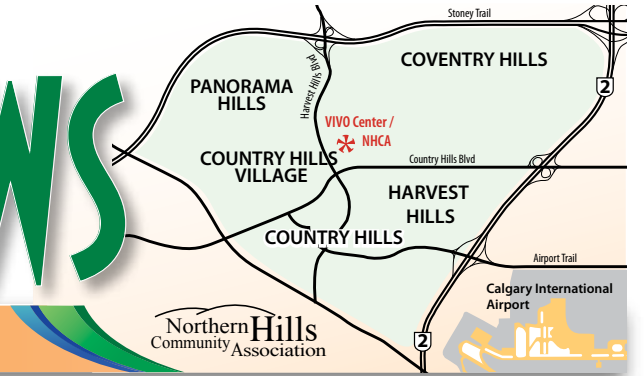


Over 20,000 monthly printed copies

NORTHERN HILLS NEWS

Country Hills • Country Hills Village • Coventry Hills • Harvest Hills • Panorama Hills



Official Newsletter of the Northern Hills Community Association ❖ www.nhca.ca [Facebook] [Instagram] @northernhillscalgary [Twitter] @northernhills

Summer May Be Ending, But The Fun's Never Over At The HHHub!

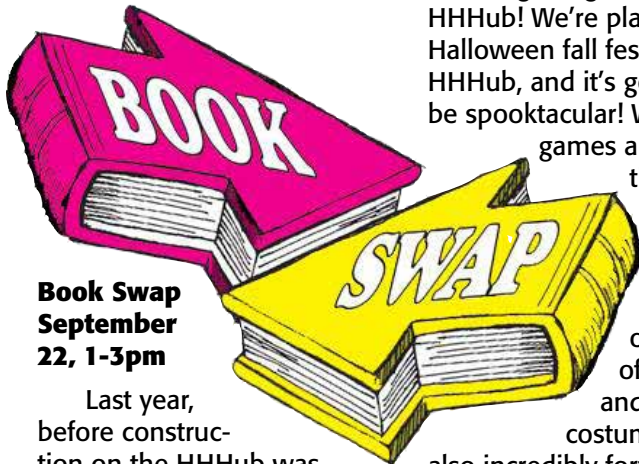
By Nikki Browne, HHHub Committee

The days may be cooling down, but that doesn't mean we're slowing down! We've got some great events coming up and we're so excited for you to join us! We're looking for volunteers for all these upcoming events, so if you're interested in helping us out, please email us at harvest-hillshub@hotmail.com!

cious hot chocolate, and we will also have coffee available. This year we will not be accepting donations ahead of time, so please bring your books from 12-1pm, and then from 1-3pm we'll make sure they all find a new home!

Fall Festival – October 26

It's getting scary at the HHHub! We're planning a Halloween fall festival at the HHHub, and it's going to be spooktacular! We'll have games and activities, and we encourage everyone, both young and old, to show off their fun and creative costumes. We are also incredibly fortunate to be able to feature a beautiful traditional pinata from the talented Claudia Janet, whose work you may remember from our Summer Kick Off! Plus, Mini Donuts Canada will be there selling their delicious, fresh treats, to help keep us warm. Thanks to our wonderful sponsor Cedarglen Homes there will be bathroom facilities onsite, so you can feel free to take your time and enjoy all that we'll have to offer!



Book Swap September 22, 1-3pm

Last year, before construction on the HHHub was even complete, we hosted our first ever event, a book swap. Now we are thrilled to be bringing it back for a second year! Please join us at the HHHub on Sunday, September 22 to take home some new reading material, just in time for fall! Just picture curling up in a chair, under a fluffy blanket, with a warm drink, and a brand-new-to-you book. Not only will we provide the books, but Melissa Kost from CIR Realty will be providing deli-

Winter Festival – Coming Soon

We're busy planning our upcoming winter festival, and we'd love to hear your ideas! Should we build snowmen, or maybe make snow paintings?



Have hot chocolate around a toasty firepit? Or maybe all the above! Let us know what you'd like to see, and if there's anything you'd like to help us out with!

Weekly Class Successes!

As we near the end of summer, most of our free weekly classes have wrapped up, so we wanted to say a huge thank you to everyone that came and joined us, whether it was once, once a week, or more! From Hula hooping, to yoga, seniors play day, guided meditation and full body workout, we had something for everyone and on the days the weather cooperated we were absolutely blown away by the turnout! We saw people of all

ages come out to try something new and make new friends and we hope everyone enjoyed themselves as much as we did. We'd also love to thank all the talented instructors who took the time to teach us all these fun new skills. We'd love to hear your feedback – what was your favourite class? What class would you love to see next year? Drop us a line at harvest-hillshub@hotmail.com We're so excited for the change of seasons, and all the exciting event opportunities it brings! We can't wait to see you all at the HHHub!



Quick Facts ABOUT NHCA



NHMural

Did you know that we have the longest mural in Canada, in **THIS community**?

To celebrate our 25th Anniversary this year, we created an amazing project focused on all aspects "of Community, for Community."

The Northern Hills Mural is community inspired and uniquely reflects Calgary's history.

Painted over the August long weekend 2018, it now shines and brightens the community along Coventry Hills Blvd NE.



ARTIST OF THE MONTH	5
VIVO PLAY PROJECT	7
BACK TO SCHOOL	9
ELECTED REPS	11
FALL CHECKLIST	12
LIBRARY NEWS	13

this month
WHAT'S INSIDE

FREE ICE CREAM ON PAGE 10

SELL YOUR HOME

FIND OUT WHAT YOUR HOME IS WORTH... CALL NOW FOR A MARKET EVALUATION

MURAD SHIVJI M.E.Des. 403.888.1287 ROBIN TELFER ACP 403.651.2233



RE/MAX REAL ESTATE (CENTRAL)



Another Reason to Smile



Start School Smiling
It's Time To Learn... About Oral Hygiene!

SPORTS ENTHUSIASTS

From September 1st-30th

Complimentary Sports Mouth Guard

for children 16 and under (with exam).

Did You Know?

Fun Facts about Pencils & Erasers

Before the invention of erasers, breadcrumbs were used to erase mistakes.

On average a single pencil can be sharpened 17 times and write 45,000 words! Pencils can also write in space with zero gravity, under water and upside down!

Back-to-School Quick Joke!

Dad: What did you learn in school today, son?

Son: Not enough, dad. I have to go back again tomorrow!



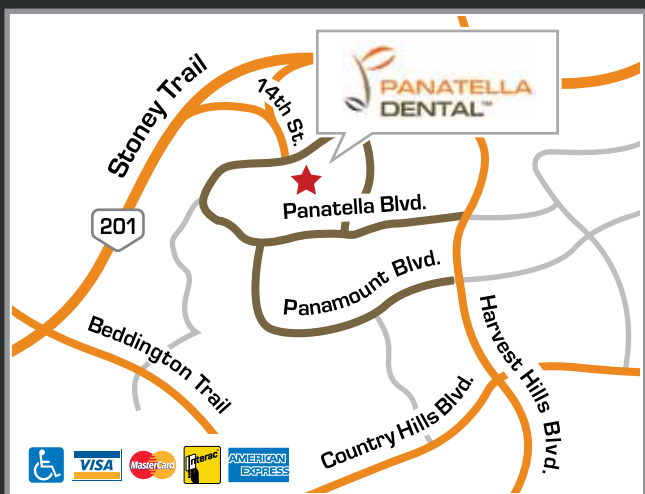
Early Morning, Evening & Saturday Appointments



Schedule the Whole Family in One Visit



Dental Emergencies Welcome



We follow the **Alberta Fee Guide!**

Visit: www.PanatellaDental.com | Call: 403-226-4788

Community Association Notes



From the Executive

Well, if you have kids, they are probably back in school now - I share your feelings of pride with a touch of sadness and a bit of relief. For those of you who are small business owners, remember that back to school sales are a great time to stock up on office supplies for the coming year!



With the arrival of September, the NHCA kicks back into high gear supporting the community. Our next meeting is September 25 (Board meetings are always the 4th Wednesday of every month). You are invited to join us for the social at the beginning and to learn more about our work in the community.

An NHCA membership is not required to receive this newsletter - it's a service to the community. However, the NHCA thrives and survives based on it's members. The more members we have, the more services we can offer, the more advertisers will be interested, the more sponsors will get involved, and so on. Your small membership fee of \$20 (family is \$30) goes a lot further than you may think! In addition to benefiting the community, you also directly benefit from the discounts that many businesses in the area give to NHCA members - you can see a full list on our website: <http://northernhills.ab.ca/member-discounts/>. An NHCA membership is a great deal for both you and the community.

This coming fall is going to be a busy and fun time for everyone. We have lots of events and activities coming up (as well as a Federal election), and recommend you follow us on our website, Facebook page, Instagram or Twitter account to get the latest information on what's happening in the community, what issues are being raised, and what you can do to help.

Did you know that if you have a special project or concern that's local to your small community within the Northern Hills, we may be able help you? Crime spree happening on your block? Potholes you can swim in? Snow not being removed properly? Accessibility issues with the roads and sidewalks? The NHCA has the experience, connections, and resources to connect you to the right people, and put it's voice behind yours to help get things resolved.

With the Federal election coming up, the NHCA will be asking hard questions of the candidates in the area, and you have the opportunity to help us ask those questions. Please feel free to reach out - that's what we are here for!

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

Volunteer Opportunities



We have a few committees with vacant directorship positions. 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 to learn more or get involved:

- Community Gardens
- Northern Hills News
- Community Ice Rinks
- Volunteer Management

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

Community Events

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.

Creating Coventry

The Creating Coventry is a community-driven plan to improve and connect our neighbourhood's parks! We are looking for volun-



teers in the following roles:

- We are looking for volunteers to sign up to help water the plants during the summer and early fall. Please fill out the volunteer form at: <https://forms.gle/pHoZAZtK-Mr5G1YhJ8> or contact us at creatingcoventry@gmail.com to sign up!
- If you would like to help with designing any of the parks in Project 2: Five SE Coventry Parks, please let us know at creatingcoventry@gmail.com. More information about this project can be found at: www.nhca.ca/creating-coventry or on our Facebook page @creatingcoventry

Arts & Crafts

We are passionate art enthusiasts who live in the Northern Hills community and on a mission to bring more art to you!



- **Youth Artists** - Are you a youth artist (7 -16 yrs old) in the Northern Hills community? Do you consider yourself talented? Would you like to showcase your talent and work? Please send us examples of your work and why you should be featured in this community newspaper! Please email us to arts@nhca.ca with the subject line 'Youth Artists'.
- **Art Teachers for Youth** - Are you an Art teacher or an Art enthusiast? Are you interested to share your knowledge of art mediums (acrylic and/

or watercolors)? You can design your class and become a recognized volunteer! Would you like to volunteer 1-2 hours a week to teach youth art? We look forward to hearing from you! Please email us to arts@nhca.ca with the subject line 'Youth Art Teacher'.

At Home in the Hills (AHIH)

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:



- **Translators** - We are seeking Volunteer Translators for the Language Helpers project, a community-based initiative for written and spoken language accessibility in the Northern Hills communities. Volunteer commitment is on an as-needed basis.
- **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.

For more information and to apply, please visit www.nhca.ca/ahih.

Continued on page 9

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

VOLUNTEERS

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

BOARD MEMBERS

President: Ian McAnerin
(president@nhca.ca)
1st Vice President: Tamara Keller
(1vp@nhca.ca)

2nd Vice President: Leah Argao
(2vp@nhca.ca)

Secretary: Winnie Huang
(secretary@nhca.ca)

Treasurer: Mateen Syed
(treasurer@nhca.ca)

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

COMMITTEES

We have a few committees with vacant directorship positions. Please see them below and if you are interested and have further questions please contact the NHCA Office or stop by our office at Vivo on Tuesday morning or Wednesday evening:

- Community Ice Rinks
- Gardens
- Northern Hills News
- Northern Hills Mural
- Planning & Development
- Volunteer Management

Accessibility: Chris Abdalla
(accessibility@nhca.ca)

Adult Slopitch: Neil Meyer

Advocacy: Tamara Keller
(advocacy@nhca.ca)

Arts & Crafts: Muzna Amin
(arts@nhca.ca)

At Home in the Hills: Winnie Huang &
Samana Zehra (ahih@nhca.ca)

Building Safer Communities
(Blockwatch): Tavis Settles
(bsc@nhca.ca)

Business Development: Ian McAnerin
(business@nhca.ca)

Communications: Nate Pike
(comms@nhca.ca)

Coventry Garden: Sarah White
(coventrygarden@nhca.ca)

Government and Stakeholder Relations:
David Hartwick
(govrelations@nhca.ca)

Harvest Hills Hub: Victoria Henry
(HarvestHillsHub@hotmail.com)

Harvest Garden: Melissa Duong, Joanne
Davenport & Sunny Shuang
(harvestgarden@nhca.ca)

Creating Coventry: Moraig McCabe
(creatingcoventry@gmail.com)

Events: Lindsay Lantela
(events@nhca.ca)

Membership: Ian McAnerin
(membership@nhca.ca)

Newsletter Editor: Annie Udofia
(editor@nhca.ca)

Newsletter Assistant Editor:
Ejeme Okhiria
(assistanteditor@nhca.ca)

Northern Hills Connect: Tamara Keller
(northernhillsconnect.com/contact/)

Rinks: Daniel Sennhauser
(rinks@nhca.ca)

SPRY in the Hills: J-L Emond &
committee (seniors@nhca.ca)

Sports: Amanda Joly (sports@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.

Volunteer Opportunities -
Continued from page 3

Harvest Hills Hub

The Harvest Hills local initiative to bring connection to our neighbourhood outdoor park space 178 Harvest Glen Way committee is currently



Hub is a activity and bourhood at located at NE. Our looking for:

- **Events Coordinator** - Manage event proposals, update the events calendar with new events, and liaise with dedicated members on our team to help facilitate community run events in Har-

vest Hills.

- **General HHHub Committee Volunteers** help with such events such as family game nights, movie night, bike parade and book swap.

Please consider applying for the above committee positions by emailing Victoria at Harvest-HillsHub@hotmail.com.

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



CALL FOR ARTISTS

ARE YOU AN ARTIST OR ART ENTHUSIAST IN THE COMMUNITY?
WOULD YOU LIKE TO RUN YOUR OWN ART CLASS AS AN ART PROGRAM LEADER?

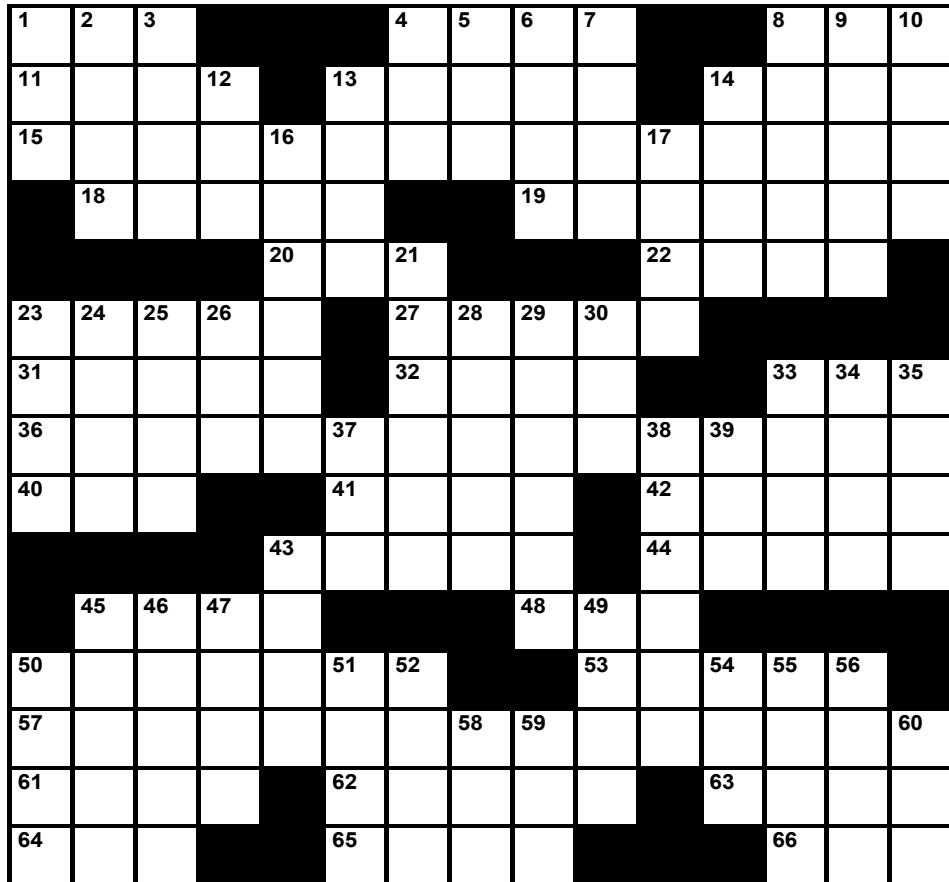
PLEASE EMAIL US
ARTS@NHCA.CA

NO FORMAL QUALIFICATIONS OR DEGREE REQUIRED

WE WANT TO HEAR FROM YOU!

CROSSWORD

Answers on page 14



"THEY MAY NOT BE GOOD FOR YOU, BUT...."

- ACROSS**
- TV giant
 - List for the day?
 - Split soup
 - Part of a score, maybe
 - Bribed
 - Ayatollah's land
 - Movie food
 - Hormonal years
 - Sewing machine foot pedal
 - Family head
 - Upbeat
 - River feature
 - Nice goodbye?
 - Consummate
 - ___ Station
 - Old coin from Barcelona
 - Dessert without frills
 - Type measures
 - Seaweed
 - Shot glass capacity
 - Choir offerings
 - Quark-plus-antiquark particle
 - Engine purr
 - Adam's madam
 - Cause of ruin
 - Fragrant oil
 - Creamy dessert
 - Slow movement
 - Seize by force
 - Loads
 - Risk
 - Mediterranean volcano
 - Emulate
 - Camera attachment
 - Randy's rink partner
 - Think fit
 - Just ___
 - Compass direction, abbr.
 - Quills
 - Chalupa alternative
 - You can say that again
 - Ballad
 - Total
 - Greatly regret
 - Parade honoree
 - Blood of the gods
 - Something bizarre
 - "Fortune" founder
 - Femme fatale
 - Sean Connery is one
 - It keeps things together
 - End in London
 - Bath receptacle
 - On a deck, perhaps
 - Invitation request
 - Large cask that sounds heavy
 - Century, for example
 - "Red ___" thriller, starring Rachel McAdams
- DOWN**
- Get
 - Man's cologne
 - Quote as authority
 - Wed, with the knot
 - Prehistoric
 - Cabinet div.
 - Quality
 - Goads
 - At dawn
 - One of the Windsors
 - Scarfed up
 - Approximately
 - Aviation acronym
 - The ultimate purpose
 - Lima's land
 - It's incendiary
 - Half gainer, e.g.
 - Dutch treat

SEPTEMBER

NEIGHBOURHOOD DRINK OF THE MONTH

ADIOS \$2.75

Say "Adios" to summer with our BLUE LONG ISLAND

Vodka, rum, tequila, gin, blue curacao, sweet & sour and Sprite

Must be 18+ in Alberta. Adios contains 1 oz. of alcohol. Void where prohibited. Tax and gratuity excluded. Dine-in only. Participation may vary. While supplies last.

Drink Responsibly. Drive Responsibly.

HOLA

Say "Hola" to Back to School with our

NEIGHBOURHOOD NIGHTS (EVERY NIGHT FROM 5 TILL CLOSE)

<p>MONDAY NIGHT</p> <p>\$5 OFF ANY BURGER!</p> <p>\$5 MARGARITAS</p>	<p>TUESDAY NIGHT</p> <p>GARLIC & MUSHROOM SIRLOIN TIPS \$17</p> <p>\$4.5 CAESARS</p>
<p>WEDNESDAY NIGHT</p> <p>KID'S EAT FOR \$2.99 WITH PURCHASE OF AN ADULT ENTRÉE</p> <p>\$5 DOMESTIC PINTS 20oz</p> <p>\$6 PREMIUM PINTS 20oz</p>	<p>THURSDAY NIGHT</p> <p>\$5 OFF ANY STEAK ENTRÉE!</p> <p>\$3.75 DOMESTIC BOTTLED BEER</p>

FREE ENTRÉE

PURCHASE ANY ENTRÉE PLUS 2 BEVERAGES AND RECEIVE A SECOND ENTRÉE OF EQUAL OR LESSER VALUE

FREE*

388 Country Hills Blvd 403-226-6160
2121-36th Street NE 587-351-3871
applebeescanada.com

EXPIRY Nov 10/19

*Not valid with any other offer or discount. Not redeemable for cash. Gratuity not included. Dine-in only.

Artist of the Month



Menchie Puzon - Crafter, Arts & Crafts Committee

Menchie Puzon is a self-taught crafter. Her interest in arts and crafts started when she was in the elementary school. She enjoys doing her projects with a fancy touch by adding special designs to make it more pleasing to the eyes. She discovered Do It Yourself (DIY) videos and started to create her own crafts while watching them. She is not a master or pro of something specific, she just loves doing arts and crafts that will showcase her passion. Nowadays, she loves doing the "bullet journalizing" where she can write whatever she wants on a piece of paper, which is not just an ordinary writing but with an art touch. She is also into paper crafts, where she can turn a piece of paper into something cool, like a flower, a butterfly or a






bunny! She learned it by watching DIY videos. She loves collecting washi tapes and using them as a design for her future crafts! She is a fan of scrap-booking where she can put or draw a design she likes. For special events such as friend's birthdays, she will do DIY gifts like pop up letters, explosion boxes, letters in jars, and letters in playing cards or something decorative that will show her love for arts and crafts. She also loves to help friends and family with parties where she can design and decorate a party place into something extraordinary. If you show or tell her to do some craft, she'll try her best doing it! When she found out about the

Northern Hills Arts and Crafts group she joined right away because she knows it is another way to do art and share her passion for it with the community. During the pop-up craft events, Menchie is making different kind of crafts and sharing them with the kids and adults. It is like a win-win situation for her because she enjoys it and at the same time, she shares her knowledge about art with others. For her it is a priceless moment. Menchie knows that she will learn more art techniques and types with the Northern Hills community.

If you have any questions to Menchie or would like to learn more about her project, feel free to contact her via her email address - puzon.menchie@gmail.com



256 COVINGTON PL NE
 3 BR | DEN
 Large South facing backyard
 RV Parking
 Many improvements

13-133 ROCKLEDGE VIEW NW
 2 BR | 2 FULL BATH
 1 Titled indoor parking stall
 Amazing mountain views
 Close to Tuscany C-Train station

153 COVEWOOD CIRCLE NE
 3 BR | 2 FULL BATH
 Vaulted ceiling in kitchen,
 dining area + living room
 New laminate flooring in basement
 Located close to school + shopping

HOMES FOR SALE

A Coventry Hills resident since 2009, knows the neighbourhood, market conditions and local economy

In 2018, **SOLD** more than twice as many homes in Coventry Hills than any other realtor in Calgary!

22
Average days on Market*

Keeps up with new listings and previews homes to remain apprised of market conditions as they evolve

98.5
AVERAGE % OF LIST PRICE*

FULL TIME REAL ESTATE AGENT READY TO WORK FOR YOU!

CORY LOMSNES
integrity • focused • driven • results

587.435.0750 **RE/MAX**
REAL ESTATE MOUNTAIN VIEW

HEALTH CORNER

Back to School Safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as roadways become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.



Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



Emergency
Medical
Services



Promoting Resiliency – Part 2

By Calgary NW Early Childhood Coalitions

Last month we introduced the hot topic of Resiliency. We continue this month with a few more strategies!

It's hard to tell if someone "has" resiliency – there isn't really a measurement tool, and people can be extremely resilient in some areas of their lives and very vulnerable in others. Some people have said it's easier to spot a LACK of resiliency than it is to see resiliency in action – sometimes it's easy to see when people are having a hard time coping with stress in their lives, but even this isn't always true (some people look like they're doing just fine to other people, but are struggling internally). Resiliency looks different in and to everyone.

Here are a few more things you can do if you are looking to help your child become more resilient:

- 3) Promote healthy relationships with other adults. Kids need a variety of safe "Important People" and Role Models to turn to. Support your child in having positive relationships with other family members, teachers, coaches, youth workers, etc. Promote healthy peer friendships in the same way. There are going to be times when your child

just might not be able to come to you with their problems. Make sure they have someone else safe to turn to!

- 4) Have high, but achievable expectations for your child. Everyone needs something to look forward and live up to, but we also have to set our families up for success – be reasonable about what you expect your child to achieve. Empower a sense of self-esteem and the belief that your child has control over the things that happen to them, so they don't feel helpless or lost when things don't go according to plan.
- 5) Get involved. Engage in your child's school and extracurricular activities. Go out together in the community and be part of something bigger than your home environment. Surround your child, AND YOURSELF with a wide support network, because it is so important for you to be healthy too!

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: nwecd-coalitions@gmail.com.



EXERCISES &
SOCIAL GATHERINGS

Being 55+ In Northern Hills Can Be FUN

Registration for Fitness program will open on Tue, Sept 3 online at www.nhca.ca/seniors & in-person at the NHCA Office (8:00am to Noon)

Northern Hills
Community Association

YOU ARE INVITED TO JOIN US FOR BOUNCE HOUSES, KIDS ACTIVITIES,
PONY RIDES & PETTING ZOO AT OUR

FREE COMMUNITY BBQ

SUNDAY, SEPTEMBER 8 @ 11AM

CORNER OF CENTRE STREET & BERGEN RD NW (BEHIND SAFEWAY)

Join us on Saturdays @ 6pm or on
Sundays @ 9:30am & 11:15am

BPCHURCH.CA

BP
church

Help Us Bring Play to Your Community

By Vivo Play Project

THANK YOU!

Thank you to all the residents who came out to support our Firepit Friday event with the Northern Hills Community Association in Country Hills on August 16th! It was a fantastic event and lots of fun was had by all.



FUN COMMUNITY OPPORTUNITIES

Bring your family to join our professional Play Ambassadors in the Northern Hills and beyond this September!

- Monday 2nd: Community Play 10 AM – 2 PM in Coventry Hills

through play and meaningful community connections?

The Vivo Play Project team is bringing free Play Ambassador training to North Central Calgary communities this October! Through this experiential, hands-on training course, you will learn:

- About the different types of play
- How to plan and implement unstructured play opportunities at outdoor locations in your community
- The best ways to engage with children and families to create community connections
- The difference between healthy risks and hazards in play
- Play best practices
- and much more!

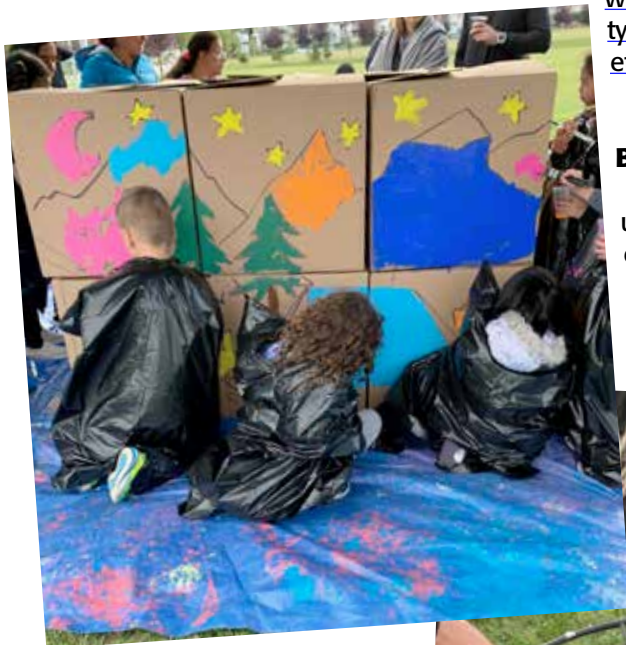
The Vivo Play Project is a 4-year hybrid public health and social innovation project, all facilitated through unstructured play. You don't need to be a play professional... you just need to want to create magic in your community through play!

Book your free training program now in Eventbrite via this link: <https://www.eventbrite.ca/e/community-play-ambassador-training-tickets-69940063613?aff=NHN09>

BECOME A PLAY SCIENTIST!

Wanted: Families to help us conduct serious science experiments ... by helping us study play!

We're looking for 300 local families to become a member



(playground & green space behind the Husky)

- Friday 6th: Fire Pit Friday 5-9 PM at the Livingston Hub
- Monday 9th: Community Play 10 AM – 2 PM in Panorama Hills (playground & green space west of the Coop gas bar)
- Friday 13th: Fire Pit Friday 6-9 PM at Evansfest in Evanston
- Saturday 14th: Vivo Play Project Year 1 Celebration, 9 AM – 12:30 PM at Vivo
- Saturday 14th: Fire Pits & Fun 3-7 PM in Kincora

Check out our social media pages @vivo or vivoplayproject.com for more information.

FREE PLAY AMBASSADOR TRAINING – REGISTER NOW!

Do you want to become, a "human swiss army knife" that can roll up your sleeves to create a real impact for Calgarians of all ages to achieve their optimal health and wellbeing

of our prestigious Play Scientist Research group.

As a member of this group, each member of your family will receive a FREE Garmin Activity tracker, be invited to special events at Vivo and receive other promotional items.

Help us learn... sign up to become a Play Scientist at <https://www.vivoplayproject.com/signup>



Are you skilled in more than one language?

At Home in the Hills committee (NHCA) is seeking **volunteer translators** for the Language Helpers project, a community-based initiative for written and spoken language accessibility in the Northern Hills communities. Volunteer commitment is on an as-needed basis.

Come share your language skills for events and initiatives around your neighbourhood!

For more information and to apply, please visit: www.nhca.ca/ahih



在山中的家 | Ở nhà trên đồi | ਪਹਾੜੀ ਇਲਾਕਿਆਂ ਵਿਚ ਹੋਮ ਇਚ | Sa Home sa Hills | في المنزل في التلال

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	
Panamount 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

Dates

Come & join us
fun + free fall events – Book Swap, Fall Festival, Play Times!

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	NHCA Office is Closed 10:00am – 2:00pm Community Play (Free) @ Coverdale Park, 303 Covington Bay NE	8:00am – Noon SPRY Fitness Program In-Person Registration @ NHCA Office		7:00 – 8:00pm Yoga Class @ Harvest Hills Hub (Free & Drop-In)		
8	9	10	11	12	13	14
	10:00am – 2:00pm Community Play (Free) @ Panorama Square	3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only		
15	16	17	18	19	20	21
		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only		
22	23	24	25	26	27	28
1:00 – 3:00pm Book Swap @ Harvest Hills Hub		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only	6:00 – 6:30pm Social Junction with the NHCA @ Ideal Lab, Vivo	Fall Festival @ Harvest Hills Hub 3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only		
29	30	Oct 1	Oct 2	Oct 3	Oct 4	Oct 5
		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only		11:00am-1:00pm Community Halloween Costumer Swap @ Vivo

EVENTS

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



Outreach Thursdays

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

Community Play Dates (Free & Drop-In)

Come and join Vivo Play Team for some free loose parts and adventure play fun this summer in your community parks! For locations visit www.vivoplayproject.com

Harvest Hills Hub

Check out free fall activities for all ages at the Hub!
www.hhhub.ca



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

Children's Programming Nursery to Grade 4 during both services
Grades 7-12 meet at 9 am. *Club 56* for Grades 5 & 6 at 11 am.



"The Heart of Harvest"
Fully devoted Christ followers who
Believe passionately
Belong intentionally
Bless generously

Beginning September 8th SERVICES at 9:15 & 11:00 am

ESL 'in person' Registration, Sept.15th 10:00 -11:30 pm at the ESL table in the front foyer.

Questions about God? ALPHA begins October 3 6-9 pm.

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

10099 Harvest Hills Blvd. N.W.
E-Mail: office@hhachurch.com

Phone: 403-226-0990
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 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 _____

Back to School Preparations – Safe Commute!

By Federation of Calgary Communities

It's back to school time! A new school year often brings more congestion in playground zones, distraction, and more pedestrians than we have become accustomed to during the summer months.

Here are three tips to keep in mind when driving or walking in playground zones this September and all year round:

1 Follow the speed limit: First and foremost, follow the posted speed limit of 30 km/h. Playground time zones are between the hours of 7:30 a.m. – 9:00 p.m., 7 days a week, year-round. A collision with a pedestrian at 30 km/h is more likely to end in injury rather than a possible fatality going at the residential speed of 50 km/h.

2 Stop and look both ways: We want to set good examples for young pedestrians. Stop, and look both ways. It's always good practice to look one more time to the left and then walk across the street between the cross-walk lines. Attempt to make yourself as visible as possible. These are all good habits to practice and to role model.

3 Follow directions: Whether you are driving, walking or biking, listen and watch for directions from school safety patrollers. Follow the direction of signals, signs, and the specific rules that the school has implemented. These directions are for your safety and others and are

there to help reduce congestion and risks.

By exercising caution and care, we can make our communities safer!

For more resources, check out our website at calgarycommunities.com



work or school.

"After a disaster, the faster children can reunite with the people they know and love, the better the outcomes will be," says Chief Tom Sampson of the Calgary Emergency Management Agency. "Take the time to create an emergency action plan that includes phone numbers, emergency contacts and meeting places."

It is important that children know the types of hazards in Calgary and understand what to do in an emergency. Create an emergency action plan as a family. Kids can help identify exit routes in the home, plan for pets and suggest meeting spots outside of the home. Once the plan is set, practice it! Planning and practicing helps bolster children's confidence and reduces anxiety about disasters.

Emergencies can happen at any time, so make a plan for what

to do if you are separated from your kids when an emergency occurs. In an ideal world, everyone would have phone numbers memorized, but since that is not always possible, create small contact cards for each member of the family, listing phone numbers and contact information.

Talk to childcare providers and your children's school to learn about their emergency plan and share your emergency plan with them.

Visit calgary.ca/getready to download a fillable emergency plan and learn more about how you can prepare for the disasters or emergencies that are possible in Calgary.

Emergency Planning

By The City of Calgary

September is the start of a new year, school year that is. As you plan for the new school year, be sure to plan for how you would reunite with your family if an emergency or disaster happened while everyone was at



YYC Matters: Federal election 2019

By The City of Calgary

A strong Calgary means a strong Canada. The energy sector alone, headquartered in our city, provides 533,000 jobs across Canada and \$12 billion in average revenue to governments (2014 to 2016).

Economic recovery has been slow and if Calgary is going to continue contributing to Canada's economic success, there needs to be support from the federal government. The City identified several priorities at the federal level and is asking the major political parties where they stand on:

Honouring commitments made to Calgarians

Committing to long-term transit funding. This means providing the federal share of funding for the next 26km of Green Line.

Working with provinces to ensure that municipalities receive their fair share of cannabis revenue.

Delivering on the promise of more timely funding for municipal infrastructure by permanently increas-



ing the Gas Tax Fund.

Supporting Calgarians through the recovery

Allowing locally-based mortgage rules to help homebuyers enter the housing market.

Establishing a pilot multijurisdictional table to tackle the growing challenge of mental health and addictions; and provide emergency funding.

Promoting economic recovery in Calgary

Defining an economic recovery strategy for Calgary and investing in existing initiatives.

Increasing pipeline capacity to ensure that Canada is getting the best price for its resources. Addressing climate change and moving to a low carbon future will take a strong economy. We can be part of a global solution if our resources can reach new markets.

In the federal election, as you consider what local candidates, parties and policies will do for Calgary, visit yycmatters.ca

The Redeemed Christian Church of God



Living Faith Chapel

Tel: (403) 681-7224

rccglfc@gmail.com 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.

the Gutter Doctor


Home Exteriors
Install/Repair/Clean

EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING

15,000 happy customers since 2003!

403-714-0711 gutterdoctor.ca

Colouring Contest: FREE ICE CREAM!

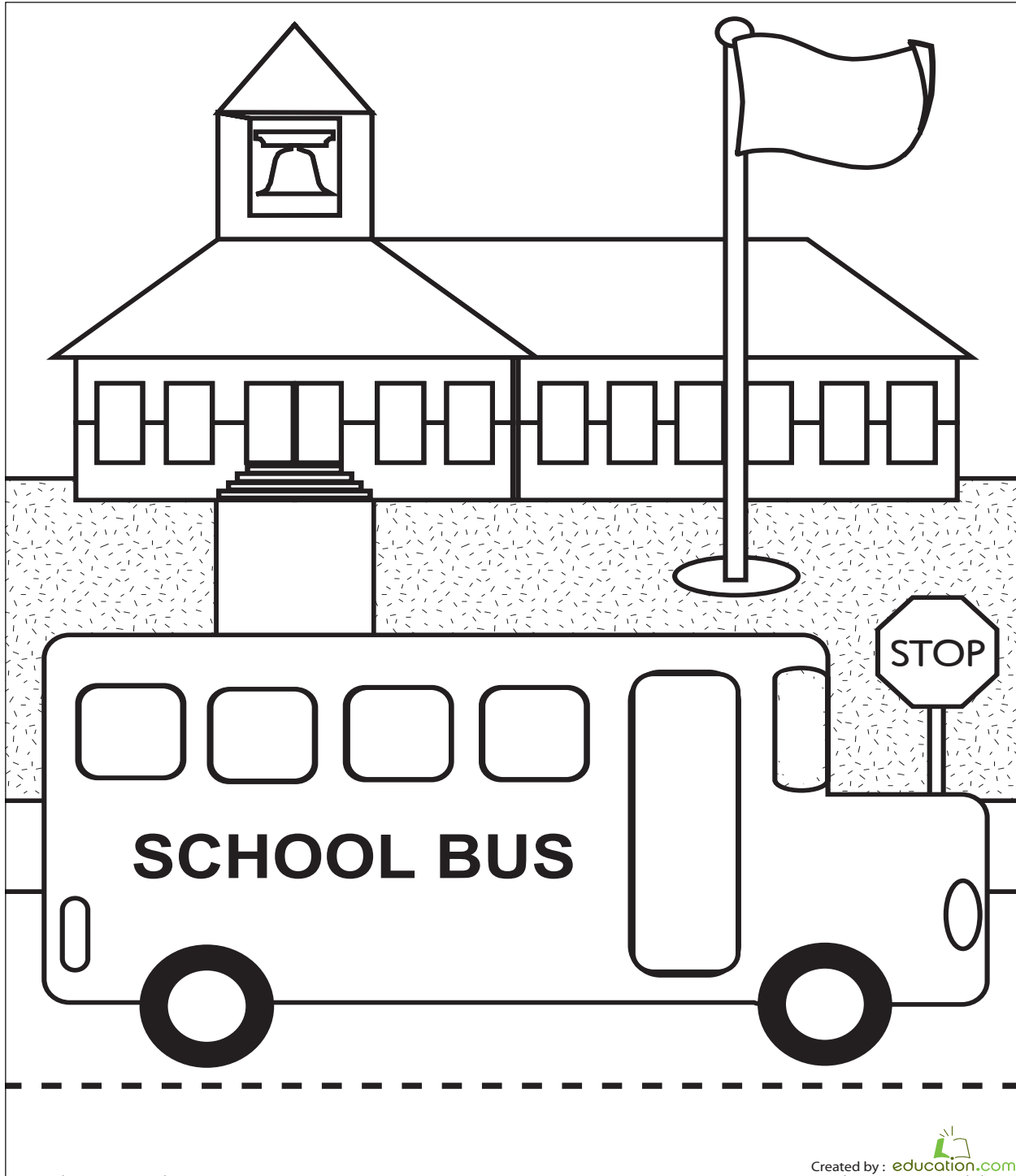


The first 40 children who colour and take their picture in to Marble Slab Creamery, 623-130 Country Village Rd NE, will receive a free single ice cream cone.*

Name: _____

Age: _____

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



SUDOKU-PUZZLES

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

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

Flute lessons in Coventry Hills

Now accepting fall students

The MacLeod Flute Studio offers private flute lessons to students of all ages and skills

Please visit www.macleodflutestudio.com



Volunteer With Us Community Action for Seniors

By Calgary Chinese Community Service Association (CCCSA)

THANK YOU to those who responded to our survey on seniors' social isolation. We received close to 600 responses! We are truly grateful for the support from the community. We are reaching out to those

interested in reducing social isolation for seniors. Your involvement will be as little or as much time as you have. It takes ALL of us to effect change and we hope you can be a part of this.



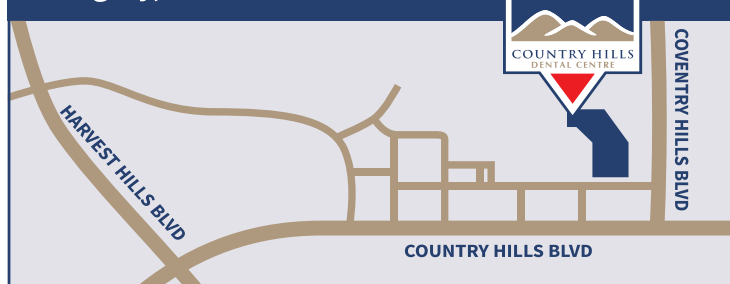
Dr. Tim Begalke • Dr. Jamie Wallace • Dr. Jeremy Wallace • Dr. Erin Gray • Dr. Anne Kelly



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

Elected Representatives



Earlier this year, I volunteered to lead the newly created Tax Shift Assessment Working Group of Priorities and Finance Committee to address the need for a more stable property tax system for both residential and non-residential accounts. There needs to be more certainty and predictability regarding property taxes for both homeowners and businesses in Calgary. The goal for this working group is to address the issues of the property tax system and provide options for change. As lead of the Working Group, I will be reporting to



the Priorities and Finance Committee each sitting until this November when budget deliberations are made. The Working Group includes three citizen members with expertise in local government and taxation, the City Assessor, and four members of Council. I am excited about the direction this group is heading in as we finally have decision makers, administration and private sector experts working together to address systemic tax issues. The solutions we recommend will be rooted in research and consultation with the business community and administration. No idea is off the table and we have even been exploring other North American models that are more resilient than our current market value assessment. The Working Group

is also looking at longer term fixes that will involve requesting changes at the provincial government level with regard to assessment. Another important focus of the Working Group is the method by which Council sets budgets. There is strong support for recommending an improved process that enables Council to set an operating budget cap based on a full analysis of the number and assessed value of both residential and non-residential properties city-wide. Throughout the economic downturn, I have been hearing from Calgarians that now more than ever there is a need for certainty when it comes to their property taxes. My objective for the Working Group is to establish

more stability within the property tax system and budgeting processes to prevent uncertainty for property owners. A predictable tax future is necessary for Calgarians to plan accordingly and I will continue advocating for this within the Working Group and Council itself.

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-BEDDINGTON MLA JOSEPHINE PON

Hello Country Hills!

I hope you all had a wonderful summer!

Thank you all for the messages of support and input I receive from you each month. It is encouraging to hear from so many of my constituents who contact me through my office or on social media. I am proud to represent you in the Legislative Assembly of Alberta, and I look forward to keep working hard for Calgary-Beddington.



As you may be aware, our government took on an aggressive legislative agenda during the spring session, to strengthen the economy, reduce our debt, and be a responsible caretaker of the public dime. I am excited to continue doing so in the upcoming fall session. We were able to pass 13 pieces of legislation on behalf of Albertans, in only 7 short weeks before spring session ended. I have every expectation that the fall session will be equally or more productive.

Over the summer, I have had the pleasure of meeting with community associations in our riding, as well as local leaders and government representatives. I had very productive meetings with our federal Member of Parliament, Hon. Michelle Rempel, as well as our city council member,

Ward 3 Cllr. Jyoti Gondek. Our local CBE Trustee Althea Adams also met with me to bring to my attention her priorities for our area. We discussed important issues affecting all of you, and worked on how best we can represent you in government.

As Minister of Seniors and Housing, I have met with countless stakeholders who come to see me from all corners of our province. It was also a great privilege to hear from so many Albertan seniors during my travels, and I am anxious to continue touring the many seniors residences stretching out across Alberta. I have requested that everyone submit to my office all their ideas and suggestions to reduce red tape and improve access to seniors and affordable housing services. Let's work together to make

life better for Albertans.

Thank you to all who attended the Stampede Pancake Breakfast on July 13th by Huntington Hills Community Association that I sponsored as your MLA! I had a wonderful time with so many of my constituents, and I am so happy that over 2000 of you made it out for breakfast. Looking forward to next year!

Please do not hesitate to contact my constituency office for any questions or concerns that we may assist you with. I wish you all a fantastic start to the fall season, and hope to keep hearing from you!

Calgary-Beddington
Hon. Josephine Pon, MLA
#106 - 8220 Centre Street NE
Calgary, AB T3K 1J7 403-215-7710
calgary.beddington@assembly.ab.ca

CALGARY-NORTH MLA MUHAMMAD YASEEN

Welcome back students and teachers! I trust you had a relaxing summer, and are recharged and ready to start a productive school year of learning.

The Red Tape Reduction Act, passed June 10, directs government to review and evaluate existing regulations, rules and processes to ensure they are as efficient as possible and



provide value to Albertans. As part of the Red Tape Reduction Action Plan, the province launched CutRedTape.alberta.ca for Albertans to provide feedback on their encounters with unnecessary red tape. CutRedTape.alberta.ca will show where we've cut red tape and keep people apprised on the commitment to reduce the regulatory burden by 1/3 and get Albertans back to work. In August, I held a roundtable discussion with my constituents and I want to thank all of you for your helpful feedback.

AISH recipients will be automatically enrolled in Alberta's senior's financial assistance programs once they turn 65. Until now, AISH recipients had

to submit a separate application for seniors' benefits. There are 64,000 AISH recipients and 44% are age 50+.

This past Session our government set a record for the most tax relief provided to Albertans and businesses in a single session of the Legislature by saving Alberta families as much as \$1,150/year and the average small business \$4,500/year by ending the carbon tax; and we reduced the corporate tax from 12% to 11%. Alberta is on track to become the most tax-competitive jurisdiction for businesses and among the most attractive investment destinations in North America.

I also want to thank stakeholders who participated in the roundtable dis-

cussions held throughout the province on the Fair Registration Practices Act. Your input and advice to government will help us move forward and begin to work on the Alberta Advantage Immigration Strategy.

My staff and I are available to answer any questions that you may have. Please feel free to contact me at tel. 403.274.1931 or email calgary.north@assembly.ab.ca.

Constituency Office: 104, 200 Country Hills Landing NW, Calgary AB T3K 5P3
Tel: 403.274.1931
Fax: 403.275.8421
Email: calgary.north@assembly.ab.ca

Riverbank Makeover Project & CRV Volunteer Opportunities

By Calgary River Valleys (CRV)

We are a volunteer-led non-profit organization dedicated to building a strong and effective voice for river valley protection and water quality in Calgary. We consider ourselves "the voice of our rivers". We are currently working on Phase 2 of our Riverbank Makeover Project. This project's goal is to work directly with homeowners toward stabilizing their riverbank by planting native plant species along the shore, as well as to educate the general public about riparian function and why it is important these areas are kept in healthy condition. This project is funded



mainly by City of Calgary Water Resources. In 2018, CRV partnered with a river-adjacent homeowner to restore a section of the Elbow River riparian area for Phase 1 of our

Riverbank Makeover Project. This year, Phase 2 involves monitoring the success of the 2018 restored site, as well as restoring another riparian area along the Elbow River.

What Is a Riparian Area and What Does It Do?

Riparian is from the Latin root, ripa, meaning bank, i.e. riverbank. A riparian area is the transition zone between the river and the rest of the land. It is a specialized area that has wetter soil than the surrounding land and will support water-loving vegetation.

Phase 2 Gardening Volunteer Opportunity

We are recruiting volunteers to help plant riparian plants at this year's selected Riverbank Makeover site. The volunteer planting day will take place in September, with the "Riverbank Makeover

reveal" shortly thereafter. The exact dates were still being finalized as of the newsletter deadline, so contact us for full details. To participate in the volunteer planting date or attend the "Riverbank Makeover reveal" date, or for more information about CRV, contact us by phone at (403) 268-4632, or email at CalgaryRiverValleys2@outlook.com. You can also find more information on our website at CalgaryRiverValleys.org.



Preparing your home and yard for winter The Fall Checklist is a great place to start

By The City of Calgary

Do you wonder every fall if you are doing the right things – indoors and outdoors – to prepare your home for winter? The Homeowner Water Guide Fall Checklist is a great place to start, with simple steps you can take to improve your water efficiency, protect your home from leaks and prepare your yard for winter. You'll find great reminders and tips like:



- Check your toilets, taps, humidifier, hot water heater, water softener and other water using devices for leaks
- Turn off your outdoor water supply and winterize your irrigation system to avoid winter leaks
- Check the Watering 101 Guides to find out when to stop watering plants, shrubs and trees
- Check the lawn care guide for tips on letting your grass grow into dormancy – when to stop watering and cutting

When it comes to residential and household leaks, toilets, faucets and outdoor irrigation are the most common culprits, although any water using device can leak. The Homeowner Water Guide is intended to educate and guide citizens on indoor and outdoor water use on their property. It also provides step-by-step procedures for both identifying and repairing leaks in our homes, and guidance on using water in the most efficient ways possible.

To find everything you need, including the Fall Checklist, visit calgary.ca/waterguide



Homeowner Water Guide Fall Checklist

Protecting Calgary's precious water resources is a shared responsibility among The City of Calgary, businesses and Calgarians. There are many actions you can take to ensure that your home is safe and as water efficient as possible. This simple fall checklist is a great place to start. Check out the Homeowner Water Guide series for more details on how to get the job done.

Fall Checklist

- Check the Watering 101 Guide to find out when to stop watering plants, shrubs and trees.
- Consult the YardSmart plant list to make any seasonal additions to your garden like bulbs.
- Clean debris and dead annuals from plant beds, and cut back perennials.
- Place mulch around perennial plants and trees to protect them from frost.
- Prune your trees and shrubs.
- Let your grass grow into dormancy – stop watering and stop cutting.
- Turn off the outdoor water supply to avoid winter leaks.
- Properly winterize and turn off your irrigation system to avoid leaks.
- Clean debris out of your gutters.
- Clean and repair downspouts, and direct stormwater away from your house, ideally towards your garden.
- Clean and properly winterize your rain barrel.

Indoor:

- Still have an old, high-flow toilet? Consider replacing it with a low-flow WaterSense approved model to save money and water.
- Check your sump pump for leaks or damage.
- Clean out the backflow valve located in your basement.
- Use your water meter to check for leaks inside your home every six months as part of regular home maintenance.
- Check your toilets, taps, humidifier, hot water heater, water softener and other water using devices for leaks.
- Service your hot water heater, water softener and humidifier.

Helpful Tip: Going on an extended holiday? Check your home insurance policy before deciding to turn your water service off, and confirm how often someone needs to check on your home while you're away.

Waste & Recycling Tips

By City of Calgary

Take Your Chemicals to a Household Hazardous Waste Drop-Off

Doing some garage cleaning this month? Safely dispose of any leftover chemicals, paint, oil and propane tanks at a household hazardous waste drop-off. These items don't belong in any of your carts where it could harm your collector, staff at a processing facility or the environment.

TIP: If the item has a hazard symbol on it like poisonous, flammable etc. it needs to be taken to a designated fire station or City landfill for safe disposal.

- Before you drop off your hazardous waste:
- Keep chemicals in the original container.
- If you need to move it to a new container, make sure to package your chemicals in a leak-proof container and clearly label the container.
- Do not mix different products together.
- Make sure lids are on tight.

For a full list of acceptable items and drop-off locations, visit calgary.ca/hhw

Recycling Tip: Bag your bags! Plastic bags are recyclable, but only if they are prepared the right way. Bundle all your plastic bags together into a single bag, double-knot closed and then put in your blue bin.

- Acceptable stretchy bags include:
- Bread bags
- Grocery bags
- Produce bags
- Ziploc bags
- Shopping bags
- Cling wrap
- Bubble wrap

TIP: Hang a bag off a door handle or your indoor recycling bin. Fill it up with the stretchy bags you use – once the bag is full, double-knot closed and put in the recycling bin. Put a new bag out and start filling it up again.



What plastic bags and wrap can I recycle?

Can stretch your thumb through it.

Is my bag stretchy?

Doesn't stretch.

YES it stretches.
eg. ziploc, grocery bag, bread bag, cling wrap.

NO it crinkles/tears.
eg. chip bag, food pouch, candy wrapper.

Bundle into a single stretchy bag and securely tie closed.

Put in blue cart.

Put in black cart.

calgary.ca/recycling

Stepping into a renovation or home improvement project?

By The City of Calgary

Start off on the right foot with some free professional advice - visit us at a Home Improvement Information Session near you

Considering a renovation? Have questions about home improvement projects? Drop in to a free community information session near you and talk to one of our City experts for tips that can help save you time and money. There is one more session available this year:

Sat. Oct. 5, 12 – 3 p.m.
Calgary Central Library (800 3 St. S.E.)

Whether you're looking to build a deck, thinking about a basement renovation or secondary suite, we'll have City inspectors (building, electrical, and plumbing) and bylaw experts on hand to give you advice about what you'll need to get started, including:

- Determining the specific requirements for your property
- Talking through your project, and

what would be required to make it safe

- Answering your questions about electrical, plumbing and building code requirements, including how to prepare for the different types of inspections
- Providing tips on what to look for when hiring a contractor, and what to include in contracts



If you have plans drawn up, bring them with you and we can answer any specific questions you may have. We can also help you apply for a permit, on the spot, saving you a trip downtown. While you're here, be sure to enter to win 50% off any SAIT Home Reno course of your choice! Learn to build your deck, fence, or renovate your basement. Multiple prizes to be won.

We'll help make sure your home improvement is safe for you and your family to enjoy. Invest the time to do it right, for you. Visit calgary.ca/pdevents to find other information sessions near you.



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).



Calgary Public Library News

Free Bookable Meeting Rooms at 20 Libraries

Upgrade your meetings with more than 60 bookable rooms at 20 libraries, plus audio, video, and post-production studios at Central Library. At Nicholls Family Library, Rowena Liu-Poon uses a free meeting room to teach a free tai chi class. "I can share my interests, I can pass on what I've learned about tai chi to my students, and hopefully I am able to make a contribution," Rowena says. "It's a great way for me to stay connected with the community in my retirement years." Learn more about Rowena and the Library's free meeting rooms at calgarylibrary.ca.



Check Out Our New Website

If you've visited our website recently, you will have noticed a big change. The Library's new website launched in July. Features include a clean, intuitive design; enhanced eResources section; expanded pages for each location to make planning your visit easier; and a responsive design that works whether you're visiting us on your phone, tablet, or desktop computer. Head to calgarylibrary.ca to see the site for yourself.



Fall Programs for Everyone at Calgary Public Library

Calgary Public Library offers hundreds of free in-person programs for families, kids, teens, newcomers, small business owners, job seekers, and anyone looking for enrichment. See everything we offer at calgarylibrary.ca/programs. From Career Coaching and Settlement Services to Baby's Big Playdate, Drop-in Family Storytimes, and a 50+ Lecture Series, there is truly something for everybody. Plus check out new programs, including Babies



Go Boo!, a Creative Writing Club for kids, and Yoga at Central Library.



BACK TO SCHOOL.

25% of 1st Graders have an undetected visual concern

Children's eye exams are covered

once a year by Alberta Health

Special Priced Children's Packages are available

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

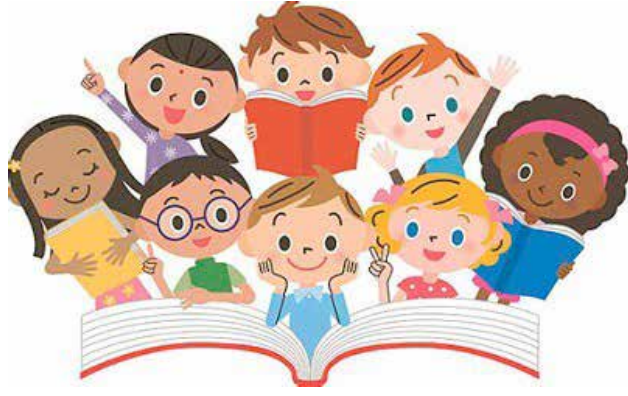
#730, 1110 Panatella Blvd. NW
 Gates of Panorama Hills
 Calgary, AB T3K 0S6
 403.452.6831
www.2ndsight.net

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

New and Emergency Patients Welcome

Fun Family Programs

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



Feeding My Baby

Monday, Aug 19
10:00am – Noon
Huntington Hills location
520-78 Ave NW

Are you getting ready for your baby to start solid foods? Then this class is for you! The AHS dietitian will answer your questions about what to feed first, textures, and other topics related to feeding your baby in the first 12 months. Babies are welcome. Call 587-392-2271 to register.

Storytime at Vivo

for children (1 to 5 years)
Thursdays, Sept 26,
Oct 3 & 10
10:00 – 11:00am
Vivo, 11950 Country
Village Link NE, Calgary

* Families need to sign up to be involved with this program, commit to all 3 dates to register, and live in the Vivo area.

Come join us for this free

Storytime with Parent Link staff where children and parents will share songs rhymes and stories in this interactive circle program. We will be located outside the Library in the Vivo Administration area. Call 587-392-2271 to register starting Aug. 29.

*This program is a partnership between Northern Hills Community Association, Vivo, Country Hills Public Library and Family Connections Parent Link.

Dealing with Disobedience

(Triple P Parenting discussion workshop)

for children 3-11 years
Monday, Sept 30

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 Sept. 4.

Positive Parenting Program

(Triple P Group)
for children 3-11 years
Tuesday, Oct 15-Dec. 3
(8 weeks)
6:30 – 8:30 pm

Do you feel like you:

- often struggle with your child's behavior?

- could use more strategies to use in difficult situations?

- would like to share ideas with other parents?

Call 587-392-2271 to register for the free workshop and childcare starting Sept 17. For more information about the program call 587-392-2770

Look for the Come Play with Me drop-in program at Vivo on Thursday's (10-11:30 am) which will start on Oct. 17.

Come Play with Me at Vivo

Oct 17 – Dec 5
Thursday Mornings
10:00 – 11:30am
Vivo, 11950 Country
Village Link NE, Calgary,
AB T3K 6E3

Come join us for this, free drop in playgroup for parents and children (birth –5 years). For information call 587-392-

2271 or check website www.weconnectyou.ca

Children are able to move about in the room and pick from a variety of play areas such as dress up, play dough, puzzles and play with lots of toys. Staff will be available to answer questions about developmental growth, parenting, and help parents identify community resources.

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

Parent Support

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



the parks of
HARVEST HILLS

BLD Community of the Year Finalist

SINGLE FAMILY HOMES FROM THE \$500'S

Mike Dwyer: 587.351.2455

PAIRED HOMES FROM THE \$450'S

Ashley Falsetti: 403.453.8556

This is a marketing document and subject to change. In the event of a dispute between this document and a contract, the contract will prevail. E&OE. Revised and effective 08/2019. WWW.THEPARKSOFHARVESTHILLS.COM

Sudoku puzzle ANSWERS

Puzzle on page 10

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

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

Crossword puzzle ANSWERS

Puzzle on page 4

1	N	B	C			4	T	O	D	O		8	P	E	10	A		
11	A	R	I	12	A		13	O	I	L	E	D		14	I	R	A	N
15	B	U	T	T	E	R	E	D	P	O	P	C	O	R	N			
	18	T	E	E	N	S			19	T	R	E	A	D	L	E		
				20	D	O	21	N				22	R	O	S	Y		
23	D	E	L	T	A		27	A	D	I	E	U						
31	I	D	E	A	L		32	P	E	N	N		33	P	T	A		
36	V	A	N	I	L		37	L	A	I	C	E	38	C	R	E	A	M
40	E	M	S			41	A	L	G	A		42	O	U	N	C	E	
				43	H	Y	M	N	S		44	M	E	S	O	N		
	45	I	D	L	E				48	E	V	E						
50	S	C	O	U	R	51	G	E		53	A	T	54	T	A	56	R	
57	C	H	O	C	O	L	A	58	T	E	M	O	U	S	59	S	60	E
61	O	O	Z	E		62	U	S	U	R	P		63	B	E	V	Y	
64	T	R	Y			65	E	T	N	A			66	A	P	E		

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



ALL OF THESE CAREERS BEGIN WITH A GREAT SMILE!



BRACES & INVISALIGN FOR KIDS & TEENS AS YOUNG AS 6 YEARS OLD

90% OF OUR PATIENTS PAY UNDER \$4900
OUR FEES RANGE FROM \$1799 TO \$5495



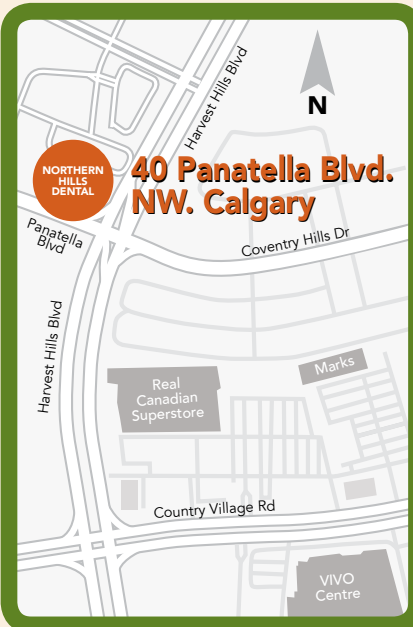
Jagatjit Dhillon, DMD

- ✔ Grew up in Saskatoon, Saskatchewan.
- ✔ Degree in Dentistry from the University of Saskatchewan in 2002.
- ✔ Practicing in Calgary since 2002. Over 15 Years of Experience Treating Orthodontics with Braces, Invisalign, and Myobrace.
- ✔ Airway-Centric Treatment Philosophy. Focused on Developing Full/Wide Smiles with Non-Extraction.

**FREE ORTHODONTIC
 CONSULTATIONS**
NO REFERRALS NEEDED

1091 Panatella Blvd NW
 Located next to Co-op Gas Station
403-457-PANO
 (7266)

PROUD to be Your Neighbourhood Dental Clinic for 14 years!



\$99
PROFESSIONAL
TEETH
WHITENING!

Comfort • Care • Convenience

- ✓ Dedicated Children's Play Area
- ✓ TV's and massage chairs in every treatment room
- ✓ Warm and Relaxed Atmosphere
- ✓ Complimentary Gourmet Hot Beverages

We offers a wide range of dental services such as:

- | | | |
|------------------------|---------------|--------------------|
| ✓ Children's dentistry | ✓ Dentures | ✓ Zoom™ Whitening |
| ✓ Laughing gas | ✓ Cosmetics | ✓ Crowns & Bridges |
| ✓ Wisdom Teeth | ✓ Invisalign™ | ✓ Sedation |
| ✓ Emergencies | ✓ 3D Scanner | ✓ Implants |
| ✓ Root canals | ✓ Cleanings | ✓ Sport guards |

OPEN LATE AND ON SATURDAYS
EMERGENCIES SEEN PROMPTLY AND SECOND OPINIONS WELCOME

CALL US
403-532-0711
or request YOUR appointment online at
www.northernhillsdental.com



Dr. John Ng



Dr. Christine Ursuliak

CHIROPRACTIC FOR THE ENTIRE FAMILY.

Did you know that chiropractic can help with more than just back pain? Call us to find out how we can also help with • Headaches • Frozen Shoulder • Planter Fasciitis • Ankle & Wrist issues • Pre & Post Natal Care

Open 6 days a week with evenings and Saturday appointments available.



Northern Hills
CHIROPRACTIC
MASSAGE THERAPY • ACUPUNCTURE • CUSTOM ORTHOTICS

Conveniently located at: 36 Panatella Blvd. NW
403-567-0400
www.northernhillschiro.ca