

CREATING COVENTRY UPDATE

By Moraig McCabe - Creating Coventry Project

The good news just keeps coming! In December we shared that we got a CFEP grant for \$101,648 for the Creating Coventry Project #1: Coventry Sport Court & Rink, allowing us to go forward with building the winter water supply for the rink that will go on the basketball court, buy the rink liner and boards, and build the seating with raised planting beds and the sunflower bed in spring-summer 2020

This month we would like to share that we have been approved for a \$5000 Stella Conceptual Drawing Grant from Parks Foundation Calgary to create detailed conceptual drawings for two parks in Creating Coventry Project #2: Five SE Coventry Parks! Yay! This will allow us to convert the ideas from the two "wish boards" created by local families living by the parks into drawings and detailed estimates that can be used to start working on fundraising to build these projects.

FAQs

Which parks are being re-designed?

- Park #3 / Red Slide Park at 980 Coventry Drive (up the hill from the Husky)
- Park #6 / Coventry Green (Gazebo) Park at 236 Coventry Green NE

Both parks are part of the Creating Coventry Project #2: Five SE Coventry Parks (CC2) project, and the equipment in both playgrounds is nearing the end of its lifespan, so the timing for this is great.

Park #5 / Coventry Close Park at 230 Coventry Close NE is also part



of CC2, but not part of the conceptual drawing grant, and was selected by residents to become a natural play park.

What will be being built there?

Park #3 / Red Slide Park will become a climbing & parkour park Park #6 / Coventry Green (Gazebo)

Park will become a games park

Who picked these choices?

Using a combination of the results from the original Creating Coventry project activity choices for the parks in the SE Coventry area, the choices were further narrowed down to what goes where by residents during the 10 in-person community engagements at



events in the summer and fall of 2018, and combined with the results of an online survey. (n=565)

What is a "wish board"?

Residents close to the playgrounds volunteered to help create a vision for these two parks. This involved sticking pictures (or creating drawings) of items they felt would represent the ideal types of activity that would go on in their park on to a presentation board that had a rough outline of the current park footprint. It's called a "wish board" because we asked them, "If you could make a wish and have anything in this park (within the limitations of the theme games park or climbing & parkour park), no limitations on budget*, what would you choose?". Two families stepped up to help, and their whole families (including two young boys with amazing visions for their parks) worked to create these collages. See

HARVEST HILLS HUB

the photos in this article for the awesome wish boards they came up with. Thank you to the two families for your help with this!

* <u>Please note</u>: *unfortunately, we won't* have an unlimited budget, but we explained to our volunteers that by including the best outcomes, we can get an idea of what to aim for and try to get as close as possible within the budget we do have.

Thank you all for your support in creating community with us! #CommunityByCommunity

Follow us on Facebook (facebook. com/creatingcoventry) or Twitter (@ CreatingCovYYC) for the most up to date information about all our exciting park projects in Coventry Hills.



Northern Hills Sports



Did you know that here in Northern Hills you have grassroots community sport programs?

For many years we have been bringing Kids & Youth outdoor soccer + Adult Slo-Pitch programs to you and this year we are happy to announce two more programs - Ultimate Frisbee + Field Hockey!

Register online today or come for in-person registration on Feb.28th!

Lear more here **_____** nhca.ca/sports



5



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 muscle tension in
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and grinding of the

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reduced.

Did You Know?

- your head, face, neck and/or TMJ Persistent clenching Will not make you
 - will not make you look swollen or puffy. They are designed to relax targeted muscles.



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Northern Hills Community Association

Community Association Notes

From the President

February is often associated with love, seeing as the 14th is Valentines Day. The ancient Greeks identified a total of 8 types of love:

- Agape unconditional or spiritual love.
- Eros romantic love.
- Philia affectionate or platonic love.
- Philautia self love.
- Storge familiar love, like with a

parent, family member, or even teammate.

- Pragma enduring love, such as what old married couples develop over time.
- Ludus playful love, or infatuation.
- Mania a negative type of love obsessive love.

How many of these types of love are in your life? If you think about it, there are probably a bunch of them all at once. Don't forget that even when you are lonely, your life is full of love. People who doubt it are usually low on "philautia", not love.

One type of "agape" you can have is love for your community and those in it. It's easy to do this: appreciate others,

http://nhca.ca/casino

We are looking for volun-

teers to help us with our sports

programs. Please email Sports@

NHCA.ca for more information

and to register. Reminder that

volunteering works around your

schedule and if you're a parent

contribute to things that make the community better, be a good listener, and encourage kindness. Joining the NHCA isn't the only way to do this, but it can really make a difference in how effective you are in making a difference.

Speaking of events, Feb 17 is Family Day, where you can practice some "storge" and spend time with your family. Here is an idea - the Northern Hills Community Association, Vivo for Healthier Generations, and Manifest Church are working together to put on the ever-popular Break-A-LEGO event at Vivo on Family day. It's a contest, it's Olympics, it's play time! This FREE event is for LEGO enthusiasts young and old.

This year is also notable because it's a Leap Year - February will have 29 days this year! Since it takes 365 1/4 days for the Earth to go around the Sun, every 4 years we add a "leap day" to catch things up.

Traditionally, Leap Year has a few traditions, which includes one based on the old Irish legend where St. Brigid struck a deal with St. Patrick to allow women to propose to men - and not just the other way around - every four years. This is believed to have been introduced to balance the traditional roles of men and women in a similar way to how leap day balances the calendar.

All in all, this looks like it's going to be an interesting month!

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

upcoming soccer season and our very important Casino fundraising for the Northern Hills Community Association.

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:



 <u>Translators</u> We are seeking Volunteer Translators for the Language Helpers project, a communitybased initiative for written and spoken language accessibility in the Northern Hills communities. Volunteer commitment is on an as-needed basis. • <u>Program/Event Team Members</u> 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.

Continued on page 10

Volunteer Opportunities

NHCA CONTACTS

NHCA OFFICE:



NHCA at Vivo 11950 Country Village Link NE Calgary, AB, T3K 6E3



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

at Keyline Publishing

President: Ian McAnerin (president@nhca.ca)

- (1vp@nhca.ca) 2nd Vice President: Leah Argao

then could be used towards all these amazing com-

Please contact Chris at accessibility@nhca.ca for

munity programs, events, and projects! They will

not be possible without such casino fundraisings!

more information and to sign up. Learn more here:

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

At Home in the Hills: Winnie Huang &

Beautification: Tara Melhus (beautification@nhca.ca)

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

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: Nerissa Menezes (membership@nhca.ca) Newsletter Editor: Annie Udofia (editor@nhca.ca) Northern Hills Connect: Tamara Keller (northernhillsconnect.com/contact/) Rinks: Daniel Sennhauser

Volunteer **Opportunities** us to receive revenue from gaming activities which

Sports

We have an Executive Officer position and 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:

- Secretary (Executive Officer)
- Community Gardens
- Planning & Development
- Seniors

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

Casino

Our annual Northern Hills Casino fundraising will be on April 14 and April 15! What does this mean? Alberta Gaming and Liquor Commission (AGLC) gives an opportunity to non-for-profits like

Newsletter Publishing: Duane Thomson

VOLUNTEERS

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

BOARD MEMBERS

1st Vice President: Tamara Keller

(2vp@nhca.ca) Secretary: Winnie Huang (secretary@nhca.ca) - We are looking for a new Secretary! Treasurer: Eric So (treasurer@nhca.ca) Directors at Large: Chris Abdalla, David Hartwick, Amanda Joly, Darren Kooistra, Lindsay Lantela, Tara Melhus, Nerissa Menezes,

Nate Pike, Tavis Settles, Glen Smith.

rently we are looking for volunteers to help with the Accessibility: Chris Abdalla

(accessibility@nhca.ca) Advocacy: Tamara Keller

(arts@nhca.ca)

Samana Zehra (ahih@nhca.ca)

who is registering a child in a sports program, this will count for your volunteer requirement. Cur-

STAFF & CONTRACTORS

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

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)

(rinks@nhca.ca) SPRY in the Hills: Jay Emond & SPRY 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.



CROSSWORD

1	2	3		4	5	6	7	8		9	10	11	12	13
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65						66						67		
68						69						70		

ACROSS

- The Platters' "____ Mine"
- Disgusted 4.
- 9. Hit hard in the Bible
- 14. Best guess: abbr.
- 15. Take out
- 16. Run-down residence
- 17. First-rate
- 18. Packed away
- 19. Utopian
- 20. Employees coming and going a lot
- 23. Supporter
- 24. Candle fat
- 27. Word at a bar

- 28. Aid's partner 31. Turmoil
- 32. Third in line in a family
- 35. Toothbrush type, ____ B
- 37. Moon phase
- 38. Use a remote, in a way
- 41. Noted ring leader
- 43. Predominate
- 44. Years
 - 45. Clerical abbreviation
 - 46. Just in case
 - 48. Celebration
 - 52. Breakfast cereal
 - 55. Supposed
 - 58. Easy to anger

61. Spit out

- 66. Of a pelvic bone
- 67. Word after big or top
- 68. Hot or cold drink
- 69. Lingering effects?
- 70. Contribute to
 - "Yellow journalism" 1.

 - 2. 3.

Screen Use in Early Childhood

By Coalitions Collaborating for Impact

The first five years of a child's life are incredibly important. It's the time when most of the brain is being wired. From the day a child born, millions of neurons are making billions of connections, and children are learning all the time - at every moment of the day. Everything around them is teaching them, but the most important teachers of all are the important adults in their lives. YOU are their interpreters, guides, stewards, security, and bridge to understanding the world around them.

That world is full of screens, and we know how important and helpful they are for so many people, especially grown-ups! We are starting to learn more about the ways that screens can, and can't, be helpful for children, too! Below are some resources to help you manage tech use in the ways that are best for your family and your child's development.

- · Center for Humane Technology humanetech.com
- · tips to regain control of media use at home
- Common Sense Media commonsensemedia.org
- reviews for what kids want to watch
- Healthy Children .Org healthychildren.org
- · the American Academy of Pediatrics' website for families
- Media Smarts mediasmarts.ca
- Canada's Centre for Digital and Media Literacy
- Protect Young Eyes protectyoungeyes.com
- Defending kids from online danger and creating safer digital environments
- World Health Organization who.int
- Global standards for physical activity, sedentary screen time and sleep

Coalitions **Collaborating** for mpact

Updated: February 28, 2019

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PREPARING OR UPDATING YOUR 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 prepare 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 a divorce.

Northern Hills	Membership Application
Association	

Membership expires one year from date of purchase. You can purchase a membership three ways: 1. Access our online membership registration at: <u>www.nhca.ca</u> under **Member Login** at the top right corner

- In-person registration at the office 2.
- Mailing your membership form below to the office

Mail Payment to:	Northern Hills Community Ass (VIVO for Healthier Generation 11950 Country Village Link NE	ns)
Fees: ○ Family \$30	\bigcirc Single \$20	○ Senior (60+) \$20

○ Family \$30	Single \$20	O Senior (60+) \$20
○ *Associate \$30	O Business \$50	○ **Business Plus \$120
*Family/Single/Sonion outsid	do of the Northern Hills Area ** A	dditional Wab Ad

Family/Single/Senior outside of the Northern Hills Area **Additional Web Ad

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 or						
• YES	• NO					
Are you interested to learn more abou	ut volunteer opportunities with us?					
• YES	• NO					
Please indicate (\checkmark) volunteer opport	<u>tunities you would like to learn more abou</u>					
◦ Arts & Crafts	• Northern Hills Newsletter					
\circ At Home In the Hills (AHIH)	 Playgrounds & Community Hubs 					
\circ Board of Directors	 Planning & Development 					
• Building Safer Communities (aka	 Political Debates & Panel Discussions 					
BlockWatch)	\circ Schools					
 Business & Services Fair 	\circ Senior Fitness & Social					
 Community Social Events 	\circ Sponsorship					
○ Gardens	 Youth Non-Sports 					
○ Ice Rinks	ĩ					

- DOWN
- originator
- Flee from jail
- Trample
- 63. Reigning queen 64. Cork's home: Abbr. 65. It's darker than cream

Answers on page 10

4. Grazes

10. Business

11. Not by sea

13. Wright wing

21. World powerhouse

30. "To ____ is human ..."

38. A few pounds to a Brit.

42. Romanian mint product

47. Ancient Greece hair band

22. North American capital

in cricket

25. Horatian work

26. Thrill

29. Blessings

33. A belief

40. Outlaw

41. Offshoot

53. Swell up

57. Eyeglasses

59. Heavy dagger

60. After-bath item

62. Floral greeting

61. "Monty Python" airer

56. Sully

34. Printing style

39. Cry of disgust

49. Hindu drink of

immortality

50. Looked like a wolf

of a plus sign

51. Number on either side

54. Metric liquid measure

36. Fall behind

7.

8.

5. Sister of Urania 6. Thorn apple

PC operator

Brown alternative

Jewish mourning period

12. Drink with lemon and ice

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

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Play Safe this Winter at the HHHub!

By Nikki Browne HHHub Committee

It's hard to believe we are already a month into 2020! In typical Calgary fashion, we've had some beautiful days, some freezing days, and everything in between. But, as Calgarians, we also know a little cold weather never stopped us before! The ground may be snowy, but there's still lots of fun to be had at the HH-Hub, just make sure you remember these winter safety tips so that nothing interrupts your fun!

Wear Layers

How do you experience all four seasons in one day? Simple, just spend an hour outside in Calgary! We're no stranger to fluctuating temperatures, but add in an increase in body temperature from running around the playground, and you may be tempted to throw caution (and your jacket) to the wind and play in your t-shirt. A better idea would be to wear a variety of layers, so you can make small adjustments to your wardrobe in order to stay comfortable, without exposing your bare skin to the harsh elements. Also, don't be afraid to bust out those snow pants! Sure, you might not be hitting the ski slopes, but being able to play to your hearts content without getting your pants wet can be a real lifesaver!



Don't Forget Your Gloves While we're talking winter wear, don't forget your digits!

Nothing cuts the party short faster than some frozen fingers. If you're planning on having a snowball fight, a thick pair of mittens is probably your best bet. But if you're headed for the playground itself, you might want to go for a pair of gloves, maybe even with a grippy palm and fingers for added protection. Keep in mind that gloves may impact your grip though, so use caution!

Stay Hydrated

It may seem hard to believe when you're surrounded by the white stuff, but it can be very easy to become dehydrated while playing outside in winter. Fill a travel mug with hot chocolate for a warm treat that will also keep your body temperature up. If hot chocolate is not your thing, plain water will do just fine, just don't go adding any snow to it, yellow or otherwise.



The Sun Will Come Out Tomorrow

Calgary is recognized as the sunniest place in all of Canada, but when the temperature drops below 0, it can be easy to forget the sunscreen. That doesn't mean you're not at risk of a sunburn though! Now, you probably don't have as much exposed skin, but it's still important to put on some sunscreen before you head out, and grab a pair of sunglasses too, that sun can be bright!

Waddle Like a Penguin

Maybe you walked to the park, maybe you drove, but either



way, the roads and sidewalks are likely to be slippery. Keep yourself safe by channeling your inner Happy Feet and walking like a penguin! Small steps, with equal weight on the whole sole of your foot can help keep you upright. Also remember to keep your hands at your side, and not in your pockets or on your phone, where they can't help you with balance. Also, remember that cars will have a harder time stopping, so keep your eyes open when crossing the road.

Although it might feel like winter will last forever, it won't be long until the flowers are blooming again, and we can't wait to unveil what exciting new events we have in store this year! Don't worry though, we're bringing back the favourites as well, so there will truly be something for everyone! If there's anything from last year that you absolutely loved, or anything you think we could improve on, we'd love to hear from you, so drop us a line at harvesthillshub@ hotmail.com. We're also excited to work with more local businesses, so if you'd like to help out at one or more of our events, let us know. Lastly, if you are a community member looking to host an event, we want to hear from you! The HHHub is a community space, and we can't wait to see what our community comes up with!

Stay warm and we'll see you at the HHHub!



Providing Support for Community by Community

By Brenda & Dan – Fellow Neighbours



There are so many people in our city that are going through hard times. I used to work and volunteer for the Calgary Drop-In Centre and know how hard it is for these people, a lot of them working poor and a lot of them senior citizens. In order to help we decided to put two bins outside of our house to collect clothing, especially winter wear. Initially both bins were for The DI Donation Centre but then we heard the Veterans Food Bank was in dire need so we changed one of our bins to collect food for the Veterans. The outpouring of support has been amazing from our Northern Hills communities and beyond. We would

like to thank those people who donated to the Veterans Food Bank and the Calgary Drop-In Centre for your generosity, it will be very much appreciated!

People are in need, not only at Christmas but year-round so we are thinking of keeping the bins out year-round and changing the charities every three months.







- Permit developed walkout basement with kitchenette and seperate laundry

-Laminate flooring throughout

- All new countertops in ry

- Corner lot with garage and RV parking - Ensuite in master

bedroom

- Developed basement



- 4 BD | 4 BA

- New shingles, eavestrough, downspouts in Nov 2019

- New H/E furnace & hot water tank in 2018

kitchen and all bathrooms

28 Panamount Rise NW



2 BR | 2 Full baths
Mountain views
Walking distance to C-train station
1 titled indoor parking space
1 titled storage locker
On-site gym

13-133 Rockyledge View NW



8 Covecreek CI NE



Oversized garage

REAL ESTATE MOUNTAIN VIEW



147 Coverton Ht NE

- Oversized 22'4 x 22'2 detached garage

- 4 level split
- 3 BR | 3 BA
- Backs onto greenspace
- New vinyl plank flooring on main level
- Central A/C
- New shingles 2017
- 50 gal hot water tank



Community Sports

By Amanda Joly - Sports Director, NHCA

Tune in monthly to get your sports updates, registration information, available programs and much more!

Have you been involved with any of our sports programs? If so, we would love for you to enter your pictures for a chance to win a Free Ice Cream and to be showcased in upcoming news articles. Email your pictures to Sports@NHCA.ca

We Need Your Help!

We are looking for volunteers to help us with our sports programs. Please email Sports@NHCA. ca for more information and to register. Reminder that volunteering works around your schedule and if you're a parent that is registering a child in a sports program, this will take care of your pre-requisite. Currently we are looking for volunteers to help with the soccer season and with our upcoming NHCA Casino.

Are you a community member who has participated in any Northern Hills Community sports programs, and have gone on to competition level or higher?

We would love to hear from you!

Please reach out to Sports@NHCA.ca for a chance to be interviewed and to appear in this community Newspaper and our social media pages!

NHCA Sports

Youth Soccer, Adult Slo-Pitch, Ultimate Frisbee and Field Hockey registration is now open online, and you can register at www.NHCA.ca with your

Volunteer-Run Community Tax Clinic

is coming back this year! Learn more at <u>nhca.ca/ahih-tax-clinic/</u>

Dates

NHCA membership and Credit Card. If you have any questions or concerns, please send an email to sports@NHCA.ca.

Registration Event

This year we wanted to offer the community a different way to register for our many sporting events. Northern Hills Community Association will be hosting a registration event. We want you to come out, have a Crave Cupcake, and relax while registering with someone from SoccerTech. We came to realize that there are many options to pay for sports registrations and that many families prefer other means of payment, so for this event we will be accepting Email Transfer, Cash and Credit Card.

Please join us on Friday February 28, 2020 from 6:00pm to 9:00pm at the NHCA Office located inside Vivo.

A Note from the **Sports Director**

Hello community members, Happy New Year to each one of you. 2020 is starting to look very active for us, I am so excited to introduce two new sporting programs as well as a revamped Adult Slo-Pitch to join our popular soccer program. But with a new year brings a whole new vision, and I want more, I know you want more. I want to introduce our lovely community to many different and exciting sports programs and



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activities, this is where you come in, I want to hear from you. What do you want? What do you want to see as a program or activity? As a community I know we can build a strong and solid Sports Program.



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.

1

February

5 6 7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 26	Jan 27	Jan 28	Jan 29	Jan 30	Jan 31	1
		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		10:00am – Noon Arts & Crafts Pop- Up @ Mainstreet, Vivo
2	3	4	5	6	7	8
		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo		
9	10	11	12	13	14	15
	Last Day to Register for Break A LEGO Contest!	3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo		
16	Family Day! 17	18	19	20	21	22
	NHCA Office is closed 10:00am – Noon Break A LEGO @ Mainstreet, Vivo	3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo		
23	24	25	26	27	28	29
1:30 – 3:30pm Winter SkateTacular @ 400 Panamount Blvd NW		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo	6:00 – 9:00pm Sports Registration @ NHCA Office, Vivo	

EVENTS

Find more information about our events and programs here nhca.ca/calendar/ or

scanning the QR code:





Come Play with Me at Vivo

Thursday mornings 10:00-11:30am come and share songs rhymes + stories in an interactive circle program for children 1-5 yrs. Learn more nhca.ca/outreach-inthe-hills/

Northern Hills Sports 2020

Soccer, Slo-Pitch, Ultimate Frisbee and Field Hockey registration is now open online.

In-Person Sports Registration

Drop-by on Feb 28 between 6-9pm to see one of the professionals from SoccerTech, while enjoying a Crave cupcake to register for community sports program(s). Learn more at <u>nhca.ca/sports</u>

Break A LEGO It's a contest, It's Olympics, It's Play Time!

This #FREE event is for LEGO enthusiasts young and old. Registration for the LEGO Contest is now open! Last day to register is Feb 10. Choose your age group, register, and start building today! Drop-In Kids friendly Activities!

Fun Family Programs

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

Come Play with Me at Vivo

Feb 6 – March 19 (NO program Feb 13) 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.





Dealing with Disobedience (Triple P Parenting Discussion workshop)

> for children 3-11 years Monday, Feb 24 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 Jan. 28

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.





Beginners in Acrylic Painting

Come out and Play!

4 April 2020 | 1:00-4:00 pm

Panorama Hills Community Centre | 88 Panamount Hill NW

Have you always wanted to try your hand at acrylic painting but didn't know where to start? Take the opportunity to learn at this beginner's acrylic painting workshop on Saturday, April 4. Join us from 1 to 4 p.m. in a fun relaxing atmosphere where you will learn how to get started in acrylic painting.

Register for a small fee, then come as you are, all materials and instruction will be supplied! You will go home with your completed landscape painting as well as information on materials, where to find what your need and how to use everything effectively.

Registration begins February 18

Priority will be given to seniors living in the Northern Hills.

Learn more at <u>www.nhca.ca/arts</u> or visit the panorama hills community center!

Tatianna O'Donnell has been an artist for over 40 years and a teacher for more than 25. You can see samples of her work on www.tatiannaodonnell.com or read more about her as the Artist Of The Month on Page 11!

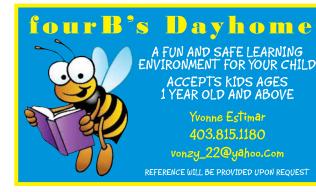






New Patients Welcome Walk-in, Evening & Weekend Appts Occupational Safety Eyewear Direct Billing to Most Insurances Family Eye Care

Sunday Services 9:15 am Nursery thru Grade 4 11:00 am Nursery thru Grade 6. Youth Grade 7-12 Breakfast & Bible Study 9:00 am	This is a free exercise class for women. Tuesdays 6:45 -8:30 pm Cardio and stretching Come meet other women, have some fun and make some friends.	Stoney Trail Progressive Optometry Panatella Blvd Panamount Blvd Empire Studio 16 Country Hills Blvd
0099 Harvest Hill Blvd NW office@hhachurch.com 03-226-0990	MEN'S FLOOR HOCKEY	廣東話 眼科醫生 白內障 青光眼 乾眼症
www.hhachurch.com	Tue 8:45 - 10:45 pm Bring your own stick and equipment. Come out and have fun	34 Panatella Blvd NW 403 248 3937 www.progressiveoptometry.ca



Outreach Thursdays in NHCA

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

They seek to meet the needs of North West and North Central Calgary residents by offering Basic Need Appointments including outreach, information and referral support for singles, seniors and families - no restrictions on children under 18 living at home. To access several North Central Family Support Programs for you and your family, kindly contact



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.*

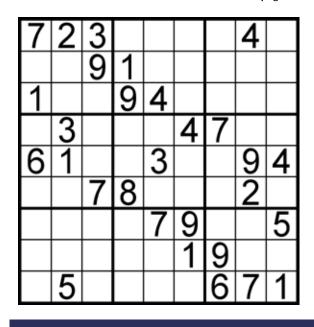
Name:



' 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 10





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More worksheets at www.education.com/worksheets

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







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Elected Representatives

WARD 3 COUNCILLOR JYOTI GONDEK

Hello, north central Calgary! A couple of important thoughts for you in the new year. First, the City Clerk's office will be inviting your thoughts on our current ward boundaries. Before the



2017 election, our Ward 3 boundary extended all the way east up to Coral Springs. When that was changed and our eastern boundary became Deerfoot Trail, it became apparent that the bulk of Ward 3's investment over time took place in the NE, leaving massive infrastructure gaps in north central Calgary. With many more residents and businesses coming on north of

come in). Next... the Green Line. It has become abundantly clear that years of overlooking north central Calgary's transit needs has resulted in our ward being part of Phase 2 of this project, mainly because no land assembly funds were ever dedicated for the Centre Street alignment. While I have inserted critical reconsideration

> points into the decision-making (like dedicating land assembly funds, or breaking up the north and south lines to build the north leg if a downtown solution is unclear), time is not on our side.

Stoney Trail, it's going to be important

to consider how you wish to be rep-

resented today and in the future so

review (we will post details as they

please engage in the ward boundary

My colleagues who worked on advocating for the south leg of the Green Line deserve to move forward, and jeopardizing funding for the entire project out of spite is not something I will do. What I will do is fight for a true rapid transit solution in the north, along with consideration for regional rail along the existing Nose Creek CP Rail line. If we can establish a bus rapid transit (BRT) route along Centre Street with dedicated bus lanes, and combine it with regional rail, we increase transit access and options for north central Calgary. This will take commitment from all orders of government, as well as our regional partner municipalities, and I am prepared to build the relationships needed for success.

We cannot view this as a loss for north central Calgary communities. Rather, I would ask you to consider the BRT & regional rail plan as a realistic solution in the face of potentially receiving nothing in the way of an LRT for another 20 years. It's beyond time to be practical and creative.

I'll need you to join me in raising our voices in 2020 to advocate for a north central BRT and regional rail option that serves communities who have spent decades demonstrating strong transit usage habits. We can get this done together.

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

Ally Bates 403-268-2530 caward3@calgary.ca

CALGARY-NORTH EAST MLA RAJAN SAWHNEY

Dear friends and neighbours,

I hope the new year is treating you well. It's been fantastic to be back in the riding. I'm grateful to have had

some time to spend with my family after a lengthy fall session. I've also had the chance to spend some valuable time in our community meeting with constituents.

In January the Job Creation Tax Cut officially took effect. Our plan to gradually reduce Alberta's corporate income tax rate to eight per cent by 2022 is part of our plan to bring investment and jobs back to our province. Businesses will also benefit from enhanced capital cost allowances and our government's ongoing efforts to cut red tape. TELUS and Canadian Natural Resources Ltd. have announced new investments in Alberta because of our efforts to reduce the cost of doing business in our province. I'm also happy to report that compared to last year, non-residential investment in Alberta's business has



increased, home sales are up, and weekly earnings have also increased. Our government will continue to work hard to deliver on our promise to revitalize our economy and bring back jobs to our province.

Minister Toews will host two telephone town halls to listen to Albertans' ideas on spending and saving. Albertans can submit their comments for the budget online until Feb. 7 at www.alberta.ca/budgetconsultations. Two telephone town hall meetings will be held from 6:30 - 8 p.m. on Jan. 27 and Jan. 28. Residents will have the opportunity to ask questions and provide their views on spending and saving priorities, as well as ideas for job creation and growing Alberta's economy. Albertans with a publicly listed phone number will have automatically received a call to participate. People are also invited to listen and participate online at www.alberta.ca/ budget.

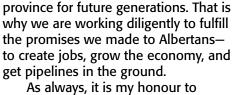
A reminder that February 26th is Pink Shirt Day to promote healthy relationships and prevent bullying at home, school, in communities and the workplace. The 24-hour Bullying Helpline is available at 1-888-456-2323 if you or someone you know are being bullied. Other resources are available at Alberta.ca/bullying. Pink Shirt Day was started in Nova Scotia in 2007 to support a student who was bullied for wearing a pink shirt to school, so each year, we encourage everyone to wear a pink shirt to send the message that bullying is not acceptable and will not be tolerated. This month, we'll be focused on sharing available resources, supports and services so victims and bystanders know how and where to get help.

I am excited to head back to the Legislature for the start of the spring session. This year marks the beginning of a new decade. The actions we take now will shape the future of our

CALGARY-NORTH MLA MUHAMMAD YASEEN

Throughout the new year, I would like to reach out to as many constituents as possible. I would be delighted to chat about things that are important to my constituents. Please

contact my constituency office to arrange for a suitable time either in my



As always, it is my honour to serve as your MLA. I look forward to getting back to work for you and your families to bring back the Alberta Advantage. MLA for Calgary-North East

MLA for Calgary-North East #1080, 11124 – 36th Street NE Calgary AB T3N 0T1 T: (587) 318 2946 E: Calgary.NorthEast@assembly.ab.ca

office or if it is more convenient to gather your neighbours for a visit at your home.

A special thanks to all my constituents for their continued support as I carry out my duties as your MLA. 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



NHCA.CA/SOCIAL-JUNCTION

hard to deliv revitalize ou jobs to our p Minister phone town tans' ideas o

share the

sign up for our newsletter from February 8 to 13

to get a Buy One Get One for 50% off daily admission.

Members, subscribe to bring a friend for 50% off daily admission! COVCOV VALID ON FEBRUARY 14, 2020

Alberta Health Services Services



Do you know the signs & symptoms of a heart attack and what to do if someone experiences these? Knowing, may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common signs of a heart attack

- (Any, or all, of these signs & symptoms may occur)
- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men, women & the elderly.
- Heart attack Risk Factors
- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life & death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Calgary Public Library News

Family Day at the Library

Looking for a fun, free, familyfriendly place to spend Family Day? Head to the Library! All locations are open from 12 pm to 5 pm on February 17. Rocky Ridge Library, our selfservice location, is open from 7 am to 8:30 pm. Come have fun at an Early Learning Centre, find a great new read, or borrow a board game. Visit calgarylibrary.ca for more details.

Free Card, Free Programs

Did you know that your free Library card gives you access to more than just books? You can sign up for hundreds of free programs, classes, and presentations when you're a Library member. There's something for everyone, including STREAM programs for kids, gaming clubs for teens, book discussion groups for adults, and classes designed specifically for seniors and newcomers. There's so much to learn, and it's all free with your Library card. Registration for March and April programs begins on February 10. Visit calgarylibrary.ca/ programs to sign up.

- Continued from page 3

For more information and to apply, please email to Winnie and Sam at ahih@nhca.ca.

Arts & Crafts

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

• <u>Youth & Adult Artists</u> Are you a youth artist (7 –18 yrs old) or adult artist in the North-

ern Hills community? Do you consider yourself talented? Would you like to show-

case 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 'Local Artist'.

art to you

Community Events

Do you like to plan and be part of events? We are looking for Event driven volunteers who will be planning, organizing and delivering NHCA's events, such as Winter Skatetacular, Community Clean-up, Neighbour Day, Annual General Meeting (AGM), Showcase & Fair etc. It is a great chance to meet new people and get to know Northern Hills residents

Exercise Your Freedom to Read

At the Library, we believe in and support your right to intellectual freedom. Celebrate it with us from February 23 to 29 during Freedom to Read Week. Explore our exhibit on Banned Books in the TD Great Reading Room at Central Library, sign out one of your favourite controversial classics with your free Library card, or check out recommended reads from our librarians calgarylibrary.ca

Get Ahead in Your Career

Whether you're looking for a job or changing career paths, let the Library help. Our Arthur J.E. Child Careers & Small Business programs cover topics like interview skills, resumé development, mid-life career changes, and more. Get one-on-one career coaching or drop-in to the job desk for employment advice. Learn about all our career resources at calgarylibrary.ca/connect/careers-smallbusiness



(events@nhca.ca) to get involved and learn more about it.

Harvest Hills Hub The Harvest

Harvest Hills Hub

Hills Hub is a local initiative to bring activity and connection to our neighbourhood at our outdoor park space located at 178 Harvest Glen Way NE. Our committee is currently looking for:

- <u>Events Coordinator</u> 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.
- <u>General HHHub Committee Volun-</u> <u>teers</u> 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 HarvestHillsHub@ hotmail.com.

Find more details on all the above volunteer roles

by scanning QR code or going to our website: www.nhca.ca





www.albertahealthservices.ca

and local businesses! Contact Lindsay

Sudoku puzzle ANSWERS Puzzle on page 8

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

Crossword puzzle ANSWERS

Puzzle on page 4

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The Author of Our Crosswords

Myles Mellor is one of the top crossword writers in the world. Published in over 600 magazines, newspapers and web outlets. Over 12,000 cross-



words 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

3/3

Artist of the Month

My name is Tatianna O'Donnell. My

passion for art has been a part of me ever since I can remember. I was drawing and painting at quite a young age and at 14, I started art classes at the Montreal Museum of Fine Arts. At that time Arthur Lismer, one of the Group of Seven, was director of the school. I treasure the memory of his visit to our art class at the museum. Once I had



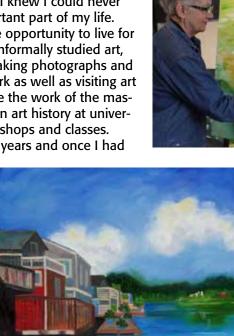
started painting in my teens, I knew I could never stop. It has become an important part of my life.

A few years ago I had the opportunity to live for six months in Paris, where I informally studied art, completing many sketches, taking photographs and gathering material for my work as well as visiting art galleries and museums to see the work of the masters. I have taken art classes in art history at university and attended many workshops and classes.

I was a teacher for many years and once I had

retired from the classroom, it was a natural move to teach painting and drawing to adults. For the last 10 years I have taught many workshops and classes in both acrylics and oils. We lived in British Columbia for 15 years where I was part of a large and active art community. My husband and I were instrumental in starting a co-operative art gallery there and helped to run the successful gallery for many years.

I have exhibited across Canada and my work has been collected internationally. Many of my paintings are in public collections such as the Alberta Foundation of the Arts. I am an elected member of the Alberta Society of Artists, The Society of Canadian Artists



and also the Federation of Canadian Artists.

Eventually as our family grew, and more grandchildren joined our family, we returned to Calgary, the city where we had lived for 25 years previously. Now the grandchildren paint along with me in my studio.

I enjoy being part of the active arts community in Calgary and I am working with different adults who wish to paint. Join me for a Beginners in Acrylic Painting Workshop on April 4! More info at



www.nhca.ca/arts.

You can see samples of my work on www.tatiannaodonnell.com. Feel free to send me an e-mail through my webpage if you have any questions or comments.





- FRESH SNOW can reflect up to 80% of UV radiation. Overexposure is linked with increased risk of eye health issues. Polarized and UV tinted lenses will reduce glare and give protection from UV radiation.
- NIGHT VISION problems can sometimes be improved with proper prescription glasses and anti-glare coatings.
- DRY EYES can be minimized by staying hydrated, taking omega 3 + 9 supplements and by using artificial tears as recommended by your optometrist.





Free Community Tax Clinic 2020

This year's tax filing deadline is April 30th, 2020. ਇਸ ਸਾਲ ਟੈਕਸ ਭਰਨ ਦੀ ਆਖਰੀ ਮਿਤੀ 30 ਅਪ੍ਰੈਲ, 2020 ਹੈ. 今年的纳税申报截止日期是2020年4月30日。 La fecha límite de presentación de impuestos de este año es el 30 de abril de 2020. hạn chót nộp thuế năm nay là ngày 30 tháng 4 năm 2020. اس سال ٹیکس جمع کروانے کی آخری تاریخ 30 اپریل 2020 ہے۔ ang deadline ng pagsampa ng buwis sa taong ito ay Abril 30, 2020.

Available March 21 to April 25, 2020 More Info TBA: www.nhca.ca/ahih





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