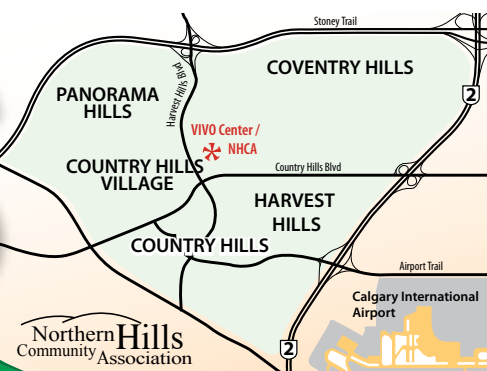


Over 20,000 monthly printed copies

# 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 f @northernhillscalgary @northernhills

## Thank You Dear Community! For Giving the Gift of Joy this Holiday Season!

By Lindsay Lantela  
Events Director, NHCA

At the time that this article is being written we're right around the corner from our 4th Annual Gift of Joy! Many struggling families from within the Northern Hills communities will receive a bit of much needed joy this holiday season. With the assistance of BowWest Community Resource Centre and North Central Family Support Program we, together with Vivo for Healthier Generations, families who either didn't qualify for other resources; or missed application deadlines, will be given the opportunity to choose a gift for a family member, visit with Santa, and enjoy some hot chocolate while we wrap their gifts. The joy of giving to someone you love and spending quality time together is a big part of what makes this season so special, we're honoured to be able to share the beautiful giving spirit generated within our community.

Thank you neighbours, for the many personal and anonymous donations, gifts for children of all ages, youth, and adults, as well as gifts for the entire family! We couldn't do this without you! We would like to thank the always generous Country Hills Canadian Tire. Knowing that

the need was there they increased their donation this year to a whopping \$2000 worth of gifts! Thank you Save On Foods for providing \$1250 in grocery gift cards to help fill every family's fridge. Thank you to Manifest Church, the small but mighty, who donated over \$800 in gifts. Thank you to Northern Hills Dental who ensured that hard to shop for teens were taken care of with \$200 worth of gift cards. Thank you to Site For Sight, Superstore, Co-op, Sobeys, and Cobs for giving so generously and supporting Gift of Joy. We would also like to thank Ward 3 Councillor Jyoti Gondek's office for their support for funding this important yearly project! And finally, thank you to the volunteers

who bountifully gave of their time and care.

If you missed out on donating and would like to contribute in any way for next year, please contact us! We know that there will always be a need and we're so thankful for the deep generosity in the Northern Hills.

For information regarding out-reach services, please contact BowWest Community Advocate - Germaine at 403-874-6809 or [germaine@bowwest.org](mailto:germaine@bowwest.org), or North

Central Family Support Coordinators at 403-275-6666 ext. 5 or [families@weconnectyou.ca](mailto:families@weconnectyou.ca).



### Quick Facts ABOUT NHCA

Northern Hills  
Community Association

### At Home In the Hills

Did you know that we have a team of residents striving to make new residents of the Northern Hills feel at home? The group is called **At Home In the Hills (AHIH)**.

Their vision is to engage all local residents, to foster stronger neighbourhood connections for more friendly and liveable neighbourhoods.

[nhca.ca/ahih/](http://nhca.ca/ahih/)



ADVOCATES FOR  
HIGH SCHOOL

SPORTS

HARVEST HILLS HUB

WINTER  
SKATETACULAR

ELECTED REPS

TAX CLINIC

5  
6  
7  
8  
9  
10

this month  
WHAT'S INSIDE

FREE ICE CREAM  
ON PAGE 8



### Newly Renovated, Newly Automated Faster and Better Service

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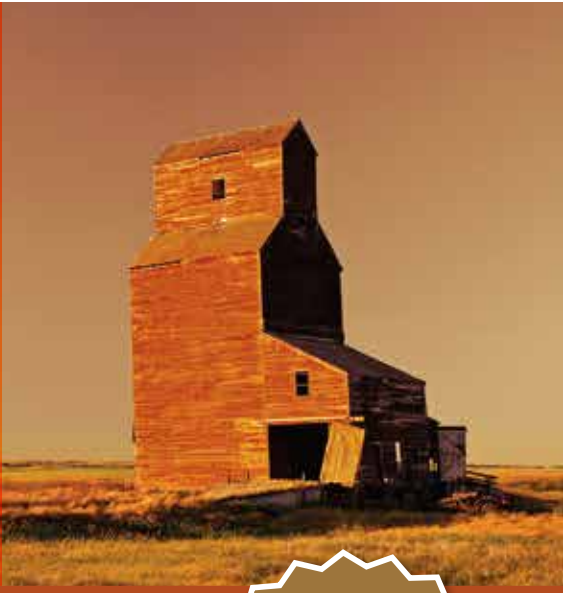
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Calgary, Alberta T3K 5P4

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Another  
Reason  
to Smile



We follow the  
Alberta  
Fee Guide!

HAPPY NEW YEAR

The New Year Brings More Reasons to Smile...  
Start Your Year Off with a New Smile!

New Year,  
New Benefits!

Many policies refresh in the new year. Ask us about how you can make the most of your benefits plan.

We also offer direct  
billing to insurance.

3 Ways to Improve Your Smile

- 1 Reshape Worn Teeth

Did you know that as we age our teeth naturally wear down? Fortunately, today we can help your smile stay looking young!
- 2 Lighten Stained Teeth

Did you know our teeth darken over time, are you looking for your pearly whites to sparkle and shine once more? Come visit us and Zoom! whiten your smile today!
- 3 Straighten & Strengthen Teeth

Small fixes can make a big difference! Straight teeth are easier to keep clean and floss.

Have you been thinking about treating yourself this year, why not try Invisalign® for a fresh new smile?



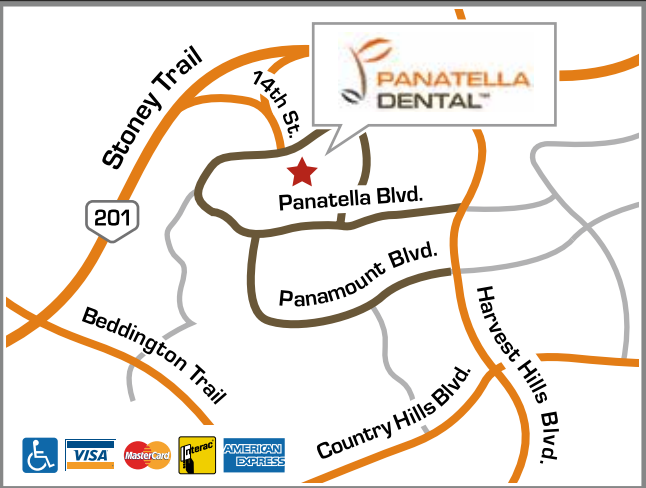
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# Community Association Notes

Northern Hills  
Community Association

## From the President

Happy New Year and welcome to 2020! I've been blessed to have worked with so many great people in the Northern Hills doing amazing things that I really don't have a resolution other than to keep doing what's been working and to stop doing what hasn't. I hope all your plans for the new year come out even better than you hope they will!

Despite some concerns about funding due to cutbacks, the Gift of Joy program is a rousing success due to the community coming together! I'm writing this just before the gifts are delivered so we'll be thanking all the generous folks who donated on our social media account, in order to make sure we don't miss anyone. The program was saved because of people just like you, and it's greatly appreciated.

This coming year will be very active for the NHCA. We will be updating our objects and bylaws, expanding our programs, and increasing our staff, volunteer base, & membership. All the pieces for success are in place now and the future is looking bright for the organization. We will also be actively reaching out and working with other organizations in the area in order to make sure we are all working together effectively to help make your life in our community even better.

This year will also see us continuing our advocacy for



what's best for the community - practical alternatives to the Greenline, progress on a new health care facility, and planning for an upcoming NHCA facility are all expected to see movement

this year, among many other projects and events.

One of the best resolutions you can make are those that help others while making your own life more meaningful. This year, consider joining the NHCA and volunteering on something that interests you. There is nothing like the feeling of truly belonging in your own community - meeting new people, helping your neighbours, and feeling the satisfaction of accomplishing something important. Also, this resolution won't make you feel guilty when you eat that donut you've been eyeing :)

"We all get the exact same 365 days. The only difference is what we do with them." – Hillary DePiano

It's been an honor and privilege to be the President of the NHCA for most of 2019, and I'm excited about the possibilities for our vision for 2020. I hope you have a great year, because you know what? You deserve it!

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:

- Secretary
- Community Gardens
- Community Ice Rinks
- Planning & Development

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



### Sports

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.



### 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:

- **2020 Tax Clinic Volunteers** - Gain Experience, Help Community Members, Make New Friends! We are looking for general tax volunteers and shift lead volunteers. Please find more information about each position on our webpage – nhca.ca/ahih/. Apply by email to ahih@nhca.ca by Jan.7th, 2020!
- **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 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!

- **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'.
- **Display Your Art @ Local Business** - Are you an artist that wants to be represented at a local business? Are you an artist that has paintings that you would love to showcase? We want to hear from you! A local business is looking for an artist in the community with paintings ready to be displayed. They are looking for a nature artist, a mature artist and a youth artist to display at their business. If you would like more information, please feel contact the Arts & Crafts team with an email subject line "Art Sponsorship" at arts@nhca.ca

### Community Events

Do you like to plan and be part of events? We are looking for volunteers who would like to be  
*Continued on page 4*

## NHCA CONTACTS

### NHCA OFFICE:



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



Tel: 403-226-6422  
Fax: 403-226-6421  
E: info@nhca.ca

**Monday: 8:00 am – Noon**  
**Wednesday: 3:00 pm – 7:00 pm**  
**Closed on weekends and statutory holidays**

### 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)  
- 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,  
Karina Manuel, Tara Melhus,  
Nerissa Menezes, Nate Pike,  
Tavis Settles, Glen Smith.

### 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:

- Secretary
- Community Gardens
- Planning & Development

Accessibility: Chris Abdalla  
(accessibility@nhca.ca)

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)

Beautification: Tara Melhus  
(beautification@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: Nerissa Menezes  
(membership@nhca.ca)

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

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

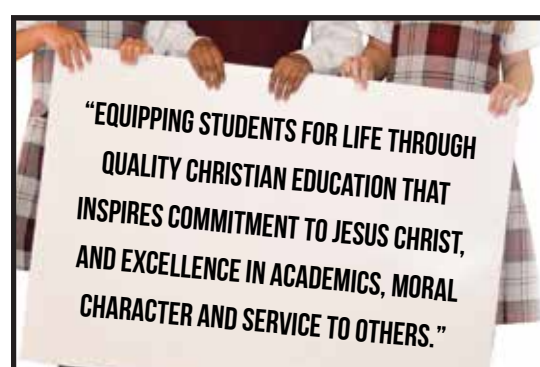
Rinks: Daniel Sennhauser  
(rinks@nhca.ca)

SPRY in the Hills: Karina Manuel &  
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.



**INFORMATION NIGHT**  
**Wednesday, January 29, 2020**  
Presentation at 6:00 pm, followed by guided school tours

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CROSSWORD

Answers on page 10

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
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63						64					65			66
67						68					69			
70						71					72			

Gourmet by Myles Mellor

ACROSS

1. On the go  
6. Sturdy boat  
10. Braveheart hillside  
14. Stock unit  
15. Molding or arch  
16. Solid foundation  
17. Rice dish  
18. Panache  
19. Top of the list  
20. Something you learn to like  
23. Theory

24. Emulated Miss Muffet  
25. Your father  
28. Relax  
31. Lieu  
35. Column  
37. Some '60s hipsters  
39. Prefix with red  
41. Expression from a happy eater  
44. Pulitzer Prize category  
45. "So be it!"  
46. Trick  
47. Tendency  
49. Cobblers' tools  
51. Grassland

52. A lot of fun  
54. Bar beverage  
56. Enjoy the cabernet and pinot perhaps  
63. Pig of film  
64. Flake  
65. Sovereign decree  
67. Wrinkled skin fruit  
68. Additionally  
69. Soft twilled silk  
70. Falter  
71. Trawling equipment  
72. Very small

DOWN

1. Cleopatra biter  
2. Actor LaBeouf, son of Indy  
3. Perfumed powder  
4. Many a Kurd  
5. Trash  
6. "Evil" attachment  
7. Eye  
8. Understands  
9. Gossips at shul  
10. They can be uplifting  
11. Underground plant part  
12. Zits  
13. Live minimally  
21. Shiah leaders  
22. "Tall" story  
25. Pulitzer winner Maureen  
26. Left side of a ship  
27. Cryogenics chemist  
29. Sprite perhaps  
30. Diuretic's target  
32. Oklahoma city  
33. In conflict with, with "of"  
34. Peach or cherry  
36. \_\_\_-a-dozen  
38. Large number  
40. Not docked  
42. "Last \_\_\_ In Paris"  
43. Monster \_\_\_, Jennifer Lopez film  
48. Obscure  
50. Sneakiest  
53. Fur neckware  
55. Crown  
56. Herb to spice up a meal  
57. Skilful  
58. Bridal gown accessory  
59. Emcee  
60. Gets with great effort  
61. St Patrick's place?  
62. Computer picture  
63. Sticker  
66. Biblically yours

Volunteer Opportunities

- Continued from page 3

part of NHCA's Events Team, which will be planning, organizing and delivering NHCA's big 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 and local businesses! Contact Lindsay (events@nhca.ca) to get involved and 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 volunteers in the following roles:

- If you would like to help with putting together a rough design for the last Park #6 and developing the lifecycle plan for any of the parks in Project 2: Five SE Coventry Parks, please let us know at creatingcoventry@gmail.com or on our Facebook page @creatingcoventry.



Harvest Hills Hub

The Harvest 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:

- Events Coordinator - Manage event proposals, update the events calendar with new events, and liaise with dedicated members on our team to help facilitate community run events in Harvest Hills.
- 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 HarvestHillsHub@hotmail.com.

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



Updated: February 28, 2019



Membership Application

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

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

Fees:

- ☐ Family \$30                      ☐ Single \$20                      ☐ Senior (60+) \$20  
☐ \*Associate \$30                      ☐ Business \$50                      ☐ \*\*Business Plus \$120

\*Family/Single/Senior outside of the Northern Hills Area    \*\*Additional Web Ad  
Please enclose cheque payable to "Northern Hills Community Association"

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

D.O.B: \_\_\_\_\_ Gender: \_\_\_\_\_

(Spouses) First Name: \_\_\_\_\_ (Spouses) Last Name: \_\_\_\_\_

(Spouses) D.O.B: \_\_\_\_\_ (Spouses) Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Would you like to receive our news on events and programs via email?

- ☐ YES    ☐ NO

Are you interested to learn more about volunteer opportunities with us?

- ☐ YES    ☐ NO

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

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

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5306-2019-1210 F2



# North Calgary High School Moving Forward

By Advocates for North Calgary High School

- Northern Hills – your advocacy and support paid off! In November, full construction funding for North Calgary High School was announced.
- In December, the Advocates for North Calgary High School hosted David Hartwick of the NHCA, and interested community members to the library for a look at the Development Permit.

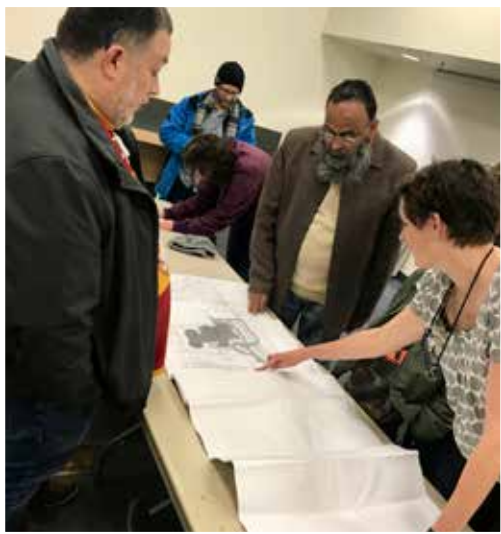
Watch for more exciting news coming in 2020. We don't yet know (at the time of writing) when shovels will be in the ground, but you can be sure we are watching and waiting and very much look forward to that sod-turning ceremony.

### It's Our Turn!

TOP LEFT: Community residents, David Hartwick (NHCA Development & Planning Director) discussing what they see in the Development Permit for North Calgary High School, on Dec 5.

TOP RIGHT: Community advocates and future North Calgary High School students pose with Trustee Adams at the construction funding announcement, Nov 1, 2019.

BOTTOM: A future North Calgary High School attendee takes a peek at the Development Permit for the school on Dec 5.



## Outreach Thursdays in NHCA

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

They seek to meet the needs of North West and North Central Calgary residents by offering Basic Need Appointments including outreach, information and referral support for singles, seniors and families - no restrictions on children under 18 living at home.

To access several North Central Family Support Programs for you and your family, kindly contact [Germaine Rivera](mailto:germaine@bowwest.com) (via email [germaine@bowwest.com](mailto:germaine@bowwest.com) or phone 403-874-6809).



# ASK US ABOUT OUR

## Lunar New Year Sale

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JUST LISTED

**235 Covington Rd NE**  
 4 BD | 4 BA | DETACHED GARAGE

JUST LISTED

**212 Harvest Creek Co NE**  
 5 BD | 3 FULL BA | \$180K IN IMPRVMTS

FOR SALE

**8 Covecreek CI NE**  
 3 BR | OVERSIZED GARAGE | COMP DECK

FOR SALE

**147 Covertton Ht NE**  
 3 BR | 3 BA | BACKS ONTO GRNSPACE

NEW PRICE

**13-133 Rockyledge View NW**  
 2 BR | 2 FULL BA | MTN VIEWS

COMING SOON

**28 Panamount Rise NW**  
 FULLY DEV WALK OUT | BSMNT HAS KITCHENETTE AND SEPERATE LAUNDRY

SOLD

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SOLD

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Community Sports

Welcome to the new sports page!

By Amanda Joly – Sports Director, NHCA

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

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!

Win Free Ice Cream

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](mailto:Sports@NHCA.ca)

Volunteers Needed!!

We are looking for volunteers to help us with our sports programs. Please email [Sports@NHCA.ca](mailto: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.



Please reach out to [Sports@NHCA.ca](mailto:Sports@NHCA.ca) for a chance to be interviewed and to appear in our Newspaper and Facebook page!



We have made a giant leap with our soccer program and we are proud to announce that we are now affiliated with Calgary Minor Soccer Association (CMSA). CMSA is the largest sport organization in Calgary and is dedicated to work with organizations, like the Northern Hills Community Association, to develop

opportunities that allow every participant a road to achieve their desired level of play. SoccerTech, a Grassroots organization, which has brought soccer to our community for many years, will continue to be the driving force of our soccer program, with the added benefits of having CMSA and Northern Hills Dental as our supporters.

NHCA Sports

This year we are pleased to bring to the Northern Hills Community a revamped Adult Slo-Pitch program, along with 2 new youth sports programs. Starting in May for youth aged 6-12 we now offer Ultimate Frisbee and Field Hockey.  
Registration for all of the sporting programs will be starting January 1, 2020. Please visit [www.NHCA.ca](http://www.NHCA.ca) or [www.SoccerTech.ca](http://www.SoccerTech.ca) to register for these programs online. If you have any questions or concerns please send an email to [sports@NHCA.ca](mailto:sports@NHCA.ca).

SAVE-THE-DATE:

Friday February 28, 2020  
We will be hosting a Registration Event.  
Look for more detail in the February newsletter and on our Facebook page.

Sports Engagement

The NHCA was recently approached by CASE, Calgary Association for Skateboard Enthusiasts, to consider a proposal for an all-wheel park.  
All-wheel parks are permanent terrain parks, designed specifically for youth and adults alike to work on their skill development, an active lifestyle, and positive socialization with others in the community in a safe accommodating area.  
In order to do this, we are asking for community engagement and feedback from all of you, whether or not this will be of good use to you and your families.  
So if you are someone who would use the park, a parent, have children who will benefit from this park or know children that will benefit and would like to help us advocate, please send an email to [Sports@NHCA.ca](mailto:Sports@NHCA.ca).

Moving forward we want to include all your voices and concerns, that way the whole community is heard, involved and has a direct impact to something that will benefit their lives, for years to come.  
We want to hear from YOU!



Dates

Soccer Registration is Now Open!  
Learn more on our website  
[nhca.ca/soccer/](http://nhca.ca/soccer/)

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 29	Dec 30 NHCA Office is closed	Dec 31 New Year's Eve	1 New Year's Day Happy New Year! Soccer Registration is now Open!	2 9:00am – Noon SPRY Fitness Program In-Person Registration @ NHCA Office, Vivo	3	4
5	6	7	8	9	10	11
12	13	14 3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only	15	16 3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only	17	18
19	20 3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only	21	22	23 3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only	24	25
26	27	28	29	30 3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only	31	Feb 1

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

**Come Play with Me at Vivo**  
 Come and share songs rhymes + stories in an interactive circle program for children 1-5 yrs. Learn more [nhca.ca/outreach-in-the-hills/](http://nhca.ca/outreach-in-the-hills/)

**Spring Outdoor Soccer 2020**  
 Registration for another great Child & Youth soccer season is now open! We have made a giant leap with our soccer program! Learn more on our webpage – [nhca.ca/soccer](http://nhca.ca/soccer)

**SPRY Winter/Spring Fitness + Social Program**  
**How to register?**  
Adults 55+ are welcome to join this fitness + social program! \$20 (Annual NHCA Membership) + \$35 (Program Fee)  
**Online Registration** will open on Thursday, Jan 2<sup>nd</sup> online at [www.nhca.ca/seniors](http://www.nhca.ca/seniors)  
**In-person Reg** at the NHCA Office will be from 8:00am – Noon on Thursday, Jan 2<sup>nd</sup>.  
To register in-person on another day, please come during the regular Public Hours (Mondays 8:00am-Noon & Wednesdays 3:00-7:00pm).



# Happy New Year from the HHHub!

By Nikki Browne - HHHub Committee

Whether you celebrated Christmas, Hanukkah, Kwanzaa, the Winter Solstice, or any other incredible holiday, we hope the last few weeks have brought you joy, laughter, and lots of time surrounded by loved ones. Now though, it's time to say goodbye to 2019, and welcome in a new year! They say hindsight is 20/20, but as we welcome in the year 2020, we don't want to look back, we want to look forward!

That's why we're making some New Year's Resolutions!



### Continue to Bring Free Events to Our Community

Last year we held over a dozen different types of events, from huge community parties, to smaller, more informal meets ups, to fitness classes, and everything in between. Incredibly we were able to do all this at no cost to anyone attending. This is definitely a trend we want to continue, as by removing any financial barrier, we hope to make our events as accessible as possible. One of the ways we can do

this is with the generous support of our volunteers. We were blown away by how many people stepped up to help at one or more of our events last year, and we are hoping this year we can get even more people involved. By providing your time, you are providing your community with the gift of a carefree experience, a chance to connect with neighbors and new friends alike. Volunteer opportunities can range from an hour or two on a one-time basis, to a few hours a month on a reoccurring basis. Please reach out to us at anytime if you can help, we greatly appreciate it!



### Collaborate with Other Community Groups and Associations

In late 2019, members of the HHHub committee were invited to attend some amazing community initiative's, including Vital City and Weaving Our Stories: Calgary's Meet Up. While there, we were reminded of how many amazing projects are happening all around us, and we would love to collaborate with other groups to bring those visions to life! The HHHub isn't just a space, it's a frame of mind, and in 2020 we look forward to expanding even further into our community. If you are part of a community group,

association, or project and you'd like to collaborate with the HHHub, drop us a line, we'd love to meet up and work towards our common goal of a stronger community!

### Continue to Support Local Business

Last year we were fortunate enough to be able to partner with some of the local businesses in our community, and it was wonderful to see all the amazing things they bring to the table! There are so many talented people in our community, and we would love to do everything we can to help support them. We are looking at some fun ways to highlight local businesses, but if you think your business could add something to one of our events, or if you have an idea you'd like to sponsor, we'd love for you to get in touch. Feel free to send us an email at [harvesthillshub@hotmail.com](mailto:harvesthillshub@hotmail.com)



### Involve Everyone in the Community

We are incredibly lucky to live in such a rich and diverse community, full of people of all ages, backgrounds, and interests. The HHHub is all about bringing people together and making sure no one is left behind, and in 2020 we want to make sure that everyone in our community can find an event for them! We have some exciting ideas in the pipeline, but we need your help! If there is a group in the community that you think might be underrepresented, or if you have a passion or background in a particular area that you think might be of help, then please let us know!

What are your New Year's resolutions? What do you hope 2020 will bring? Drop us a line by email, or on our Facebook page, and let us know if there's anything the HHHub can do to help you achieve your 2020 goals!

Harvest Hills Alliance  
CHURCH

Believe | Belong | Bless

**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

0099 Harvest Hill Blvd NW  
office@hhchurch.com  
03-226-0990

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

**Winter /Spring 2020  
Registration**

**ESL**

Sunday  
January 12th  
10:00 am - 1:00 pm  
Please register in  
Person.

Classes Start  
Sun January 19 10:15 am

Tues January 21 6:30 pm

Wed January 22 9:30 am

**MEN'S  
FLOOR HOCKEY**

Starting Tue January 7  
8:45 pm  
Bring your own stick and  
equipment.  
Come out and have fun.

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403 248 3937  
[www.progressiveoptometry.ca](http://www.progressiveoptometry.ca)



Sunday | January 26 | 1:30pm-3:30pm

Winter Skatetacular

400 Panamount Blvd NW

Join us for FREE all ages

\*skating\*

\*hot chocolate\*

\*fire pits\*


and much more!

Northern Hills Community Association

PANORAMA HILLS Northstar Residents Association

Learn more at [www.nhca.ca/winter-skatetacular](http://www.nhca.ca/winter-skatetacular)

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 10

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



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More worksheets at [www.education.com/w](http://www.education.com/w)

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



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403.226.1809

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



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COVENTRY HILLS BLVD

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Tues 8:00 am - 7:00 pm

Wed 8:00 am - 4:00 pm

Thurs 8:00 am - 4:00 pm

Fri 8:00 am - 2:30 pm

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



# Elected Representatives



## WARD 3 COUNCILLOR JYOTI GONDEK

This November, City Council made some significant decisions around our operating budget based on a motion that I put forward with Councillor Colley-Urquhart. First, we directed Administration to engage a third-party and report back by November 2020 with operating budget savings of \$24 million and a further \$50 million for 2021 and 2022, respectively. This will mean



a future drop of \$74 million in the operating budget which directly impacts all property owners in the city. Because internal efforts at seeking efficiencies have been exhausted, an experienced external perspective will be valuable.

Next, we preserved much-needed transit hours, the low income transit pass, and police and fire service through the use of interest earned on City investments, instead of adding to taxpayer's property tax bills for 2020 and 2021. Given the number of Calgarians who are out of work or in positions of vulnerability, cutting our service levels was counterintuitive to getting people back on their feet. In a nutshell, we were able to hold the operating budget to 2019 levels (0%

increase) by finding bridge financing for services while directing a total of \$74 million in reductions for future operating budgets.

Finally, we made a long overdue change in the proportional share of responsibility for operating budget between residential and non-residential properties. Historically, non-residential (or business) properties have been responsible for up to 55% of the operating budget while homeowners covered 45%. Because non-residential properties only generate about 20% of the revenue stream from property taxes, this has resulted in a lopsided system that has increased property taxes for businesses to a level where they have had to cut jobs or close their doors. To

address this, we approved a proportional share of 52% for approximately 500,000 residential properties and 48% for about 15,000 non-residential properties to keep Calgarians in business and employed.

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

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

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

Ally Bates  
403-268-2530  
[caward3@calgary.ca](mailto:caward3@calgary.ca)

## CALGARY-NORTH EAST MLA RAJAN SAWHNEY

Dear friends and neighbours,

Happy New Year! I hope you all had a wonderful holiday season filled with joy and celebrations with friends and family. I would also like to wish our friends in the Chinese community a Happy New Year filled with luck and good fortune, as the Year of the Rat begins on January 25, and the Ukrainian community a very blessed Christmas, which they will celebrate on January 7.



In late November, we opened the call for nominations for the 2020 Inspiration Awards. We want to recognize those who are taking a stand against abuse and who are making life better for Albertans here in our community. The call for nominations closes January 13, 2020, and those who are selected will be celebrated at the awards ceremony in spring 2020. Further details can be found at [alberta.ca/InspirationAwards](http://alberta.ca/InspirationAwards).

On October 24, we introduced the Fall 2019 budget, a balanced, thoughtful, and pragmatic approach to getting back to balance and bringing jobs back to Alberta. This budget supports our front-line services and invests in needed capital projects, including 15 new schools across Alberta. We also introduced a number

of bills that are helping us restore the Alberta Advantage.

We continue to fight the federal carbon tax in court and have created the Technology Innovation and Emissions Reduction fund, which encourages industry to reduce emissions and implement innovative, clean technologies, many of which are being developed here in Alberta!

On December 3rd, an exciting step forward was taken for Trans Mountain, our province and our entire country with the first pipe being laid outside of Edmonton. Although, project completion is the one true measure of success, it's important to celebrate achievements along the way. The Trans Mountain Expansion Project is not only a step forward for

Alberta, but for the economic growth and prosperity of Canada as a whole. This project has created more than 2200 jobs as of September 2019, including Indigenous peoples, local and regional employees. Our government has been a tireless advocate for Trans Mountain and will continue to fight for jobs, economy and pipelines. I look forward to providing you with more updates as this project moves forward.

I wish all of you the best in 2020.

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

## CALGARY-NORTH MLA MUHAMMAD YASEEN

### Trans Mountain Expansion Update:

Great news! Start-up of the Trans Mountain Expansion Project was recently announced. This project is not only a step forward for Alberta, but for the economic growth and prosperity of Canada as a whole. Our government and many of my constituents have been devoted advocates for this project. Albertans can be assured their government will stand up for our energy sector. I want you to know that I will continue to fight for jobs, economy and pipelines.



### Choices in Education:

Last month, Hon. LaGrange, Minister of Education, hosted a roundtable with constituents from Calgary North and Calgary Northeast to gather their feedback on Choices in Education. I want to thank the participants for their feedback that will be used to form the development of the Choice in Education Act.

### Alberta's Fair Deal Panel:

The Fair Deal Panel is consulting Albertans on how best to define and secure a fair deal for Alberta. They are exploring ideas that give the province a bigger voice within the federation, increase power over areas of provincial jurisdiction and advance vital economic interests. The first town halls were held in December in Edmonton, Red Deer and Calgary. If you missed

the town halls, you still have an opportunity to provide your input online at [www.fairdeal.ca](http://www.fairdeal.ca). The panel will complete its report to the government by March 31, 2020.

### Consumer Protection Online Tools:

Budget 2019 invests \$20 million per year to educate Albertans on consumer protection and enforcement activities, and to support the introduction of new tools to protect people from scams, fraud and potential financial losses. Adding new consumer protection tools to those already available highlights the government's commitment to modernizing services and ensuring an appropriate balance between protecting consumers and creating an environment where job creators can thrive.

### Business Enforcement Search: Allows consumers free access to the history of enforcement actions against a business.

**Consumer Alerts Program:** Alberta.ca issues proactive warnings about dishonest businesses. Report a Rip-off tip line 1-877-427-4088. Anonymous tips line allows consumers and businesses to report suspicious or dishonest activities.

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

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](mailto:calgary.north@assembly.ab.ca)



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

Happy New Year! I want to start by thanking the residents of Calgary Nose Hill for placing their trust in me to represent them as their voice in Ottawa. It is a great honour and responsibility to be able to serve our community as your Member of Parliament.

I remained focus on issues of concern for our community including the economic situation in Alberta and the need to get people back to work. I continue to hear from workers, and their families, who are struggling to make ends meet. I am also working hard to advance the conversation about fairness for Alberta within confederation including

reviewing the equalization formula. To that end, I have launched an official Parliamentary petition which calls on the government repeal legislation, like Bills C-69 and C-48, which are damaging the Alberta economy, and which calls on the government to allow Alberta to proceed, unimpeded, as it explores areas of provincial autonomy as a part of this conversation.

I will also be hosting a Town Hall Meeting on January 20, 2020 at 7:00 PM at Foot-hills Alliance Church where I will be giving you an update on my efforts in Ottawa and taking questions from our community.

Once again, thank you for allowing me to be your strong voice in Ottawa. As always, please do not hesitate to contact me about any issue of concern.

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

## Fun Family Programs

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

### Storytime at Vivo

Jan 16, 23, & 30  
10:00-11:00am at Vivo

Come join us for this free Storytime for children 1-5 years with Parent Link staff where children and parents will share songs rhymes and stories in this interactive circle program. Families need to attend all 3 story times. Please call 587-392-2271 to register.

### Come Play with Me at Vivo

Feb 6 – March 19  
Thursday Mornings at Vivo

Come join us for this, free drop in playgroup for parents and children (birth – 5 years).

Children are able to pick from a variety of play areas. Staff are available to answer various parental questions.

\* These programs are partnerships between Northern Hills Community Association, Vivo and Family Connections Parent Link. \*

parentLINKcentre

FAMILY CONNECTIONS  
parent link centre

Northern Hills  
Community Association

vivo15  
for Healthier Generations



# Senior Persons Regaining Youth (SPRY) in the Hills

## Winter/Spring 2020 Exercise Session and Social & Games Hour



By J-L Emond - SPRY Committee Lead

Have you heard about SPRY social gatherings and Fit-2-Age Fitness program? Starting January 14th, 2020 until May 28th our SPRY committee will be holding an hour of fitness session and an hour of social & games every Tuesday and Thursday from 2:15-4:15pm at Play Lab room at Vivo For Healthier Generations Centre.

Registration for Fit-2-Age Fitness program will open on January 2nd online at [nhca.ca/seniors/](http://nhca.ca/seniors/) and in-person at the NHCA Office (9am-Noon). It is \$35/per person for the whole session. Plus, NHCA Membership is required.

Social and Games hour happens during the 2nd hour from 3:15-4:15pm in the same location. It is a drop-in and the only requirement is to have NHCA Membership, well and ready to have some good time!

Hope to see you all in the new year!



Northern Hills  
Community Association



### 2020 TAX CLINIC VOLUNTEERS

## We're looking for volunteers for NHCA's 2020 tax clinic!

Gain Experience, Help Community Members, Make New Friends!

### General Tax Volunteers

- Expectations:
- Basic computer literacy
  - Interest in and/or experience in basic tax filing
  - Detail-oriented
  - Commit at least 10 hours during clinic from March-April

### Shift Lead Volunteers

- Expectations:
- Knowledgeable in basic tax principles
  - Experienced in income tax filing
  - Supervise and direct volunteers
  - Commit at least 10 hours during clinic from March-April

Apply by email to: [ahih@nhca.ca](mailto:ahih@nhca.ca) by Jan 7th, 2020!

More info: [nhca.ca/ahih](http://nhca.ca/ahih)

## Community Access for Seniors Program



By Mae Chun  
Calgary Chinese Community Service Association (CCCSA)

The Community Access for Seniors program would like to invite residents of Panorama Hills to register for the following FREE classes:

- 1. English Conversation Class: learn conversational English.**  
**Every Tuesday**, from January 14, 2020 – March 17, 2020, 10 am to 12 noon, Panorama Hills Community Centre 88 Panamound Drive NW  
**Every Thursday**, from January 16, 2020 – March 17, 2020, 10 am to 12 noon, Panorama Hills Community Centre 88 Panamound Drive NW
- 2. CONNECT – coffee, conversation & games for seniors**  
**Every Wednesday**, from January 15, 2020 – March 18, 2020, 10 am to 12 noon, Symons Valley United Church 38 Kincora Rise NW

To register:  
Call – (403) 265-8446  
Email – [cas@cccsa.ca](mailto:cas@cccsa.ca)



Delivered by Calgary Chinese Community Service Association ([www.cccsa.ca](http://www.cccsa.ca))

**Sudoku puzzle ANSWERS**  
Puzzle on page 8  
This Sudoku is provided by:  
Sudoku of the day:  
<https://www.sudokuoftheday.com/>

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

**Crossword puzzle ANSWERS**  
Puzzle on page 4

1	A	S	T	I	R	6	D	O	R	Y	10	B	R	A	E
14	S	H	A	R	E	15	O	G	E	E	16	R	O	C	K
17	P	I	L	A	F	18	E	L	A	N	19	A	O	N	E
20	A	C	Q	U	I	21	R	E	D	T	22	A	S	T	E
23	I	S	M	24	S	A	T	25	D	A	D	26	E	A	S
27	O	P	E	D	28	M	O	D	S	29	I	N	F	R	A
31	W	O	W	I	T	32	S	D	E	L	33	I	C	I	O
35	D	R	A	M	A	36	A	M	E	N	37	D	U	P	E
39	T	R	E	N	D	40	A	W	L	S	41	L	E	A	
43	G	A	S	44	A	L	E	45	V	O	R	T	46	E	W
49	B	A	B	E	50	K	O	O	K	51	E	D	I	C	T
53	U	G	L	I	54	E	L	S	E	55	S	U	R	A	H
57	R	E	E	L	58	N	E	T	S	59	T	E	E	N	Y

## The Author of Our Crosswords

Myles Mellor is one of the top crossword writers in the world. Published in over 600 magazines, newspapers and web outlets. Over 12,000 crosswords published worldwide. Supplying theme crosswords, diamond crosswords, syndicated puzzles, cryptograms, diagramless crosswords, word search, sudokus, anagrams, and word games. Published on mobile devices and e-readers. [www.themecrosswords.com](http://www.themecrosswords.com)





# What makes a Business a Social Business?

By Chas Young - Northern Hills Connect

Or, what is a social business or social enterprise? In all fairness, there's a whole debate and spectrum of what constitutes a social business and it could appear to be quite complicated, but it doesn't have to be. In essence, a social business is a business that seeks to address social challenges in the community through the selling of their products and services. A social business or social enterprise balances People and Profits to make the world a better place.

What does that really mean? Well, there are many social challenges in Calgary that your business can help with. "Again, what do you mean by social challenges?" I thought I heard you ask that.

Social challenges are those barriers that stand in the way of all of us living in an equal and inclusive community or economy. Some of the barriers may be unaffordable childcare, minimum wage not paying the bills, not getting enough hours at work, having a disability (either mental or physical or both), having a health condition, access to transit, education, and the list goes on. There are just so many problems out there.

But wait, your business can help solve and prevent these problems! Your business can create change in the community to create a more

inclusive economy. You don't have to register as a non-profit or social business (even though you can't even register as a social business, yet), to be called a social business. Basically, any business can create change in their community by addressing these social challenges.

A social enterprise balances both being profitable in business with providing maximum benefits to the people of the community. It does not exploit people, but harnesses their strengths to build a stronger business and community. A non-profit or char-

“...any business can create change in their community by addressing these social challenges.”

ity emphasizes people and providing services for people, not a big emphasis on business principles though. Social business blends the two in some capacity.

How Can You Make Changes within Your Business to be More Social?

Take Ashley for example. Ashley has been a stay at home mom to



her 3 young kids for years. She has dedicated her life to her kids. Plus, she can't afford the \$900+ per month, per child, to put in daycare so she can work at a minimum wage job. Just to pay for daycare, she'd have to make \$2700, let alone pay for food and rent. But what if Ashley walked into your business, and she looked like she might be the perfect employee for you? You could hire her at a living wage, or more to whatever would make it affordable for her to work for you, and maybe provide a couple of benefits for her and her

family. Because you believe that she will help you grow your business, you take the risk and pay her a decent wage and benefits. Maybe you also structure her hours to make drop off and pick up at the daycare accessible, or even

allow her to work from home to be home with her kids.

BOOM! You are now a social business!!!

Northern Hills Connect, with support from Vivo, Thrive, and Calgary Foundation, hosts community events to create sustainable social enterprises that cultivate a culture of belonging and connection in the Northern Hills Community.






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

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COUNTRY HILLS TOWNE CENTRE  
CALGARY, ALBERTA T3K 4Y7  
P: 403 226 7638  
F: 403 226 7698

#730, 1110 PANATELLA BLVD NW  
GATES OF PANORAMA HILLS  
CALGARY, ALBERTA T3K 0S6  
P: 403 452 6831  
F: 403 452 2644

DR. MONICA JENSEN-TO • DR. SHAUNA CHOREL  
DR. BONITA O'BRIEN • DR. FLORIA TSE • DR. ANDREA QUON

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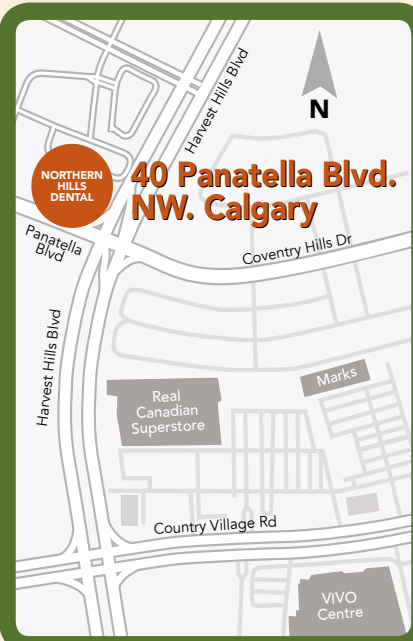


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Dr. Christine Ursuliak

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