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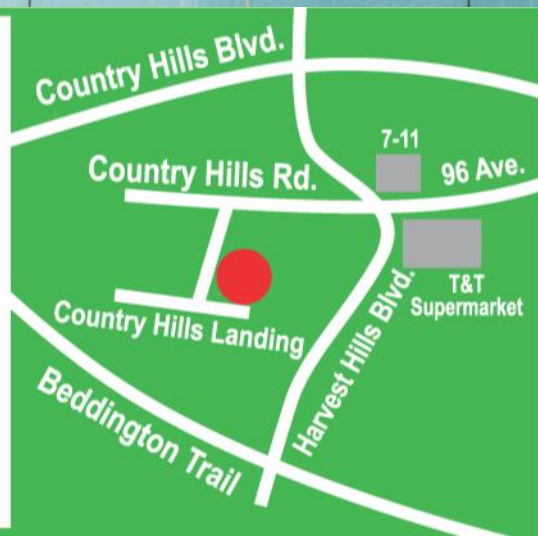


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## esident's Message



**Tavis Settles**  
President - Northern Hills  
Community Association

As May rolls up, we are starting to see flowers and trees springing to life in our community and this brings change. Our AGM has just completed and we are welcoming new members to the board and saying goodbye to some others as they move on. The association has been left in a good place to take on new challenges with a start of our fiscal year. I would really like to take this time and acknowledge all the great work our previous Board of Directors and Staff have completed to bring us to such a good starting point. We are looking forward to what this session will bring us to and we hope to come through this pandemic on the other side.

Thank you to all of you who participated in our AGM. It's important to have community engagement in these things. If you're looking for opportunities to connect and to help out, please reach out to the NHCA for open volunteer positions.

Spring is here, and with that also comes the annual spring cleanup! That's right May 9<sup>th</sup> from 9am to 2pm ([Community Clean-Up – Northern Hills Community Association \(nhca.ca\)](https://www.nhca.ca)). Yes

we know it's mothers days, but think of what an awesome gift that would be to your mother by helping her clean up some of those Covid projects that have been stacking up that need to be recycled and toss out. Please check our the NHCA site for more details.

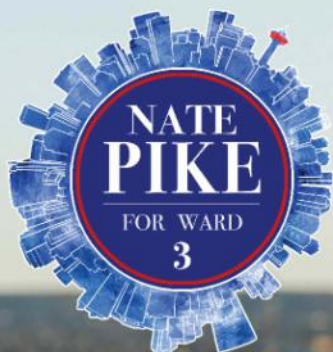
With our weather getting warmer our outdoor sports programs are starting up. Our teams are working hard to ensure they still can happen in a safe and active environment with COVID restrictions. The kids soccer and field hockey, and adult slo-pitch. The NHCA is also looking for volunteers to help expand and grow our sports programs. Please contact the office for more details.

The Good Food Box program that is happening each month now and is a great way to get affordable, good quality and mostly locally sourced fresh produce please see the ([Good Food Box – Northern Hills Community Association \(nhca.ca\)](https://www.nhca.ca)) for more details.

Our community gardens are starting to grow and open up. We encourage our community to get to explore and check the spaces.

I would like to thank everyone for contributing to making our community a better place. We are looking forward to the coming year as we get past COVID and hopefully return more to business as usual.

Tavis Settles  
President - Northern Hills Community Association



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May - July

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# LET'S CLEAN-UP THE COMMUNITY TOGETHER!



**FOR INFO AND TO VOLUNTEER: [NHCA.CA/COMMUNITY-CLEAN-UP](https://nhca.ca/community-clean-up)**



## AT THE CLEAN-UP,

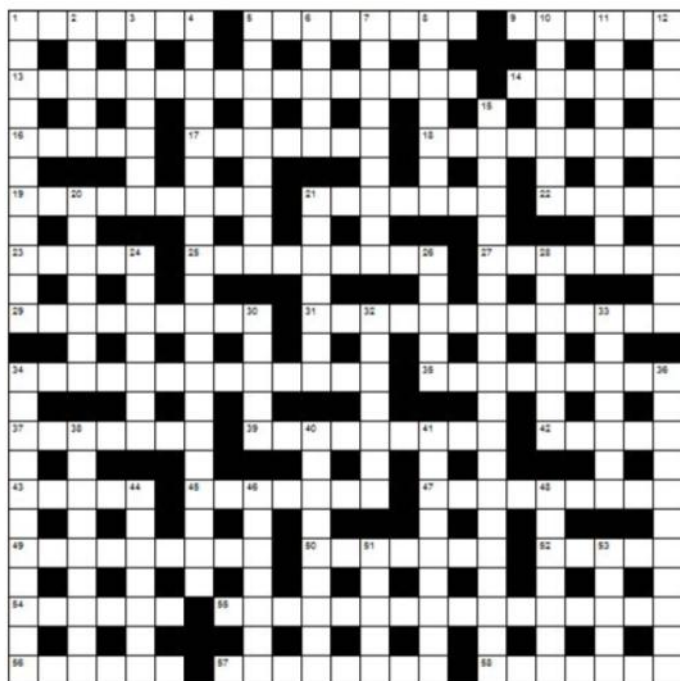
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THE DEPOSITS FOR THIS EVENT**

**ACROSS**

- 1 Whitewash is left remaining in vessel (5-2)  
 5 General stores order for regular shopper? (8)  
 9 Suppress outbursts of laughter, perhaps, about article in *Le Monde* (6)  
 13 Legendary prankster wound Lee up, telling lies (4,12)  
 14 Storyteller's books originally engraved in wood (6)  
 16 Mount a plate (5)  
 17 Endless practice on incline? It's needed by climbers (7)  
 18 Pervert homed in on a maiden, getting personal (2,7)  
 19 Drivers in Grand Prix initially abandoning quibble – it's what gets them moving! (6,3)  
 21 Send lecturer back to Jersey (7)  
 22 Section of core curriculum is to come up again (5)  
 23 Broadcast slagged off a native of China (5)  
 25 Seaside town ultimately ideal for one in terrible misery (4,5)  
 27 The man's carrying ailment around hospital – that's dreadful (7)  
 29 At last the brass secure agreement for military command (4,5)  
 31 Permanently available when required, keeping fond ear out (4,3,3,3)  
 34 A going backward, with rot possibly set in? (13)  
 35 Change sides in addition? That's harsh (9)  
 37 A heartless non-believer is an austere type (7)  
 39 Jockey toils and aims very high (9)  
 42 Sex appeal's shown by one Italian – it gets steamy! (5)  
 43 Son wants ice cream cake (5)  
 45 Country's capital bowled one fellow over (7)  
 47 Convert polyester plastic (9)  
 49 Tries getting into Madrid team for practice (9)  
 50 Having key for institute, left extremely happy (7)  
 52 Youngster doesn't finish one dish (5)  
 54 Indifferent, not tense or nervous (6)  
 55 Military Intelligence's apparently given support, helping to arrest one for embezzlement (16)  
 56 In secret, executives back City (6)  
 57 Bill thus becomes ill, as Charles I was at the end? (8)  
 58 Dieter regularly consumes wine for relaxation (7)

**DOWN**

- 1 Disaster area harbours upstanding man supporting Queen (11)  
 2 Criminal gets rid of fashionable residence (5)  
 3 School eggs on college fellow (7)  
 4 Avoidance of giving offence is, in short, central to gossip column (9,11)  
 5 Sister cracks joke over a drink, being a poser (9)  
 6 Meal's presented half-heartedly? Marvellous! (5)  
 7 In a position above being too much of a 14? (9)  
 8 I cry out loud, discovering pupil's situation (7)  
 10 Grass cutter doesn't start? Capacitor's required (7)  
 11 Mathematician upset toff, if given half a chance (9)  
 12 Officer of state's soon detailed by military, we hear (4,7)  
 15 Exactly that which is required, possibly making two redo thatch? (4,3,6,7)  
 20 Business needs time for second new agreement (7)  
 21 Turn up stuff about one Italian inventor (7)  
 24 Insult a female with boldness (7)  
 26 Religious teacher floated ideas at first (5)  
 28 One with pride in son is extremely likable, somehow (7)  
 30 Physicist's fixed up with a place for research, mostly (5)  
 32 Card game requiring players to hold an ace (7)  
 33 A British university probes actual location of stone circles (7)  
 34 Note, Jenny has endless stamina, offering encouragement (11)  
 36 Actress in cast in great need (11)  
 38 Companion's about to jump over river to reach eatery (4-5)  
 40 Upholding bill, unproductive Democrat grabs last of moral high ground (9)  
 41 I put end to Japanese sumo wrestling? That's rash (9)  
 44 Authority makes U-turn, with English housing at issue (7)  
 46 Supply a smile, hiding one's uneasiness (7)  
 48 Penny lost inclination to charm (7)  
 51 Liberal politician consumes beer? On the contrary (5)  
 53 One's head, nothing less? Just a bit of it (5)

Design and digital publishing credit to:

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403.226.9361

[store264@theupsstore.ca](mailto:store264@theupsstore.ca)[theupsstore.ca/264](http://theupsstore.ca/264)**The UPS Store****Print and Business Services*****In This Issue***

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*and so much more!*

**Northern Hills**  
 Community Association



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# NHCA CONTACTS

## 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](mailto:info@nhca.ca)

## Public Hours:

Mon-Friday: 9:00 am – 1:00 pm  
Remote assistance, check the website for more information about in-person appointments.  
Closed on weekends and statutory holidays

## STAFF & CONTRACTORS

Executive Director: [Yana Soldatenko](#)  
Bookkeeper: [Surina Gupta](#)  
Newsletter Editor: [Heather Hubert](#)  
Ad Sales: [Heather Hubert](#)  
Office & Newsletter  
Administrator Assistant: [Jiyoung Lee](#)  
Communications Analyst: [Anuradha Sengupta](#)

## VOLUNTEERS

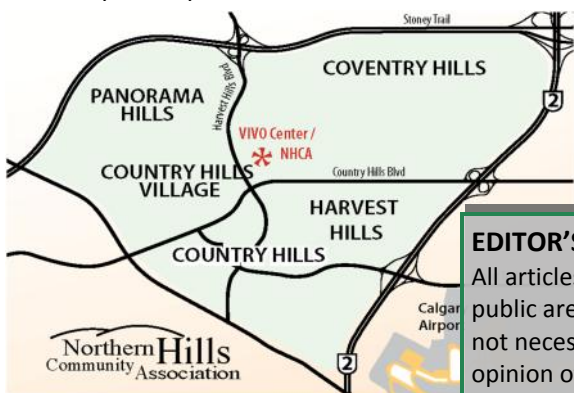
The NHCA is a self-funding, non-profit organization. All our board members and committee members are volunteers.

## BOARD MEMBERS

President: [Tavis Settles](#)  
1st Vice President: [Tamara Keller](#)  
2nd Vice President: [Leah Argao](#)  
Secretary: [Amanda Mauch](#)  
Treasurer: [Azim Riaz](#)  
**DIRECTORS:** Chris Abdalla, Zubair Chowdhury, David Hartwick, Fadi Katto, Devon Lowe, Tara Melhus  
**COMMITTEES:**  
Accessibility & Grants: [Chris Abdalla](#),  
Arts & Crafts: [Chris Abdalla](#),  
At Home in the Hills: [Samana Zehra](#),  
Beautification: [Tara Melhus](#),  
Gardens: [Amanda Mauch](#)  
Building Safer Communities (Blockwatch): [Tavis Settles](#)  
Business Development: [TBD](#)  
Communications: [Tamara Keller](#),  
Creating Coventry: [Asim Riaz & Moraig McCabe](#)  
Government Relations / Advocacy: [David Hartwick](#)  
Harvest Hills Hub: [Tamara Keller & Victoria Henry](#)  
Membership: [TBD](#)  
Planning & Development: [David Hartwick](#)  
Sports & Rinks: [TBD](#)  
Seniors: [Leah Argao](#)  
SPRY in the Hills: [Jay L Emond](#)  
Volunteer Relations: [TBD](#)

## 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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Country Hills and Country Village



# End Gender-Based Violence

Access resources  
Learn about abuse  
Support those impacted



Calgary Immigrant Women's Association (CIWA) provides professional, culturally-sensitive counselling for immigrant women and their families who are experiencing transition challenges, relationship problems, abuse and trauma.

Additionally, we offer a wide range of programs and services to parents and families adjusting to a new culture and life in a new country. Immigrant parents, seniors and youth have access to:

- Parenting related information and support
- Individual counselling support
- Afterschool based programming
- Leadership opportunities

Data indicates that **immigrant women are at a higher risk** of violence because of language and cultural barriers, poverty, and lack of information on available resources and understanding of gender equality in Canada

For services, workshops, training and resources around gender-based violence, contact:  
**FamilyServices@ciwa-online.com**  
**(403) 263-4414 Ext. 142**



## Northern Hills Neddie



## Northern Hills Neddie

Hi everyone this month I am taking a break from giving my wonderful relationship advice to bring you a different kind of information! I have had so many people asking where can I go for a nice walk/hike around the Northern Hills area and close to Calgary.

These are some great places in Calgary can suggest for you to get out and enjoy some lovely fresh air!

- Nose Hill Park [5620 14 St NW,](#)
- Edworthy Park (Douglas Fir Trail) [5050 Spruce Dr. S.W.](#)
- Griffith Woods 160 Discovery Ridge Blvd SW
- Fish Creek Park [15979 Bow Bottom Trail SE,](#)
- Twelve Mile Coulee 65 Tuscany Hills Rd NW,
- Bowmont Park (Waterfall Valley Trail) [85 St. N.W. & 48 Ave NW,](#)
- Beaverdam Flats Park/Carburn Park [62 Av SE & 16 St SE,](#)
- Inglewood Bird Sanctuary [2425 9 Ave SE,](#)
- Pearce Estate Park [1440 17A St SE,](#)

If you are looking for a Provincial Park nearby with amazing hikes and scenery these two are definitely worth the drive:

Big Hill Springs Provincial Park just West of Airdrie and Glenbow Ranch Provincial Park near Cochrane

Ahh the beauty of nature is really is outstanding-please if you would like to send me info on your favourite hikes and places to go I would love to hear about it and publish for everyone!

Neddie signing out!





## MAY WINNER!

Chicken Soup & Creamed Chicken  
Winner: Larissa MacKenzie



### Soup:

Add 6-8 Chicken thighs and 6 drumsticks in a pot  
Fill large pot with water to top of chicken add 1tbsp salt bring to boil.  
Turn down + skim the scum  
Add tsp whole peppercorns, a bay leaf, 1 carrot cut in 3rds, 1 celery cut in thirds,  
2 thick slices onion 1 tbsp pickling spice.  
Simmer 45-50 min.  
Strain Broth in a large bowl, put cooked chicken in bowl  
Add thin noodles, 1 can tomatoes with juice couple tbsp fresh dill.  
Add salt and pepper to taste.  
Simmer 15 minutes.



### Creamed Chicken:

Sauté 2-3 tbsp chopped onion + 1tbsp butter  
Add chicken and 2 1/2 half pints of whipping cream.  
Add salt and pepper to taste.  
Tbsp of fresh dill  
Simmer 15 minutes. Basting chicken a couple times  
Serve with mash potatoes and choice of veggie

Submissions must be sent in typed up in format that can be copied and pasted . Photos are welcome!

Email: [editor@nhca.ca](mailto:editor@nhca.ca)



## Sudoku

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



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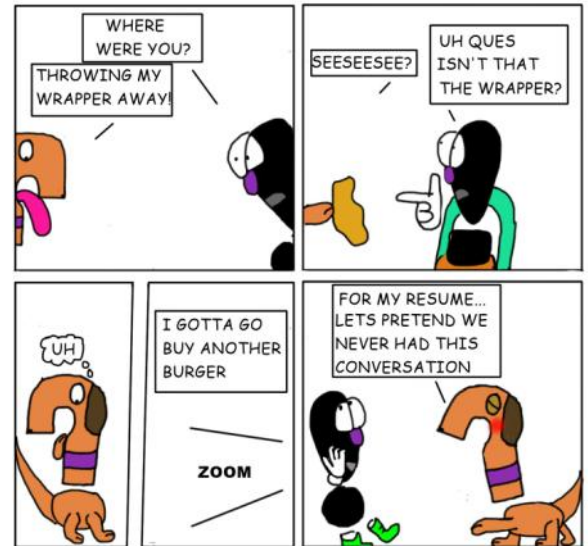
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# An Interview with the Comic Creator Joni R of Punctuation Association

## 1. How did you start making comics and what inspired you?

I decided I wanted to be a cartoonist in grade eight while reading how Jim Davis creator of Garfield had done it however I was struggling to find a strip idea. Then in Grade nine I had a real great teacher who loved punctuation and while doing a punctuation project I decided there should be a strip about punctuation marks because it was unique and no one had ever done it before which was exactly what I wanted with mine.



## 2. How long have you been making comics?

I did not want to develop it because being disabled I did not know what the other kids would think or if they would be interested or even if they would make fun of me or discourage me so I put it away until I was an adult in the group home and after failing to write a novel I rediscovered my comic strip again and started really getting into it by researching and creating a couple strips. I then started showing them to people at my day program and they said I really had talent and to keep going with it and I did and that was when it dawned on me that this was what God was calling me to do because I had been praying about finding my calling since graduating from high school. Then in 2013 after my dad died, my nephew bought me a computer and that was when i started putting the books together. And I have had a book on the go ever since.

## 4. Please let us know a little more about you!

I am full blood black foot native. Adopted as a a child with diagnosis of fetal alcohol syndrome and later with autism and ADHD. As a child I had a normal childhood, going for ice cream, bike rides to Bowness park and travelling in a RV on trips.

As an adult now 36 I live in a group home with people who I consider an extended family The owner of the group homes is actually my most favourite human being. Her name is Jane but I get to call her Auntie Jane. She treats me very much as if I was her very own. I would also like to send a shout out to my other family who are also my guardian, Glen and Colleen and also my sister Mariah and her husband Kam who never miss time to spend with me even during COVID.

I also have a job at Euphoria cafe in varsity and I also love it there because I get to sell and promote my comic books. My boss is so cool with me being there and my co workers and customers always look forward to me coming in.

Thank you for your time and hoped you enjoyed getting to know me.

If you have any questions or comments please email me at [punctassoc@hotmail.com](mailto:punctassoc@hotmail.com)



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# Kumar Sharma

For Councillor Ward 3



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# Creating Coventry

## Project 2: 5 SE Coventry Parks Update

### Reno #1: Coventry Green Games Park

You may have seen the City's sign in Coventry Green park, saying the playground equipment is being removed.

**First, DON'T PANIC!** We knew this was going to happen sooner rather than later, due to the equipment being in a bad way. That's why we've been working with you, our community residents, over the last almost 3 years to come up with a replacement plan (see more details below).



**Second, over the next week or so, we will be delivering letters to residents overlooking the park,** to get your signatures of approval on a "sight line survey" so we can make these renos happen and the park isn't empty for too long. Without these renos the park would be grassed over, as the City can't afford to replace every playground in every community when they reach the end of their life, and they have already recently replaced two "tot lot" playgrounds for younger children in this area of Coventry Hills (#4 & #8 on the map). That's where the Creating Coventry volunteers come in.

We will also be busy kicking off our fundraising and submitting grant applications, with help from our partners at Northern Hills Community Association and Vivo, to enable these renos to happen.

**We've been asked, "What exactly is a Games Park and why was that chosen?"**

That's a great question! You may recall that in 2018-2019 we were surveying the community about what you wanted to see in the three parks in SE Coventry that are coming to the end of their life-cycles (#3, #5 & #6 on the map). You told us that Coventry Green "gazebo" park (#6) should become a space for socializing and playing games, with the other two planned for a climbing/parkour park (#3) and a natural play park (#5). Since then, we have been working with volunteer families who live near the games park and the climbing/parkour park, and their children created a "wish board" for each park of all the things they would like to see in them.

We would love to be able to put everything they asked for, but as our budget is not unlimited, we are working on a plan that includes as much as possible for the Coventry Green Games Park:

- Outdoor ping pong table
- Outdoor chess/checkers table
- Custom seating, including a family swing
- Accessible concrete multi-use pad that will be painted with giant game boards
- A makeover for the gazebo, complete with solar lighting
- Some landscaping, using native plant species

We would also like to include the multi-sport station that can be seen in the wish board design, but that will depend on how much we can fundraise and may need to be installed in a later phase.

**And finally...**

We will keep posting updates, so please make sure to "like" our Facebook page (@creatingcoventry) or follow us on Twitter (@CreatingCovYYC). You don't want to miss out on the upcoming survey/poll about what giant game boards we should include in the design!

Thank you all for your support of our little band of resident volunteers trying to make our parks great places to spend time in. We know this has been so important to many over the past year.

**The Creating Coventry Team**







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SUNDAY AND HOLIDAYS 11:00am - 11:00pm



### Muhammad Yassen Calgary-North MLA

This month I have received many enquiries related to the budget, coal mining, healthcare and vaccination rollout, and as is my practice I attempt to phone as many constituents to discuss their enquiries. Below are some of the Bills before the Legislature this Spring session. To read the complete list of Bills please visit [Legislative Assembly of Alberta](https://www.assembly.ab.ca/legislation).

**Bill 51:** The Alberta Government has introduced the *Citizen Initiative Act* and if passed would allow Albertans to bring forward important matters to the legislature for consideration. This legislation would help strengthen Albertans' roles in our democratic system.

**Bill 52:** Alberta's government introduced Bill 52, the *Recall Act* that would give Albertans the power to initiate a process that could potentially lead to the recall of provincial and municipal elected officials.

**Covid-19 Vaccine Rollout:** To learn more about the vaccine rollout and how to register please visit [COVID-19 vaccine program | Alberta.ca](https://www.alberta.ca/covid-19-vaccine-program)

**Expanding Child Care Options for Working Parents:** *\$9.7 million in grants are being awarded to create over 1,500 new child care spaces.* Through the Early Learning and Child Care agreement with the federal government, over 1,500 new child care spaces in licensed daycares and day homes will be created. Grants will also help providers in developing overnight care options to better support parents who work beyond the traditional working hours.

**Rent Supplement Programs:** The Alberta government has announced the redesign of the *Rent Supplement Program*, as well as the new *Temporary Rent Assistance Benefit* and is reopening the *Rent Assistance Benefit*. Together, these benefits will serve approximately 11,600 households. To learn more, please contact Alberta Supports Contact Centre, toll free at 1-877-644-9992.

**Wishing you an enjoyable Victoria Day Long Weekend**

Muhammad Yassen  
Calagry North MLA

[calgary.north@assembly.ab.ca](mailto:calgary.north@assembly.ab.ca) 403.274.1931 104, 200 Country Hills Landing NW Calgary AB T3K 5P3





### **Jyoti Gondek**

#### **City of Calgary –Ward 3 Councillor**

Due to The City's election campaign rules, this will be my final newsletter update as your Ward 3 Councillor. I am incredibly grateful to all Northern Hills community residents for placing your trust in me to represent you at City Hall. It has been a pleasure to go to work for you everyday and to collaborate on solutions that will help our communities thrive.

Thank you to everyone who took the time over the past 3 ½ years to contact my office with ideas for community improvements, including traffic safety, neighbourhood beautification and better green spaces. I'd also like to express sincere gratitude to HVCA board members and community stakeholders for all the time they have spent with my office advocating for essential infrastructure and ensuring our communities are vibrant hubs for residents to play, live, and work.

We're still waiting on some projects to be completed, like the Vivo expansion, multiple crosswalk improvements, and completion of the 14<sup>th</sup> & Stoney interchange. Getting the funding in place was the most important step for all of these infrastructure initiatives. Your patience during the design and construction phases is appreciated.

I hope all of you are staying healthy and navigating through the uncertainty we are facing with the pandemic. Please ensure you book your appointments for the vaccine as soon as it is available to you. Let's keep the faith that fall may bring us back into a more regular routine with fewer restrictions. It's been my privilege to serve you, Ward 3. Be well.

Jyoti Gondek

City of Calgary – Ward 3 Councillor

Community Contact: [Ally Bates](#) Telephone: 403-268-4854



**Josephine Pon**  
**Calgary - Beddington MLA**

Dear Constituents,

As your representative in the Alberta Legislature, I would like to keep you informed on the important initiatives that our government is advancing on your behalf. Thank you all for your efforts to keep each other safe and healthy!

Our government has been closely monitoring the effects of the pandemic in community. I was excited to visit small businesses in Calgary-Beddington, and collect feedback from our brave small business owners. I provided them with a list of all the municipal, provincial, and federal supports available to them, as they continue to serve their clients, and make our community strong. Small businesses are the backbone of our economy!

I understand the impacts that the COVID-19 pandemic has had on you and your family. On April 10, I invited the Calgary Counselling Centre to join me for an Online Constituency Workshop: "How to Keep Mental Health Strong for you and your Family!" Thank you to all my constituents who joined! If you would like to view the workshop in full, please visit my Facebook page: @PonJosephine.

Every month, I send my constituents regular updates and "Breaking News" via my email newsletter, to ensure you all receive the most complete information on announcements from the Government of Alberta. If you would like to join my mailing list, please send me an email to: [Calgary.Beddington@assembly.ab.ca](mailto:Calgary.Beddington@assembly.ab.ca)

Congratulations to Hidden Valley Community Association on your successful application to the Community Facility Enhancement Program grant! The Government of Alberta approved the grant for \$106,000. I was pleased to submit my letter of support for their application! Please support the Hidden Valley H2 Spaces initiative to strengthen parks in our community!

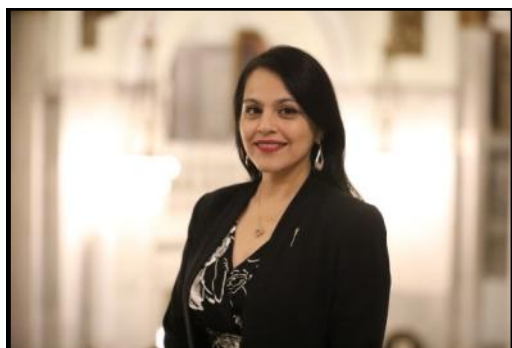
I am so grateful for the honour of representing you, and for the faith you have placed in me to be the voice of our constituency, Calgary-Beddington!

Josephine Pon

Calgary - Bedding MLA

[calgary.beddington@assembly.ab.ca](mailto:calgary.beddington@assembly.ab.ca) #106 - 8220 Centre Street NE Calgary, AB T3K 1J7 403-215-7710





# Rajan Sawhney

## MLA for Calgary-North East, Minister of Community and Social Services

### LEGISLATURE REPORT

Dear friends and neighbours,

#### Enhanced COVID-19 Business Supports

Last month it was announced the Government of Alberta will be continuing its support for small businesses and launching a new program. Alberta businesses affected by the latest public health orders will be eligible to apply for another payment in the second half of April. This additional payment will also be available to new businesses that began operating between March 1, 2020 and March 31, 2021, as well as hotels, taxis and ride-sharing services. Please go to [Small and Medium Enterprise Relaunch Grant | Alberta.ca](#) for more information.

#### Ramping up vaccine rollout

Alberta's government announced in April it is bringing in new measures to ensure more than 500,000 Albertans can get their vaccinations. Anyone born in 2005 or earlier with eligible underlying health conditions can now book appointments for the vaccine at participating pharmacies or with AHS. Albertans aged 55 to 64 who do not have a chronic health condition can now make an appointment to receive the AstraZeneca vaccine. More clinics have opened in Edmonton and Calgary. Alberta has also expanded its vaccine rollout at participating pharmacies to allow walk-in bookings, rather than those by appointment only. [COVID-19 vaccine program | Alberta.ca](#)

#### Rapid Testing in Schools

Alberta's government has announced in April the in-school rapid COVID-19 screening test program, which will include up to 300 schools in Calgary, Edmonton, Lethbridge and Grande Prairie. Testing will be offered to up to 220,000 students and staff across Alberta. Rapid test screening is one more tool to limit the spread of the virus in schools, and the significant expansion of this program strengthens our commitment to safely continue in-person learning. More information is available at [CORRECTION: Ramping up COVID-19 testing in schools | alberta.ca](#)

#### Recognizing beneficiaries of the Civil Society Fund

Alberta's government is recognizing beneficiaries of the Civil Society Fund for their efforts in addressing social challenges. With the new Civil Society Fund, Alberta's government is providing \$20 million over three years to expand civil society's capacity to address social challenges. This year, \$7 million will support vulnerable Albertans during the pandemic and help build lasting solutions to pressing social challenges, some of which have been aggravated by the pandemic. Civil society includes not-for-profit and voluntary organizations, registered charities, informal groups, private sector organizations and individuals pursuing social good.

Thank you once again for continuing to follow health guidelines during these challenging times.

As always, if you need to get in touch with me on any provincial issue or have questions, please feel free to reach out to my office.

Rajan Sawhney

MLA for Calgary – North East

Minister of Community and Social Services

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# Harvest Hills Hub Wants to Help Your Garden Bloom

By Nikki Browne, HHHub Committee

It is such a re-leaf to see some sunnier days ahead, which means it's time to start planning your gardens and flower beds. The Harvest Hills Hub and the North Hills Garden Group want to help you put the petal to the metal and are thrilled to partner up for a plant exchange!

Join us next to the Harvest Hills Community Garden (520 Harvest Lake Dr NE) on Sunday, June 6, 2021 to find some beautiful new additions to your gardens! For each plant you drop off at 1:30pm, you will receive a ticket. At 2:00pm, redeem your tickets for new-to-you plants, in what is sure to be a budding romance! Any plants left over will then be up for grabs by anybody at 3:00pm.

Both indoor and outdoor plants are welcome, but we ask that you please label your plants ahead of time to ensure a rosy exchange. We've attached a sample tag below:

<b>Plant name:</b> _____				
(Please circle)	<b>Indoor</b>		<b>Outdoor</b>	
<b>Type</b>	bulb	Annual	Perennial	
<b>Sun:</b>	Sun	Part Sun	Shade	Part Shade
<b>Water:</b>	Lots	Medium	Drought tolerant	
<b>Flowers?</b>	<b>Color -</b>			
<b>How tall?</b>				

Please bring a mask and observe social distancing. You may also bring a chair, and anything you'd like to drink. We can't wait to see you all there; this event is sure to make your daisy!

## Stay tuned for more HHHub events this summer!

We're bringing back a fan favorite, and we've got an exciting new event in the works, so make sure to follow us on Facebook, check us out on the NHCA website, and keep an eye on our sandwich boards around the community, to stay up to date on all the latest HHHub news!



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## PREPARING OR UPDATING YOUR WILL

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It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney* (EPA) and a *Personal Directive* (PD).

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a family member or a divorce.

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

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# Meet Gurbir.

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It's clear that the upcoming civic election is important. With over half of city council including the mayor set to turn over, we need the right people at the table now more than ever.

I am running for office because I care.

I care for our community, city and our future.

Learn more about me, my family and my ideas at  
[www.gurbirward3.ca](http://www.gurbirward3.ca) or

Follow me @gurbirward3 on  
all social media platforms.

Gurbir  
WARD 3

IT'S ABOUT OUR FUTURE.



## ORDER YOUR GOOD FOOD BOX

Good Food Box is a program under The Community Kitchen Program of Calgary where you can purchase fresh fruits and vegetables at an incredibly low cost.

Now with the Northern Hills depot location right out of Vivo!

Please visit [nhca.ca/good-food-box](http://nhca.ca/good-food-box) for more information!

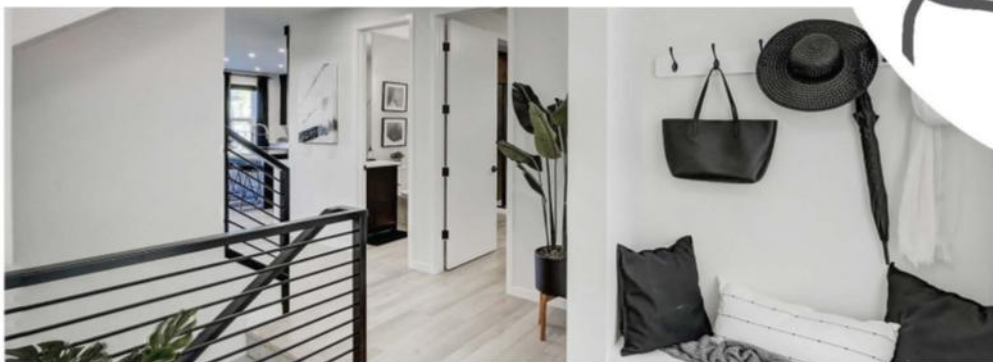




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# Volunteer Opportunities

Do you love your community?  
Are you looking for ways to become more involved?

There are many ways you can volunteer for your community with the NHCA, from helping out at a community event, working with a team to deliver programs or community initiatives, to taking a leadership role by joining the Board of Directors.

How would you like to help?  
Please select the options below for more information.

## Casual Volunteer



Do you:

- See fun stuff happening and want to help out?
- Have a few hours now and then available?
- Like helping ensure an event or program happens successfully?
- See an upcoming event that you'd like to help out with?

### Current Opportunities:

- Northern Hills News Journalists

Community Clean-Up Event [Community Clean-Up – Northern Hills Community Association \(nhca.ca\)](https://www.nhca.ca) Sunday May 9 (Mother's Day) 9am-2pm @Vivo East Parking lot, we've got various ways you can take part in it:

- Vendor & Traffic Helpers
- Sign-In & Area Coordinators
- Clean-Up Crew

Do you:

- Enjoy working with a team to bring project, programs, events to life?
- Love organization and making things happen?
- Have time available on a regular basis?
- Possess a specific skill that you want to share with your community?
- See an existing or potential project, programs, events that you'd like to work with the NHCA to deliver?

### Current Opportunities:

- Seniors Committee Member
- Grant Writer
- Seniors Committee
- Member Connection Helper

## Project, Events, Programs (PEP) Volunteer



## Leadership Volunteer



Do you:

- Have a passion for community involvement?
- See yourself as a community leader?
- Desire to bring your skills to a non-profit board?
- See a position on the NHCA Board that is a strong fit for you?

### Current Opportunities:

- Community Relations
- Sports
- Planning & Development
- Volunteer Relations
- Member Relations
- Seniors Relations
- Business Relations

Learn more on our Volunteer page: <http://nhca.ca/volunteer/>



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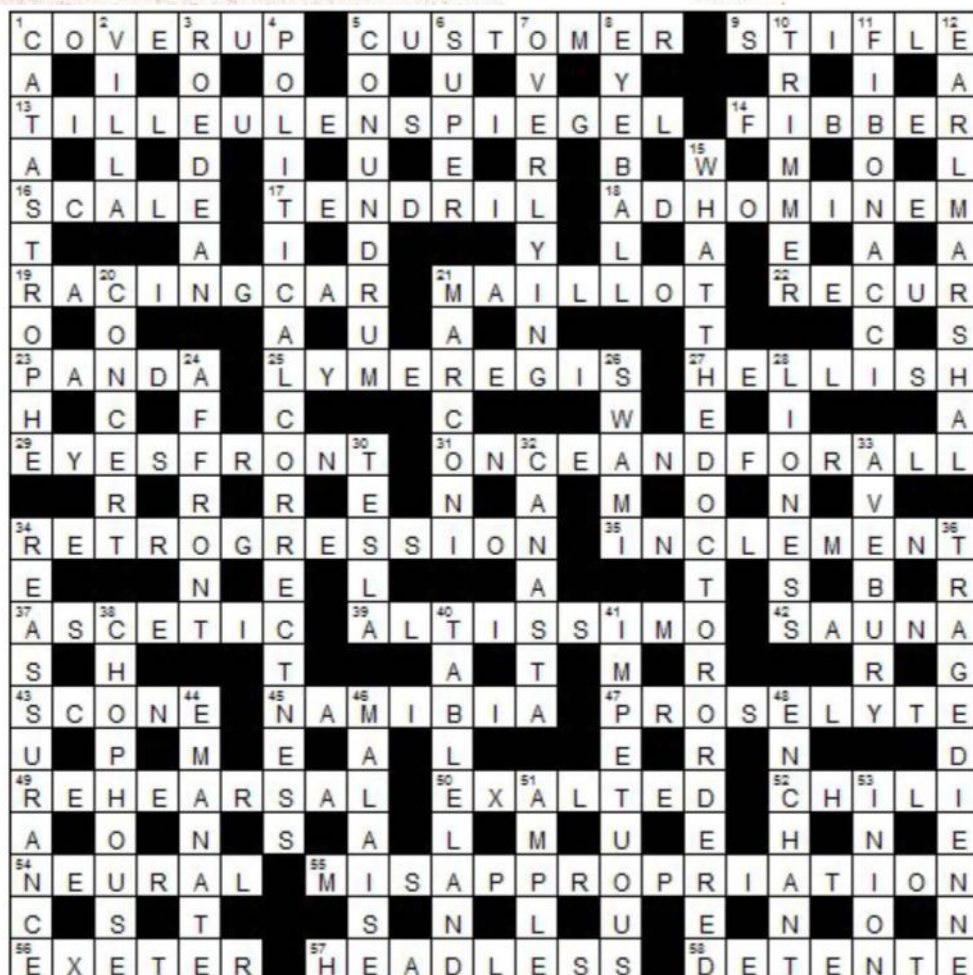
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\*Some conditions may apply.



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



Free Crosswords Online!

## Solution to Crossword 82

### SHARING SMILE

## JOKE CORNER

Q: Why did the teddy bear say no to dessert?

A: Because she was stuffed.

Q: Why did the student eat his homework?

A: Because the teacher told him it was a piece of cake!

Q: How does NASA organize a party?

A: They planet.



Northern Hills  
Community Association



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# INTERESTING FACTS!

1) Sharks kill fewer than 10 people per year. Humans kill about 100 million sharks per year.



2) Polar bears have black skin and see-through fur.



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Join your neighbours in the 3rd Annual Coventry Hills Community  
Parade of Garage Sales

**June 12 & 13, 2021 from 9am - 4pm**

Each participating home will host their own garage sale in their driveway, yard, or garage, and we will take care of the advertising, boulevard and directional signs and map.

To participate and register to get your home on the map:

Email your name, phone number and address to [coventryhillsgaragesale@gmail.com](mailto:coventryhillsgaragesale@gmail.com)  
or go to

**Coventry Hills Community Parade of Garage Sales Facebook page**  
**DEADLINE** to register is **Tuesday, June 1, 2021.**

Each participating home will be provided signs to direct bargain/treasure hunters to your sale.  
A **PDF printable map** of participating homes will be available at [www.corylomsnes.com](http://www.corylomsnes.com)

**What to do now?**

Register and declutter, purge and clean out your garage, closets, basement to get ready to sell your treasures! We'll have fun meeting neighbours and new faces from other communities and hopefully, put a few dollars in your pocket!

The event, advertising and signage are proudly sponsored by **CORY LOMSNES** of  **RE/MAX** REAL ESTATE MOUNTAIN VIEW

**SAVE THE DATE**

### 3RD ANNUAL COVENTRY HILLS COMMUNITY PARADE OF GARAGE SALES

**SAT, JUNE 12 & SUN, JUNE 13**  
**9AM - 4PM**

For more info or to register to be a participant, email:  
[coventryhillsgaragesale@gmail.com](mailto:coventryhillsgaragesale@gmail.com)

Event proudly sponsored by  
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# Self Care Is Not Selfish

*By MPC Foundation*

When was the last time you did something nice just for yourself? If your answer is, “I can’t remember”, then you are long overdue for self-care. This is especially important for seniors who are the primary caregivers for their spouse or have childminding responsibilities. Taking care of yourself is an essential part of staying mentally, emotionally and physically healthy and not fall prey to stress and anxiety of having long-term responsibilities.

Self care is about being good to yourself. For so many of us, our lives are so consumed with the responsibility of caring for others that the concept of ‘me first’ can be alien and repulsive.



The key elements of self-care are to engage in activities that will lead to rest and relaxation as these will serve the purpose of recharging our batteries. It is important to be intentional about self-care, that is, self-care should be practiced daily. The Canadian Mental Health Association offers the following ways to practice self-care:

**Eat well:** Do you find yourself preparing meals that your spouse, children or grandchildren likes? Change that by asking yourself, what do I like to eat?

**Sleep well:** Having a good night’s sleep is the single most important thing you can do for yourself. Do everything you possibly can to sleep well.

**Exercise:** Find a physical activity that you love to do and stick to it. Or incorporate movement in your daily chores. Wherever possible, walk instead of drive, park far away, stand instead of sit, in short, keep that body moving.

**Connect with others:** Having a supportive social circle is critical to our mental and emotional health. Be the one who stays in touch and who participates in group activities.

**Slow down and smell the roses:** Practicing mindfulness is a great way to reduce stress and anxiety. For example, when washing vegetables, focus on the task at hand instead of thinking about the next 25 things that need to be done! When practiced regularly, the mental health benefits of mindfulness will become obvious.

To learn more about our work with seniors, please visit [www.mpcfdn.ca](http://www.mpcfdn.ca)



# Waste and Recycling

## Dispose of pet waste the right way

With the warmer weather finally upon us, you may be cleaning up your yard or outside enjoying the sunshine with your pets. Help keep our city clean by disposing of pet waste properly.

You can put pet waste and kitty litter (all varieties) in your green cart for composting. For the safety of your collector, put pet waste in a certified compostable bag or paper bag and securely tie/roll closed.

Never put plastic bags or bags labelled biodegradable in your green cart. These bags do not break down and end up as small pieces of plastic that contaminate the finished compost.

If using conventional plastic bags to clean up pet waste, please double bag and securely tie closed before disposing of in the black cart.

Only dispose of pet waste in your own carts. If you want to use someone else's bins, you need to have permission from the homeowner or occupant.

If you live in a multi-family complex like a condo or townhouse, check with your building owner or manager to see if your compost collection company accepts pet waste.

To see a list of acceptable compostable bags, visit [calgary.ca/greencart](http://calgary.ca/greencart).



## CHECK OUT NEW GREAT CONTESTS IN OUR NEWSLETTER



### Photography Contest



Send in your photo and win a Cobs's Bread 6 pack!



### Recipe Contest



Send your recipe over and Win a Gift Card!



[editor@nhca.ca](mailto:editor@nhca.ca)



Alberta Health  
Services

Emergency  
Medical  
Services



## Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

### Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can be open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.  
[www.windowssafety.ca](http://www.windowssafety.ca)

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

# Building Safe Communities

*By Calgary Communities*

Building Safe Communities Program Walking is a great form of cardiovascular exercise, but did you know it can also be an opportunity to increase safety in a neighbourhood? Walking around your neighbourhood whether it's with a neighbour, Dog or by yourself can help to make your neighbourhood . Walking can help you get more familiar with your community, observe new things and trouble spots in the neighbourhood. While you walk you can survey poor lit areas, is the signage in your neighbourhood adequate? Do the sidewalks and roads need

maintenance? When you go for frequent walks in your neighbourhood with these questions in mind you can easily spot areas that need attention.

Calling 3-1-1 to report to City services, or in an emergency Calgary Police (9-1-1) or nonemergency line at 403-266-1234 . Other resources like Safer Communities and Neighbourhoods (SCAN ) about problem residential and commercial properties at 1-866-960-7226. Walking can also help you bump into and get to know your neighbours, you can try inviting them along! For more resources, check out the Federation of Calgary Communities website [www.calgarycommunities.com](http://www.calgarycommunities.com) under the Building Safe Communities tab.



## May 2021 News

### **Dollars and Cents and Family Saves**

Dollars and Cents will help you improve your money management and financial literacy skills! During the program you will have access to private one to one financial coaching. In class you will learn about budgeting, debt management, assets, and more. You will also have the opportunity to apply to start a savings plan where you can get matching money to buy assets like a computer, furniture, or regalia! For more information, contact [Chloe@bowwest.org](mailto:Chloe@bowwest.org) or 587-848-8373.

### **Take Charge and rediscover your love of learning!**

BowWest and the Can Learn Society present the Taking Charge Program. In this group, participants will chose which topics they want to learn about and build real life skills. Increase your confidence and reach your goals with a group of likeminded adults! Tuesday afternoons April 27<sup>th</sup> - June 22<sup>nd</sup> – Contact [Chloe@bowwest.org](mailto:Chloe@bowwest.org) or 587-848-8373 for more details.



### Ultimate Summer Challenge Goes to Space

The countdown to free summer fun is on! Blast off to reading, free programs, and outer space-themed activities with Ultimate Summer Challenge at the Library. Starting June 1, kids and teens of all ages can track their reading and complete creative challenges online for their chance to win prizes that are out of this world. Registration opens May 18. Visit [calgarylibrary.ca/summer](https://calgarylibrary.ca/summer) to get started.

### Curbside Service

Curbside service continues to be available at all Library locations except Rocky Ridge. It's a safe and convenient way to collect your holds and print jobs at the Library. Once your holds are available, collect them at our curbside pickup tables by calling the number posted outside. Visit [calgarylibrary.ca/locations](https://calgarylibrary.ca/locations) to see hours and locations for curbside service.

Have a document that needs to be printed but can't come into a Library location? Use our curbside printing service and let Library staff bring your print jobs to you. Visit [calgarylibrary.ca/printing](https://calgarylibrary.ca/printing) to get started.



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**This month's winner**



**Submitted by Raquel Farías**



**Zoo photos by Brook Hubert**



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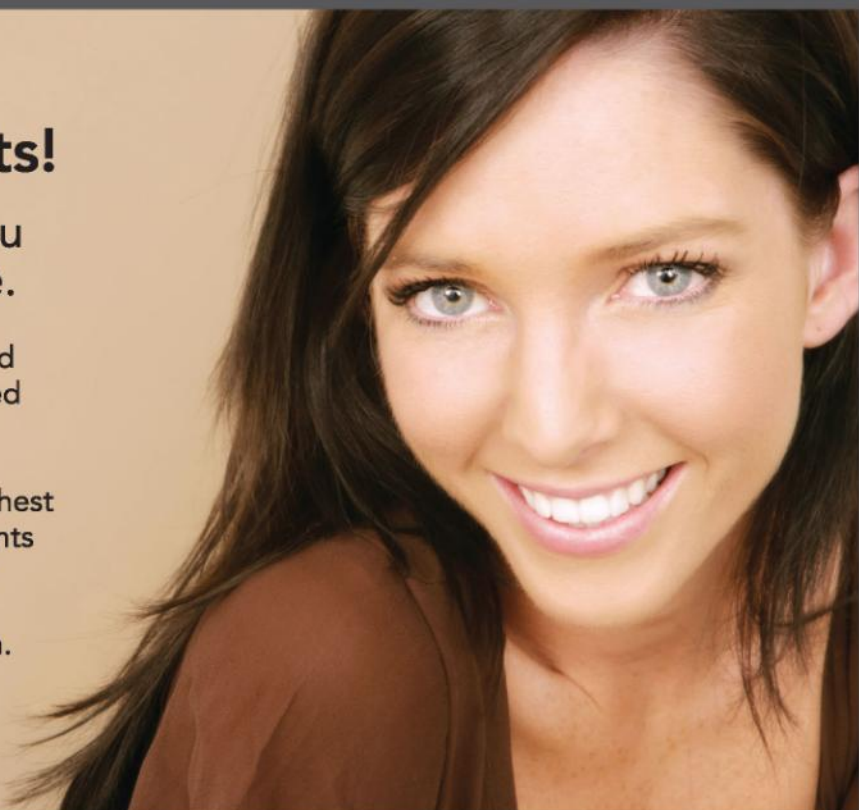
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