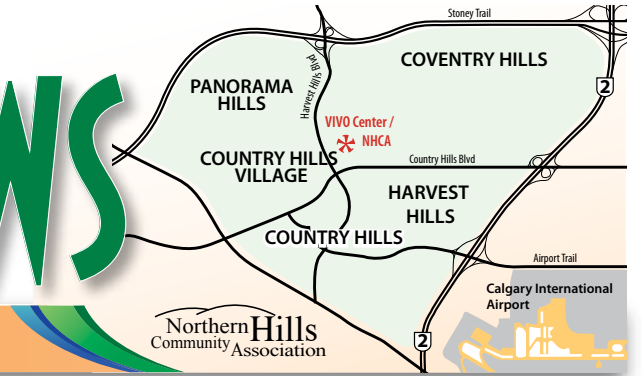


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# NORTHERN HILLS NEWS

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



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



The NHCA Northern Lights Contest is an annual event open to Northern Hills residents that helps to brighten and spread the holiday cheer in our community. Millions of lights will once again decorate our houses, trees and fences creating that magical backdrop for the holiday season. We invite all Northern Hills residents to be part of this great event!

### Entry Guidelines and Rules for the 2018 Competition

#### CONTEST PERIOD

The contest period starts December 1, 2018, and ends on January 18, 2019.

#### ENTRY REQUIREMENTS

Entries should be submitted via: email to info@nhca.ca

You can nominate your own home, or any home in the neighborhood that showcase. Your submission should include the following:

- For the nominated house:
  - At minimum, one photograph of good quality i.e. 300 dpi in jpg, png, or pdf format
  - The correct address of the home you are nominating
- For the nominator:
  - Your Name
  - Your Home Address

#### WINNER DETERMINATION

##### Nominated Properties:

Each Nominated Property entry will be reviewed by the contest judges and will be evaluated on first impression, colour coordination, attractiveness, mixed elements in the display, and originality. Feel free to include a short description with your submission. A photo of the winners will appear in this newsletter - Northern Hills News and at www.nhca.ca

##### Nominators:

This year we will be drawing Nominators at random! EVERYONE who nominates a property (as long as the contest rules are followed) has an equal chance at winning a prize!

#### PRIZES AND SPONSOR

The sponsor for the 2018 NHCA Christmas Light Contest is once again Applebee's Northpointe. THANK YOU Applebee's for sponsoring this community contest again this year!

A maximum of FOUR Nominated Properties winners will be selected from the entries: Winners get Applebee's gift cards as follows:

- First place (overall winner) wins \$200 in Applebee's gift cards
- Second place wins \$150 in Applebee's gift cards
- Third place wins \$100 in Applebee's gift cards
- Fourth place (or special mention) wins a \$ 50 Applebee's gift card

A maximum of SIX Nominator prizes will be randomly drawn from those who nominated a property. The nominators drawn will each win \$50 in Applebee's gift cards!

##### NOTIFICATION FOR WINNERS:

Contest winners will be notified via the Northern Hills News and Canada Post mail, so please ensure you have the correct addresses in your entry!

#### CONTEST TERMS & CONDITIONS

Those interested in entering the contest must comply with the following contest terms and conditions:

- The contest is open to Northern Hills residents and properties only. The Northern Hills communities consist of: Country Hills, Country Hills Village, Coventry Hills, Harvest Hills and Panorama Hills.
- Your submission of an entry constitutes your representation of eligibility and consent to participate, plus your agreement to abide by all the contest terms and conditions.
- All entrants agree to allow the NHCA and sponsor:
  - To use the photographs of their submission in any reasonable manner it sees fit; this includes posting on social media channels and website(s), inclusion in the NHCA community newsletter,
- By participating in this contest, the nominator warrants that the photographs do not violate anyone's privacy. (Please don't submit photos with people in them!)
- If you nominate your own house, and your house wins a Nominated Property prize, you become ineligible for the random Nominator prize draw.



and use in contest or community advertising in future years.

- To use the nominator's name and/or address, and the nominated property address, in the NHCA newsletter and on the NHCA website and/or social media channels.

If you have any questions about this contest, or the terms & conditions, please contact the NHCA via email at info@nhca.ca or call us at 403-226-6422.

We look forward to seeing all the wonderfully decorated houses and sharing your entries with the community!

HAPPY HOLIDAYS!



The greatness of a community is most accurately measured by the compassionate actions of its members  
- Coretta Scott King



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.

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

**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.

- CREATING COVENTRY 5
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- SPRY IN THE HILLS 7
- ELECTED REPS 10
- ARTS & CRAFTS 11
- FUN FAMILY PROGRAMS 13



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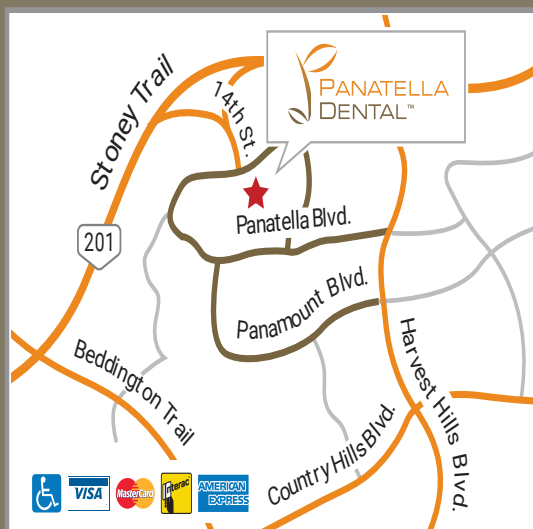


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# Community Association Notes



## From the Executive

The Christmas season is just one of many times during the year when people come together to get involved in festive atmosphere. Dress up your homes, make our neighbourhoods brighter, and submit your house for our Northern Lights contest! Or better yet, try your hands on some arts and crafts – we've got a Christmas Craft Pop-up session happening at Vivo this December. More details about these events can be found in this edition of our newsletter.



The Christmas season is also a time when people give back to the community, so we would like to thank our residents, businesses, and everyone who have contributed items for our Gift of Joy program. If you find yourself in a gift-giving mood, consider participating in other donation programs such as Magic of Christmas or Toy Mountain.

If you find yourself in need of assistance this Christmas, please know that there is help available. Don't hesitate to call Germaine Rivera at Bow West Community Resource Centre. She operates out of the NHCA Office on Thursdays from 4pm to 7pm; give her a call at 403-874-6809 or [germaine@bowwest.org](mailto:germaine@bowwest.org) to book an appointment, or feel free to drop-in.

Please note, that the NHCA Office will be closed between December 17 to January 1, inclusive.

Warmest greetings and best wishes for the new year. See you in 2019!

Simon Cheng  
Secretary & Planning Director  
Northern Hills Community Association

## Volunteer Opportunities



### Merry-Merry December everyone,

Hope you are feeling a bit festive already! It has been wonderful to see how holiday season encourages people to support and help each other and local groups by making kind donations, volunteering time, and celebrating together. We hope you consider supporting your own community initiatives and work. On this note, we would like to share with you a few currently available volunteer opportunities.

#### Ice Rink Builder Volunteer

It is a time to do some outdoor winter activities! What do you do with your family and friends? Do you like to go ice skating and play some games on ice? Did you know we have two ice rinks in the Northern Hills? We have a small but very committed team of volunteers who make these rinks possible! They built and maintain the rinks throughout the season. Would you like to help them out? How about winter activities at these ice rinks? We are looking for individuals who enjoy working outside and are



not bothered by cold! Contact Yana ([engage@nhca.ca](mailto:engage@nhca.ca)) for more information.

#### Events in Harvest Hills Hub

Harvest Hills Hub is now officially fully funded!!! Now it is time for fun things! We are looking for fresh ideas for ongoing meet-ups and one-time events at the Harvest Hills Hub! We're calling all kids, teens, adults, and seniors to reach out with their ideas for fun and engaging events! Let us know your ideas for events at the hub by messaging us on Facebook or emailing us an at [HarvestHillsHub@hotmail.com](mailto:HarvestHillsHub@hotmail.com).



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

#### Event Management Team

Do you like to plan and design events? We are looking for 2-3 keen 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. Interested? Contact Yana ([engage@nhca.ca](mailto:engage@nhca.ca)) or 403-226-6422 to get involved or to learn more about it.

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

AHIIH began as an initiative to help new immigrants settle in the Northern Hills communities and has evolved to meet the needs of our neighbourhood. Our vision is to facilitate grassroots approach to foster strong neighborly connections and promote inclusive, sociable and even friendlier neighbourhoods within the Northern Hills. We are actively looking for committee members and volunteers. Please email Sam & Winnie ([ahih@nhca.ca](mailto:ahih@nhca.ca)) to join and for information visit: [www.nhca.ca](http://www.nhca.ca)



#### Creating Coventry

We are also working with residents on finding space for a dog park, working with the City on pollinator-friendly corridors, looking at spaces for



*Continued on page 4*

## NHCA CONTACTS

### NHCA OFFICE:

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

Tel: 403-226-6422  
Fax: 403-226-6421  
E: [info@northernhills.ab.ca](mailto:info@northernhills.ab.ca)

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

### STAFF & CONTRACTORS

Ad Sales: Heather Hubert ([marketing@nhca.ca](mailto:marketing@nhca.ca))  
Administrator: Marina Barrett ([admin@nhca.ca](mailto:admin@nhca.ca))  
Bookkeeper: Paige Martin  
Engagement Coordinator: Yana Soldatenko ([engage@nhca.ca](mailto:engage@nhca.ca))  
SoccerTech: Heather Lipper ([info@soccertech.ca](mailto: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](mailto:president@nhca.ca))  
1st Vice President: David Hartwick ([1vp@nhca.ca](mailto:1vp@nhca.ca))  
2nd Vice President: Jessie Leighton ([2vp@nhca.ca](mailto:2vp@nhca.ca))  
Secretary: Simon Cheng ([secretary@nhca.ca](mailto:secretary@nhca.ca))  
Treasurer: Lonny Mah ([treasurer@nhca.ca](mailto:treasurer@nhca.ca))  
Directors at Large: Ian McAnerin, Laura Hack, Winnie Huang, Jeannette Lee, Lindsay Lantela, Brad Huebert, Josh Chilton, Tamara Keller, Tavis Settles.


### COMMITTEES

Adult Slopitch: Neil Meyer ([slopitch@nhca.ca](mailto:slopitch@nhca.ca))

Advocacy and Building Safer Communities (Blockwatch): David Hartwick ([advocacy@nhca.ca](mailto:advocacy@nhca.ca))  
Arts & Crafts: Muzna Amin ([arts@nhca.ca](mailto:arts@nhca.ca))  
At Home in the Hills: Winnie Huang ([ahih@nhca.ca](mailto:ahih@nhca.ca))  
Beautification & Community Enhancement: VACANT – contact us!  
Business Development: Ian McAnerin ([business@nhca.ca](mailto:business@nhca.ca))  
Community Gardens: Jon Berlie ([garden@nhca.ca](mailto:garden@nhca.ca))  
Coventry Garden: Sarah White ([coventrygarden@nhca.ca](mailto:coventrygarden@nhca.ca))  
Harvest Hills Hub: Victoria Henry, Meghan Keating & Sarah Brazeau ([HarvestHillsHub@hotmail.com](mailto:HarvestHillsHub@hotmail.com))  
Harvest Garden: Melissa Duong ([harvestgarden@nhca.ca](mailto:harvestgarden@nhca.ca))  
Creating Coventry: Moraig McCabe & Tracey Martin ([creatingcoventry@gmail.com](mailto:creatingcoventry@gmail.com))  
Events: VACANT – contact us!  
Finance: Lonny Mah ([treasurer@nhca.ca](mailto:treasurer@nhca.ca))

Membership: VACANT - contact us!  
Newsletter Editor: Annie Udofia ([editor@nhca.ca](mailto:editor@nhca.ca))  
Northern Hills Connect: Ian McAnerin ([northernhillsconnect.com/contact/](http://northernhillsconnect.com/contact/))  
Northern Hills Mural: Laura Hack ([mural@nhca.ca](mailto:mural@nhca.ca))  
Planning: Jeannette Lee ([planning@nhca.ca](mailto:planning@nhca.ca)) & Simon Cheng ([secretary@nhca.ca](mailto:secretary@nhca.ca))  
Rinks: Daniel Sennhauser ([rinks@nhca.ca](mailto:rinks@nhca.ca))  
Sports: VACANT - contact us!  
SPRY in the Hills: J-L Emond & committee ([seniors@nhca.ca](mailto:seniors@nhca.ca))  
Vivo Rep: Jessie Leighton ([2vp@nhca.ca](mailto:2vp@nhca.ca))  
Volunteers: VACANT – contact us!

**EDITOR'S NOTE:**  
All articles submitted by the general public are the author's opinion and not necessarily reflective of the opinion of NHCA.



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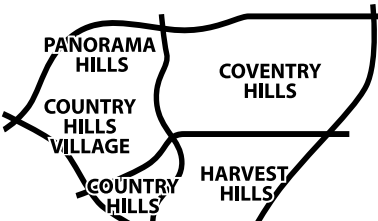
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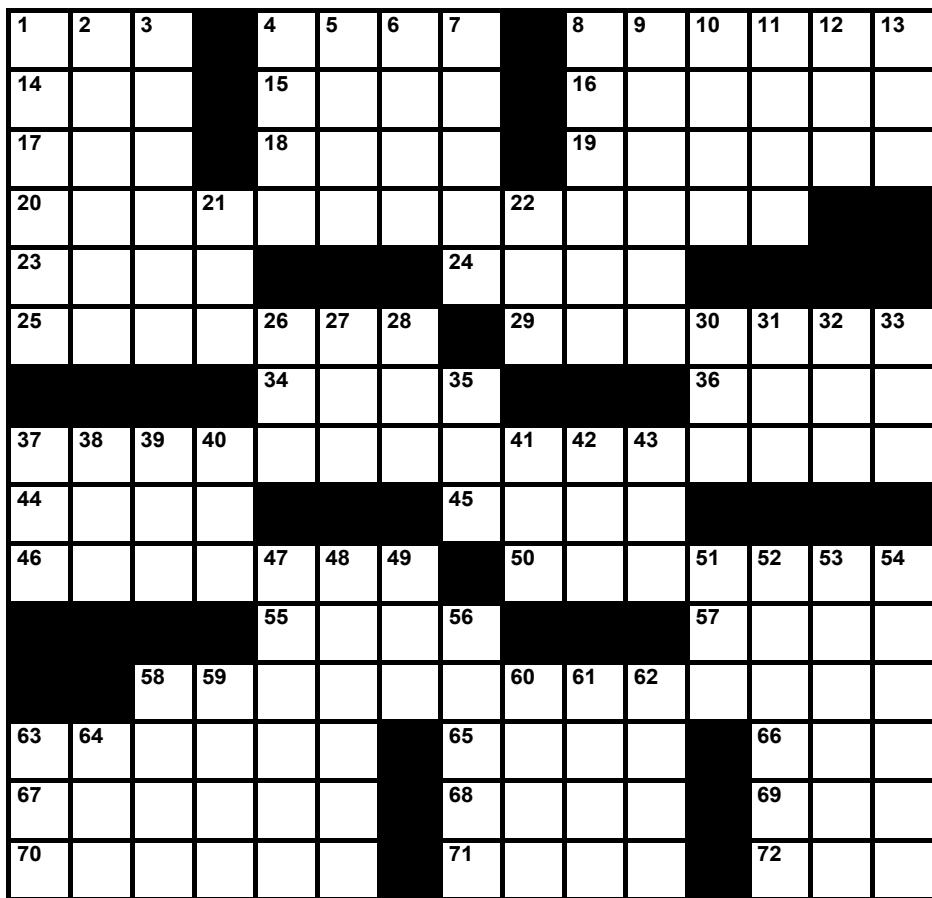


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# CROSSWORD

Answers on page 14



**ACROSS**

- 1. Mount Blanc, for one
- 4. It comes before "while"
- 8. Badger
- 14. X-Men co-creator Stan
- 15. Ad headline
- 16. Join up
- 17. Certain degs.
- 18. Hospital directive
- 19. "To do" list
- 20. Get some fresh air or get a system going?
- 23. Words with "new world record"
- 24. Worker bee
- 25. Bond class
- 29. Military greenhorn
- 34. "Three cheers" recipient
- 36. Croquet site
- 37. Communicating vacation vistas
- 44. Demonstrate
- 45. Nero wear
- 46. Legally seize
- 50. Stingy person
- 55. Nifty
- 57. Creamy middled cookie
- 58. They contain continual updates
- 63. Unruffled
- 65. Recherche
- 66. Pie-mode filling
- 67. Radio antenna
- 68. Snappy
- 69. Turkey part
- 70. Kind of cut
- 71. Seed cover
- 72. Irritate

**DOWN**

- 1. Nearly
- 2. Skydiver, at first
- 3. Former Spanish currency
- 4. Biblical birthright seller
- 5. Grate
- 6. Creamy salad

- 7. Not so hot
- 8. Soccer maneuver
- 9. Long haired rabbit
- 10. Lot
- 11. Breaks a commandment
- 12. "Lucy in the Sky With Diamonds" subject, reportedly
- 13. Pilot's announcement, for short
- 21. Miss Bobbsey
- 22. Silent approval
- 26. Taoist energy
- 27. Egg protector
- 28. Unit of work
- 30. Kind of shot
- 31. Waterproofing material
- 32. Farm mother
- 33. "Star Trek" rank, abbr.
- 35. Make a choice
- 37. Air setting at the service sta.
- 38. Physics law
- 39. Be soaking wet
- 40. Low card
- 41. Electrically charged atom
- 42. Special effects, abbr.
- 43. Put out
- 47. Writing style of old Latin manuscripts
- 48. Pester
- 49. Small amount
- 51. \_\_\_ long way
- 52. Big-horned Asian sheep
- 53. Staggerer
- 54. A spoonful of medicine, e.g.
- 56. "Survivor" contestant's prop
- 58. Betting game
- 59. Caustic substance
- 60. Pearl City setting
- 61. Malayan weapon
- 62. Eat like a bird
- 63. Milk soaked bread
- 64. The lion

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Northern Hills Community Association

**Volunteer - Continued from page 3**

a pump track, and have formed a small group to look at building an accessible and inclusive playground. There's a lot going on behind the scenes! If you would like to get involved, by helping with the planning, door knocking to do the line of sight survey, fundraising, or anything else, we would love your help!

Please get in touch with Moraig via [creatingcoventry@gmail.com](mailto:creatingcoventry@gmail.com) or

Yana at NHCA via [engage@nhca.ca](mailto:engage@nhca.ca). If you are on Facebook, you can also message us directly via the Creating Coventry page: [www.facebook.com/creatingcoventry](http://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](http://www.nhca.ca)



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

This month's trivia question is:

**When is Christmas Crafting Pop-Up (date & time)?**

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

The winner of the "Did You Know in the Hills?" trivia question for the month of November is: **Ken and Linda-Lou Oelke, Congratulations!** The answer to November's trivia question was "November 30th, 2018 at 10:00 PM". The answer is found in the November 2018 Northern Hills News edition under the article titled Last Chance to Choose on the **Big Board of Possibilities on page 5** and under **NHCA Monthly Calendar on page 6**. Thank you to all of you who submitted your answers, and we look forward to your continued participation.

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



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# Creating Coventry

Help provide a gift of play and connection to our community

By Moraig McCabe

At this time of year, our thoughts turn to giving, and how we can support causes close to our hearts. Following on from our Giving Tuesday social media posts, we'd like to ask all community members to consider the gift of community play and connection for 2018-2019.

You can do this in any of these three ways:

**1. Make a one-time donation of ANY amount to Creating Coventry Project 1: Coventry Basketball Court & Rink**

We need to raise around \$200,000 to make this project happen, so that residents can access these amenities for free in our community. We are raising the funds through the Parks Foundation Calgary at no cost to the project (they donate this service) so that we can issue tax receipts to donors.

So far, we have raised enough that the basketball court (project build Phase 1) will be going ahead in spring-summer of 2019. YAY! Thank you to (City of) Calgary Parks, who committed \$70,000 to the basketball court build in May; and Northern Hills Community Association board, who voted to commit up to \$15,000 to this project in early November.

In order to install the winter water supply and purchase rink boards and a liner (for project build phase 2 – rink), we still need to raise over \$100,000. If you could make a one-time donation of \$20 or more, this would help greatly towards the \$10,000 we need to raise from community fundraising, so we can apply for matching grants to fund the rest of the project. You can donate online at [parksfdn.com/sport-projects](http://parksfdn.com/sport-projects) – make sure to select "Coventry Sport Court", or fill in the donation form in this issue and send a cheque directly to the Parks Foundation.

**2. Sign up for a regular donation to Creating Coventry**

You can also make weekly, monthly, quarterly or annual donations to



projects or non-profit groups via the Parks Foundation online: donate the equivalent of just one fancy coffee per month! It may not make much difference to your wallet this way, but it makes a huge difference to our fundraising! [parksfdn.com/sport-projects](http://parksfdn.com/sport-projects) – make sure to select "Coventry Sport Court" to ensure we get your donation deposited to our fundraising account.

**3. Donate your time to one of our projects**

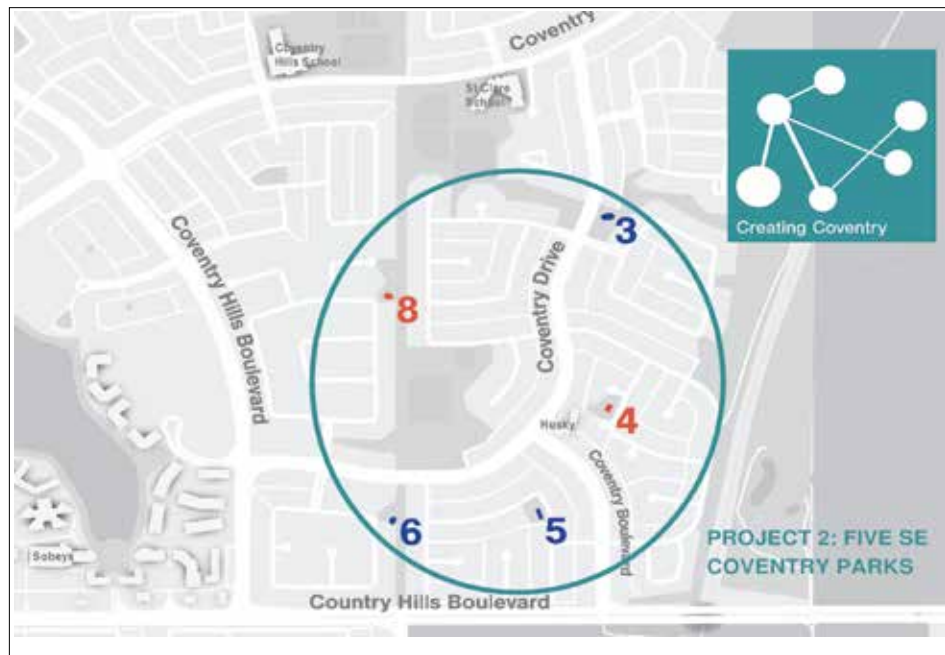
Over the next 4 years, we will be planning 6 Creating Coventry project builds. If you have some free time to donate to help us with these, whether it's just a few hours at an event, or a regular donation of a few hours a month, please contact us at: [creatingcoventry@gmail.com](mailto:creatingcoventry@gmail.com), or message us through our Facebook page at: [facebook.com/creatingcoventry/](https://facebook.com/creatingcoventry/)

**Project #1: Full Size Basketball Court & Rink**

This project is already planned and designed. We need help with donations from local businesses (sponsorships or donations of items that we can raffle – contact Moraig at [creatingcoventry@gmail.com](mailto:creatingcoventry@gmail.com)) and volunteers to help with fundraising and planning the 2019 opening day events.

**Project #2: Five SE Coventry Parks**

The community consultation (what goes where) results are being tallied and the community's choices will be announced soon. We will need volunteers to help plan the design of the parks (from Jan 2019), door knock with the sight line survey to collect signatures from residents (spring-summer



2019) and fundraise (2019-2020).

**Project #3: Inclusive Playground**

This project is currently on hold, until after the City budget has been confirmed.

**Project #4: Dog Park & Social Space**

A small team of resident volunteers is working to plan this dog park and are working to confirm land status before the park itself can be designed. We will need volunteers to help to door knock with the sight line survey to collect signatures from residents in late spring/summer 2019, and a few to help fundraise for this project in 2019-2020.

**Project #5: Pump Track**

Thanks to Brookfield's donation of fill to create the track, we will be able to complete this project for less than anticipated. We're currently looking at a site beside the dog park for this project, and will need some volunteers to help design the track, collect signatures and fundraise.

**Project #6: Pollinator Corridor Pilot Project**

We are working with staff from Calgary Parks and CPI to further this



idea that came from residents during the Backyard Dream consultations in 2017. If we can secure \$5000 in sponsorship funding in the next few months, we will be able to start the pilot project in two medians on Coventry Hills Way in spring 2019.

If you have a local business that would like to help beautify our medians and make our property tax bills cheaper by reducing maintenance (grass cutting along those medians will no longer be needed as the grass will be replaced with beautiful wildflowers), please contact Moraig about a sponsorship plan: [creatingcoventry@gmail.com](mailto:creatingcoventry@gmail.com)

Merry Christmas



A special greeting at Christmastime to express to you our sincere appreciation for your confidence and loyalty.

We are deeply grateful for the opportunity to work with the fine residents of the Northern Hills community!

We wish you a holiday season filled with love & joy and for a happy, healthy and prosperous 2019!

From my family to yours,  
Cory, Jen, Riley & Kiara Lomsnes





# Dates

## NHCA Events and Programs

## December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Northern Lights Contest Starts!
2	3	4 2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo	5	6 10:00 – 11:30am Come Play with Me At Vivo 2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo	7	8
9	10	11 2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo	12	13 2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo	14	15 10:30am – 12:30pm Christmas Crafting Pop-Up Session @ Main Street, Vivo
16	17	18	19	20	21	22
NHCA Office is closed						
23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28	29
NHCA Office is closed						
30	31 New Year Eve	New Year's Day				

### EVENTS

Find more information about our events and programs here [nhca.ca](http://nhca.ca) or by scanning the QR code:



#### Last Come Play with Me at Vivo



Come to check out our last play session with special activities!

On Thursday, December 6<sup>th</sup> from 10:00 – 11:30am, outside of Panther Physio. Free drop-in play program for children 1-5 years old.

#### Christmas Crafting Pop-Up Session

Let's do some festive crafts together! Everyone is welcomed to come and join our Arts & Crafts committee showing and doing Christmas crafts with you.

#### Northern Lights Contest 2018

Brighten and spread the holiday cheer in your community! The contest runs from December 1<sup>st</sup>, 2018 till January 18<sup>th</sup>, 2019. Learn more on our website – [www.nhca.ca](http://www.nhca.ca)



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

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



**OPEN INVITATION**  
to one of our  
**Christmas Eve**  
**Services**  
4:00, 5:30 & 7:00 pm

No Services on Christmas Day

Sunday, December 30  
One Service @ 10 am  
No Children's Programming

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

10099 Harvest Hills Blvd. N.W.  
E-Mail: [office@hhachurch.com](mailto:office@hhachurch.com)

Phone: 403-226-0990  
[www.hhachurch.com](http://www.hhachurch.com)



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

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

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



#### DONATION INFORMATION

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



**Creating Coventry – Project #1**  
**Coventry Sport Court & Ice Rink**

Contact Information: \* denotes mandatory fields

Title: \_\_\_\_\_ \*First Name: \_\_\_\_\_ \*Last Name: \_\_\_\_\_  
\*Address: \_\_\_\_\_  
\*City: \_\_\_\_\_ \*Province: \_\_\_\_\_ \*Postal Code: \_\_\_\_\_  
\*Phone (H): \_\_\_\_\_ (W): \_\_\_\_\_

\*E-mail Address for Tax Receipt: \_\_\_\_\_

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

Payment Information:

- I have made a donation online at [www.parksfdn.com](http://www.parksfdn.com) in the amount of \$ \_\_\_\_\_
- My cheque to **Parks Foundation Calgary** is enclosed in the amount of: \$ \_\_\_\_\_

*Parks Foundation Calgary issues tax receipts as an agent for The City of Calgary.*

- Yes, I would like to receive Parks Foundation Calgary's Quarterly Newsletter e-mailed to me
- No, I would not like to receive Parks Foundation Calgary's Quarterly Newsletter

Parks Foundation Calgary  
225 - 13 Avenue SW Calgary, AB T2R 1N8  
(T) (403) 974-0751  
[info@parksfdn.com](mailto:info@parksfdn.com)





## Senior Persons Regaining Youth (SPRY) in the Hills

### Winter/Spring 2019 Exercise Session and Social & Games Hour

By SPRY Committee

Have you heard about SPRY social gatherings and Fit-2-Age Fitness program? Starting January 15th, 2019 our SPRY committee will be holding an hour of fitness session and an hour of social & games every Tuesday and Thursday from 2:30-4:30pm at Play Lab room at VIVO For Healthier Generations Centre.

Registration for Fit-2-Age Fitness program will open on January 2nd

online at [central.ivrnet.com/northernhills](http://central.ivrnet.com/northernhills) and in-person at the NHCA Office. It is \$35/per person for the whole session and NHCA Membership is required.

Social and Games hour happens during the 2nd hour from 3:30-4:30pm in the same location. It is a drop-in and the only requirement is to have NHCA Membership, well and ready to have some good time!

Hope to see you all in the new year!

## Keep Active this Winter with The City's Recreation Program Guide

By The City of Calgary

The City of Calgary's Winter Recreation Program Guide offers hundreds of fun and affordable recreational opportunities to get you and your family more active, more often. Registered programs include swimming, skating, fitness, arts and sports. With dozens of facilities located throughout the city, there are many convenient locations for you and your family. Registration is now open. To learn more and find a program that's right for you, visit [calgary.ca/register](http://calgary.ca/register).



# PROGRESSIVE OPTOMETRY

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403 248 3937

[www.progressiveoptometry.ca](http://www.progressiveoptometry.ca)

do you **SEE** what i see?

*christmas through the eyes of others*

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Visit us for one of our weekend services  
Saturdays (6pm), Sundays (9:30am & 11:15am)

**BPCHURCH.CA**



# Colouring Contest: FREE ICE CREAM!



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

Name: \_\_\_\_\_

Age: \_\_\_\_\_

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



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More worksheets at [www.education.com/worksheets](http://www.education.com/worksheets)

## SUDOKU-PUZZLES

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

Answers on page 14

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



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 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



# HAPPY HOLIDAYS AND HAPPY NEW YEAR FROM EVERYONE AT NORTHPOINTE DENTAL



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**WE NOW OFFER IERO MOUTH SCANNING - NO MORE MESSY, GOOEY IMPRESSIONS!**

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R W I E D D T L C M C L E A N  
K R L M K K E R U P J S N N H  
L J A T K M A N E P Y F T N L  
B L C U Y K P X T A J L I I B  
Y H S B R Q A M R I J K S N M  
W T Z A N M Y X N K N T T G L  
Y K R K P H S U R B H T O O T

## Teeth to Treasure! WORD SEARCH



- ABUTMENT
- ARCH
- CLEAN
- DENTIN
- DENTIST
- EXAM
- JAW
- PULP
- SCALING
- SCANNING
- TOOTHBRUSH
- XRAYS





# Elected Representatives



## Ward 3 Councillor Jyoti Gondek

Hi everyone! I would like to take this opportunity to wish you all a Merry Christmas and Happy New Year!

### Captain Nichola Goddard

This past June our office met with two students from Captain Nichola Goddard who spoke with us about concerns related to pedestrian safety at their school. This was a great opportunity for our office and City staff to hear what the pedestrian experience has been for the stu-



dents attending this school and to discuss possible options to improve the crossing at Panatella Boulevard and Panamount Street.

As a result of the thoughtful presentation by these two students and a review by the City's Traffic group, we are excited to announce that a Rectangular Rapid Flash Beacon will be installed across the west leg of Panatella Boulevard and Panamount Street. This installation will occur during the 2019 construction season.

### Ward 3 Open House

Our office will be hosting an open house early in 2019. Once a date has been finalized along with a confirmed list of City departments, we will

we advertise the details through the Northern Hills newsletter and website as well as bold signs in the community so stay tuned!

Jyoti Gondek  
Councillor, Ward 3

[www.calgary.ca/ward3](http://www.calgary.ca/ward3)  
Lynne Banning, Assistant  
403-268-2530  
eaward3@calgary.ca

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

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

Earlier this year, I launched an official parliamentary petition calling on the government to fix the unfairness in the equalization formula as it relates to Alberta and our energy sector. I would like to thank all those in our community who have made their voices heard. If you would still like to read and sign the petition you can do so by visiting my website at [www.michellerempel.ca](http://www.michellerempel.ca).

ca/petition.

Thank you to the hundreds of individuals who came out to last month's Town Hall. I appreciate the opportunity to hear about the issues that matter most to you. As it relates to community infrastructure, I have received wonderful feedback from the survey I sent out, as well as feedback from community associations and stakeholders, about



the needs of our community. To view the results of the survey and to provide further feedback please visit: [www.MichelleRempel.ca/our\\_community](http://www.MichelleRempel.ca/our_community)

As 2018 comes to an end, I remain concerned about jobs, the economy and support for seniors and vulnerable members of our community. There are many in our midst who are still unemployed and underemployed or who are struggling to get by. I will continue to fight for policies in Ottawa that will create jobs, lower taxes and provide assistance to those who need it most.

My hope is that during the holiday

season that you have an opportunity to reflect on the blessings we have in Canada and our community. I wish you a very merry Christmas and a happy holiday season.

[Michelle.Rempel@parl.gc.ca](mailto:Michelle.Rempel@parl.gc.ca)  
403-216-7777  
201-1318 Centre Street N.E.,  
Calgary, AB, T2E2R7

[www.MichelleRempel.ca](http://www.MichelleRempel.ca)  
115-70 Country Hills Landing N.W.  
Calgary, AB T3K5P3

## Calgary-NorthernHills MLA Jamie Kleinsteuber

In June 2016, Alberta Education began developing new provincial curriculum in six subject areas: language arts, mathematics, social studies, sciences, arts, and wellness education. It was time. It had been three decades since a significant update to Alberta's curriculum -- three decades of significant societal change, alongside tremendous growth in understanding the educational methods that work for today's students.



This past spring, Alberta Education shared the K-4 draft curriculum with Albertans to gather feedback. The result -- more than 70,000 responses -- ensures this curriculum is focused on the priorities of Albertans. You can access the latest draft, which includes feedback received to date, at [www.new.learnalberta.ca/](http://www.new.learnalberta.ca/).

[www.new.learnalberta.ca/](http://www.new.learnalberta.ca/).

David Eggen, Minister of Education, describes the new curriculum as "common sense, practical and in alignment with up-to-date research." The new K-4 curriculum maintains focus on reading and writing, with increased attention to speaking and listening. Mathematics now emphasizes committing facts like multiplication tables to memory, along with the application of math concepts and basic financial literacy. Science continues to cover specific topics, with greater emphasis on scientific inquiry, analysis, and investigation. History and geography are now integral to the social studies curriculum. These changes are all part of ensuring kids learn the skills needed to be successful in tomorrow's economy.

Participant Cassy Weber of Mind-Fuel (Science Alberta Foundation) summarizes: "We appreciate the enormity of the ministry's extensive process of engaging critical stakeholders in the reviewing and rewriting of all subjects of the K-12 curriculum. Our world is interconnected, complex and diverse, and it is important that our curriculum reflects this."

The K-4 curriculum will likely receive ministerial approval by December, with timelines for implementation still to be set. For now, current curriculum remains in effect.

For questions about the new curriculum or any other provincial matters, please feel free to contact my office.

Your MLA,  
Jamie Kleinsteuber

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

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

Updated: February 16, 2018



## Membership Application

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

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

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

**Fees:**

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

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

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

D.O.B: \_\_\_\_\_ Gender: \_\_\_\_\_

(Spouses) First Name: \_\_\_\_\_ (Spouses) Last Name: \_\_\_\_\_

(Spouses) D.O.B: \_\_\_\_\_ (Spouses) Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

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

Other \_\_\_\_\_

**Please indicate (✓) activities you would like to see in your community:**

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Adult Programs      | <input type="checkbox"/> Indoor Soccer  | <input type="checkbox"/> Tennis Courts |
| <input type="checkbox"/> Children's Softball | <input type="checkbox"/> Farmers Market |  |

Other \_\_\_\_\_

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

- |                              |                             |
|------------------------------|-----------------------------|
| <input type="checkbox"/> yes | <input type="checkbox"/> no |
|------------------------------|-----------------------------|

## NEW DANCE STUDIO in Beacon Heights!




CONTACT US TO REGISTER TODAY!

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[www.diversitydpa.com](http://www.diversitydpa.com)  
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Adult Dance and Boys Only Hip Hop Classes Available!



# Next Year Plans & Christmas Crafting Pop-Up

By Arts & Crafts Committee

We would like to thank those of you who reached out to us on our Call for Artists! We are happy to have a few new folks joining our team and now we are getting ready for our next year which will be so exciting! If you are reading this, we would like to give you a bit of a sneak peek into what programs we will have. Our pilot Pre-Beginners Watercolours program has been a great success and now we are pursuing with it in January 2019 and opening it for all the adults. Our next two programs will be Popsicle Creations for Kids and 3D Sculptural Modeling for youth and adults. While we are prepping for our next year, we thought not to miss a wonderful festive Christmas season and organize a fun pop-up session.



Let's do some festive crafts together! As our Secretary, Simon Cheng said - try your hands on some arts and crafts. Everyone is welcomed to come and join our Arts & Crafts committee showing and doing Christmas crafts with you.

Check and mark your calendars for Saturday, December 15th from 10:30am-12:30pm at Main Street at Vivo. No need to bring anything,

except your imagination and crafty mood!

Look out for our events and upcoming programs at our webpage at [www.nhca.ca](http://www.nhca.ca).

If you have any questions, please reach out to Muzna Amin and Lindsay Lantela via [arts@nhca.ca](mailto:arts@nhca.ca)

Hope to see you all then and if not, till next year.

Merry Christmas and Happy New Year!



# Neighbourhood Economics

From the Federation of Calgary Communities

When thinking about your monthly purchases, would you like to spend money locally? Even just 10% of spending in local economy can create a stronger more resilient neighbourhood. Below are a few ways to help you grow the local economy:

1. Are there local mechanics in your community that are affordable? Using local car washes, auto parts and insurers all ways for drivers to think local.
2. Engage and support the local pharmacies, bookstores, hardware stores and convenience stores. Does your community

association showcase these local spaces in your neighbourhood?

3. If you can support local restaurants, bakeries, coffee shops and breweries. These are one of the easier ways to support a local economy.
4. Find local sporting events, films, and the arts to support. By attending these events you support the local art and culture scene.

Visit our website at [calgarycommunities.com](http://calgarycommunities.com) for more information and resources



# BACK TO SCHOOL.

**25% of 1st Graders have an undetected visual concern**

**Children's eye exams are covered**

**once a year by Alberta Health**

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

Two convenient locations serving the Northern Hills Communities

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**SecondSight**  
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Country Hills Towne Centre  
Calgary, AB T3K 4Y7

#730, 1110 Panatella Blvd. NW  
Gates of Panorama Hills  
Calgary, AB T3K 0S6

403.226.7638  
[www.siteforsight.ca](http://www.siteforsight.ca)

403.452.6831  
[www.2ndsight.net](http://www.2ndsight.net)

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

New and Emergency Patients Welcome

# Online Tool to Monitor Development in Your Community Planning & Development Map

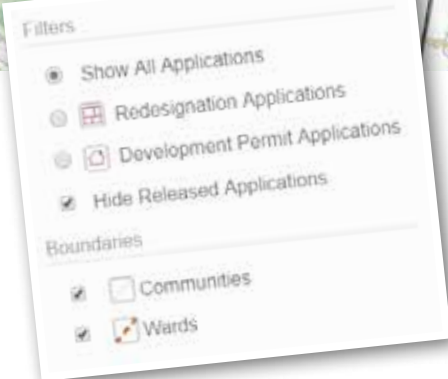
By Planning Committee

Do you know how your community is growing and developing? Our planning team reviews all development applications received for all five NHCA communities, including: Country Hills Village, Country Hills, Coventry Hills, Harvest Hills, and Panorama Hills,

We try our best to review every development application, but also count on you to keep an eye out for any applications that may be of interest to you. The City of Calgary has created an online Planning & Development Map that shows all the applications throughout the city. Now we can all monitor the types of applications being submitted, their details, and their status.

Please find the map by following this link: [developmentmap.calgary.ca](http://developmentmap.calgary.ca)

We encourage all our residents to familiarize themselves with this online tool and keep an eye out for applications that catch your eye! If you have



any questions or concerns, please reach out to us by contacting Jeanette Lee and Simon Cheng via [planning@nhca.ca](mailto:planning@nhca.ca).

*Happy holidays!*



# HEALTH CORNER

## Best Picks for (Active) Indoor Play!

By Early Childhood Development Network (ECDN)

Winter hits hard in Calgary and there come days when we simply cannot go outside safely. When those days come, think Active Indoor Play! Active Play is any sort of physical movement that gets our children (babies too!) "huffing and puffing". Activities like these increase our kids' heart and breathing rates, which in the long run increase their energy and improve their physical health and well-being. Canadian physicians recommend a mix of adult-organized and free play activities, split

between 2-3 hours a day for toddlers and preschoolers. Children should not be inactive for more than an hour at a time! It's important to remember that Active Play does not require large spaces or huge chunks of time. Short bursts throughout the day (20 minutes) are just as effective (sometimes even more so) than one extended activity.

**ANIMAL ALPHABET:** Choose an animal for each letter and move like they do! Crunch like a Caterpillar, Dig like a Dingo... Keep active for the whole alphabet!

**SCREEN SAVER:** We know how hard it can be to limit screen time... but one of the main reasons why we try to stay away from it is because it keeps our kids stationary for too long. The solution? Re-enact what's happening on the tube! Flip around with the little mermaid... stomp with the dinosaurs... race like Lightning McQueen.

**TUMMY TIME:** Babies need exercise too! Tummy Time can be tricky, but if you're finding it difficult, try different kinds of tummy time; try putting your

baby on YOUR tummy, so they can see your face and feel the rhythms of your breathing. Babies also love baby faces — put them on a mirror so they can see their own!

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 work hard to support five important developmental areas for children based on the



Early Development Instrument (listed above). 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: [nwecdc coalitions@gmail.com](mailto:nwecdc coalitions@gmail.com).

## Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to

skin contact (i.e. hand covering tips of ears).

### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white & waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed;
- Call 9-1-1, or seek further medical attention as required.

### Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inap-



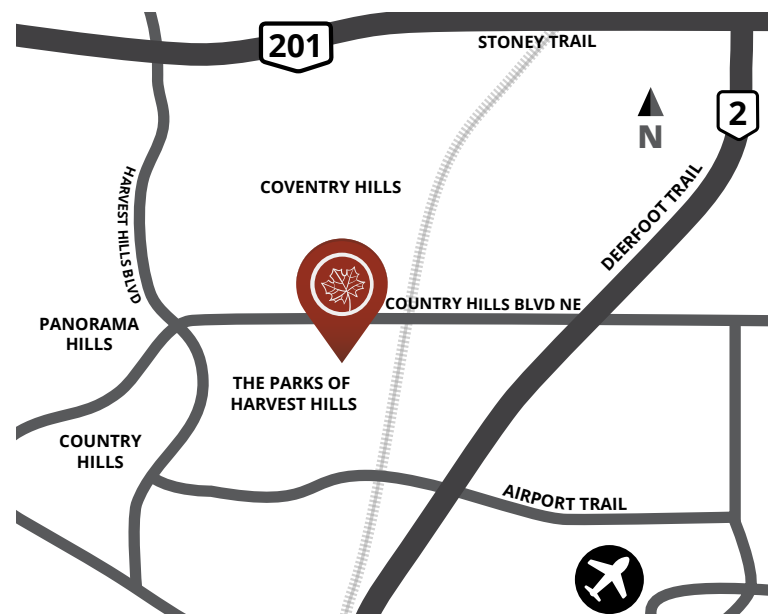
- appropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quick-

ly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



**SINGLE FAMILY HOMES**

STARTING IN THE \$580'S



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the parks of HARVEST HILLS

APARTMENT STYLE CONDOS FROM THE \$170'S

TOWNHOMES FROM THE \$300'S

PAIRED HOMES FROM THE \$450'S



# Watch for Your New and Improved Water Utility Bill

By The City of Calgary

Delivering safe and reliable drinking water, treating wastewater, providing flood protection and maintaining a system of pipes, plants and pumps for a city of 1.2 million is complex.

Reading your bill shouldn't be.

You told us you wanted your utility bill to be simple and clear. We worked with you to make it easier to see what you pay for and how your rates are calculated.

### What's new?

Starting this month, the water portion of your utility bill clearly outlines your City of Calgary water services. It shows your usage, how it's calculated and how your rates ensure reliable water service and support critical infrastructure for our city.



Your water charge pays for the cost of treating your drinking water and getting it to you. Your basic service charge enables us to maintain the infrastructure needed to do that.



Your wastewater charge pays for the cost of taking away the water you've used and treating it before it's returned to our rivers. Your bill now shows you are paying for 90% of your water usage rather than 90% of the wastewater rate. The calculation more clearly shows that on average through the year, 90% of the water you use goes to the wastewater system and a portion (e.g. outdoor watering) does not. While the calculation shown on your bill has changed, what you pay has not.

Calculation prior to bill improvements:  
 $8m^3 @ \$1.4852/m^3 = \$11.88.$

Calculation now:  
 $(8m^3 \times 0.9) = 7.2 @ \$1.6502/m^3 = \$11.88$



Your wastewater basic service charge enables us to maintain the infrastructure to treat wastewater. Your storm water basic service charge enables us to maintain reliable street drainage, flood protection and the health of our rivers.

Every business, organization and home in Calgary depends on around-the-clock access to water services. Your rates support us to deliver high quality drinking water, treat our wastewater safely and protect the river – our source of drinking water. Together we make life better every day.

For more information on water rates and reading your bill, visit [calgary.ca/waterbill](http://calgary.ca/waterbill).

# Fun Family Programs

Come Play with Me at Vivo for children (1-5 years old)  
 Oct. 11-Dec. 6  
 Thursday Mornings 10:00-11:30 AM  
 (beside the Panther Physiotherapy)  
[Vivo for Healthier Generations](#)

Storytime at Vivo for children (1-5 years old)  
 Jan. 10, 17 & 21  
 10:00-11:00 AM  
 Families need to attend all 3 story times.

Call 587-392-2271 to register starting Nov. 26

Our Come Play with Me program will be ending Dec. 6 with some special activities. Don't forget to come and join our final drop in play for the year.

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

In January look for a Storytime Jan 10, 17 & 24. 10-11 AM. Families need to attend all 3 story times. Please sign up for this as of Nov. 26. (Look for details below)

The drop-in program Come Play with Me will start up Jan. 31-March 21, (10-11:30 AM) 2019.



Come join us for this free Storytime with Parent Link staff where children and parents will share songs rhymes and stories in this interactive circle program. We will be located outside the Library in the Vivo Administration area.



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

For more information call 587-392-2271 or check website [www.weconnectyou.ca](http://www.weconnectyou.ca)



## CHRISTMAS CRAFTING POP-UP SESSION

SATURDAY, DECEMBER 15  
 10:30AM-12:30PM  
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### EVERYONE IS WELCOME!

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

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# Public Library News

By Calgary Public Library (CPL)



Teen Centre and Tech Lab, and a Performance Hall. Learn more at [calgarylibrary.ca/new-central-library](http://calgarylibrary.ca/new-central-library) and come visit us at 800 3 Street SE today!

## Did You Know? Early Learning Centres Are the Place to Play

Did you know the Library has ten Early Learning Centres throughout the city? Early Learning Centres are vibrant and interactive spaces for young children to learn through play. Each is built around a distinct concept, like Into the Woods at Shawnessy Library or Bird's Eye View at Crowfoot Library. Watch our new video at [calgarylibrary.ca/early-learning-centres](http://calgarylibrary.ca/early-learning-centres) to learn why we're creating these special spaces for Calgary's littlest learners. Plus, visit our newest space – built around a helicopter! – at Seton Library this January.

## Cozy Up This Winter with Kanopy

If cool weather has you dreaming about cozy days inside, you'll want to know about Kanopy. This video streaming service in our E-Library has over 30,000 documentaries, classics, and international films, plus a large selection of movies and TV shows just for kids. With your free Library card, you receive 10 Kanopy film credits every month. Watch videos from anywhere, anytime, on smartphones, tablets, computers, or smart TVs. Visit [calgarylibrary.ca/kanopy](http://calgarylibrary.ca/kanopy) to learn more.



## Your New Central Library is Now Open!

There's something for everyone at the new Central Library. Take a guided tour of the building, step back in time with the Calgary's Story collection, see Indigenous art, or try a technology program. Other features include a 12,000-square-foot Children's Library, two LUKES cafés, Audio Recording, Video Recording, and Production Studios, a

# Drive Safely This Winter

By The City of Calgary

Getting safely to your destination is easier with a bit of preparation, whether you are taking shorter trips around the neighborhood or longer excursions on the highway.

Have your antifreeze levels, battery and ignition system, brakes, heater and defroster checked on your vehicle. Install good winter tires for the best traction in slick conditions. Also, driving with your gas tank nearly full ensures that even if you are stranded that you will be able to keep warm until help arrives.

You will also want to have a vehicle emergency kit, with:

- Jumper cables
- Flares or reflective triangle
- Ice scraper
- Car cell phone charger
- Cat litter or sand for better tire traction
- Non-perishable food and water
- Blankets, extra warm clothes and winter gloves
- Small shovel

Should you need these items, you will be glad you took a few moments to plan ahead.

Safe driving, Calgary! For more information on winter emergency safety, and to learn more about how to prepare your family and your home for an emergency, visit [calgary.ca/getready](http://calgary.ca/getready). Learn what the risks are in Calgary, how to build a 72 hour emergency kit and take the Calgary Emergency Management Agency's Ready Calgary course.

## Are you 55 or older?

We are seeking participants to take part in interviews discussing perspectives about participating in physical activity with other people.

**YOU DO NOT NEED TO BE PHYSICALLY ACTIVE TO PARTICIPATE IN THIS STUDY.**

We are interested in the perspectives of people who do not participate in a formal exercise program and do less than 150 minutes of physical activity each week.



The aim of this research is to examine:

- Perspectives on participating in physical activity.
- Social barriers and social support related to participating in physical activity

Participation includes:

- One 60-90 minute interview
- One 5-10 minute questionnaire
- One 10-15 minute follow-up phone interview
- You will receive a complimentary single admission to a City of Calgary Recreation facility

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board REB18-0850

If you are interested in participating in this study, please contact:  
Evelyne Felber Charbonneau at (403) 220-2847 OR [evelyne.felbercharbo@ucalgary.ca](mailto:evelyne.felbercharbo@ucalgary.ca)

- Support for Physical Activity Study  
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[evelyne.felbercharbo@ucalgary.ca](mailto:evelyne.felbercharbo@ucalgary.ca)
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## Crossword puzzle ANSWERS

Puzzle on page 4

1	A	L	P		4	E	R	S	T	8	H	A	S	11	S	12	L	13	E			
14	L	E	E		15	S	A	L	E		16	E	N	L	I	S	T					
17	M	A	S		18	A	S	A	P		19	A	G	E	N	D	A					
20	O	P	E		21	N	U	P	W		22	I	N	D	O	W	S					
23	S	E	T	A						24	D	O	E	R								
25	T	R	A	N	C	H	E			29	D	R	A	F	T	E	E					
					34	H	E	R	O						36	L	A	W	N			
37	P	O	S	T	I	N	G	P		41	P	I	C	T	U	R	E	S				
44	S	H	O	W						45	T	O	G	A								
46	I	M	P	O		47	U	N	D		50	N	I	G	51	G	52	A	53	R	54	D
						55	N	E	A		56	T				57	O	R	E	O		
						58	F	A	C	E	B	O	60	O	61	K	62	P	A	G	E	S
63	P	L	A	C	I	D				65	R	A	R	E				66	A	L	A	
67	A	E	R	I	A	L				68	C	H	I	C				69	L	E	G	
70	P	O	O	D	L	E				71	H	U	S	K				72	I	R	E	

## Sudoku puzzle ANSWERS

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

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



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- Saturday** • 9am - 4pm



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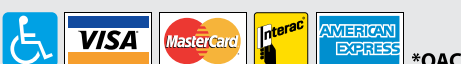
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Dr. Henry Seto focuses on comprehensive and neuromuscular dentistry, ask him about any TMJ symptoms you may be having.

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

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



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