

Country Hills

Country Hills Village

Coventry Hills

Harvest Hills

Panorama Hills



Submitted by:
Bob Leuty

Photo location:
Panorama Hills

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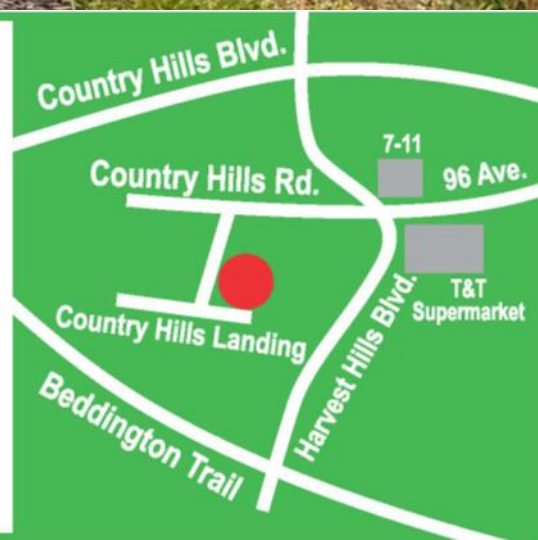
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President's Message



Amanda Mauch
President
Northern Hills
Community Association

Happy summer, Northern Hills! All the neighbourhood kids have now started school summer break, and festival season starts this weekend with Canada Day. There are all kinds of great events happening throughout the city, check the [full list](#) to find an activity to participate in! After that, saddle up Calgarians - it is once again time for the [Greatest Outdoor Show on Earth](#).

In the past month we had a joint event with Vivo and MPC foundation for Neighbour Day which was very successful! Thanks to everyone who came out to say hello to us, watch the seniors' arts presentations, and participate in Vivo's Place Matters project. This month, the NHCA is hosting [Summerfest](#) at the Harvest Hills Hub on July 15th. Come out to the Harvest Hills Garden location and have fun with a variety of outdoor activities and have lunch at one of our local food trucks.

Our Good Food Box program has been super popular, and for good reason! With the price of groceries right now, these boxes provide a good amount of quality produce for a very reasonable price. The program is now on break for the summer but be ready to order your next box in mid-August. Check the website for more details on [when to order](#).

With a couple of exciting new events in the works this year (details to come soon!) we are still looking for dedicated community volunteers to join our board. Our most needed Board positions are:

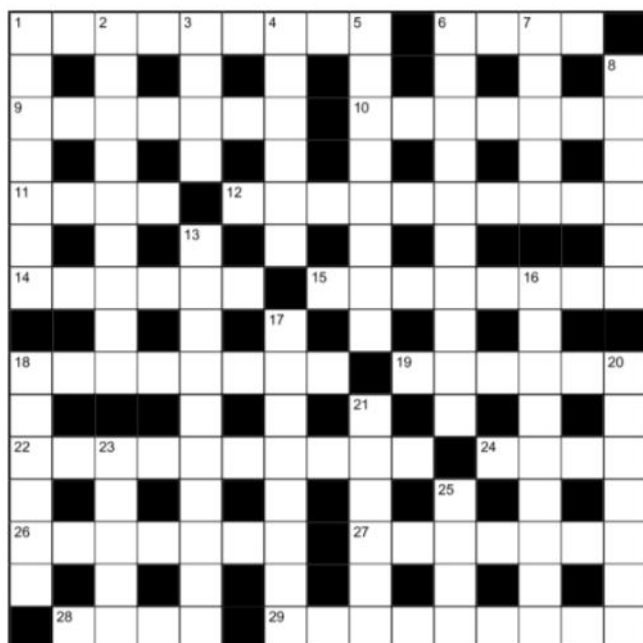
- Panorama Hills Representative
- Newsletter Editor
- Sports Director
- Events Director
- Fundraising Director

Our current volunteer and board needs are laid out in more detail on our website [here](#), or you can support us by becoming a [member](#).

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

Amanda Mauch

President
Northern Hills Community Association



DOWN

- 1 Person without, say, varnish? (7)
- 2 Lost again, recollecting pleasant memories (9)
- 3 Cry of pain when taking top off settee (4)
- 4 Said to give mild rebuke for two presents (3,3)
- 5 Turning list into muddle (8)
- 6 American composer's dance quartet (6-4)
- 7 Beat small, small child (5)
- 8 Choose the French relish (6)
- 13 Traditional sort shakes up Microsoft around start of November (10)
- 16 Remote moving object associated with space ultimately (9)
- 17 Creative traits wrongly associated with one Conservative (8)
- 18 Gets undressed for journey aboard ship (6)
- 20 Item of confectionery that is for loved one (7)
- 21 Gurkha seen in alpine resort (6)
- 23 Chap embraces a fallen angel (5)
- 25 Second joke is drawn out and twisted (4)

ACROSS

- 1 New lad Ron works for one with property (9)
- 6 One employs stud (4)
- 9 Accountant needs to demonstrate acquiring source of capital – an easy one (4,3)
- 10 Interim changes for Euston, Waterloo etc (7)
- 11 State handout a help to some extent (4)
- 12 Courage to canoodle in traffic jam (10)
- 14 Area of Christianity perhaps left one out (6)
- 15 Criminal has battle to get soup (8)
- 18 Workforce on ring road in Midlands town (8)
- 19 English composer caught with conspirator (6)
- 22 Again made a great effort to be moderate? (10)
- 24 Could be North European (4)
- 26 Organised a trip to one who lives his country (7)
- 27 Nominate a quiet location (7)
- 28 Hitch perhaps, making speed in the main (4)
- 29 Tell niece about the customers (9)

Design and digital publishing credit to:

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

The UPS Store



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:
By appointment only please
email info@nhca.ca
Closed on weekends and
statutory holidays.

STAFF

Executive Director: [Melissa Gagyi](#)
Bookkeeper: [Surina Gupta](#)
Newsletter Editor: [Heather Hubert](#)
Ad Sales: [Heather Hubert](#)

VOLUNTEERS

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

BOARD MEMBERS

President: [Amanda Mauch](#)
1st Vice President: [TBD](#)
2nd Vice President: [TBD](#)
Secretary: [Nikki Browne](#)
Treasurer: [Cindy Partin](#)

DIRECTORS: Scott Daye, Suresh Fernando, Victoria
Henry, Andrea Rudoski

COMMITTEES

Gardens: [Amanda Mauch](#)
Building Safer Communities (Blockwatch): [Tavis Settles](#)
Community Relations: [TBD](#)
Government Relations / Advocacy: [TBD](#)
Grants: [Amanda Mauch](#)
Harvest Hills Hub: [Andrea Rudoski & Victoria Henry](#)
Planning & Development: [TBD](#)
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.



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Northern Hills Community Association



\$500 Gift Card from

saveonfoods

DONATE TO WIN

**Donate to the NHCA from July 1st to
September 30th 2023 to be entered
to win a \$500 Gift Card from Save on
Foods Panatella.**

**Winner will be chosen October 1st
2023.**

**Let us take care of your
Thanksgiving dinner! Enter today!**

www.nhca.ca/donate



PAINT NIGHT



Panda

Ages 8 to 12

Tuesday July 18th

6:00-8:30pm

NHCA Office

Cost \$35

\$5 Off for Members!

Sunflower

Ages 13 to 17

Thursday July 20th

6:00-8:30pm

NHCA Office

Cost \$35

\$5 Off for Members!



In partnership with



Register Here!



PAINT NIGHT

Tree

Mom & Me

Tuesday July 25th

6:00-8:30pm

NHCA Office

Cost \$70 (registration
covers 1 Adult & 1 Child)

\$10 Off for Members!



Campfire

Ages 18+

Thursday July 27th

6:00-8:30pm

NHCA Office

Cost \$40

\$5 Off for Members!

In partnership with



Register Here!

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:

- 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.



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Dr. Tonny Tang



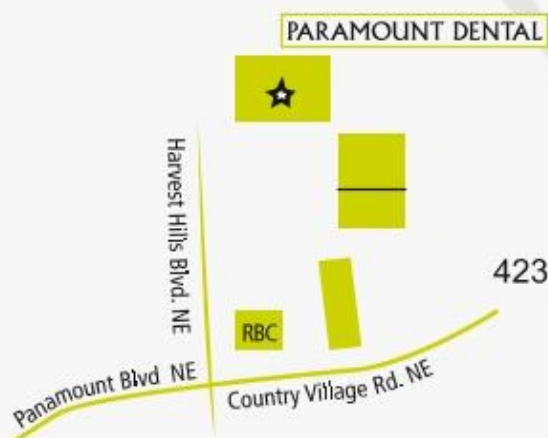
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Calgary, AB T3K 6B8

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)

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HARVEST HILLS HUB

SUMMER FEST

Saturday, July 15, 2023 • 12 - 4pm

Harvest Hills Community Garden - 520 Harvest Lake Dr NE

SCHEDULED ACTIVITIES

12:30 - Water fight! BYO water gun & fight until the water's gone! There will also be a sprinkler for the littles!

2:00 - Bike Parade! Decorate your bike (supplies provided) then go for a ride along the pond!

3:00 - Hula Hoop demonstration with Daniella from Infinite Circle Hoops

ALL DAY ACTIVITIES

Food Trucks! • Lawn Games! • City of Calgary Activity!

**FREE TO
ATTEND!**



**OPEN TO
EVERYONE!**



Northern Hills Neddie

I am on vacation and will be back next month!

See you then!

Neddie Out!



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News from Calgary Public Library

The Ultimate Summer Challenge is here!

Join the free Ultimate Summer Challenge at Calgary Public Library to enjoy fun programs, track your reading, and win cool prizes! The Challenge is open to all ages.

Register for free at calgarylibrary.ca/summer

Meet Sahar Hakimi, the Newcomer Artist in Residence

Sahar is a visual artist working and living in Calgary, originally from Tehran, Iran. Her work is inspired by the everyday lives of Iranian women. Attend free programs with Sahar, visit her in her studio at Central Library, or sign up for one-on-one consultations to talk about memory, freedom of expression, and cross-cultural artistic practices.

Learn more about Sahar at calgarylibrary.ca/artist-in-residence

Learn about powwows with the Library

Learn about ceremonies, protocols, and what to expect when attending your first powwow celebration during programs at six Library locations. Enjoy demonstrations of and information about the different powwow dance styles.

See locations and times at calgarylibrary.ca/programs

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Get started at calgarylibrary.ca/Beanstack

1/2 Day Summer Camps

- Traditional Drawing for ages 5 & up, plus teen-specific camps
- Watercolour Painting
- Sculpting
- Meet the Masters (Art History + Mixed Media)
- Art Journaling
- Adult Summer Series (3 evenings/week)

Weekly Classes Child, Youth & Adult

- Mini Masters (5 & 6 y.o)
- Drawing Fundamentals 1, 2, 3
- Sculpting Hands
- Acrylic Painting
- Watercolor Painting
- Drawing from Life

**SIGN UP
TODAY**

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Harvest Hills Alliance Church

www.hhachurch.com



10099 Harvest Hills Blvd NW

403-226-0990

office@hhachurch.com



- Believe
- Belong
- Bless

SUNDAY SERVICE SUMMER HOURS July 2- Sept 3

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

VBS Registration NOW OPEN!

Come dive into God's Word with us!

MISSION:

DEEP SEA

July 17-21, 2023

\$50.00 per child

Register by clicking on this picture in our online Bulletin or the events page on our website

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JULY 16, 2023 9:00AM ~11:00 AM

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FRIENDS AND RELATIVES

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



Sizzling Summers: 5 Ways To Beat The Heat

By MPC Foundation



We've had our fair share of experiences with the blistering heat and this year is no exception. With wildfires happening left and right, it's important to be ready for any sudden changes in temperature and air quality, especially for older adults and vulnerable groups.

Here are 5 ways to stay in tip top shape during these summer months:



1) Stay hydrated - Don't wait until you're thirsty to grab a drink. Older adults tend to lose fluids faster than other age groups so be sure to drink plenty of water regularly to avoid heat-related health issues.



2) Keep your space well-ventilated - crank up your A/C or turn on those tower fans if you're feeling a bit stuffy. As much as possible, try to stay in cool indoor spaces when the sun is shining at its peak.



3) Have a face mask on hand - wildfires are unpredictable and can happen at any time. Having a face mask with you at all times will offer some level of protection from dust and other harmful substances that may trigger asthma, shortness of breath and other health complications. Be sure to consult your health care provider if symptoms persist.



4) Keep track of any public service announcements - be on the lookout for any extreme heat warnings or special air quality statements in your area. You can visit www.weather.gc.ca for real-time updates.



5) Maintain adequate medical supplies at home - keep those inhalers with you and stock up on first aid supplies. Place them in an accessible space so you can easily grab them at a moment's notice.

No matter where you are, staying prepared is key. Stay safe and keep cool!

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



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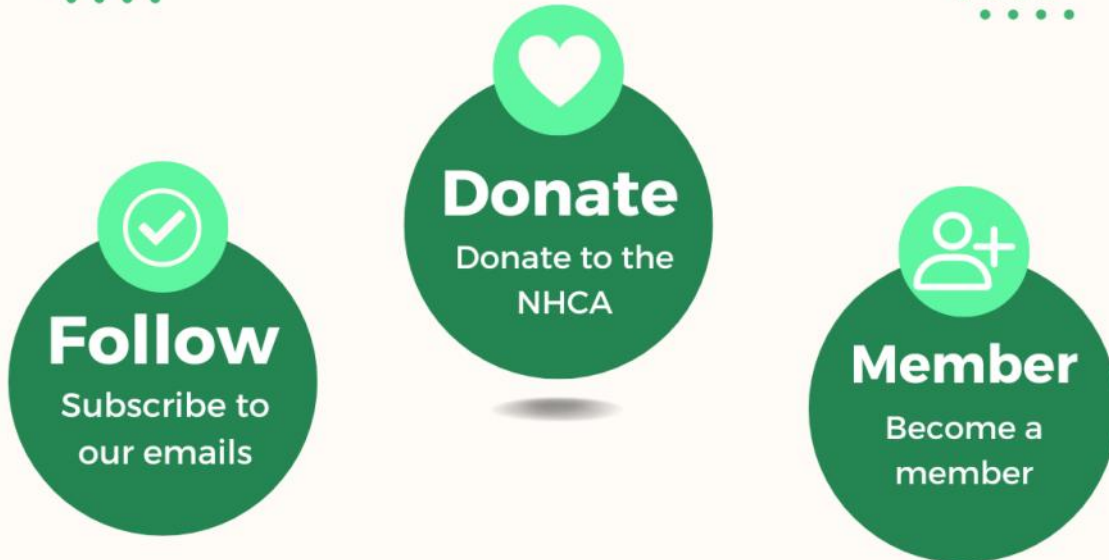
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Meet Felicity!

Felicity was born in China and raised in Calgary.

She is outgoing, funny, beautiful, funny and unique young lady.

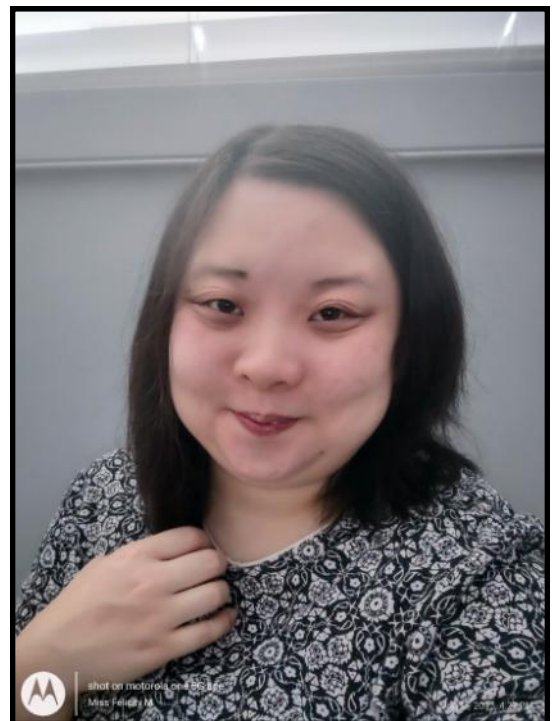
She volunteers for Women's Centre of Calgary, Autism Calgary and YMCA Calgary in the North East.

She helps women to be successful in the women's centre because she gives women advice on how to be confident in themselves as woman. She offers basic needs support to woman as well.

In Autism Calgary, Felicity helps and speaks up for people with Autistic. In the Autistic world is different then in the typical world.

People with Autism uses different strategies to be their selves. Felicity can help people on Autism Spectrum gain more confidence by talking to them to let Autistic people feel a sense of belonging.

She is very nice young lady, with many abilities but Disabilities herself which make her self very proud as she continuously advocates for herself and others with or without disabilities.



JULY WINNER!

Ranger Joe Cookies
Winner: Christina Corby

Ingredients

- ½ cup butter
- ½ cup white sugar
- ½ cup packed brown sugar
- 1 egg
- 1 cup all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- ½ teaspoon vanilla extract
- 1 cup rolled oats
- 1 cup crisp rice cereal
- ½ cup peanut butter

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Mix the butter, sugar and egg until smooth and creamy.
3. Sift the flour, baking soda and baking powder. Add this to the butter mixture. Stir in the vanilla, oatmeal, puffed rice cereal, and peanut butter. Mix until combined.
4. Drop by heaping teaspoons onto ungreased baking sheets and bake at 350 degrees F (175 degrees C) for 10 to 12 minutes or until lightly browned around the edges.

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

Email: editor@nhca.ca

Sudoku

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



Summer Laughs!

Let's take a trip to the beach, I could really use some vitamin sea!

Where do math teachers like to go on vacation? Times Square!

What does the sun drink out of? Sunglasses!

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Jasmine Mian Ward 3 Councillor

Stampede season has begun! I am so excited to be partnering with ROYOP and VIVO for their annual Coventry Hills Stampede Caravan Breakfast.

The best thing about Stampede is the sense of community. The entire city comes together to give back. Strangers or neighbours – I'm happy to flip a pancake for you.

Join us on Tuesday, July 11th from 9-11AM in the Michael's parking lot at the Coventry Hills Centre! Grab a bite to eat, chat with your neighbours, and soak in the hot July weather.

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor



Honourable Michelle Rempel Garner, M.P. **Calgary - Nose Hill**

Summer brings many opportunities for our community to join together and celebrate all that makes our city and our country a wonderful place to live. I look forward to spending time meeting with people in our community at the various events that will be held over the next several weeks. Thank you to the many volunteers who will be making these community events possible for all to enjoy.

Many community members have recently brought their concerns about violent crime in our communities to my attention. Everyone deserves to feel safe wherever they live, work, go to school, or while taking public transit. That is why I have sponsored a petition calling on the federal government to work closely with our provincial government and victim advocacy groups to address this issue. You can sign this parliamentary petition at:

<https://petitions.ourcommons.ca/en/Petition/Details?Petition=e-4406>

As always, if you have a federal need or concern, please contact my office. I hope you have a safe and happy Canada Day and Calgary Stampede this July!

The Hon. Michelle Rempel Garner
Member of Parliament
Calgary Nose Hill

Michelle.Rempel@parl.gc.ca

403-216-7777

115 – 70 Country Hills Landing N.W. T3K2L2

SOLUTION

1	L	A	N	D	O	W	N	E	R	6	B	O	S	S	
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DOWN

1 lacquer, 2 nostalgia, 3 ouch, 4 now now, 5 rotation, 6 barber-shop, 7 smite, 8 pickle, 13 conformist, 16 meteorite, 17 artistic, 18 strips, 20 sweetie, 21 Nepali, 23 Satan, 25 spun.

ACROSS

1 landowner, 6 boss, 9 cash cow, 10 termini, 11 Utah, 12 bottleneck, 14 region, 15 consommé, 18 Stafford, 19 Coates, 22 restrained, 24 pole, 26 patriot, 27 appoint, 28 knot, 29 clientèle.

Mention the NHCA and
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will donate 5% of your
purchase to us!

LET'S
RAISE
SOME **DOUGH**

NORTHERN HILLS
COMMUNITY ASSOCIATION

SUPPORT YOUR
COMMUNITY

Laugh of the day



By Punctuation Association Joni R.
punctassoc@hotmail.com

Sudoku

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

Northern Hills
Community Association

The Club.



36 Holes of Remarkable Golf

2 CHAMPIONSHIP COURSES

TALONS • RIDGE



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SIMULATORS IN THE OFF SEASON



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- » 1334 Country Hills Blvd. NW, Calgary, AB



COUNTRY HILLS
GOLF CLUB

Gardeners Corner

If you happen to be walking by either of our gardens, in Coventry Hills or Harvest Hills, go ahead and stroll through! We want our gardens to bring enjoyment and inspiration to everyone in the community, whether you're a gardener or not. Everything is starting to fill out nicely now, and it can be really relaxing to sit and eat your lunch in the garden.



With our current weather and forecast, you can see a lot of quick growth in your plants this month. Now is the perfect time to transplant your tender plants like tomatoes, squash, and beans. Just remember to put up a cage for plants that need a little extra support and take a few minutes to install a small fence around your bed if it is at ground level – rabbits can destroy your plants in a few minutes!

Remember that as the rain tapers off, Calgary winds can really dry out your garden quickly. It is recommended to give your garden a full inch of water several times a week – as much as every day if it is extra hot and dry. This is especially true if you have a raised garden bed.

If you have any questions or suggestions, please contact our Gardens Director Amanda at gardens@nhca.ca



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Submitted by Kim Lee