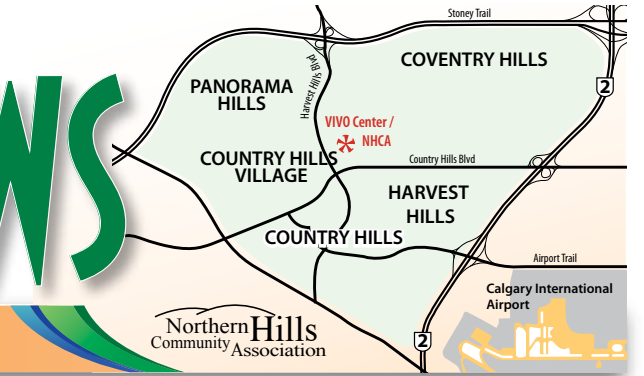


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# NORTHERN HILLS NEWS

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

## Things are Heating up at the HHHub!

By Nikki Browne, HHHub Committee

There are no shortage of things happening at the Harvest Hills Hub in May. In fact, it feels like there's something happening almost every day this month!

### Parade of Garage Sales – May 4th 9:00am-2:00pm

Everyone loves a good garage sale, but why waste your time, and gas, driving around hoping to spot a sign with directions big enough to read? Instead, come to the HHHub (178 Harvest Glen Way NE) on May 4th to pick up your free map showing all the houses participating in the first ever Harvest Hills Hub Parade of Garage Sales! There will also be sellers at the HH-Hub, as well as refreshments to help you shop till you drop. This garage sale promises to be chock full of treasures just waiting to be unearthed! Think you've scored the best deal? Post a picture to the Harvest Hills Community Hub Facebook page for a chance to win a prize!

Sponsored by Melissa Kost from CIR Realty and Cheryl Sanguinetti from The Mortgage Gallery.



### Pop-up Art Installation – May 16th – 27th

The HHHub is partnering with the talented students at Ascension of Our Lord School to bring art and nature together like you've never seen them before! Visit the HHHub between May 16th and 27th to see it transformed into an outdoor, pop-up art gallery. Even better, bring a picnic and enjoy a nice meal surround by beauty in all its forms!

### Plant Exchange – May 26th



### 1:30pm-3:00pm

Calling all gardeners! Looking to introduce some new plants into your garden this year? Have some extra plants that you want to find good homes for? Then join us at the HH-Hub on May 26th for our first annual plant exchange! Drop-off your plants between 1:30pm-2:00pm, and the exchange will begin at 2:15pm. We would appreciate if your plants are labelled with its common name and growing conditions (preferred light, moisture required, height, etc.), so to help with that, a sample form is included below, which can also be



found on our website!  
[www.hhhub.ca](http://www.hhhub.ca)  
(See form below)

### Hula Hoop Classes with Infinite Circle Hoops

#### – Starting June 4th, 2019

The HHHub is so excited to partner with Infinite Circle Hoops to bring you our first weekly class! Starting June 4th, join us on Tuesday's at 7:00pm as instructor Daniella leads us in an hour of fun and exercise! Hula Hoops aren't just for kids anymore! All ages are welcome.

#### Summer Kickoff – June 28th, 2019



It may only be May, but we've already got our sights set on summer! Stay tuned for more details on our upcoming summer kickoff party!



### 2019 Harvest Hills Hub Plant Exchange

For a smooth plant exchange, please fill out and attach this form to each of your plants BEFORE you arrive. Their new owners will thank you!

Plant name: \_\_\_\_\_

(Please circle)

Location: Indoor Outdoor Type: Bulb Annual Perennial Sun: Direct Partial Shade

Water: Lots Medium Drought tolerant Flowers: Yes No Colour How tall:

Comments about the plant:

### Arts & Crafts Team

Did you know that we have a team of art enthusiasts who are on a mission to Bring More Art to You, here in the Northern Hills? Established a Pre-Beginners Watercolours program & are starting a new one Think 3D - Introduction to Abstract Sculpture on May 1st Created pop-up crafting activities such as Christmas wreaths, Easter Baskets, and so much more!



[www.nhca.ca/arts](http://www.nhca.ca/arts)

### ARTIST OF THE MONTH

TINY HOMES

ELECTED REPS

PROGRAMS & EVENTS CALENDAR

CREATING COVENTRY

COMMUNITY CLEAN-UP

4

5

7

8

12

13

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for every Check-In to Panatella Dental™ on Facebook during the Month of May.



### Did You Know?



Calcium is the most important nutrient for your teeth! Calcium strengthens enamel, which is your teeth's defense against erosion and cavities.

*Leafy green vegetables are a good source of Calcium!*



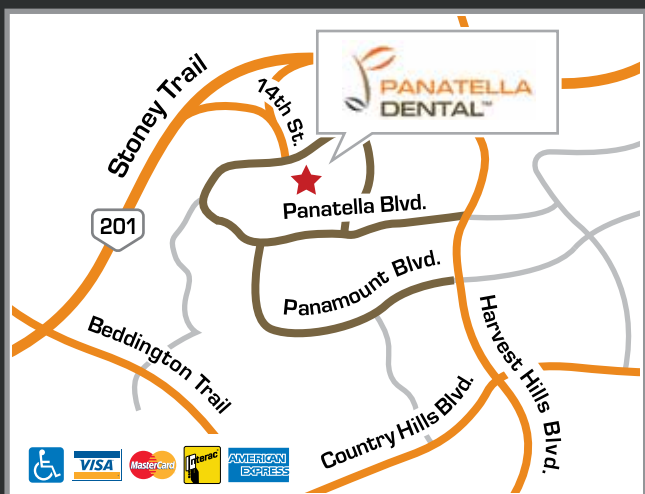
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# Community Association Notes



## 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:

### 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, and maintain bi-weekly watering and weeding.
- 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](http://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:



- **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/iJ-QUoDH> 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 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](mailto:HarvestHillsHub@hotmail.com). Check us out at [www.hhhub.ca](http://www.hhhub.ca) and [www.facebook.com/HarvestHillsHub](http://www.facebook.com/HarvestHillsHub) for more details about upcoming events and opportunities for connection.

### At Home in the Hills (AHIH)



AHII 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  
*Continued on page 13*

## 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: Leah Argao (president@nhca.ca)  
1st Vice President: TBD  
2nd Vice President: Jessie Leighton (2vp@nhca.ca)  
Secretary: VACANT – contact our President (president@nhca.ca) & Engagement Coordinator (engage@nhca.ca)!  
Treasurer: Jeannette Lee (treasurer@nhca.ca)  
Directors at Large: Ian McAnerin, Winnie Huang, Lindsay Lantela, Brad Huebert, Tamara Keller, 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): TBD (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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**STATE OF THE ART DEPOT**



# Artist of the Month Sally Parsons

By Sally Parsons  
Artist and Instructor, Arts & Crafts Committee

Sally Parsons has been interested in art since childhood. When she was 4 years old her great grandmother kept her busy by showing her how to paint on old newspapers, using a thin wood ash paste for paint and a splinter of wood for a brush. Since that memorable farm day in the '50's, Sally has continued to explore her artistic self through many creative endeavours. Working with oils, acrylics, alcohol



inks, and having fun with mixed media, she now focusses on watercolours as her favourite medium and alcohol inks a close second.

can continue to practice and develop their skills. She keeps her classes light hearted while sharing positive feedback and helpful critiques; giving encouragement, guidance while sharing her knowledge and love of watercolours. Look for upcoming classes this fall.



Sally began teaching by volunteering at Mom's Time Out Groups and several Calgary elementary schools over 25 years ago. She also taught for several years at Chinook College and offered private sessions in her home. The two level Pre-Beginners Watercolour Program that she developed, has remained very popular over the years with enthusiastic students often re-enrolling, so they



## CROSSWORD

Answers on page 15

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- DISHES BY MYLES MELLOR**
- ACROSS**
- Lance
  - Refuse
  - Recipe amt.
  - It's often hard to live up to
  - Sound
  - Sea World attraction
  - Middle Eastern ruler
  - Boiled breakfast dish
  - Cultivate
  - Marinara, for one
  - Anklebones
  - Mont Blanc part
  - Fraternity party staple
  - None's opposite
  - Be skittish
  - Veneer
  - Garam \_\_\_ (Indian spice mixture)
  - Old Soviet Union
- DOWN**
- Middle-eastern appetizer, with many spellings
  - Wrapped garment
  - Organized protests
  - Coral islands
  - Kosher-style store
  - In the style of
  - Jabber
  - Body part
  - Gun, of a kind
  - Lettuce, tomatoes, cheese, cucumbers and peppers, perhaps
  - Maths term
  - Letter-perfect
  - Drift
  - \_\_\_ of Man
  - On and off items
  - Willing to consider new ideas
  - Ophthalmologic concern
  - Eliminate
- DOWN**
- Mount in the Cascades
  - Percussion instrument
  - Bee colony
  - Frozen floaters
  - Zoo structure
  - Distress
  - Underground passage
  - Naturally belong
  - Paleontologist's find
  - Vegetarian staple
  - Neither freshwater nor marine
  - Shields
  - Nonstick spray brand
  - Muslim woman's veil
  - Court group
  - Needlefish
  - Red-white-and-blue inits.
  - Periodical publications
  - Checked

- Disorder
- Armor
- \_\_\_ chamber
- Not in a flowing manner
- Olive or castor
- Individual items
- Articulate
- Throwback
- Florida county
- Lampoon
- Not even
- Goes off
- Passionate
- Cockpit device
- Sorkin of "The West Wing"
- Clarified butter of India
- Rabbi's rostrum
- Pool exercise
- Ultimatum ender
- Your mother's daughter

# Science Project Tiny Homes

By Grade 3/4  
Students,  
Buffalo Rubbing  
Stone School

What is a tiny home? How can we help homeless veterans? We are going to tell you about what we did and what this is all about.

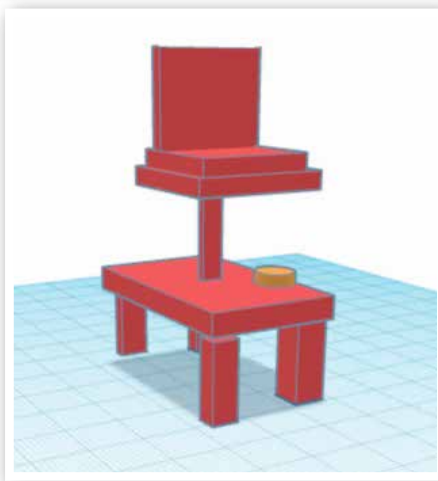
Homes for Heroes was our inspiration!

They're building 18 tiny homes in Calgary to help homeless veterans. It will have a communal building so families can visit, and they can have space to meet and help one another.

Our whole class talked about tiny homes and the Mustard Seed. We talked about what does the Mustard Seed do for homeless people. They help homeless people find a job. They also help homeless people with medical issues and send people to different places if the Mustard Seed isn't the right place for them. Someone from the Mustard Seed, named Ms. Brittany, came to our class to tell us about how homelessness happens and how we can help.

We also made a tiny home with tape on the floor to separate all the rooms. Each group made a piece of furniture and we had a specific spot to place it within the tape. It was the size of a real tiny home!

Then a teacher from our school who was good with technology and construction came and helped. His name is Mr. Blais. We had to go through a whole planning process to design a piece of furniture that could be used for more than one purpose. One thing we had to think about was if a veteran could use our furniture. First, we had to think of a design, interview a partner and listen to their feedback about our design for the



veteran. Second, we had to draw our design using our partners feedback, interview a partner again and then drew our final design. Third, we had to build our prototype, interview a partner once again to see how it would work with their disability (for example, they were in a wheelchair, had P.T.S.D., or needed a guide dog). Lastly, we had to tweak our design if they couldn't use it properly and the design was finished.

Students have worked so hard to make tiny home furniture! We saw a lot of videos about what we were doing and recorded a lot of research notes in our visual journals. These prototypes that you see in the photos took us a long time to design. Look at our prototypes! We hope you enjoy it!!!

# VIVO for Healthier Generations News!

By VIVO Team

## VIVO NIGHT MARKET NORTH IS LOOKING FOR VENDORS!

"Vivo Night Market North is back and is better than ever! More than a market, it'll be a place to meet, get to know, and enjoy time together with your neighbours and family. Last year, we had over 20,000 attendees at all 4 markets, and we are excited to see how it grows for the BEST. SUMMER. EVER!"

[www.vivo.ca/nightmarketnorth](http://www.vivo.ca/nightmarketnorth)

## SPRING & SUMMER EXPERIENCES HERE

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## SPRING & SUMMER EXPERIENCES HERE

"Play your way all summer long. From camps, family, adult, or youth adventures - we've simplified the experience to make the days more fun and schedules better."

[www.vivo.ca/bestsummerever](http://www.vivo.ca/bestsummerever)



## 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](mailto:germaine@bowwest.com) or phone 403-874-6809).



**2ND ANNUAL  
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SALES**

**SAT, JUNE 8 & SUN, JUNE 9**

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Join your neighbours in the 2nd Annual  
Coventry Hills Community Parade of Garage Sales  
June 8 and June 9, 2019 from 9am- 4pm.

### How does it Work?

Each participating home will host their own garage sale in their driveway, yard or garage and we will take care of the advertising, curb & boulevard signs and map.

### How to Participate?

To ensure your home is on the map and to gain maximum exposure for the sale, please register your name, phone number and address at [garagesale@corylomsnes.com](mailto:garagesale@corylomsnes.com)

or through our Facebook page

**Coventry Hills Community Parade of Garage Sales**

**Deadline** to register is June 1st, 2019.

Each participating home will be provided signs to direct bargain/treasure hunters to their sale.

### What to do Now?

Register your sale, declutter, purge and clean out your garage, closets, & basement to get ready to sell your treasures! We'll have fun meeting neighbours and new faces from other communities and hopefully put few dollars in your pocket!

# NHCA CVITP Tax Clinic 2019



By Samana Zehra, At Home In the Hills (AHIH) Committee

At Home In the Hills (AHIH) committee of NHCA is excited to announce the successful completion of the first ever Free Community Income Tax Clinic in the Northern Hills. Our Tax Clinic ran from 16th March to 13th April, 2019, at the NHCA Office in Vivo Complex. We were open on Tuesdays from 6pm to 8pm and on Saturdays from 12pm to 4pm. We took clients on walk-in basis and appointments booked in person. We were able to successfully complete more than 25 tax returns. This Tax Clinic was part of the Community Volunteer Income Tax Program (CVITP) which promotes the idea of "People helping People".

CVITP is a collaboration between Canada Revenue Agency (CRA) and Community organizations. Under CVITP, Community Organizations arrange for volunteers who can prepare tax returns for eligible individuals who have modest income and a simple tax situation. According to CRA, a simple tax situation is if you have no income or if your income comes from these sources:



- employment
- pension
- benefits such as Canada Pension Plan, disability, employment insurance, social assistance
- registered retirement savings plans (RRSP's)
- support payments
- scholarships, fellowships, bursaries or grants
- interest (under \$1,000)

As per CRA rules, we were unable to serve individuals having:

- self-employment or employment expenses
- rental income
- interest income over \$1,000
- capital gains or losses
- foreign property
- filed bankruptcy
- cases of deceased persons

According to the CVITP guidelines, AHIH Team

recruited interested community members as volunteers after initial interviews. These volunteers were then screened for suitability by CRA. Our team of 15 volunteers then went through CRA's training webinars, in-person training by AHIH Team and some hands-on practice sessions on the UFile software used for preparing tax returns. AHIH and our energetic Tax Clinic volunteers had an amazing experience this tax season. It was a great feeling to be able to connect to the residents, support them and help them file their taxes for free. We held a Volunteer Appreciation

party on the last day of our Tax Clinic to recognize the hard-work of the volunteers and celebrated our success together. This ending marks the beginning of a great new journey for AHIH to work on more such projects in future and help us thrive as a strong community. See you next year!!!

In the meantime, if you are interested to join our At Home in the Hills programs and events team to organize year-round outreach and cultural engagements, please send us an email at ahih@nhca.ca. We look forward to working with you!



Calgary Board of Education

Captain Nichola Goddard School

## The Captain Nichola Goddard School Musical Theatre Club



# ROALD DAHL'S Matilda

THE MUSICAL

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All performances are at Captain Nichola Goddard School  
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Wednesday  
Thursday  
Saturday

May 22 @ 6:30 PM  
May 23 @ 6:30 PM  
May 25 @ 1:00 PM

Tickets also available at the door on the day of the show.

Roald Dahl's Matilda The Musical is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. See www.MTIShows.com for more information.

# Elected Representatives



Ward 3 Councillor  
Jyoti Gondek

**New high school for north central Calgary**

Over the last decade, the communities of Northern Hills have been overlooked in terms of much needed pedestrian and transportation solutions to meet the needs of community members. With the support and feedback of residents and the NHCA in the past year, we have been able to celebrate a number of big wins that will have a positive impact on our communities. For example, we all stand to benefit from



the funding that has been secured to complete and improve the interchanges along Stoney Trail at 11th Street NE, Centre Street and 14th Street NW.

We have also partnered with residents and different community organizations to improve the pedestrian experience in our neighborhoods. Two recent examples include:

- The installation of traffic calming curbs along Covepark Drive and at Coventry Hills Way by Coventry Hills School; and
- The relocation of the bus zone originally located within the curb extensions on Harvest Hills Drive, 60 meters north toward Harvest Grove Place.

There are three additional installations coming this spring as follows:

- The placement of a Rectangular Rapid Flash Beacon (RRFB) at Panatella Boulevard and Panamont Street by Captain Nichola Goddard School;
- A new mid-block crossing connecting the pathway west of Panatella Boulevard and Panatella Close, complete with curb extensions to shorten the crossing distance for pedestrians; and
- The narrowing of traffic lanes at the pedestrian crossing along Country Hills Drive at Country Hills Gate.

These important pedestrian and transportation upgrades are a result of a collaborative effort from community members and the City of Calgary. Our office is happy to be a conduit to

ensure our communities are finally getting the attention they deserve. We value and appreciate your perspectives as we continue with our commitment to advocate for the needs of north central Calgary. If you have ideas you wish to share please contact 311, the Northern Hills Community Association, or email our office.

Jyoti Gondek  
Councillor, Ward 3  
[www.calgary.ca/ward3](http://www.calgary.ca/ward3)

Barb Fleet, Assistant  
403-268-4854  
[ward03@calgary.ca](mailto:ward03@calgary.ca)

Kimberly Jones, Assistant  
403-268-2530  
[eaward3@calgary.ca](mailto:eaward3@calgary.ca)



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

As of February 2019, Calgary had the worst unemployment of any Canadian city. So it comes as no surprise to our community that jobs and the economy are issues that are of great importance to me. I continue to fight for the workers and families in my riding as your Member of Parliament in Ottawa.

On May 23 I will once again be hosting a Career Services event at

Foothills Alliance Church. The event, which is not a job fair, will start at 6:00 PM and run until 8:00 PM. This event aims to assist those who are looking for work by connecting them with service providers and resources that can assist with job search, resume writing, interview skills, and enhance online job search techniques.

This event is free to attend and will showcase local organizations and resources available to individuals in Calgary that can assist with a job search, or help with the challenges that come from unemployment. For a full list of participating organizations please visit [www.MPRempel.ca](http://www.MPRempel.ca)

[Michelle.Rempel@parl.gc.ca](mailto:Michelle.Rempel@parl.gc.ca)  
403-216-7777  
115 - 70 Country Hills Landing N.W. T3K2L2

## Join us for Home Improvement Project Open House @ Vivo

By City of Calgary  
Home Improvement Project Open House at Vivo for Healthier Generations on June 1st from 10:00am - 2:00pm. The Home Improvement Project Open house is where homeowners can get advice from our inspectors and other city staff that are experts on safety, bylaws and permits. Our intent of these sessions is to have city staff on site to work directly with homeowners, answering questions regarding bylaws, inspections, safety requirements and any other concerns regarding home renovations. This event is free and open to the public with homeowners encouraged to bring plans, photos and ideas with them to discuss with knowledgeable staff in an approachable environment. This event is designed to show



citizens working with the City doesn't have to be intimidating; that we care about your safety and the success of your projects and to illustrate the changes we have made to the on-line application and permit process which is now very straightforward.



# 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 Superstore
Panatella Blvd	
Panamont Blvd	
Country Hills Blvd	

廣東話 眼科醫生

白內障 青光眼 乾眼症

34 Panatella Blvd NW

403 248 3937

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

# Dates

**Let's Clean-Up the Community Together!**  
**Community Clean-Up | May 18 | 9:00am-2:00pm**  
**East Parking Lot, Vivo**

## May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 28	April 29	April 30	1	2	3	4
			1:00 – 3:00pm <b>3D Sculpture Class</b> @ Panorama E-Centre			9:00am – 2:00pm <b>Parade of Garage Sales</b> @ Harvest Hills Hub 11:00am – Noon <b>Jane's Walk Panoramic Perspectives</b>
5	6	7	8	9	10	11
10:30am – Noon <b>Jane's Walk Northern Hills Mural</b>			1:00 – 3:00pm <b>3D Sculpture Class</b> @ Panorama E-Centre			
12	13	14	15	16	17	18
			1:00 – 3:00pm <b>3D Sculpture Class</b> @ Panorama E-Centre			9:00am – 2:00pm <b>Community Clean-Up</b> @ East Parking Lot, Vivo
19	20	21	22	23	24	25
			1:00 – 3:00pm <b>3D Sculpture Class</b> @ Panorama E-Centre			
26	27	28	29	30	31	June 1

**EVENTS**

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



**Come Play with Me at Vivo**



Every Thursday morning from 10:00 – 11:30am, Apr.4 – May 23, outside of Panther Physio, free drop-in play program for children 1-5 years old.

**SPRY Fit-2-Age – Social Hour**



Engage with others in some fun games & keep your brain active and healthy every Tuesday & Thursday from 3:15-4:15pm at Play Lab, Vivo up until May 30<sup>th</sup>

**Social Juncture with the NHCA Team**

Come & meet the NHCA team! Every 4th Wednesday of the month from 6:00-6:30pm @ Idea Lab, Vivo

\* Except July, August, & December



**Spring Outdoor Soccer 2019**

Younger kids as small as 4 yrs old can play in our community soccer program! We still have some spots available for the younger players.

**Harvest Hills Hub**

Check out free activities for all ages at the Hub! [www.hhhub.ca](http://www.hhhub.ca)

**Outreach Thursdays**

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

**Community Gardens**

Get a garden plot and grow anything you want this harvest season! [www.nhca.ca/community-gardens/](http://www.nhca.ca/community-gardens/)



**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.

**Women of Harvest Spring Brunch**



**May 4, 2019 10:30 am**

**Speaker:**  
 Shauna Caldwell  
 (Shauna will be sharing her story of the loss of her twin boys at COP three years ago)

**Special Music:**  
 Ellen McRae

**Admission \$10.00**

taken at the door.

Please RSVP by April 28

e-mail: [office@hhachurch.com](mailto:office@hhachurch.com)

**Harvest Hills Alliance Church 2019 Marriage Seminar**

**Fri May 10 7:00 - 9:30 pm**

**Sat May 11 9:00- 12:30 pm**

**Sun May 12 9:15 & 11:00 am**



**\$15.00 per couple for work book**

RSVP required, e-mail [office@hhachurch.com](mailto:office@hhachurch.com)

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

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

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



# Nose Hill Parkrun

## A free, friendly, weekly event



By Suzanne Brooks, Event Director

In September 2016 a very special community event started at Nose Hill park called parkrun. A fantastic FREE WEEKLY TIMED 5k run/walk which is organised by volunteers.

It started in the UK, in London in 2004 and has spread to many countries around the world (21 countries as of April 2019).

If you want to get active in your local community and can walk/run/volunteer, then anyone can do so for FREE. It is very easy to sign up online (find the link on [www.parkrun.ca/nosehill](http://www.parkrun.ca/nosehill)) and you receive an email with your own personal barcode. Print out your barcode and bring it with you to any event in the world if you would like your time recorded.

Nose Hill parkrun starts just in from the Edgemont Blvd, Shaganappi car park every Saturday at 9am. No need to sign up each week in advance, you just turn up!

You won't get lost, as the route is a simple 2 loops and well marked with signs. You will never be "last" as that is the job of the volunteer tail walker. It is the same course each week, so a great way to keep track of your fitness and progress.

After the event we go to "Friends" cafe in Edgemont for a well earned coffee, a chat and to



process the results. We also keep in touch through the Nose Hill parkrun facebook page and a facebook group called Calgary parkrun members.

Results are kept online and It is very motivational to see your progress and work towards your 50 or 100 mile-stone run. All ages and abilities take part, and you can run with 1 dog on a lead.

There are now 23 parkruns throughout Canada (as of April 2019) and we now have 3 in Alberta too (check the website [www.parkrun.ca](http://www.parkrun.ca)).

So what are you waiting for? Get signed up, print out your barcode and come and join us!

#loveparkrun #parkruncanada  
#nose\_hill\_parkrun

# The Northern Hills Gardeners



By Yvonne Steenveld

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

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

If your May long weekend means starting gardening, if going to the garden centre is the high light of your day or weekend, if spending time working in your gardening is enjoyable and an absolute pleasure; then you are totally not the only one! We would welcome you whether you are new to gardening, a novice, or were born in the cabbage patch to join the group, please email [harvestgarden@nhca.ca](mailto:harvestgarden@nhca.ca) and [coventrygarden@nhca.ca](mailto:coventrygarden@nhca.ca) so we can add you to our next scheduled event!

Northern Hills  
Community Association

Northern Hills Arts and Crafts presenting

## Think 3D - Introduction to Abstract Sculpture

8-week introductory program starting May 01, 2019, 1-3 PM  
with Calgary sculptor Oksana Kryzhanivska  
@ Panorama Hills E-Centre

Learn to create beautiful sculptures with a variety of sculptural materials and techniques, exploring fundamental concepts of form, volume, texture and 3D space.

**Register at location: Panorama Hills E-Centre**  
88 Panamont Hill NW, Calgary, AB T3K 5R8

**Fee: \$60** for Northern Hills Community Association  
and/or Northstar Residents Association  
**\$70** for non-members


[www.nhca.ca/arts](http://www.nhca.ca/arts)



PANORAMA  
HILLS  
Northstar Residents Association

Northern Hills  
Community Association

# 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: \_\_\_\_\_

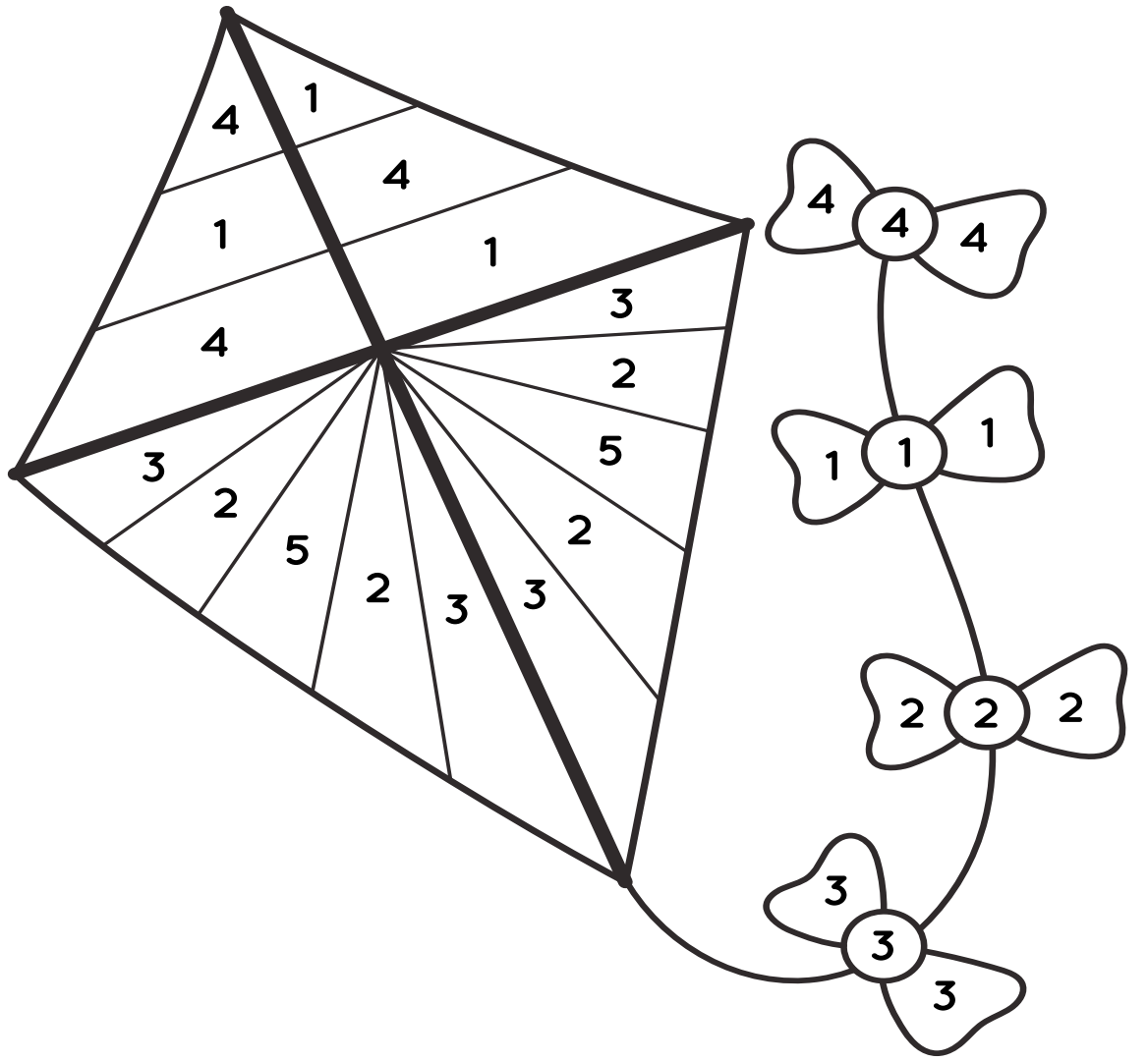
*\*Note: Only two children per household [if you happen to have more than one copy of the newsletter].*

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

## Color by Numbers: Kite

Color the kite according to the color key.

- 1 = Green      2 = Yellow      3 = Red  
 4 = Blue      5 = Purple



## SUDOKU-PUZZLES

This Sudoku is provided by: Sudoku of the day:  
<https://www.sudokuoftheday.com/>      Answers on page 15

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



Find worksheets, games, lessons & more at [education.com/resources](https://www.education.com/resources)  
 © 2007 - 2019 Education.com



**Community Gardens**  
 Coventry Hills & Harvest Hills  
**Get Your Garden Plot Today!**

[nhca.ca/community-gardens](http://nhca.ca/community-gardens)



**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

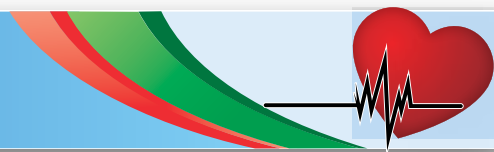


*Proudly serving the Northern Hills  
 Communities since 1998*

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

[www.countryhillsdental.com](http://www.countryhillsdental.com)

# HEALTH CORNER



## Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

### Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;

- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;

- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. [www.windowssafety.ca](http://www.windowssafety.ca)



Emergency  
Medical  
Services



## Fun Family Programs

By Sue Blackburn Forster – Parent Coach

### Play and Chat with Alberta Health Services Speech and Language Pathologist

Thursday, May 16 | 10:00 -11:30 am  
(VIVO location)

Do you have questions about your baby, toddler or preschooler speech and language skills?

Just drop in during our regular play group and ask to speak with our contact.

Call 587-392-2771 for more information.



Sorry to say that our Come Play with Me program at Vivo location program will be ending the Spring program on May 23rd.

### Come Play with Me

for children (birth-5 years old)

Apr. 4 – May 23 (Spring program)

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

Children can move around in the room and pick from a variety of play areas such as dress up, play dough, puzzles and play with lots of toys. Staff will be available to answer questions about developmental growth, parenting, and help parents identify community resources. For information call 587-392-2271 or check website [www.weconnectyou.ca](http://www.weconnectyou.ca).

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

Come join us for this free Storytime with Country Hill Library staff where children and parents will share songs rhymes and stories in this interactive circle program. We will be running a **Storytime program** (May 30, June 6 & 13) with Country Hills Library.  
\* You need to sign up for this program.

### Storytime at Vivo for children

(1 to 5 years)

Families need to sign up to be involved with this program  
11950 Country Village Link NE,  
Calgary

Thursday May 30, June 6 & 13 | 10-11 am

(Families need to commit to all 3 dates to register and live in the Vivo area.)

We will be located outside the Library in the Vivo Administration area. Call 587-392-2271 to register starting May 2. This program is a partnership between Northern Hills Community Association, Vivo, and Family Connections Parent Link.

Look for other Parenting workshops in the Parent Link calendar which can be found on the [weconnectyou.ca](http://weconnectyou.ca) web site:

### Little Kids, Big Feelings

Monday May 13 | 6:30-8:30 pm

### Power Struggles

Mon. June 3 | 6:30-8:30 pm

### Dealing with Disobedience

(Triple P Parenting discussion workshop) - for children 3-11 years  
Monday May 27 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 April 25.



## The Redeemed Christian Church of God

Living Faith Chapel

Tel: (403) 681-7224

[rccglfc@gmail.com](mailto:rccglfc@gmail.com) [www.rccglfc.org](http://www.rccglfc.org)



invites you

to join us by 10:00am on Sundays for a glorious, joyful, heart lifting and heaven-connected worship at  
133 Panatella Square, NW, Calgary, AB, T3K 6C7

Come and you will be richly blessed !!!

We are expecting you. God bless you.

## Shibley & Company

### MAKING A WILL

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

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

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

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

Book an appointment with Vilma Mydliar before June 1, 2019 and receive 10% off a Will package.

### SHIBLEY & COMPANY

Vilma Mydliar

Barrister, Solicitor & Notary Public

219, 8120 Beddington Blvd NW

Calgary, Alberta T3K 2A8

403.275.3230

[www.shibleyandcompany.com](http://www.shibleyandcompany.com)

# Creating Coventry: Help Us Decide!

## What Should Go In To Coventry Green Park in SE Coventry?

By Moraig McCabe, Creating Coventry Project

Before I start into the second project that Creating Coventry is working on in Coventry Hills, I just wanted to share some **BIG NEWS about Project 1: COVENTRY SPORT COURT** (basketball court and rink project in "Roundabout Park" at 118 Coventry Hills Drive NE)... Thanks to a \$15,000 donation from Northern Hills Community Association, we now have enough funding to build the first phase: the regulation-sized basketball court! Woohoo! This means we will be starting work this summer on this project, and letters will be going out to residents on the traffic circle to let them know about the work that will be happening, as soon as we have some tentative dates.

Fundraising is continuing for the rink part of the project, and by the time you receive this newsletter, we will have applied for two grants to help us reach our target. We still need to raise the matching funding though, so any little donations from residents help! You can donate through our Parks Foundation account at: <https://www.parksfdn.com/sport-projects> and donations made online all receive a charitable donation tax receipt.

### On to Project 2: Five SE Coventry Parks!

This group of parks is older than

others in Coventry Hills, and the current equipment will need to be removed within the next few years once it becomes unsafe to use. The five parks in this project are shown in the map here:

Parks 4 & 8 have recently been renovated, with their playgrounds being replaced like-for-like as tot lots,



because they couldn't wait for the engagement and community co-creation to finish. As all of the parks are easily walkable from any of the other park spaces in this group of five, activities aimed at making this area suitable for ALL AGES have been selected to replace the aging playgrounds currently in parks 3, 5 & 6. These activities were chosen in accordance with the "Six Big Ideas for Coventry Hills" themes in the Creating Coventry report (download at: [www.northernhills.ab.ca/creating-coventry](http://www.northernhills.ab.ca/creating-coventry)), and ideas for parks in this specific group of five, using data gathered from community resident

engagements during 2017 & 2018.

### Community Choices: The Results!

As you can see from the charts, the first choices of location were absolutely clear for the top two activities: parkour & climbing wall (Park 3: Red Slide Park) and a natural playground (Park 5: Twin Park).

As mentioned above, there are already two new tot lots in Parks 4 and 8.

### BUT... what should we do for Park 6?

We can't have two parks exactly the same, so to round out the SE Coventry area with a variety of activities for everyone, we're asking:

Please let us know your answers by any of the following methods: Fill in this questionnaire and drop it off or mail it to: Creating Coventry, c/o NHCA at Vivo, 11950 Country Village Link NE, Calgary, AB T3K 6E3 Email your answers to: [creating-coventry@gmail.com](mailto:creating-coventry@gmail.com)

Fill in our online survey, available from May 4th through May 30th: links available through our social media channels: [facebook.com/creatingcoventry](https://facebook.com/creatingcoventry) or [twitter.com/CreatingCovYYC](https://twitter.com/CreatingCovYYC), or via the Northern Hills CA social media.

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



### Project 2: Five SE Coventry Parks

#### MOST POPULAR INSTALLATION BY PARK



### Project 2: Five SE Coventry Parks

#### MOST POPULAR INSTALLATION



#### MOST POPULAR PARK



Calgary

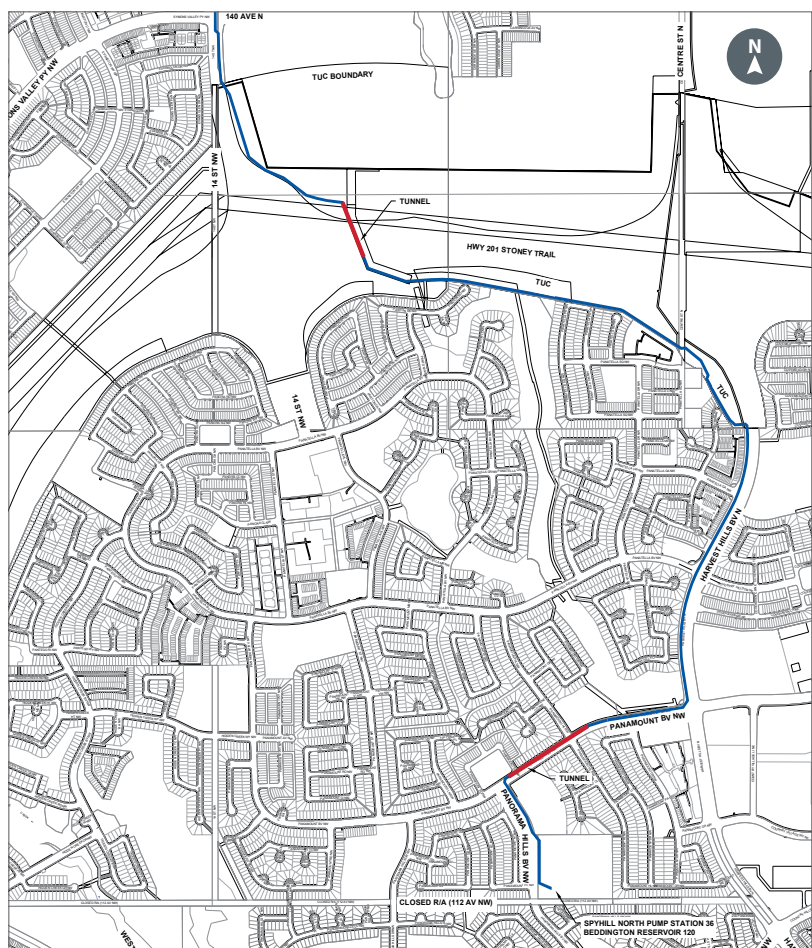


### Northridge Feedermain Information Session

Thursday, May 16, 5:30 - 7:30 p.m.  
Vivo, 11950 Country Village Link N.E.

The Northridge Feedermain will enhance capacity and ensure the reliability of the drinking water supply to existing and future communities in North Calgary. Join us for an information session to learn about the next stage of construction and speak to project team members.

Visit [calgary.ca/waterprojects](http://calgary.ca/waterprojects) to learn more about the Northridge Feedermain Project.



Stage 1: 2018, microtunnelling  
Stage 2: 2019, open trench construction

### CREATING COVENTRY PROJECT 2: 5 SE COVENTRY PARKS

What would YOU like to see in Park 6 (Coventry Green Park)?

1. Please make your choice for Coventry Green Park:

#### FIRST CHOICE:

- BASKETBALL HOOP
- SOCIAL SPACE / SEATING

2. Please also choose any extra items you would like to see in Park 6, in addition to your choice above:

- LANDSCAPING
- LITTLE FREE LIBRARY
- NONE
- OTHER: If there is anything else you would like to see in Park 6, please tell us what here:

# It's Spring Cleaning Time

By The Federation of Calgary Communities

Did you know that the City of Calgary helps support community associations in helping residents clean up the neighbourhood? Residents can attend their Community Cleanup event and throw out waste, saving you a trip to the landfill.

The service is free and the purpose is for items that are not acceptable or do not fit in the regular waste (black carts) and recycling (blue carts) to be taken during a Community Cleanup. You can call your community association or go online to the official City of Calgary website to find a cleanup near you!

- Acceptable items include:
- Furniture

- Yard waste (organic trucks will be available)
- Broken/unusable products like gym equipment
- Toilets

You and your neighbours can also organize a litter clean up. The City of Calgary provide kits that include garbage bags, gloves and hand sanitizer. You can pick up these kits at any City of Calgary leisure and aquatic centre.

You can get outside, meet neighbours and achieve a cleaner community at the same time!

Happy Spring Cleaning!



## VOLUNTEER OPPORTUNITIES

Continued from page 1

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

- **Program/Event Team Members**  
Do you have an interest in facilitating community outreach, engagement, and plurality?

This is a call out for those who love to organize events, social gatherings, and bring community together. As a program/event team member, you will contribute to ideating, organizing, setting up, and managing various events and program sessions. We are looking for 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](http://www.nhca.ca)



# Waste Management

By City of Calgary

## Calgary landfills move to summer hours

From April 1 to October 31, City landfills will run extended operating hours. All locations have a residential Throw 'n' Go area that accepts:

- household chemicals and propane tanks for safe disposal
- electronics recycling
- clothing and textiles recycling
- tire recycling

Visit [calgary.ca/landfill](http://calgary.ca/landfill) for driving directions and hours of each landfill site.

## Green carts spring into weekly collection schedule

Spring has sprung, and with it comes an increase in yard waste. Weekly green cart collection will resume the first week of April.

Calgarians can visit [calgary.ca/collection](http://calgary.ca/collection) to find out their new green cart schedule and to sign up for free reminders including phone, email and text alerts or download the free Garbage Day app to receive notifications on their smartphones.

There are no changes to blue or black cart collection.



**COMMUNITY CLEAN-UP**

May 18, 2019  
9:00am - 2:00pm  
@ East Parking Lot, Vivo



**Calgary**

**Start your home improvement project off on the right foot**

**Drop in to our Home Improvement Information Session**

**Saturday, June 1, 2019**  
10 a.m. – 2 p.m.  
Vivo (11950 Country Village Link N.E.)

**Friday, June 7, 2019**  
2:30 – 6:30 p.m.  
Genesis Centre (#10 – 7555 Falconridge Blvd N.E.)

Ask questions and get advice from City trade inspectors and bylaw experts. Manage your home renovation with confidence.

Check [calgary.ca/pdevents](http://calgary.ca/pdevents) for details.

19-00269479

**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



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

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

403.226.7638

403.452.6831

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

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

# Coexisting with Bobcats

With a bobbed tail, Bobcats are small compared to other wild cats. They weigh in around 20lbs. Their front striped legs meet large webbed paws. Whiskers cross a black barred snout with signature black ear tufts. They are strict carnivores hunting small mammals, insects and birds. Little evidence suggests they eat substantial amounts of domestic pets.

If you do not want Bobcats around your property, eliminate shelter options. Areas under your deck or shed provide a good hiding place for Bobcats and prey, remove access to the attractive accommodation. Brush or piles of rubbish encourage small mammal presence inviting predators in for a meal. Feed your pets indoors and remove bird feeders. However, some welcome the guests.

Bobcats are crepuscular, meaning active at twilight. This behaviour changes seasonally with prey activity increasing in colder months to the day. In urban environments Bobcats often lean towards a nocturnal lifestyle to avoid human interaction.

Bobcats have an average territory ranging up to 5 km<sup>2</sup>. Territorial size fluctuates among individuals depending on prey abundance, mates and denning habitat. Home ranges are also influenced by population densities with smaller territories where there are more Bobcats.

Given their wide range and localized healthy populations, they are not endangered, however



they are extirpated, or locally extinct, in many areas across North America. Trapping has led to their disappearance. Here in Alberta it is prohibited to

rehabilitate orphaned or injured bobcats, Fish and Wildlife leave orphaned kittens to starve to death allowing "nature to take its course" with the mother dependent milk drinking mammals rarely orphaned from natural circumstances. Bobcats are successfully rehabilitated and released in other jurisdictions.

*"We are so fortunate to share our community with Bobcats. They have chosen to coexist with us. Bobcats benefit our urban environment bringing balance to our partially paved ecosystem"*  
- Lisa Dahlseide B.Sc.

Lisa Dahlseide is a Conservation Biologist living in Bowness whose focus is on Wildlife Biology. She volunteers at the Cochrane Ecological Institute as the Director of Education teaching about the importance of Wildlife Rehabilitation and Release and she works for the Weaselhead/Glenmore Park Preservation Society teaching environmental education programs and monitoring the impacts of the SW Calgary Ring Road on wildlife and water.

## Celebrate with your neighbours on June 15: Neighbour Day 2019

By The City of Calgary

Held annually on the third Saturday of June, Neighbour Day is an opportunity to get together with your neighbours and celebrate Calgary's strong community spirit. This year Neighbour Day falls on Saturday, June 15.

The City is once again waiving its greenspace booking fees for approved Neighbour Day events taking place on June 15. As of January 1, 2019 The City has waived fees for block party permits. Please note the deadline to apply for these permits is May 24, 2019.

The City welcomes all Calgarians to celebrate and encourages as many

people as possible to host local community events. Neighbour Day is an opportunity for communities across the city to come together in the form of BBQs, block parties, cleanups and potlucks in order to meet their neighbours and celebrate where they live.

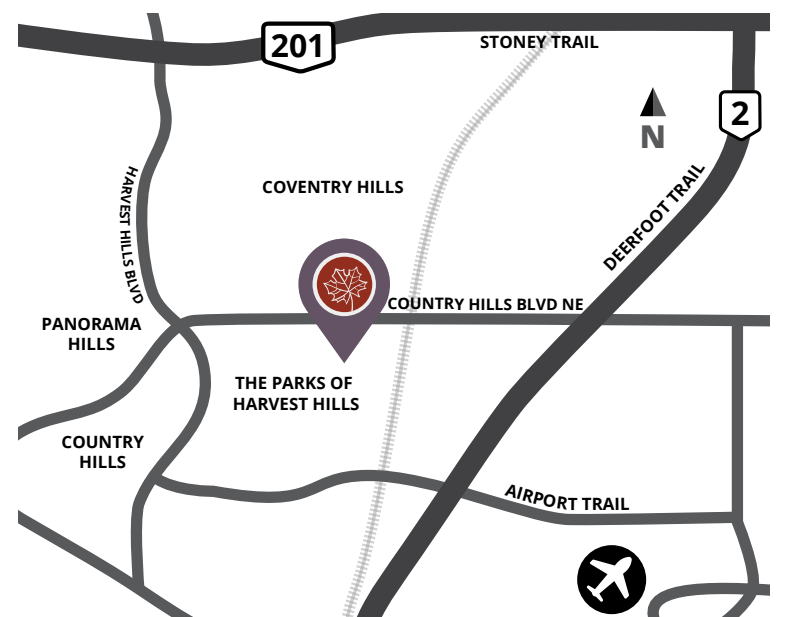
Neighbour Day originated in 2014 to celebrate the incredible outpouring of support and generosity neighbours demonstrated after the 2013 floods. It has evolved into an annual celebration of what makes Calgary such a great city – our strong and caring communities.

For more information, visit [calgary.ca/NeighbourDay](http://calgary.ca/NeighbourDay).



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## Street Sweeping is happening in your community!

By The City of Calgary

The City sweeps material left behind from winter operations on over 16,000 lane kilometres of paved roads, and getting the work done is a collaborative effort. We would like to thank Calgarians for their help in moving their cars from the street and their blue, black and green carts on to the curb when sweeping is scheduled.

For more information, visit [calgary.ca/sweep](http://calgary.ca/sweep).



## Calgary Public Library News



### Superhero Day

Calling all superheroes! On Saturday, June 1, five libraries will be transformed into Superhero Headquarters. A menace threatens the safety of Calgary, and superheroes must save the day. Enjoy free activities, from making your own comic book to meeting your favourite superhero, at Crowfoot, Country Hills, Central, Quarry Park, and Village Square libraries. Family-friendly costumes are encouraged. Learn more at [calgarylibrary.ca](http://calgarylibrary.ca).

### Free Online Resumé Help Available

The eResource Brainfuse HelpNow is known for offering free online tutoring for Grades 2 to 12 students studying the Alberta curriculum. Now Brainfuse also offers free expert support for adult learners! The Brainfuse Adult Learning Centre's tools include live online career coaches to help you craft a winning resumé and cover letter, as well as job search and interview preparation tools. Online experts can also help with Microsoft Word, Excel, PowerPoint, and more. Use Brainfuse at [calgarylibrary.ca/resource](http://calgarylibrary.ca/resource).



### Did You Know? Join a Book Discussion Group

Did you know that Calgary Public Library offers free book discussion groups at multiple libraries every month? Join other book lovers and discover new or classic titles in facilitated discussions. There's also an Indigenous Reads Book Discussion Group focused on Indigenous books and topics. Find out what we're reading and when we're meeting by searching "Book Discussion Group" at [calgarylibrary.ca/programs](http://calgarylibrary.ca/programs).

## Storm drains in your Community

By The City of Calgary

Storm drains (or catch basins) are a part of Calgary's stormwater drainage system. There are about 60,000 drains in Calgary which drain water off sidewalks, streets and roads.

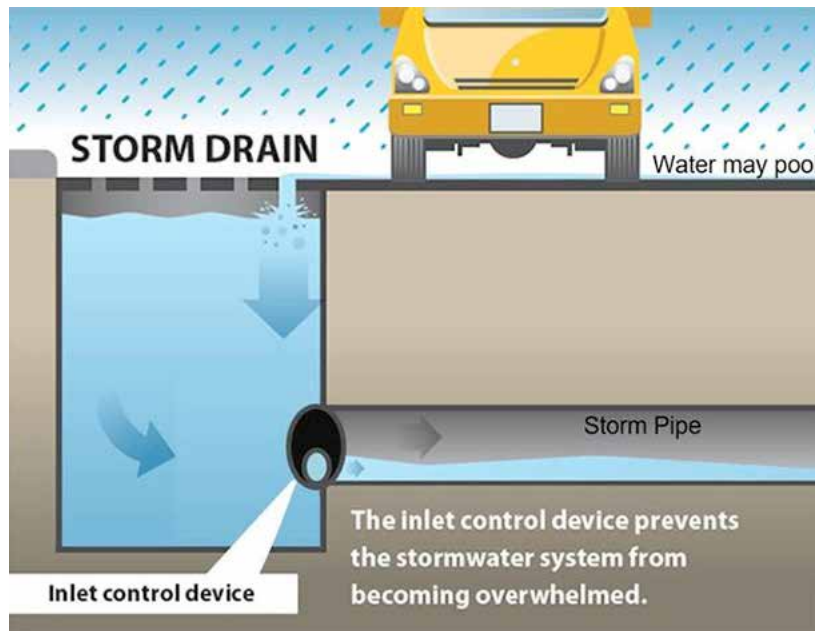
Keep your storm drains free and clear of snow and debris

If it is safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to facilitate water flow. If you find that the storm drain is iced over, do not try to remove the ice yourself. Call 311 and a crew will clear the ice for you. Don't chip away at ice on storm drains as you may damage it or injure yourself.

Pooled water on your street In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a Trap Low), until the system can accept the extra water. These devices prevent the storm system from being overwhelmed, which can cause water backups or flooding to houses, garages and businesses.

Pooled water will eventually drain. If water is pooled on a roadway, but is not causing a safety or property damage concern, only contact 311 if the water has not drained after 120 minutes.

Homeowner responsibility Your property's drainage systems (eavestroughs, downspouts, lot grading, landscaping)



interact with the public drainage systems (roadways, storm drains, stormpipes, storm ponds). Homeowners have responsibilities that are detailed in the Lot Drainage Bylaw, the Drainage Bylaw and Community Standards Bylaw:

Maintaining positive drainage on your lot - away from structures without adverse effect to neighbours or public property.

Ensuring prohibited substances do not enter storm drains from your lot. There are substantial fines for the dumping or pouring material down storm drains.

Protecting your Home There are many ways you can ensure your home is resilient during storm events:

Conduct regular maintenance and clear debris in eavestroughs and downspouts.

Ensure downspouts discharge a minimum of 2 metres

from public infrastructure (sidewalks & pathways), 1-2 m from any building foundations, and are directed towards the street, lane or swale, while not impacting your neighbours or public property.

Keep any grassed or concrete swales on your property free from debris, ice or obstructions.

Regularly inspect grading around your foundation and fill any settling or depressions.

Conduct regular maintenance on sump pumps. Ensure sump pumps discharge away from 1-2 m from building foundations, while not impacting your neighbour or public infrastructure.

Visit [calgary.ca/stormdrains](http://calgary.ca/stormdrains) for links to more information.

Word count: 440  
Images: 2 (the City of Calgary's Logo and Storm Drain Image)

## 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](http://www.themecrosswords.com)



## Crossword puzzle ANSWERS

Puzzle on page 4

1	S	2	T	3	A	4	B	5	C	6	H	7	A	8	F	9	F	10	T	11	B	12	S	13	P	
14	H	15	Y	16	P	17	E	18	A	19	U	20	D	21	I	22	O	23	O	24	R	25	C	26	A	
27	A	28	M	29	I	30	R	31	G	32	R	33	I	34	T	35	S	36	F	37	A	38	R	39	M	
40	S	41	P	42	A	43	G	44	H	45	E	46	T	47	T	48	I	49	S	50	A	51	U	52	C	E
53	T	54	A	55	R	56	S	57	I	58	B	59	N	60	I	61	K	62	E	63	G	64	65	66	67	68
69	A	70	N	71	Y	72	J	73	U	74	M	75	P	76	L	77	A	78	M	79	I	80	N	81	A	
82	M	83	A	84	S	85	A	86	L	87	A	88	U	89	S	90	S	91	R	92	93	94	95	96	97	98
99	B	100	A	101	B	102	A	103	G	104	A	105	N	106	O	107	U	108	S	109	H	110	111	112	113	114
115	S	116	A	117	R	118	I	119	S	120	I	121	T	122	I	123	N	124	S	125	126	127	128	129	130	131
132	A	133	T	134	O	135	L	136	L	137	A	138	S	139	D	140	E	141	L	142	I	143	144	145	146	147
148	Y	149	A	150	K	151	E	152	A	153	R	154	155	156	157	158	159	160	161	162	163	164	165	166	167	
168	V	169	E	170	G	171	E	172	T	173	A	174	B	175	176	177	178	179	180	181	182	183	184	185	186	
187	S	188	I	189	N	190	H	191	I	192	D	193	E	194	195	196	197	198	199	200	201	202	203	204	205	
206	I	207	S	208	L	209	E	210	R	211	A	212	M	213	214	215	216	217	218	219	220	221	222	223	224	
225	S	226	T	227	Y	228	E	229	E	230	R	231	A	232	233	234	235	236	237	238	239	240	241	242	243	
244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	

## Sudoku puzzle ANSWERS

Puzzle on page 10

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

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



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