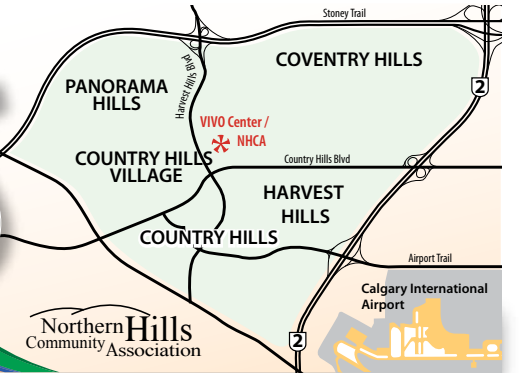


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NORTHERN HILLS NEWS



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

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

The Mural is Painted!!!

By Laura Hack
NHCA - Art Mural Director

First of all, thank you to all who participated in the community input sessions, the online input sessions and the actual painting weekend of the Northern Hills Mural! We had over 800 volunteers through rain and shine helping paint the overall design along Coventry Hills Boulevard. Thank you and a special thank you to our volunteer lead artists, this mural was made possible because of all of you. We had people from all ages and people from all over Calgary and Alberta show up when they heard about how they could be a part of this amazing project. The feeling of community pride and excitement was incredible and infectious during the August Long Weekend!

Now what? The next steps throughout August will be making sure the Northern Hills Mural is being protected with UV layers and anti-graffiti protection. These steps will ensure the Mural lasts 8+ years we as the NHCA have promised the homeowners, after which time we will go back to the homeowners

ers and either request an extension of the art installation or we will be painting back to the original colour of the fence. We hope you enjoy walking, cycling and jogging this route a little bit more in the years to come. We also hope you will join us from 5-9 pm on Saturday September 15th for the official ribbon cutting and walking of the Mural where you will have a chance to interact with and listen to an explanation of the design itself by Mark Vazquez-Mackay. It's a come and go event where there will be food trucks at the North end of the mural and your neighbours and community leaders will be throughout your walk. For those of you not able to make it to the event, we will be compiling a

document with information on each sections' meaning and description that will be on the NHCA webpage for all to view.



Photo credit: Kim Walker, Doro Buch, Laine Shuck Photography, Samantha Johnson (Sj Photography), Ray Crockett, Dave Watson, and Bruno Doddoli.



Did you know?

Northern Hills Community Association (NHCA) serves the largest community in Calgary!

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this month
WHAT'S INSIDE

FREE ICE CREAM
ON PAGE 8

- SEPTEMBER 1, 10:00 AM – 4:00 PM, MULTICULTURAL FAMILY AND FUN GAMES
- SEPTEMBER 8, 11:00 AM – 2:00 PM, LAST ACTIVATING COVENTRY EVENT @ COVENTRY COMMUNITY GARDEN
- SEPTEMBER 15, 5:00 PM – 9:00 PM, OFFICIAL RIBBON CUTTING AND WALKING ALONG THE #NHMURAL
- SEPTEMBER 11 – DECEMBER 14, TUESDAYS AND THURSDAYS, SPRY IN THE HILLS FALL PROGRAM
- SEPTEMBER 20, 27 & OCTOBER 4, 10:00 AM – 11:00 AM, STORY TIME AT VIVO FOR CHILDREN (1 TO 5 YEARS)

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



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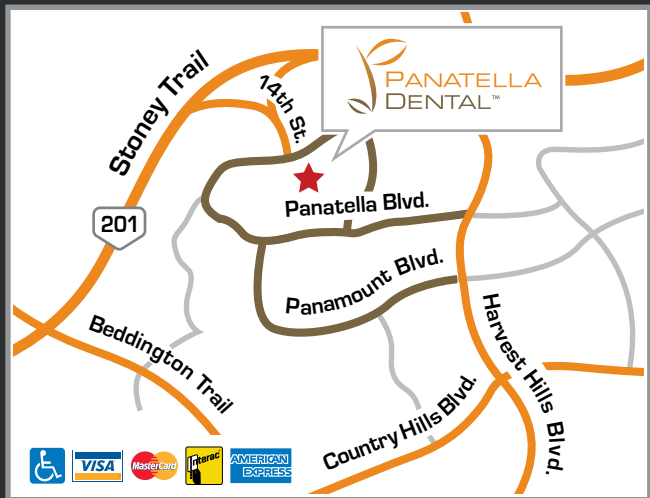
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Community Association Notes



From the Executive

Art can be a very divisive thing. It is used to express ideas, evoke emotions, thoughts, memories or a myriad of different things. People react strongly to art in the same way we react strongly to food. Some like spicy, some prefer bland, some like being



adventurous, others want meat and potatoes, some want to eat in fancy restaurants for the experience and some are happy with McDonald's drive thru.

Humanity is all about differences and preferences, and it is in our nature to gravitate and appreciate what we are familiar with and understand. When we are outside of our comfort zone sometimes

we judge, we criticize, we label things as right or wrong and we may even impose our opinions on others. We are very lucky to live in a country that allows us to express our ideas openly but what happens when expressing an opinion becomes hurtful? I appreciate constructive criticism and normally can turn my cheek if I have been scorned, as my skin is pretty thick, but I thought this might be a good time for each of us to take a minute to reflect

on how we have either given or received criticism in the last few months.

Social media is full of keyboard cowboys and there has been some negativity stirring about some community initiatives including the Northern Hills Mural. Despite this, I remind myself that it is absolutely impossible to please everyone and that we can only do our best and hope that the efforts and desire to improve the community shows through,

even if some people disagree with our methods.

I am proud of how my neighborhood came together to build something this summer... young, old, new to Canada, artistic or not... they built a sense of community... despite our differences.

Leah Argao
President, Northern Hills Community Association



Volunteer Opportunities

Dear Northern Hills residents,

Wow! What a fun summer we had! Have you attended any of the #ActivatingCoventry events? Have you left you mark on the Northern Hills Mural located along the Coventry Hills Blvd NE? How about the AHIH's Welcome Event? Either or we hope you had a great summer time!

Lots of projects, events, and new initiatives are flourishing in the Northern Hills, and they won't be possible without you! We have seen so much public engagement and participation at all our venues, and we thought that we need even more of such great energy in our NHCA team! Therefore, we hope you will consider some of the volunteering opportunities that we have listed below.

DIRECTORS AT LARGE

We have so many great initiatives happening in the Northern Hills community and there is so much desire from the public to have and do even more! And we would love too, thought we need your help! Therefore, we are making this call out - we are looking

for 5 new Directors - Membership, Volunteers, Sports, Beautification and Community Enhancement, and Business Development. In addition, our amazing Treasurer - Lonny Mah is unfortunately stepping down and we are recruiting for new treasurer! Please find role descriptions for all the above positions on our website under "Volunteering" and apply by contacting our president Leah Argao via president@northernhills.ab.ca. If you would like to come and meet the NHCA team and ask any questions, "Social Juncture with the NHCA Team" on Sept.26th, from 6:00-6:30pm at Idea Lab, Vivo would be a great opportunity for you!

At Home in the Hills (AHIH)

At Home in the Hills began as an initiative to help new immigrants settle in the Northern Hills communities in 2012, and has evolved to meet the needs of our neighborhood. Now, our vision is to engage all local residents through projects that facilitate grassroots



approach to fostering stronger connections to sustain friendly and livable neighborhoods in the Northern Hills. We are actively looking for committee members and volunteers!!! Let's make some connections. Please email Sam & Winnie: ahih@northernhills.ab.ca. Keep up with AHIH: www.nhca.ca/ahih/

Creating Coventry

We are also working with residents on finding space for a dog park, working with the City on pollinator-friendly corridors, looking at spaces for a pump track, and have formed a small group to look at building an accessible and inclusive playground. There's a lot going on behind the scenes! If you would like to know more or help with planning or fundraising for any of our Creating Coventry projects, you can contact the Creating Coventry Leads, Moraig McCabe or Nicole Dawe, via email at: creatingcoventry@gmail.com or ndawe@vivo.ca. If you are on Facebook, you can also message us directly via the Creating Coventry page: www.facebook.com/creatingcoventry



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 Amin (arts@northernhills.ab.ca) for more information.

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/



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 |
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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, Vania Szeto-Mackinnon, 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: VACANT - contact us!
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:
Moraig McCabe, Nicole Dawe
(creatingcoventry@gmail.com)
Events: Vania Szeto-Mackinnon
(events@northernhills.ab.ca)
Finance: Lonny Mah
(treasurer@northernhills.ab.ca)
Membership: VACANT - contact us!
Newsletter Editor: Annie Udofia
(editor@northernhills.ab.ca)
Northern Hills Connect: Ian McAnerin
(northernhillsconnect.com/contact/)

Northern Hills Mural: Laura Hack
(mural@northernhill.ab.ca)
Planning: Simon Cheng
(planning@northernhills.ab.ca)
Playgrounds:
Victoria Henry & Meghan Keating
(HarvestHillsHub@hotmail.com)
Rinks: Daniel Sennhauser
(rinks@northernhills.ab.ca)
Sports: VACANT - contact us!
SPRY in the Hills:
J-L Emond & committee
(seniors@northernhills.ab.ca)
Vivo Rep: Jessie Leighton
(2vp@northernhills.ab.ca)
Volunteers: VACANT - contact us!
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.

CROSSWORD

Answers on page 14

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21						22				
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- ACROSS**
- Objections
 - Asian general
 - Blunder
 - Chemical in fertilizer
 - Tickled pink
 - Word before face or time
 - Upper layer of earth's crust
 - Man in Manilow's "Copacabana"
 - Lion prey
 - Chooses a red
 - Get wind of
 - Pull
 - Sigma's follower
 - Hit alternative
 - Porcupine, e.g.
 - "___ De-Lovely"
 - Scouted out
 - "Get ___!"
 - What a toaster may hold
 - Microscopic amount
 - A spiral
 - Self starter?
 - "Camels" of the Andes
 - Groundless
 - Liking
 - Cold-climate bird
 - What comes to mind

- It could be paired with a steak
 - Where the eagles have landed
 - Crowning point
 - Tropical root
 - The wealthy may live in it
 - Cheese producer
 - Preminger or Bismarck
 - Massage target
 - Sicilian smoker
 - Genuine
- DOWN**
- Kate or Laura
 - Husband of Bathsheba
 - Poke fun at, on the playground
 - Muslim greeting
 - City known for a tomb
 - Smooth-tongued
 - Diacritical mark
 - Gussy
 - Popular setting for a wedding
 - "Not on ___!" ("No way!")
 - It's often chained
 - Pet peeve for PETA
 - Approximate arrival time

- To the point
- Fjord country, briefly
- Like J, alphabetically
- Ancient
- Complete
- Health resort
- Audible relief
- Do it to an i
- In a cold manner
- Pin used as an oarlock
- "Paradise Lost" figure
- Direction
- Where to nosh on a knish
- Guatemalan
- Proposal to buy
- Variety of primrose
- Out like a light
- Music with jazzlike riffs
- Magazine staffer
- Application of language
- Broad-ended tie
- Related in a way
- It comes from the heart
- Lung, for a fish
- One of the Gulf States
- Greek cheese
- Piece of equipment
- Prime example of stubbornness
- List abbr.
- Colorful rug



"Did You Know In the Hills?" Contest!

This month's trivia question is:

What is the new program for Fall 2018?

Please send your answer, the article title and page number, along with your name, contact information and NHCA membership number* to: editor@northernhills.ab.ca. Our winners will receive a \$50 gift card to Applebee's restaurant and a Vivo family day pass! Only current members will be entered in the draw; you can purchase or renew your membership online at northernhills.ab.ca/membership.

The winner of the "Did You Know in the Hills?" trivia question for the month of July is: **Charmaine Toms, Congratulations!** The answer was "Meet Me in the Park field trip visit to the Mobile Adventure Playground". The answer is found in the August 2018 Northern Hills News edition under the article titled Family Connections Parent Link Centres on page 7. Thank you to all of you who submitted your answers, and we look forward to your continued participation.

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





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Activating Coventry

More Fun in the Sun

By Moraig McCabe

July was a busy month! Not only was Stampede in full swing, but Creating Coventry ran four free events in our local parks. We also had three more scheduled for Saturdays in August plus the last one on September 8th:

1. The first Imagination Play Day, which was featured in the August issue.
2. An Outdoor Crafts Day run by the NHCA's new Arts & Crafts committee. These ladies are super creative and put together fun craft kits in advance for everyone to use. Both kids and adults had a fantastic time in "Husky Park" (303 Covington Bay)!
3. The first Family Fun Day was held at "Red Slide Park" (980 Coventry Drive). "The 3 Nicoles" helped set up a variety of games for families to play: giant Jenga, giant snakes & ladders, an obstacle course,

bean bag toss, ball hockey, badminton, giant jigsaws, skeet ball, and giant tic-tac-toe. There was also sidewalk chalk for drawings and a fun photo stand. Some of these games were created by NHCA Soccer wind up volunteers a few years ago – we thank you for creating such well built, long-lasting community games!

4. At the end of July, Nate Pike and his boys painted racing lanes in "Cul-de-sac Park" (85 Covebrook Place) for our Old-Fashioned Family Sports Day. Residents of all ages were having fun as they took part in relay, egg & spoon and sack races, formed teams for tug-o-war, played a round of bean bag toss, hockey or volleyball, with their family and neighbours. So many smiles!
5. Despite the blistering heat all through the first couple of weeks of August, it was a bit cooler for the first Pool Party on August 11th in "Blue Park" (90 Covepark Square) at only 20-22°C. However, this didn't seem to bother the kids, who were thrilled to

try out the slip-n-slide, play with the water and beach balls in the pools, and eat giant freezies! We did bring some extra games along, so attendees also had fun with bubble wands, badminton, hula hoops, football, bean bag and ring toss, in the beautiful setting of the Coventry Community Gardens.

Events 6-8 are, at the time of writing, still to come, but follow the Creating Coventry page on Facebook for more about what happened, and about the upcoming community parks renovations!

Thanks to everyone who came out to play and discovered new parks in our community, and all those who donated their volunteering time, items for us to use, or prizes for these events: community residents, Calgary Neighbourhoods, NHCA, Vivo, Home Depot, Good

Earth Coventry Hills, some generous folks from Hidden Valley, and a Montessori preschool. We also can't forget the Ward 3 office, who awarded a community event grant to allow Creating Coventry to pay for permits, signs, pools, beach balls, portable toilets (for some events), the very popular freezies, and more for these Activating Coventry #CommunityBy-Community events!

Photo credits: Marlyn Ilagan, Nikki Pike, Donna Dingwall, Moraig McCabe, Cheryl Johnston



the first Pool Party on August 11th in "Blue Park" (90 Covepark Square) at only 20-22°C. However, this didn't seem to bother the kids, who were thrilled to



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Dates

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00am – 4:00pm Family Fun Games by NCCA @ Vivo, East Side
2	3 Labour Day (statutory holiday) NHCA Office is closed	4	5	6	7	8 11:00am – 2:00pm Last Activating Coventry Event @ Coventry Community Garden
9	10	11	12	13	14	15 5:00 – 9:00pm Northern Hills Mural Celebration Wrap-Up Event
16	17	18	19	20	21	22
23	24	25	26 6:00 – 6:30pm Social Juncture with the NHCA Team @ Vivo	27	28	29
30						

EVENTS

Find more information about our events and programs by following the link nhca.ca/calendar/ or scanning the QR code:



Social Juncture with the NHCA Team

Every 4th Wednesday of the month
*Except July, August, and December
Come in and meet the NHCA team, learn more about the community association, upcoming events and projects in the Northern Hills.

#NH Mural Celebration Wrap-Up Event

Book your calendars on Sept 15th to come out and celebrate the Northern Hills Mural together – community led project and the longest mural in Canada!

Last Activating Coventry Event

It is the last free community event out of the Activating Coventry series of 8 events, that were sponsored by the Ward 3.

Update on the HHHub!

By Victoria Henry

Things are moving along with the Harvest Hills Hub Project!

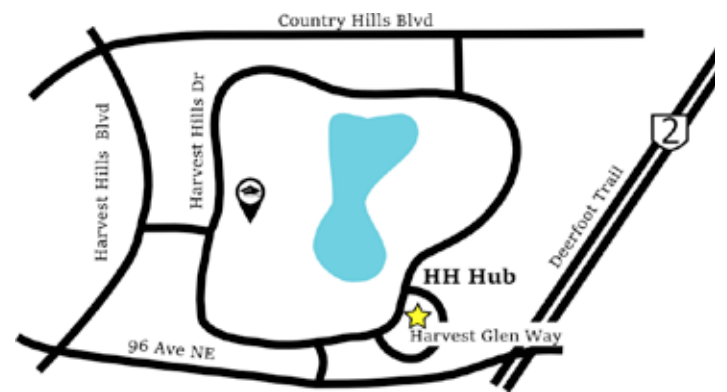
At the time of this writing, we are looking forward to the City removing the current outdated playground equipment, setting aside the existing swings for reuse in the future playground, and performing basic site prep by August 16th, 2018. Once this is completed, we will be able to move ahead with site preparation, playground installation, and landscaping. Special thanks to Meghan Keating for facilitating our order for all the future playground equipment and to our contractor Alpha Better for taking on our project!

As the revitalization project was delayed and sodding likely won't take place until late September, we will be delaying our Opening Ceremony until

Spring 2019. This will allow us to get the proper permits in place and hopefully allow for nicer weather. Please follow our Facebook page for more updates. www.Facebook.com/HarvestHillsHub.

Of course, we are still hoping to have the hub up and running by the end of September, so please plan on coming over for a visit this fall! Our address is 178 Harvest Glen Way, NE. Our first event will be a Book Swap held October 13th from 1-3pm. If you have any books to donate, please contact Victoria Henry by email at harvesthillshub@hotmail.com. Any books remaining at the end of the day will be donated to Goodwill. The event is free and will be happening rain (or snow!) or shine!

We are also in the works of planning a Halloween event, Snowman/Snow Sculpture Event, and



getting our website off the ground. Please stay tuned to our Facebook page for updates and announcements.

If you would like to join the HHHub committee and help to plan events, email us at HarvestHillHub@hotmail.com. We'd love to hear from you!



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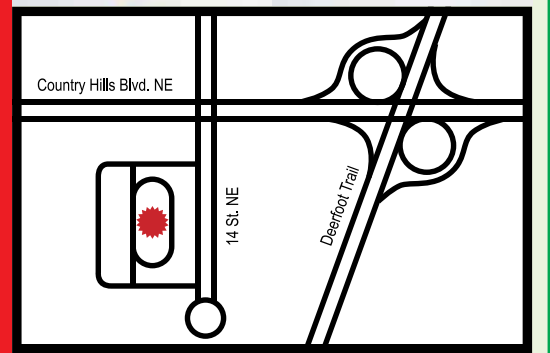
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SPRY in the Hills

Program for Fall 2018
(Senior Persons Regaining Youth)

Being 55+ In Northern Hills can be FUN ...

The SPRY gatherings and exercise classes, are held at the VIVO Centre, a multi-facility room which is set up for Adult Exercise Classes and tables & chairs for Social activities. Adults 55+ are welcome to join the various indoor and outdoor activities that are planned this Fall.

EXERCISING IS FUN

The 1-hour Sessions at VIVO are every Tuesday and Thursday at 2:30pm to 3:30pm.

The laughter-filled, age-appropriate, light exercise classes, are lead by Tracy Rand, Director-Certified Aging Adult Instructor & Consultant, BCEM Educator.

COST: \$40 per Person for the entire Fall Session: September 11th to Thursday, December 14th, 2018.

SOCIAL MEETS ARE FUN

Come and join us for coffee & snacks, conversation and a variety of board & card games, every Tuesday and Thursday at VIVO from 3:30 to 4:30pm (after exercise classes). This is a no-cost activity, and Members take turns supplying the snacks and goodies.

SPECIAL EVENTS ARE FUN

We have a variety of events throughout the entire year. Join us



for lunches, special venues, tours, aqua-cize, informative lectures, arts & crafts sessions, inter-generation experience with Elementary Schools, VIVO special events, Halloween and Christmas events, etc.

HOW TO REGISTER

Registration opening soon! Please check NHCA website for up-

dated info. To participate, we ask the you hold an active NHCA Membership Card. The annual fee is \$20 per person, or \$20 per couple (55+) for a 12-month membership, payable to the NHCA. There is no additional fee to attend the weekly Socials. NHCA cardholders also get 10%+ discounts from many restaurants and businesses in our area.

Family Connections Parent Link Centre

By Sue Blackburn Forster

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.



Two Service Sunday Worship
at 9:15 & 11:00 am.

Children's Programming Nursery to Grade 4 during both services
Grades 7-12 meet at 9 am. Club 56 for Grades 5 & 6 at 11 am.



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Belong intentionally
Bless generously

Beginning SEPT. 9 SERVICES at 9:15 & 11:00 am

ESL 'in person' Registration, Sept. 16th 10:30 am-1:00 pm, at the ESL table in the front foyer.

Questions about God? ALPHA begins Sept. 27 6-9 pm.

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

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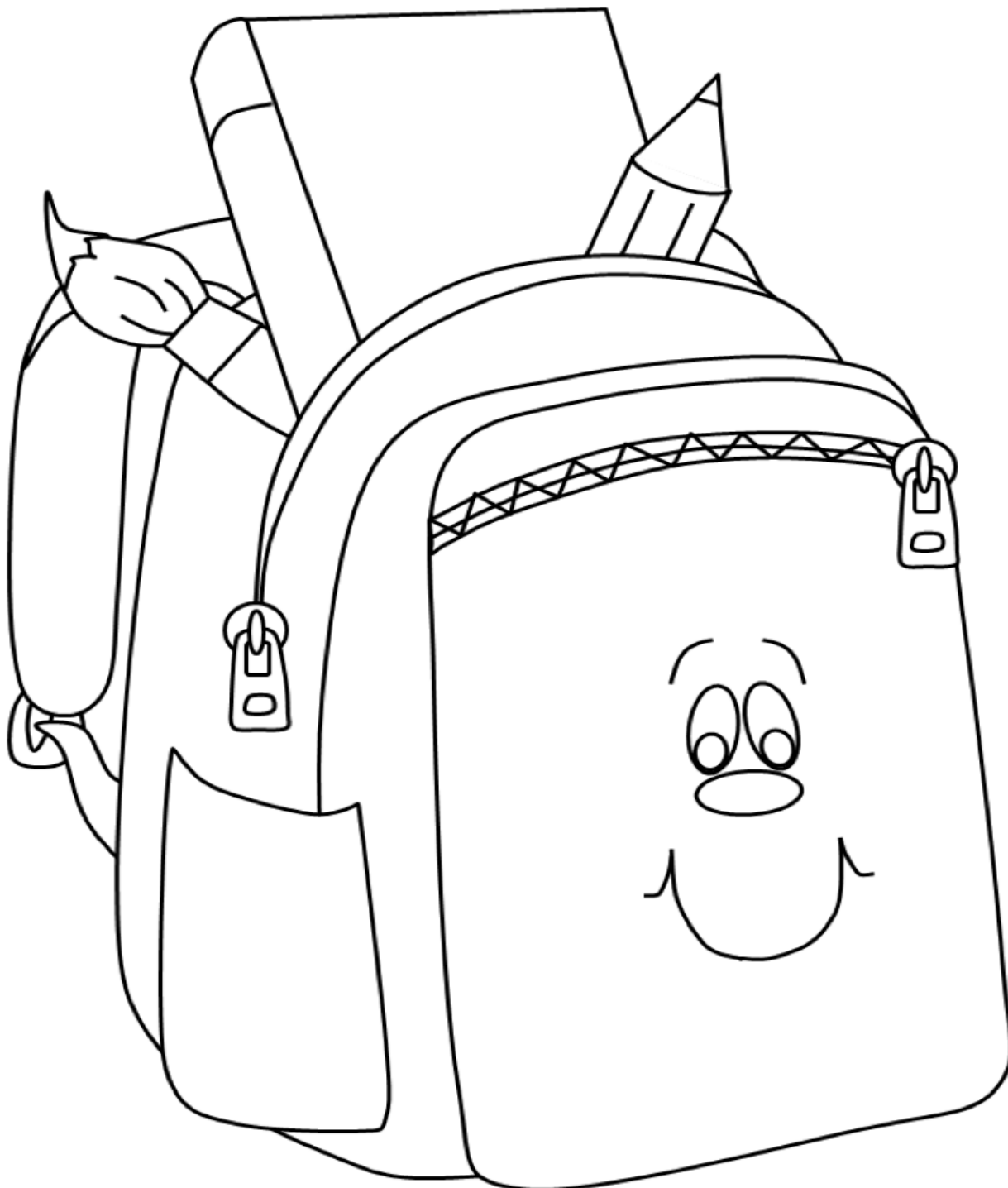


The first 40 children who colour and take their picture in to Marble Slab Creamery, 623-130 Country Village Rd NE, will receive a free single ice cream cone.*

Name: _____

Age: _____

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



SUDOKU-PUZZLES

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

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



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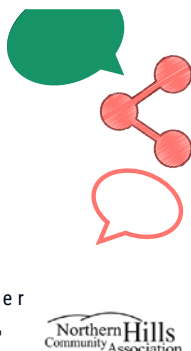
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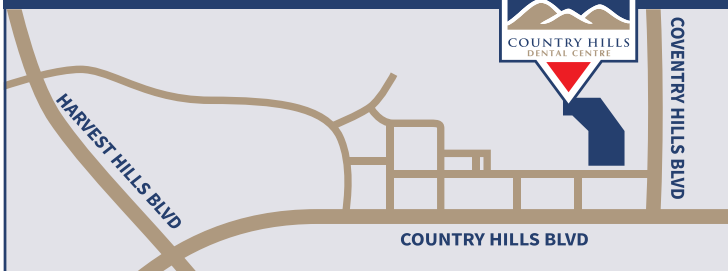
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New School Collaboration Success!



By David Hartwick
1st Vice President, NHCA

Photo showing Representatives from the NHCA, Alberta Infrastructure, CBE, MLA Kleinsteuber, Trustee Adam, and Councillor Jyoti Gondek and her team.

It is a new day for how schools are designed, at least in the Northern Hills! As mentioned in the August newsletter, the NHCA and Councillor Gondek have been pushing Alberta Infrastructure to address safety concerns with the site design for the new Coventry Elementary School to be built on Coventry Drive.

Alberta Infrastructure agreed to meet and discuss the suggestions and concerns, so the NHCA brought together the Calgary Police Service, MLA Kleinsteuber, Trustee Adams, and Councillor Gondek and her team, to meet with Alberta Infrastructure, City of Calgary Planning, the architect, and the CBE to discuss possible changes. To our knowledge, this

type of collaboration involving so many perspectives has never been done before. Anyone that has ever driven near a school in our communities will understand the chaos, driver behaviour, inattention and traffic volumes around the schools at peak times so having this discussion was important. We were also hoping to mitigate the City of Calgary having to 'fix' the area after the school was built.

While the site has a number of logistical problems that a re-design likely would not solve, the input and suggestions from the Calgary Police Service (thank you Cst. Kelly and Sgt. Bubis) based on existing placement were inno-

vative, and hopefully some or all of them will be implemented. We are pleased that we had a very positive conversation and Alberta Infrastructure will continue to work with the City of Calgary to achieve the safest school site possible.

We are also very pleased that Alberta Infrastructure has included the NHCA in the high school planning process right from the beginning so that we can ensure the high school site provides the lowest impact to traffic within the community, but also gives us the opportunity to ensure the school meets the needs of the community.

ALL CANADIAN KARATE UNION

KARATE REGISTRATION

COVENTRY HILLS

Nose Creek School
Mondays
(6:30 PM – 8:00 PM)
Starting September 17

PANORAMA HILLS

Buffalo Rubbing Stone School
Tuesdays
(6:30 PM – 8:00 PM)
Starting September 11

Registration starts September 11 and continues through September and October. Register in person. Register early. Once registered, students may train at any ACKU club!

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ALL CANADIAN KARATE UNION
403-232-0228 www.acku.org

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

yes no

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Elected Representatives



Ward 3
Councillor
Jyoti Gondek

Hello, everyone!

It's quite likely that this edition of the NHCA newsletter will see a great deal of coverage about the Northern Hills Mural Project. I'm going to give you my perspective on the experience of being a part of this process, as someone who is a 20-year resident of Ward 3. While I have seen projects like this roll out in other parts of the city, this was a first in our area. Frankly, it was a first for a "suburban" ward. Typically, it's the more established areas that are often the hosts of this type of community-building initiative.

Those neighbourhoods are successful with these projects because they have strong community associations that bring people together and demonstrate pride in the place they call home.

With this mural project, the NHCA demonstrated that North Central Calgary is a collection of cohesive, collaborative, community-minded neighbourhoods that can rally behind a common vision. Residents from all parts of Ward 3 partnered with a diverse group of volunteers and artists to bring some vitality and pride to a neglected stretch of fence. Rather than simply organizing some neighbours to freshen up some fence boards, the NHCA combined community engagement with public art to offer a chance for hundreds of people to take part in something that allows them to say: "I was part of some-

thing beautiful." There was extensive outreach about this project, including surveys and sessions to ask people what they wanted to see in the mural. There was engagement of a tireless project leader (Kim Walker), as well as a brilliant local artist (Mark Vazquez-Mackay), to ensure that the immense workload was managed well. There was a call for prep and painting volunteers, answered by hundreds of people who came out to strip, sand, wash and paint the fence. This was a true community project that leaves behind a wonderful legacy, which further portrays how our city has evolved over time.

North Central Calgary has long struggled to establish an identity that truly represents the values of its people, irrespective of the artificial geographic divide that exists by virtue of Centre Street. With this mural project,

we have shown that we are a place of creative and community-minded residents. I would like to thank the NHCA for their leadership on a project that makes so many of us beam with pride in community. People like Laura Hack, Leah Argao, Yana Soldatenko, David Hartwick and Jessie Leighton (and many others) quietly volunteer every day and deserve to be recognized for this incredible accomplishment in proving the strength of our community.

Jyoti Gondek
Councillor, Ward 3

www.calgary.ca/ward3
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403-268-2530
eaward3@calgary.ca

Barb Fleet, Assistant
403-268-4854
ward03@calgary.ca

Calgary-NorthernHills MLA
Jamie Kleinsteuber



Happy fall!
Hopefully everyone had a great summer and feels ready to return to work and school routines.

Congratulations to Northern Hills

Community Association for marking its 25th anniversary by painting the longest mural in Canada! Featuring Calgary's rich history, this project made the news over the summer: www.globalnews.ca/video/4358293/

calgary-artists-asking-for-volunteers-to-help-create-canadas-longest-mural. On September 15, please plan to attend the wrap-up event, celebrating what our community has accomplished together. For more information, check www.northernhills.ab.ca/mural-project/.

Over the summer, the governments of Canada, Alberta, and Calgary, along with the Calgary Airport Authority, committed to fund completion of Calgary's Airport Trail between 36 Street NE and 60 Street NE. Supporting approximately 400 jobs, the project includes construction of interchanges at 19 Street NE and Barlow Trail, an intersection at Metis Trail, and a new southbound-to-westbound ramp at the Stoney Trail interchange.

Work should begin later this year.

Once completed, Airport Trail will provide a second critical east-west transportation corridor in north Calgary, improve passenger and cargo access to the airport, and provide better routes for many who commute to work at or near the airport. The Calgary International Airport and surrounding area is the second largest employment centre in Calgary after the downtown core, with 24,000 jobs on airport land and nearly 50,000 full-time jobs directly related to the airport.

Alberta's economy continues to recover. Upstream energy sector employment was up in 2017. Production increases of 12 percent in crude bitumen, 8 percent in conventional

oil, and 2 percent in natural gas were supported by significant increases in drilling activity. As we work to extend the recovery to all Albertans, Premier Rachel Notley continues to fight for pipelines, with Alberta closer than ever to breaking the land lock.

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

Your MLA,
Jamie Kleinsteuber

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

Email: calgary.northernhills@assembly.ab.ca



Honourable
Michelle
Rempel, M.P.
Calgary
Nose Hill

Since January 2017 over 30 000

individuals have illegally crossed the border into Canada from safe spaces like upstate New York and claim asylum. The federal government's lack of response to this issue is concerning. The government's temporary solutions have put strain on provincial

social welfare programs and will cost taxpayers hundreds of millions of dollars.

As a result of this, on July 11th I called for an emergency meeting of the Standing Committee on Citizenship and Immigration in order to review the adequacy of the government's response to the increased number of asylum seekers.

During the emergency meeting the government informed us that they intend to house the illegal asylum seekers in hotels but failed to provide the projected cost of this plan. They also failed to provide any long-term sustainable solutions, leaving myself and Canadians with many unan-

swered questions.

Canadians expect our immigration system to be fair and compassionate. It is not fair, nor compassionate, when individuals are forced to live in homeless shelters, university dormitories and hotels because the government has compromised the integrity of our immigration system. I will continue to fight for issues that matter to you and your family.

Please let me know your thoughts on this, or any other issue at

Michelle Rempel

Michelle.Rempel@parl.gc.ca
403-216-7777
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Local Heroes Recognized

By David Hartwick, 1st VP, NHCA

You may recall a school bus breaking down and then erupting into flames on Harvest Hills Blvd and 96th Avenue in May 2017. I was there that day and remember it like yesterday.

Members of the Calgary Police Service were nearby and quickly acted, blocking off traffic and evacuating the bus moments before it became fully engulfed. As a result of the actions I witnessed, I spoke to the Sergeant on scene and indicated that I believed the officers attending were heroes that day, and should be recognized for saving lives.

It gives me great pleasure to share with our community, that these 3 officers, whom all continue to work within our community out of the District 7 office, were recognized by Chief Roger Chaffin for their actions that day.

Thanks to Sergeant McKelvey for the photo: From the left, Cst. Jason Buczny, then Cst. Kylie Stone, Chief Chaffin, and on the right is Cst. Kathy Bowman.

Harvest time at the community gardens!

By Melissa Duong

Did you know there are community garden beds at the Harvest Hills and Coventry Hills community garden where you can harvest the vegetables for FREE? Look for the "Free vegetables in this plot only" sign and see what delicious vegetables you can pick and take home. Volunteers plant and take care of these beds so that anyone from the community can have access to organic fresh vegetables.

But NOT ALL the garden beds can be picked. Other plots at the garden are either rented by individuals and are for their use only or are growing vegetables for Calgary's Food Bank. If a garden bed has a red stop sign, please DO NOT TAKE vegetables from that plot. Registered community gardeners have paid and taken great care of their private garden plots so



that they can take home fresh organic vegetables for themselves as well.

For more questions or information about the community gardens in your community, check out the NHCA website: <http://www.northernhills.ab.ca/community-gardens/>.



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New and Emergency Patients Welcome

Creating Coventry Projects 1 & 2: Update

By Moraig McCabe

The Creating Coventry volunteers were knocking on the residents' doors around the "Roundabout Park" in July, because there's a proposed facility upgrade for the park:

CREATING COVENTRY PROJECT ONE – SPORT COURT & RINK

Phase 1 will be to install a **full-sized basketball court** instead of the one basketball hoop that is already there (it will be removed and grassed over). This is shown as a red box on the map.

Phase 2 will be to install a **winter water supply box** that means we can use the basketball court as a base for a **skating rink** (with the use of rink boards and a liner) in winter. We've provided a sample image of a winter water supply box; the logos will be different as our own project sponsors' logos will appear on our box wrap.

The current playground equipment is NOT being removed as part of this project, so it will remain.

There will be no cost to residents, although due to overwhelming resident support for this project, **Creating Coventry volunteers have now started fundraising in the hope**



Phase 1 can be completed this fall, and would welcome any community resident and business support.

There is a Parks Foundation donation form in this issue that you can use to send in donations, or you can donate online at: <http://www.parksfdn.com/community-led-projects/> by selecting "Coventry Sport Court & Rink". Phase 2 will hopefully be completed in spring-summer 2019, as soon as the funding targets are reached.

LOCATION: Park space at 118 Coventry Hills Drive NE (Creating Coventry park #13; visit www.northernhills.ab.ca/creating-coventry to learn more about the whole Creating Coventry project [all 14 community park space renovations] and download a copy of the report)

USER GROUP: ALL AGES
TYPE OF PARK INSTALLATION: Sport court & rink for all-season use

CREATING COVENTRY PROJECT TWO – FIVE S.E. COVENTRY PARKS

The parks in SE Coventry are quite close together and the playground equipment in some will soon be in need of removal or replacement. In our group of five parks, two playgrounds have already had to be replaced as a matter of safety over the past couple of years. Looking at the demographics, and what residents told us during our Backyard Dream engagements in 2017 and earlier this year, it makes sense to complement the two new tot lots with something that appeals to a wider age group.

During this summer's Activating Coventry events, we have been asking participants to take part in choosing what they would like to see where on our Project 2 engagement board. From our Backyard Dream data, the most popular items for these five parks that appeal to more than just young children and that meet our "Six Big Ideas for Coventry Hills" goals were:

- Parkour & Climbing Wall
 - Social Space (adult & family focused – think giant community picnic table with game boards embedded in the top) with Landscaping
 - Natural Playground with Landscaping
 - Basketball Hoop & Social Seating
- LOCATION:** Creating Coventry parks #3, #5 and #6 (see map or



download the report; see above) will be renovated. Parks #4 and #8 have both recently been replaced by the City and will remain tot lots for their playground equipment's lifespan.

USER GROUP: ALL AGES

TYPE OF PARK INSTALLATION: To be decided, by you! Please take part in our engagement. We will be releasing an online survey in September for those who can't make it out to our in-person engagements, and posting the link on social media and web pages.

OTHER CURRENT AND FUTURE PROJECTS:


We are also working with residents on finding space for a dog park, working with the City on pollinator-friendly corridors, looking at spaces for a pump track, and have formed a small group to look at building an accessible and inclusive playground. There's a lot going on behind the scenes! If you would like to know more or help with planning or fundraising for any of our Creating Coventry projects, you can contact the Creating Coventry Leads, Moraig McCabe or Nicole Dawe, via email at: creatingcoventry@gmail.com or ndawe@vivo.ca. If you are on Facebook, you can also message us directly via the Creating Coventry page: www.facebook.com/creatingcoventry





DONATION INFORMATION

I would like to make a donation to Parks Foundation Calgary in support of the following project:



Creating Coventry – Project #1

Coventry Sport Court & Ice Rink

Contact Information: * denotes mandatory fields

Title: _____ *First Name: _____ *Last Name: _____

*Address: _____

*City: _____ *Province: _____ *Postal Code: _____

*Phone (H): _____ (W): _____

*E-mail Address for Tax Receipt: _____

E-mail address is mandatory as well as a street address if it is not on the cheque.

Payment Information:

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info@parksfdn.com



Creating Coventry is a community-driven plan to improve and connect our neighbourhood's parks.

It is a collaboration between community residents, the Northern Hills Community Association and Vivo for Healthier Generations.



creatingcoventry@gmail.com



[@creatingcoventry](https://www.facebook.com/creatingcoventry)

HEALTH CORNER

Prepping for School

With preschool and kindergarten starting this month, we wanted to share some tips for making sure the transition continues smoothly!

- There are lots of great books with themes about starting school – many of them involve characters that your child already knows and loves (keeping familiar things close is very comforting during times of big change). Snuggle up together and share a story: you'll be increasing your child's feel-good sensations around learning and reading!
- Start a routine at home that practices skills your child will need to do on their own (like self-care tasks around washing hands, taking off and hanging up jackets, etc). Make-believe you're at school with your child and take turns being the teacher and the student!
- Try not to diminish or deny the feelings your child has around starting school. Avoid saying things like "there's nothing to worry about!". Instead reassure your child, saying "I understand that you're feeling nervous about school – it's



such a different and exciting experience!" and brainstorm ideas on ways your child can comfort and calm themselves. Labelling our emotions and building strategies before the meltdown allows us to move towards action instead of being overwhelmed. Having a strong emotional vocabulary and sense of resilience is an important school skill to work on.

This is a time of big change for everyone, but it's a positive and exciting one. With a little

bit of planning and some solid strategies, it's going to be a good first year of school!

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.



Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

What Calgarians need to know about public consumption of cannabis

On October 17, recreational cannabis will be legal across Canada.

Each level of government has areas of responsibility in legalization, and in Alberta, municipalities are responsible for public consumption rules. In determining these regulations, The City of Calgary has worked hard to reflect citizen feedback while working within the federal legislation and provincial framework.

Where cannabis can be consumed in Calgary

Under Calgary's Cannabis Consumption Bylaw, cannabis may be consumed on private property. It will be illegal to consume non-medical cannabis in any form (smoking, vaping, or edibles) in public places, except for designated cannabis consumption areas.

Council can approve designated cannabis consumption areas around the city where cannabis may be consumed in public. Residents can contact their Councillor to express interest in having a designated area in their community. Loca-

tions will be designated through a Public Hearing of Council, at which citizens may voice their support or concerns.

At the time of this writing, no designated cannabis consumption areas had been approved. As Council designates them, their locations will be available on calgary.ca/cannabis.

There are no licensed cafes or bars in which cannabis can be consumed. This may change in the future as it is addressed by the federal and provincial governments.

It's important to understand that public consumption rules for cannabis may be different in other municipalities. For information on cannabis consumption policies, please contact municipalities directly.

Cannabis consumption will be banned in vehicles and at cannabis stores throughout Alberta.

For more details, please visit calgary.ca/cannabis.



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Calgary Fire Department reminds citizens to properly dispose of smoking material

From City of Calgary

This summer has been the busiest months in the last five years for building and structure fires in Calgary. The cause of most of these fires is careless disposal of smoking material in an outdoor patio planter.

The Calgary Fire Department reminds Calgarians that disposing of smoking material in flower planters, peat moss, your lawn or garden is a dangerous choice. Fires that start outside a building are potentially much more dangerous for occupants, as indoor smoke alarms may not detect the fire until it is well underway.

To better protect your home, it is recommended that you:

- Never put out cigarettes or smoking material in flower planter,

peat moss, your lawn or garden. Use a deep, wide, sturdy metal container filled part way with sand or water that should be emptied regularly.

- Ensure all cigarette butts and ash are put out by dousing them with water prior to putting in the garbage.
- Do not store propane tanks, firewood or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 30 metres of your home, including natural debris, trees and other structures.



Remember to always call 9-1-1 to report a fire.

For more information on outdoor fire safety, visit calgary.ca/smokingdisposal.

Crossword puzzle ANSWERS

Puzzle on page 4

1	B	U	T	S	5	A	6	G	H	8	A	9	G	10	A	11	F	12	F	13	E					
14	U	R	E	A	15	G	L	A	D	16	A	B	O	U	T											
17	S	I	A	L	18	R	I	C	O	19	Z	E	B	R	A											
20	H	A	S	A	21	C	A	B	E	R	22	N	E	T												
					23	H	E	A	R						24	K	N	O	B		25	T	26	A	27	U
					28	M	I	S	S						31	R	O	D	E	N	T					
33	I	34	T	35	S	36	S	P	I	37	E	38	D							39	O	N	I	T		
40	C	H	A	41	M	P	A	G	N	E	42	B	O	43	T	T	L	E								
44	I	O	T	A						45	H	E	L	I	X					46	H	E	R			
47	L	L	A	M	48	A	S							50	I	D	L	E		51	E					
52	Y	E	N		53	S	K	54	U	55	A			56	I	D	E	58	A							
					59	G	L	A	S	S	60	F	P	I	N	O	62	T								
63	A	E	R	I	E					66	A	C	M	E						67	T	A	R	O		
68	S	T	Y	L	E					69	G	O	A	T						70	O	T	T	O		
71	S	C	A	L	P					72	E	T	N	A						73	R	E	A	L		

The Spirit of Neighbourliness

Thank you Coventry!!!

By Skye Marie

I will like to give a shout out to some beyond amazing community members we have here in Coventry/Country hills. My brother in law had to take emergency custody of his two-year-old son recently after his mother abandoned him with nothing but a playpen. He found himself in a bind because pay day wasn't until end of the week and I was only able to help out with some food as my family had just donated all our son's toys and clothes a week earlier.

We had posted in a few groups asking for some help and donations for the little boy since he had no toys, feeding bottle, except one undersized outfit and female pull-ups, but got no responses from other groups. However, a bunch of community members from the Coventry Hills Community Facebook page started offering help and donations. Within hours, we received donations from five amazing folks in the area namely: Jerry Miller, Jennifer Gabel, Amber Szekely, Stephanie Malig, and Marcia Wensley.

These lovely folks went out of their way to drop off several items for this sweet little boy who had nothing. He now has enough clothes, diapers, wipes, and toys to get him started on a new happy life. And boy, is he ever happy with having clothes



that fit and new toys! We were all in tears with how fast the community came together to help out of the kindness of their hearts, with no judgement or questions asked. They had put the biggest smile on this little boy and father's face by taking away 90% of his stress. We are beyond proud to be apart of such a caring, supportive, and loving community called Coventry Hills!!!

Sudoku puzzle ANSWERS

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

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

City-supported Community Cleanups

Once again, it's time to comb through your garage, survey your off-site storage locker and purge your garden shed of that never-used stuff that has been collecting dust for the past decade. Save yourself a trip to the landfill by visiting one of the Community Cleanup events taking place across Calgary this fall.

These popular events are hosted by community associations with support from Calgary Community Standards and Waste & Recycling at The City. Check calgary.ca/cleanup for a list of cleanup events. You can also check your community association website for full details on the Community Cleanup in your area.

The following items are not permitted at the Cleanup events:

- Car batteries
- Glass (e.g. window panes, glass table tops)
- Household appliances with Freon (e.g. refrigerators, freezers)
- Microwaves
- Liquids (e.g. cooking oils)
- Large metal items (e.g. lawnmowers, barbecues)
- Railway ties
- Sod or dirt
- Household hazardous waste (see calgary.ca for a list of household hazardous waste drop-off locations)

Yard waste is accepted for composting. The City encourages residents to check for what can be recycled by visiting calgary.ca/whatgoeswhere. The City's Waste & Recycling collection is provided free of charge, however some community associations may provide additional services for a fee.

Some communities may organize a "free store" where you can drop off and select items for donations free of charge. Check your community association website for details.

••• **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 •••••



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



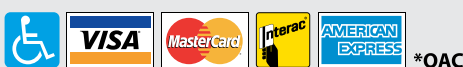
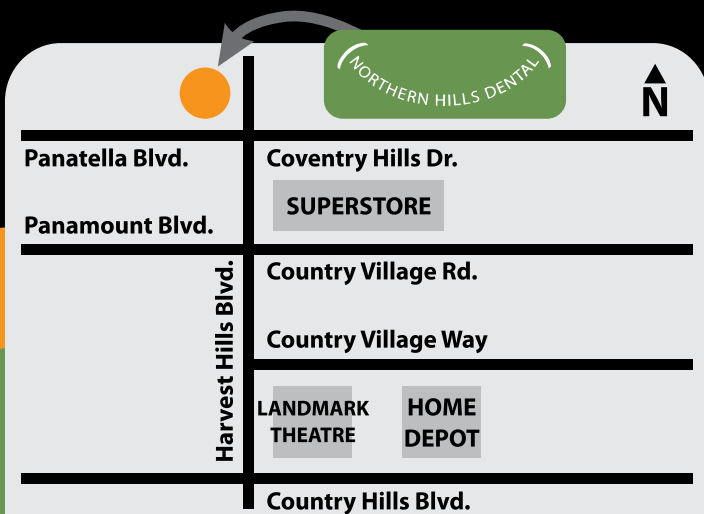
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