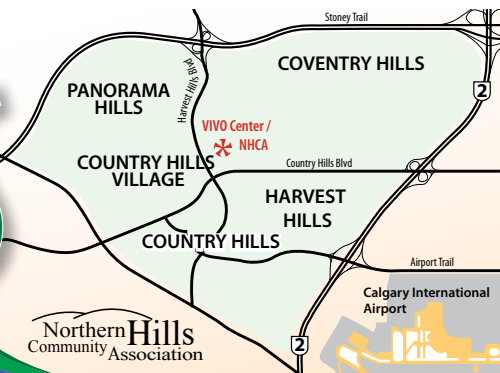


Over 20,000 monthly printed copies

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 HHHub is Open!

By Meghan Keating

The construction fence has come down and we are open for business! (Or open for Play!) Please stop by and check out what has been two and a half years in the making! Watch for our Opening Ceremony along with a few additions in the spring; namely a huge swing set, a free library, more trees and shrubs and some final sod will be laid. Please be careful around the recently laid sod so that it doesn't get damaged, but other than that: have fun!

While you are at the park take special note of the benches made by the Notre Dame Carpentry and Welding Program. Since the spring of 2017 the Notre Dame Carpentry and Welding classes have been collaborating with the Harvest Hills Hub committee and the Northern Hills Community Association to create student-made benches for our playground replacement in Harvest Hills. Two benches were designed and created with the ND program offering free labor and expertise. The teachers and students spent many hours brainstorming, designing, and building these benches. Mr. Mazuryk's design was submit-

ted to the City of Calgary and was approved after being scrutinized through the city's strict safety protocols. From the beginning, the HHHub committee and Ivan Mazuryk (carpentry teacher) and Mitchell Patterson (welding teacher) had a vision to incorporate natural images into the benches; this vision is beautifully executed in the final



design. There are butterflies and leaves painted on the wood and insects cut into the metal legs. The HHHub was able to secure funding partially through a Neighbor Grant with the Calgary Foun-

dation and partially through fundraising efforts to fund the raw materials, such as the thick slabs of fir and all the metal that was used, which the students and



dedicated teachers turned into works of art.

These two benches are now installed at the new playground and green space at the HHHub (176 Harvest Glen Way NE) and they are a true focal point showcasing community and student involvement in an effort to

improve our community and public access green spaces. Our sincere thanks go out to Mr. Mazuryk and Mr. Patterson who are true artists and dedicated community volunteers, and to all of the Notre Dame students who worked hard to make this project a success!

Quick Facts about NHCA

Northern Hills Community Association

Community Ice Rinks



You have TWO FREE outdoor rinks that are run by hard working and winter driven volunteers!

- Harvest Hills (520 Harvest Lake Dr NE)
 - Panorama Hills (400 Panamont Blvd NW)
- *Adopt-a-Rink Volunteer Program**

Use of protective gear is recommended! Be mindful of those around you.



Bring a shovel and clear the snow as needed!



ICE RINKS	5
EVENTS & PROGRAMS CALENDAR	6
ARTS & CRAFTS	9
ELECTED REPS	10
HEALTH CORNER	12
GIFT OF JOY	14

this month
WHAT'S INSIDE

FREE ICE CREAM ON PAGE 8

Newly Renovated, Newly Automated Faster and Better Service

Bottle Depot
BEDDINGTON HEIGHTS
#111, 20 Country Hills Landing NW
Calgary, Alberta T3K 5P4
403-274-2122

Mon - Fri: 8:45am - 6:00pm
Sat: 8:30am - 5:00pm
Sun: 10:00am - 4:00pm

Computerized • Accurate • Fast & Friendly Service

www.bottledepotcalgary.ca

It matters - and it pays \$\$



Another Reason to Smile

We Follow
The Alberta
Governments
Current Fee
Guide!

We are a **General Family Dental Clinic & Always Accept New Patients & Emergencies.**

NEW YEAR, NEW HABITS



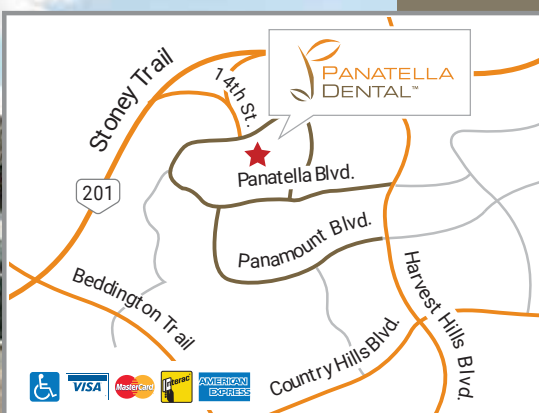
Bring on 2019

with a fresh smile and good dental hygiene habits.

We Offer a Full Range of **General Dentistry Services & Amenities** including:

- ✔ Family Dentistry
- ✔ Free Wifi
- ✔ Massage Treatment Chairs
- ✔ BOTOX® Cosmetics for Facial Aesthetics
- ✔ Cosmetic Dentistry
- ✔ Direct Billing Insurance
- ✔ Complimentary Happy Visits (for Children Under 3)
- ✔ Zoom® Whitening
- ✔ Dental Implants
- ✔ Dedicated Childrens Playing Area
- ✔ Warrantied Work
- ✔ Emergencies Treated Same Day
- ✔ Invisalign®
- ✔ TVs in Every Room
- ✔ Botox & Dysport
- ✔ Child Hygiene Program

2019 has arrived and it's time for a fresh start. Did you know that poor dental hygiene is linked to heart disease, Alzheimer's disease, and respiratory issues? This year, make your health a priority by paying special attention to your oral hygiene routine. Be sure to brush your teeth and tongue at least twice a day with a soft-bristled toothbrush, and don't forget to floss.



587.602.2381

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

Mon - Thurs 7 AM - 8 PM | Fri & Sat 8 AM - 4 PM

Panatelladental.com

Community Association Notes



From the Executive

Everybody likes to believe, myself included, that there are no limits when it comes to expending energy, getting things done, capitalizing on opportunity and driving through life full speed. I recently came to a realization that there are thresholds both physically and mentally that we all face but never want to admit in case we are seen as weak or inadequate. This became real to me this fall when my cup ran over and both my physical and mental self-stepped on the brakes and it became clear to me that I had hit a wall. I ignored all the signs...always tired, headaches, cranky, unmotivated and lacking the spring in my step. I didn't see myself as depressed or stressed as I am usually in good spirits or willing to take on any challenge or change. Even though I struggle with an auto-immune disorder, I never think that I am inhibited by my illness.



What I experienced was the results from a case of "lack of self-care".

As a mom, a boss, a teammate, a community leader. Putting other people first comes second nature but sometimes we need to take the advice of our friendly airline attendants and put on our own oxygen mask first before so that we can help those around us. Taking this advice is hard but not taking it landed me physically ill for weeks, mentally exhausted and looking for a way to make some improvements to my lifestyle. I offer all my community the following revelations as you start your new year acknowledge and accept that you are worthy of "me time". That conscious care of both your body and mind is critical to your health, rest is life, get your flu shot (I didn't) and that it is okay to step back and ask for help.

Leah Argao
President
Northern Hills Community Association

Volunteer Opportunities



Happy New 2019 Year everyone,

Hope you had a good and quality time with your family and friends throughout this holiday season. We surely were excited to see so many wonderful holiday initiatives and services in the Northern Hills community and in Calgary overall. Are you involved in your community life? Consider joining some of our committee groups and their initiatives.

Harvest Hills Hub

The Harvest Hills Hub is a local initiative to bring activity and connection to our neighbourhood through events and meetups. Our outdoor park space is located at 178 Harvest Glen Way, NE. Our committee has grown considerably over the past year, but we are always looking for more residents interested in helping out! We meet once a month to plan engaging events at the hub and we're calling all kids, teens, adults, and seniors to reach out with their ideas for fun and engaging events at the hub this year!



Share your ideas for events at the hub by messaging us on Facebook or emailing Victoria and Sarah at HarvestHillsHub@hotmail.com. Check us out at www.hhhub.ca and www.Facebook.com/HarvestHillsHub for more details about upcoming events and opportunities for connection.

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 Daniel (rinks@nhca.ca) for more information.

At Home in the Hills (AHIH)

We at "At Home in the Hills" (AHIH), envision inclusive, diverse, sociable and more friendly neighbourhoods within the Northern Hills. We wish to facilitate programs and activities which are beneficial for the residents and promote "people helping people" for strong neighbourly connections.



We are actively seeking to fill the following volunteer positions for our 2019 year:

1) 2019 Tax Clinic Volunteer Lead *Urgently Needed*

Deadline: Jan. 16, 2019 or until the position has been filled

We are piloting NHCA's first Community Volunteer Income Tax Program (CVITP) and are looking for our program lead! We're looking for someone who is knowledgeable in tax and accounting principles, experienced in income tax filing, and has some supervisory or/and management experience. You will be a core component of the organizing team, a primary point of contact, and will assist in organizing and supervising the Tax Clinic volunteers.

This is an excellent chance for you to give back to the community by sharing your skills and knowledge. Let's build an accessible, collaborative, and accountable community together!

Commitment required:

- Approx. 10 hrs/month throughout organizing period January – February 2019
- At least 20 hrs/month over March – April 2019 tax season.

2) 2019 Community Tax Clinic Volunteer (General)

Deadline: Jan. 31, 2019

Do you want to help others in your community and get service filing experience? Volunteer with NHCA's first Community Volunteer Income Tax Program

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@nhca.ca

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

STAFF & CONTRACTORS

Ad Sales: Heather Hubert (marketing@nhca.ca)
Administrator: Marina Barrett (admin@nhca.ca)
Bookkeeper: Paige Martin
Engagement Coordinator: Yana Soldatenko (engage@nhca.ca)
SoccerTech: Heather Lipper (info@soccertech.ca)
Newsletter Publishing: Duane Thomson at Keyline Publishing

VOLUNTEERS

The NHCA is a self-funding, non-profit organization. All our board members and committee members are volunteers.

BOARD MEMBERS

President: Leah Argao (president@nhca.ca)
1st Vice President: David Hartwick (1vp@nhca.ca)
2nd Vice President: Jessie Leighton (2vp@nhca.ca)
Secretary: Simon Cheng (secretary@nhca.ca)
Treasurer: Jeannette Lee (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)

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

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

EDITOR'S NOTE:

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

GRAND OPENING SPECIAL

- One 12 inch 5-Topping Pizza
- 10 Wings or 1 Cheesy Bread
- 2 cans of Pop

\$21.99

MAKE IT A LARGE FOR \$3 EXTRA



33 Harvest Hills Dr. NE Calgary, AB T3K 3X5

403.226.7933

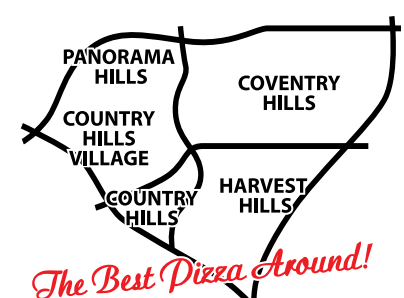
Sun-Thur: 11am to 10pm
Fri-Sat: 11am to 11pm

Order online at
orderpizzabox.ca

Order on-the-go
with our app!



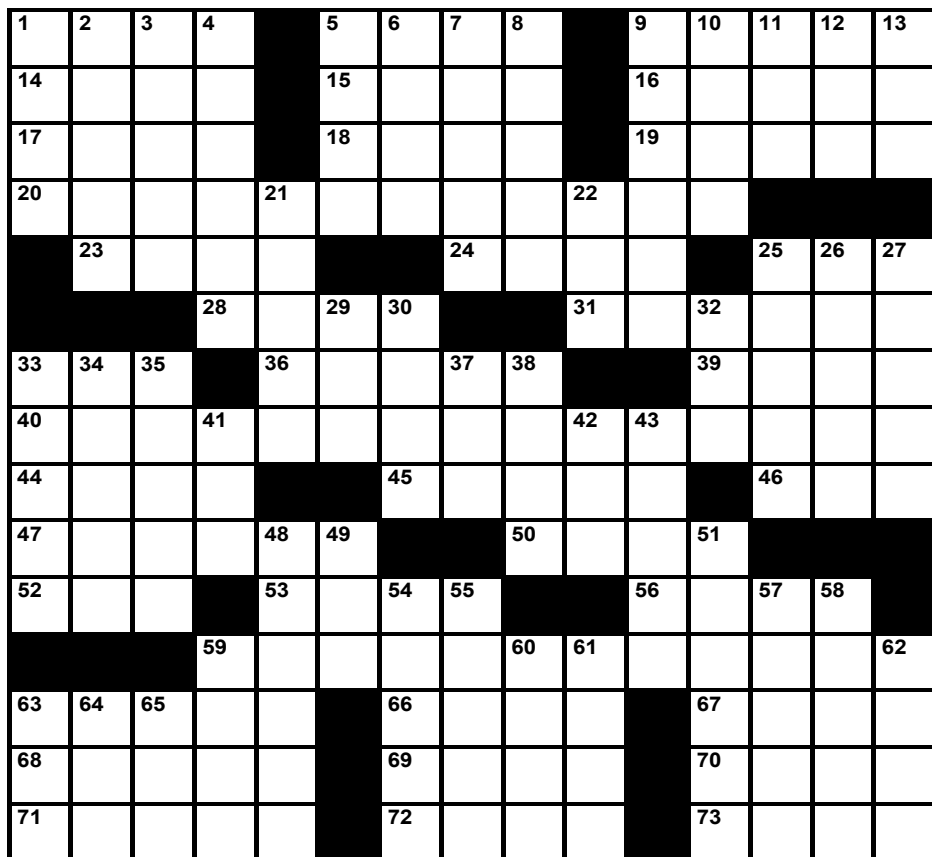
FREE PIZZA DELIVERY TO:



The Best Pizza Around!

CROSSWORD

Answers on page 14



ACROSS

- 1. Bit of turbulence, at sea
- 5. Performed
- 9. Inaccurate
- 14. Deep-red blood pigment
- 15. Island feast
- 16. Construction girder
- 17. Olympian warrior
- 18. It controls a pupil's size
- 19. Geeky types
- 20. "My Generation" singer
- 23. Computer food
- 24. Kind of bean
- 25. Face card value
- 28. Battlestar Galactica character
- 31. Library feature
- 33. Make a play!
- 36. Fermenting
- 39. S-shaped curve
- 40. "Stoney End" singer
- 44. Spirit
- 45. Violently shake
- 46. Sloppy digs
- 47. Hook up
- 50. False god from the Bible
- 52. Bishop's jurisdiction
- 53. Confidential help
- 56. Approximate

59. "Suspicious Minds" singer

- 63. Best
- 66. Govenor's's postpone-ment
- 67. Math ratio
- 68. Trunks
- 69. Letters after sin
- 70. Baker
- 71. Radiance
- 72. Meal scraps
- 73. Tidings

DOWN

- 1. Blacken on the barbecue
- 2. Biblical king
- 3. Healthy, with 3
- 4. Spanish currency
- 5. Tried to get home, maybe
- 6. Heavenly glow
- 7. Pedicure care focus
- 8. Enthusiasm
- 9. Like royal descent, usually
- 10. Observe
- 11. Over, poetically
- 12. Pathetic
- 13. German resort
- 21. Kind of screen
- 22. Scandinavian rug
- 25. Caesar's wardrobe

pieces

- 26. Major happening
- 27. Strapped
- 29. Middle East title
- 30. PC processor
- 32. Trigonometry abbr.
- 33. Swedish group's
- 34. Menu
- 35. Having no originality
- 37. Significant degree
- 38. Eats
- 41. Fluffy accessory
- 42. Age
- 43. Vacuous
- 48. Report by telephone
- 49. Subject of "Philadelphia"
- 51. Period of instruction
- 54. "Rock the Boat" music
- 55. Poly- follower
- 57. Breathing
- 58. Take up again
- 59. Make smooth
- 60. Role
- 61. Pumpernickels
- 62. Hungers
- 63. Possessive pronoun
- 64. Homer Simpson's grunt
- 65. Before, to a sonneteer

Volunteer - Continued from page 3

(CVITP) clinic! General Volunteers will work in a variety of roles including intake, client relations, and filing. All volunteers are expected to have familiarity with using a computer and can keep a professional and confidential demeanor. No experience required, volunteers will receive training and support prior and during clinic.

Commitment required:

- Attendance of training session (approx. 2 hrs)
- Minimum of 10 hrs during clinic service from March – April 2019

3) Program/Event Team Members

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

This is a call out for those who love to organize events, social gatherings, and bring community together. As a program/event team member, you will contribute to ideating, organizing, setting up, and managing various events and program sessions.

Commitment required: Approx. 8-10 hrs/month, depending on the project's schedule.

4) Tech Coordinator

We're looking for a volunteer who is tech savvy to organize and create user-friendly, accessible, forward-thinking visualizations and tech-based tools with a goal to connect our community's newcomers with accessible and

necessary information and resources. Basic knowledge in web coding, and an interest in information management, user experience, and tech accessibility is preferred.

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

Creating Coventry



We are going over the results of online survey on Project #2 – Five Southeast Coventry Parks, and starting in late January and early February will be looking for more people to help us with this project. The Project #1 - Full Size Basketball Court & Outdoor Rink is at its fundraising stage. There's a lot going on behind the scenes! If you would like to get involved, by helping with the planning, door knocking to do the line of sight survey, fundraising, or anything else, we would love your help!

Please get in touch with Moraig via creatingcoventry@gmail.com or Yana at NHCA via engage@nhca.ca. If you are on



Facebook, you can also message us directly via the Creating Coventry page: www.facebook.com/creatingcoventry

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

"Did You Know In the Hills?" Contest!

This month's trivia question is:

Which community ice rink locates on a slope?

Please send your answer, the article title and page number, along with your name, contact information and NHCA membership number* to: editor@nhca.ca. Our winners will receive a \$50 gift card to Applebee's restaurant and a Vivo family day pass!

* Only current NHCA members will be entered in the draw; you can purchase or renew your membership online at nhca.ca/membership.

The winner of the "Did You Know in the Hills?" trivia question for the month of December is: Lana Dinn, Congratulations! The answer to December's trivia question was "Saturday, December 15th from 10:30am-12:30pm". The answer is found in the December 2018 Northern Hills News edition under the article titled Next Year Plans & Christmas Crafting Pop-Up on page 11, under NHCA Monthly Calendar on page 6, and on page 13 in an advertisement format. 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!

SPRY

IN THE HILLS

Exercises & Social

ELECTRICAL AUTOMATION Ltd.

HOURS OF OPERATION
MON to FRI – 7:00 to 4:00
EVENINGS & SAT – BY APPOINTMENT

QUALIFIED MASTER ELECTRICIAN
CITY LICENSED
INSURED

Did you know that smoke detectors need to be replaced after 10 years (or when recommended by the manufacturer) to ensure proper operation?

How to tell if your smoke detector has expired:
(1) look for the date of manufacture on the detector
(2) if there is no label, contact us to confirm

LOCATED IN THE NORTHERN HILLS, CONTACT 825.222.4453 or Visit @ www.growler.ca for more info

COMMERCIAL & RESIDENTIAL SERVICES FOR:

- PERMITS
- RENOVATIONS & ADDITIONS
- LIGHTING REPLACEMENTS
- SMOKE DETECTOR SERVICES
- REPAIRS & TROUBLESHOOTING
- DATA, TEL, TV & AUDIO
- HVAC CONTROLS (TSTAT's, etc)

urban

danceprojects

JOIN US FOR SEASON 15

Register Now for 2019

NEW Adult/Teen Barre Fitness Classes!

10-week Winter Session Starts Jan 2019!

AGES 2 YEARS TO ADULT

ADULT/TEEN BARRE FITNESS • ACROBATIC ARTS • BALLET
CONTEMPORARY • HIP HOP & DIVA STYLE • JAZZ
KINDER COMBO • LYRICAL • MUSICAL THEATRE
PARENT & TOT • TAP • TINY TOTS

View class schedules online at

WWW.URBANDANCEPROJECTS.COM

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

What I Have Learned About Making Ice Rinks

By Daniel Sennhauser

Around 3 years ago, I saw an opportunity to volunteer with Northern Hills helping set up outdoor skating areas. I had always dreamed of having a big backyard skating area one day, but given house prices these days, I thought this would be a great second-best option. Plus, skating on your own isn't nearly as fun as skating with a group of your Northern Hills neighbours!



I have learned a lot since then, and still learning more as I go, but I thought it might be interesting to share some of the less intuitive things I have learned over the years.

1. A 1.5" forestry hose has a lot of kick!

The city provides access to water mains via a 1.5" diameter access. Once fully flowing, it takes significant force to hold the hose and aim it. It's too strong to be able to move around while flowing, so to re-position it is safer to turn the nozzle off, move, and then start flowing again.

2. Making ice takes time!

The high flow access is great and can thoroughly soak our skating areas (both Harvest Hills and Panorama Hills) in less than an hour. But even at -10 deg C, it takes a few hours for a thin layer of water to freeze solid. And the water that you apply can actually start melting the ice you have made underneath, so progress has to be made in slow increments. The notion of 'flooding' (i.e. filling it up with water) is a misleading term. Since we don't use liners to seal the area, the ice has to be built up slowly in layers.

3. Flooding over snow is a bad idea!

I learned this the hard way. You definitely need to clear away snow before flooding. One year I tried to use the snow as a starter layer at the Panorama Hills site.



It makes a crunchy top layer that gives way very easily to a loose base that is all too tempting for people walking by to stomp on (it makes a very satisfying crunch!). The result is deep foot prints that take a long time to fill and smooth over. Plus, any ice that does form on top is typically too weak to support the pressure of an ice skate. To make a long story short, it means for the first few rounds of getting the ice started, you have to shovel snow off grass. Kind of a weird thing to do.

4. The overnight lows are not as consistently cold as one might think!

The city recommends flooding only be done in temperatures between -7 and -17 deg C. Too cold and there is risk of damaging the water access. Not cold enough, and the water will not freeze quick enough. This puts a major constraint on getting ice made, especially given it can only be built up in small layers. The Panorama Hills site is also on a fairly major slope, so it needs extra layers to be built up before it is good enough for skating on.

5. Clearing snow from a big area is hard work!






Clearing a driveway can be hard work if a major snow dump happens. Clearing a skating surface is exponentially worse! Not only is it a bigger area, but as you push a shovel from the middle to the edges, the pile that forms is too large to push. So scoop by scoop, you have to throw the snow to the edges. Thankfully, Blaize (lead volunteer at Harvest Hills site) has a snowblower that he has shared between the two sites. This year, I also have a snowblower, so we should be in great shape to clear away the big snowfalls.

At the time of writing (Dec. 10), both sites were making great progress, but a Chinook has blown in, so things have stalled for the moment.

Harvest Hills is typically ready before Panorama Hills because it is a superior location for levelling and the high dirt berms. Panorama Hills only uses 2x10 boards for the perimeter, and due to the slope, needs snow banks on the low side to be able to make level ice.

Residents are encouraged to use their discretion on the state of the ice or keep an eye on the Northern Hills social media feeds for updates. Do not skate if the surface appears thin, choppy or uneven. This can be very unsafe, and if the surface is damaged significantly, it can cause major setbacks in getting the ice surface ready for use. Helmets are highly recommended for all ages, as head injuries from falling on ice can be significant. Have a fun and safe outdoor skating season!



 <p>FOR SALE</p> <p>47 Covington Rise NE</p> <p>3 BEDROOMS DEN OFFICE/EXERCISE ROOM DOUBLE DETACHED GARAGE</p>	 <p>FOR SALE</p> <p>274 Panamount Court NW</p> <p>BRAND NEW BUILD (from foundation up)</p> <p>5 BEDROOMS 3.5 BATHS BONUS ROOM DEN OFFICE</p>	 <p>FOR SALE</p> <p>#204, 151 Panatella</p> <p>Landing NW 2 BEDROOMS 2 FULL BATHS SINGLE ATTACHED GARAGE</p>	 <p>Covington Rise NE</p> <p>SOLD</p> <p>in one day for \$5,000+ over list price!</p>	 <p>Covington Rise NE</p> <p>SOLD</p> <p>within 48 hrs for \$10,000 + over list price!</p>
---	--	--	---	--

Hard work gets results. Let me go to work for you to get your home



CORY LOMSNES

integrity • focused • driven • results

587.435.0750

NOT INTENDED TO SOLICIT PROPERTIES CURRENTLY UNDER CONTRACT



RE/MAX
REAL ESTATE MOUNTAIN VIEW

Dates

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day	2 SPRY Fit-2-Age Registration Opens Online and @ NHCA Office at 10:00am	3	4	5
6	7	8	9	10	11	12
13	14	15 2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo	16	17 2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo	18 Northern Lights Contest Closes at 10:00am	19
20	21	22 2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo	23 6:00-6:30pm Social Juncture with NHCA Team @ Vivo	24 2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo	25	26
27	28	29 2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo	30	31 2:30 – 4:30pm SPRY Fit-2-Age @ Play Lab, Vivo		

EVENTS

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



Social Juncture with the NHCA Team

Every 4th Wednesday of the month
* Except July, August, and December
Come in and meet the NHCA team!

Come Play with Me at Vivo

Every Thursday morning from 10:00 – 11:30am, Jan.31 – March 21, outside of Panther Physio, free drop-in play program for children 1-5 years old.

Northern Lights Contest 2018



Brighten and spread the holiday cheer in your community! The contest runs from December 1st, 2018 till January 18th, 2019.

Learn more on our website – 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. Class for Grades 5 & 6 at 11 am.

E.S.L. REGISTRATION
WED, JAN 16 @ 9 A.M. SUN, JAN 20 @ 10 A.M.
TUES, JAN 22 @ 6P.M.
 in the front entry of Harvest Hills Alliance Church.
 3 sessions of 10
 January-March classes:
 Sundays 10:15am-12:15pm
 Tuesdays 6:30-8:30pm
 Wednesdays 9:15-11:30am

FREE Gr. 7-12 MATH & SCIENCE TUTORING
 Starting again Jan 12, 2019
Wednesdays from 3:30-5:30 pm Just drop in
steve@hhachurch.com

Weekly Activities at the church:

Monday: 7:30 pm - AA Meetings
 Tuesday: 10:00 am - TOPS
 6:30 pm - ESL (esl@hhachurch.com for more information)
 6:30 pm - Stretching your soul, body and mind (women only)
 7:30 pm - Men's Bible Study
 Wednesday: 9:15 & 9:30 am - Women's Bible Studies (3 to choose from)
 9:15 am - ESL
 3:30 pm - Free Math and Science Tutoring
 6:00 pm - Al-Anon
 7:00 pm - Youth
 Thursday: 9:30 am - 3 pm, first, second and fourth Thursdays - Quilters Plus
 6:30 pm - Women's Bible Study
 Saturday: 8:00 am - Men's Bible Study

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



DONATION INFORMATION

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



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

Contact Information: * denotes mandatory fields

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

*E-mail Address for Tax Receipt: _____

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

Payment Information:

- I have made a donation online at 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

Fun Family Programs

By Sue Blackburn Forster



Come Play with Me at Vivo
for children (1-5 years old)
Jan. 31-March 21
Thursday Mornings 10:00-11:30 AM
(beside the Panther Physiotherapy)
[Vivo for Healthier Generations](#)

Children are able to move about in the room and pick from a variety of play areas such as dress up, play dough, puzzles and play with lots of toys. Staff will be available to answer questions about developmental growth, parenting, and help parents identify community resources. *This program is being run through partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo. Come join us for this, free drop in playgroup for parents and children

(birth –5 years). For information call 587-392-2271 or check website www.weconnectyou.ca

Positive Parenting Program (Triple P Group)

for children (3-11 years old)
Saturday Jan. 29 – March 19, 2019
6:30 pm – 8:30 pm
Huntington Hills Location
520-78 Avenue NW

- Do you feel like you:
- often struggle with your child's behavior?
 - could use more strategies to use in difficult situations?
 - would like to share ideas with other parents?
 - can commit to 4 Wednesday in a row? (and 3 follow-up weeks)

For more information about the program call Casandra 587-392-2268 Call Tracey at 587-392-2271 to register for the free workshop and childcare, starting on December 17, 2018.



FUN-DRAISING

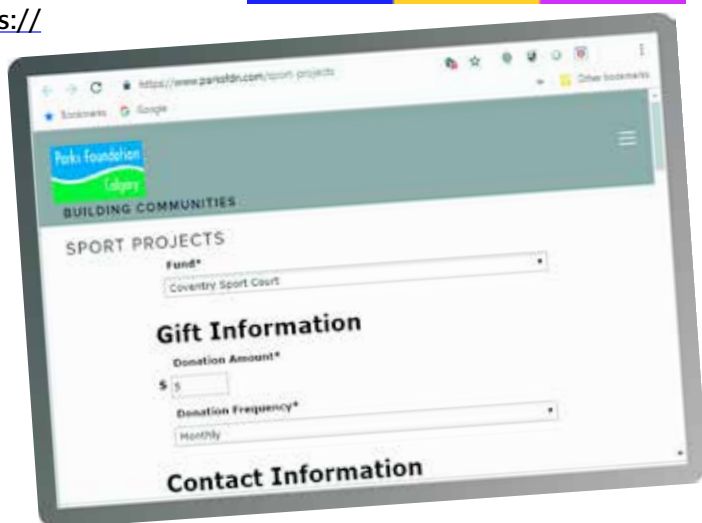
Creating Coventry is converting cash into places for community fun!



By Moraig McCabe

Creating Coventry is ramping up the fundraising for the first project build: the regulation size basketball court that can be converted to a skating rink in the winter. We'll be holding a Balloon Pop! fundraiser as well as writing grants, looking for sponsors for our winter water box, and encouraging residents to help us out with tax deductible donations of any amount to our Parks Foundation fundraising account: <https://www.parksfdn.com/sport-projects> (select "Coventry Sport Court").

If you own a local business and would like to get involved in either sponsorship or a donation for the "Balloon Pop!", please contact Moraig at creatingcoventry@gmail.com



2019 TAX CLINIC VOLUNTEER LEAD

WE ARE PILOTING NHCA'S FIRST COMMUNITY VOLUNTEER INCOME TAX PROGRAM (CVITP) AND ARE LOOKING FOR OUR PROGRAM LEAD!

- KNOWLEDGEABLE IN TAX AND ACCOUNTING PRINCIPLES
- EXPERIENCED IN INCOME TAX FILING
- HAS SUPERVISORY OR/AND MANAGEMENT EXPERIENCE

THIS IS AN EXCELLENT CHANCE FOR YOU TO GIVE BACK TO THE COMMUNITY BY SHARING YOUR SKILLS AND KNOWLEDGE

WWW.NHCA.CA/AHIH

PROGRESSIVE OPTOMETRY

Flame's Team Optometrist



New Patients Welcome

Walk-in, Evening & Weekend Appts

Occupational Safety Eyewear

Direct Billing to Most Insurances

Family Eye Care

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

廣東話 眼科醫生

白內障 青光眼 乾眼症

34 Panatella Blvd NW

403 248 3937

www.progressiveoptometry.ca



INFORMATION NIGHT

Wednesday, January 30, 2019

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


APPLY NOW ONLINE! Kindergarten - Grade 12

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

"Equipping students for life through quality Christian Education that inspires commitment to Jesus Christ, and excellence in academics, moral character and service to others."

- award-winning music & athletics programs
- excellent student learning achievements
- strong sense of mission
- committed to Christian discipleship

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].



HAPPY NEW YEAR

education.com Copyright © 2011-2012 by Education.com

More worksheets at www.education.com/worksheets

SUDOKU-PUZZLES

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

Answers on page 14

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



NEW CONCEPT MANAGEMENT INC.
 Condominium Management Through Integrity, Fidelity and professionalism

Maria Bartolotti
 ACCI, FCCI, Owner
 Condominium Manager

Dir. 403.398.9528 ext 7
 Fax: 403.398.0751

maria@newconceptmanagement.com
www.newconceptmanagement.com

101, 221 - 18 Street SE
 Calgary, Alberta T2E 6J5

Northern Lights Contest 2018

Deadline Jan 18, 2019
 Learn more www.nhca.ca



Applebees

FOLLOW US 

@NorthernHillsCalgary @NorthernHills

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




COUNTRY HILLS DENTAL CENTRE

403.226.1809

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





Proudly serving the Northern Hills Communities since 1998

www.countryhillsdental.com

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

Highlights from Our Christmas Crafting Pop-Ups

By Arts & Crafts Committee

What a great turn out we had at our two Christmas crafting pop-ups! On December 10th, we visited Chartwell Harbours Retirement Residence where we had a small but very enthusiastic and talented group of seniors creating wreaths out of paper and upcycled materials. Then on December 15th we had a similar Christmas craft pop-up session for kids. Lots of families came as they heard about the event on social media channels and other families just stopped by because they were in the area.

It was a very busy morning! We made around 100 crafts which included paper wreaths, painted pinecone decorations and ring decorations. Kids loved making them! Some kids got excited and made more than one craft. Parents also enjoyed making crafts and being involved in this along with our four amazing volunteers. Many were looking forward to see more of such events in the future!

Keep an eye on our events and upcoming programs in the new year by checking our webpage at www.nhca.ca and NHCA's social media channels (Facebook, Twitter, and Instagram).

If you are interested to get involved or have any questions, please reach out to Muzna Amin via arts@nhca.ca



ELECT

GUL KHAN

Alberta Liberal Candidate for Calgary-North East



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

GUL KHAN'S PRIORITIES

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

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

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

ALBERTA LIBERAL

gulkhan.ca 403 612 5400
rayzona@yahoo.com

Authorized by the Alberta Liberal Party 780 414 1124

New Year's Resolution - Assemble Important Documents

From the City of Calgary

It's the New Year again; a time when many are making resolutions and taking steps to be better organized. This January, start small with one task: organize your important documents so that you are prepared for anything, including an emergency or disaster.

In a disaster, your immediate concern will be the safety of you and your loved ones. But, once the immediate danger passes, having access to important financial, insurance, legal, medical, and other personal documents will be crucial to help you start the recovery process quickly.

"Trying to gather up all of these documents during or after an emergency can be very challenging," said Tom Sampson, Chief of the Calgary Emergency Management Agency. "Taking time now to safeguard these critical documents will help you avoid additional stress when a disaster actually hits."



What kind of information should you gather?

- Identification: copies of driver's licenses, passports birth certificates, social insurance numbers.
- Household: mortgage records, insurance policies, photos of household contents.
- Medical: health care numbers, insurance/benefit information, copies of prescriptions, names and addresses of doctors and specialists.
- Financial: tax and banking information, credit card numbers and contacts.

Sampson offered the following tips:

- Consider storing paper copies at home in a fireproof and waterproof box or safe, in a bank

safe deposit box or with a trusted friend or relative.

- Store electronic copies of important documents in a password-protected file on a flash/USB or external hard drive in a fireproof and waterproof location, or consider using a secure cloud-based service where you can always get access.
- Make sure your documents are together, and easy to grab and go if you needed to evacuate your home.



For more information about how to prepare your family and your home for an emergency, visit 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.



Calling for Calgary Awards Nominations

From the City of Calgary

The Calgary Awards is one of the largest citizen recognition programs in our city. The City of Calgary established the Calgary Awards in 1994 to celebrate and recognize outstanding achievements and contributions made by Calgarians in the previous year. Each year, individuals, corporations, community groups and organizations are nominated in five major award categories, for a total of 13 awards.

The City of Calgary encourages all Calgarians to look to their neighbours, colleagues, community leaders, local organizations and businesses for those who could qualify as recipients of the Calgary Awards.

The Calgary Awards are for Calgarians. Individuals, businesses, not-for-profit organizations, community groups and other organizations can all be nominated. For additional information, nomination criteria and the online application form visit: calgary.ca/calgary-awards phoning 403-268-8881, or e-mail calgaryawards@calgary.ca. Nominations open on Wednesday, January 16, 2019.

Fun Fact

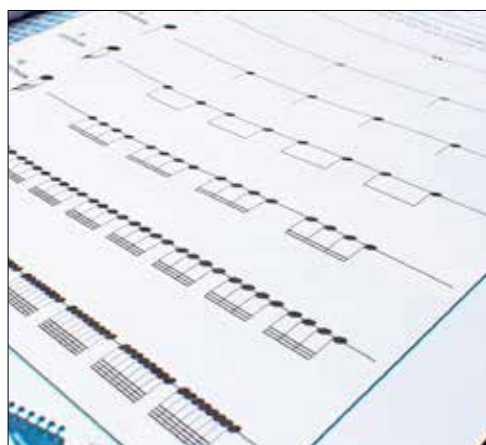
The Calgary Awards began in 1994 as a Centennial project to commemorate Calgary's 100th year as a city and to recognize outstanding citizen achievements. The Calgary Awards celebrate Calgarians who have helped make Calgary the best place to live. Visit calgary.ca/calgary-awards for more information.



Public Library News



From the Calgary Public Library



Did You Know? Book Meeting Rooms for Free

Did you know there are more than 60 free bookable meeting rooms available at libraries across Calgary? Use your free Library card to book a space for your community group, not-for-profit, study group, book club, or event. Freeing meeting rooms are available at every Library except Rocky Ridge, including more than 30 bookable meeting rooms available at the new Central Library. Learn more at calgarylibrary.ca/book-a-meeting-space.

Take Online Music Lessons for Free

Want to learn to play a new instrument? You can now watch step-by-step video lessons with experts, thanks to a new eResource called ArtistWorks for Libraries. Your free Library membership provides unlimited access to online music lessons for many instruments, including guitar, ukulele, violin, flute, clarinet, and piano. This eResource is funded by Sun Life Financial, and partners perfectly with the Sun Life Financial Musical Instrument Lending Library at Memorial Park Library. Visit calgarylibrary.ca/artistworks to learn more.





Northern Lights Contest 2018

Deadline Jan 18, 2019
Learn more www.nhca.ca





Elected Representatives



Ward 3 Councillor Jyoti Gondek

Hello, everyone! I hope you had a wonderful holiday season and found some time to relax with friends and family.

Ward 3 Open House

My team and I would like to invite you to our Ward 3 Open House to be held January 16th from 7pm – 8:30pm at Vivo. Come out and share your ideas for Ward 3. Joining us will be



representatives from various City departments including Community Standards (Bylaw), Roads and Waste & Recycling.

Investments in North Central Calgary from Budget Deliberations

After nine months of discussion with Administration and citizens, as well as five days reviewing 61 service lines, Council established a 4-year bud-

get for 2019-2022. There is great news for Ward 3 communities as we received a series of upgrades on Stoney Trail, including the Centre Street and 14th Street interchanges. The prioritization of these projects is an example of how our ward benefits from new growth communities which contribute developer-funded transportation levies that reduce City costs. The same levies also contribute to recreation projects, resulting in \$22.5 million for an expansion to Vivo. There has also been money set aside for pedestrian and traffic safety improvements. A big thanks to the

Northern Hills Community Association and residents for your continued advocacy – your persistence has paid off.

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

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

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

Calgary-NorthernHills MLA Jamie Kleinsteuber



Happy new year! What will this new year hold? Rail cars and upgraders – part of a “made-in-Alberta” strategy to keep more value from our resources. In the face of Canada’s decades-long failure to build

new pipelines, it is time to think big, take action, and finally upgrade more of our energy here at home.

Premier Rachel Notley has pledged to fight the pipeline battle until it is done. “You can count on that,” Notley said in

a recent speech, “but at the same time, we must take greater control of our own economic destiny. We will not stand by while we’re forced to give our resources away for pennies on the dollar. This oil price differential is about real people with real bills to pay and real concerns about the future.”

In our strategy for accessing new markets, our government is moving to create new rail capacity to move 120,000 barrels a day, narrowing the oil price gap by up to \$4 per barrel. Increased rail capacity should come on line in late 2019.

Meanwhile, Alberta continues to move forward with upgrading bitumen here at home. Alberta’s Energy Diversification Act led to six project proposals for partial upgrading of oil sands bitumen, representing thousands of jobs and

billions of dollars in private sector investment. Upgraded bitumen flows through pipelines more easily, increasing current pipeline capacity by up to 30 per cent.

For decades, Albertans have talked about getting more for our oil. Now is the time to act. Premier Rachel Notley is fighting for Albertans, taking action to move oil by rail and forging ahead with our energy upgrading strategy. We as Albertans will again demonstrate to the world our ability to innovate and “get it done.”

Please feel free to contact my office anytime with your ideas and questions.

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

Updated: February 16, 2018



Membership Application

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

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

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

Fees:

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

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

First Name: _____ Last Name: _____

D.O.B: _____ Gender: _____

(Spouses) First Name: _____ (Spouses) Last Name: _____

(Spouses) D.O.B: _____ (Spouses) Gender: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

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

- | | | |
|---|---|---|
| <input type="checkbox"/> Adult Sports watch) | <input type="checkbox"/> 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- | <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?

- yes no



5 REASONS WHY YOU SHOULD INVEST IN GOOD SUNGLASSES

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

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

Two convenient locations serving the Northern Hills Communities

SiteForSight
eyecare • eyewear

SecondSight
eyecare • eyewear

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

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

403.226.7638

403.452.6831

www.siteforsight.ca

www.siteforsight.ca

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

New and Emergency Patients Welcome

HEALTH CORNER

Toboggan Safety

Emergency Medical Services (EMS) would like to remind parents and children of some basic toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees or rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these simple reminders.



Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a certified, properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Hazards

- Avoid hills that are too steep or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which could present a strangulation hazard if they become caught or

- snagged.
- Plan ahead**
- Dress warmly in layers and anticipate weather changes;
 - Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
 - Take breaks, out of the cold, to warm up;
 - Ensure frostbite hasn't affected any exposed skin;
 - Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
 - If frost bite has occurred, treat it by first removing the individual out of the cold environment;

Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, not hot, water, until re-warmed.



I'm Voting for Kids! (Part 1)

By The Calgary NW ECD Coalitions

With the provincial election approaching quickly, we'll be highlighting some fast facts about child development that you can use to start a conversation with candidates and representatives to help figure out where the best checkbox for your vote is!

Fast Facts about School Readiness:

- More than one in four Alberta children are struggling in their development by kindergarten
- A higher percentage of young children in Alberta are experiencing developmental difficulties as compared to the Canadian norm
- Across Alberta, there are nearly 100 regional Early Childhood Coalitions providing local responses to help kids prepare for school
- If a child doesn't have a 5,000-word vocabulary by kindergarten, he or she is less likely to meet grade level reading by Grade 3 – an important determinant for high school completion

Ask the candidates and representatives you encounter how their parties will support the early years to improve school readiness in Alberta's children, and check out more facts (and their sources) at <http://www.2000days.ca/an-integrated-approach-to-early-childhood-development/>

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

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



Come Play with Me at Vivo

for children (1-5 yrs old)

Jan.31 - March 21

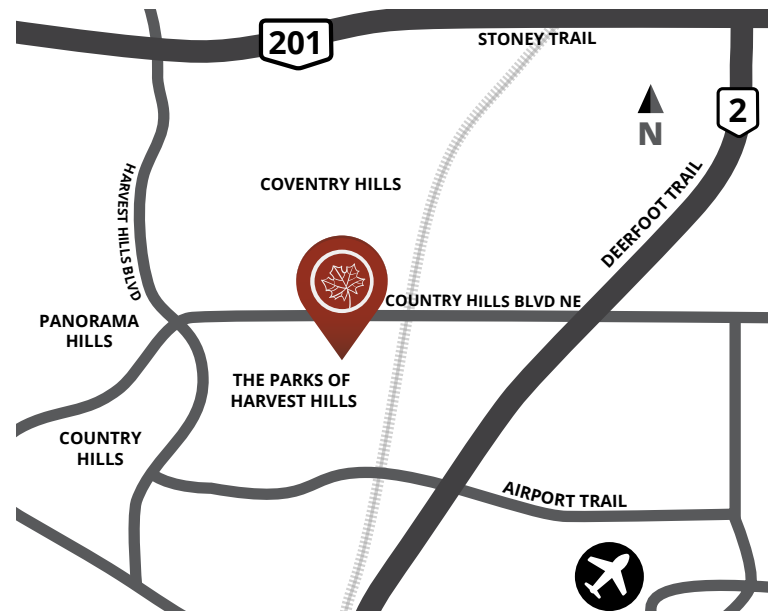


Thursday Mornings
10:00 - 11:30am



SINGLE FAMILY HOMES

STARTING IN THE \$580'S



LIMITED TIME OPPORTUNITY. NOW OPEN AND SELLING IN NORTH CALGARY.



the parks of
HARVEST HILLS

APARTMENT STYLE CONDOS
FROM THE \$170'S

TOWNHOMES
FROM THE \$300'S

PAIRED HOMES
FROM THE \$450'S

Pre-Beginners Watercolours - Program for All Adults

By Arts and Crafts Committee

Description:

Pre-Beginners Watercolours - encourages those with no experience to feel comfortable trying the medium. Step by step guidance by the instructor, demonstrating how to mix colours to create a colour wheel, 4 watercolour painting techniques, followed with guided demos for one or two paintings. Instructor demonstrates the 'how',

participants then duplicate action, until each project is completed. Participants will keep their colour wheel and technique sheet for future reference and complete one or two paintings in class. No prior experience or talent is necessary! Teaching style is a slower comfortable pace, encouraging and positive; focusing on individual progress and providing positive feedback for success. This art program is delivered

to you by the Northern Hills Arts & Crafts committee of the Northern Hills Community Association (NHCA). It is the first-time partnership program between the NHCA and the Northstar Residents Association.

Instructor/Artist:

Sally Parsons - Volunteer, Community Resident

When: January 16, 2019 - March 6, 2019
Wednesdays,
1:00 pm to 3:00 pm

Where: Panorama Hills Community Centre, 88 Panamont Hill NW, Calgary, AB T3K 5R9

Fee: \$60 for Northern Hills Community Association and/or Northstar Residents Association
\$70 for non-members
*** Take home a \$15 value set of 18-watercolour Pentel paint!**

Registration: Online and in-person program registration. If you are a

member of Northstar Residents Association, please register online. If you are a member of the Northern Hills Community Association (NHCA) or non-member, please register in-person at the Panorama Hills Community Centre (88 Panamont Hill NW).

*** This program is open to all adults, including seniors!**

Payment Options:

Online: Visa/Mastercard
In-person: Cash, Debit, Credit, Cheque

Materials provided (valued over \$500):

- Paper
- Paint

- Pallet
- Brushes
- Support sheet
- Saral tracing paper
- Water containers
- Plastic wrap
- White crayons

What to bring:

- Masking tape
- Kleenex
- Paper towels
- Salt
- Old clean tooth brush
- Fine-tooth comb
- Hair dryer
- Notebook/pen

Hurry up as spots are limited!

ALL CANADIAN KARATE UNION

KARATE

Panorama Hills
Buffalo Rubbing Stone School

Coventry Hills
Nose Creek School



Interested in doing a job that counts? The City is hiring civic census takers!

From the City of Calgary

The City's civic census is conducted annually starting on April 1 and that means census taker recruitment is underway. The City needs flexible workers to help collect this information using mobile tablets.

Census takers are assigned an area to collect census information; areas vary in size, but are generally between 400 and 600 dwellings. Census takers have three weeks to complete the collection in their assigned area.

They set their own schedule to get their work done and may be required to work in the evenings and weekends when most people are at home. Census takers need to be able to complete online training at home and be available for an in-person session in March.

Applications can be completed online by visiting calgary.ca/census. Applications can also be completed at The City of Calgary Elections and Census Office (1103 55th Ave. N.E.) between the hours

of 8 a.m. and 4 p.m. Monday through Friday.

If you or anyone you know would be a good fit as a census taker, be sure to send them to calgary.ca/census to fill out an application. The Elections and Census Office will be selecting applications between Jan. 21 to Feb. 8, 2019.



REGISTER NOW

www.acku.org 403-232-0228

Centennial LITTLE LEAGUE

Are you interested in playing baseball this summer?

Registration is now open!

See www.cllbaseball.ca for more details.

To register visit: <http://register.cllbaseball.ca>

Thank You for Giving the Gift of Joy this Christmas!

By Marina Barrett,
NHCA Office Administrator,
admin@nhca.ca

On Sunday December 9th, we held our 3rd Annual Gift of Joy event. Our mandate was to provide struggling families from within the Northern Hills communities a worry-free Christmas.

With the assistance of BowWest Community Resource Centre and North Central Family Support Program we, together with Vivo for Healthier Generations, were able to seek out families who either didn't qualify for other resources; or missed application deadlines. The criteria was simple: these families had to live in our communities. There is a misconception that the residents of our communities aren't struggling – and that couldn't be further from the truth. The changes in our economy over the last 2-3 years has made it tough for people to catch up – let alone get ahead.

So, we reached out to numerous businesses; and to you, our neighbors for donations toward this event. Wow! Did you deliver! We received so many donations in our office and we just have to say – thank you, so very much! You brought gift wrap, children's gifts, mom & dad gifts, gift cards; and the donations kept coming in!

With your support and with help from Canadian Tire Country Hills (who donated over \$1,500.00 worth of gifts and gift cards), a local business who asked to remain anonymous, staff from GAP Factory stores, and Big Al's Bar & Grill (who donated gift cards for every family), we were able to provide gifts, assistance and groceries to 25 families that day! We haven't stopped there, either. We've continued to assist more than 20 additional families through BowWest, North Central and Vivo who missed out on the event and we won't stop until all these donations are gone.

We recognize the struggle that many families in our community face, and it's through collaborative efforts like our #GiftOfJoy program that we can help provide a bountiful Christmas to those in need. Your continued support is amazing. Thank you also to MLA Jamie Kleinsteuber, to all the personal and anonymous donors, and to the Volunteers who make this possible. We are already planning next years' event, so please stay tuned for more information to come.

If you are in need, or would like information regarding outreach services, please contact Germaine at 403-874-6809 or germaine@bowwest.org



Thank You dear community for giving a Gift of Joy this Christmas!



Crossword puzzle ANSWERS

Puzzle on page 4

1	C	2	H	3	O	4	P	5	S	6	A	7	N	8	G	9	L	10	O	11	O	12	13	E	
14	H	E	M	E				15	L	U	A	U				16	I	B	E	A	M				
17	A	R	E	S				18	I	R	I	S				19	N	E	R	D	S				
20	R	O	G	E				21	R	D	A	L	T			22	R	E	Y						
				23	D	A	T	A							24	S	O	Y	A		25	T	26	27	N
								28	A	D	A	R				31	A	L	C	O	V	E			
33	A	C	T					36	A	G	I	N	G							39	O	G	E	E	
40	B	A	R					41	B	R	A	S	T	R		42	E	I	S	A	N	D			
44	B	R	I	O											45	C	H	U	R	N		46	S	T	Y
47	A	T	T	A				48	C	H					50	B	A	A	L						
52	S	E	E					53	A	I	D		54	E					56	N	E	57	A	58	R
								59	E	L	V	I	S	P	R	E	S	L	E		62	Y			
63	I	D	E	A	L										66	S	T	A	Y		67	S	I	N	E
68	T	O	R	S	I										69	C	E	R	E		70	O	V	E	N
71	S	H	E	E	N										72	O	R	T	S		73	N	E	W	S

Sudoku puzzle ANSWERS

Puzzle on page 8

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

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



The Author of Our Crosswords

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



Proudly serving the Northern Hills communities for 13 years!

Get the *Smile* you've always wanted

Comfort, Care, Convenience

- Family & Cosmetic Dentistry
- Veneers, Crowns, Bridges
- Implants
- Invisalign Clear Braces
- Zoom Whitening
- Complete Smile Makeovers
- Dentures
- Sedation Dentistry
- Wisdom Teeth Removal
- Botox Treatments
- Intra-oral Cameras & Digital Xrays
- Massage Treatment Chairs
- TV's in Every Room
- Oral Cancer Screenings



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



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

Financing Available* • We Direct Bill Your Insurance

40 Panatella Blvd NW

new and emergency patients
 always *welcome*

*OAC

Call Today!
403.532.0711

www.NorthernHillsDental.com

Dr. Henry Seto, Dr. Maria Chan-Goudreau, and Dr. Tonny Tang are excited to welcome you and your family to Paramount Dental!

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

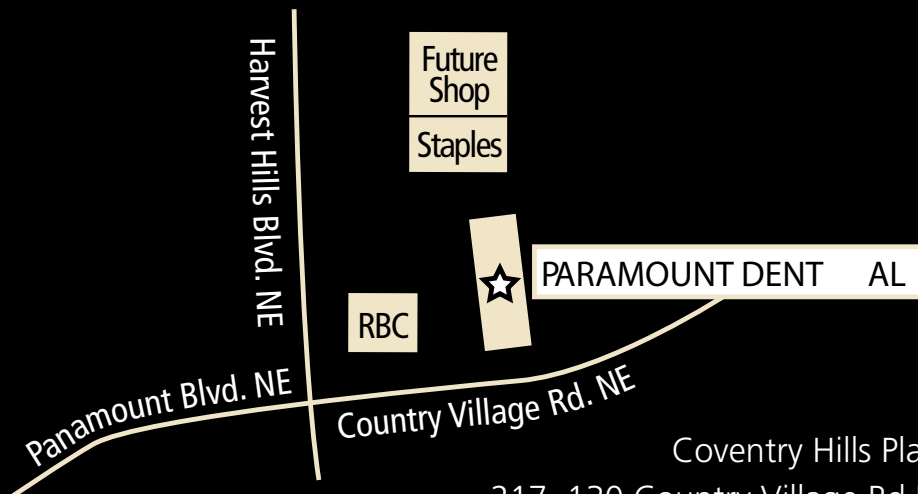
Dr. Chan-Goudreau's primary focus is on children and comprehensive family dentistry. Also ask her about how Botox can benefit your teeth, TMJ, and migraine symptoms. She is also a certified Invisalign provider.

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



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

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



Coventry Hills Plaza
217, 130 Country Village Rd NE
Calgary, AB T3K 6B8

PARAMOUNT DENTAL

403.730.9882 paramountdental.ca

NOW ACCEPTING NEW & EMERGENCY PATIENTS