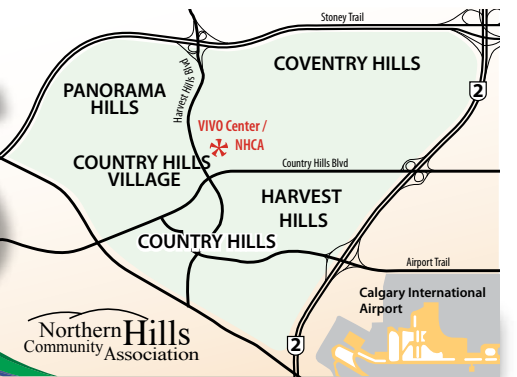


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NORTHERN HILLS NEWS

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



Official Newsletter of the Northern Hills Community Association ♦ www.nhca.ca f @northernhillscalgary @northernhills

Break A LEGO – Family Day Fun!

By Lindsay Lantela
NHCA Events Director

Our 3rd annual Break A LEGO event at Vivo was a fitting piece to family day this year! Much like that satisfying snap of LEGO bricks clicking together, we love seeing community, creativity, and fun connect!

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

The main event, the LEGO creations contest, provides an opportunity for participants to use their unique ideas to create an original, one-of-a-kind LEGO build! Participants are required to build their best creation at home and bring it with them on the day of the event. This year we grew the contest and had 80 contestant spots open. Registration filled quickly and many more were eager to join on our waitlist. Contestants were judged on their build, within their age group, based on everything from creativity to recognizability and more. The competition is fierce but friendly, and it was wonderful to see all of these special creations! We would like to thank our grand prize sponsors Mastermind Toys, Northern Hills Dental, Cory Lomsnes Remax Realtor, Vivo for Healthier Generations, and



be a hero yourself at the cut-out photobooth!

The Northern Hills Arts & Crafts team was on the scene again this year. Kids were invited to craft superhero wristbands, guaranteed to make you fly faster and add extra strength to your KER-POW!

Our special appreciation goes to all of the wonderful volunteers, many of which were enthusiastic youth from our community, without whom all of this wouldn't be possible. We want to thank you all for your hard work and for sharing your cheer and excitement. It was a busy day, and you were our rock stars!

Photo by Laine Schuck and Nikki Pike, NHCA Photographers



We had 4 SUPER cosplay guests this year, Batman, Captain America, Black Widow, and Spiderman! They were taking pictures and handing out high-fives to everyone they met. Along with striking a pose with these fantastic heroes, you could pretend to

play with MEGA BLOCKS, because building for fun is for everyone!

The other big contest was a chance to guess the number of LEGOs used to build an amazing 3D unicorn! Not easy, and it might have taken a bit of magic, but we had some people get really close. The best guess winner went home with a great LEGO set and a bag of other goodies!

This year we had lots of special guests! LEGO enthusiasts and professionals from Southern Alberta LEGO Users Group (SALUG) and Calgary LEGO Train Club (CLTC) brought their incredible LEGO creations to showcase what marvelous things could be made out LEGO. Thousands of LEGO pieces and countless hours of work produced stunning works of art which captivated anyone who stopped by.

Manifest Church. With their support our winners in each age group received an awesome LEGO set and a bag full of surprises!

LEGO Olympics was a bustle of activity. This year we changed things up and let your compete against yourself in a bingo bonanza. The first 65 people received an awesome mini prize pack from Mastermind Toys, and everyone walked away a winner with a shiny gold medal (with some delicious chocolate inside). Anyone too little for this challenge could



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this month
WHAT'S INSIDE

FREE ICE CREAM
ON PAGE 8

Rice for King
Fine Vietnamese Cuisine

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NEW ITEM**

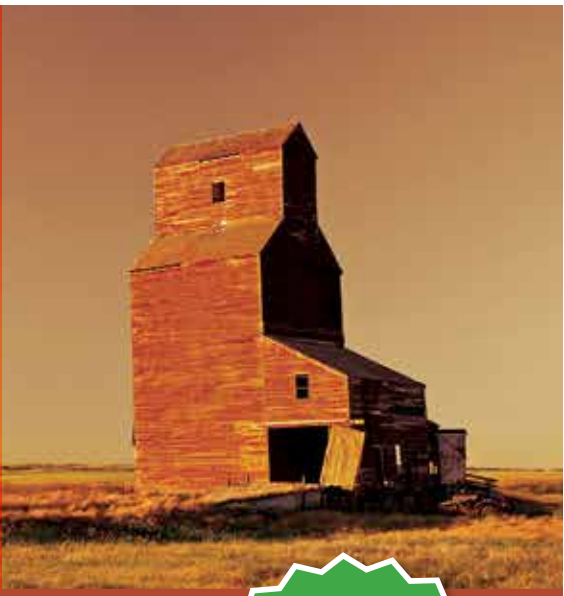
• Grilled Striploin 6oz with 2 eggs
• Grilled chicken breast 6oz with 2 eggs
with mixed vegetables and noodles
\$15

**Dinner Special
(Special New Item)**
\$10
AFTER 3PM
(Reg. \$15)

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for every Hygiene Visit done in the month of March

Green Dental Routine Tips

- 1 Turn Off the Water!

You can save water by only turning on the tap when you need to rinse your mouth and toothbrush.
- 2 Slow Down.

By brushing more gentle you can make your toothbrush last longer! This will save you money and reduce waste. Slower, softer brushing will also protect your gums.
- 3 Floss Regularly!

You'll help prevent major dental work, saving you money and reducing your carbon footprint.
- 4 Crisp Fruits & Vegetables

Apples, carrots and celery, can help remove plaque and freshen breath! Nutrient-rich foods help protect gums and other tissues from bacterial infection. (Plus: low carbon footprint!)



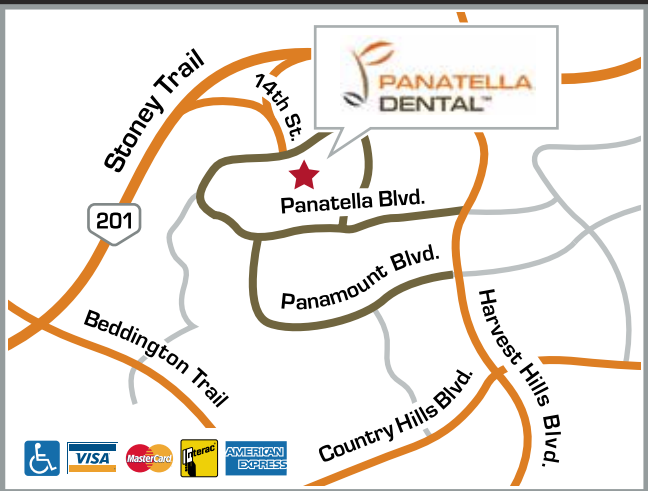
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Community Association Notes



From the President

Spring is in the air! Personally, for the last 53 years or so I've noticed there has always been a major snowstorm right around my birthday (April 27) so I usually don't get too excited over the weather in March, but March is still the month of rebirth in many ways.

Today, our calendar sets January as the first month of the year, but that wasn't always so. Did you ever wonder why September is named after the latin number 7 (septem), October is 8 (octo), November



is 9 (novem) and December is 10 (decem), but instead of them being the 7, 8, 9, and 10th months, they are the 9, 10, 11 and 12th months? That's why. March was the original new year!

In this theme of rebirth and renewal, there is a lot going on in March and early April. March 8 is International Women's Day, March 14 is Pie day (3.14), March 17 is St. Patricks day (I have Irish heritage so that's a big one for me), March 20 is International Earth Day, and I'll wish you an early Happy Easter (April 12) now in case the newsletter arrives too late next month.

The NHCA is also working hard on our own rebirth. The Objects and ByLaws are being rewritten and updated. New policies are being implemented. We've hired a new member of our staff to help

with our ever-growing workload.

Our sports program has undergone a major overhaul, we are considering getting a building, and we are launching a new series of surveys in order to more deeply understand the needs of businesses in the area, from big name brands to the small part-time projects being run from kitchen tables all around our community.

The NHCA Annual General Meeting is going to be held near the end of April, where I'll be able to share the details of all these projects in person. The exact time and place are still being decided by the AGM Committee. Hopefully It won't be on my birthday, but we'll see.

We will also be having a fundraising casino in early April and could use some more volunteers to help us. Please con-

tact our office and we'll get you set up.

Finally, I wanted to take this opportunity to thank everyone involved with the 3rd Annual Break-A-LEGO event on Alberta Family Day (Feb 17). It was a huge success with amazing 62 entries and the halls at Vivo were full of excited kids and their families. We have more fun coming up with the Winter SkateTacular 2020 on March 15 and the Vivo Come Play with Me events on March 5, 12, and 19.

That's all for now – I hope you have a great March!

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

Volunteer Opportunities



We have an Executive Officer position and few committees with vacant directorship positions. Please contact our office by calling (403-226-6422), emailing (info@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 our VOLUNTEER NEEDS in our committee groups 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 us to receive revenue from gaming activities which then could be used towards all these amazing community programs, events, and projects! They will not be possible without

such casino fundraisings!

We need your help! We need volunteers to cover all these various fun positions during AM and PM shifts. Please contact Chris at accessibility@nhca.ca for more information and to sign up. Learn more here: <http://nhca.ca/casino>

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 who is registering a child in a sports program, this will count for your volunteer requirement. Currently we are looking for volunteers to help with the soccer season and with our upcoming NHCA Casino fundraising.

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. Please consider applying for the below commit-

tee positions by emailing Victoria at HarvestHillsHub@hotmail.com. Our committee is currently looking for:

- Sign Coordinator(s) - We are looking for one or more volunteers to help us get the word out about HHHub events by updating our sandwich boards located around the community! Must have a truck and be able to life 50lbs. Time commitment is a maximum of 3 hours every two weeks.
- Seniors' Liaison - We would love to expand our offerings for seniors in the community, and we are looking for a volunteer to help generate ideas and offer insight and assistance. If you've got ideas for senior focused events we can host, please get in touch with us!
- Volunteer Coordinator - Are you an organised people person that likes to see things run smoothly? If so, then we'd love for you to be our volunteer coordinator! Time commitment is a few hours per large event.

We are always in need of volunteer help! Whether that's at the events, mini/maxi projects, you name it! Message us on Facebook, Instagram, Twitter, call us (403-226-6422) or email us (info@nhca.ca)

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



NHCA CONTACTS

NHCA OFFICE:

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

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

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

STAFF & CONTRACTORS

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

Newsletter Publishing: Duane Thomson
at Keyline Publishing

VOLUNTEERS

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

BOARD MEMBERS

President: 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,
Tara Melhus, Nerissa Menezes,
Nate Pike, Tavis Settles, Glen Smith.

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 (Block-
watch): 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: 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.

Sunday | March 15 | 1:30pm-3:30pm

Winter Skatetacular

400 Panamount Blvd NW

Learn more at www.nhca.ca/winter-skatetacular

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Northern Hills Arts & Crafts Presents

WALLPEOPLE

A COMMUNITY ART PROJECT

COMING APRIL 25

For more info visit NHCA.CA/ARTS

CROSSWORD

Answers on page 10

Crossword by Myles Mellor

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17			18					19	20					
21							22							
23				24	25	26		27			28	29	30	31
32				33			34		35					
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	39	40							41	42				
43						44								
45				46	47		48					49	50	51
52						53		54			55			
				56							57			
58	59	60	61					62	63	64				
65						66	67					68		
69						70						71		

- ACROSS**

 - “The sum of ___ fears”
 - Palm-tree varieties
 - Butterfly
 - Farm cry
 - Illusionary works
 - Conspiratorial group
 - Colors
 - Color
 - Revise a manuscript
 - Q-Tip
 - Abjures
 - Seize quickly and easily
 - Time to remember
 - Infinitesimal amount
 - Shiny and bright
 - Pouring in
 - Pakistan language
 - Colors
 - Ringlet
 - Performed an aria, maybe
 - Swallow
 - Artificial ground
 - Jacuzzi setting
 - Floors
 - Trick
 - Target
 - Deserve
 - Color
- DOWN**

 - Electric current unit
 - Gaudier
 - Hard shell
 - Note after fa
 - Copy
 - Blather
 - Salem locale
 - Nurses old grudges, say
 - First-aid item
 - Blemish the finish of
 - Lawyer’s org.
 - “My ___ Sal”
 - Passe
 - Group for children’s welfare
 - Latino rock group
 - Columbus’ favorite
 - Rent
 - Ornamental buttons
 - Not settled
 - Terrarium plant
- Work as a longshoreman
 - Ostrich kin
 - British racing venue
 - Lazybones
 - Seed scar
 - Little one
 - Hence
 - 90210’s ___ Spelling
 - Court figures
 - Group of former Soviet republics
 - A toxic condition
 - Amateur
 - Shut up
 - Exploit successfully
 - Attached, in biology
 - Feel
 - Orchid arrangements
 - Delectable mushroom
 - Genetic info carrier
 - Roadside lodging retreat
 - Assault
 - Tabu for taboo, e.g.: Abbr.
 - Skill
 - Advanced degree?
 - Masters degree

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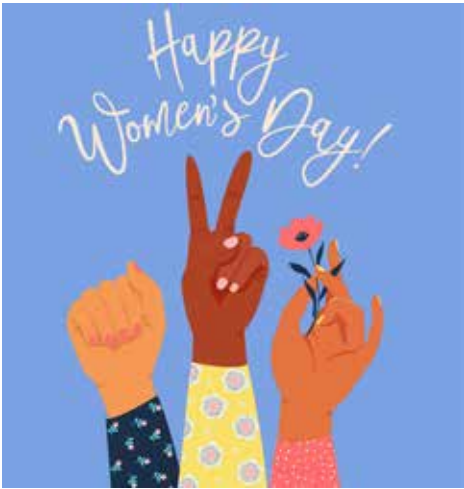


Celebrating International Women’s Day - March 8th

By Yi Yang
Northern Hills resident

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I’ll rise.

Excerpt from Maya Angelou’s poem ‘Still I Rise’



International Women’s Day (IWD) is on Sunday, March 8th this year, and is hailed as an important day to recognize and celebrate women everywhere. In many countries around the world, IWD is a national holiday, and in many more, people will be celebrating the importance and contributions of women-identified individuals, at home, work, and in all the spaces in between. In our own communities, there will be a myriad of events and activities; residents can look out for some city-wide activities led by important organizations such as the Women’s Centre of Calgary and Calgary Immigrant Women’s Association. Although this day is commemorated on March 8th of every year, I find it important to make space for reflection of the importance of the women-identified individuals in my life, nearly every day. We are lucky to live in times where gender equality is a recognized global development priority (by the United Nation’s Sustainable Development Goals), and basic rights and freedoms previously unrecognized have been brought to the forefront and rectified (such as

the right to fair employment, and the right to be recognized as “persons” under the law). In practice, society is continually working on improving the state of intersectional equality. Here are some questions to ask as we go about this IWD and beyond, provided by the Status of Women Canada:

- Why does gender equality matter and how can we continue to make progress?
- Why are there fewer women in leadership positions? What can be done to change this?
- What would happen if there were more women involved in politics?

These are just a few questions we and the institutions we build should actively reflect on. From this corner of Northern Hills, wishing you and your communities a reflective International Women’s Day (every day)!

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We are expecting you. God bless you.

Community Sports



By Amanda Joly – Sports Director, NHCA

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

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 count for that. Currently we are looking for volunteers to help with the soccer season and with our upcoming NHCA Casino.

NHCA Sports

Youth Soccer, Adult Slo-Pitch, Ultimate Frisbee and Field Hockey registration is open online, and you can register at www.NHCA.ca with your NHCA membership and Credit Card. If you have any questions or concerns, please send an email to sports@NHCA.ca.

A Note from the Sports Director

Hello community members, 2020 is turning into an exciting year already. This year our Youth Spring Soccer registration is 10% more than any



other community. I have received many emails from members with different programs they would like to have in our community. I still want to hear from you. What do you want? What do you want to see as a

program or activity? My goal is to have a sports program that is thriving in the community, that is year-round and inclusive of all ages and genders.



It's Yummishii

The tastiest mouthful around.

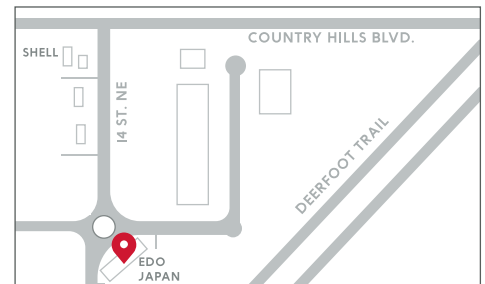


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Fully developed basement
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and paint

28 Panamont Rise NW



JUST LISTED

Fully developed walkout
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4 BR & 4 BA

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8 Covecreek Close NE



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Dates

March 2020

Get a garden plot in a community garden this season!
Learn more here: www.nhca.ca/gardens/

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		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		
International Women's Day 8	9	10	11	12	13	14
		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		10:30am – 12:30pm Free Arts & Crafts Pop-Up @ Mainstreet, Vivo
15	16	17	18	19	20	21
1:30 – 3:30pm Winter SkateTacular @ 400 Panamound Blvd NW	Returning Gardeners Registration opens!	St. Patrick's Day 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		12:00 – 5:00pm Free Tax Clinic Drop-In @ Vivo
22	23	24	25	26	27	28
		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo	6:00 – 6:30pm Social Junction with NHCA Team @ Idea Lab, Vivo	3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo 6:00 – 8:00pm Free Tax Clinic Drop-In @ Vivo		12:00 – 5:00pm Free Tax Clinic Drop-In @ Vivo
29	30	31	April 1	April 2	April 3	April 4
	New Gardeners Registration opens!	3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo	6:00 – 8:00pm Free Tax Clinic Drop-In @ Vivo	3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo		12:00 – 5:00pm Free Tax Clinic Drop-In @ 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-in-the-hills/

Community Gardens Season 2020
Two community gardens – Coventry Hills and Harvest Hills. Registration Dates: March 16 for returning gardeners and March 30 for new gardeners.
Two plot sizes with whole season rental price: 4' x 12' – \$30 & 4' x 8' – \$20 + NHCA membership. Learn more here: www.nhca.ca/gardens/

Tax Clinic
NHCA is proud to host the Free Tax Clinic again this year for our community!
Please see www.nhca.ca/ahih/ for more information about eligibility and March-April 2020 service dates and locations.



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The HHHub is Springing into Action!

By Nikki Browne - HHHub Committee

In just a few short weeks we'll be welcoming in a fresh new season, and with it comes the first HHHub events of the year! We've brought back a lot of the fan favourites from last year, but we've also introduced some exciting new events to bring even more fun to the HHHub. Keeping reading for a sneak peek of just some of the fun to come this year!

Fitness Fundays!

Our weekly hula hoop and yoga classes were some of our most popular offerings last year, a chance for people of all ages to enjoy the fresh air while getting a healthy dose of exercise. Well we are beyond thrilled to announce that both Daniella and Lexi are back for more fitness fun! We are finalising the dates and times, so keep an eye on our web-site and Facebook page for more details!

Parade of Garage Sales

It may have been a cold and snowy day, but last year's parade of garage sales was still a massive hit, with almost 30 houses participating and over 200 people hunting for the best finds! This year will be even bigger and better, so start that spring



cleaning now and join us on Saturday, May 2nd to earn some extra pocket money and find some new treasures!



Neighbour Day Party

We have absolutely loved getting to meet so many members of our community at our HHHub events, neighbours are what make a place feel like home, so this year we want to celebrate that with an amazing neighbour day party! Join us June 20th for games, activities, and a ton of fun!

A Taste of Things to Come

The events above are just a taste of things to come, but we've got plenty more up our sleeve! A maker's market, a dog adoption event, and a free kids science camp are just some of the exciting new events that the HHHub will be bringing you this year! There are so many events it will be hard to keep track, so make sure to follow our Facebook page so you don't miss a thing!



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.

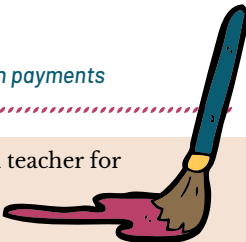
Register for \$20(\$15 for members!)+GST, then come as you are, all materials and instruction will be supplied! You will go home with your completed landscape painting as well as information on materials, where to find what you need and how to use everything effectively.

Registration is open now!

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

Learn more at www.nhca.ca/arts or
visit the panorama hills community center! *no cash payments

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



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This is a free exercise class
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Tuesdays 6:45 -8:15 pm

Cardio and stretching
Come meet other women,
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MEN'S FLOOR HOCKEY

Tue 8:45 - 10:45 pm
Bring your own stick and
equipment.
Come out and have fun!



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@hhachurch.com
03-226-0990

www.hhachurch.com





Community Gardens

Coventry Hills & Harvest Hills

Registration Opening Dates:

March 16 - Returning gardeners

March 30 - New gardeners

4 x 12 - \$30

4 x 8 - \$20

+ NHCA membership

Get a garden plot in a community garden this season!

Learn more: nhca.ca/community-gardens



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

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

Color Key

1 = Green

2 = Black

3 = Gold

HAPPY ST. PATRICK'S DAY!



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



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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

Elected Representatives



WARD 3 COUNCILLOR JYOTI GONDEK

Ward Open House

Hello, Ward 3! I will be hosting an open house at Vivo on Wednesday, April 8th from 6:30-8:30pm in the open space upstairs. There will be many City of Calgary representatives from various departments to answer all of your questions in person, as well as Calgary Police Service and representatives from your community associations. In the last hour, I'll have



a chance to catch up with you in the Learning Lab at 7:30 pm regarding progress in the ward and what lies ahead for the rest of the year. Please mark the date on your calendar & I hope to see you there!

Banning Conversion Therapy Practices in Calgary

This past month, City Council sent a clear message that conversion therapy is not welcome in our city. My colleagues were unanimous in our decision to ban this harmful practice. In the modern age, where educated and enlightened societies understand that one's identity is one's own business, we shouldn't have to fight against harmful practices that promote intolerance. LGBTQ+

people face higher rates of suicide, mental illness, trauma, self-harm and substance abuse as a result of the discrimination they have faced over their lifetimes. I am proud of my Council colleagues who demonstrated that we are stronger as a city by providing love and support to everyone in our community.

Public Safety Task Force

Council also passed the Community-Based Public Safety Task Force notice of motion last month. The task force will ensure that we build stronger ties between governments, community-based organizations, Calgary Police Service and other support organizations to identify and address community concerns around

violence. We have seen success with community-based initiatives in Ward 3 in the past, specifically with Coventry Hills Block Watch. That initiative was so successful, our community leaders have helped other neighbourhoods implement similar public safety plans.

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,

Happy March! I for one am excited to be headed into spring, a time of growth and renewal. This is more than fitting as our government forges ahead with the spring session and our ambitious legislative agenda.

I am happy to report that the Canadian Association of Petroleum Producers expects total investment in oil and gas will be \$37 billion this year – up \$2 billion from \$35.1 billion in 2019. This investment will support approximately 8,100 jobs here in Alberta and 3,700 jobs in the rest of Canada. This is in addition to the 533,000 jobs that Alberta's energy industry provides across the country

I wanted to take this opportunity to share information regarding the change in benefit schedule for Assured Income for the Severely Handicapped (AISH) and Income Supports. Starting March 2020, the monthly payment date for Albertans receiving AISH and Income Support is changing to the first of the month. Previously, the payment date was a few days before the beginning of the month, with the actual date of payment varying from month-to-month. Having a consistent and predictable payment date aligns recipients' monthly income



and monthly costs. When the first of the month is a weekend or holiday, payments will be deposited or mailed on the last business day of the previous month. For example: March 1 is a Sunday, and the payment date for AISH and Income Support is Friday, February 28. I encourage any recipients who have questions to speak to their case workers or call the Alberta Supports Line at 1-866-644-9992. To view the 2020 payment schedule visit Alberta.ca/BenefitDateChange.

I am excited to announce that an advisory panel appointed by government as provided recommendations for curriculum and drafted a new vision for student learning that will help shape the direction of education. Our government sought feedback on the draft vision for student learning via an online survey, which was available until February 24. This feedback will help guide government's work moving forward with updating the curriculum. The curriculum advisory panel's report provides advice that is separate from the survey, which focuses on the draft vision for student learning. The panel's recommendations will be considered along with Albertans' feedback on the draft vision to inform next steps in updating the curriculum.

Last fall, our government created the Alberta Indigenous Opportunities Corporation. I am incredibly proud of this initiative, which will provide up to \$1 billion in loan guarantees to Indigenous communities to develop and own energy projects. On January 27, the AIOC board of directors was announced. The board will now work to allocate investment

support to eligible projects, which will lead to jobs and prosperity for Indigenous communities across Alberta.

Alberta Health Services added information to its website in the eight most commonly requested languages: Arabic, Simplified Chinese, Traditional Chinese, French, Punjabi, Spanish, Tigrinya and Vietnamese. Interpreters for 240 languages can also be accessed by phoning Health Link (811). To learn more, please visit ahs.ca/languages.

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

CALGARY-NORTH MLA MUHAMMAD YASEEN

Happy March! I am excited to be headed into Spring, a time of growth and renewal. This is more than fitting as our government forges ahead with the Spring session beginning February 25 and our ambitious legislative agenda. I look forward to getting back to work for you and your families.

Over the winter break, I have had several opportunities to meet with various constituents and stakeholders to discuss issues relating to immigration, the insured services consultation, community projects and, along with my colleagues, I co-hosted a Fair Deal townhall. Through this time, I was able to obtain important feedback.

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.

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



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Northern Hills Community Association

ANNUAL GENERAL MEETING

AGM

2019-2020

Skating Starts With Your Bottom

By Larry Ngo – Community Ice Rinks NHCA Volunteer

Intrigued by an advertisement in this very news-letter, I contacted Daniel about helping with the community rinks last winter. But first a little about myself, I have lived in the area for 12 years, I really like hockey, I have recently learned to skate as an adult; and in doing so, I fall – a lot.

My start with Daniel was unconventional. In early 2019, we exchanged emails and arranged a day to meet. The night before this meeting, I fractured my wrist during a beginner’s hockey game. The timing could not have been worse – from the hospital at 2:00 a.m., I emailed a photo of my cast to Daniel regaling him of my hockey heroics. We were unable to meet that winter but with my broken wrist and bruised ego, I still wanted to help.

And it occurred to me – benches; a simple and useful element missing from our area rinks. Crafted with the help of my able bodied friend, we built



a few benches for the upcoming season. In finally meeting Daniel this fall, we began our work on the rinks. For me, it was a great learning experience and I wished I started volunteering long ago. With a bit of effort and Daniel’s discerning eye, I’d say that we built a great rink in Pan-

orama and suggest his new moniker as ‘Ice Whisperer’.

This experience allowed me to meet some great people and see the fantastic turnout at the recent Winter Skatetacular. The best of all was meeting three early morning skaters that were just thrilled to have a place to tie up their skates. The gratitude from these girls warmed my heart and reminds me of what it is all about - a chance to help our community, enjoy our national pastime and remember that skating truly starts with using your bottom.



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Sudoku puzzle

ANSWERS

Puzzle on page 8

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

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

Crossword puzzle

ANSWERS

Puzzle on page 4

1	A	L	L		4	S	A	G	O	S		9	I	M	A	G	O				
14	M	O	O		15	O	P	A	R	T		16	C	A	B	A	L				
17	P	U	R		18	P	L	E	S		19	E	M	E	R	A	L	D			
21	E	D	I	T						22	S	W	A	B							
23	R	E	C	A		24	N	T	S		27	S	N	A		28	F	30	F	L	E
32	E	R	A			33	I	O	T	A		35	A	G	L	E	A	M			
					36	I	N	R	U	S	H					38	U	R	D	U	
					39	R	E	D	A	N	D	C	I	T	R	I	N	E			
43	C	U	R	L						44	S	O	L	O	E	D					
45	I	N	G	E		46	S		47		48	T	U	R	F			49	S	P	A
52	S	T	O	R	E	Y		53	S		54	M	I	S		55	L	E	A	D	
						56	P	R	E	Y						57	E	A	R	N	
58	C	R	I	M	S	O	N			62	V	A	N		I	L	L	A			
65	E	N	N	U	I				66	S	M	A	R	T			68	E	A	T	
69	P	A	N	G	S				70	E	A	R	T	H			71	D	Y	E	

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 of- fice.

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

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

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.

Please note that March 19 is our last drop-in play date for our Winter session.

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

Mealtime Struggles to Mealtime Success

Monday March 9
6:30 – 8:30 pm

Do you have questions about your child's eating? Learn how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles. Taught by a AHS dietitian, this class is for parents and caregivers with children 1 – 5 years of age. Call 587-392-2271 to register for the workshop and childcare. Childcare will be provided if enough people sign up.

Dealing with Disobedience (Triple P Parenting Discussion workshop)

for children 3-11 years
Monday, March 16
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.



NHCA Free Tax Clinic

Northern Hills Community Association is proud to host the Free Tax Clinic again this year for our community.

Please see: www.nhca.ca/ahih for more information about eligibility and March - April 2020 service dates.

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.



Vegetable Gardening 101



Have you always wanted to grow your own vegetables but didn't know how to get started? Then this is the class for you. From seed selection to planting, watering, thinning and harvest we will teach you in an on hands learning environment.

In order to participate in this free class interested gardeners should register and pay for a community garden bed in Harvest Hills Garden by May 1, 2020 (registration begins March 30th) by following the link at www.nhca.ca/gardens. Classes will occur in May, July, August and September. For more information please contact harvestgarden@nhca.ca *NHCA membership is required to participate.



Where: Harvest Hills Community Garden

When: May to September



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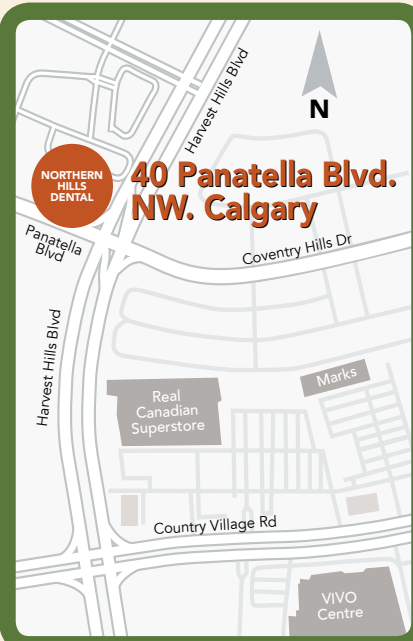


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