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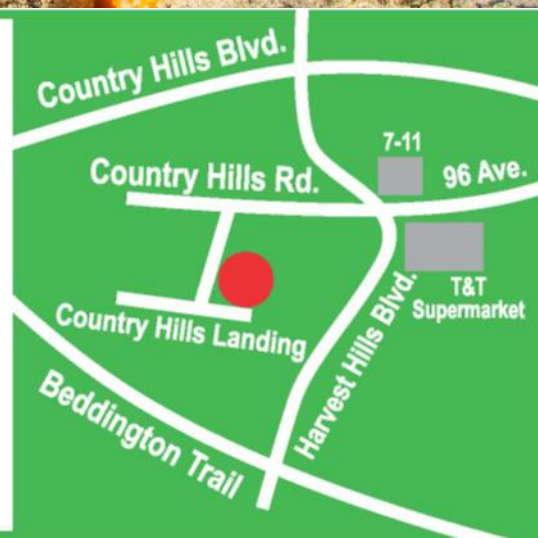
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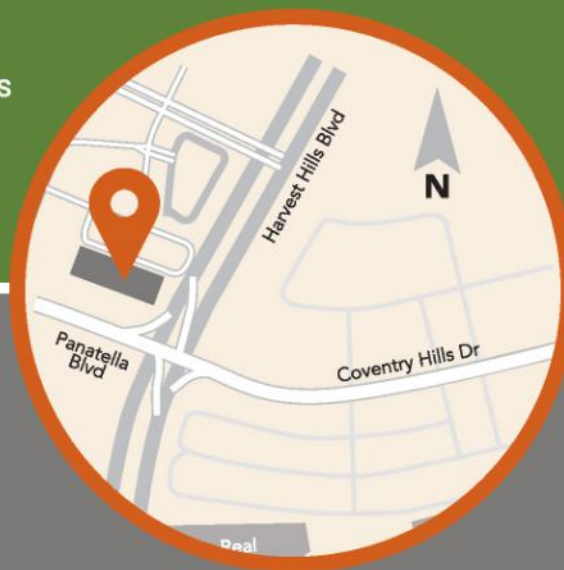
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President's Message



Ian McAnerin
President
Northern Hills
Community Association

It's August! I hope you are having a great summer, and the NHCA would like to make it a little better with a couple of Food Truck Frenzies:

August 1st: 12-8pm @ North Pointe Bus Terminal

- The Real Canadian Pizza & Donair
- Arepas Ranch
- Viet 2 Go
- Mini Donuts Canada
- Ribo Chicko
- Shahba Shawarma
- Lobster King

August 18th: 4-8pm @ Panorama Hills School

- The Real Canadian Pizza & Donair Truck
- Ribo Chicko
- The Perogy Boyz
- Lobster King
- Mini Donuts Canada

In addition to the Food Truck Frenzies, there are several festivals and events in and around Calgary you may want to check out: Calgary Fringe Festival (Jul 28- Aug 5), Taste of Calgary (Aug 4-7), Carifest (Aug 12-13), Global Fest (Aug 18-27), Expo Latina Festival (Aug 19-21), Calgary Street Festival – Chinatown (Aug 20), and many more! August is festival time in Calgary, and there is no shortage of things to do.

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. As a Board update, I (Ian McAnerin) have been officially elected President (from Acting President). In addition, we are holding a series of strategy meetings in order to address our precarious financial situation. You can help us out right now by either getting a membership with the NHCA, or asking a friend or neighbor to get one – it makes a huge difference.

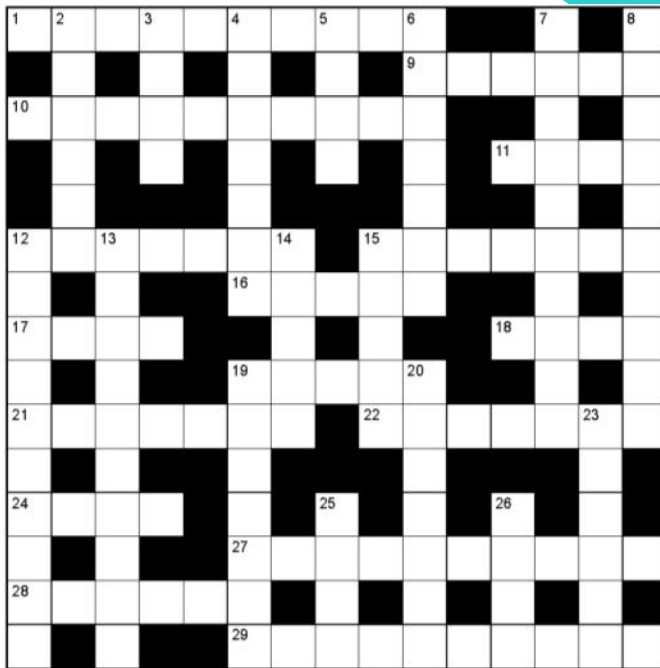
<https://nhca.getcommunal.com/memberships>

We have recently moved over to different membership software, so if you have had problems renewing in the past, please try again now – the process is smooth and easy.

That's it for now – I'll see you around the neighborhood!

Ian McAnerin,

President
Northern Hills Community Association



DOWN

- 2 Woman from French city supporting European Union (6)
- 3 Slight contribution to healthiness (4)
- 4 Demand 50 yen precisely (7)
- 5 Fruit said to be repulsive (4)
- 6 5 Down drunk housed outside island's capital (7)
- 7 Graves may be recommended by him (4,6)
- 8 Right weird believers can be overruled (10)
- 12 Country's fresh enthusiasm excited Dan (3,7)
- 13 Abstinence meant creep reformed (10)
- 14 Creature that climbs the wall in Paris? (5)
- 15 Girl started to wander in wood (5)
- 19 One comes in to join serviceman (7)
- 20 Busy when given a ring (7)
- 23 Try article about east German writer (6)
- 25 Quiet fool gets to achieve the required standard (4)
- 26 Smooth metallic element (4)

ACROSS

- 1 Be dismissed from septet Hugh formed (3,3,4)
- 9 Cut in magnitude, say (6)
- 10 Villa under renovation is without equal (10)
- 11 Sounds like a lot to celebrate (4)
- 12 Score goal in game (7)
- 15 After nonsense was convulsed with laughter (7)
- 16 Symphony's finale stays with listeners a long time (5)
- 17 Organ's beginning to worry old doctor (4)
- 18 Go crazy when rejected (4)
- 19 Sophisticated unionist enters bar (5)
- 21 One real mad woman! (7)
- 22 Glut bridge opponents with Cheddar perhaps (7)
- 24 Principal player of heavy metal (4)
- 27 Introduce popular soothsayer at start of Easter (10)
- 28 Colin upset oriental girl (6)
- 29 I screened new second homes (10)

Design and digital publishing credit to:

The UPS Store 264

612-500 Country Hills Blvd NE
 Calgary, AB T3K 5K3
 403.226.9361
store264@theupsstpre.ca
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Print and Business Services

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and so much more!

Labour Day Maker's Market & Food Truck Frenzy

September 5th

Northpointe Bus Terminal

12 to 8pm

Vendors

WANTED

To sign up or learn more visit nhca.ca/labour-day





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

To give our valued Volunteers a summer break there is no Children's programming during the months of July & August. Pizza Box activities provided for the kids during the Service.

The Nursery is Open but not staffed

Summer Events

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

Saturday 8:00-10:30 am
Men's Bible Study

Have a great Summer!

Save the Date



Harvest Hills Alliance
Believe . Belong . Bless

HARVEST COMMUNITY CARNIVAL

SATURDAY SEPT 17

11:00 AM-2:00 PM



2nd Annual HttHub Makers Market

Saturday, August 20, 2022 12-4pm
178 Harvest Glen Way NE

Free booth registration!



Follow the Harvest Hills Hub on
Faebook for the registration link!

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

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
Program Coordinators: Teresa Boring &
Andrea Vergara
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
public are the author's opinion and
not necessarily reflective of the
opinion of NHCA.



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Northern Hills
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Dr. Andrea Quon • Dr. Floria Tse

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ENJOY THE REST OF YOUR SUMMER!

Northern Hills
Community Association

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



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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?

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

COUNTRY HILLS & COUNTRY HILLS VILLAGE

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

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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

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 (Temporarily Closed due to renovations)

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

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UPS Store

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COVENTRY HILLS

Cathy – Piano & Theory Teacher

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Euphoria Wellness Centre

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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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15% off frames

Sunburst Counselling

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

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Northern Hills
Community Association

My arms ache to hug my son back in China

Growing microgreens gives me hope

I started growing microgreens and edible flowers during the pandemic



Jinsha (Lisa) Yao holds her son in 2018. (Submitted by Jinsha (Lisa) Yao)

For the past two years, instead of taking care of my son, I've poured all my energy and love into taking care of millions of tiny microgreen babies.

My 12-year-old son is stuck in China; I'm stuck here. I owe him millions of hugs. It breaks my heart.

But each time I feel lost, it's the greens that heal me. Growing these greens for friends and the farmers' market is the way I find the peace and hope to keep going.

One time last fall, it was almost noon by the time I got downstairs to the grow room to rinse the seeds because I was hours on the phone with Global Affairs Canada.

"Ka-ta!..." the sound of breaking glass shook me from my daze. I found myself holding what remains of a mason jar. Glass pieces and sprouts were all over the sink, counter and floor — glass fragments so small, they were clear powders sparkling everywhere on the granite countertop.

It was hard to tell what was what and I felt so dizzy. My heart felt like it just shut down and I thought, *what a mess?! What am I going to do?*

Actually the mess is in my head.

I stood there, then started to slowly pick up big pieces of glasses. A heart-shaped fragment caught me by surprise. The lentil sprouts on the glass heart looked so fresh.

They were living strong despite what happened. Tears flooded my eyes...

To read the whole free CBC writers workshop series for Northern Hills Residents, [visit this link](#).



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Jodi Hannis
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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.

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There is NO Good Food Box in August, don't miss out! Order Now!



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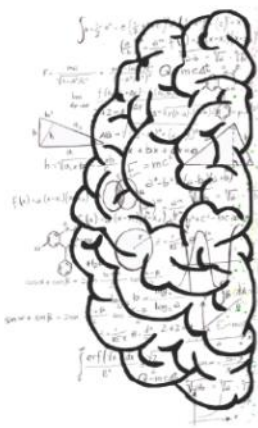
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For more information:

call

587-534-0500

visit

kidzee.ca

This summer, based on your feedback, The City is moving forward with improvements throughout Panorama Hills, to create inclusive, safe streets for all residents and commuters.

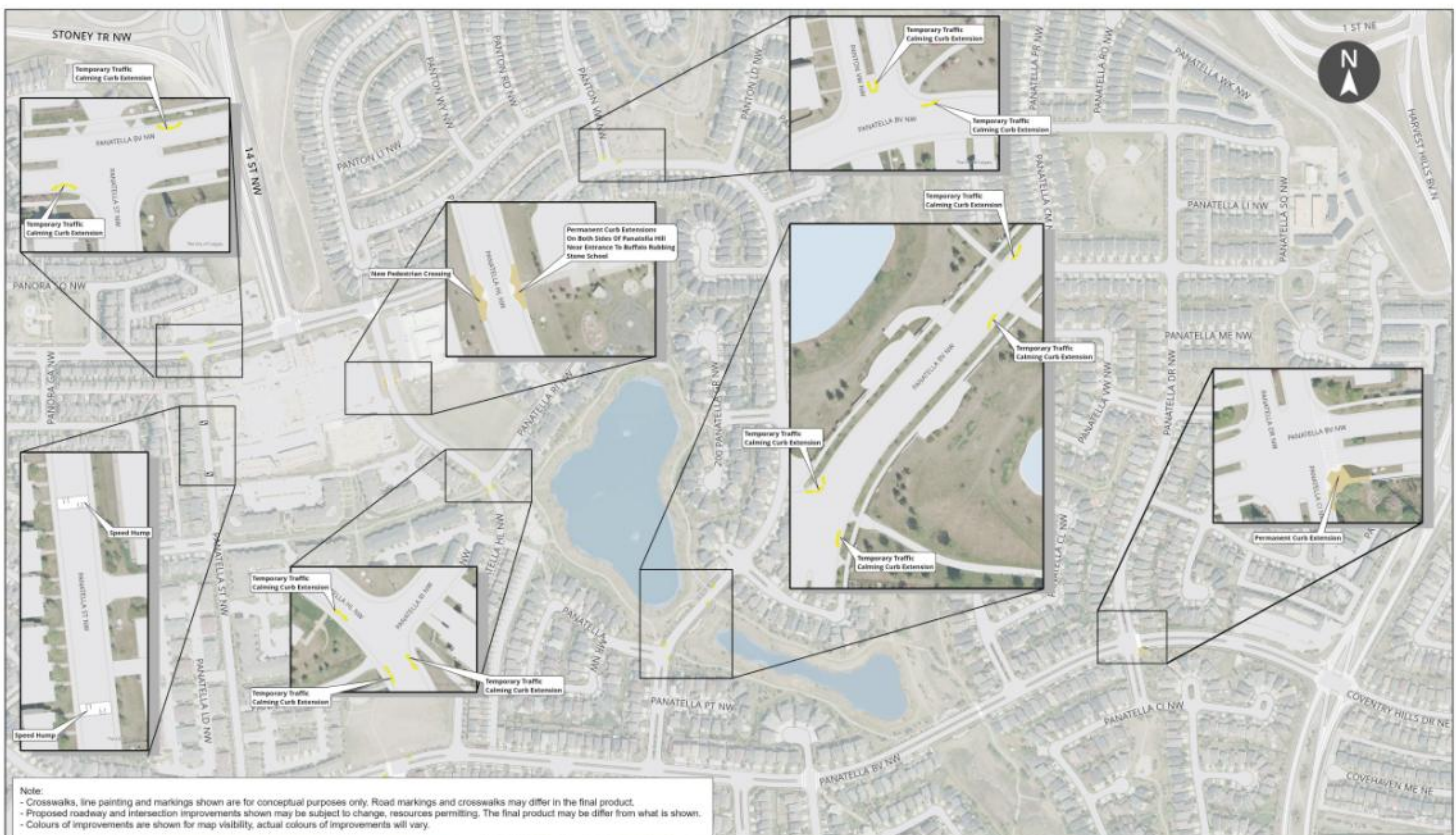
You will start to see new temporary and permanent curb bulb-outs and speed humps in key locations throughout the community.

These changes will help improve safety and accessibility for pedestrians and vulnerable users, while encouraging vehicles to slow down on residential streets and near schools.

To learn more about the project and to see maps of the improvement areas, visit calgary.ca/PanoramaHillsStreets.



PANORAMA HILLS - NEIGHBOURHOOD STREETS IMPROVEMENTS - PAGE 1





Northern Hills Neddie

Dear Northern Hills Neddie,

I have a Facebook friend who started dieting. She constantly documents her diet life each day with multiple posts. How much she lost, what she can fit, each meal and snack she eats-it goes on and on and on. How and why does she think we all want to see this and all these photos of herself? I don't want to say anything to her and discourage her or be mean, but what do I do!! I used to love going onto to Facebook to keep up with old friends and see cool stuff, but now I cringe each time I open the app!

Sincerely,

Weighted Out!

Dear Sincerely Weighted Out,

I have the same issue with a person on my Facebook as well. It can be quite well to put it plainly UGH! I remind myself that this person likely has self esteem things or perhaps they are narcissistic, or they have someone in their life telling them bad things about themselves or they feel pressure from the world-it is so hard to say and can't make judgements about what is in their heart or what is going on. You just never know what a person is going through so best to be kind. Now that doesn't mean you have to be subjected to their endless posts though-you can choose to unfollow their posts and keep them as a friend. You simply choose this option on Facebook. You will remain their friend but won't see their posts anymore and best part-they don't get to know you did this and have no idea so it is a nice way to keep things kind and peaceful between the two of you. She can post all day and you can enjoy your love for Facebook again!

Neddie Out!

CLASSIFIED ADS

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

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This is the local Official
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CALLING ALL LOCAL WRITERS!

SEND IN YOUR ARTICLE AND WIN A \$25
GIFT CARD TO STAMPEDE CAR WASH!

Email your article to editor@nhca.ca



Searching the Sky

Victoria Schellenberg

I have one item on my bucket list. The sense that I need to have this experience in my lifetime is fairly recent, it started about a year and a half ago, and I'm honestly not sure what inspired it. This desire occupies my thoughts, it causes me to constantly check my phone, and lose sleep staying up late many nights. I am determined to see an aurora borealis, also known as the northern lights.

While I'm no scientist, or photographer (just ask my kids about my inability to get full heads in pictures), I do find myself taken by the beauty of the world. An article in [space.com](https://www.space.com) describes the northern lights as, "beautiful dancing waves of light that have captured people for millennia... (where) energized particles from the sun slam into the Earth's upper atmosphere at speeds of up to 45 million mph." I've seen amazing photos and heard descriptions of dancing lights, colours of green, blue and even red painting the sky. I desperately want to see them for myself.

My quest to cross off this bucket list experience has led me to discover some interesting facts. The best time to see the northern lights is from early fall until spring when the nights are long and dark with increased geomagnetic action. There are great resources to help people know when there is a high likelihood of aurora borealis activity. I have subscribed to aurorawatch.ca which is run by the University of Alberta and sends out email alerts when there is a high probability of aurora sightings. Another website I frequent is auroraforecast.com and there are even Facebook groups like Calgary Aurora Chasers that share sightings and pictures.

Though I haven't been successful in crossing off a personal viewing of the northern lights yet, I'm not giving up hope. In the meantime I've enjoyed peaceful evenings with my husband driving in the country listening to good music, drinking hot chocolate, and taking in the night sky. It's not a bad bucket list dream.

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Sera Tomato Paste



\$1.99/ea.

Gabriel Sardines in Oil



\$18.99/ea.

Saleem Rice



\$10.99/lb.

AAA T-Bone Steaks



\$8.99/lb.

AAA Korean Short Ribs



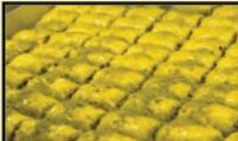
\$8.49/lb.

Australian Whole Lamb



\$2.99/ea.

Sourdough Breads



\$2.99/ea.

Pistachio Baklava



\$2.99/ea.

French Macarons Lg



\$0.79/ea.

English Cucumbers



\$1.49/ea.

Tomatoes on Vine



\$1.99/ea.

Kale Bunches



\$6.49/ea.

Assorted Potatoes 10lbs



\$3.99/bg

Seedless Grapes



\$7.99/ea.

Assorted Herbs



\$17.99/ea.

Grana Padano Cheese



\$16.99/ea.

Parmigiano Reggiano



\$10.99/ea.

KRITI XV Olive Oil 1L



\$5.99/ea.

Barilla Abbracci Biscuits



\$3.49/ea.

Lotus Biscoff



\$2.49/ea.

Acqua Panna 750ml



\$8.99/ea.

Sera Helva



\$1.19/ea.

Cedar Beans



\$12.99/ea.

Medjoul Dates

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Our awards and accreditations



Community Engagement



We want to hear from you!

- YOUR current needs and wants -
- YOUR feedback -
- Ways to support the community even better! -

What does your membership with the NHCA support?

What services, events, and programs YOU would want to have in the community?

How do you see NHCA in the next 5 years?

What would incentivize you to volunteer with the NHCA?



How you can participate:

- Virtual Surveys -
- In person Town Halls -
- NHCA table at our upcoming events! -

Visit nhca.ca/engage to learn more!

By MPC Foundation

As you sip your morning coffee, frantic families stream into the airport with fussy toddlers in tow. While this may be their first family vacation, you've been anticipating the day when you could travel again. You smile in understanding as a mother negotiates with an unruly toddler, who eventually settles as he stares in enrapture at a plane taking off. Ah, the joy of travelling.



With most travel restrictions lifted, seniors are enjoying travelling again. It is wise to take heed the advice of seasoned travellers so that the holiday is as risk-free as humanly possible. Here are some tips:

- Be prepared! Bring extra masks and hand sanitizer. Pack some rapid test kits to avoid the extra cost of having to buy these.
- Check travel health notices. Be aware of potential health threats in your destination.
- Practice good hygiene. Handwashing, wearing a mask, and keeping your distance are measures that provide an extra layer of protection. Sanitize high-touch areas, such as the seat tray and arm rests.
- Renew your passport early. Service Canada is currently estimating a forty day wait.
- Be aware of your body. Try not to overdo excursions in the hot sun.
- Inform your bank and credit card company about your travel plans. Avoid getting flagged for fraudulent purchases while abroad!
- Carry small change. Having change in the local currency is always useful.
- Be aware of extra risk on cruise ships. Your chance of getting sick on a cruise is high, due to tight living quarters.
- Keep these tips in mind when you plan your next vacations. By taking proper precautions, we can keep everyone safe and enjoy our time travelling.



MPC Foundation is a registered charity in Alberta.

Meet your heroes at the Library for Superhero Day

August 6 is Superhero Day at the Library! Head to Country Hills Library to meet one of your favourite super-heroes and put your own superhero skills to the test with fun activities.

Find out more at calgarylibrary.ca/summer

Have fun and save money with Library programs

From boardgames and ultimate frisbee to the history of money and energy savings, there's something to put a smile on your face and savings in your account at the Library this month.

See these programs and more at calgarylibrary.ca/programs

Ease in to back-to-school with the Library

Our newly redesigned students page has everything students, parents, and educators need to shift gears heading back to school. Find resources, activities, booklists, and more for all grades and subject areas.

Check it out at calgarylibrary.ca/students

There's still time to win big in the Ultimate Summer Challenge

The summer's not over yet! You can join the Ultimate Summer Challenge right up to August 31 and be eligible to win tons of cool prizes for the whole family, like iPads, Nintendo Switches, Chromebooks, and more.

Register at calgarylibrary.ca/summer



August WINNER!

Strawberry Rhubarb coffee cake.

It is delicious

Winner: Jen Spohr

Ingredients

filling

3 cups rhubarb(inch pieces) fresh or frozen

2 pints fresh strawberries, mashed

2 table spoons lemon juice

1 cup sugar

1/3 cup cornstarch

Cake

3 cups flour

1 cup sugar

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

1 cup butter cut into small pieces

1 ½ cups buttermilk

2 eggs

1 teaspoon vanilla extract

Topping

¼ cup butter or margarine

¼ cup all purpose flour

¾ cup sugar



Instruction

Generously butter a 9X13 inch baking dish. Preheat oven to 350 f.

In a large sauce pan combine the rhubarb, strawberries and lemon juice. Cook for 5 min over medium heat. Combine the sugar with the cornstarch and add to the fruit mixture. Bring to a boil over medium heat and cook about 5min stirring constantly until the mixture is thickened.

In large bowl combine flour, sugar, baking powder, baking soda and salt. Cut the butter in with a pastry blender until coarse crumbs. In a separate bowl beat together the eggs, buttermilk, and vanilla. Add to the dry ingredients and combine.

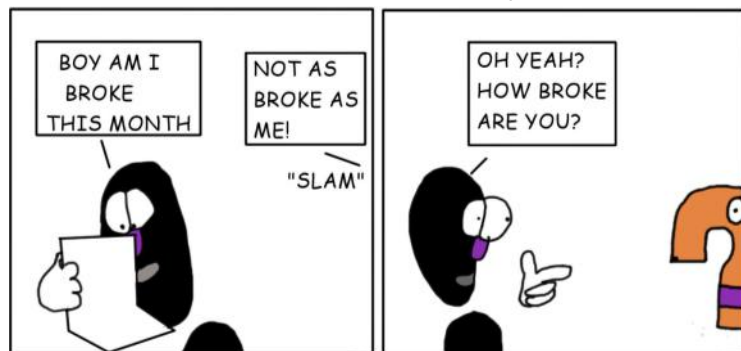
Spread half the batter mixture into the 9X13 pan. Top with the strawberry rhubarb mixture. Using a table-spoon drop the remaining batter onto the filling.

For the topping melt the butter add the flour and sugar and mix until crumbly. Sprinkle over the batter. Bake for approx. 45 min or until the cake is done.

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

Email:editor@nhca.ca

Laugh of the day



By Punctuation Association Joni R.
punctassoc@hotmail.com

AUGUST FACTS!

1) THE EARL OF SANDWICH INVENTED THE SANDWICH IN 1762 - AUGUST IS NOW NAMED AS NATIONAL SANDWICH MONTH.



2) AUGUST IS THE LAST FULL MONTH OF SUMMER AND THE END OF WINTER IN THE SOUTHERN HEMISPHERE (BELOW THE EQUATOR)



Emergency Medical Services



Accidental Poisoning



Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions they can take to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher or laundry tablets, mouthwash, or chemicals such as paints, solvents, or cleaning products.

Medication storage

- Place all medications in locked containers and store in an area inaccessible to children;
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Child-resistant medication bottles are not **child proof**. They can still be opened by a child;
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested;
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- In case of a poisoning emergency, call 9-1-1;**
- Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

www.albertahealthservices.ca

Sudoku

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



Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

It was so encouraging and refreshing to once again gather together and connect with everyone at celebrations held throughout the Summer.

RENEW YOUR DRIVER'S LICENCES/ID CARDS ONLINE: As part of our ongoing commitment to provide more choice and convenience, driver's licences and ID cards can be renewed online. Albertans want the ease of accessing services from their computers and mobile devices, but still have the option of in-person service. Albertans will be able to keep their cards until their new ones arrive in the mail.

AISH ONLINE: Community and Social Services is enhancing the online application for the Income Support program to reduce red tape. The online application process will enable Albertans to apply for benefits 24/7 from anywhere using a computer or mobile device.

ALBERTA'S ECONOMY: Alberta's economic recovery is continuing to drive our province forward. Recently, we saw Alberta's credit rating upgraded for the first time since 2001. The Alberta Government tabled its first balanced budget in nearly a decade. According to Statistics Canada's most recent labour force survey, Alberta has created nearly 60,600 net new jobs this year alone. This marks six straight months of job growth for our province. Alberta's unemployment rate has now dropped to 5.3%, the lowest level it has been since 2015. This is especially impressive when you consider that we are seeing positive net migration that we haven't seen in almost eight years.

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

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



Josephine Pon
Calgary - Beddington MLA

Jobs are up, the budget is balanced, and Alberta has finished the fiscal year strong!

Thanks to a growing economy, improved energy prices, and commitment to fiscal discipline, Alberta ended the fiscal year with a budget surplus of \$3.9 billion, the first surplus our province has seen in seven years. The Alberta Heritage Savings Fund grew to its highest net value in Alberta history – \$18.7 billion – earning \$1.95 billion in investments bringing the total value of the fund's investments to \$20 billion.

This is a strong economic turnaround that all Albertans can celebrate. An opportunity to save resource revenue for future generations, avoiding past mistakes that led to today's debt burden. In fact, our government paid down the debt by \$1.3 billion, so Albertans can look forward to a future without ballooning debt servicing costs.

The Alberta Advantage is back. Alberta has the fastest growing economy in the country, the lowest taxes, and an affordability advantage comparable to similar provinces. With more than 200,000 new jobs created since 2021 and unemployment at its lowest level since 2015.

Despite this good economic news, we know Albertans are struggling with high costs and inflation. I want you to know, we're working to immediately make life more affordable for families and businesses. Just recently, our government announced we're extending the fuel tax cut on gasoline until at least the end of September. Soon we will be providing over 1.9 million households, farms, and small businesses with electricity rebates to ease the burden of bills.

Our policies have put Alberta back on a path to prosperity and helped our province embark on another economic boom – more diverse and resilient than the booms we've seen before.

In all sectors of the economy, optimism is growing for the future – our government is working tirelessly to continue this momentum, while making life more affordable for working families.

For more information sign up for my newsletter at calgary.beddington@assembly.ab.ca

Enjoy your Summer!

Sincerely,

Josephine Pon

MLA for Calgary - Beddington

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

Waste and Recycling

Cleaning out the garage this summer?

When cleaning up the garage, put that waste in the right place. Here are some tips:

Old garden hoses, rope and electrical cords: Put in the garbage. They can't be recycled and create major tangles at the recycling facility, causing delays and equipment damage.

Broken patio furniture: Put smaller items like lawn chairs, stools and side tables in your black cart.

Chemicals, motor oil, paint and propane tanks: Take to a household hazardous waste drop-off at City landfills or designated fire stations for safe disposal. Visit calgary.ca/hhw for locations.

Power tools, electric lawn mowers, hedge trimmers and weed whackers: Take to a City landfill for free recycling. Visit calgary.ca/landfill for locations.

Scrap metal such as car parts, bicycle parts, metal shelving and wheel rims: Take to a metal recycler or City landfill for recycling.

Not sure how to safely dispose of an item? Look it up at calgary.ca/whatgoeswhere



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& Urgent Care

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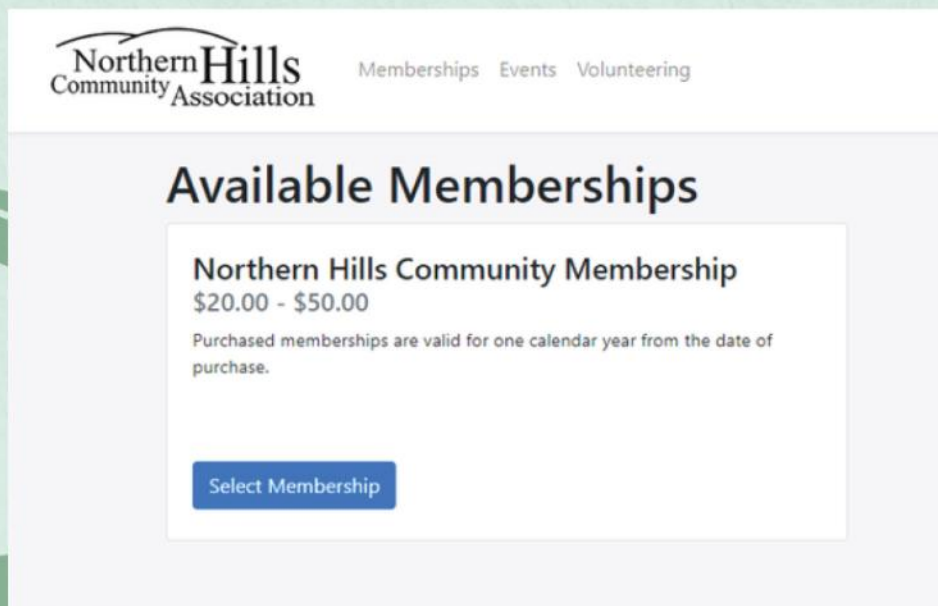
vcacanada.com/district



Meet Communal

We have a new user friendly software!

We are in the process of making the switch to a new software called Communal. All new memberships can be put through on our new user friendly experience by clicking the "become a member" link on our website or visiting [here](#). All current members will be switched over to communal in the coming months. We are very excited to make the switch to a company founded in YYC.



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Vivo For Healthier Generations is a registered charity
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All donations are matched up to 50% through
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Sudoku

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

Answer keys

SOLUTION

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

DOWN

2 Eunice. 3 thin. 4 exactly. 5 ugly. 6 hideous. 7 wine waiter. 8 reversible. 12 New Zealand. 13 temperance. 14 lemur. 15 grove. 19 soldier. 20 engaged. 23 Goethe. 25 pass. 26 iron.

ACROSS

1 get the push. 9 incise. 10 unrivalled. 11 fête. 12 netball. 15 guffaws. 16 years. 17 womb. 18 stab. 19 suave. 21 Eleanor. 22 engorge. 24 lead. 27 inaugurate. 28 Nicole. 29 residences.

Northern Hills
Community Association

CALLING ALL LOCAL PHOTOGRAPHERS!

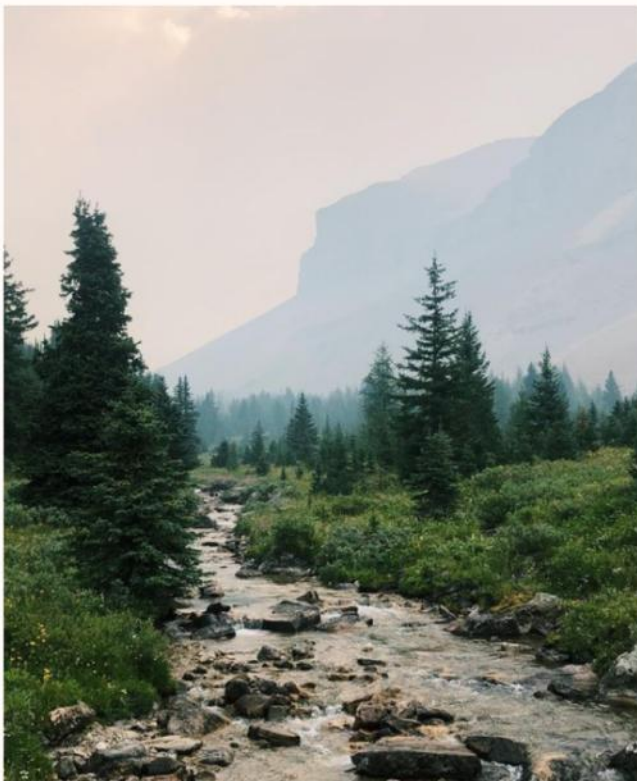
**COBS
BREAD**

**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 Kim Lee

Paramount Dental is accepting new patients!

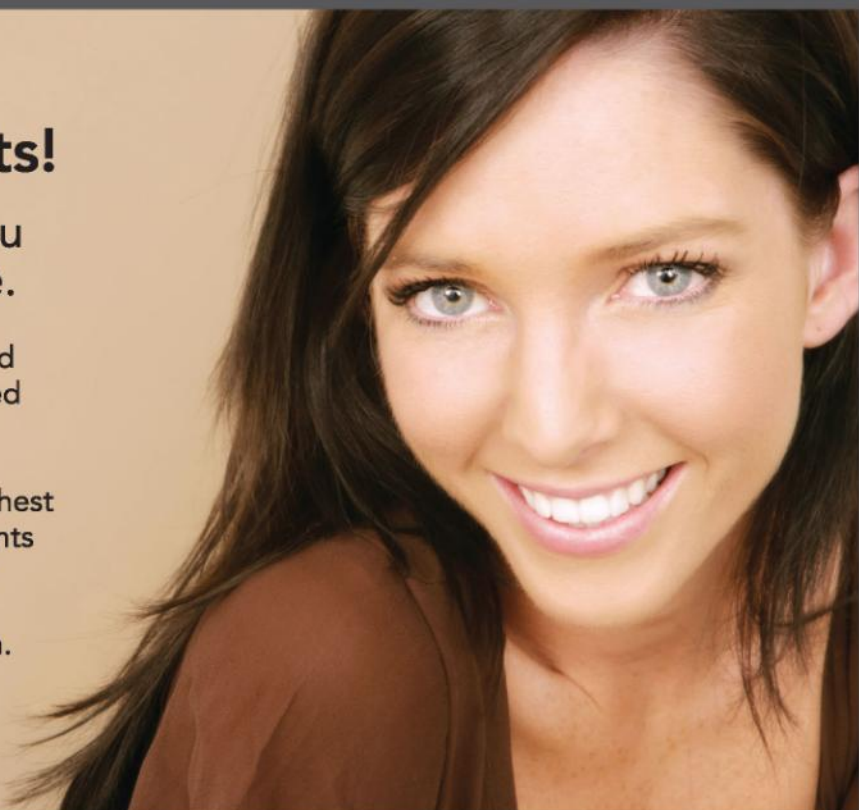
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Wednesday: 8am–4pm
Thursday: 8am–8pm
Friday: 8am–4pm
Saturday: 8am–4pm*
Sunday: closed

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Calgary, AB T3K 6B8



* We are open alternating Mondays and Saturdays.
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