

# NORTHERN HILLS COMMUNITY ASSOCIATION



Country Hills • Country Hills Village • Coventry Hills • Harvest Hills • Panorama Hills www.northernhills.ab.ca

## Northern Hills Connect-Bringing Positive Change through Social Enterprise

By Leah Argao

There are always new buzzwords in the world of small business and entrepreneurship and the term Social Enterprise is gathering momentum in our own Northern Hills Community. Thanks to the grassroots efforts of a working group of neighbors, organizations and local businesses known as Northern Hills Connect. Their purpose is to help facilitate the creation of sustainable social enterprises that will help cultivate a culture of belonging and connection in our local community.

### But what does that really mean?

Essentially, this group recognized that our current economic climate has created some financial challenges for many people in our neighborhood, and they wanted to influence change in our community economics. There is an increasing number of people who are marginalized, without adequate employment and are dealing with poverty. When you drive through the streets in the Northern Hills it is hard to fathom that poverty is an issue behind these closed doors and tidy yards but the number of families that need to access food sustainability (food banks) and social services is staggering. In addition, 31% of Ward 3 has an average household size of 5 people or greater living together to make ends meet which is much higher than the citywide average of 17%.

Back in our grandparents' days, communities rallied around one another and supported each other both emotionally and economically which created a community of interdependence. As the community thrived so did the families within it. Economic development and social impact can and should be developed by the people in our own community, for the

people in our community. As a resident, we too can create an economic impact to our community by supporting our locally owned and operated businesses, by donating our time and resources to local organizations or by opening our door more often and becoming more tuned to our neighbors

to provide "a hand up." "Social Enterprise" can take many forms, a not for profit, a co-operative, or a more conventional business structure, but at the heart of it there is a common purpose to serve the greater good and influence improvements

*CONTINUED ON PAGE 16*

## Summer Fun in the Hills

By M. McCabe

With all the events over the past few months, there have been a lot of fun days out for the residents of the Northern Hills. Thank you to all our partner organizations, volunteers and sponsors who helped to make this a great summer so far (with more to come)!

It started with the annual NHCA & Northstar Community Clean Up event on May 27th at the Panorama E-Centre. Thanks to four City of Calgary Waste & Recycling trucks, residents were able to divert 1340 kg of organic waste from landfill and drop off 15350 kg of garbage for free. They also recycled 3109 kg of electronics thanks to E-Cycle Solutions, and donated many, many household items to WINS. Talk about a WIN! The Coventry Building Safer Communities (Blockwatch) committee admins manned the BBQ, with help from volunteers from the Advocates for North Calgary High School group, to feed the hungry Clean Up volunteers after all their hard work making our community more beautiful; the refreshments and food was sponsored by Good Earth Coventry and First Calgary Financial. Thank you all for another successful Clean Up!

*CONTINUED ON PAGE 17*



**AUG 8-10: BREAKOUT YOUTH**  
Go to [calgary.ca/communitysummerprograms](http://calgary.ca/communitysummerprograms)

**AUG 14-18: PARK AND PLAY & STAY AND PLAY**  
Go to [calgary.ca/communitysummerprograms](http://calgary.ca/communitysummerprograms)

**AUG 15: VIVO 2017 FALL PROGRAM REGISTRATION - DRY LAND**

**AUG 22: VIVO 2017 FALL PROGRAM REGISTRATION - AQUATICS**

**AUG 25: HARVEST HILLS HUB FUNDRAISER**

**SEP 14, 21 & 28: STORYTIME AT VIVO FOR KIDS (1-5 YEARS)**

**OCT 5- NOV 23: COME PLAY WITH ME**

**UPCOMING Events**

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

**CROSSWORD**

**MANAGING HUMAN - WILDLIFE CONFLICT IN CALGARY**

**LOCAL KIDS HELP TO DESIGN COVENTRY PLAYGROUND**

**COLOURING CONTEST & SUDOKU**

**ELECTED REPS**

4

5

8 *this month* **WHAT'S INSIDE**

10 **FREE ICE CREAM ON PAGE 10**

12

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# From the President



Northern Hills  
Community Association

Summer is the time when we take vacations, soak in the sun and get a bit of R&R, and we at NHCA found our place in the sun with many of our initiatives going full steam ahead.

June wrapped up with some great events. Our partnership with Vivo was absolutely wonderful as we loaded up onto the Neighborhood Fun Bus and travelled through the communities. We got to attend about 7 block parties, hand out balloons, swag and had the Play Ambassadors from Vivo organizing fun and games. I got the chance to talk to our residents. I heard many times about how their individual cul-de-sac or street worked together to watch out for one another, care for each other's kids and keep the neighborhood safe... simply amazing. Getting to know your neighbor may take time and effort but the community it builds is immeasurable.

Our soccer season wound up with a big year-end party but our season definitely faced some hurdles. In fact, I

would call it the "perfect storm" of challenging events. We want to let all of our soccer families know that we acknowledge that we had some pretty big hiccups this year from registration system issues, uniform sizing challenges and BBQ food delays at the end party. We are 100% committed to ensuring that we not only fix but improve on our delivery of the soccer program. I really appreciate the honest and frank feedback we received. We have already started to put into motion improvements so that the soccer experience continues to be one our community loves.

In June, the NHCA Board approved the hiring of a temporary position for a Community Engagement Coordinator. Over the next couple of months, our new hire Yana Soldatenko, will be pounding the pavement in an effort to connect with our residents, one-on-one. She will be canvassing to identify ways the NHCA can bring more value to the community, identify folks that would like to volunteer, promote some of the exist-

ing NHCA programs and develop an inventory of physical, creative and knowledge

spirit and if you get the opportunity to chat with her please share your ideas, concerns and any insight we can use to improve the Northern Hills.

Enjoy the summer sun.. wear sunscreen..sip lemonade..read a book..and relax.

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

based assets we have at our disposal. Yana will be dropping into events, wandering through the community, knocking on doors and will basically be trying to connect with residents in any way possible. So, show her your community

### EDITOR'S NOTE:

Our sincerest apologies to our advertising partners and you our readers for several layout as well as paging errors in last month's issue of NEN. We will strive to ensure that there will not be any further mix up in digital proof releases.

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

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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  
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Vivo rep: TBC  
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Youth: VACANT – contact us!

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Newsletter Publishing: Duane Thomson at Keyline Publishing

## Stay n' Play FREE

Ages 3Y – 5Y  
10 a.m. – noon

Participants must be accompanied by an adult/guardian

## Park n' Play FREE

Ages 6Y – 12Y  
10 a.m. – 3:30 pm

Programs run weekdays and are weather dependent

For more information visit [calgary.ca/communitysummerprograms](http://calgary.ca/communitysummerprograms)

## Park n' Play & Stay n' Play

Dates: Aug 14th - Aug 18th  
Community: Coventry Hills Address: 12350 Coventry Hills Way N.E.



## "Did You Know In the Hills?" Contest!

This month's trivia question is:

**How many communities were impacted by the ward boundary changes?**

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](mailto: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](http://www.northernhills.ab.ca/membership).

The winner of the "Did You Know in the Hills?" trivia question for the month of July is: **Janice Dekkers, Congratulations!** The answer was "panorama hills area nhca bsc block watch" and can be found on page 1 of the July 2017 Northern Edge News in the article titled "Building Safer Communities, now in Panorama Hills." 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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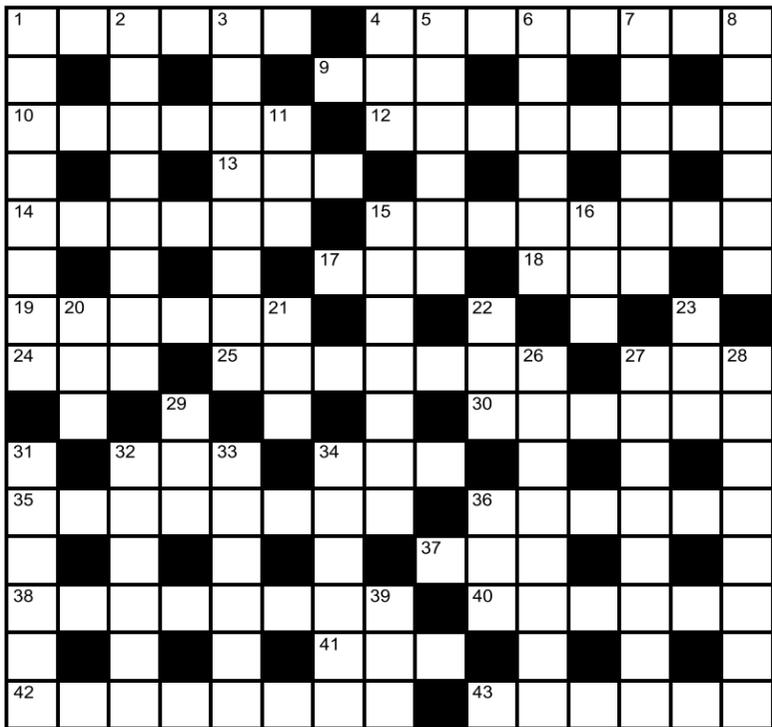
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# CROSSWORD

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Answers on page 14

**ACROSS**

- 1. A name on this page
- 4. Indie-rock quintet
- 9. Doubtfire
- 10. Out of fashion
- 12. Warm winds
- 13. ...
- 14. \_\_\_\_ Square on Panatella Blvd NW
- 15. \_\_\_\_ Phoenix
- 17. Gainsborough Galleries
- 18. Intel Core 2
- 19. Inevitably involve
- 24. Expected at a certain time
- 25. Cowtown
- 27. First Canadian hard-core punk band
- 30. Alludes to
- 32. \_\_\_\_ rally
- 34. Deoxyribonucleic acid
- 35. Large-scale orchestral works
- 36. Fungal timber decay
- 37. \_\_\_\_ sands
- 38. Greatest outdoor show on earth
- 40. Equal parts champagne and citrus
- 41. Miscalculate
- 42. An unbroken view
- 43. Silica rocks

**DOWN**

- 1. Good wishes on starting a journey
- 2. Propose candidacy
- 3. Acting by absorption on skin
- 4. Part of a curve
- 5. Cotton
- 6. Human crew
- 7. Portugal city with two spellings
- 8. Excited movement
- 11. Expected time to arrive
- 15. Italians use it
- 16. Sister
- 20. Threaded fastener
- 21. Group of computers
- 22. Canadian hockey player
- 23. Not against
- 26. First birthday
- 27. A 19th-century long distance runner
- 28. Disappeared from cars
- 29. Jumbo
- 31. Tittle-tattle

# Fair Entry

## Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate, and some Transit passes are now available on a sliding scale, for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program and Low-Income Seniors Yearly Pass
2. Recreation Fee Assistance Program



3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

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*Jyoti*



JYOTI GONDEK

for WARD 3

CALGARY CITY COUNCIL 2017



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# Managing Human-Wildlife Conflict in Calgary

By Vanessa Carney, Calgary Parks Urban Conservation

Calgary Parks maintains approximately 4000 hectares (ha) of manicured and recreation space within the city, along with an equal area of natural environment parkland. Over the history of Calgary's development into a major Canadian urban centre, key City policies like the Municipal Development Plan and Biodiversity Policy have been adopted by Council to guide the conservation of natural spaces across Calgary. Managing natural parks in urban and suburban neighbourhoods means striking a balance between protecting wild spaces to ensure they function properly and offering city-dwellers the opportunity to be in and experience nature at a nearby parks. There's a growing body of scientific evidence that shows wildlife-rich natural environments offer measurable benefits to urban citizens' health and happiness. But what happens when living near a natural park puts people and their wild neighbours in conflict? And what tools do municipalities in Alberta and residents have at their disposal to resolve these conflicts?

In spring 2017, several communities in Calgary that back onto the large green space adjacent to Country Hills Golf Course (Hidden Valley, Panorama Hills and Country Hills) reported escalating conflicts between park users and a family of coyotes living in the natural area park. Although it is uncommon to have close-up encounters with coyotes in cities, they can appear and act threateningly towards people at given times of the year. Sick or injured animals can display unpredictable behaviour at any time, as can coyotes that have been habituated to being fed by humans. Parent coyotes can often be quite protective, particularly in the spring when caring for pups in nearby dens. Dogs running off-leash frequently trigger either a predatory (hunting) instinct or provoke defensive behaviours in parent coyotes like growling, baring teeth and charging, as dogs are viewed as a threat or competition. More typically, coyotes choose several strategies for coexistence with humans within the urban setting, including blending into their surroundings, hiding and digging their dens in thick groves of trees/along hillsides/under shrubs in



Coyote parent watchful from a nearby hillside.  
Photo credit: Vanessa Carney.

secluded corners of a natural environment park.

After preliminary conflict investigation, Calgary Parks made the decision to close the heavily-used regional pathway after finding the coyote den directly adjacent to the pathway. This put the protective coyote parents, unwary park users and their dogs into conflict. The public and neighbours directly adjacent to the park were notified of the closure and signs were posted at main entrances and along the regional pathway. Unfortunately, the pathway closure failed to keep park users away from the den site, so Calgary Parks took the unusual step of closing the entire park to protect public safety and allow the coyote family to finish raising the pups in the den, after which coyote parents relax their protective behaviours.

Though The City will consider employing lethal control when other management options are ineffective or unavailable, it isn't a preferred method for resolving coyote conflicts in an urban environment. Promoting co-existence, investigating and reducing potential sources of conflict, hazing (i.e. re-instilling coyotes' natural shyness by associating humans with loud, startling noises, for example) can be highly effective methods to re-establish balance in a park. Relocating the pack at the centre of the Panorama Hills area conflict was proposed by numerous concerned citizens contacting The City's 311 line. This solution was given consideration by

Parks, however, provincial permits would be required for any live wildlife movement in Alberta and coyotes aren't permitted to be captured and released elsewhere. Killing individual coyotes disrupts stable pack dynamics and can result in increased coyote numbers, as litter sizes rise.

The City, in formulating a wildlife conflict response, also considers what is currently the best scientifically-based knowledge on managing for wildlife habitat in cities. Managing conflict triggers like food habituation and off-leash dogs as threats during the denning season, as well as educating Calgarians to help The City encourage wildlife to remain wild and wary of people, are tested and effective ways to eliminate the majority of potential wildlife-human conflict. Other cities such as Denver, Chicago, Vancouver and various municipalities in Ontario incorporate these tactics into an incremental response models to manage coyote interactions with humans. Calgary is currently working on a similar protocol.

Calgary Parks received investigative support and wildlife conflict advice from a number of agencies through May and June, 2017, including Alberta Fish and Wildlife, Coyote Watch Canada and University of Calgary, as City staff continued daily monitoring of coyotes in the closed park area. We were pleased to see the park closure began to show the desired effect almost immediately as pups grew bigger and the family moved on from the pathway-adjacent den. Protective/aggressive behaviour observed from the parent coyotes diminished and they continue to exhibit more characteristic shy, avoidance behaviour. As a result, Parks has scheduled a phased re-opening of the park:

**July 10-17, 2017** - Partial reopening of the park (open only along the regional pathway from 3 entrances, no dogs permitted in the park) while Parks continued to monitor coyotes and coyote-human interactions. On-site Environmental Educators offered information to park users and residents on conflict-reduction and coexistence strategies. Calgary Community Standards officers also patrolled to ensure public safety and compliance with re-opening conditions.

**July 17, 2017** - Full green space re-opened to park users and on-leash dogs with continued monitoring by Parks.

The City of Calgary's focus in reducing wildlife conflicts is on safety - both human and animal (pet and wild animals). We appreciate and rely on citizen reports of wildlife sighting to help Parks better understand wildlife distributions across Calgary, how they move around the urban fabric and make their homes in a busy city. Most importantly, it helps us detect where conflicts with people and pets might occur. Please continue to share your wildlife sightings with The City.

#### Where to report wildlife:

If there is an imminent threat or attack happening, call 9-1-1.

For all other wildlife sightings, contact 311.

\*If the situation may pose a threat to human or animal safety or you're reporting a sick/injured wild animal, you may be asked to contact Alberta Fish and Wildlife directly.

For more information on the park re-opening, check The City of Calgary's URL: [calgary.ca/parks](http://calgary.ca/parks)

Additional information about coexisting with coyotes can be found at: [coyotewatchcanada.com](http://coyotewatchcanada.com)

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# Join Calgary's online panel, Citizens' View

You're invited to join more than 2,000 people that have signed up for Citizens' View, Calgary's online panel. Citizensview.ca makes it easier for Calgarians to share their input anytime, anywhere through online surveys and discussions.

As Citizens' View continues to grow, The City is working to make sure that they hear from people of all ages and areas of Calgary.

"Creating an even better Calgary takes all of us—not just government," said Mayor Nenshi. "Citizens are the key to improving our communities and creating the best programs and services for our city. Calgarians are the experts in their lives and I encourage them to share their thoughts about life in Calgary by signing-up at citizensview.ca."



The City hopes to attract more than 4,000 people that reflect Calgary's diverse population. Members can expect to receive surveys once or twice a month, join online discussions, and receive information on City events and service improvements.

Calgarians 18 years and older can sign-up for the Citizens' View at [www.citizensview.ca](http://www.citizensview.ca).

## what is belonging?

Simply put, belonging is being part of a collective **we**. It's about how much we believe we fit in a group or place - and how much that place or group welcomes or includes us. It's the result of connecting with others in rich relationships and engaging in our communities to make them better. Each of us has a personal

connection to the idea of belonging that is influenced by our experiences with the people, places and identities to which we feel connected. So where do we belong? What do we belong to? A community, a workplace, a subculture - these are all things to which we may belong.

(Community Foundations of Canada, 2016)

"While the spirit of neighborliness was important on the frontier because neighbors were so few, it is even more important now because our neighbors are so many."

- Lady Bird Johnson



Emergency Medical Services



### Backyard Play Safety

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a 9 inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends 6 feet out in all directions from the play area.

#### Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(\*) high and have a self-latching, self-closing, lockable gate.

(\*Alberta Building Code)

#### Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

#### Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

  
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NH August 17

# Harvest Hills Hub Project

**Save the Dates**

Friday, August 25th 6pm  
 Canadian Brewhouse Fundraiser 9650 Harvest Hills Blvd.  
 -\$15 tickets, one FREE drink  
 -50/50 Draw  
 -Raffle tickets

Saturday, October 21st 6pm  
 Canadian Brewhouse Fundraiser 9650 Harvest Hills Blvd.  
 -Silent Auction  
 -50/50 Draw

We are a small group of local individuals committed to redeveloping an uninspired and outdated City of Calgary playground into a vibrant and inclusive Outdoor Community Hub that will host numerous community led events in the future such as: community parties and garage sales, neighbour day celebrations, community-led fitness classes, art classes and even games nights! We are passionate about this project and committed to seeing it come to fruition in Summer 2018!

Be a catalyst toward future citizen-led community initiatives and join the movement! #HarvestHillsHub

Follow us on Facebook @HarvestHillsHub  
 For more information, or if you would like to volunteer, or sponsor our project please contact Victoria at HarvestHillsHub@hotmail.com or call 403-437-9583





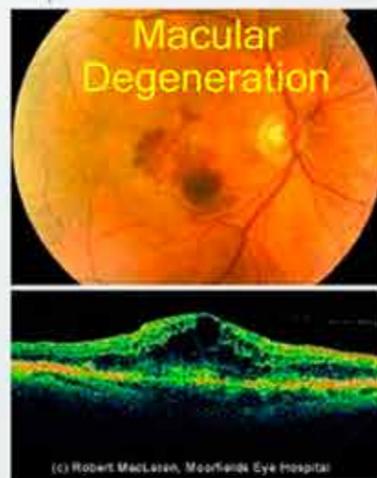


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Updated: 16-Aug-16

## 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](http://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

# Local Kids Help to Design Coventry Playground

## Three Things for Canada Action Squads Get Creative in the Hills

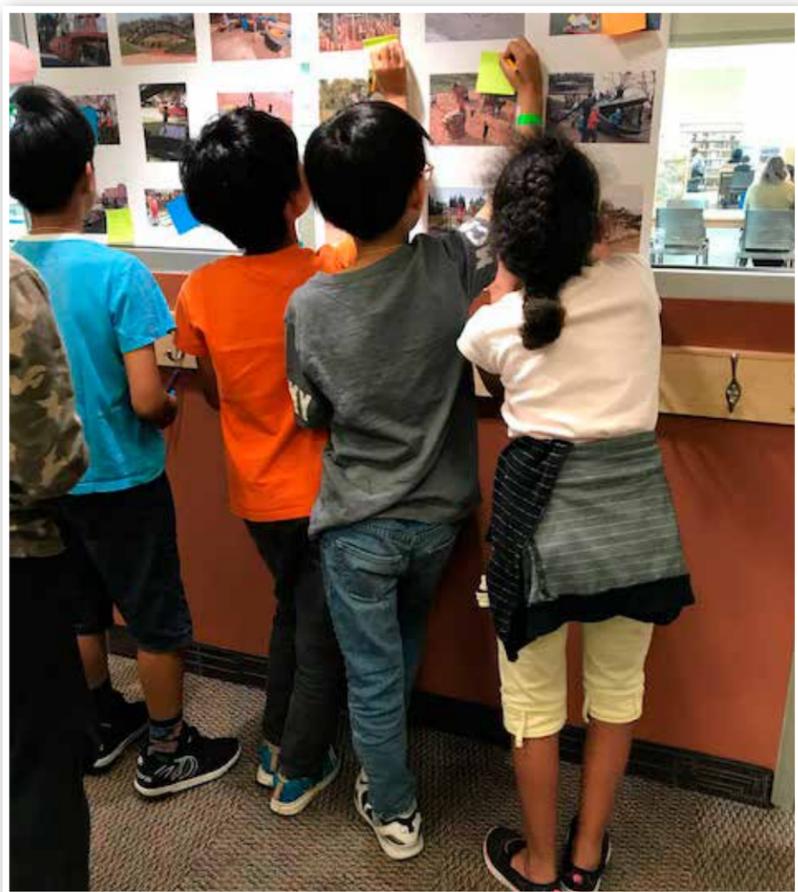


Image courtesy of Country Hills Public Library

By M.McCabe

**BACKGROUND:**

In 2016, the City of Calgary (Parks) approached the NHCA with a list of developer-installed playgrounds (mostly tot-lots) which were on their radar for life-cycling. Coventry Hills is just one of the five communities the NHCA serves, and the majority of the

spaces that needed to be looked at were in Coventry. The worst of the playgrounds was replaced like-for-like in the summer of 2016, and the NHCA playground committee is currently working on a plan for a playground transformation into an outdoor community hub in Harvest Hills. In the meantime, yet another playground has been identified in Coventry Hills

as in need of replacement and added to the list for life-cycling.

As Coventry Hills has 14 playgrounds, all of which were installed within approximately a 10-year time span, we expect more to be added to the life-cycle list in the near future. Rather than be continually reactive, always playing catch up, we would like to take a proactive stance and use an approach similar to that identified by VivaCityYYC for revitalization of the downtown commercial district in 2015. We would like to bring the community together to look at all of our outdoor recreational spaces and co-create a long-term community outdoor recreational spaces plan, with each little recreational / park space fulfilling a different need for the varying demographics in the community, rather than just replacing tot lots with yet more tot lots as they deteriorate. We would like the community residents to look at the community as a whole and improve access to a better variety of outdoor community spaces and recreational amenities for all of our residents.

ber of our community, creating a sense of ownership, volunteerism and pride in their community spaces! To start, we invited the Country Hills Library's 3 Things for Canada Action Squads to help us and come up with their vision for a playground they would love to go to. A group of around 20+ 8-12 year olds will be spending July and August working on their ideas for their ideal outdoor recreation area. We will report back on what they came up with in the coming months, so watch this space...

**WANT TO GET INVOLVED?**

If you live in Coventry or neighboring Northern Hills communities, we want your ideas! Watch out for more info in the September and October NEN issues about how you can help to plan your community for the future!

In the meantime, if you are a community planning student, urban planner, or engagement specialist and would like to help us with the big community engagement later this year, please contact Tracey Martin at Vivo for more info: [tmartin@vivo.ca](mailto:tmartin@vivo.ca)

**THE PROJECT IN ACTION:**

NHCA and Vivo are working together as community partners on this large scale community planning project, with the help of a Neighbour Grant thanks to the Calgary Foundation, and some great folks from MRU. Our aim is to engage residents in planning their outdoor recreational spaces for the future for every mem-



Single Service Sunday  
Worship at 10:00 am.

Nursery available for newborns to 24 months  
@10:00 am July 1 through September 3.



SERMONS  
JULY 2 - SEPTEMBER 3 / 17

10:00AM SINGLE SUMMER SERVICES

**SEPTEMBER SERVICES:**

Final single summer service is September 3.

September 10 we begin our two service Sundays: 9:15 & 11:00 am, with 9:00 am Youth Breakfast & Bible Study, Nursery to Grade 4 during both services, & Club 56 for grades 5 & 6, at 11:00 am.

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

10099 Harvest Hills Blvd. N.W.  
E-Mail: [office@hhachurch.com](mailto:office@hhachurch.com)

Phone: 403-226-0990  
[www.hhachurch.com](http://www.hhachurch.com)

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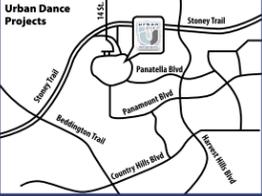
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## Teeth to Treasure!

# WORD SEARCH



BITE	JAW
CALCULUS	MOUTHGUARD
DENTIN	PLAQUE
FLOSS	PREVENTION
FLOURIDE	ROOT
GINGIVITIS	ROOT
GUMS	SCALING
HEALTH	TOOTH
HYGIENE	XRAY



# 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: \_\_\_\_\_

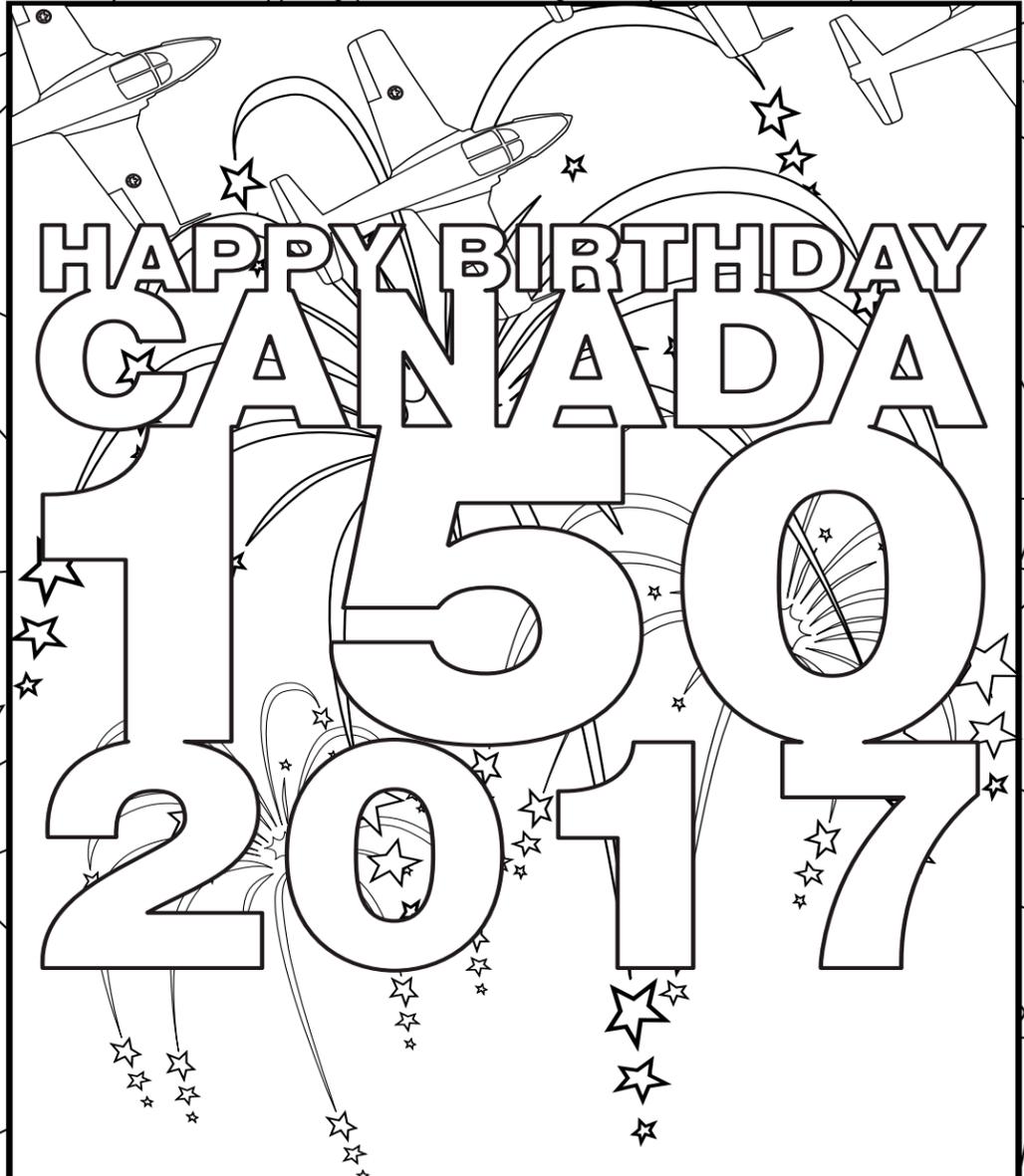
*\*Note: Only two children per household [if you happen to have more than one copy of the newsletter].*

## SUDOKU-PUZZLES

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

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

Canada turns 150 (sesquicentennial) in 2017. From St. John's to Victoria there will be events to mark the occasion. To find out more about the celebration the government of Canada has a website at <http://canada.pch.gc.ca/eng/1468262573081>.



© colourcanada.com

Heroes are not giant statues framed against a red sky. They are people who say: This is my community, and it is my responsibility to make it better.

— StudsTerkel . . . . .

BRING IN THIS AD FOR 10% OFF YOUR DROP IN PROJECT

### TULA ART STUDIOS

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2017 **4Runner**  
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BU5JRA BM



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DZ5BNT



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\$0 DOWN  
60 MONTHS @ 4.79%  
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COB \$12730

2017 **SEQUOIA**  
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DY5G1T - AB



2017 **TUNDRA**  
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DY5F1T BM



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# Messages From Your Elected Representatives



## Ward 3 Councillor Jim Stevenson

Whether you're going away for a few days or a few weeks, here are a few simple precautions that you can take to make your home more secure and deter would-be criminals from entering your property.

- Make your house looked lived in by setting your lights on a timer so they turn on and off at different times

giving the impression someone is still home.

- Have a friend or neighbour pop by the house to check everything is OK.
- Ask a friend or neighbour to put your bins out on garbage day.
- Put a hold on your mail and newspaper.
- Ensure a friend or neighbour has your emergency contact information.

As always, I welcome your calls and emails so if you have questions or concerns, please don't hesitate to con-

tact my office. Also please visit my website for updated information: [www.calgary.ca/ward3](http://www.calgary.ca/ward3).

*Jim Stevenson, Councillor, Ward 3*  
[www.calgary.ca/ward3](http://www.calgary.ca/ward3)

*Lynne Banning, Assistant* 403-268-2530  
[eaward3@calgary.ca](mailto:eaward3@calgary.ca)

*Barb Fleet, Assistant* 403-268-4854  
[ward03@calgary.ca](mailto:ward03@calgary.ca)



## Ward 4 Councillor Sean Chu

### HELLO WARD 4 RESIDENTS,

### Fire pit regulations help create good neighbour relationships

When you ask Calgarians what they love about this city, the answer is often "the people". While most of us do our best to be good neighbours, sometimes we need a little guidance to do the right thing. That's where the Community Standards Bylaw comes in.

Did you know that the Community Standards Bylaw lays out the requirements for using backyard wood-burning fire pits? The regulations for fire pits include:

- Using a mesh screen or spark guard to reduce the

spread of embers and sparks

- Extinguishing the flame by midnight on weekdays and 1 a.m. on weekends
- Restricting the height of the flame to one metre
- Building a fire pit within maximum size limits
- Listing materials that cannot be burned
- Ensuring the fire pit is at least two metres from other structures and is not under a tree or overhanging branches
- Ensuring you have a means of extinguishing the fire on hand and that you put it out before you leave it unattended

Fines for unsafe fires and burning prohibited materials have recently been increased, so it pays to understand the bylaw. For more information, visit [Calgary.ca/firepits](http://Calgary.ca/firepits). If you have a concern or complaint about fire pits, call 311.

### 2017 Election Ward Boundary Changes

In October, Calgarians will vote to elect their Mayor, Councillors and School Board Trustees. During the 2017 Municipal Election, new ward boundaries will come into effect, which could change who the candidates are on your ballot and your voting station location. A total of 58 communities were impacted by the ward boundary changes. If you are in a community that has changed wards, you will be voting in a different ward than the last municipal election. It is important that you check your ward so that you know which candidates are running in your ward and where to find your designated voting station. To check your ward, visit [www.electionscalgary.ca](http://www.electionscalgary.ca), or call the Elections & Census Office at 403-476-4100 (Option 2).

Have an AweSome Summer!  
Councillor Sean Chu,  
Ward 4 [www.seanchu.ca](http://www.seanchu.ca)



## Calgary-Northern Hills MLA Jamie Kleinsteuber

### Greetings Residents of Calgary Northern Hills,

#### Greetings Residents of Calgary Northern Hills, Stampede Pancake Breakfast 2017

I would like to begin by thanking all the staff at VIVO and volunteers who helped make the Annual VIVO / MLA Stampede Breakfast such a success. This year was Canada's 150 Birthday and I'm glad that so many people came out to celebrate!

#### Opioid Emergency Response Commission

Back in June, the Alberta government announced the next steps in our coordinated approach to addressing the opioid crisis in our province. The plan is supported by a \$30-million commitment from Alberta Health Services and will pave the way to reduce the harm, overdoses and

death associated with opioids in our province.

Through the Opioid Emergency Response Regulation, under the Public Health Act, our government is creating the Minister's Opioid Emergency Response Commission to support the Ministry of Health in addressing the opioid crisis. The new Emergency Response Regulation gives the Health Minister greater powers such as expanding the authority to administer injectable naloxone to people beyond emergency responders, give direction to addiction services and acute care services operated by Alberta Health Services to adopt opioid related protocols.

Further to this, Alberta Health Services submitted an application to the federal government with a proposal to provide supervised consumption services at a health facility in Calgary's central core.

The Sheldon M. Chumir Health Center has been identified as a potential site for supervised consumption services because it provides a range of wrap-around supports, including opioid dependency treatment and a needle-distribution program.

Supervised consumption sites give people the option to use drugs in a monitored, clean environment to reduce harm from substance use, while offering additional services such as counselling, social work and opioid

dependency treatment.

Research shows supervised consumption services do not increase drug use or criminal activity, however, they do save lives and all levels of government have acknowledged that a coordinated and integrated approach to addiction is key.

Naloxone can reverse an opioid overdose, including fentanyl.

Naloxone Kits are available free of charge at walk-in clinics and pharmacies across Alberta – and you can pick one up without an ID or prescription. If you're concerned about your own or someone else's drug use, please call Health Link at 811 or the Addiction Help Line at 1-866-332-2322.

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](mailto:calgary.northernhills@assembly.ab.ca)



## Honourable Michelle Rempel, M.P. Calgary Nose Hill

### Report to Constituents – AUGUST 2017

#### Calgary Nose Hill Canada 150 Award

Do you know someone who has made a significant difference in our community?

In celebration of Canada's 150th Anniversary, I am proud to announce the Calgary Nose Hill Canada 150 Awards to recognize residents who work tirelessly to make our community a great place to live. Nominations for this recognition are open to deserving individuals including teachers, artists, athletes, researchers, coaches, entrepreneurs, emergency responders, community volunteers, and anyone who

makes a contribution to our community.

If you know someone who is deserving of this award, please nominate them for consideration. Nominations will be reviewed by an independent volunteer panel who will recommend recipients. To respect the privacy of nominees, we will be keeping nominations confidential and request that nominators do the same. Please note that to be eligible, a nominee must be an individual who resides, or has volunteered, within the boundaries of the Calgary Nose Hill electoral district.

The deadline to submit nominations is August 31, 2017. All nominations must be emailed to: [Michelle.Rempel@parl.gc.ca](mailto:Michelle.Rempel@parl.gc.ca). For more details on the nomination process, eligibility and to download the Nomination Form, please visit: [http://www.michellerempel.ca/canada\\_150\\_awards](http://www.michellerempel.ca/canada_150_awards).

403-216-7777

[Michelle.Rempel@parl.gc.ca](mailto:Michelle.Rempel@parl.gc.ca)

Website: [www.michellerempel.ca](http://www.michellerempel.ca)

201-1318 Centre Street N.E.,

Calgary, AB, T2E2R7

## Outreach in the Hills

September Storytime at Vivo for children (1 to 5 years)  
Families need to sign up to be involved with this program

**11950 Country Village Link NE, Calgary**  
**Thursday | September 14, 21, & 28 | 10-11 am**  
(Families need to commit to all 3 dates to register and live in the Vivo area.)

Come join us for this 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 Aug. 21.

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

Look for "Come Play with Me" (starting up in October)

**FREE drop in play program**  
**11950 Country Village Link NE, Calgary, AB T3K 6E3**  
**October 5-Nov 23, 2017**  
**Thursday Mornings 10:00 – 11:30 am**

For information call  
403-275-6666 #276 or check  
website [www.weconnectyou.ca](http://www.weconnectyou.ca)

*\*This program is a partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.*

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### 2017 FALL PROGRAM REGISTRATION

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AQUATICS - AUG. 22



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# 2017 Soccer Wind up Party

By Sue Music and Kendra Baker

Editor's note: What a party! What better way to look back than two Moms sharing the fun.

Dragons, dinosaurs, warriors and the like. Pink, maroon, green, orange, blue, grey, purple, yellow and black. All were in attendance at Northern Hills Soccer Wind Up Party. On June 25, the sun joined us, as it did for the majority of the season, to celebrate a very successful



2017 soccer season.

The majority began the festivities with some delicious BBQ hot dogs, chips, iced tea or lemonade and watermelon sponsored by Sobey's. Then it was off to their activity or treat of choice.

The blow up climbing wall and slide was at full tilt with the players and their siblings playing as long as their legs, or their parents, could handle. A steady, but quickly and cooperatively moving line lasted the duration of the event! Nice work kids!

ViVo Play Ambassadors were out with their hula hoops, skipping ropes, noodles, balls and many more outdoor toys, encouraging the benefits and rewards of kids free unstructured play! You could find toys spread across the entire field with kids smiling and giggling their little hearts out! Thank You ViVO for your time and encouragement to allow kids to use their beautiful imaginations and be kids.

WHAT? There was cotton candy. Yes, tucked away in a corner there was a small line of people who ventured far enough to find the cotton candy and popcorn

which were served with a smile to the kids (and adults) hearts' content. The treats were generously sponsored by one of the fastest growing brands in Western Canada, Canadian Brewhouse, and if you haven't checked them out, do so. Their food is delicious. You can bring your kids (or not) during certain hours, and it is conveniently located in Harvest Hills.

Field Hockey Alberta was also in attendance with what was for some their very first exposure to hockey, on a field?!? The players were very up to picking up a stick and rocking the balls toward the net in a very well set up and appealing display. Thank you, Field Hockey Alberta.

Next up, for the hardcore players who just did not have enough in their season, a blow-up soccer field. The kids played multiple games of pick up soccer in this mini field set up. It was cool to see how far the players have come. There were mini games being played during the entire duration of the event with children of all different ages and skill levels. No organizers or referees, just a few supervising parents enjoying watching their kids



organize themselves and play one of the most popular played sports in the world.

And for those who needed a break from the hustle and bustle of the running, jumping, climbing, eating, they found themselves in the shade and got a face painting and/or temporary tattoo.

With our children very happily tucked into bed on June 25th, the Northern Hills Soccer Wind-Up party was a very worthwhile invested Sunday afternoon. A huge success and an even bigger thank you goes out again to all of the sponsors mentioned above, in addition to Bouncy Town, Little Caesars, Save on Food, Superstore. Also, to Jiffy Lube, Northern Hills Dental, Panatella Dental who sponsored the soccer groups, and Greenwood who donated soccer passes.

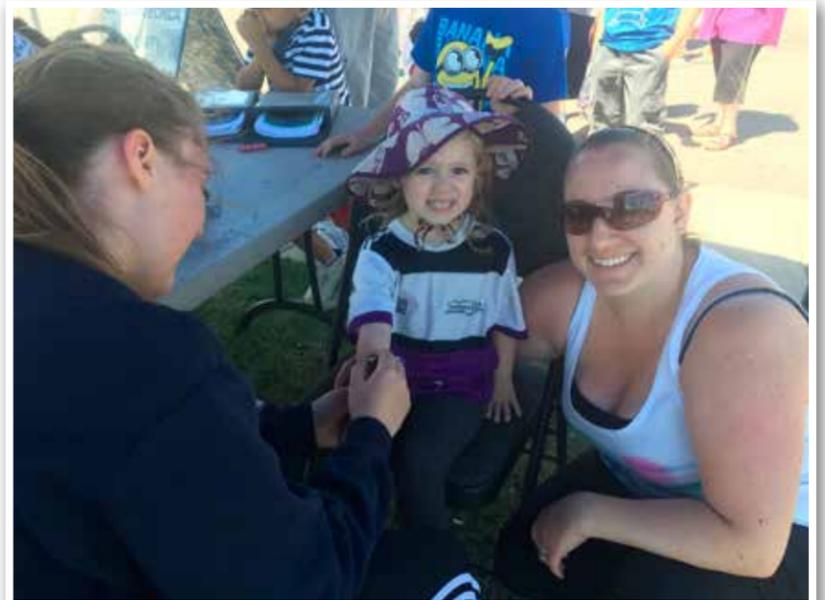
Last, but never to be forgotten, a huge thank you to all the staff, volunteers and parents who graciously donated their precious time to this past season. As a parent, of two little players myself, your efforts and time were appreciated more than words can express. You were coaches, coordinators and organizers, first aiders, referees, mediators and friends to all of our children and major contributors to this year's successful season. We would not have had a season without you!!! Thanks



joy, among others. A lot of space for kids to run around and get to know each other and of course those long lines where, on a positive note, the parents had the chance to get to know each other as well.

If you happen to have any equipment for soccer, please email [soccer@northernhills.ab.ca](mailto:soccer@northernhills.ab.ca), and someone can direct you as to where you should return these items. Also, they were taking soccer jersey donations which I am sure you can still send their way.

What a great way to end the successful soccer season. The windup party really showed just how much our community comes together for these events. It's simply amazing how many people got involved and made this wonderful event so successful and memorable for the kids as well as the families and volunteers. It was a joy to be a part of it all and I look forward to many more great



again, enjoy your summer and see you all next year!!  
--- Sue Music

seasons. If you have any questions, concerns or comments, please feel free to contact Northern Hills Community Association [admin@northernhills.ab.ca](mailto:admin@northernhills.ab.ca). I will leave you with a sweet little poem to help you reflect on the memory. I hope you all enjoy the rest of your summer.

## Northern Hills Soccer Wind Up Party

*Our soccer players came and had a lot of fun  
they brought their families along, to enjoy time in the sun.  
The games, the treats and hotdogs, who could ask for more?  
The party was a success like no other before.  
The kids were all smiling, the parents had not a care  
the volunteers were sweating and running from here to there.  
The lines were there for socializing, the space was there for play,  
the food was there to eat and the garbage was thrown away  
The day was sunny and exciting and the community came together  
the end drew near and it seemed to take forever  
another season wound up and the kids were sad to go  
but we will be back next year for another go. --- Kendra Baker*

## New to Canada?

Arriving in a new city can be overwhelming. In Calgary, there are many resources and services to assist newcomers, community organizations to help you get settled, and immigrant serving agencies who can help if you're new to Canada.

The Newcomers Guide to Calgary (available in English and Arabic) provides important information for new residents in an easy to download and print format. For more information, visit [calgary.ca/newcomers](http://calgary.ca/newcomers).



## Summer Safety for Families

By Dr. Kate Kokoski

Summer has officially arrived in Calgary and there are many ways to keep your family safe. The most common summer related illnesses are: dehydration, sunburns, heat-related and bites and stings.



- ✓ Avoid the heat of the day; 11am-3pm
- ✓ Apply an all-natural sunscreen (even on cloudy days). Some of my favourite brands are: Sun Bum, Kiss my Face and Beauty By Earth
- ✓ Choose a sunscreen that is SPF 30

### Sunburn Topical Relief:

- ✓ Undiluted Aloe Vera
- ✓ Avocado oil or Vitamin E
- ✓ Add peppermint or calendula oil to a cool bath

### Bites and Stings

#### Prevention Tips:

- ✓ Avoid sweet smelling and floral scents (including dryer sheets)
- ✓ Eating garlic and onions and taking a B-Complex vitamin will make your skin less appealing to mosquitoes
- ✓ Try a natural and DEET-free insect repellent
- ✓ Use essential oils diluted in water and then either rub or spray on your skin and clothes

### Bite and Sting Relief:

- ✓ Garlic soothes the pain. Hold a crushed clove of garlic on the sting or bite for 15-20 minutes then rinse.
- ✓ A oatmeal bath soothes stings/bites
- ✓ Peppermint oil or Lavender oil soothes itching and promotes healing

### Heat-Related Illness

#### Heat Exhaustion symptoms:

Thirsty, Fatigue (tiredness), and Leg/Abdomen Cramps

#### Heat Stroke symptoms:

Dizziness, Trouble breathing, Nausea, Vomiting, Headache, Confusion

#### Prevention of heat-related illness:

- ✓ Stay Hydrated
- ✓ Aim for 8-12 glasses of water each day
- ✓ Drink plenty of water before, during and after activities
- ✓ Keep electrolytes on hand such as Coconut Water or EsterC

### Sunburn

Even getting one severe sunburn when you are a kid doubles your chance of developing melanoma (skin cancer).

#### Prevention Tips:

- ✓ Wear a hat and long sleeves and pants that are breathable (such as a linen) and sunglasses

## Why is it important to have your children actively participate in community?

By Mustansir Paliwala

For most of us, volunteering is an extra activity. Something that's nice to do and preach about but not absolutely necessary even though we like to highlight the benefits and its importance to our young ones. As it goes without saying, the young impressionable minds always learn and copy the behaviour and actions of adults around them. Active community participation should always be one of the building blocks for their character development. All of us going a little extra mile in our day-to-day lives will go a long, long way in how our future societies are shaped. Below are some reasons why active community participation is hugely important:

- Experience an increased sense of self-efficacy
- Children who do community service work learn that they can actually make a difference with what they do. This helps better understand their own competence, leading to more self-confidence, and a can-do attitude that can spread to their work and academic pursuits.

- A sense of responsibility and pride Working within their community, they learn that they can be responsible for making great things happen. This helps build a sense of responsibility and a sense of pride.

- Teamwork

As children work in community service programs, they'll learn how to better work in teams and this improves and develop their leadership skills immensely.

- Volunteering helps in skill building

Participating in community service allows kids to build upon their existing skill sets, as the work is as close to a real-life setting as possible. This can also greatly shape their future careers and develop an order in their future field of work.

- Learning outside and beyond the volunteer work

- Volunteering allows kids to apply what they have learned beyond the volunteer work, offering enrichment and a great way to see the outside world from a controlled environment.

## Community Preparedness

A message from the Federation of Calgary Communities Building Safe Communities Program

As Calgarians we know that emergencies can affect our communities at any point. Many emergencies may not be preventable but we can minimize the risk by being prepared. Here is a list of ways you and your neighbours can be prepared.

### Know your neighbours

- If an emergency does arise, if you know your neighbours you can readily identify neighbours who may have special needs, mobility or those who need additional assistance in an event of emergency.

### Know the potential risks and hazards in your community

- The more residents are aware of areas in their community that are potential risks, the better prepared a community can be. Be proactive!

### Know the evacuation routes

- Knowing how to get of your neighbourhood can reduce traffic congestion and allow for emergency personal easy access.

### EMERGENCY NUMBERS, CALGARY AND AREA:

- ✓ Ambulance, Fire, Police, Hazardous Materials Spills 9-1-1
- ✓ Gas Emergency – ATCO Gas 403-245-7222
- ✓ Electrical Emergency - ENMAX Power 403-514-6100
- ✓ All other City services 3-1-1
- ✓ Poison & Drug Information Service 1-800-332-1414
- ✓ Calgary Emergency Management Agency 3-1-1 [calgary.ca/cema](http://calgary.ca/cema)

For more resources, check out the Federation of Calgary Communities website ([www.calgarycommunities.com](http://www.calgarycommunities.com)) under the Building Safe Communities tab.



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## Health In-Season Community Garden Workshop Series

Meet your local dietitian and learn how to turn in-season produce into healthy, family-friendly dishes!

Date: August 22, 2017 Time: 5-7pm  
Location: Coventry Hills Community Garden, 90 Covepark Square NE

Food demos, taste testing, recipes, raffles and more!  
Children welcome.



## Mail-in ballots for the 2017 Election



In October, Calgarians will vote to elect their Mayor, Councillors and School Board Trustees. Your community is shaped by the outcome of an Election. If you are unable to vote during the Advance Vote or on Election Day due to physical incapacity, being absent from the city, working as an election worker, or volunteering/working on a campaign, you can request a mail-in ballot online by visiting [www.electionscalgary.ca](http://www.electionscalgary.ca), by phone, 403-476-4100 (option 2), in-person or in writing at the Elections & Census Office, 1103 – 55 Avenue NE.

If you request a mail-in ballot, a ballot package with instructions will be mailed to you after Nomination Day (September 18, 2017). A photocopy of an authorized piece of identification must be sent back with the returned ballots. Ballots must be received by the Elections & Census Office no later than 8 p.m. on Election Day (October 16, 2017). For more information on the Election, or to sign-up to receive updates, visit [www.electionscalgary.ca](http://www.electionscalgary.ca).

### Social Enterprise

CONTINUED from page 1

to people, the environment and the community. Sustainability is the key, and for that to be possible both financial growth and social impact need to operate together with a clear vision.

Different ways Social Enterprises impact a community can include:

- Providing employment in their community, to improve the local economics
- Getting supplies and services from local businesses or resources
- Donating to locally driven initiatives that help improve the local economic climate
- Sharing knowledge, resources and talents within our community
- Addressing a gap, need or opportunity not being served by existing businesses or local organizations

Northern Hills Connect is helping to provide knowledge and resources by developing an “incubator” for innovative and creative ideas that need to flourish in our community. Through partnerships, there is free training, connections with experts and the possibility of evolving your idea to deliver at a Social Enterprise pitch competition, in the fall. Support on feasibility, market research, business plan writing and funding are all ways that Northern Hills Connect can assist you as you explore your idea on ways it can make the Northern Hills even more awesome.

Everyone needs the opportunity to look after themselves, look after their families and impact their fellow citizens. If you want to develop a Social Enterprise or even if you just want to share your expertise, to help others develop their ideas then come and attend a workshop, meeting or connect with Northern Hills Connect directly.

Watch for ongoing updates on the Northern Hills Connect Facebook page, NHCA and Vivo websites and social media. They anticipate the Northern Hills Connect website will be up and running by fall to provide ongoing resources.

## Helping Your Children with Social and Emotional 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.

Kindergarten is right around the corner and this is such a fun (yet stressful) time for kids. Here are some tips to help your child look forward to starting school.

1. Visit the school playground and have fun playing!
2. Ask him/her to draw a picture of how they think the 1st day will be. Answer any questions that they may have.
3. Set up a goodbye and pick up plan. And stick to the plan as much as you can!
4. Plan what they will wear on

the 1st day!

5. Walk your child to the door on the 1st day.
6. Talk about the day after school is done. Ask if they remember something fun they did, or was there something important they learned.
7. Listen to their feelings and respond with kindness and concern. Showing empathy is important!

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 devel-

opmental 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](mailto:nwecdcoalitions@gmail.com).



first 2000 days  
Early Childhood Development Network  
North West Coalitions

## The Value Of Condo Fees

The hidden cost of living in a condo  
As Seen in Condo Living Magazine

By Maria Bartolotti



**Q Dear Maria: I've been told that my condo fees are higher than most condos in the neighborhood. How do I determine what a reasonable maintenance fee is?**

**A** That's a pretty loaded question. In my personal opinion there really is no such thing as a “reasonable” condo fee. Now, hear me out... many factors such as amenities; utilities, number of units, location, age of building, reserve fund/study/ security, and type of maintenance can contribute to high or increased condo fees. These are just a few factors that go into determining the

condo fee. Whenever I'm asked this question, I tell people not to compare their condo to others in the city since no two condos are ever the same, and each one has uniqueness about it. In other words, each condo corporation has different expenses. Some condos may have more factors contributing to increased fees, while others may have very little.

For example; an aging building can require more upkeep along with modernization of common area components such as, elevators, boilers, plumbing, access control systems or outdated intercom systems. These types of maintenance and/or replacement work can drive up the price of condo fees. The same can be true for newer buildings.

The City of Calgary's Building Maintenance Bylaw is aimed at better protecting the public by

requiring the exterior of Calgary's buildings to be visually assessed for necessary repairs every five years. The bylaw covers buildings that are five storeys or greater and over 10 years old and will require visual assessments on building exterior walls and roofs.

Any negative findings in these inspections will likely result in the need for repairs, which in turn will be passed on to residents in added condo fees.

Condo fees are not meant to remain the same through the life of the property, if they do, you should be questioning why? If you purchase a condo, ensure that you have additional money set aside for the unexpected. Condo living is a lifestyle choice, but – like all other choices – there are consequences you have to be aware of.

## BECOME A MEMBER OF THE NHCA

Northern Hills  
Community Association

### Get Connected to Your Community

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Memberships can be purchased on-line, in person at the NHCA office or by mail.  
[www.northernhills.ab.ca](http://www.northernhills.ab.ca)

**The annual membership fee for families is only \$30. Single and Senior Households \$20. Businesses (directory on website) are \$50 and Business Plus members (ad and link on website) \$120. Watch the value of your membership grow as the NHCA increases its business discount programs and you receive savings, while at the same time supporting community programs!**

**CONTINUED - Page 1 -  
Summer Fun**

June 3rd saw the Community Round Up & Free Stampede Breakfast at Vivo. Our wonderful community was lucky to be one of the few chosen for this special, early Stampede event. There was all kinds of Stampede-themed fun, and the Notre Dame High School team collecting community designs for the Vivo Canada 150 art project's metal flag. It was a great, sunny day for it

The next few events took place in rapid succession – it was a busy time for the organizers and volunteers! June and July were a blur of food, friendly faces and lots of fun!

#NeighbourDayYYC was trending on June 17th as the NHCA & Vivo Neighbour Day Fun Bus toured the Hills, visiting the Harvest Hills Carnival and as many awesome community block parties as they could, handing out spot prizes and balloons. The Vivo Play Ambassadors were great fun, getting everyone into the spirit of the day and bringing many, many smiles! Thank you to our sponsors (Ward 3 Jim Stevenson's office, the Canadian Brewhouse), our partners Vivo, and all the wonderful volunteers for making this a great day to celebrate community!

The annual Kids' and Youth Soccer Wind Up was on June 25th and I've heard that so many of you had a lot of fun! There's a whole article about this event elsewhere in this issue...

On July 1st, there were many sesquicentennial events throughout the Hills, with a big Canada Day party at the Panorama E-Centre for Northstar residents, and reports of some (rogue) backyard fireworks in Coventry Hills.

This was then followed up by the three annual Stampede Breakfasts that are hosted in the Northern Hills each year, over the two weekends of Stampede.

The first is always the MLA and MP Stampede Breakfast at Vivo. This year there were over 5000 breakfasts served! The lines were forming from early morning (well before the advertised start of the event at 8:30 AM), but moved quite quickly due to there being lots of great volunteers manning the grills (including some awesome SPRY in the Hills members). There were stilt walkers, giveaways galore from lots of local businesses and the MLA, line dancing and more!

The second was the Harvest Hills Alliance Church Community Stampede Breakfast. There were lots of activities for the kids and they always have the best band! Local residents,

the Chen and Sinclair families (pictured) certainly enjoyed their day and had lots of fun!

The third was the Stampede Caravan Breakfast with RoyOp, which is always held at the Coventry Hills Centre (retail park). They served over 4000 people, and the entertainment was fantastic, as always, with the big bands, line dancing, Treaty 7 dancers, and lots for the kids.

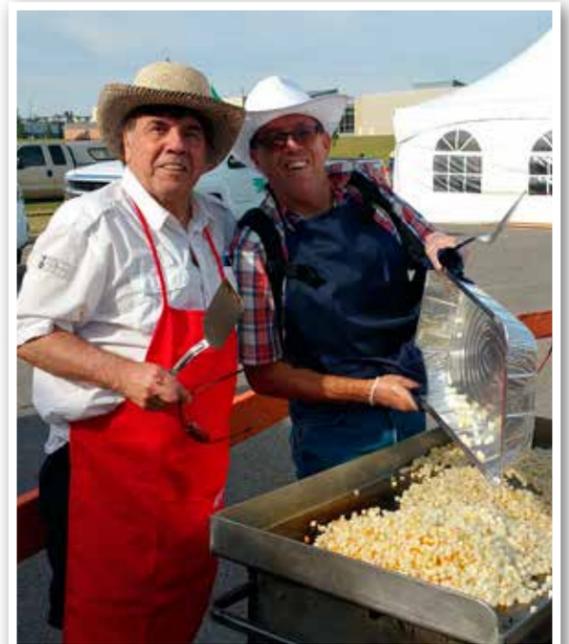
The Harvest Playground Committee manned the NHCA tent at each event, enthusiastically explaining to residents and guests about the proposed transformation of an

old playground into the wonderful, all-ages Harvest Hills Hub. For more information about this great community led project, please see elsewhere in this issue, or join them at their Harvest Hills Hub FUNdraisers – save the dates for some great nights out at the Canadian Brewhouse: Friday, August 25th from 6 PM and Saturday, October 21st from 6 PM. Contact harvestplayground@northernhills.ab.ca for more info and tickets.

The schools are out, Stampede is over, and summer is in full swing, but the fun has not finished! Look

out for community events happening throughout the summer and into fall. Look out for social media posts from the NHCA ([www.facebook.com/northernhillscalgary](http://www.facebook.com/northernhillscalgary) or follow @northernhills on Twitter), and make sure to check out the events listing on the front page of your Northern Edge News. Enjoy your summer!

*Images reproduced courtesy of Jesse Sinclair, Shane McEwen, Moraig McCabe, David Hartwick & Wayne Brown.*





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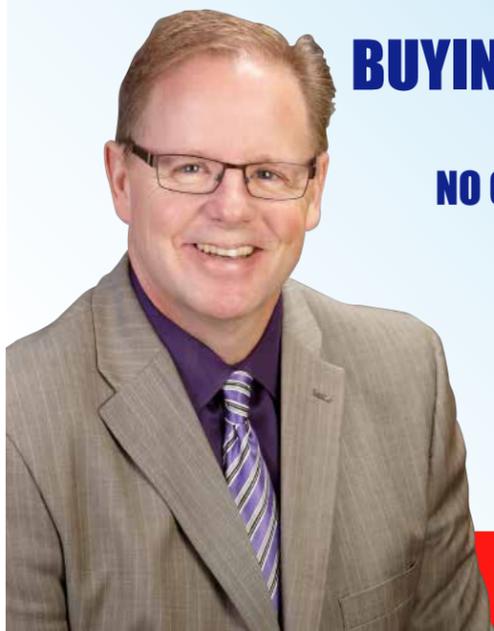
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### Crossword puzzle ANSWERS

Puzzle on page 4

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1	G	O	N	D	E	K	4	A	T	O	M	B	O	M	B		
	O		O		N		9	M	R	S		A		P	U		
10	D	E	M	O	D	11		12	C	H	I	N	O	O	K	S	
	S		S		13	E	T	C		T		N		R	T		
14	P	A	N	O	R	A		15	O	R	I	E	N	T	A	L	
	E		A		M		17	A	R	T		18	D	U	O	E	
19	E	N	T	A	I	L		21	E		22	O		N		F	
24	D	U	E		25	C	A	L	G	A	R	26		27	D	O	A
	T		29	J		N		A		30	R	E	F	E	R	S	
31	G		32	P	E	33		34	D	N	A		A		E	H	
35	O	R	A	T	O	R	I	O		36	D	R	Y	R	O	T	
	S		P		P		A		37	O	I	L		F		R	
38	S	T	A	M	P	E	D	39	E		40	M	I	M	O	S	A
	I		I		E		41	E	R	R		N		O		Y	
42	P	A	N	O	R	A	M	A		43	A	G	A	T	E	S	

### Sudoku puzzle ANSWERS

Puzzle on page 10

This Sudoku is provided by: [Sudoku of the day: https://www.sudokuoftheday.com/](https://www.sudokuoftheday.com/)

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



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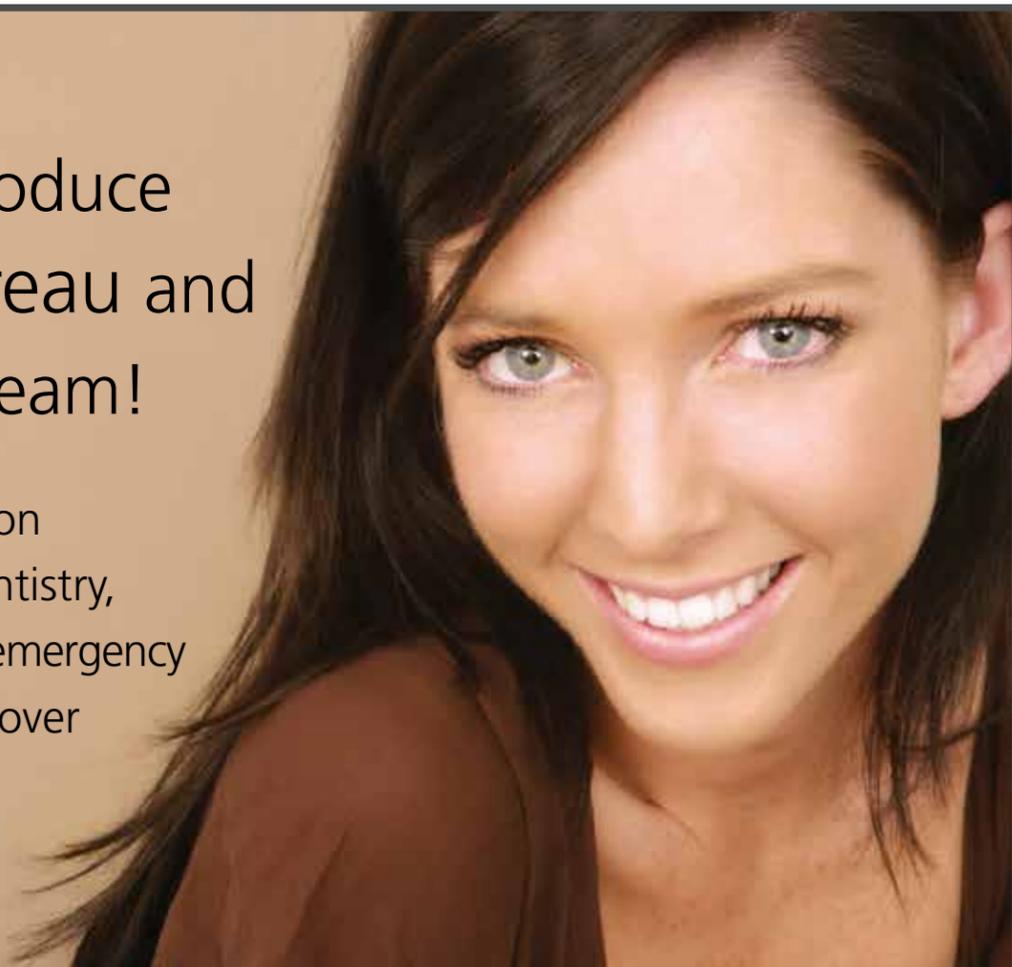
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