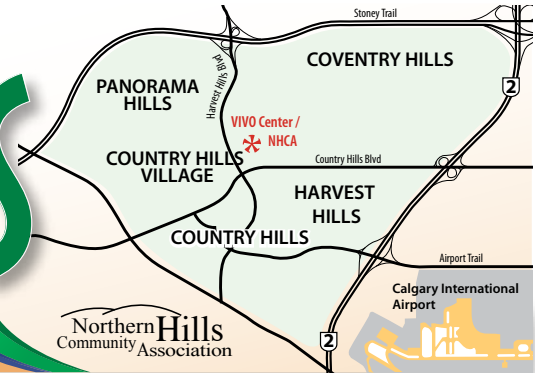


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NORTHERN HILLS NEWS

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



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

Save the Date!

You are invited to the 2019 Northern Hills Community Association (NHCA) Annual General Meeting (AGM) on Thursday, April 28th, 2020 from 6:00 – 9:00pm. It is a free event!

We are still deciding on the exact format the AGM will take, but we love the opportunity to communicate with our members and work together on making our community even better!

At the AGM, we discuss finances, get your approval on our direction, and share what we are doing. This is an opportunity to hear from others from the community, provide us with feedback, meet the NHCA board, and maybe even join it!

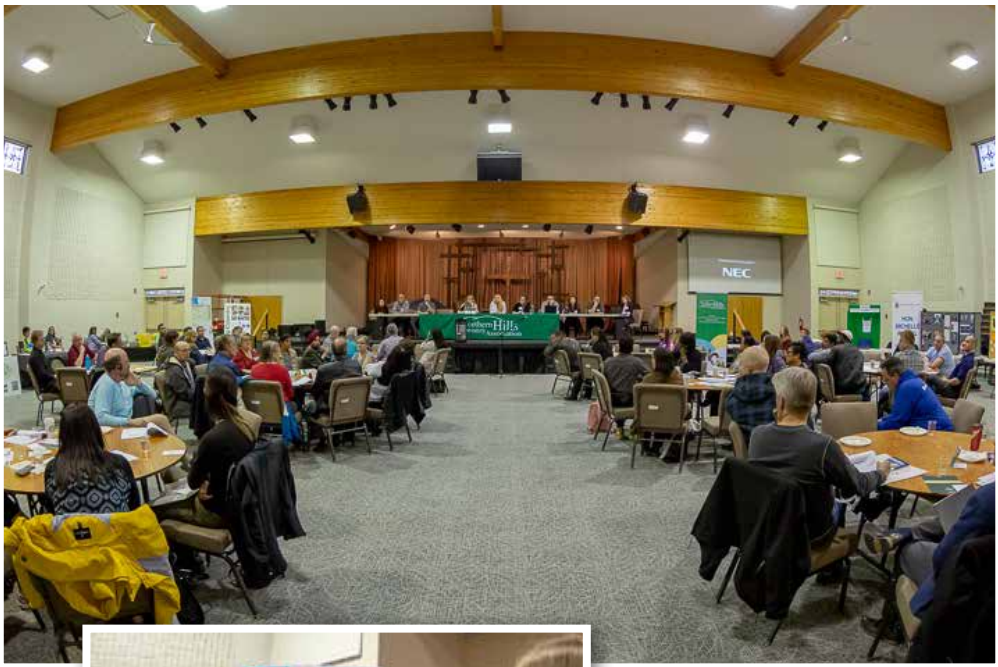
This year we will be using a format that ensures the safety of our fellow community members – more details will follow digitally (website and social media).

Board of Directors – Volunteer Opportunities

With the upcoming Annual General Meeting (AGM) on April 28th, we will have a few available positions on the Board to fulfill! Learn about the available opportunities at our Board of Directors here: www.nhca.ca/volunteering/

Get to Know Your Community Association

Did you know that one of many great benefits of being a



member of the Northern Hills Community Association, is a privilege of voting? At the AGM we summarize and present you the work we have done since last AGM.

It is a great time to vote on new directors and major organizational changes! Even though only paid up members of the NHCA

can vote at our AGM, we welcome ALL residents to check and see what we're all about, ask questions and see how becoming a member of your community association can benefit not only you (through our awesome Member Discount program), but everyone in our neighbourhoods!

This year has been phenomenal, many new initiatives, projects, events, changes happened, and we just can't wait to share the results with you!

This is YOUR community association! Learn more about your community, buy a membership that gives you a vote at the AGM, and discover the ongoing value all year that membership brings.

You can find AGM 2019 Package and more information here: www.nhca.ca/agma



NHCA PUBLIC HOURS

DUE TO THE COVID-19 OUTBREAK, NHCA STAFF ARE WORKING REMOTELY. WE ARE STILL AVAILABLE! LEAVE A VOICEMAIL AT 403-226-6422. ONE OF OUR STAFF WILL GET BACK TO YOU WITHIN TWO BUSINESS DAYS.

Quick Facts ABOUT NHCA

Northern Hills Community Association

Who is NHCA?

The Northern Hills Community Association (NHCA) is a **grassroots, volunteer-based organization** on a mission to enhance the quality of life of its residents by enriching & empowering our diverse communities through advocacy, education, and provision of opportunities for engagement.

We are always looking for volunteers! If you are interested to get involved, check here nhca.ca/volunteering/



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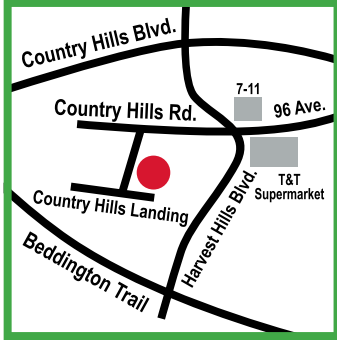
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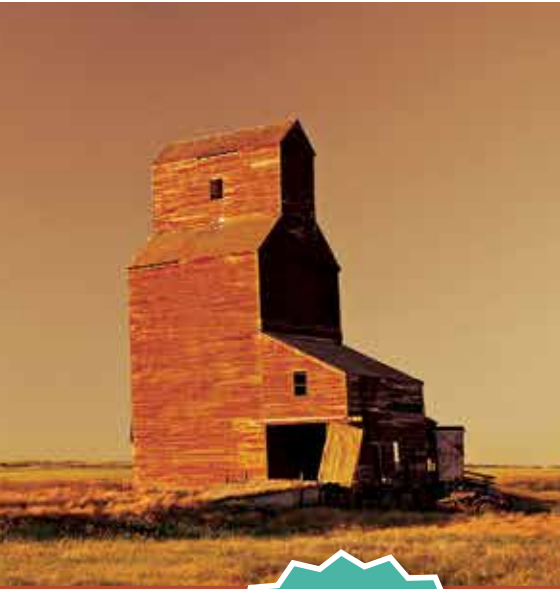


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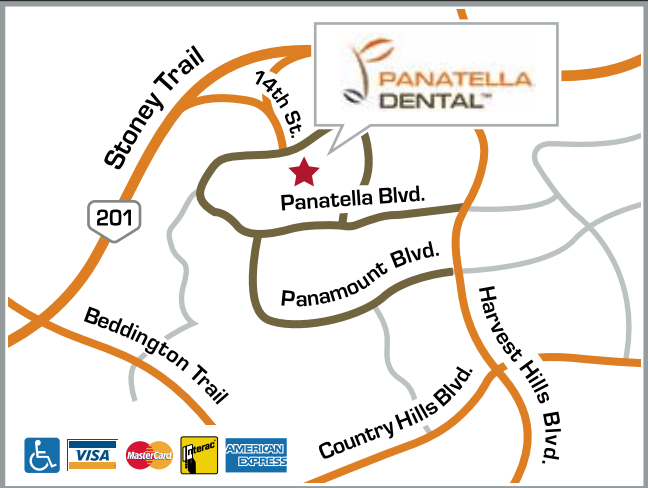
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Community Association Notes



From the President

This letter is very different from the one I started to write 2 weeks ago. Since that time, there has been a ban on large gatherings, schools and even public facilities have been ordered closed. I am also getting daily updates from governing bodies and companies alike outlining their COVID-19 responses.



Vivo has been ordered closed to the

public, and I just received word that casinos and community centers across the province have been ordered closed and the City of Calgary has declared a state of local emergency.

This changes most of our plans for April. Our fundraising casino is now on hold and our (legally required) AGM is going to look very different from previous years. Public hours are cancelled, and other activities are on hold and will be reviewed every two weeks.

Since things are moving very quickly and the newspaper is put together weeks in advance of it being delivered to you, the NHCA will be relying on our website and social media to get news and updates

to you in a timely manner. If you are on Facebook or Twitter, please search for @northernhillscalgary and "like" or follow the page – that will turn on notifications so we can keep you informed of what's happening in your community.

I urge you to get your information from trusted official sources and not fall prey to panic or scams, which inevitably follow these types of emergencies.

I also urge you to remember to be kind. Social distancing makes hugs a bad idea, but do you have a neighbour that lives alone and may be scared? Call them up and ask if they need anything. The NHCA is working with other groups and volunteers in the community to identify

and support seniors and isolated individuals (without risking them, of course!). A simple "Hello! How are you?" can make all the difference in the world to someone who feels isolated, scared, and alone.

In closing, being complacent and panicking are both bad ideas – as in all things, we need to think clearly, act on the best information available, and support each other through this difficult time.

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

Volunteer Opportunities



Northern Hills Community Association Board of Directors

Serve your community and make a difference as part of the NHCA, here are a few areas we need leadership in:

- Community Gardens
- Planning & Development
- Membership

Northern Hills News

Aspiring journalists are encouraged to contact us about helping improve our monthly news. We are open to story suggestions, interesting people to interview or exciting things coming up in the life of our community. Email: editor@nhca.ca

Casino

Alberta Gaming and Liquor Commission (AGLC) gives an opportunity to not-for-profits like us to receive revenue from gaming activities which then could be used towards all our amazing com-

munity programs, events, and projects!

The Northern Hills Casino fundraiser is delayed until the Casino's reopen. Stay tuned for new dates.

We still need volunteers to cover 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. If you are a parent who is registering a child in a sports program this will count for your volunteer requirement.

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 committee 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 organized 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.

Beautification Team

We need a team of volunteers who have an interest in making the forgotten corners of our community beautiful again. Contact Tara Melhus, beautification@nhca.ca



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

Public Hours:

Tuesday: 9:00 am – 1:00 pm
Thursday: 3:00 pm – 7:00 pm
Closed on weekends and statutory holidays

STAFF & CONTRACTORS

Executive Director: Yana Soldatenko
(engage@nhca.ca)
Finance Manager: Chris Kjellgren
(admin@nhca.ca)
Administrative Assistant and NHN
Editor: Kara Watson (editor@nhca.ca)

Ad Sales: Heather Hubert
(marketing@nhca.ca)

SoccerTech: Jens 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,
Lindsay Lantela, Tara Melhus,
Nate Pike, Tavis Settles, Glen Smith,
Nancy Yang.

Accessibility: Chris Abdalla
(accessibility@nhca.ca)

Advocacy: Tamara Keller
(advocacy@nhca.ca)

Arts & Crafts: Lindsay Lantela
(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 & Girish
Udipi (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)

Membership: Vacant
(membership@nhca.ca)

Rinks: Daniel Sennhauser
(rinks@nhca.ca)

SPRY in the Hills: Jay Emond & Corinne
Cruickshank (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.



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CROSSWORD
Crossword by Myles Mellor

Answers on page 14

1	2	3			4	5	6	7		8	9	10
11			12		13					14		
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57							58	59				60
61					62					63		
64					65					66		

- ACROSS**

 - 1. "___ show time!"
 - 4. Serene
 - 8. Bug
 - 11. Underground plant part
 - 13. Sleep problem
 - 14. "Oh, woe!"
 - 15. Months
 - 18. Construction girder
 - 19. Court wear
 - 20. Youngster
 - 22. Old associates
 - 23. Short concluding stanza
 - 27. Open, as a bottle
 - 31. Sidelong glances
 - 32. German industrial area
 - 33. Lawyer's group (abbr.)
 - 36. Months
 - 40. Watch undercover
 - 41. Suffix with theater
 - 42. Immature egg, to a zoologist
 - 43. Slow on the uptake
 - 44. Bulb strength units
 - 45. Leaf
 - 48. Tree type
 - 50. Sediment deposited by flowing water
 - 53. Protection
- DOWN**

 - 1. Retirement account
 - 2. Indian helmet
 - 3. Kind of apple
 - 4. Financial overseer
 - 5. At all
 - 6. Green fields
 - 7. "Death in Venice" writer, Thomas
 - 8. A stroke of luck
 - 9. Highway divisions
 - 10. Convenient (with friendly)
 - 12. Standoff
 - 13. Bullets, e.g.
 - 14. Trojan War hero
 - 16. In arrears
 - 17. Bottomless
 - 21. Set in operation
 - 23. Graceful trees
 - 24. Low tide
- 25. Absolutely
 - 26. Nasty warrior in "The Lord of the Rings"
 - 28. Sculptors' subjects
 - 29. Nervous disorder
 - 30. Rainbow
 - 33. Border
 - 34. Sun or stockbroker?
 - 35. Aphrodite's boyfriend
 - 37. Get on in years
 - 38. Long-tailed finch
 - 39. Spawn
 - 43. Good Hindu spirit
 - 45. Feather in one's cap
 - 46. Ration out
 - 47. Chaps
 - 49. Bed
 - 50. Door position
 - 51. Squid's squirts
 - 52. Mine entrance
 - 54. Clock standard: abbr.
 - 55. Egyptian bird
 - 56. Innoculation liquids
 - 58. Fawn's mother
 - 59. Paranormal ability, for short
 - 60. Like Mars, apparently

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Calgary Parks - Spring in the City!



Calgary is home to an abundance of wildlife which make their homes in our parks and natural areas. The arrival of spring is a great reminder of the importance of coexisting with these animals. One way this can be achieved is through maintaining a distance from their young. Baby hares, deer, and squirrels may appear to be abandoned by their parents, and our help is not usually needed. These wildlife babies are often left alone to keep them safe. Removing wildlife from their natural habitat can decrease their chances of

survival and even compromise your safety. Wildlife is best enjoyed from a distance and this is especially important for coyotes. Coyotes may become more aggressive if you are near a den and they are protecting their young. Always keep your distance when you spot wildlife to reduce the chance of conflict. Some tips on living with (and enjoying) Calgary's wildlife:

- Do not feed wildlife.
- Stay on designated City trails and pathways.
- Always keep your pets leashed and under control
- Clean up food and pet waste – this reduces wildlife being attracted to the area by the food source.

Remember: wild animals are best enjoyed from a distance and left alone. Contact 311 to report your

sightings or concerns. Further information can be found at: www.aiwc.ca/

www.calgarywildlife.org/
www.calgary.ca/CSPS/Parks/Pages/Planning-and-Operations/Wildlife-and-you.aspx

DONATION INFORMATION

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*Phone (H): _____ (W): _____

*E-mail Address for Tax Receipt: _____

E-mail address is mandatory as well as a street address if it is not on the cheque.

Payment Information:

☐ I have made a donation online at www.parksfdn.com in the amount of \$ _____

☐ My cheque to **Parks Foundation Calgary** is enclosed in the amount of: \$ _____

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By Nate Pike
Communications Director

Covid-19 has now affected every member of our community in some capacity or another.

Most of us have fortunately only had to deal with challenges around our routines being disrupted by the steps the authorities have taken to ensure that we “flatten the curve”.

But there are many in our communities who face even more significant challenges.

Whether it’s our neighbours who are self isolating having returned home from

traveling, vulnerable seniors, those with weakened immune systems or those who have experienced symptoms and have been put into isolation, the reality is that there are many of our friends and neighbours who need some extra help during these challenging times.

It’s for that reason that the NHCA is proud to partner with a group of Community volunteers who are working to build networks to help make sure that our neighbours get the support they need.

Volunteers from each of the communities in the Northern Hills have created Facebook pages to try and help connect the people who

need some Neighbourly help. These pages are simply the name of the community and the word “Cares”, for example “Coventry Hills Cares”.

If you’re someone who is available to pick up someone’s online grocery order or shovel a walk when it snows, please find the page that’s appropriate for your community, like and follow it. Also, please share it through your networks so that we can help get the word out to as many residents that we are facing this pandemic and all of its challenges together, as a community.

As Communications Director for the NHCA, I will be acting as liaison with these amazing volunteer groups,



so if you have any questions or you know someone who needs a little extra support, please feel to reach out at comms@nhca.ca, and thank you to all of the volunteers

who have stepped up and said they will help wherever they can.

Northern Hills Community Association Sports

By Amanda Joly, Sports Director

NHCA Sports

Youth Soccer, Adult Slo-Pitch, Adult and Youth Ultimate Frisbee and Youth Field Hockey registration is open online, and you can register at www.NHCA.ca/sports 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 COVID-19 and NHCA Sports

NHCA along with SoccerTech have been in close communication with Canada Soccer through its local representatives and we want to ensure everyone that your family’s safety and well-being is our utmost concern.

We are working hard to ensure that all our players and volunteers will always be in a safe environment. With the soccer season still 7 weeks away we are keeping a close eye on the situation.

At this point, we are very hopeful to continue with our soccer season, there will be a slight delay in the start dates, but this is for the safety of everyone. If

there are any changes from Canada Soccer and Alberta Health Service, we will adjust the season accordingly and I will keep you informed through our social media channels and the newsletter.

Stay safe everyone, remember the social distancing guidelines and proper hand washing. Stay healthy, we are a strong community and we can beat this together!



The Quinterra Legacy Garden

By Patty Segura, Coventry Hills Resident

April 15 2020 marks the 6th anniversary of the loss of our children, Jordan Segura, Kaiti Perras, Lawrence Hong, Zack Rathwell and Josh Hunter. Five inspiring young kids whose lives were lost in the quiet suburban neighbourhood of Brentwood in Calgary. Since 2017, our five families have come together along with an amazing group of volunteers to design a project that will give back to the community, acknowledge the incredible support we received after losing our children and let others know that beyond tragedy and loss, there is light.

The Quinterra Legacy Garden will be an interactive musical park and performance space that reflects hope, possibility, creativity and the life-affirming qualities that each of our five amazing children embodied. Located in South Glenmore Park, this amenity will become Calgary’s first fully dedicated music garden and performance space. It will be accessible to Calgarian’s of all ages and will include interactive musical and play elements along with a 30-foot diameter stage for programming including music, dance, theatre, spoken word, yoga, meditation, healing circles, etc.

Our partnership with the Parks Foundation Calgary provides park building support and has established the Quinterra Legacy Fund that provides the vehicle to raise funds and provide charitable tax receipts for any donations made in support of the development of Quinterra Legacy Garden.

The Quinterra Legacy Fund is seeking donations



in any amount. For the ease of online donation, visit the Parks Foundation Calgary site directly at <https://www.parksfdn.com/community-projects>. Select Quinterra Legacy Garden from the project dropdown. All donations will receive a tax receipt from Parks Foundation Calgary. To learn more about the project and our wonderful children, please go to www.quinterralegacygarden.com.

The Quinterra Legacy Garden will be open to visitors this summer.

Please join us in supporting the Quinterra Legacy Garden and turn tragedy into hope for all Calgarians.

Patty Segura, Jordan Segura’s mother, has been a resident of Coventry Hills since 1997. She feels blessed to have raised her family in such a friendly neighbourhood.

BowWest Community Resource Centre

BowWest will continue to serve people through these dynamic times. To do our part to contain the spread of COVID-19, we are following best practices as communicated by Alberta Health Services (AHS).

Those best practices include changes to how we deliver our service. During this period of voluntary social isolation, our Outreach Thursdays are cancelled. Our Community Advocates will be happy to serve our clientele by phone.

BowWest seeks to meet the needs of North Calgary residents by offering outreach, referral support for singles, seniors and families – no restrictions. Contact Germaine at (403) 874-6809 or by email Germaine@bowwest.org.



Journalists



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03-226-0990

www.hhachurch.com

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Please join us Sundays at 10:00 am on Facebook live. www.facebook.com/hhachurch/
Mon - Friday at 12:30 pm for a short devotional.

Good Friday & Easter Sunday will be live on Facebook @ 10:00 am

If you need HELP / or want to TALK

Please contact us at help@hhachurch.com
If you would like to talk to someone, please reach out to us.
letstalk@hhachurch.com

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” ~ 2 Timothy 1:7

A Community Member Honoured




Our very own David Hartwick was honoured in March with a Faces of Community Award. Along with 11 other members of various organizations and Community Associations.


The Federation of Calgary Communities launched Faces of Community in 2017 to highlight the many different faces of community volunteers making a difference in our city. Calgarians may not realize that their community association and other community based non-profits are run by volunteers from the community, and so **Faces of Community** helps tell the story of just some of the more than 20,000 community association volunteers in Calgary who are donating their time each and every day to help improve neighbourhood life in Calgary.

David has been a key member of the Northern Hills Community Association for over 15 years and his tireless advocacy has brought positive change and life to his community. We are proud to call him our own!

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Stoney Trail	
Progressive Optometry	
Panatella Blvd	Harvest Hills Blvd
Panamount Blvd	Superstore
Country Hills Blvd	Empire Studio 16

廣東話 眼科醫生

白內障 青光眼 乾眼症

34 Panatella Blvd NW

403 248 3937

www.progressiveoptometry.ca

Colouring Contest: FREE ICE CREAM!



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

Name: _____

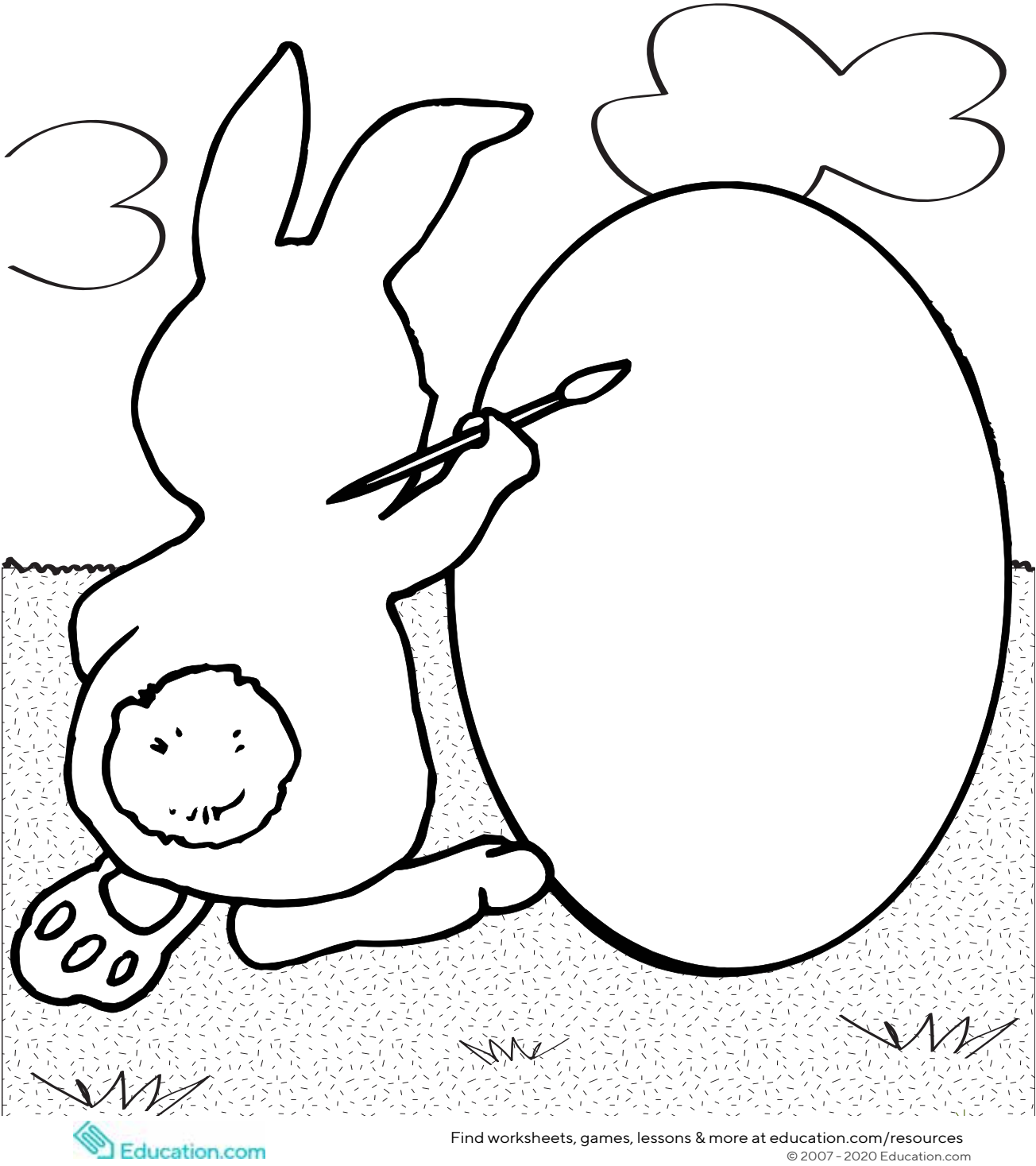
Age: _____

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

SUDOKU-PUZZLES

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

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



Northern Hills Arts & Crafts Presents

WALLPEOPLE

A COMMUNITY ART PROJECT

DATE TBA

Unfortunately, due to the COVID-19 pandemic, the Wallpeople project needs to be **rescheduled** for a later date!

For more info visit [NHCA.CA/ARTS](https://nhca.ca/arts)

We look forward to you joining us in a one day public all-ages outdoor gallery with your art!

Follow us @northernhillsarts on Facebook.

If you would like to start your project now, we are looking for 2D art inspired or created from one(or more!) of your personal Instagram images. Help us create a gallery by printing, sketching, painting, or using multi-media! (must be able to be securely adhered to a wall with tape). Images should be approximately 8"x8". You will be welcome to trade or sell your art at the event!

Proudly Serving the Community Since 1998

We Participate in the **Alberta Dental Fee Guide**



Dr. Jamie Wallace, Dr. Tim Begalke and Associates

New Patients Welcome

#707, 500 Country Hills Blvd NE
Calgary, AB T3K 4Y7
403.226.1809
www.countryhillsdental.com



Covid-19 Resources

Compiled by NHCA

Increasing the Canada Child Benefit

The Federal Government is providing an extra \$300 per child through the Canada Child Benefit (CCB) for 2019-20. This will mean approximately \$550 more for the average family. Benefit begins in May.

Special Goods and Services Tax credit payment

The Federal Government will provide a one-time special payment by early May through the Goods and Services Tax credit for low- and modest-income families.

The average additional benefit will be close to \$400 for single individuals and close to \$600 for couples.

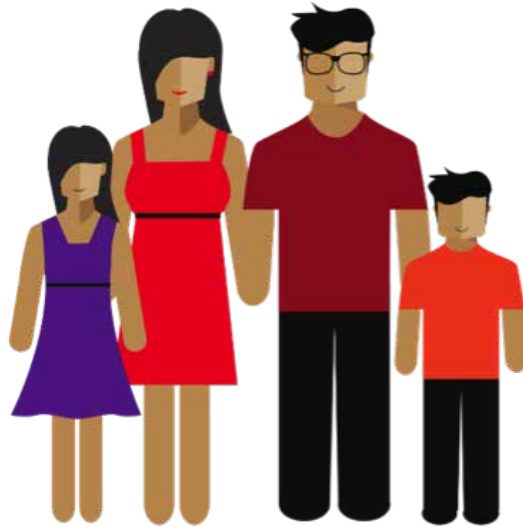
Federal Employment Insurance (EI) Sickness Benefits for COVID-19

Employment Insurance (EI) sickness benefits provide up to 15 weeks of income replacement and is available to eligible claimants who are unable to work because of illness, injury or quarantine, to allow them time to restore their health and return to work. Canadians quarantined can apply for Employment Insurance (EI) sickness benefits.

If you are eligible, visit www.Canada.ca and search EI Sickness Benefits.

Service Canada is ready to support Canadians affected by COVID-19 and placed in quarantine, with the following support actions:

- The one-week waiting period for EI sickness benefits will be waived for new claimants
- Applicants will not have to provide a medical certificate



- Delayed claims will be accepted and backdated
- Submit your claim first, then contact us to have the one-week waiting period waived.
Telephone: 1-833-381-2725 (toll-free)

The Canada Emergency Response Benefit

The Government of Canada will provide a taxable benefit of \$2,000 a month for up to 4 months to:

- workers who must stop working due to COVID19 and do not have access to paid leave
- workers who are sick, quarantined, or taking care of someone who is sick with COVID-19
- working parents who must stay home without pay to care for children
- workers who still have their employment but are not being paid because there is currently not sufficient work

- wage earners and self-employed individuals, including contract workers

Application details will be available through My CRA and My Service Canada, beginning the first week of April.

Government of Alberta Emergency Isolation Support

www.alberta.ca/emergency-isolation-support.aspx

- This is a temporary program for working adult Albertans who must self-isolate because they meet the Government of Alberta's published criteria for self-isolation, including persons who are the sole caregiver for a dependent who must self-isolate because they meet the public health criteria, and who will not have another source of pay or compensation during self-isolation.
- A one-time payment of \$1,146 will be distributed to bridge the gap until the Federal Government's emergency payments beginning in April 2020.

Student Loan Payments

The Government of Alberta and the Federal Government have implemented a six-month, interest free moratorium on Student Loan payments:

- Interest will not accrue during this period.
- Students do not need to apply for the repayment pause.
- Borrowers may continue making payments during this period if they choose and this will not affect their eligibility to receive the benefit.

Funding Changes

Parent Link Family Services

FUNDING CHANGES ANNOUNCED FOR FAMILY CONNECTIONS PARENT LINK CENTRE AND NORTH CENTRAL FAMILY SUPPORT PROGRAM

We were notified by Alberta Children's Services via letter that the funding process for programs is changing, and funding will not be renewed for the Family Connections Parent Link Centre or the North Central Family Support program as of March 31, 2020.

Future funding decisions will be made by Alberta Children's Services based on responses to expressions of interest that were released November 7.

Huntington Hills staff will be looking closely at the new process to ensure our application is aligned with



the new framework under the new funding model.

Our goal is to continue to deliver programs and services for children and families within our community. We are optimistic that programs and services delivered by Huntington Hills Community Association (previously as Family Connections Parent Link and the North Central Family Support Program) align with the provincial framework and hope that we will be successful in our application to become a Family Resource Network.

If you have any questions or concerns about this process, please feel free to contact your local MLA.

**thank
you**

The NHCA want to thank Parent-Link for the wonderful resources they provided to our community, including the Come Play with Me and Story Time programs. NHCA will be exploring how to bring these programs back to our residents.

#111, 70 COUNTRY HILLS LANDING NW CALGARY AB T3K 2L2



25% OFF all treatments
When you show this ad. Offer does not apply to injectible treatments.

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choose perfection

Monday 11 am - 5 pm
Tuesday - Friday 11 am - 6 pm
Saturday 10 am - 4 pm
Sunday & Statutory Holidays Closed

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—Cosmetic

587-392-0736

www.etoileskin.ca

April is Garden and Lawn Month!

Are you dreaming of warmer days and planning your garden? We too have some exciting growing projects. Join in and be a part of what is happening!



Community Garden Beds*

The NHCA community gardens are dedicated to bringing together neighbours to provide locally grown food for their families, the Calgary Interfaith Food Bank and other interested groups. The garden promotes community, organic growing methods and a sense of shared responsibility and teamwork.

Garden beds are available to rent for the season in Coventry Hills and in Harvest Hills. Go to www.nhca.ca/gardens to find out more information.

Returning gardeners registration is already open and new gardeners can begin registration on April 1st, 2020. Gardeners who are outside of our community can also register beginning April 15th, 2020.

Beautification:

We are being guerrilla gardeners! We are going out and cleaning up corners and gates that belong to residents or areas created by the developers. Pulling weeds, watering and planting flowers. We're always on the lookout for new locations and volunteers to help. Contact beautification@nhca.ca to volunteer.



Plant Exchange

As the weather gets warmer, garden planning will be in full swing, and the Harvest Hills Hub wants to help you make your garden as beautiful as possible! Join us at the HHHub on Sunday, May 31 for our 2nd annual Plant Exchange! See page _____ for the exchange cut-out.

Vegetable Garden 101 Class*

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. www.nhca.ca/gardens

Classes will take place in May, July, August and September.
*NHCA membership is required to participate

the Gutter Doctor

Home Exteriors

Install/Repair/Clean

EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING

15,000 happy customers since 2003!

403-714-0711 gutterdoctor.ca

ANNUAL SILENT AUCTION FUNDRAISER

MORE INFO & ADVANCE TICKETS AVAILABLE AT
Notre Dame High School Website

AT NOTRE DAME HIGH SCHOOL
Cash Bar, Games, Music, Fun Surprises
SPOLUMBO'S FINE FOOD & DELI DINNER

All PROCEEDS BENEFIT
NOTRE DAME SPORTS PROGRAMS

CONTACT: leah.conforti@cssd.ab.ca
www.cssd.ab.ca/schools/notredame/ATHLETICS

CURRENTLY SEEKING SILENT AUCTION DONATIONS

APR 25
2020
7PM-12AM

TICKETS \$30

PARENTS & ALUMNI
COACHES
STAFF & FRIENDS
WELCOME

2020 Golf Lesson Programs Available

Junior Golf Lessons
Adult Golf Instruction

Book Now!
Call 403-493-3053

Initial Assessment Sale \$99 60 Minute Appointment Golf Swing & Short Game Video Analysis Equipment Check Short Game Review
9 Hole Playing Lesson \$175+tax & green fee
Junior Golf Lessons 5 Pack: \$375+tax

kylemillergolfinc.com
403-493-3053

Introductory Unrestricted Membership

\$2495+tax

1ST TIME MEMBERS ONLY!

Ladies League

We are expanding our Ladies League!

\$450+tax


Includes 18 weeks of golf (9 holes) on Tuesdays - 6pm shotgun

Visit Website for details
www.thecanalatdelacour.com
or call the pro-shop **403-590-4515**

Dates


PLEASE NOTE: Due to the Covid-19 pandemic, all in-person events are subject to cancellation. Please check NHCA.ca to confirm your event is still going ahead.

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
		3:15 – 4:15pm SPRY*	New Gardeners Registration Opens 	3:15 – 4:15pm SPRY*		
5	6	7	8	9	Good Friday 10	11
		3:15 – 4:15pm SPRY*		3:15 – 4:15pm SPRY*		
Easter 12	Easter Monday 13	14	15	16	17	18
Happy Easter 		3:15 – 4:15pm SPRY*	Non-Community Member Gardeners Registration 	3:15 – 4:15pm SPRY*		
	20	21	22	23	24	25
		3:15 – 4:15pm SPRY* 6:00 – HHHub meeting	6:00 – 6:30pm Social Junction @ Idea Lab, Vivo	3:15 – 4:15pm SPRY*		
26	27	28	29	30	May 1	May 2
		6:00 - 9:00pm Annual General Meeting Location to be determined 		Income Tax Deadline deferred to June 1		9:00am – 2:00pm Harvest Hills Parade of Garage Sales

EVENTS

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



Community Gardens Season 2020

We have two community gardens – Coventry Hills and Harvest Hills.
Two plot sizes with whole season rental price:
4' x 12' – \$30 or 4' x 8' – \$20 + NHCA membership.
Learn more here: www.nhca.ca/gardens/
[Call 403 - 226 -6422 to rent your plot!](tel:403-226-6422)

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 future service dates and locations.

*SPRY

Come and join us, even in this time of social distancing, we are meeting together online. Visit NHCA.ca for details



Applebee's

GRILL & BAR

WE HAVE A NIGHT FOR THAT

★★★★★★★★★★★★★★★★

NEIGHBOURHOOD NIGHTS

★★★★★★★★★★★★★★★★

EVERY NIGHT FROM 5 TILL CLOSE



MONDAY NIGHT

\$19⁹⁹ AYCE

ALL YOU CAN EAT

RIB-LETS OR DOUBLE CRUNCH SHRIMP OR BONELESS CHICKEN BITES

\$5⁵⁰ MARGARITAS Jose Cuervo

TUESDAY NIGHT

\$18⁹⁹ GARLIC & MUSHROOM SIRLOIN TIPS

\$4⁵⁰ CAESARS SMIRNOFF

WEDNESDAY NIGHT

KID'S EAT FOR \$2⁹⁹

WITH PURCHASE OF AN ADULT ENTRÉE

\$5 DOMESTIC PINTS 20 oz

\$6 PREMIUM PINTS 20 oz

THURSDAY NIGHT

\$5 OFF ANY STEAK ENTRÉE!

\$3⁷⁵ DOMESTIC BOTTLED BEER

FRIDAY NIGHT

FAJITA FRIDAY

FREE LOADED OR FREE CHIPS & SALSA WITH EVERY FAJITA ORDERED

\$19⁹⁹ CORONA BUCKETS

4 BOTTLES x 330 ML

Corona

SATURDAY NIGHT

BOURBON STREET SATURDAY

\$22⁹⁹ BOURBON STREET STEAK

\$16⁹⁹ BOURBON STREET CHICKEN & SHRIMP

\$5 OFF BOTTLES OF WINE

SUNDAY NIGHT

\$5 OFF OUR BBQ PORK BACK RIBS

(APPLIES TO FULL RACK ONLY)

\$6⁵⁰ STELLA ARTOIS 18 oz

Eatin' Good in the Neighbourhood



ENJOY RESPONSIBLY. *Trademarks are the property of their respective owners. All prices are subject to applicable taxes.





PANORAMA
HILLS

The Northstar Residents Association Ltd.

88 PANAMOUNT HILL NW | 403.226.4386
WWW.MYPANORAMAHILLS.COM

Your Northstar Residents Association Ltd. Fees Are Due April 30, 2020
Invoices Will Be Issued April 1, 2020

As a resident of Panorama Hills with an encumbrance to the Northstar Residents Association Ltd. (NSRA), you are automatically a member of the NSRA. Members in good standing are entitled to exclusive access to the Panorama Hills Community Centre and the included amenities.

To become a member in good standing you must pay the mandatory annual Residents Association (RA) fee due each year on or before April 30. The April 2020 - March 2021 fee is due April 30, 2020. Any unpaid fees as of May 1, 2020, will be subject interest charges and ongoing delinquency may result in the property being sent into the collections process.

The 2020-2021 Residents Association (RA) fee remains unchanged from previous years:

Single Family Home: \$250.00 + GST = \$262.50

Multi-Family Home: \$200.00 + GST = \$210.00

Payment reminders are sent out at the end of March but the obligation is on the homeowner to ensure the fee is paid by April 30 each year. Fees can be paid by cheque, debit or credit card ONLY, at the Panorama Hills Community Centre. All cheques should be made out the the Northstar Residents Association Ltd., however, you are strongly encouraged to pay your fees online, at www.mypanoramahills.com. If you do not have an online account, please contact as 403-226-4386 so we may assist you in creating one.

NEW TO THE COMMUNITY? It is the responsibility of the homeowner to ensure that the NSRA receives a copy of the Certificate of Title that shows proof of legal ownership. Any outstanding accounts after April 30, 2020 will not have access to the facility or amenities until the account is settles.

For a complete look at what your RA fee includes, please visit our website at www.mypanoramahills.com. If you have any questions about the RA Fees please feel free to contact us at 403.226.4386 or by email at info@mypanoramahills.com.

NSRA Membership & Facility Access Update

A membership card will be provided for all Members and Associate Members over the age of 12. A photo must be taken of all Members and Associate Members that reside at property. This will ensure that, if membership card is forgotten, we are able to verify residents identity. The membership card is used to gain entry into the Panorama Hills Community Centre. It will also be used for facility rentals, events and programs.

If a membership card is lost, stolen or damaged it will be the responsibility of the member to pay the \$25.00 + GST fee to have it replaced.

- If you are the registered owner of the property please bring in a copy of your Certificate of Title or a Remote Land Title Search to the Community Centre office, along with the completed membership form (available from the Community Centre or the website, www.mypanoramahills.com). A driver's license or picture ID will also be required.
- If you are a tenant, a letter is required from the homeowner authorizing the transfer of Community Centre access privileges. Homeowners have the choice of keeping or relinquishing privileges in the event of a home rental.
- Any children living at home who are 21 years of age or older will be required to provide a drivers license with the Panorama Hills address before a card will be issued.
- All children under the age of 12 years will require parental supervision.

Why The Change?

We want to provide the best experience possible for our Members. Using an ID card will allow us to get to know our members better, ensure that only Members and Associate Members are accessing the park and amenities, and allow us to better monitor the use of our park and facilities.

Northstar Residents Association Ltd.
Spring Summer Program Guide
Available Now!

REGISTRATION HAS BEGUN!

Log in at www.mypanoramahills.com to register online or visit us at the
Panorama Hills Community Centre
88 Panamount Hill NW

Play School
Childrens Programs
Parent & Tot Programs
Adult Programs
Events, Workshops
& More!



Operating Hours

9:00AM - 9:00PM
Sunday - Saturday | Beginning April 1, 2020
Spring - Summer Park Hours
May 16 - September 7, 2020
9:00AM - 10:00PM
Holiday Hours
Good Friday | Fri., Apr. 10 | 9AM - 4PM

Elected Representatives



WARD 3 COUNCILLOR JYOTI GONDEK

Ward Open House – April 8

Friendly reminder that I will be hosting an open house at Vivo on Wednesday, April 8th from 6:30 - 8:30 pm in the open space upstairs. I have confirmed that there will be City representatives from the Green Line, Transit (including on-demand transit), Parks, Roads (both traffic and maintenance), Waste and Recycling and the 311 team. The Fire department and the Calgary Police Service will also be there to answer any of your questions. In addition, our local community associations and homeowner associations will also have information tables set up. Then at 7:30 pm in the Learning Lab, I will be speaking on the progress in the ward and what lies ahead for the rest of the year. Please mark the date on your calendar and I hope to see you there!



Northridge Feedermain Construction Traffic Delays

You will have noted construction activity in our ward last year because of the upgrade to our water main, designed to improve capacity and reliability of the drinking water supply. In early April 2020, construction will begin for the next phase of the project. We have compiled a list of the anticipated traffic impacts within the ward:

- From April to Fall 2020, the City will be completing open trench excavation work along Harvest Hills Blvd
- There will be rolling lane closures on south-bound Harvest Hills Blvd from the Stoney Trail Overpass to Panamount Boulevard NW. North-bound lanes will accommodate two-way traffic.
- Traffic detours will be divided into six sections. No more than two sections will be closed at any time. Construction will move north to the next section as work is completed.
- From late March to May 2020, the City will be completing the last 20 meters of feedermain

installation on 14 Street NW, north of Symons Valley Parkway NW:

- There will be a single-lane closure on north-bound 14 Street NW, north of Symons Valley Parkway NW

The project page www.calgary.ca/waterprojects will be updated frequently to include the latest traffic impacts.

Jyoti Gondek
Councillor, Ward 3
www.calgary.ca/ward3

Barb Fleet, Assistant
403-268-4854
ward03@calgary.ca

Kimberly Jones, Assistant
403-268-2530
eward3@calgary.ca

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

CALGARY-NORTH EAST MLA RAJAN SAWHNEY

I am so pleased to be bringing you the first update from the spring session of the Legislature. It is hard to believe that a year has already passed since I was elected to represent the good people of Calgary – North East. I would like to sincerely thank you all for your input and support in the past year.

In February we introduced Budget 2020 which



is focused on getting Albertans back to work and strengthening our economy. We are also getting services to Albertans who need them and ensuring they are sustainable for years to come. The budget for Community and Social Services is maintained at \$3.9 billion this year. Funding for my department has never been higher, and increased 7.6 per cent since our government took office. At the same time, caseload and cost pressures present a challenge for program sustainability. This challenge needs to be addressed with care and attention. Ensuring our programs are delivered sustainably and effectively to those who need them most is my top priority. The Budget 2020 report can be found at <https://>

www.alberta.ca/budget-documents.aspx

I want to thank you for your continued involvement with our local town halls, feedback on our budget, and support in restarting Alberta's economy. 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 Easter! It's been over nine months since I was elected to represent the people of Calgary North. During this time, our government has made a lot of progress to reduce the deficit and we are on track to balance the budget by 2022-23. I want to thank my constituents who participated in town halls and an online survey tool that allowed them to share their priorities and concerns with our government.

I am happy to share that Budget 2020 maintains record core social services. We will continue our commitment government made to Albertans to ensure Albertans are getting full value for their tax dollars and reinvest savings into improving services. I promised you that I would do whatever it takes



to get Albertans back to work. Accordingly, Budget 2020 introduces A Blueprint for Jobs and a plan to keep our promise to get Albertans back to work. For example, by reducing red tape and taxes, investing in key infrastructure, and focusing on skills development for our young workforce – Budget 2020 is helping to get Alberta back to work.

Budget 2020 contained no cuts to spending on health or education. For our core public services to be sustainable, the budget outlined new models to ensure funds directly support Albertans instead of getting caught in red tape.

This Spring, I had the pleasure of meeting with constituents and doctors to discuss health care concerns and other initiatives. I want to continue to reach out to as many constituents as possible to chat about matters that are important to you. Please contact my constituency office to arrange for a suitable time either in my office or if it is more convenient to

gather your neighbours for a visit at your home.

On March 2nd, the Fair Registration Practices Office opened in Edmonton under the name Fairness for Newcomers Office. The launch of the Fairness for Newcomers Office is a clear indication that our government is serious about welcoming newcomers, getting Albertans back to work and working collaboratively with our provincial regulatory associations.

A special thanks to all my constituents for their continued support as I carry out my duties as your MLA. Please feel free to contact me at tel. 403.274.1931 or email calgary.north@assembly.ab.ca.

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

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

There are many important issues that Parliament is currently seized with. I appreciate hearing from constituents on areas of policy concern and interest regularly.

The top concerns I continue to hear about from our community are regarding the ongoing jobs crisis, the Alberta economy, and how Ottawa should be responding to these issues. In January, statistics Canada confirmed what people in our community already know - unemployment in Alberta is among the highest in the country. Edmonton has the highest unemployment rate in the country; Calgary's unemployment rate is in the top five and the Chamber of Commerce of Red Deer called the unemployment rate "scary and alarming."

That is why I remain focused on finding solutions that will help our community in both the short and long term.

Recently, I presented a number of proposed



solutions for dealing with some of the structural and policy inequities I believe are negatively impacting our province. These ideas were a part of a document titled the "Buffalo Declaration."

I want to be very clear. I believe that a strong Alberta means a strong Canada. I also believe that all provinces, Alberta included, must be equal partners in Confederation. I have heard from many within our community that are questioning how our country functions and if Alberta is being treated fairly. I believe we should be seeking solutions to the problems before us that leave us united and in a position of strength. But that can't happen by ignoring what is happening in Alberta or pretending there are not structural problems within our government that can, and should, be addressed.

My job is to fight for you. Our community elected me to be a strong voice in Ottawa – not to sit back and be quiet when things must change. I want you to know that's what I am doing.

As always, please do not hesitate to contact me if you have issues of concern or wish to send me feedback. Thank you!

Michelle.Rempel@parl.gc.ca
403-216-7777
115 – 70 Country Hills Landing N.W. T3K2L2

Utility Payment Holidays

From the City of Calgary:

- If you are struggling to pay your water bill during this time you can contact ENMAX, our contracted billing provider, at 310-2010 to discuss options that are available to you.
- Water Utility customers will not have their water service disconnected for non-payment during this time.

From the Government of Alberta:

- ALL residential customers can defer electricity and natural gas bill payments for the next 90 days to ensure that no one will be cut off, regardless of the service provider.
- We recommend that all residents identify their service provider and routinely check their websites for communication in the coming weeks and months.

Waste and Recycling Update


- Green cart collection will remain at every other week (instead of switching to weekly collection in April). No extra bags of yard waste will be picked up starting March 24, 2020.
- Black carts are collected every other week. No extra bags of garbage will be picked up starting March 24, 2020.
- Blue carts are collected every week.

City landfills (Shepard, East Calgary and Spyhill) will stay on the six-day schedule, however only credit and debit cards are now accepted for payment.







Residents should visit Calgary.ca/collection to check their collection schedule and watch for any changes. You may also sign up for convenient reminders by email, text message, telephone, or the garbage day app.



Emergency Medical Services

Bicycle Helmet Safety



Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

*Parachute Canada
<http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>

www.albertahealthservices.ca

PROTECTING YOUR EYES

IN WINTER

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



For healthy eyes

book your eye health check-up with our qualified optometrists.




Two convenient locations serving the Northern Hills Communities

SiteForSight

eyecare • eyewear

#713, 500 Country Hills Blvd. NE
Country Hills Towne Centre
Calgary, AB T3K 4Y7
403.226.7638
www.siteforsight.ca

SecondSight

eyecare • eyewear

#730, 1110 Panatella Blvd. NW
Gates of Panorama Hills
Calgary, AB T3K 0S6
403.452.6831
www.siteforsight.ca

Dr. Monica Jensen-To • Dr. Shauna Chorel
Dr. Andrea Quon • Dr. Floria Tse

New and Emergency Patients Welcome

Male and Female Physicians, Physiotherapists and Massage Therapists Accepting New Patients:

Physicians
Dr. Sameer Paruk
Dr. Jose R. Perdomo
Dr. Tasnim Gafoor

Physiotherapists
Jay Brahmhatt
Ryan Reyes
Viviane Deng

Massage Therapists
Sorocho Suleiman
Amy Shantz
Julie Kozina

Chiropractor
Elana Macauley

Dietitian
Renee Little

Pharmacist
Maharshi Bhatt

Sage Meadows Medical Centre

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Dr. Sameer Paruk
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Dr. Jose R. Perdomo
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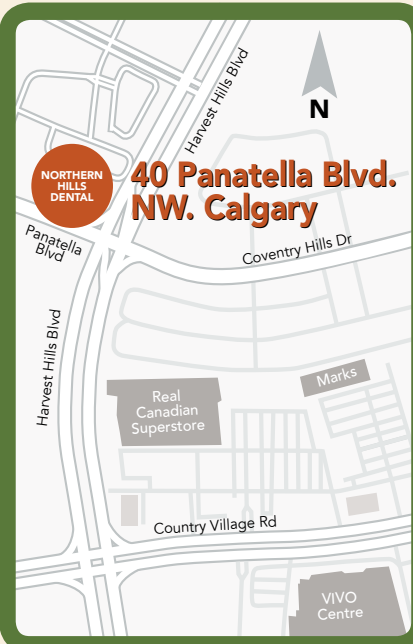


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