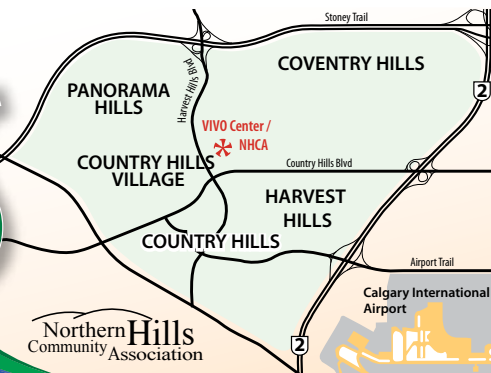


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NORTHERN HILLS NEWS



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

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

You Are Invited

To our 25th Annual General Meeting (AGM)!

By NHCA Team

You are invited to Northern Hills Community Association (NHCA) Annual General Meeting (AGM) 2018 on Thursday, April 4th, 2019 from 6:00 – 9:00 pm at Harvest Hills Alliance Church (10099 Harvest Hills Blvd NW, Calgary, AB T3K 4W9). It is a free event!

We love AGM, because it is a great opportunity to re-connect, get to know each other, and work together on making our community even better! Whether you are an NHCA member or not & whether you live in the Northern Hills or not, we encourage you to come and meet your neighbours! The NHCA is – YOU! At the AGM, we discuss finances, get your approval on our direction, and share what we are doing. This is an opportunity to meet others from the community, provide us with feedback, meet the NHCA board, and maybe even join it.

This year we are changing things up a bit by making this meeting not only official but also fun and social! Here is a quick schedule of the night:

- 6:00-6:30pm – Displaying community groups and partners
- 6:30-6:45pm – Quick break before the official part of the meeting
- 6:45-8:00pm – Official business of the NHCA
- 8:00-9:00pm – Social hour with community groups and partners



nizational changes! Even though only paid up members of the NHCA, can vote at our AGM, we welcome ALL residents to come and see what we're all about, ask questions and see how becoming a member of your community association can benefit not only you (through our awesome Member Discount program), but everyone in our neighbourhoods! This year has been phenomenal, many new initiatives, projects, events, changes happened, and we just can't wait to share the results with you!

This is YOUR community association! Come out and meet your neighbours, buy a membership that gives you a vote at the AGM, and learn about the ongoing value all year with that membership.

You can find AGM 2018 Package here: www.nhca.ca/agm

Please note: If you are a member of the NHCA and would like a copy of our current bylaws, copies will be available at the AGM, or you

can contact engage@nhca.ca and ask for a copy to be emailed to you. Please include your full name and registered address (or new membership "passcode" number) in your email.

We hope to see you on April 4th!

Board of Directors – Volunteer Opportunities

With the upcoming Annual General Meeting (AGM) on April 4th, some of our existing directors will be finishing their terms, which means we will have a few available positions to fulfill! Learn about the available opportunities at our Board of Directors here: www.nhca.ca/volunteering/

Get to Know Your Community Association

Did you know that one of many great benefits of being a member of the Northern Hills Community Association, is a privilege of voting? At the AGM we summarize and present you the work we have done since last AGM. It is a great time to meet and vote on new directors and major orga-

COMMUNITY CLEAN-UP
May 18, 2019
9:00 am - 2:00 pm
@ East Parking Lot, Vivo

Quick Facts about NHCA
Northern Hills Community Association

NHMural

Did you know that we have the longest mural in Canada, in **THIS** community? To celebrate our 25th Anniversary this year, we created an amazing project focused on all aspects "of Community, for Community."

The Northern Hills Mural is community inspired and uniquely reflects Calgary's history.

Painted over the August long weekend 2018, it now shines and brightens the community along Coventry Hills Blvd NE.



ELECTED REPS

PROV ELECTION & CANDIDATE FORUM

NHCA CALENDAR

3D SCULPTURE CLASS

FREE TAX CLINIC

SPORTS

- 5
- 7
- 8
- 9
- 11
- 12

this month
WHAT'S INSIDE

FREE ICE CREAM ON PAGE 10

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Another Reason to Smile



SPRING CLEAN

For National Hygiene Week & Oral Health Month

Did You Know?

There is a connection between your oral health and overall health. That is why during your twice-yearly cleaning, we always look for early signs of health issues.

Your health is our priority, so we have made booking your appointments as easy as possible! We have 8 full-time, experienced hygienists and we are open extended hours for your convenience.



WE VISIT SCHOOLS!

We believe in starting kids off with proper oral care instruction.

We are proud to share with you that our dentists and hygienists have visited over 15,000 children at local schools in the last 10 years.



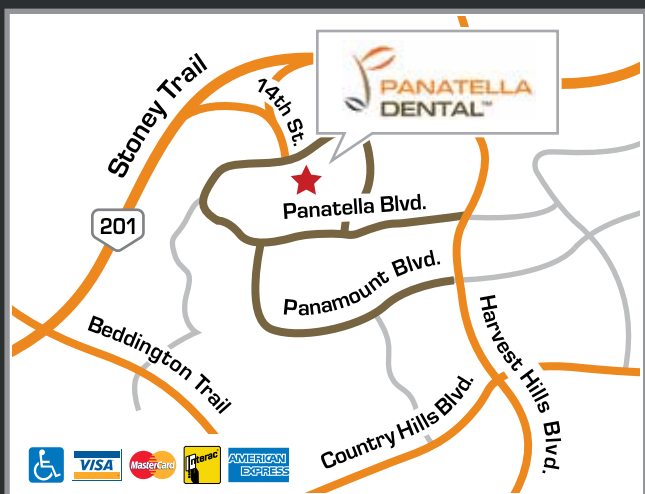
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Community Association Notes



From the Executive



It is hard to believe that my two-year term as a President is coming to an end. I am a big believer of an organization continually evolving and won't be putting my name forward for another term but planning to remain an active member of the board. It has been a roller coaster couple of years that started with angst around the Green Line LRT and is ended with joy about our upcoming community North Calgary High School with a tonne of cool initiatives throughout. We are making strides toward moving the board to more of a governance model which will continue to advance our ability to support a long-term vision towards more programming. More than anything I have really enjoyed working with our community, municipal, provincial and federal partners and key stakeholders. The volunteers, staff and board members have been an amazing support system and I have developed some great friendships by getting involved in my community. Thanks for your ongoing support of the NHCA.

Leah Argao - President
Northern Hills Community Association
president@nhca.ca



Volunteer Opportunities

We are a grassroots, volunteer-based organization on a mission to enhance the quality of life of its residents by enriching and empowering our diverse communities through advocacy, education, and provision of opportunities for engagement.

Glen Way, NE. Our committee is currently looking for:

- 1) **Events Coordinator** - Manage event proposals, update the events calendar with new events, and liaise with dedicated members on our team to help facilitate com-

- 2) **Secretary** for our committee monthly meetings.
- 3) Someone with common garden plant experience - **"garden enthusiast"** to help us identify plants at our Plant Exchange happening on Sunday, May 26th.
- 4) **General HHHub Committee Members** to help plan and execute events in Harvest Hills.

Please consider applying for the above committee positions by emailing Victoria and Sarah at HarvestHillsHub@hotmail.com. Check us out at www.hhhub.ca and www.Facebook.com/HarvestHillsHub for more details about upcoming events and opportunities for connection.

Event Management Team

Do you like to plan and design events? We are looking for **3-4 volunteers** who would like to be part of NHCA's Event Management Team, which will be planning, organizing and delivering NHCA's big events, such as Community Clean-up, Neighbour Day, Annual General Meeting (AGM), etc. It is a great chance to meet new people and get to know Northern Hills residents and local businesses. Contact Lindsay (events@nhca.ca) to get involved or to learn more about it.

At Home in the Hills (AHIH)

AHIH began as an initiative to help new immigrants settle in the Northern Hills communities and
Continued on page 5



HELP US spread the word to your fellow neighbours about who we are and what we do. We are volunteer driven organization, so if you are passionate about something, if you are looking to join a group and make new friends, if you have a wonderful idea and willing to bring it to life, we are the organization you can do it with! Call us (403-226-6422), email us (engage@nhca.ca), meet us at the upcoming Annual General Meeting (AGM) on April 4th, 6-9pm at Harvest Hills Alliance Church or just stop by our office at Vivo on Tuesday morning or Wednesday evening.

Harvest Hills Hub

The Harvest Hills Hub is a local initiative to bring activity and connection to our neighbourhood. We do this through events and meetups at our outdoor park space located at 178 Harvest



community run events in Harvest Hills. Time commitment: 8-10 hours a month in Spring/Summer and 1-5 hours a month in Fall/Winter. In addition, attend monthly evening meetings to collaborate on community led events in and around Harvest Hills.

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@nhca.ca

Monday: 8:00 am – Noon
Wednesday: 3:00 pm – 7:00 pm
Closed on weekends and statutory holidays

STAFF & CONTRACTORS

Ad Sales: Heather Hubert (marketing@nhca.ca)
Finance Manager: Chris Kjelgren (admin@nhca.ca)
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 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: VACANT – contact our President (president@nhca.ca) & Engagement Coordinator (engage@nhca.ca)!
Treasurer: Jeannette Lee (treasurer@nhca.ca)
Directors at Large: Ian McAnerin, Laura Hack, Winnie Huang, Lindsay Lantela, Brad Huebert, Tamara Keller, Tavis Settles.

COMMITTEES

We have a few committees with vacant directorship positions. Please see them below and if you are interested and have further questions please contact our Engagement Coordinator by calling (403-226-6422), emailing

(engage@nhca.ca), or just stopping by our office at Vivo on Tuesday morning or Wednesday evening:

- Sports
- Gardens
- Harvest Hills Hub playground project
- Northern Hills News
- Community Ice Rinks
- Senior Persons Regaining Youth (SPRY) in the Hills
- Volunteer Management
- Beautification & Community Enhancement
- Adult Slopitch: Neil Meyer
- Advocacy and Building Safer Communities (Blockwatch): David Hartwick & Tavis Settles (advocacy@nhca.ca)
- Arts & Crafts: Muzna Amin (arts@nhca.ca)
- At Home in the Hills: Winnie Huang (ahih@nhca.ca)
- Business Development: Ian McAnerin (business@nhca.ca)
- Coventry Garden: Sarah White (coventrygarden@nhca.ca)
- Harvest Hills Hub: Victoria Henry, Meghan Keating & Sarah Brazeau (HarvestHillsHub@hotmail.com)
- Harvest Garden: Melissa Duong

- (harvestgarden@nhca.ca)
- Creating Coventry: Moraig McCabe & Tracey Martin (creatingcoventry@gmail.com)
- Events: Lindsay Lantela (events@nhca.ca)
- Finance: Jeannette Lee (treasurer@nhca.ca)
- Membership: Ian McAnerin (membership@nhca.ca)
- 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)
- Rinks: Daniel Sennhauser (rinks@nhca.ca)
- SPRY in the Hills: J-L Emond & committee (seniors@nhca.ca)
- Vivo Rep: Jessie Leighton (2vp@nhca.ca)

EDITOR'S NOTE:

All articles submitted by the general public are the author's opinion and not necessarily reflective of the opinion of NHCA.

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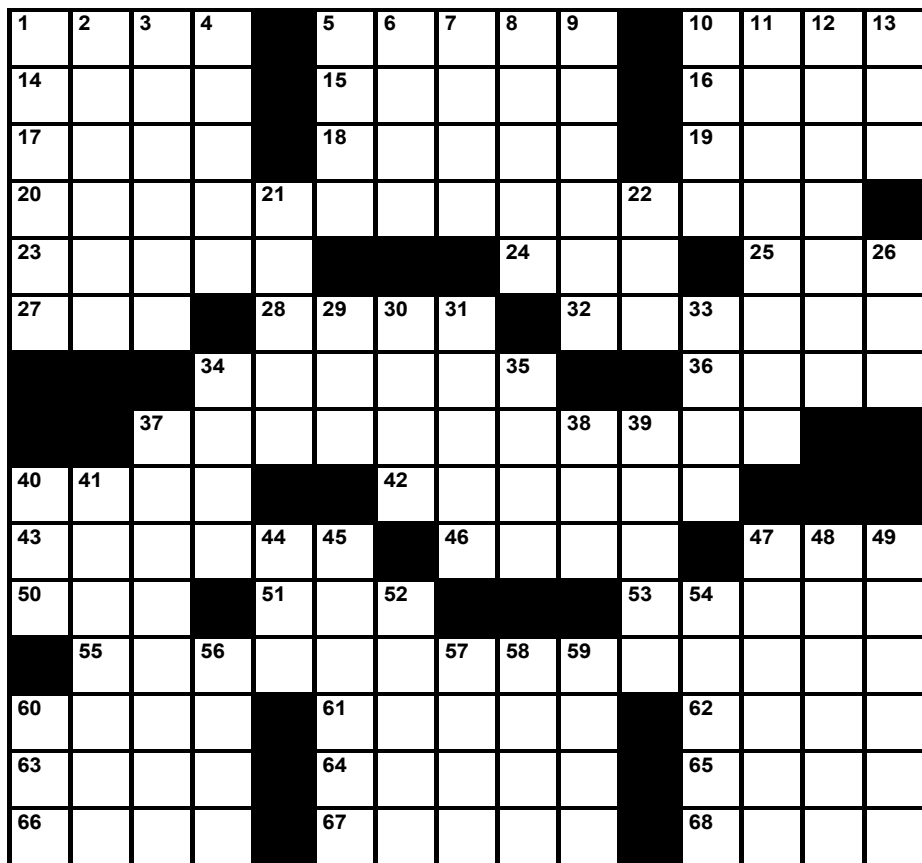
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CROSSWORD

Answers on page 15



DISHES
BY MYLES MELLOR

ACROSS

- 1. Lance
- 5. Refuse
- 10. Recipe amt.
- 14. It's often hard to live up to
- 15. Sound
- 16. Sea World attraction
- 17. Middle Eastern ruler
- 18. Boiled breakfast dish
- 19. Cultivate
- 20. Marinara, for one
- 23. Anklebones
- 24. Mont Blanc part
- 25. Fraternity party staple
- 27. None's opposite
- 28. Be skittish
- 32. Veneer
- 34. Garam ___ (Indian spice mixture)
- 36. Old Soviet Union
- 37. Middle-eastern appetizer, with many spellings
- 40. Wrapped garment
- 42. Organized protests
- 43. Coral islands
- 46. Kosher-style store
- 47. In the style of

- 50. Jabber
- 51. Body part
- 53. Gun, of a kind
- 55. Lettuce, tomatoes, cheese, cucumbers and peppers, perhaps
- 60. Maths term
- 61. Letter-perfect
- 62. Drift
- 63. ___ of Man
- 64. On and off items
- 65. Willing to consider new ideas
- 66. Ophthalmologic concern
- 67. Eliminate
- 68. Snug retreat

DOWN

- 1. Mount in the Cascades
- 2. Percussion instrument
- 3. Bee colony
- 4. Frozen floaters
- 5. Zoo structure
- 6. Distress
- 7. Underground passage
- 8. Naturally belong
- 9. Paleontologist's find
- 10. Vegetarian staple
- 11. Neither freshwater nor marine
- 12. Shields

- 13. Nonstick spray brand
- 21. Muslim woman's veil
- 22. Court group
- 26. Needlefish
- 29. Red-white-and-blue inits.
- 30. Periodical publications
- 31. Checkered
- 33. Disorder
- 34. Armor
- 35. ___ chamber
- 37. Not in a flowing manner
- 38. Olive or castor
- 39. Individual items
- 40. Articulate
- 41. Throwback
- 44. Florida county
- 45. Lampoon
- 47. Not even
- 48. Goes off
- 49. Passionate
- 52. Cockpit device
- 54. Sorkin of "The West Wing"
- 56. Clarified butter of India
- 57. Rabbi's rostrum
- 58. Pool exercise
- 59. Ultimatum ender
- 60. Your mother's daughter

Census 2019

By City of Calgary

Complete your census online beginning April 1, 2019! Watch the mail for your access code and visit calgary.ca/census. The information you provide is used to plan important City services such as fire and police protection, transit, roads and utilities. School boards, businesses and researchers also use this important data for decisions that impact your

community. If you are unable to complete your census online, contact 311 for assistance or door-to-door census collection will begin April 22, 2019.



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- • We value the certainty of an identity that is found in Christ.
- • We value excellence in academics, leadership, programs and activities so that God is glorified.
- • We value opportunities to serve, love and learn with each other.



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Heritage Christian Academy is an alternative public school operated in partnership with Palliser Regional Schools.

Elect your local United Conservative Candidate

RAJAN SAWHNEY

I was born and raised in NE Calgary. I am a graduate of the University of Calgary with a BA and MBA. I have worked in the oil and gas industry, both in the private and public sector.

- As a daughter of immigrant parents, I understand the sacrifices new Canadians make to ensure success for their children.
- As a **working mother of 4 children**, I understand the challenges parents face in balancing responsibilities at home and in the workplace.
- As a **small business owner** and wife of an Oil & Gas executive, I understand the stresses associated with challenging economic times.



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[rajanjsaw](https://www.linkedin.com/company/rajanjsawhney)

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PHONE: (403) 475-6696 | WEBSITE: www.rajansawhneyucp.ca | EMAIL: rajan@rajansawhney.ca

#1209 - 55 Skyview Ranch RD NE Calgary, AB T3N OE4

AUTHORIZED BY THE RAJAN SAWHNEY CAMPAIGN WWW.RAJANSAWHNEYUCP.CA

Elected Representatives



Ward 3 Councillor Jyoti Gondek

New high school for north central Calgary

On March 12, 2019, the Calgary Board of Education approved their Three Year School Capital Plan for 2020-2023 which includes a long awaited high school for north central Calgary. This is great news for the many families in our communities whose children have spent hours on buses attending high schools in other parts of the city. This situation also



highlights how different orders of government should be working together for the betterment of their communities even when it means stepping outside of their mandate.

Typically, different orders of government have stayed in their own lane when it came to representing citizens. For example, schools fall under the provincial government's jurisdiction so traditionally the City would remain silent and allow priorities to be set without providing a municipal perspective. But here's the thing: we're all partners in representing the citizens of Calgary. Why shouldn't the City insert its voice when other orders of government are making decisions that affect our everyday lives? When we consider the differences in our

elected mandates, one area where we all intersect is community. So instead of staying in our lane, our Ward 3 office will continue to speak up on matters that are important to our communities, no matter which order of government has technical jurisdiction. We believe this is the way forward to keeping the needs of citizens at the forefront.

New bus routes to Stoney Industrial

Starting March 18, 2019, Calgary Transit is introducing two new transit routes to service the Stoney Industrial employment centre. Route 161 will connect Stoney Industrial to North Pointe while the 157 will connect the industrial area with Saddletowne Station. These routes are being

introduced in response to increased demand resulting from the growing employment centre in the area, providing a service to both employees and businesses. Both routes will provide all-day service on weekdays and will run from 5 am at the start of service until 1 am the following day.

Jyoti Gondek
Councillor, Ward 3
www.calgary.ca/ward3

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

Kimberly Jones, Assistant
403-268-2530
eaward3@calgary.ca



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

In 2017, according to statistics Canada, Alberta sent over \$50.4 billion to Ottawa. Over the same period of time, Albertans received only \$28.4 billion

back. When Albertans see this sort of math they are rightfully frustrated, especially in light of the current economic and job situation we find ourselves in.

Earlier this year, we saw the National Energy Board approve the Trans Mountain Pipeline expansion project with conditions. At the time of this decision my clear message to the Prime Minister and the federal government was to get construction on this project started and stop the delays. Alberta workers and their families have endured enough setbacks and enough delays on this project, and others.

Hundreds of people have added their signatures to my petition calling on the government to build this pipeline and examine the equalization formula. I will keep you posted on their response. And I will keep fighting for workers and their families.

As always, if you have any concerns on any issue please do not hesitate to contact me.

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

115 - 70 Country Hills Landing N.W. T3K2L2

Volunteer Opportunities

-Continued from page 3

has evolved to meet the needs of our neighbourhood. Our vision is to facilitate grassroots approach to foster strong neighborly connections and promote inclusive, diverse, sociable and more friendly neighbourhoods within Northern Hills. We are actively seeking to fill the following volunteer positions:

1) Tech Coordinator

We're looking for a volunteer who is tech savvy to organize and create user-friendly, accessible, forward-thinking visualizations and tech-based tools with a goal to connect our community's newcomers with accessible and necessary information and resources. Basic knowledge in web coding, and an interest in information management, user experience, and tech accessibility is preferred.

Commitment required: approx. 5-10 hrs/month, depending on the project's timeline.

2) Program/Event Team Members

Do you have an interest in facilitating community outreach, engagement, and plurality?

This is a call out for those who love to organize events, social gatherings, and bring community together. As a program/event team member, you will contribute to ideating, organizing, setting up, and managing various events and program sessions. We are looking for 3-4 volunteers to build up a team for our programs and events.

Commitment required: approx. 8-10 hrs/month,

depending on the project's schedule.

If you are interested in any of the roles listed above or have any questions, please contact us at ahih@nhca.ca, we are looking forward to working with you!

Creating Coventry

- 1) People willing to help with fundraising
- 2) People willing to knock on doors and deliver info about Project #2 - Five Southeast Coventry Parks (5 SE Coventry Parks)
- 3) Any landscape designers willing to help with rough conceptual drawings for Project #2
- 4) Starting in May we will need volunteers to help us with Pollinator Corridor project. Specifically to spread the topsoil throughout the medians, hand broadcast and rate in seed, plant wind-flower plugs and shrubs, and maintain bi-weekly watering and weeding.

Please get in touch with Moraig via creating-coventry@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

Find more details on all the above volunteer roles by scanning QR code or going to our website: www.nhca.ca



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Who are the Candidates of Three Provincial Electoral Divisions?

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

The NHCA attempted to reach the candidates for Calgary North, Calgary Northeast, and Calgary Beddington for bio's. You would think this would be an easy task for people wanting to represent our interests in government but very few had contacted the NHCA, some had no available contact information, and some did not respond. The candidates that did respond were given no parameters other than providing a brief bio.

CALGARY NORTH

Gary Arora - Alberta Party

Gary is a local resident of Panorama Hills and a strong believer in giving back to the community.

As a small business owner, I understand the challenges Albertans are faced with during these turbulent times. We are constantly hearing about the small businesses suffering financially or shutting down due to our economic situation.

I am also looking for the light at the end of the tunnel as a owner of a Kumon Math & Reading Centre hoping that we can turn around our economy so I don't have to close the doors.

Albertans have waited long enough with no end in sight. We have tried to follow ideologies and that has not always worked. I don't believe we have to lean right or left to govern our province. I believe we have to make decisions based on what's right or wrong, not just which way the party leans. Times have changed and so should the way we govern.

The Alberta Party and I represent the change that's needed to ensure that our children don't have to go through these extremely difficult times. We stand for fiscal responsibility-understanding our tax dollars aren't unlimited and need to be spent wisely on important public services.

Saliha Haq - Liberal

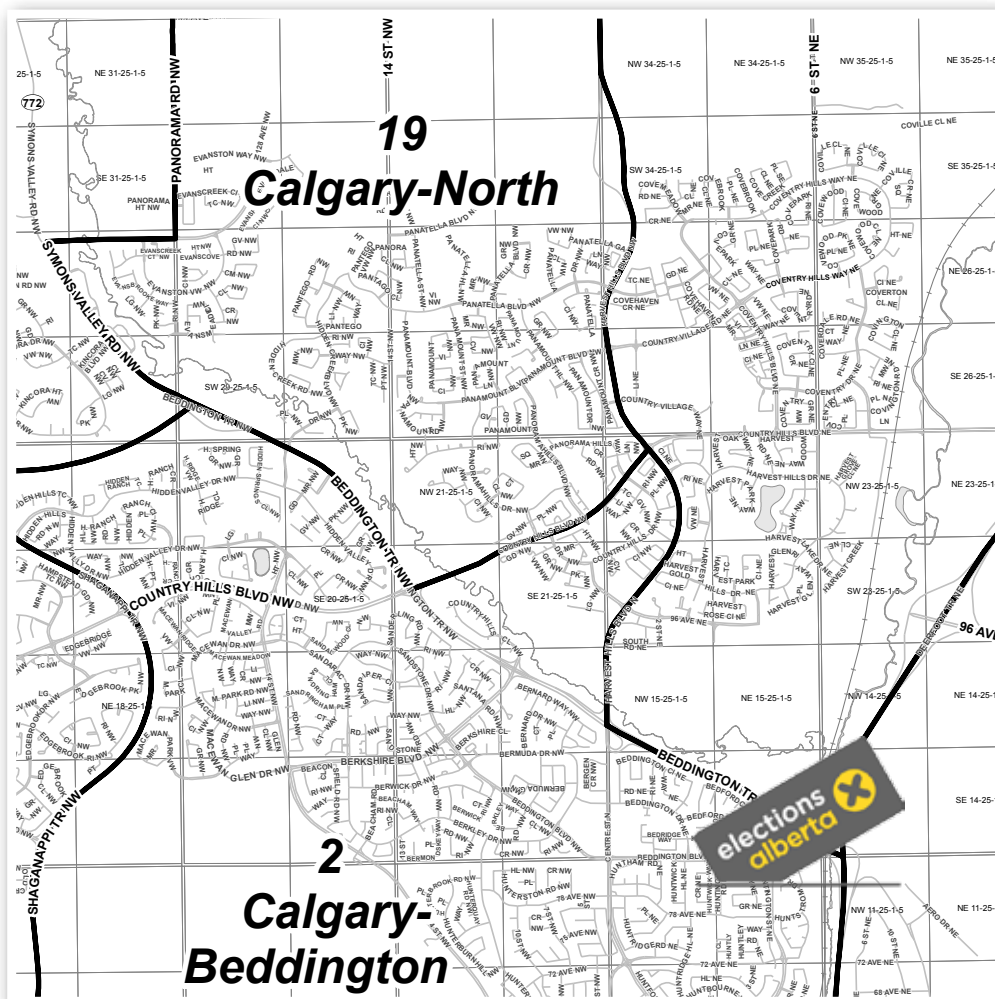
I have been a resident of Panorama Hills for the last 11 years and have grown up in this constituency. I am a 21-year-old student currently in my last year of a Bachelor of Science degree with a speciality in Biological Sciences at the University of Calgary.

I have been a vocal and politically active mem-

ber in my community and currently, I am running in the upcoming 2019 Alberta Provincial Elections as a candidate for the Alberta Liberal Party, in the constituency of Calgary-North. I have been volunteering at Member of Parliament Kent Hehr's office since 2016. Duties include helping host the Prime Minister Justin Trudeau during his town hall visit as well as his visit to Mr. Hehr's Stampede Breakfast. I have been an active volunteer at the Foothills Medical Centre and have been strong vocalist and activist for the "Free the Children" organization, now known as the WE Charity.

I have been recently awarded the "Outstanding Youth Award" at the O'Canada Awards on March 2nd 2019. I am also a member of the National Society of High School Scholars. The NSHHS is co-founded by Claes Nobel, a senior member of the family that established the Nobel Prizes.

My hope is that Alberta becomes a massive centre for education with multiple universities, colleges and school programs with a variety of programs. I hope that Alberta becomes a leader in healthcare, tourism and the economy, and is able to shine not only in Canada but on the world stage and I aim to be a facilitator of this positive change.



Kelly Mandryk - NDP

Kelly is proud to be raising her family in Northern Hills. She cares deeply about her community. For the last 20 years, she has volunteered and fundraised for local charities including the Heart & Stroke Foundation, JDRF, and the Calgary Northern Hills Community Association.

Kelly is a former journalist who began her career as a high school intern in the Calgary Herald newsroom. She spent five years in rural Alberta as a reporter and editor and won provincial and national newspaper awards for her outstanding coverage of public education, health care, crime and politics.

When she returned to Calgary, Kelly started a career in the finance industry. Her experience includes working with an international consulting firm and a national insurance company supporting employers in Oil & Gas, the public sector, and technology industries in Calgary.

Muhammad Yaseen - UCP

"I am passionate and motivated to get Alberta back on track for us and future generations. I began

my career in 1979 in Rimbey, Alberta as a Field Technologist and have been a resident of Panorama Hills since 2003. After attaining my Master's in Engineering and MBA, I have been a contract advisor in the oil and gas industry. With over 39 years of diversified experience in Alberta's oil and gas sector, my utmost priority is to build pipelines to attain market access for our natural resources. I have also dedicated a large portion of my life to volunteering within the Calgary community – for which I was honoured to receive the Queen Elizabeth II Diamond Jubilee Medal.

Our government also needs to live within its means. The NDP is harming our province with their out-of-control and reckless spending. Our children will be forced to pay for their debt as well as interest payments that could be better spent on vital infrastructure like schools and hospitals.

Having benefited from the Alberta Advantage, I want all hard-working Albertans to be able to realize their potential through hard work and dedication. I want to work with Jason Kenney and our diverse and experienced UCP team to reignite the

CELEBRATE EASTER WITH US!

GOOD FRIDAY SERVICE

Friday, April 19, 10-11am

BP Church Main Campus (16 Bermuda Dr NW)

EASTER SERVICES

Saturday, April 20, 6pm

Sunday, April 21, 9am, 10:30am or 12:15pm

BP Church Main Campus (16 Bermuda Dr NW)

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Join us for one of our weekend services
Saturdays (6pm), Sundays (9am, 10:30am or 12:15pm)

economy and ensure that Alberta is the economic engine of Canada.

CALGARY NORTHEAST

Nate Pike - Alberta Party

My family has been living in Coventry for a decade and with how active our community is, I've been fortunate to be involved in multiple community programs.

Whether it's been working with the BSC Blockwatch group to make our communities safer, providing first aid when our community mural was painted, or organizing one of the Snow Angels programs that helps members of our community who are unable to clear snow on their own, I am grateful for every opportunity.

I've also worked as a Paramedic in our communities for the last 8 years. With EMS, I've enjoyed some very unique opportunities. With the Calgary Police Service Public Safety Unit, I was one of the First Responders to evacuate people during the 2013 floods and my work with First Responder Mental Health took me to the front lines of the 2016 Fort McMurray Wildfires.

Our communities deserve real representation, and I believe that the best form of representation comes from people who are members of our communities. I live here and have a vested interest in making sure our community gets the voice it deserves, so that projects like our High School are seen through to completion.

Our province has some real challenges that we have to face, but my experiences with our community, EMS, the Calgary Floods and the Fort McMurray wildfires have convinced me that that we Albertans are best facing these challenges together.

Gul Khan - Liberal - No response

Gurbachan Brar - NDP

Gurbachan and his family are proud to call Northeast Calgary their home.

Since immigrating from India, Gurbachan has invested himself in his community as a volunteer and a professional. He holds a B. Sc in Biological Sciences, a Bachelor of Education, and a Masters in Political Science. His commitment to supporting his neighbours has led him to volunteer during the 2013 floods, work with the Punjabi Writers Association, and raise funds for Lougheed Hospital.

As a former broadcaster at Red FM, Gurbachan has his pulse on day-to-day life in his community. He continues to build these connections as a successful realtor with Urban Real Estate Services Ltd. Gurbachan knows how important supports like affordable child care, accessible public education, and living wages are to Northeast Calgary and he is committed to fighting for what matters when elected as an MLA.

Rajan Sawhney - UCP

Rajan Sawhney is a Mother, Activist, Engaged Community Volunteer and a Senior Professional in the Oil and Gas industry. Born and raised in NE Calgary, the daughter of parents who immigrated from India, Rajan finished her schooling at the University of Calgary with a degree in Economics and Political Science and an MBA. She has worked in the oil patch for well over twenty years in a variety of different roles in Economics and Business Development. Currently, she is the Vice President of Business Development for Fracture Modeling Inc.

As an active volunteer, Rajan is

passionate about community engagement initiatives. She has played a key role in leadership with several non-profit organizations and has also spearheaded several programs and events designed to spread awareness and raise funds for worthy causes. For her community engagement work, Rajan was recognized as a Community Builder by the YWCA for Canada 150.

As a mother of four children, Rajan is deeply invested in the economic well being of our province. Her entry into politics is a natural extension of her commitment to volunteerism and deep appreciation and passion for public service.

CALGARY BEDDINGTON

As of our publication deadline, there was no Liberal Candidate, no Alberta Party Candidate, and Josephine Pon had just been named to replace Randy Kerr as the UCP Candidate. We tried to contact her but had limited contact information and unfortunately no response. As such, the only bio that we have is for Amanda Chapman, NDP.

Amanda Chapman - NDP

A born and raised Calgarian, Amanda and her family moved into the riding of Calgary Beddington in 2014. Amanda attended university locally and has a business degree from the Haskayne School of Business at the University of Calgary. Amanda spent a decade working and volunteering in Calgary's vibrant local theatre community. She served 6 years as a board member for Sage Theatre and she and her husband also founded and ran their own community theatre company. Amanda also worked in the social service sector with newcomer populations and with an AIDS service organization.

Amanda's three children are fortunate to attend their excellent local public school and she has been an active member of parent council since her eldest child began Kindergarten. Amanda's personal and professional life have always revolved around service, whether it be in the non-profit sector or in her home in service of her young family. It would be a privilege to continue that service as a voice for the constituents of Calgary Beddington.

Provincial Election Candidate Forum @ VIVO

It is your chance to meet & learn more about candidates before the election!

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

The writ has been dropped and Albertans are going to the poll in a couple of weeks! We partnered with VIVO to establish candidate forums for both Calgary North and Calgary Northeast. Our tentative date for the forum is Sunday, April 7th. It will take place at the Mainstreet nearby the Balboa tree at VIVO with the following agenda:

- 6:30 – 7:00 Meet and Greet
- 7:00 – 8:00 Calgary North
- 8:00 – 9:00 Calgary Northeast

Calgary Beddington candidates will be invited to the forum as well but won't be on the agenda.

Please check our webpage for the confirmed forum's date – www.nhca.ca/elections-forum.

As candidates knock on your door, we would like to remind you of some local issues to ask them about, if they matter to you:

- Funding the North Calgary High School that has been needed

since 2004

- Funding the North Diagnosis and Treatment Centre that was approved in the 2005 budget and still not built
- Funding the Greenline North, which is accounts for more ridership than the West LRT
- Protecting the Nose Creek Valley as a park similar to Fish Creek due to its significant historical relevance to the area, the Calgary-Edmonton Wagon Trail
- Funding social services such as seniors services, baby clinics, and mental health
- Funding the 14th Street/Stoney Trail overpass
- Funding Deerfoot widening northbound between McKnight and 64th Avenue
- Funding Deerfoot/Beddington Interchange
- Funding Vivo expansion

Remember to get out and vote! Every single one will likely count this election.

PROGRESSIVE OPTOMETRY

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Progressive Optometry	Harvest Hills Blvd	
Panatella Blvd		Superstore
Panamount Blvd		Empire Studio 16
Country Hills Blvd		

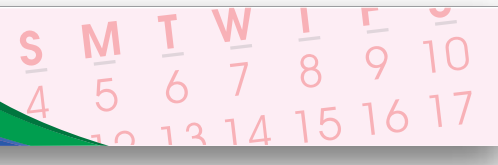
廣東話 眼科醫生

白內障 青光眼 乾眼症

34 Panatella Blvd NW
403 248 3937

www.progressiveoptometry.ca

Dates



Annual General Meeting (AGM)
 Thursday, April 4
 6:00 – 9:00pm @ Harvest Hills Alliance Church

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 6:00 – 9:00pm Annual General Meeting (AGM) @ Harvest Hills Alliance Church	5	6 12:00 – 4:00pm Tax Clinic (Free) @ NHCA Office, Vivo
7	8	9 6:00 – 8:00pm Tax Clinic (Free) @ NHCA Office, Vivo	10	11	12	13 12:00 – 4:00pm Tax Clinic (Free) @ NHCA Office, Vivo
14	15	16	17	18 1:00 – 3:00pm 3D Sculpture Class @ Panorama E-Centre	19	20
21	22	23	24 6:00 – 6:30pm Social Juncture with NHCA Team @ Idea Lab, Vivo	25 1:00 – 3:00pm 3D Sculpture Class @ Panorama E-Centre	26	27
28	29	30	May 1	May 2 1:00 – 3:00pm 3D Sculpture Class @ Panorama E-Centre	May 3	May 4 9:00am – 2:00pm Parade of Garage Sales @ Harvest Hills Hub

EVENTS

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



Come Play with Me at Vivo



Every Thursday morning from 10:00 – 11:30am, Apr. 4 – May 23, outside of Panther Physio, free drop-in play program for children 1-5 years old.

Community Tax Clinic (March 16 – April 13)

Free tax filling for community by community! Check your eligibility here: www.nhca.ca/tax-clinic

SPRY Fit-2-Age – Social Hour



Engage with others in some fun games & keep your brain active and healthy every Tuesday & Thursday from 3:15-4:15pm at Play Lab, Vivo up until May 30th

Spring Outdoor Soccer 2019

Register your kid(s) before March 11 and save \$20! Includes jersey kits, photos, medals U4-9, & tech training!



Outreach Thursdays

Advocates from the BowWest Community Resource Centre are taking appointments every Thursday 4:00 – 7:00pm at our office.

Parade of Garage Sales

It is free to register your garage sale! You can set-up a table or a tarp. Register a garage sale by April 27th, 2019: <https://goo.gl/zmmNdV> You have a chance to win a prize by sharing your finds at Garage Sale with Harvest Hills Hub!



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

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



Good Friday Service, 11am, April 19
Easter Sunday Services on April 21.
 9:15 & 11am.
ALL welcome!


HE IS RISEN
 CELEBRATE THE RESURRECTION

Spring Open Closet
April 26 9:30-11:30 am

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

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

Updated: February 28, 2019



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.nhca.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 for Healthier Generations) 11950 Country Village Link NE Calgary AB T3K 6E3

Fees:

<input type="radio"/> Family \$30	<input type="radio"/> Single \$20	<input type="radio"/> Senior (60+) \$20
<input type="radio"/> *Associate \$30	<input type="radio"/> Business \$50	<input type="radio"/> **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: _____

Would you like to receive our news on events and programs via email?

YES NO

Are you interested to learn more about volunteer opportunities with us?

YES NO

Please indicate (✓) volunteer opportunities you would like to learn more about:

<input type="checkbox"/> Arts & Crafts	<input type="checkbox"/> Northern Hills Newsletter
<input type="checkbox"/> At Home In the Hills (AHIH)	<input type="checkbox"/> Playgrounds & Community Hubs
<input type="checkbox"/> Board of Directors	<input type="checkbox"/> Planning & Development
<input type="checkbox"/> Building Safer Communities (aka BlockWatch)	<input type="checkbox"/> Political Debates & Panel Discussions
<input type="checkbox"/> Business & Services Fair	<input type="checkbox"/> Schools
<input type="checkbox"/> Community Social Events	<input type="checkbox"/> Senior Fitness & Social
<input type="checkbox"/> Gardens	<input type="checkbox"/> Sponsorship
<input type="checkbox"/> Ice Rinks	<input type="checkbox"/> Youth Non-Sports

Other _____

Fun Family Programs



By Sue Blackburn Forster – Parent Coach

Come Play with Me at Vivo

for children (birth-5 years old)
Apr. 4 – May 23 (Spring program)
Thursday Mornings 10:00-11:30 AM
Location: Explore Lab (outside of the Panther Sports Medicine)
East side of Vivo for Healthier Generations building
11950 Country Village Link NE,
Calgary, AB T3K 6E3

Children can move around 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. For information call 587-392-2271 or check website www.weconnectyou.ca.

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

Come and check out these Parenting workshops at our Huntington Hills Community Centre location (520 78 Ave NW). Please call 587-392-2770 for more information.

Anxiety in Early Childhood

Monday, April 15 | 6:30-8:30 pm

How come my child is suddenly refusing to go to school, sleep alone or is afraid to be away from me? Could this be anxiety? This workshop will give insight into how anxiety works in children, how do we recognize it and what can we do? This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services, Early Childhood & Perinatal Mental Health—AHS & the Family Connections Parent Link. Call 587-392-2271 to register for this workshop and childcare.

Managing Fighting and Aggression (children 3-11 years)

Triple P Discussion workshop
Monday, April 29 | 6:30-8:30 pm

Do you feel like your child can be aggressive and destructive and you would like to learn how to prevent problems, communicate, share and take turns and problem solve? Please call 587-392-2271 to register and for childcare starting April. For more information call 587-392-2268.



Spring is in the air at the HHHub!



By Nikki Browne,
HHHub Committee

The days are getting longer, the landscape is beginning to emerge from under its heavy blanket of snow, and the HHHub has come down with a bad case of spring fever! We have a feeling we're not the only ones anxious to get out of the house and enjoy some fresh air, so we've planned some exciting events to celebrate the end of another winter!

Harvest Hills Parade of Garage Sales – May 4th, deadline to sign up – April 27th

This parade is the perfect excuse for some spring cleaning, so open up that garage, dig through those closets, clean out that basement and get ready to add some cash to your pocket! Don't forget to sign up for free on the Harvest Hills Community Hub Facebook page, or on our website, www.hhhub.ca.

Looking to score some great bargains? Swing by the HHHub on the day of the sale to pick up some refreshments and your map showing all the participating houses so you can make the most of your day. Then post pictures of your best garage sale finds on our Facebook page for a chance to win a prize!

Don't have a garage, or the space to host? First, set up a table or tarp free of charge at the HHHub from 9:00am – 2:00pm, making sure to remove all items at the end of the sale. Second, contact our wonderful sponsors Melissa Kost from CIR Realty at <https://melissakost.com>, and Cheryl Sanguinetti from The Mortgage Gallery at <https://www.themortgagegallery.ca>, so they can help you find the home of your dreams in time for next year's parade!

Pop-up Art Installation in Conjunction with Ascension of Our Lord School – May 16th – 27th

Now that your junk has been turned into someone else's treasure, join us at the HHHub to enjoy another kind of treasure, art! This unique pop-up installation will see the amazing artwork by the students of Ascension of Our Lord School displayed throughout the HHHub for all to enjoy. Can you spot the next Picasso, Michelangelo, or van Gogh?

Also, don't forget to join us for our monthly meeting on Thursday April 25th, 6:30pm at Harvest Hills Alliance. This meeting is open to all and will discuss upcoming events, ideas, and opportunities. It's a fantastic opportunity to get involved!



Outreach Thursdays in NHCA

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

They seek to meet the needs of North West and North Central Calgary residents by offering Basic Need Appointments including outreach, information and referral support for singles, seniors and families - no restrictions on children under 18 living at home.

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



Free Event – All Welcome

JUST AS I AM HYMNS



Harvest Hills Alliance Church
10099 Harvest Hills Blvd
Phone 403-226-0990

Live in concert



AFRICANCHILDREN'SCHOIR™

Sunday April 28th
9:15 & 11:00 AM

Northern Hills Arts and Crafts presenting

Think 3D - Introduction to Abstract Sculpture

8-week introductory program starting April 18, 2019, 1-3 PM
with Calgary sculptor Oksana Kryzhanivska
@ Panorama Hills E-Centre

Learn to create beautiful sculptures with a variety of sculptural materials and techniques, exploring fundamental concepts of form, volume, texture and 3D space.

Register at location: Panorama Hills E-Centre
88 Panamont Hill NW, Calgary, AB T3K 5R8

Fee: \$60 for Northern Hills Community Association
and/or Northstar Residents Association
\$70 for non-members

www.nhca.ca/arts



PANORAMA
HILLS
Northstar Residents Association



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: _____

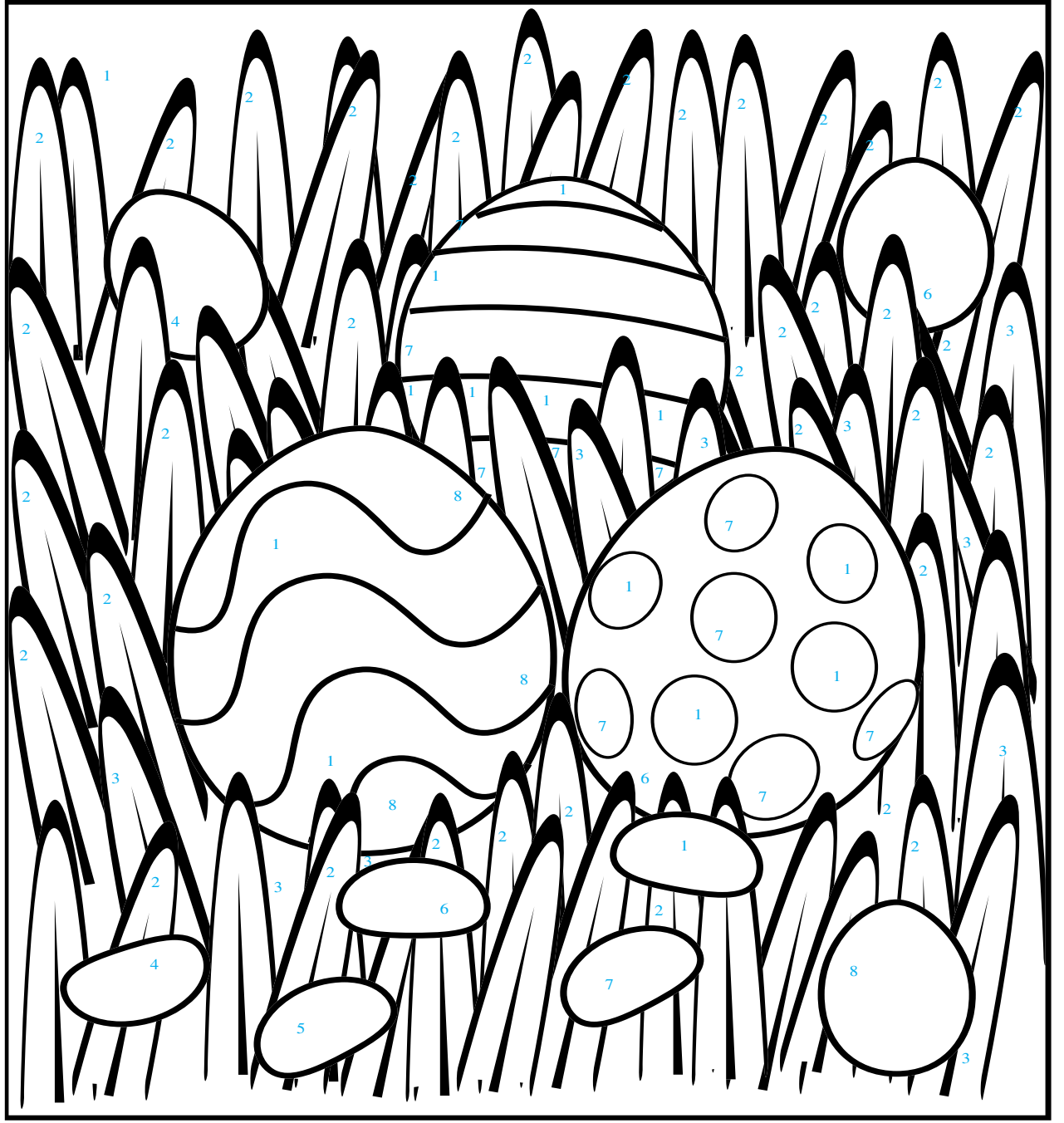
**Note: Only two children per household [if you happen to have more than one copy of the newsletter].*

SUDOKU-PUZZLES

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

Answers on page 15

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



1.Light Blue 2.Light Green 3.Dark Green 4.Yellow 5.Orange 6.Pink 7.Purple 8.Red

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More worksheets at www.education.com/worksheets

Northern Hills
Community Association

Community Gardens

Coventry Hills & Harvest Hills

Get Your Garden Plot Today!

nhca.ca/community-gardens



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



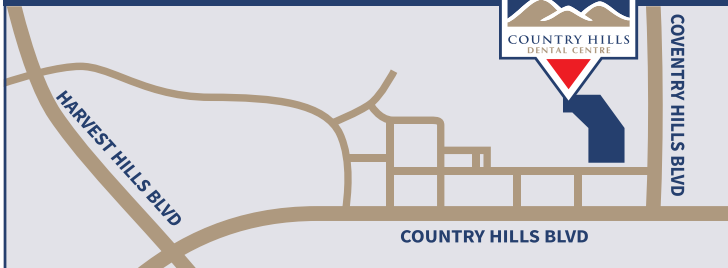
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403.226.1809

707, 500 Country Hills Blvd. NE
Calgary, AB T3K 4Y7



COVENTRY HILLS BLVD



*Proudly serving the Northern Hills
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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

North-Central Calgary Gets Exciting Research Opportunity

By Gen H Play Team

Vivo's Gen H Play Project is preparing to launch their exciting research project in communities across Calgary. Between now and September 2019, north-central families will have the chance to become involved in the project as it begins to measure how play affects health outcomes. The project is primarily targeting families with children aged 5-12 that live in the communities of Beddington Heights, Carrington, Country Hills, Country Hills Village, Coventry Hills, Evanston, Harvest Hills, Hidden Valley, Huntington Hills, Kincora, Livingston, MacEwan Glen, Nolan Hill, Panorama Hills, Sage Hill, and Sandstone Valley.

The Gen H Play Project has partnered with Mount Royal University for this portion of their project, continuing to grow

their previous relationship with the team and the project's lead researcher Dr. Dwayne Sheehan. MRU has created several levels of involvement for community members to give people a choice of ways they would like to be involved.

"It was important



for us to include many different voices from our neighbourhood. We wanted

everyone to be able to be heard and involved, regardless of the amount of time they could commit to" says Paige, the Marketing & Communications Design Team Member from the Gen H Play Team. "I'm looking forward to learning more about the community members our play offerings are serving."

Participation in the research varies from a quick online survey through to longer one-on-one interviews, as well as a chance to be part of the Gen H Play Project's longer 3-year study. Over the course of the study 500 north-central residents will be anonymously tracked via provided fitness trackers to determine the effect on increases in play may or may not affect their long-term health outcomes.

To learn more about the project, as well as sign up for one of the research offerings, visit www.genhplay.com.



COMMUNITY TAX CLINIC

Tax filing for individuals and families are due April 30, 2019!
 Las presentaciones de impuestos se deben el 30 de abril de 2019!
 2019 अप्रैल 30 तिथि तक कर दाखल करना है!
 टैक्स फाइलिंग अप्रैल 30, 2019 के कारण है!

ang mga filing ng buwis ay nararapat sa Abril 30, 2019!
 稅務申報截止日期為2019年4月30日!
 टैक्स दाखल अप्रैल 30, 2019 ਦੇ ਕਾਰਨ ਹਨ!
 canshuur celinta waa la soo dhicin April 30, 2019!

Volunteer-Run Tax Filing • Community Helping Community

What: Free tax filing for community members with simple tax situations

When: Weekly clinics March 16 - April 13

Tuesdays: 6:00 - 8:00pm

Saturdays: 12:00 - 4:00pm

Check your eligibility: www.nhca.ca/ahih

Where: Northern Hills Community Association Office
 Vivo complex, 11950 Country Village Link NE, T3K 6E3

WISHING YOU
 A STRESS-FREE TAX SEASON!



The Redeemed Christian Church of God

Living Faith Chapel

Tel: (403) 681-7224

rccglfc@gmail.com www.rccglfc.org



invites you

to join us by 10:00am on Sundays for a glorious, joyful, heart lifting and heaven-connected worship at 133 Panatella Square, NW, Calgary, AB, T3K 6C7

Come and you will be richly blessed !!!

We are expecting you. God bless you.

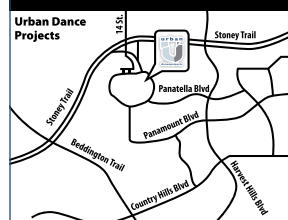
urban



danceprojects

FREE TRIAL CLASS

AGES 2 YEARS TO ADULT



SPRING 2019
 REGISTRATION
 NOW OPEN!

Our 10-week sessional SPRING dance classes are now posted and open for registration!

10-WEEK SESSIONAL DANCE CLASSES

Join us beginning in April 2019 for 10-week sessional classes in the following disciplines:

- Hip Hop • Jazz
- Parent & Tot • Tiny Tot / Tiny Kinders
- Adult/Teen Barre Fitness

View class schedules online at WWW.URBANDANCEPROJECTS.COM

620 - 1110 Panatella Blvd. NW
info@urbandanceprojects.com 403.253.4058

Kelly Mandryk

for Calgary - North (Panorama Hills & Evanston)

I'm running because I believe in...

- Providing quality, local public education by building North Calgary High School
- Diversifying our economy and providing better job security for working families
- Continuing our commitment to local projects like the Green Line LRT and Vivo expansion

RachelNotley.ca

Authorized by Alberta's NDP - 1-800-465-6587



Rachel NOTLEY



Northern Hills Community Association

REGISTER TODAY!

PLAY SEASON
APRIL 26 - JUNE 21

ADULT SLO-PITCH

NHCA.CA/ADULT-SLO-PITCH



DISCOVER THE WONDERS OF THE EARTH

59th CRLC Gem, Mineral & Fossil Show

LOCATION:
VIVO FOR HEALTHIER GENERATIONS

crlc.ca/show

MAY 3-5, 2019

CRLC
Calgary Rock & Lapidary Club

vivo



NORTHERN HILLS SPRING OUTDOOR SOCCER 2019

Includes Jersey Kits, Professional Photos, Medals U4-8, and Tech Training
Volunteer Opportunities on first-come, first-served basis!

CHILD

U4 & U5/6 - \$65-\$80

YOUTH

U8, U10, U12, U14-18 - \$85-\$95

SEASON APRIL 28 - JUNE 25

REGULAR REGISTRATION JAN 28 - MARCH 11

\$20 LATE REGISTRATION AFTER MARCH 11, 2019



REGISTER
WWW.SOCCESTECH.CA



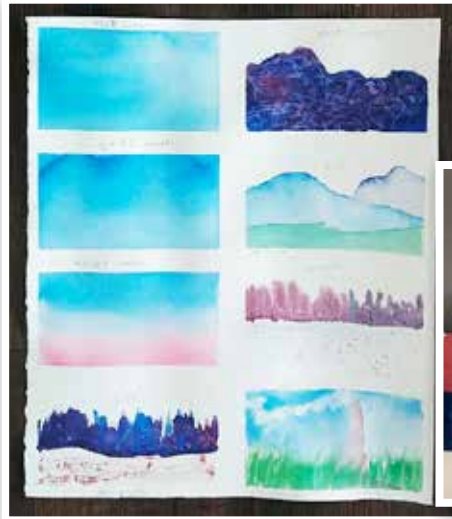
A wonderful wrap up for our watercolours class!

By Lindsay Lantela, Arts Director, NHCA

After spending the last 8 weeks learning and refreshing watercolour techniques, student artists completed their final piece. The classroom feeling is relaxed and happy which is reflected in the colourful artwork. Sally Parsons, an instructor bubbling with positivity and inspiration, asks each student,

“what do you like about your piece?” confirming that while it might be easier to pick out mistakes and flaws, an artist always looks for the beauty. Many students remark on being excited to continue painting on their own now, the creative fire has been ignited!

A new watercolour course will be offered this fall so be sure to keep an eye out for registration details! And if you can't wait to dig your hands into something artsy, our spring 3D sculpture course is accepting registrations now! See page 9.



Recycle the Right Way

By City of Calgary

Preparing your recyclables is necessary to make sure that they can be easily sorted and be able to be turned into new products.

Make sure your glass jars, plastic containers, tin food cans and beverage containers are:

Empty

- Pour out any leftover liquids.
- Scrape out any leftover food.

Clean

- Rinse out all food containers.

Dry

- Put all recyclables inside the blue cart for pickup.
- Keep lid closed and clear snow off your blue cart lid.

Weekly green cart pickup returns in April

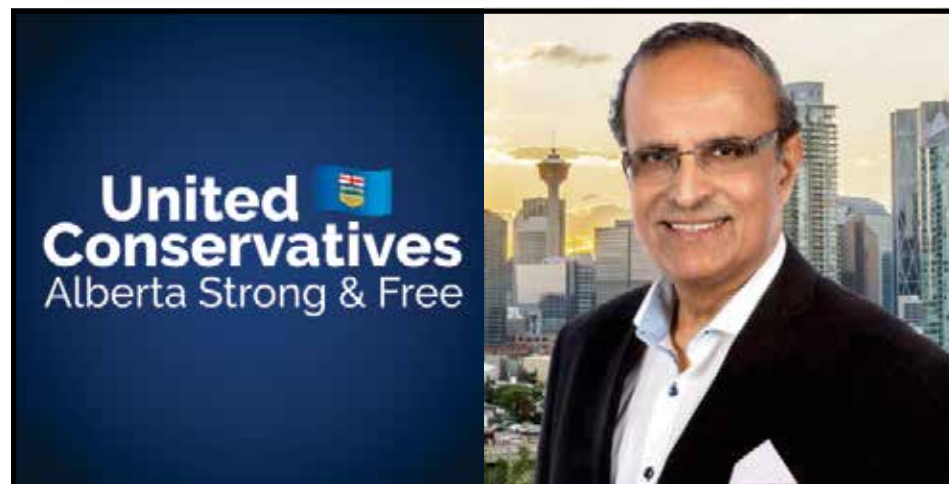
The season are changing and so is your green cart collection. Your green cart will return to weekly pickup starting in April.

Sign up for free reminders or download the Garbage Day app for your smartphone so you never miss a collection day.

Find your schedule online at calgary.ca/collection.



Learn more at calgary.ca/recycling



Dear Panorama Hills Resident,

Thank you so much for your ongoing support! As your local United Conservative candidate, I am passionate and motivated to get Alberta's economy back on track for us and our future generations. I began my career in 1979 in Rimbey, Alberta and have had the privilege of not only being a resident of northwest Calgary for the previous 35 years but also being your neighbor since moving to Panorama Hills in 2003 with my family. Beginning my career as a Field Technologist, I later attained my Master's in Engineering and MBA and am currently a contract advisor in the oil and gas industry. With 39 years of diversified experience in the oil & gas sector, my priority is to reignite the Alberta economy and the conditions to create an abundance of good paying job opportunities for all Albertans.

I have also dedicated a large portion of my life to volunteering within the Calgary community – for which I was honoured to receive the Queen Elizabeth II Diamond Jubilee Medal. Having served in volunteer positions for the Canadian Red Cross, the United Way, the Calgary Food Bank, PCA Calgary, and Junior Achievement, I have had the privilege to serve our local community in various capacities.

Having benefitted from the Alberta Advantage, I want to ensure all Albertans are given the same opportunities I was and are able to realize their potential through hard work and dedication. I want to work with Jason Kenney and our diverse and experienced UCP team to reignite the economy and ensure that Alberta is once again the economic engine of Canada.

Please give us a call at **(403) 775-2290**, visit our website at muhammadyaseenucp.ca and like our facebook page [@VoteYaseen](https://www.facebook.com/VoteYaseen). We are working hard to earn your support and look forward to seeing you at the doors!

Muhammad Yaseen

United Conservative Candidate for Calgary-North



- **DRIVING VISION** problems such as glare from the sun can be improved with proper prescription glasses and anti-glare coatings.
- **WINTER SPORTS** outdoors can be safer and enhanced with proper fitting sunglass protection.
- **EXCESSIVE UV RADIATION** from sunlight can cause 'eye sunburn' or *photokeratitis*. Bright surfaces can reflect up to 80% of UV radiation.
- **PROTECT YOUR EYES** from the harmful UV rays that scientists have tied to *cataracts* and *macular degeneration*.
- **CHILDREN'S** eyes are still developing under the age of 18, they can benefit the most from the protection of wearing quality sunglasses, especially outdoors.

LET US HELP YOU FIND THE BEST SUNGLASSES TO PROTECT YOUR EYES with the largest selection of frames and designer brands in the Country Hills Community.

Two convenient locations serving the Northern Hills Communities

SiteForSight
eyecare • eyewear

SecondSight
eyecare • eyewear

#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.siteforsight.ca

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

New and Emergency Patients Welcome

Don't leave pets out of your plans



By City of Calgary

April is a great month for dogs and cats alike. Warmer weather means longer walks for dogs and lazy days by the sunlit windows for cats. But that life of leisure and serenity can be turned upside-down in an emergency.

"Our pets are members of our family. When faced with an emergency or disaster, the last thing a pet owner wants to do is leave a pet behind," says Chief Tom Sampson of the Calgary Emergency Management Agency. "That's why we recommend having a plan for your pet as well as your family."

Here are some steps you can take to ensure the safety of your furry friends during an emergency or disaster:

- Make sure your pet is identifiable. If you become separated during an emergency, this will make it easier for you to find them.
- Prepare a pet emergency kit with a sturdy crate or carrier, a leash, 72-hours' worth of food and water and special medication if needed.
- Make a list of pet friendly hotels or relatives you can stay with as emergency shelters don't normally accept pets.
- Visit Animal Services to get a door or window sticker that informs emergency services that there is a pet in the home.

Taking these steps now, will save a lot of time and stress during an emergency disaster.

To learn more visit calgary.ca/getready or come and join us at Disaster Alley on May 4 at McMahon Stadium.



HEALTH CORNER

Bicycle Helmet Safety

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;

- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tri-cycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up,

- or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

*Parachute Canada
<http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>

I'm Voting for Kids (Part 4!)

By Calgary NW Early Childhood Coalitions

The provincial election is just around the corner, and our last feature highlights how childhood poverty is an issue that affects all of us. Use this information to start a conversation with candidates and representatives you encounter to help figure out where the best checkbox for your vote is!

Did You Know?

Average median childcare fees across all age groups is \$1,100/month in Calgary and \$922/month in Edmonton. Quality, affordable child care programs benefit young children and

increase the employment earning potential of families

Development suffers when poverty causes high parental stress due to unstable housing, unsafe communities, unemployment and chronic scarcity

Children who grow up in poverty are at greater risk for low literacy since there are few books in the home and greater impediments to visiting a public library

Ask candidates and representatives what their parties' plans are to end child poverty, and check out more facts (and their sources) at www.2000days.ca/an-integrated-approach-to-early-childhood-development/

The Calgary NW ECD Coalitions consist

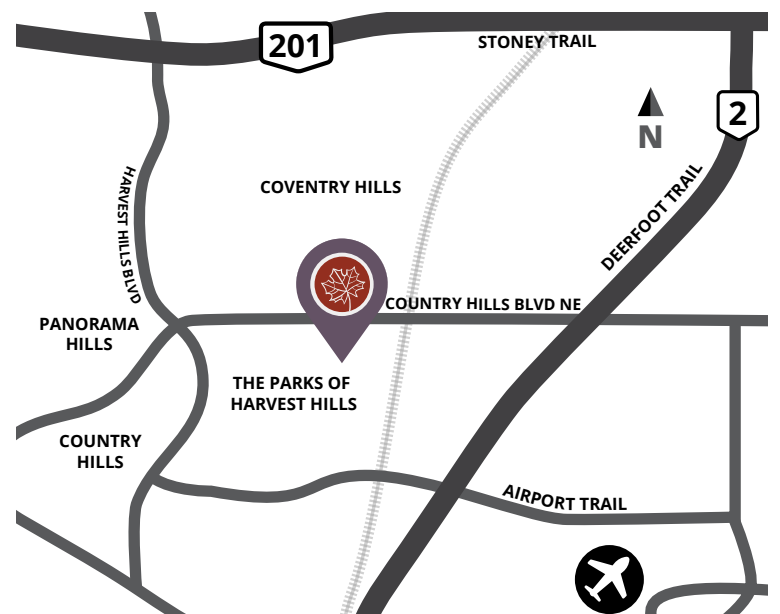
of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We are always looking for interested parties to join our coalitions.

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



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SINGLE FAMILY HOMES FROM THE \$500'S

City kicks off spring with annual community cleanup schedule

By City of Calgary

Once again, it's time to comb through your garage and purge your garden shed of that never-used stuff. Community Cleanup events run from April through September to help keep our city clean and safe while also saving residents a trip to the landfill.

These popular events are hosted by community associations with support from Calgary Community Standards and Waste & Recycling at The City. This year, The City is taking a slightly different approach. While every attempt was made to give communities their first choice of date, they may have been assigned their second or third choice based on proximity to an open landfill as not all landfills are open every weekend. This will help ensure trucks making

drop-offs during events are travelling the shortest distance possible to save time and fuel.

Check calgary.ca/cleanup for the list of community associations hosting cleanup events and check your association web site or Facebook page for full details on the event in your community.

Please don't bring:

- 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)
- Rail way ties
- Sod or dirt (other yard waste is OK)
- Household hazardous waste (see here for drop-off locations)

Visit calgary.ca/whatgoeswhere for items that are recyclable. While there is no charge for putting items in City Waste & Recycling trucks, some events may include fee-based recycling services as well. Citizens can attend any event across Calgary.



ELECT **GUL KHAN** Alberta Liberal Candidate for Calgary-North East



Gul Khan is a husband, father of six and grandfather of 11. He knows what it takes to raise a family. He lives, works and volunteers in your community.

GUL KHAN'S PRIORITIES

- Create jobs and support small businesses.
- Generate opportunities for entrepreneurs.
- Fight for us to get a new high school in Calgary NE.
- Provide better community-based healthcare.
- Build affordable housing for everyone.
- Give you value for your tax dollars and balance the budget.
- Protect the environment for you and future generations.

Gul Khan holds a Master of Economics and Bachelor of Political Science and Business Administration and has an over 30 years of experience running successful businesses.

He came to Canada as an entrepreneur in 2005 and started many successful businesses and created jobs. He is a leader in the community.

ALBERTA LIBERAL gul Khan.ca | 403 561 9700
gul@gul Khan.ca

Authorized by the Alberta Liberal Party 780 414 1124

CALGARY-NORTH EAST:

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The Author of Our Crosswords

Myles Mellor is one of the top crossword writers in the world. Published in over 600 magazines, newspapers and web outlets. Over 12,000 crosswords published worldwide. Supplying theme crosswords, diamond crosswords, syndicated puzzles, cryptograms, diagramless crosswords, word search, sudokus, anagrams, and word games. Published on mobile devices and e-readers. www.themecrosswords.com



Crossword puzzle ANSWERS

Puzzle on page 4

1	S	2	T	3	A	4	B	5	C	6	H	7	A	8	F	9	F	10	T	11	B	12	S	13	P
14	H	15	Y	16	P	17	E	18	A	19	U	20	D	21	I	22	O	23	O	24	R	25	C	26	A
17	A	18	M	19	I	20	R	21	G	22	R	23	I	24	T	25	S	26	F	27	28	29	30	31	32
20	S	21	P	22	A	23	G	24	H	25	E	26	T	27	T	28	I	29	S	30	31	32	33	34	35
23	T	24	A	25	R	26	S	27	I	28	N	29	I	30	B	31	K	32	E	33	34	35	36	37	38
27	A	28	N	29	Y	30	J	31	U	32	M	33	P	34	L	35	A	36	M	37	38	39	40	41	42
34	M	35	A	36	S	37	A	38	L	39	A	40	U	41	S	42	S	43	R	44	45	46	47	48	49
37	B	38	A	39	B	40	A	41	G	42	A	43	N	44	O	45	46	47	48	49	50	51	52	53	54
40	S	41	A	42	R	43	I	44	S	45	I	46	T	47	I	48	49	50	51	52	53	54	55	56	57
43	A	44	T	45	O	46	L	47	L	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63
50	Y	51	A	52	K	53	E	54	A	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
55	V	56	E	57	G	58	E	59	T	60	A	61	B	62	63	64	65	66	67	68	69	70	71	72	73
60	S	61	I	62	N	63	H	64	I	65	D	66	E	67	68	69	70	71	72	73	74	75	76	77	78
63	I	64	S	65	L	66	E	67	R	68	A	69	M	70	71	72	73	74	75	76	77	78	79	80	81
66	S	67	T	68	Y	69	E	70	E	71	R	72	A	73	74	75	76	77	78	79	80	81	82	83	84

Sudoku puzzle ANSWERS

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

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



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