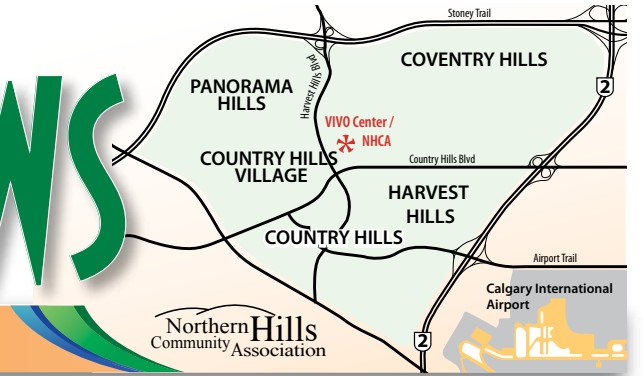


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NORTHERN HILLS NEWS

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

Annual Community Clean Up 2019

By Michael Leipold – Northern Hills resident and Community Events Volunteer

On May 18, the NHCA, the Northstar Residents' Association, and Vivo for Healthier Generations teamed up for a third annual Community Clean Up event, hosted for the first time at Vivo. Northern Hills residents were encouraged to drop off unwanted recyclables, worn out furniture and obsolete electronics. Charitable donations of clothing and household items were also welcomed by the Women in Need Society (WINS). In addition to promoting recycling, participants were encouraged to clean up trash from green spaces, alleys, and meridians. Despite the fact that it was a blustery rainy day, 80 volunteers braved the weather. Everyone involved enthusiastically rolled up their sleeves and put forth a tremendous effort to recycle unwanted items and clean up litter to beautify their respective communities.

According to the City of Calgary Community and Recycling services, the total refuse weight collected for this year's Community Cleanup Campaign was an impressive 16,250 kg.

The NHCA would like to express our thanks to the Northstar Residents Association for their continued support in organizing this event and Vivo for Healthier Generations for partnering with us this year and hosting it. Additionally, we would like to thank Canadian Tire, First Calgary Financial, and Home Depot

for their generous sponsorship. Special thanks to the Northern Hills Dental team for donating
Continued page 4



Quick Facts ABOUT NHCA
Northern Hills Community Association

Newsletter Articles

Do you like to write articles, share your stories, or take interviews? Northern Hills News is a community newsletter and we encourage residents to take part in it!

It is a great opportunity for school & university students to get a real writing experience!

Interested? Contact our Engagement Coordinator via engage@nhca.ca



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this month
WHAT'S INSIDE

FREE ICE CREAM ON PAGE 10

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Another Reason to Smile



National Grilling Month

Easy BBQ Corn

1. Soak the corn in a large bowl of cold water for 1 hour.
2. Preheat your outdoor grill to a medium-high heat.
3. Peel back the corn husks and remove only the silk. Place 1 tablespoon butter on each piece of corn and add salt and pepper to taste. Close the husks.
4. Wrap each ear of corn in aluminum foil. Place on grill and cook for approximately half an hour, turning every 5 minutes, until corn is tender.



Stampede Fun Facts

- 1 The first Calgary Stampede was in 1908.
- 2 Each year over 1 million people attend, over 200,000 pancakes are eaten and more than 2 million mini donuts are devoured!
- 3 The food section at the midways is referred to as "Heart Attack Alley".
- 4 If you lined up the midway tickets purchased at the festival they would stretch 83 km.



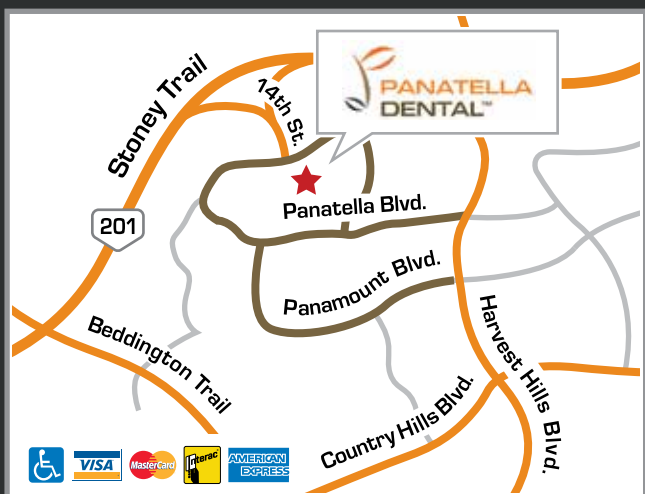
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Community Association Notes



From the Executive

Welcome to the beginning of the summer season in the Northern Hills! Between the NHCA, Vivo, Harvest Hills Hub, and other organizations, we have an abundance of events in our area all summer long.



You can see an updated calendar of events on our website at www.northernhills.ab.ca/calendar/. We are working on a combined community calendar that will include feeds from many organizations in our area, all collected in one spot. Stayed tuned for that sometime in the next month or so.

Speaking of website updates, we will be adding an area for NHCA Meeting minutes to increase transparency and help people keep up with goings on in the community. We have committed to uploading the minutes in a timely manner.

2 Upcoming events I would like to draw your attention to are the Neighbour Day events on June 15 and the Harvest Hills Hub Summer Kick-Off Party, scheduled for June 28th from 3:00 – 8:00pm at the Hub (178 Harvest Glen Way NE). Please come out and join us!

Now that the summer season has begun, I'd like to remind everyone that our streets, pathways, and playgrounds are busy all summer long, and that all playground zones are active from 7:30am to 9pm EVERY DAY but may be busy outside of those hours. Have a safe and fun summer!

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

Volunteer Opportunities



We have a few committees with vacant directorship positions. Please see them below and if you are interested and have further questions please contact our Engagement Coordinator by calling (403-226-6422), emailing (engage@nhca.ca), or just stopping by our office at Vivo during the public hours on Monday morning or Wednesday evening:

- Treasurer – Looking for a Northern Hills resident who is passionate about their community life and interested in taking care of budgets. Please contact the NHCA Office if you are interested!
- Gardens
- Northern Hills News
- Community Ice Rinks
- Senior Persons Regaining Youth (SPRY) in the Hills
- Volunteer Management
- Beautification & Community Enhancement

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

Creating Coventry

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



neighbourhood's parks!

We are looking for volunteers in the following roles:

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

At Home in the Hills (AHIH)

AHIH began as an initiative to help new immigrants settle in the Northern Hills communities and has evolved to meet the needs of our neighbourhood. Our vision is to facilitate grassroots approach to foster strong neighborly connections and promote inclusive, diverse, sociable and more friendly neighbourhoods within Northern



Hills. We are actively seeking to fill the following volunteer positions:

• Program/Event Team Members

Do you have an interest in facilitating community outreach, engagement, and plurality? This is a call out for those who love to organize events, social gatherings, and bring community together. As a program/event team member, you will contribute to ideating, organizing, setting up, and managing various events and program sessions. We are looking for 1-2 volunteers to build up a team for our programs and events. Commitment required: approx. 8-10 hrs/month, depending on the project's schedule.

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

Harvest Hills Hub

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



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

STAFF & CONTRACTORS

Ad Sales: Heather Hubert (marketing@nhca.ca)
Finance Manager: Chris Kjelgren (admin@nhca.ca)
Engagement Coordinator: Yana Soldatenko (engage@nhca.ca)
SoccerTech: Heather Lipper (info@soccertech.ca)
Newsletter Publishing: Duane Thomson at Keyline Publishing

VOLUNTEERS

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

BOARD MEMBERS

President: Ian McAnerin (president@nhca.ca)
1st Vice President: Tamara Keller (1vp@nhca.ca)
2nd Vice President: Leah Argao (2vp@nhca.ca)
Secretary: Winnie Huang (secretary@nhca.ca)
Treasurer: VACANT – Looking for a Northern Hills resident who is passionate about their community life and interested in taking care of budgets. Please contact the NHCA Office if you are interested.

Directors at Large: Amanda Joly, Victoria Henry, Brad Huebert, Lindsay Lantela, Nate Pike, Tavis Settles.

COMMITTEES

We have a few committees with vacant directorship positions. Please see them below and if you are interested and have further questions please contact

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

- Beautification & Community Enhancement
- Community Ice Rinks
- Gardens
- Northern Hills News
- Northern Hills Mural
- Planning
- Senior Persons Regaining Youth (SPRY) in the Hills
- Volunteer Management
- Adult Slopitch: Neil Meyer
- Advocacy and Building Safer Communities (Blockwatch): Tamara Keller and David Hartwick (advocacy@nhca.ca)
- Arts & Crafts: Muzna Amin (arts@nhca.ca)
- At Home in the Hills: Winnie Huang & Samana Zehra (ahih@nhca.ca)
- Business Development: Ian McAnerin (business@nhca.ca)
- Coventry Garden: Sarah White (coventrygarden@nhca.ca)
- Harvest Hills Hub: Victoria Henry (HarvestHillsHub@hotmail.com)

- Harvest Garden: Melissa Duong, Joanne Davenport & Sunny Shuang (harvestgarden@nhca.ca)
- Creating Coventry: Moraig McCabe & Tracey Martin (creatingcoventry@gmail.com)
- Events: Lindsay Lantela (events@nhca.ca)
- Finance: VACANT – Looking for Treasurer!
- Membership: Ian McAnerin (membership@nhca.ca)
- Newsletter Editor: Annie Udofia (editor@nhca.ca)
- Northern Hills Connect: Ian McAnerin (northernhillsconnect.com/contact/)
- Northern Hills Mural: TBD (mural@nhca.ca)
- Rinks: Daniel Sennhauser (rinks@nhca.ca)
- SPRY in the Hills: J-L Emond & committee (seniors@nhca.ca)

EDITOR'S NOTE:

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

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Annual Clean-up
- Continued from page 1

the food, refreshments and barbecuing delicious burgers for all the volunteers.

The NHCA was honored and privileged to have in attendance Mr. Muhammad Yaseen the MLA for Calgary North. He came to support this community event and reach out to his constituents.

Last but not least a HUGE THANK YOU to all of our volunteers

for their dedication and participation. Without you, events like these would not be possible. Your efforts epitomized the true spirit of community at work. We hope to see you all again next year! Have a wonderful summer.



CROSSWORD

Answers on page 14

1	2	3	4		5	6	7	8	9		10	11	12	13
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GOOD FOOD, FINE WINE... BY MYLES MELLOR

- ACROSS**
- 1. Highest position
 - 5. Spreads
 - 10. Basilica part
 - 14. Fizzless
 - 15. Bunch of shots
 - 16. Big-ticket ____
 - 17. Phil Collins: "Can't ____ back the years"
 - 18. Fossil preserver
 - 19. Colorless liqueur
 - 20. Fruity desserts
 - 23. Bore
 - 24. Cleaning agents
 - 25. Police club used in India
 - 29. First-class
 - 31. Maiden
 - 35. Relative of a chuckwalla
 - 37. Stable boy (informal)
 - 39. Elizabethan, for one
 - 40. Juicy fruit with many spellings
 - 44. Get going
 - 45. "Tarzan" extra
 - 46. Like daffodils
 - 47. Tibet-Pakistan river
 - 50. Kitchen meas.
 - 52. Deceives
 - 53. "The Gift of the ____"
 - 55. Fixed mode
 - 57. Popular Italian dish
- DOWN**
- 1. Toward the stern
 - 2. Association
 - 3. Fertilizer
 - 4. Sicilian volcano
 - 5. Honshu port
 - 6. Kappa follower
 - 7. North Sea feeder
 - 8. Miss, in a way
 - 9. Madonna single
 - 10. Cell examination
 - 11. Small decorative case
 - 12. Selection of Mediterranean dishes
 - 13. Famous cookie
 - 21. The "good stuff" on the table
 - 22. Desire
 - 25. Chinese fruit (Var.)
 - 26. 1993 Janet Jackson song
 - 27. Ignored, with "out"
 - 28. Bowler or sombrero
 - 30. Hints
 - 32. Peach ____
 - 33. Introduction
 - 34. Employees, as on a ranch
 - 36. Fla. neighbor
 - 38. One who's coming out
 - 41. Voluntary
 - 42. Muslim legal adviser
 - 43. Addition
 - 48. Decision maker at home
 - 49. Enclosure with a manuscript, for short
 - 51. Type of sentence
 - 54. Pre-meal blessing
 - 56. Turn over
 - 57. Chess piece
 - 58. Canyon sound
 - 59. Gave the cash for
 - 60. Ann in Russia
 - 61. Ardor
 - 62. South African people
 - 63. Part of A & E
 - 67. "____ Baby Baby"-- Ronstadt song

Promoting Resiliency – Part 1

By Calgary NW Early Childhood Coalitions

The idea of fostering "Resilient Children" is a hot topic right now, and for such a seemingly simple concept, it's actually a complicated and many-layered issue. Perhaps one of the best ways to understand 'resilience' is as our human capacity to "bounce-back" from difficulty or adversity in our lives – it's a pattern of positive adaptation.

Here are a few things you can do to promote resiliency:

1) It seems obvious but the first thing that you can do is create a loving, supportive and communicative home environment for your family. This means being demonstrative of your affection, open and approachable to talk about ANYTHING, and encouraging of your child's endeavours. It is also very important for your child to feel safe at home, and to spend time together as a family.

2) Set clear boundaries and rules with real consequences, and monitor (but don't hover over) your child's whereabouts – trust them to do

things on their own, but show them that you care deeply about where they are, who they're with, and what they're doing. Part of resiliency is allowing our children to learn from their mistakes – we can't expect to have independent problem-solvers if we are always fixing things for our kids. But our children do need to know that somewhere, someone is thinking about them and loves them, and that they have responsibilities to these other people in their lives.

If you would like more information about the Calgary NW ECD Coalitions, please email us: nwecdcoalitions@gmail.com.



first2000days
Early Childhood Development Network
North West Coalitions

Volunteer Opportunities -
Continued from page 3

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

- Events Coordinator - Manage event proposals, update the events calendar with new events, and liaise with dedicated members on our team to help facilitate community run events in Harvest Hills. Time commitment: 8-10 hours a month in Spring/Summer and 1-5 hours a month in Fall/Winter. In addition, attend monthly evening meetings to collaborate on community led events in and around Harvest Hills.

- General HHHub Committee Volunteers to help plan and execute events in Harvest Hills. Please consider applying for the above committee positions by emailing Victoria 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.

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



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Bringing Community Together at the HHHub

By Nikki Browne, HHHub Committee

From day one, the HHHub has always been envisioned as a place to grow our community and bring people together. We are so happy to see that vision come to life! Happenings at the HHHub are fully underway, and we are thrilled to have seen so many people from all corners of Harvest Hills and beyond come out and get involved!

Plant Exchange



On May 26th the HHHub held it's first plant exchange, and it really bloomed into something beautiful! Gardeners, both new and experienced, came together on a beautiful Sunday to share their love of plants and help bring a little more colour to each others' yards. As people arrived, they were given a ticket for each plant they brought to exchange. Once the time came, everyone took turns choosing the plants they wanted to call their very own! At the end, any

remaining plants went up for grabs, and we're happy to say almost every single plant found a new home that very day! The last couple remaining plants were left under our new community library, free for the taking! A huge thank you to Joanne Davenport for organizing this event and lending her expertise. This was also a great chance to get together with some of The Northern Hills Gardeners Group, and we look forward to doing it again in the future!

Free Weekly Classes



The first of our free weekly classes kicked off at the start of June to great success! On Tuesdays, Daniella from Infinite Circle Hoops has been teaching us that hooping is not just for kids, not to mention showing off what may be the biggest hula hoop ever! Then on Thursdays we slow it down with Lexie from Just be YOGA. We've had a great turnout so far, with kids and adults alike coming out to take part in these great activities! But don't worry, you haven't missed your chance to be part of the fun, both classes will continue most weeks in July and August, so please check our Facebook page or website at hhhub.ca to confirm dates. Then at the end of this month we are thrilled to partner with the City of Cal-



gary to host some guided meditation and full body workout classes!

Seniors Play!

Don't let the name fool you, this event isn't just for seniors! Although if you're looking to get to know the wonderful seniors in our community, this is the place to be! Tuesdays and Thursdays from 1:00-3:00pm we meet at the HHHub for some friendly games of bocce! We've had some great turnout, but we can always make room for more! Don't worry if you've never played, we welcome people of all skill levels. There are also table games, and the chance for some friendly conversa-



tion. Senior's play will be happening all summer, so if you join us now, you'll be a bocce pro in no time!

HHHub Community Library

You may have noticed a new addition to the HHHub recently...a new community library! It's already been stocked with some books and board games, but further donations for all ages are always welcome! The library is already being put to great use, as members of the community can often be spotted enjoying the park with a book in their hand, and we can't wait to see how the library continues to grow. A massive thank you to Adam Brandt for building and installing such a beautiful enhancement to the HHHub!

Monthly Meeting

Please be advised this months meeting will be held on Wednesday July 24th, instead of it's usual Thursday. It will still start at 7:00pm and will be held at Harvest Hills Alliance, 10099 Harvest Hills Blvd NW. These meetings are a fantastic opportunity to see everything that happens behind the scenes at the HHHub, and to help us continue to shape the HHHub into a space we can all be proud of!



Fun, free summer activities coming to your community.

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Artist of the Month



Claudia Janet – Artist, Arts & Crafts Committee

My name is Claudia Janet, I was born in Monterrey, México, and I have been an artist as long as I can remember. I love my art because it comes from my heart and from my deepest thoughts. I can't imagine my life without creating something every single day.

When I was a teenager I decided to learn how to paint so I started to play with a canvas and some oil paints that I received as a gift from my mom. Since then I have always been experimenting with several materials to create my art such as oils, acrylics, watercolors, texture, pastels, charcoal pencils, and sometimes recycled ma-

terials such as foam, compact discs, and even an old wig.

I am a self-taught person and because of it, when in doubt on how to do a certain effect or perspective, I like to have books on hand that I can consult for some help, or I Google some tutorial or class about that. I love the fact that I am constantly learning and challenging myself by experimenting with new materials or trying new techniques.

My style has been changing very often. Sometimes it's more gothic and darker using only black, white and grays, or it can be very cheerful with bright colors and cute characters. It

truly depends on what I am feeling that day. Most of the time I use art as a therapy and it works perfectly to feel calm and relaxed.

I had participated as a solo artist in several exhibitions and some collectives in Italy, England and Mexico.

I will always be an artist until the day I die; I feel excited to think what kind of art I will be creating in the future, because I never know what crazy and creative idea I can come up with each day. I love my art so much and I hope people who see it will enjoy it as much as I did when I created it.

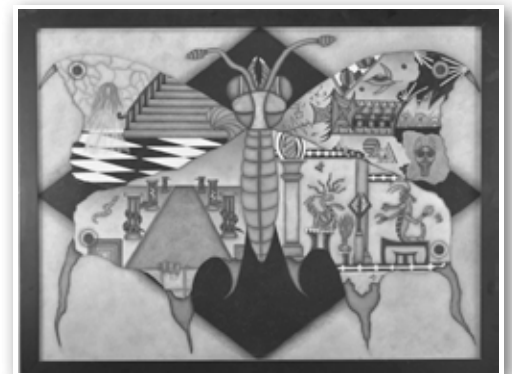
If you are interested to see more of my work I have a Facebook page

with photos of my work:

www.facebook.com/ClaudiaJanet.
Artist/

I am on Instagram too:
@claudiajanetv

And my email in case you want to contact me: cjreyesv@hotmail.com



Northern Hills
Community Association

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Harvest Hills and Panorama Hills

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JULY FREE ACTIVITIES IN HARVEST HILLS HUB!

Our address is 178 Harvest Glen Way NE
Be sure to check out our Facebook page and website - www.hhhub.ca
for full details and schedule changes.



@HarvestHillsHub



@NorthernHillsCalgary

Seniors Play Day
Tuesdays & Thursdays
1 - 3 pm



Yoga
Thursdays
7 - 8pm



Total Body Workout
Wednesday, July 24
7 - 8pm



Hula Hoop Class
Tuesdays, July 23 and 30
7 - 8pm



Meditation
Monday, July 29
7 - 8pm



Elected Representatives



Getting to zero

Let's do a little math. In Calgary, four per cent of traffic collisions in a year involve pedestrians and cyclists. Seems low, right? Perhaps, but did you know that these "accidents" account for 30 per cent of fatalities. Is that acceptable? What if it was your family? We believe one death is too many. Is that realistic? Can we reduce the number of serious injuries and death to zero? If so, how do we do it?



at how we design our communities and the road networks is required. We also need to examine vehicle safety features, current speed limits, enforcement and yes, we need to look at our own driving behaviour.

Change is possible. We simply need to look to other parts of the world such as Sweden which created the Vision Zero initiative in 1997. This is a multi-disciplinary approach to traffic safety aimed at zero fatalities or serious injuries from users on their road network. Has it worked? In the last five years fatalities involving pedestrians fell by almost 50 per cent in Sweden giving them one of the lowest annual rates of road deaths in the world.

It is encouraging to see that the Vision Zero philosophy is already happening in Alberta. The Province of Alberta has been moving to a Vision Zero approach through its Traffic Safety Plan and Edmonton was the first Canadian municipality to officially adopt Vision Zero in 2015. In May

representatives from across Canada, including City of Calgary Administration, met in Calgary at the Canadian Association of Road Safety Professionals (CARSP) conference to look at the Vision Zero approach and clarify what a version of this initiative should and shouldn't look like in the North-American context.

What is Calgary doing? The City has approved the Calgary Safer Mobility Plan aimed at improving the safety of our transportation network with a strengthened focus on Vision Zero. One of the first steps Council has directed Administration to look at is our speed limits to determine if change is needed on some of our roads. Is this necessary? Recent studies demonstrate that a one per cent reduction in average driving speed is expected to result in a two per cent reduction in collisions, a three per cent reduction

in injury collisions and a four per cent reduction in fatal collisions. Those numbers are certainly worth taking a closer look at.

As we move forward with this new approach, all of us can be part of the solution by ensuring we are aware of other road users, adhering to speed limits and road conditions and avoiding distractions such as cell phones. Together, we can get to zero!

Check out these sites for more information:

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

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

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

These are big questions with no simple answer. We are not going to eliminate traffic fatalities by simply issuing more speeding tickets. Getting to zero is not about one thing, it's about fundamentally changing the way we think about road safety. A comprehensive approach that looks



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

As Parliament closes and summer begins we reflect on a busy year in the community. On May 23rd, I hosted my annual Career Services Event. Calgary continues to face a jobs crisis. This event, which was attended by hundreds of individuals from our community, allowed for the opportunity for many to connect with job search organisations that serve our city. Fighting for policies that create jobs and grow our economy continues to be a priority for me.

While in Ottawa I continue to fight for energy workers and their families who are struggling to make

ends meet. I have been advocating and pressuring the government to build pipelines, remove legislation that is restricting our energy sector and support the thousands of Albertans who are out of work. I continue to table petitions calling on the government to launch a full review on the unfair equalization formula and immediately repeal the anti-pipeline Bill C-69.

I am proud to be your voice in Ottawa and fighting these battles for you every day. I look forward to spending time in our community this summer hearing about the issues that are important to you. I want to wish you and your families a Happy Canada Day, and I hope you all have a safe and enjoyable summer!

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

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

Survey is ON!

Community Action for Seniors

By Calgary Chinese Community Service Association (CCCSA)

The social isolation of seniors is a significant issue in Canada and has been identified as a national priority. Actions are being taken at the government, organization and community level. CCCSA (Calgary Chinese Community Service Association) with support from the Alberta Ministry of Seniors and Housing is seeking community input on how we can collectively improve the quality of community life for all seniors in the area. To inform our actions, we ask all residents to complete an online survey. By doing so, you will be helping organizations in your community to



better understand local area seniors and bring about social innovation that benefits the whole community.



To access the survey, please visit www.cccsa.ca. The survey link will be on the home page. Thank you for taking the time. For more information, please email cas@cccsa.ca.

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Country Hills Blvd		

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34 Panatella Blvd NW
403 248 3937

www.progressiveoptometry.ca

Dates

**Come & join us
in planting the Pollinator Corridor in
Coventry Hills on Tuesday, July 9th!**

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:00am-1:00pm Community Play (Free) @ Panorama Hills	1:00 – 3:00pm Seniors Play Day @ Harvest Hills Hub (Free & Drop-In)		1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Yoga Class @ Harvest Hills Hub (Free & Drop-In)		
7	8	9	10	11	12	13
3:00-7:00pm Community Play @ Vivo Play Hub	9:00am-1:00pm Community Play (Free) @ Coventry Hills	1:00 – 3:00pm Seniors Play Day @ Harvest Hills Hub (Free & Drop-In) 5:00 – 8:00pm Pollinator Planting Day @ 118 Coventry Hills Way NE		1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Yoga Class @ Harvest Hills Hub (Free & Drop-In)		
14	15	16	17	18	19	20
	9:00am-1:00pm Community Play (Free) @ Panorama Hills	1:00 – 3:00pm Seniors Play Day @ Harvest Hills Hub (Free & Drop-In)		1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Yoga Class @ Harvest Hills Hub (Free & Drop-In)		
21	22	23	24	25	26	27
	9:00am-1:00pm Community Play (Free) @ Coventry Hills	1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Hula Hoop Class @ Harvest Hills Hub (Free & Drop-In)	7:00-8:00pm Total Body Workout @ Harvest Hills Hub (Free & Drop-In)	1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Yoga Class @ Harvest Hills Hub (Free & Drop-In)		
28	29	30	31	August 1	August 2	August 3
	7:00-8:00pm Guided Meditation @ Harvest Hills Hub (Free & Drop-In)	1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Hula Hoop Class @ Harvest Hills Hub (Free & Drop-In)		1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Yoga Class @ Harvest Hills Hub (Free & Drop-In)		

EVENTS

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



Outreach Thursdays

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

Community Play Dates (Free & Drop-In)

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

Harvest Hills Hub

Check out free **summer** activities for all ages at the Hub! www.hhhub.ca. Join us at the Monthly Meeting – 7:00-9:00pm – July 24 – @ Harvest Hills Alliance Church
Creating Coventry Project #6 Pollinator Corridor Pilot
Volunteers will be planting native plug plants and seeds in the two medians next to the Coventry Community Garden and the Covepark Square playground. Sign-up to volunteer and learn more about the project here www.nhca.ca/creating-coventry/



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



Students entering Grade 1-5. Register on HHAC Website or fill-out a hard-copy for more information contact Blaine@hhachurch.com www.hhachurch.com

Great Things Happening

Come one, come all
July 7 — Stampede Breakfast 9:00 - 11:00 am
Tuesday nights - Men's Floor Hockey
Wednesday Morning - Mom's Stroller walking group.
Contact office@hhachurch.com for more info.



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

Updated: February 28, 2019

Northern Hills Community Association Membership Application

- Membership expires one year from date of purchase. You can purchase a membership three ways:
1. Access our online membership registration at: www.nhca.ca under **Member Login** at the top right corner
 2. In-person registration at the office
 3. Mailing your membership form below to the office

Mail Payment to: Northern Hills Community Association
(VIVO for Healthier Generations)
11950 Country Village Link NE Calgary AB T3K 6E3

Fees:

- Family \$30
- *Associate \$30
- Single \$20
- Business \$50
- Senior (60+) \$20
- **Business Plus \$120

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

First Name: _____ Last Name: _____

D.O.B: _____ Gender: _____

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

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

Address: _____

Postal Code: _____ Phone: _____

Email: _____

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

- YES
- NO

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

- YES
- NO

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

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

Other _____

Fun Family Programs

By Sue Blackburn Forster
Parent Coach, Family Connections
Parent Link Centre

Look for **Summer programs** at the Huntington location (July & August) Check our calendar at weconnectyou.ca or call 587-392-2771 for more information.

- Library circle time for children 1-5 years
- Field trip's
- Nutrition workshop: July 15 Mealtime struggles to Mealtime Success 10-noon for children 1-5 years old.

Parent Support (over the summer)

Come speak with the Parent Coach about parenting issues or concerns regarding children. Please call 587-392-2270 to set up a time to meet or speak on the phone.

Family Fun Fair

Tuesday July 23 10-11:30 am
Huntington Hills Community Centre 520-78 Ave NW

Come join us at the Huntington Hills Community Association arena to participate in a variety of interactive games, activities and crafts, with a small snack provided. The Family Fun Fair is for children, infant to twelve years of age. There will be lots of information on resources available in the community as well as fun activi-

ties to do over the summer.

Registration begins on July 2nd, if you would like to attend the Family Fun Fair, please call 587-392-2271 to confirm your attendance.

Meet Me at the Park 2019

Wednesdays in July
10:00am-12:00pm

Come join us and visit 3 different parks in Panorama, Harvest Hills and Coventry Hills this summer. Bring sun-tan lotion, hats, water and snacks and something to sit on. Older children are welcome. We will be partnering with the Play Ambassadors program and Vivo.

- July 10 – Panorama Hills Park (400 Panamount Blvd NW)
- July 17 – Harvest Hills Hub (178 Harvest Glen Way NE)
- July 24 – Coventry Hills Community Garden (135 Covepark Square NE)
- July 31 – Coventry Hills Community Garden (135 Covepark Square NE)

Please note, if the weather is not OK, we will not run the program and we will not have an alternative program. You can call Tracey at 587-392-2271 the day of if you are not sure whether the program is running or check our Facebook page - Family Connections Parent Link Centre.



The Northern Hills Gardeners

By Yvonne Steenveld

Did you know that there is an active garden group in your community? The Northern Hills Gardeners group was started up 10 years ago by Wendy Cavanagh, the past NHCA President, who moved to another community about three years ago. Harvest Hills, Country Hills, and Coventry Hills has a garden group of people who love to garden, just like you! The Northern Hills Gardeners meet once a month from May – October to share tips and resources about gardening. Such as:



- Landscaping ideas
- Presentations on seasonal gardening ideas
- Gardening ideas and tips
- Plant, bulb and seed exchange event
- Gardening Centre field trips/ garden tours
- Problem solving around pest and disease control / problems

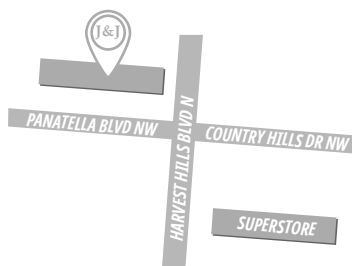
day or weekend, if spending time working in your gardening is enjoyable and an absolute pleasure; then you are totally not the only one! We would welcome you whether you are new to gardening, a novice, or were born in the cabbage patch to join the group, please email harvestgarden@nhca.ca and coventrygarden@nhca.ca so we can add you to our next scheduled event!

If your May long weekend means starting gardening, if going to the garden centre is the high light of your

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Vivo - Northern Hills Community Mobile Skatepark



11950 Country Village Link NE



June 20th - July 17th

A FREE Calgary skateboarding program for all ages.

All participants must have a signed waiver, if under 18, the participant will need it signed by a parent / guardian before being able to participate in this program.

Waivers are available on-site and on www.calgary.ca/skateparks.

Helmets are mandatory when using the park.


You are welcome to bring your skateboard, rollerblades, or scooters to the park. Rental skateboards and helmets are free to use on a first come, first serve basis.

Skatepark hours (weather dependent)
June - Tuesday to Friday 3:00 pm to 7:00 pm
July - Tuesday to Friday 11:00 am to 7:00 pm
Saturdays & Sundays 11:00 am to 7:00 pm

For more information call 3-1-1 or visit www.calgary.ca/skateparks



Colouring Contest: FREE ICE CREAM!

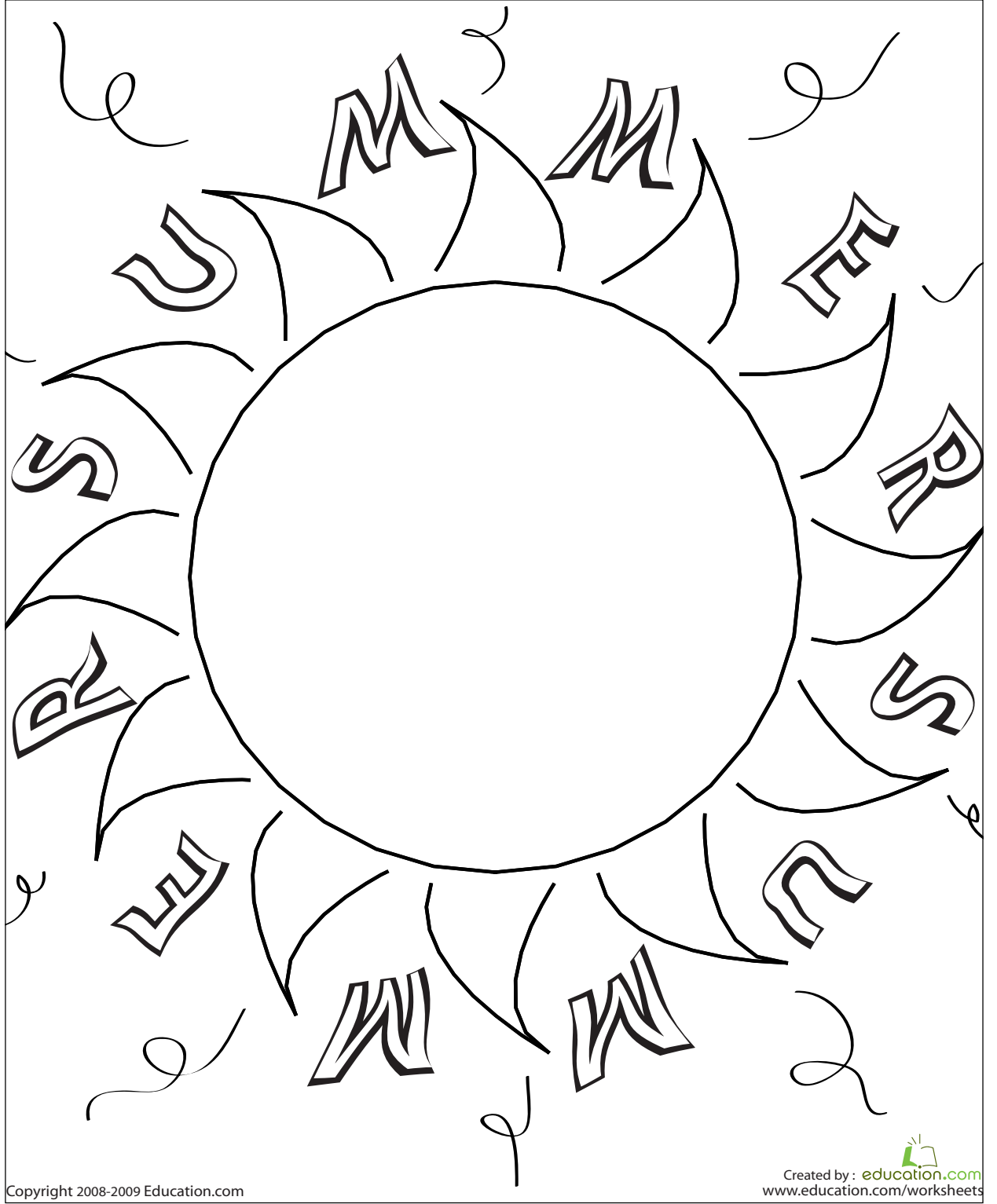


The first 40 children who colour and take their picture in to Marble Slab Creamery, 623-130 Country Village Rd NE, will receive a free single ice cream cone.*

Name: _____

Age: _____

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



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Created by: [education.com](http://www.education.com)
www.education.com/worksheets

SUDOKU-PUZZLES

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

Answers on page 14

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

Outreach Thursdays in NHCA

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

They seek to meet the needs of North West and North Central Calgary residents by offering Basic

Need Appointments including outreach, information and referral support for singles, seniors and families - no restrictions on children under 18 living at home.

To access several North Central Family Support Programs for you and your family, kindly contact

[Germaine Rivera](mailto:germaine@bowwest.com) (via email germaine@bowwest.com or phone 403-874-6809).



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



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DENTAL CENTRE

403.226.1809

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



COVENTRY HILLS BLVD

COUNTRY HILLS BLVD



*Proudly serving the Northern Hills
Communities since 1998*

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

www.countryhillsdental.com

Beep Beep Again!

NHCA & Vivo Neighbour Day Fun Bus

By Nate Pike – Communications Director, NHCA

On June 15th, members of the NHCA spent the better part of the day touring our communities on the Neighbour Day Fun Bus with staff from Vivo as well as Ward 3 Councillor Jyoti Gondek!

The Fun Bus spent the day traveling throughout Harvest Hills, Coventry, Country Hills, Panorama, Livingston, Beddington and Hidden Valley visiting Neighbour Day events that had been organized by neighbours in their various communities. These events are tremendously important for not only celebrating existing relationships within our communities but also for building new one. With the vast majority of



made this years Neighbour Day such a huge success in their communities, and we can't wait to be a part of it again next year! Also, shout-out to BassPro for sponsoring our coolers so we were able to keep our delicious freezies cold and ready for residents to enjoy.

To see more pictures of our adventures, check out our posts on Facebook, Instagram and Twitter! The Neighbour Day Fun Bus is a joint partnership between the NHCA and Vivo.

major community improvements in our neighbourhoods being organized and led by community volunteers, events

like Neighbour Day help make the connections that turn into murals, parks, community gardens, basketball

courts, the Harvest Hills Hub and so much more!
The NHCA would like to thank all of the volunteers and community leaders who



HEALTH CORNER



Heat Related Illness



With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.



Summer Festival Safety Tips

By Federation of Calgary Communities

Calgary has a ton of entertaining, creative and crowded summer festivals, events and rodeos. With all the fun and excitement, it's important to remain safe and aware of your surroundings when you and your family take part in all the summer festivities. Here's a few tips for the summer:

1. Stay hydrated, wear a hat and apply proper sunscreen. If you begin to feel tired and show signs of muscle fatigue take a break in the shade and get some water. Personal battery-operated fans, umbrellas and sliced watermelons are great ways to keep your body comfortable.
2. Be prepared for various degrees of weather. Pack and bring suitable clothing like a raincoat, just in case. Take cover inside or under any form of a secure shelter in case of a thunderstorm.
3. Many of the venues you will attend will have food, so ensure that with cold food products that they are stored in cooler areas and not left in the heat before purchase. With hot foods, ensure that they are eaten shortly after being cooked this can reduce bacteria. A healthy diet will keep you energized throughout your time.



Partners in Water Safety remind citizens of the risks on Calgary's waterways

By City of Calgary

To help remind you of the risks when you're out on Calgary's rivers and lakes, the Calgary Fire Department has teamed up with the Calgary Police Service and Community Standards to form Partners in Water Safety.

Our message to all citizens is simple: where there's water, there's risk. Accidents can happen even when you do everything right.

When you're out enjoying Calgary's rivers and lakes, remember to:

- Wear a lifejacket: The importance of life jackets can't be exaggerated. Even strong swimmers in shallow,

slow-moving water are required to wear lifejackets. Make sure the lifejacket fits properly and always check the size and weight restrictions of the lifejacket.

- Scout, assess and decide: Check for potential river hazards and river advisories to determine if it's safe to raft or boat.
- Keep kids safe around water: Keep toddlers or young children within arm's reach while in or around all bodies of water.
- Learn to swim: Swimming is a life-saving skill. Classes are offered

year-round at Calgary.ca/register.

- Behave on the water: Consuming and transporting alcohol and drugs is illegal on Calgary's waterways. Anyone engaging in unsafe or disrespectful behaviour on the water will be subject to fines.
- Bring the right supplies: Make sure you have the right river craft, the right life jacket and the right paddle for the river conditions.

Carry a cell phone to call for help in case of emergency.

- Call 9-1-1: If there's an emergency on the water, call 9-1-1.

Find out more at calgary.ca/water-safety.



Northern Hills Community Association **vivo** PLAY Project

Join us for
Country Hills Fireside Friday
Friday August 16
5pm-9pm

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

Location TBA - keep an eye on nhca.ca and our social media!

Shibley & Company

MAKING A WILL

It is important for everyone to have a Will; people often have more assets than they think. An important part of estate planning is having a Will along with an Enduring Power of Attorney (EPA) and a Personal Directive (PD).

To prepare a Will you need to decide who your Executor(s) will be, name a Guardian for your children if they are under the age of 18, and who will benefit from your estate. You can make a Will at any time and existing Wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a family member or divorce.

We make this process easy and help put your mind at ease. Call or e-mail us to book your appointment today.

Shibley & Company has been serving clients in Northwest Calgary for over 25 years and takes pride in excellent service to our clients. For more information, please visit our website www.shibleyandcompany.com or call us at 403.275.3230

Book an appointment with Vilma Mydliar before July 31, 2019 and receive 10% off a Will package.

SHIBLEY & COMPANY
Vilma Mydliar
Barrister, Solicitor & Notary Public
219, 8120 Beddington Blvd NW
Calgary, Alberta T3K 2A8
403.275.3230
www.shibleyandcompany.com

Northern Hills Arts and Crafts
Bringing art to you!

CALL FOR ARTISTS

We are seeking artists to join our Arts and Crafts committee

ARE YOU AN ARTIST OR ART ENTHUSIAST IN THE COMMUNITY?
WOULD YOU LIKE TO RUN YOUR OWN ART CLASS AS AN ART PROGRAM LEADER?
(NO FORMAL QUALIFICATIONS OR DEGREE REQUIRED)
WE WANT TO HEAR FROM YOU!

PLEASE EMAIL US AT ARTS@NHCA.CA

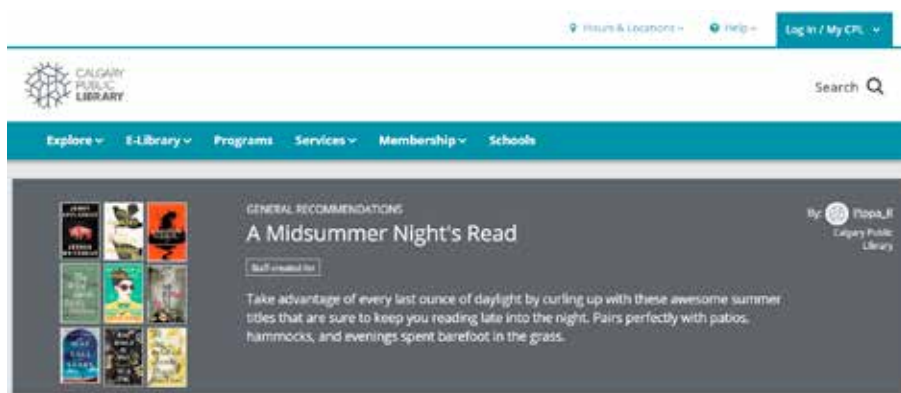
Northern Hills Community Association

LIBRARY NEWS



Ultimate Summer Challenge Is On

Calgary Public Library's summer program for families, kids, and teens is back. Find free programs, events, performances, and installations at libraries across the city. Plus, everyone registered for Ultimate Summer Challenge at calgarylibrary.ca/summer has a chance to win awesome prizes, including iPads and Chromebooks. Kids can also record reading, listening, and Library time on a Challenge Map. Pick up your Challenge Map and the Summer Kids Guide at your local Library to see all that's on offer this summer. See you at the Library!



Find Your Next Summer Read

Take advantage of every last ounce of daylight by curling up with awesome summer titles that are sure to keep you reading late into the night. Head to calgarylibrary.ca/summer-reads to find summer book picks for adults from Library staff. These titles pair perfectly with patios, hammocks, and evenings spent barefoot in the grass. Looking for more book recommendations? Visit calgarylibrary.ca. Happy reading!



Six New Skills You Can Learn with Lynda

Lynda is a free eResource you can use to learn something new or expand your existing skillset. Access courses covering topics such as marketing, photography, filmmaking, art, animation, and web development. Watch our new eResources video at calgarylibrary.ca and meet Sola, a project management professional who loves Lynda – then discover six new skills you can learn. Not a Library member? Sign up for free online or visit any Library location.



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

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

Two convenient locations serving the Northern Hills Communities

SiteForSight
eyecare • eyewear

SecondSight
eyecare • eyewear

#713, 500 Country Hills Blvd. NE
Country Hills Towne Centre
Calgary, AB T3K 4Y7
403.226.7638
www.siteforsight.ca

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

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

New and Emergency Patients Welcome

When it roars, stay indoors



By City of Calgary

Summer is a wonderful time of year to spend time outside under the warm sun, but it's also the most active storm season in Calgary. While storms can be mesmerizing and exciting, they can also be very dangerous. "Calgary is prone to strong and sometimes dangerous summer storms," says Tom Sampson, Chief of the Calgary Emergency Management Agency. "Keep yourself, your family and your property safe during a summer storm by signing up for emergency alerts, making an emergency plan, and having a 72-hour kit." In addition to thunder, lightning, rain, and wind, summer storms often bring hail which can damage houses and cars and cause injuries. Protect your home and property by parking under shelter, secure items that might

blow away, and remove weak branches and trees. Public weather alerts for Alberta and Alberta Emergency Alerts let the public know when a strong storm is coming. A "severe weather watch" means the conditions favour a certain type of hazardous weather, and a "severe weather warning", means that the weather event will happen in the next 30 minutes. The best place to be during a storm is in an enclosed building or hard topped vehicle. Stay away from high ground, isolated trees or telephone poles, picnic shelters and open spaces, to avoid being hit by lightning. Keep yourself and your pets inside until the storm has passed. Learn more about disaster risk in Calgary and how you can prepare by visiting calgary.ca/getready.

Creating Coventry Update

By Moraig McCabe
Creating Coventry Project Founder

PROJECT 1: COVENTRY SPORT COURT

At the time of writing, the basketball court and rink project in "Roundabout Park" at 118 Coventry Hills Drive NE is underway, but not yet

complete. We have had to reschedule the opening celebration to later this summer. Neighbouring residents will be delivered invitations once we have a new date, and everyone else will be invited via an event through our Facebook page: @creatingcoventry

Fundraising is continuing for the rink and raised planting bed seat-

ing parts of the project, and we will find out in mid-July whether we have been successful with our grant applications or not (cross your fingers!). We still need to raise the matching funding though, so any little donations from residents help! You can donate through our Parks Foundation account at: <https://www.parksfdn.com/sport-projects> and donations made online all receive a charitable donation tax receipt.

Project 2: Five SE Coventry Parks

We will be knocking on doors this summer to ask neighbouring residents of Park 6 (Coventry Green Park) what they would choose for their park: BASKETBALL HOOP, or SOCIAL SPACE / SEATING, and whether in addition they would also like to see LANDSCAPING, a LITTLE FREE LIBRARY, or anything else, and will add the information collected to the data we already have before releasing the final results to the community for this project.

A big shout out to Terri and family, who live near the park. They have volunteered to help plan the design

choice for this park, once it has been confirmed this summer! If you would like to help too, with any of the parks in this project, please let us know at creatingcoventry@gmail.com.

PROJECT 4: DOG PARK

At the time of writing, we have an appointment to meet with the new MLA to talk about getting Provincial authorization to use a part of the Transportation Utility Corridor for an off-leash dog park in the NE area of Coventry. We'll keep you updated.

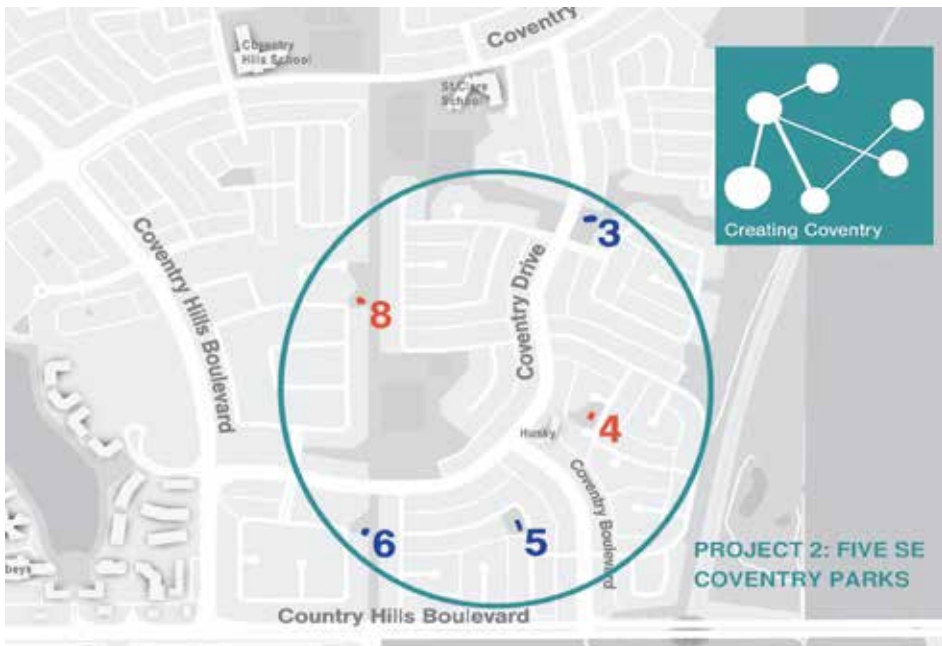
PROJECT 6: POLLINATOR CORRIDOR - NATURALIZATION PILOT

By the time this goes to print, the pollinator corridor will have been planted! We are looking for volunteers to sign up to help water the plants for a week during the summer. Please fill out the volunteer form at: <https://forms.gle/pHoZAZtKMr5G1YhJ8> or contact us at creatingcoventry@gmail.com to sign up!

THANK YOU for all your involvement in creating your community parks with us!



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)





the parks of
HARVEST HILLS

BILD Community of the Year Finalist





SINGLE FAMILY HOMES FROM THE \$500'S

Mike Dwyer: 587.351.2455



PAIRED HOMES FROM THE \$450'S

Ashley Falsetti: 403.453.8556

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Sudoku puzzle ANSWERS

Puzzle on page 10

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

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

Crossword puzzle ANSWERS

Puzzle on page 4

1	A	C	M	E	5	O	L	E	O	S	10	B	E	M	13	A			
14	F	L	A	T	15	S	A	L	V	O	16	I	T	E	M				
17	T	U	R	N	18	A	M	B	E	R	19	O	U	Z	O				
	20	B	L	A	21	C	K	B	E	R	22	Y	P	I	E	S			
					23	H	A	D		24	L	Y	E	S					
25	L	A	T	H	26	I		29	C	E	31	N	Y	32	M	34	H		
35	I	G	U	A	N	36	A		37	L	A	D		39	E	R	A		
40	C	A	N	T	A	L	41	O	U	P	E	42	M	43	E	L	O	N	
44	H	I	E			45	A	P	E		46	B	U	L	B	E	D		
47	I	N	D	48	U	S		50	T	S	51	P		52	F	L	A	M	S
				53	M	A	G	I		55	R	U	T						
57	P	E	58	P	P	E	R	O	60	N	I	P	I	61	Z	62	Z	63	A
64	A	C	A	I			65	A	N	I	S	E		66	E	U	R	67	O
68	W	H	I	R			69	C	A	N	O	N		70	A	L	T	O	
71	N	O	D	E			72	E	L	A	N	D		73	L	U	S	H	

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



Great Community Attendance at High School Open House

By Tamara Keller,

1st VP & Advocacy Director, NHCA

The North Calgary High School open house was held on June 26 at Nose Creek School. Rough estimations are that 250 to 300 community members stopped in to check out the current plans for the High School. The CBE had several sign boards on display, showing the proposed timelines, footprint, layout and sight lines for the school, all very informative. A feedback sheet was available, and upon completion of the open house I could see that the community had shared a lot of thoughts. What a fabulous opportunity for our community to see what's currently planned, and to have a voice in the final design.

In attendance at the open house were representatives from Alberta Infrastructure, representatives from City of Calgary Planning and Transportation departments, Dany Breton, Superintendent of Facilities for the CBE, Erin Hafichuk Project Manager with the CBE, Susan Taff and Monica Oystyk with TAFF Architecture Ltd, plus representatives from MLA Yaseen's office (Calgary - North), MLA Sawhney's office (Calgary - Northeast), and MLA Pon's office (Calgary - Beddington), Councillor Gondek, CBE Trustees Trina Hurdman and Althea Adams, Steve Kelly with Calgary Police Service, members from the Advocates for North Calgary High School, and NHCA board members.

Basically, if you have questions, this was the place to get them answered!



L to R: CBE Trustee Hurdman, CBE Trustee Adams, community volunteer Jessie Leighton (photo credit: Jyoti Gondek)

It is important to note that the North Calgary High School currently has DESIGN FUNDING only. We will enter "Phase II - Construction" only after the Provincial Government announces funding for construction. A funding announcement in the upcoming provincial budget would enable this project to smoothly transition

from design phase to construction phase, and we could potentially see the High School open its doors as early as the 2023/24 school year. Getting construction funding in the upcoming provincial budget is key in moving this project forward now. It is our turn!

Please take the time to make our provincial government aware of your support for funding education infrastructure in the upcoming budget, and how important this school is to our community and our kids. This table has contact information for our MLA's, Ministers of Infrastructure and Education, the Premier, opposition leader, and shadow education minister. Please reach out to all of them, and include your postal code so they know you live in this area. Do it often. Make your voice heard!

North Calgary High School. IT'S OUR TURN!

Member of Gov't	Title	Email	Phone	Twitter
Jason Kenney	Premier of Alberta	premier@gov.ab.ca	403-238-1212	@jkenney
Adriana LaGrange	Minister of Education	education.minister@gov.ab.ca	780-427-5010	@adrianaalagrange
Prasad Panda	Minister of Infrastructure	infrastructure.minister@gov.ab.ca	403-288-4453	@prasadpandayyc
Rajan Sawhney	MLA - YYC NorthEast	calgary.northeast@assembly.ab.ca	780-643-6210	@rajanjsaw
Josephine Pon	MLA - YYC Beddington	calgary.beddington@assembly.ab.ca	403-215-7710	@Pon.Josephine
Muhammad Yaseen	MLA - YYC North	calgary.north@assembly.ab.ca	403-274-1931	
Rachel Notley	Leader of the Official Opposition	edmonton.strathcona@assembly.ab.ca	780-414-0702	@rachelnotley
Sarah Hoffman	Education Shadow Minister	edmonton.glenora@assembly.ab.ca	780-455-7979	@shoffmanAB

Quick Facts:

- North Calgary High School will serve the Northern Hills communities and Hidden Valley, current population: ~70,000.
- 1,816 high school students reside in these communities
- 1,816 students commute over 345,000 hours per year to out of area high schools as far away as Crescent Heights High School, south of 16th ave, well over an hour a day on public transit.
- The cost of bus passes for the school year for 1,816 students is \$1.36 million; the CBE subsidy to help off-set these costs to parents: \$996,984.
- The 1,800 student high school is projected to open at capacity, and to remain at capacity for many years.
- North Calgary High School currently sits at #2 on the CBE Capital Plan 2020-2023, approved March 12, 2019; this is the fourth year in a row NCHS has been a Year 1 priority, and the 10th year it has been on the Capital Plan.
- Full funding in the fall 2019 budget could see NCHS open as soon as the fall of 2023. Every delay in funding delays potential opening date.

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- Saturday** • 9am - 4pm



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