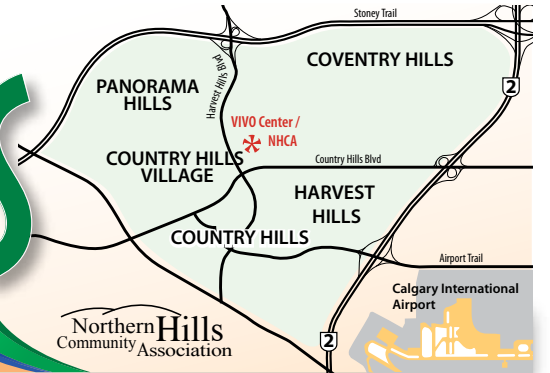


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NORTHERN HILLS NEWS



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

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

Residents Create Pollinator Haven in Coventry Medians

By Moraig McCabe, Creating Coventry Project

Despite the early summer thunderstorms causing us to cancel our first planting date and threatening to cancel the second, a group of determined Northern Hills residents of all ages, some volunteers from other parts of Calgary, and a team of Calgary Parks naturalization specialists came out on July 9th to help create a wildflower haven for bees, butterflies and other pollinators in two medians in Coventry Hills.

It was a wonderful evening of education, gardening and camaraderie, even for those of us who aren't known for having green thumbs... We hope you enjoy the collage of images from the evening and of some of the flowers blooming already, just a week later!

Thank you to the Calgary Parks team from the City of Calgary for helping us to create Creating Coventry Project #6: Coventry Pollinator Corridor Pilot Project in our community! This is only the second median naturalization pilot project in the city, with the first being in



Canyon Meadows. And, thank YOU for all your involvement in creating your community parks with us! Please note:

- Please don't put yourself in danger or risk trampling the young seedlings by accident by trying to walk along the medians. You can follow the progress of the wildflowers on our Facebook page @CreatingCoventry or Twitter @CreatingCovYYC .

- We are looking for volunteers to sign up to help water the plants during the summer and early fall. Please fill out the volunteer form at: <https://forms.gle/pHoZAZtKMr5G1YhJ8> or contact us at creatingcoventry@gmail.com to sign up! ****LATE UPDATE**** as the watering trucks will be out watering the replacement trees in some areas of Coventry Hills anyway, they will be helping us to water our pollinator corridor, so we only need help to water once a week throughout the summer/fall season. We'll be setting up teams of 2+ people to water each week (as needed only). If you can help, please reach out!



Quick Facts ABOUT NHCA

Northern Hills Community Association

Vision

Northern Hills will be a vibrant, diverse, inclusive and sustainable community

57,000+

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

Mission

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.

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this month

WHAT'S INSIDE

FREE ICE CREAM ON PAGE 8



Another Reason to Smile



Family Fun Month

We Love Helping Families Smile!

Check-In to Panatella Dental™ on Facebook during the Month of August for a chance to win:

1-Month Membership at **VIVO**

Did You Know?

We are proud to share that we have donated over \$50,000 in the building of the playgrounds at the schools in our community and over \$130,000 in community initiatives such as community athletic programs, drama and band programs and educational learning tools at our local schools.



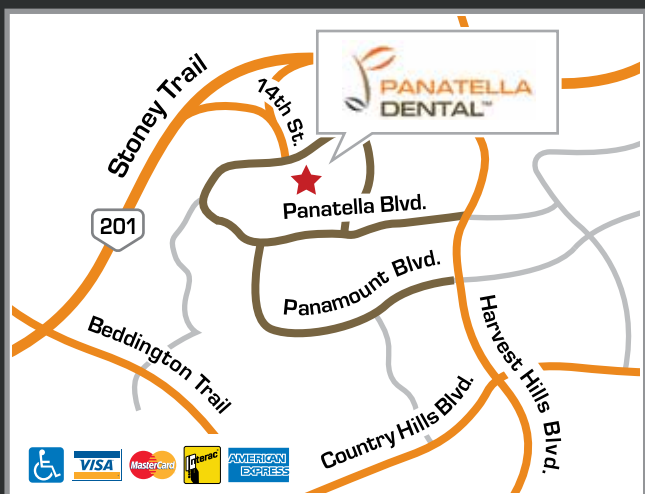
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Community Association Notes



From the President

Howdy neighbours! July certainly was a busy month here in the Northern Hills.



The Vivo Night Market North (a project near and dear to my heart) has events on August 17th and September 7th. In addition, the Harvest Hills Hub has many ongoing activities such as Seniors Play, Yoga and Hula Hoop Classes. Check the Facebook pages for more details.

In addition to great Stampede events like the Vivo's Stampede BBQ and Night Market, and several pancake breakfasts, we've had lots of other awesome events.

We didn't have a chance to share with you about the Harvest Hills Hub Grand Opening / Summer Kick-off party on June 28th. If you haven't seen this park yet, it's worth going over to check it out – one of the best parks I've seen, and kids and adults will love it. Creating Coventry YYC planted a median naturalization/bee pollinator corridor on July 9th. It will not only help save our bees but also all the plants they pollinate in the area, including your community gardens! By the time you read this, they will have also finished the Coventry Sport Court, which not only supports basketball, but many other activities. Finally, Panorama Hills held its Lawn Chair Theatre event, which was a rousing success.

August looks like it will be pretty busy too. We are doing a free Country Hills Fireside Friday event in partnership with Vivo Play Project on August 16th at 150 Country Hills Crescent NW.

At the NHCA, we are part-way through our community calendar project, we've revamped our Board member training process, implemented a project management system, and are about to launch the transparency area of our website, where you can read meeting minutes and other documents like bylaws. Membership has almost doubled since April. We have a special celebration event coming up later this year – stay tuned! There are so many things to do this summer – go camping, visit parks, check out the events in places like Vivo and the public library, having BBQ's with friends, and spending time with family. Put on some sunscreen and have yourself a memorable and fun summer!

Ian McAnerin
President, Northern Hills Community Association (NHCA)
president@nhca.ca

Volunteer Opportunities



We have a few committees with vacant directorship positions. Please contact our Engagement Coordinator by calling (403-226-6422), emailing (engage@nhca.ca), or just stopping by our office at Vivo during the public hours on Monday morning or Wednesday evening to learn more or get involved:

- Community Gardens
- Northern Hills News
- Community Ice Rinks
- Senior Persons Regaining Youth (SPRY) in the Hills
- Volunteer Management

Here is a list of available volunteer opportunities with our committees and projects:

EVENTS

- **Country Hills Fireside Friday**
We are looking for 2-3 volunteers to assist where needed throughout the night at the upcoming Country Hills Fireside Friday event on Aug 16th. Are you a storyteller? Or do you know somebody who loves reading or telling stories? We are looking for 1-2 residents interested in volunteering their time and storytelling skills. Contact Lindsay (events@nhca.ca) if you are interested or would like to learn more about it.

CREATING COVENTRY

The Creating Coventry is a community-driven plan to improve and connect our

neighbourhood's parks! We are looking for volunteers in the following roles:

- We are looking for volunteers to sign up to help water the plants during the summer and early fall. Please fill out the volunteer form at: <https://forms.gle/pHoZAZtKMr5G1YhJ8> or contact us at creatingcoventry@gmail.com to sign up!
- If you would like to help with designing any of the parks in Project 2: Five SE Coventry Parks, please let us know at creatingcoventry@gmail.com. More information about this project can be found at: www.nhca.ca/creating-coventry or on our Facebook page @creatingcoventry



ARTS & CRAFTS

We are passionate art enthusiasts who live in the Northern Hills community and on a mission to bring more art to you!



- **Youth Artists**
Are you a youth artist (7 –16 yrs old) in the Northern Hills community? Do you consider yourself talented? Would you like to showcase your talent and work? Please send us examples of your work and why you should be featured in this community newspaper! Please email us

CONTINUED on page 10

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: Ian McAnerin (president@nhca.ca)
1st Vice President: Tamara Keller (1vp@nhca.ca)
2nd Vice President: Leah Argao (2vp@nhca.ca)
Secretary: Winnie Huang (secretary@nhca.ca)
Treasurer: Mateen Syed (treasurer@nhca.ca)
Directors at Large: Amanda Joly, Victoria Henry, Brad Huebert, Lindsay Lantela, Nate Pike, Tavis Settles, Chris Abdalla, David Hartwick.

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 the NHCA Office or stop by our office at Vivo on Tuesday morning or Wednesday evening:

- Beautification & Community Enhancement

- Community Ice Rinks
- Gardens
- Northern Hills News
- Northern Hills Mural
- Planning
- Senior Persons Regaining Youth (SPRY) in the Hills
- Volunteer Management
- Accessibility: Chris Abdalla (accessibility@nhca.ca)
- Adult Slopitch: Neil Meyer
- Advocacy: Tamara Keller (advocacy@nhca.ca)
- Arts & Crafts: Muzna Amin (arts@nhca.ca)
- At Home in the Hills: Winnie Huang & Samana Zehra (ahih@nhca.ca)
- Building Safer Communities (Blockwatch): Tavis Settles (bsc@nhca.ca)
- Business Development: Ian McAnerin (business@nhca.ca)
- Communications: Nate Pike (comms@nhca.ca)
- Coventry Garden: Sarah White (coventrygarden@nhca.ca)
- Government and Stakeholder Relations: David Hartwick (govrelations@nhca.ca)

- Harvest Hills Hub: Victoria Henry (HarvestHillsHub@hotmail.com)
- Harvest Garden: Melissa Duong, Joanne Davenport & Sunny Shuang (harvestgarden@nhca.ca)
- Creating Coventry: Moraig McCabe (creatingcoventry@gmail.com)
- Events: Lindsay Lantela (events@nhca.ca)
- Membership: Ian McAnerin (membership@nhca.ca)
- Newsletter Editor: Annie Udofia (editor@nhca.ca)
- Newsletter Assistant Editor: Ejeme Okhiria (assistanteditor@nhca.ca)
- Northern Hills Connect: Tamara Keller (northernhillsconnect.com/contact/)
- Rinks: Daniel Sennhauser (rinks@nhca.ca)
- SPRY in the Hills: J-L Emond & committee (seniors@nhca.ca)
- Sports: Amanda Joly (sports@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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Soccer Season Wind-Up!

By Lindsay Lantela
Events Director, NHCA

On July 23 Northern Hills Soccer held their annual wind-up party! The 2019 season, which started in late April, ended with a bang, celebrating teamwork, sportsmanship, new skills, physical activity, and, of course, fun! NHCA partners with SoccerTech to provide quality children and youth soccer to our community, and we agree, our soccer families are the best and deserve to celebrate! This year, to help battle our unpredictable Calgary weather, it was held indoors at Vivo.

We want to acknowledge and thank our top soccer sponsor, Northern Hills Dental, for their continued support towards our program and for joining us at the party with smiles and goodies to celebrate with the kids!

The party kicked off with live broadcast music from AMP Radio on location, and many proved they didn't just have soccer moves! After a free lunch, soccer kids challenged themselves with a huge Soccer Dart game provided by PowerUp. Making their way around the arena, kids could get a tattoo or play a game of mini soccer at SoccerTech's tent. Then it was cotton candy galore provided by Canadian Brewhouse. Northern Hills Arts and Crafts had beautiful paper flowers and colouring for everyone, then Harvest Hills Hub gave away more treats and goodies. Freezies were a hit at the NHCA tent, we hope you stopped by to say hello!

Beddington Bottle Depot was on location to accept bottle donations and collect our used drink containers. Funds raised went directly to our soccer program! We also had ABCRC come out to give away swag and play games!

Northern Hills Soccer is COM-

MUNITY driven, and without local support from parent volunteers, local businesses, and everyone in between, this program wouldn't be possible! Thank you to Little Caesars for helping us thank our volunteers!

Thank you to Sobeys, Save On, and Superstore for their generous food sponsorship!

We hope everyone had a fun and fantastic day, we can't wait for next year!

If you're looking for more information on our community soccer program visit www.nhca.ca/soccer

The season might be over but volunteer opportunities are still available! If interested, or have general sports enquires and registration questions, contact sports@nhca.ca



Photos: Laine Schuck Photography and Raman Samra



Are you skilled in more than one language?

At Home in the Hills committee (NHCA) is seeking volunteer translators for the Language Helpers project, a community-based initiative for written and spoken language accessibility in the Northern Hills communities. Volunteer commitment is on an as-needed basis.

Come share your language skills for events and initiatives around your neighbourhood!

For more information and to apply, please visit: www.nhca.ca/ahih



在山中的家 | Ở nhà trên đồi | ਪਰਾੜੀ ਇਲਾਕਿਆਂ ਵਿਚ ਹੋਮ ਵਿਚ | Sa Home sa Hills | في المنزل في التلال

AUGUST

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Artist of the Month



Marlyn Ilagana - Master Crafter Arts & Crafts Committee

My name is Marlyn Ilagan, I was born at Columbio Sultan Kudarat, Philippines. And got my education with Bachelor's in Agriculture, and a major in Horticulture. My passion with flowers lead me to do different flower crafts.

When I was young I learn how to make flowers out of ribbons, cloth and recycled materials. I was always actively attending craft activities at church and school.

As I grew up, I learnt so many crafts from the different organizations. I use my knowledge in crafting to share it with the community

For me, crafting is a stress reliever. It feels wonderful to share my art work and to see how adults and kids love my creations for them.

Currently I volunteer with Northern Hills Art and Crafts community. I am a pop-up event craft leader. We do lots of crafts. My goal is to continue doing crafts and sharing them with the community.

If you are interested to see more of my crafts, see my FB page @Marlyn Del Rosario Ilagan.



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<p>SINGLE FAMILY HOMES FROM THE \$500'S Mike Dwyer: 587.351.2455</p>		<p>PAIRED HOMES FROM THE \$450'S Ashley Falsetti: 403.453.8556</p>
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Our Elders in The Community Community Action for Seniors Project


By Calgary Chinese Community Service Association (CCCSA)

At CCCSA, the long-term goal of the project is to involve all stakeholders in the

community to embrace, involve and care for the elderly among our midst. We are VERY grateful to the hundreds of local residents who have stepped forward to provide us with

feedback for our recent survey and we look forward to connect with MANY MORE of you. Should you be interested in reaching out to us for further conversations, please email cas@cccsa.ca. If you have not filled out our survey about seniors in your area, please go to www.cccsa.ca or to the survey directly: <https://forms.gle/exdS6LanfUngpmQ56>

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].*



The annual tulip festival in Ottawa is a result of Canada's role in hosting the Dutch Royal Family and liberating the Netherlands during World War II. As a show of friendship between the two countries, Ottawa receives 20 000 bulbs every year which helps usher in summer in the Capital.


© 2013 colourcanada.com



Join us for
Country Hills Fireside Friday
August 16 | 5-9pm
150 Country Hills Crescent NW

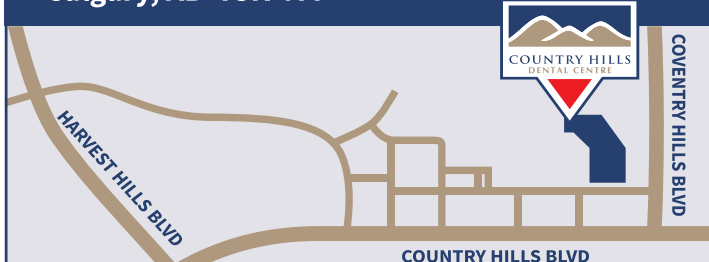

- * Marshmallow Roasting
- * Arts and Crafts
- * Games
- * Loose Parts Play
- * Campfire Stories
- * Meet Your Neighbours

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

Elected Representatives



Ward 3 Councillor Jyoti Gondek

Green Line Update

For years, north central Calgary has had the ridership and need for modal progression that should have resulted in prioritization of the north leg of the Green Line. Unfortunately, our previous City Council decided that a south leg from downtown would move forward first. Since my time on Council, I have relentlessly pushed for the north to be the Stage 2 priority, but two obstacles stand in the way.

First, when the Centre Street alignment was determined for the full Green Line, no one thought to dedicate funds toward land purchase that would enable the track to be laid. The only way Ward 3 will ever see the Green Line come north is if we can build the line from 16th Avenue



north, along Centre Street. Without land purchase funds, we are doomed to fall in the priority list again.

Second, and more obvious, we need to fund Stage 2. At present, Administration recommends revisiting the tunneling option through downtown and under the river, which in my opinion should result in a reduced cost of Stage 1. That cost savings should be allocated towards land acquisition along Centre Street to ensure the north leg of the Green Line is a Stage 2 priority. Then, we need to find the remaining funds to complete the full line.

This past month, there have been an increasing number of conversations taking place in our city with regard to potentially pausing the Green Line project. I am firmly opposed to taking a step back from the project right now, as it would negatively affect Ward 3 and the city.

Calgary would lose a combined total investment of \$3.06 billion from both the provincial and federal governments, as their funding is tied

directly into Stage 1 of the Green Line. To refuse this funding would send a message that Calgary is not interested in infrastructure investment partnerships and result in a lost opportunity for our city. Further, when the federal government is in campaign mode and handing out transit extension dollars to cities like Montreal, Calgary must remain in the fight, so we can deliver much-needed transit service to places like Ward 3.

We have a vigilant federal representative in MP Michelle Rempel, and I have been vocal about this at a local level. Our newly elected MLAs in the north have also made their commitment to the Green Line known. But we cannot win this fight for north central Calgary as elected representatives alone.

I implore everyone in north central Calgary to write to their elected

officials at all levels, and ask us to push our existing federal government and all federal election candidates to identify their plan for securing funding for stage 2 of the Green Line. With the federal election coming up in October, it is crucial that Calgary make the Green Line an election issue. North central Calgary communities have waited long enough for the service they deserve – help us raise your voices to the federal government.

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

CALGARY-NORTH MLA MUHAMMAD YASEEN

I am pleased to inform you that the Constituency Office is now operational. Please feel free to contact us with any questions. As Parliamentary Secretary of Immigration, I have had the opportunity to reach out to many immigrant groups and hope to work closely with them as we begin to work on the Alberta Advantage Immigration Strategy. One of the concerns I heard from newcomers were the problems they encountered having their credentials recognized in professional professions in Canada. I am pleased to let you know that Bill 11, the Fair Registration Practices Act will help newcomers with the credentials recognition process, so they can quickly find work in their fields. The Act is a key part of the government's Fairness for Newcomers Action Plan. The Fair Registration Practices Act would speed up the process,



hold professional bodies accountable, and increase fairness and transparency. I will ensure to keep you updated as we proceed with legislation.

The first session of the 30th Session of the Legislature has been very productive so far. To learn more about the status of Bills and Acts please visit www.assembly.ab.ca/net/index.aspx?p=bills_home. A majority of the legislation has dealt with our economy, job creation and pipelines.

Recently, I had the opportunity to present my maiden speech to the Assembly. I shared a little about myself and proudly highlighted the communities that I serve. To listen my speech, please visit my facebook page @muhammadyaseenyyc.

As always, my staff and I are available to answer any questions and concerns that you may have.

Please join me for a
Coffee Chat
September 7 @ 11am to 2pm
104, 200 Country Hills Landing NW

Constituency Office: 104, 200 Country Hills
Landing NW, Calgary AB T3K 5P3
Tel: 403.274.1931
Fax: 403.275.8421
Email: calgary.north@assembly.ab.ca

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

Like many of you I watched, with great interest, the government's latest re-announcement on the Trans Mountain pipeline project. I was disappointed to hear that, once again, the re-announcement of the approval of this pipeline project does not include any timelines for construction, has no plan to deal with any judicial appeals, and brings little comfort to the thousands of Alberta energy workers who remain unem-



ployed.

Simply put, we must do better. The re-announcement of this vital national infrastructure project, with no plan for actually getting it built, is beyond frustrating and is unacceptable at this point. I will continue to push the government to utilize every single tool in their toolbox to get this project built and get Albertans back to work.

I look forward to continuing to connect with members of our community this summer. I hope you all have a safe and happy summer season. As always, please do not hesitate to contact me about any issue that is important to you.

Michelle.Rempel@parl.gc.ca
403-216-7777
115 - 70 Country Hills Landing N.W. T3K2L2

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Dates

Come & join us for a cozy Fireside Friday in Country Hills on Aug 16th! We are looking for a few volunteers, if you are available to help at the event, contact Lindsay at events@nhca.ca

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 28	July 29	July 30	July 31	1	2	3
		1:00 – 3:00pm Seniors Play Day @ Harvest Hills Hub (Free & Drop-In)		1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Yoga Class @ Harvest Hills Hub (Free & Drop-In)		
4	5	6	7	8	9	10
	10:00am-2:00pm Community Play (Free) @ 303 Covington Bay NE 6:30 – 8:30pm Family Game Night @ Harvest Hills Hub	1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Hula Hoop Class @ Harvest Hills Hub (Free & Drop-In)	7:00 – 8:00pm Total Body Workout @ Harvest Hills Hub (Free & Drop-In)	1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Yoga Class @ Harvest Hills Hub (Free & Drop-In)		
11	12	13	14	15	16	17
	10:00am-2:00pm Community Play (Free) @ Panorama Square 7:00-8:00pm Guided Meditation @ Harvest Hills Hub (Free & Drop-In)	1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Hula Hoop Class @ Harvest Hills Hub (Free & Drop-In)		1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Yoga Class @ Harvest Hills Hub (Free & Drop-In)	5:00-9:00pm Country Hills Fireside Friday @ 150 Country Hills Cres NW	
18	19	20	21	22	23	24
	10:00am-2:00pm Community Play (Free) @ 303 Covington Bay NE	1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Hula Hoop Class @ Harvest Hills Hub (Free & Drop-In)	7:00-8:00pm Total Body Workout @ Harvest Hills Hub (Free & Drop-In)	1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Yoga Class @ Harvest Hills Hub (Free & Drop-In) 6:00 – 8:00pm Community Soup @ Explore Lab, Vivo		8:00pm Movie in the Park @ Harvest Hills Hub (Free & Drop-In)
25	26	27	28	29	30	31
1:00-3:00pm Bike & Wheelchair Parade @ Harvest Hills Garden	10:00am-2:00pm Community Play (Free) @ Panorama Square 7:00-8:00pm Guided Meditation @ Harvest Hills Hub (Free & Drop-In)	1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Hula Hoop Class @ Harvest Hills Hub (Free & Drop-In)		1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Yoga Class @ Harvest Hills Hub (Free & Drop-In) 7:00 – 9:00pm Committee Meeting @ Harvest Hills Alliance Church		



One Service Sunday Worship at 10:00 am.

Nursery is available for newborns to 24 months at 10:00 am from June 30 until September 1.

Summer Fitness Class For Women

Tuesdays 6:30- 7:45 pm
Contact Aileen Mulangu
aileenmulangu13@hotmail.ca

Mom's Stroller Walking Group NW Calgary

Every Wednesday from 9:30-11:00 am
Meet at Hidden Valley School for more info contact Sharon Mah
sharonmah2017@gmail.com

Thursday Quilters Plus

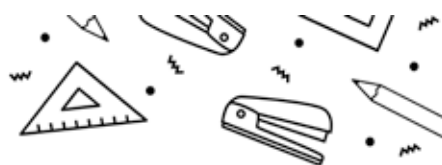
July 11 & 25, August 8 & 22
9:30 am - 3:00 pm
Quilting PLUS: knitting, crocheting, needlepoint, cross stitch, etc.
We work on charity quilts as well as our own projects.
Come when you can—leave when you must.
If you plan to stay over the noon hour, don't forget to bring a lunch.

Men's Floor Hockey
Summer Hours 8:00-10:00 pm
Contact Richard Mackelvie
rjmack95@outlook.com

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

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

Phone: 403-226-0990
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EVENTS PROGRAMS SERVICES



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

OUTREACH THURSDAYS

Every Thursday 4-7 pm @ NHCA Office

Advocates from the BowWest Community Resource Centre are taking appointments at our office

HARVEST HILLS HUB (178 HARVEST GLEN WAY NE)

Free Summer Activities & Monthly Committee Meeting

Check out free summer activities for all ages at the Hub!
Join us at the Monthly Meeting – 7:00-9:00pm – Aug 22 @ Harvest Hills Hub www.hhhub.ca

COMMUNITY PLAY DATES

Vivo Play Project

Come and join Vivo Play Team for some free lose parts and adventure play fun this summer in your community parks! For locations visit www.vivoplayproject.com

Community Soup coming up!

By Northern Hills Connect

Northern Hills Connect is pleased to be hosting Community Soup on August 22, in partnership with Calgary Foundation, Thrive and Vivo.

What is Community Soup?

Community Soup is an initiative to bring social entrepreneurs around a table to share soup, support, and ideas with those who want to support community entrepreneurs and business.

The evening will focus on informal idea-sharing around the table. At the end of the evening, the ideas with the most support will be awarded a prize package aimed at assisting those ideas to move forward.

Bring your business and community ideas to share, hear new ideas, and bring support for everyone.

Bringing people with ideas together with the people who support people with ideas.

Who should come?

If you have a social business, or an idea for one, this is a great place to come and share it. This informal gathering provides an opportunity to share your business or idea at whatever phase it currently is at, network and gain feedback with others in the community, and tap into resources and tools to help you move your project along.

- If you have a dream - come share it.
- If you are working through a business plan - bounce some ideas off of us.
- If you have capital you'd like to invest - you might find your investment opportunity here.
- If you ready to launch - take this opportunity to get the word out.

When is Community Soup happening?

Our first Community Soup event this fall will be held on Thursday August 22 at 6 pm, at Vivo in the "Explore Lab" (the area in front of Panther Sports Medicine, near the east entrance).

For more information, please visit us at www.facebook.com/Northern-hillsconnect

What is a social enterprise?

A Social enterprise is about solving social problems with innovative and sustainable business models; a business that balances people, profit, and planet. Social entrepreneurs are the people behind these ideas and businesses.



Community soup participants sharing soup and ideas at June 2018 event

Photos: ThriveCalgary.org



Being 55+ In Northern Hills can be FUN



By Jay Emond, SPRY Committee Lead

EXERCISING IS FUN

The 1-hour Sessions are every Tuesday and Thursday at Vivo from 2:15-3:15pm.

The laughter-filled, age-appropriate, light exercise classes are led by Fit-2-Age Director-Certified Instructor.

COST: \$35/person for the entire Fall Session: Sept 10th to Dec 12th, 2019.

*Participants are required to bring their own Exercise-Ball and Elastic-Band.

SOCIAL GATHERINGS ARE FUN

Come and join us for coffee & snacks, conversation and a variety of board & card games from 3:15-4:15pm, after exercise classes.

HOW TO REGISTER

To participate, we ask that you hold an active Northern Hills Community Association (NHCA) Membership Card. The annual fee is \$20/person or \$20/couple (55+) for a 12-month membership, payable at the NHCA office or online.

Registration for Exercise session will open on Tue, Sept 3rd online at www.nhca.ca and in-person at the NHCA Office (8:00am - Noon).

To register in-person another day, come during regular Public Hours (Mon 8:00am-Noon and Wed 3:00-7:00pm), except statutory holidays. There is no additional fee to attend the weekly Socials. NHCA members also get 10%+ discounts from many restaurants and businesses in our area.



5 REASONS WHY YOU SHOULD INVEST IN GOOD SUNGLASSES

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- **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.

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Summer is in Full Swing at the HHHub!



By Nikki Browne, HHHub Committee

We can't believe it's been a month since our Summer Kick Off Party! We could not have been more thrilled with the turnout, with estimates of over 400 people attending! All day the park was filled with children playing, families spending time together, and neighbours becoming friends. The kick off party was by far the biggest HHHub event we've held to date, and we could not have done it without the following support: the NHCA, City of Calgary, Vivo's Play ambassadors, Sobeys, Spolumbo's, Superstore, Co-op, Sysco, and more! And of course, we couldn't have done it without all the volunteers who helped the event run smoothly. From welcoming everyone, to keeping them fed, and keeping the closed down streets safe, it was so heartwarming to see how many members of the community were willing to give up their time and support a good cause. Lastly, we want to thank everyone that attended, the HHHub was built for all of you, and to see it so full of life made all the hard work worth it!

Now the Summer Kick off may be over, but that does not mean there is nothing happening at the HHHub, we've got some more exciting events lined up for the rest of summer!



Family Game Night

If you were at the Summer Kick Off, then you may have had a chance to play with some of our wonderful lawn games, such as the beautiful bean bag toss and giant Jenga games that were created by our very own committee member, Ray Crockett! We also have bocce, ladder toss, and ring toss, so we're putting that all together, adding in some families and a beautiful park, and hosting family game nights! Happening most Monday's throughout the rest of summer, join us from 6:30-8:00pm to play

some games, have some laughs, and maybe crown your family's game night champion! Mondays are also the days we hold our guided meditation classes, so please check our Facebook page to confirm dates.

Movie Night in the Park

Join us under the stars for a movie night in the park! Bring some blankets, camping chairs, and your favourite snacks to the HHHub on Saturday, August 24 at 8:00pm for a free screening of a family friendly movie! We'll be hosting a poll to pick

the movie, so keep your eye on our event page to have your say!

Bike Raffle!

Thanks to the NHCA, we are thrilled to announce that we have two children's bikes to give away! We've got one green strider bike (perfect for kids 1-5 years old), and one princess themed bike (ideal for kids 5-8 years old). Safety is important, so both bikes also come with helmets! Keep an eye on our Facebook page for your chance to enter, ballots will be accepted there until August 20th. You can

also enter in person at our Family Game Nights! Then join us for our movie night in the park on Saturday, August 24th for the draw! Which is perfect timing, because the very next day is our...

Bike and Wheelchair Parade

Join us on Sunday August 25th from 1:00 pm -3:00 pm at the Harvest Hills Community Garden for our first Bike and Wheelchair Parade! Bring your bikes, wheelchairs, scooters, strollers and wagons, and decorate them with all the awesome supplies provided. Then we'll all form a parade for a ride around the lake to show off our new creations!

New Free Classes

Although our yoga classes have been cursed with some awful weather, we've finally lucked out with some sunshine, and the turnout was phenomenal! The hula-hooping classes have also been a huge hit, growing in numbers every week! Our seniors play day has continued to offer a chance for people of all ages to get together and play games, their game of choice lately has been Mexican Train Dominoes. We've also kicked off our guided meditation and total body workout classes! All our classes are free, and open to everyone, so we'd love for you to join us!

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EXPIRY Oct 13/19

VOLUNTEER - Continued from page 3

to arts@nhca.ca with the subject line 'Youth Artists'.

• Art Teachers for Youth

Are you an Art teacher or an Art enthusiast? Are you interested to share your knowledge of art mediums (acrylic and/or watercolors)? You can design your class and become a recognized volunteer! Would you like to volunteer 1-2 hours a week to teach youth art? We look forward to hearing from you! Please email us to arts@nhca.ca with the subject line 'Youth Art Teacher'.

AT HOME IN THE HILLS (AHIH)

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:



• Translators

We are seeking Volunteer Translators for the Language Helpers project, a community-based initiative for written and spoken language accessibility in the Northern Hills communities. Volunteer commitment is on an as-needed basis.

• 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.

For more information and to apply, please visit www.nhca.ca/ahih.

HARVEST HILLS HUB

The Harvest Hills Hub is a local initiative to bring activity and connection to our neighbourhood at our outdoor park space located at 178 Harvest Glen Way NE. Our committee is currently looking for:



• **Events Coordinator** - Manage event proposals, update the events calendar with new events, and liaise with dedicated members on our team to help facilitate community run events in Harvest Hills.

• **General HHHub Committee Volunteers** help with such events such as family game nights, movie night, bike parade and book swap.

• **Website Manager** to help keep our website updated with current information, photos and event calendar listings.

Please consider applying for the above committee positions by emailing Victoria at HarvestHillsHub@hotmail.com.

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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