generation of Coventryites long. So, in the meantime, while we organize committees* to get detailed planning, fundraising and building done for each of the parks, residents in the community are reaching out and volunteering to help activate the parks we already have! ACTIVATING COVENTRY! Anyone who would like to help out with these free, fun days in the parks is welcome to join the "Activating Coventry Volunteers" group on Facebook, and also look out for call outs to the community for donations of odd bits and pieces like the cardboard tubes from your kitchen paper rolls or foil, tree branches, old buckets, out of date packets of dried beans, old tarps, paper plates, half-used rolls

of duct tape, and more... (intrigued yet?)

The fun starts on July 7th, and continues until September 8th, on eight Saturdays throughout the summer, in eight different park spaces in Coventry Hills. We will be publishing exact times and locations in next month's newsletter, but save the following dates:

- JULY 07 – Imagination Play Day #1
- JULY 14 – Outdoor Crafts Day
- JULY 21 – Family Fun Day #1
- JULY 28 – Old-Fashioned Family Sports Day
- AUG 11 – Pool Party! #1
- AUG 18 – Family Fun Day #2
- Aug 25 – Pool Party! #2
- SEPT 08 – Imagination Play Day #2

We hope you can all come out and enjoy the fun in our community parks this summer, thanks to a generous grant from Ward 3.

* Want to help us plan a park? Reach out to Yana at engage@northernhills.ab.ca or me at creatingcoventry@gmail.com because we'd love your help!



"Did You Know In the Hills?" Contest!

This month's trivia question is:

What event is happening in Northern Hills on June 16th?

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: **Sandy Albion, Congratulations!** The answer was "The Northern Hills Mural" and can be found in May 2018 Northern Hills News in the article "The Northern Hills Mural Project" on page 7. Thank you to all of you who submitted your answers, and we look forward to your continued participation.

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



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Dates



NHCA Events and Programs

Jun 2018 (Mountain Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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 - Seniors	2pm - Seniors Art	10am - Storytime at 2:30pm - SPRY @ 4pm - Outreach		
3	4	5	6	7	8	9
Adult Slo-Pitch @ 1660 Hidden Creek Way NW, Calgary, AB T3A 6H5, Canada						
Outdoor Soccer Season						
			2pm - Seniors Art			
10	11	12	13	14	15	16
Adult Slo-Pitch @ 1660 Hidden Creek Way NW, Calgary, AB T3A 6H5, Canada						
					7pm - Mural Public	Neighbour Day @
17	18	19	20	21	22	23
Outdoor Soccer Season						
			2pm - Seniors Art			Wind Up Soccer
24	25	26	27	28	29	30
			2pm - Seniors Art			

Please note:
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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11:00 AM – 1:00 PM
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Outreach Thursdays in NHCA

The Outreach Community Advocates, from the BowWest Community Resource Centre are taking appointments every Thursday from 4-7 pm at the Northern Hills Community Association office.

They seek to meet the needs of North West and North Central Calgary residents by offering Basic Need Appointments including outreach, information and referral support for singles, seniors and families - no re-

strictions on children under 18 living at home.

To access several North Central Family Support Programs for you and your family, kindly contact Germaine Rivera (via email germaine@bowwest.com or phone 403-874-6809).



Family Connections Parent Link Centre

By Sue Blackburn Forster

The Come Play with Me program has ended. This program will start up again in the Fall. **We will be running summer programs out of the Huntington location**. Call for more information at 577-392-2271.

Look out for Summer programs (July & August) including:

- Meet Me in the Park in Panorama & Coventry in July

- Library circle time for children 2-5 years (need to sign up for this)
- Mealtime Struggles to Mealtime Success by AHS dietitian (July 16, 10-12 noon) for parents and caregivers with children 1-5 year (Call 587-392-2270 to register and for childcare starting June 16)
- Field trips

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Colouring Contest: FREE ICE CREAM!

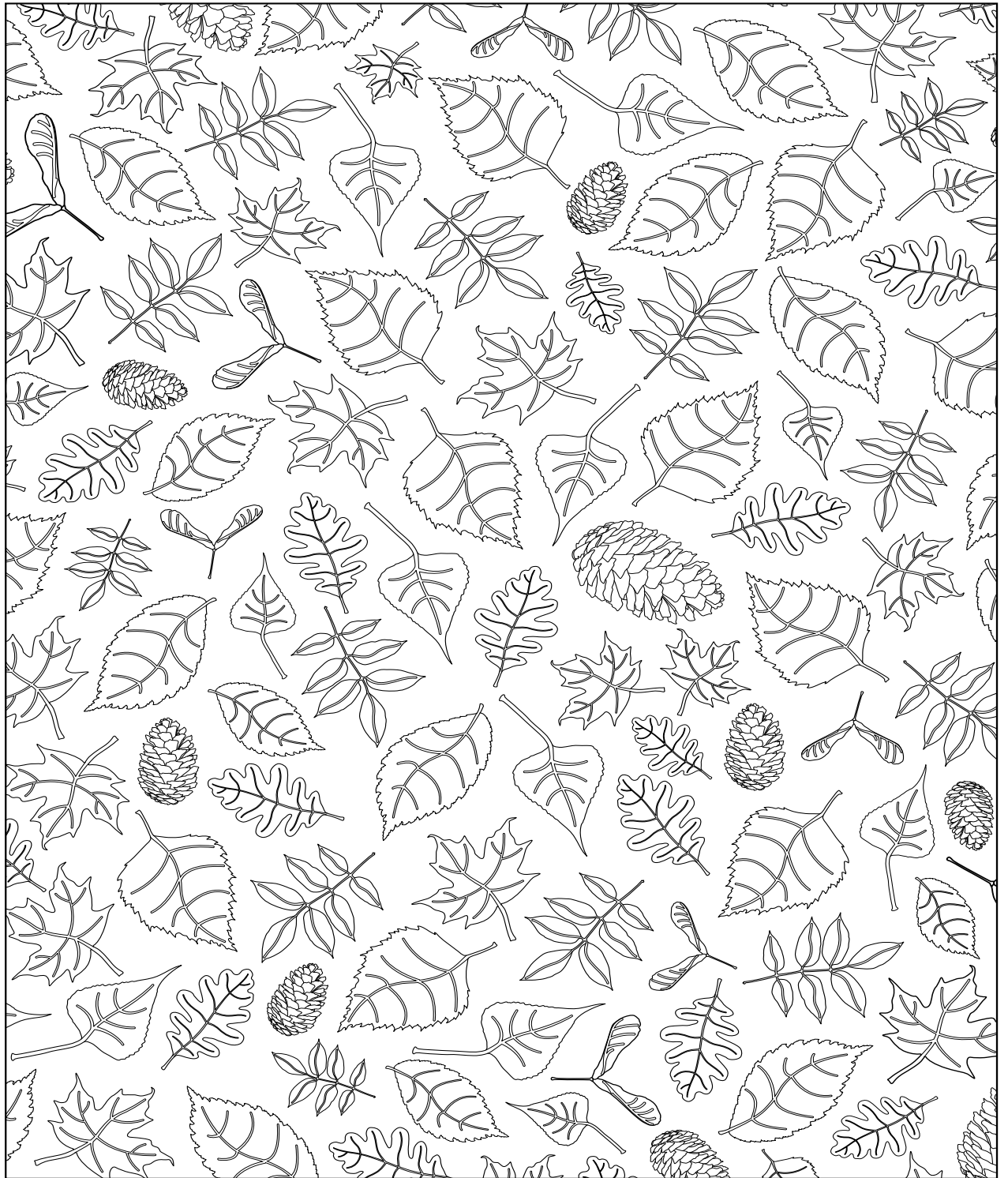


The first 40 children who colour and take their picture in to Marble Slab Creamery, 623-130 Country Village Rd NE, will receive a free single ice cream cone.*

Name: _____

Age: _____

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



SUDOKU-PUZZLES

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

	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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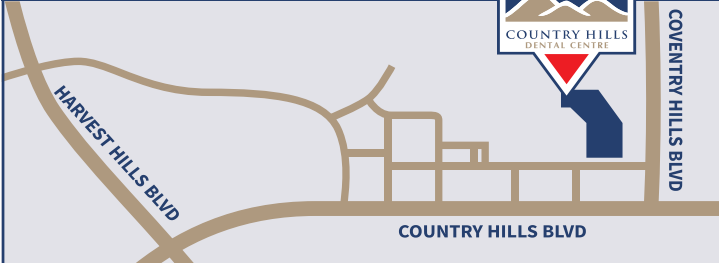
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Neighbour Day Fun Bus – June 16

Celebrate with your neighbours!

Did you know how Neighbour Day originated? It was initiated to celebrate the incredible outpouring of support and generosity neighbours demonstrated after the 2013 floods. As a result, it became an annual celebration of Calgary's strong and caring communities.

Now on it is hold annually on the third Saturday of June, Neighbour Day is an opportunity to get together with your neighbours and celebrate Calgary's strong community spirit. This year Neighbour Day falls on Saturday, June 16.

Block parties, family activities, potlucks, BBQs, street games, and so much more is happening all over the community on this day! To enjoy and be part of more than one Neighbour Day celebration we partnered with Vivo to travel around the Northern Hills and visit all these fun community activities on the day of in the Neighbour Day Fun Bus. Search for the Neighbour Day celebrations in the community as there will be many to choose from and look out for our fun bus on them!





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Yeehaw

Our Stampede Kick-Off is coming up and you're invited!

It's our 10th year of bringing the Stampede spirit to our community and we're celebrating with a Stampede Kick-Off! **On July 6th at Vivo, 5-9 pm** you'll find family-friendly activities, live music, a free BBQ meal, and a variety of vendors from Night Market North. We hope you'll join us July 6th at Vivo for an evening of Stampede fun! Yeehaw!




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Elected Representatives



**Ward 3
Councillor
Jyoti
Gondek**

Hello, everyone!

Please make sure you visit the

Ward 3 website at www.calgary.ca/ward3 to stay up to date on news. This will allow you to see what's happening in a more timely manner than once a month through this newsletter. Scrolling down the page will take you to my social media feed which includes information about 4-year budget planning, the Olympic bid process, coyotes and other items that may be important to you.

From a strategic perspective, Council will spend the next few months preparing a 4-year budget, and it is my goal to ensure that investment in Ward 3 is carefully balanced with responsible spending. I continue working with Administration to address traffic and safety issues in Hidden Valley, with an update coming to your HVCA executive in early June. I will

also be seeking out capital to leverage the \$15 million provided by the provincial government for a much-needed expansion at Vivo.

In closing, one of our commitments as a Council is to evolve our communications with you in a manner that clearly outlines how your taxes and fees are paying for critical services you expect from a municipal government. I'll also keep posting explanations for Council decisions on my social media, which is @JyotiGondek on Twitter, Facebook and Instagram. These posts will be available on the Ward 3 website, and I'll be working with the communications experts at the City to incorporate more plain language into everything we do.

With the spring and summer finally upon us, I hope you get a chance to be outdoors and enjoy our city as much as possible!

*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**



As students anticipate summer holidays, our government continues to focus on delivering quality education to our youth. Since passing An Act to Reduce School Fees in 2017,

I have heard from many of you about how students get to and from school. Alberta Education is now asking what changes you want to see to the student transportation system. Please complete this short survey by June 15: <https://education.alberta.ca/student-transportation>.

The Alberta government is also working to rein in excessive salaries for post-secondary presidents. In the words of Advanced Education Minister Marlin Schmidt, "We need to ensure that taxpayer dollars are being used in the best interests of students, staff, and faculty. By lowering salaries and creating stronger controls on benefits, we're making sure that public funding goes towards the classroom, where it belongs." This strategy is part of the government's ABC review -- cutting

salaries, bonuses, and perks for the highest paid executives of Alberta's agencies, boards and commissions -- saving government approximately \$33 million.

Summer weather brings the chance to gather outdoors. I hope to see many of you at Coville Neighbour Day celebrations, Saturday, June 16! It's an honour to support this community event organized by great volunteers. Please stop by my table to say hello.

I enjoy seeing several thousand of you come out to our neighbourhood Stampede event each year. For this year's Stampede, rather than a breakfast, we will kick things off with a FREE barbecue, Friday, July 6, 5-9pm, in Vivo's east parking lot. The event will be held in conjunction with Northern Hills Community Association's Night Market, with lots for the whole family to see and do. So please mark your calendars!

It is always good to hear from constituents. My office is only a quick phone call away and you can email anytime.

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**

Canada has experienced a record number of illegal

border crossings since 2017. The influx of border crossings and the Prime Minister's failure to manage a planned immigration system is putting a strain on social services across several provinces. Government analysis shows that wait times for asylum claims could now hit up to 11 years. These consequences of the illegal border crossings are expected to cost taxpayers approximately \$2.9 billion to support claimants in the interim, this is in addition to the projected federal deficit of \$18.6 billion.

On April 24th I introduced an Opposition Day motion calling on the Government to put forward a plan to manage Canada's borders. However, the Government voted down this motion, and instead will continue to spend hundreds of millions of taxpayer dollars to deal with their inability to manage Canada's immigration system.

We need to ensure that when the world's most vulnerable come to Canada, they are given access to resources and resettlement services to successfully integrate into our social and economic fabric. This is an issue that needs to be addressed, as it is likely to worsen in the upcoming summer months. I'd like to hear your opinion on this issue at michelle.rempel@parl.gc.ca.

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

*201-1318 Centre Street N.E.,
Calgary, AB, T2E2R7
www.MichelleRempel.ca
115-70 Country Hills Landing N.W. T3K5P3*

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?

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

cbe.ab.ca

Northwest and North Central French Immersion Program

Invitation | In-person sessions to gather feedback on possible scenarios for French Immersion in northwest and north central Calgary. June 7, 11 and 13.

Register | cbe.ab.ca/dialogue



**Calgary Board
of Education**

dialogue)))



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HEALTH CORNER

Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a

balcony, or deck.

Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window be can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

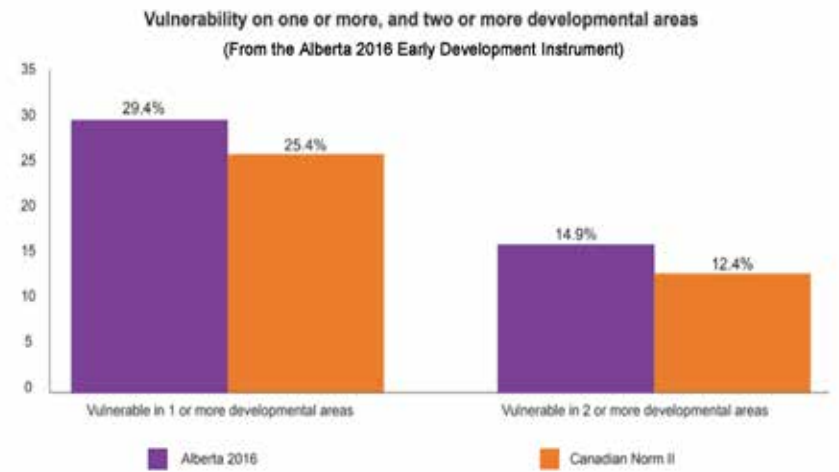
EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.
www.windowssafety.ca



Did You Know?

1 in every 3 children in Alberta are developmentally vulnerable by the time they reach Kindergarten?

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 or visit ecdcoalitions.org



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- **PROTECT YOUR EYES** from the harmful UV rays that scientists have tied to *cataracts* and *macular degeneration*.
- **CHILDREN'S** eyes are still developing under the age of 18, they can benefit the most from the protection of wearing quality sunglasses, especially outdoors.

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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.

BRING ON THE SUMMER!!

As of June 24, 10:00 am
 single service Sunday Worship begins.

Nursery will be available for newborns to 24 months
 @10:00 am June 24 through September 2.



Stampede Breakfast

July 8th 9 am ~ 11 am
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Community Sports



Little Buzzing Bees are on the fields!

By Veronica Knight,
NHCA Newsletter Writer (Volunteer)

Spring has finally arrived in Calgary, and with that comes the sound of kids laughing, parents cheering and coaches trying to herd their little teams into some sort of organized chaos. That's right! Soccer has returned to the fields of the northern hills and the Northern Hills Community Association in partnership with SoccerTech have

been busy getting everything ready for the kids.

Though the weather was doing its best to try to delay the start of the soccer season, we started right on time at the beginning of May and will run for the next few months.

There are two separate groups, one for children (under 4 – under 10) and youth (under 12 – under 18). The children are mixed and the youth are split into boys and girls.

Watching the little ones run around at the U4 games, like little bees buzzing around a honey pot, made me remember what a large influence soccer was to me in my youth. The coaches spend the first part of the time allotment doing a practice with the little ones, trying to instill the fundamentals but more

often trying to coax the kids away from their parents; then the second part of the time is the game. The younger children use the pop up nets with no goalies.

Team sports and events are essential in forming lifelong positive behaviours in our youth, from

working as a team to taking directions. Being able to get children to play soccer at a young age, like in the U4 group, is such a great way to get them on a path to love outdoors and a healthy lifestyle. And if we are lucky, when they are our age they will remember with fondness their time in youth soccer like I have.



Photo credit:
Laine Schuck
& Michael
Cheong,
NHCA
Photographer
(Volunteer)



Office Address:
2635– 37th Avenue NE,
Suite 140, Calgary, Alberta,
Postal code: T1Y 5Z6
Tel: (403) 291-0018
E-mail: Darshan.Kang@parl.gc.ca

My fellow constituents,

Spring is finally here and with it comes a new set of opportunities to engage with you, the residents of Calgary Skyview. My team and I continue to work tirelessly to address your concerns and embrace your ideas both in Calgary and on Parliament Hill. I've been hard at work in Ottawa trying to make life easier for Calgarians, Albertans and our fellow Canadians. As your MP, I can help you resolve issues touching any federal government department, this includes: immigration, employment insurance, Canada Pension Plan, Old Age Security and many more. My office is open to everyone. I look forward to meeting with you, your family, your co-workers or your organization to listen and act on your concerns. For assistance with federal issues please contact my office by telephone or email. If you prefer, do not hesitate to visit the constituency office during regular business hours.

Social Enterprise continuing in Northern Hills



invaluable assistance regarding space, marketing support, and advice in taking Night Market North from a plan to a successful execution.

The Pitch Competition was a turning point for Ian, and the Night Market North was moving ahead. "By then, Night Market North had been developed to the point where I didn't even need funding anymore, so I passed on the prize money from the Pitch Competition in order to make

Night Market North was held over 2 nights. The weather wasn't very good and Ian would've liked to do more advertising, but the response by the community was almost overwhelming. The first night was freezing cold but still brought in about 650 visitors. The second night had about 2000! The test event was so successful that Vivo immediately began talking about holding the event in 2018.

This year, the Night Market North will be held every other Friday all summer long – from 5-9pm on Jun 8 & 22, July 6 & 20, and Aug 10 & 24. There will be food trucks, kids games, entertainment, and lots of booths full of great deals and interesting finds operated by your neighbors in the community. "Expected attendance is to average around 2500 per night, but we are hoping to exceed that with your help (We are still looking for sponsors!)", quips Ian, demonstrating that this

is truly a community initiative for northern hills residents and businesses.

Ian sums up the support he received, noting that "None of this would have been possible without the support of the NHC, Vivo, and the Northern Hills community."

If you have a business idea, especially one that helps the community, you should bring it to Northern Hills Connect and let them help you turn that idea into a reality.

Join us at our first Community Soup event, being held in the Vivo Idea Lab on Tuesday June 12, from 6-8.30 pm. Share your ideas. Listen to what others are developing. Support local entrepreneurs. And enjoy some soup prepared for us by Notre Dame high school.

For more information, and to RSVP, please visit NorthernHillsConnect.com/Soup

By Tamara Keller

Northern Hills Connect (NHC) is supporting social enterprise development in the Northern Hills communities. Our goal is to support the launch of one social enterprise in one year, with a larger vision of 5 over the next 5 years. There are at least 3 businesses in various stages of development right now, and one, the Night Market North, has already been successfully launched.

Ian McAnerin had the idea of a night market last summer, and decided to explore it with the NHC. "The tools they provided included a business plan development, a bunch of training, and a lot of support and feedback by the members. Over the period of about a month, with



the help of NHC, I was able to create a business plan to the point where it was polished enough to enter into the first Northern Hills Connect Pitch Competition in early September."

Following the pitch competition, Ian continued to work with Northern Hills Connect, receiving support with things like artwork, location services, advertising and other resources critical to success. Vivo also provided

sure the other (very worthy) contestants could get as much support as possible. It was labelled a competition, but the overall spirit of the event was closer to mutual support."

In late September, the trial



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

Teeth to Treasure! WORD SEARCH

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|-----------|----------|
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| BONDING | FILLING |
| CEMENTUM | JAW |
| CLEANING | OCCLUSAL |
| COMPOSITE | SCALING |
| ENAMEL | SMILE |



Raised wicking bed workshop series at Coventry Hills community garden

On April 25th and May 5th, Jon Berlie led workshops at the Coventry Hills community garden to provide people with hands-on learning on how to build raised wicking garden beds. These wicking beds have a built-in reservoir that supplies water from the bottom up and is basically a self-watering raised bed. With the help of hard working volunteers, 4 raised wicking beds were built and will provide improved accessibility to seniors and people with limited mobility to community and gardening. Come check out these innovative garden beds at the Coventry Hills community garden at 110 Covepark Square NE.

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



Crossword puzzle ANSWERS

Puzzle on page 4

1	B	U	R	4	R	O	W	S	8	N	U	D	11	G	E	13	R					
14	O	N	E	15	A	D	I	T	16	I	N	H	A	L	E							
17	B	E	D	18	N	I	N	E	19	P	S	A	L	M	S							
20	C	A	S	21	T	I	N	G	22	A	S	P	E	L	L							
23	A	S	E	A					24	K	I	L	N									
25	T	E	A	B	26	A	G	S	29	G	E	T	30	A	31	W	33	Y				
					34	H	U	M	35	A	N			36	P	E	R	U				
37	38	39	40						41	42												
	D	O	E	S	A	M	A	G	I	C	T	R	I	C	K							
43	E	C	R	U					44	S	O	F	I	A								
45	W	A	R	P	46	A	47	T	48	Y	A	R	49	D	50	A	51	52	M			
									53	N	O	U	N			55	O	G	E	E		
					56	S	A	57	Y	O	P	E	N	58	S	E	S	A	M	E		
61	62	T	E	A	P	O	T						63	V	I	A	L		64	M	O	T
65	S	E	R	E	N	E							66	E	L	L	S		67	I	R	E
68	P	R	I	D	E	D							69	R	E	T	E		70	C	A	R

Sudoku puzzle ANSWERS

This Sudoku is provided by: Sudoku of the day: <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

Recipes from the garden event at Harvest Hills community garden



Wanting to grow new vegetables in your garden but not sure what will grow in our climate? On May 5th at Harvest Hills community garden, 3 less known vegetables were the stars of the event: fenugreek, celeriac, and edamame. Fenugreek is a herb commonly used in a variety of Indian curries and Mediterranean dishes. Celeriac can be cooked and mashed to provide a delicious alternative to

mashed potatoes. Edamame is a great snack that's easy to cook. People that came by were able try different foods made from recipes with each of these vegetables and left with some recipe cards as well as seed packets. If your curiosity has gotten the best of you, various grocery stores will have these vegetables for purchase and ask your local garden centre for seeds to add some diversity to your garden.



EVERYBODY PLAYS AT CAMP!

NEW this summer – Overnight Adventure Camp! Campers spend part of the week here at Vivo, followed by a couple of nights with Scouts Canada at their Camp Impeesa location! Don't wait – there are only two chances to camp out overnight this summer so register now at vivo.ca



Bring this in to receive a **FREE** daily admission to Vivo!
Offer expires August 31, 2018

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- Monday** • 7am - 8pm
- Tuesday** • 7am - 8pm
- Wednesday** • 7am - 8pm
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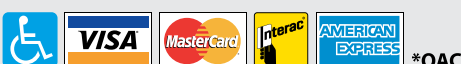
40 Panatella Blvd NW

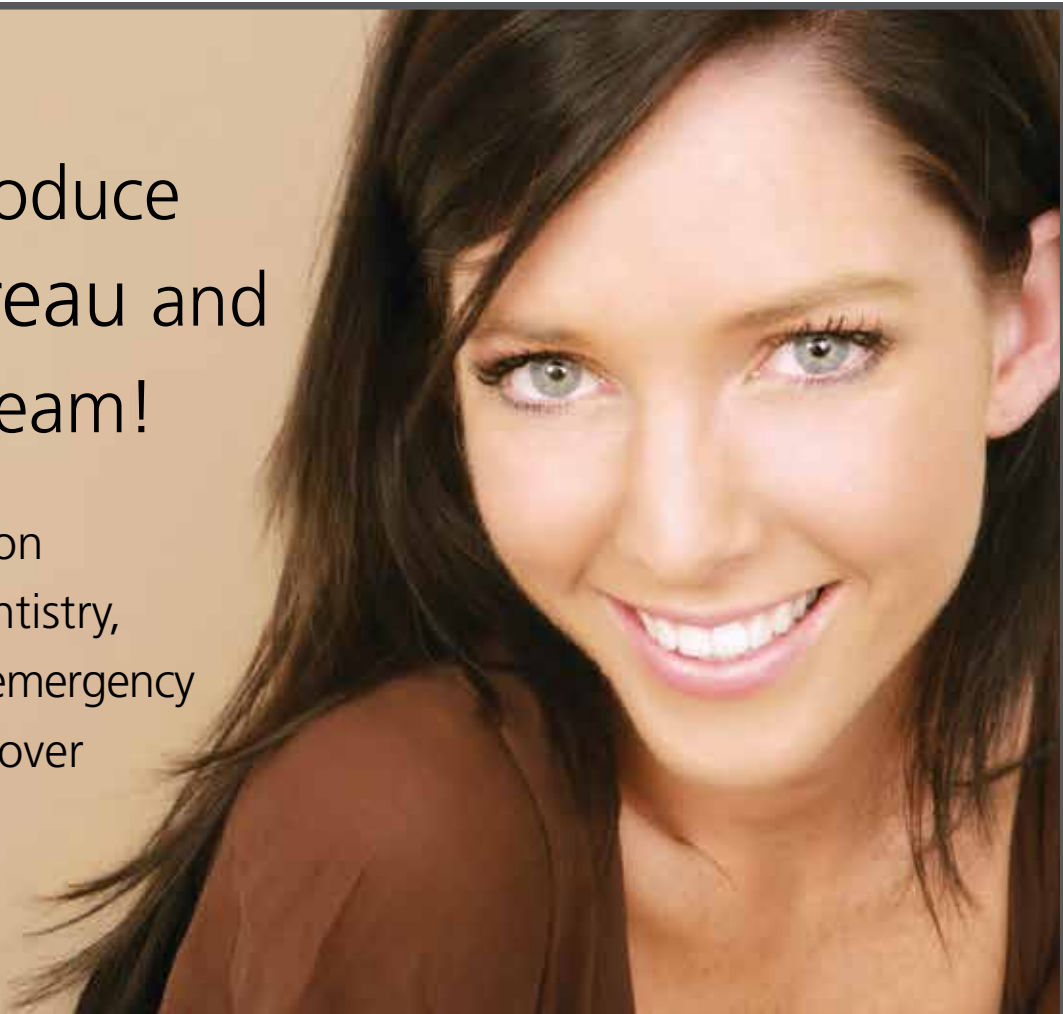
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Map showing location: Panatella Blvd., Coventry Hills Dr., Panamount Blvd., SUPERSTORE, Country Village Rd., Country Village Way, LANDMARK THEATRE, HOME DEPOT, Harvest Hills Blvd., Country Hills Blvd.

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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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