

Country Hills

Country Hills Village

Coventry Hills

Harvest Hills

Panorama Hills



Photo by: Bob Leuty

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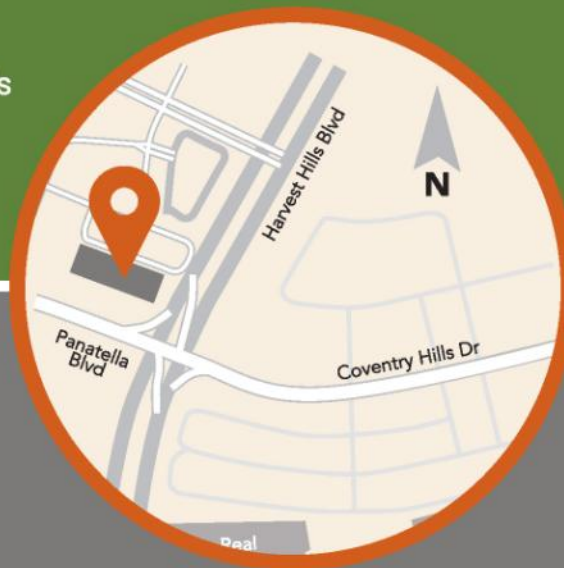
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# President's Message



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

President's Message May 2022 (written by 1<sup>st</sup> VP Tamara Keller)

As we head into the busy summer season, we are looking forward to many fun and educational programs and events in your community. Be sure to follow us on [facebook](#) to stay on top of all of the great things your community members are bringing to you.

Yes, it is your community members -- your neighbours -- that bring the fun activities, programs, and events to you through the NHCA. That's because the NHCA is here to help you bring forward the community programs and events that you recognize will bring value to your community. The NHCA is its volunteers and members, and we need you to continue bringing great things to the community. It is as simple as purchasing an annual membership today – simply visit <https://nhca.ca/member/> to purchase your membership online, or stop by during office hours to purchase a membership in person.

Another thing you can do is come out to support all the great things happening in your community this month. May will be a busy month, with the weather getting nicer and our volunteers bringing forward more activities. Mark your calendars and come out to support your community this month!

May 7 – Food Truck Frenzy and Volunteer Fair. Vivo west parking lot, 12-6PM. [NHCA.ca/food-trucks](https://nhca.ca/food-trucks)

May 22 – Community Clean Up in partnership with Vivo and NSRA. Vivo East parking lot, 9AM – 2PM.  
[NHCA.ca/community-clean-up](https://nhca.ca/community-clean-up)

May 28 – Harvest Hills Hub Parade of Garage sales from 9AM to 2PM. Sellers please [register online](#) by May 24.

May 29 – Annual AGM. The AGM will once again be virtual. RSVP today at [NHCA.ca/AGM](https://nhca.ca/AGM)

The Harvest Hills Hub is busy planning many spring and summer activities, including a plant exchange in co-operation with the community gardens in June, so be sure to give their Facebook page a follow ([facebook.com/harvesthillshub](https://facebook.com/harvesthillshub)) so you don't miss out on the great things happening at your Harvest Hills Hub.

Everything that is delivered through the NHCA is delivered by volunteers and members. As we head into our next fiscal year, we need your help to continue supporting your community. We have fundraising initiatives like the food truck frenzy (May 7) and Bluegrass gift card program; we have a Volunteer Fair May 7, and we need more membership sales. \$30 for an annual family membership goes a long way to supporting the work done for you and your community with and through the NHCA. Plus, you get great discounts at so many local businesses that you can easily end up money ahead with your NHCA membership! Check out the long list of businesses that offer discounts to NHCA members: <https://nhca.ca/member-discounts/>

If you love what the community does, you can be part of doing it too! We have many volunteer positions open, whether you want to volunteer for a specific program or event, to lead an initiative, or to serve on the board. There is an opportunity here for you to get involved. Help us to help you help your community where we all live, work and play. Learn more about the volunteer opportunities online at <https://nhca.ca/volunteer/>, or join us on May 7 for the upcoming Volunteer Fair (and Food Truck Frenzy) - Vivo west parking lot from 12-6PM

Your community association is here to serve you; Come be a part of it! We look forward to seeing you at the [AGM](#) on May 29, and out in our community all summer long.

Tamara Keller, 1<sup>st</sup> Vice President  
Northern Hills Community Association

[1vp@nhca.ca](mailto:1vp@nhca.ca)



# 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)

#### Cobs Bread

500 Country Hills Blvd NE  
10% off all purchases

#### Cruise Authority Canada

124-450 Country Hills Blvd NE  
\$25.00 on board credit for any sailings 5 days in length or longer on any cruise line in a ocean view stateroom or above category. No black outs.

#### Epicure Selections

Independent Consultant  
15% off first time purchase

#### 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  
10% Off

#### UPS Store

612-500 Country Hills Blvd NE  
10% off UPS Shipping and 10% printing

### COVENTRY HILLS

#### Cathy – Piano & Theory Teacher

Family registration fee discount of \$15.00

#### 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

#### Little Caesars

18 Panatella Blvd NW  
Buy any two specialty pizzas and get a free crazy bread

#### Progressive Optometry

34 Panatella Blvd NW  
15% off frames

#### Second Sight Optometry

730-1110 Panatella Blvd NW  
20% off frames (\*some exceptions apply)

#### 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

20% off orders

#### Lowe and Associates Private Wealth

Suite 5113, 333 96th Ave NE  
A Complimentary Detailed Personal/Family Financial Plan (Value \$1000), A Complimentary Book "Money and Youth – A Guide to Financial Literacy" (Value \$25)

#### Harvest Hills Dollar Plus

5% off all purchases

#### Stampede Car Wash

Suite 600-9650 Harvest Hills Blvd NE  
Buy a \$25 gift card and get \$5 OFF

#### Steeped Tea

Briana Trotter  
10% off all orders

#### The Canadian Brewhouse

9650 Harvest Hills Blvd NE  
20% off all regular price food orders/10% off all regular price drinks  
Valid for Cardholders and one friend

### OTHER LOCATIONS

#### Benjamin Moore

Rice For King-The District

#### Boston Pizza

Boston Pizza Cross Iron Mills Mall

Famoso Neapolitan Pizzeria

Kiddiekakes Custom Cake Design

KIDSFIRST Resolution

The Lash Lounge By Tanz

Little Caesars

Montana's

Ornamental Stone

Royal Palace Home Inspection

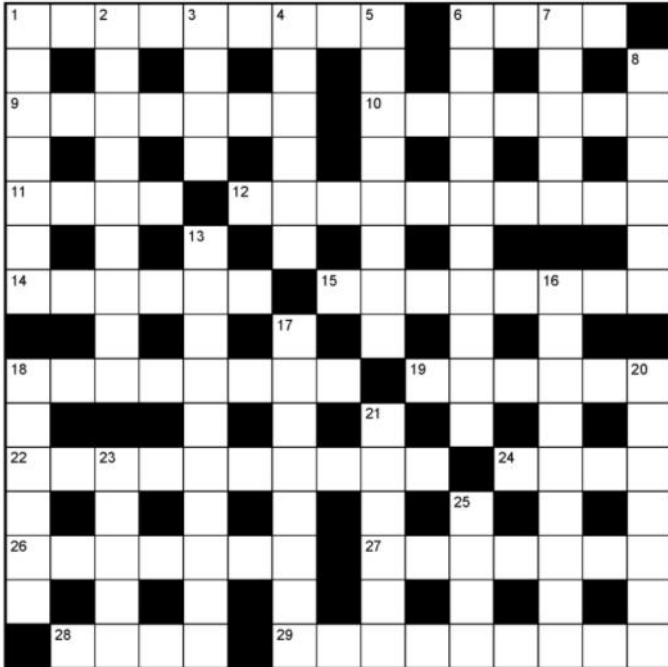
Scotsman's Well

Sure Scraps A Lot!

Top Gear Car Wash

Visit our website for more details,  
<http://nhca.ca/member-discounts>

# Free Crosswords Online!



## ACROSS

- 1 Arctic plan almost could be workable (9)
- 6 Bachelor remains for party (4)
- 9 Horrible beheading initially caught by mobile camera (7)
- 10 Panesar in form, dismissing Australian opener twice, could be so described (7)
- 11 Cruel sort makes some progress (4)
- 12 Debauched renegade worried Lawrence (10)
- 14 They're happy to go downhill fast (6)
- 15 The French go over to Spain for game (8)
- 18 Instinctively let in any strays (8)
- 19 Lessons lead to more examinations (6)
- 22 Untidy woman's a hospital attendant (10)
- 24 Daily tea (4)
- 26 Worry about receptacle for gun (7)
- 27 Pay attention after goalie's beginning to shine (7)
- 28 Spike is heard from river (4)
- 29 Morose nun's irate for a change (9)

## DOWN

- 1 Self-important old politician tucked into fresh soup (7)
- 2 Agreement with one playing instrument (9)
- 3 Underground pipe (4)
- 4 Smart company's opening bar (6)
- 5 Girl entertains star in US city (3,5)
- 6 Newlywed needs to prepare for her partner (10)
- 7 Boy with yen to meet a girl (5)
- 8 Writer is jealous we hear (6)
- 13 Keep company with awfully tense friar (10)
- 16 Type of Western food (9)
- 17 Ignorant solver can't do anything with such a crossword (8)
- 18 Bring on popular Italian leader (6)
- 20 Unusual arrangement of garnets (7)
- 21 Affliction makes British leader delicate (6)
- 23 Grumpy, certainly, but not rude ultimately (5)
- 25 Outspoken member of House of Lords gives support (4)

Design and digital publishing credit to:

### The UPS Store 264

612-500 Country Hills Blvd NE  
Calgary, AB T3K 5K3  
403.226.9361  
[store264@theupsstore.ca](mailto:store264@theupsstore.ca)  
[theupsstore.ca/264](http://theupsstore.ca/264)

**The UPS Store**



Print and Business Services

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and so much more!



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[vcacanada.com/district](http://vcacanada.com/district)

### **CLASSIFIED ADS**

This is the local Official  
Community supported and  
requested newsletter by  
residents of Panorama Hills/  
Coventry Hills /Harvest Hills/  
Country Hills and Country Village

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of the Bride, Office Wears, Church  
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And Many More 403 470 6548  
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This is the local Official  
Community supported and  
requested newsletter by  
residents of Panorama Hills/  
Coventry Hills /Harvest Hills/ Coun-  
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# NHCA NEEDS YOUR HELP!

**WE ARE YOUR COMMUNITY ASSOCIATION -  
SUPPORT US BY:**



- BECOMING A MEMBER
- REGISTERING FOR PROGRAMS
- VOLUNTEERING
- DONATING
- SPONSORING

**WE ARE IN A CRITICAL FINANCIAL SITUATION  
THAT AFFECTS YOUR COMMUNITY ACTIVITIES!**



**WWW.NHCA.CA**





# Harvest Hills Alliance Church

www.hhachurch.com



10099 Harvest Hills Blvd NW

403-226-0990

office@hhachurch.com



- Believe
- Belong
- Bless

## Sunday Service 9:15 & 11:00 am

Streaming on YouTube/Facebook 9:15

### Harvest Kids

Nursery - Grade 4

9:15 & 11:00 am

Grade 5 & 6 11:00 am only

### Youth

10:15-11:00 am Sundays

Youth Hang out - Youth Room

9:00 am Study and Breakfast

(Every Last Sunday of the Month)

6:30 pm Wednesday Youth Life Groups

6:30 pm Every 2nd Friday Special Events

### Young Adults

7:00 pm Sunday

### ESL—Spring Session

Wednesday 9:30 am

to register e-mail [esl@hhachurch.com](mailto:esl@hhachurch.com)

## Weekly Events

Tuesday 6:45 pm

Women's Cardio and Stretch Class in person at the church.

Tuesdays 8:30-10:30 pm

Men's Floor Hockey

Wednesday 9:15 am

Women's Bible Studies

1st, 2nd and 4th Thursdays of the month

9:00 am - 3:00 pm

Quilters Plus - Bring your own lunch

Seniors - Young at Heart 55 + Third Thursday of the month 11:30 am - 2:30 pm

Saturday 8:00 am Men's Bible Study.





# NATURE IN OUR COMMUNITIES



***Photos sent in by Bob Leuty***



# NHCA CONTACTS

## OFFICE:

NHCA at Vivo  
11950 Country Village Link NE  
Calgary, AB, T3K 6E3  
Tel/Fax: 403-226-6422  
E: [info@nhca.ca](mailto:info@nhca.ca)

## Public Hours:

Virtual Hours:

Monday: 5:00 – 7:00 PM

Wednesday: 9:00 AM-3:00PM

In-Person Hours at the Office:

Thursday 9:00 AM-3:00PM

Closed on weekends and  
statutory holidays.

## STAFF & CONTRACTORS

Executive Director: [Yana Soldatenko](#)  
Bookkeeper: [Surina Gupta](#)  
Newsletter Editor: [Heather Hubert](#)  
Ad Sales: [Heather Hubert](#)  
Administrative Assistant: [Melissa Gagy](#)  
Volunteer Development Coordinator:  
Joanna Wong

## 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: [Celia Li](#)

**DIRECTORS:** Chris Abdalla, Zubair Chowdhury,  
David Hartwick, Jun Lin, Devon Lowe, Ian McAnerin,  
Roop Rai

## COMMITTEES:

Accessibility & Grants: [Chris Abdalla](#),  
Arts & Crafts: [Chris Abdalla](#),  
At Home in the Hills: [Winnie Huang](#), [Samana Zehra](#),  
Beautification: [TBD](#),  
Gardens: [Amanda Mauch](#)  
Building Safer Communities (Blockwatch): [Tavis Settles](#)  
Business Relations: [TBD](#)  
Community Relations: [Tamara Keller](#),  
Creating Coventry: [Celia Li & Moraig McCabe](#)  
Government Relations / Advocacy: [David Hartwick](#)  
Harvest Hills Hub: [Tamara Keller & Victoria Henry](#)  
Membership Relations: [Devon Lowe](#)  
Planning & Development: [David Hartwick](#)  
Sports: [Devon Lowe](#)  
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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## 4TH ANNUAL COVENTRY HILLS COMMUNITY

# PARADE OF GARAGE SALES

SAT JUNE 11 & SUN JUNE 12

9AM - 4PM

Event proudly sponsored by

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**RE/MAX** REAL ESTATE MOUNTAIN VIEW



## Join the Parade!

Each participating home will host their own garage sale on their property. We will take care of the advertising, boulevard and directional signs and virtual map. Each home will be provided signs to direct and guide bargain/treasure hunters to your location.



To participate and register to have your address added to the virtual map and list of homes:

1) Open or screenshot (and click) this QR code and submit form OR

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

3) [www.corylomsnes.com](http://www.corylomsnes.com)

**DEADLINE** to register is Wednesday, June 1, 2022

The virtual map and list of participating homes will be available through the Coventry Hills Community Parade of Garage Sales Facebook page and at [www.corylomsnes.com](http://www.corylomsnes.com) on June 10.

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Calgary, AB T3K 4Y7

**403.226.7638**

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

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Patients Welcome**

**siteforsight.ca**

**Visit our clinic for current promotions & discounts on select frames and lenses**

## Preparing or updating your Will

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 ease your mind. Contact us today.

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# VIRTUAL ANNUAL GENERAL MEETING



**JOIN US FOR OUR AGM**  
**DATE: MAY 29 2022**  
**TIME: 7:00PM**

*Membership required for voting.*

*Non members can attend as guests only.*

Visit [\*\*nhca.ca/agm\*\*](https://nhca.ca/agm) for more information!

The logo for the Northern Hills Community Association. It features a green arch over the words "Northern Hills" in a large, green, serif font. Below "Northern Hills" is the word "Community" in a smaller, green, sans-serif font, and below that is the word "Association" in a larger, green, sans-serif font.



# SUPPORT YOUR COMMUNITY ASSOCIATION BY DONATING YOUR BOTTLES AND RECYCLABLES!



## 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 COMMUNITY!

**LEARN MORE:**  
[NHCA.CA/DONATE-RECYCLING/](http://NHCA.CA/DONATE-RECYCLING/)

BEDDINGTON HEIGHTS  
**BOTTLE  DEPOT**  
It's Worth It

Northern Hills  
Community Association

**Good Food Box** is a program where residents can get fresh fruits and vegetables at an incredibly low cost!

**ORDER A BOX**

**SPONSOR A  
FAMILY IN NEED**

Box sizes are Small(\$25), Medium(\$30) and Large(\$35)

Order / Choose your contribution size online

[nhca.ca/good-food-box](http://nhca.ca/good-food-box)

**VIVO**  
for Healthier Generations™

Northern Hills  
Community Association

COMMUNITY  
KITCHEN

# 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?

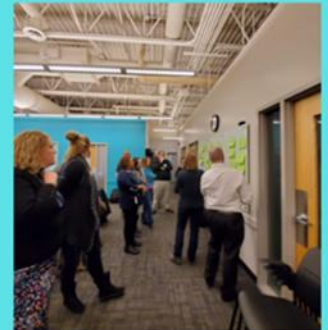
## Project, Events, Programs (PEP) Volunteer



### 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

**About:** The Northern Hills News is this same newsletter that you are reading, filled with exciting top stories, event info, contests, recipes and so much more.

**Dates:** Flexible writing contributions by mid-month

**Role:** Writing articles and supporting with newsletter editing

## Roam the Hills

**About:** Roam the Hills is now open for everyone to enjoy a walk, stroll, or ride in the community! Help us keep Roam the Hills activities up and running, by lifting up the sign, fixing any missing ones, and just having more eyes on them!

**Dates:** Any day anytime until April 30, 2022

**Role:** Maintenance Volunteer

## Volunteer Relations Coordinator:

Do you enjoy bringing people together and making great things happen? Help us manage our database, recruitment, and onboarding of new volunteers.

## Grant Coordinator:

Works on identifying, applying for, tracking and reporting Grants and other funding opportunities. Support NHCA's projects, programs and organizational development as well as documenting Grant Procedures and creating and updating Grant Templates.

## Fund Development Committee roles:

- Membership
- Long-Term Planning
- Short-Term Activities
- Community Outreach
- Sponsorship

## Treasurer:

Are you a numbers person who likes to analyze and report financials? Join our team and help us establish sustainable and diverse revenue generation, oversee financial activities, and support fundraising initiatives.

## 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? Help us manage our database, recruitment, and onboarding of new volunteers.

## Business Relations:

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

To learn more about the roles and responsibilities to be on the Board of Directors, call 403-226-6422 or Email [info@nhca.ca](mailto:info@nhca.ca)

**Sign-up for any above roles [HERE!](#)**



**May 7th | 12-6pm!**

**Volunteer Fair**

**&**

**FOOD TRUCK FRENZY**

Join us at Vivo (West Side)  
to grab some delicious  
food from the food trucks  
with 10% of the proceeds  
supporting NHCA

Join us at Vivo (Play Lab)  
to learn more about our  
volunteer opportunities  
and sign up! Free  
refreshments provided.

Visit [nhca.ca/volunteer](https://nhca.ca/volunteer) to learn more.





## **RCC Youth Club**

### **Peer connection for ages 6 - 17 yrs**

*Bringing kids and youth together to connect and be successful!*

## **May - June 2022**

**Respite Care Connection (RCC)** is a specialized program for children and youth who would benefit from time with their peers in a small group of 6-9 youth. Youth take part in activities that work towards fostering positive peer connection and friendship skills through games, projects and trips in the community. We use both indoor and outdoor spaces around our clubhouse, community spaces such as parks, and recreation facilities for swimming, bowling, and much more.

**RCC** specializes in strengthening participant's self-esteem, skill development and socialization skills through a fun and safe environment with a ratio of one staff to three youth. Youth must be able to be successful in this ratio and not require 1:1 support. All staff are trained in safety, risk management, emotional regulation strategies and Standard First Aid/CPR.

**Ages 6-12 (registration ongoing)**  
**8-week program May 3<sup>rd</sup> – June 23<sup>rd</sup>**  
**Tuesdays & Thursdays 4:30-7:30**

**Ages 13-17 (registration ongoing)**  
**8-week program May 4<sup>th</sup> – June 24<sup>th</sup>**  
**Wednesdays & Fridays 4:30-7:30**

- an earlier drop-off may be available upon request
- transportation may be provided in some cases
- youth should bring snacks and a bagged dinner when it is not otherwise supplied

**Location:** 6716 Huntsbay Road NW (referred to as the Clubhouse). This is a duplex in a residential area.

**Cost:** This program is free for families.

**To Register:** Contact Tina Cameron at: [tcameron@enviros.org](mailto:tcameron@enviros.org) or 403.589.6526.





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# Northern Hills Neddie

Dear Neddie,

I love watching reality tv shows-especially the new Netflix one called the Ultimatum-a dating show. I notice the couple keep talking about how they need a partner who checks off all the things on their list. They are unhappy with their current partners who don't check off all the things they want in a life partner. Then on the Bachelor the contestants always talk about needing to find someone to make them happy and if the person doesn't make them happy then its not for them.

Is this really what love is about-how will I ever find someone if it is like this? I may never find true love and feel so bad and hopeless now after watching these shows!

Sincerely,

Sad in Reality TV



Dear Sad in Reality TV,

Oh dear I have so many things to address on this topic. First, please note everything you see on tv isn't always so "real". Some of those shows are scripted reality series meaning its actors and they are following a script someone wrote or some of the people on those shows are just on their "acting" to grow their Instagram accounts for followers and make more money. So please know these shows are often not real.

Second-this idea that they are looking for someone to make them happy all the time-what is happy? Life is life and what happens when someone is sick or a car breaks down and bills to be paid-will those kind of people stick around when life isn't happy?

Third, checking off all the boxes for a life partner?? I didn't know we are all so perfect? We are all imperfect people so how can we have all our boxes checked off all the time and only love someone who fits our perfect expectations-sorry that is unreasonable! The people on these shows often talk about their parents being together for 40+ years and amazing marriages-yes well I am sure they had their conflicts and have learned to love each other warts and all!

So dear please know you don't need to be perfect, nor do you need to stress about finding true love because true love will love you for who you are imperfect you. Maybe watching those shows take them with a grain of salt-they are for drama and entertainment.

Neddie out!





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## Why Sociology Is So Great!

Submitted by Yashi Sharma

The discipline of sociology is a very complex field in comparison to the other fields individuals group it beside. Sociology itself, put into simple terms, is the systematic study of human society. However, this is just the baseline and it's actually much more serious than such. Society is a setting where people live and have things in common. Every day humans have social interactions of some sort all around the world. The viewership of these interactions by a sociologist is much different than a bystander on the street. For example, a teacher giving a student a bad grade. The student believes he has done poorly, and the teacher has marked him as such, but the sociologist is not so much interested in the mark as he is why and how that interaction happened. The individuals in this discipline have learned the sociological perspective. This is to look at society and notice the general patterns in the lives of particular people. Interpreting these patterns can lead one to learn a lot about one without ever knowing them on a personal level. They do this because social interactions are the key interest in sociology and it allows for learning of society. All these things tie into understanding our community and that is why sociology is so great and important in our lives.





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BACK**

**VIVO**



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1) THE UNITED KINGDOM CELEBRATES  
MAY AS THE NATIONAL SMILE MONTH.



2) WE HAVE STAR WARS DAY ON MAY THE  
4TH



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# Gardening for Good Health

*By MPC Foundation*

As we begin to enjoy warmer weather, we are now able to enjoy the great outdoors and spend more time tending to our gardens and appreciate the beauty around us. And that is a good thing! Our growing season is short and we need to make full use of it before it passes us by. However, before jumping straight into this hugely popular seasonal activity, it is a good idea to prepare ourselves physically to avoid injury.

Gardening is indeed very good for both physical and mental health but without proper preparation, it can cause injury to our bodies. Many people transition from a sedentary lifestyle to spending hours crouching, bending and pulling over the garden bed. The unfortunate consequence will be felt the day after – a stiff body, sore muscles, aches and pains that impair mobility for a stretch of time after. With careful planning and preparation, we can all avoid the pains and simply enjoy the gains!

To begin with, spend a few minutes doing simple stretches before heading out to tackle that yard work.

Here is a basic set of stretches recommended by our certified fitness instructor, Virginia Posadas:

1. Mini squat – legs shoulder width apart, bend your knees putting weight on your heel (do not let knees go past our toes) stand. Repeat 10 x
2. Reach for the ground – Lower your arms towards the ground. Try to touch the ground or go as far as you can. Hold for 2 seconds. Bend your knees slightly. You are now stretching the muscles at the back of your leg and lower back. Repeat 5 x
3. Bend backwards – Both hands on your lower back. Bend back and hold for 2 seconds. Stand normally. Repeat 5 x
4. Side bend – Stand straight. Position arms on sides. Bend to one side, hold 2 seconds. Back to upright position. Bend to other side. Repeat 5 x on each side
5. Trunk rotation – Stand straight. Stretch arms out wide. Twist left as far as you can go and hold for 2 seconds. Back to center. Twist right and hold 2 seconds. Back to center. Repeat 5 x.

As with all forms of physical movements, there isn't a one size fits all solution. Bend and stretch only as far as you are comfortable. Have a safe and wonderful gardening season! MPC Foundation is a registered charity serving seniors in the local area.



# LET'S CLEAN-UP THE COMMUNITY TOGETHER!

**May 22, 2022**

**9am -2pm**

**at Vivo East Parking Lot**



## **Items that are NOT accepted:**

- Tires
- Household Chemicals
- Car Batteries
- Home Appliances
- Propane Tanks
- Glass
- Paint
- Microwaves
- Liquids
- Railroad Tires

Thank you to our partners City of Calgary Waste & Recycling Services and Community Standards!



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



### Ultimate Summer Challenge is almost here!

Registration for Ultimate Summer Challenge opens May 18, and this time it's open to adults too. Get ready to compete with your friends in fun challenges to see who the ultimate reading superhero is this summer and win cool prizes.

Find out more at [calgarylibrary.ca/summer](https://calgarylibrary.ca/summer)

### Calling all aspiring young writers!

Calgary Public Library is thrilled to announce a new literary arts festival just for students in Calgary and area schools, grades 4 – 12, from Thursday, May 5, to Saturday, May 7. Attend sessions with your class on Thursday or Friday, or check out individual sessions on Saturday where you'll write, create, and share with other students and professional writers.

See all sessions at [calgarylibrary.ca/LitCon](https://calgarylibrary.ca/LitCon)

### Check out in-person programs

In-person programs are back! Find fan favourites like Baby Rhyme Time and English Conversation Group, or try something new with an art, technology, or gaming program.

See all available programs at [calgarylibrary.ca/programs](https://calgarylibrary.ca/programs)

### TumbleBook Library

This digital resource for kids and families animates and reads interactive books out loud. Find classic and new favourite books in this digital Library, including French and Spanish titles.

Start browsing at [calgarylibrary.ca/TumbleBook-Library](https://calgarylibrary.ca/TumbleBook-Library)



#### Ingredients:

1lb ground beef or chicken	1/4 tsp salt and pinch pepper
1 egg	3 tsp butter
1 can tomato soup	1/2 cup water
1/4 cup rice, uncooked	1/4 cup flour
2 tsp finely chopped onion	

#### Directions:

- 1) Mix meat, onion, seasoning and egg in a medium bowl.
- 2) 2) Form into balls, roll in flour.
- 3) Melt butter in frying pan. Drop balls into this and brown evenly.
- 4) Add soup and water. Cover and braise on top of stove. Alternative method is to bake in oven after at 180F for about 30 minutes until tender.
- 5) Serve with cooked rice and vegetables.

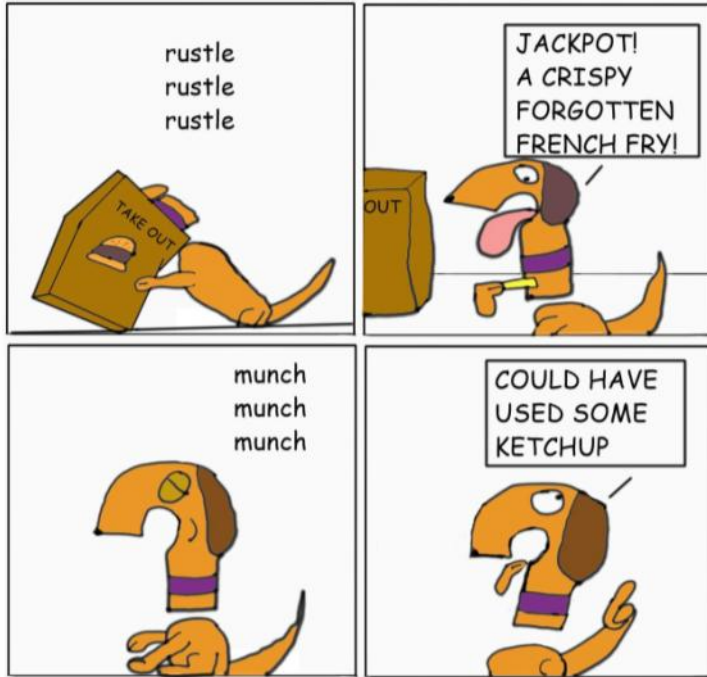


Submissions must be sent in typed up in format that can be copied and pasted . Photos are welcome!

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



# Laugh of the day



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

## Sudoku

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

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### Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

**Support for Trucking Industry:** The Alberta Government has invested \$30 million over the next three years to help more women and men train for jobs in the commercial trucking and transportation sectors. This investment is building on the success of the *Driving Back to Work* program that has helped hundreds of Albertans retrain for a career in the trucking industry. It is estimated by 2023 there will be a shortage of about 3,600 commercial drivers in Alberta. I encourage anyone interested in a career in the trucking field to visit [alberta.ca/driving-back-to-work-grant-program.aspx](https://alberta.ca/driving-back-to-work-grant-program.aspx) to learn more about *Driving Back to Work* program.

**Creative Partnerships Alberta:** The Alberta Government is matching up to \$350,000 in donations to eligible provincial sport, physical activity and recreation programs. This campaign is part of [Creative Partnerships Alberta](#), an initiative to find new ways to support non-profits. Albertans can make their gift through the new Sport, Physical Activity and Recreation (SPAR) Donation Fund Program online from April 1-August 30. To learn more about this initiative, please visit [Creative Partnerships | Alberta.ca](#)

**Improvements in K-Country:** Alberta's Government is upgrading trails, investing in public transit and expanding Bow Valley Wildland Provincial Park to conserve and protect the environment, while improving outdoor recreation opportunities. As part of Budget 2022, the Alberta Government is investing more than \$4 million to upgrade the Grassi Lakes and Goat Creek day-use areas in Kananaskis Country. These upgrades will address public safety issues and parking congestion, while protecting the environment and enhancing outdoor recreation opportunities. Record-breaking numbers of visitors are exploring K- Country and with increased visitation comes increased pressure on existing trails and facilities.

*Special thanks to my constituents for their continued support as I carry out my duties as your MLA. Please feel free to call any time to schedule a chat to discuss issues that are important to you.*

#### **HAPPY MOTHER'S DAY**

***Thank you to mothers EVERYWHERE for EVERYTHING you do.***

Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

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

403.274.1931

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





### Jasmine Mian Ward 3 Councillor

#### Let the dogs run free: new off-leash park in Ward 3

As the weather warms up, it's the perfect time to get outside with your four-legged friends. Calgary has dozens of public off-leash areas with a combined area of 1,145 hectares for you and your dog to enjoy. My dog loves when I take him to the off-leash parks!

The newest off-leash area is opening soon on the south side of 96 Ave and Harvest Hills Link NE next to Aurora Business Park. Ward three currently has six other off-leash areas: one in Livingston, two in Hidden Valley, and three in Sandstone Valley. We also border onto Nose Hill Park, which is home to the largest off-leash area in the city.

Visit the City of Calgary map that shows the location of off-leash dog areas in Calgary: [maps.calgary.ca](https://maps.calgary.ca)

Follow me on Instagram (@jasmine.mian), Twitter (@jasmine\_mian) or Facebook (/jasminemian).  
I also have a new website: [jasminemian.ca](https://jasminemian.ca)

Please visit the project website for more details: <https://www.calgary.ca/stoneyninterchanges>

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor

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**RAISE**  
SOME **DOUGH**

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## Answer keys

### SOLUTION

1	P	R	2	A	C	3	T	I	4	C	A	5	L	6	B	A	7	S	H		
	O			C			U			L			A		R			O		8	G
9	M	A	C	A	B	R	E					10	S	P	I	N	N	E	R		
	P			O			E			V			V		D			Y			E
11	O	G	R	E			12	D	E	G	E	N	E	R	A	T	E				
	U			D			13	F			R		G		G						N
14	S	K	I	E	R	S			15	L	A	C	R	O	16	S	S	E			
				O			A		17	C			S		O		P				
18	I	N	N	A	T	E	L	Y					19	M	O	R	A	L	20	S	
	N					E			U		21	B			M		G			T	
22	D	I	23	S	O	R	D	E	R	L	Y				24	C	H	A	R		
	U			U			N		L					25	P		E			A	
26	C	A	R	B	I	N	E				27	G	L	I	S	T	E	N			
	E			L			S				H			E		T				G	
	28	T	Y	N	E				29	S	A	T	U	R	N	I	N	E			

#### ACROSS

1 practical. 6 bash. 9 macabre. 10 spinner. 11 ogre. 12 degenerate. 14 skiers. 15 lacrosse. 18 innately. 19 morals. 22 disorderly. 24 char. 26 carbine. 27 glisten. 28 tyne. 29 saturnine.

#### DOWN

1 pompous. 2 accordion. 3 tube. 4 clever. 5 Las Vegas. 6 bridegroom. 7 Sonya. 8 Greene. 13 fraternise. 16 spaghetti. 17 clueless. 18 induce. 20 strange. 21 blight. 23 surly. 25 pier.

## Sudoku

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

Northern Hills  
Community Association



# Waste and Recycling

## Safely dispose of pressurized tanks and canisters

Going camping, hiking or hosting a barbecue this summer? Make sure you safely dispose of pressurized tanks, canisters and aerosols (empty or full), including:


- Bear spray canisters
- Small camping propane tanks
- Butane canisters
- Standard barbecue tanks
- Helium tanks



Take these items to a household hazardous waste drop-off at designated fire stations or City landfills for safe disposal. Do not put these items in your blue, black or green carts.


When put in a cart these items become a safety hazard for your collector and the staff at waste management facilities. Items can also damage collection trucks and sorting equipment.

Visit [calgary.ca/hhw](https://calgary.ca/hhw) to check the list of drop-off locations.



### Northern Hills Arts and Crafts


Bringing art to you!



## COMMUNITY ART

Every creative ripple starts at home.  
See how far that ripple goes!


- events and projects
- classes and programs
- neighbourhood beautification
- locals creating with locals



## CONNECTIONS

Let's connect our community with art!


- local artist spotlights
- committee meetings
- partnerships with local businesses and organizations
- under the NHCA's umbrella



## JOIN US

Interested in getting involved? No experience needed, and you don't need to be an artist!


[www.nhca.ca/arts](https://www.nhca.ca/arts)  
[arts@nhca.ca](mailto:arts@nhca.ca)



## CREATIVITY FOR ALL

Art isn't just for professional artists, we make it easy for anyone to get involved!


- free or low cost craft events
- public projects and displays
- hosted right in the Northern Hills
- all ages and abilities
- art that uplifts



## THE FUTURE

Imagine the brightest future for arts in the Northern Hills. That's where we want to be!

- public art made by local artists
- a local artists network
- more programs and projects
- a creativity hub
- public performances
- art exhibitions





# CALLING ALL LOCAL PHOTOGRAPHERS!



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**This month's winner:**



**Submitted by Wendy Bannerman**



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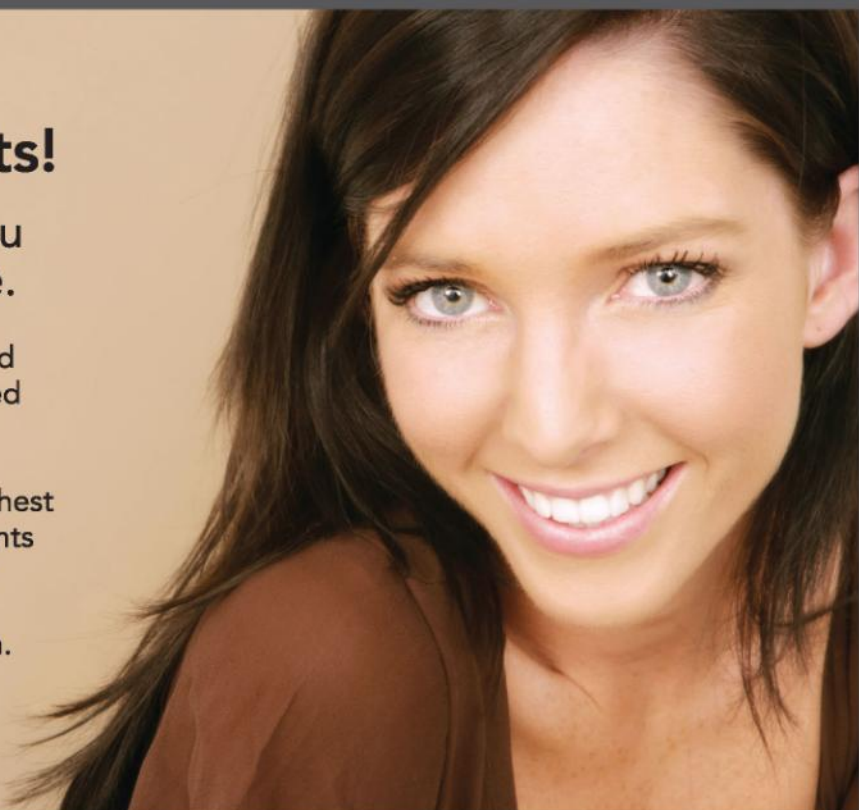
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