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Harvest Hills

Panorama Hills



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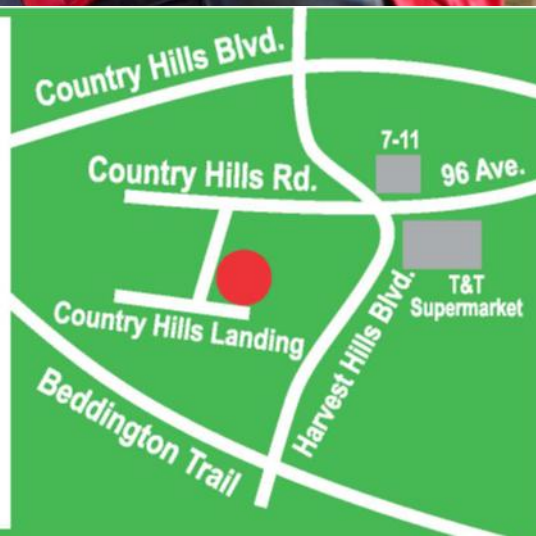
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President's Message



Amanda Mauch
President
Northern Hills
Community Association

What a summer so far! With this fantastic hot weather, I hope you are all getting outside and enjoying the outdoors with friends and family. We are very excited to introduce a **brand-new** event this month: [Community on Tap](#)! This is going to be a fantastic event with a beer garden, music, market, silent auction, games, and more, held inside the arena area of Vivo. We are hoping to make this our annual membership drive and fundraiser, and it is **only \$10 to attend**. This will be an adult-only event, please go to our [website](#) for more information and to get your advance tickets. Hope to see you there!

This past month, the NHCA hosted a fantastic Summerfest at the Harvest Hills Hub. Our next event at the Hub is [Movie in the Park](#) on August 12. This is another free family event where we will be playing *Pirates of the Caribbean* on a large screen out on the grass. Come out see us at the Harvest Hills Garden location and check out our local vendor market before the movie!.

Our **Good Food Box** program is returning from summer break this month! With the price of groceries right now, these boxes provide a good amount of quality produce for a very reasonable price. Next order deadline is August 21 ready for pick up on August 31. Please go to our website [to order](#).

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

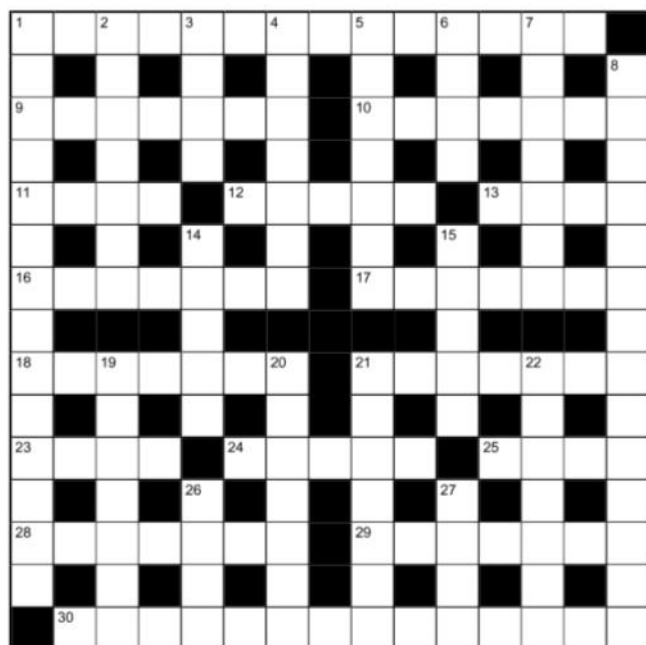
Our current volunteer and board needs are laid out in more detail on our website [here](#), or you can support us by becoming a [member](#).

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

Amanda Mauch
President
Northern Hills Community Association

Amanda Mauch

President
Northern Hills Community Association



DOWN

- 1 Novel – old, weird Christie novel (5,4,5)
- 2 Drink with a trainee policeman before work (7)
- 3 Manufactured cheese turns up (4)
- 4 Rich trifle excited oriental (7)
- 5 Elected leader finally in charge is able to keep in shape (7)
- 6 Drinks up on board ship (4)
- 7 Mounting fear? (7)
- 8 From time to time bury glove by telly, oddly (14)
- 14 Friend acquires ring of bronze perhaps (5)
- 15 Rogue found in part of church when speaking (5)
- 19 To get rid of a slob, I changed hospital (7)
- 20 Intended to provide funds, lacking new opening for enterprise (7)
- 21 Tire man out making clothing (7)
- 22 Kind that is wearing glasses (7)
- 26 Small label for men only (4)
- 27 Bishop meets one Greek character or another (4)

ACROSS

- 1 March off before obnoxious display of attractive offers (5,9)
- 9 Decried fighting in third game of best of three? (7)
- 10 Hopin' to find something for the pain (7)
- 11 Some polypropylene is substandard (4)
- 12 Fund for young Tom (5)
- 13 Little child needs strength, it's said (4)
- 16 Force one may chiefly associate with Heartbeat (7)
- 17 Study with class and fit in (7)
- 18 Forestall Anne Boleyn's fate? (4,3)
- 21 Vicar, is it? Call again (7)
- 23 Old boy wants old pound coin from the past (4)
- 24 It enables you to visit several stations (5)
- 25 Present the woman with accolade finally (4)
- 28 One curtailed diction strangely – that's stupid (7)
- 29 English supporter is first to tackle poet (7)
- 30 They will take on big guns at start of bestselling book (3,5,6)

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
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: 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



COMMUNITY ON TAP

JOIN THE NHCA FOR OUR FIRST EVER
ADULTS ONLY NIGHT!



August 18, 2023
6:00 pm to 11:00pm

Vivo East Arena

Tickets \$10 / 2 for \$15

NHCA Members get a Free Drink

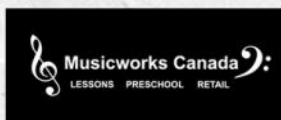
www.nhca.ca/community-on-tap

Beer Gardens
Silent Auction
Food Trucks
Market
Games
D.J.
Door Prizes

[Buy Tickets Here](#)



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OUR SPONSERS!





COMMUNITY ON TAP

VOLUNTEER AT THE EVENT!

Ages 18+ Only.
Multiple roles & shift times available.

Set-Up
Entrance/Exit Monitor
Drink Ticket Sales
Beer Gardens - Proserve Certified
Beer Gardens - General
Event Supervisor/Floater
Take Down

[Sign Up Here](#)



THANK YOU TO
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COMMUNITY ON TAP

VENDOR MARKET REGISTRATION

We're calling all artists, artisans, creators, and vendors to register for Community on Tap Mini Market.

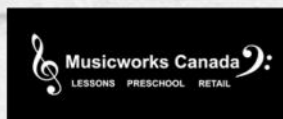
The cost for a vendor is \$100 and you must supply your OWN 8ft table and chairs. NHCA Member pricing is \$80.



[Sign Up Here](#)



THANK YOU TO
OUR SPONSORS!



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.



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



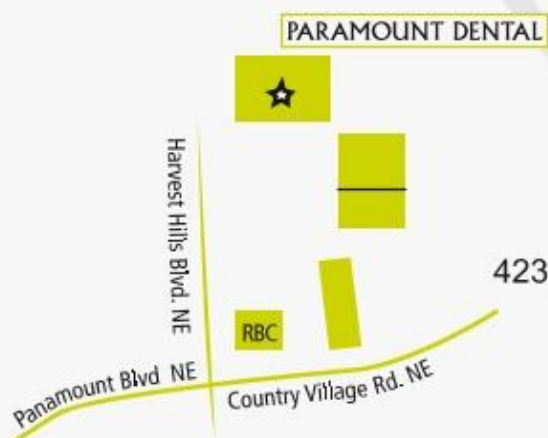
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Invisalign®
Sedation Dentistry



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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)

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WE WELCOME ALL NEW PATIENTS



Yoga Classes for Children
Coming this Fall

Check our website for upcoming Saturday afternoon workshops

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MORE



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FOR THE MONTH OF AUGUST

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Repairs

Preschool

AI Driven Math

Coding

musicworkscanada.com

There's still time to win prizes with the Ultimate Summer Challenge!

You can still join the Library's summer reading challenge for a chance to win fun prizes, like Calgary Zoo Engage memberships, family passes to TELUS Spark, Kiwi Crate subscriptions, AirPods Pros, iPads, and more. Register in person or online at calgarylibrary.ca/summer

Have you visited the Digital Library?

Your Library membership gives you access to free in-person services like book borrowing, room rentals, and printing, but did you know it also gives you access to an entire Digital Library? The Digital Library includes *The New York Times*, streaming services, free virtual tutoring and language learning supports, and so much more — all you need is your Library membership.

Access hundreds of resources at calgarylibrary.ca/digital-library

Fall program registration starts August 22

The Library has lots of fun programs for kids and teens to make learning fun, even if you're not ready to think about back to school. Registration for Baby Rhyme Time starts August 22. Registration for all other programs starts August 23.




Register at calgarylibrary.ca/programs

Improve your skills with Learning Express

Learning Express is a digital resource that supports everyone from kids to seniors develop new and emerging skills, from typing practice to interview prep and TOEIC and TOEFL practice tests.

Level up your skills at calgarylibrary.ca/Learning-Express



**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.

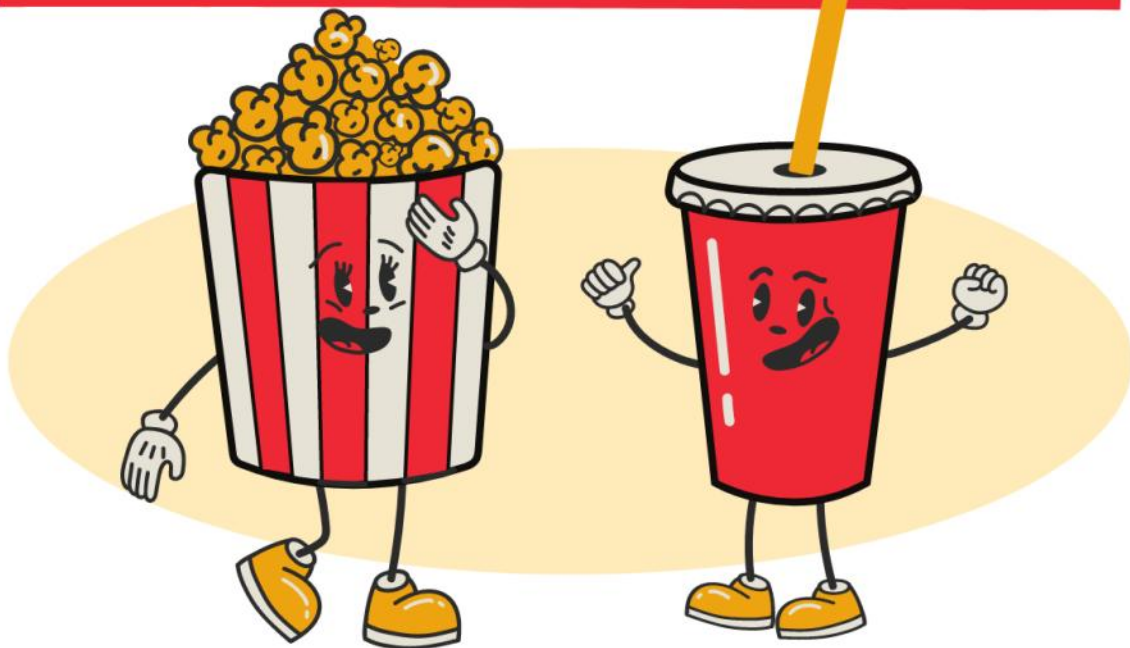
Medication storage	Prevention
<ul style="list-style-type: none">Place all medications in locked containers and store in an area inaccessible to children;For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;Install child locks on all cabinets, or drawers where medications are stored.	<ul style="list-style-type: none">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.

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.

www.albertahealthservices.ca

HARVEST HILLS HUB **MOVIE NIGHT**



SATURDAY, AUGUST 12 @ 9 PM

PIRATES OF THE CARIBBEAN

**FREE ADMISSION ~ LIMITED PARKING
BRING YOUR OWN CHAIR & SNACKS**

HARVEST HILLS COMMUNITY GARDENS
520 HARVEST LAKE DRIVE NE
FOLLOWING OUR ANNUAL MAKERS' MARKET 5-9PM!

NHCA.CA/HHHUB OR FACEBOOK.COM/HARVESTHILLSHUB FOR MORE INFORMATION

Join Us For the
Harvest Hills Hub Annual
**MAKERS'
MARKET**

Harvest Hills Community Gardens
520 Harvest Lake Drive NE
August 12, 2023 | 5pm - 9pm

**LOCAL
VENDORS**

**FREE
ENTRY**

**FREE
MOVIE TO
FOLLOW**



Calling all
makers,
artisans, and
businesses to
register for the
HHHub Makers'
Market! It's
free to register!



Saturday, August 12th
5-9pm

Harvest Hills Community Gardens
520 Harvest Lake Drive

Register here
before August
10th!





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



**Sunday August 27
Church Service at
Camp Harmattan
@ 10:00 am**

Everyone invited.

**Bring your own lunch,
lawn chairs, friends and
family.**

**Come to enjoy some
games and great fellowship**

There will be no church service at the church



SEPTEMBER 10

Two Services

9:15 & 11:00 AM

**Harvest Kids Youth Nursery
and our weekly Ministries**



Registration for
fall programs is
now **open!**

vivo.ca



ORDER YOUR GOOD FOOD BOX

Good Food Box is a program under The Community Kitchen Program of Calgary where you can purchase fresh fruits and vegetables at an incredibly low cost. Now with the Northern Hills depot location right out of Vivo! Prices have increased \$5/box.

Please visit our website nhca.ca/good-food-box and order your box now!





Thank YOU for making the HHHub Summer Fest 2023 a success!

And thank you to Naka Image for these incredible photos!



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.



District Animal Hospital
& Urgent Care

BBQ & Charity

Dog Wash

BBQ
Mini Donuts
Face Painting
Charity Dog Wash
Raffle Baskets
Hospital Tours
Pause4Change Adoption Event

Join VCA Canada District
Animal Hospital

Saturday, August 12th
11:00am - 2:00pm
11154 11th Street NE, Calgary
825-252-5671

Proceeds going to
Pause4Change &
Paw It Forward



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

AUGUST WINNER!

Millet Funnel Cake
Winner: Felicity Meng

Ingredients

Millet 200g
Water 100g
Corn flour 100g
Milk powder 30g
Yeast 3g
Sugar 15g
♥ Decoration mold
Red dates
Adequate amount of wolfberries
6 inch live bottom mold 1pc



How to Make Millet Cake

Prepare the ingredients (wash the red dates and wolfberries in advance and control the water).
Wash the millet, soak it in water for more than 8 hours (soak it on the first night and do it on the second day).
Pour out the soaking water, put the millet into a food processor and pour 100g of water into it, and stir well.
Press the millet into a fine paste.
Pour into a pot and set aside.
Millet paste + milk powder + yeast + sugar = mixed batter
Pour in the cornmeal
Stir well until there is no grain
Pour into molds, cover with plastic wrap and let ferment in a warm place until 8 minutes full (2 times the size).
The batter should be 8.9 minutes full, but it will collapse if over-fermented.
Gently press the dates and wolfberries onto the surface of the batter.
Place on a steamer drawer and steam under water.
Cover the pot with a lid and turn on high heat to medium-low heat and steam for 25 minutes, turn off the heat and then simmer for 5 minutes (when you hit the lid, do not drip the steam on the cakes) ~
Remove mold.
The cake is not hot to the hand can be released, and mousse cake, put a cup underneath, hands holding the mold pull down on it, the bottom of the cake mold with a knife blade down to ~!
Millet cake is ready!

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			



Aug. 1-7: International Clown Week

Aug. 3: National Watermelon Day

Aug. 8: National Sneak Some Zucchini Onto Your Neighbor's Porch Day (Or, use up that bounty with our best zucchini recipes.)

Aug. 10: National S'mores Day

Aug 12: Vinyl Record Day

Aug. 13: International Left-Handers Day

Aug. 20: International Geocaching Day

Aug. 20: World Honeybee Day

Aug. 25: Kiss-and-Make-Up Day

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Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

Announcing Alberta's New Cabinet: On June 9th, Premier Smith swore in Alberta's new cabinet. Cabinet will work collaboratively to accomplish the goals Albertans voted for, including continuing to grow and diversify the economy, keeping life affordable, reforming the health care system, tackling crime, providing help for those struggling and defending Alberta's interests. I have been appointed Minister of Immigration and Multiculturalism and look forward to serving Albertans in my new role.

Nominate a Newcomer Who Has Made A Difference: Nominations are open for the Alberta Newcomer Recognition Awards that celebrate immigrants who have made outstanding contributions to our communities. For details visit <https://www.alberta.ca/alberta-newcomer-recognition-awards.aspx>visit. Deadline for nominations is August 9th, 2023.

Fuel Tax: Alberta Government has extended the provincial fuel tax relief program to the end of the year. To learn more visit [Fuel tax paused until December 31 | La taxe sur les carburants est suspendue jusqu'au 31 décembre | alberta.ca](#)

Stampede: I want to thank all those who invited me to events during stampede and throughout the Summer. I had a lot of fun and met so many incredible people. These events cannot happen without the tremendous help of volunteers who make it possible. Kudos to all of you!

Thank You: I am very thankful to you for your trust and confidence in re-electing me as your MLA. I am very much looking forward to continuing to serve the residents of Calgary-North. Please do not hesitate to reach out to me at any time should you need assistance.

Wishing you a Relaxing Summer

Sincerely,

Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

calgary.north@assembly.ab.ca

403.274.1931

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



Jasmine Mian Ward 3 Councillor

The last month of summer is officially here! While the weather is still hot, here are some fun outdoor events happening across Ward 3 and the City throughout August.

Park n' Play

Park n' Plays are free games and activities hosted at parks across the city for ages 3-12. Sessions are drop-in only and on a first come-first serve basis. Ward 3 has one more Park n' Play happening this summer: from August 21-28, Nose Creek School will have outdoor programming for ages 6-12. Check out calgary.ca/parks-rec-programs for more information.

Sport Calgary – All Sport One Day

Sport Calgary is also hosting a variety of sports programs for ages 6-17. On August 19th, children can try a new sport or activity for the first time, completely free! Registration opens August 10th, and spots fill up quickly. Check out sportcalgary.ca/all-sport-one-day for more information.

In the Community

Stop by the Harvest Hills Hub Market and Movie Night on August 12th from 5-9PM at the Harvest Hills Community Garden! I'll be there to chat with residents and would love to talk with you.

For more information on all things related to Ward 3 or to contact my office directly, visit jasminemian.com.

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor

SOLUTION

1	C	H	A	R	M	O	F	F	E	N	S	I	V	E			
	I		L		A		E		L		U		E		8		
9	D	E	C	I	D	E	R		10	A	S	P	I	R	I	N	
	E		O		E		T		S		S		T		T		
11	R	O	P	Y		12	K	I	T	T	Y		13	M	I	T	E
	W		O		14	A		L		I		15	K		G		R
16	I	M	P	U	L	S	E		17	C	O	N	F	O	R	M	
	T				L						A						I
18	H	E	A	D	O	F	F		21	R	E	V	I	S	I	T	
	R		B		Y		I		A		E		P				T
23	O	B	O	L		24	R	A	D	I	O		25	H	E	R	E
	S		L		26	S		N		M		27	B		C		N
28	I	D	I	O	T	I	C		29	E	L	E	G	I	S	T	
	E		S		A		E		N		T		E				L
	30	T	H	E	G	R	E	A	T	G	A	T	S	B	Y		

ACROSS

1 charm offensive. 9 decider. 10 aspirin. 11 ropy. 12 kitty. 13 mite. 16 impulse. 17 conform. 18 head off. 21 revisit. 23 obol. 24 radio. 25 here. 28 idiotic. 29 elegist. 30 The Great Gatsby.

DOWN

1 Cider With Rosie. 2 alcopop. 3 made. 4 fertile. 5 elastic. 6 sups. 7 vertigo. 8 intermittently. 14 alloy. 15 knave. 19 abolish. 20 fiancée. 21 raiment. 22 species. 26 stag. 27 beta.

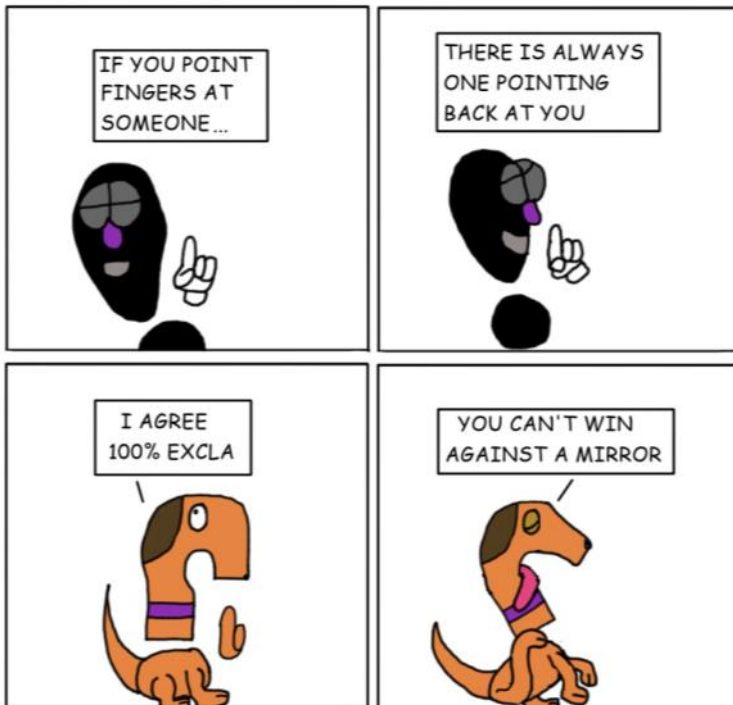
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By Punctuation Association Joni R.
punctassoc@hotmail.com

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

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