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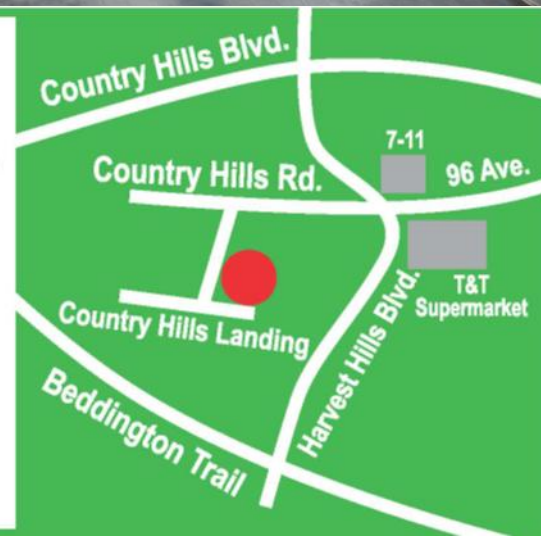


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## President's Message



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

As the summer is wrapping up, election time is in the air, school is getting back into full swing, and so are we. Thank you to all the Volunteers that helped put on the NHCA Family Fun Night at Vivo. It was great to see everyone interacting, socializing and being neighbourly. It was good to see the kids having a good time with all the activities. Personally, it was great to see families sitting down and enjoying the movie. Thank you so much for everyone's participation with the event. If you would like to see the NHCA do more events like this, we really could use your support by purchasing memberships. The more community memberships we have the more we will have opportunities to do these things and advocate on your behalf for services for the community.

With the restrictions and challenges we have been facing, our local home and small businesses are being hit as hard or harder than the larger companies. These challenges have reminded me of just how many small and home-based businesses we have in our areas that offer some amazing services. I personally had an issue with my bike and needed a tune up and instead of taking it to one of the larger bike shops outside of our area, I searched locally and found Derrick's bicycle repair and parts. There is nothing that beats a local hands-on customer touch. I was super happy with the outcome. It reminds me that we really need to look locally first for items and services

when we can and support our neighbours.

With school having started, we are seeing kids walking and crossing the streets again. Please keep this in mind and keep everyone safe in the neighborhood. We are seeing an uptick in catalytic converter thefts in our areas. Calgary police have asked the NHCA Building Safer Communities Block Watch programs to be extra diligent at reporting out of place and suspicious people. If you see something, please make sure you call it in.

Certainly, politics is in the air with both a Federal and Civic election coming soon. We really would like to encourage you to take the time to know the issues and choose who you think will best advocate for our area. Part of the role we do with Advocacy is as these candidates reach out to us, we take the time to show them our area and the issues we are faced with including access to services and amenities. NHCA Board Member and NHCA Advocacy representative David Hartwick and myself, have met with a number of political candidates to talk and discuss area issues and just what our citizens have been bringing forward over the years. David has done an amazing job of capturing just how much is missing for a population of our size and how little we have compared to many other areas of the city. He has been really advocating for all of us. From my perspective, it has been very interesting to see how some of these political candidates have reacted when they get to see the larger issues that we are facing. So please take the time to get engaged and informed about candidates for who you would like to see in the various political positions.

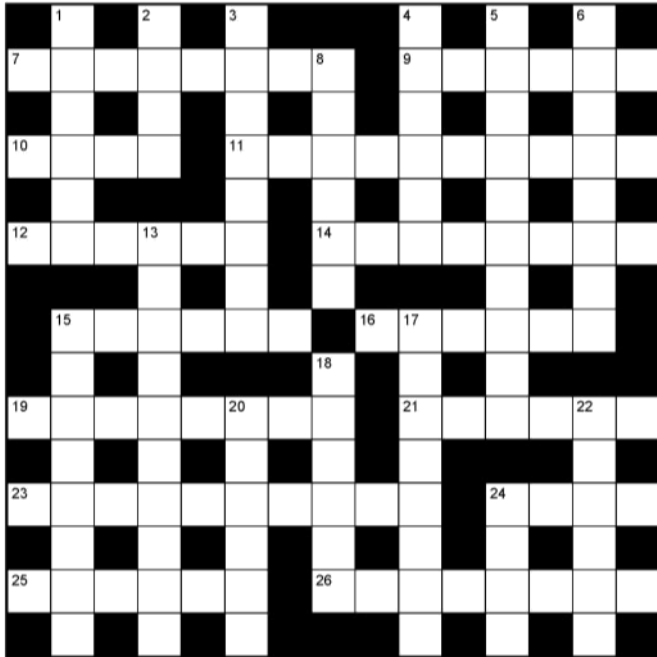
The NHCA has many great opportunities open for committees and volunteer positions to help us push forward programs and issues we are trying to tackle in our community. If you are interested, please call, e-mail, or visit the NHCA office for details. One of the committee's I sit on is looking at the possibility of bringing a larger park to the area that would have year-round mix use amenities like a pump track, skate park, spray park, play structure, winter snow park and ice rink with ice track. We are just at the stage where we are going to try and push to get the concept design done so we can start the next process of looking for the right place to put it and start the process of land and funding. The best way you can support us in pushing projects like this forward is by purchasing and encouraging your friends and neighbors to get NHCA memberships. Your support is a crucial part of the equation.

On behalf of the NHCA, thank you very much for all your support, we are looking forward to serving you as best as we can.

Tavis Settles  
President  
Northern Hills Community Association



Free Crosswords Online!



DOWN

- 1 A teen's represented in governing body (6)
- 2 Right away, plant evidence against celebrity (4)
- 3 Mathematician, one engaged in noisy dispute (8)
- 4 River subsequently needed for one travelling by water (6)
- 5 Changing to career in leisure activity (10)
- 6 Harshness, like compassion, the Queen embraced (8)
- 8 Owner adapts to new celebrity (6)
- 13 Uzis rattle violently in battle (10)
- 15 Lent progressed (8)
- 17 More will fail exam, being most aloof (8)
- 18 The woman's lad upset the announcer (6)
- 20 Speaks of old values (6)
- 22 Communist art is brought back for businessman (6)
- 24 Fire gun, having no time to drive away (4)

ACROSS

- 7 Marriage guidance counsellor? He fixes things (8)
- 9 Game is ruined by prejudice (6)
- 10 Caught, getting time in prison (4)
- 11 Time invested in errant son failed – he has no chance of success (3-7)
- 12 Remember to visit again? (6)
- 14 Drug creating endless conflict at home (8)
- 15 Jack wants us back on road – ridiculous! (6)
- 16 Saucy, tasting of apple perhaps (6)
- 19 A struggle increased in Scottish town (8)
- 21 Note very little (6)
- 23 Nasty criminal upset Alan around start of November (10)
- 24 British agents keep hold of this tobacco (4)
- 25 Remove centre from pellets and grind – using this? (6)
- 26 Woman's worked as model, having inclination (8)

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**The UPS Store 264**  
612-500 Country Hills Blvd NE  
Calgary, AB T3K 5K3  
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Print and Business Services

*In This Issue*

<i>An Interview with Roman .....</i>	<i>13</i>
<i>September Recipe Winner .....</i>	<i>15</i>
<i>Say Yes to the Vax .....</i>	<i>22</i>
<i>Volunteer Opportunities.....</i>	<i>23</i>
<i>Vincent Van Gogh.....</i>	<i>25, 26</i>
<i>Calgary Library.....</i>	<i>28</i>

*and so much more!*

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Community Association



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- ✓ Improve transit times
- ✓ Support local projects like Vivo and Creating Coventry
- ✓ Focus on traffic safety and accessibility
- ✓ Protect our greenspaces and parks
- ✓ Promote local business

## Economic/Pandemic Recovery

- ✓ Minimize taxes
- ✓ Promote jobs and job training
- ✓ Diversify Calgary's economy
- ✓ Attract business to the city
- ✓ Address mental health, homelessness, and addiction
- ✓ Support our youth, seniors, and newcomers

## Build a Better City

- ✓ Require transparency and accountability
- ✓ Modernize the Administration
- ✓ Promote brand Calgary
- ✓ Fix our bylaw, zoning and development problems
- ✓ Protect our:
  - Safety
  - Environment
  - Health

## QUICK FACTS

**CANDIDATE FOR:** Calgary Ward 3  
(Resident for 27 years)

**AFFILIATION:** Loyal only to Ward 3  
(Not controlled by any party or PAC)

**EDUCATION:** LLB (Law)  
BA/Sc (World Cultures & Religions)

**POLITICAL:** Moderate  
(Leans right fiscally, left socially)

**IDEOLOGY:** Pro-Science  
(and fact-based decision-making)

**FAMILY:** Married to Leah (30 years)  
3 Children, (plus 1 cat, 1 dog)

**EXPERIENCE:** Past President of NHCA  
(Northern Hills Community Association)  
**Founder of Night Market North**  
**Business Owner, Consultant**  
**25 years of Board Governance**  
**Long History of Volunteering**

### President's Message



April is a month of change. Winter turns to spring, Easter marks renewal and rebirth, a new fiscal quarter begins, garden planning begins, and much more.

With April also comes milestones like the NHCA AGM (April 28). This AGM will be virtual like the last one and will be an opportunity for the NHCA to update its members and the community on how 2020 went, and what our plans are for 2021. I would love to see you there.

**"As Past President of the NHCA, I've been fighting for the people of Ward 3 for many years now."**

***It's time to take that fight inside city hall."***

**Visit [mcanerin.ca](http://mcanerin.ca) for details, videos, and more!**

# 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.  
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## STAFF & CONTRACTORS

Executive Director: [Yana Soldatenko](#)  
Bookkeeper: [Surina Gupta](#)  
Newsletter Editor: [Heather Hubert](#)  
Ad Sales: [Heather Hubert](#)  
Projects & Programs Coordinator: [Ali Merani](#)  
Fundraising Coordinator: [Gagan Mann](#)  
Community Relations Coordinator: [Roman Sorokin](#)

## 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: [Winnie Huang](#), [Samana Zehra](#),  
Beautification: [Tara Melhus](#),  
Gardens: [Amanda Mauch](#)  
Building Safer Communities (Blockwatch): [Tavis Settles](#)  
Business Relations: [TBD](#)  
Community Relations: [Tamara Keller](#),  
Creating Coventry: [Asim Riaz & Moraig McCabe](#)  
Government Relations / Advocacy: [David Hartwick](#)  
Harvest Hills Hub: [Tamara Keller & Victoria Henry](#)  
Membership Relations: [Devon Lowe](#)  
Planning & Development: [David Hartwick](#)  
Sports: [Fadi Katto](#)  
Rinks: [Devon Lowe](#)  
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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### Back to school safety

Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

#### Motorists

- Distracted driving carries a \$300 fine and 3 demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

#### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

#### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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

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## Northern Hills Neddie

Dear Northern Hills Neddie,

School starts this month and I am soooo scared to go to school! You see, there is a boy who like me so much, but I don't like him in that way at all-not in a million years would I ever like him. However, I also don't want to hurt his feelings because he is a nice person. What should I do! I have nowhere to hide at school next year! Sincerely,

Boy Troubles....

Dear Boy Trouble,

Ahh the old I like this person only as a friend conundrum-what can be done? The "Heart wants What It Wants" and you can't make yourself like a person you just don't feel it for. There is no easy way out-sadly someone does get hurt. You just need to be honest and let him know you don't feel that way and never will (however-who knows never say never.....) Anyhow back to the problem at hand-be direct and make it clear so he doesn't think you might change your mind or that there could be hope. This way you can enjoy your next year getting to know who you want to. Enjoy this time in your life and enjoy great friendships that might have a spark one day may turn into something exciting and great!

Sincerely,

Neddie





## Roman Sorokin: Calgary's Beatles Cover Artist



### **Please introduce yourself and who you are.**

My name is Roman and I am currently the Community Relations Coordinator for the Northern Hills Community Association. In my spare time I love to workout, hang out with friends, and make

music covers! It is particularly my love for making song covers that I want to focus on in this article. One such band that I have been making many covers for with my father has been the Beatles-which we started in 2010. The past 11 years have been nothing short of progress and hard work, with my father and I learning a lot about music writing, recording, and production along the way.

### **How did you come to play Beatles music and other music-what has been your inspiration?**

It was the fall of 2009, and I had recently gotten out of my heavy metal phase (yep, I was that kind of tween). Back then, I had a love for music rhythm video games like Guitar Hero and Rock Band. By chance, it just so turned out that a Beatles: Rock Band was coming out on September 9<sup>th</sup>. Suddenly, I was intrigued and asked my dad to purchase it. This would be the turning point as this was the beginning of my first of many Beatles phases; I loved playing every single song on there and even got my dad to get the Beatles CD Box Set that came out around the same time. By the summer of 2010, I ended up becoming very familiar with Beatles music. In fact, so much so that I had the desire to record every single recorded Beatles song with my father from their first album *Please Please Me* in 1963 to the *Past Masters* album full of their singles that came out in 1988. At first, he looked at me funny and thought that this was too crazy of a project. Nonetheless, he was on board and we started recording the first album *Please Please Me*. The result was one that sounded very amateur, but it was an important steppingstone that got the ball rolling for us for the next decade to come. We managed to complete the recording of 6 albums within 4 years, an impressive accomplishment considering the steep learning curve. However, high school would come and then university and finding time to record with my father was increasingly difficult. As a result, our release of cover albums slowed down, so much so that after the summer of 2018, we ended up taking a hiatus from recording Beatles covers. And then, the funniest thing happened...

It was November 2020, and the second wave of COVID-19 hit Alberta badly. So much so, that almost all original restrictions were brought back to contain it. With everything closing down and once again social gatherings being banned, the one remaining thing I could do was get back on doing music covers. For the next two months, after work, my dad and I would go to our basement mini studio and record for a couple of hours. The speed that we were able to record at was unparalleled to our previous experiences; we were able to complete the recording of 17 songs within the timeframe of 2 months. Not only that, but the quality that we recorded at was also unmatched to our previous records. After a couple more weeks of production, we were finally able to release the album to our family and friends in February of this year.

The experience of recording with my dad allowed the time of quarantine to pass by quicker. By the time we were done recording, mixing, and producing the album, the second wave was dying down and restrictions were easing. It really made me appreciate how important time with family is and also the value of doing what you love despite all obstacles and challenges along the way. I hope you enjoy listening to the project as much as we did making it! Please enjoy: Here's the link for the Beatles White Album (Part I) cover:

[https://youtu.be/mZmhM\\_Gpo5I](https://youtu.be/mZmhM_Gpo5I)



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## September WINNER!

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Winner: **Deeana Eli**

**(Makes ~16-18 crepes)**

- 1 cup rice flour/ or all-purpose flour
- 1 tsp baking powder
- 2.5 tbsp sugar
- 2 tbsp butter
- 100mL coconut milk
- 1/8 tsp salt
- 2 large eggs
- Pizzelle Maker (Can be purchased at Lina's Italian Market in Calgary)



**Optional:**

- Pandan drops (3-4 drops - based on preference)
- Toasted black sesame seeds
- Ice cream
- Nuts (Cashews, Almonds – based on preference)



- 1) On stove top, heat coconut milk and butter until warm and bring to slight boil – remove from heat immediately and let cool down.
- 2) Whisk eggs and sugar together until well blended
- 3) Dry ingredients à Mix flour, baking powder, and salt together gently with whisk.
- 4) Sift dry ingredients with strainer and slowly add to wet mixture containing eggs + sugar. Continue whisking until well blended. Batter will be loose in consistency.
- 5) Pour coconut milk and melted butter into batter and continue whisking until blended and no visible large chunks.
- 6) Add in 4 pandan drops and add 3 tbsp sesame seeds (adjust to preference).
- 7) Pour batter into 1 tbsp and pour over the cast iron pan evenly to form a thin layer.
- 6) Follow pizzelle maker instructions and wait for indicator light to shut off before removing from pan.
- 7) Remove each pizzelle crepe slowly and place on plate to cool. Serve with ice cream or nuts. Enjoy!



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)

## SHARING SMILES

### JOKE CORNER

Q: What do you call a dinosaur fart?

A: A blast from the past



Q: Do you want to hear a joke about pizza?

A: Nevermind it's too cheesy!



## GET READY FOR FALL AND WINTER PROGRAMS!



**Registration starts  
on August 17 at 8 am**

**vivo**

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WARD 3

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Sudoku

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

## INTERESTING FACTS!

Peanuts aren't actually nuts-  
they are legumes!



2) That tiny pocket in jeans was  
designed to store pocket  
watches





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### 2 STEPS TO DONATE:

- MARK YOUR BAGS WITH A LABEL/STICKER SAYING "NHCA" (NORTHERN HILLS COMMUNITY ASSOCIATION)
- DROP OFF YOUR BAGS AT BEDDINGTON BOTTLE DEPOT (111-20 COUNTRY HILLS LANDING NW)



COLLECTED FUNDS WILL GO  
BACK TO PROGRAMS &  
SERVICES FOR YOUR  
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**LEARN MORE:**  
[NHCA.CA/DONATE-RECYCLING/](http://NHCA.CA/DONATE-RECYCLING/)

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It's Worth It

**Northern Hills**  
Community Association

Please join

# Hon. Muhammad Yaseen MLA, Calgary-North Constituency

for a coffee chat on

**September 18<sup>th</sup>**

**from 9:30 a.m. - 12:00 p.m.**

**@ Panorama Hills Community Centre**

88 Panamount Hill NW

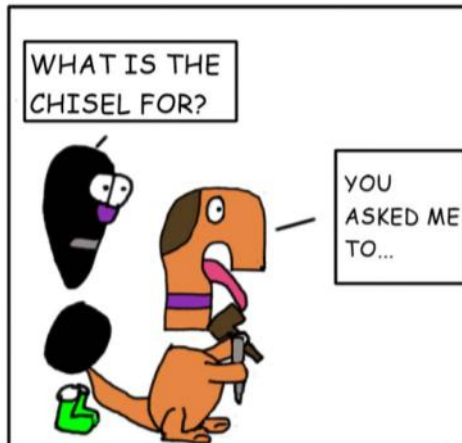
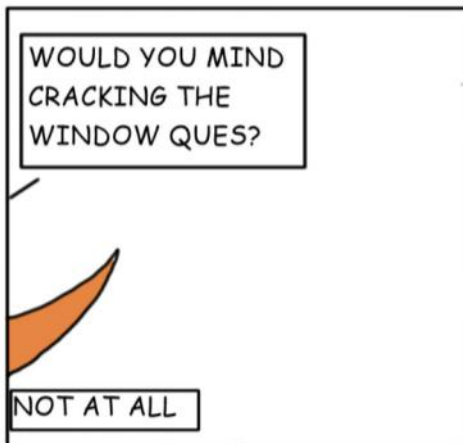
**look forward to seeing you there**



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

403.274.1931

104, 200 Country Hills Landing NW Calgary AB T3K 5P3



**QUESTION!  
STOP STOP!  
STOP!**

By Punctuation Association Joni R. [punctassoc@hotmail.com](mailto:punctassoc@hotmail.com)



## How to figure out which plastics are recyclable

Do you stare at your empty plastics wondering if it belongs in the blue cart? Ask yourself this question to be sure you recycle your plastics right.

### Is it a container?

If your plastic is a container like a bottle, jug, or tub, it can be recycled. Make sure it's empty, clean and dry. If it's not a container, it is not accepted in the blue cart. There may be other disposal options for your item – check [calgary.ca/whatgoeswhere](https://calgary.ca/whatgoeswhere).

Be aware of these exceptions:

Bundle your clean, stretchy plastic wrap, bubble wrap and other plastic film into a single plastic bag and tie closed for the blue cart.

Foam packaging (polystyrene, EPE, EPS, Styrofoam) including foam marked with the recycle symbol belongs in your black cart as garbage.

Recycle plastic lids larger than the size of your palm in the blue cart. If it's smaller, it goes in the black cart.

Stay tuned for upcoming presentations on waste diversion and reduction this fall – search “waste” at [calgarylibrary.ca](https://calgarylibrary.ca).



# Say YES to the Vax!

By MPC Foundation

Slowly but surely, we are collectively emerging from the gruelling months of social distancing and isolation. When the province announced full reopening will take place on July 01, it was not greeted with a street party to celebrate, or cars honking their horns in jubilation. Instead, many of us are approaching this significant milestone with trepidation and at best, guarded optimism. Which is why it is so important that as many of us as possible are vaccinated.



Here are the facts as reported by Alberta Health Services at the end of June, 2021:

- In total, 4,266,408 doses of the Covid vaccine have been administered.
- About 73% of Albertans age 12+ have received at least one dose of the vaccine.
- About 41% of Albertans age 12+ have received both doses.
- The number of adverse events following immunization is 649 or 0.00015%.
- 

Vaccination is a winning strategy against this devastating pandemic. According to Health Canada, those who are vaccinated gain protection and more freedom due to the lifting of restrictive public health measures. Equally important is the fact that those who are vaccinated can contribute to the public good of protecting those who are unable to vaccinate. The facts are simple. A greater rate of vaccination means less Covid cases, less hospitalizations and less deaths.

According to Health Canada, those who are vaccinated can enjoy the following:

- Your risk of serious illness will be much lower.
- The risk of other people catching the virus from you is likely very low.
- It is likely you will have very good protection against infection, including against most current variants of concern.

To book a vaccine appointment:

Call 811

Visit Alberta Health Services booking site

<https://www.albertahealthservices.ca/topics/page17295.aspx>

Call your local Pharmacy

So, Say YES to the Vax! The sooner we do that, the sooner we get our life back! Please visit [www.mpcfdn.ca](http://www.mpcfdn.ca) for more information.





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# Volunteer Opportunities

## 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?

## Project, Events, Programs (PEP) Volunteer



### 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?

## 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?

## Northern Hills News Journalist

Volunteer from home! Help with writing and editing! We are open to story suggestions, interesting people to interview, or exciting things coming up in the life of our community.

## Good Food Box Program Helper

Once a month, we need volunteers to help us on pick up day. It will take 2-3 hours and must be done in person.

## Fund Development Committee

We are excited to announce a brand-new Committee at the NHCA: the Fund Development Committee! The Fund Development Committee was created to come up with ideas and solutions to ensure that the NHCA continues to offer its wide variety of programs, events, and projects for the Northern Hills community. Join any of our sub-committee for a discussion, see the list below:

- **Membership**  
Responsible in improving, revising, and/or updating the NHCA's current membership offerings.
- **Programs**  
Coming up with ideas for new community programs for the NHCA.
- **Capital Projects**  
Leads the initiative in improving the development of the Northern Hills Community, so as to increase the number of potential services, programs, and events that the NHCA could host for its community.
- **Community Presence/Engagement**  
Increasing the NHCA's presence in the community; it is looking for ways to spread word and awareness about the NHCA.
- **Partner Relations**  
Contacting existing community partners and/or fostering relations with new community partners.

## Fundraising Events

Coming up with fresh ideas for annual events that could result in increased community engagement for the NHCA.

## Senior Committee Members

Do you see that we can have more program and fun experiences for seniors in the Northern Hills? Help us understand what community interests in and needs and we can assist you in bringing it into a reality. Minimum 3 hr commitment per month (which is just two movies or couple of episodes of your favourite TV show)

## Grants Committee

We are looking for volunteers who are interested in writing grants. This would be a great opportunity for those who are trying to gain experience in the nonprofit field!

## Membership Connection Helper

Are you a storyteller? Do you like to share the exciting things that are happening in your community with your friend and neighbors? Are you excited to bring more people together in order to make more wonderful things happen in your area?

## Planning & Development

Do you take an interest in the development and planning in your community? Is community development a passion of yours? Do you want to keep your finger on the pulse of what's coming for your neighbourhood?

## Volunteer Relations

Are you known for being that person that just gets things done? Do you enjoy bringing people together and making great things happen? Is working with your community to make it a better place for everyone important to you?

## Business Relations

Are you interested in business in Northern Hills area? Do you want to work with business in your area?

Interested to join? Call **403-226-6422** or email us at [volunteer@nhca.ca](mailto:volunteer@nhca.ca). Please leave us your name, phone number and email address.



## Vincent Van Gogh's Notable Works:

### The Perspective of a Ten-Year-Old Coventry Hills Artist

Vincent Van Gogh is a Dutch post-impressionist artist who became famous after his death. Given the interest in the Beyond Van Gogh Exhibit, I thought that I review some of his notable art works from my perspective as a ten-year-old Coventry Hills artist who has been attending art school for three years.

#### The Starry Night



According to online sources, Van Gogh made this painting in 1889. It is perhaps one of Van Gogh's most recognizable work. When Van Gogh was at an institute for health reasons, he looked out the window and had a view of a beautiful starry night, then he had the idea to paint it. I love this painting because of its swirls, colors and stars. In the background are the hills and in the foreground are the houses and a tree. I love the stars because Van Gogh painted them big in bright white and yellow colors. I can count ten of them. Next to the stars is an even bigger crescent moon and under them is the bright planet Venus almost touching the tree.

#### Sunflowers



According to a website I checked, Van Gogh made this painting of a bouquet of sunflowers in the year of 1888. I love this painting because of its yellowish color and the interesting way of how he drew the sunflowers. I like how Van Gogh painted almost everything to the shades of yellow and green. I noticed that some sunflowers he painted have already dropped their petals which means that each sunflower is at a different stage of life. This painting looks very unique to me and reminds me of my family as each family member is at a different stage of life.

*Continued on page 26*

**Wheatfield with Crows**

The Internet indicates that Van Gogh made this painting in the year of 1890. I love how Van Gogh painted the sky by making strokes with his paintbrush to blend colors into a near-night sky with its black and blue colors. I also like the golden yellow color he used to color the wheat field as it makes it look very realistic, especially with the crows rising (or landing) in different directions from the golden wheat field to the darkened blue sky. In the middle of the wheat field is a path to nowhere. It is almost like it is telling me that Van Gogh was on a confused path at this point in his life. Some people believe that this was Van Gogh's final painting, but others disagree.

I hope that my research on key Van Gogh paintings has shed some light on the substance behind the Beyond Van Gogh Exhibit.

Maya April Houry (age 10).



## 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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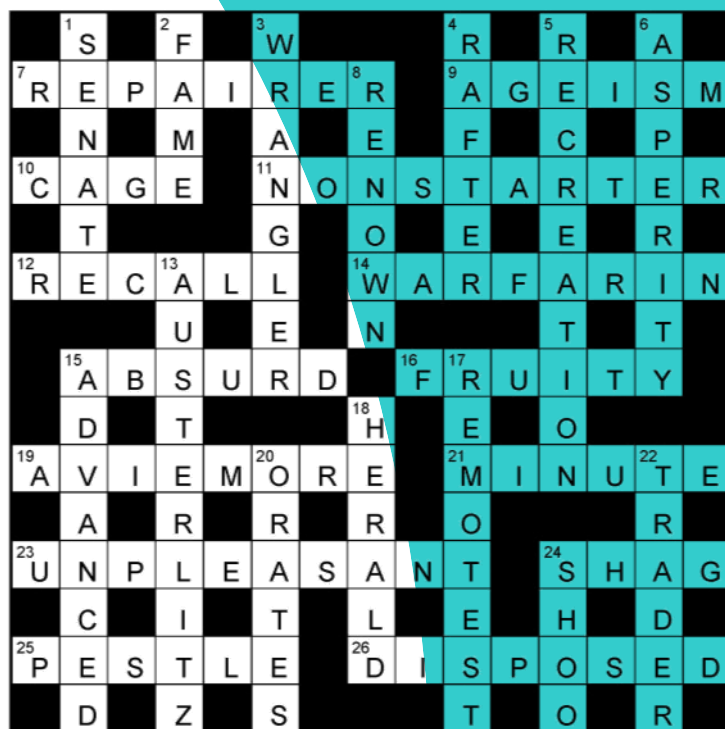
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## Answer keys

### SOLUTION



### ACROSS

7 repairer. 9 ageism. 10 cage. 11 non-starter. 12 recall. 14 warfarin. 15 absurd. 16 fruity. 19 Aviemore. 21 minute. 23 unpleasant. 24 shag. 25 pestle. 26 disposed.

### DOWN

1 senate. 2 fame. 3 wrangler. 4 rafter. 5 recreation. 6 asperity. 8 renown. 13 Austerlitz. 15 advanced. 17 remotest. 18 herald. 20 orates. 22 trader. 24 shoo.

## Sudoku

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

Northern Hills  
Community Association

# News from the Calgary Public Library

## Baby, Toddler, and Me

Sing, giggle, and play together! Join us online for a new video series for parents and caregivers called Baby, Toddler, and Me. Created by experts at the Library, each video shares songs and quick tips to make everyday activities more fun and educational for your baby or toddler. New videos will be released throughout the month of September.

Go to [calgarylibrary.ca/babies-and-toddlers](https://calgarylibrary.ca/babies-and-toddlers) to start watching or learn more.

## Your One-Stop Hub for All Things Learning

Everything your student needs for back-to-school success, all in one place. Find the best free learning resources at the Library, including STEAM programs, eResources for every subject, live online tutoring, supports for educators and caregivers, and so much more.

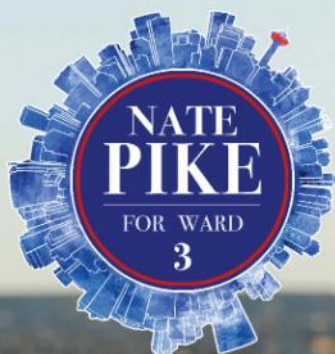
See how we can help at [calgarylibrary.ca/students](https://calgarylibrary.ca/students).

## Send Them Back to School in Style with LibraryStore.ca

Is your student going back to school? Help them get ready with LibraryStore.ca. Shop local artists and Canadian-made products while supporting Calgary Public Library. 100% of proceeds from Library Store sales support the Library. Plus, shipping is free to your Calgary Public Library location of choice — simply pick up your order with your holds!

Start shopping at [librarystore.ca](https://librarystore.ca).

Have a question or looking for more information? Visit [calgarylibrary.ca](https://calgarylibrary.ca) or call Library Hotline at 403.260.2600.



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FUN NIGHT!**



**Northern Hills  
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Better-Future

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— ★ —  
vote

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Email: [hamayunakbar1@gmail.com](mailto:hamayunakbar1@gmail.com)

Phone No: (403) 409-4041



Better Economy-Better Public Services

### Why I Am Running

My name is Hamayun Akbar and I'm running for Ward 3 City Councillor. I have Master Degree in International Business Management and Information Technology. I am a firm believer of people's power and exercising a democratic right to vote is the best way to register our opinion.

### Economy and Jobs

Due to Covid-19 and lower oil prices we need a better plan for sustainable and robust economy and it is only possible with collaboration with provincial and federal government and City of Calgary policy makers should engage all stakeholders. As most of the help coming to end we need to act fast to protect jobs, businesses and create new jobs.

### Building Community

All communities going through difficult time and help is needed for communities of ward 3 and need to find the ways to support all the people who need help.

### Infrastructure

Due to increasing city population we need more recreational, educational and transport projects like Green Line LRT and New Arena.

### Affordable Housing

Increasing house prices have made it difficult for young people of Calgary and ward 3 is no exception local government should help young people and low income people to get on property ladder.

### Ward Specific Priorities

- The public's opinion should be sought regarding traffic calming zones and additional traffic lights.
- Vivo expansion
- New Medical Centre



# GET YOUR NHCA MEMBERSHIP & SAVE HERE! IT PAYS TO BE A MEMBER Get your membership here

## COUNTRY HILLS & COUNTRY HILLS VILLAGE

### Applebee's

388 Country Hills Blvd NE  
15% off all items  
(dine in only; excludes alcohol, "2 Can Dine For" and Early Bird specials).

### ATB Northpointe Branch

800, 388 Country Hills Blvd NE  
\$25 towards a new Unlimited or Advantage Chequing Account, Generation Account (kids account under age 19), Tax Free Savings Account, or Registered Education Savings Plan

### Boston Pizza

Country Hills Blvd NE  
15% off orders excluding alcohol (dine in only)

### Bytetoools Technologies Inc

Website design, development, hosting & data backup  
10% discount for NHCA members

### Cobs Bread

500 Country Hills Blvd NE  
10% off all purchases plus:  
\*Mention the NHCA and COBS Bread will donate 5% of your purchase to us!

### Cruise Authority Canada

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### Epicure Selections

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### Euphoria Wellness Centre

#222 – 40 Country Hills Landing NW  
All NHCA Members receive \$10 a REGULARLY priced 60/90 Min Massage or Acupuncture Treatment when they show us a valid members card. \*not applicable to EWC Members or Mobile Treatments

### Foresight Eyecare

226-40 Country Hills Landing NW  
20% off all frames

### iSmart Insurance

4, 10 Country Hills Landing NW  
Free Commissioner of oaths for NHCA members

### Jugo Juice

11950 NE Country Village Link  
10% off drinks and full sandwiches  
\*excludes snack size sandwiches & snack items

### Montessori Learning Centre

115, 20 Country Hills Landing NW  
Registration fee waived for NHCA members

### Papa John's Pizza

177 Country Hills Blvd NW  
\$5 off orders over \$25

### Swiss Chalet

500 Country Hills Blvd NE  
10% off dine-in or take-out; excludes specials

### Woody's Taphouse

500 Country Hills Blvd NE  
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### UPS Store

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## COVENTRY HILLS

### Cathy – Piano & Theory Teacher

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### Euphoria Wellness Centre

#229 – 130 Country Village Road NE  
\$10 a REGULARLY priced 60/90 Min Massage or Acupuncture Treatment when they show us a valid members card.\*not applicable to EWC Members or Mobile Treatments

### Marble Slab Creamery

130 Country Village Rd NE  
10% off all orders

### Jade Lee Piano

\$10 for first lesson

## PANORAMA HILLS

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Buy any two specialty pizzas and get a free crazy bread

### Progressive Optometry

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### Sunburst Counselling

Panorama Hills NW  
30 minute free consultation and 10% off first paid booking

### Tamarind East Indian Restaurant

610 Panatella Blvd NW  
10% off all purchases, eat-in or take-out

## HARVEST HILLS

### Arbonne International-Nancy Tomney

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### Devon Lowe B.B.E.

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### Harvest Hills Dollar Plus

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### Stampede Car Wash

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### Steeped Tea

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**This month's winner:**



**Double Rainbow Over Coventry Road Park  
Submitted by Sami Houry**





# PHOTOS SENT IN BY LOCAL PHOTOGRAPHERS



Lighthouse  
Submitted by Felicity Meng

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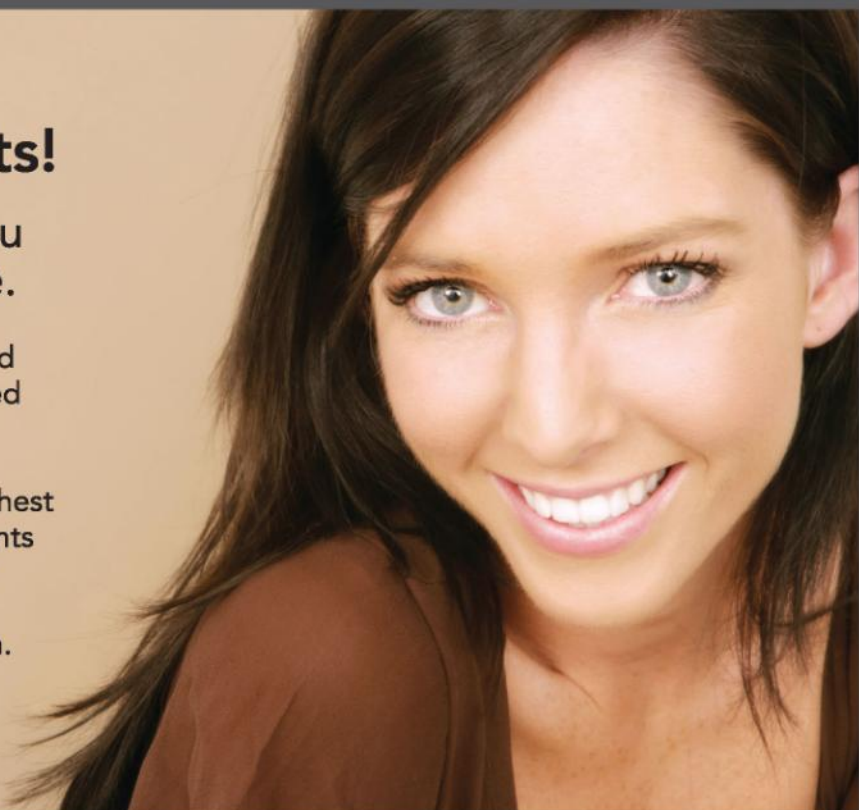
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