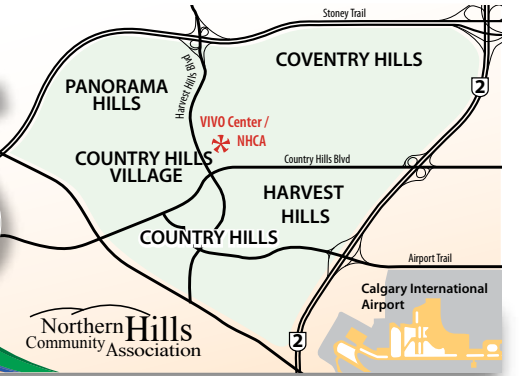


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Official Newsletter of the Northern Hills Community Association ❖ www.nhca.ca @northernhillscalgary @northernhills

Longest Mural in Canada

By Laura Hack, Kim Walker, and Mark Vazquez-Mackay

The Northern Hills Community Association is pleased to announce that Artist Mark Vazquez-Mackay was selected to design and oversee the installation of the Northern Hills Community Mural Project. The Northern Hills Mural is anticipated to be the longest mural in Canada and will be painted on August 4-6, 2018, weather dependent. See you at the Fence!

and respected as a painter and a teacher, Vazquez-Mackay's impact on his local community as a muralist, a mentor and a volunteer is hard to overstate since a central part of his practice is to create and nourish artistic communities and to create links between those communities and the citizens of Calgary. His work as a public muralist exemplifies his commitment to the public. He has created



About the Artist

Mark Vazquez-Mackay

Mark Vazquez-Mackay's work has been exhibited and collected across the continent. As one of this province's most prominent observational painters/drawers, Mark is known mostly for his work with the human figure and portraiture, and his work is found in important collections such as that of the Canadian Armed Forces headquarters in Ottawa.

His work is characterized by relentless experimentation, from his explorations of renaissance optics, to modern digital technologies, and massively ambitious projects such as his 100 portraits project and his recently begun project featuring 32 life-size figures arrayed along a single line.

Mark Vazquez-Mackay received his Bachelor of Fine Arts from Alberta College of Art and Design in Calgary, Canada and his Masters of Fine Arts from the Instituto Allende in San Miguel de Allende, Mexico. Mark Vazquez Mackay taught for a year at the Instituto Allende and has been teaching drawing and painting at ACAD since 2004. In addition to his post-secondary teaching work, Vazquez Mackay is the current Artist in Residence at Willow Park Middle School.

While he is primarily known



works for:

The Calgary Immigration Society: apart from creating a mural for their child care center, he taught art (and tobogganing!) to Syrian refugee children.

Queensland Community Centre: after consulting residents from Queensland, and working with First Nations representatives, Mark mentored students from

ACAD who helped him paint this 107" by 9" mural.

Calgary Drop-In Centre: Mark led a team of Artists from the Drop in centre to paint a mural on the east side of the building, a project that involved over 100 participants from multiple organizations and communities in the area.

cSpace Arts Hub: Mark created a mural on the former King Edward school shortly

before its transformation into cSpace to draw attention to the new construction.

China Town mural project: funded by a Calgary Foundation grant via the Chinatown Community Association, this project involved nearly 200 participants, many of them elderly citizens.

As important as his work as a muralist is, Mark's community involvement extends beyond public installations: he has taught art to people in homeless shelters, to people with mental illness at Studio C, and to at-risk youth with the Y Calgary Program.

He worked with recent war vets in Prospect's program called 'Forces at Work,' helping war vets with PTSD to visualize their transition from military

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this month
WHAT'S INSIDE

FREE ICE CREAM ON PAGE 8

AUGUST 4 - 6, PAINTING OF THE NORTHERN HILLS MURAL

AUGUST 11, 10:00 AM - 1:00 PM, POOL PARTY #1 BY THE COVENTRY COMMUNITY GARDEN

AUGUST 17, GOLD CUP PARADE

AUGUST 18, 5:00 - 8:00 PM, FAMILY FUN TIME AT COVEWOOD PARK

AUGUST 25, 10:00 AM - 1:00 PM, POOL PARTY #2 AT VIVO EAST PARKING LOT

SEPTEMBER 8, 11:00 AM - 2:00 PM, IMAGINATION PLAY

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

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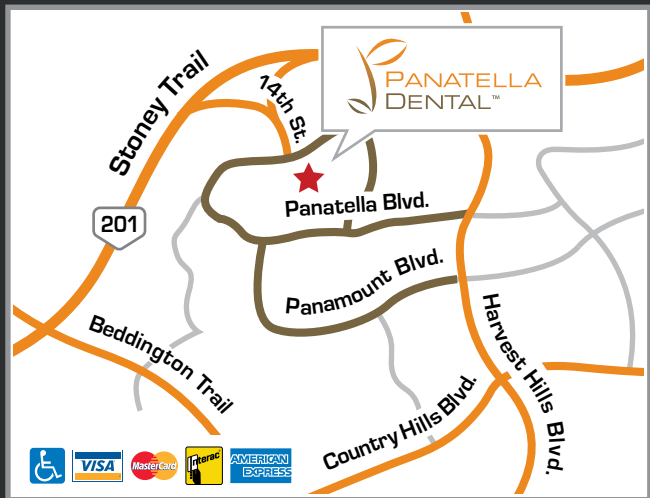
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Community Association Notes

Northern Hills
Community Association

From the Executive

Summer Vibes

I love summer and everything about it. Ice cream, sunshine, stampede breakfasts, eating outside, bike rides with my husband and even working outside in the yard.

We are recent empty nesters and it has me reminiscing of the family time spent together camping, vacationing and all the cool, simple ways we used to celebrate summer with our children. In the Northern Hills there are many ways to fill your days as a family and keep your kids busy, happy and stay on a budget. Creating Coventry has many cool free events

happening this summer at various parks in Coventry all geared to kids and family fun. If you want to volunteer and have some fun at it, we are looking for all ages to come join us in painting our Community Mural in the month of August. Check out our community library for fun activities and great reads if you love to lay back and relax... or get

moving and hit the bike or walking trails.

Vivo has always provided our family with enormous entertainment over the years and this summer they have some new fun initiatives. The Night Market in the Vivo parking lot is a great way to experience some local vendors and get out and connect with others. The pool, gym and so many

programs are sure to provide some ways to keep the little ones busy during the steamy days. Watch our social media for announcements about the mobile skate park and other fun events that are happening! Stay cool, put on the sunscreen and enjoy your community this summer!

Volunteer Opportunities

Dear Northern Hills residents,

August it is! And this means it is time to paint the longest mural in Canada! Come out to paint the mural together on August 4, 5, and 6! Bring your family and friends and leave your mark on the community. Don't forget about the amazing and fun Activating Coventry events, only 4 of them left!

Also this month we will be working at the Casino! Interested?!

Lastly we are preparing for Harvest Hills Hub opening ceremony!

Here are volunteering opportunities that we have at the moment and are looking for a help with, hope you will find something of interest to you:

• 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 Yana Soldatenko (engage@northernhills.ab.ca) or Moraig McCabe (creatingcoventry@gmail.com), or just pop by NHCA office to have a chat.

• Casino Volunteers

It is this time a year! We are looking for casino volunteers! It will be evening and late-night shifts on August 17th and 18th. Interested and want to help out? Contact Marina (admin@northernhills.ab.ca) or direct call on 403-226-6422.

• Arts & Crafts Committee Member

Are you an artist or just simply would love to bring more art into the Northern Hills community? Do you want to be part of ambitious and artistic team of residents? This month the team is being part of Activating Coventry and will be leading the first

Continued on page 4



"Did You Know In the Hills?" Contest!

This month's trivia question is:

What is the special event of the 17th of August?

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 July is: **Nekolina Lau, Congratulations!**

The answer was "Pool Party #1 at 90 Covepark Square" and can be found in July 2018 Northern Hills News under the heading "Look out for these #Activating Coventry free community events this summer!" on page 5. Thank you to all of you who submitted your answers, and we look forward to your continued participation.

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

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NHCA CONTACTS

NHCA OFFICE:

NHCA at Vivo
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VOLUNTEERS

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

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David Hartwick
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Arts & Crafts: Muzna Amin
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At Home in the Hills: Winnie Huang
(ahih@northernhills.ab.ca)
Beautification & Community
Enhancement: VACANT - contact us!
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Coventry Garden: Sarah White
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Harvest Garden: Melissa Duong
(harvestgarden@northernhills.ab.ca)
Creating Coventry: Moraig McCabe,
Nicole Dawe (creatingcoventry@
gmail.com)
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Finance: Lonny Mah
(treasurer@northernhills.ab.ca)
Membership: VACANT - contact us!
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Playgrounds: Victoria Henry &
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Rinks: Daniel Sennhauser
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SPRY in the Hills:
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(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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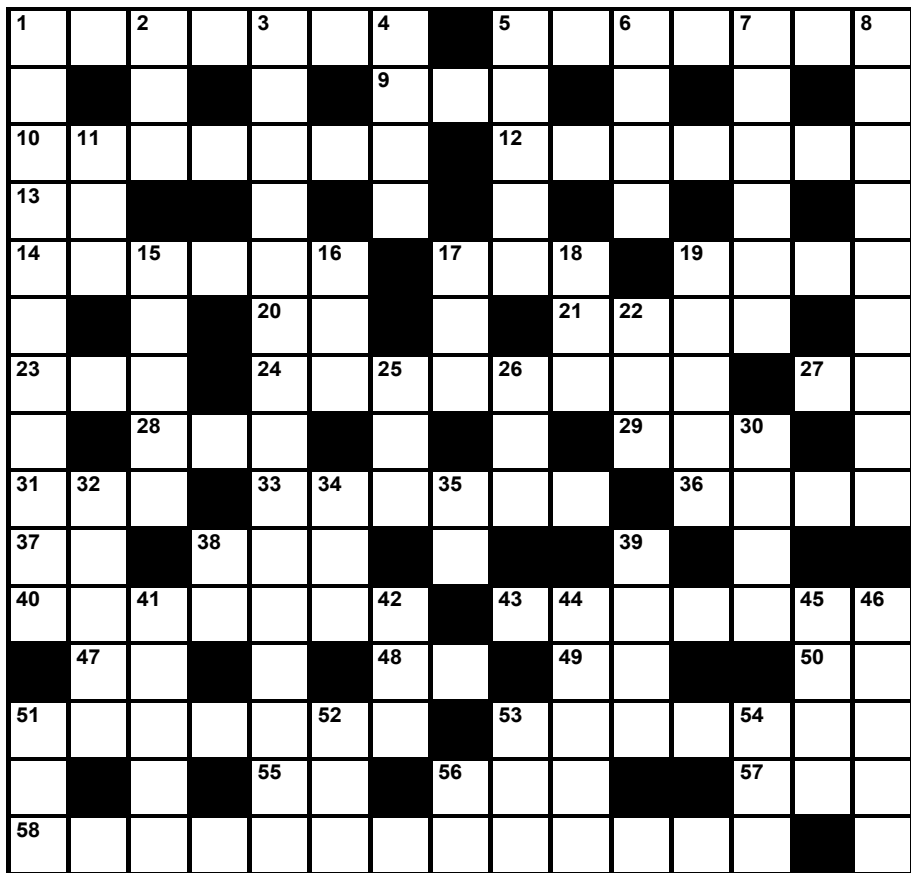
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CROSSWORD

Answers on page 14



ACROSS

- 1 Summer play areas
- 5 Ontario vacation destination
- 9 ___ mode (2 words)
- 10 Vacation souvenirs
- 12 Summer meals
- 13 Let's drive __ Banff
- 14 Roast beef , e.g.
- 17 One part of B and B
- 19 Spotted
- 20 "Let it ___": Beatles advice
- 21 Circus cries
- 23 Barbeque action
- 24 Outdoors
- 27 Welcome word
- 28 Big ___ for lunch?
- 29 Scottish cap
- 31 Cooler
- 33 Canoes
- 36 Zero, on a court
- 37 Favourite Canadian question
- 38 Big coffee holder
- 40 Taking little drinks
- 43 Sails
- 47 Sodium symbol
- 48 PEI part, abbr.

- 49 Alien too good for earth
- 50 Deja ___
- 51 Sun ___ (getting a tan)
- 53 Sand ___ (children's architecture on the beach)
- 55 Quebec is ___ of Toronto
- 56 Grumpy colleague
- 57 Outland___
- 58 Describing a walk by Lake Ontario (3 words)

DOWN

- 1 They are often found on flowers in summer
- 2 Camp fire remains
- 3 Summer vacation activity (2 words)
- 4 Beauty pageant wear
- 5 A favourite leaf?
- 6 Ruck ___
- 7 Salad ingredients
- 8 Great time to get up and watch the sky (2 words)
- 11 Father's pride
- 15 Culinary herb

- 16 Unagi, at a sushi bar
- 17 Keep out
- 18 Affairs
- 19 Shallow area in the water
- 22 After summer month, for short
- 25 ___ fishing
- 26 Famous Canadian creature
- 30 Trims the lawn
- 32 Popular wedding gift
- 34 Girl's name
- 35 Blue Jays opponents
- 38 ___beat
- 39 Slices of meat
- 41 Place for a barbeque
- 42 Band booking
- 44 Arrive at
- 45 They sit under the roof
- 46 Popular Japanese cuisine
- 51 Stole
- 52 Tennis essential
- 53 Lettuce variety
- 54 Stretch out
- 56 Cadillac __ Ville

Volunteer - Continued from page 3

two events – Imagination Play Day #1 & Outdoor Crafts Day! In August, the team will be planning the art programs and will launch them in the Fall. Interested to join? Please contact Muzna Amin (arts@northernhills.ab.ca) for more information.

• 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).

• At Home in the Hills (AHIH)

At Home in the Hills has openings for our core organizing team, as well as event/project-based volunteer opportunities! We're looking to take creative and non-traditional routes to actively engage with our communities; empowering and supporting them in their own community initiatives -- and we

would love for you to be a part of this movement! Please contact Sam (ahih@northernhills.ab.ca) for more information and to apply!

• Assistant Editor

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

• 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 neighborhood potluck? Are you interested in participating in any of these events or want to bring somethings else to the table? Contact Victoria Henry via (HarvestHillsHub@hotmail.com).

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





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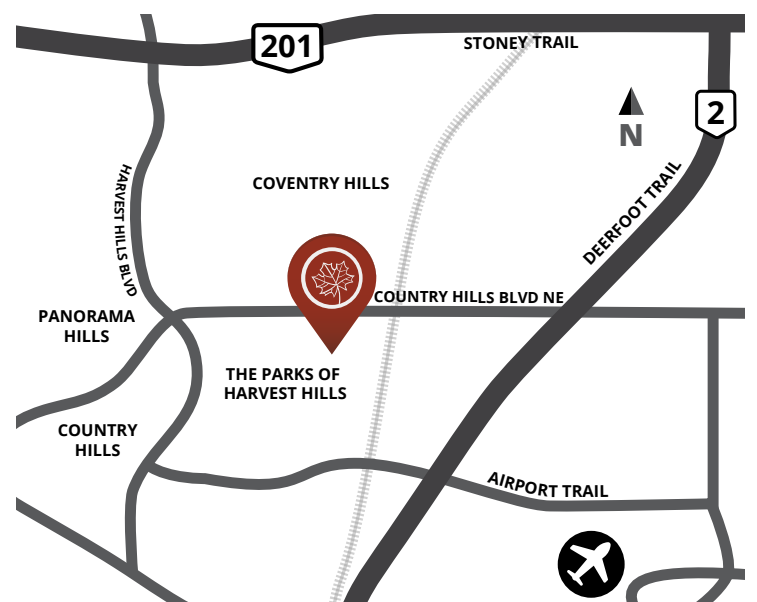
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Arts & Crafts Committee Pilot



By Sally Parsons

What a great start for the newly formed Arts & Crafts Committee through the NHCA. The Pre-Beginners Watercolour pilot program was offered to test the waters and gauge interest to the members of SPRY. The program spanned a six-week period starting this past May; utilizing space at Vivo. Response was so enthusiastic, that a draw was used to determine who would participate as enrolment was limited to six. Experience or drawing talent was not required, just the desire to experiment with this

medium.

Classes consisted of learning to mix colour to create a colour wheel; exploring techniques to create special effects and finished with a completed painting. Participants were focused and engaged during the teacher guided step by step lessons. Positive feedback has ensured the program will be offered as a regular feature through the Arts & Crafts Committee in the coming months. Future class size will expand to 15 participants. Stay tuned so you don't miss the chance to register."

Art & Craft Corner!

Here are some artworks from the Northern Hills Arts and Crafts made by the Team Leader, Muzna



Amin. She is Passionate about Arts in the community with a focus on future art programming accessible for children, kids, young adults, adults and seniors. Prior experience with teaching painting to seniors and craft programs for kids and encourages the art of imagination with focus on 'creating something'. Any art enthusiasts willing to get involved, kindly contact arts@northernhills.ab.ca or visit nhca.ca/arts.



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Dates

NHCA Events and Programs, Holidays in Canada

Aug 2018 (Mountain Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1 The Royal St John's	2	3	4 Mural Painting @
5 Mural Painting @ Coventry Hills Boulevard	6 British Columbia Day Civic/Provincial Day Heritage Day in Alberta Natal Day (Nova) New Brunswick Day Terry Fox Day	7	8	9	10	11 10am - Pool Party #1
12	13	14	15	16	17 Gold Cup Parade	18 5pm - Family Fun
19	20 Discovery Day (Yukon)	21	22	23	24	25 10am - Pool Party!
26	27	28	29	30	31	1

Looking for more details?
Find more information about our events and programs in the monthly calendar. You can simply add it to your own Google Calendar now!

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



Partners in Water Safety remind citizens of the risks on Calgary's waterways

From the Federation of Calgary Communities

To help remind you of the risks when you're out on Calgary's rivers and lakes, the Calgary Fire Department has teamed up with the Calgary Police Service and Community Standards to form Partners in Water Safety.

Our message to all citizens is simple: where there's water, there's risk. Accidents can happen even when you do everything right.

When you're out enjoying Calgary's rivers and lakes, remember to:

- **Wear a lifejacket:** The importance of lifejackets can't be exaggerated. Even strong swimmers in shallow, slow-moving water are required to wear lifejackets. Make sure the life-jacket fits properly and always check the size and weight restrictions of the lifejacket.
- **Scout, assess and decide:** Check for potential river hazards and river advisories to determine if it's safe to raft or boat.

- **Keep kids safe around water:** Keep toddlers or young children within arm's reach while in or around all bodies of water.
- **Learn to swim:** Swimming is a life-saving skill. Classes are offered year-round at calgary.ca/liveandplay.
- **Behave on the water:** Consuming and transporting alcohol and drugs is illegal on Calgary's waterways. Anyone engaging in unsafe or disrespectful behaviour on the water will be subject to fines.

- **Bring the right supplies:** Make sure you have the right river craft, the right lifejacket and the right paddle for the river conditions. Carry a cell phone to call for help in case of emergency.
- **Call 9-1-1:** If there's an emergency on the water, call 9-1-1.

Find out more at calgary.ca/watersafety.



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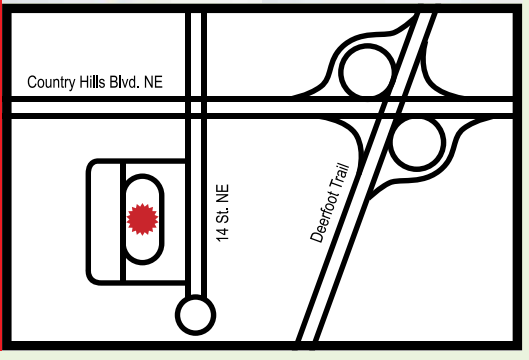
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Family Connections Parent Link Centre

By Sue Blackburn Forster

Check out our August programs at the Parent Link site in Huntington (520-78 Ave NW). Look for our calendar at www.weconnectyou.ca or call 587-392-2271.

Meet Me in the Park (will be attending a park in the Huntington area) Library circle time or children 2-5 years (need to register by calling 587-392-2271)
Field trip's: Picnic in the Park (Confederation Park), Aug 10 & visit to Mobile Adventure Playground, Aug 17

"Feeding My Baby Feeding Your Baby" (at Parent Link) Monday Aug.13 10-12 pm

Parent Support (over the summer): Come speak with me about parenting issues or concerns regarding children age birth to 6 years. Please call 587-392-2270 to set up a time to meet

or speak on the phone.

Look for these Fall programs at Vivo: 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 September 20, 27 & Oct 4. 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 Parent Link staff 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 587-392-2271 to register starting Aug. 23. This program is a partnership between Northern Hills Community Association, Vivo, Country Hills Public Library and Family Connections Parent Link.

Come Play with Me at Vivo
 11950 Country Village Link NE, Calgary, AB T3K 6E3
 Oct 11-Dec 6, Thursday Mornings 10 – 11:30 am.

Come join us for this free drop in playgroup for parents and children (birth – 5), located outside the Panther physiotherapy site, on the East side of the building at Vivo. There is lots of parking available outside the East entrance, at the back of the building. The space is on the upper floor and can be reached by taking the stairs or the elevator. For information call 587-392-2271 or check website www.weconnectyou.ca.

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



Update on the HHHub!

By Meghan Keating

The Harvest Hills Hub committee is excited to be in the final phase of planning for this playground and greenspace revitalization project.

The landscape architect (IBI Group) has sent final detailed drawings to the city for approval. A few minor changes were made at the request of the city, and we expect the drawings to be stamped and approved by mid-July. We have hired a primary contractor to do the landscape work including site prep, earthworks, and coordinating with the city and playground equipment suppliers. Most excitingly, we are finalizing quotes for the playground equipment and will be ordering it this week!

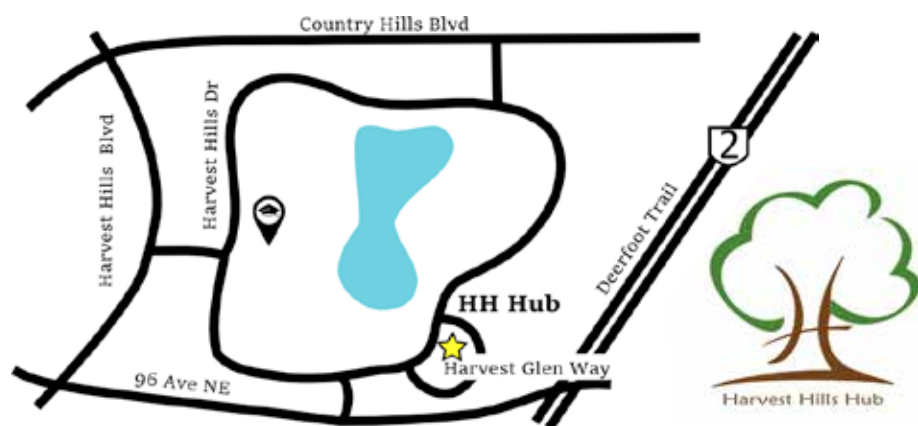
Due to the financial support we have received from the community, we are able to order all of the play-

ground equipment we had in our original conceptual drawing! Thank you to everyone who has volunteered and donated to this cause!

One exciting aspect of the HHHub will be the over 100 native-to-Alberta trees and shrubs with educational signposts explaining how Aboriginal peoples in Alberta have used and valued them.

The ground will be broken by August and we hope to have the entire project complete in September of this year. Look out for events held at the HHHub this fall.

Also, please look for our new website which will be up and running soon thanks to one of our dedicated committee members! If you would like to join the HHHub committee and help to plan events, email us at HarvestHillHub@hotmail.com and let us know.



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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.*

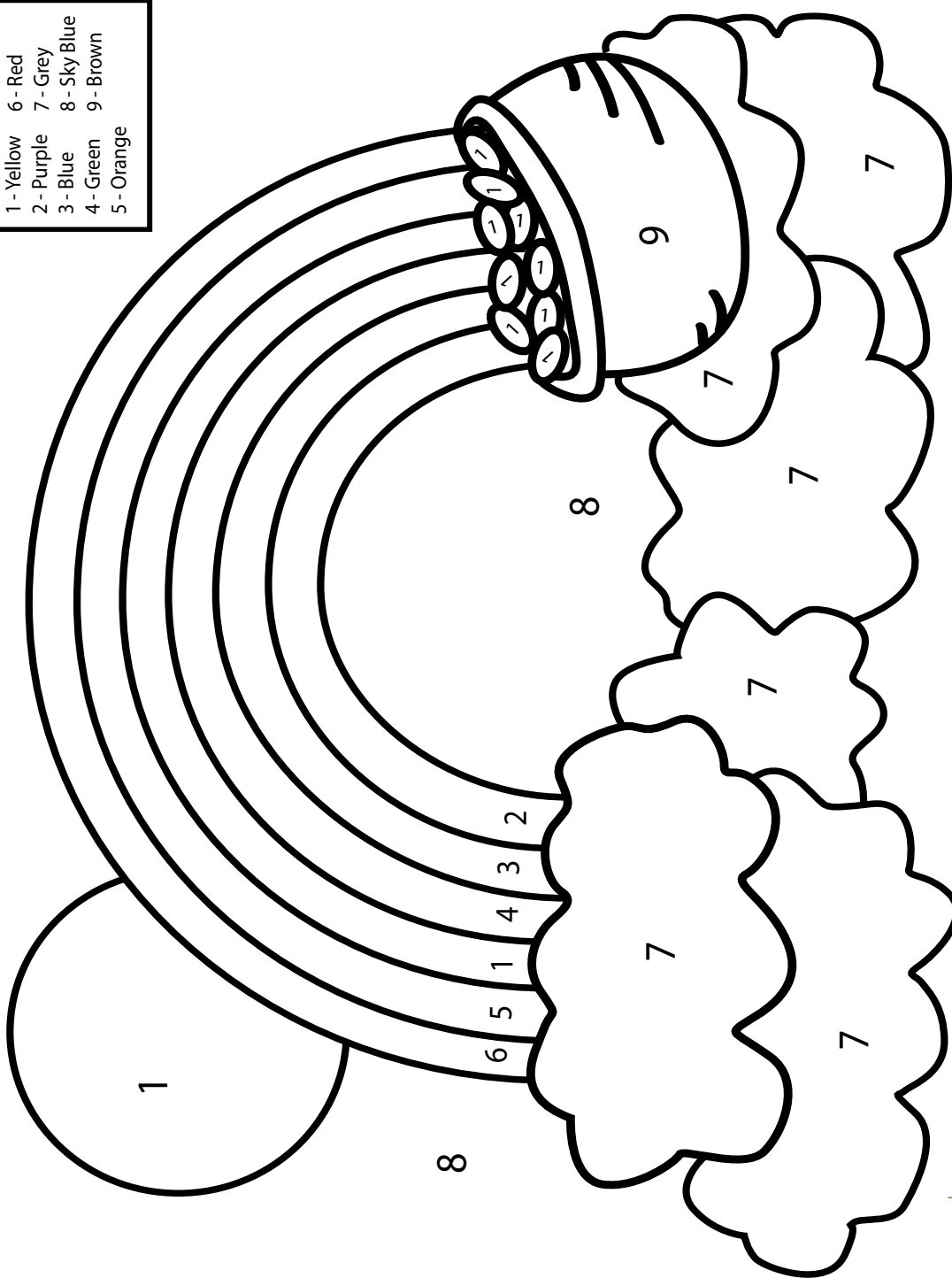
Name: _____

Age: _____

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

Color Guide

1 - Yellow	6 - Red
2 - Purple	7 - Grey
3 - Blue	8 - Sky Blue
4 - Green	9 - Brown
5 - Orange	



More worksheets at www.education.com/worksheets

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SUDOKU-PUZZLES

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

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

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 Fri 8:00 am - 2:30 pm

Advocacy in the Northern Hills Community Association

By David Hartwick,
1st Vice President, NHCA

The Northern Hills Community Association invests countless time into advocating for issues that are raised by our community. It is volunteers that do most of this advocacy and we count on memberships to fund our activities. We had a huge win as advocates a few weeks ago and wanted to share it with you. As previously written about, the NHCA has been challenging the CBE and Alberta Infrastructure to address safety concerns with the new Coventry Elementary School to be built in the soccer fields on Coventry Drive with little success.

After continued frustration with the process and bureaucracy we seemed to be dealing with, we issued a press release on June 28th, expressing our safety concerns. Only 660 News and a new local news agency LiveWireCalgary.com, covered the story. But they covered it well. Both reached out to Councillor Gondek for comment and contacted the Alberta Government. In one of those stories, Alberta Infrastructure claimed that suggested design changes were reviewed but wouldn't make the site safer (<https://livewirecalgary.com/2018/06/28/student-parent-safety-at-risk-at-proposed-calgary-elementary-community-association/>).

However, Alberta Infrastructure has now contacted us and agreed to meet with us again to discuss specific concerns so that our community gets the best school project possible. We will continue to push for changes to this school plan to provide the safest school site possible and will share the final plans once they are approved. We also have assurances from Minister of Infrastructure Sandra Jansen, that the NHCA will be included early in the planning process for the high school.

It is looking likely that the NHCA will be a catalyst for changing how school designs are done. We believe that working with the Calgary Police Service and Councillor Gondek in pushing for changes with Coventry Elementary, will lead to better community consultation on designing schools in the future, including the North Calgary High School. More information on supporting our efforts with a membership can be found at <http://www.northernhills.ab.ca/membership/> or by calling the office 403-226-6422.

What the new mortgage rules mean for homebuyers and homeowners



to a better rate if they aren't able to pass the test with a different financial institution.

Mortgage refinancing

Homeowners who want to refinance their mortgage (to pay for renovations, for example) will have to qualify for the new loan at the benchmark rate or their current contractual mortgage rate plus 2.0%, whichever is greater. If they're already close to their borrowing limit, they may have to settle for a smaller loan.

This is just a simple overview of the recent changes to the mortgage lending rules. For more information about mortgages in Canada, see the [Government of Canada website](#).

And if you're looking to apply for, renew or refinance a mortgage this year, come in and talk to a Servus mortgage specialist. Servus offers tailored mortgage advice based on your needs whatever your life stage. You can find a mortgage specialist at servus.ca/mortgage or call us at 1.877.378.8728.

First-time homebuying

No doubt, the new rules will have the biggest impact on people who are house hunting for the first time in 2018. They'll be facing a 20% decrease in affordability. To pass the stress test, they may have to set their sights on a less expensive home. Or they may need to save up for a bigger down payment.

First-time buyers who aren't able to pass the stress test could

also apply for a mortgage with a secondary lender who doesn't come under the rules because they're not backed by mortgage insurance. In the end, they could get their dream home but at a higher interest rate and more risk.

Mortgage renewals

Homeowners who need to renew their mortgage this year will not have to take the stress test if they stay with their current lender. But they may not be able to switch



Update on Garden Events in Coventry and Harvest Hills

Please check our newsletter and online in September for new information on our Garden events @ Coventry and Harvest Gardens!
Have a wonderful summer!!

SPRY Registration

SPRY registration for the FALL/WINTER SESSIONS will open September 1 online. Please check our website for up to date information in August!

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Elected Representatives



Calgary-NorthernHills MLA Jamie Kleinsteuber



It was good to see so many of you at the neighbourhood's Stampe barbecue last month. Thank you to the staff at Vivo for Healthier Generations and all the volunteers who made this event a success.

Congratulations to Northern Hills Community Association (NHCA) as it celebrates its 25th anniversary! I

hope to see you August 4-6 at NHCA's anniversary project – painting the longest mural in Canada! Sign up to help set a new record for the most people painting an 850 metre mural in only three days: www.northernhills.ab.ca/mural-project/. And mark your calendars for the wrap-up celebration on September 15.

Alberta's recovering economy continues to diversify. Three new programs within the Energy Diversification Act will create jobs and attract private investment. Application information for the Petrochemicals Diversification Program, the Petrochemicals Feedstock Infrastructure Program, and the Partial Upgrading Program is found at [www.alberta.ca/energy-](http://www.alberta.ca/energy-diversification-act.aspx)

[diversification-act.aspx](http://www.alberta.ca/energy-diversification-act.aspx).

The federal government announced October 17, 2018, as the formal date for cannabis legalization. Alberta is ready to manage legalized cannabis in a way that protects Albertans and promotes public health. Non-medical cannabis use is outlawed in schools, daycares, and hospitals. As Alberta's towns and cities prepare local rules for retail locations and zoning, Calgary city council has already passed a cannabis consumption bylaw banning smoking, vaping and edibles from public places.

Talking to kids about cannabis legalization is the best way to give them accurate information. Youth need to know that cannabis will only be legal

for adults, with a zero-tolerance policy for cannabis possession by those under 18. As well, youth need to know that cannabis use is not harmless. For information on talking to youth about cannabis, search "teen risk-taking" at myhealth.alberta.ca.

It's always good to hear from constituents. My office is only a 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

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Longest Mural - Continued from page 1

to civilian work life, and he has just recently wrapped up a two-year commitment working alongside an art therapist at the Tom Baker Cancer Centre to help patients going through treatments.

In front of Mark's Bridgeland home are two features that perfectly represent Mark.


The first is his 'Tinier Gallery,' an aquarium-sized gallery perched atop his fence that Mark invites emerging local artists to both curate and to show work in. Through this tiny public gallery, Mark demonstrates his com-

mitment to mentoring new talent, and to making art essential and available to communities.

The second is an immense pair of eyes painted along the entire length of that same fence. Mark painted these eyes for a purpose: to remind drivers to slow down and watch for children in the neighbourhood.

But this painting is also a kind of declaration of how Mark sees his role as an artist: these eyes gaze over the neighbourhood that Mark has made himself so central to, both influencing it and drawing influence from it, and in doing so asserting the artist's commitment to, reliance upon, and love of the people of this city.

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 watch)	<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-	<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
------------------------------	-----------------------------



Single Service Sunday Worship at 10:00 am.

Nursery available for newborns to 24 months
@10:00 am July 1 through September 2.



SERMONS
JULY 1-SEPTEMBER 2, 2018

10:00AM SINGLE SUMMER SERVICES

SEPTEMBER SERVICES:
 Final single summer service is September 2
 September 9 we begin our two service Sundays:
 9:15 & 11:00 am, with 9:00 am Youth Breakfast & Bible Study,
 Nursery to Grade 4 during both services,
 & Club 56 for grades 5 & 6, at 11:00 am.

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

10099 Harvest Hills Blvd. N.W.	Phone: 403-226-0990
E-Mail: office@hhachurch.com	www.hhachurch.com

Imagining a Summer of Fun in Coventry's Parks

By Nathanael Noblet & Moraig McCabe

Ever remember playing with the box for the present your parents bought you? Of course you do! Imagining up the infinite possibilities for any given object was always a lot of fun. On July 7th volunteers brought together chalk and crayons, boxes, paper, streamers, paper rolls, branches and all sorts of other objects to let everyone exercise their own creative juices at the first Imagination Play Day.

We wanted to entice as many people as possible to participate in this gathering, so we offered an assortment of both creative and athletic activities for children and adults alike. Cardboard boxes were transformed into forts, tunnels and robots, and the sidewalk chalk inspired a group effort to create a mural on the walkway while lively soccer and hockey games were played in the field. While everyone was enjoying themselves, the Creating Coventry project sought out feedback from participants about which improvement options they would like to see where, in a group of five southeast Coventry parks.

The fun and creativity didn't stop there! The NHCA's Arts & Crafts team created and brought a variety of craft kits to the Outdoor Craft Day on July 14th (pictures to follow in the September issue, with a roundup of more of the events).

Thank you to Ward 3 for the grant that helped to make these eight fun, free events happen; to Home Depot (Country Hills Village) for the donation of boxes; to Calgary Parks' Urban Forestry department who delivered the branches; to all the Ward 3 residents



who donated items; and most of all to all the community volunteers who have helped these activities come to life!

Join in the Activating Coventry events throughout August and into September. See the Activating Coventry advertisement in this issue for details of where and when. We hope to see you there!



Free food draws a crowd!

By David Hartwick

The Northern Hills enjoyed Stampede a little different this year from previous years. The annual Stampede Breakfast at Harvest Hills Church was held on July 8th, and the always popular Stampede Caravan breakfast in the Roy-Op Shopping Centre parking lot on July 14th was packed as always. Did you know that there are people that travel from all over the regions for these Caravan breakfasts? But how far will people travel for free food, and how do they even find out about it? A new event was held this year on opening day of Stampede, July 6th. Vivo, MLA Jamie Kleinstaub, and the Calgary Night Market North combined forces to put on a Stampede BBQ like the Northern Hills has never seen.

The Night Market has been slowly building a following and has 2500 interested followers on Facebook. It was hoped that the combined event would exceed the previous attendance record of 4000 for the Night

Market and one person told me they were estimating 5000 people. People were lined up before the event even started at 5pm! How many people came? An estimated 10000 people showed up and with some claiming the wait for a free burger exceeding 2 hours, opted to make use of the food trucks or have food elsewhere. As usual, the Coventry Hills based Mini-Donut food truck was a very popular choice.

But where did everyone come from? I wandered through the crowd and found people from as far south as Silverado and as far north as Airdrie. They came for the food, but they also came for the festivities. People were dancing. People were socializing. People were connecting. People were supporting the vendors. Everyone seemed to be enjoying themselves. Wouldn't it be great to have more activities like this? You have two more chances for the Night Market on August 10th and August 24th. See you there!

BACK TO SCHOOL.

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New and Emergency Patients Welcome

Multilingualism in the Early Years

Despite years of research to the contrary, the idea often persists that using more than one language to speak to very young children somehow delays or confuses their language acquisition. In fact, nothing could be further from the truth! Children's brains are HARDWIRED to learn language – as much and as many language[s] as they possibly can – and it is actually hugely beneficial for them to do so!

Did You Know?

- Infants are born with the ability to distinguish and to learn every language on the planet! As we grow

older and begin to recognize the patterns of the languages we hear most often, we begin a process of 'perceptual narrowing' – we start getting better and better at the languages we're surrounded by and stop paying as much attention to the ones we don't hear as often.

- Children who have access to more than one language at home do not experience delays in communication or any confusion between languages, although sometimes it might take a little longer to become really skilled in all their languages.
- Some of the proven benefits of

knowing more than one language in early childhood include improved executive functioning skills such as flexible thinking, self-control, focused attention, and better working memory!

- The best way for children to learn more than one language is to have constant exposure to confident, fluent speakers of those languages, and a strong relationship with those people to motivate them to learn to communicate with them!

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community

members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children based on the Early Development Instrument (listed above). We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nwecd-coalitions@gmail.com.




LOOK OUT FOR THESE

#ActivatingCoventry

FREE COMMUNITY EVENTS THIS SUMMER!

Thanks to grant funding from Ward 3, we are pleased to present a whole summer of fun on Saturdays in your Coventry Hills community parks!

WHEN	WHERE	WHAT
July 07 12 - 2:30 PM	160 Coventry Road NE	Imagination Play Day #1 Challenge your imagination - what can you create?
July 14 12 - 2:30 PM	303 Covington Bay NE (the playground NE of / behind the Husky)	Outdoor Crafts Day Be creative with the NHCA's Arts & Crafts Crew after enjoying your Stampede Caravan pancakes 9-11 AM at Coventry Shopping Centre
July 21 1 - 4 PM	980 Coventry Drive NE + along the pathway to the east	Family Fun Day #1 Challenge your family or neighbours to the outdoor games along the pathway – loser buys ice-cream?
July 28 1-3 PM	85 Covebrook Place NE	Old-Fashioned Family Sports Day Tug of war, relay races, egg & spoon, obstacle course and more!
Aug 11 10 AM – 1PM	90 Covepark Square NE (by the Community Garden)	Pool Party! #1 What says SUMMER better than paddling pools, beach balls and freezie pops?
Aug 18 5 - 8 PM	153 Covewood Park NE	Family Fun Day #2 Itching for a rematch? More games for all ages to play
Aug 25 10 AM – 1 PM	Country Village Road NE Field next to Vivo's east parking lot (arena side)	Pool Party! #2 More splashing good fun to round off the summer
Sep 08 11 AM – 2 PM	236 Coventry Green NE	Imagination Play Day #2 Another chance to get your brain active and be creative with our loose parts play

Find out more...

These events are being run as part of the Creating Coventry project - a community-driven plan to improve and connect our neighbourhood's parks. Join us: [Creating Coventry YYC](https://www.facebook.com/creatingcoventry/) at facebook.com/creatingcoventry/ or [@YYCcreatingSpace](https://twitter.com/YYCcreatingSpace) on Twitter.

Want to help out at any of these events? Email: creatingcoventry@gmail.com or engage@northernhills.ab.ca

HEALTH CORNER



Accidental Poisoning

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming in contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication storage

- Place all medications in locked containers and store in an area inaccessible to children;
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Child-resistant medication bottles are not child proof. They can still be

- opened by a child;
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer

fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested;

- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- In case of a poisoning emergency, call 9-1-1;
- Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



Sun Safety Basics

From Health Canada and the Public Health Agency of Canada

Sun safety basics

Most of us like to work, play, and relax outside on a sunny day. But too much sun and heat can be harmful, so be careful.

Cover up. When the UV Index is 3 or higher, protect your skin as much as possible. Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric. When you buy [sunglasses](#), make sure they provide protection against both UVA and UVB rays.

Limit your time in the sun. Keep out of the sun and heat between 11 a.m. and 3 p.m. The UV index in Canada can be 3 or higher during those times. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, like a park with big trees, partial roofs, awnings, umbrellas or gazebo tents. Always take an umbrella to the beach.

Use the UV Index forecast. Tune in to local radio and TV stations or [check online for the UV index forecast in your area](#). When the UV index is

3 or higher, wear protective clothing, sunglasses, and sunscreen, even when it's cloudy.

Use sunscreen. Put [sunscreen](#) on when the UV index is 3 or higher. Use sunscreen labelled "broad spectrum" and "water resistant" with an SPF of at least 30.

Drink plenty of cool liquids (especially water) before you feel thirsty. If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration.

Avoid using tanning equipment. There is no such thing as a 'healthy' tan. Using tanning equipment damages your skin and increases your risk of developing melanoma, the deadliest form of [skin cancer](#).

Sun safety Information about the harmful effects of extreme heat and ultraviolet (UV) radiation, including skin cancer, as well as first aid tips for sunburn and heat illness.

Bicycle Safety

A message from the Federation of Calgary Communities

1. Protect Your Noggin

Toddlers to adults should think twice before getting on a bike without a helmet. The helmet should fit nicely and cover the forehead. Calgarians under the age of 18 are required to wear a helmet.

2. Ring, Ring!

Having bell can let those around you know your coming!

3. Stop!

Being a cyclist follows similar rules to driving a vehicle. Pay attention to posted signs, speed limits and



watch out for pedestrians. Know your route ahead of time it this can help you be aware of potential detours and hazards.

4. Increase visibility

Having reflector or lights can increase your visibility for other cyclists, pedestrians and cars.

CAN'T GET ENOUGH SOCCER?

The 2018 Summer Soccer Sessions

If you are born between 2008 and 2013, come out and Train and Play!

July 9 to August 23 (except for Aug 6/7)

Mondays/Wednesdays at
Ascension, 509 Harvest Hills Drive NE
Tuesdays/Thursdays at
Inland Fields, 5563 112 Ave

2012/13 at 6-7 pm; 2008-11 at 7-8 pm

No team placement - train and play in small-sided sessions. Affordability allows for family holidays; drop in when you can for quality sessions.
No CA Membership or volunteering required.

Register at

www.soccertech.ca



\$50 for all registered in SoccerTech Spring Soccer!



Home Fire Prevention Tips

From Federation of Calgary Communities

The Calgary Fire Department has experienced the most house fires in recent years. Here are a few tips to keep you and your family safe:

Ensure your smoke alarm is working.

You should test your smoke alarm once a month and replace the batteries every year. Did you know that smoke alarms have an expiry date? Check the back of your smoke alarm and look at the manufacture date, if it's more than 10 years the smoke alarm should be replaced.

Use an ashtray for your smoking materials.

One of the main causes of the recent rash of fires is due to poor disposal of smoking materials. The Calgary Fire Department highly recommend using a deep, sturdy ashtray to properly

dispose of cigarette butts, ensure the butts are out by dousing in water or sand. Never smoke indoors. DO NOT dispose of cigarettes in vegetation, landscaping, peat moss or dried grass that could ignite quickly.

Create an escape route.

It's recommended to practice at least once every six months. Make sure all windows and doors can be easily opened by all household members including children. There should be at least two ways out of every room. In the basement, place furniture under the windows to aid in escaping and in multiple storey homes using a rescue ladder should be utilized.

For more crime prevention and safety information and resources visit our website at calgarycommunities.com.

Backyard Play Safety

With summer here, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine inch layer of shock-absorbing material, which extends six feet out in all directions from the play area.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(*) high and have a self-latching, self-closing, lockable gate.

(*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;

- Consider destroying or
- relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.



Unlike some other publications, the ad revenue from the **Northern Edge News** goes directly to supporting community programs **for the community, by the community.**



SUMMER SAVINGS!

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Swim all summer! We'll have public swim all day Saturday and Sunday for July and August

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Expiration date August 31st

Crossword puzzle ANSWERS

Puzzle on page 4

1	B	E	A	C	H	E	S	5	M	U	S	K	O	K	8	A			
	U	S	O	9	A	L	A		A	L						T			
10	T	S	H	I	R	T	S		12	P	I	C	N	I	C	S			
13	T	O		S	H				L	K		V				U			
14	E	N	T	R	E	E		17	B	E	D		19	S	E	E	N		
	R		H		20	B	E		A		21	22	O	H	S		R		
23	F	R	Y		24	A	L	25	F	R	26	E	S	C	O		27	H	I
	L		28	M	A	C		L		L		29	T	A		30	M		S
31	I	C	E		33	K	34	A	Y	35	A	K	S		36	L	O	V	E
37	E	H		38	U	R	N	S				39	C		W				
40	S	I	P	P	I	N	G		43	C	R	U	I	S	45	E	46	S	
	47	N	A		D		48	I	S		49	E	T		50	V	U		
51	B	A	T	H	I	52	N	G		53	C	A	S	T	54	L	E	S	
	O		I		55	N	E		56	D	O	C			57	I	S	H	
58	A	L	O	N	G	T	H	E	S	H	O	R	E						I

Sudoku puzzle ANSWERS

This Sudoku is provided by:
Sudoku of the day:

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

Puzzle on page 8

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



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



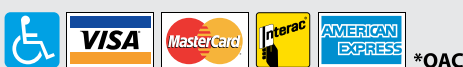
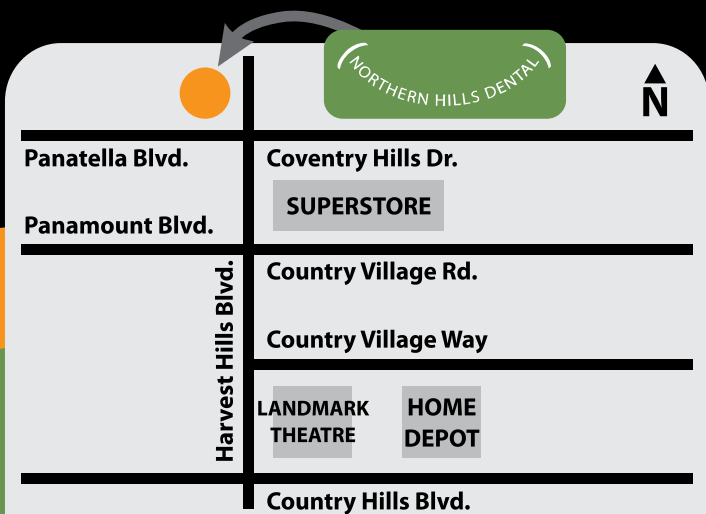
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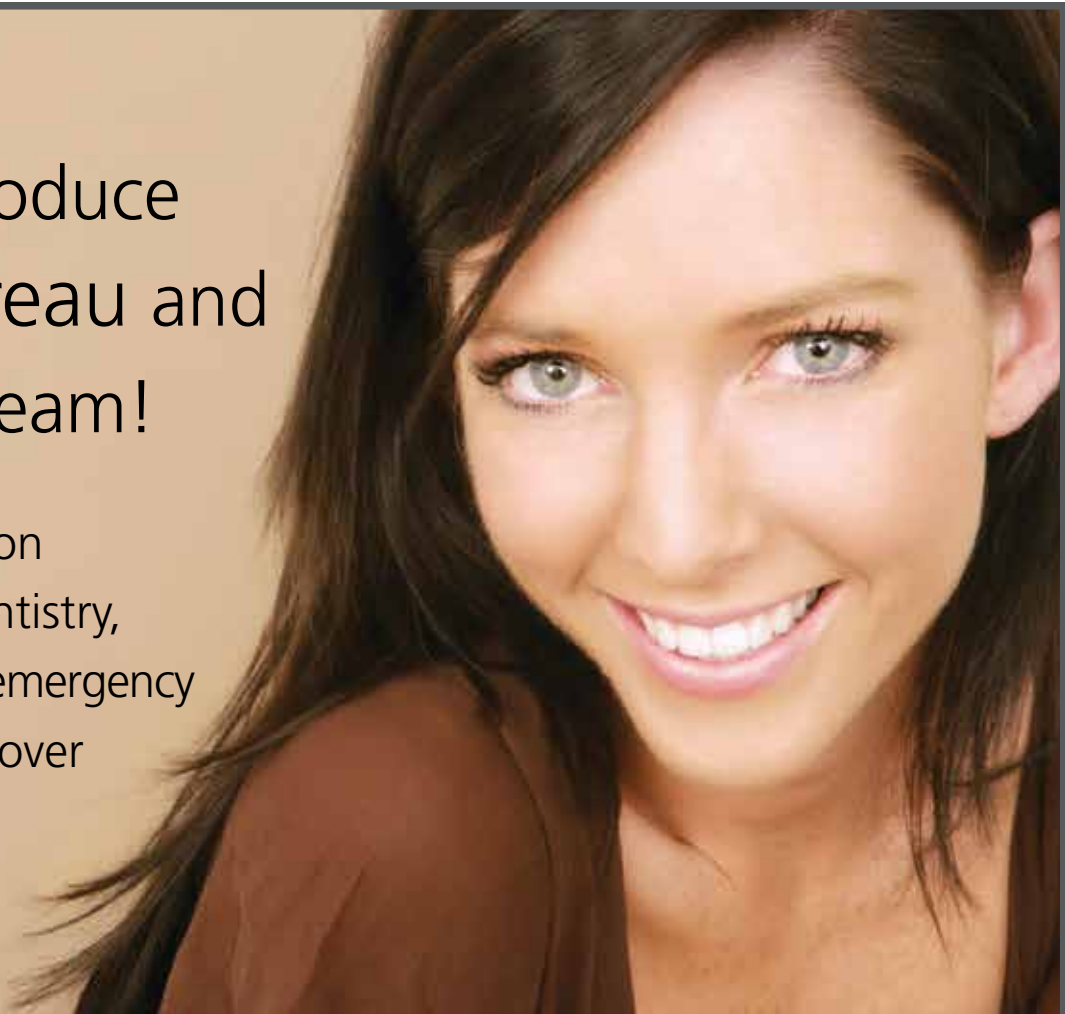
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