## Over 20,000 monthly printed copies **COVENTRY HILLS** COUNTRY HIL VILLAGE HARVEST COUNTRY HILLS Country Hills • Country Hills Village • Coventry Hills • Harvest Hills Panorama Hills

Official Newsletter of the Northern Hills Community Association 💠 www.nhca.ca

(o) @northernhillscalgary

@northernhills

# The Northern Hills Community Association – who we are and what we are about!

Have you ever wondered what happens on the other side of the fence? Robert lived in Coventry Hills for over 18 years: he had never walked to the outside of his fence until we knocked on his door ten months ago. To his knowledge, Panorama Hills and Harvest Hills were words strung together, and that they existed somewhere in Calgary. Okay, that's fair - whenever people move to a new home, they usually set up quite a routine: drive to work, scrounge for food, hibernate, and repeat (and perhaps shower). It's a routine that's hard to break and makes it hard for people to want to leave their own home. Robert was astounded to learn that his neighbours and four other communities were united and determined to do something about his dreaded eyesore of a fence.

On a wintry February night, we arrived at his doorstep. We didn't demand Robert to tear down his fence (it's not quite the Berlin Wall). We didn't beg him to put a bag over his fence's head. We asked him one simple question: "May we please paint your fence?" Kim, the creator and project lead for the Northern Hills Mural project explained to him the possibilities of uniting our five communities towards a common goal: to design a higher quality public realm than already exists, and to give people the opportunity to paint their personal stories on a blank canvass.

Before we had the chance to finish our pitch, he had already given us his permission. He knew in an instant, that this mural was more than an art project. For Robert, it was his chance to break free from his 18-year routine of staying at home

**Bottle** Depot



on evenings and weekends, and to start engaging with his neighbours more regularly and meet new friends across community lines. Ecstatic about our mural project, he convinced his neighbours to let us paint their fence as well. He had only wished this opportunity came to him 18 years earlier.

## Membership

We often get asked by our neighbours if they need to purchase an NHCA membership to engage with us or to volunteer. Our answer has always been an unequivocal no. When Kim approached us with the idea to paint a mural, she did not have membership. When Robert

**ADVOCACY IN THE** 

HILLS

mural painter, he did not have membership. Many residents who participated in our in-person engagement and online surveys, or volunteered to paint the fence, did not have membership. We never ask for membership from anyone prior to participating in our engagement or volunteer activities, because if we did, we would not be able to accomplish a quarter of the things we set out to do. We could not have painted an 850-metre mural along Coventry Hills Boulevard this summer, had it not been for our 650+ volunteers!

Community building is much bigger than an NHCA membership. It just requires you to pick up a paint brush.

Community engagement is much bigger than an NHCA membership. We don't create barriers for engagement, we go all out.

So how does the NHCA sustain itself if we don't require membership? The short answer is, that it isn't easy. We count on membership fees to help us keep the lights on in the office for you. We count on membership fees to sustain our services, programs and initiatives for the community. If all 60,000 residents in the Northern Hills signed up for membership, we would be in a much better position to expand our programs and services and continue to offer you cool initiatives like Canada's longest mural!

NOVEMBER 1, 8, 15, 22, 29 & DECEMBER 6

**NOVEMBER 12, ALL DAY, REMEMBRANCE DAY** 

@NorthernHillsCalgary

CHILDREN (1 TO 5 YEARS)

HALLOWEEN COSTUME SWAP

10:00 AM - 11:30 AM, COME PLAY WITH ME AT VIVO FOR

NOVEMBER 30 - LAST DAY TO DONATE TO GIFT OF JOY AND

NOVEMBER 17, 9:00 AM - 1:00 PM, BUSINESS FAIR @ MAIN STREET, VIVO

NOVEMBER 28,  $6:00\ \mbox{PM}$  –  $6:30\ \mbox{PM}$ , social juncture with NHCA team @ IDEA LAB. VIVO

NOVEMBER 30 - CREATING COVENTRY PROJECT #2 SURVEY DEADLINE

For more information visit nhca.ca/calendar/

Follow us

In the meantime, we'll do what we can to keep the lights on in the office, with what little resources we have.

#### So, what?

So, what is the point of the NHCA if it's not about membership?

If we can convince just one person to venture beyond their fences and engage with their neighbours across community lines, we've done our job.

If we can inspire just one person to step up to make a positive impact to the community, tell us how we can collaborate.

If we can convince just one person, in their most difficult week, month, or year, to know that they don't have to feel alone and isolated, we'll keep the office lights turned on for as long as we can.

The Northern Hills has no shortage of torchbearers these friends and families light our streets, parks and gathering places to ensure there's always something to do, that you feel safe, and that you have someone to turn to, so you don't have to feel alone. This past year, our torchbearers stepped up to the plate to do incredible things in the community. Here are just a few examples:

Continued on page 6

NHCA - Who We are...



**Newly Renovated, Newly Automated Faster and Better Service** 

FREE ICE CREAM

ON PAGE 8

BEDDINGTON HEIGHTS BOTTLEDSPOT #111, 20 Country Hills Landing NW

Calgary, Alberta T3K 5P4 403-274-2122 Mon - Fri: 8:45am - 6:00pm Sat: 8:30am - 5:00pm Sun: 10:00am - 4:00pm

Computerized • Accurate • Fast & Friendly Service

www.bottledepotcalgary.ca





@NorthernHills





## **GENERAL FAMILY DENTISTRY** IN PANORAMA HILLS NW

## **New Patients & Emergencies Always Welcome!**

- Oirect Insurance Billing
- Emergencies Treated Promptly
- Objective to the property of the property o
- **⊘** Intra-Oral Cameras & Digital X-Rays

- Massage Treatment Chairs

- Complimentary Happy Visits (for Children Under 3)
- Warrantied Work



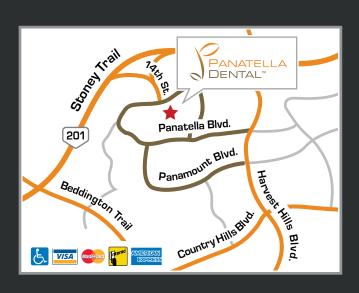
Early Morning, **Evening & Saturday Appointments** 



**Schedule the** Whole Family in **One Visit** 



**Dental Emergencies** Welcome





650, 1110 Panatella Blvd. NW Calgary, AB T3K 0S6

## **Hours of Operation**

Mon to Thu 7:00 AM - 8:00 PM Fri to Sat 8:00 AM - 4:00 PM

"Panatella Dental" and the logos, tag lines and designs associated with these trade-marks, are trade marks of J. A. THURMEIER PROFESSIONAL CORPORATION, Canada. All rights reserved.



Make An Appointment Today: **403-226-4788** 

Visit us at: www.PanatellaDental.com

# Community Association Notes



## From the **Executive**

Our house constantly has TSN running as everyone in my household are HUGE sports lovers. My parents are regularly cheering on the Blue Jays, the Roughriders or

watching curling bonspiels. My husband follows the Oilers (yep, he is from Edmonton) and loves his NFL, especially Denver. When my kids pop over, they will turn it to either the NBA, golf or college football. There is no escape from sports in my house and fall season has always meant the kick-off to new seasons and the possibilities of wins, losses and the ongoing debate of who is better and why.

I am fascinated by team sports, especially when they are championed by volunteers and help develop young men and women. All our kids participated in some amazing sports programs locally so being a cheerleader in the stands has become second nature. Whenever I pass by the Hilltoppers practicing near Harvest Hills I fondly think of sitting through freezing weather, clutching a coffee to cheer on our kids.

The thing that amazes me more than anything is the level of dedication that local coaches put into our kids both in community programs like Hilltoppers and Mavericks football, Symons Valley and McKnight Hockey, soccer programs like MSB and our local JR and SR High School Teams. I get some insight into this as my sons have done volunteer coaching at Notre Dame and I have seen how these teams create mini communities and families. Kids that play together often hang out together, stay in touch longer and create a network based upon memories of wins, losses and teamwork. If you get the opportunity to support any local sport organization by donating, helping or sponsoring I highly encourage this investment in our youth and our community.

Leah Argao President, Northern Hills **Community Association** 



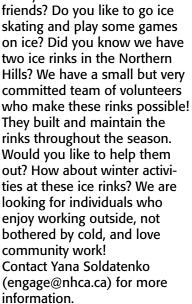
Happy November everyone,

## Volunteer **Opportunities**

We hope you all had a great Halloween full of spookiness and candies! It is hard to believe and accept but winter season is truly around the corner now. Therefore, our seasonal group of ice rink volunteers is about to start their work. Whereas our other groups will be actively preparing for the next warm outdoor season. We would like to share with you a few currently available volunteer opportunities.

#### **Ice Rink Builder Volunteer**

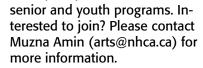
It is a good time to start thinking about winter activities! What do you do with your family and



#### **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? The team is working on adults, kids,



#### At Home in the Hills (AHIH)

At Home in the Hills (AHIH) began as an initiative to help new immigrants settle in the

Northern Hills communities and has evolved to meet the needs of our neighbourhood. Our vision is to facilitate grassroots approach to foster strong neighborly connections and promote inclusive, sociable and even friendlier neighbourhoods within the Northern Hills. We are actively looking for committee members and volunteers. Please email Sam & Winnie (ahih@nhca.ca) to join and for information visit: 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 get involved, by helping with the planning, door knocking to do the line of sight survey, fundraising, or anything else, we would love your help!

Please get in touch with Moraig via creatingcoventry@ gmail.com or Yana at NHCA via engage@nhca.ca. If you are on Facebook, you can also message us directly via the Creating Coventry page: www. facebook.com/creatingcoventry

#### **Events in Harvest Hills Hub**

Harvest Hills Hub is now officially fully funded!!! Now it is time for fun things! We are looking for fresh ideas for ongoing meet-ups and one-time events at the Harvest Hills Hub! We're

calling all kids, teens, adults, and seniors to reach out with their ideas for fun and engaging events! Let us know your ideas for events at the hub by messaging us on Facebook or emailing us an at HarvestHillsHub@hotmail.com.

Please consider joining our event planning committee! We meet once a month to plan engaging events at the hub. We are looking for people of all ages and backgrounds that are interested in having some fun!

Find more details on all the above volunteer roles by scanning QR code or following the link: nhca.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 | Closed on weekends and statutory holidays

### **STAFF & CONTRACTORS**

Ad Sales: Heather Hubert (marketing@nhca.ca) Administrator: Marina Barrett

(admin@nhca.ca) Bookkeeper: Paige Martin

Engagement Coordinator: Yana Soldatenko (engage@nhca.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@nhca.ca)

1st Vice President:

David Hartwick (1vp@nhca.ca)

2nd Vice President:

Jessie Leighton (2vp@nhca.ca)

Secretary:

Simon Cheng (secretary@nhca.ca)

Treasurer: Lonny Mah (treasurer@nhca.ca)

Directors at Large: Ian McAnerin, Laura Hack, Winnie Huang, Jeannette Lee, Lindsay Lantela, Brad Huebert, Josh Chilton, Tamara Keller, Tavis Settles.

## COMMITTEES

Adult Slopitch: Neil Mever (slopitch@nhca.ca)

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

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

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

Beautification & Community Enhancement: VACANT – contact us!

Business Development: VACANT – contact us!

Community Gardens: Jon Berlie (garden@nhca.ca)

Coventry Garden: Sarah White (coventrygarden@nhca.ca)

Harvest Garden: Melissa Duong (harvestgarden@nhca.ca) Creating Coventry: Moraig McCabe,

Nicole Dawe (creatingcoventry@gmail.com)

Events: VACANT - contact us!

Finance: Lonny Mah (treasurer@nhca.ca)

Membership: VACANT - contact us! Newsletter Editor: Annie Udofia (editor@nhca.ca)

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

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

Planning: Jeannette Lee (planning@nhca.ca)

Harvest Hills Hub: Victoria Henry, Meghan Keating & Sarah Brazeau (HarvestHillsHub@hotmail.com)

Rinks: Daniel Sennhauser (rinks@nhca.ca)

Sports: VACANT - contact us! SPRY in the Hills: J-L Emond & committee (seniors@nhca.ca)

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

Volunteers: VACANT - contact us!

## **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				23	24	25		26			27	28	29	30
31				32			33		34					
			35					36			37			
	38	39							40	41				
42						43								
44				45	46		47					48	49	50
51						52		53			54			
				55			56				57			
58	59	60	61					62	63	64				
65						66						67		
68						69						70		

#### **ACROSS**

- Flushed 1.
- Banana-like plant
- Spreads
- 14. Artist DiFranco
- 15. What a widow stands to inherit
- 16. Train's sleeping space
- 17. Biblical foes
- 20. As before, in footnotes (Abbr.)
- 21. Scintilla
- 22. Tar
- 26. Fertilizer type
- 31. "Catch on?"
- 32. Hopper
- 34. Old sailor 35. "Black-eyed" legume
- 37. Company trademark
- 38. Mexican restaurant duo
- 42. Ukraine capital
- 43. Traffic in holy things
- 44. Thing referred to
- en scene (stage setting)
- 48. Art degrees
- 51. More irascible
- 53. Route alongside a canal
- 55. Unassuming
- 57. Ocean voyage locale

urban

58. Detective duo

- 65. Take back, in a way
- 66. Carpenter's tool
- 67. Defeated
- 68. Foofaraws
- 69. Euripides drama
- 70. Farm pen

#### **DOWN**

- 1. Transmits Authorize
- Split 3.
- Do sum math?
- Part of a vamp's costume
- Barley beard
- Paper money of Ghana
- 8. About 1% of the atmosphere
- 9. Earth-shaped
- 10. Bouquet
- 11. Vintage
- 12. Giant Hall-of-Famer
- 13. Kids are asleep expression
- 18. Badges, e.g., in brief
- 19. Company known for its ups and downs
- 23. Covering
- 24. Weather map figures
- 25. Andalusian appetizers
- 27. Come from behind

- 28. Tumults
- 29. Roman garment
- 30. Type of boost or trip
- 33. Casual attire
- 35. Cat-like mammal
- 36. Acknowledge
- 38. Quote
- 39. Nazi leader
- 40. Nothing to write home about
- 41. For the second time
- 42. Set of parts and tools 45. British sailors, in slang
- 46. Charges
- 48. Some operatic voices
- 49. Dined at McDonald's
- 50. Ice fishing abode 52. Domain
- 54. Butter portion
- 56. Leg joint
- 58. Small dwelling
- 59. Yoko
- 60. Drug pushed by Leary
- 61. Noted Warhol subject
- 62. Commonly rented item

SON 15

- 63. Petite
- 64. Like

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

This month's trivia question is:

What is a deadline (date & time) to fill-up **Creating Coventry** Project #2 survey?

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



The winner of the "Did You Know in the Hills?" trivia question for the month of October is: Ken and Linda-Lou Oelke, Congratulations! The answer to October's trivia question was "Come Play with Me at VIVO, 11950 Country Village Link NE, Calgary, AB T3K 6E3 -Oct 11-Dec 6, Thursday Mornings 10 - 11:30 am". The answer is found in the October 2018 Northern Hills News edition under the article titled **Family Connections Parent Link** Centre on page 13. 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!



## THESE FIVE PLAYGROUNDS & PARK SPACES IN THE SOUTHEAST PART OF COVENTRY HILLS ARE PART OF A GROUP RENOVATION PLAN.

Tell us what you would like to see in which park space by drawing a line from each park to the activity you would choose for it:







BASKETBALL HOOP & SOCIAL SEATING

**PARKOUR &** 

**CLIMBING WALL** 

SOCIAL SPACE

(Adult & family

focused)

& LANDSCAPING

NATURAL

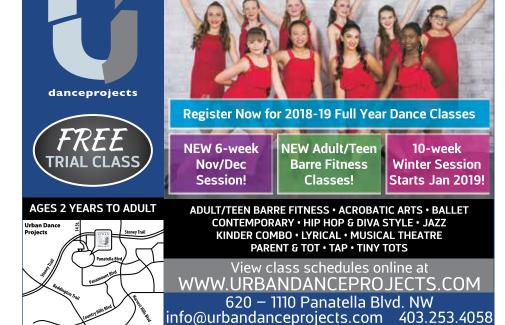
PLAYGROUND

& LANDSCAPING



Playground #4 has been recently replaced, so will remain as is for now

Playground #8 has been recently replaced, so will





Quick Facts

NHCA currently serve over 57,000 residents in 5 communities in North Central Calgary: Country Hills, Country Hills Village, Coventry Hills, Harvest Hills and Panorama Hills.



community.



diverse, inclusive and sustainable

The Northern Hills Community Association enhances the quality of life of the community by enriching and empowering the diverse communities of Northern Hills through advocacy, education, and provision of opportunities for engagement.

## To sign up for

## NHCA Membership,

please visit our website: www.northernhills.ab.ca/membership

By Moraig McCabe

Over the summer during the Activating Coventry events, and through the fall at various community events, we have been popping up with our "Big Board of Possibilities", asking community members to draw lines from the activities they would like to see in the parks in SE Coventry that they would like to see them in.

To date we have collected over 250 lines of data in in-person consultations, but we still want to reach out to those who may not have been at any of these community events. We have created an online survey version of the "Big Board of Possibilities" that we would love you to take part in, at: surveymonkey.com/r/H2JPGRQ, or by using the QR code in this article. The survey has already been posted on our Facebook page: facebook.com/creatingcoventry/ and in several of the local groups. It's open until November 30th, so please take part!

For those less technologically inclined, you can also still take part by cutting out the survey shown here, drawing your lines in and then mailing it to, or dropping it off at, the NHCA Office at Vivo, 11950 Country Village Link NE, Calgary, AB, T3K 6E3.

What exactly is Creating Coventry Project #2?

As part of the larger Creating Coventry parks master plan, we are looking at a

Creating Coventry Coventry Drive PROJECT 2: FIVE SE COVENTRY PARKS Country Hills Boulevard

group of five playgrounds (park spaces) in SE Coventry Hills. These are all easily walkable to each other and we would like to create an area parks plan that both suits all ages and can be used all-season.

Two of the playgrounds have already recently been replaced by Calgary Parks (City of Calgary) as they were becoming unsafe. They were replaced "like for like" and are only really suitable for

smaller children ("tot lots"). The other three playgrounds were built around the same time and so are also in need of replacement soon.

The top five themes we heard from residents during our 10 community engagements in 2017-2018 were that Coventry parks needed:

- 1. Thrills (including parkour, climbing, pump track)
- 2. Community gathering spaces (including seating

and picnic tables, BBQ)

- 3. Equipment suitable for older kids, teens and adults, not just tots
- 4. All season activities (including rinks and winter play)
- 5. Imaginative play (including natural playgrounds, games, musical)

So, using the suggestions from residents for all five of these parks in the SE Coventry area, we have chosen the most requested activities for older kids, teens and adults, as renovation choices to complement the two tot lots already in the area.

If you would like to get involved, by helping with the planning, door knocking to do the line of sight survey, fundraising, or anything else, we would love your help! Please get in touch with Moraig via creatingcoventry@gmail.com or Yana at NHCA via engage@ nhca.ca



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.









AMAZING LOCATION! STAINLESS STEEL APPLIANCES 1 TITLED PARKING SPACE IN SUITE LAUNDRY



4 BD | 3.5 BA | \$409,900

**FULLY DEVELOPED BASEMENT** WALK IN CLOSET & EN SUITE IN MASTER BEDROOM



5 BD | 3.5 BA | 3200 SQFT

FULLY DEVELOPED BASEMENT OFFICE & DEN PROPERTY BACKS ONTO **GREENSPACE** 



Could your home be NEXT? Call me for a free consultation if you are looking to sell your home or if you simply want a free personalized valuation of your home.



CORY LOMSNES

Your Coventry Hills Specialist and Resident Realtor

587.435.0750





## Dates

## November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<u> </u>	2	3
				2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo		
4	5	6	7	8	9	10
		2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo		2:30 – 4:30pm  SPRY Fit-2-Age  @ Play Lab, Vivo  Business Fair  Vendor Registration is closing at NOON!		
11	12	13	14	15	16	17
	Remembrance Day NHCA Office is closed	2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo		2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo		9:00am – 1:00pm Business Fair @ Main Street, Vivo
18	19	20	21	22	23	24
		2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo		2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo		
25	26	27	28	29	30	
		2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo	6:00 – 6:30pm Social Juncture with NHCA Team @ Vivo 6:30 – 9:00pm Board Meeting	2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo	Gift of Joy Donation Deadline Halloween Costume Donation Deadline Creating Coventry Project #2 Survey Deadline at 10:00pm	

## **EVENTS**

Find more information about our events and programs here 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!

Come Play with Me at Vivo Every Thursday morning from 10:00 -11:30am, Oct.11 - Dec.6, outside of Panther Physio, free drop-in play program for children 1-5 years old.

#### Give a Gift of Joy this Christmas

We are accepting Christmas holiday gifts at the NHCA office & Vivo main Guest Services Desk (down the ramp at Vivo) for families & children who need our community's support. Learn more at nhca.ca/gift-of-joy/ **Halloween Costumes Donations** 

Please donate your gently used (cleaned) Halloween costumes this November and come to swap for a different one in October 2019.

Learn more at nhca.ca/halloween-costumes-swap/

## Continued from page 1

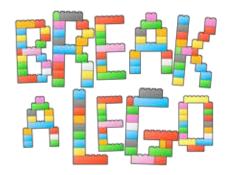
Harvest Hills Hub: Tired of seeing their children play in an aging and

tiny tot lot, Victoria and Megan fundraised close to \$300,000 to design and revitalize a local park.



Break a Lego:

Wanting to spread



a little bit more of his energy outside his church, Brad partnered with us and Vivo to host an afternoon lego competition to challenge children and youth to something new to our community.

**Arts and Crafts Committee: Know-**



ing that there was something missing in our programming, Sally, Muzna, and Marlyn combined their passions

for teaching and art to pilot a seniors watercolours program and multiple pop-up summer workshops. They are now working with us to offer arts and craft classes as a regular community programs for people of all ages.

**Northern Hills Connect:** Deciding that going into business for profit was not enough, business student Sanja collaborated with us and Momentum to create a social enterprise that leverages our community's assets and resources for a business that balances people, profit, and planet.

**Block Watch:** Wanting to take a



precautionary approach to community safety in Coventry Hills, Tavis, Shane, Jesse and countless volunteers partnered with us and Calgary Police Service to put more eyes on the streets. Over the past two years, Block Watch expanded into 10 communities in Calgary, with over 5,000 members enrolled.

**Creating Coventry:** When Calgary Parks said they would replace several parks in Coventry Hills, Moraig Mc-Cabe partnered with the NHCA and Vivo to approach The City of Calgary with a more ambitious idea: to masterplan all fifteen parks in Coventry Hills. In partnership with the NHCA and Vivo, Moraig gathered feedback



from community residents on how these parks could meet the needs of a diverse and growing population. Having received full support from The City of Calgary in May 2018, Moraig now collaborates with all three partners to devise strategies for implementing Creating Coventry.

We didn't start these initiatives and programs because we thought they were cool things to do. These initiatives started because you told us you needed it. Like any successful venture, we tested out the ideas workshopped them with the community and delivered you the goods.

One month ago, we saw more than a 200% increase in community participation at our monthly social gathering, many of whom expressed deep gratitude for what the NHCA does for the community. Robert was among one of the many who came out to express his exuberance for volunteering for future projects. And knowing he didn't have to purchase a membership to volunteer with us, he bought one anyways.

### **Get involved**

There are many ways to get involved, be it venturing to the other side of the fence or picking up a paint brush. Here are two ways:

1. Buy a membership! Help us keep the lights on in the office for you. For just \$25 dollars, you can purchase a single membership, and for \$30, you can sign up your whole family! 2. Donate your time! Do you have a community aspiration that you want to come to life? Do you want to shape the future of the Northern Hills? If so, let's start a conversation.

We are always looking for fresh new faces to join the NHCA Board of Directors. In fact, this September, we elected six new directors to the NHCA Board. Among the six elected is a nineteen-year-old college student, the youngest in NHCA history!

We would like to thank all our community of volunteers for helping us make the Northern Hills an even better place!

As volunteers, we put our heart and soul into the community. We won't get it perfect all the time. We don't ask to be thanked. We also don't ask to be judged.

**So, let us be clear:** we operate in an environment of mutual respect and safety and will not tolerate any form of abuse to our volunteers and staff. If you can operate within these parameters, your ability to participate with us is limitless. We invite you to journey to the other side of the fence and get involved!

We'll supply the paint brush. Leave the spray paint at home.

> Yours Sincerely, Northern Hills Community **Association Executive Team**

Leah Argao, President David Hartwick, 1st Vice President Jessie Leighton, 2nd Vice President Simon Cheng, Secretary

# Winter is coming!

Winter can be a time for family fun, but what happens when it's not? Knowing the risks ahead of time will help keep you and your family safe this winter.

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms and blizzards can bring extreme cold, freezing

rain, snow, ice and high winds. They can last a few hours or several days, knocking out heat, power and communication services.

Here are some ways to prepare for a winter storm ahead of time:

- Know the risks. Include your kids in the discussion about emergencies, how you will communicate and how to evacuate the house, if needed.
- Winterize your home. Insulate pipes and allow faucets to drip a little to prevent pipes from freezing. Cover windows with plastic. If you're using a space heater for added warmth, please be aware that they pose a fire hazard.
- Pay attention to weather reports and warnings from Environment Canada. Sign up for Alberta Emergency Alert or Alert Ready for notifications.

E-Mail: office@hhachurch.com



- Gather supplies in case there is a power outage. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. Have extra batteries for radios and flashlights.
- Create a 72-hour kit for your car: include jumper cables, sand, flashlight, blankets, water and non-perishable food. Make sure to always keep your gas tank full!

Want to be prepared for other emergencies? Visit calgary.ca/getready to learn more.



www.hhachurch.com



## Halloween Costumes Wanted!

By Moraig McCabe

Do you have costumes that no longer fit your kids (or you!) taking up valuable storage space?

₱ Don't throw them away!

used (cleaned) Hal-

loween costumes this year, and then come and grab a free one that fits for next Halloween at our community Halloween costume swap in early October 2019!

Vivo for Healthier Generations and Northern Hills Community Association have each offered to have a collection box (thank you!), so you can easily donate your used costumes for this community swap initiative. Vivo's will be located at Guest Services (down the ramp) and NHCA will have a box in their office. The boxes will be available from the end



of October until November 30th, 2018, and then again September & October 2019.

\*\* On the day the collection boxes will be dropped off we will let you know via our Social Media posts (Facebook, Instagram, and Twitter) and on our website - NHCA.CA \*\*

THANK YOU to all the awesome Northern Hills community people who have offered their help with donations of costumes, storage, lending out clothing racks and more to enable this to happen! I love this community!

# *PROGRESSIVE* **OPTOMETRY**





**New Patients Welcome** Walk-in, Evening & Weekend Appts Occupational Safety Eyewear **Direct Billing to Most Insurances** Family Eye Care

Stoney Trail	
Progressive Optometry	рл
Panatella Blvd	© Superstore
Panamount Blvd	Empire Studio 16
Country Hills Blvd	

眼科醫生 廣東話

白內障 青光眼 乾眼症

34 Panatella Blvd NW 403 248 3937

www.progressiveoptometry.ca

## 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

		7		4	5	6	8
		2	5		တ		
5						7	
		6	1	8			
2	7					1	6
			ဖ	9	3		
	8						7
		1		3	<b>N</b> 6		
4	2	5	9		6		



**FOLLOW US** 







@NorthernHillsCalgary

Dr. Tim Begalke • Dr. Jamie Wallace • Dr. Jeremy Wallace • Dr. Erin Gray • Dr. Anne Kelly





Proudly serving the Northern Hills Communities since 1998

Mon 8:00 am - 7:00 pm Tues 8:00 am – 7:00 pm Wed 8:00 am - 4:00 pm Thurs 8:00 am - 4:00 pm Fri 8:00 am - 2:30 pm

www.countryhillsdental.com

# Update on the HHHub!



By Victoria Henry

We are thrilled to report that our first event at the Harvest Hills Hub – a Book Swap held on October 13th - was a huge success!! Thank you to the many neighbours who braved the cold and participated in the swap by donating books, helping with the event, and coming out to spend the afternoon with us.

In addition, many thanks to Alejandra Tafich for setting up a delightful bookmark craft table, Panorama Starbucks for donating complimentary coffee, and Andrea Fodor, Zoltan Fodor, and Yana Soldatenko for transporting tables. Finally, thank you to Adam and Danielle Brandt and the rest of the Harvest Hills Hub committee for lending a hand and making the event a success!

We are already busy thinking ahead to our next event - A Winter Social at the Hub. Please email us with your ideas at HarvestHillsHub@hotmail.com.

To learn more about our project, please check us out at www.hhhub.ca or follow us on Facebook at <a href="https://www.Facebook.com/">www.Facebook.com/</a> HarvestHillsHub for updates and announcements.

If you (or your teenager) would like to join the HHHub committee and help to plan events or just want to hear what we're up to, email us at HarvestHillHub@ hotmail.com. We'd love to hear from you!



























## Green cart schedule changes this winter

From the City of Calgary

The seasons are changing and so is green cart collection. Starting the week of November 6th, your green cart will be collected once every other week.

There are no changes to blue or black cart collection.

Carts need to be put out by 7 a.m. on collection day and properly spaced. Weekly green cart collection will resume in the spring. Visit <u>calgary.ca/collection</u> to find your new green cart schedule.

## THE SNOW AND ICE TO US.

Our team of grounds care service experts at The Grounds Guys provides year-round services, including snow and ice management services. Our process includes:

PROPERTY ASSESSMENT: We evaluate your property before the first snow has even fallen.

TAILORED CALIBRATION: Our snow and ice management equipment is perfectly prepared before every job.

STATE-OF-THE-ART EQUIPMENT WITH GPS TRACKING: Our team of grounds care service experts at The Grounds Guys provides yearround services, including snow and ice management services. Our process includes: The equipment we use is advanced, effective, and precise. We utilize GPS tracking to keep track of our vehicles, which means that we'll be able to serve your company effectively when you need it most.

**METEOROLOGICAL TRACKING &** INFORMING: We track weather data with precision and expertise, and we keep our customers informed of meteorological changes.

- Snow and Ice Management
- Snow Plowing
- Snow Clearing
- Sanding

- Salt Treatment
- Ice Melt **Treatment**
- Snow Hauling
- Plant Protection



a **neighbourly** company

GroundsGuys.ca | GetNeighbourly.ca

403.903.4561

NorthCalgary.Owner@Groundsguys.com

Independently Owned and Operated Franchise

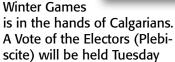
# Elected Representatives



## Ward 3 Councillor Jyoti Gondek

2026 Olympic and Paralympic **Winter Games** 

The decision on whether to host the 2026 Olympic and Paralympic





November 13, 2018 asking citizens whether they want to host the 2026 Winter Olympics. Council has agreed to abide by the outcome of the plebiscite, so it is important that everyone get out and vote. There are advance polls available, as well as special ballots. For information about when and how to vote: http:// www.Calgary.ca/vote2018 For information about the engagement process: http://www. engage.calgary.ca/2026games For information about the draft hosting plan: http://www.

calgary.ca/CSPS/Recreation/ Pages/Calgary-2026-Olympicbid/Hosting-plan-landing.aspx

Please mark the dates in your calendar and cast your ballot in November!

Jvoti Gondek Councillor, Ward 3

www.calgary.ca/ward3 Lynne Banning, Assistant 403-268-2530 eaward3@calgary.ca

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

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

For decades Alberta's economy has flourished without the assistance of equalization payments, while other regions have benefitted greatly from Alberta's success. We have always contributed to Confederation while building a prosperous future for our families through innovative industries and by developing our resources. But an increasing number of Albertans, regardless of political stripe, are voicing their concerns with equalization.

Our province generates



wealth and creates jobs through the development of our energy sector, while other provinces

in this

country choose to leave their resources undeveloped and instead rely on government transfers. This simply is not fair to hardworking Albertans.

I have always been a supporter and advocate for Alberta's energy workers and that is why I am launching a petition, which is calling on the federal government to immediately

deal with the unfairness of the equalization formula. Please visit www.michellerempel.ca/ petition find out more and to sign the petition.

I will be holding a Town Hall meeting to discuss this issue on November 3, at 9:30 AM, at the Thorncliffe Greenview Community Centre. I also want to hear your feedback on this issue please email me at michelle.rempel@parl.gc.ca

Michelle.Rempel@parl.gc.ca 403-216-7777 201-1318 Centre Street N.E., Calgary, AB, T2E2R7

www.MichelleRempel.ca 115-70 Country Hills Landing N.W. Calgary, AB T3K5P3

## Calgary-NorthernHills MLA Jamie Kleinsteuber

Health is at the heart of living well. When surveyed about health, people consistently express common views. We want health care services available to us when we need them. We want those

health care services close to home. And we want to feel well enough to live independently throughout our

As you contemplate how you or your loved one can remain at home and independent as long as possible, the Seniors Housing and Adaptation Repair Program (SHARP) might play a role. This Alberta program allows seniors to use their home equity to retrofit their home for age-related health and mobility needs. SHARP provides a loan to a maximum of \$40,000 to qualifying seniors with a total annual income of \$75,000 or less. Repayment is only required when the home is sold or when the home is no longer the primary residence. Search "seniors home adaptation" on alberta.ca to learn if this program is right for you.

Recently, the Government of Alberta announced the new Aging Well in Community grant, calling for proposals from local organizations whose community-based initiatives help seniors stay in their homes and participate in their communities. The Aging Well in Community grant program will prioritize projects which address issues affecting seniors -- ageism, social inclusion, elder abuse prevention, and age-friendly communities.

As Lori Sigurdson, Minister of Seniors and Housing, says, "Seniors should be able to live safely and independently in their communities, close to loved ones. ...this grant program will establish new ways to shape bright, active futures for seniors in Alberta." Applications are open until November 16, 2018. For more details, search "Aging Well in Community" on alberta.ca.

For more information on these programs or any other provincial matters, please feel free to contact my office. It is always good to hear from constituents.

# **Membership Application**

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

- Access our online membership registration at: www.northernhills.ab.ca under
- **Member Login** at the top right corner 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

☐ Family \$30	□ Single \$20	☐ Senior (60+) \$20
□ *Associate \$30	☐ Business \$50	□ **Business Plus \$120
	le of the Northern Hills Area **Ac o "Northern Hills Community Associat	
First Name:	Last Name:	
D.O.B:	Gender	<b>:</b>
(Spouses )First Name:	(Spouses )Last	Name:
(Spouses )D.O.B:	(Spouses ) G	Sender:
Address:		
Postal Code:	Phone:	
Email:		

Please indicate (1) activities you would like to learn more about:

- Adult Sports o Advocacy (LRT, Schools, etc.)
- Arts & Crafts At Home In the Hills

Fees:

- (AHIH) Board of Directors
- Building Safer Communities (aka Block-
- watch) Gardening
- Ice Rinks Newsletter
- Planning & Development Playgrounds and Community Hubs Political Debates /
- Panel Discussions Seniors Fitness
- Seniors Games and Social
- Special Events (Clean-Up, Block Parties, etc.)
- Sponsorship o Sports (Soccer, Slo-

Other	

Please indicate (✓) activities you would like to see in your community: Tennis Courts Adult Programs

- Children's Softball
- Indoor Soccer
- Farmers Market
- Other\_

Would you like us to contact you about volunteer opportunities in NHCA?

o no



#### 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



## We are seeking artists to join our arts and crafts committee

- Are you an artists or art enthusiast in the comminuty.
- Would you like to run your own art class as an art program leader. (No formal qualifications or degree required)
- We want to hear from you!
- Please email at

Arts@nhca.Ca



# Fun Family Programs



**Come Play with Me at Vivo** for children (1-5 years old)

Oct. 11 - Dec. 6 Thursday Mornings 10:00-11:30 AM (beside the Panther Physiotherapy) Vivo for Healthier Generations

Children are able to move about in the room and pick from a variety of play areas such as dress up, play dough, puzzles and play with lots of toys. Staff will be available to answer questions about developmental growth, parenting, and help parents identify community resources. We are located outside the Panther physiotherapy site, on the East side of the building at Vivo. Our Come Play with Me program will be ending Dec. 6 with some special activities. Don't forget to come and join our final drop in play for the year.

#### Play and Chat with Alberta **Health Services Speech and Language Pathologist**

Nov. 22 Thursday 10-11:30 pm (beside the Panther Physiotherapy)

Vivo for Healthier Generations

Do you have questions about your baby, toddler or preschooler speech and language skills? Just drop in during our regular Come Play with Me at Vivo play group and ask to speak with our contact. Call 587-392-2270 for more information.

\*This program is being run through a partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo for Healthier Generations.

For more information call 587-392-2271 or check website www. weconnectyou.ca

#### Storytime at Vivo

for children (1-5 years old) Jan.10, 17 & 21 10:00-11:00 AM Families need to attend all 3 story times. Please sign up for this as of Nov. 26th

Next drop-in program Come Play with Me at Vivo will start on Jan. 31-March.21, 2019, and will run on Thursday mornings from 10:00-11:30











JAZZ · TAP · BALLET · HIP HOP · ACRO MUSICAL THEATRE · AND MORE! Adult Dance and Boys Only Hip Hop Classes Available! CAN'T GET ENOUGH SOCCER?

# 2018 FUNdamentals **Indoor Soccer**

Skill development through FUN stations and games! For players U4 to U12; Players born 2016 to 2007

Sessions spread over 3 months Renewal discount available for 2019

Format: 50% skill development, 50% game

Top Quality Instructors, Low Player to Coach Ratio

No volunteer commitment or Community memberships required



Register here



Children's eye exams are covered

once a year by Alberta Health

**Special Priced Children's** Packages are available

Two convenient locations serving the Northern Hills Communities



SecondSight

#713, 500 Country Hills Blvd. NE Country Hills Towne Centre Calgary, AB T3K 4Y7

403.226.7638 www.siteforsight.ca #730, 1110 Panatella Blvd. NW Gates of Panorama Hills Calgary, AB T3K 0S6 403.452.6831

www.2ndsight.net

Dr. Monica Jensen-To • Dr. Shauna Chorel Dr. Bonita O'Brien • Dr. Floria Tse • Dr. Andrea Quon

New and Emergency Patients Welcome

# Giving the Gift of Joy this Christmas

This has been another tough year for lots of our neighbours. With Christmas just around the corner, the NHCA and Vivo for Healthier Generations, would like you to help us help those struggling the most in our community this Christmas, through the gift of giving.

#### **How Can You Help?**

We are accepting holiday gift donations at the NHCA office and the Vivo main Guest Services Desk (down the ramp at Vivo) for families & children who need our community's support. If you can help, even with just one gift, it will mean so much to a family in need this Christmas. For a list of gift ideas, please see the list below. We have a generous, anonymous donor of children's gifts again this year, and are always in short supply of gifts for older children (8-12), teens and adults, so if you can, please focus on these older age groups.

## Thank you for giving the gift of joy to families in our community!

Please note: please don't bring your donations wrapped – each Mom, Dad and child/teen will be able to choose the gifts they would like to give to their family members and have them wrapped by us on the day. The families in greatest need often don't get a choice of what they are given, and we would like to let them have the joy of choosing something they know their kids will love (or their parents, for the kids).

## Teen gifts:

- Gift cards (Sephora, Chapters, Market Mall/CrossIron Mills, Amazon, iTunes, coffee shops, etc.)
- Gloves/hat/scarf sets
- Travel mug with hot chocolate packages
- School supplies
- Head phone/ear buds
- Movie passes



#### Adult gifts (for parents):

- Adult colouring books & colouring pencils
- Gift cards (Market Mall/CrossIron Mills, Amazon, Chapters, Marks, Canadian Tire, supermarkets, coffee shops, restaurants, etc.)
- Candles
- Chocolate
- Bubble bath/bath bombs
- Gloves and mitts (for both men and women)
- Coffee/travel mugs with tea/coffee/hot chocolate
- Picture frames
- Board games

### Family gifts:

- Toboggan
- Family passes to recreational activities (e.g. Calgary Zoo, Telus

Spark, family movie pass)

• Gift cards for supermarkets

#### Children's gifts:

- · Craft kits for all ages
- · Art supplies
- Toy cars/trucks
- Building toys (Duplo, Lego)
- Playdoh
- Puzzles (ages toddler and up)
- Gift cards (Chapters, ToyRUs, Walmart, toy stores, etc.)
- Swim vouchers/passes

## Other items:

- Wrapping paper, gift boxes/bags, bows/ribbon
- If you would like to donate some basic needs items for these families to pick up in addition to their gifts, we will also happily accept:

# Northern Hills Community Association







- Socks (all ages)
- Shower gel/bubble bath, shampoo/conditioner, hand lotion and other toiletries
- Gift cards to local supermarkets (Sobeys, Superstore, Save On Foods, Co-Op) and drug stores (Shoppers, Rexall)
- · Books of transit tickets
- Calgary Food Bank donations Vivo will have boxes available throughout the centre for donations throughout the winter. These will be collected by the Calgary Food Bank for distribution to those in need throughout Calgary Gift Ideas:

#### If You Are In Need

We have social support outreach running out of the NHCA office on Thursdays from 4-7 PM, thanks to BowWest Community Resource Centre. For more info, visit our website at www.northernhills.ab.ca or contact Germaine at 403-874-6809 to schedule an appointment.

The North Central Family Support Program (www.weconnectyou.ca) also services our area and is a great resource for outreach and family social connection activities across the North Central region. Based out of Huntington Hills CA, you can contact them at 403-275-6666 ext. 221.



PANORAMA HILLS

COUNTRY HILLS

COUNTRY HILLS

THE PARKS OF HARVEST HILLS

AIRPORT TRAIL

LIMITED TIME OPPORTUNITY.

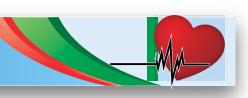
NOW OPEN AND SELLING IN NORTH CALGARY.



APARTMENT STYLE CONDOS FROM THE \$170'S TOWNHOMES FROM THE \$300'S

PAIRED HOMES FROM THE \$450'S

## HEALTH CORNER



## Celebrate National Child Day 2018!

National Child Day is celebrated annually in Canada on November 20th in recognition of our country's commitment to upholding the rights of children. In 1959 Canada signed the United Nations Convention on the Rights of the Child (UNCRC) and in 1999, it was endorsed by Alberta. The UNCRC sets out the rights of children with 54 articles that provide us with a solid road map of what is needed to raise healthy and happy children and youth. The 2018 theme is a child's right to identity.

Supporting children's rights is a key factor in improving their quality of life. A community that promotes and invests in healthy childhood development, one free from adversities, raises healthier and more engaged citizens. Affirming their uniqueness and identity is the birthright of every child. The identity of a child is their assertion to exist in society: as both an individual, differentiated from their peers and society, and as a part of that group. Identity



integrates any child into a society and allows them to benefit from essential social services.

At the core of respecting a child's right to identity is having their voice heard, believed, and valued in their community. Whether children and youth are at school, at home, on a team, with friends, or online, fostering a community that values their identity involves creating positive relationships with caring peers and

adults. We respect a child's right to identity by:

- · recognising their name and surname
- respecting their nationality, by both blood and birth
- · acknowledging their birth date, gender expression, and the inborn and learned traits that make them unique.

We encourage all community members to learn about children's rights and to make plans to celebrate the day. Wear blue, attend a special event or plan an activity with a child, read a story or watch a film on children's rights, encourage youth to

use their voice on issues that affect them, or plan a fundraiser to support activities for children. Please visit



www.nationalchildday.ca for more ideas and to learn more.

# Yielding to Emergency **Vehicles**

Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

#### When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use any available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

### When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.



# Meet Your Neighbours! Vivo's Culture Days 2018 Initiative

By Jonah Ardiel, Vivo

As the new academic year has begun, September brought about a very exciting initiative at Vivo. As per annual tradition since 2011, Vivo took part in hosting events alongside Alberta's Culture Days. The AB Culture Days program is designed to showcase local art and culture, while celebrating the diversity within our communities. This year's Vivo event, Meet Your Neighbours, did exactly that, spanning over two days and introducing several new programming features compared to previous years.

This year's program engaged over 25 distinct organizations and local artists, with a cross-section of cultures touching on each continent in the world. At the first event, hundreds of youth were treated to an exciting variety show with Malcolm Russell, youth-based magician as the signature act. At the same time, a mini 3 vs. 3 world cup-styled soccer tournament was taking place in Vivo's blue gymnasium. At its signature event, on Saturday, September 29th, Vivo hosted a large-scale exhibitor fair comprising of different cultural associations. Several of these exhibitors engaged participants through interactive workshops, such as henna, Chinese calligraphy, and African arts & crafts. This was complemented by a continuous live show of different performing groups. In the weeks leading up to the events, two art projects were coordinated, one through Vivo's design summer camps where kids painted symbols and imagery from their cultural background inside a puzzle, to create a beautiful mosaic in the end. The second art project engaged Vivo's 8000+ passholders with a world map and prompt to place a red sticker on the map of one's native background. This initiative served to show how diverse the Vivo family is.

In the end, Culture Days 2018 at Vivo touched more than 2,000 people and was made possible through generous support from the Alberta Government. We hope you had a nice time this year, and we hope to see you next year!







Give a Gift of Joy to families in our community!

nhca.ca/gift-of-joy





# Advocacy in the Hills

## Calgary Parking Authority crackdown



By David Hartwick 1st VP, NHCA

Dangerous driving continues to be a problem in our communities, particularly near schools. The Calgary Police Service invests hundreds of hours in our communities every year, educating drivers on proper driving behaviour and also writing tickets to provide a financial

reminder of what the laws are.

Illegal parking, again, particularly near schools, is an ongoing major problem including double parking, blocking driveways, parking in bus zones, and blocking crosswalks and the Calgary Police Service has again put countless hours into education and enforcement, but with little change

in behaviour. The problem is significant enough throughout the city that the Calgary Parking Authority announced in September that they would



Park Safe

SCHOOL ZONE SAFETY

be expanding a pilot project city wide, using their ParkPlus technology. This program utilizes their camera vehicles to record vehicles illegal parked and issue tickets.

Even with the Calgary media widely reporting this program, illegal parking continues to create dangerous situations for the children in our community and we have learned that these vehicles have been patrolling in our area.

More information including rules and resources can be found on the Park Safe: School Zone Safety Campaign can be found at www.calgaryparking.com/aboutthecpa/ awarenesscampaigns/parksafe

## Who owns that fence?

By David Hartwick - 1st VP, NHCA

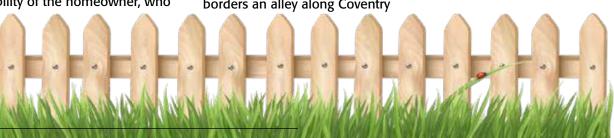
The NHCA is occasionally contacted regarding fences or brick features falling apart in the community.

These features and fences are installed by community developers and are generally the responsibility of the homeowner, who

is often unaware. As an example, while the developer built the fence the mural was painted on, every homeowner had to provide permission because they are responsible to maintain it - including 'the other side'.

Recently, we were asked about a developer fence that borders an alley along Coventry

Hills Way near Coventry Elementary that is falling apart. These are called screening fences and the City of Calgary is responsible. If you see a public fence in disrepair, call 311 or go to www. calgary.ca/Transportation/Roads/ Pages/Road-Maintenance/ Screening-fences.aspx



## **Crossword puzzle** ANSWERS

Puzzle on page 4

<sup>1</sup> R	² E	³ D		<sup>4</sup> A	⁵ <b>B</b>	<sup>6</sup> А	<sup>7</sup> С	<sup>8</sup> A		ဳဝ	10 <b>L</b>	<sup>11</sup> E	<sup>12</sup> O	<sup>13</sup> S
<sup>14</sup> <b>A</b>	Ν	I		15 <b>D</b>	0	W	Е	R		16 B	Е	R	Т	Н
<sup>17</sup> D	Α	٧	<sup>18</sup> I	D	Α	N	D	G	<sup>19</sup> O	L	ı	Α	Т	Н
<sup>20</sup>	В	ı	D				<sup>21</sup>	0	Т	Α				
<sup>22</sup> O	L	D	S	<sup>23</sup> A	<sup>24</sup> L	<sup>25</sup> T		<sup>26</sup> N	ı	Т	<sup>27</sup> R	<sup>28</sup> <b>A</b>	<sup>29</sup> T	<sup>30</sup> E
<sup>31</sup> S	Е	Ε		<sup>32</sup> T	0	Α	<sup>33</sup> D		<sup>34</sup> S	Е	Α	D	0	G
			<sup>35</sup> C	0	W	Р	Е	<sup>36</sup> A			<sup>37</sup> L	0	G	0
	38 <b>C</b>	<sup>39</sup> H	I	Р	s	Α	N	D	<sup>40</sup> S	<sup>41</sup> A	L	s	Α	
<sup>42</sup> K	-	Е	٧			<sup>43</sup> S	-	М	0	N	Υ			
<sup>44</sup>	т	s	Е	45 L	<sup>46</sup> F		<sup>47</sup> <b>M</b>	_	s	Е		<sup>48</sup> B	<sup>49</sup> A	<sup>50</sup> S
<sup>51</sup> T	Е	s	Т	-	Е	<sup>52</sup> R		<sup>53</sup> T	0	W	<sup>54</sup> P	Α	Т	Н
				<sup>55</sup> M	Е	Ε	<sup>56</sup> K				<sup>57</sup> <b>A</b>	S	Ε	Α
<sup>58</sup> H	<sup>59</sup> O	<sup>60</sup> L	61 <b>M</b>	Ε	S	Α	N	<sup>62</sup> D	63 <b>W</b>	<sup>64</sup> <b>A</b>	Т	S	0	N
<sup>65</sup> U	N	S	Α	Υ		<sup>66</sup> L	Ε	٧	Ε	L		<sup>67</sup> O	U	Т
<sup>68</sup> T	0	D	0	S		<sup>69</sup> <b>M</b>	Ε	D	Ε	Α		<sup>70</sup> S	T	Υ

## Sudoku puzzle ANSWERS

Puzzle on page 8

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

9	1	7	2	3	4	5	6	8
8	6	2	5	1	7	တ	4	3
5	3	4	$\infty$	တ	6	┺	7	2
3	4	6	1	2	8	7	5	9
2	7	9	က	4	5	$\infty$	1	6
1	5	8	ဖ	7	9	က	2	4
6	8	3	7	5	2	4	9	1
7	9	1	4	6	3	2	8	5
4	2	5	9	8	1	6	3	7

# Be a good neighbour:

keep your property tidy during seasonal change

Good

Neighbour

Practices

From the City of Calgary

If you are new to the city, a longterm Calgarian, homeowner or tenant looking for more information about your responsibilities within your neighbourhood as the seasons change, The City of Calgary Good Neighbour Practices Reference Guide will get you started. The guide in-

cludes general infor-

mation about bylaws pertaining to your property and includes standards for property maintenance year-round.

Owners/residents are responsible for ensuring their properties remain tidy. As a result, the storage of any materials on a residential lot must not be visible from outside the property. This includes:

- loose garbage
- yard waste (for example, fallen leaves)
- bottles and cans
- household furniture
- packaging materials
- machinery equipment or
- automobile parts and appliances

In addition, when stored outside, refrigerators and freezers must be locked or have the doors removed.

Visit calgary.ca/goodneighbour to download the guide in English, French, simple and traditional Chinese, Punjabi and Tagalog, or contact 311 for more information.





## **INFORMATION NIGHT Tuesday, November 6, 2018**

Presentation at 6:00 pm, followed by guided school tours

**APPLY NOW ONLINE! Kindergarten - Grade 12** Heritage Christian Academy is an alternative public school operated in partnership with Palliser Regional Schools.

and service to others." • award-winning music & athletics programs

excellence in academics, moral character

"Equipping students for life through

quality Christian Education that inspires commitment to Jesus Christ, and

- excellent student learning achievements
- strong sense of mission
- committed to Christian discipleship



**Proudly serving the** Northern Hills communities for 12 years!

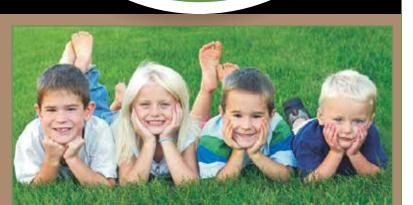
Get the Smile you've always wanted



# Comfort, Care, Convenience

- Family & Cosmetic Dentistry
- Veneers, Crowns, Bridges
- Implants
- Invisalign Clear Braces
- Zoom Whitening
- Complete Smile Makeovers
- Dentures
- Sedation Dentistry

- Wisdom Teeth Removal
- Botox Treatments
- Intra-oral Cameras & Digital Xrays
- Massage Treatment Chairs
- TV's in Every Room
- Oral Cancer Screenings





Monday • 7am - 8pm

Tuesday • 7am - 8pm

Wednesday • 7am - 8pm

**Thursday** • 7am - 8pm

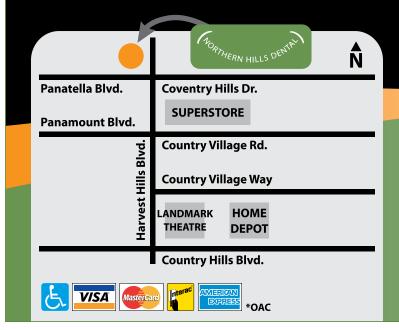
• 8am - 4pm **Friday** 

Saturday • 9am - 4pm

> **Dedicated Children's Play Area with Video Games Complimentary Gourmet Beverages**

Financing Available\* • We Direct Bill Your Insurance

## **40 Panatella Blvd NW**



new and emergency patients always Welcome

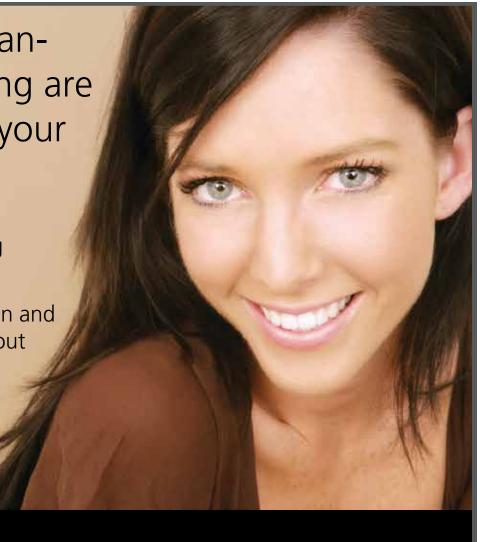
> Call Today! 403.532.0711

www.NorthernHillsDental.com

Dr. Henry Seto focuses on comprehensive and neuromuscular dentistry, ask him about any TMJ symptoms you may be having.

Dr. Chan-Goudreau's primary focus is on children and comprehensive family dentistry. Also ask her about how Botox can benefit your teeth, TMJ, and migraine symptoms. She is also a certified Invisalign provider.

Dr. Tang focuses on cosmetic, comprehensive, and emergency dentistry.





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

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



# PARAMOUNT DENTAL

403.730.9882 paramountdental.ca

NOW ACCEPTING NEW & EMERGENCY PATIENTS