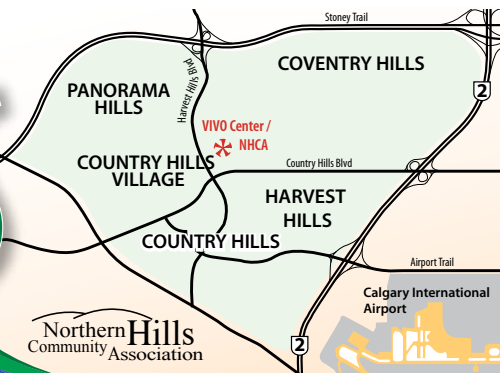


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NORTHERN HILLS NEWS



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

Break A LEGO – Family Day Fun!

By Yana Soldatenko, Engagement Coordinator, NHCA

This year we held our 2nd Break A LEGO event on Family Day at Vivo! We wanted you and your families to have fun and celebrate Family Day all together! And guess what? It was tons of fun!

So, what is Break A LEGO? It's a contest, it's Olympics, it's play time! This free event is for LEGO enthusiasts young and old. Break A LEGO is a new, creative, and different type of LEGO event which is a result of a collaborative work between Northern Hills Community Association, Vivo for Healthier Generations, and Manifest Church Calgary.

Original LEGO creations contest provides an opportunity for participants, kids, and adults to show their not out of the box LEGO creations. Participants are required to build their creations at home and bring them on the day of the event. Based on the feedback we received last year, this year we created age groups instead of categories, and this way we provided limitless space for creative ideas. Each contest participant had a chance to submit one original LEGO creation. This year we had around 60 creations across all the age groups. It was wonderful to see all these unique and fun creations! We would like to thank our grand prize



sponsors Mastermind Toys, Landmark Cinemas, Vivo for Healthier Generations, and LEGO store as with their support our 1st place winners in each age group received a great LEGO set and a bag full of surprises!

If we ask you to guess how many LEGO pieces are in this closed off transparent box (see the photo beside)



by placing it in front of you, what would be your guess? We noticed last year you had lots of fun doing "How Many LEGOs?" activity and this year we had around 144 guesses made! It was exciting to see kids and parents having fun while writing down their guesses. At the end of the event, the person with the closest guess to the number of pieces in the box won a great LEGO set!

Then we thought, how without some competitive games? We included LEGO Olympics comprising of play and fun activities for kids.



Last year we saw there were many kids interested in participating in LEGO Olympics and this year we wanted to give this opportunity of play to as many kids as possible! Kids were rolling a dice to find which timed building race they will be doing for that game round.

We know LEGO pieces are only good and fun till you have your kid trying to put it into their nose, ear, and/or mouth! That's why we organized a Kids Play Area where we brought you wonderful Vivo's Play Ambassadors. Kids were able to play freely with loose parts and big construction pieces.

This year we had lots of

special guests! LEGO enthusiasts and professionals from Southern Alberta LEGO Users Group (SALUG) and Calgary LEGO Train Club (CLTC) brought their incredible LEGO creations to showcase what marvelous things could be made out LEGO pieces. A group of heroes was spotted at the venue, and we have a proof of photos with Wonder Women, Batman, and Flash in the flesh! Specialists from Northern Hills Arts and Crafts team had a workshop station where kids were able to create their own hero masks. Break A LEGO was only one part of Family Day celebrations at Vivo. Two well-known community heroes have

Continued on page 9

Quick Facts about NHCA
Northern Hills Community Association

PLAYGROUNDS



Did you know that playgrounds have a lifespan?

A few years ago the City of Calgary told us that a number of playgrounds in Coventry Hills and Harvest Hills are at the end of their lifespan and will need to be replaced.

That's where you residents stood up and said that you would like new & different playgrounds so kids of all ages can play!

Thanks to you dear residents that's how **Harvest Hills Hub** and **Creating Coventry** projects appeared and were spearheaded by you!

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- GIRL GUIDES & HHHub 6
- EVENTS & PROGRAMS CALENDAR 8
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- COMMUNITY SPORTS 12
- HEALTH CORNER 13

this month
WHAT'S INSIDE

FREE ICE CREAM ON PAGE 10



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- 2 Slow Down.**
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- 3 Floss Regularly!**
You'll help prevent major dental work, saving you money and reducing your carbon footprint.
- 4 Crisp Fruits & Vegetables**
Apples, carrots and celery, can help remove plaque and freshen breath! Nutrient-rich foods help protect gums and other tissues from bacterial infection. (Plus: low carbon footprint!)



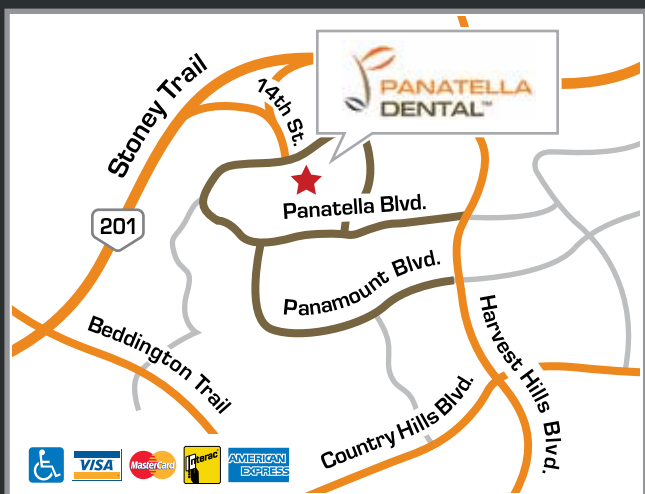
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Community Association Notes



From the Executive

Did you know that March is Community Association Awareness month?



General Meeting is just a month away. This year AGM will be on April 4th, from 6:00-9:00pm at Harvest Hills Alliance Church. The AGM is where you the members, elect the board that makes those decisions, and implements them. At the AGM, you have the opportunity to ask questions about our finances, our operations, our advocacy, our plans, and voice what is important to you. That being said, while much smaller community associations draw up to 100 members at their AGM's, the NHCA typically struggles to get 30. While we would like to say the turnout is low because the community is happy with everything that we are doing, we know that this is not the case. But we also know that many of the people that are vocal, are also not members.

The Federation of Calgary Communities (FCC) supports over 20000 community non-profit volunteers and leaders in Calgary, providing education and tools needed to ensure Calgary continues to be a great place to live work and play. The FCC often hears that Calgarians do not realize that community organizations, such as the Northern Hills Community Association (NHCA), are run by volunteers from within our community.

The NHCA is run by people like your neighbours, your friends, and you, and encompasses the communities of Country Hills, Country Hills Village, Coventry Hills, Harvest Hills, and Panorama Hills. Our search for volunteers is ongoing due to the size of our communities, and the ongoing exploration and consideration of providing more services and programs. The NHCA is also different from the Northstar Residents Association (Panorama E-Centre) and Vivo, and we have our own membership unique to those ones.

March is a great time to become a member of the Northern Hills Community Association as our Annual

This AGM will see the majority of the Executive turning over and we are seeking people to fill these roles. There are also a number of vacancies for Directors. If you are a keyboard warrior, someone passionate about our community, or perhaps you have future political aspirations, this is your opportunity to get involved.

You can purchase your membership by calling the office 403-226-6422, drop into the office in Vivo, or online www.nhca.ca/member.

David Hartwick
1st Vice President
Northern Hills Community Association
1vp@nhca.ca



Volunteer Opportunities

Consider joining our board of directors, some of our committee groups, and their initiatives:

Board of Directors

With the upcoming Annual General Meeting (AGM) on April 4th, some of our existing directors will be finishing their terms, which means we will have a few available positions to fulfill! Keep an eye on our website, social media, and emails where we will post available positions and their job descriptions. A soft deadline to submit your candidacy is March 13th at 11:59pm.

Event Management Team

Do you like to plan and design events? We are looking for 3-4 volunteers who would like to be part of NHCA's Event Management Team, which will be planning, organizing and delivering NHCA's big events, such as Community Clean-up, Neighbour Day, Annual General Meeting (AGM), etc. It is a great chance to meet new people and get to know Northern Hills residents and local businesses. Contact Lindsay (events@nhca.ca) to get involved or to learn more about it.

Assistant Editor

Do you like to read, edit, and write articles? You can be part of the community newsletter project! It is designed by community and for community! Besides you are more than welcome to write about something fun and interesting. Contact our engagement coordinator - Yana (engage@nhca.ca) to get involved or to learn more about it.

Ice Rink Builder Volunteer

Do you like to go ice skating and play some games on ice? Did you know we have two ice rinks in the Northern Hills? We have a small but very committed team of volunteers who make these ice rinks possible! They built and maintain the rinks throughout the season. Would you like to help them out? We are looking for 2-3 individuals who enjoy working outside and are not bothered by cold! Contact Daniel (rinks@nhca.ca) for more information.



Continued on page 7



About
GURBACHAN

**Longtime
community
resident and
advocate**

**Former news
broadcaster
and educator**

**A strong voice
for Calgary
North-East and
Albertans**

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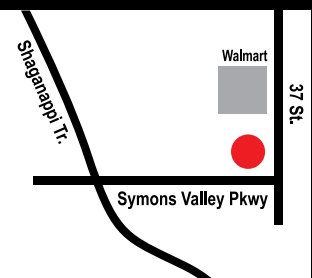


COOL WATERFALL



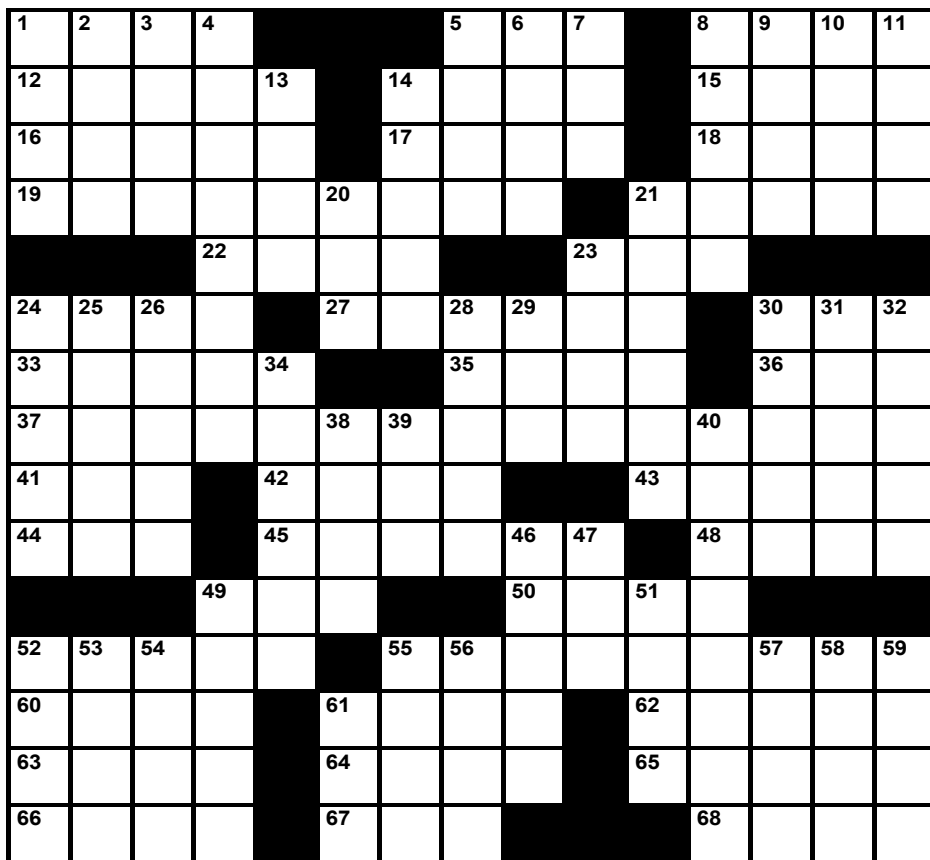
AUTOMATED CASH

STATE OF THE ART DEPOT



CROSSWORD

Answers on page 15

**MUCH LOVED FOOD
BY MYLES MELLOR****ACROSS**

1. Indian 21 across
5. Article in constant use
8. Pinball paths
12. Cooking bib
14. Bail out
15. April honoree
16. ___linear
17. There's a minor and a major
18. Emerald for one
19. Bakery purchase
21. Ciabatta, for example
22. Feudal land
23. Metal source
24. "Tobermory" writer
27. 1950s style home
30. Thai relative
33. Less emotional
35. Plan
36. Romanian currency
37. Fish order
41. Noah's creation
42. Extra
43. Comedy
44. Sue Grafton's "___ for Lawless"
45. Some daisies

48. Cassette contents

49. Sound of contempt

50. Oodles

52. Bakery supply

55. Boulangerie basketful

60. Poems of Norse

mythology

61. Make again

62. Kitchen smell

63. Petri dish filler

64. Roberts' Brockovich

65. Ape

66. Does some tailoring

67. AC/DC album

68. Many four-footed friends

DOWN

1. Stoolie user
2. Flatterer of a sort
3. American oil company
4. Advised
5. Comes before the river in poker
6. School subj.
7. Sched. time
8. Full of ardor
9. Shade of red
10. Drink from a nut
11. Go downhill
13. Decree ___

14. Hearty draft

20. Swell place?

21. An inhaling of air

23. Augury

24. Agave rug fiber

25. Mites, e.g.

26. Douglas and Cameron

28. Hazardous

29. Flutter

30. Cud chewer

31. Noted storyteller

32. Bizarre

34. Undo, as stitches

38. Following

39. Before, poetically

40. Surpass

46. Incite

47. Small coin in Paris

49. Moscow rulers

51. Show of pride

52. "Sure"

53. Verge

54. First among men

55. Capital city on the Aare river

56. Underground passage

57. Large book

58. Expel, in a way

59. Natural pouches

61. Abbr. after a colonel's name, maybe

I'm Voting for Kids (Part 3)!

By Calgary NW Early Childhood Coalitions

Following up our fast facts about the economic impact of investing in early childhood, this month we'll be highlighting the rippling effects that every citizen's physical and mental health have on the whole of society. Use this information to start a conversation with candidates and representatives you encounter to help figure out where the best checkbox for your vote is!

Did You Know?

- A child who suffers from 3 or more Adverse Childhood Experiences (ACEs) is more likely to suffer from physical and mental health issues, including pulmonary, heart and liver disease, depression and substance abuse
- Healthy brain development and executive function skills are necessary for positive and level mental health, school readiness and academic success, workplace productivity, and civic participation
- Only 13% of 3- to 4-year-olds in Canada get enough daily exercise. Physical activity improves cognition, brain function and mental health

Ask candidates and representatives what their parties' plans are to address and improve mental health amongst children and their primary caregivers, and check out more facts (and their sources) at <http://www.2000days.ca/an-integrated-approach-to-early-childhood-development/>

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

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



first 2000 days
Early Childhood Development Network
North West Coalitions

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

This month's trivia question is:

What three new provincial districts do we have in the Northern Hills?

Please send your answer, the article title and page number, along with your name and contact information to: editor@nhca.ca. Our winners will receive a Vivo family day pass!

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

The winner of the "Did You Know in the Hills?" trivia question for the month of February is: Janice Dekkers, Congratulations! The answer to February's trivia question was "June 28". The answer is found in the February 2019 Northern Hills News edition under the article titled The HHHub is More Than Just a Playground on page 10. Thank you to all of you who submitted your answers, and we look forward to your continued participation.

Thank you to the lovely people at Vivo for sponsoring our contest!

**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

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(marketing@nhca.ca)
Administrator: COMING SOON
(admin@nhca.ca)
Bookkeeper: COMING SOON
Engagement Coordinator:
Yana Soldatenko (engage@nhca.ca)
SoccerTech: Heather Lipper
(info@soccertech.ca)
Newsletter Publishing: Duane Thomson at Keyline Publishing

VOLUNTEERS

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

BOARD MEMBERS

President: Leah Argao
(president@nhca.ca)
1st Vice President: David Hartwick
(1vp@nhca.ca)
2nd Vice President: Jessie Leighton
(2vp@nhca.ca)
Secretary: VACANT – contact our President (president@nhca.ca) and Engagement Coordinator (engage@nhca.ca)
Treasurer: Jeannette Lee
(treasurer@nhca.ca)
Directors at Large: Ian McAnerin, Laura Hack, Winnie Huang, Lindsay Lantela, Brad Huebert, Josh Chilton, Tamara Keller, Tavis Settles.

COMMITTEES

Adult Slopitch: Neil Meyer

Advocacy and Building Safer Communities (Blockwatch): David Hartwick & Tavis Settles (advocacy@nhca.ca)
Arts & Crafts: Muzna Amin (arts@nhca.ca)
At Home in the Hills: Winnie Huang (ahih@nhca.ca)
Beautification & Community Enhancement: VACANT – contact our Engagement Coordinator (engage@nhca.ca)!
Business Development: Ian McAnerin (business@nhca.ca)
Community Gardens: Jon Berlie
Coventry Garden: Sarah White (coventrygarden@nhca.ca)
Harvest Hills Hub: Victoria Henry, Meghan Keating & Sarah Brazeau (HarvestHillsHub@hotmail.com)
Harvest Garden: Melissa Duong (harvestgarden@nhca.ca)
Creating Coventry: Moraig McCabe & Tracey Martin (creatingcoventry@gmail.com)
Events: Lindsay Lantela (events@nhca.ca)
Finance: 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: Laura Hack (mural@nhca.ca)
Planning: Jeannette Lee (planning@nhca.ca)
Rinks: Daniel Sennhauser (rinks@nhca.ca)
Sports: VACANT - contact our Engagement Coordinator (engage@nhca.ca)!
SPRY in the Hills: J-L Emond & committee (seniors@nhca.ca)
Vivo Rep: Jessie Leighton (2vp@nhca.ca)
Volunteers: VACANT – contact our Engagement Coordinator (engage@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.

Elected Representatives

Ward 3 Councillor Jyoti Gondek



While it may be true that good governance isn't a headline-grabbing issue, it is the backbone to running a successful and efficient city. When I ran for public office, one of my goals was to find ways for Council to work better together in a more constructive manner. In the past year, I have talked to my colleagues on Council and in Administration about ways to practice continuous improvement in

good governance. At the January 14th Council meeting, I brought forward a notice of motion entitled, "Achieving Good Governance through Optimizing Committee Mandates". This motion was a request to shift how Council currently manages important projects and negotiations by evolving our existing Standing Specialized Committee of Priorities and Finance into an executive committee of Council.

Municipal government is different than the federal and provincial governments in that it doesn't have a partisan system with a cabinet or executive committee. Without this, big projects and negotiations with other orders of government that would benefit from

leadership by councillors are often disproportionately assigned to the Mayor and his staff. With an executive committee, we can leverage individual council members' experience, expertise and perspective to better represent the interest of citizens when tackling these large projects.

Citizens have asked for more efficient government practices and I believe that utilizing the skills of different councillors can improve the collaboration between the various Council committees and Administration. This also increases efficiency, transparency and accountability. An executive committee model allows for these things to happen and I am grateful to my

Council colleagues for their unanimous support of the motion. I look forward to Administration's recommendations on implementing this new approach, and the opportunity it will provide for us to tackle the important issues facing Calgarians today and into the future.

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-NorthernHills MLA Jamie Kleinsteuber



With a provincial election coming, I want to take this opportunity to thank you for the honour of representing you these past four years. As previously shared on social media, I am not seeking re-election, so in this last news column, let's revisit some of the milestones we've achieved together.

In September 2016, the newly built Buffalo Rubbing Stone School opened, providing student spaces in our community. The leadership of energetic parents ensured the school's playground soon followed.

In March 2017, a new school was announced for Coventry Hills / Country Hills Village, providing additional community school spaces for our youngest residents.

In March 2018, the Province announced Design Phase funding for North Calgary High, a big moment for us. Strong advocacy by parents had moved North Calgary High from 27th to 3rd place in CBE's Capital Plan. The school now occupies 2nd place and we eagerly await the day construction

begins at 12065 Coventry Hills Way NE. In March 2018, the Province announced funding for Vivo's expansion. We look forward to the new six-lane pool and larger fitness area.

In January 2019, the Province announced funding for Green Line Stage 1, connecting 16 Avenue North to the downtown core and Shepard. Stage 1 makes it more likely that LRT services will eventually extend into our community.

As I wrap up my time as your MLA, I have many to thank for their service to our community:

- volunteers with NHCA, HVCA, and Nose Creek Sports and Recreation Board;
- staff at Vivo for Healthier Generations;
- and finally, our past and current elected representatives.

With this community's proven ability to work together, the future of Calgary Northern Hills is bright. I live in the community and I look forward to crossing paths with you often. All the very best going forward!

Your MLA,
Jamie Kleinsteuber

Constituency Office:
104, 200 Country Hills Landing NW
Calgary, AB T3K 5P3
Phone: 403.274.1931
Email: calgary.northernhills@assembly.ab.ca

Municipal Development Plan and Calgary Transportation Plan review

By City of Calgary

The City is reviewing its Municipal Development Plan (MDP) and Calgary Transportation Plan (CTP), and we need your help.

The MDP and CTP are Calgary's long-range land use and transportation plans that look 60 years into the future, when our population is expected to reach over two million people. The Plans help shape how the communities we live and work in grow, develop and evolve over time.

Calgary is recognized as a great place to make a living and a great place to make a life, and was named the fourth most "livable city" in the world in 2018. How do we continue to shape our bright future? That's where we need to focus on priorities and actions over the next 20 years.

We're checking in on our long-range plans to see what's working

well and contributing to the quality of life many Calgarians enjoy, and what needs to be updated or changed to make this a reality for more Calgarians over the next 20 years.

Within the next few months, we want to hear what's important to you, and your big picture ideas for making life better for everyone who calls this city home. With your help, we'll also delve deeper into core elements of our plans like transportation, jobs, housing and the environment.

Visit calgary.ca/Next20 to find out what our plans mean for you and how you can participate. Let's work together to plan our future.



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Snow much fun at the HHHub!

By Nikki Browne,
HHHub Committee

Our favourite groundhog Punxsutawney Phil may have predicted an early spring, but as Calgarians we know it could still be awhile before we trade our snow boots for sandals. But that doesn't mean you've got to wait until the flowers start blooming to enjoy your new community space! The Harvest Hills Hub is the perfect place to enjoy some cold weather fun so keep reading for some family friendly ideas on how to beat that cabin fever. Want to do one or more of these as a group? Contact us at harvesthillshub@hotmail.com and become an Event Leader! We will work with you to help organize and advertise your event and make sure it's a success. It's a great way to make new friends and have a fun day out, while staying close to home!

Build a snowman: See who can build the biggest snowman! Or who can build the smallest one, decorating it using only things you've found in the park. Maybe recreate your favourite movie (Avengers: Infinity War anyone?) and have a snowman battle! Thanks to First 2000 Days Calgary North West Coalition, you may even find some cool items you can use in the new play bin permanently located at the HHHub!

Follow the Leader: The leader embarks on a journey around, through, over and under obstacles in the park, while the others try to keep up! The catch? You can only step in the footprints left



behind by the leader!

Snow Dodgeball: Put a cool twist on the classic game of dodgeball by playing with snowballs! If someone gets hit with a snowball, they are out, if someone catches a snowball, the person who threw it is out. Just remember to loosely pack your snowballs so nobody gets hurt.

DIY Snow Paint: Simply fill some old spray or squirt bottles with water and add a few drops of food coloring to make your very own snow paint! Draw a huge game of tic-tac-toe or hopscotch, or paint some bright and colorful flowers to hold you over until the real thing arrives!

Winter Picnic: Bundle up in snowsuits and pack the thermos with hot chocolate or soup. Enjoy a quiet snack and keep an eye out for any animals frolicking in the park. Look for any animal tracks and try to guess who made them.

The HHHub belongs to all of us, so if you've been playing at the park, please take a moment to clean up after yourself, whether it's throwing out your garbage, or putting the toys back in the play bin. Keeping the park tidy will help ensure that everyone can enjoy the park and everything it brings. Also, join us at our monthly meetings to learn more about what the HHHub has in store and how you can be a part of this community focused initiative. And don't forget to follow us on Facebook to stay up to date on all the latest news!



It's Almost Cookie Time!



By Sarah Brazeau

Local Girl Guides are gearing up for another great cookie selling season! Cookie selling promotes independence, leadership, social and entrepreneurial skill in girls and helps fund camps, activities and even international travel! Girls aged 5-18 will be selling cookies door to door in March and April. Watch our Facebook page, www.Facebook.com/DeerfootDistrictGG for local sale locations, information on service projects and registration information.

We are excited to announce a new cookie selling event this year; the 219 Brownies will run a Cookie Drive Thru on April 6 (10:00- 12:00) in the parking lot on 96 Ave at Harvest Hills Link. Come buy cookies without leaving your car! Cookies are \$5 a box, cash only.

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Are you interested in playing baseball this summer?

Registration is now open!

See www.cllbaseball.ca for more details.

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

Watch for your new and improved municipal services bill

By The City of Calgary

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

Reading your bill shouldn't be.

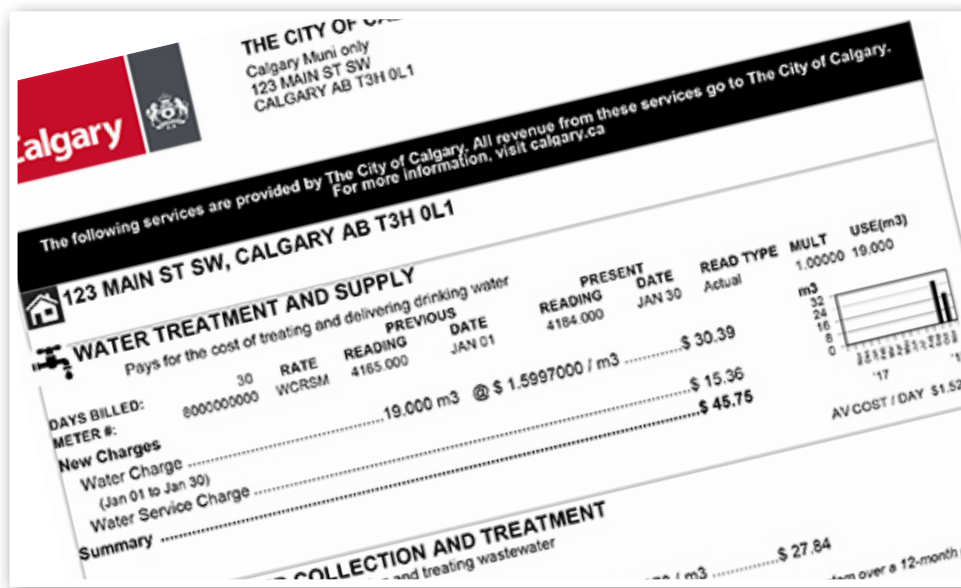
You told us you wanted your bill to be simple and clear. We worked with you to make it easier to see what you pay for and how it is calculated.

What's new?

Coming in 2019, the format of your bill will make it easier to see the municipal services you pay for, how your charges are calculated and where your money goes. Highlights of what you'll see on your new and improved bill:

- Clarifies the services are provided by The City of Calgary

- Includes service descriptions with easy to reference icons to show what you pay for
 - Shows wastewater charge as percentage of water usage and why
 - Separates wastewater and storm-water services to reinforce they are separate services (formerly shown under one heading "wastewater and drainage")
 - Identifies clearly if the water usage is based on actual meter read or an estimate
 - Uses an easier-to-read font
- Every business, organization and home in Calgary depends on water, and waste and recycling services. Your water rates and service charges make it possible for The City to deliver high quality drinking water, treat our wastewater safely and protect the river – our source of drinking water. Your waste and recycling program charges pay for collecting and pro-



cessing recycling, garbage, and food and yard waste. Together we make life better every day.

We encourage you to review your bill on a monthly basis. Be sure to check the message centre on the bill for timely information. For more infor-

mation on rates and reading your bill, visit calgary.ca/waterbill.



Volunteer - Continued from page 3

At Home in the Hills (AHIH)

AHIIH began as an initiative to help new immigrants settle in the Northern Hills communities and has evolved to meet the needs of our neighbourhood. Our vision is to facilitate grassroots approach to foster strong neighborly connections and promote inclusive, diverse, sociable and more friendly neighbourhoods within Northern Hills. We are actively seeking to fill the following volunteer positions:



1) 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 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.

2) Tech Coordinator

We're looking for a volunteer who is tech savvy to organize and create user-friendly, accessible, forward-thinking visualizations and tech-based tools with a goal to connect our community's newcomers with accessible and necessary information and resources. Basic knowledge in web coding, and an interest in information management, user experience, and tech accessibility is preferred.

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

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

Creating Coventry

We are looking for 3-4 volunteers to help us with the Project #2 – Five Southeast Coventry Parks. The Project #1 – Full Size Basketball Court & Outdoor Rink is at its fundraising stage. There's a



lot going on behind the scenes! If you would like to get involved, by helping with the planning, door knocking to do the line of sight survey, fundraising, or anything else, we would love your help! Please get in touch with Moraig via creatingcoventry@gmail.com or Yana at NHCA via engage@nhca.ca. If you are on Facebook, you can also message us directly via the Creating Coventry page: www.facebook.com/creatingcoventry

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:



1) 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.

2) Event Leaders

Do you have an event you'd like to bring to the community? Perhaps you're looking to learn something new, or make new friends, or just have a laugh. Well we've got just the space for you! Anyone can host an event at the HHHub, so contact us at HarvestHillsHub@hotmail.com with the details of your event and we will work with you to help make your event a success!


Please consider applying for a committee position or becoming an Event Leader 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.

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



PROGRESSIVE OPTOMETRY

Flame's Team Optometrist



New Patients Welcome
Walk-in, Evening & Weekend Appts
Occupational Safety Eyewear
Direct Billing to Most Insurances
Family Eye Care

Stoney Trail	
Progressive Optometry	Harvest Hills Blvd
Panatella Blvd	
Panamount Blvd	
Country Hills Blvd	

Superstore
Empire Studio 16

廣東話 眼科醫生
白內障 青光眼 乾眼症
34 Panatella Blvd NW
403 248 3937
www.progressiveoptometry.ca

Dates

Annual General Meeting (AGM)
Thursday, April 4
6:00 – 9:00pm @ Harvest Hills Alliance Church

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
		2:15 – 4:15pm SPRY Fit-2-Age @ Play Lab, Vivo		2:15 – 4:15pm SPRY Fit-2-Age @ Play Lab, Vivo		
10	11	12	13	14	15	16
	Last Day of Regular Soccer Registration!	2:15 – 4:15pm SPRY Fit-2-Age @ Play Lab, Vivo		2:15 – 4:15pm SPRY Fit-2-Age @ Play Lab, Vivo		Community Tax Clinic Find more info on it @ nhca.ca/ahih
17	18	19	20	21	22	23
		2:15 – 4:15pm SPRY Fit-2-Age @ Play Lab, Vivo		2:15 – 4:15pm SPRY Fit-2-Age @ Play Lab, Vivo		Community Tax Clinic Find more info on it @ nhca.ca/ahih
24	25	26	27	28	29	30
		2:15 – 4:15pm SPRY Fit-2-Age @ Play Lab, Vivo	6:00 – 6:30pm Social Juncture with NHCA Team @ Idea Lab Vivo	2:15 – 4:15pm SPRY Fit-2-Age @ Play Lab, Vivo		Community Tax Clinic Find more info on it @ nhca.ca/ahih
31						

EVENTS

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



Come Play with Me at Vivo



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

Community Tax Clinic

Free tax filling for community residents starting from March 16 – April 12. Check your eligibility and clinic schedule here: www.nhca.ca/ahih

Spring Outdoor Soccer 2019



Register your kid(s) before March 11 and save \$20! Includes jersey kits, photos, medals U4-9, & tech training!

Outreach Thursdays

Advocates from the BowWest Community Resource Centre are taking appointments every Thursday 4:00 – 7:00pm at our office.

Social Juncture with the NHCA Team

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



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

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

FREE Gr. 7-12 MATH & SCIENCE TUTORING

Wednesdays from 3:30-5:30 pm

Just drop in



Creators Collective

Creators Collective is for anyone who is inspired by art and loves to be creative.
 Wednesday March 27 7-9 pm.

Bring your own supplies.
 For more information, contact either Suzanne suzanne@creatorscollective.ca or Miriam riamthes@msn.com

Weekly Activities at the church:

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

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

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

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

Creating Coventry is a community-driven plan to improve and connect our neighbourhood's parks.
 It is a collaboration between community residents, the Northern Hills Community Association and Vivo for Healthier Generations.
creatingcoventry@gmail.com @creatingcoventry



DONATION INFORMATION

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



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

Contact Information: * denotes mandatory fields

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

*E-mail Address for Tax Receipt: _____

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

Payment Information:

- I have made a donation online at www.parksfdn.com in the amount of \$ _____
- My cheque to **Parks Foundation Calgary** is enclosed in the amount of: \$ _____

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

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

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

Living in a city with coyotes

By City of Calgary

Calgary has been experiencing coyote activity in many areas of the city. Although rare, some encounters have involved pets being hurt or killed. While this is certainly concerning, Calgarians must realize that euthanizing or moving coyotes leads to more coyotes entering the area.

Citizens can reduce or even eliminate negative encounters with coyotes and pets by ALWAYS keeping dogs on leash except in off-leash parks and DO NOT allow cats to roam. Not only will these steps help keep pets safe,

they are also the requirement in The City's Responsible Pet Ownership bylaw.

Here are other actions that will greatly reduce the risk of coyote encounters:

- Coyotes can be attracted to an area by dog feces, so please clean up after your pets, even in natural environment parks.
- Don't approach or feed coyotes.
- Secure open areas under porches, decks or steps.
- Clean up your compost, garbage and other poten-

tial food sources.

- Don't store food outside.
- Clean up around bird feeders and clean up fallen fruit.

For more information on how we can work together to live in harmony with coyotes and other wildlife, visit calgary.ca/coyotes.

For more on the Responsible Pet Ownership bylaw, visit calgary.ca/animalservices.

For a list of off-leash parks, go to calgary.ca/offleash.



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).



Around the Block, Let's Walk

By Federation of Calgary Communities

Walking is a great form of cardiovascular exercise, but did you know it can also be an opportunity to increase safety in a neighbourhood? Walking around your neighbourhood whether it's with a neighbour, Dog or by yourself can help to make your neighbourhood. Walking can help you get more familiar with your community, observe new things and trouble spots in the neighbourhood. While you walk you can survey poor

lit areas, is the signage in your neighbourhood adequate? Do the sidewalks and roads need maintenance? When you go for walks in your neighbourhood with these questions in mind you can easily spot areas that need attention.

When you're out walking, don't forget you can call 3-1-1 to report to City services, 9-1-1 for emergencies, or Calgary Police Service non-emergency line at (403) 266-1234 for non-urgent police concerns like noise complaints, minor accidents, etc. You can also connect with other resources like Safer Communities and

Neighbourhoods (SCAN) about suspicious residential and commercial properties at 1-866-960-7226.

Walking can also help you bump into your neighbours and get to know them. You might even meet new walking buddies for a future walking group or meet-up!

For more crime prevention and safety resources, check out our website at calgarycommunities.com



Break a LEGO - Continued from page 1


spoken at our event – Cynthia Watson and MLA Jamie Kleinsteuber. Right after Break A LEGO event, Family Day celebrations continue to the free ice-skating event with lots of delicious hot chocolate which was all sponsored by our MLA Jamie Kleinsteuber.

Our special appreciation goes to all wonderful volunteers, without whom all of this won't be possible. We want to thank you all for your hard work and for sharing your cheer and excitement. You were our rock stars! Thanks to Superstore's sponsorship, our volunteers were fed and full of energy for the whole event. Stay tuned for the next event!



Photo Credit: Samantha J. and Laine Schuck, NHCA Photographers

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.*

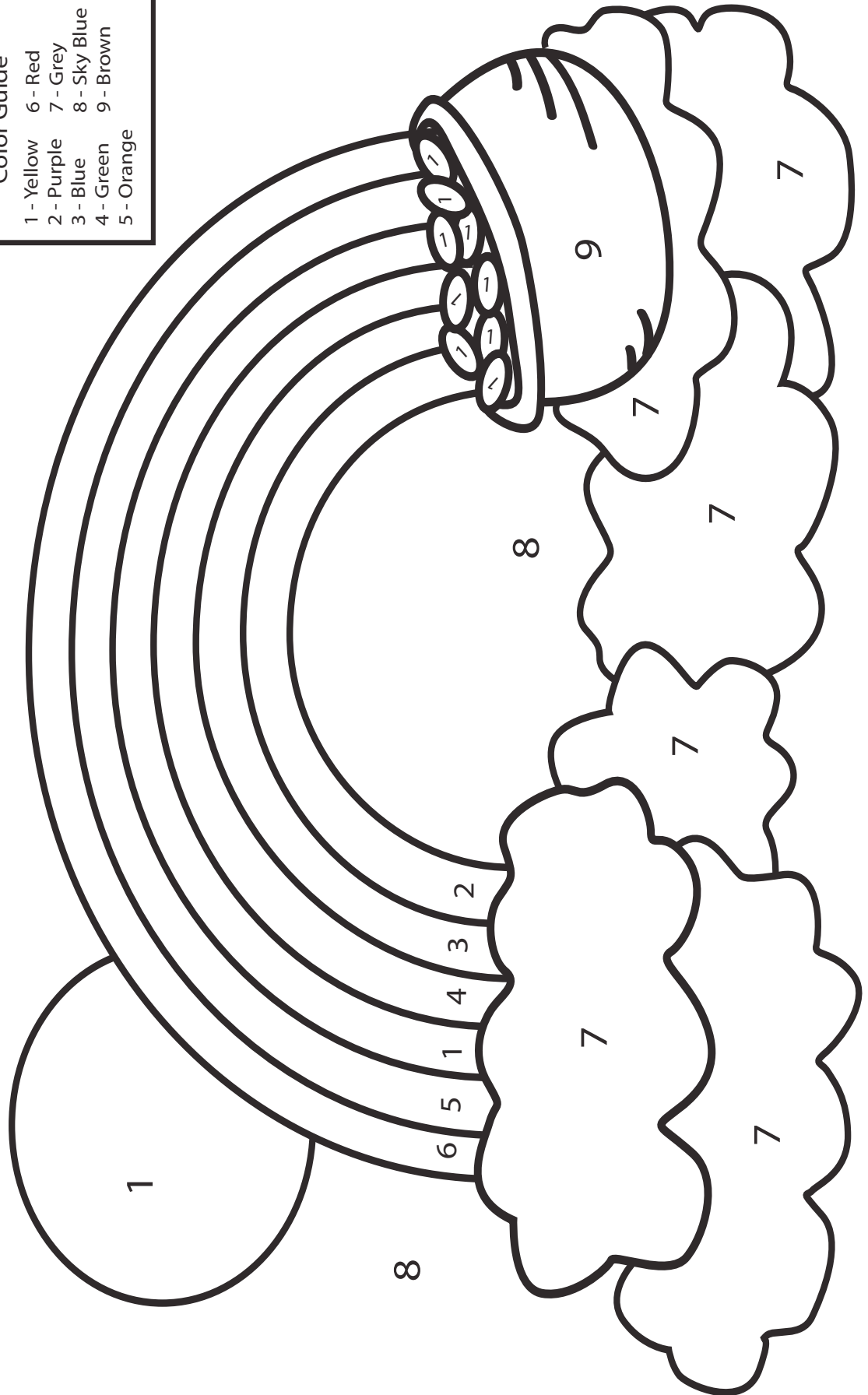
Name: _____

Age: _____

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

Color Guide

1 - Yellow	6 - Red
2 - Purple	7 - Grey
3 - Blue	8 - Sky Blue
4 - Green	9 - Brown
5 - Orange	



SUDOKU-PUZZLES

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

Answers on page 15

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

Northern Hills Community Association

Community Gardens

Coventry Hills
Harvest Hills

Get Your Garden Plot Today!

nhca.ca/community-gardens



Find worksheets, games, lessons & more at education.com/resources
 © 2007 - 2019 Education.com



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



COUNTRY HILLS DENTAL CENTRE

403.226.1809

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





Proudly serving the Northern Hills Communities since 1998

www.countryhillsdental.com

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

Election Forum is Planned

By David Hartwick, Advocacy Director and 1st Vice President, NHCA

At the time I write this, there are reported police investigations regarding alleged voter fraud regarding some nomination processes, in addition to Alberta Party Leader Stephen Mandel and others being ineligible to run for election for the next 5 years. By the time you read this, the news stories have likely shifted to something new. In fact, the election may have even been called.

We are in the process of organizing a public forum for both Calgary North, and Calgary Northeast, with big thanks and shoutout to Vivo for providing the opportunity for us to hold these events. Once again, we are asking you for questions you would like asked at the forum as there will not be any questions from the floor.

Questions may be submitted to advocacy@nhca.ca.

The politicians we elect in this election are important to our community for a number of overdue and/or promised infrastructure projects for our community. If they live in the community or have done their research, we believe they should know about each one:

- North Central LRT
- North Calgary High School
- North Calgary Urgent Care Centre
- Harvest Hills/Country Hills Elementary School
- Panorama Hills - Evanston overpass
- Preserving the Calgary - Edmonton Wagon Trail rather than build warehouses at Nose Creek
- Vivo Expansion

At the time of publishing, here are the candidates for each district (in alphabetical order):

Calgary Beddington (Country Hills)

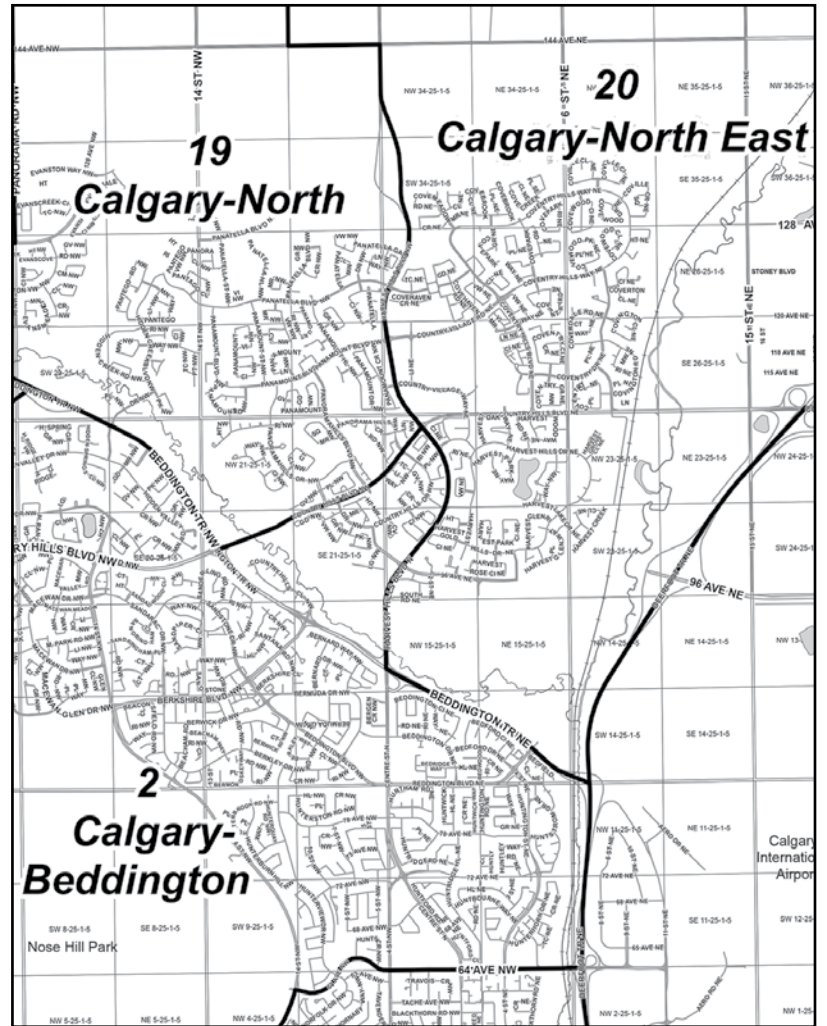
- Alberta Party: Karen McPherson
- Liberal Party: not available
- NDP: Amanda Chapman
- UCP: Randy Kerr

Calgary North (Panorama Hills)

- Alberta Party: Gary Arora
- Liberal Party: Saliha Haq
- NDP: Kelly Mandryk
- UCP: Muhammad Yaseen

Calgary Northeast (Coventry Hills, Harvest Hills)

- Alberta Party: Nate Pike
- Liberal Party: Gul Khan
- NDP: Gurbachan Brar
- UCP: Rajan Sawhney



COMMUNITY TAX CLINIC

Tax filing for individuals and families are due April 30, 2019!
 Las presentaciones de impuestos se deben el 30 de abril de 2019!
 2019 ਆਰੀਲ 30 ਸਟੀਕ ਮਸ਼ਹੂਕਾ ਦਫ਼ਤਰ ਦਿੱਤਾ ਜਾਵੇਗਾ!
 टैक्स फाइलिंग अप्रैल 30, 2019 के कारण है।
 ang mga filing ng buwis ay nararapat sa Abril 30, 2019!
 稅務申報截止日期為2019年4月30日!
 ਟੈਕਸ ਦਾਇਰ ਅਪ੍ਰੈਲ 30, 2019 ਦੇ ਕਾਰਨ ਹਨ।
 canstuur celinta waa la soo dhicin April 30, 2019!

Volunteer-Run Tax Filing • Community Helping Community

What: Free tax filing for community members with simple tax situations

When: Weekly clinics throughout March and April 2019!

Check your eligibility and our updated clinic schedule here: www.nhca.ca/ahih

Where: Northern Hills Community Association Office
 Vivo complex, 11950 Country Village Link NE, T3K 6E3

**WISHING YOU
 A STRESS-FREE TAX SEASON!**



Northern Hills Community Association **Annual General Meeting (AGM)**
 April 4, 2019 | 6-9pm | Harvest Hills Alliance Church



FREE TRIAL CLASS

AGES 2 YEARS TO ADULT

SPRING 2019 REGISTRATION NOW OPEN!

Our 10-week sessional SPRING dance classes are now posted and open for registration!

10-WEEK SESSIONAL DANCE CLASSES
 Join us beginning in April 2019 for 10-week sessional classes in the following disciplines:

- Hip Hop • Jazz
- Parent & Tot • Tiny Tot / Tiny Kinders
- Adult/Teen Barre Fitness

View class schedules online at WWW.URBANDANCEPROJECTS.COM
 620 – 1110 Panatella Blvd. NW
info@urbandanceprojects.com 403.253.4058

Kelly Mandryk

for Calgary - North

I'm running because I believe in...

- Providing quality, local public education by building North Calgary High School
- Diversifying our economy and providing better job security for working families
- Continuing our commitment to local projects like the Green Line LRT and Vivo expansion

RachelNotley.ca Authorized by Alberta's NDP - 1-800-465-6587

Rachel NOTLEY

Be prepared during an unpredictable March

By City of Calgary

The month of March is full of surprises. Here in Calgary we can get snow storms, hail storms or warm sunny days! While we can hope that this march brings warm sunny weather, it's good to be prepared for anything with a 72-hour kit. "The first 72 hours after an emergency hits can be very hectic and first responders may be busy assisting those in immediate danger. A 72-hour kit can support you and your family for three days in an emergency situation," says Sue Henry, Deputy Chief at Calgary Emergency Management Agency.

Ideally you will build your 72-hour kit in a waterproof piece of luggage or container with wheels so that it is mobile and protected from the environment. Pack enough to sustain all the members of your family for three days. In your kit you will want:

- Water (4 litres per person, per day)
- Food (non-perishable, and a can opener if needed)
- Medication, prescription glasses or other special needs items
- First aid kit

- Flash light
- Radio
- Powerbank and phone charger
- Important documents
- Cash
- Warm clothes and blankets
- Toiletries
- Whistle
- Supplies for babies and pets
- Entertainment (books, cards, low power options)

Check on your kit every six months or when you change your clocks, to replace used items and check expiry dates. Kits do not need to be built in one day, consider adding one item to your grocery list every week and build it over time.

For more information about how to prepare your family and your home for an emergency and take the Ready Calgary course, visit calgary.ca/getready.



Fun Family Programs



By Sue Blackburn Forster – Parent Coach

Come Play with Me at Vivo for children (birth-5 years old) Jan. 31-March 21 Thursday Mornings 10:00-11:30 AM

Location: Explore Lab (outside of the Panther Sports Medicine) East side of Vivo for Healthier Generations building. 11950 Country Village Link NE, Calgary, AB T3K 6E3

Come join us for this, free drop-in playgroup for parents and children! For information call 587-392-2271 or check website www.weconnectyou.ca.

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

Come and check out these information and parenting workshop at our Huntington Hills Community Centre location (520 78 Ave NW). Please call 587-392-2770 for more information.

Digital Dangers with Constable Carter Duchesney, CPS

Thursday, March 7
6:30 – 8:30 pm
Top Floor, in the Parent Link location

Developing Good Bedtime Routines

(Triple P Discussion Group)
For 1 year and older
Friday, March 8
10:00 am – 12:00 pm

Learn how to teach your child to stay in bed and manage other bedtime challenges for young children. Call 587-392-2271 to register starting Feb 11. Children will be in the same room as parents.

Dealing with Disobedience

(Triple P Parenting discussion workshop)
For children 3-11 years
Monday, March 18 | 6:30 – 8:30 pm

Come share ideas and experiences while identifying positive parenting strategies to help prevent problems and handle disobedience. Call 587-392-2271 to register for the workshop and free childcare starting Feb 19.

The Hills Women's or Men's Soccer League

For new players and seasoned players that just want to play soccer and have fun where the focus is on socializing and sportsmanship while playing some outdoor soccer right in the community.

2 different programs

Details for the Mens Soccer Program



A "Just for Fun Men's Soccer League
Twice a week
Monday & Thursday 8:15-9:30pm
April 22 to June 30 – 15 games

Details for the Womens Soccer Program



Twice a week
Tuesday &
Thursdays (June) and Friday (May)
April 22 thru to the end of June

Cost: \$80.00/player

If you are interested then register **ASAP!!**

Here is the registration link: <http://ow.ly/3qd230IE04f>

We offer: Licensed referees; new player orientation; Technical sessions; Wind-up party; Limited Driving; A chance to get to know some neighbors.

If you have any questions, please email womensoccer@telus.net



NORTHERN HILLS SPRING OUTDOOR SOCCER 2019

Includes Jersey Kits, Professional Photos, Medals U4-8, and Tech Training
Volunteer Opportunities on first-come, first-served basis!

CHILD U4 & U5/6 - \$65-\$80 **YOUTH** U8, U10, U12, U14-18 - \$85-\$95

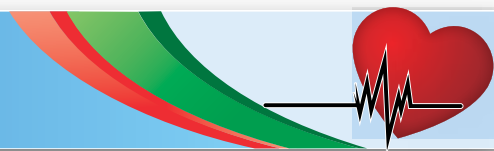
SEASON APRIL 28 – JUNE 25
REGULAR REGISTRATION JAN 28 - MARCH 11
\$20 LATE REGISTRATION AFTER MARCH 11, 2019



REGISTER
WWW.SOCCESTECH.CA



HEALTH CORNER



Burns and Scalds

Each year, Emergency Medical Services (EMS), respond to emergencies involving young children who have sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1°burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to direc-

tions given on the label;

- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).
If you require immediate medical attention, call 9-1-1



Public Library News

By Calgary Public Library

Free Financial Literacy Programs

Calgary Public Library offers a variety of free financial literacy programs, all focused on helping you making informed and effective decisions regarding your finances. Programs offered at various libraries in March and April include Planning for Retirement, It's Your Money: Family Benefits, Raising Financially Fit Kids, and Finding the Right Financial Advisor. Find a full list of programs, locations, and times on page 35 in our program guide, Library Connect, or on our website.

Did You Know? Spend PD Days at the Library

Did you know that Calgary Public Library offers a free kids program on many PD Days, called School's Out All Day? Kids ages six to 12 can drop in to the Library anytime for games,

crafts, and other fun activities. No registration is required. Search "School's Out All Day" on our website at calgarylibrary.ca/programs to find out when and where this program is offered.

Use Computers and Print for Free

Your free Calgary Public Library card comes with loads of membership benefits, including access to computers, Chromebooks, printing, and the internet. Your card gets you three hours of computer use per day, or you can borrow Chromebook laptops for in-Library use at some libraries. Additionally, all members get up to \$5 of free printing every month. Learn more at calgarylibrary.ca/technology. Not yet a Library member? Sign up for free at calgarylibrary.ca/card.



5 REASONS WHY YOU SHOULD INVEST IN GOOD SUNGLASSES

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

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

Two convenient locations serving the Northern Hills Communities

SiteForSight
eyecare • eyewear

SecondSight
eyecare • eyewear

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

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 Single \$20 Senior (60+) \$20
 *Associate \$30 Business \$50 **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?

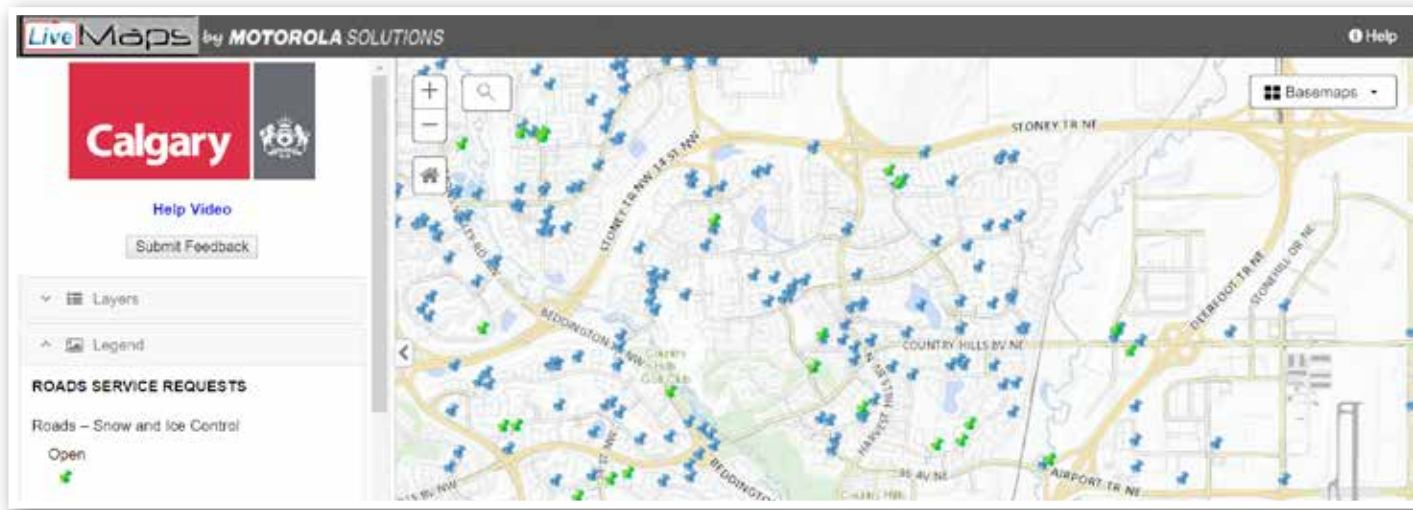
- YES NO

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

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

Other _____

311 Live Maps



By City of Calgary

311 Live Maps is a new online service that allows you to see what crews are working on directly in your

neighbourhood. Simply go to calgary.ca/311 and select the "View live map of 311 requests" link. Type your address into the search bar or zoom in to see if a request has been reported. Click on one

for details and to find out what work is being done. Our most requested services are on 311 Live Maps now. More services will be added throughout 2019.

Northern Hills Community Association

ANNUAL GENERAL MEETING (AGM) 2018-2019

• APRIL 4, 2019 •
6:00 - 9:00 PM
HARVEST HILLS ALLIANCE CHURCH

FREE EVENT
COME AND MEET YOUR NEIGHBOURS!
GET TO KNOW YOUR COMMUNITY ASSOCIATION

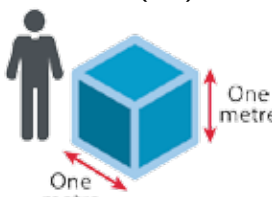
MARK YOUR CALENDARS!

How much do water leaks really cost?

by City of Calgary

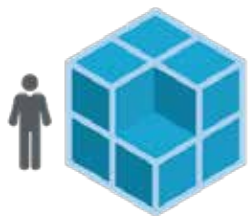
When it comes to residential and household leaks, toilets, faucets and outdoor irrigation are the most common culprits, although any water using device can eventually leak.

Water is measured in cubic metres (m3)?



The average Calgarian uses approximately 7 m3 every month.

- 1 m3 = 1,000 litres
- 7 m3 = 7,000 litres



For 2018 each cubic metre costs \$3.15*

Leaks can range in size. A chain caught under a toilet flapper can waste 3 m3/month. A leak this size could increase your bill by \$9.45 each month. If the water level in the toilet tank is too high and overflowing into the overflow tube or the flapper is completely lifted it can waste up to 1,200 m3/month. A leak this size could increase your bill by \$3,780.48 each month.**

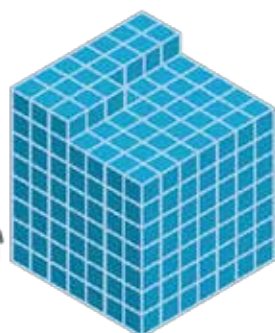


waste 360 m3/month. A leak this size could increase your bill by \$1,134.14 each month.***



In the case of a leaky faucet, the size and cost of leaks can range as well. One drop per second can waste 2.5 m3/month. A leak this size could increase your bill by \$7.87 each month. A small stream of water can waste 15 m3/month. A leak this size could increase your bill by \$47.26 each month.

A steady flow of water accidentally left running can



Use your water meter to check for leaks. In Calgary most water meters are installed inside the house where the water pipe enters your home. This is usually in the basement, near your main water shut-off valve.

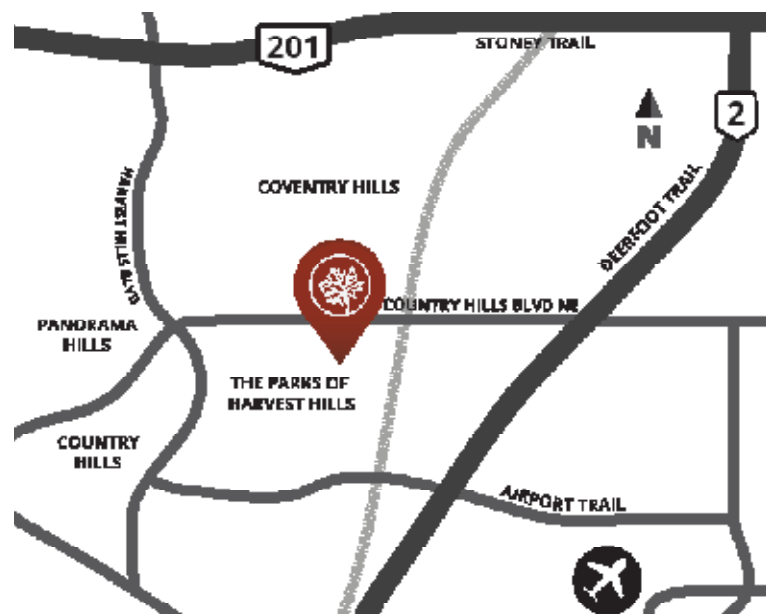
1. Turn off all taps and water appliances (dishwashers, washing machines) in your home.
2. Watch the flow register on the face of the meter. The register could look like a gear (round or triangular, black or red) or a needle depending on the model of meter you have.
3. If it keeps turning, you have a leak somewhere in your house.
4. Check all water using devices, such as your taps, humidifier, hot water heater and water softener for leaks.

For more information on leaks and how to fix them visit calgary.ca/waterleaks.

Volume of water can vary based on type of fixture and water pressure. Assumes a 30 day billing period.

PAIRED SHOWHOMES OPENING MARCH 16th

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TOWNHOMES FROM THE \$300'S

SINGLE FAMILY HOMES FROM THE \$450'S

GEN H PLAY PROJECT LAUNCHES PLAY HUB

By Gen H Play Team

Part research project, part social innovation lab, The Gen H Play Project is using outdoor unstructured play to change lives. They aim to create positive 10% shifts in north-central Calgarians' physical activity, social connection, intergenerational socialization, outdoor engagement, and spontaneous play. The first step in this process comes in the form of a shipping container – the Play Hub - on Vivo's front lawn, filled with a mish-mash of everyday items repurposed for play. A large wooden spool, a length of PVC piping,



and a collection of truck tires are just a few examples of items found in the Play Hub. Their sole purpose is to be utilized in "loose parts play," an activ-

ity that creates space for children to have open-ended and innovative play experiences that encourage problem-solving and divergent thinking.

After a successful launch weekend at the end of January, the Play Hub is now open every Sunday afternoon from 1-4 pm. During these hours of operation, the Play Hub will be hosting FREE spontaneous and loose parts play on the lawn outside Vivo (between the library and Notre Dame High School). Each week will have a new play-theme that incorporates different types of materials and

activities. The Gen H Play Team wants to know how you like to play. Over the next few weeks they'll be providing a sampling of some fun things they can bring into your community playgrounds and parks. This spring/summer they'll be taking play off-site and into neighbourhoods. Come play on Sundays to be part of what those neighbourhood experiences will look like.

Visit GenHPlay.com to learn more about the Gen H Play Project, see updated Play Hub info, and learn how you can become part of the project!

ELECT

GUL KHAN

Alberta Liberal Candidate for Calgary-North East



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

GUL KHAN'S PRIORITIES

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

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

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

ALBERTA LIBERAL

gul Khan.ca 403 612 5400
rayzona@yahoo.com

Authorized by the Alberta Liberal Party 780 414 1124

CALGARY-NORTH EAST:

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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



Crossword puzzle ANSWERS

Puzzle on page 4

1	N	2	A	3	A	4	N	5	T	6	H	7	E	8	A	9	R	10	C	11	S				
12	A	P	R	O	N	13		14	Q	U	I	T		15	F	O	O	L							
16	R	E	C	T	I	17	U	R	S	A	18	I	S	L	E										
19	C	R	O	I	S	20	S	A	N	T	21	B	R	E	A	D									
						22	F	I	E	F							23	O	R	E					
24	S	A	K	I	27	A	F	R	A	M	E			30	L	A	O								
33	I	C	I	E	34	R					35	I	D	E	A	36	L	E	U						
37	S	A	R	D	I	N	E	S	O	N	T	40	O	A	S	T									
41	A	R	K									42	P	E	R	K				43	H	U	M	O	R
44	L	I	S									45	O	X	E	Y	46	E	47	S	48	T	A	P	E
												49	T	U	T					50	G	O	51	B	S
52	Y	53	E	54	A	S	T					55	B	A	G	U	E	T	57	58	59	T	E	S	
60	E	D	D	A								61	R	E	D	O				62	A	R	O	M	A
63	A	G	A	R								64	E	R	I	N				65	M	I	M	I	C
66	H	E	M	S								67	T	N	T					68	P	E	T	S	

Sudoku puzzle ANSWERS

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

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



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