

May 2020 • 21-5

NORTHERN HILLS NEWS

Country Hills
Country Hills Village
Coventry Hills
Harvest Hills
Panorama Hills

Front Porch Photography

Seniors & Tech



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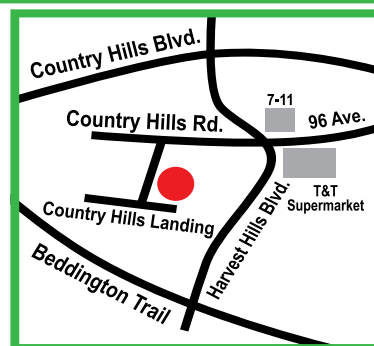
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Stir Fried Dishes

Served with Choice of Steam Rice or Coconut Rice

- 43. Stir fried satay Beef & mixed vegetables 13.95
- 44. Stir fried satay Chicken & mixed vegetables 13.95
- 45. Stir fried satay seafood & vegetables 13.95
(Shrimp, Crab, Squid, Fish ball)
- 46. Stir fried Beef w/ lemon grass, pepper & onion 13.95
- 47. Stir fried Chicken w/ lemon grass, pepper & onion 13.95
- 48. Stir fried Seafood with lemon Grass 13.95
(Shrimp, Crab, Squid, Fish balls)
- 49. Stir fried curry Beef with lemon grass 13.95
- 50. Stir fried curry Chicken with lemon grass 13.95
- 51. Stir fried curry Seafood with lemon grass 13.95
(Shrimp, Crab, Squid, Fish ball)
- 52. Stir fried satay Beef w/ pepper, onion, pineapple 13.95
- 53. Stir fried satay Chicken w/ pepper, onion, pineapple 13.95
- 54. Stir fried satay Seafood w/ pepper, onion, pineapple 13.95
(Shrimp, Crab, Squid, Fish ball)
- 55. Stir fried salt&pepper Shrimp w/ pepper&onion 13.95
- 56. Stir fried salt&pepper squid w/ pepper & onion 13.95
- 57. Stir fried Beef or Chicken or Seafood 13.95
with vegetables on crispy or soft egg noodle
- 58. Shanghai noodle w/ Beef or Chicken or Seafood 13.95
stir fried onion, pepper, bean sprout, oyster sauce
- 59. Stir fried rice noodle & bean sprout 13.95
(choice of Beef or Chicken or Seafood)
- 60. Pad Thai noodle (a classic Thai Harmony) 13.95
stir fried w/ Panang curry, peanut, spices, lime
(choice of Beef or Chicken or Seafood)

Vegetarian Choices

Vegetarian dishes are prepared without meat or fish. Mixed vegetable include broccoli, cauliflower, carrot, celery, & tofu

- 61. Vegetarian salad rolls wrapped w/Tofu (3rolls) 6.95
- 62. Vegetarian crispy spring rolls (4 rolls) 6.95
- 63. Vermicelli & Veggie crispy spring rolls (4 rolls) 11.95
- 64. Vermicelli w/ Tofu & 2 veggie spring rolls 12.95
- 65. Stir fried mixed vegetable on rice with tofu 12.95
- 66. Stir fried curry mixed vegetable w/ tofu on rice 12.95
- 67. Vegetarian fried rice w/ tofu 12.95
- 68. Stir fried satay mixed vegetable w/tofu on rice 12.95
- 69. Stir fried tofu w/ salt & pepper, green pepper & onion on rice 12.95
- 70. Stir fried egg noodle w/ mixed vegetable, tofu (choice of soft or crispy noodle) 12.95

Side Dishes

Egg	\$2.00	Extra Vegetables	\$1.50
Extra Rice Bowl	\$2.00	Extra Beef Ball Soup	\$3.50
Extra Spring Roll	\$2.00	Extra Shrimp	\$3.50
Extra Noodle	\$2.00	Extra Meat	\$2.50
Extra Salad Roll	\$2.50	Extra Sauce	\$0.50



* Please advise your server of any food allergies prior to ordering.

Appetizer

- 1. Salad Rolls (3 Fresh Rolls) 6.95
- 2. Spring Rolls (4 Crispy Rolls) 6.95
- 3. Deep Fried Chicken Wings 1 lb 6.95
(Choice of sauces: Hot Teriyaki or Honey Garlic or Salt & Pepper)
- 4. Grilled Satay Beef Rolls (3 Rolls) 6.95
- 5. Grilled Satay Chicken Rolls (3 Rolls) 6.95
- 6. Deep Fried Wontons (8 Pieces) 6.95
- 7. Deep Fried Shrimps (8 Pieces) 6.95
- 8. Appetizer combo platter 11.95
(Grilled Shrimp Skewers(2), Salad Rolls(2) & Spring Rolls(2))

* Please advise your server of any food allergies prior to ordering.

Beef Noodle Soup

Soups are served with rice noodle, bean sprout, lime & Fresh mint leave

- 9. House Special Beef Noodle Soup 12.95
(Rare Beef, Tripe, Flank, Brisket, Tendon & Beef Ball)
- 10. Rare Beef Noodle Soup 11.95
- 11. Rare Beef & Beef Ball Noodle Soup 11.95
- 12. Well-Done Beef Noodle Soup 11.95
- 13. Chicken Noodle Soup 11.95
- 14. Satay Chicken Noodle Soup 12.50
- 15. Satay Beef Noodle Soup 12.50
- 16. Satay Seafood Noodle Soup 12.50
(Shrimp, Crab, Squid & Fish ball)
- 17. Beef Stew Soup 12.50
(Choice of: Bread or Egg Noodle or Rice Noodle)
- 18. Wonton Soup with Vegetables 11.95
- 19. Curry Chicken & Vermicelli Soup 12.50
- 20. Curry Beef & Vermicelli Soup 12.50
- 21. Curry Seafood & Vermicelli Soup 12.50
(With Shrimp, Crab, Squid & Fish ball)

Extra Large: Add \$2.00



* Please advise your server of any food allergies prior to ordering.

Rice Vermicelli

Rice Vermicelli Dishes are accompanied with delicious homemade fish sauce and served with shredded lettuce, carrot & fresh bean sprout

- 22. Spring Rolls (4 Rolls) 11.95
- 23. Grilled Pork & Spring Rolls 12.50
- 24. Grilled Pork, Shrimp & Spring Rolls 12.95
- 25. Grilled Pork, Shredded Pork & Spring Rolls 12.95
- 26. Grilled Beef & Spring Rolls 12.50
- 27. Grilled Beef, Shrimp & Spring Rolls 12.95
- 28. Grilled Chicken & Spring Rolls 12.50
- 29. Grilled Chicken, Shrimp & Spring Rolls 12.95
- 29a Grilled Chicken, Beef & Spring Rolls 12.95
- 29b Grilled Chicken, Shrimp & Beef 12.95



House Special

"Rice Vermicelli For King"

Chef Special - A combination of delight tasty food items

- 30. Grilled Shrimp, Beef, Chicken, Spring rolls 13.95
- 31. Grilled Pork, Beef, Chicken & Spring Rolls 13.95
- 32. Grilled Shrimp, Pork, Beef & Chicken 13.95



Vietnamese Subs

Vietnamese Subs is traditional baguette stuffing with meats, shredded carrot & special butter spread

- 33. Shredded Pork Sub 7.95
- 34. Pork Satay Grilled Sub 7.95
- 35. Beef Satay Grilled Sub 7.95
- 36. Chicken Satay Grilled Sub 7.95



Fried Rice

Stir fried rice to perfection with dice vegetable

- 37. Chicken fried rice 13.95
- 38. Rice4king special fried rice (Shrimp & Chicken) 13.95
- 39. Chicken curry fried rice 13.95



Steamed Rice

- 40. Grilled pork chops (2 pieces) 13.95
- 41. Grilled Pork chop, shredded Pork & fried egg 13.95

Coconut Rice Add \$1.00

* Please advise your server of any food allergies prior to ordering.

NH Contents



*Photographer spreads joy,
offering free photos to
families staying at home.
At right: Pincombe Family*



5 When our neighbourhood looks good, community spirit grows. Join us!

10 Local Seniors stay connected and healthy with the help of technology and some dedicated volunteers.

11 Tax time can be stressful, helpful tips and links to get you started.

Northern Hills
Community Association

Northern Hills News is the official publication for the Northern Hills Community Association which services the community of Country Hills, Country Hills Village, Panorama Hills, Coventry Hills, Harvest Hills.

AD inquiries should be directed to Heather at 403-988-0819 or email: marketing@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.



*Eatin' Good in
the Neighbourhood*

For 20 years Applebee's Grill & Bar has been proud to be part of the Calgary landscape. During these extremely difficult times we wanted to reach out to everyone to say "we are here for you". Your Applebee's located in Country Hills is **NOW OPEN** for Take-Out and Delivery (through Skip the Dishes). Although we are not able to provide you with a dine-in experience for you to enjoy our neighbourhood service and hospitality, we can still provide you with a great meal.

Your support is truly appreciated during these challenging times. We are looking forward to the day we can once again serve our guests in our restaurants but until then we are kindly asking if you could let your friends and family know that we are open for Take-out and Delivery. We are excited to once again offer Applebee's great food to our neighbourhood families.

We also wanted to provide you with 2 great offers, one for a Take-Out order and the second an opportunity to join us when our dining rooms reopen.

Thank you again from our family to yours. Stay safe and we'll see you very soon!!



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EXPIRES 1 SEPT 2020

Dine In BOGO

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

NHPCBOGO



Ian McAnerin
President- Northern Hills
Community Association

Welcome to the first fully digital edition of the Northern Hills News!

The COVID-19 pandemic has forced a lot of changes upon organizations and their staff, including going digital for things like meetings and other communications. The digital edition of the Northern Hills News is one of those results. On the plus side, not needing postage saves a lot of money, but on the other hand our reach is much more limited. If you know anyone who would like to receive this newsletter please either forward them this newsletter or send them this link: <http://eepurl.com/c-oSp5> to sign up for their own copy!

Our plans for this summer have likewise been affected. All City of Calgary parks, sports and playfields have been closed to organized activities until at least August 31, which obviously has a huge effect on our sports programs. We will be sending out detailed information to those affected by this soon.

In addition, our AGM has been postponed until safer times. We are diligently going forward with our transparency project, so our members are kept up to date on what is happening in their community association.

On the plus side, two of our most popular programs are still viable.

First, The NHCA has a program especially for seniors that want to be more active and socialize called SPRY (Senior Persons Regaining Youth) that has been moved successfully to a virtual environment using Zoom. It's

been so successful that we are making plans to expand the number of people that can attend the now-virtual sessions. Keep social distancing while still socializing!

Secondly, our community gardens initiative is still on, with a few modifications to make sure that everyone stays safe. Look for more information on our website and this newsletter.

Additional plans for this summer that are in discussion but not finalized include the Community Led Spring Cleanups - TLC projects for our neighbourhoods, Themed community walk days, "public art by the public" initiatives, virtual parties, and much more!

On the advocacy front, we have been in touch with our local political leaders regarding community concerns (mental health concerns due to isolation, Greenline project, etc.), government support initiatives, and operating grants for our programs. I would like to thank MP Rempel in particular for reaching out several times, as well as MP Yaseen for updates, MLA Sawhney for expediting grants applications, and Cllr Gondek for her continuing fight for the Greenline in our area. Our hardworking City of Calgary NPC, Angela Williams has also been invaluable in getting us timely information from the city, and Vivo has continued to be a great partner in all of this, which is greatly appreciated!

Ian McAnerin, President,

Northern Hills Community Association (NHCA)
president@nhca.ca

NHCA CONTACTS

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Calgary, AB, T3K 6E3



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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

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

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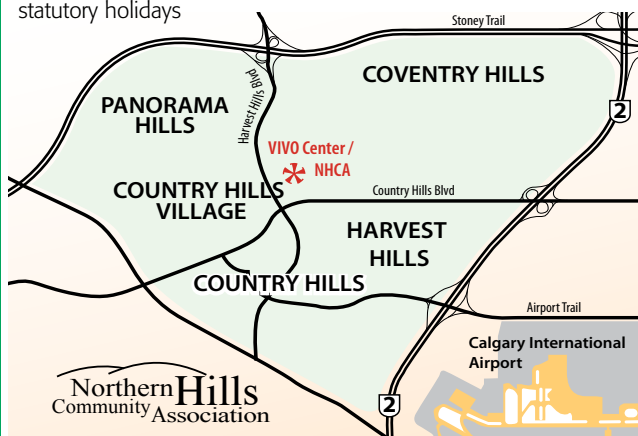
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Highlights of What We Do

Northern Hills Community Association (NHCA) Team

We are a grassroots, volunteer-based organization on a mission to enhance the quality of life of our residents. We do this by enriching and empowering our diverse communities through advocacy, education, and provision of opportunities for engagement. We serve over 57,000 residents in 5 communities in North Central Calgary: Country Hills, Country Hills Village, Coventry Hills, Harvest Hills and Panorama Hills.

Since 1994, we have been providing community-led events, projects, and programs.

Small events like Jane's Walks, Winter SkateTacular, Plant Exchanges, and large events like Neighbour Day parties, Communities Clean-ups, Business Showcase and Fair, and Kick-Off celebrations.

We operate the largest community-based, grassroots children and youth soccer program in Calgary with around

1000 registered children playing on local fields each spring-summer. In addition, our residents have built two community gardens where residents can rent a plot and grow their own produce, and also, we grow produce for community and Food Bank donations. Another program that was created by a group of community residents is Senior Persons Regaining Youth (SPRY), where senior residents participate in fitness and social gathering activities.

With always evolving community interests, needs, and opportunities, we have a vibrant group of various projects that are spear-headed by the community. This very community newsletter – Northern Hills News is one of such projects that was initiated by a community member with our NHCA support. The focus of each project is different,



from Free Community Tax Clinic and High School Advocates to Family Supporting Programs and green space enhancements.

Support us, support your community! Join the Northern Hills strong voice. Become a member! Become a volunteer!

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Beautification



Tara Melhus,
Beautification

The appearance of the Northern Hills neighbourhoods is a top priority for the Beautification committee. The pride of place residents feel when their surroundings are beautified is crucial to a sense of well-being.

The Beautification group aims to maintain landscaping around entrance gates and fences built by developers.

We also want to keep up with the pruning and weeding of community greenery and the planting of shrubs and flowers in shared spaces.

Current Locations we are Beautifying:

- Corner of Country Hills Boulevard and Coventry Boulevard
- Corner of Coventry Hills Boulevard and Coventry Hills Way

We are a small but mighty group that is passionate about keeping our communities beautiful. We are always looking for volunteers to help enhance designated spaces for the Spring/Summer season. The commitment is very small and requires one to be willing to get some dirt under their nails. Please contact beautification@nhca.ca or the NHCA office at 403-226-6422 to volunteer today!

Coventry Hills and the Missing "O"

We know the "O" is missing and has been for a long time, but we need your help! If you own a business and would like to donate time or resources to help us fix the missing "O" on the Coventry Hills community sign at the corner of Coventry Hills Boulevard and Coventry Hills Way please reach out we want to work with you!

Neighbours helping Neighbours: commit to three acts of kindness



The City of Calgary is encouraging citizens to commit to **three simple acts of kindness** to support your neighbours, your community and the city. Visit calgary.ca/HelpingOthers to find ideas, volunteer opportunities, printable tools and resources, and other ways to give.

Be sure to share your acts of kindness on social media and to take part in these community-led movements that are gaining popularity for their positivity:

**#3Things4Neighbours, #AlbertaCares,
#SupportLocalYYC & #yycHubs.**

Responsible Pet Ownership Bylaw Review



The City of Calgary is reviewing this bylaw to better understand how it reflects community values and meets the needs of Calgarians.

FIRST PHASE: Calgarians were asked to share their thoughts on what is and isn't working with the current regulations.

SECOND PHASE: the City is seeking your feedback on these potential amendments. Visit calgary.ca/petbylaw to stay informed and get updates.

Weekly green cart pickup will resume the week of May 19.



- After reviewing safety protocols and best practices, we are resuming the collection of extra bags as your collector can safely pick up extra waste while wearing the appropriate personal protective equipment.
- Green cart collection is currently once every other week. If your green cart is full, extra paper yard waste bags can also be set out for collection. Weekly green cart pickup will resume the week of May 19.
- Black carts are collected every other week. If your black cart is full, extra garbage bags can also be set out for collection.
- Blue carts are collected every week. Extra recycling is not accepted. Please hang on to recyclables until your next collection day, when you can fit them into the blue cart. Alternatively, please ask your neighbours if they have space in their carts that you could also use.

We thank you for your patience as we work to maintain green, blue and black cart service to every household during this time.



Front Porch PHOTOGRAPHY Brings Joy to Many

Kara Watson
Northern Hills News Editor

On March 27, local newborn photographer Krista Dell Mercado woke up and perused the news with her cup of coffee. Stuck at home as we all have been these past 6+ weeks, she felt low and worried.

Just a few months prior, Krista had finally had the courage to use her savings to complete her in-home studio. She was excited to finally be able to do what she was passionate about. Even before there was a government mandate to close non-essential businesses, Krista decided to shutter her studio to protect her elderly parents who live with her.

With her business closed and the prospect of no income in the coming months she wanted to complain but found herself realizing how lucky she was to have a home, her families health, and her husband still able to work. When she read news stories about Porch Photography and the kindness and joy it was showing, she knew in a heartbeat that she had to join in. Krista stated, "I wanted to contribute, and I knew I could do it. No money or capital needed, only my trusted camera and editing skills". She posted to the local Facebook group and had 11 families sign up right away.

The very next day Krista was out meeting families from a safe distance, capturing their smiles. She did not know what to expect. Would anyone even care? She was surprised at how candid and joyful all the families were despite their own challenges and difficulties. She felt an overwhelming sense of pride in the community she had chosen to live in.



Top L: Hobbs Family; Top R: Erin and Enid; Middle L: Dolen Family; Bottom L: Parnell/MacIntyre Family; Bottom R: Kate Christie and Andy McDonald

Volunteer Opportunities

The Government of Alberta is encouraging volunteering even during the pandemic. Here is a link to their guidelines.

[Volunteer Safety](#)

WRITING

Aspiring journalists are needed to help 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.

Contact: [Kara Watson](#)

LAWN MOWING

The Harvest Hills Community Gardens needs a few people who can help keep the grass trimmed between from June to September. All equipment already on site.

Contact: [Harvest Gardens](#)

GARDENING AND YARD WORK

We need a team of volunteers who have an interest in making the forgotten corners of our community beautiful again.

Contact: [Tara Melhus](#)

PAINTING – HARVEST HILLS HUB

Our 2 benches and library box could use a coat of protectant. All materials would be supplied. Looking for someone to apply it on a warm spring /summer day of their choosing.

Contact: [Victoria Henry](#)

WWW.NHCA.CA/VOLUNTEERING

Later, when editing the photos, she found herself crying to see such hope in the faces of the families. And then, when she received the heartwarming messages of thanks from the families and appreciation from the community, Krista shed tears of joy and relief, that she had been able to make a difference.

Krista grew up in the Philippines and came to Canada about 5 years ago. She lived in Coventry Hills first and now lives in Country Hills. She has a bachelor's degree in fine arts and has worked in many related industries including graphic design and visual merchandising. With the support of her family, this year she realized the dream of earning money from her passion, photography. Check out Krista's FB page for more information.

www.facebook.com/wilderlandphotography/

Right: Krista Dell Mercado, Photographer



Top L: Azul Family; Bottom L: Pincombe Family; Bottom M: Tumalak Kids; Bottom R: Seet-Watson Family

Frontline Worker Honoured

*Megan Skilling,
Proud Mother and Resident of Country Hills.*

This is my daughter Caitlyn Roszel. She is on the Foothills Hospital Housekeeping team and has been for almost ten years. She is an inspiration to all those that know her as she continued her job for a time even though she was considered legally blind. She has since had two cornea transplants. You will never hear a negative word come from her mouth. All I ever hear is gratitude for the gift of those

corneas and the families that donated them. Now she works full time and is extra busy during the pandemic. She also keeps in contact with her Grandfather on her off time to see if he needs anything. Thank you for allowing this Proud Momma to share how blessed not only I am but the people around her in her personal life and her work life."

If you know a frontline worker in our community and you would like to honour them, please email us at editor@nhca.ca.



Elected Representatives



JYOTI GONDEK
CITY OF CALGARY
WARD 3 COUNCILLOR

Community Contact: Ally Bates
Telephone: 403-268-4854
Email: caward3@calgary.ca

As I am writing this in early April, I am reflecting on all the unexpected events from these past few weeks and wonder where this next month will take us. At the same time, I am incredibly thankful for the kindness and generosity that has been displayed in the face of turmoil. Everywhere I look, I see evidence of Calgarians' compassion, whether it's the 7pm cheer for frontline workers, the creation of online volunteer community groups to run errands for people in positions of vulnerability, or businesses providing meals or space for emergency relief efforts. You all make me extremely proud to call myself a Calgarian.

I would also like to express my gratitude to our frontline workers who have been working around the clock. Your dedication to serving our communities has not gone unnoticed. You are our local heroes.

With the warmer weather around the corner, many of us are looking forward to spending more time outdoors. However, our success in mitigating the effects of COVID-19 depends on containment through limiting contact. We must make positive choices throughout the warmer months, which include physical distancing, staying home if you are symptomatic, washing your hands, sneezing into tissues and covering your cough.

The City of Calgary website is a great "one-stop" approach to information about COVID-19. It has details about City supports available for residents and businesses, changes to City services and links to the other orders of government's updates on COVID-19.



RAJAN SAWHNEY
CALGARY-NORTH EAST MLA

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

Dear friends and neighbours,

The past months have been incredibly challenging for our community. I want to assure you that our government is doing everything we can to help prevent the spread of COVID-19 and support Albertans.

As we continue to practice social distancing, the Government of Alberta has implemented several emergency programs to support vulnerable Albertans, including \$60 million in funding for shelters and community organizations to continue their important work during COVID-19.

In this difficult time, we all need to take care of each other, and I encourage you to regularly reach out to family, friends, and

neighbours. If you or someone you love is struggling and need to speak to someone, help is available. The Mental Health Help Line can be reached at 1-877-303-2642, and the Family Violence Hotline at 310-1818.

As we manage this health emergency, I want to thank the essential workers and medical professionals who are working tirelessly, and at great sacrifice, for us all. My gratitude cannot be sufficiently expressed to you.

As always, it is my honour to serve as your MLA.



MUHAMMAD YASEEN
CALGARY-NORTH MLA

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

The past two months have presented an unprecedented challenge to our community. The COVID-19 pandemic and the response to this public health crisis have challenged our province on a scale that we have not experienced before. I know this hasn't been an easy time for Albertans, but our government is here to support you. The Government of Alberta has enacted a \$7.7 billion comprehensive response to protect the safety, security and economic interests of Albertans amidst the ongoing COVID-19 outbreak. We have taken such aggressive public health measures because Albertans' health is our top priority. We must do everything we can to protect Albertans during this pandemic, especially our most vulnerable.

It is in these times of crisis when we see the best in Albertans. I personally want to commend all of you who have stepped up to support those who are vulnerable to COVID-19, as well as those who have been deeply affected by the economic crisis. I want to thank all of the frontline workers who have braved themselves to assist us. Thank you to neighbors lending a hand to one another, and to my constituents for staying at home and for practicing social distancing. Your continued cooperation and participation are needed to combat the covid19 crisis and flatten the curve.

Alberta's phased relaunch strategy to reopen businesses and services to get people back to work can be found at: <https://www.alberta.ca/release.cfm?xID=70217037B8E9C-C319-32CC-240D33487895E4F7>

It is my honour to serve as your MLA.

Visit these websites for details about the Alberta and Canadian Government response to COVID-19:

- [Government of Alberta COVID-19 General Information](#)
- [Government of Alberta Financial Support](#)
- [Government of Canada COVID-19 General Information](#)
- [Government of Canada Financial Support](#)



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

115 – 70 Country Hills Landing N.W.
Calgary AB T3K 2L2
Tel: 403-216-7777
michelle.rempel@parl.gc.ca

Our community and country face unprecedented times. The COVID-19 pandemic has impacted everyone in our community, and I continue to work hard on your behalf as we manage the response together. I would like to acknowledge the incredible work of all of our healthcare officials, and essential workers during this time, we have many members in our community stepping up during this pandemic to serve our community, and I thank you for that. I would also like to express my condolences to those in our community who may have lost a loved one due to this virus.

As your Member of Parliament my office remains open digitally and all services remain available to you. I also encourage you to visit [my website](#) where I have collated frequently asked questions and step-by-step video tutorials on programs available to workers, employers, seniors, and students.

I have been working with community leaders, business owners and residents in Calgary Nose Hill to help advocate for more support for our community. On my website you can see several press releases I have published to pressure the government to make immediate changes and some of the proposals I have made. There has been some success as a result of pressure which includes changes to the BDC loan program, getting Parliamentary committees back to work virtually and significant changes to the Emergency Work Subsidy program.

During these difficult times it is important that we come together as a community and do our part to slow the spread of this virus. It is not easy, and I understand and share many of the frustrations you are feeling. If you have any feedback on what I can be doing to help our community better please reach out to my office at 403-216-7777 or michelle.rempel@parl.gc.ca

Northern Hills Cares Volunteer Spotlight

Nate Pike
Communications Director – NHCA

Many amazing volunteers have stepped forward to run and coordinate the community volunteer pages for our Northern Hills Cares Network. The NHCA wants to both thank and celebrate them.

We want to shine a spotlight on Jennifer Rapuano. Jennifer was one of the first volunteers to step forward when the Northern Hills Cares Network started up. She has proven to



be a tireless and key volunteer, putting countless hours into making sure that her neighbours in Harvest Hills, Coventry Hills and Country Hills and sometimes farther away have all supports they need.

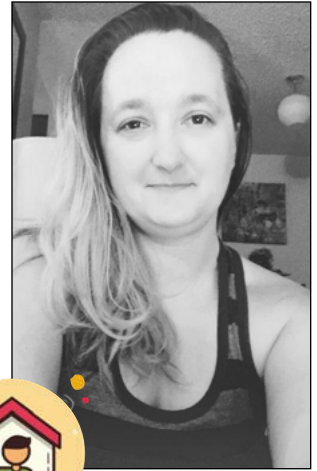
Jennifer grew up in Calgary and while she moved away from the city for a time, has recently returned here to her roots. As a reservist, Jennifer is no stranger to stepping up when needed. Her IT skills have shone through in the way she had managed and administrated the volunteer pages.

As to what motivates Jennifer? Her own words address that better than anyone's.

"I refuse to give up on a city that has never given up on me."

From all of us at the NHCA, thank you Jennifer!

If you would like to help volunteer with the Northern Hills Care Network, please send me an e-mail at comms@nhca.ca and let me know how you would like to help in supporting our neighbours.



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Northern Hills Community Association Sports

Amanda Joly,
Sports Director

Youth Soccer, Adult Slo-Pitch, Adult and Youth Ultimate Frisbee and Youth Field Hockey registration is STILL open online. Register at www.nhca.ca with your NHCA membership and credit card. You can also contact SoccerTech at info@soccertech.ca.

We are going through a confusing and challenging time right now with the COVID-19 pandemic, which means our soccer program is at a stand still. It is tempting to cancel; however, we remain optimistic that there will be some form of soccer this year.

Please know that we are diligently working with every one of our governing bodies.



We are following the guidance provided by the City of Calgary, Alberta Health Services, Government of Canada, Government of Alberta, CEMA and Calgary Minor Soccer Association, which in turn is directed by Alberta Soccer and Canada Soccer.

We know the importance of exercise for physical and mental health and when the restrictions are lifted, we will all be ready to start soccer! This means that soccer could run during the months of July and August. Other backup options could include a summer camp style or a Fall start. We are determined to see soccer happen in 2020.

In response to the pandemic, SoccerTech has amended their refund policy and if you need a refund you will receive the full amount minus a \$25.00 per player admin fee.

I understand that a fee like that can be hard to take, especially if you have been affected by a lay-off due to COVID-19. The fee covers the expenses incurred

by SoccerTech to date. These expenses include advertising, equipment, jerseys, and permits. The volunteer opt-out fee is fully refundable. The NHCA Membership is non-refundable. I deeply apologize if this news come to you at a time that you may be struggling.

I am here for you, please email me at sports@nhca.ca if you would like to discuss the refund and you are in a financial crisis. If you would like a refund, please email info@soccertech.ca.

If you get a refund but later find that the new start date for soccer does work into your life and schedule, SoccerTech will deduct that fee from the registration cost. For those who are happy to see what happens, there is nothing that you need to do, SoccerTech will send out updates as developments come up.

Thank you for your patience as we strive to adapt to the unprecedented situation, we now find ourselves in. Please stay safe and take care of each other.

Seniors Embrace Digital Communication

Mae Chun
MPC Fdn.

We are all grappling with a brand-new world order, and true to our instincts as a human race, we adapt, and we do so quickly. The challenge in this time of change was how do we continue to provide social connections for seniors? For many of us, the answer is simple – go digital. That may be easier said than done.

When I first floated the idea to those around me, some were filled with excitement at the possibilities. This could help lift seniors out of social isolation. Others responded with trepidation and doubt that this is even possible. After all, we rarely put seniors and technology in the same sentence.

And so, the quest began – to bring digital communications to those who have not heard of nor ever used technology. We chose to go with Zoom and now we have the distinct pleasure of saying that we have helped close to 20 seniors embrace the technology so that for them, socializing can happen again. And to all the social distancing police out there, yes, this was all achieved with no physical contact.

When we had our first group meeting recently, the joy in all their faces when they saw each other again was truly worth the



effort. The whole 'room' exploded in a chorus of excited chatters. Equally so, the seniors in the program deserve the biggest hi-five – for overcoming initial hesitations, for persisting and most of all, for embracing the new world order! In the absence of government funding to continue this project, volunteers have stepped up to make this possible. We owe them our deepest gratitude.

For more information or to register, please call/text (403) 547-6215 or email us.

Tips on Filing Your Own Taxes

Isceelyn Lanaria,
Volunteer with At Home in the Hills

Due to COVID-19, Canada Revenue Agency (CRA) has extended the deadline to file your taxes to June 1, 2020, as well as the deadline to pay any balance owing on September 1, 2020. Here, we have written a simple step-by-step guide on how to file your taxes this season!

Please note to consult a tax professional if you have any concerns regarding your specific tax filing circumstances.

Step 1: Prepare your slips and documents

Make sure you have all your income slips, receipts, statements for the year you are filing your return. It is also helpful if you have your previous Notice of Assessment for any info on carry over amounts and room for contribution (RRSP & TFSA for example).

If you are missing some slips, the easiest way to retrieve them is to register or log in to your **My Account** on the CRA website. Another way is to phone the individual tax return CRA phone line and have the CRA representative mail you your slips or they can probably even relay the amounts to you if you clear the identification security questions.

Step 2: Method of Filing your Return

- Paper Return - you can download the forms on the CRA website or order a form to be mailed to you by phoning CRA at 1-855-330-3305. This is mostly recommended for first time filers.
- Electronically (software) - CRA has a list of netfile certified software on their website: canada.ca/netfile-software. Most of the software

options are free of charge (for personal use only).

Community Volunteer Income Tax Program - While NHCA's annual free volunteer-run tax clinic is temporarily paused, some tax clinics in the Calgary area are still continually accepting clients. To see a list of the nearest clinic, please check the CRA website and search for "free tax clinic". However, you need to be eligible for them to file your taxes in your behalf.

Step 3: Completing your tax return

Whether it's on paper or online, it is very important that you enter your up to date information on the "Identification" part. Any changes in address, marital status, and number of dependents can have an impact on your taxes and benefits (if you are receiving any).

Also, don't forget to report any employment income, investment income, self - employment and benefits income in Canada and outside Canada.

Lastly, don't forget to claim applicable deductions, tax credits, carry over balances, and expenses to reduce any tax amount owing. Don't forget to have the necessary documentation to support these claims as CRA can audit any tax return within the next six years.

Step 4: Refund or Balance Owing

Generally, once CRA receives your tax return, a Notice of Assessment will be mailed to you by paper or electronically (if you opt for electronic My Account) with the refund or owing amount.

When you file your tax return on paper or online, you will have an option to enter your direct deposit information. Most refunds can be received within the next two weeks after filing your taxes electronically or up to eight weeks when filed by paper.

If you have a balance owing, please be mindful of the due date of payment to avoid penalties and interests. There are many ways to make a payment to CRA and most of this information can be found on their website. Please note that you **cannot** make a payment by phoning CRA. Also, CRA can arrange payment arrangements if you do not have the means to pay the full amount right away. You will have to phone CRA to discuss and set up an arrangement.

Step 5 (if applicable): Changing your Return

If you forgot to add or need to change info on a submitted tax return, it is highly suggested to wait for your Notice of Assessment before taking any action. You can change your return through My Account online, ReFile service, or by sending a T1-Adj form by mail. If you are unsure how to use any of these services, please contact CRA as they can direct you step by step on how to complete these.

We hope you have a happy income tax season.



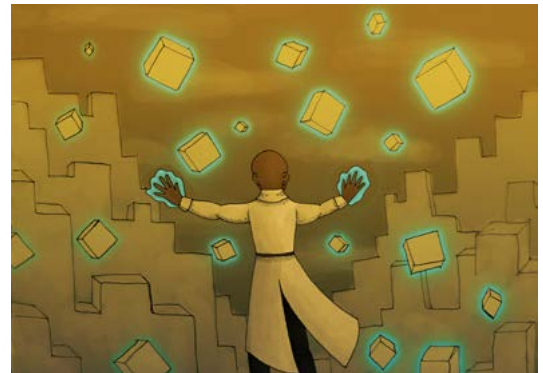
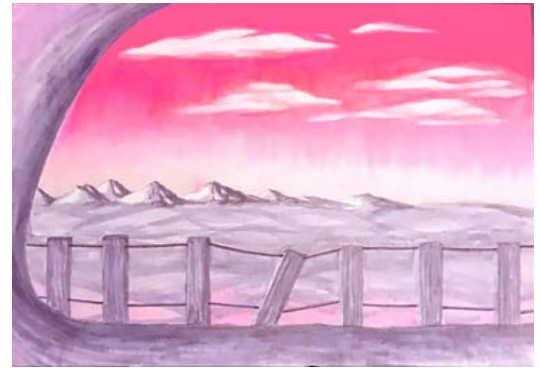
Artist of the Month



*Emma Cahoon,
Northern Hills resident*

I've always had an interest in art, and when I was a kid, I would always put a lot of work into school art projects and drawing at home. I started taking art more seriously in junior high, where I took art classes and joined the school's art club where I learned more technical skills and about a variety of mediums. I also took art class in my first year in high school (due to being in an advanced program for the rest of high school I was unable to continue taking the course, but I continued drawing outside of class and incorporating art into projects for my other classes). In April 2019 I was able to run a table at the Calgary Comic and Entertainment Expo, selling prints of my art in various formats. I continue running tables at conventions, including the

Saskatoon Expo. I primarily draw using either digital art using Medibang Paint Pro and a Wacom Intuos or using Multiliners and Copic markers. [Email Emma](#)



Northern Hills
Community Association

Community Gardens

Coventry Hills & Harvest Hills

**Rent a garden plot in a
community garden this
season!**

4 x 12 - \$30

4 x 8 - \$20

+ NHCA membership

**Are you just looking to help out? We
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coventrygarden@nhca.ca harvestgarden@nhca.ca

nhca.ca/gardens



**BowWest seeks to meet the needs of
North Calgary residents by offering the
following services:**

- Providing referrals to the organizations which are still operating
- Processing requests for temporary financial assistance for rent and utility arrears through the Basic Fund for North Calgary residents
- Providing referrals and emergency food hampers
- Looking into how can they assist with tax filing during the isolation times
- Other supports for singles, seniors and families – no restrictions

Contact Germaine at
(403) 874-6809 or
by email

Germaine@bowwest.org