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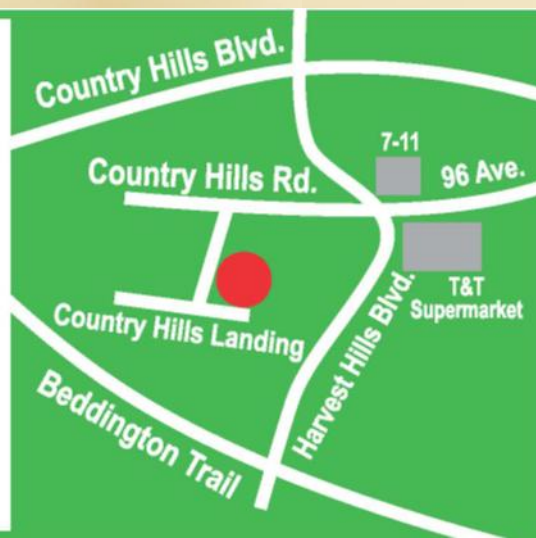


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President's Message



Ian McAnerin
Interim President
Northern Hills
Community Association

Happy July! This is a busy month for many people, and the NHCA is here to help. We have 3 Food Truck Frenzies in July:

July 2nd: 12-5pm @ North Pointe Bus Terminal

- Mini Donuts Canada
- Perogy Boyz
- Family Fry Guy
- Viet 2 Go
- VASILIS

July 9th: 12-5pm @ Harvest Hills Hub Summerfest

- Mini Donuts Canada
- Ribo Chicko
- Lobster King

July 23rd: 5-8pm @ Harvest Hills Alliance Church Kickoff event

- Vanilla Bean Ice Cream
- Ribo Chicko
- Lobster King

In addition to the Food Truck Frenzy on July 2, we are having an event for the Canada Day weekend and the official re-opening of the North Pointe Bus Terminal – that's 3 events in 1! There will be lots of people there, including our local elected representatives. In addition, there will be craft and other local vendors. Stop by, it will be great!

Also in July is the Canada Day (July 1), Calgary Stampede (8-17), Calgary Folk Festival (21-24), Calgary International Blues Festival (25-26), and a bunch of Pancake breakfasts in our area.

The NHCA does not have official board meetings in July and August, but we are still very active in the community and always need more volunteers to help. Check out <https://nhca.ca/volunteer/> for many opportunities help and make a difference. Opportunities range from a simple casual event you can help with if you have a couple hours to spare, to helping plan and implement our projects and programs, to joining the board as a community leader.

Sadly, Tavis Settles has had to step down as President due to health reasons (we hope for a swift and complete recovery) so as First Vice President I (Ian McAnerin) am now the acting President until further notice. That's it for now – have a great July!

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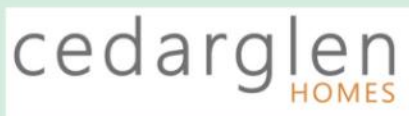


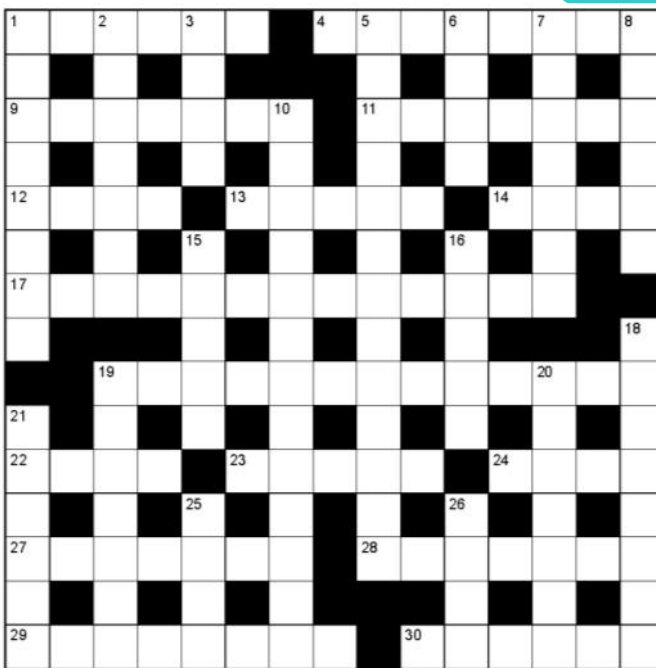
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DOWN

- 1 In Georgia a locum cured eye disease (8)
- 2 Viewpoint of striking appearance (7)
- 3 Slovenly woman is scum (4)
- 5 Angrily remove football shirt and give reprimand? (4,1,5,3)
- 6 For starters, it's now no smoking in pubs (4)
- 7 Increase labour of one in Tussaud's (7)
- 8 Enemy's confused by sycophants (3,3)
- 10 Pretend not to have seen Annie belt Rudy viciously (4,1,5,3)
- 15 The world is heartbroken (5)
- 16 Accepting rule finally, leave in peace (5)
- 18 Food, reportedly chief Chinese dish (4,4)
- 19 M-master possibly showing this speech defect (7)
- 20 Take legal possession of one thousand quid (7)
- 21 Repeat standard codswallop (6)
- 25 Bucket gives Penny trouble (4)
- 26 Concealed English leather (4)

ACROSS

- 1 Goal's beginning to stir up game (6)
- 4 Ray waits nervously for flight (8)
- 9 Tart performs turn to entice (7)
- 11 Takes permanent possession of building extensions (7)
- 12 Runs into policeman with whip (4)
- 13 In discussion, brought up money (5)
- 14 Caught old king with Ecstasy and another drug (4)
- 17 Take back a sum fellow distributed to earn money quickly (4,1,4,4)
- 19 He said I'll test new TV receiving equipment (9,4)
- 22 Chap providing article about Los Angeles (4)
- 23 Edible bulb used in cannelloni only (5)
- 24 Sick son takes seat in church (4)
- 27 Search for drink before playing game (7)
- 28 I plunged into one river then another with lack of success (7)
- 29 Exciting tale involved her till end of November (8)
- 30 He needs new teacher for London area (6)

Design and digital publishing credit to:

The UPS Store 264

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 Calgary, AB T3K 5K3
 403.226.9361
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The UPS Store**Print and Business Services*****In This Issue***

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and so much more!

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Harvest Hills Alliance Church

www.hhachurch.com



10099 Harvest Hills Blvd NW

403-226-0990

office@hhachurch.com



- Believe
- Belong
- Bless

SUNDAY SERVICE SUMMER HOURS

10:00 AM ONLY

Streaming on YouTube/Facebook 10:00 AM

Nursery is Open but unstaffed
Pizza Box activities provided for the kids
during the Service.

Summer Events

Tuesdays 7:30-9:30 pm
Men's Floor Hockey

 **HARVEST HILLS ALLIANCE CHURCH
STAMPEDE BREAKFAST
JULY 10 2022 9:00AM ~11:00 AM**



**FUN FOR THE WHOLE FAMILY
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HHHUB SUMMER FEST

July 9 12 - 4pm

Harvest Hills Community Gardens
520 Harvest Lake Dr NE, Calgary, AB

A full afternoon of fun, family friendly events!

12:30 - 1:00 Water Fight/Sprinkler Time

Bring your own water guns/squirters, water will be provided
There will also be a sprinkler for our younger visitors!

2:00 - 2:30 Bike Parade

Decorate your bike, scooter or wagon with the supplies provided and parade them
along the lake and back!

3:00 Hula Hoop Demonstration

Daniella from Infinite Circle Hoops will amaze you with her skills!



And don't miss these all day activities!



lawn games

*Nicole's Sparkling
Princess Parties*



Food trucks
Mini Donuts Canada,
Lobster King, Ribo Chicko



obstacle course

*City of Calgary
activity*

photo booth



*Please note there will be limited parking, and no washrooms on site

NHCA CONTACTS

OFFICE:

NHCA at Vivo
11950 Country Village Link NE
Calgary, AB, T3K 6E3
Tel/Fax: 403-226-6422
E: 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 Gagyi](#)
Community Relations Coordinator: Shreya Dey
Fundraising Coordinator: Tim Vong
Volunteer Coordinator: [Megan Shackel](#)

VOLUNTEERS

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

BOARD MEMBERS

Interim President: [Ian McAnerin](#)
1st Vice President: [Ian McAnerin](#)
2nd Vice President: [Tamara Keller](#)
Secretary: [Amanda Mauch](#)
Treasurer: [Celia Li](#)

DIRECTORS: David Hartwick, Jun Lin,
COMMITTEES:

Arts & Crafts: [Looking for a Leader](#),
Gardens: [Amanda Mauch](#)
Building Safer Communities (Blockwatch): [Tavis Settles](#)
Business Relations: [Looking for a Leader](#)
Community Relations: [Tamara Keller](#),
Government Relations / Advocacy: [David Hartwick](#)
Grants: [Amanda Mauch](#)
Harvest Hills Hub: [Tamara Keller & Victoria Henry](#)
Membership Relations: [Looking for a Leader](#)
Planning & Development: [David Hartwick](#)
Sports: [Looking for a Leader](#)
Rinks: [Looking for a Leader](#)
SPRY in the Hills: [Jay L Emond](#)
Volunteer Relations: [Amanda Mauch](#)



EDITOR'S NOTE:

All articles submitted by the general
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not necessarily reflective of the
opinion of NHCA.



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Every child deserves the best start of their lives we can give them. Quality child care starts with highly skilled staff. It means plenty of interesting, stimulating activities-balanced with quiet play and rest time - all in a safe environment.

NHCA NEEDS YOUR HELP!

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



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

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THAT AFFECTS YOUR COMMUNITY ACTIVITIES!**



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Summer Camp

Free Camp for Children and Youth

The Respite Care Connection (RCC) is excited to announce we have received funding for a fully funded Summer Camp for children aged 6-17! Each day is filled with various activities including field trips, games, and crafts. This may include biking, geocaching, disc golf, scavenger hunts, hot dog roasts, and activities in outdoor green spaces across the city. We will also use recreation venues such as swimming, Calaway Park, the zoo, Telus Spark, etc.

RCC specializes in strengthening participant's self-esteem, skill development and socialization skills through a fun and safe environment

Dates: July 4-8, July 11-15, July 18-22, July 25-29,
August 2-5 (short week), August 8-12, August 15-19, August 22-26

Hours: 9:00am- 4:00pm (before and after may be available upon request)

Location: 6716 Huntsbay Road NW

On-going Registration: Contact Tina Cameron at: tcameron@enviros.org or 403.589.6526.

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?

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.

Coventry Hills PlayHub Play Leader and Play Team Members

We need individuals who love to encourage kids to learn new ways to play. This program runs all year, with the dates currently TBD. We need a Play Leader (ages 18+) and a Play team (all ages) for each session!

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.
- **Long-Term Planning**
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.
- **Short-Term Activities**
Coming up with ideas for new community programs for the NHCA.
- **Community Presence**
Increasing the NHCA's presence in the community; it is looking for ways to spread word and awareness about the NHCA.
- **Sponsorship**
Contacting existing community partners and/or fostering relations with new community partners.

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

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

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COVENTRY HILLS

Cathy – Piano & Theory Teacher

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PANORAMA HILLS

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Sunburst Counselling

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Tamarind East Indian Restaurant

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Northern Hills Neddie

Dear Neddie,

I am at a loss. I have lived with my roommate for about 10 years now. Over the 10 years we have played board games and go for pub game nights and social groups. My roommate/friend always was mostly the designated driver and didn't really drink much. Then her cat of 20 years passed away last year. She started asking me to always drive when we go out and started having a glass or two of red wine. Then things started to change in the past 6 months. I started coming home every day and finding her passed out on the couch or and drunk a lot. She has been having so much red wine when we go out. I tried to talk with her about this but she just gets mad and tells me she is a grown person and pays her bills and she just wants to enjoy her life. She walks away and then won't talk to me for the rest of the day. What should I do? Am I over reacting? Would the passing of her cat done this to her?

Sincerely,

At A Loss....

Dear At A Loss,

Please do not blame the cat for any of this. It sounds your friend could be/has developed a drinking problem. Don't be naive about it. Contact Al-Anon (al-anon.alateen.org) for more information. Whether or not it is related to the cat passing I don't know. It doesn't seem as though your roommate feels comfortable talking to you, but Al-Anon might have some good suggestions to help with this sensitive situation. I hope this helps in some way,

Sincerely,

Neddie

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Email your article to editor@nhca.ca



An opinion on the poem "Good Bones" by Maggie Smith

The poem "Good Bones" composed by Maggie Smith in 2016, tries to sell the reader on the world. While her shared points reflect she is conflicted about the many atrocities of our world, ultimately through acknowledging that our world contains some extraordinary assets of humanity and a hope for a better future, she finds that the good outweighs the bad. For example, the deliciously good temptations she delighted herself with, the love people have for children along with the kindness of strangers, and the good bones that we can build off for a better world. Even though the writer seems to battle with her ideas, in the end through these reasons and her imagery, she persuades the reader that we can use humanity's good bones to make a beautiful world.

Submitted by Yashina Sharma



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Tips to Save Money on Fuel

By MPC Foundation

Recently, you may have visited a gas pump and shaken your head in resignation at the triple digit numbers staring back at you or braved the ten-mile-long line at Costco to fill up at a discount. While you may not be planning a cross-Canada trip this year, there are still groceries to be hauled home in your family's truck and so many places to go! With gas prices at an all-time high, here are some useful tips from AMA to save money at the pump:



- **Reduce your speed.** Just by slowing down, you can save 30% on fuel costs - so let the speeders pass right by as you revel in saving money.
- **Don't drive aggressively.** Speeding, fast starts, and hard stops increases fuel consumption by 33% on highways and 5% around town.
- **Change your oil regularly.** How many times you have ignored the dreaded "engine oil low" blinker because it always seems to show on the busiest week you've ever had?

Scheduling regular oil changes increases gas mileage by up to 12%.

- **Reduce idling.** As you idle at the A&W drive-thru, every 10 seconds you leave your engine on uses about one-third of a liter of fuel. Those cents add up when your cheeseburger takes seven minutes to make!
- **Travel light.** Do you pack your car like you're moving across the country? Reduce your baggage – extra bags, your brand-new dumbbells – and save on gas.
- **Replace air filters.** Changing your clogged air filters can improve mileage by 10%.

By combining these tips, you can smile in victory as your trips to the gas station will be less frequent and you can treat yourself to an extra meal out or continue to save up for that new gadget you've been eyeing. Happy summer travels! MPC Foundation is a registered Charity in Alberta.



Head to the Library for weather-proof fun

Whether it's pushing 30°C or hailing out, the Library has fun programs to enjoy indoors (and outdoors when the weather permits!) Join us for Chess at the Library, Boardgames Night, Mo Willems Mayhem, and more!

See what's on at calgarylibrary.ca/programs

Meet the residents

The Library welcomed two new residents in June. Mary Hays joins us as Storyteller in Residence and Claudia Jiminez Chagoya is now the Newcomer Artist in Residence. Shelly McElroy continues her work as Historian in Residence. Book a free consultation with them or attend one of their workshops.

Learn more about what the residents have to offer at calgarylibrary.ca/arts-and-culture

Never lose a book under the car seat with Gale eBooks

Explore non-fiction titles, including the DK Eyewitness series for kids and Eyewitness travel books, with this virtual resource.

Find it at calgarylibrary.ca/gale-ebooks

Does everyone in your family have a Library card?

Your free Library membership comes with tons of benefits, including in-person and virtual programming, free Wi-Fi, printing, Chromebook lending, and access to hundreds of online resources to support learning.

Register your whole family at calgarylibrary.ca/join



Great for summer get togethers!

Ingredients:

- Flank Steak - 3
- 1 Cup oil
- 3/4 Cup soy sauce
- 3 Tbsp honey
- 2 Tbsp wine vinegar
- 2 Green onions, chopped with tops
- 1 Tbsp chopped ginger root

Directions:

Prepare marinade by combining all ingredients. Refrigerate for about 48 hours. BBQ flank steak to your preferred doneness.

- Rare - 120F
- Medium Rare - 130F
- Medium - 140F
- Medium Well - 150F
- Well Done - 160F



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

Email: editor@nhca.ca

VIVO'S SUMMER CAMPS

NOW
OPEN

Hit play on FUN.

Join us for a summer of playing, exploring, and connecting. On repeat.

Before and after care options available.



REGISTER NOW
vivo.ca/programs/camps

CANADA DAY FACTS



1) CANADA DAY WAS FIRST CELEBRATED ON JULY 1, 1867

**2) CANADA DAY CAN HAPPEN ON JULY 2ND--
ALTHOUGH THE NATIONAL DAY OF CANADA OCCURS AS A STATUTORY HOLIDAY EVERY 1ST JULY, IF THE HOLIDAY FALLS ON A WEEKEND, IT WILL LEGALLY TRANSPIRE ON JULY 2ND**



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 our website nhca.ca/good-food-box and order your box now! There is NO Good Food Box in August, don't miss out! Order Now!



Your Government Representatives



Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

Happy Canada Day!

Wishing everyone an enjoyable Summer!

Sincerely,

Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

calgary.north@assembly.ab.ca

403.274.1931

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

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/

BEDDINGTON HEIGHTS
BOTTLE DEPOT
It's Worth It

Northern Hills
Community Association



Josephine Pon Calgary - Beddington MLA

Hello neighbours,

June was a busy month! It was amazing to see everyone enjoying the weather at the various events hosted by our dedicated community association volunteers.

The first week of June is Seniors' Week. Seniors have provided a lifetime of service to their families, friends, and neighbours, and helped build Alberta into the great province it is today.

On June 1, I was proud to announce that every year, June 1st will mark the celebration of Intergenerational Day. It is an opportunity for individuals of all ages to come together, sharing experiences and learning from each other.

Investing in students, building the workforce of tomorrow

Summer fun is officially here! It's also a time of transition for families and students as they start to plan their future. For many, this will include going to college or university.

With Alberta's emerging tech sector, trades, veterinary medicine, nursing, and healthcare programs; the possibilities are endless. Alberta has some of the best post-secondary institutions in Canada.

Alberta's government is making historic investments in post-secondary programs to ensure opportunities for future generations. Creating over 3,000 new seats in the Calgary area supporting students studying aviation, engineering and more. This investment of \$84.6 million will support growing demand for workers in industries like aircraft maintenance and film and video production, while also providing additional support to core areas like nursing and engineering. Our government is creating over 10,000 new seats across Alberta and hundreds more opportunities in early learning, childcare, IT, health, and business.

These investments expanding enrollment in high-demand programs are part of the Alberta at Work initiative. A young, well-educated population is vital to renewing and diversifying Alberta's economy and building the workforce of the future.

See you at our joint community Stampede Breakfast July 9th!

Sincerely,

Josephine Pon

MLA for Calgary - Beddington

calgary.beddington@assembly.ab.ca #106 - 8220 Centre Street NE Calgary, AB T3K 1J7 403-215-7710



Jasmine Mian Ward 3 Councillor

Storm pond safety: Stay back and stay out.

Storm ponds may look natural and like a great place for summer fun, but they are man-made stormwater treatment facilities and can be dangerous. Many of the communities in Ward 3 have storm ponds and they serve an important function.

Storm ponds protect our rivers by helping remove sediment, fertilizer, animal feces, pesticides and other pollutants. They also protect our communities from flooding.

Runoff from rain or melting snow, also called stormwater, washes through the community, collecting dirt, gravel and pollutants along the way. After washing into storm drains, stormwater travels through underground pipes to storm ponds.

By capturing and holding stormwater, storm ponds slow the flow down, allowing sediment and contaminants to settle at the bottom of the pond. The improved water is then slowly released to our rivers, creeks and streams.

Storm ponds are not safe for recreational purposes. They can be very deep, and because of the potential for rapidly changing water levels (from inlet and outlet pipes), poor water quality and soft, muddy bottoms, a storm pond should never be used for recreational purposes.

Keep your family and pets safe. Stay out of the water. Water contact of any kind, including swimming, wading and boating, is dangerous and prohibited. Keep your pets on leashes and away from the water for their health and safety.

Find out more at calgary.ca/stormpondsafety

Follow me on Instagram (@jasmine.mian), Twitter (@jasmine_mian) or Facebook (/jasminemian).
I also have a new website: 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

Waste and Recycling

Stay back, stay safe

When collection trucks are at work

It's important to be careful around collection trucks to keep you, your family and our drivers safe. Here are some tips to help you stay safe:

Always stay at least 10 metres away from a collection truck. Remember, if you can't see the driver, the driver can't see you.

Please slow down around collection trucks. Make eye contact with the driver before driving in front of or around the truck.

When putting your carts out for pickup, place carts and extra yard waste bags at least 0.5 metres apart. Ensure there is enough space from vehicles, fences and garages.

The collection truck uses a mechanical arm to pick up carts. The arm needs space to reach, grab and lift the carts to empty them. Placing your carts with enough space means your driver will be able to pick them up safely.

Learn more about placing your carts for safe pickup at calgary.ca/cartplacement.





Beautiful photographs of the
Canadian Pacific Railways
Business Train sent in by Bob Leuty



Mention the NHCA and COBS Bread Country Hills will donate 5% of your purchase to us!

LET'S RAISE SOME DOUGH

NORTHERN HILLS COMMUNITY ASSOCIATION

SUPPORT YOUR COMMUNITY

SOLUTION

1	G	R	O	U	S	E		4	S	T	A	I	R	W	A	Y	
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29	T	H	R	I	L	L	E	R			30	H	E	N	D	O	N

DOWN

1 glaucoma. 2 outlook. 3 slag. 5 tear a strip off. 6 inns. 7 waxwork. 8 yes men. 10 turn a blind eye. 15 earth. 16 quiet. 18 chow-mein. 19 stammer. 20 impound. 21 parrot. 25 pail. 26 hide.

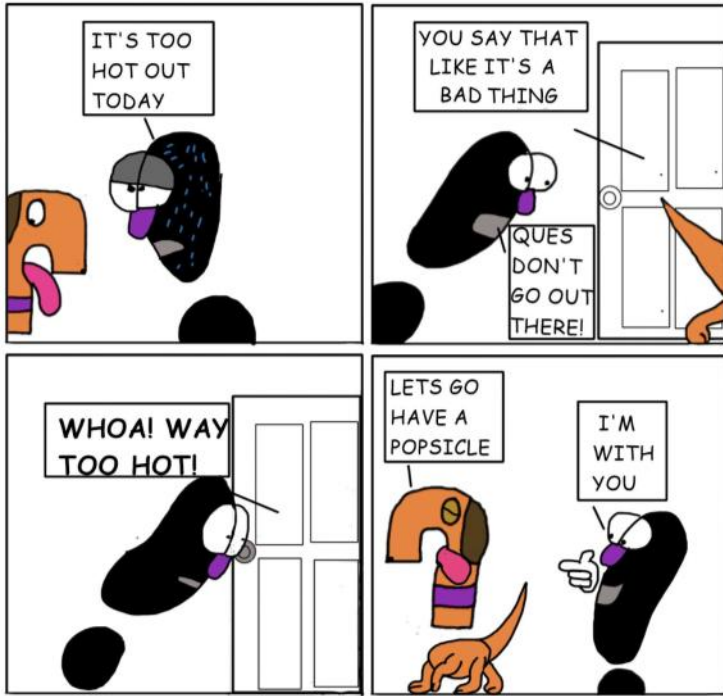
ACROSS

1 grouse. 4 stairway. 9 attract. 11 annexes. 12 crop. 13 bread. 14 coke. 17 make a fast buck. 19 satellite dish. 22 Alan. 23 onion. 24 spew. 27 rummage. 28 failure. 29 thriller. 30 Hendon.

Sudoku

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

Laugh of the day



By Punctuation Association Joni R.
punctassoc@hotmail.com

Nursery · Sod · Garden Centres

Blue Grass



Northern Hills
Community Association



Summer extension!

Give that gardener the perfect gift this summer and get your gift cards today!!

Ends July 28th

5% Off Blue Grass gift cards promo code
"LOVE4NHCA"

10% of all proceeds benefit the
 NHCA



Emergency
Medical
Services



Backyard Play Safety

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(*) high and have a self-latching, self-closing, lockable gate.

(*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

www.albertahealthservices.ca

Sudoku

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

CALLING ALL LOCAL PHOTOGRAPHERS! 📷

**COBS
BREAD**

**Please send in your photos and
win a Cobs's Bread 6 pack!**

Please email in to editor@nhca.ca



This month's winner:



**Submitted by Jennifer Spohr on behalf of her
daughter from Grade 10 photography class**

Paramount Dental is accepting new patients!

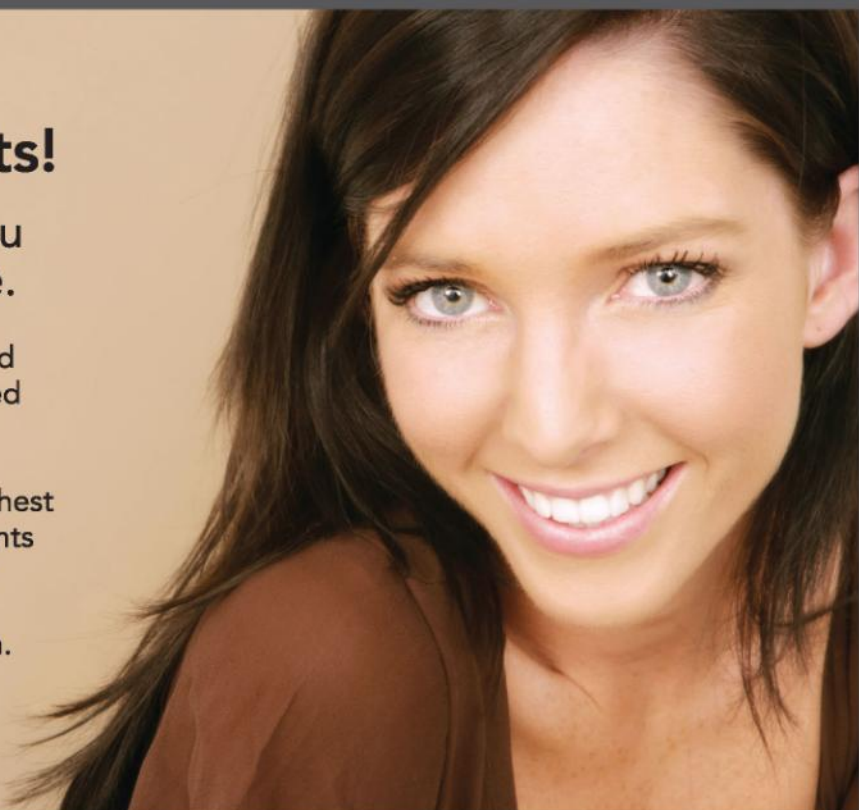
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