

Country Hills

Country Hills Village

Coventry Hills

Harvest Hills

Panorama Hills

NHCA Community Gardens



**Govt regulated. Automated, Fast and Friendly.
Pick up and Bottle drive service.**

Bottle Depot

Computerized • Accurate • Fast & Friendly Service

BEDDINGTON HEIGHTS
BOTTLE DEPOT

#111, 20 Country Hills Landing NW
Calgary, Alberta T3K 5P4

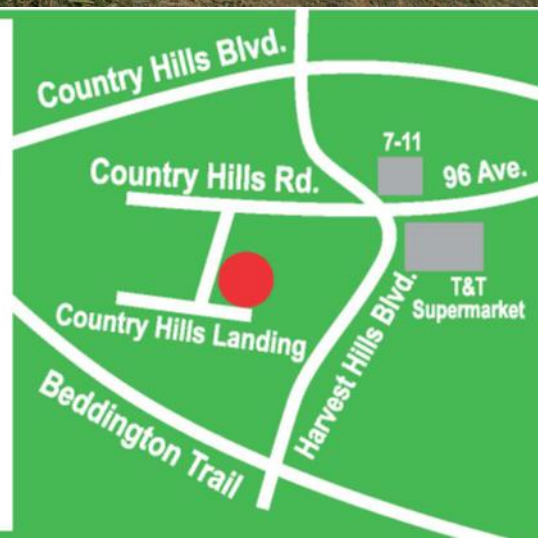
403-274-2122

www.bottledpotcalgary.ca

**Mon - 9am to 6pm
Sat: 9am to 5pm
Sun: 10am to 4pm**



It matters –
and it pays \$\$



PROUD to be your neighbourhood dental clinic for over 16 Years!



**EXTENDED
HOURS TO
FIT YOUR BUSY
SCHEDULE**

Conveniently located at
40 Panatella Blvd N.W.

403-532-0711

www.northernhillsdental.com

**NOW OPEN
SELECT
SUNDAYS**



Comfort • Care • Convenience

- Enhanced ambient air management and sanitization
- Warm and relaxed atmosphere
- TV's & massage chairs in every treatment room
- Emergencies seen promptly & second opinions welcome

We offer a wide range of dental services such as:

- Children's Dentistry
- Sedation Dentistry
- Dental Cleanings
- Wisdom Teeth Removals
- Dental Emergencies
- Root Canal Therapy
- Dentures
- Cosmetic Dentistry

- Invisalign®
- Dental Implants
- 3D Dental Scans
- Zoom® Whitening
- Sedation Dentistry
- Dental Crowns
- Dental Bridges
- Sports Mouth Guards



Conveniently located at
36 Panatella Blvd N.W.

**EVENING &
SATURDAY
APPOINTMENTS
AVAILABLE**

**OPEN 6
DAYS A
WEEK**

**Did you know that chiropractic care can help with
more than just back pain? We can also help with:**

Headaches • Frozen Shoulder • Planter Fasciitis • Ankle & Wrist Issues • Pre & Post Natal Care



Dr. John Ng



Dr. Bijaan Lalani



Dr. Christine Ursuliak

403-532-0711
www.northernhillschiro.ca

President's Message



Ian McAnerin
President
Northern Hills
Community Association

May is here! There is a lot going on this May, including Mother's Day (May 14), Victoria Day (May 22), a provincial election (May 29), and finally to the NHCA AGM, which has been moved to May 31 to make sure members get all the financials before the meeting. As always, the NHCA is non-partisan politically, other advocating for what's best for our residents from whoever is elected. We have a good working relationship with all our elected officials right now, and no doubt will be continuing to do so after the election as well.

As we continue to navigate these challenging times, let us take a moment to reflect on all that we have accomplished together. From organizing community events to supporting our local businesses, we have truly made a difference in the lives of our neighbors. However, our work is far from over. As we move forward, I urge you to consider volunteering for our community association. Our organization relies on the help and support of our residents to continue providing the services and resources that make our

community thrive. There will be an in-person Volunteer Faire on May 10 from 4-7pm at the Vivo Learning Lab (corner room, right at the west entrance) where you can learn more about contributing to this great community.

There will be a substantial turnover at the board level this year, with my term ending and several other members of the executive moving on due to career and other obligations. This means we need board members now more than ever. This is the perfect opportunity to step up and make a real difference in our communities and in the lives of fellow residents.

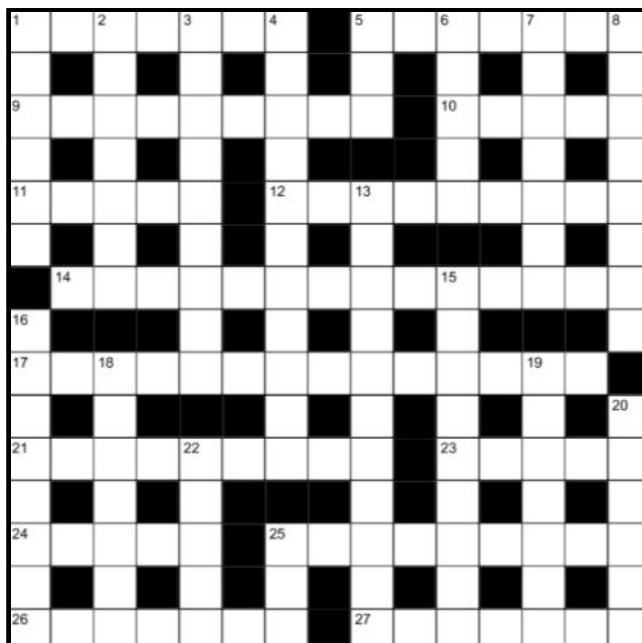
There are still a few community gardens available – register now! We also have a Harvest Hills Parade of Garage Sales happening on May 27 (generously sponsored by Sam Fard and Errol Biebrick from Calgary Home Collective – RE/MAX Real Estate Mountain View) and you can sign up for it [here](#). There are still a small number of spots open for soccer this year – you can register at <https://nhcasoccer.wordpress.com/> but you'll need to hurry!

We will be having one of the most important AGM's in NHCA history on MAY 31, in Vivo. Only current members can vote, so please get a membership, and come down to support us and have a direct say in the future of the organization. <https://nhca.ca/member/>

Thank you for your continued support and dedication to our community. I wish you all a great month of May!

Ian McAnerin,

President
Northern Hills Community Association



DOWN

- 1 Young boy who's likely to pinch things? (6)
- 2 Forty winks or just one? (4-3)
- 3 English doctor gets asked around when unable to get up (9)
- 4 So dignitary blasted pretentiousness (11)
- 5 Fish is iridescent to some extent (3)
- 6 Total initially awarded dismayed defendant in court (3,2)
- 7 Nice arrogance! (7)
- 8 Lad rode off to old place of easy wealth (8)
- 13 Award for erudition (11)
- 15 Hang around outside Ascot perhaps wearing this? (9)
- 16 Shot by one who's on strike (3,5)
- 18 Performances cancelled, so people not attending (2-5)
- 19 Devious First Lady keeps travel permit back (7)
- 20 Importance of delay, we hear (6)
- 22 Search for weapon (5)
- 25 Modelled for a day (3)

ACROSS

- 1 Nag eats so be possibly offering this? (7)
- 5 Russian ambassador carries round heroic novel (7)
- 9 First of all Oliver unpacked unusual item from the bakery (5,4)
- 10 Ancient priest executed outside Rugby (5)
- 11 Oriental lime mixed to make resin (5)
- 12 Go away when appraised badly (9)
- 14 Silly toddler who ate mud finally is sound asleep (4,2,3,5)
- 17 Fan mail incites trouble for newspaper (9,5)
- 21 Wrecker of battleship (9)
- 23 Letter's read aloud by flirt (5)
- 24 Snooker shot popular with old fellows (2-3)
- 25 Uncharacteristically choosing to accept student for tuition (9)
- 26 Most simple – Spain takes a nap in the afternoon mostly (7)
- 27 Invalid is prepared to wait without fuss (7)

Design and digital publishing credit to:

The UPS Store 264
 612-500 Country Hills Blvd NE
 Calgary, AB T3K 5K3
 403.226.9361
store264@theupsstore.ca
theupsstore.ca/264

The UPS Store

Print and Business Services

In This Issue

<i>Volunteer Opportunities.....</i>	<i>9</i>
<i>Calgary Library.....</i>	<i>18</i>
<i>Recipe Winner.....</i>	<i>19</i>
<i>Elected Reps</i>	<i>22</i>
<i>Photography Winner.....</i>	<i>27</i>

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: [TBD](#)

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: [Andrea Rudoski & Victoria Henry](#)
Planning & Development: [David Hartwick](#)
Seniors Program: [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.



**Proudly Serving the
Community Since 1998**

Dentistry for the whole family
Convenient location
Preventative hygiene maintenance
Sleep Apnea treatment
Dental Implants
Invisalign
Professional Whitening
General and Cosmetic Dentistry

Where Smiles Begin
Dr. Tim Begalke, Dr. Jamie Wallace and Associates

New Patients Welcome

**COUNTRY HILLS
DENTAL CENTRE**

#707, 500 Country Hills Blvd NE
Calgary, AB T3K 4Y7
403.226.1809
www.countryhillsdental.com



IN-PERSON ANNUAL GENERAL MEETING



**JOIN US FOR OUR AGM
WEDNESDAY MAY 31
6:30PM
VIVO IDEA LAB**

Visit nhca.ca/agm for more information!

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

Neighbour Day & Seniors Success Showcase

PRESENTED BY



MPC Foundation
Where Aging Is Celebrated

Northern Hills
Community Association

**VENDOR MARKET
REGISTRATION OPEN
NOW!
LIMITED SPOTS
SIGN UP HERE**



**11AM - 3PM
SATURDAY
JUNE 17TH
VIVO**

COME TOGETHER TO CELEBRATE COMMUNITY.
ARTS & CRAFTS SHOW, VENDOR MARKET,
MUSIC PERFORMANCES, FOOD TRUCKS.
FAMILY ACTIVITIES, AND MORE!



Funded by:
Community Initiatives Program



THE CITY OF
CALGARY

Saying Goodbye and Hi to Your Community Leaders!

Dear Northern Hills residents,



With a bittersweet feeling, I am leaving the Northern Hills Community Association towards my next endeavor! NHCA has been my family since 2017. All these years have been rewarding, joyful, and necessary challenging, which I would not change for the world! Thank you for all the wonderful community gatherings and celebrations, friendships, partnerships, and amazing times!

I certainly will still be around at the NHCA events. June 17th for Neighbour Day is already on my calendar 😊

Thank you all! And please welcome your new Executive Director – Melissa Gagyi 🤝📅

Yana Soldatenko

Your Former Executive Director

Hello Northern Hills residents!

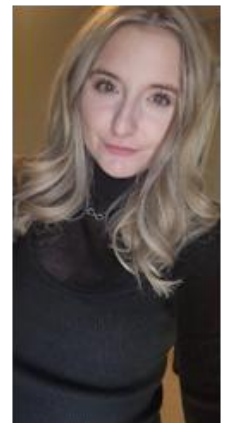
Some of you may have seen me around at events or in the office as I've worked with the NHCA for a little over a year now. Others may recognize me from the community as I lived in Coventry Hills for most of my life! Some things about me; I love to read and have definitely checked out the little free libraries, I am on two boards of directors in my community (I promise they can be fun, join ours and find out!!), and I'm a wife and a mom of 3 kiddos so you could say I'm pretty busy.

I am sad to say goodbye to Yana as she has been so wonderful to work with, but I am happy for her next adventure and so grateful for all she has taught me in our time working together! I am also so excited to start my next endeavor as Executive Director of NHCA and I hope my work here will add value to our five communities.

I look forward to seeing you around!

Melissa Gagyi

Your Incoming Executive Director



NHCA Volunteer Opportunities

CASUAL Volunteers



- ✓ See fun stuff happening & want to help out?
- ✓ Have a few hours now & then available?
- ✓ Like helping to ensure an event or program happens successfully? Bring your time and skills to help run events & programs within the community.

OPPORTUNITIES:

- NHCA Ambassador
- Newsletter Contributor

P.E.P. (Programs, Events, and Programs)



- ✓ Have time available on a regular basis?
- ✓ See an existing or potential project, event, or program that you'd like to work with the NHCA to deliver?

OPPORTUNITIES:

- Community Representatives
- Social Media Creator
- Membership Outreach & Recruitment
- Newsletter Committee (many different roles!)
- Volunteer Outreach & Recruitment

Bring your ideas and organizational skills to ensure projects, events and programs are successful as member of an organizing committee.

LEADERSHIP



- ✓ Have a passion for community involvement?
- ✓ See yourself as a community leader?

Bring your passion and ideas to shape the direction of the

NHCA on the Board of Directors and chair a committee you are enthusiastic about.

OPPORTUNITIES:

- Treasurer
- Secretary
- 1st Vice President
- Community Representative
- Planning & Development
- Newsletter
- Volunteer & Member Relations
- Sports

Sign-up for any above opportunities here: <https://nhca.ca/volunteer/>

To learn more about the roles and commitments: Call/Text 403-226-6422 or Email info@nhca.ca.





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

Paramount Dental is about a complete team atmosphere of professional individuals who are committed to your complete dental care!

It is our mission to care for you as if you were a family member and to respect your individual needs.

We are committed to your dental health needs and your ongoing dental education for a lifetime of dental wellness!



Dr. Henry Seto



Dr. Tonny Tang



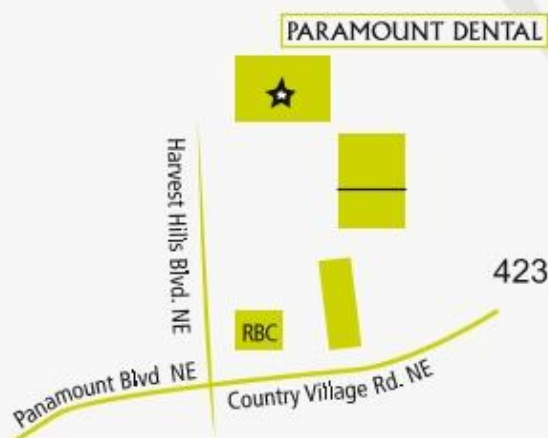
Dr. Maria Chan-Goudreau

Providing General Dental Services For Your Entire Family

Family Dentistry
Pediatric Dentistry
Cosmetic Dentistry

Restorative Dentistry
Porcelain Veneers
Hygiene & Preventative Care

Dental Emergencies
Invisalign®
Sedation Dentistry



For your convenience we offer evening & weekend appointments and direct billing to insurance.

Coventry Hills Plaza
423, 130 Country Village Rd NE
Calgary, AB T3K 6B8

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)

PARAMOUNT DENTAL

(403) 730-9882 paramountdental.ca

WE WELCOME ALL NEW PATIENTS

Gardeners Corner

We have just a couple of raised beds still available in Harvest Hills and Coventry Hills gardens, we will not be accepting registrations past May 15th, so call or click below before you lose the opportunity!

The NHCA community gardens are dedicated to bringing together neighbours to provide locally grown food for their families. Each year, we also dedicate beds to the Calgary Interfaith Food Bank and other interested groups. The garden promotes community, organic growing methods and a sense of shared responsibility and team work.

Register NOW!

Rental Costs:

- 4 x 12 – \$30
- 4 x 8 – \$20
- Returning gardeners – \$5 off their first garden plot
- All garden plot rentals require an [NHCA membership](#), valid until Oct 31st.
- All community garden plot rentals are valid for one growing season, from May 1st through October 31st of the year of purchase.

Volunteer Opportunity:

Each gardener is required to volunteer and complete 2 duty shifts per bed, but we are also looking for leadership! If you have a bit more time and are interested in taking more of an active role, we need volunteers who will help with communication, maintenance, or mentoring!

If you would like more information on this, please contact our Garden Director Amanda at gardens@nhca.ca

**5TH ANNUAL
COVENTRY HILLS
COMMUNITY
PARADE OF GARAGE
SALES**

SATURDAY, JUNE 10TH

9AM - 4PM

Event proudly sponsored by
CORY LOMSNEs
REALTOR
587.435.0750

RE/MAX REAL ESTATE MOUNTAIN VIEW



Come join the Parade!

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

TO PARTICIPATE: Register to have your address added to the virtual map and list of homes:

- 1) Scan or screenshot (and click) this **QR code** and submit form OR
- 2) Email your name, address and phone number to **coventryhillsgaragesale@gmail.com** OR
- 3) Register at **www.corylomsnes.com**

DEADLINE to register is **Thursday, June 1, 2023**

The **virtual map** and **list of participating homes** will be available through the **Coventry Hills Community Parade of Garage Sales Facebook page** and at **www.corylomsnes.com** on **June 8**.



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



The Pedagogy of Care for Infants and Toddlers

Submitted by: Rima M. Madi

Caring for infants and toddlers is a labor of heart. Many think that caring for them is a childminding job that requires the caregiver to sit and watch their full potential unfold by providing an environment that carries appropriate materials. However, the literature is informing us otherwise. The principles of care along with our code of ethics and the early learning framework are providing us with a solid body of research towards involving infants and toddlers as active citizens in a democratic practice that respects every aspect of their well-being and their integration in a social milieu that is based on the practice of relationships (Makovichuk et al, 2014).

Many of us find infant and toddlers cute. Vasta et al (1995) stated that "According to ethologists, aspects of baby's physical appearance may be innately 'cute' and so elicit caregiving" p.446.

Their large head, round faces, and chubby legs elicit care, respect and admiration. There is a charm in infants and toddlers that motivates caregivers to smile and be joyous. I just can't help it not to smile and being close to play with them.

The principle 5: Respect infants and toddlers as worthy people from Magda Gerber's work illuminate the caregivers' approach towards caring for infants and toddlers (Gonzalez-Mena and Eyer, 2011, p.11).

Merriam Webster defined the verb respect as "to consider worthy of high regard" (webster.com).

Respect indeed is our action towards others where we choose to not belittle them and treat them with inferiority, but rather treat them as equal partners worthy of dignity and consideration. Respect as an action everyone deserves it.

Gonzalez- Mena and Eyer (2021) stated that "Children who are treated with respect are more likely to be respectful to others than children who are not" (p.39).

The ripple effects of respect will render it a great human value for peace and harmony not only in a childcare environment but everywhere.

In the context of caring for infants-toddlers, respect looks like the following to me:

1. The way the caregiver carries himself/herself around children.
2. The tone of voice when speaking to children.
3. The words that the caregiver chooses to use in his/her communication with children.
4. The attitude that the caregiver carries when dealing with challenging behaviors.
5. The quality time the caregiver spends with them.
6. The kindness and compassion when tantrums arise.
7. Responding to their needs to the best of our ability and promoting freedom to movement and exploration.
8. Asking for their permission before carrying, hugging, and touching them and walking them through the procedures of caregiving rituals in the daily routines in a way that prepare them for what was to come.

Nevertheless, explaining our actions to infants and toddlers and walking them through the process during the special one-to one interaction of the caregiving routines is caring. Authentic care respects the child as a human being who is competent and capable. In this perspective, the pedagogy of care illuminates caregivers to engage in reciprocal exchange that value the child as a partner "following one of Emmi Pickler's principles, we find ourselves doing it "with" children instead of doing it "to" children" (Amslee Institute).

References

Amslee Institute. 2019. What are the pickler principles for infant development. Amslee Institute.com

Gonzalez-Mena, J. & Eyer, D. W. (2021). *Infants, toddlers, and caregivers: A curriculum of respectful, responsive, relationship-based care and educations* (12th ed.). McGraw-Hill.

Makovichuk, L; Hewes, J; Lirette, P; & Thomas, N. (2014). *Flight: Alberta's early learning and care framework*. Library and Archives Canada

Merriam Webster Online Dictionary. Definition of respect. Retrieved on January 12th from: <https://www.merriam-webster.com/dictionary/respect>

Vasta, R.& Haith, M; M. & Miller, A; S. (1995). *Child psychology*. (2nd edition). New York.



**Tell us the
prescriptions**

**Tell us which
pharmacy**

We do the rest

Free delivery

TRANSFERRING YOUR PRESCRIPTIONS IS EASY

Conditions may apply. Please contact pharmacy for details. ® are trademarks of McKessen Canada Corporation.



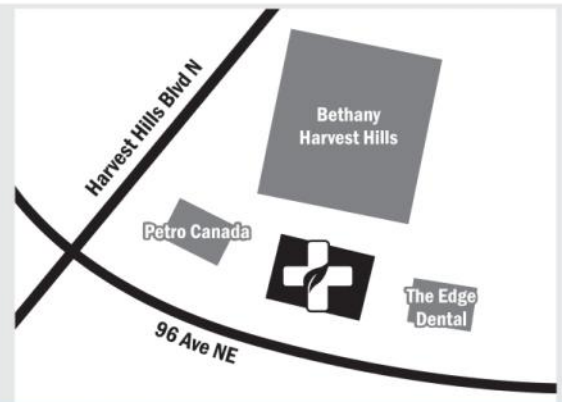
Harvest Hill
Pharmacy

**Harvest Hill
Pharmacy**

403.475.5900

111, 160 96 Ave NE calgary AB T3K 6G4

Mon to Fri 9 am - 6 pm | Sat 10 am - 2 pm





Harvest Hills Alliance Church

www.hhachurch.com



10099 Harvest Hills Blvd NW

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

(First 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

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****

VBS is coming!!!

MISSION:

DEEP SEA

Come dive into God's Word with us!

July 17-21, 2023

Save the date!

Details are coming soon!

A Cardio , Strength & Stretch Class For Women

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

Tuesday

6:45 - 8:15 pm

for more info contact

office@hhachurch.com



Good Food Box

NHCA and Vivo is one of the volunteer run depo's for The Good Food Box program. GFB is a monthly program under The Community kitchen of Calgary. Volunteers of CK assemble 3 size options of affordable fruits and vegetable available to all Calgarians to purchase monthly at an incredible low price.

Small box approx. 20lbs of seasonal fruit/vegetable \$25.00

Med box approx. 30lbs of seasonal fruit/vegetables \$30.00

Large box approx. 40lbs of seasonal fruit/vegetables \$35.00

To keep this program in our community at Vivo depo, we are in need of admin support. If you are able to help support this program please contact NHCA

ORDER NOW 



VCA 
District Animal Hospital
& Urgent Care

OPEN
7 days/week!

11154 11th Street NE | 825-252-5671

Now accepting
NEW CLIENTS

District Animal Hospital and Urgent Care is conveniently located near Deerfoot Trail and Country Hills Boulevard.

From your pet's annual wellness exams, dental cleanings and nutrition needs, to urgent care when you need us most, our team is here for you seven days a week.

vcacanada.com/district



Join us for the Annual Harvest Hills Hub Parade of Garage Sales!



Saturday, May 27, 2023 - 9:00 am - 3:00 pm

Register [HERE](#) to add your house to the list!

Registration closes May 21

All registrants will receive a goody bag from our sponsors,
Sam Fard and Errol Biebrick from [Calgary Home](#)
[Collective - RE/MAX Real Estate \(Mountain View\)](#)



RE/MAX Real Estate (Mountain View)

Sam and Errol will also be providing an online map of participating houses, so keep your eyes out!

They will also be at the HHHub (178 Harvest Glen Way NE) on the day of the sale, so stop by and say hi!



We will also be doing a bottle drive - so bring your cans and bottles to the HHHub to help fund future events!



Spring into Action: 5 Fun Activities for the Season

By MPC Foundation

Springtime is here! Time to shake off the winter blues and spend time enjoying the beautiful weather. You may be looking for some delightful activities to do during this season. Luckily, we've got you covered with our top 5 favorite pastimes.



1. Taking a nature walk: spring is a great time to appreciate the beauty of nature. You can enjoy the beautiful flowers, chirping birds and fresh air by taking a leisurely walk in nearby parks or trails. No doubt, you'll also spot a squirrel or two running around looking for a little snack to munch on.

Be sure to bundle up before going outside to avoid catching the sniffles!

2. Planting a garden: Gardening is a fun way to exercise and enjoy the outdoors. It is a well-known fact that plants have a calming effect on the mind and body. Whether you're looking to plant flowers, herbs, or crops in your backyard or balcony, those luscious greens can help reduce stress levels, promote relaxation, and improve air quality.



3. Trying a new hobby: The sun rises earlier and sets later during spring, so there's heaps of time to try something new and seize the day. Signing up for online or in-person classes related to art, cooking, or learning new technologies will help keep you engaged and active.

The [MPC Foundation](https://www.mpcfdn.ca) caters to many fun activities for seniors and older adults.

4. Going on a picnic. A picnic is a great way to bask in the sun and enjoy a delicious meal with family or friends. There's nothing like spending your afternoons in a nearby lake or park. Watch out for those cheeky geese that might take a peck out of your yummy snacks!

5. Attending yoga or Tai Chi class: Immersing yourself in yoga or Tai Chi classes may help reduce stress, anxiety and improve your mood. Studies have shown that yoga and Tai Chi can also help you get a better good night's sleep.

The [MPC Foundation](https://www.mpcfdn.ca) also offers both in-person and online QiGong/Tai Chi and Yoga sessions.



Spring is a wonderful time of year to engage in meaningful activities, either by yourself or with a partner or a group of friends. Whatever activity you choose, what's important is that you have fun and stay safe.



MPC is a registered charity. To learn more, please visit www.mpcfdn.ca.

Get your child ready for school with a Kindergarten Book Bag

Kindergarten book bags are available at Library locations in early May. These keepsake bags are filled with Library books to help get your child ready for the social and emotional aspects of starting school, as well as fun activities to do together.

Find a location near you at calgarylibrary.ca/kindergarten-book-bag

Engine 23 is on a new journey to Fish Creek Library

Engine 23, a decommissioned Calgary Fire Department pumper truck, will be moved into Fish Creek Library this year as part of a new play and learning experience for ages 0 – 12. The fire truck will open in late 2023 once renovations are complete.

Follow its journey at calgarylibrary.ca/Engine-23

Meet the 2023 Historian in Residence

Kay Burns joins the Library as the Historian in Residence. Kay is an interdisciplinary artist and researcher who will be focused on a project called “How to Lie with Maps” using the Library’s historical map collection.

Learn more about Kay at calgarylibrary.ca/historian-in-residence

LitCon, Calgary’s youth Literary festival returns to the Library

On June 3, kids and teens can discover literary arts at the Library. Registered and drop-in programs, including a keynote from Wakefield Brewster, will be offered at Central Library. Teachers, check out the full line-up to see virtual program options for your class from May 30 – June 2.

See speakers and programs at calgarylibrary.ca/LitCon

Help support your reluctant reader with these Digital Resources

Do you have a child who doesn’t love books? We’ve compiled a list of Digital Resources to help your child develop literacy skills with movies, music, magazines, and musical instruments.

Find a new digital resource at calgarylibrary.ca/keep-kids-busy



the Gutter Doctor®

BBB A+ rating

GOLD WINNER

Best of HomeStars WINNER

RenovationFind A+

TOP CHOICE AWARD

BEST OF TRUSTEDPROS

- Gutters • Downspouts • Fascia • Soffit • Siding • Roofing
- Cladding • Leaf Screens • Heat Cables • Gutter Cleaning

Over 50,000 Happy Customers!
Quality Workmanship.

403-714-0711 • gutterdoctor.ca

Services: GUTTERS • DOWNSPOUTS • FASCIA • SOFFIT • SIDING • ROOFING • CLADDING • LEAF SCREENS • HEAT CABLES • GUTTER CLEANING
INSTALL • FIX • CLEAN

MAY WINNER!

Currywurst
Winner: Marilyn Schellenberg

Ingredients:

5 Bratwurst sausage
2 cups ketchup
1.5 Tablespoons finely minced onion
1.5 teaspoons sweet paprika
1 cup water
1 Tablespoon butter
3-6 teaspoons curry powder
Bread



Directions:

1. Sauté the onion in butter until it is transparent
2. Add paprika & curry powder to the onions and quickly sauté it just to bring out the flavour.
3. Add ketchup and water.
4. Boil uncovered until the sauce is thick.
5. Taste and adjust seasonings, if desired.
6. Barbecue the bratwurst.
7. Cut the bratwurst into 2 inch pieces.
8. Serve the hot currywurst sauce over the bratwurst with an extra sprinkling of curry powder and a wedge of bread.

Number Of Servings: 6

Preparation Time: 60 minutes

Personal notes: Adjust the amount of curry powder to the degree of heat you like.

The bread is yummy dipped in the sauce!!

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

Email: editor@nhca.ca

Sudoku

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



Emergency
Medical
Services



Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be mitigated by following safety measures. Take the time to assess potential window and balcony hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can be open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

www.albertahealthservices.ca

CLASSIFIED ADS

B & P UPSCALE BOUTIQUE

Elegant look for any special events
Prom dresses, Bride maids, Mother
of the Bride, Office Wears, Church
Suits with Matching Hats
And Many More 403.717.0928

Marlborough Mall
1139-3800 Memorial Drive NE

SAM FARD: RE/MAX

Generations of experience in real
estate is why I'm confident I can
help you find your dream home.
I'm always passionately
working for you!

(403) 614-0055 | samfardsold.com

GUTTER DOCTOR Home Exterior

Services. We do eaves trough clean-
ing, repairs & installation as well as
downspouts, fascia, soffit, siding,
roofing, cladding, leaf screens and
heat cables. 50,000+ happy custom-
ers! Warranty, Insured & WCB.

Quality workmanship.
www.gutterdoctor.ca,
403-714-0711.

Place Your
Ad Here

Place Your
Ad Here

Place Your
Ad Here

Waste and Recycling

Weekly green cart returns end of April.

Weekly green cart pickup returns the last week of April. Check your schedule at [calgary.ca/collection https://www.calgary.ca/uep/wrs/garbage-collection-information/residential-services/garbage-day-schedule.html?redirect=/collection](https://www.calgary.ca/uep/wrs/garbage-collection-information/residential-services/garbage-day-schedule.html?redirect=/collection) and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

As you clean up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll the tops of the bags closed and set them at least two feet to the side of your green cart for collection.

Compost giveaways

Compost will be available for pickup by online appointment from April 24 to June 10.

Appointment bookings will be available on [calgary.ca/compost https://www.calgary.ca/uep/wrs/recycling-information/residential-services/green-cart/green-cart-compost-giveaway.html?redirect=/compost](https://www.calgary.ca/uep/wrs/recycling-information/residential-services/green-cart/green-cart-compost-giveaway.html?redirect=/compost) starting April 10.





Jasmine Mian Ward 3 Councillor

Spring is officially here! I'm excited to be in the ward for all of the outdoor events the warmer weather brings. Here are some topics and questions we've received from residents this past month. For more information or to contact my office directly, visit jasminemian.com.

Q: What's going on with back yard chickens?

A: Last year, the City of Calgary piloted an Urban Hens project with great success, and has now officially launched an Urban Hen Licensing Program. If you're interested in hen-keeping, visit calgary.ca/pets to learn more or apply. PS- roosters are not permitted under the bylaw, so there will be no early morning "cock-a-doodle-doo"s coming from your neighbours.

Q: What is Neighbour Day- and what is there to do?

Neighbour Day began in June 2014 to celebrate the incredible outpouring of support and generosity of neighbours following the 2013 floods. This year marks the 10th annual Neighbour Day on June 17. Local Community Associations and groups will likely be hosting markets, recreation in green spaces, BBQs and even block parties. If you'd like to participate or even throw one yourself, visit calgary.ca/NeighbourDay and check out your neighbourhood's Community Association for more details. I'll be making the rounds and would love to see new faces.

Spring Cleaning Means Community Cleanups

If you want to save yourself a trip to the landfill, the City is supporting Community Cleanups from April to fall by partnering with local Community Associations. You can drop off at any community clean up location, free of charge. For a full list of eligible materials and cleanup locations check out calgary.ca/cleanup.

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor

SOLUTION

1	N	O	S	E	B	A	G		5	I	V	A	N	H	O	E	
	I		H		E		R		D		D		A		L		
9	P	O	U	N	D	C	A	K	E		10	D	R	U	I	D	
	P		T		R		N				U		T		O		
11	E	L	E	M	I		12	D	I	13	S	A	P	P	E	A	R
	R		Y		D		I		C				U		A		
		14	D	E	A	D	T	O	T	H	E	15	W	O	R	L	D
16	O				E		S		O		A					O	
17	F	I	N	A	N	C	I	A	L	T	I	M	E	S			
	F		O				T		A		S		V		20	W	
21	D	E	S	T	22	R	O	Y	E	R		23	T	E	A	S	E
	R		H		I				S			C		S		I	
24	I	N	O	F	F		25	S	C	H	O	O	L	I	N	G	
	V		W		L		A				A		V		H		
26	E	A	S	I	E	S	T		27	P	A	T	I	E	N	T	

DOWN

1 nipper. 2 shut-eye. 3 bedridden. 4 grandiosity. 5 ide. 6 add up. 7 hauteur. 8 Eldorado. 13 scholarship. 15 waistcoat. 16 off-drive. 18 no-shows. 19 evasive. 20 weight. 22 rifle. 25 sat.

ACROSS

1 nosebag. 5 Ivanhoe. 9 pound cake. 10 Druid. 11 elemi. 12 disappear. 14 dead to the world. 17 Financial Times. 21 destroyer. 23 tease. 24 in-off. 25 schooling. 26 easiest. 27 patient.

Easy is always on hand.

Open your freezer to
many easy meals
made especially for
seniors, delivered
for free*.

Locally owned by
Tracy Brunt

Get your **FREE** Menu
1-844-431-2800

HeartToHomeMeals.ca



*Some conditions may apply.

MPC Foundation
Where Aging is Celebrated

Partner: **Northern Hills Community Association**

Learn essential
phone/tablet skills in

TECH BUDDY

Saturdays
Online on ZOOM

OR in-person at
Harvest Hills Church
starting May 20.

For More Info:
call: 587-480-7373
email: info@mpcfdn.ca

WHAT YOU'LL BE LEARNING:

- Smartphone operations
- Navigating Apps
- Practical communication functions
- Message, WhatsApp, WeChat
- Learn at your own pace with dedicated volunteers

FUNDED BY

Sudoku

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

**Northern Hills
Community Association**

The Club.



36 Holes of Remarkable Golf

2 CHAMPIONSHIP COURSES
TALONS • RIDGE



12 MONTHS OF GOLF
LONGER PLAYING SEASON AND
SIMULATORS IN THE OFF SEASON



425 PRINCIPALS PER COURSE
LOWER MEMBER-TO-COURSE RATIO
OF COMPARABLE PRIVATE CLUBS



5 INCREDIBLE CLUB PROGRAMS
MEN'S • LADIES • SENIORS
JUNIORS • MIXED

**COMFORTABLE, UPSCALE
SOCIAL EXPERIENCES**
LEAGUES • TOURNAMENTS • DINING

Be a part of something exceptional.



COUNTRY HILLS
GOLF CLUB

BECOME A MEMBER TODAY

- » 403.226.7789
- » memberships@countryhills.ab.ca
- » 1334 Country Hills Blvd. NW, Calgary, AB

Join Our Team

WE ARE NOW HIRING FOR THE 2023 SEASON
GROUNDS MAINTENANCE • FOOD & BEVERAGE
GOLF OPERATIONS • HOUSEKEEPING

*Apply online on our careers page under the about tab
countryhills.ab.ca*



CALGARY OBSTACLE GYM

NINJA PROGRAMS FOR ALL AGES

CALGARY'S MOST EXCITING
WAY TO STAY ACTIVE!

SUMMER CAMPS



SCAN ME!



- ▲ CLASSES & OPEN GYM
- ▲ BIRTHDAY & TEAM PARTIES
- ▲ SPRING & SUMMER CAMPS
- ▲ MOBILE OBSTACLE COURSE
- ▲ PD DAY CAMPS
- ▲ SCHOOL FIELD TRIPS

CALGARY.FITSETNINJA.COM

EXPERIENCE NINJA THE FITSET WAY

3691 19TH STREET NE, CALGARY, AB

(403) 930-5434





in partnership with
Northern Hills
Community Association

Art: MIXED MEDIA

CONTEMPORARY ART
FOR ADULTS 55+

SATURDAYS, 10:30AM-12:00PM

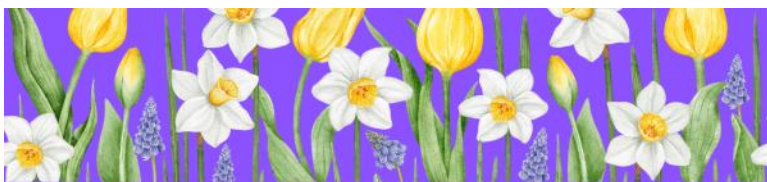
Harvest Hills Alliance Church

Address: 10099 Harvest Hills Blvd

Join us and unleash your creativity and experimenting with different art forms, mediums, and more! No supplies needed. We will provide everything you need. **NEW CLASSES START MAY 20th, 2023.**



To participate, contact us at (587)-480-7373 or info@mpcfdn.ca



May Fun Facts!

- If you were born in May then your birthstone is the vibrant, deep green emerald.
- The official birthday flower of May is the delicate and fragrant lily of the valley.
- May 4th is widely hailed as Star Wars Day, a play of words on the popular line, "May the Force be with you."

Laugh of the day



By Punctuation Association Joni R.
punctassoc@hotmail.com

**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**

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 Felicity Meng