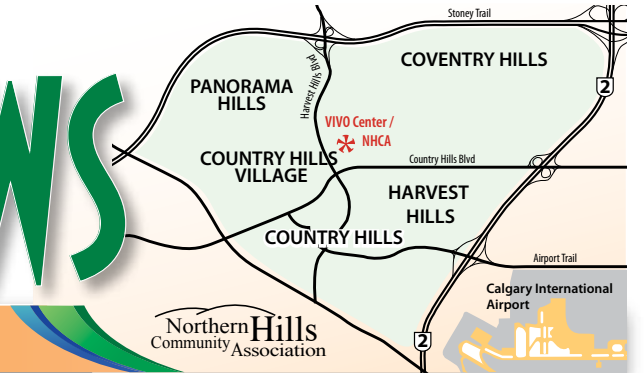


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# NORTHERN HILLS NEWS

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

## Tree Planting in Coventry Hills

By Amanda Davis

The 15th Pathfinders from the Calgary Area Girl Guides - Deerfoot District, and their families planted six fruit trees in the Coventry Community Gardens, located at 90 Covepark Square, on the evening of June 8th. The purchase of the trees was made possible by a \$500 grant awarded to the Pathfinder unit by TD Friends of the Environment Foundation through the GGC Tree Planting Program. The project "Make Calgary Great Again!" works to enhance environmental awareness of the girls, improve the local environment of the community, and allows the girls to feel proud of the work they have done to improve the environment. The girls have been working on their Canada Cord Award for the past two years, and this service project will count towards this prestigious

accolade.

The trees planted included a Courageous Crab Apple, Fall Red Apple, Golden Spice Pear, Romeo Cherry, Valentine Cherry, and a Brookgold Plum. The fruit will be edible and available to the community when it matures in the fall.

The NHCA would like to thank the 15th Pathfinders for choosing our community gardens to donate their grant money and time to. The girls (and their parents) worked hard to prepare the area and dig the holes for the trees to be planted in. They for sure learned some skill in pushing full wheelbarrows and digging out grass! The girls will also be taking care of the trees on a weekly basis over the summer to endure the trees are hydrated. This donation to our community association is an invaluable addition to our community.

Many thanks to Jody Miller with Urban Forestry, City of Calgary who coordinated the purchase and delivery of the trees, irrigation and utility locates, and delivery of mulch. Jody also gave an educational talk on safety, as well as gave a demonstration on how to plant and care for fruit trees.

If you have a chance, please stop by the Coventry Gardens to check out the new trees! Take a peek at their nametags too!



## Annual Community Clean Up 2018



By Vania Szeto-MacKinnon

On Saturday, May 26th, the NHCA and Northstar Residents' Association partnered up for the Annual Community Clean Up which was held at the Panorama Hills E-Community Centre. A grey, chilly morning

eventually morphed into a warm and sunny day, allowing our residents to do some long-awaited spring cleaning in their homes, yards, and garages. All residents were invited to bring in their unwanted items, such as recyclables, heavy garbage, and electronics. Vendors such

eCycle (electronics recycling), Recon Metal Recycling, Shred-it, Bottle Depot, and various City of Calgary Services (garbage, compost, recycling) were on hand to accept

*Continued on page 11*

FROM THE PRESIDENT 3  
 CROSSWORD 4  
 FUN SUMMER EVENTS 5  
 EVENTS AND PROGRAMS CALENDER 6  
 ELECTED REPS 10  
 SPORTS PAGE 12

*this month*  
**WHAT'S INSIDE**

**FREE ICE CREAM ON PAGE 8**

**\*UPCOMING\* Events**

- FRIDAY JULY 6, 5:00-9:00 PM, STAMPEDE FREE BARBEQUE AT VIVO
- SATURDAY JULY 7, IMAGINATION PLAY AT 12 PM
- SUNDAY JULY 8, 9-11:00 AM - STAMPEDE AT HHA CHURCH
- WEDNESDAYS FROM JULY 4 - 25, MEET ME AT THE PARK
- SATURDAY JULY 21, FAMILY FUN DAY #1
- SATURDAY, JULY 28, OLD FASHIONED FAMILY SPORTS DAY
- AUGUST 4 - 6, PAINTING OF THE NORTHERN HILLS MURAL

For more information visit [northernhills.ab.ca/nhca-calendar/](http://northernhills.ab.ca/nhca-calendar/)  
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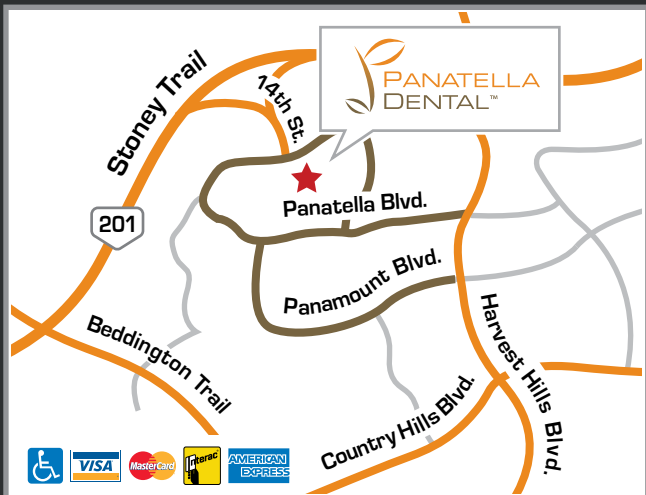
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# Community Association Notes



## From the Executive

### 1st Vice President's Message

This community, or any community, is only as strong as the people in it, make it. There were many volunteers that made the Northern Hills a pretty strong place this spring. More details on many of these initiatives can be found elsewhere in this newsletter, on our website, or through our social media.

Thank you to all the volunteers that joined us for the Northern Hills Community Cleanup on May 26th. Thank you for the people involved in Northern Hills Connect. Thank you to Moraig, Nicole, and all the volunteers that have joined the Creating Coventry project. Thank you to Kim, Laura, Yana, and all the volunteers involved with the Coventry Hills Mural project. We need 14000 people over the August long weekend to make this a success! Thank you to Meghan and Victoria for a successful Harvest Hub project that will be constructed this summer.

Thank you to Cory and Jennifer Lomsnes for all the hard work they put into the first (of hopefully many more) Coventry Hills Community Garage Sale. It was no small feat pulling together so many

participants on one weekend and tackling a project that no one had experience with. While the weather did not cooperate, it was an overwhelming success not just with sales, but with the opportunity to meet other local residents. The weekend wrapped up with a donation truck from the Diabetes Foundation to take what was left.

Thank you to the 15th Pathfinders Deerfoot District and their families for planting fruit trees at the Coventry Hills Community Garden thanks to a TD Friends of the Environment Foundation grant.

Thank you Ian McAnerin for bringing the Night Market back and for Sue Taylor, Cynthia Watson, and the rest of the Vivo staff that have promoted and assisted making this an event. An additional thank you to the Vivo staff and board for continually supporting our community and providing opportunities.

Thank you to all the Building Safer Communities volunteers that are striving to make our communities safer. Thank you to all those that participated in Neighbor Day activities on June 16th. Thank you to all the businesses that have supported our community events and the people that live in this community.

Thank you to all the admins of the various Facebook groups that bring people together. I have lost count

how many groups there are but each community has one, in addition to a high school group, all the blockwatch groups, a singles group, a book club group and many more I am sure. It is a thankless task that brings our community together. Thank you to all the people that participate in those groups.

A special thank you to our elected representatives. There has been a significant shift in how our community and government work to-

gether this spring. Councillor Gondek has invited the NHCA to the table for many conversations we have never been a part of. Councillor Gondek brought the people in charge of roads and transportation right into our community so they could see first hand the impact of their decisions. She has brought her team and City Directors into the community on evenings and weekends to discuss issues. MLA Kleinstueber and CBE Trustee Adams continue to communicate

with us over some ongoing concerns and have also been available evenings and weekends. MP Michelle Rempel has brought together community leaders, politicians, and cultural leaders for a non-partisan discussion on the needs of North Central Calgary.

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

## Volunteer Opportunities



Dear Northern Hills residents,

Happy Canada Day and Happy Stampede Yee-Haw! We are already welcoming July. Can you believe it?! We are excited about the upcoming events and activities! There will be so many Stampede breakfasts to attend and Activating Coventry events in Coventry Hills community parks! Next coming in August, we will be continuing Activating Coventry events, painting Northern Hills HUGE mural, working at the Casino, and 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:

### • 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 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 (arts@northernhills.ab.ca) for more information.

### • 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

*Continued on page 9*

## NHCA CONTACTS

### NHCA OFFICE:

NHCA at Vivo  
11950 Country Village Link NE  
Calgary, AB, T3K 6E3

Tel: 403-226-6422  
Fax: 403-226-6421  
E: info@northernhills.ab.ca

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

### STAFF & CONTRACTORS

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Administrator: Marina Barrett  
(admin@northernhills.ab.ca)  
Bookkeeper: Paige Martin  
Engagement Coordinator:  
Yana Soldatenko  
(engage@northernhills.ab.ca)  
SoccerTech: Heather Lipper  
(info@soccertech.ca)  
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)  
Creating Coventry:  
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(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 & commit-  
tee (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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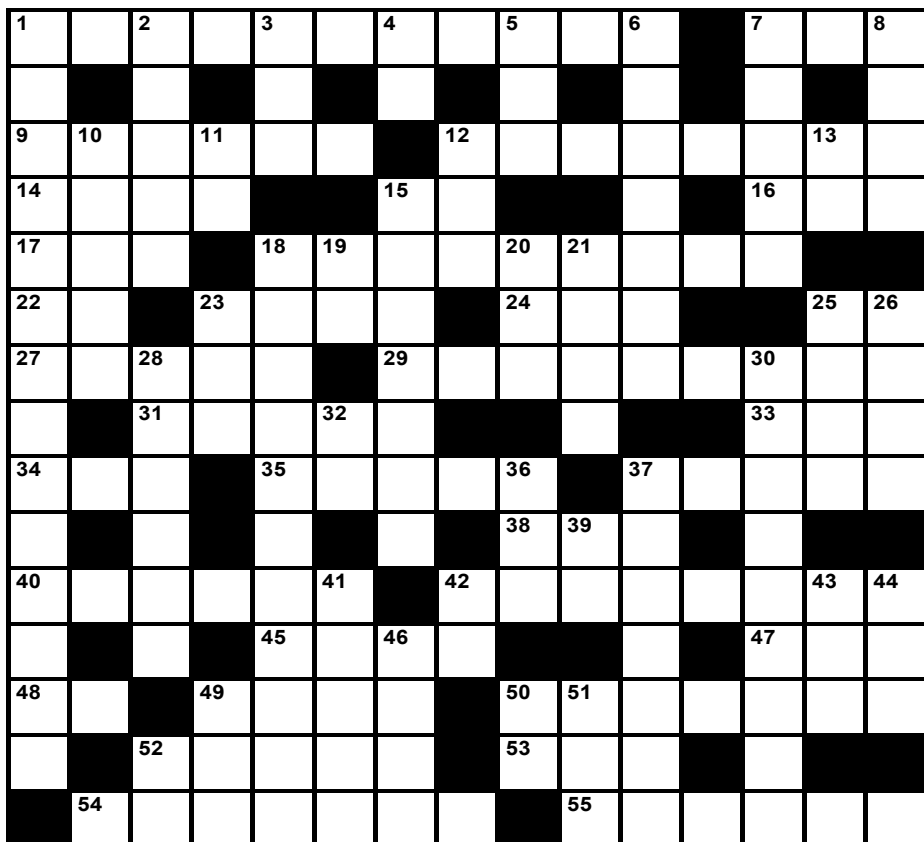
HONEST SORTING

COOL WATERFALL

AUTOMATED CASH

# CROSSWORD

Answers on page 14



- ACROSS**
- Across
  - 1 Soaring behind a boat
  - 7 Good times
  - 9 Go places
  - 12 Climbing area
  - 14 Sea motion
  - 15 Semiannual, for short
  - 16 Visit
  - 17 Trailing plant
  - 18 Summer stroll area near the shore
  - 22 Compass point
  - 23 Chess piece
  - 24 Spa liquid
  - 25 Out \_\_ sea!
  - 27 Golfing location
  - 29 Cooked potatoes, for example (2 words)
  - 31 Play ingredient
  - 33 Scoundrel
  - 34 Grizzly feature
  - 35 Parachute material
  - 37 Hikes
  - 38 Famous fruit picker
  - 40 Bird
  - 42 Fruit producer (2 words)
  - 45 Jab
  - 47 Dig in
  - 48 Bond doctor?
  - 49 Summer sky color, hopefully
  - 50 Famous Falls
  - 52 Appearance
  - 53 Business abbr.
  - 54 Soft colors
  - 55 Summer, for one
- DOWN**
- 1 Preparing to sleep out (2 words)
  - 2 Prepared
  - 3 Any ship
  - 4 Stylish
  - 5 Wedding vow (2 words)
  - 6 "The Lord of the Rings" wizard
  - 7 Water container
  - 8 Mini-golf course hole number
  - 10 Flowing part of a pastoral scene?
  - 11 Volumetric Efficiency, for short
  - 12 Sea in French
  - 13 That is, for short
  - 15 Summer footwear
  - 18 Delicious summer desert (2 words)
  - 19 That hurts!
  - 20 The buck stops here!
  - 21 Towel off
  - 23 Pay-\_\_-view
  - 25 Good wood for boats
  - 26 Percentages
  - 28 Short-term King in the "King's Speech"
  - 30 Children's summer treats (2 words)
  - 32 "Me and \_\_ gal"
  - 36 Family tree word
  - 37 Outside dining area
  - 39 Veterans org. for short
  - 41 A cottage is one
  - 42 Exercise class, abbreviation
  - 43 Corn serving
  - 44 Airport posting: Abbr.
  - 46 Boat part
  - 49 Greyhound, e.g.
  - 50 Nickel, abbreviation
  - 51 Helpful connections
  - 52 Atlanta locale

# Be Yard Smart

A message from the City of Calgary

**A beautiful yard and conserving water go hand-in-hand.**

During the summer, your water use can jump by 50 per cent because of outdoor watering activities. This increased demand places a strain on our rivers and treatment plants. Save water, money and time by adopting a few simple water saving tips.

- Watch your weather forecast to determine if you should water or not. Adjust your watering schedule accordingly and skip watering when it has rained or is forecast to rain.
- The best time to water is early in the morning. Avoid watering in the heat of the day (10 a.m. to 3 p.m.).

- An easy way to water in the morning is to add a timer to your sprinkler or set your irrigation system.
- Capture rain water in a rain barrel and use it on your trees, shrubs and flower beds.
- Use the right watering tool for the job. Keep water low and slow to ensure water reaches the plant roots and does not just evaporate.
- Reduce mowing and watering by keeping your lawn at least two or three inches high. Taller grass shades the soil, so it requires less water and stays healthier.

Visit [calgary.ca/yardsmart](http://calgary.ca/yardsmart) for more tips and tools.

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### "Did You Know In the Hills?" Contest!

This month's trivia question is:

**What is the event taking place in 90 Covepark Square NE?**

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

The winner of the "Did You Know in the Hills?" trivia question for the month of June is: **Janice Dekkers, Congratulations!** The answer was "Neighbor Day – June 16th" and can be found in June 2018 Northern Hills News in the "Vice president's message" on page 3 and in the "Neighbor fun day bus" on page 9. 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!

To sign up for  
**NHCA Membership,**  
please visit our website:  
<http://www.northernhills.ab.ca/membership> .

# Family Connections Parent Link Centre

By Sue Blackburn Forster

We will be running summer programs out of the Huntington location\*\*. Call for more information at 577-392-2271.

**Meet Me at the Park (July 2018)**

Wednesday 10:00-12:00 pm  
Come join us and visit 2 different parks in Panorama and Coventry area this summer. Bring suntan lotion, hats, water and snacks and something to sit on. Older children are welcome. We will be partnering with the Play Ambassadors program and Vivo. Call 587-392-2273 or playambassadors@vivo.ca for more information.

**July Schedule**

- July 4 10-12 pm Panorama Hills Park (400 Panamount Blvd. NE)
- July 11 10-12 pm Panorama Hills Park (400 Panamount Blvd. NE)
- July 18 10-12 pm Country Hills Community Gardens (135 Covepark Square NE)
- July 25 10-12 pm Country Hills Community Gardens (135 Covepark Square NE)

**Mealtime Struggles to Mealtime Success (Huntington location)**

July 16, 10-12 noon  
Do you have questions about

your child's eating? Learn how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles. Taught by an AHS dietitian, the Mealtime Struggles to Mealtime Success class is for parents and caregivers with children 1 – 5 years of age. Call 587-392-2270 to register and for childcare starting June 18.

**Cool Summer Play (Huntington location)**

Friday July 20 10:30-12 pm  
Start your engines! Bring your riding toys, bikes and helmets and join us in the Huntington Hills arena.

Strollers are welcomed. Look for other interactive activities and games. Call to sign up that you are attending at 587-392-2270 as of July 3.

**Parent Support (over the summer):**

Come speak with the Parent Coach about parenting issues or concerns regarding children. Please call 587-392-2270 to set up a time to meet or speak on the phone.



## 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	<b>Imagination Play Day #1</b> Challenge your imagination - what can you create?
July 14 12 - 2:30 PM	303 Covington Bay NE (the playground NE of / behind the Husky)	<b>Outdoor Crafts Day</b> 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	<b>Family Fun Day #1</b> 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	<b>Old-Fashioned Family Sports Day</b> Tug of war, relay races, egg & spoon, obstacle course and more!
Aug 11 10 AM – 1PM	90 Covepark Square NE (by the Community Garden)	<b>Pool Party! #1</b> What says SUMMER better than paddling pools, beach balls and freezie pops?
Aug 18 5 - 8 PM	153 Covewood Park NE	<b>Family Fun Day #2</b> 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)	<b>Pool Party! #2</b> More splashing good fun to round off the summer
Sep 08 11 AM – 2 PM	236 Coventry Green NE	<b>Imagination Play Day #2</b> 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](mailto:creatingcoventry@gmail.com) or [engage@northernhills.ab.ca](mailto:engage@northernhills.ab.ca)

# Dates

NHCA Events and Programs, Holidays in Canada

Jul 2018 (Mountain Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Canada Day (regional)	2 Canada Day observed	3	4	5	6 Calgary Stampede @ Calgary Stampede, 1410 Olympic 5pm - Vivo's Stampede 12pm - Imagination Play	7
8 Calgary Stampede @ Calgary Stampede, 1410 Olympic Way SE, Calgary, AB T2G 2W1, Canada 9am - HHACHurch	9 Nunavut Day (Nunavut) Orangemen's Day	10	11	12	13	14 9am - ROYOP Stampede 12pm - Outdoor Crafts
15 Calgary Stampede @	16	17	18	19	20	21 1pm - Family Fun Day #1
22	23	24	25	26	27	28 1pm - Old-Fashioned
29	30	31 The Royal St John's Regatta	1	2	3	4 Mural Painting @

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



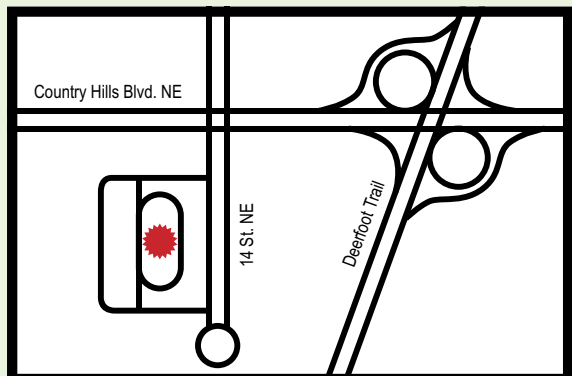
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# The Northern Hills Gardeners

by Yvonne Steenveld

Did you know that there is an active garden group in your community? The Northern Hills Gardeners group was started up 9 years ago by Wendy Cavanagh, the past NHCA President, who moved to another community about two years ago. Harvest Hills, Country Hills, and Coventry Hills has a garden group of people who love to garden, just like you! The Northern Hills Gardeners meet once a month from May – October to share tips and resources about gardening. Such as:



- Gardening Centre field trips/garden tours
- Problem solving around pest and disease control / problems

If your May long weekend means starting gardening, if going to the garden centre is the high light of your day or weekend, if spending time working in your gardening is enjoyable and an absolute pleasure; then you are totally not the only one!

We would welcome you whether you are new to gardening, a novice, or were born in the cabbage patch to join the group, please email [harvestgarden@northernhills.ab.ca](mailto:harvestgarden@northernhills.ab.ca) and [coventrygarden@northernhills.ab.ca](mailto:coventrygarden@northernhills.ab.ca) so we can add you to our next scheduled event!

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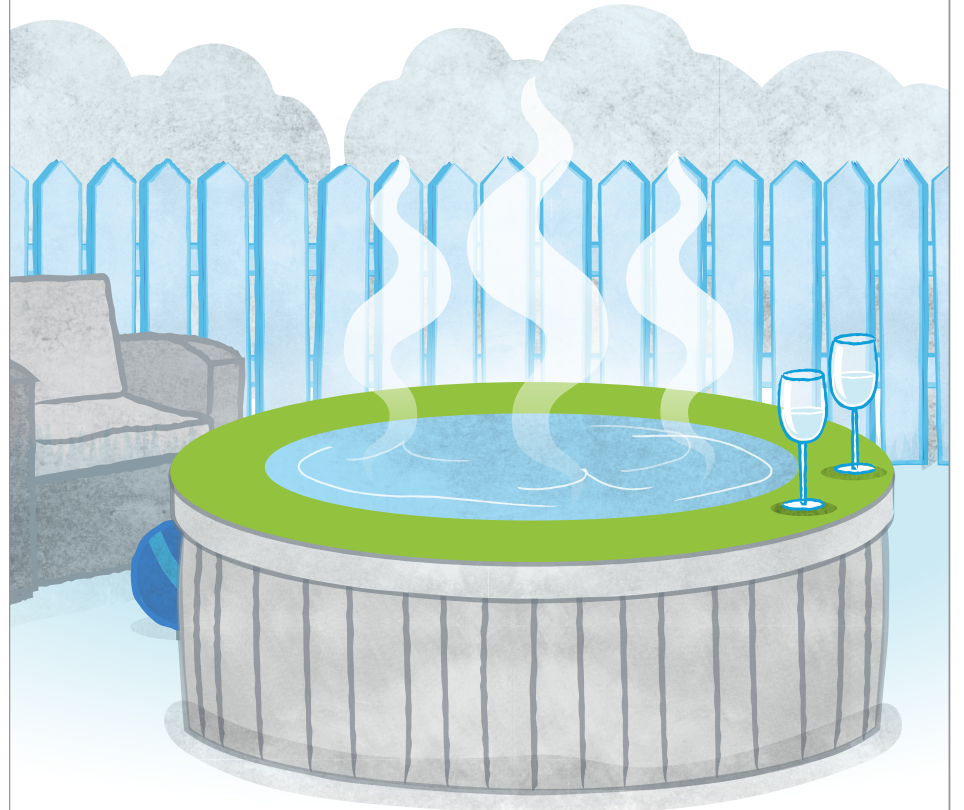


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# Colouring Contest: FREE ICE CREAM!



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: \_\_\_\_\_

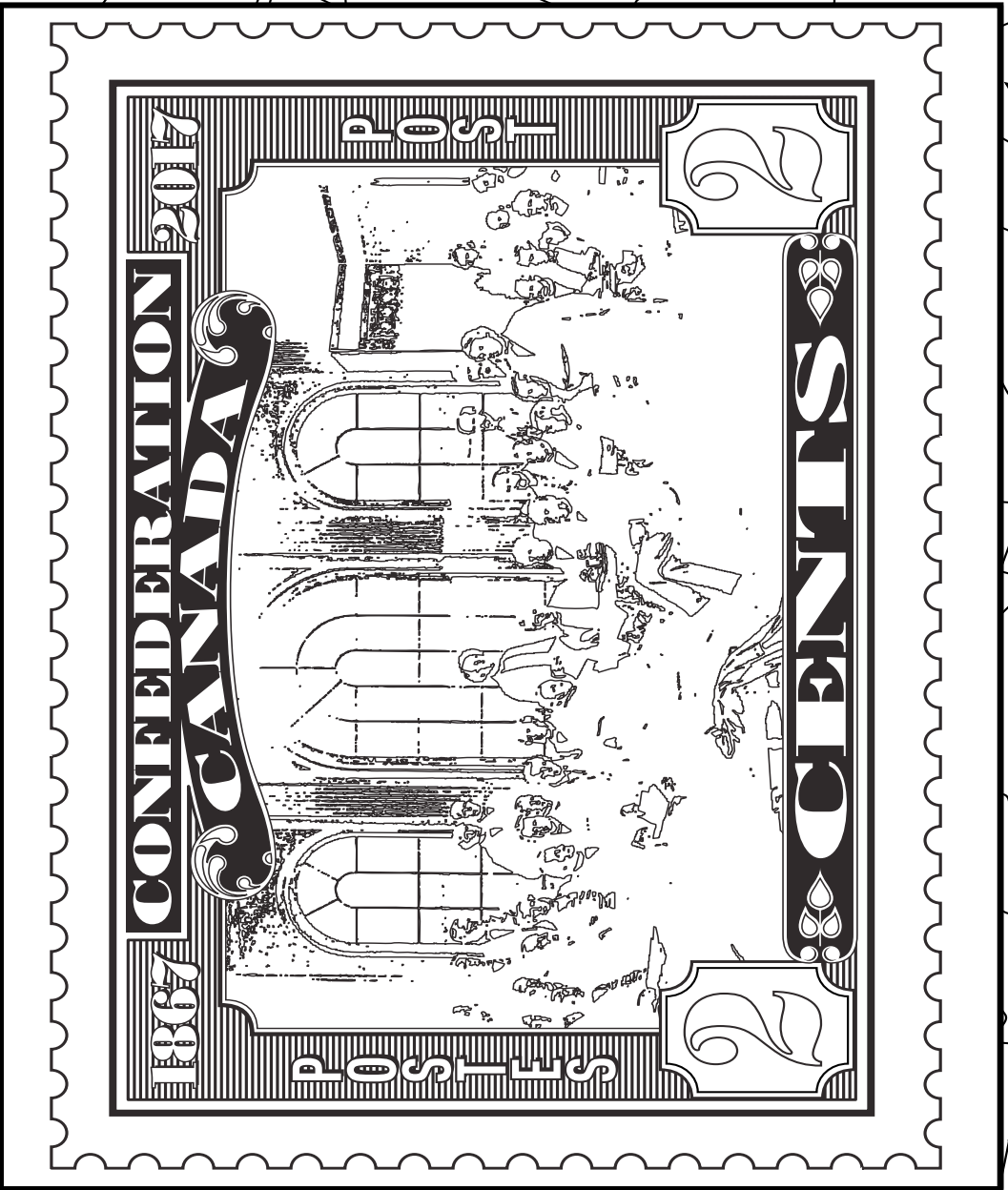
*\*Note: Only two children per household [if you happen to have more than one copy of the newsletter].*

## SUDOKU-PUZZLES

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

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

In June 1929 Canada released a 2¢ stamp to commemorate the 60th anniversary of Confederation. The picture is of the fathers of confederation taken at the Charlottetown Conference. This colouring picture takes the theme one step further for our 150th birthday.



© colourcanada.com

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 Thurs 8:00 am - 4:00 pm  
 Fri 8:00 am - 2:30 pm



# Hello Panorama Hills!!!!

By David Hartwick

Congratulations to the 150 or so residents that attended the Panorama Residents Association Annual General Meeting. That is an amazing turnout for an AGM and shows an engaged membership. However, what many quickly learned, was that some of the issues they wanted to discuss, were actually issues for the Northern Hills Community Association, which had a very low turnout at its' AGM in April.

Depending on where you live in Panorama, you are likely a member of the Northstar Resident's Association or the Panorama Hill's Estates Homeowners Association. Both of these associations charge mandatory fees that you must pay if you live within their catchment and each provides different services for that fee.

What most people do not realize, is that the Northern Hills Community Association is your local community association. There is a separate membership fee for this and our services are completely different from the other mentioned associations. Our fees are not mandatory and membership is voluntary. We are also different from the Nose Creek Sports and Recreation Association, which operates Vivo. If you were not confused before, you might be now. Each one of these organizations is a non-profit offering value to our community but in different ways.

While many people are familiar with our community soccer and adult softball, NHCA membership is also what provides you advocacy with elected officials and city departments, blockwatch, community beautification, and community events (often in conjunction with the Northstar Residents Association, or Vivo, which is NOT a community



centre). The NHCA also provides you with significant discounts at local businesses in return for having a membership with us. The NHCA produces this newsletter every month with volunteers and community contributions.

The NHCA has been addressing traffic problems brought to our attention; The wetland naturalization project thanks to residents reaching out to us; Discussions on a community ice rink; Supporting a school playground build; Rallies for the public high school that was in the Capital Plans to be built in 2005; Pushing for the community health centre that was approved in 2005 and never built, and trying to be creative in getting community meeting space. We are always trying to do more, but we depend on memberships, volunteers, and the type of engagement shown at the Northstar AGM.

It gives us pleasure to say that strong relationships have been formed between the NHCA, Northstar Residents Association and Vivo and perhaps we are doing so well working together, it is hard to distinguish the differences so hopefully this explains it better. You can learn more about the Northern Hills Community Association at NHCA.ca and on our membership by clicking on the membership page.

## Volunteers

– Continued from page 3

community initiatives -- and we would love for you to be a part of this movement! Please contact Winnie or 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 (engage@northernhills.ab.ca).

- **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 (engage@northernhills.ab.ca) or Moraig (creatingcoventry@gmail.com), or just pop by NHCA office to have a chat.

- **Northern Hills Mural**

Have you heard yet? Northern Hills community will have the longest fence mural in Canada! Are you an artist? Or do you just want to help out and have fun this summer painting the mural? Let's 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/](http://www.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 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/](http://northernhills.ab.ca/volunteering/)

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**PAIRED HOMES**

COMING FALL 2018

## Limited Time Opportunity.

The Parks of Harvest Hills is a new 65-acre residential community in North Calgary. Designed as an active lifestyle community, a major feature of The Parks of Harvest Hills is the encompassing parks network that will engage new and existing residents. These trails and pathways will connect the community to the commercial, educational, retail and recreational amenities nearby.

**NOW OPEN AND SELLING IN NORTH CALGARY. VISIT OUR SHOWHOMES TODAY!**



the parks of **HARVEST HILLS**

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# Elected Representatives



**Ward 3 Councillor**  
**Jyoti Gondek**

**Hello, everyone!**

In June, Council will be discussing new community growth in Calgary. This topic is complex and critical to the successful delivery of Ward 3's infrastructure needs. We've often been told that our communities will see improvements to our infrastructure – like roads, recreation, transit, health care, schools – when we have more density. As the ward that contains some of the most rapidly growing neighbourhoods in the last decade, that argument is often tough for us to swallow because we have seen our population swell

over time, unaccompanied by necessary infrastructure.

That's why I'm carefully reviewing the merits of the business cases for community growth that will be presented to us, so that I can advocate for the industrial and commercial employment hubs that complement our predominantly residential communities. By bringing on growth areas north of Stoney Trail and west into Ward 2, we can ask for our forgotten infrastructure needs to be addressed through new development. This could mean completion of interchanges, activation of right-of-ways, proper entry and exit points into communities, and expansion to our regional recreational facility. While those are the local improvements I will be fighting for, new growth will further facilitate our ability to press the provincial government

for schools and health care facilities we are lacking. We will also have the ability to seek federal infrastructure dollars for these projects.

I look forward to updating you on progress in future newsletters. Have a great summer!

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

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

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

**Calgary-NorthernHills MLA**  
**Jamie Kleinsteuber**



As we head into summer, Calgary Northern Hills residents have two exciting events in the works:  
**Stampede Barbecue:** I hope to see you at our neighbourhood

Stampede event Friday, July 6, 5-9pm. This free barbecue takes place in Vivo's east parking lot in conjunction with Northern Hills Connects Night Market North. There will be lots for the whole family to see and do. Stop by my booth to say hello.

**Community Mural Project:** Please celebrate Northern Hills Community Association's 25th anniversary on the August long weekend by painting the longest mural in Canada! Sign up here to help our community set a new record for the most people painting an 850 metre mural in only three days: [www.northernhills.ab.ca/mural-project/](http://www.northernhills.ab.ca/mural-project/).

Looking for new territory to explore this summer? Consider visiting the gorgeous scenery of our Castle parks. With new and improved camp-

sites, along with five new comfort cabins at Beaver Mines Lake, the Castle parks are a prime destination for Albertans hitting the road for a weekend away. Information to plan your visit can be found on the Alberta Parks website.

When recreating in wooded or grassy areas, reduce the risk of tick bites by covering up; using bug spray with DEET, IR3535 or Icaridin; and checking for ticks once you are back inside. If you find a tick on yourself, remove it using tweezers and submit it in a sealed container to an Environmental Public Health Office, a First Nations Health Centre, or a doctor. In this way, Alberta's tick surveillance program will monitor whether ticks able to cause Lyme disease are present in the province. To date, the risk of contracting Lyme disease in Alberta remains low.

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



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

I have always supported energy industry workers, their

families, and the construction of critical and environmentally sustainable infrastructure like pipelines.

Since the government announcement about purchasing the existing Trans Mountain pipeline, I have heard from many Canadians who are skeptical about this decision to create a Crown Corporation for an initial cost of \$4.5 billion.

Ownership of the existing Trans Mountain pipeline was never the impediment to seeing the expansion happen. We are still missing a plan as to how exactly the expansion will happen and what the final cost to Canadians will now be. What we have instead is 7 billion dollars of private investment that Kinder Morgan was prepared to put into the Canadian economy

off the table. The risk with respect to the project has not decreased because those that oppose the project will continue to oppose it, the B.C. government will continue to stand in the way, and the court cases will continue to cause delays.

That is why I have been calling on the government to use its existing power to advance this project. Solutions could include using section 92(10)(c) of the Constitution Act and declare the construction of this pipeline a benefit to all Canadians, and expediting the judicial challenges. These are options that exist today that would allow private investment to stay in Canada and would aid in the construction of the new pipeline.

I would like to hear your thoughts on this issue. Please send me an email at [michelle.rempel@parl.gc.ca](mailto:michelle.rempel@parl.gc.ca)

[Michelle.Rempel@parl.gc.ca](mailto:Michelle.Rempel@parl.gc.ca) 403-216-7777 115 – 70 Country Hills Landing N.W. T3K5P3

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



## Update from Harvest Hills Hub

Coming Soon! HHub will be breaking ground this summer with a new playground and greenspace! Watch out for our exciting Opening Ceremony once it is built.

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[info@urbandanceprojects.com](mailto:info@urbandanceprojects.com) 403.253.4058

Updated: February 16, 2018



## Membership Application

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

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

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

**Fees:**

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

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

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
 D.O.B: \_\_\_\_\_ Gender: \_\_\_\_\_  
 (Spouses )First Name: \_\_\_\_\_ (Spouses )Last Name: \_\_\_\_\_  
 (Spouses )D.O.B: \_\_\_\_\_ (Spouses ) Gender: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

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

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

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 |
|------------------------------|-----------------------------|

# Throwback to the last Adult Slo-Pitch game!



We would like to share these great smiles and laughs from the last Adult Slo-Pitch game that took place on June 15th. It is hard to believe that two months of this season already flew by. We hope that all the players had fun time playing! If you are interested to join this recreational league next season, keep an eye on it in March 2019.

We wish everyone a warm and active summer ahead!

Photo credit: Laine Schuck, NHCA Photographer (Volunteer)



Annual Community Clean Up - Continued from page 1

items. Women in Need Society (WINS) was also present to take donations, such as clothing and household items. As well, a chapter from Scouts Canada made an appearance to take unwanted bicycles for a good cause.

In addition to being a one-stop place for spring cleaning, this event is also a fantastic opportunity to 'litter'-ally clean up our own community! Volunteers ventured into all of the various Northern Hills communities to pick up litter in our green spaces, medians, and back lanes. It was a great job done by

all; a lot of garbage was picked up, resulting in cleaner spaces we can all enjoy.

The NHCA would like to thank the Northstar Residents' Association for partnering for this event; we would also like to thank First Calgary for sponsoring a delicious BBQ for

all of the volunteers, and thank you to Starbucks (Coventry Hills) as well, for providing much-needed caffeine in the form of coffee. Last but not least, a huge thank you to all of our volunteers - whether you picked up litter, directed parking, or helped with loading large items out of vehicles - we wouldn't be here without you. Thank you all for making this event a success.



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Gates of Panorama Hills  
Calgary, AB T3K 0S6  
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New and Emergency Patients Welcome

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Nursery is available for newborns to 24 months @ 10:00 am until September 2.

**ANIMATEND**

SERMONS  
UNTIL SEPTEMBER 2/18

10:00AM SINGLE SUMMER SERVICES

**SUMMER Exceptions:**

Come one, come all  
July 8 — Stampede Breakfast 9:00 - 11:00 am  
July 29 — SERVE Day (No Nursery)  
Participating in a variety of service activities throughout the community.



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

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

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

# Community Sports



## Final Summer Games



With the final soccer games of the season on the way, NHCA would like to thank Panatella Dental and Northern Hills Dental for their sponsorship of our kids' outdoor soccer program. With your ongoing support, children are given the proper funds for the equipment, the jerseys and even the fields to play on.



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

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)

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## Teeth to Treasure! WORD SEARCH



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- VENEER
- WHITENING



# The Longest Mural in Canada



By Laura Hack

We are happy to announce the Lead Artist Mark Vazquez-Mackay was chosen to work with the community and design the Northern Hills Mural. Mark is a resident of Calgary and currently teaches drawing and painting at ACAD. He has been involved in many mural and the installation of those murals including ones here in Calgary and we are very confident in his ability to lead our Mural. "A central part of his practice is to create and nourish artistic communities and create links between those communities and the citizens of Calgary." "My whole life has been committed to making and sharing art. I don't take breaks from it because it simple is what I am." - Mark Vazquez-Mackay.

Save the date. On August Long weekend, 4th to the 6th 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 experi-

ence 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. 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 are still looking for

volunteers to help paint the base layers which is needed to ensure the longevity of the Mural. We would love your help with this and we welcome individuals, groups and even local painting companies to come and help us out. Please reach out to us at [mural@northernhills.ab.ca](mailto: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.



Anilin Decorating Centre



Jamie Kleinstouber, MLA  
Calgary - Northern Hills

## What is 'Risky Play' and why do kids need it?

(adapted from outside-play.ca by Calgary NW Early Childhood Coalitions)

Play is a basic childhood need, and taking risks is a necessary part of that play. Whether jumping into a pile of leaves, climbing trees, or playing street hockey, children are often happier when they are playing. These kinds of experiences are a lot less common for kids today. Our worries and desire to protect our kids can result in setting too many limits on them, which can interfere with healthy development. Risky play (or what used to

just be called 'play') can take many different shapes, but always involves the thrill and excitement of testing yourself, pushing limits, and finding out what happens.

These are some of the types of play that are deemed 'risky':

- Playing with heights
- Playing at high speeds
- Playing with tools
- Playing near elements
- Playing with a perceived chance of getting lost
- Rough and tumble play

Increasingly, research is showing that risky play is im-

portant for children's health, development, and wellbeing; kids can build resilience, self-esteem, become more physically active, develop their social skills and self-confidence, and learn how to manage risks and keep themselves safe.

### Did you know?

- Just 37% of children play outside everyday
- Only 7% of kids under 10 are allowed to go out on their own

Want to learn more about how your children can get their risky play on? Check out:

<https://outsideplay.ca/>

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: [nwecdcoalitions@gmail.com](mailto:nwecdcoalitions@gmail.com).



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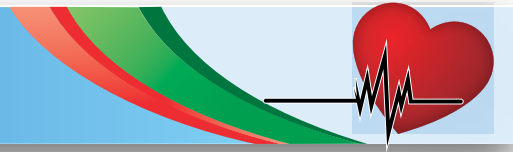
REAL ESTATE MOUNTAIN VIEW



Thank you!

Jennifer and I want to thank everyone who participated in the 1st Annual Coventry Hills Parade of Garage Sales! It was a great success! Thank you to Vivo, for hosting our Map Station. We hope that everyone enjoyed the weekend despite the rain, we had a blast and it was a pleasure serving the community! We are already looking forward to next year and hope you will join us!

# HEALTH CORNER



## Heat Related Illness

With the return of summer weather, EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

### Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal;
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels;
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

### First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;

- Remove excess, or tight fitting clothing, and allow them to rest in a cool environment;
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;
- If you are concerned, seek medical attention or call 9-1-1.

will promote dehydration;

- Always wear a broad brimmed hat to keep the sun off your face and neck;
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

### Prevention

- Stay well-hydrated by drinking plenty of water;
- Be aware that excessive alcohol consumption



## Crossword puzzle ANSWERS

Puzzle on page 4

1	P	A	R	A	S	A	I	L	5	I	N	G	7	F	U	8	N			
U		E		H		N		D		A		L					I			
9	T	R	A	V	E	L		12	M	O	U	N	T	A	13	I	N			
14	T	I	D	E				15	S	A				16	S	E	E			
17	I	V	Y			18	O	A	R	20	D	21	W	A	L	K				
22	N	E			23	P	A	W	N	24	O	I	L		25	T	26	O		
27	G	R	E	E	N			29	D	E	E	P	F	R	30	I	E	D		
U		31	D	R	A	32	M	A							33	C	A	D		
34	P	A	W			35	N	Y	L	O	36	N		37	T	R	E	K	S	
A		A		A		A		S			38	E	39	V	E	C				
40	T	H	R	U	S	41	H			42	P	E	A	R	T	R	43	E	44	E
E			D		45	P	O	46	K	E					R	47	E	A	T	
48	N	O			49	B	L	U	E		50	N	51	I	A	G	A	R	A	
T		52	G	U	I	S	E			53	I	N	C		M					
54	P	A	S	T	E	L	S			55	S	E	A	S	O	N				

# SUMMER SAVINGS!

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\*Minimum 4-month commitment

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

Bring this ad in for a FREE entry  
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## Sudoku puzzle ANSWERS

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

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



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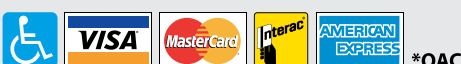
## 40 Panatella Blvd NW

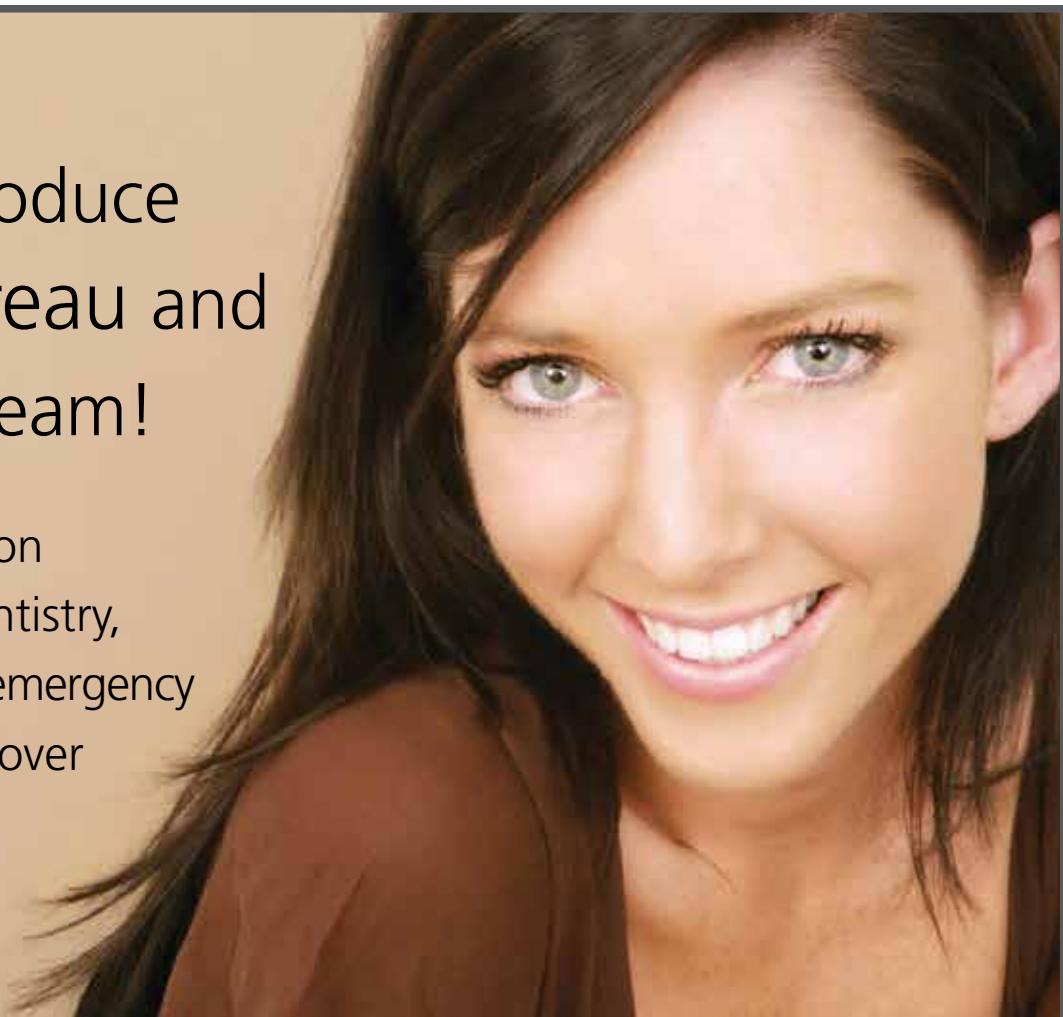
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Map showing location at 40 Panatella Blvd NW. Landmarks include Superstore, Landmark Theatre, and Home Depot.

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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.



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