

NORTHERN HILLS COMMUNITY ASSOCIATION



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Southeast Calgary wins again

By David Hartwick

As you likely know by now, City Administration put forward a recommendation to City Council to build Phase 1 of the Greenline LRT, connecting 16th Avenue North to 126th Avenue South. City Council subsequently approved it.

The NHCA has been involved in Greenline open houses and planning meetings for several years, and this is NOT what we were expecting. Nor was it what the federal government announced funding for, 2 years ago. As such, we joined MP Michelle Rempel, MP Tom Kmiec, and Councillor Sean Chu, issuing a media release expressing our disappointment. Our President, Leah Argao, followed up with a number of media interviews, comparing the LRT to a heart with arteries running to it, but not necessarily through it, questioning if this needed to be one complete line, or two lines connecting in the middle. Councillor Carra asked a similar question.

As Administration gave their presentation, thoughts crossed my mind such as the lack of ice rinks in the area; how small VIVO is; the destruction of Harvest Hills Golf Course; the plans to destroy the Nose Creek escarpment; and the lack of baseball diamonds, football fields, and tennis courts. Councillor Chu reinforced my thoughts when he noted that the Centre North has been ignored too long and wanted to ensure Wards 3 and 4 are not ignored. Or as many said, 'screwed' again.

Administration made statements that made me wonder if the Northern Hills, or north Calgary for that matter, was in a different city. They referred to phase 1 as connecting to transit networks, meaning the core. They said that they may not see this investment again...or for some time. They said that Phase 1 was delivering the highest return on investment to ALL Calgarians as it would serve or improve service for every ward. They said that Phase 1 addresses the underserved and overcapacity areas of Calgary, connect them to destinations, meet the needs of Calgarians today, and that the economic benefit is for all Calgarians. They said this plan protects the economic engine downtown.

Administration was asked if other sites were considered for the maintenance/storage facility, requiring the south leg to be constructed first, and they responded there was nothing large enough in the north. Mayor Nenshi challenged this statement citing the 329 acres in Aurora located south of 96 Avenue. Even though the City of Calgary already owned the land, administration did not evaluate it due to already being designated as a business park. However, they plan on putting a smaller LRT facility there, so why not the larger facility? The Mayor also asked about the land north of Stoney Trail, but it was not considered.

Oddly, even though the north leg ridership is currently 35000/day, administration believes 11000 passengers a day will use the 16th Avenue station. Mayor Nenshi subsequently challenged administration to improve the transit experience for North Central.

I also thought about the North Calgary Crosstown, a new BRT, which will connect Brentwood Station to Saddletown Station. Yes, you read that right...while we do not get LRT service, the City is building a new route that overlaps the route 19 bus and connects 2 LRT stations. And no, even though it is called the North Crosstown, it is running down 16th Avenue, compared to the South Crosstown that runs across Heritage Drive and into the deep Southeast. Over a year ago, MLA Kleinsteuber and myself challenged Transit Planning to put the route 'north' such as 40th Avenue or McKnight, or Country Hills Blvd. But we lost again.

Jim Stevenson said there's not going to be rioting in the north. The truth is, there wasn't any rioting. There wasn't much reaction at all. There rarely is. And all levels of government know it. The north continues to fall behind the rest of the city in infrastructure development. Are you angry yet?

Wanted: One overdue high school

By David Harwick

Northern Hills residents continue to rally for the North Calgary High School following two rallies in March, and the Annual General Meeting in April.

Since that time, the Advocates for North Calgary High School Committee has been formed, and a Facebook group has been created. The committee, which already has 60 members, is almost entirely from Coventry Hills, and needs residents from other communities to join them. This high school will serve the residents of Harvest

Hills, Coventry Hills, Country Hills, Country Hills Village, and Panorama Hills, in addition to Hidden Valley.

Community members have held several meetings, being creative in their search for meeting space, and a steering committee has been formed, but is still looking for a representative from Panorama Hills, Harvest Hills, and Country Hills. In the coming months, the committee will work on building a membership, a strategy, and how to implement a campaign to get the high school built.

This is a community committee and the NHCA supports the effort these residents are putting into ensuring the North Calgary High School is built rather than disappearing off the CBE Capital Plan again. While the committee is in development, you can reach them through the Facebook group, or for now, through advocacy@northernhills.ab.ca

Special thanks to the Calgary Public Library - Country Hills and Cabela's Calgary for providing meeting space, thus far.

JUNE 3, 9-12 AM: COMMUNITY ROUND UP & FREE STAMPEDE BREAKFAST FOR FIRST 5,000 PEOPLE AT VIVO

JUNE 10: COMMUNITY CONSIGNMENT SALE AT VIVO

JUNE 13: PRE-SCHOOL OPEN HOUSE AT VIVO

JUNE 17: ALL SPORT ONE DAY (FREE PROGRAM FOR KIDS) AT VIVO

JUNE 30: CANADIAN BLOOD SERVICES CLINIC AT VIVO

JULY 8: VIVO, MLA JAMIE KLEINSTEUBER & MP DARSHAN KANG STAMPEDE BREAKFAST

JULY 9, 9-11 AM: HARVEST HILLS ALLIANCE CHURCH STAMPEDE BREAKFAST

For up to date community news and events, visit www.northernhills.ab.ca or follow us at Twitter @northernhills/like us on Facebook: northernhillscalgary

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this month
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Hello to my neighbours! Spring is in the air and with it comes some exciting changes...the sun comes out, leaves turn to green, flowers pop up and people start to get outside and embrace the fresh air.

NHCA is also embracing a few changes with the departure of several board members leaving to pursue new adventures and the welcoming of several new members to the team, who are excited to share their energy and expertise. I would like to extend a HUGE thank you to our past President, Rick Lundy, as well as board members Amanda Davis and Suresh Fernando, for the dedication and hard work that they invested into developing programs, advocacy and advancing the NHCA to where it is today. Filling Rick's shoes as President of the Northern Hills Community Association won't be an easy task but, I am blessed to have the support of

some amazing partners on the board and beyond who are filled with fresh new ideas and desire to serve the greater good of our community.

We have hit the road running with some new initiatives, beginning with engaging our residents at several events, to better understand what our community wants from its association. Is it more arts or social programming, more diversified sport programs, advocacy on key issues, personal/professional development or is it something else we haven't thought of? The NHCA wants to be more responsive to the diverse needs of our community and we are wanting to hear from you. We welcome any ideas that will add value to our membership and our community, and they can be emailed to info@northernhills.ab.ca.

Other exciting items we are working on include the resurrection of a

planning committee, participation in a social enterprise initiative, developing strategic advocacy plans to address our myriad of community issues, supporting playground development and planning our role in the upcoming Canada 150 celebrations. In addition, the board plans on developing some longer range plans to implement over the next 3-5 years that will create a bigger, broader impact to our amazing hills. There are numerous initiatives that we want to get off the ground but the one thing we need is the energy of more volunteers, including a couple of key roles on the board and several committees. Whether you can give a few hours every once in a while or if you want to get more heavily involved, we would be grateful for every extra set of hands that will help us deliver

some of our pretty ambitious goals.

I am very excited, and slightly overwhelmed, in taking on this role but I am committed to connecting with as many groups, associations, councils, business owners and residents as possible, to ensure that the NHCA is providing its community and its members outstanding value and representation. By building our community connections we hope to engage more residents to participate in developing new ideas and embracing some of the exciting changes that are evolving in our backyards.

Stay on your toes... it will be a busy summer!

Leah Argao
President- Northern Hills Community Association
president@northernhills.ab.ca

NHCA Contacts

BOARD MEMBERS

- President: Leah Agaro
- 1st Vice President: David Hartwick
- 2nd Vice President: Jessie Leighton
- Secretary: Mohamed Hassanin
- Treasurer: Lonny Mah
- Directors: Jory Allen, Wayne Brown, Susan Burke, Simon Cheng, Vania Szeto

COMMITTEES

- Adult Co-Ed Slopitch: Neil Meyer
- Adult Soccer: **TBC**
- Advocacy: David Hartwick
- At Home in the Hills: Allan Pole
- Beautification/Community Enhancement: **VACANT** – contact us!
- Business Development: Wayne Brown
- Community Gardens: Jon Berlie, Melissa Duong, Sarah White
- Events: Jory Allen
- Membership Services: **VACANT** – contact us!
- Planning: Simon Cheng
- Playgrounds: Victoria Henry, Meghan Keating
- Rinks: Daniel Sennhauser
- SPRY in the Hills: J-L Emond

- Vivo rep: **TBC**
- Volunteers: Mohamed Hassanin
- Youth: **VACANT** – contact us!

CONTACT

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- Kids/Youth Soccer: SoccerTech, info@soccertech.ca
- Website/IT: Troy Davis, troy.davis@northernhills.ab.ca
- Newsletter Publishing: Duane Thomson at Keyline Publishing

NHCA VOLUNTEER OPPORTUNITIES

If you would like to volunteer with any of our programs or events, please contact: volunteer@northernhills.ab.ca

VOLUNTEER FOR THE NEXT COMMUNITY VISIONING EXERCISE!

Are you an architect, landscape architect, community planner or a hand illustrator? Whether you are a student or professional, NHCA needs your skills to help conduct a charrette exercise with the community. Illustrators will take real-time feedback from community members and draw community members' visions and aspirations onto paper. If you are interested in finding out more, please email Simon at planning@northernhills.ab.ca.

WEBSITE EDITOR

Do you have experience of WordPress? Have you got a few

hours every couple of weeks that you could dedicate to helping us to update our website? Please contact admin@northernhills.ab.ca if you can help out!

ARTICLE WRITERS

Calling all aspiring Lois Lanes, Clark Kents and Rory Gilmores! If you have a passion or interest and would like to share it with our communities, would like to report on events or anything interesting going on in your neighbourhood, please send in your articles to editor@northernhills.ab.ca or contact: admin@northernhills.ab.ca for more information.

EDITOR'S NOTE : All articles submitted by the general public are the authors' opinion and not necessarily reflective of the opinion of NHCA.

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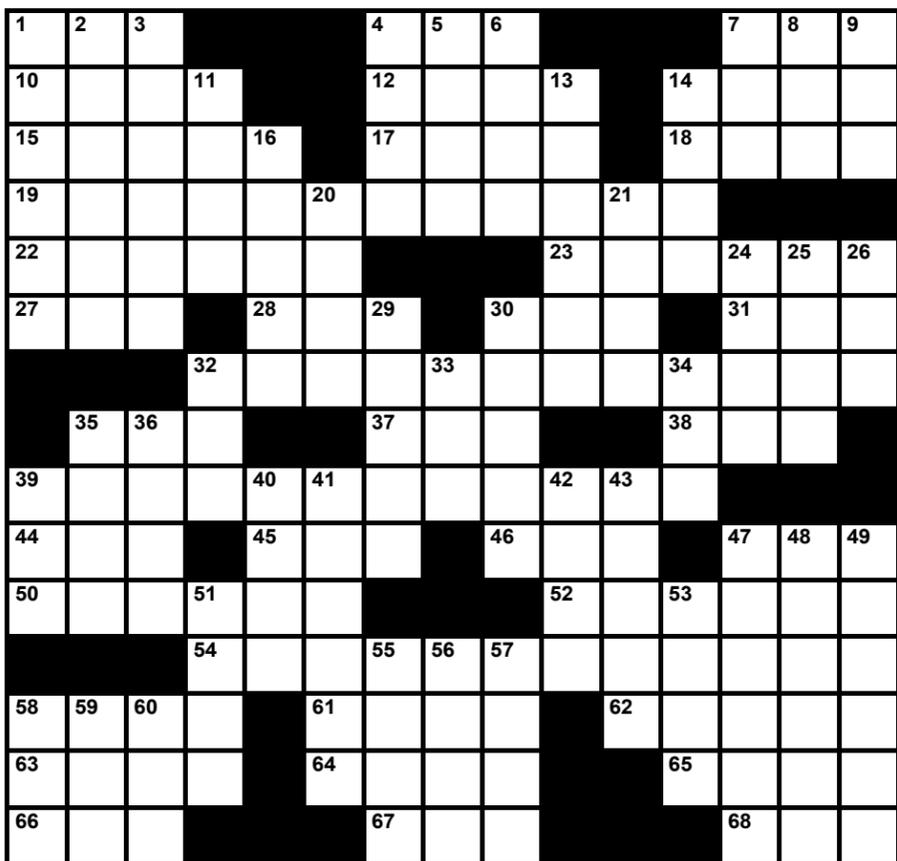
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Civic election on October 16, 2017

CROSSWORD



ACROSS

- 1. "60 Minutes" network
- 4. Decline
- 7. Airport posting, abbr.
- 10. Chance occurrences
- 12. "C'est la vie"
- 14. Auspices
- 15. Leaning
- 17. Half man, half goat
- 18. Awfully long time
- 19. Cream companions
- 22. Couch
- 23. The human soul
- 27. Coast Guard officer, for short
- 28. Call, as a game
- 30. Vacation locale, with "the"
- 31. Lord's Prayer start
- 32. Fruity dessert
- 35. Kind of truck
- 37. Blood-typing letters
- 38. Inits. on a rocket
- 39. Laundry accessory
- 44. End
- 45. Affairs

DOWN

- 19. Leaning
- 20. Page
- 21. Biblical twin
- 24. Corn castoffs
- 25. Kind of skirt
- 26. Word used before now
- 29. Warning signs, when red
- 30. Inside info
- 32. Bristle
- 33. Diminish
- 34. Kind of pie
- 35. Chamber group, maybe
- 36. "My bad"
- 39. Would contraction
- 40. "Eureka!" cause
- 41. Small knot
- 42. Seed coat
- 43. Automaton
- 47. Fold of a membrane
- 48. Gang
- 49. Kind of nut
- 51. Ponzi scheme, e.g.
- 53. Pitcher
- 55. When repeated, like some shows
- 56. Lodges
- 57. Exploit
- 58. Answer incorrectly, e.g.
- 59. Animal house
- 60. Deserter

Answers on page 14

- 46. Ace
- 47. Communications authority
- 50. Bedded down, in Britain
- 52. Spain and Portugal
- 54. Vegetables
- 58. Cornell of Cornell University
- 61. Pool division
- 62. Game fish
- 63. Drift
- 64. Europe's highest volcano
- 65. Decree
- 66. Balderdash
- 67. Ballpark fig.
- 68. Kitten's cry

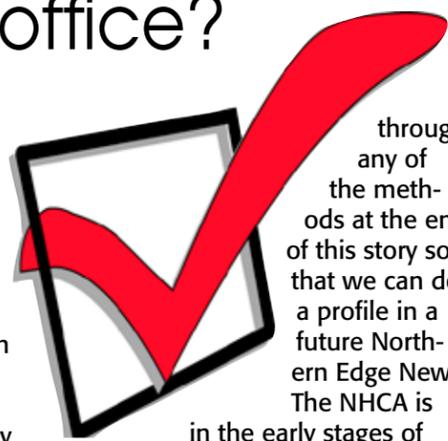
Ever considered running for office?

By David Hartwick

This October, Calgarians will head to the polls.....hopefully, to elect a City Council and trustees for both the Calgary Separate School Board and Calgary Board of Education. I say hopefully, as our communities had abysmal turnout in the last civic election. City wide, the turnout was only 39.43%, but our numbers were much lower: Coventry Hills was about 27%, Harvest Hills, 31% Panorama Hills, 24% and Country Hills 32%.

All of the Northern Hills communities will become part of the new Ward, also grouping us with Hidden Valley and the new community of Livingstone. This election brings in a new City Councillor for our ward, as Councillor Stevenson is retiring; a new public school trustee, as Lynn Ferguson is retiring; and there is no word yet if Linda Wellman is running for re-election, and she has been a trustee for over 25 years. What an amazing political career!

A few people have announced their candidacy for Councillor, and a few have even withdrawn already, but we have not heard any intent for school trustee. The CBE will be holding an information session for potential candidates at the Education Centre on June 13th. Keep an eye on their website and social media for the time and more information. The NHCA would also love to hear from you if you are considering running



through any of the methods at the end of this story so that we can do a profile in a future Northern Edge News. The NHCA is

in the early stages of planning an Election Candidate Forum, likely October 1st where we hope to have all the candidates attend and answer questions. And we want the questions to come from YOU, the community. What is an election issue to you? What bugs you? What is important? What would you like to see changed? Traffic signals? Dog parks? Bylaw enforcement? Protecting Nose Creek valley? Development? Transit? City policy? Planning process? We want to hear your questions and some of them will be used. We are also getting a question from our MLA and one of our MP's for a new twist to forums.

Once we know who the candidates are, we hope to publish additional questions and answers in the newsletters leading up to the election.

You can send us your questions through our Northern Hills Community Association Facebook page, @northernhills on Twitter, or email us advocacy@northernhills.ab.ca.

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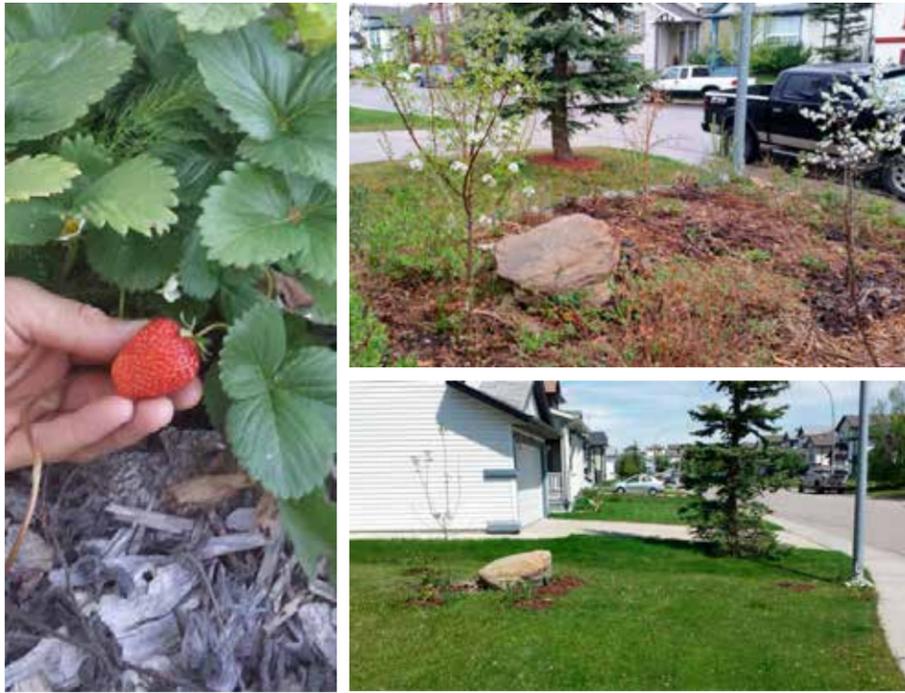
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What is a food forest garden and how can I have one too?



By Jon Berlie

Well, Spring has sprung once again in the Northern Hills and like a time-honored tradition, we prepare for the start of outdoor sports, camping and of course gardening to celebrate the return of warm sun and longer days.

Every year avid gardeners and curious novices alike are excited to see what can be grown in our climate with high hopes of added beauty to the swath of brown that dominates the foothills for most of the year we make routine forays to the nurseries to purchase plants and landscape supplies. This year I would like to suggest that people join the growing movement to start a food forest in their own yard.

What is a food forest exactly?

In a nut shell a food forest or edible forest garden is a garden consisting of a diverse range of plants that complement each other by occupying different ecological niches. For example in our front yard we have pear, apple and plum trees, which are surrounded by lower layers of honeyberries, goji berries, raspberries, asparagus, saskatoons, Echinacea and then lower still, a ground cover of strawberries, mint, garlic and comfrey. That is a lot of stuff in a typical sized front yard.

Where to begin?

When we moved into our home in Coventry, the former detached home was a rental unit and the yard consisted of a dead Shubert choke-cherry tree and a lawn of thistles and dandelions. First we mulched out the lawn with wood chips to create the right environment for a forest. Forests do not grow well in grass; they need decomposing leaves and wood (aka mulch) to thrive. We then added our first fruit tree and then planted some strawberries, asparagus and nasturtiums around it, creating our first guild (a group of plants that support each other by growing differently and not competing. From there we just kept spreading outwards with new diverse perennials, shrubs and trees in locations where they were best suited...

To start you can keep it fairly simple and as we live in the age of information there is heaps of information on the internet. One recommendation is: urbanfarmer.ca/edible-plants-for-the-prairies/

Some food forest plants that grow amazingly here are: raspberries, strawberries (keep them in the ground not containers and mulch them well so they come back year after year), apples, saskatoons, gojis, asparagus, rhubarb and more!

Good luck and have fun planting a long-term investment that will cheer you up with blossoms and bounty year after year.



“Did You Know In the Hills?” Contest!

This month’s trivia question is:

Who is the new NHCA President?

Please send your answer, the article title and page number, along with your name, contact information and NHCA membership number* to: editor@northernhills.ab.ca. Our winners win a \$50 gift card to Applebee’s restaurant and a Vivo family day pass! Only current members will be entered in the draw; you can purchase or renew your membership online at www.northernhills.ab.ca/membership.

The winner of the “Did You Know in the Hills?” trivia question for the month of May is: **Marise Crichton, Congratulations!** The answer was “May 25th.” and can be found on page 8 of the May 2017 Northern Edge News in the article titled “SPRY.” Thank you to all of you who submitted your answers, and we look forward to your continued participation.

Thank you to the lovely people at Applebee’s and Vivo for sponsoring our contest!



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Playing Around the Neighbourhood

By Sarah England
Lead Play Ambassador

What did playing look like for you as a child? Did you run around the neighbourhood? "Call on" your friends the minute you could? Head home once the street lights turned on?

For me, playing was a time of freedom. Days were long, filled with neighbourhood friends and we organized ourselves into activities and

games as we pleased.

The play of generations passed is hard to find these days. Kids play indoors, under the watchful eyes and guiding hands of their parents. Screens have replaced the sun and our children aren't reaching the social, emotional, physical and cognitive benefits that unstructured play provides them. Play, by definition, must be self-chosen, motivated from within and allow for imagination. Without the

freedom to set their own boundaries our children miss out on the chance to use their creativity and problem-solving skills to make decisions and they don't learn to work through the emotions that come when things don't turn out as planned.

Here's the great news – playing can help to reset all of this. Play is a critical piece of development and our children should have the chance to experience play, for real. The Play

Ambassadors are educated, enthusiastic, experts on play and they are coming to you. Step back in time to a place where children play freely outdoors, in their own neighbourhoods. Where neighbours are friends and play is self-directed. Join the Play Ambassadors – it's free and everyone is welcome. This summer, let your children play the way we did – let them experience the freedom of play.

Community Playgrounds Update

By Victoria Henry

We have officially entered the next phase of our Community Hub and Park Space Renewal Project in Harvest Hills: Fundraising!! As mentioned in last month's article, the Playground Committee has teamed up with CandyMan Cory to raise the necessary community funds to make our vision for a great community gathering place a reality. We have been out door to door selling candy and other treats and accepting donations from residences in Harvest Hills and at the Community Clean Up and we

are so grateful for the generosity we have experienced so far.

Please look out for our playground committee volunteers and CandyMan Cory himself at NHCA community soccer practices, the Harvest Hills Crossing Carnival (June 17th), upcoming Stampede breakfasts, and canvassing in the Northern Hills neighbourhoods. In addition to selling high quality treats at very reasonable prices, we will be accepting donations for our Parks Foundation account (donations \$25 or more receive a tax receipt). We can accept cash, cheque or credit card and every

little bit helps us achieve our mission of creating a cohesive and inclusive community gathering space. Thank you for your overwhelming support and kindness as we continue to work towards our goal!

For more information on this project including a conceptual drawing, please visit <http://www.northernhills.ab.ca/playgrounds-update/>, email harvestplayground@northernhills.ab.ca or come see us at any of the NHCA soccer practices or NHCA tents at the aforementioned community events! We are passionate and excited to share our vision with you!!

If you would like to purchase candy for our fundraiser, please call Cory at 587-889-1850 and state "Harvest Hills Playground" when you order. Fill out the Parks Foundation donation form and mail it to the Parks Foundation at 225 13 Ave SW, Calgary, AB T2R 1N8.

The order form is also available at <http://media.northernhills.ab.ca/CandyForm-Colour-FINAL.pdf>. Nutritional Facts available at www.candyman Cory.com.

Personal Donations

(a) Download and fill out the Parks Foundation donation form and mail it to the Parks Foundation. Please select "Other" on the form, which we have already filled in for you with the "Harvest Hills Playground (Harvest Glen Way)" project.

OR:

(b) Donate via Paypal on the Parks Foundation's website. Please make sure you indicate which project you would like to support in the Instructions to Seller section by typing "Harvest Hills Playground (Harvest Glen Way)".

Whichever way you choose, tax receipts will be issued by the Parks Foundation for all donations over \$25!

Business Donations or Sponsorship

Calling all North Calgary businesses: We have many sponsorship opportunities for our park space available, including inscribed plaques on various structures (educational plaques, benches, and picnic tables). Please contact our contract Marketing Manager (Heather) to discuss sponsorship options for our playground rebuild. Email marketing@northernhills.ab.ca or call the NHCA Office.



Harvest Glen Way Outdoor Community Hub & Playground Replacement



Help us to build something great for the community! Volunteers from the Northern Hills Community Association are working with the Parks Foundation Calgary to replace the old playground into an amazing outdoor community hub with something for all ages!

There will be an exciting Alberta Nature Discovery Trail with educational signposts with information about each native species; playground equipment for kids of all ages, including an artificial climbing "tree", popular spinners, a hill slide and more; and a group socialization area for family picnics and neighbourhood gatherings.

In addition to this, we will be using native, drought-tolerant plants and grasses, helping to reduce long term water use, which is great for the environment. MLA Kleinsteuber is donating some of the plants, and some of the teachers and students at Notre Dame High School are

helping to design and build some custom benches and picnic tables. This truly is a real community led project!

If you don't want to buy candy, please consider donating. If every household in Harvest Hills donated just \$5, then over \$10,000 would be raised towards this fantastic community-led enhancement project!

You can visit: <http://www.northernhills.ab.ca/playgrounds-update/> for information on donating through the Parks Foundation for the "Harvest Hills Playground (Harvest Glen Way)" project. Tax receipts will be issued by the Parks Foundation for all donations over \$25. If you would like to sponsor an item in the playground, please contact the NHCA at 403-226-6422, email: harvestplayground@northernhills.ab.ca or marketing@northernhills.ab.ca

| CANDY | Cost per 275g bag* | Portion donated to project | Quantity ordered | Total \$ |
|--|--------------------|----------------------------|------------------|----------|
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| SOUR FRUIT SLICES | \$5.00 | \$1.75 | | |
| KERS MIX | \$4.50 | \$1.25 | | |
| CHOCOLATE ALMONDS | \$6.50 | \$1.55 | | |
| 1950s BLAST FROM THE PAST PACK Retro Candy <small>*weight & contents may vary for this item</small> | \$6.00 | \$1.25 | | |
| ORDER TOTALS | | | | |

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If paying by cheque, please make payable to: "Candyman Cory". Please note, a \$0.50 charge will apply to all credit card transactions. You can also order direct by telephone at 587-889-1850. Please state "Harvest Hills Playground" when you order.

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Del date: _____

Tracked: _____

Initial: _____

Coyotes in Our Community and Park Closure

Recent coyote incidents, continued sightings with risks from the coyote den in our area, and conflicts between the residents and aggressive coyotes have led to the closure of a large area of our green space. The City has expanded the closure from the pathway along the top of the escarpment near Panorama Hills Landing to the pathway between Country Hills Boulevard and Hidden Creek Boulevard.

We love our green space but for safety of the public and coyotes, our park will remain closed until further notice. Closure and monitoring of the area will be for at least month, and the City will provide public access once it has been determined safe. The City has warned that if people continue to ignore the closure signs, the next option could be lethal for the coyotes.

Calgary Parks staff are working closely with the Calgary Community Standards, the Country Hills Golf Course and local citizens. City Parks has circulated a letter to residents within the area, and Ward 3 Office has advised that City Parks is working to arrange an information session.

A week before a May 19 coyote attack at the Panorama Hills Landing a community member, Ted,

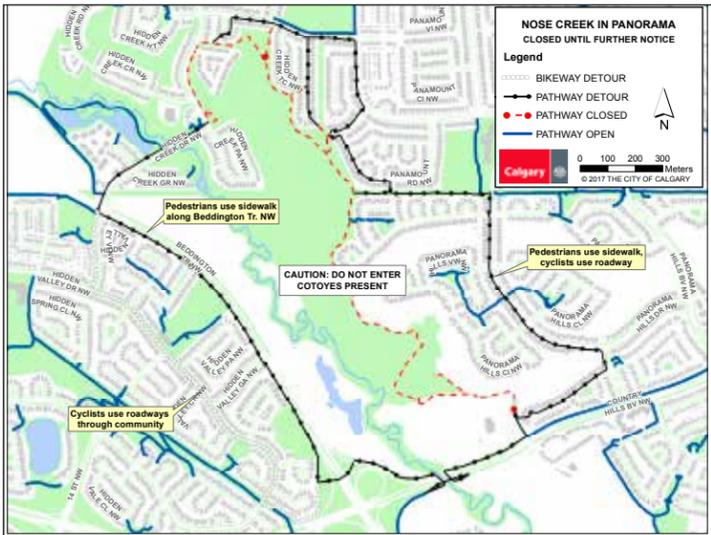
wrote us narrating a prior incident.

"I am a long time resident of Panorama Hills Mews and would like to bring to your attention, if it has not already the coyote problem that is at the base of the bike/walk path along side the North East side of Country Hills Golf Course. This past Saturday morning I was walking my dog on the trail and was attacked by a coyote. I had to fend off coyote for at least five minutes until a bike rider came down and helped out. Luckily myself or dog was not injured." - Ted

Then, the May 19 incident happened with the tragic loss of a small dog that belonged to Gordon Pearce's daughter.

Coyote sightings and incidents in the area have been shared by other community members on social media as well as in the news.

Please report coyote activity to 311. For any immediate threat, call 911.

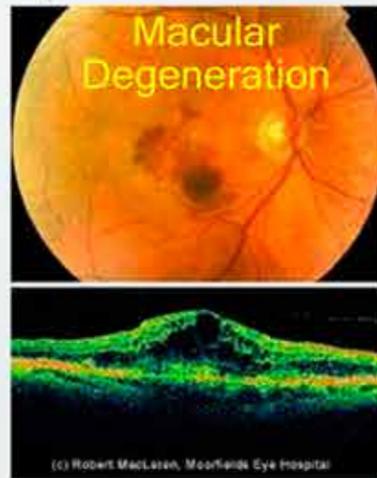


PROGRESSIVE OPTOMETRY

Dr. Debbie Luk
Dr. Andrew Chan
Dr. Anthony Fu

IT'S NATIONAL HEART MONTH

Your eye is the only place to see the bare artery, vein and nerve.



Our clinic has state of the art

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to detect early signs of

Atherosclerosis

High Cholesterol

Hypertension

Type I & II Diabetes

Carotid Artery Disease

before they cause vision loss and further affect your health!



Updated: 16-Aug-16

Membership Application

Membership expires one year from date of purchase. You can purchase a membership three ways:

1. Access our online membership registration at: www.northernhills.ab.ca under the **membership** tab
2. In-person registration at the office
3. Mailing your membership form below to the office

Mail Payment to: Northern Hills Community Association (VIVO, Genstar Wing)
11950 Country Village Link NE Calgary AB T3K 6E3

Fees:

- Family \$30
- *Associate \$30
- Single \$20
- Business \$50
- Senior (60+) \$20
- **Business Plus \$120

*Family/Single/Senior outside of the Northern Hills Area **Additional Web Ad
Please enclose cheque payable to "Northern Hills Community Association"

First Name: _____ Last Name: _____

D.O.B: _____ Gender: _____

(Spouses) First Name: _____ (Spouses) Last Name: _____

(Spouses) D.O.B: _____ (Spouses) Gender: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

Please indicate (✓) activities you would like to learn more about:

- Adult sports
- Arts & crafts
- Building Safer Communities (replacement for Blockwatch)
- Children's Sports
- Children's Non-Sports
- Other _____
- Community Social Events (Adult)
- Community Social Events (Family)
- Games Night
- Gardening
- Political Debates / Panel Discussions
- Seniors Fitness
- Seniors Games and Social
- Special Events
- Youth Council
- Youth Non-Sports
- Youth Sport

Please indicate (✓) activities you would like to see in your community:

- Older Adult Programs
- Children's Softball
- Other _____
- Outdoor Ice Rinks
- Indoor Soccer
- Farmers Market
- Tennis Courts

Would you like us to contact you about volunteer opportunities in your community?

- yes
- no

| | | |
|-----------------------|--------------------|------------------|
| Stoney Trail | | |
| Progressive Optometry | Harvest Hills Blvd | |
| Panatella Blvd | | Superstore |
| Panamount Blvd | | Empire Studio 16 |
| Country Hills Blvd | | |



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THERE'S ALWAYS A REASON TO CELEBRATE

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Library News

Country Hills Library, 11950 Country Village Link NE

School's Out: 3 Things for Canada Party!

We're celebrating Canada and the launch of our Summer Learning Program. Join us for games and food for the whole family. No registration required and all ages welcome.

All Library Locations
June 17 | 10 am – 4 pm

Celebrate Canada Day! at Central Library

For the first time, Central Library will be open on Canada Day and we invite you to join our indoor campfire, 150+ Acts of Reconciliation, LEGO construction site, and storytimes throughout the day.

Central Library
July 1 | 10 am – 5 pm

#Read150

Canada 150—read 150 books in 2017! Pick up your free Great Reads 2017 reading guide from any community library in Calgary. It's chock full of incredible reading recommendations for every member of your family. Visit calgarylibrary.ca or call 403.260.2600 to find out how you can be entered to win great prizes just for reading!

Did You Know

All of the NHCA's Board of Directors are volunteers who generously give up to hundreds of hours of their time each year to help make your community better through advocacy, programs, events, and more!



Two Service Sunday Worship at 9:15 & 11:00 am.

Children's Programming Nursery to Grade 4 during both services. Grades 7-12 meet at 9 am. Class for Grades 5 & 6 at 11 am. Beginning July 1, **single 10:00 am** Summer Services will begin.



STAMPEDE BREAKFAST

JULY 9TH 9AM-11AM

FUN FOR THE WHOLE FAMILY FREE PANCAKE BREAKFAST

PETTING ZOO — ROPE BRAIDING
KIDS' ACTIVITY AREA
LIVE COUNTRY MUSIC
right here at
HARVEST HILLS ALLIANCE CHURCH



In Partnership With
Northern Hills Community Association **SOCCERTECH**



Summer Soccer Camp

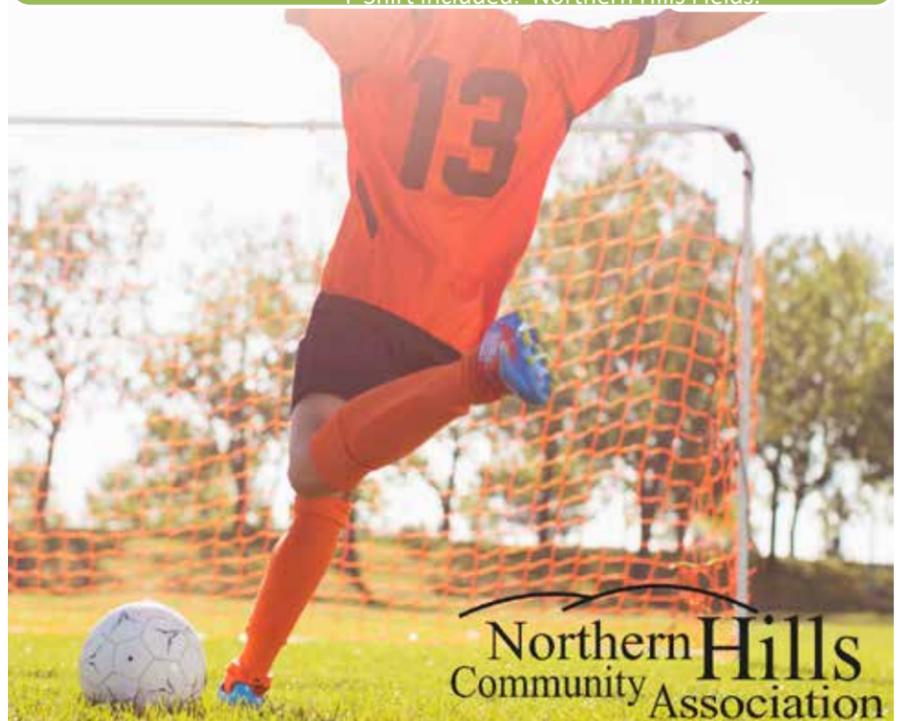
Develop your soccer skills in a fun and challenging environment with our National B licensed coach and their team!!!



July 10-13, 2017 and/or
August 21-24, 2017.

U4 - U6, 10 am - 12 pm. \$85.
U8 - U12, 10 am - 3 pm. \$185.

T-Shirt included. Northern Hills Fields.



Northern Hills Community Association

Go to our website for more information on these and other events.

10099 Harvest Hills Blvd. N.W.
E-Mail: office@hhachurch.com

Phone: 403-226-0990
www.hhachurch.com

CHTOYOTA.COM



403.290.1111
20 FREEPORT LANDING NE, CALGARY, AB

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BURLEC AA
2017 COROLLA LE CVT

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WEEKLY

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DZ5BNT AA
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WEEKLY

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BF1FLT AA
2017 CAMRY LE

PAYMENTS FROM

\$63^{6.}

WEEKLY

60 MTHS @ 0.99% APR \$0 DOWN



KARJEC AA
2017 COROLLA IM



PAYMENTS FROM

\$82^{1.}

WEEKLY

60 MTHS @ 1.99% APR \$0 DOWN

BFREVT BA
2017 RAV4 LE AWD

Colouring Contest: FREE ICE CREAM!



The first 40 children who colour and take their picture in to Marble Slab Creamery, 623-130 Country Village Rd NE, will receive a free single ice cream cone.*

Name: _____

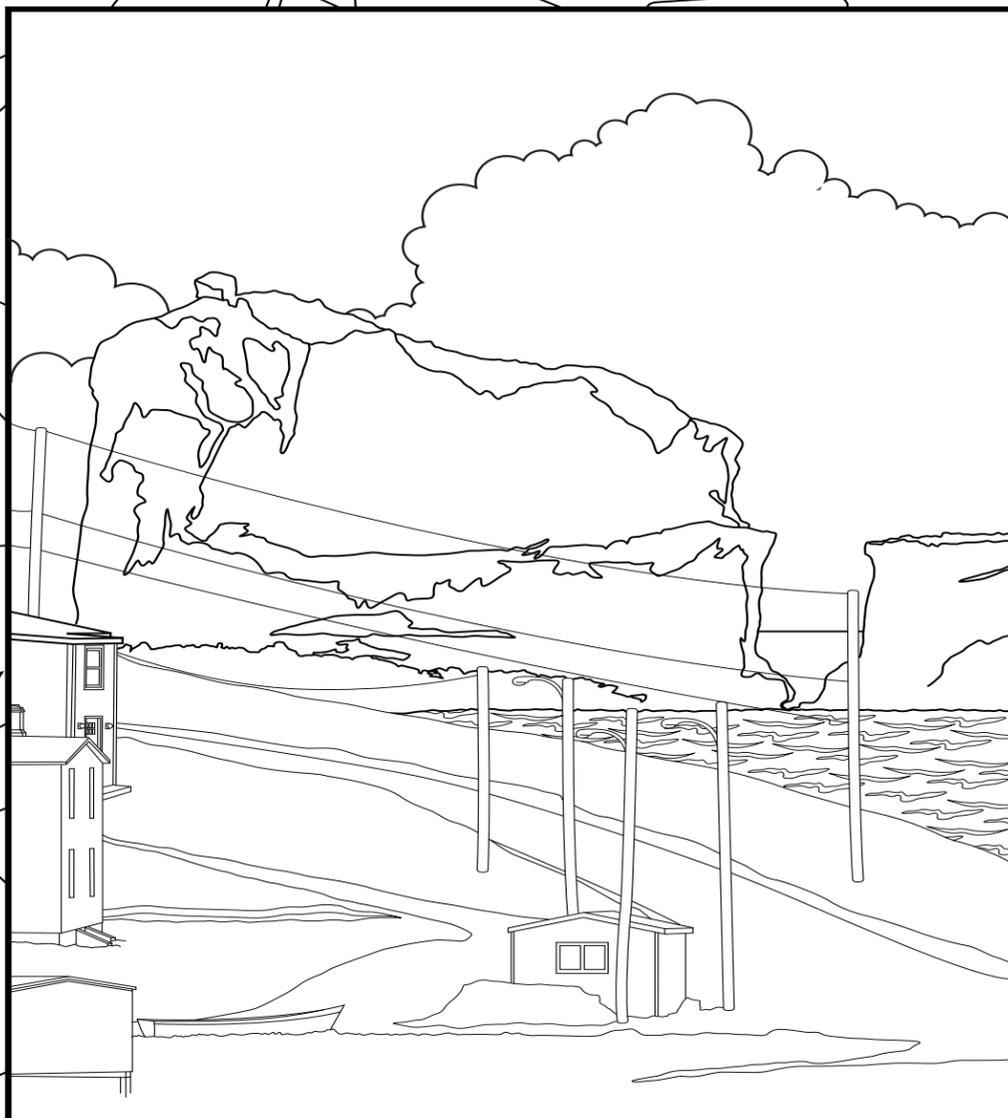
Age: _____

**Note: Only two children per household [if you happen to have more than one copy of the newsletter].*

SUDOKU-PUZZLES

This Sudoku is provided by: Sudoku of the day:
<https://www.sudokuoftheday.com/> Answers on page 14

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



The East coast of Newfoundland is known as iceberg alley. In the spring huge chunks of ice float down from the Arctic and make their way south along the shore. In 2017 a massive berg became a sensation at Ferryland attracting visitors from around the world to the site and on the internet.

© colourcanada.com

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Not valid on Gift Cards, Cat & Dog food, Feeders, Kennels, Starter Kits & Sale items * No Cash Value* One coupon per purchase* Applies to amount before taxes *Cannot be combined with any other offers *Must be presented at time of purchase *Store Management reserves the right to reject, any coupons not being used according to the intended purpose*

NH June 17

the **Gutter Doctor**

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Neighbour Day is fast approaching – Saturday, June 17!

Do you miss the days when neighbours connected and got to know each other?

Held annually on the third Saturday of June, Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, garden party, picnic, community clean-up, or afternoon tea in a local park to celebrate our strong community spirit in Calgary.

The idea is to meet your neighbours, make new friends, and have fun.

Create a gathering of your own, or find out if some of your neighbours or your community association is hosting a gathering, and make Saturday, June 17 the day you get to know your neighbours!

Visit Calgary.ca/NeighbourDay for more information.



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- **Implants • Cleaning • and more**



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 T D C K Y T P Z V M U E J T
 S I M R G P K T O Q N M Y M
 A P K T O O R L M T Y W S H
 P S Y D K W A K I N T G K N
 H U L E P R N S D K F N R Z
 T C X C T H T C C A V I T Y
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 T K R K O X W P E G K I P C
 W M Y L T L G K D M N F X I
 R B F L U O R I D E A N Y S
 T A R T A R R J N H J N N O
 K H S U R B H T O O T V E R

Teeth to Treasure! WORD SEARCH



- | | |
|----------|------------|
| BICUSPID | FLOSS |
| BRIDGE | FLUORIDE |
| CAVITY | GUMS |
| CROWN | INCISOR |
| DECAY | MOLAR |
| DENTIST | ROOT |
| DENTURES | TARTAR |
| ENAMEL | TOOTHBRUSH |
| FILLING | TOOTHPASTE |



Messages From Your Elected Representatives



**Ward 3 Councillor
Jim Stevenson**

Green Line LRT

I am excited about the Green Line LRT announcement because it is imperative that we begin this project now and not wait any longer.

To wait up to 3 years until the north portion of the Green Line is at the same level of readiness as the downtown and south portion is not an option and would have a significant impact on the overall cost.

For the past 10 years I have worked with Administration and other levels of government to move the Green Line LRT project forward. The preliminary work done on this project to date has been significant and includes determining the alignment for the north portion, downtown and Beltline, securing funds from the Federal government and actively pursuing funds from the Provincial government.

As decisions were made on the alignment, specifically through downtown, it became clear that \$4.5 billion would not be enough to build the complete line from North Pointe to Seton. So, the next decision becomes what can be built for \$4.5 billion.

Considering that the most expensive and labour intensive segments of the Green Line is the downtown portion along with the construction of the maintenance facility, beginning these two projects now while Admin-

istration completes the outstanding design work and land acquisition along Centre Street makes sense. It is estimated that to delay the entire project while the work on the north portion catches up would increase the cost of the overall budget by approximately \$100 million for each year of delay. The Province has also made it clear they would make a decision on funding once Council presents a complete plan.

So what does this mean for the Green Line north of 16th Avenue? Our hope is still for the entire line to open in 2026. Money for smaller extensions north of 16th Avenue will be much easier to access and is preferable to delaying the entire project until the full amount can be secured. I understand that this approach is not ideal but it is important to continue to move forward and get shovels in the ground.

Green Cart Rollout

Green carts will be delivered to homes across Calgary, starting in the southwest the week of June 5 and continuing to the northwest in July, northeast in August and the southeast in September. All eligible homes will have green cart service in time for the fall yard waste clean-up.

The Green Cart program goes beyond backyard composting since all food, yard waste and pet waste can go in. This includes meat, bones, cheese and plate scrap-

ings. All of the materials collected will be turned into nutrient-rich compost for gardens, parks and local farms.

| Weekly green cart collection starts: | Cart delivery | Quadrant |
|--------------------------------------|--------------------------|-----------|
| Week of July 17 | June 5 - July 15 | Southwest |
| Week of August 14 | July 3 - August 12 | Northwest |
| Week of September 4 | August 7 - September 2 | Northeast |
| Week of October 2 | August 28 - September 30 | Southeast |

When service begins, blue and green carts will be collected every week. Black carts will be collected once every two weeks on a different day since you can cut your garbage in half by using your green cart.

City Council has waived the fee for Green Cart service in 2017. Starting in January 2018, residents will pay a monthly fee.

A detailed community delivery schedule will be available on calgary.ca/greencart in late May.

As always, I welcome your calls and emails so if you have questions or concerns, please don't hesitate to contact my office. Also please visit my website for updated information: www.calgary.ca/ward3.

*Jim Stevenson, Councillor, Ward 3
www.calgary.ca/ward3*

*Lynne Banning, Assistant 403-268-2530
eaward3@calgary.ca*

*Barb Fleet, Assistant 403-268-4854
ward03@calgary.ca*



**Ward 4 Councillor
Sean Chu**

HELLO WARD 4 RESIDENTS,

Register the kids for a summer nature adventure

Looking for activities to keep the kids entertained this summer? Send them on a nature adventure!

The City of Calgary's nature day camps will keep your little critters busy as bees exploring bugs, birds, buds and beyond. These week-long, action-packed adventures provide a perfect blend of fresh air and fun where campers will learn about the natural world and its many wonders.

Nature day camps are offered July through August at

the Inglewood Bird Sanctuary and Ralph Klein Park. Half-day camps are available for children four and five years old. These bite-sized adventures include daily nature walks, games and crafts. Full-day camps, designed for children six to 12, include in-depth investigations and outdoor explorations focused on specific themes, including wetlands, raptors and winged wonders. Visit calgary.ca/parksguide or call 403-268-3800 to register.

Seniors' Week

In 2017, The City of Calgary will celebrate Seniors' Week from June 5 - 11 to acknowledge the contributions of seniors to our communities.

Whether it's their time, talent or life experience, seniors' contributions are at the heart of many Calgary communities improving the quality of life for many Calgarians. The City of Calgary supports seniors in many ways throughout the year; learn more at www.calgary.ca/SeniorsWeek.

www.calgary.ca/SeniorsWeek.

Youth Employment Centre

Do you know someone aged 15-24 who is looking for work? The City of Calgary's Youth Employment Centre (YEC) offers year-round services and resources to help youth, aged 15-24, secure employment and take the first step in their career.

YEC offers a variety of services FREE of charge including employment counseling, career planning, networking assistance, resume assistance, industry training and mentorship opportunities.

Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit youthemploymentcentre.ca.

Thank you,

Councillor Sean Chu,
Ward 4 www.seanchu.ca



**Calgary-Northern Hills
MLA
Jamie Kleinsteuber**

**Greetings Residents of
Calgary Northern Hills,**

**The Alberta Government Working
to Save You Money**

Lower Tax Bills for Albertans

Alberta's personal income tax system is adjusted annually with inflation, ensuring the value of Albertans' tax credits is not eroded over time and that taxpayers are not pushed into higher brackets by inflation. As Albertans file their 2016 tax returns, they will notice their tax credit amounts were increased by 1.3% raising their basic personal and spousal amounts to \$18,451 for 2016 and \$18,690 in 2017.

With the highest basic personal and spousal amounts, no sales tax, and no payroll tax, Albertans benefit from the lowest overall taxes among the provinc-

es. In 2016, Albertans enjoyed a \$7.5 billion tax advantage over the next lowest-taxed jurisdiction. This year, that advantage will grow to approximately \$8.7 billion.

Energy Efficiency Rebates Support Home Improvements

Beginning April 28, rebates of up to \$3,500 will be available for eligible home improvement products, including insulation for attics, basements and above-grade walls. Tankless hot water heaters (ENERGY STAR® certified) and triple glaze (low-e, argon) windows will also be available.

To qualify, homeowners must select from a list of Alberta-based registered contractors on www.energycalberta.ca/residential-retail/ to install eligible products. Contractors will guide homeowners through the application. Rebates will go directly to the homeowner once each project is complete.

There are three components to Energy Efficiency Alberta's Residential Retail Products Program:

- Home Improvement Rebates: You can buy eligible products and have them installed by a certified contractor to receive rebates.
- Online Rebates: You will be able to buy qualifying clothes washers, refrigerators and smart thermostats,

and apply for rebates online.

- Instant Rebates: You can receive instant point-of-sale rebates on eligible products, such as LED lights, programmable thermostats, water-saving devices, smart power strips and heavy-duty timers.

SAVE THE DATE! The VIVO/MLA Stampede Breakfast is on July 8th! It's a great chance to connect with thousands of neighbours who make Northern Hills our home. We are partnering with Vivo to host an entertaining and fun-filled family event. If you would like to volunteer, please contact Susan Taylor (staylor@vivo.ca). If you would like to sponsor the event, please contact Alexis Apps (aapps@vivo.ca).

Your MLA,

Jamie Kleinsteuber

*Constituency Office:
104, 200 Country Hills Landing NW
Calgary, AB T3K 5P3
Phone: 403.274.1931*

Email: calgary.northernhills@assembly.ab.ca



**Honourable
Darshan S. Kang, MP
Calgary-Skyview**

**Constituents of Coventry
and Harvest Hills:**

As your Member of Parliament, I'm pleased to provide two important updates concerning Canada's 150th anniversary of Confederation and Alberta's energy industry.

With summer just around the corner, more and more events are taking place to celebrate the Canada's 150th. Among those events, I am happy to partner with Vivo for

Healthier Generations to host a Stampede breakfast on July 8th. I hope to see you all there with your families to enjoy some community spirit and pancakes.

If you're following social media or interested in seeing the newest Canada 150 sign, head down to Prince's Island Park or follow #3DCanada150 on Twitter to see the newest sign unveiled in Canada. This sign also happens to be the first of its kind, and we are proud to display it here in Calgary.

The month of May was a busy month for the Government of Canada. In particular, Honourable Jim Carr, Minister for Natural Resources Canada and our partners announced \$21 million for three clean technology projects for our oil and gas sector; including \$3.56 million to Field Upgrading Ltd., \$9.33 million to MEG Energy Corp.,

and lastly \$7.52 million to Cenovus FCCL. Together these projects and others will help make our vital oil and gas sector more environmentally responsible, help to reduce our overall carbon footprint and improve employment opportunities.

As always, should you have any questions or concerns please contact my office at 403-291-0018 or email me at darshan.kang@parl.gc.ca.

Sincerely,

Darshan S. Kang, Member of Parliament

*Darshan S. Kang
MP Calgary-Skyview
Unit 140, 2635, 37 Avenue N.E.
Calgary, Alberta, T1Y 5Z6*



Honourable Michelle Rempel, M.P. Calgary Nose Hill

Report to Constituents – June 2017

There are many important issues I am working on as your representative in Ottawa. While I remain committed to holding the government to account on issues like our economy, getting Alberta workers back to work, and support for families, seniors and young Canadians, the government has other priorities.

Earlier this spring, the Liberal government tabled their legislation on legalizing marijuana. I know there are many in our community who have strong opinions on either side of this issue. As we now have a specific bill before Parliament, my job, as your M.P., is to review the legislation, propose amendments if necessary, and ultimately make a final decision on the final bill before the House. There are many questions that Prime Minister Trudeau has not answered with his current legislation. I will be asking the following questions during debate of the bill:

- What are the costs of legalization? And does he have any plan to work with municipalities and provinces or will he just download all the responsibility for implementation and enforcement to them?
- If the age of possession is set at 18, and the medical community says it's

not safe for people under the age of 25, how are our kids protected from the adverse effects?

- How will he make it safe for kids? How will he make it safe for motorists? How will he make it safe for workplaces?
- How will the issue of roadside testing be addressed and what direction is being given to police forces across the country to deal with marijuana possession and driving?
- How will this legalization take the criminal element out of pot sales?

I would appreciate your feedback, questions, and any concerns you have on this issue as Parliament debates this bill. I was pleased to host a Town Hall meeting at the end of April that was attended by over 200 individuals in our community. Many of you shared your thoughts on this issue in addition to others facing our country. It is always useful for me to hear directly from people in our community as I strive to represent you in Ottawa.

One event I would like to bring to your attention is a Canada Day celebration that I will be hosting in honor of Canada's 150th birthday on July 1st. The event will run from 11:00 AM – 2:00 PM at the Edgemont Community Centre and more details can be found on my website www.MichelleRempel.ca

As always, please do not hesitate to contact me about any federal issue. 403-216-7777
 Michelle.Rempel@parl.gc.ca
 Website: www.michellerempel.ca
 201-1318 Centre Street N.E., Calgary, AB, T2E2R7



Enjoy time with a neighbour and your community could win a BBQ party!

Spend some time with your neighbours this summer and your community association could win a BBQ party for 50 people, sponsored by Village Brewery!

How? It's simple. Post a photo on social media of you and a neighbour enjoying a Village Neighbour (Canadian Pale Ale) together, tag your community association, and include the hashtag #VillageNeighbourDay. The community with the most posts will win a BBQ party for 50 people.

Don't forget that Neighbour Day is

coming up on Saturday, June 17 – the perfect time to get out and meet your neighbours over a delicious cold beer!

The winning community association will receive 10 flats of beer from Village Brewery, Fiasco Gelato, Spolumbo's sausages, and Italian Bakery buns for a 50 person BBQ party!

Photo submissions will be accepted on Twitter, Facebook, and Instagram from May 1 to midnight on Saturday, June 17.

Visit villagebrewery.com/blogs for more information.



LAUNCH JUNE 4 @ 10AM

FREE kids activities, bouncies, face painting, balloons, prizes, and more!

Celebrate Dads JUNE 18 @ 10AM

Kick-off to Summer JUNE 25 @ 10AM



Captain Nichola Goddard School
 405 Panatella Blvd NW, Calgary

WWW.CALGARYVICTORY.COM

A Goodwill Offer to the Community

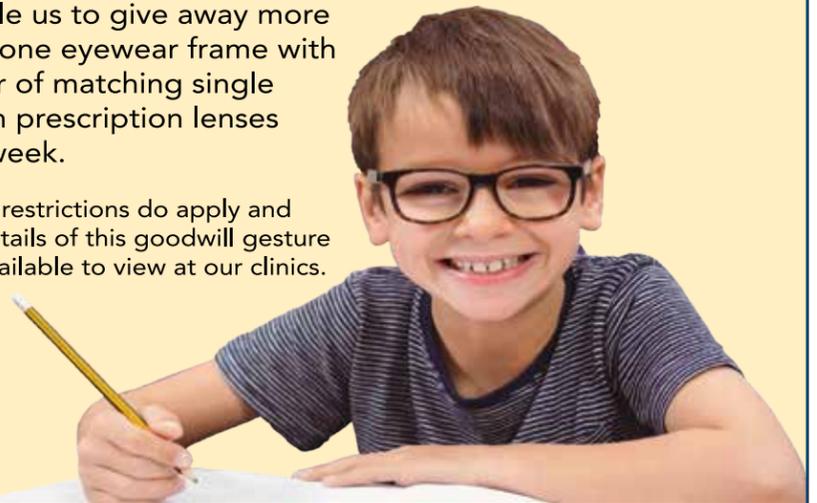
If you are a family with a child 15 years of age or younger, who is in need of prescription eyewear, and you are struggling in the current economic climate, we would like to offer you a chance to

win one FREE pair of prescription glasses by entering our weekly draw.

To enter, just drop by one of our clinics, fill-in an entry form and drop it into the ballot box. No questions are asked and we will not judge or publicize the names of the winners.

Monetary donations to this fund are welcome, and may enable us to give away more than one eyewear frame with a pair of matching single vision prescription lenses per week.

Some restrictions do apply and full details of this goodwill gesture are available to view at our clinics.



Two convenient locations serving the Northern Hills Communities

SiteForSight
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 eyecare • eyewear

#713, 500 Country Hills Blvd. NE
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 Calgary, AB T3K 4Y7

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www.siteforsight.ca

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New and Emergency Patients Welcome

Helping Your Children with Social and Emotional Skills



Skills for Kindergarten

Age 5 is a 'big' age as these kids are getting ready for school! Now, we have to focus on getting ready for Kindergarten and learning new skills.

Empathy is the ability to see the world from someone else's point of view and to understand another person's feelings. Such a hard task but an essential one.

Children will follow your examples. Show an interest in other cultures by reading stories or attending multi-cultural events.

Have a kindness board at home. Write down what kind things they have done during the month. Use a different color for each person.

Allow your child to express their feelings in a safe manner and work with them to understand the feelings of others around them. It starts with a simple conversation starter such as "How do you think Johnny is feeling right now?"

Help your child develop healthy friendships. Friendships help children learn how to behave in groups and work well with others. Acknowledge your child when they are kind, wait patiently for their turn, help a friend problem-solve or when they use their imagination to contribute to the fun!

Teach your child to apologize and to mean it. An apology is more than just an "I'm sorry." Apologies are said sincerely. Acknowledge your child when they are sincere.

Talk about what people have in common rather than what is different. Notice the positives of each person!!

The Calgary NW ECD Coalitions consist of three coalitions that have joined forces with parents, community members, organizations and professionals – all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills,

Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nwecdcoalitions@gmail.com.

GRASSROOTS FARMERS' MARKET



at Deerfoot City

Deerfoot Trail & 64th Ave. NE

TUESDAYS

3:30 – 7pm

June 6 – Sept 26

Phone: 403-282-9299

Check us out on Facebook @ <https://www.facebook.com/GrassrootsFarmersMarket>



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 avoided by following simple safety measures. Take the time to assess potential 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 to keep 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 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.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

www.windowssafety.ca

www.albertahealthservices.ca

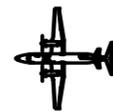
myYYC Plane Spotting

There is an avid community of plane spotters at YYC made up of aviation enthusiasts that observe, photograph and log registration numbers of aircraft. Plane spotters look for key characteristics to differentiate aircraft such as: number of engines, shape of the wings, length of hull and type of landing gear. Below are three of the most common aircraft at YYC and how to spot them:



Boeing 737

- Two engines located under the wings
- Wings fixed under the fuselage
- Pointy nose



Beechcraft 1900

- Two propeller engines
- Multiple fins on the wings and tails
- Square fuselage



Bombardier Q400

- Two propeller engines
- Wings fixed above the fuselage
- T-shaped tail

Share your best plane spotting moments on social media with us!



YYC CALGARY INTERNATIONAL AIRPORT

COMMUNICATIONS

COMMUNITY ENHANCEMENT

MEMBERSHIP & VOLUNTEER ENGAGEMENT

Strategic Focus Areas

COMMUNITY ADVOCACY

FUNDRAISING & EVENTS

SPORTS AND RECREATION

Crossword puzzle ANSWERS

Puzzle on page 4

| | | | | | | | | | | | | | | | | | | | | | |
|----|---|----|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|----|---|---|
| 1 | C | B | S | | 4 | S | A | G | | 7 | E | T | 9 | A | | | | | | | |
| 10 | H | A | P | 11 | S | | 12 | A | L | 13 | S | | 14 | E | G | I | S | | | | |
| 15 | A | T | I | L | 16 | T | | 17 | F | A | U | N | | 18 | A | G | E | S | | | |
| 19 | S | T | R | A | W | 20 | B | E | R | R | I | 21 | E | S | | | | | | | |
| 22 | S | E | T | T | E | E | | | | 23 | P | S | Y | 24 | C | H | 26 | E | | | |
| 27 | E | N | S | | 28 | R | E | 29 | F | | 30 | S | E | A | | 31 | O | U | R | | |
| | | | | | 32 | A | P | P | L | 33 | E | C | R | U | 34 | M | B | L | E | | |
| | | | | | 35 | T | O | W | | 37 | A | B | O | | 38 | U | S | A | | | |
| 39 | I | R | O | N | 40 | I | N | G | 41 | B | O | 42 | A | 43 | R | D | | | | | |
| 44 | T | I | P | | 45 | D | O | S | | 46 | P | R | O | | 47 | F | 48 | C | 49 | C | |
| 50 | D | O | S | 51 | S | E | D | | | 52 | I | B | 53 | E | R | I | A | | | | |
| | | | | | 54 | C | A | U | 55 | L | 56 | I | 57 | F | L | O | W | E | R | S | |
| 58 | E | 59 | Z | 60 | R | A | | | | 61 | L | A | N | E | | 62 | T | E | N | C | H |
| 63 | R | O | A | M | | | | | | 64 | E | T | N | A | | | 65 | R | U | L | E |
| 66 | R | O | T | | | | | | | 67 | E | S | T | | | | 68 | M | E | W | |

Sudoku puzzle ANSWERS

Puzzle on page 10

This Sudoku is provided by:
Sudoku of the day:
<https://www.sudokuoftheday.com/>

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

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- Monday** • 7am - 8pm
- Tuesday** • 7am - 8pm
- Wednesday** • 7am - 8pm
- Thursday** • 7am - 8pm
- Friday** • 8am - 4pm
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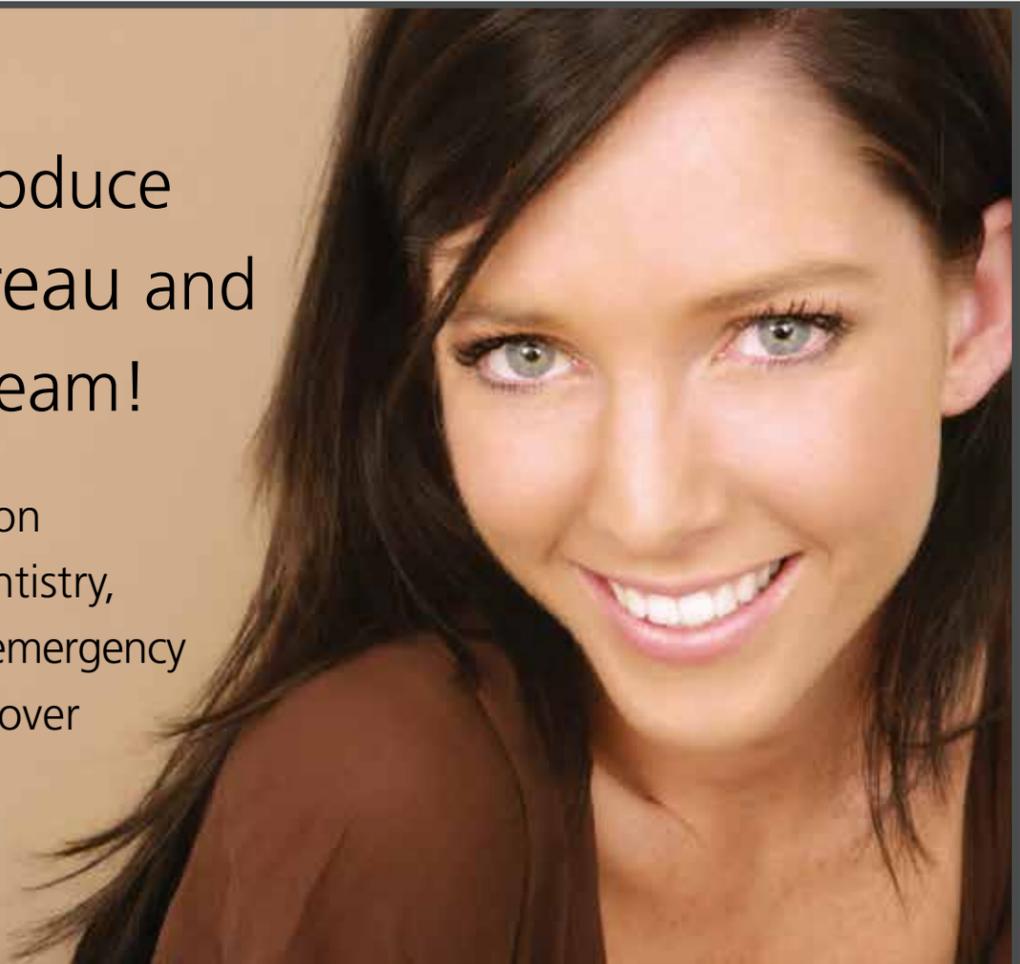
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www.NorthernHillsDental.com



Dr. Seto is happy to introduce Dr. Maria Chan-Goudreau and Dr. Tonny Tang to the team!

Dr. Chan-Goudreau's primary focus is on children and comprehensive family dentistry, while Dr. Tang focuses on cosmetic and emergency dentistry. Our new dentists both have over 10 years experience.



For your convenience we are now offering evening appointments and direct billing to insurance

| | |
|--------------------|-------------------|
| Monday: 8am-4pm | Friday: 8am-4pm |
| Tuesday: 8am-8pm | Saturday: 8am-4pm |
| Wednesday: 8am-4pm | Sunday: closed |
| Thursday: 8am-8pm | |

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