

NORTHERN HILLS COMMUNITY ASSOCIATION



Country Hills • Country Hills Village • Coventry Hills • Harvest Hills • Panorama Hills

www.northernhills.ab.ca

What's on your menu?

By Yana Soldatenko,
NHCA Community Engagement Coordinator

These days we are getting more conscious about what we eat, how we prepare our meals, and what we do with all the accumulated waste afterwards. Hence, Health In-Season Community Garden Workshop Series came about and was promoted by the NHCA in partnership with local dietitians, Elisa D'Andrea and Deanna Cook from Calgary Foothills Primary Care Network, and with Calgary's local waste reduction specialist, Waste Reduction Maniac. The main idea is to provide an opportunity for our Northern Hills residents to learn, engage, and take part in the cyclic process of food and waste.

Our team has so far organized two workshops. The first took place on August 22nd in the Coventry Hills Community Garden. Then, our second event happened on October 5th in Mezzanine at Vivo. We brought a waste reduction piece into this second workshop where Waste Reduction Maniac shared knowledge and tips to residents on ways they can reduce and manage their waste correctly.

During workshops, participants taste various pre-



pared dishes with in-season ingredients, learn more about healthy meals, and take the recipes home. You will be surprised how many kids loved the muffins that Elisa made for the first workshop, even though they had zucchini in them. That being said, we are making it fun not only for adults but also for kids as

we set up kids corners where kids get busy with crafts and arts.

Stay tuned as our next workshop will be in early December with some tips for the winter!

Keep an eye on our website and social media to stay updated.



It takes a village...

to raise a business rooted in community (Part 2)

By Northern Hills Connect

Last month you learned about nine of your neighbours who pitched eight business ideas that at their heart are about increasing social connection and belonging in Northern Hills. On September 15, three of those neighbours shared this same vision with hundreds of delegates at EconoUs – the national community economic development

conference.

To set the stage, Sanya Chaudhry, a young leader in Northern Hills, shared the vision of Northern Hills Connect. She painted a picture of neighbours and community organizations coming together to share their gifts to support individuals and their community to thrive. She told her story of learning about

Continued on page 5



NOV 18: 11TH NHCA BUSINESS & SERVICES FAIR (9:00 AM - 1:00 PM)

NOV 30, DEC 7 & 14: STORYTIME AT VIVO (10:00 AM - 11:00 AM)

DEC 2: CRAFT AND GIFT FAIR (10:00 AM - 4:00 PM)

DEC 4-8: NOTRE DAME FINE ARTS WEEK (4:00 - 7:00 PM)

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



CROSSWORD

11TH ANNUAL NHCA BUSINESS & SERVICES FAIR

SURVEY RESULTS: YOUR FEEDBACK & RECOMMENDATIONS

GIVING THE GIFT OF JOY THIS CHRISTMAS

ELECTED REPS

4

5

7

9

11

this month
WHAT'S INSIDE

FREE ICE CREAM
ON PAGE 10



Richard Fleming
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Northern Hills
Community Association

At our September board meeting we got to hear about some of the challenges our dedicated police service encounter with some community members with driving and parking in an irresponsible manner around school zones and playgrounds. Sometimes it is speeding through school zones, and at times it is parking in areas that block off visibility or access to the crosswalks that the kids use. Every so often, it is simply lack of attention to the increased pedestrian traffic. There are so many factors that increase the risk of a tragic accident as we move from fall to winter such as less daylight hours, changes in weather and just more kids hanging about.

I recently saw a real-life example of what poor driving behavior looks like when I came upon a head on collision. To witness the damaged vehicles with all the air bags deployed was bad enough but the tragic condition of the two drivers was horrific. Luckily, a couple of off duty firefighters were on the scene immediately. I thought about those two ladies for several days as

I just can't fathom how it could have occurred other than both not being 100% attentive as they drove to their destination.

Accidents will happen but before the snow hits let's take the time to do as much as we can to ensure that we reduce the likelihood of one occurring. Give yourself enough time so you avoid the temptation to speed. Check your brakes and tires to ensure that when the roads get slippery you are able to slow down. Most importantly, don't take driving in your neighborhood for granted by paying attention 100% of the time. If you are dropping off your kids at school set the best example for other drivers by driving and parking appropriately and ensure that anyone else who takes or picks up your kids follow those same standards. If the problem persists in your area, get the CPS involved, talk with the school administrative staff and involve your parent council to look for ideas to enforce traffic safety around our schools and playgrounds. There are many ways we can, as a community, help to keep

each other accountable to taking care of driving and parking habits but we need to start with ourselves.

Winter is coming... stay safe by driving safe.

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

NHCA VOLUNTEERING

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

PHOTOGRAPHER FOR NHCA'S EVENTS AND PROGRAMS

- ✓ Do you love taking photos?
 - ✓ Do you like to attend new events and check new programs?
- Did you answer YES on these two questions? If YES, then you would love this new volunteer opportunity!

ICE RINK BUILDER FOR NHCA'S COMMUNITY PLEASURE RINKS

- ✓ Do you enjoy working outside?
 - ✓ Do not bothered by cold winter?
 - ✓ Do you have fun doing something for your community?
- Then our Ice Rink Builder volunteer role might be just right for you!

TICKET SELLER & FUNDRAISER FOR PLAYGROUNDS COMMITTEE (Harvest Hills Community Hub Project)

- ✓ Are you passionate about vibrant community places? Wish you have a place to host community parties, art classes or yoga in one commu-

nity place? -> Harvest Hills might have exactly what you desire!

- ✓ It involves to be the initial and front face of the project, outreach and connect with local businesses and individuals, spread the word to friends, family and people you know, and sell as many tickets as possible!
- ✓ Join the team of keen individuals who proposed this idea and now works towards its realization!

EVENT AMBASSADOR FOR NHCA'S EVENTS

- ✓ You can get a great chance to meet and greet new people with a smile, introduce residents to NHCA and its work, and learn and share your knowledge of the Northern Hills area. Besides you can assist with setting up and taking down of the event.

For details, visit <http://www.northernhills.ab.ca/volunteering-opportunities/>

EDITOR'S NOTE:

All articles submitted by the general public are the author's opinion and not necessarily reflective of the opinion of NHCA.

NHCA Contacts

BOARD MEMBERS

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

COMMITTEES

Adult Co-Ed Slopitch: Neil Meyer
Adult Soccer: Susan Burke
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: Vania Szeto
Membership Services: VACANT – contact us!
Planning: Simon Cheng
Playgrounds: Victoria Henry, Meghan Keating
Rinks: Daniel Sennauser
SPRY in the Hills: J-L Emond

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

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"Did You Know In the Hills?" Contest!

This month's trivia question is:

When will the Storytime at Vivo for children scheduled?

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 October is: **Charmaine Toms, Congratulations!** The answer was "Nannies to Go and Reclaiming Garden Produce" and can be found on the front of the October 2017 Northern Edge News in the article "It takes a village ... to raise a business rooted in community." 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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Survey Results: Your Feedback & Recommendations

Dear Northern Hills residents,
As some of you might recall, back in late August and early September (Aug.21st-Sept.4th) the Northern Hills Community Association (NHCA) invited you to take a quick survey. We collected your feedback on existing NHCA's programs, events, and services. We also asked you to provide some recommendations on how we could improve the existing services, and potentially bring new ones.

We want to thank each and every one who took a moment to answer our questions! We really appreciate and value your input. After all, Northern Hills is your home, and you know what would benefit you and our community! Therefore, we would like to share with you the results we gained from the survey, and most importantly the next steps that NHCA is work-

ing on at this right moment. We truly want to serve you even better!

Please take a look at the infographic and review the survey results. If you didn't have a chance to take a survey or would like to provide more detailed feedback to NHCA please contact me via email (engage@northernhills.ab.ca) or stop by NHCA's office and I will be more than happy to chat!

Currently, NHCA is working on soccer programs and their unison management in partnership with SoccerTech. Additionally, NHCA is developing a volunteering on-boarding process which will support all existing programs, events, and upcoming new initiatives! Stay tuned for more updates.

Yana Soldatenko,
Community Engagement Coordinator, NHCA

CROSSWORD

Answers on page 14

1	2	3		4	5	6	7		8	9	10	11	12	13
14				15					16					
17				18					19					
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65							66				67			
68							69				70			

- ACROSS**
- Chucklehead
 - Term of address
 - Ancient Egyptian amulet
 - Degree in math?
 - British royal
 - From that place
 - Panaji is it's capital
 - ___ record
 - Make bubbly
 - "Queen of all Media"
 - Felt bad about
 - Use a straw
 - Opportune
 - Limerick writers, e.g.
 - Repeatedly
 - China setting
 - "Along Came Polly" costar
 - Length x width, for a rectangle
 - Come again
 - Like a famous urn
 - Amazon, e.g.
 - Pepsi, e.g.
 - Tarzan's transport
 - Former president of Ireland
 - Doha native
 - Great ___; river in England

- DOWN**
- Wool source
 - Clog
 - Generous one
 - Moonshine mix
 - All over again
 - Against
 - Dough
 - Stiffen, in a way
 - Assertive
 - Ethereal
 - Cellular stuff
 - Be in a cast
 - Spell-off
 - "Much ___ About Nothing"
 - Hot spot
 - Luau dish
 - Not at work
 - Strictly
 - More, in Madrid

- Answers on page 14
- Body shop fig.
 - The girl from Ipanema came from here
 - Honshu honorific
 - Poet's preposition
 - British luxury car, for short
 - Be off
 - Born, in Bordeaux
 - NATO council, for short
 - Acorn, for example
 - Can be Roth or traditional
 - He flew too close to the sun, in myth
 - Greek verb type
 - "___ Got a Secret"
 - Spleen related
 - Store, as corn
 - Staggered
 - French romance
 - Locks in a barn?
 - Fix
 - On a deck, perhaps
 - Detective's need
 - In the capacity of
 - Works on a wall
 - Work on a doily

Northern Hills,

SURVEY RESULTS



THINGS TO CELEBRATE

91 Non-Members



PARTICIPATED

260 Members



Recommend NHCA to their neighbours

89% or 231

Participants interested to join various NHCA programs 290



THINGS TO WORK ON

Under Development!

Want to see an **expansion** of NHCA sport and art programs + events for kids, youth, and adults

60% or 157 Members

82% or 213 Members

Say **communication** via emails, newsletter, website needs improvement



VOLUNTEERING

137

Participants volunteered for soccer

Volunteers were satisfied with their shifts

56%

32% or 111

Don't know how to become a volunteer with NHCA

On The Way!

More volunteer involvement opportunities!



Northern Hills Community Association



What's that about?



The Advocates for North Calgary High School are a group of parents and citizens of North Central Calgary who are standing together to get the long overdue North Calgary High School approved, funded and BUILT! It's our Turn!

Want to help us? Join us!

Email YYCNorthHigh@gmail.com
Check out facebook.com/groups/YYCNorthHigh
Follow us on Twitter: @YYCNorthHigh



It takes a Village

- Continued from page 1

social enterprise and how it is now shaping the course she is taking within her business degree at the University of Calgary.

Next, Jon Berlie introduced his vision of how growing food here in the community can bring us together. Using public and private green spaces to create an ecosystem for affordable produce and economic prosperity.

Finally, Jessie Leighton and Fatima Cuade showed how their Nannies to Go idea can support families looking for flexible childcare options and immigrants striving for meaningful work. They also had an opportunity to connect with ATB Financial President and CEO, Dave Mowat, who invited them to setup a follow-up meeting.

You can check out the full video for Northern Hills Connect's presentation at EconoUs on our Facebook.

So what's next?

Northern Hills Connect will be supporting any of the entrepreneurs from its pitch night in September who want to bring their social enterprise forward. This includes short and long term coaching and business planning with Momentum, opportunities to get the word out at local community events and connecting these entrepreneurs with the financing and other entrepreneurial resources we met at EconoUs.

We will also be exploring what's next with engaging the broader community. Reach out if you have feedback to share on the workshops and pitch competition from Spring/Sum-

mer 2017 or other ideas about where we should head next with supporting local, social business in your community.

To get involved, learn more or attend a future meeting/event:

Check out the website - <http://northernhillsconnect.com>.

Follow or contact us on Facebook or Instagram - @NorthernHillsConnect.

Northern Hills Connect (NHC) is a group of neighbours on a mission to create sustainable social enterprises that cultivate a culture of belonging and connection in the Northern Hills Community.



11th Annual NHCA Community Business & Services Fair

The NHCA encourages local residents to once again #shoplocal at the 11th Annual NHCA Community Business & Services Fair on Saturday, November 18, 2017 from 9:00 AM – 1:00 PM at the Mezzanine at Vivo.

We have a wealth of businesses and services in the Northern Hills, and there are some great special deals to be had at this once a year event!

Resident and Guest Participants

- FREE entry to the NHCA Business Fair
- Come on down to Vivo and support your local businesses and bag a bargain at the same time!
- Stop by the NHCA tent with your Passport to Business to be entered

into the prize draw

- Keep an eye on a list of business participants the will be added once registration begins

SOMETHING FOR EVERYONE PRIZE DRAWS

VISITORS: Grab a copy of our free Business Directory on your way in. Have the Passport to Business in the middle stamped by at least 12 vendors and bring it back to the NHCA tent to enter our free prize draw! We have lots of prizes to give away...

VENDORS: Tables are \$60 each. Power Upgrade: \$10.

Leave your business card at the NHCA tent and be entered in our free vendor draw!

For information about what special offers our vendors will have on the day, like us on Facebook to see our vendor specials posts!

Independent business entrepreneurs can help rejuvenate a healthy economy in our communities, and they need your support to make it happen. The NHCA encourages residents and business owners to conduct business while at the fair. So come and check out what businesses and services are offered in your communities and neighbourhoods, and look out for those special deals for NHCA members and residents!

**NOV 18, 2017
9:00 AM - 1:00 PM
MEZZANINE AT
VIVO**



11TH ANNUAL NHCA COMMUNITY BUSINESS & SERVICES FAIR



#SHOPLOCAL

Giving the Gift of Joy this Christmas

This has been another tough year for lots of our neighbours. With Christmas just around the corner, the NHCA and Vivo would like you to help us help those struggling the most in our community this Christmas, through the gift of giving.

How Can You Help?

We will be accepting holiday gift donations at the NHCA office and the Vivo main Guest Services Desk (down the ramp at Vivo) for families and children who need our community's support. If you can help, even with just one gift, it will mean so much to a family in need this Christmas. For a list

of gift ideas, please see the list below. We have a generous, anonymous donor of children's gifts again this year, and are always in short supply of gifts for older children (8-12), teens and adults, so if you can, please focus on these older age groups.

Thank you for giving the gift of joy to families in our community!

Please note: please don't bring your donations wrapped – each Mom, Dad and child/teen will be able to choose the gifts they would like to give to their family members and have them wrapped by us on the day. The

families in greatest need often don't get a choice of what they are given, and we would like to let them have the joy of choosing something they know their kids will love (or their parents, for the kids).

Gift Ideas:

TEEN GIFTS:

- Gift cards (Sephora, Chapters, Market Mall/CrossIron Mills, Amazon, iTunes, coffee shops, etc.)
- Gloves/hat/scarf sets
- Travel mug with hot chocolate packages
- School supplies
- Head phone/ear buds
- Movie passes

ADULT GIFTS (for parents):

- Adult colouring books & colouring pencils
- Gift cards (Market Mall/CrossIron Mills, Amazon, Chapters, Marks, Canadian Tire, super-markets, coffee shops, restaurants, etc.)
- Candles
- Chocolate
- Bubble bath/bath bombs
- Gloves and mitts (for both men and women)
- Coffee/travel mugs with tea/coffee/hot chocolate
- Picture frames
- Board games

FAMILY GIFTS:

- Toboggan
- Family passes to recreational activities (e.g. Calgary Zoo, Telus Spark, family movie pass)
- Gift cards for supermarkets

CHILDREN'S GIFTS:

- Craft kits for all ages
- Art supplies

- Toy cars/trucks
- Building toys (Duplo, Lego)
- Playdoh
- Puzzles (ages toddler and up)
- Gift cards (Chapters, ToyRUs, Walmart, toy stores, etc.)
- Swim vouchers/passes

OTHER ITEMS:

- Wrapping paper, gift boxes/bags, bows/ribbon
- If you would like to donate some basic needs items for these families to pick up in addition to their gifts, we will also happily accept:
- Socks (all ages)
- Shower gel/bubble bath, shampoo/conditioner, hand lotion and other toiletries
- Gift cards to local supermarkets (Sobeys, Superstore, Save On Foods, Co-Op) and drug stores (Shoppers, Rexall)
- Books of transit tickets
- Calgary Food Bank donations – Vivo will have boxes available throughout the centre for donations throughout the winter. These will be collected by the Calgary Food Bank for distribution to those in need throughout Calgary.

IF YOU ARE IN NEED

We have social support outreach running out of the NHCA office on Thursdays from 4-7 PM, thanks to BowWest Community Resource Centre. For more info, visit our website at www.northernhills.ab.ca or contact Germaine at 403-874-6809 to schedule an appointment.

The North Central Family Support Program (www.weconnectyou.ca) also services our area and is a great resource for outreach and family social connection activities across the North Central region. Based out of Huntington Hills CA, you can contact them at 403-275-6666 ext. 221.

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SPRY in the Hills Program for Fall 2017



By J-L Emond

Being 55+ In Northern Hills can be FUN

The SPRY gatherings and exercise classes are held at the VIVO Centre's "Child Minding Room" which is set up for Adult Exercise Classes and for Social activities. Adults 55+ are welcome to join the various indoor and outdoor activities that are planned this Fall.

EXERCISING IS FUN

The one-hour sessions at VIVO are on Tuesdays and Thursdays at 2:30pm to 3:30pm.

The laughter-filled, age-appropriate, light exercise classes are led by Tracy Rand, Director-Certified Aging Adult Instructor & Consultant, BCEM Educator.

The last Exercise Class for Fall 2017 will be Tuesday, December 12th.

SOCIAL MEETS ARE FUN

Come and join us for coffee and

snacks, conversation and a variety of board and card games, on Tuesdays and Thursdays at VIVO from 3:30 to 4:30pm, after exercise classes. This is a no-cost activity, and members take turns supplying the goodies and snacks.

SPECIAL EVENTS ARE FUN

We have a variety of events throughout the entire year. Join us for lunches, special events, tours, aqua-zize, lectures, arts & crafts sessions (started October 20th), inter-generation experience with Elementary Schools, Stampede Breakfast, etc.

HOW TO REGISTER

To participate, we ask that you hold an active NHCA Membership Card. The annual fee is \$20 per person, or \$20 per couple (55+) for a 12-month membership, payable to the NHCA. There is no additional fee to attend the weekly Socials. NHCA cardholders also get 10%+ discounts from many restaurants and businesses in our area.



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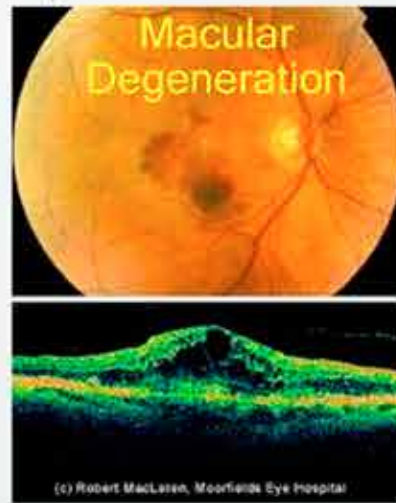


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Library News

Explore expanded access to TumbleBookLibrary

Calgary Public Library has partnered with the Calgary Board of Education and Calgary Catholic School District to expand our access to TumbleBookLibrary. This free online resource for kids offers more than 1,100 titles, including talking picture books, narrated chapter books, ebooks, and graphic novels, all available at calgarylibrary.ca/tumblebooklibrary. Use your free Calgary Public Library Card to access TumbleBookLibrary through E-Library.

Libby, new app for ebooks and audiobooks

Libby is the one-tap reading app from OverDrive! Libby is designed to get people reading as quickly and seamlessly as possible. All you need to discover and enjoy Libby's digital library is a free Calgary Public Library card. Download Libby today and use your Calgary Public Library card to start reading ebooks and listening to audiobooks.

Math is No. 1 at this free after-school program

Students ages 6 to 12 are invited on a Math Quest! Explore the library while completing numeracy challenges at this one hour drop-in program.

Fifty spaces available at Country Hills Library - Main Floor Children's Island, Thursdays, Nov. 2 to Dec. 21 from 6 - 7 p.m. Registration is not required. Caregivers are invited to stay and play. All math skill levels welcome!

Quests are connected to Alberta's curriculum, have real-world applications, and demonstrate math can be fun. For more details, visit calgarylibrary.ca, click programs, and search Math Quest.

Celebrate National Child Day 2017!

National Child Day is celebrated annually in Canada on November 20th in recognition of our country's commitment to upholding the rights of children. In 1959, Canada signed the United Nations Convention on the Rights of the Child (UNCRC) and in 1999, it was endorsed by Alberta. The UNCRC sets out the rights of children with 54 articles that provide us with a solid road map of what is needed to raise healthy and happy children and youth. The 2017 theme is a child's right to be safe.

Supporting children's rights

is a key factor in improving their quality of life. A community that promotes and invests in healthy childhood development, free from adversities, raises healthier and more engaged citizens. When children experience safe, stable, and nurturing relationships, they develop the strength necessary to cope with significant stressors or challenges. When they are placed in unsafe environments that do not uphold these rights, children are at risk for toxic stress, hindered brain development, and negative physical and mental health outcomes

later in life.

At the core of respecting a child's right to safety is their voice being heard, believed, and valued in their community. Whether children and youth are at school, at home, on a sports team, with friends, or online, fostering a safe community involves creating positive relationships with caring peers and adults. We respect a child's right to safety by:

- being approachable;
- listening to, and believing their concerns; and
- advocating for safe spaces for them to learn, grow and play.

We encourage all community members to learn about children's rights and to make plans to celebrate the day. Wear blue, attend a special event or plan an activity with a child, read a story or watch a film on children's rights, encourage youth to use their voice on issues that affect them, or plan a fundraiser to support activities for children. Please visit www.nationalchildday.ca for more ideas and to learn more.



Outreach in the Hills

Come join us for free Storytime with the Country Hills Public Library where children and parents will share songs rhymes and stories in this interactive circle program. We will be located outside the Library in the Vivo Administration area. Call 403-275-6666 #276 to register starting Nov 1. For further information on our programs check our website at www.weconnectyou.ca.

Storytime at Vivo for children (1 to 5 years)


Thursday Nov. 30, Dec. 7 & 14 10-11 am
11950 Country Village Link NE, Calgary

Families need to commit to all 3 dates to register and live in the Vivo area.

Our Vivo Fall drop-in program will be ending Nov 23. We will start again on February 1, 2018. Look for other ongoing programs at the Huntington Hills location (520 78 Ave. NW). For more information check our calendar at www.weconnectyou.ca or call 403-275-6666 #276.

This program is a partnership between Northern Hills Community Association, Vivo, Country Hills Public Library and Family Connections Parent Link.

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: _____

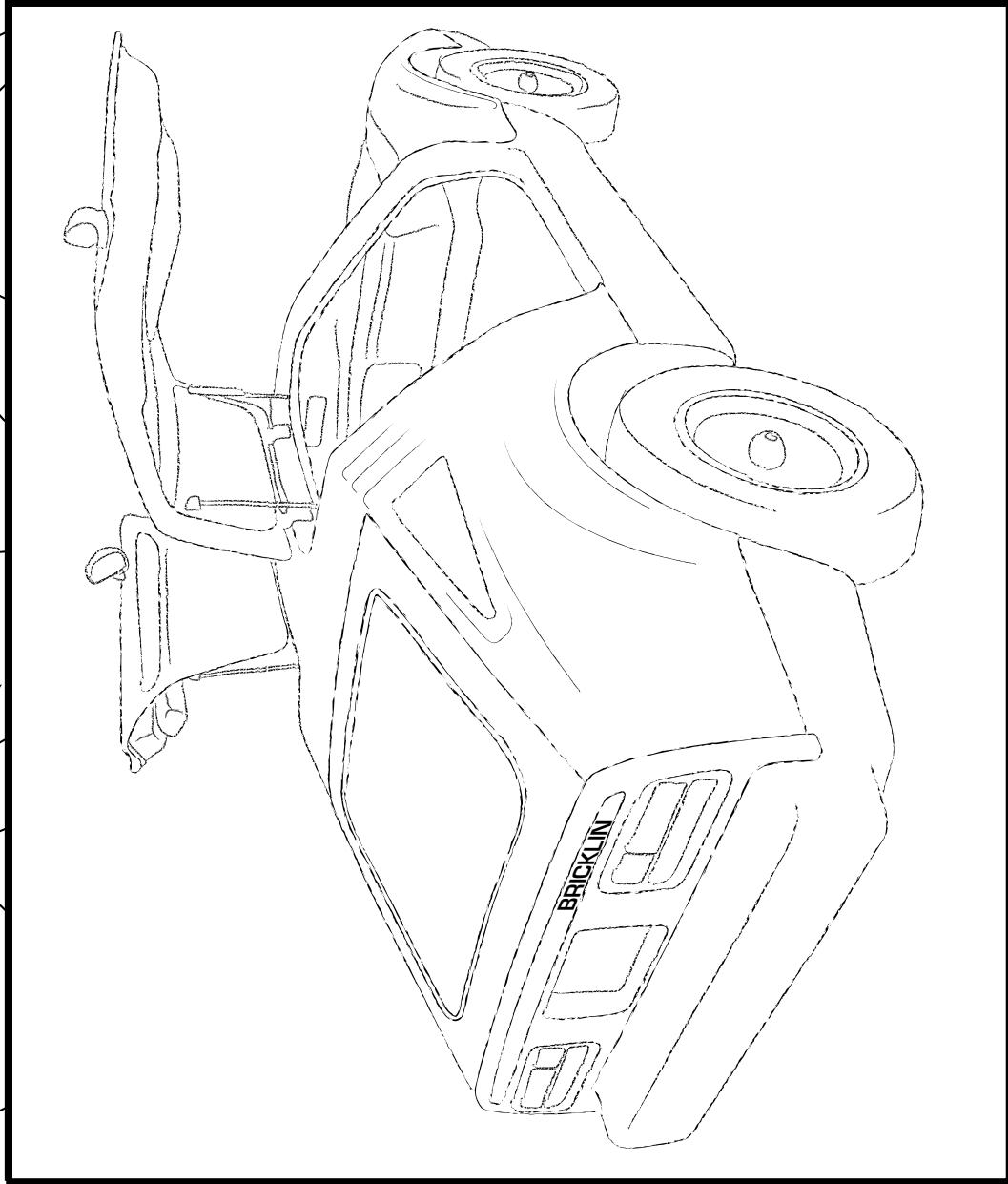
Age: _____

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



Bricklin SV-1 is a sports car that was assembled in Saint John. Manufactured from 1974 until late 1975 the car was the creation of Malcolm Bricklin. Unable to produce vehicles fast enough to make a profit, the company went into receivership, owing the New Brunswick government millions of dollars with fewer than 3 000 cars built.

© colourcanada.com

Meet Cynthia Watson

If you've met Cynthia you know she has a way about her. Without knowing other people's deepest dreams and wishes she seems to help them find their way to the surface where they shine. It seems her talent for helping people live their happiest, healthiest lives is just a part of who she is and has always been. Her heart is anchored in her passion for healthy living – healthy meaning so much more than just physical.

Cynthia followed a winding road on her journey – a journey no doubt led by her heart. As a pre-med student living in Victoria BC, Cynthia started out working in nursing homes as a musical therapy assistant. Her heart brought her to Alberta, where she worked with Veterans and then with Olympic and aspiring high-

performance athletes at Repsol. Cynthia realized quickly that her initial plans to become a physician would not be as fulfilling – helping people before they need a doctor – what an awesome concept.

Healthy lives don't just happen in a doctor's office, they don't just happen at a park or in

a fitness centre – they happen in a combination of all spaces – they happen in the community. A community she spends her days living for – literally – as CEO, Chief Evolution Officer, at the charity, Vivo for Healthier Generations. "Vivo is Latin for to live – that's what I do, I live for healthier generations."



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2017 TACOMA SR5

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WEEKLY

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DY5FITBA
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A) ALL LEASES ARE PLUS TAXES B) ALL LEASES ARE FOR 60 MONTHS; 20,000KM; ZERO DOWN. *OFFERS CANNOT BE COMBINED; INSURANCE UP TO MAX \$1000; 90 DAY PAYMENT ACCRUED IN WEEKLY PAYMENTS EXTRA VEHICLES ARE FOR ILLUSTRATION PURPOSE ONLY. VEHICLES SHOWN ARE FOR ILLUSTRATION PURPOSES ONLY † ALL PAYMENTS ARE 60 MONTHS LEASE TERMS – 20,000KM PER YEAR – PAYMENT INCLUDES FREIGHT & PDI, A/C TAX, FEES AND IS PLUS GST ONLY. † ONLY ONE OFFER PER CUSTOMER AND ALL OFFERS HAVE CONDITIONS; 2017 HIGHLANDER †. LEV \$15,760 + TAX, COB \$6,100. 2017 RAV4 †. LEV \$13,632 + TAX, COB \$1,830. 2017 TUNDRAL †. LEV \$19,321 + TAX, COB \$7006. 2017 SEQUOIAL †. LEV \$26,466 + TAX, COB \$10,264.02. 2017 TACOMA †. LEV \$18,720 + TAX, COB \$6,924. 2017 4RUNNER †. LEV \$21,140 + TAX, COB \$8,182. SEE DEALER FOR DETAILS; OFFER CANNOT BE COMBINED; ALL INCENTIVES TO DEALER.



Messages From Your Elected Representatives



Calgary-NorthernHills
MLA
Jamie Kleinsteuber

**Greetings Residents of
Calgary Northern Hills,**

Let me begin with congratulations to our new City councilors for Ward 3 and Ward 4, and to our new CBE school board trustee for Ward 3 / 4. Thank you to Linda Wellman, for continuing to serve after being acclaimed as school board trustee for the CCSD. I would like to extend my willingness to work with our elected candidates in the months ahead. My appreciation goes to all candidates who ran in this election, expressing their vision for North

Central Calgary.

On Sunday, November 5, we set our clocks back an hour as Daylight Savings Time ends for the year. Daylight Savings Time is something about which Albertans care deeply. After MLA Thomas Dang brought forward Private Members' Bill 203 to abolish Daylight Savings Time, the Legislative Assembly sent the bill to committee for study. Public consultation was held, with over 14,000 Albertans participating. The majority indicated they want to see Daylight Savings Time abolished.

However, Albertans also communicated that abolishing Daylight Savings Time could have economic implications for various sectors. At this time in Alberta's economic recovery, we need to carefully consider impacts to businesses that diversify our economy and create jobs. With this in mind, the committee recommended that Alberta take leadership in encouraging other jurisdictions in North America to also discuss with their citizens the merits of abolishing Daylight Savings Time. In this way,

various jurisdictions could move in unison to eliminate Daylight Savings Time while mitigating economic impacts resulting from misalignment with our neighbours.

Some have called for a referendum on the matter. However, Alberta has held referendums on Daylight Savings Time twice already. Referendums are expensive and not the best use of resources when public consultation has clearly indicated Albertans' desire for change. We will continue to work together to get this right. Meanwhile, enjoy that extra hour of sleep on Sunday, November 5!

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
Michelle Rempel, M.P.
Calgary Nose Hill

**Report to Constituents
- OCTOBER 2017**

Small businesses are vital to the Canadian economy. Business owners work hard and have often sacrificed a great deal in order to become successful. That is why I am deeply concerned about the small business tax increases that the Federal Government has proposed. Any changes to Canada's tax system must ensure that small businesses are given every opportunity to grow, create good paying jobs, and contribute to our economy. With those principles in mind, I have supported legislation in the past, and will continue to support legislation in the future, that lowers taxes for small and medium-sized businesses, reduces government red tape, and allows entrepreneurs to create jobs.

The formal consultation on the Federal Government's proposals closed on October 02, 2017 but, if you would like to learn more about the proposed changes please visit my website www.MichelleRempel.ca.

In order to hear directly from those in our community on this issue I held a Town Hall Meeting at the end of September that was attended by over 300 individuals. Due to the short notice of the event I was unable to advertise the meeting via billboard signs and apologize if you were not aware of the event. The overwhelming majority of the individuals who attended, and who have contacted me through my office, are opposed to the proposed changes.

Now that the consultation period has closed the debate shifts to Parliament. Please continue to send me your feedback and suggestions on this topic as we debate these changes.

I have also sponsored an online petition which you can access via: www.e1239.ca

Thank you to those who have contacted me on this issue already. I will continue to bring the voices of small business owners in our community forward as the debate proceeds.

As always please do not hesitate to contact me about any issue.

403-216-7777
Michelle.Rempel@parl.gc.ca
201-1318 Centre Street N.E., Calgary, AB, T2E2R7
www.MichelleRempel.ca



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

Children's Programming Nursery to Grade 4 during both services
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New and Emergency Patients Welcome



Living with Uncertainty

By Mckenzie Whalley



In a world filled with digital technology, we have become accustomed to having knowledge immediately available at our fingertips. When confronted with a question, we are usually able to go online and find the answer quickly. For some of us, this means, when we come across a question or situation where the answer is unclear or can't be googled (why didn't they text me back?), we have a tendency to fill in these gaps with negative premonitions. Often times, these predictions, thoughts and/or guesses are not rooted in the reality of the situation and can result in a feeling of anxiety or panic.

From the cognitive behavioural psychological perspective (CBT), attempting to fill in gaps of knowledge with worst case scenarios is an unhelpful thinking pattern called catastrophizing. Using cognitive behavioural therapy, the focus is to change the way that individuals think about or fill in these gaps during unknown situations. Changing these thought patterns will change how an individual will feel and respond. Below are a few helpful steps that can help you do this:

Identify whether or not the situation is open to interpretation. Take a moment to ponder whether or not the situation has a clear, definitive answer. For example, perhaps your friend or partner does not immediately respond to a text or return a phone call. Before jumping to the worst-case conclusion that they are purposely ignoring you, instead recognize that this is a situation where the answer is unclear. Acknowledge the vagueness of the situation even though it might feel like you know the answer.

Make a list of potential answers or possibilities. Instead of filling in these unknown gaps with a negative prediction, come up with a variety of positive explanations. Perhaps the individual in question is busy at work, left their phone in the car, got sidetracked with something else or is having a forgetful day.

Acknowledge that you don't know the answer and that is okay. Ultimately, you can only guess what has happened at this point. It is sometimes beneficial to conclude that you just don't know. Whatever you focus on in your mind it tends to amplify the emotional feeling, focusing on a negative prediction is only going to result in you feeling unhappy, worried or anxious. Being okay with not knowing is a skill that can be learned and mastered through cognitive practice.

Find a way to occupy your time. If you find yourself unable to get out of the catastrophizing mindset, focus on doing an activity that you enjoy or brings calmness to you. Physical activity can help boost endorphins and many "feel good" hormones, but doing any activity that brings happiness or serenity can help.

If you find it challenging to get out of the catastrophizing mindset, it can be helpful to learn specific tools and skills from a mental health practitioner.

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Northern Hills
 Community Association

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 DO IT JUST BASED ON COMMON
 SENSE, DETERMINATION,
 PERSISTENCE AND PATIENCE."

LOIS GIBBS

Canada 150 Stories from the Hills

1: Panorama Hills School | Canada 150

To mark Canada's 150 birthday, Panorama Hills School and community have been celebrating the diversity of the land and the people. The results are an amazing legacy mural, a Celebrating Canada quilt, 150 new library books and a fantastic theatrical performance with Trickster Theatre.

Each class selected a Canadian region to study during the school year. Beautiful artwork was created for an art walk that was part of an annual community evening. Planned by teachers and parents, the Panorama Hills School Multicultural Event involved students demonstrating unique cultural music, dance and crafts. Cultural and community

displays were set up in the gym. 150 new books, written and/or illustrated by Canadians, were proudly displayed in the learning commons and have been added to our school collection.

As well, a parent volunteer created a Celebrating Canada Quilt showcased in the hallway outside our learning commons, signed by all of our staff and students.

Under the guidance of artist Chester Lees, each student and staff member learned how to draw their self-portrait. Chester used each portrait to create a beautiful Legacy150 mural for our learning commons using the Canada 150 logo.

Our Trickster residency was the culminating success to our celebrations. Backpacks, lacrosse sticks,

shovels, buckets and beach towels were just some of the props used to dramatically depict the Canadian landscape in a phenomenal performance.

Students, staff and the community of Panorama Hills took great delight in all of our activities that commemorated Canada's 150 years of Confederation.

2: Buffalo Rubbing Stone School is Following the Journey of Canada C3 | Canada 150

At Buffalo Rubbing Stone School, a group of Grade 1/2 students have been celebrating Canada 150 by following the beginning of the Canada C3 journey.

This is an incredible expedition where scientists, educators, artists, musicians and Indigenous elders are onboard an icebreaker ship that is traveling for 150 days from Toronto to Victoria.

The four key themes of Canada

C3 are Diversity and Inclusion, Reconciliation, Youth Engagement and the Environment.

To connect this voyage to the Buffalo Rubbing Stone classroom, students have participated in two video chats with different crew members from Canada C3, asking their questions about the scientists conducting experiments onboard the ship, as well as what life might be like for the student ambassadors taking part in the journey.

The students also wanted to understand how big the ship was, so they measured out 67m long and 16m wide with fluorescent flagging tape. It was incredible to see first-hand what a large ship is traveling through the Northwest Passage this summer.

The students were excited to follow along this journey over the summer and they encourage others to do the same at www.canadac3.ca.

Canada 150 stories posted on CBE's website reprinted with permission.

Snow Angels

A message from the Federation of Calgary Communities

The snowflakes are about to arrive along with cold temperatures (brrr!). Why not start a community Snow Angel campaign? It's a great campaign to get involved and help neighbours. By shovelling snow for each other you can encourage other neighbours to take care of one another!

Benefits of Snow Angels

1. People who are less mobile may fear losing the homes they love or having to leave the communities they've lived in for years if they are unable to keep their sidewalks clear. By removing snow for neighbours, you may be able to help them feel secure staying in their homes.

2. Paramedics experience a dramatic increase in heart-related calls after heavy snowfalls. Cold air and heavy lifting can cause strain on the heart which leads to cardiac distress, especially for the elderly or those with

physical ailments.

3. Social isolation can contribute to a low quality of life. For some, daily interactions with Snow Angels provide a source of community inclusion and pride.

4. Neighbours who know each other are less likely to be victims of crime as people look out for those they know.

5. Remember residents have just 24 hours after a snow fall to remove snow from sidewalks adjacent to their property.

For more information, you can find it on the Federation of Calgary Communities website (calgarycommunities.com) under the Building Safe Communities menu item.



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Teaching kids to give back

Byline: Jamie Powell

Eva Trachtenberg's children learned about charity as soon as they could understand the concept.

"The first time it came up was after a holiday and my son received some money," the Saskatoon mother of four recalls. "I said, 'We should donate it,' and he didn't know what that meant."

From then on, she took every opportunity to talk about different charities and what they do: from the organization that helps their friends with juvenile diabetes to why the hospital was displaying an incubator at the local Walmart. She also enrolled her son in the youth branch of a charitable giving organization that Trachtenberg also joined.

Research shows that Trachtenberg's approach is an effective one. According to one study* philanthropic priorities are strongly shaped by family behaviors. So, parents and grandparents who give and volunteer are more likely to influence the next generations to do the same.

The study also found that, when we give, we create positive change in our communities. Being a donor is good for our mental and physical health and it reminds people how much they have. Trachtenberg says she wants her children to "know that there are other people out there who are less fortunate and need our help."

Here's how to get your kids on the charitable giving path early.

Start talking by three or four

years old, many children are ready to understand the basics of charity. At the grocery store, hockey rink or shopping center, you can easily find opportunities to talk about and demonstrate donating and helping.

Be age appropriate Bringing a six-year-old to a shelter to serve Christmas dinner may be more of a hindrance than a help. It's important to tailor the activity to the child's abilities. This could mean helping make cookies for a charity bake sale or shoveling an elderly neighbor's driveway.

Make it easy involve your kids in something you already do, such as donating their old toys and clothes to charity. Explain that these things will help families in need and ask your child how they think the boys and girls receiving them will feel when they see their new things.

Let them decide Set up a charity jar and let your child decide how much of her allowance to donate as well as who should receive the proceeds. By being part of the decision-making process, your child will feel more ownership and pride in helping out.

Teaching children early about charitable giving can help them become lifelong philanthropists – and both your family and your community will reap the rewards. Your professional advisor can help you show your kids the value of giving within a financial plan that allows them to do so without risking their financial future.

Unlike some other publications, the ad revenue from the **Northern Edge News** goes directly to supporting community programs for the community, by the community.

Tips for using your blue, green and black carts



Now that Calgarians are able to recycle and compost all year-long, it's important to put items in the right carts. Here are a few tips to follow:

Green Cart

- Every little bit counts! Plate scrapings, fruit pits, bones, egg shells and sauces can all be composted.
- Is your green cart full? Put extra leaves and branches into paper yard waste bags. Roll closed and place at least 1 ft. to the side of your green cart on collection day.

Blue Cart

- Remember to bag your plastic bags! All plastic grocery bags, bread bags, sandwich bags and plastic wrap need to be put in one bag and tied closed before recycling.

- Is your blue cart full? Make sure to break down all boxes to make room or take extras to a community recycling depot.

Black Cart

- If an item can't be recycled or composted, then it has reached its end-of-life and belongs in the garbage. This includes chip bags, granola wrappers, foam packaging, and dryer lint.
- Is your black cart full? You can put out extra garbage bags by placing at least 1 ft. to the side of your black cart on collection day.

If you're not sure of how to dispose of an item, use the online search tool What Goes Where to find the answers! Visit calgary.ca/what-goeswhere to look up hundreds of different items.



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It's time for everyone to keep food and yard waste out of the garbage



Live in an apartment, condo or townhouse? It's time to keep your food and yard waste out of the garbage. As of November 1, 2017, all multi-family complexes in Calgary are required to separate food and yard waste from the garbage for composting or diversion. Your building owner or manager is responsible for setting up a food and yard waste program in your complex – ask them how it works.

Businesses and organizations are also now required to separate food and yard waste from the garbage.

Look for the food waste bin at your workplace, food court or favourite coffee shop. If your multi-family complex or workplace does not offer a food and yard waste program, you can contact 311 for support.

Food and yard waste makes up nearly 40 per cent of garbage from apartments, condos and townhouses, and over 30 per cent from businesses and organizations. Composting will create a useful new product and keep this material out of the landfill.

Find out more at calgary.ca/multi-family.



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:

- | | | |
|--|--|--|
| <input type="checkbox"/> Family \$30 | <input type="checkbox"/> Single \$20 | <input type="checkbox"/> Senior (60+) \$20 |
| <input type="checkbox"/> *Associate \$30 | <input type="checkbox"/> Business \$50 | <input type="checkbox"/> **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:

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

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

- | | | |
|---|--|---|
| <input type="checkbox"/> Older Adult Programs | <input type="checkbox"/> Outdoor Ice Rinks | <input type="checkbox"/> Farmers Market |
| <input type="checkbox"/> Children's Softball | <input type="checkbox"/> Indoor Soccer | <input type="checkbox"/> Tennis Courts |
| <input type="checkbox"/> Other _____ | | |

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

- yes no

Help us maintain a #buttfreeYYC

The City of Calgary is looking to citizens to help solve a littering issue, and extinguishing cigarette waste. Smoker or non-smoker, you've likely witnessed someone flicking a cigarette butt on city streets. Yes, that is a littering offense. While we have many systems in place to manage waste effectively, the solution begins with citizen responsibility when it comes to littering.

- Proper disposal of cigarette waste at home: Extinguished cigarette butts should be thrown away in the black cart.
- Cigarette ashes need to be double bagged, tied closed and thrown away in the black cart.
- Never flush cigarette butts or cigarette ashes down your toilet, sink or drain, as they are harmful to the environment and may cause damage to the pipes in your home.

Cardboard cigarette packaging goes in the blue bin for recycling.

As a safety protocol, the Calgary Fire Department encourages citizens to ensure that smokers in your home douse cigarette butts and ashes with water before placing them into a non-combustible container and to not ash out or dispose of cigarette butts in planters, mulch or flower beds. The components of soil include organic material that can smolder for hours before igniting. The city centre is populated with cigarette butt receptacles for citizens to utilize while in public. Many communities and businesses self-manage receptacles for proper waste disposal or recycling purposes. We want to maintain the standard of cleanliness and safety we work toward collectively. Help us maintain a #buttfreeYYC.

Walking your dog daily? Unleash your inner volunteer!

Become an Off-Leash Ambassador and be a pawsitive role model in your community! We are recruiting volunteers to participate in the City of Calgary's Off-Leash Ambassador Program to help us promote responsible pet ownership, positive pet interactions and safety in off-leash parks.

Take ownership in making your community a better place to live for citizens and pets, one off-leash park at a time. Conveniently choose when and where to volunteer to best fit your schedule. To learn more or sign up, visit calgary.ca/offleashvolunteer or contact 311.

November is Adopt-a-Senior-Pet Month

The City of Calgary's Animal Services is proud to feature their Seniors-for-Seniors adoption program during 'adopt-a-senior-pet' month. The program's focus is to connect mature dogs and cats with owners who are 60 and over. Through this, a 60% adoption fee discount is offered to seniors when adopting a senior animal (age 7 or older).

Senior cats and dogs, while mature and well-socialized, are often overlooked by adopters because of their age. However, when well cared for, senior animals can be a source of love and companionship for many years to come. Ideally, the owner and pet will complement the lifestyle and pace of each other.

The program's goal is to enrich the lives of both pets and people. The adopter can benefit from reduced loneliness, increased opportunities for exercise, socialization and companionship. Owning a pet also has added health benefits, such as lowering blood pressure and cholesterol.

To inquire about adopting a senior pet, please visit www.calgary.ca/adoptapet.

Crossword puzzle ANSWERS



Puzzle on page 4

1	A	S	S		4	M	A	A	M	8	S	C	A	11	12	13	B			
14	N	T	H		15	A	N	N	E	16	T	H	E	N	C	E				
17	G	O	A		18	S	E	T	A	19	A	E	R	A	T	E				
20	O	P	R	A	21	H	W	I	N	22	F	R	E	Y						
23	R	U	E	D					24	S	U	C	K							
25	A	P	R	O	26	P	O	S	29	R	H	Y	30	M	31	E	R	S		
					34	O	F	T	35	E	N		36	A	S	I	A			
37	J	E	N	38	N	I	F	E	R	41	A	42	I	S	T	O	N			
43	A	R	E	A					44	R	E	C	U	R						
45	G	R	E	C	46	I	A	N	48	E	T	A	49	I	L	E	R			
					53	C	O	L	54	A			55	V	I	N	E			
					56	M	A	R	57	Y	M	C	58	A	59	L	E	E	S	E
60	Q	A	T	A	61	R	I		63	O	U	S	E	64	N	I	L			
65	U	R	A	N	66	U	R	E	A	67	A	L	E							
68	A	T	T	E	S	T			69	R	E	A	D	70	L	E	D			

Sudoku puzzle ANSWERS

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

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

Yielding to Emergency Vehicles

Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.

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- Friday** • 8am - 4pm
- Saturday** • 9am - 4pm



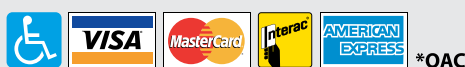
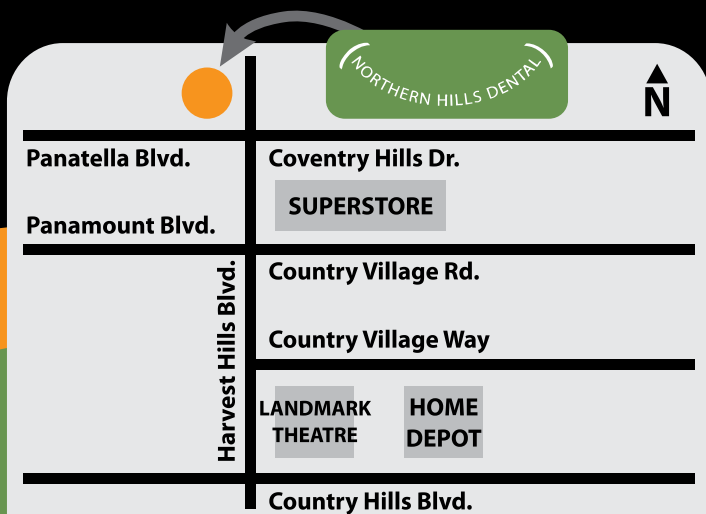
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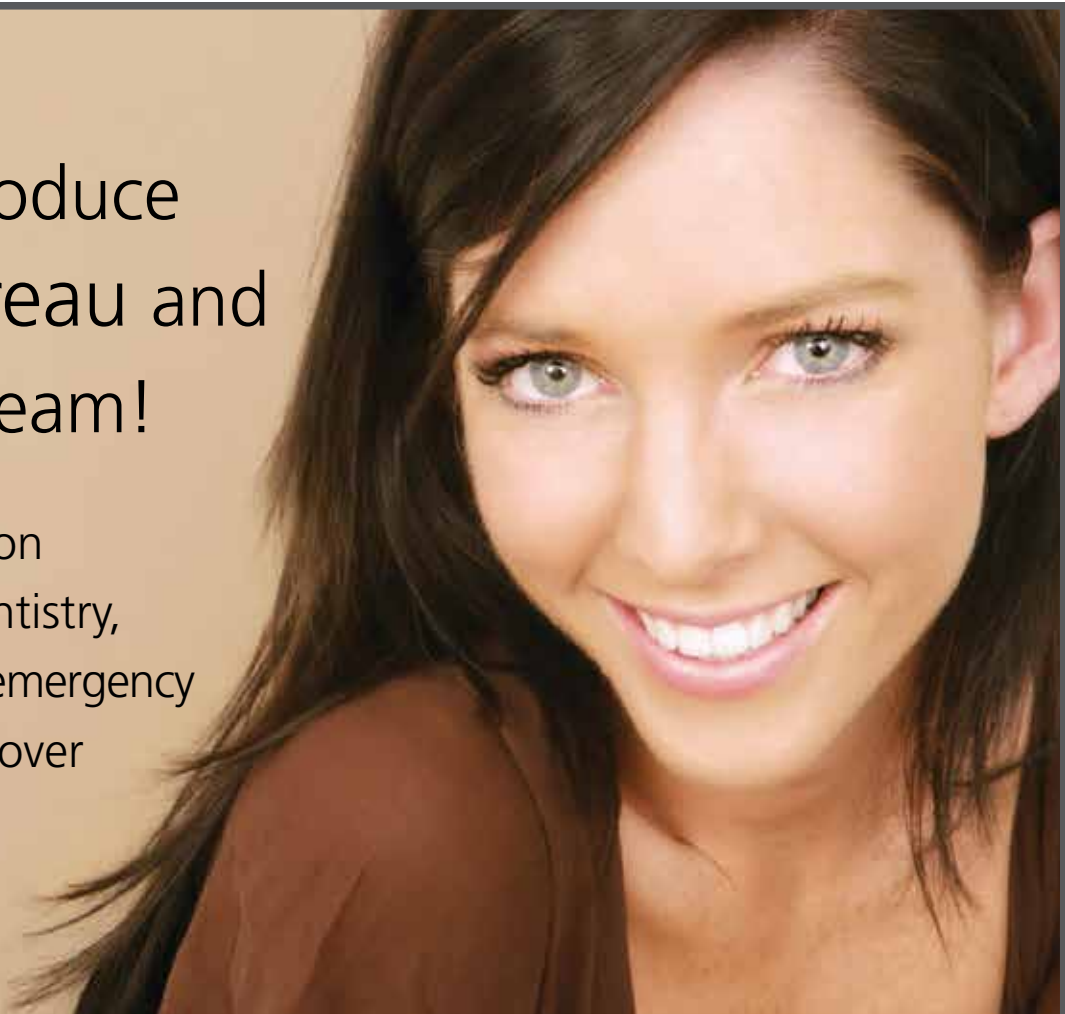
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