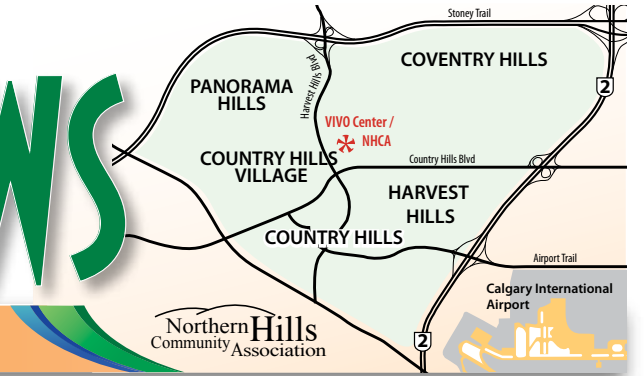


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NORTHERN HILLS NEWS

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

North Calgary High School Will We Get Past the Drawing Board?

By Tamara Keller
1st VP NHCA and Advocacy Director

Design funding was allocated for the North Calgary High School by our previous provincial government in March of 2018. And we cheered!

We have officially arrived "At the Drawing Board"! Now we need full funding in order to get past the drawing board, put shovels in the ground, and get this much needed High School built. It is OUR TURN!

This past April, we elected a new provincial government who will be releasing their first provincial budget this fall. Where our North Calgary High School falls on the new government's priority list will become clear with the release of that budget. One thing I know for sure is that we cannot and must not take the full funding for North Calgary High School as a given; we MUST continue to advocate strongly if we are to see this vital education infrastructure project get past the drawing board.

It's been a long road ...

North Calgary High School was identified as a priority on the CBE Capital Plan as long ago as 2004, when Ralph Klein was still Premier of Alberta; yet here we are, fully 15 years later, with not a single shovel in the ground. We have just sworn in our sixth Provincial Premier since North Calgary High School was first identified as a need for North Central Calgary. SIXTH!

So what do we do now? We get ACTIVE!

1 Contact your Provincial Government representatives to ensure that they recognize how important it is to fund education infrastructure in our province, beginning with full funding for North Calgary High School in their fall 2019 budget. See the chart below for contact information. All members listed can be included in your communications, as they all play a role in ensuring full funding for North Calgary High School is included in this provincial budget.

2 Join the facebook group "Advocates for North Calgary High School" to connect with others who are advocating for our high school, learn about activities in the area, and keep up to date on information pertaining to the NCHS.

3 Get active on Social Media. Share information on the need for NCHS. Follow and tweet to your MLA's and government ministers. Twitter handles are included below.

4 Attend the NCHS OPEN HOUSE to learn more about North Calgary High School, including an update on the design process.

**NORTH CALGARY
OPEN HOUSE
JUNE 26, 6:30 pm,
at Nose Creek School**

We look forward to getting shovels in the ground for North Calgary High School. Your active support is needed to ensure that we get our full funding in the upcoming provincial budget. Now is the time to make your voice

heard! We look forward to seeing your posts, tweets, and engagement at the Open House on June 26 (6:30 pm, at Nose Creek School).

It's Our Turn!



Members of Government

Jason Kenney	Premier of Alberta premier@gov.ab.ca 780-427-2251 @jkenney
Adriana LaGrange	Minister of Education education.minister@gov.ab.ca 780-427-5010 @adrianalagrang
Prasad Panda	Minister of Infrastructure infrastructure.minister@gov.ab.ca 780-427-5041 @prasadpandayyc
Rajan Sawhney	MLA - YYC NorthEast css.minister@gov.ab.ca 780-643-6210 @rajanjsaw
Josephine Pon	MLA - YYC Beddington sh.minister@gov.ab.ca 780-415-9550 @josephineponUCP
Muhammad Yaseen	MLA - YYC NorthEast Email None found 403-775-2290 Twitter None found
Rachel Notley	Leader of 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.
- The 1,800 student high school is projected to open at capacity, and to remain at capacity for many years.
- 1,816 high school students reside in these communities
- 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.
- 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.
- Full funding in the fall 2019 budget could see NCHS open as soon as the fall of 2022. Every delay in funding delays potential opening date.
- 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.

- ARTIST OF THE MONTH**
- NEIGHBOUR DAY FUN BUS**
- ELECTED REPS**
- POLLINATOR CORRIDOR**
- HEALTH CORNER**
- HARVEST HILLS HUB**

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this month
WHAT'S INSIDE

FREE ICE CREAM ON PAGE 10

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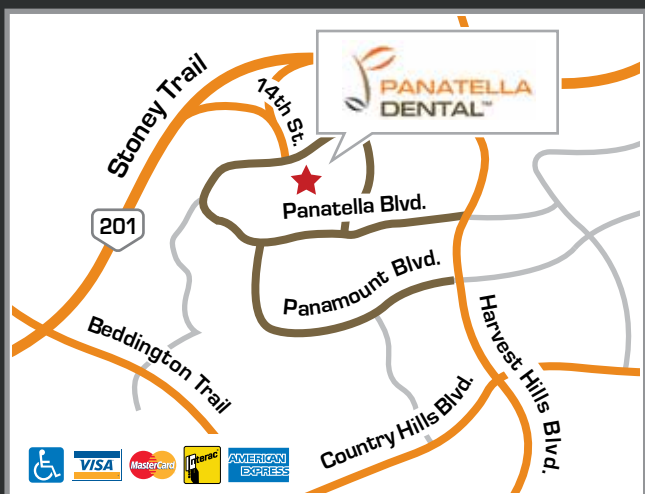
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Community Association Notes



Hello friends and neighbours!

I'm very pleased to announce that the new Board elected during the AGM on April 4 in turn elected a new executive team on April 17: Ian McAnerin (me) as President, Tamara Keller as 1st Vice President and Advocacy Director, Leah Argao as 2nd Vice President, Jeannette Lee as Treasurer, and Winnie Huang as Secretary.



We are saddened to lose the indomitable and ever-active David Hartwick from the Executive due to term limits, Jessie Leighton due to an increase in her duties as a Vivo Board Member, and for Leah Argao to step away from her incredible accomplishments as President due to personal constraints. We are sincerely grateful to all of them for their contributions to the NHCA and the community.

I'm particularly grateful Leah has agreed to stay on as 2nd VP because I'm sure I'll need to draw upon her experience and expertise as I transition to the President's role. On a related note, we are always looking for more volunteers and directors to help us with the many projects the NHCA

has ongoing in the community. The NHCA will continue to work on increasing the operational efficiency of the Association, which should lead to us being more effective with our resources and more thorough and transparent in our communications both internally and with the community. This process was begun by the previous executive and we will complete the process this year.

We would also like to welcome and congratulate our three new elected representatives – Rajan Sawhney (Minister of Community and Social Services), Josephine Pon (Minister of Seniors and Housing), and Muhammad Yaseen (Parliamentary Secretary of Immigration). The NHCA looks forward to working with them and we have already reached out. You can expect us to continue to advocate fiercely for our community and it's needs (including the much-needed High School).

I'm very excited to take on this role and am looking forward to connecting with as many groups, associations, councils, business owners, and residents as possible to ensure that the NHCA continues to represent everyone in our dynamic and diverse communities.

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



Volunteer Opportunities

This summer is promising to be full of activities, events, and celebrations! We are looking to expand our Event Management team.

Do you like to plan and design events? We are looking for 6-8 volunteers who would like to be part of NHCA's Event Management Team, which will be planning, organizing and delivering NHCA's big events, such as Community Clean-up, Neighbour Day, Soccer Wind-Up etc. It is a great chance to meet new people and get to know Northern Hills residents and local businesses. Contact Lindsay (events@nhca.ca) to get involved or to learn more about it.

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:

- Sports
- Gardens
- Harvest Hills Hub playground project
- Northern Hills News
- Community Ice Rinks
- Senior Persons Regaining Youth (SPRY) in the Hills

- Volunteer Management
- Beautification & Community Enhancement

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

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

- **Summer Kick-Off Party** - Want to help out at the Harvest Hills Community Hub Summer Kick-Off Party on June 28th, 2019 between 3-8pm? Follow the link <http://signup.com/go/iJQUoDH> to view and sign up for various volunteer opportunities!

No account needed, there are roles for everyone ages 10+! Come be part of the fun!

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

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: Jeannette Lee (treasurer@nhca.ca)
Directors at Large: Brad Huebert, Jessie Leighton, Lindsay Lantela, Tavis Settles.

COMMITTEES

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

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

Creating Coventry: Moraig McCabe & Tracey Martin (creatingcoventry@gmail.com)
Events: Lindsay Lantela (events@nhca.ca)
Finance: Jeannette Lee (treasurer@nhca.ca)
Membership: Ian McAnerin (membership@nhca.ca)
Newsletter Editor: Annie Udofia (editor@nhca.ca)
Northern Hills Connect: Ian McAnerin (northernhillsconnect.com/contact/)
Northern Hills Mural: TBD (mural@nhca.ca)
Planning: Jeannette Lee (planning@nhca.ca)
Rinks: Daniel Sennhauser (rinks@nhca.ca)
SPRY in the Hills: J-L Emond & committee (seniors@nhca.ca)
Vivo Rep: Jessie Leighton (2vp@nhca.ca)

EDITOR'S NOTE:

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

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Volunteer Opportunities
- continued from page 4

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 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.

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:

- To help us with exciting Pollinator Corridor Pilot project! Specifically, to spread the topsoil throughout the medians, hand broadcast and rate in seed, plant windflower plugs and shrubs on June 21st at 1:00pm across from Nose Creek School.
- Any landscape designers willing to help with rough conceptual drawings for Project #2
- A team of residents in the SE part of Coventry Hills that would like to help with re-designing the community park spaces for Project #2.

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.

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 mem-

ber, you will contribute to ideating, organizing, setting up, and managing various events and program sessions. We are looking for 3-4 volunteers to build up a team for our programs and events.

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

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

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



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).



CROSSWORD

Answers on page 14

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FOOD AND DRINK CHOICES BY MYLES MELLOR

ACROSS

- Put down
- Weaponry
- Down the ___!
- Bygone time
- Dance
- Hello at a luau
- Space agency
- "See ya!"
- Specifically
- Sunday morning spread
- Hotel
- Conducted
- Adjust
- Veggie
- Egyptian cobra
- Gridiron move
- Sheep discussions
- Adamantly against
- Indian entree
- As a result
- Best with wine
- Found a new tenant for
- Sandwich choice
- Debatable
- Users of clotheslines
- Galley need
- Pack animal
- Mexican breakfast

choice

- Enthusiasm
- Animal instinct
- Perfume bottle
- Forearm bones
- "It's ___ real!"
- Off-the-wall effect
- Carries on slowly
- Place to play
- Big loss

DOWN

- Lip-___
- Ham's father
- Celestial bear
- Show pleasure
- Mysterious
- Have the throne
- Aim
- Spiny shrub
- Oidium
- Not silently
- Dot on a map
- Dapper
- Biblical verb
- Bean often "refried"
- Go red
- Pursuing
- Visibly upset

- Tint
- Free
- Angel
- Rate
- Bracelet locale
- Guide the course
- Beer order
- Esprit
- Genus of maples
- Frankincense and myrrh, but not gold
- Galway native
- Relatives of Tahitians
- Mount
- Not perfectly round
- Choler
- Kind of seal
- Mountain range
- Purplish tuber
- The name for a Rolling Stones Tuesday
- Pi r-squared
- Penultimate fairy tale word
- Act to eradicate organized crime
- Home to Honolulu
- Modern bandit

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POLLINATOR CORRIDOR PILOT PROJECT

JUNE 21, 2019 @ 1:00 PM PLANTING DAY

Artist of the Month



Oksana Kryzhanivska

Artist and Instructor, Arts & Crafts Committee

Oksana Kryzhanivska is a sculptor, designer, and interactive artist with a deep passion for Calgary North communities. Oksana's art explores the various aspects of being human, including sculptural human body-inspired forms, interhuman relationships in her interactive sculptures, and community identities in her community-focused public art. Coming from a traditional art background, Oksana's practice developed from traditional media, such as bronze casting, stone carving, and mixed media into technology-enhanced sculptural objects and experiences, fabricated in new, unusual materials. In this process, Oksana acquired a Ph.D. in the Computational Media and Design and a Master of Fine Arts in sculpture from the University of Calgary. The artist exhibits her work in the academic and public domain, participating in international conferences, regional exhibitions, and festivals.



stronger community ties and highlight the identity of each community. The projects will culminate as a network of augmented reality sculptures in Ogden and a series of nightly backlit sculptural art in Spruce Cliff.

Currently, Oksana Kryzhanivska has been selected to create public art for two Calgary communities Spruce Cliff and Ogden that will unveil by the end of 2019. The artist collaborates with the local residents and artists to bring unique sculptural artworks to the neighbourhoods' public spaces with the goal to build

Also, Oksana is actively involved in Calgary North, where she resides by volunteering as part of the Northern Hills Community Association Arts Committee. As part of this engagement, Oksana helps with promoting the importance of culture and art in the community, helps to create art programs and host arts and crafts events. In addition, Oksana shares her passion for sculptural art by teaching Northern Hills residents. Her current program Think 3D introduces art enthusiasts of different levels in Northern Hills and Panorama communities to mixed media in sculpture. With this program, Oksana strives to create a closer sense of community for the participants and guide them in the creation of beautiful abstract sculptural art.



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We're Coming TO YOU This Summer!

By Vivo's Gen H Play Team

By now many of you have probably seen the shipping containers located between Vivo and Notre Dame High School and wondered "What's up with that?". These are our temporary "Play Hub Village", used to store loose parts* (see below) as part of the Vivo Gen H Play Project, a 4-year research and innovation project: we're bringing unstructured play into communities, and then checking to see if the play has a positive impact on health and wellbeing.

As part of our project, we're training new, improved Play Ambassadors and offering free of charge play opportunities at Vivo and in park spaces throughout North Central Calgary. Up to now, we have attended a few community events, but have focused mainly on the site at Vivo. NOW IT'S YOUR TURN! We'll be bringing our shiny, new, human Swiss Army knives (aka Play Ambassadors) into your communities, complete with loose parts and a keen sense of fun and adventure!

Exact locations and times may vary throughout the summer as we gather feedback from residents about where and when they would like us to bring our Play Ambassadors (v.2.0), but the schedule for June is set and we'll be sure to post schedule updates on our website and social media: visit www.genhplay.com for more information or to sign up for updates, and/or to sign up to be contacted about participating in our research project.

COMMUNITY PLAY CALENDAR:

JUNE locations in your neighbourhoods.

NEW, REGULAR SCHEDULING for Summer 2019:

EVERY SUNDAY 3-7 pm: outside Vivo. We listened to your feedback: starting from June 2nd, the Play Hub times change to 3-7 PM!

EVERY MONDAY 9 AM – 1 PM: Either PANORAMA HILLS or COVENTRY HILLS

PANORAMA HILLS: In the green space east of the Panorama e-centre, accessed from Panamount Blvd NW or the pathway link at the corner of Panamount Green NW, on JUNE 3 & 17.

We will also be in Panorama every other Monday throughout the summer, but the location and/or time may change for July and August, depending on the feedback we receive from you, the residents.

COVENTRY HILLS: In the green space accessed from the NE corner of Covertor Heights NE, on JUNE 10 & 24.

We will also be in Coventry every other Monday throughout the summer, but the location and/or time may change for July and August, depending on the feedback we receive from you, the residents.

EVERY THURSDAY 4-7 PM: Either BEDDINGTON HEIGHTS (June 6 & 20) or HUNTINGTON HILLS (June 13 & 27); see www.genhplay.com for locations.

SPECIAL EVENT SCHEDULING:

We will also be playing at various locations and events in communities across North Central Calgary on Fridays and Saturdays throughout the summer. For dates, times and locations of all events, please visit www.genhplay.com and keep up to date with new locations added throughout the summer by following us on social media @genhplay or signing up for our updates.

Of note in the Northern Hills communities are:

- Saturday, June 15 – Neighbour Day – we will be touring with Vivo and the NHCA on the Neighbour Day Fun Bus, stopping at as many block parties as we can.
- Friday, June 28 – Harvest Hills Hub



Kick-Off Event

- Saturday, June 29 – Night Market North #1
- Saturday, July 6 – Official Launch of the Gen H Play Project at the Vivo Stampede BBQ & Night Market North #2

We hope to see you out in the community!

* WHAT ARE "LOOSE PARTS"?

They're AWESOME! What do cardboard boxes, buckets, rope, blankets, used tires, duct tape and kitchen utensils all have in common?

They're all examples of "loose parts": simple, cheap, everyday materials that can be recycled

and repurposed for play just by using your imagination! Think cardboard box castles and cars, blankets and sticks used to make forts (or a cape and light sabre/sword!), tire swings, coffee can musical instruments, and so much more.



Beep Beep It's Neighbour Day!

By Lindsay Lantela
Events Directors, NHCA

Calgary has always been known as a friendly city, but back in June 2013 Calgarians took it to the next level. That year there was a massive grassroots outreach for those affected by a destructive flood that hit many communities along the Bow river, and suddenly "friendly" became "heartwarmingly neighbourly". Since that year Calgary has held an annual Neighbours Day, to continue the tradition of celebrating our collective willingness to reach out and lend a hand to our neighbours.

This year, Neighbour Day falls on Saturday June 15! Did you know that the City of Calgary waives permit fees for block parties and green spaces? If you didn't get yours this year take a walk around your community, check out some of the celebrations, and say hello to the people who shovel your sidewalk after a big snow storm, pick up after their dog consistently, and ensure our children's safety when crossing



busy intersections.

As in previous years, the Northern Hills Community Association will be out and about with Vivo on the Neighbour Day Fun Bus! We'll be bringing goodies, games, and are looking forward to chatting about our wonderful community. If you would like to have us visit your event, please email events@nhca.ca and let us know! Please understand that due to the high number of requests, we may not be able to visit every party.

Northern Hills
Community Association

vivo15
for Healthier Generations™



VIVO NIGHT MARKET NORTH IS AROUND THE CORNER!

By Vivo Team

What are you doing on June 29th? Shopping, eating and spending quality time with your family at the Vivo Night Market North. Join us for the kick off to our night market

series – we will have 5 markets over the summer with amazing vendors, food trucks and cool outdoor spaces to enjoy your evening!

Check out: vivo.ca/nightmarket-north for all the details!

Elected Representatives



Ward 3 Councillor Jyoti Gondek

With so many programs and services offered by the City of Calgary, it can be difficult to know who to contact for information or to speak with if you have a concern. While you are always welcome to contact our office, we often have to connect with experts in the various City departments to find the information. A more efficient approach is to make 311 your first point of contact. This comprehensive call centre offers 24/7/365 one-stop support for all sorts of incidents and inquiries such as potholes, property assessments, animal licensing or kids' swimming lessons. Calling 311 is also the most direct way to initiate requests for pedestrian crossing signals or back lane paving, or to report a



problem such as missed garbage collection. If you are unable to resolve your issue after reaching out to 311, send our office the Service Request number that you were given and we will follow up. We are also here to listen to your concerns whether they are related to City services, upcoming Council debates or when something in your community isn't working the way it was envisioned. To help you get information in the most effective way, here is a quick list of who you can contact:

311 – requests for information on City services or to report a problem with a City service

Calgary Transit (403-262-1000) – questions about existing or new transit service or to plan a trip

Calgary Police Service (403-266-1234 - non-emergency & 911 – emergency calls) – report a crime, concerns about crime and crime prevention

Calgary Police Service (<https://www.calgary.ca/CPS/Pages/home.aspx> - Traffic Service requests) – requests for speeding enforcement

Calgary Parking Authority (403-537-7000) – enforcement of abandoned vehicles, illegally parked vehicles and parking ticket enquiries or appeals

Calgary Board of Education (403-817-4000) or Calgary Catholic School District (403-500-2000) – questions or concerns related to your child's school and school busing questions

Northern Hills Community Association (403-226-6422) – questions on how to get more engaged in your community and initiating or participating in a community-led event or program

Thank you to all of you who take the time out of your day to engage with our office. We are always here to listen and help where we can in collaboration with City departments and our other partners.

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

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

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

CALGARY-NORTH-EAST MLA MUHAMMAD YASEEN

Dear Residents of Calgary-North,

I am very thankful to you for your trust and confidence in electing me as your incoming Member of the Legislative Assembly on behalf of the United Conservative Party. I am humbled and honoured. I am looking forward to

servicing all residents of Calgary-North to the best of my ability. As I am still in the process of setting up my constituency office, I am hoping to have my office contact info in the next issue of this community letter. Thank you very much.

Muhammad Yaseen
403-775-2290



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

The economy and the jobs crisis continue to be issues of paramount importance for me. Thousands of Albertans remain out of work and many more face job uncertainty. And despite the jobs crisis the federal government continues to pursue policies that directly harm Alberta's energy sector. I have been holding the government to account for these actions and I am fighting for the families in our community that continue to struggle.

I recently sponsored a petition calling on the government to immediately cancel the anti-pipeline Bill C-69 and review the equalization formula. I will continue to be a strong and persistent voice in Ottawa for our community. On May 23rd I held

a Career Services event. This event allowed many community members to connect with organisations that provide resources that can assist individuals with their job search, build interview skills and enhance their resumes. With Calgary having one of the highest unemployment rates of any major city in Canada I believe this event was of vital importance to our community. Thank you to all the organisations that took part and the volunteers that made this event possible.

Finally, I would like to invite you to a Canada Day celebration I will once again be hosting with Councillor Sean Chu. Join us Monday, July 1st from 11 AM – 1 PM at the Huntington Hills Community Centre. There will be live music, a free BBQ, and lots of fun for all ages! This free event is rain-or-shine and I hope to see you there.

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

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

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403 248 3937

www.progressiveoptometry.ca

Quick Facts ABOUT NHCA



Social Support Outreach Services

Did you know that every Thursday evening, we have a team of social advocates offering free basic needs appointments straight from our office?

In partnership with BowWest Community Resource Centre, together we are able to provide this wonderful free service where Outreach Community Advocate, from the BowWest Community Resource Centre, is taking appointments from our office at Vivo every Thursday from 4-7pm.

They offer Basic Need Appointments: outreach, information and referral support for singles, seniors and adults who do not have children under 18 living at home.



www.nhca.ca/social-support

Dates

If you are having a Neighbour Day Party and would like us to visit it on a Fun Bus
Email events@nhca.ca and let us know!

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 26	May 27	May 28	May 29	May 30	May 31	1
1:30 – 3:00pm Plant Exchange @ Harvest Hills Hub						
2	3	4	5	6	7	8
		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)		9:00am-4:00pm Coventry Hills Parade of Garage Sales
9	10	11	12	13	14	15
9:00am-4:00pm Coventry Hills Parade of Garage Sales		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)		10:00am-4:00pm Neighbour Day Fun Bus @ In the Community!
16	17	18	19	20	21	22
		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)	1:00pm - Pollinator Corridor Planting Day @ Coventry Hills Garden	
23	24	25	26	27	28	29
		1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Hula Hoop Class @ Harvest Hills Hub (Free & Drop-In)	6:00 – 6:30pm Social Juncture with the NHCA Team @ Idea Lab, Vivo	1:00 – 3:00pm Seniors Play Day 7:00 – 8:00pm Yoga Class @ Harvest Hills Hub (Free & Drop-In)	3:00 – 8:00pm Summer Kick-Off Party @ Harvest Hills Hub	

EVENTS

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



Social Juncture with the NHCA Team

Come & meet the NHCA team! Every 4th Wed of the month 6 – 6:30pm @Idea Lab, Vivo * **Except July, August, & December**

Outreach Thursdays

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

Neighbour Day Fun Bus If you are having a Neighbour Day Party & would like us to visit it on a Fun Bus, email events@nhca.ca and let us know!

Harvest Hills Hub

Check out free activities for all ages at the Hub! www.hhhub.ca Join us at the Monthly Meeting – 7:00-9:00pm – June 20 – @ Northern Hills Community Association Office, Vivo

Coventry Hills Parade of Garage Sales

To register email your name, address and phone number to garagesale@corylomsnes.com. Learn more on corylomsnes.com & www.facebook.com



BRING ON THE SUMMER!!

As of June 30 10:00 am single service Sunday Worship begins.

Nursery will be available for newborns to 24 months @10:00 am June 30 through September 1.



Stampede Breakfast

July 7th 9 am – 11 am
at Harvest Hills Alliance Church



Fun for the whole family
Free Pancake Breakfast
Butterfield Acres – Rope Braiding
Kids' Activity Area
Live Country Music

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

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

Phone: 403-226-0990
www.hhchurch.com

Updated: February 28, 2019



Membership Application

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

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

Fees:

- 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 _____

Pollinator Corridor Pilot Project Starts This Month!

Help Us Grow Wildflowers for Bees in Coventry Hills

By Creating Coventry

We are happy to announce that the Coventry Pollinator Corridor Pilot Project, in partnership with Calgary Parks (City of Calgary) will begin in June 2019!

Please read the estimated timeline (shown below), for important information about lane closures during planting, and the dates that things will be happening at the site (dates subject to change as it's all dependent on the weather!).

This Naturalization Project idea came from residents during Creating Coventry's Backyard Dream consultations in 2017 (thank you!). It will not only help to safeguard pollinators, it'll reduce water use and mowing, be an educational tool for people to learn about agriculture, and with time will make our medians look beautiful: wildflowers, shrubs and native grasses throughout spring-fall instead of just dandelions and crab grass! With volunteers from Nose Creek School's Green Team and residents of the Northern Hills (plus hopefully some special guests), we will be creating a short strip of pollinator corridor in the medians on Coventry Hills Way, near the Coventry Community Gardens (Covepark Square) in a similar manner to the Calgary Native Bee Project along Canyon Meadows Drive SE.

If you can spare a couple of hours and would like to help us seed/plant on June 21st (see below), or maintain this corridor, please reach out to Creating Coventry (creatingcoventry@gmail.com) or Yana from NHCA (engage@nhca.ca).

Timeline:

** Dates are subject to change and dependent on the weather. Check the Creating Coventry and/or NHCA Facebook pages for updates in June.*

2018 : Calgary Parks & Creating Coventry begin work on the Pollinator Corridor Pilot Project plan

Early May 2019 : An ecologist, UF Forester and the Parks Capital Project Coordinator will meet on site and determine the health of trees in these medians, and create guidelines for turf removal to ensure integrity of the tree root system.

May 12-31, 2019 : Creating Coventry volunteers door-knock nearby residents to share information about the project.

May 14-June 15, 2019 :

- Any residents interested in signing up for volunteering contact Creating Coventry or NHCA.

- Temporary signs go up in the park by the two medians, letting people know about the project, where to get more information, and who to contact to sign up for volunteering.

*** June 1-15, 2019** : Calgary Parks contractors will strip and dispose of existing sod, then Calgary Parks will do soil tests, do any needed soil amendments and put in clean topsoil to prepare the medians for planting.

*** June 19-20, 2019** : "No parking" signs will go up beside the two medians. This is to ensure that no vehicles are parked where the road will need to be reduced to 1 lane in



each direction, for the safety of the volunteers. PLEASE obey the signs and help to keep volunteers (students from Nose Creek School and residents) safe on planting day.



*** June 21, 2019 (Friday) 1:00 PM : PLANTING DAY!**

- The lanes immediately beside the two medians will be closed off by Calgary Roads, leaving one lane of traffic in each direction, so residents can still get through.

- Volunteers meet after Nose Creek School finishes for the day at the Coventry Community Gardens, ready for the 1PM start.

- Volunteers spread topsoil throughout the medians, hand broadcast seed and plant wildflower plugs/shrubs.

- All lanes will be re-opened once planting is complete.

July-September, 2019 : Volunteers water and weed bi-weekly, to give the wildflowers the best chances of long-term survival. Calgary Parks will work with the volunteer group to implement the plan and develop a maintenance schedule or watering and weeding

September-October 2019 : If needed, a second seeding will be done to help ensure success of the project in 2020 and beyond.

June – September, 2020 : Volunteers water and weed bi-weekly, to give the wildflowers the best chances of long-term survival.

FAQs:

Q: What is "naturalization" and why are you doing this?

Naturalization is a process for transforming an open space into one that reflects the naturally occurring landscape of the region. Naturalization includes the purposeful reintroduction of native plant species to an area in order to enhance the natural environment and increase biodiversity. This will help control weeds, pests, and diseases; and also create sustainable landscapes that help support plant, animal and insect life (biodiversity). Because Naturalized areas are well-suited to Calgary's climate, they will also reduce long-term maintenance costs associated with fertilizing, applying pesticides and irrigating.

Q: How long does this take?

Work at a naturalization site is a multi-year commitment. Each site undergoes a phased approach involving the City's Naturalization Guidelines. The guidelines include site analysis, initial discussions, concept planning,

detailed planning, implementation, maintenance and monitoring. The implementation step is comprised of weed control to prepare the site for new plantings, planting of new vegetation, securing the site to encourage growth, and monitoring the new plants as they become established.

In the early years, naturalized areas can appear unkempt as the native plants take time to establish. Given time and help (removing weeds and a bit of watering in the first couple of years), they will fill the space and appear like a natural landscape that has always been there.

Naturalized sites can be located anywhere, including private gardens and backyards, schoolyards, public open spaces, parks, and roadsides.

For more information, please download: calgary.ca/CSPS/Parks/Documents/Planning-and-Operations/naturalization-pamphlet.pdf

Q: What are "pollinators"?

Animals or insects that help to transfer pollen from one plant to another, to help plants reproduce. These are usually bees and butterflies, but can be lizards and other animals.

Q: Why are bees important?

They transfer pollen between plants.

Pollination is needed to produce seeds, nuts, and fruits. Lots of our food that we eat is a result of bee pollination. Without bees, many food crops wouldn't be produced unless the flowers were pollinated by farmers which can be very difficult. In Calgary our local bees pollinate native plants (Potentilla, Wild Bergamot, Wild Rose), non-native plants (ornamental crab-apple trees, ninebark, lavender) and crop plants (flax, pear, apple, squash, zucchini, cucumber, potato, pumpkin, strawberry, peppers, etc.)

Some bees are very specialized and only visit one flower type for pollen and nectar (Harebell Bee), while others visit many different flowers (Bumble Bees).

Q: What are pollinator plants and why are they important?

They are flowering plants that produce pollen and nectar.

Pollen: Flowers produce pollen which provides nutrients needed for bee larvae to develop into adults. Pollen attaches to a bee's body and is transferred from flower to flower. Pollen is a protein source.

Nectar: Sweet and sugary fluid found mostly in specialized structures of the flower; each flower only produces a small amount which ensures that the bee travels from flower to flower to transfer pollen between the plants. Nectar is a carbohydrate.

All plants want to be pollinated so they all compete with each other. Bees' senses have been adapted to signals that are sent out by flowers. Bees see in ultraviolet (UV) light and prefer yellow and blue colours. Flowering plants "know" this and have

Continued on page 13

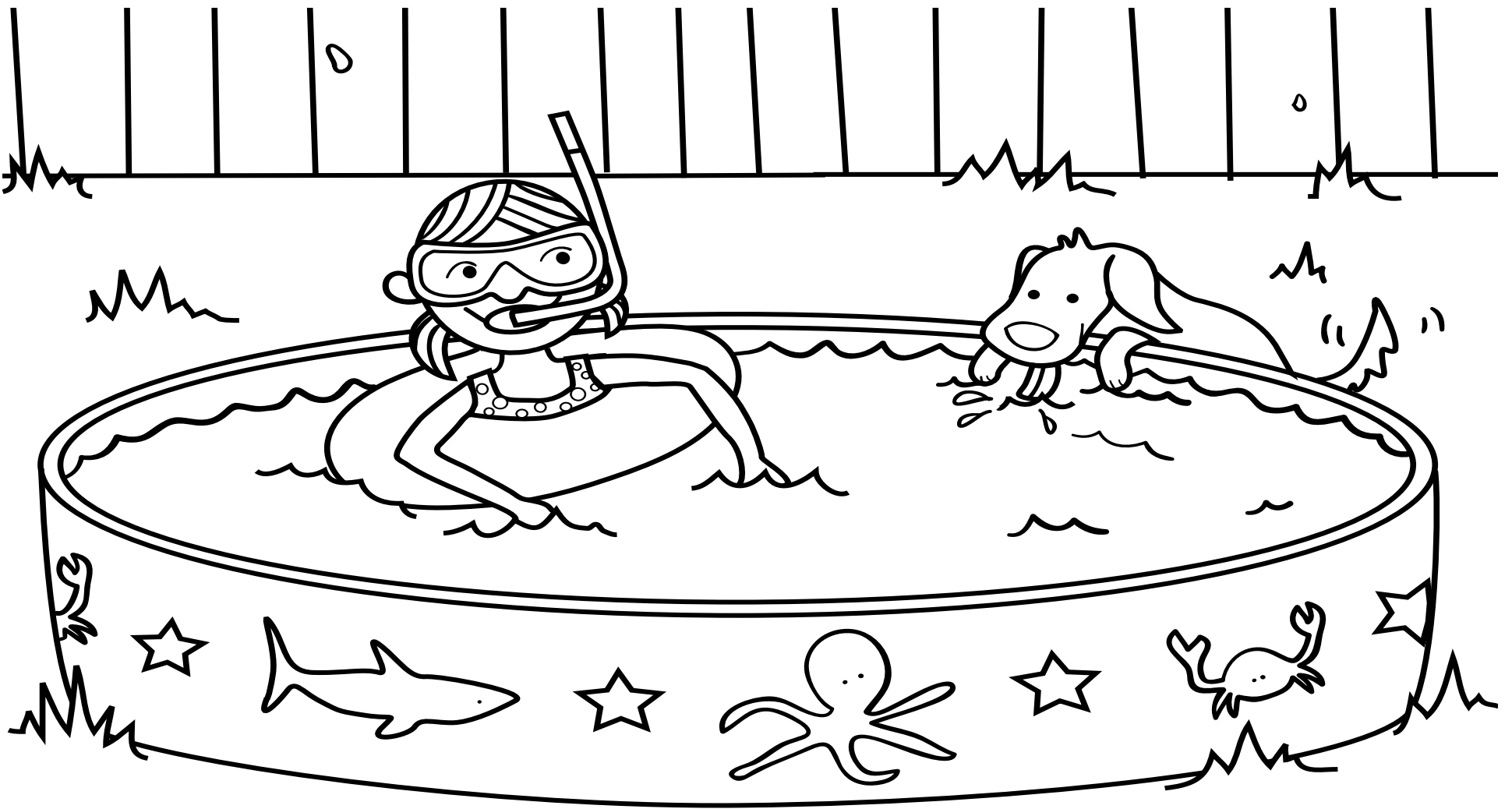


Creating Coventry is a community-driven plan to improve and connect our neighbourhood's parks.

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)

Colouring Contest: FREE ICE CREAM!



education.com Copyright © 2010-2011 by Education.com

More worksheets at www.education.com/worksheets



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

Name: _____

Age: _____

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

SUDOKU-PUZZLES

This Sudoku is provided by: Sudoku of the day:
<https://www.sudokuoftheday.com/> Answers on page 14

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



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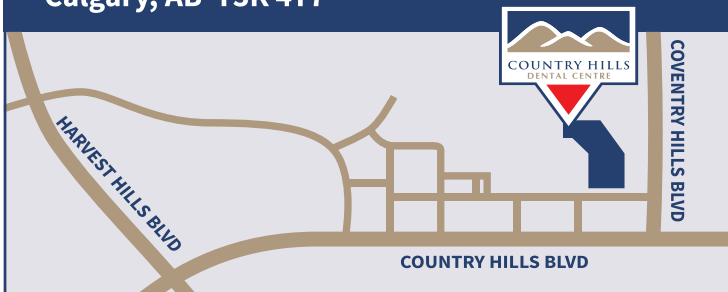
Dr. Tim Begalke • Dr. Jamie Wallace • Dr. Jeremy Wallace • Dr. Erin Gray • Dr. Anne Kelly



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

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HEALTH CORNER

National Paramedic Services Week is May 26 – June 1, 2019



National Paramedic Services Week honours the paramedic profession and recognizes the men and women of Emergency Medical Services (EMS) providing this key public service. It is also an opportunity for the public to better understand the important role EMS has within both the health care system and our communities.

The year's national theme:
"Celebrating Success".

Whether directly, or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patients before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

- There are nearly 4,500 EMS practitioners and over 550 ambulances in the Alberta Health Services system, province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through

contracted air ambulance providers in Alberta this year;

- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Watch for information in your local media as well as AHS EMS Twitter (@ahs_ems) and Facebook (@albertahealthservicesEMS) about events happening in your community.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million Albertans and it's more than 661,848 square kilometers. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.



Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over a layer of shock-absorbing material.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(*) high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in

a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors;
- If your child has received an 'EpiPen - Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.



Fun Family Programs



By Sue Blackburn Forster – Parent Coach

Come Play with Me program for children (birth-5 years old) will resume in Fall 2019, starting up in September.

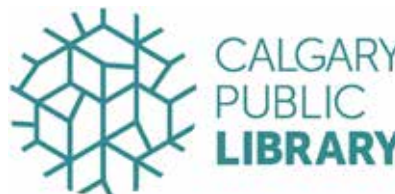
* This program is being run through partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.

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

- Meet Me in the Park (visit different parks in the community)
- Library circle time for children 2-5 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.



Celebrate National Indigenous History Month

Enjoy free Library programs in June that mark Indigenous History Month, Aboriginal Awareness Week Calgary, and the International Year of Indigenous Languages. Programs include Sharing Stories Through an Indigenous Lens – a film festival at Central Library, Blackfoot Family Storytime at Forest Lawn Library, an Indigenous Drumming Circle with Cree8 at Memorial Park Library, and Indigenous art exhibits at multiple libraries. Learn more at calgarylibrary.ca.



Transform Your Commute with the Library

Whether you walk, drive, take transit, or bike to work, free Library eResources can help improve your commute. Download audiobooks using Libby for easy listening, watch Kanopy's collection of TV shows and movies on the bus, and read eBooks on your phone or catch up on the news with PressReader's digital newspapers. Visit calgarylibrary.ca/resource to discover more than 100 eResources, all free with your free Library card. Not a Library member? Sign up at calgarylibrary.ca/card or visit any Library location.

Join Ultimate Summer Challenge 2019

Spend your summer at the Library! Ultimate Summer Challenge involves free programs and awesome prizes for kids, teens, and families. Pick up an Ultimate Summer Challenge Adventure Guide from your local Library to find out what's on. Registration for Ultimate Summer Challenge starts May 15. Learn more at calgarylibrary.ca/summer.

Waste Management

By City of Calgary

Use the right bag for your kitchen compost pail

Some people prefer lining their kitchen pail to help it clean and tidy.

Bags are not required, but if you choose to use one make sure to use only certified compostable bags – check for the logos on the box.

You can also use old flyers and newspapers to line your green cart

DON'T use plastic bags in the green cart – they don't break down and contaminate the finished compost.

TIP: Calgary Co-op's new compostable grocery bag is ok to use in the green cart. Use it to carry your groceries home and then use it to line your kitchen pail.

Learn more at calgary.ca/compostright

Green cart spring tips

Get your yard and garden ready this spring with green cart!

Take your green cart with you as you garden and fill it all your leaves, grass, branches and weeds.

Separate it! Remove plants from bedding trays and pots before putting in your green cart. Rinse out any plastic containers and put in your blue cart.

Old garden hoses and broken

lawn furniture can't be recycled or composted. Put these items in the garbage.

Learn more at calgary.ca/compostright



Fun, free summer activities coming to your community.

The City of Calgary offers a wide variety of **free** drop-in programs and activities for children, youth and families.

Find out what's happening in your area, visit calgary.ca/free.



Be the Change: Creating Inclusive Environments

by Amanda Wilson

Community Engagement Coordinator
Between Friends

Part of my job is to speak with recreation facilities to ask if they can accept a child into their program. This child is always the right age for the activity. He or she has the necessary skills to be successful. They want to participate. And they have a disability. My job is necessary due to a combination of many things. This child might be denied a spot because of an inflexible policy, a lack of funding for equipment or staff, a gap in knowledge on how to adapt the activity or program, or a misunderstanding of what a person can do - if given an opportunity. Sometimes, the answer is no.

Studies show that children who do not have a disability participate in a greater number and variety of activities, are more likely to take part in social activities with friends (rather than with family), and report enjoying their experience more than children who have a disability. Around 200,000 children in Canada have a disability, and each person has a different story about why this rings true for them.

Here is one story, from one person that I work with, about his experience: "Having a disability has greatly impacted my life. For 6 long years I could only think my thoughts but never share them, simply because I could not speak. This made me feel very sad, lonely and so different from everybody else. Even though a lot of people helped me, all I felt was just: I can't speak; I can't hang out with friends because that involves talking; I can't have friends really; I can't fit in; I am always the slowest in my class; I can't go to summer camp or other programs like my brother or sister. Instead I see therapists and study inside. Kids pity me. I have a disability which keeps me away from so much, except for going to school." Recreation is activity done for enjoyment, when one is not working or at school. Access to recreation is not equal; there are barriers that stop some people from enjoying the benefits of healthier lifestyles, increased self-esteem, and opportunities to build friendships with others. Children and youth with disabilities often do not experience the widening world of opportunity that comes from regular access to recreation in the same way as their typically developing peers.

Most of us agree that everyone should have equal access to reach their full potential in society, but the difference in opportunity continues to exist. To gain equity, we need to do more than acknowledge rights and pledge to treat people fairly. We need to make real efforts to address the discriminatory effects of policies and programs. We need to change the mindset which allows this reality to persist in our society. We need to work harder to make sure that everyone is included.

The next time you are given an opportunity to include someone with a disability, please consider how you can make that happen.

For assistance or more information, contact The Calgary Ability Network at 403 219 3606 or calgaryabilitynetwork.ca.

Free Drop-In Programs & Activities in Panorama Hills

By The City of Calgary

Lawn Chair Theatre

Captain Nichola Goddard School
405 Panatella Blvd. N.W.
Tuesday, July 9 (6 - 8 p.m.)

Stay n' Play & Park n' Play

Panorama Hills School
1057 Panorama Hills Drive N.W.
July 8-12"

Stay n' Play (3 - 5 Y + adult)

FREE outdoor play-based program for preschoolers accompanied by an adult.
Mon - Fri (10 a.m. - noon)

Park n' Play (6 -12 Y)

FREE safe, supervised, outdoor program in your community.
Mon - Fri (10 a.m. - 3:30 p.m.)

The HHHub Gets Ready to Kick Off Summer!



By Nikki Browne, HHHub Committee

The Harvest Hills Hub is thrilled to invite the community to join us on Friday, June 28th for our Summer Kick Off Party! The HHHub has been a project three years in the making, starting when multiple members of our very own community spoke up in favour of replacing, rather than removing, a run-down park in Harvest Hills. Two such people, Victoria Henry and Meghan Keating, decided to take things a step further, and formed a committee for the purpose of creating an open community space where people could meet their neighbors, make friends, and try new things! It took a lot of planning, fundraising, and meetings, but it all came together, and Harvest Hills is now home to a vibrant and engaging new park!

Although kids and adults alike have been enjoying the HHHub for a few months now, we wanted to 'cut the ribbon' and officially kick summer off in style! Please join us from 3:00-8:00pm for the celebration, including children's activities, crafts, and games

child and get a workout at the same time by joining us at our Hula Hoop classes, led by Daniella from Infinite Circle Hoops! Then come back on Thursdays to meet Lexie from Just be YOGA and practice your downward dog in a beautiful outdoor setting. Ready to kick things up a notch? Come to the HHHub on Wednesdays, starting July 24, for our Total Body Workout! But don't forget to take care of your mind as well, by joining us for Guided Meditation on Mondays, starting the end of July.

Last, but certainly not least, we are thrilled to introduce a new event aimed at bringing people of all ages together - Seniors Meet, Greet and Play Days! Come by on Tuesday and Thursday afternoons to play a game of bocce, but be prepared, the rules might not always be what you expect! There will also be table games and great conversation, what more could you ask for?

Please visit our Facebook page, or our website www.hhhub.ca for more information.

Parade of Garage Sales – Success!

Our first Parade of Garage Sales proved we don't let a little snow get in the way of a great deal! With almost 30 participating houses and a couple hundred eager shoppers, it's fair to say the day was a success! A huge thank you to our sponsors, Melissa Kost from CIR Realty and Cheryl Sanguinetti from The Mortgage

Gallery, who went above and beyond by preparing and delivering garage sale packs to all the participating houses and joining us at the HHHub on the day of the sale! We hope everyone had a great day, and we hope to see you all again next year!

We are delighted to be able to provide so many free events this upcoming season, and we hope you enjoy them too! See you around the HHHub!



for everyone. Did someone say giant Jenga? We will also be taking the opportunity to thank the people, businesses, and organizations that have made this all possible. Make sure to come visit our table and pick up a copy of our calendar, showing how many FREE events we've got lined up for this summer (hint: it's a lot!). Don't want to wait that long? Then keep reading for details of just some of what we've got planned!

Weekly Classes

What's better than free classes? How about free classes in your very own (almost) backyard! Well the HHHub has you covered! Starting Tuesday, June 4, unleash your inner



Pollinator Corridor Pilot

– Continued from page 9

pigments that reflect UV light. Bees can then identify nectar sources and the optimum places to land.

Q: What are you planting?

We'll be planting a mixture of native grasses, wildflowers and shrubs. Some will be planted as seeds, some as plant plugs. The mixture used in this location may vary slightly, but will be a variation of:

Naturalization Seed Mix #1:

Canada milk vetch, Tufted hairgrass, Blue wild rye, AC Saltlander green wheatgrass, Slender wheatgrass, Rocky Mountain fescue, June grass, Blue flax, Bird's-foot trefoil, Sainfoin, Alkali bluegrass, "Fults" alkali grass, Blue-eyed grass, and Canada gold-erod

Wildflowers and shrubs: Prairie Rose, Silver sage brush, Golden currant, Showy milkweed, Golden bean, Cut-leaf anemone and Hair bell

More Creating Coventry News:

We are in the process of setting a date with the contractor for the basketball court and rink project to begin construction of phase 1 (court build). As soon as we have a date for this, we'll announce it on our social media pages. Phase 2 (ice rink and planting box seating) is, as of writing, still unfunded. We continue to fund-raise to make sure this goes ahead. If you would like to donate to this project, please visit the Parks Foundation Calgary website and donate to our fundraising account and receive a tax receipt: parksfdn.com/sport-projects (make sure to select "Coventry Sport Court").

Apologies for the delay in sending out the link for the Creating Coventry Project 2: Five SE Coventry Parks survey; we're all volunteers and have been really busy this spring! As soon as it's ready, it'll be posted on the Creating Coventry social media sites and sent to NHCA to go out in their next member email. Follow us at: facebook.com/creatingcoventry/ or twitter.com/CreatingCovYYC



- **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.

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New and Emergency Patients Welcome

The 'Silent Epidemic' of Adult Loneliness

By Calgary Chinese Community Service Association (CCCSA)



The world took notice when, in January 2018, Britain announced that it has established a Ministry of Loneliness, a concerted and dedicated effort to battle the 'silent epidemic' of adult loneliness that eventually ends up burdening the health system.

In Canada, research has shown that about one in five Canadians experience some level of loneliness. Not surprisingly so, the most vulnerable population group are the elderly and that the most common cause of loneliness is social isolation often defined as a lack in quantity and quality of social contacts. In 2016, Statistic Canada reported that 28% of households had only 1 person living in them. That's a record high number and trending in a worrisome direction.

So, what is the profile of someone who might be vulnerable to social isolation?

- Those who live alone
- Those who are elderly (generally 55+)
- Those living on low income
- Lack of literacy & language skills
- Newcomers to Canada
- Those with poor physical and/or mental health

• LGBTQ population

Note that while no single factor is a predictor of social isolation, the combined presence of any of the above factors will increase the vulnerability. For example, an elderly individual with poor physical health who lives alone is very vulnerable to social isolation.

According to Statistics Canada, seniors (ages 65 and up) are at greater risk of becoming lonely and socially isolated, due largely to factors that limit social contact, such as declining income, mobility issues, and death of friends and family. Canadian research has found that one in six older people are socially isolated, while rates of social isolation for older adults living in collective dwellings (such as retirement homes or long-term care facilities) have been reported to be as high as 43 per cent. Medical studies have found that loneliness has the "same impact on mortality as smoking 15 cigarettes a day, making it even more dangerous than obesity."

To date, the issue of social isolation remains hidden and difficult to address, despite its well-documented toll on physical & mental health that eventually affects us all. On a more optimistic note, it has been demonstrated that, with concerted and collective action, social isolation can be mitigated, and its damaging effects reversed. With that knowledge in mind, it falls upon all of us, as citizens of a community, to do all we can to look out for and reach out to our neighbors. Be a buddy to someone who has no one else. Your generous gesture will save lives!



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 will be on the home page. Your input is important. Thank you for taking the time. For further information, please contact cas@cccsa.ca

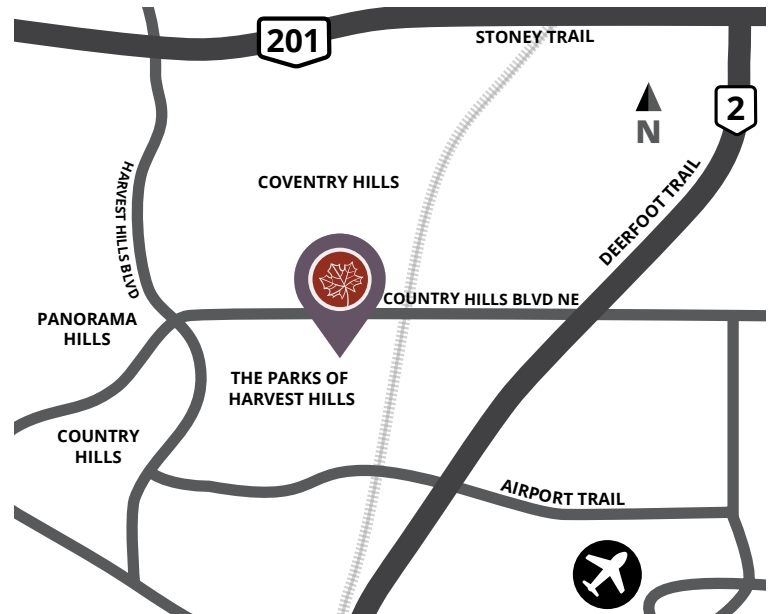


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Sudoku puzzle ANSWERS

Puzzle on page 10

This Sudoku is provided by:

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

Crossword puzzle ANSWERS

Puzzle on page 4

1	S	N	U	B	5	A	R	M	S	9	H	A	T	C	13		
14	Y	O	R	E	15	R	E	E	L	16	A	L	O	H	A		
17	N	A	S	A	18	C	I	A	O	19	T	O	W	I	T		
20	C	H	A	M	21	P	A	G	N	E	22	B	R	U	N	C	H
					23	I	N	N		24	L	E	D				
25	A	T	T	U	N	E	29	S	P	U	D	31	A	S	33	P	
34	F	E	I	N	T		35	B	A	A	S	36	A	N	T	I	
37	T	A	N	D	O	38	O	R	I	C	H	39	I	C	K	E	N
40	E	R	G	O		41	D	I	N	E		42	R	E	L	E	T
43	R	Y	E		44	M	O	O	T		45	A	I	R	E	R	S
					46	O	A	R		47	A	S	S				
48	H	U	E	V	O	S	51	R	A	N	C	H	53	E	R	O	S
57	A	R	D	O	R		58	U	R	G	E		59	V	I	A	L
60	R	A	D	I	I		61	B	E	E	N		62	E	C	H	O
63	P	L	O	D	S		64	Y	A	R	D		65	R	O	U	T

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



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- ✔ Practicing in Calgary since 2002. Over 15 Years of Experience Treating Orthodontics with Braces, Invisalign, and Myobrace.
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