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Harvest Hills

Panorama Hills

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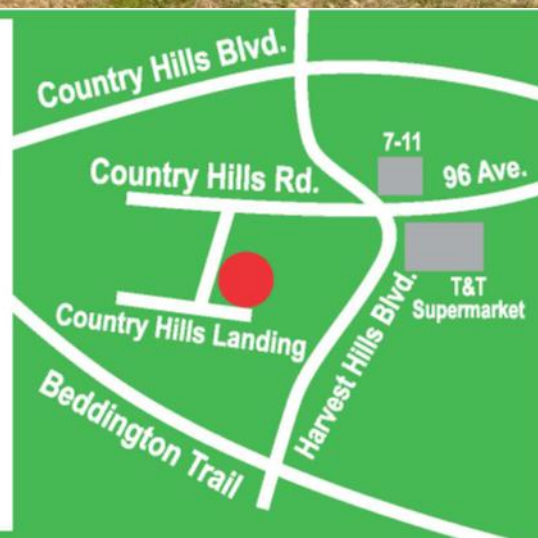
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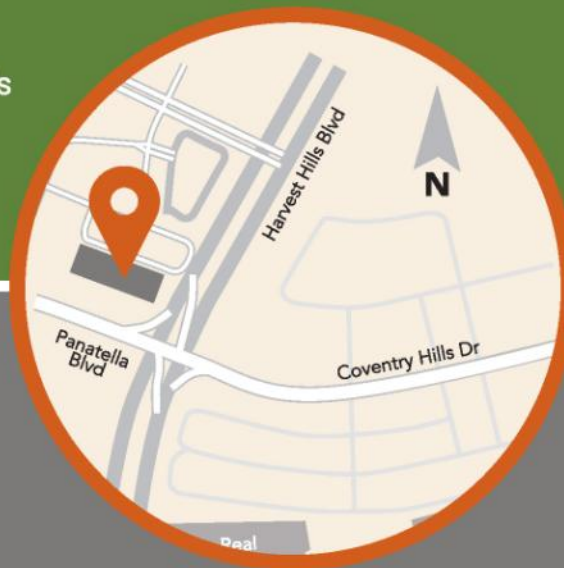
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President's Message



Ian McAnerin
President
Northern Hills
Community Association

Hello! I hope this update finds you all well and that this year has been off to a great start. As your president of the NHCA, I am excited to serve you and work together to make our community an even better place to live.

Firstly, I want to express my gratitude to our community members who have already contributed to the association's efforts. Your contributions help us provide various community services for everyone. For those who have not yet had a chance to contribute, I encourage you to do so, as every little bit helps us achieve our goals.

We have some upcoming volunteer virtual information sessions on March 8 @ 7-8pm and April 12 @ 7-8pm, plus an in-person Volunteer Faire on May 10 from 4-7pm at the Vivo Learning Lab (corner room, right at the west entrance).

Are you active in your community of Country Hills, Country Hills Village, Coventry Hills, Harvest Hills, or Panorama Hills? Do you participate in a blockwatch-style group, post to your community Facebook group, or enjoy planning or attending events set up by neighbours for neighbours? Do you care about local issues like road safety, playgrounds, and snow removal? The you are the perfect person for being a community representative!

Because the NHCA covers 5 communities and a large area, we are looking for a person from each of our 5 communities to join the NHCA as a community representative, to make sure that the voices and concerns of your community are heard and met by the NHCA. It's a simple matter of letting the Board know the issues that you and your neighbours are facing and could use some help or advocacy for. You can join either as a director and have a direct say, or as a committee member and be in the know for your area. You can apply here:

<https://nhca.ca/community-liaisons/>

Kids soccer and basketball registrations are still going on, but you are rapidly running out of time – register now! The NHCA is also helping sponsor (along with the MPC Foundation) a mixed media art class every Saturday at the Harvest Hills Alliance Church. Join us and unleash your creativity and experimenting with different art forms, mediums, and more! No supplies needed. We will provided everything you need. To participate, contact us at (587)-480-7373 or info@mpcfdn.ca

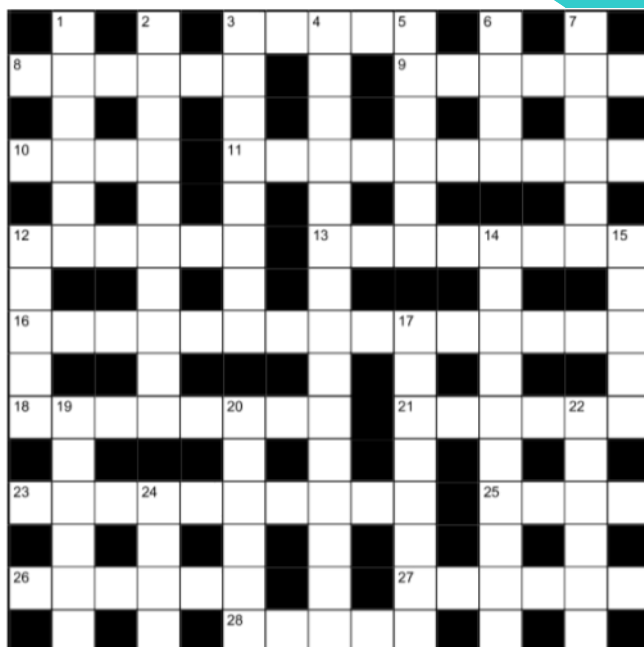
Internally, we expect to have our AGM this May, and are preparing our financial documents for the audit right now. Staff hours have been cut and we've had to cancel plans for many of our events that are beloved by the community but use too many resources to put on this year.

Finally, I want to thank the Board for facing the challenges of our current financial issues, as well as the offices of Councilor Jasmine Mian, MLA Muhammed Yaseen, and MP Michelle Rempel for helping in the ways they can during this trying time. Vivo has also been extremely helpful to us. It's nice the see the support. I'd love to see your support too – please join us and help us help you!

That's it for now – talk to you next month!

Ian McAnerin,

President
Northern Hills Community Association



DOWN

- 1 Island providing no hush unfortunately (6)
- 2 Flawless description of Jesus's conception (10)
- 3 Game starts to stir Chelsea mob (8)
- 4 The exact thing (8,7)
- 5 Idea is unacceptable, one accepted (6)
- 6 Pub by new farm building (4)
- 7 Did origami and went bankrupt (6)
- 12 Head of school's to intimidate student with threatening look (5)
- 14 Self-centred social tiger almost comes a cropper (10)
- 15 Head off from dance with Iris (5)
- 17 Theological college gives tutorial at start of year (8)
- 19 Stir up a riot, chiefly by river (6)
- 20 Lust for some French passion (6)
- 22 A French boy goes round old dump (6)
- 24 Chris finally had a meal to satisfy appetite fully (4)

ACROSS

- 3 American backs man in Arab country (5)
- 8 Son is engrossed in magazine with cartoons relating to space (6)
- 9 Speaker is to sponsor a Tory partly (6)
- 10 A southern island associated with a large land mass (4)
- 11 A fan of Di Canio, a deviant (10)
- 12 Bus carrying Polish back from area outside the city (6)
- 13 Nun, one I'd upset making suggestive comment (8)
- 16 Crooked general poisoned senior citizen (3-3,9)
- 18 Dicky learned about very fragrant plant (8)
- 21 The wife is to lament you and I being absent (6)
- 23 Ownership of property (10)
- 25 I had emptied lorry in a lazy manner (4)
- 26 Trisha could be a goddess (6)
- 27 Acquiring English silver, ran for president (6)
- 28 Poem, say, set in cathedral city (5)

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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Print and Business Services

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and so much more!

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

In-Person Hours at the Office:
Thursday 10:00 AM - 1:00 PM
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 Gagy](#)

VOLUNTEERS

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

BOARD MEMBERS

President: [Ian McAnerin](#)
1st Vice President: [Fana Ousseini](#)
2nd Vice President: [Tamara Keller](#)
Secretary: [Amanda Mauch](#)
Treasurer: [Holly Howes](#)

DIRECTORS: Scott Daye, David Hartwick

COMMITTEES

Gardens: [Amanda Mauch](#)
Building Safer Communities (Blockwatch): [Tavis Settles](#)
Community Relations: [Tamara Keller](#)
Government Relations / Advocacy: [David Hartwick](#)
Grants: [Amanda Mauch](#)
Harvest Hills Hub: [Tamara Keller & Victoria Henry](#)
Planning & Development: [David Hartwick](#)
SPRY in the Hills: [Jay L Emond](#)
Volunteer Relations: [Amanda Mauch](#)



Northern Hills
Community Association

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 Soccer

Northern Hills
Community Association

Join us at the NHCA Fields



May 1 to June 28, Tuesdays/Thursdays - Panorama Hills,
Monday/Wednesday - Country Hills Park
Play-Train-Play Modules
Advanced Soccer Pathways
U12-16 by Calgary Rockies

Led by US-Soccer Federation A-licensed Technical Director Glenn Ramsay!
Train with Calgary Rockies Coaches! No Volunteers.



Cost: U4 (2019-21) \$80 - 8 sessions
U5/6 (2017/18) \$105 - 16 sessions
U8 (2015/16) \$137 - 16 sessions
U10 (2013/14) \$147 - 16 sessions

(Payment Plans Available)



Register at **SoccerTECH.ca**

This Month Only!
Become a Member
& Get Entered For
A Prize Draw

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NORTHERN HILLS
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Northern Hills
Community Association

COMMUNITY
KITCHEN

Northern Hills Community Association

The NHCA is proud to announce our new partnership with MENA bringing community basketball to the Northern Hills

SUMMER/SPRING AAU/CLUB

U9 / U11 / U13 / U15 / U17 DIVISIONS

STARTS FEBRUARY - ENDS IN JUNE

15 WEEKS

2-3 PRACTICES / WEEK

3-4 TOURNAMENTS PER SEASON

BIWEEKLY EXHIBITION GAME
28-42 PRACTICES
9-20 GAMES
NIKE UNIFORM
NIKE GEAR SET
TRYOUTS IN FEBRUARY

- SKILL ENHANCEMENT PRACTICE
- TACTICAL AWARENESS PRACTICE
- STRENGTH & CONDITIONING
- OPPORTUNITY TO PLAY ON TRAVEL TEAM OUTSIDE OF ALBERTA

\$1550

Subject to 10% discount for payment of fees in full - Sibling Discount available - Payment Options available

FALL AAU/CLUB LEAGUE

U9 / U11 / U13 / U15 / U17 DIVISIONS

STARTS IN SEPTEMBER - ENDS IN NOVEMBER

13 WEEKS

TWO PRACTICES / WEEK

ONE GAME PER WEEK

TACTICAL AWARENESS PRACTICE
STRENGTH & CONDITIONING
SKILL ENHANCEMENT PRACTICE
NIKE UNIFORM
TRYOUTS IN FEBRUARY
THIRTEEN WEEKS
TWO PRACTICES PER WEEK
ONE GAME PER WEEK

\$649

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ZEIAD@MENA.BASKETBALL SCAN THE CODE MENA.BASKETBALL +14039033650

MENA HOUSE LEAGUE

(WINTER / SUMMER / FALL)

3-4
SEASONS

2
SESSIONS PER WEEK

10
WEEKS

1
PRACTICE PER WEEK

(July to August, September to November, December to February)

PRICING OPTIONS AVAILABLE - Team Gear **PRICE: \$379**
 Live streamed games
 Player of the game, defensive player of the game
 and other individual awards
 Championship game with first and second place prizes
 Season MVP prize

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jr. nba

Our partnership with Jr. NBA will last all of 2023
 This is a great opportunity for boys and girls aged 5-10 years old to gain experience in fun-based basketball activities.



This is best for beginners who want to learn the basics of basketball in a cooperative, fun, and supportive environment

Camps are co-ed! Will be held in 2 locations in Calgary which One in the North East & one in the North West

SUNDAYS

Jr. NBA Reversible Jersey
Certificate of Participation
Parent Guide
Basketball

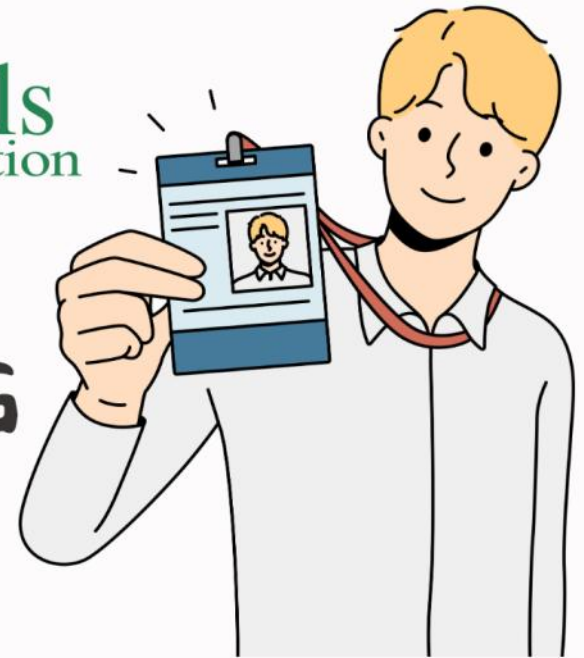
Cost: \$298/Session
 Pay in FULL: \$800 (32% off)
 OTHER PAYMENT OPTIONS AVAILABLE FOR OTHER PROGRAMS DO NOT APPLY TO JR NBA PROGRAM

Jan 22nd, 2023 - March 12, 2023
 April 2nd, 2023 - May 28th, 2023
 July 9th, 2023 - Aug 27th, 2023
 Sep 10th, 2023 - Nov 12th, 2023

Subject to 10% discount for payment of fees in full - Sibling Discount available - Payment Options available

NEW

Northern Hills
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Northern Hills
Community Association

Volunteer Virtual Information Session

Looking for ways to get involved? Donate your time? Apply yourself and get great experience in return?

Join us for our upcoming Virtual Volunteer Info Session and see what peaks your interest!
March 8th @7-8pm

Sign up to attend and you will be emailed the meeting link:

https://nhca.getcommunal.com/parent_programs/459



We are excited to introduce you to our brand new location opening January 2023!

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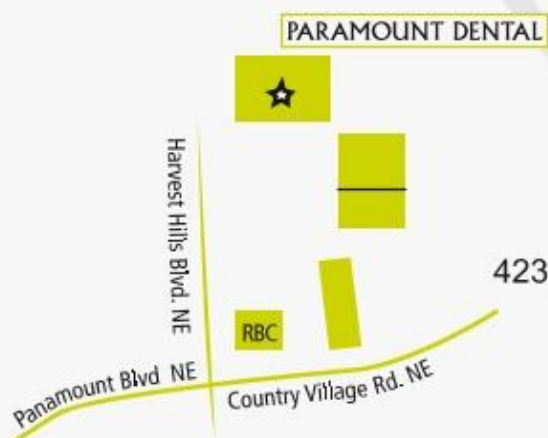
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Monday**: 8:00 am to 4:00 pm
Tuesday: 8:00 am to 8:00 pm
Wednesday: 8:00 am to 4:00 pm
Thursday: 8:00 am to 8:00 pm
Friday: 8:00 am to 4:00 pm
Saturday**: 8:00 am to 4:00 pm
Sundays: Closed
(** = Alternating)

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RAISE
SOME DOUGH**

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COMMUNITY ASSOCIATION**

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COMMUNITY**



Enjoy a weekend fitness retreat for women,
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Includes food and two nights
accommodation, 5 classes, a DVD study,
nature walk, campfire, ice skating and
snow shoeing!

Come and feed your mind, body & soul.

Visit **fortysix10fitness.ca**

for details and register for the retreat, or to
sign up for studio classes in Coventry Hills.



Northern Hills Neddie

Dear Neddie,

I am not lonely, but I am finding I have kind of well..... outgrown my friends. We are in our mid-twenties and all they seem to want to do is go to crowded nightclubs on the weekends and meet guys and get drunk. Then during the weekdays it is all about hanging out and gossiping and endless chatter. I really need a change in my life, but don't know where to start?? Since you are so wise and knowledgeable-I figured you were the best place to start to ask for help? Please Neddie find me a new life!!!

Sincerely,

Bored of Boozing

Dear Bored of Boozing,

Oh dearie, yes I have gone through the same thing in my life. You were right to come to me first! My friends were just the same at that age and this is what I did. I joined a college and career group and quickly had a new life. From board game nights, go-karting, baseball teams, hiking and more-my adventures never stopped. My old friends were mad, but I never looked back. I was ready for new experiences and nice people to hang out with in a non-gossipy setting. Now let me tell you not all groups are good though-some are awful and gossipy too so if one doesn't work out, try another until you find what works for you and what your interests and likes are. Have fun exploring who you are becoming and what interests you! Calgary has many free groups to join or classes to take-here are some ideas:

- Board Game groups
- Hiking and outdoor clubs
- Mom and Tot groups
- Cooking
- Dining out and trying new restaurants
- Art groups
- Book Clubs online or in person
- Volunteer with the NHCA or another organization
-

This is just a few ideas, but there are more. Good luck on your journey! I hope you make some great connections and who knows maybe even some special love!!



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

Email your article to editor@nhca.ca



Communicating In The Workplace (submitted by Yashina Sharma)

Communicating in the workplace is much different from everyday social interactions that individuals experience in friendship and family settings. How one speaks to their spouse can greatly differ from how they convey information to their superior at work. The business space of a workplace is much different in the sense that fostering strong communications in a team will bring forward higher numbers of productiveness (Swatantra Singh Rathod, 2022). "Listening, understanding and speaking accordingly are essential to deepening connections" (Swatantra Singh Rathod, 2022, p5). The language used by teammates have to be meaningful and on point to deprive the waste of precious time given to complete a task.



CLASSIFIED ADS

B & P UPSCALE BOUTIQUE

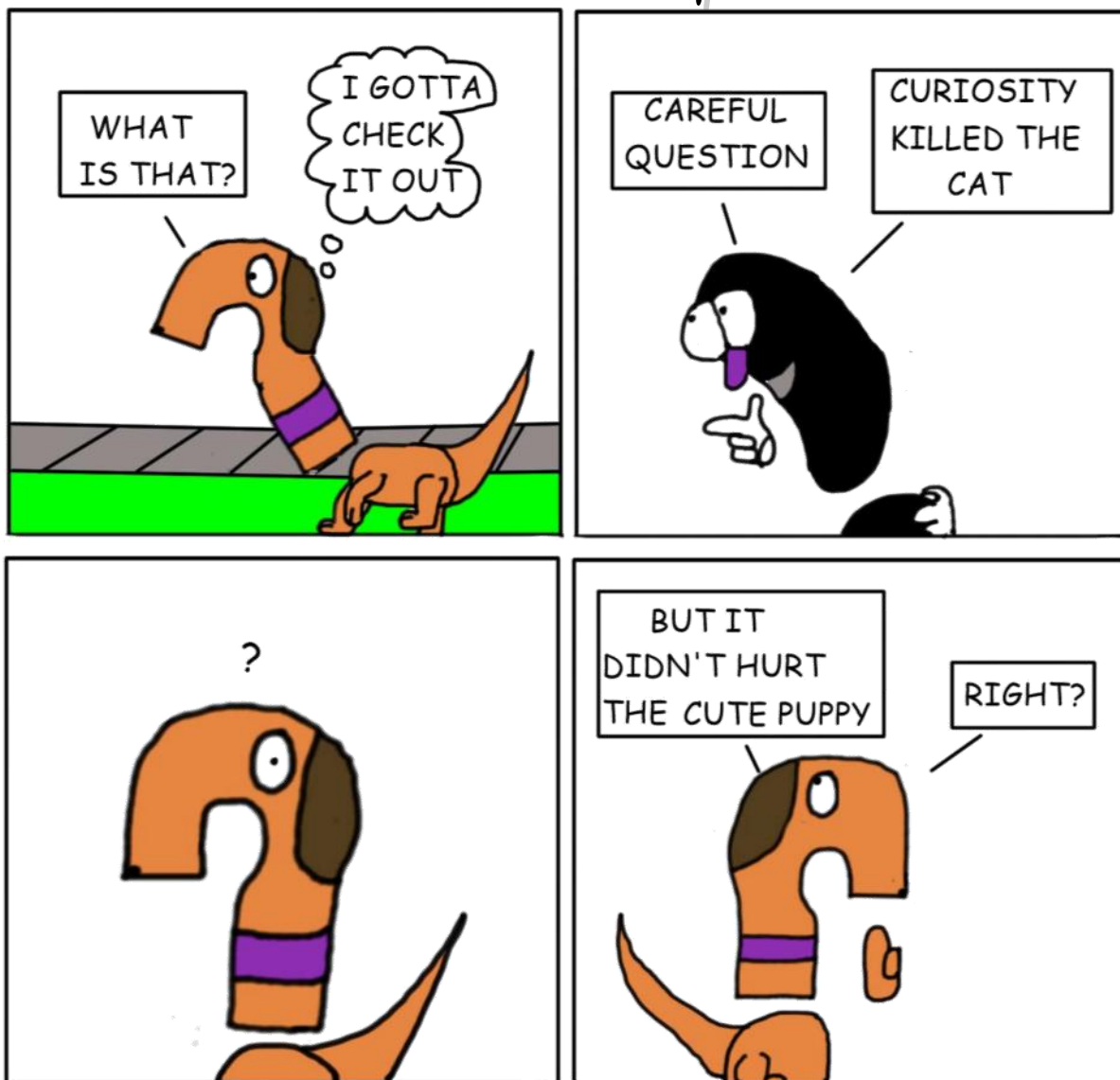
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Community supported and
requested newsletter by
residents of Panorama Hills/
Coventry Hills /Harvest Hills/
Country Hills and Country Village

Laugh of the day



By Punctuation Association Joni R.
punctassoc@hotmail.com

Prize Draw



Winner will receive:

\$50 Boston Pizza Gift Card



Harvest Hills Alliance Church

www.hhachurch.com



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403-226-0990

office@hhachurch.com



- Believe
- Belong
- Bless

SUNDAY SERVICES

9:15 & 11:00 am

9:15 am Live YouTube & Facebook

9:15 am Harvest Kids Nursery- Grade 4

11:00 am Harvest Kids Nursery - Grade 4

Club (Grade) 5-6 in Youth Room

9:00 am Youth Breakfast Study Group

(Last Sunday of the Month)

10:30-11:00 am Youth Hang Out

11:00 am E.S.L

7:00 pm Young Adults

Weekly Ministries

Tuesdays

Women's Exercise 6:45- 8:15 pm

Wednesdays

Women's Bible Studies 9:15-11:45 pm

ESL 9:30-11:45 am

Youth Life Groups 6:30 - 8:30 pm

Thursdays

Every 1,2 & 4 Thursdays Quilters Plus

9:00 am -3:00 pm - Bring your lunch

Every 3rd Thursday Young at Heart 65 +

11:30 am - 2:00 pm

Saturdays

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

Come Join Us

**A Free Cardio , Strength &
Stretch Class For Women**

**Exercising your
Mind, Body, & Soul**

**Tuesday
6:45 - 8:15 pm
for more info contact
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More time in nature may reduce risk of dementia

By MPC Foundation

In a recent article by *The Washington Post*, Meeri Kim detailed that spending a few hours each week can result in several health benefits, such as:

- Enhances cognitive function
- Lowers blood pressure
- Improves mental health
- Allows for better sleep
- Reduces body stress
- Lowers your risks of dementia, Parkinson's, Alzheimer's, and other neurodegenerative disorders

It is still unclear why this is, but theorists suggest that being around greener areas like forests and parks encourages more **physical activities** and provides opportunities to **connect with others**.

There have also been other reports that indicate nature is good for one's health. A study of almost 62 million Medicare recipients showed that U.S. residents aged 65 and older who lived in the **greener residential areas** had a lower rate of hospitalizations concerning Parkinson's, Alzheimer's, and other forms of dementia. Those who lived near **bodies of water**, like lakes, rivers, and oceans, with dedicated land space towards parks also showed fewer hospital admissions for just Parkinson's disease.



Furthermore, Jochem Klompmaker, a research fellow at the Harvard T.H. Chan School of Public Health has looked into the relationship between air and sound pollution to one's health, believing that these factors may be associated with dementia-related diseases. When observing the different environments, researchers concluded that better air quality that came from greener spaces like parks led to fewer hospitalizations. However, the number of cases was still large. This indicates that other issues are responsible for most dementia-related hospitalizations.



Therefore, to reduce your chances of developing dementia, Parkinson's or any other neurodegenerative disease, it is important to keep your brain mentally active and healthy. To do this while also incorporating nature, make sure to:

- **Regularly exercise** – Walk, run, swim, or bike to ensure you maintain a healthy weight.
- **Be socially active** – Continuing to learn and interact with others can support brain health.

Keep your kids busy over March break

Looking for resources to keep your kids entertained during March break? Our Students section has lots of ideas for activities, book recommendations, and digital resources to keep hands and minds busy. Find something fun to do with your family at calgarylibrary.ca/students

Meet the 2023 Indigenous Artist in Residence Kristy North Peigan

Kristy North Peigan is a Calgary-based freelance artist from the Piikani First Nation who will be offering programs and one-on-one coaching for artists of all experience levels and backgrounds. She uses Indigenous teachings and subject matter to portray a modern view of Indigenous voices in portraits and surreal spaces. Learn more about Kristy at calgarylibrary.ca/artist-in-residence

Visit the Library to help get the wiggles out

From Family Storytime to Early Learning Centres and Questionariums, there are lots of opportunities to move while you learn at your local Library. There are 12 locations with Early Learning Centres and six locations with Questionariums.

Find resources for active kids at calgarylibrary.ca/students

Skill Builders: Managing your Money in Uncertain Times

We are experiencing the highest inflation rate since 1983. Learn about resources to help you and your family deal with rising costs, from experts at Momentum and the Alberta Securities Commission in this virtual program.

Register online at calgarylibrary.ca/programs

Practise reading in another language with LOTE4Kids

Read and listen to picture books in over 50 languages, including English, French, Spanish, Ukrainian, Punjabi, Tagalog, Arabic, German, and Russian with this free digital resource. Get started at calgarylibrary.ca/LOTE4Kids

MARCH WINNER!

Indian Fry Bread

Winner: Colleen Danchak

Ingredients:

4 Cups all purpose flour
1 TBSP baking powder
1 TSP salt
2 TBSP powdered milk
1 1/2 cups warm water
1 cup shortening
extra flour for your hands

Directions:

- 1) Put flour, baking powder, salt and powdered milk in large bowl.
- 2) Mix in warm water to form dough.
- 3) Cover hands in flour. Knead dough by hand until soft but not sticky. Cover with a cloth and let stand for 15 min.
- 4) Shape the dough into balls that are about 2 inches across. Flatten by patting and stretching the dough.
- 5) Melt the shortening about an inch deep in a frying pan. When the pan is hot, put the dough in the pan. Fry one side until golden brown, then turn it and fry the other side.
- 6) The fry bread can be topped with honey, powdered sugar, butter, etc. with whatever you desire on it or as a side. Yum! Enjoy!



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

Email: editor@nhca.ca



NOW OPEN



**130 Country Village Rd NE
Unit 205 (Coventry Hills, Calgary)**

ORDER ONLINE HERE
FatburgerCanada.com



Alberta Health
Services

Emergency
Medical
Services

Burns and Scalds



Emergency Medical Services routinely respond to emergencies involving children who have sustained burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stove, iron), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access, if not already built in;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

www.albertahealthservices.ca

March Fun Facts



The Start of Spring:

The March equinox occurs on Monday, March 20, 2023. In the Northern Hemisphere, this is known as the vernal, or spring, equinox and marks the start of the spring season. In the Southern Hemisphere, autumn begins.

- March 3: What If Cats and Dogs Had Opposable Thumbs Day
- March 11: International Fanny Pack Day
- March 13: National Ear Muff Day
- March 16: National Panda Day
- March 16: Absolutely Incredible Kid Day
- March 23: World Meteorological Day
- March 31: World Backup Day

Sudoku

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

SPRY in the Hills

Senior Persons Regaining Youth

Registration open now [HERE](#).

Limited Fitness spots available.

Social Hour is free with an NHCA
Membership.

nhca.ca/seniors



4 Pillars Divorce Planning

The divorce process can be overwhelming,
stressful and expensive.

The 4 Pillars community offers workshops, support,
and free resources for women:

- contemplating separation or divorce
- already in the process but feeling frustrated
- unsure of where to start or steps to take next

www.4pillarsdivorce.com

NHCA Community Gardens

Come Join Us in the Garden!

Registration for the 2023 Gardening season is opening soon! We have 4'x8' and 4'x12' beds available for rental in both Harvest Hills and Coventry Hills Community Gardens!

Our gardening season runs from May 1 to October 15, with a full orientation to take place in early May. We are always looking for new people to join our community.

- 4'x8' beds rent for \$20 for the season
- 4'x12' beds rent for \$30 for the season

You must have a valid NHCA membership to register, and the rental of a bed requires 2 volunteer shifts in the garden during the season. Registration is online, first come first served. Beds sell out quick!

Register Here (need to get a registration link from Yana) March 9, 9am.

For more information about the gardens, see our website [here](#) or please contact us at gardens@nhca.ca





Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

You are invited to a

**COFFEE CHAT with
Hon. Muhammad Yaseen
MLA, Calgary-North**

Sunday, March 12th

Tim Hortons (Panatella)

9:00 am to 11:00 am

at 1110 Panatella Blvd NW

and

Tim Hortons (Evanston)

11:30 am to 1:30 pm

at 2045 Symons Valley Parkway NW

Calgary.north@assembly.ab.ca, Tel: 403.274.1931



Jasmine Mian Ward 3 Councillor

Here are a few questions from residents from the past month. For more information on any Council-related topics, please visit the FAQ page at jasminemian.com or contact my office directly at clward3@calgary.ca

Q: Why didn't Council give an exemption to Co-Op for their compostable grocery bags?

A: When Calgary passed the Single Use Bylaw, it was to get a head start at aligning with the incoming federal regulations and bans on single use items. While the City of Calgary cannot override the federal legislation, if these bags are given an exemption at the federal level, Council is prepared to include this in our local bylaw as well.

Q: What should I do if I have a question about my Property Tax Assessment?

All FAQ related to property tax assessments can be found at calgary.ca/assessment. Please note that property tax assessments have been mailed, and the Review Period will be underway until March 13. If you need extra assistance, reach out to our office.

A quick reminder that CPS has launched their annual Operation Cold Start. Since November of 2022, more than 240 idling vehicles have been stolen. As tempting as it is in this cold weather to start your car and wait inside, CPS discourages that practice at all costs. Stay warm but stay safe, and do not leave keys or other valuables in an unattended vehicle.

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor

Answer

SOLUTION

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

ACROSS

3 Sudan. 8 cosmic. 9 orator. 10 Asia. 11 aficionado. 12 suburb. 13 innuendo. 16 old-age pensioner. 18 lavender. 21 missus. 23 possession. 25 idly. 26 Ishtar. 27 Reagan. 28 elegy.

DOWN

1 Honshu. 2 immaculate. 3 scrabble. 4 definite article. 5 notion. 6 barn. 7 folded. 12 scowl. 14 egoistical. 15 orris. 17 seminary. 19 arouse. 20 desire. 22 unload. 24 sate.



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Sudoku

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

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This month's winner



Submitted by Bob Leuty