

NORTHERN HILLS COMMUNITY ASSOCIATION



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

www.northernhills.ab.ca

Packed House for the NHCA AGM

Over 80 residents packed the back room at Harvest Hills Alliance Church on Thursday, April 13th, to take part in the NHCA AGM. We kept bringing chairs in, but still ended up with standing room only at the back. Thank you to everyone who came out to engage with us and your neighbours in making our community a better place!

The evening started with a social, time for people to learn about the Community Gardens, the Building Safer Communities (Blockwatch) group, the exciting new plans for the Harvest Glen Way playground, which was revealed at the AGM (see elsewhere in this issue for more info!), and a chance to have their vote on what the NHCA should be looking at for the future, by posting Monopoly-style money equivalent to the cost of a family community membership, into different boxes. One resident had also started a "My Two Cents" campaign to push for the public high school to finally be built, and encouraged residents to take part by signing and taping pennies to letters to be sent to Education Minister Eggen.

The AGM itself was brief, with our previous President, Rick Lundy, stepping down to pursue other things close to his heart. Amanda Davis and

Suresh Fernando also stepped down. We thank Rick for his service to the community over the last two years, Amanda Davis for her service to youth program development, and Suresh for his many years of service as both Membership and Grants Director, plus his willingness to continue helping with our casinos. We also introduced several new Directors, notably Leah Argao, our new President.

After the business portion of the meeting, Tyson Bankert of the Federation of Calgary Communities presented three sets of Toole Peet Community Hero Awards to:



- The Coventry Building Safer Communities (Blockwatch) Committee for their hours of community service in helping to make Coventry a safer and friendlier places through their get to know your neighbours campaign and Facebook groups. They were praised by CPS for their help in increasing

calls to CPS, which have directly resulted in a decrease in crime in Coventry Hills.

- The Harvest Playgrounds Committee for their unending

Continued on page 6

May 5-7: Gem, Mineral and Fossil Show at Vivo

May 8-11: Notre Dame Fine Arts Week at Vivo

May 9: Social Enterprise 101 at Country Hills Public Library

May 13: MP Michelle Rempel's Career Services Event

May 25: Ward 4 Traffic/Pedestrian Safety Meeting

May 26: Canadian Blood Services at Vivo

May 27: Annual Community Clean up



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

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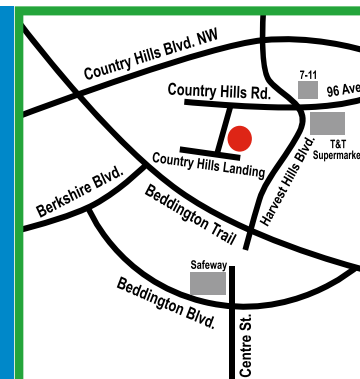
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LETTER TO THE EDITOR

Dear Editor,

An issue I'd like to bring to Northern Hills residents is when cyclists travel on community pathways such as around the lakes. Cyclists often do not ring their approach bells when coming from behind. This makes for potentially unsafe situations should a child or pet suddenly dart out in the opposite lane. I implore cyclists to ring their approach bell when about to pass people in order to avoid collisions.

Thanks,
Concerned Community Member

Editor's note: Our community pathways are regulated by the Parks and Pathways Bylaw 20M2003, please be guided.

The NHCA and Pedalheads Bike Rodeo will host a Safety Course for Kids on June 10th. Check out NHCA on Facebook and Twitter on May 1st for the link to online registration.

NHCA VOLUNTEER OPPORTUNITIES

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

These very important areas could use your help:

ASSISTANT EDITOR

Ever wondered what it takes to put together a community newsletter? Our Editor, Luz, is looking for some help from a dedicated volunteer who would be able to help her make sure the community news gets to our readers. If you would like more information, or to help out, please contact: editor@northernhills.ab.ca

WEBSITE EDITOR

Do you have experience of WordPress? Have you got a few hours every couple of weeks that you could dedicate to helping us to update our website? Please contact admin@northernhills.ab.ca if you can help out!

EVENTS

As we gear up for all the spring and summer events, we will need lots of volunteers to help us out with planning and to help at the events themselves. First up is our annual Community Clean Up with the Northstar Residents' Association on Saturday, May 27th. Please contact volunteer@northernhills.ab.ca if you can help by manning the check-in/check-out desk during the event, or by directing traffic on the day. The event runs 9 AM – 2 PM, but we will need volunteers from 8:30 AM – 3 PM.

If you would like to help clean up litter in your community, no need to pre-register; just turn up on the day! We supply the bags, litter picking sticks and refreshments!

EVENTS COMMITTEE: We are also looking for some volunteers from the community to help us out on an Events Committee! They say "it takes a village..." but you would be surprised what just a small, dedicated group of community volunteers can achieve, with the right support! Please contact volunteer@northernhills.ab.ca if you would like to help out or get some more information.

Please visit our website's Volunteer Opportunities page at: www.northernhills.ab.ca/nhca-volunteer-opportunities/ and our Facebook page at www.facebook.com/northernhillscalgary/ for the most up to date opportunities.

NHCA Contacts

BOARD MEMBERS

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

COMMITTEES

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

CONTACT

NHCA at Vivo, 11950 Country Village Link NE, Calgary, AB T3K 6E3

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Pathway laws and etiquette

Share the pathway and share the responsibilities. Those who use the pathway get along better when they show courtesy and consideration for others. Calgary's parks and pathways are regulated by the Parks and Pathways Bylaw 20M2003. This excerpt provides an overview of pathway laws and suggested pathway etiquette, but please refer to the bylaw for more detailed information.

(*) indicates a legal requirement.



Be visible

- Wear light-toned clothing with reflective tape material.
- Outfit your bicycle with a white front light, red rear reflector and a red rear light. *



Signal when passing

- Use your voice, bell or horn to inform others that you are passing. *
- Those being passed should acknowledge with a wave.



Keep to the right

- All pathway users must keep to the right half of the pathway except when passing. *
- Move off the pathway to the right when stopping.
- Cyclists should ride single file.

<http://www.calgary.ca/Transportation/TP/Pages/Cycling/Cycling-Education-and-Safety/Pathway-laws-and-etiquette.aspx>

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	69							70						

- ACROSS**
- Stewed fruit
 - Bolivian ____
 - Mild laxative
 - Laughs, maybe
 - Tasty treat
 - Grad
 - Content of some bags
 - Start of some cloud names
 - Sapporo sash
 - It's definite
 - Car nut
 - Tasty treats
 - Not digital
 - Arise
 - Little kick
 - Class-conscious grp.
 - "O Sanctissima," e.g.
 - Way to walk
 - Charge
 - Tasty treat
 - General in gray
 - Tropical snake
 - Possessive pronoun

- Some bends
 - Taboos
 - Beach item
 - Tasty treat
 - Folklore creature
 - Nodule
 - Certain print
 - Deflects
- DOWN**
- A sparkling wine
 - Shade of blue
 - Remote control button
 - Overly decorous
 - Salad topper
 - Bus. card abbr.
 - Related on one side
 - Grand ____ ("Evangeline" setting)
 - Common Market letters
 - 1986 #1 hit for Starship
 - Simple eyes
 - Carved figure
 - Coupling
 - Smoke and fog mixtures

- Answers on page 14*
- Chain
 - Sean ____ Lennon
 - Breathalyzer attachment
 - Dupes
 - Easily tamed bird
 - Dracula, at times
 - " ____ Ng" (They Might Be Giants song)
 - Photographer Goldin
 - Star in Perseus
 - Back in?
 - Copper coins
 - Caribe
 - Away
 - D.C. setting
 - Science writer, Willy
 - Colo. neighbor
 - Blood-typing letters
 - Nest builder
 - Good buddies use them
 - Smart guys?
 - City in Ontario
 - Jai alai ball
 - Smell the coffee
 - Sean Connery, for one
 - Baseball great
 - Engine sound
 - Fungal spore sacs
 - Beach site
 - Dregs
 - Crumb
 - Get prone
 - Second degree?
 - Across, in verse



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"Did You Know In the Hills?" Contest!

This month's trivia question is:

When will the last Seniors' exercise class be held for Spring 2017?

The winner of the "Did You Know in the Hills?" trivia question for the month of April is: **Kelly Layne, Congratulations!** The answer was "March 4," and can be found on page 5 of the April 2017 Northern Edge News in the article titled "Thank You!" Thank you to all of you who submitted your answers, and we look forward to your continued participation.

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.

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



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FACES OF COMMUNITY

By Moraig McCabe

Last month we ran our first "Faces of Community" column. We hope you enjoyed seeing all the "regular Joes" from our community that give so much back in volunteering.

This month, we have the pleasure of introducing you to:



My name is: Jeannine Nguyen

I live in: Harvest Hills

Volunteer Role: NHCA Kids' Soccer Photo Coordinator; I have also coached and assistant coached in the program

I started volunteering in: 2012

I volunteer because: I am part of this great community and the program needs volunteers to make it work.

What I like best about my role is: I can use my skills as a project manager to help organize one of the busiest events in the soccer program.



My name is: David Hartwick

I live in: Coventry Hills

Volunteer Role: My current roles are: 1st Vice President and Advocacy Director, Acting Communications Director, and I am on the Traffic Committee, Airport Noise Advisory Committee, and Building Safer Communities Committee. In the past, I have volunteered as: Membership Director, Acting Planning Director, Schools Liaison, Cardel Place Representative, soccer coach and Planning Committee, and I write articles for the community newsletter.

I started volunteering in: 2004

I volunteer because: I grew up in a Calgary community where the

neighbourhood went to the same schools, played sports at the same community centre, shopped at the same shopping mall, and people talked to each other. When I joined the NHCA, I was a parent frustrated with the Calgary Board of Education and wanted my community association to get involved in getting schools for the area after personal success in getting Coventry Hills Elementary constructed. I wanted my kids to grow up within the community we lived. By volunteering with the NHCA, I had the opportunity to shape the programs and services we offered, and have a voice with our elected officials. I hoped we could have more successes with schools, a community centre, basketball courts, tennis courts, hockey rinks and so much more. It is hard to believe my kids are now teenagers, and we are still battling for most of those needs. And I am still a parent frustrated with the CBE.

What I like best about my current role is: The ability to engage people in making their community better and getting involved, and holding politicians accountable.

I would like to share: Communities aren't what they used to be. People drive into their garages and close the door behind them. People stare at devices instead of having conversations. We drive our kids to ice rinks near downtown because there aren't enough in our community. Our kids go to different schools. Our recreation centre is too small and doesn't meet everyone's needs. Our closest shopping mall is outside city limits. You might not run into your neighbours at a nearby restaurant because they went to Airdrie, or Beacon Hill, or somewhere else. Everyone is busy. Everyone wants someone else to take on their battles. We can't even get 50% of our community to vote. And less than 10% buy a community membership. I am taking an active role in making things better, which I think is better than complaining about it and not doing anything. I thank all the other people that volunteer to make our community, a community. You are all heroes.

My name is: Jon Berlie

I live in: Coventry Hills

Volunteer Role: Community Gardens Coordinator

I started volunteering in: 2016

I volunteer because: I want to live in a great community where people know each other and care about others around them.



What I like best about my role is: Encouraging people to get involved and building connections and adding to sustainable food security in our communities.

I would like to share: "Never underestimate the power of a few committed people to change the world."

Indeed, it is the only thing that ever has." Margaret Mead

Image of Jon courtesy of Calgary Herald, April 16, 2016; <http://calgaryherald.com/life/food/reaping-the-benefits-rising-food-prices-create-fertile-environment-for-urban-permaculture>

Look out for more "Faces of Community" in future editions! If YOU are a community volunteer (whether for the NHCA, or another organization) and would like to take part, please contact us at: admin@northernhills.ab.ca

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Updated: 16-Aug-16

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

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

- | | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> yes | <input type="checkbox"/> no |
|------------------------------|-----------------------------|



AGM - Packed House (Continued from page 1)

passion, perseverance and research, which is pushing the awesome plans (that were revealed at the AGM) for an outdoor community hub with better play equipment suited to all ages and demographics, an Alberta Nature Discovery Trail, and community gathering space, rather than just a tot lot replacement.

The Harvest Hills residents' group (CFRD) that worked tirelessly on the Harvest Hills Golf Course redevelopment, and united and engaged their community as a result.

Congratulations to all our community heroes and a thank you for your passion in making the Northern Hills a better place!

After the presentation, there was a community Q&A, at which the issue of the high school on the current CBE capital plan remaining unfunded became a hot topic. Both the outgoing Trustee, Lynn Ferguson, and MLA Jamie Kleinsteuber fielded questions for a good portion of the evening. Thank you to all who were so passionate about this issue that



you signed up to form a community schools committee. Cst. Kelly, our CPS liaison, also spoke to the perception of crime in the community, and what residents can do to help reduce any crimes of opportunity.

Thank you so much to our sponsors, Famoso Neopolitan Pizzeria (Country Hills) and Good Earth Coventry Hills for the pizzas and coffee for all our residents. Thanks also to Harvest Hills Alliance Church for the space, and to our door prize donors: ICE Canada, Applebee's, Famoso Neopolitan Pizzeria (Country Hills), and Save On Foods (Panorama).

We hope to see you all at the upcoming community events and at next year's AGM!

Photos of Community Heroes Awards and My Two Cents courtesy of Julie Barnden

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Saturday June 17

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|------------------|----------------|
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| -Balloon Animals | -Face Painting |
| -Music | -Photo booth |
| -Games | -Family Fun |

Location: Harvest Hills Crossing
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Charity Event!!



Community Spring Cleaning

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

The snow has melted and spring is now in the air, which means there's no better time to participate in a community clean-up! Bring your community together to help beautify your neighbourhood.

Here are two approaches that you can begin creating a cleaner neighbourhood,

1. Preserve a space: Collaborate with your neighbours and preserve a space, whether it's a community green area, public walkway, or playground that you and your neighbours can take ownership of to clean and maintain.

2. Clean sweep: Rally neighbours to put a couple of hours aside to do a one-time sweep of your community. You can also make this approach a regular community event!

Ensure you always have safety precautions in place like gloves, bags, proper footwear, and safe handling of dangerous items.

For more resources, check out our website at calgarycommunities.com



3 Things for Canada

We are in the midst of our sesquicentennial—the 150th anniversary of Confederation—and I find myself with two goals.

The first is to say and write the word sesquicentennial as often as possible. Seriously, it's super fun. Grab a pen and write it into this page right now. I'm sure the next person to read this after you won't mind.

The second is to encourage every Canadian to do a very Canadian thing: give an anniversary gift to the nation—a gift of service. Imagine if every Canadian did just three things for their neighbourhood, their nation, and their world in 2017. Over the course of a year, we'll have done over 100 million acts of community building. Over 3 million acts in Calgary alone!

3 Things for Canada (www.ThreeThingsforCanada.ca) is all about doing just that. It helps us consider what gifts of service we can give to

our nation—be they large or small—by considering our own passions and how we can help. What you do is up to you. Shoveling a neighbour's sidewalk, hosting a community BBQ, volunteering for a non-profit that is making a difference around the world, taking a role on your community association, running for office. Your 3 Things for Canada are limited only by your imagination.

In this time when it may seem dark in many parts of the world—when hearts, minds, and borders may be closing—the world needs Canada more than ever. It needs our capacity to do great things be they large and small.

So let's get out there and celebrate our sesquicentennial the best way we know how. Because Canada, and the world, deserves it.

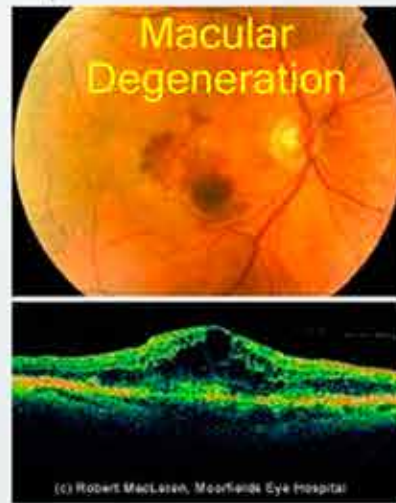
—Naheed Nenshi, Mayor of Calgary

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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)



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SPRY

(Senior Persons Regaining Youth)
in the Hills Program for Spring 2017



By J-L Emond

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 will be planned throughout the year.

SENIORS' EXERCISE SESSIONS:

Fit-2-Age Instructor

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

The 1-hour sessions at VIVO are every Tuesday at 2:30pm and Thursday at 3:00pm.

The last Exercise Class for Spring 2017 will be Thursday, May 25th.

SOCIAL & GAMES

Come and join us for coffee and a variety of board and card games every Tuesday 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.

May 30th will be a 2-hour Social gathering to mark the beginning of the Summer Break.

VOLUNTEERING TIME FOR THE CHILD-MINDING PGM

Seniors wishing to volunteer their time to read and play with the preschool children at VIVO can pick up an application form from Jay or Mary during our sessions on Tuesdays and Thursdays.

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 each calendar year, payable to the NHCA. There is no additional fee to attend the weekly Socials. NHCA cardholders also get 10%+ discounts from restaurants and many businesses in our area.



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

Children's Programming Nursery to Grade 4 during both services.
Grades 7-12 meet at 9 am. Class for Grades 5 & 6 at 11 am.



COURAGEOUS LIVING

★ ★ ★  ★ ★ ★

Please join us for our current
HHAC teaching series.

**FREE Grades 7-12
MATH & SCIENCE TUTORING**

Wednesdays
from 3:30 - 5:30 pm

Just drop in
steve@hhachurch.com



Weekly at HHAC:
AA and ESL,
Girl Guides,
TOPS, Al-Anon,
Moms With Young
Ones, Quilters +,
Men's & Women's
Activities, Youth,
Young Adults, etc.

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



Summer Soccer Camp

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



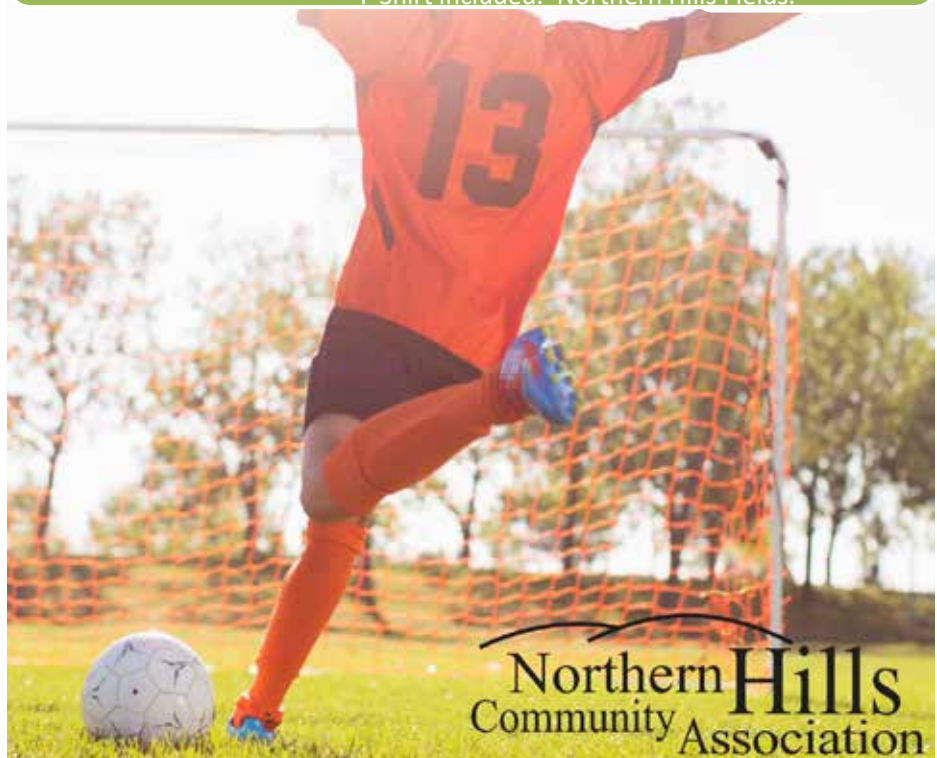
July 10-13, 2017 and/or

August 21-24, 2017.

U4 - U6, 10 am - 12 pm. \$85.

U8 - U12, 10 am - 3 pm. \$185.

T-Shirt included. Northern Hills Fields.



Northern Hills Community Association

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

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

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

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- 7" TOUCHSCREEN AUDIO

A NEW 2018 TOYOTA C-HR



\$200 ††

EXTRA CREDIT

C-HR LAUNCH
BONUS ON
NEW TOYOTAS

C-HR
LAUNCH PARTY

THUR JUN 1ST AT 6^{PM}

Winner randomly drawn at launch party
at Country Hills Toyota.

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HOW WOULD YOU LOOK IN A NEW C-HR?

ENTER TO WIN ON FACEBOOK.COM/CHTOYOTA 

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TOYOTA
403.290.1111 • CHTOYOTA.COM


20 FREEPORT LANDING NE, CALGARY, AB



Disclaimer: Official contest rules and regulations can be found on www.chtoyota.com.
†† One per unit, instock units only.



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: _____

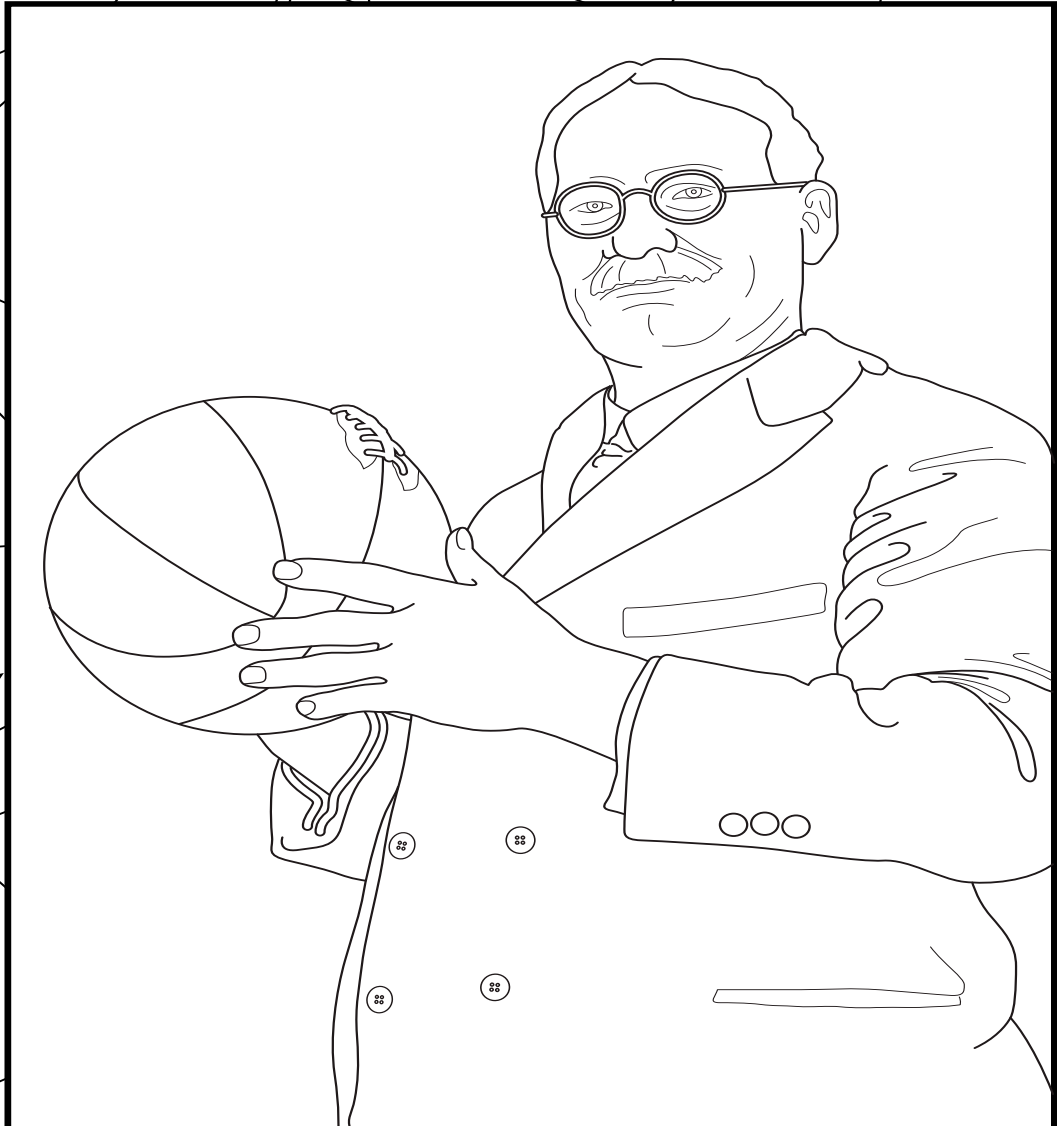
Age: _____

** 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

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



James Naismith is known as the inventor of basketball. Born in Almonte, Ontario in 1861, he later moved to the United States where he developed the game. Legend has it that basketball was created in an effort to keep a rowdy class of boys in check at the Springfield YMCA.

© colourcanada.com




You're invited to **PISCES** PET EMPORIUM Customer Appreciation BBQ & SALE



NH 05/17

SATURDAY
JUNE 17TH
 11am-3pm 2017
 4921 Skyline Way NE
 Deerfoot & McKnight

Meet our team of pet experts & vendors. Check out our photobooth, face painting, raffle prizes, giveaways & lots of family fun!

Bike Safety for Kids

Come and join us for a cycle safety Bike Rodeo!


Pedalheads instructors use games, obstacle courses, special equipment, and most importantly, positive encouragement, to help develop children's skills and confidence on their bikes.

Registration starts May 1st for the sessions on Saturday, June 10th at Vivo

- 10:30 AM - 12:00 noon for children aged 3-5
- 1:30-2:00 PM for children aged 6-8

Cost: NHCA members \$10/child, non-members \$35/child
 Groups are limited to 30 children per session.

Check out the Northern Hills Community Association (Calgary) on Facebook or Twitter on May 1st for an online registration link.




COMMUNITY PLAYGROUNDS UPDATE May 2017 Update

HARVEST GLEN WAY PLAYGROUND

After many months of research and visioning, the Harvest Playground Committee, spearheaded by Meghan and Victoria, has been brought to life in the form of a conceptual drawing by IBI Group, thanks to a grant from the Parks Foundation Calgary. The grand unveiling was at the NHCA's AGM on Thursday, April 13th, at Harvest Hills Alliance Church, and we have since revealed the designs on our Facebook Page (facebook.com/northernhillscalgary/).

The design encompasses not only some more challenging playground equipment so it appeals to kids of all ages, but it ties into the themes of "nature" and "motion" that the Committee based the design concept on. An artificial "tree" climbing frame, spinners, a hill slide and more will tie in to the beautifully designed Alberta Nature Discovery Trail that will wind around the site. Each "pod" will contain different native Alberta plant species (and possibly a giant insect or animal!) with an informative marker to educate visitors about the plants and animals they can find at the park. The species chosen are drought tolerant, being native to Alberta, as will be the grasses that have to be replanted, so that this is not only a much more user-friendly community outdoor hub, but better for our environment and water-wise as well. Our MLA's office is donating some of the plants towards this project.

In addition, this space has been designed to be a community gathering space – somewhere for families and community groups to come and enjoy a picnic, a chat or even a small, informal event. Picnic tables and benches are being designed and built by the shop teachers and students at Notre Dame High School, to make this a real community led project and something we can all be proud of!

THE HARD WORK BEGINS NOW

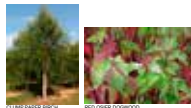
Now for the hard part – the fundraising to build this beautiful vision. At the time of writing, the Harvest Playground Committee has been putting together a fundraising plan. We are working with a candy company to offer treats that donate back profits to this playground and outdoor community hub project. The committee will be out at community events with order forms and dropping flyers off in the community. If you receive one, please consider helping us to make this vision a reality



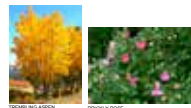
ECO TRAIL CONCEPT DESCRIPTION:

PROPOSED 4 PODS WILL REPRESENT ALBERTA NATIVE PLANT SPECIES (TREES, SHRUBS AND GRASSES)

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HARVEST HILLS PLAYGROUND
DATE: 2017.04.03
PROJECT NO: 100169
SCALE: 1:300
LANDSCAPE CONCEPT PLAN
Preliminary - Subject to Revision

for all of our community residents to enjoy!

If you can help with a flyer drop or attend to help out at one of the events, please contact Victoria and Meghan by email to: harvestplayground@northernhills.ab.ca

Our Parks Foundation project account, which is active and can accept donations, is awesome for donors, as donations of \$25 or more qualify for a tax receipt. All donations for the "Harvest Hills Playground (Harvest Glen Way)" will go towards this fantastic project. No donation is too small!

Personal Donations

(a) Download and fill out the Parks Foundation donation form at: <http://media.northernhills.ab.ca/HGW-ParksFoundation-DonationForm.pdf> and mail it to the Parks Foundation. Please select "Other" on the form, which we have already filled in for you with the "Harvest Hills Playground (Harvest Glen Way)" project.

OR:
 (b) Donate via Paypal using the link provided on the Parks Foundation's website at: www.parksfdn.com/community-led-projects/ Please make sure you indicate which project you would like to support in the Instructions to Seller section by typing "Harvest Hills

Playground (Harvest Glen Way)".

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

Business Donations or Sponsorship

Please contact our Executive Director (Moraig) or our contract Marketing Manager (Heather) to discuss sponsorship options for our playground re-

build. Email marketing@northernhills.ab.ca or call the NHCA Office and ask to be put in touch.



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 Dr. Sheila Varshney
 Dr. Benita Yan
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15,000 happy customers since 2003!

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Messages From Your Elected Representatives



Ward 3 Councillor
Jim Stevenson

Green Cart service is coming to your home

As the Green Cart program rolls out this year, you'll see how you can cut your garbage in half and turn your food and yard material into valuable nutrient-rich compost. Here's what homeowners can expect from the program.

You'll receive everything you need to get started

When your green cart arrives look inside to find:

- Kitchen pail and samples of compostable bags to collect food scraps
- Samples of paper yard waste bags to use when your cart is full
- Instruction guide
- Collection schedule

You'll be amazed at how much can go in

All food and yard waste can go in the green cart. You can even put in things that you can't compost at home like meat, bones, cheese, bread, pasta, branches and pet waste too.

These materials can be safely composted because the material reaches and maintains a temperature of at least 55 degrees Celsius during the composting

process, which kills any harmful bacteria.

Green carts will be rolled out by quadrant

Once everyone in your quadrant receives their carts, weekly green cart pick up will begin and garbage collection will move to once every two weeks.

Once the community rollout schedule is finalized it will be available on calgary.ca/greencart.

Live in an apartment or condo?

By Nov. 1, 2017 your building is required to separate food and yard waste from the garbage for composting or diversion. Talk to your building owner or manager or visit calgary.ca/multifamily.

Outdoor home improvement project on your mind?

Planning on building a garage, expanding your deck or maybe installing a hot tub? You might be wondering: What permits do I require? How long it will take? Or what bylaw and code considerations do I need to know about?

Before you pay for materials, hire a contractor or do it yourself, let The City help guide you on permitting and inspection requirements. We know the process can be confusing but we're here to help answer your questions to ensure your project meets Alberta's safety codes and city bylaws.

Visit calgary.ca/myhome for answers regarding our most popular outdoor home improvement projects, or give us a call directly.

Planning Services Centre

403-268-5311

Monday to Friday

8 a.m. – 4:15 p.m.

calgary.ca/myhome

Celebrate Neighbour Day on June 17

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

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

The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community.

Make Saturday, June 17 the day you get to know your neighbours! Visit Calgary.ca/NeighbourDay for ideas to help you celebrate.

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

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

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



Ward 4 Councillor
Sean Chu

GREETINGS RESIDENTS,

**Save the date! Thursday,
May 25th 2017**

Ward 4 Traffic/Pedestrian Safety Meeting

As your Ward Councillor I am dedicated to keeping our streets safe for users of all modes of transportation. As such, I would like to invite you to the City of Calgary, and Calgary Police Service (CPS), annual Community Traffic/Pedestrian Safety meeting on:

Thursday, May 25th 2017 from 6:30 to 8:30 p.m.

**Thornccliffe Greenview Community Association
(5600, Centre Street North)**

The meeting will give residents an opportunity to hear about the Calgary Safer Mobility Plan and learn how we are keeping Calgary's roads safe for all users. At this event residents will also be given the chance to voice their ongoing concerns.

As a 21 year veteran of the Calgary Police Service, traffic safety is of paramount concern to me. This issue also consistently appears as a top concern in citizen satisfaction surveys so I also know it is of great importance to you. That is why the Traffic Safety meeting is open to all Ward 4 residents and will be a forum that fosters discussion, raises awareness, and leads to real solutions.

CPS who utilizes both education and enforcement to ensure the safety of drivers and pedestrians, rely heavily on traffic safety requests, as a key indicator of where targeted enforcement and education are needed, to address traffic concerns. So, based on your

feedback at this meeting, CPS will be able to conduct additional enforcement in our Ward and report-back their findings. The City's Transportation Department will then be able to research and recommend specific engineering measures that could be applied where other issues persist.

For more information about the sessions, visit Calgary.ca/trafficsafety or calgary.ca/ward4

Thank you,

Councillor Sean Chu,
Ward 4 www.seanchu.ca



Calgary-Northern Hills
MLA
Jamie Kleinsteuber

Greetings Residents of Calgary Northern Hills,

As spring arrives in Alberta, our economy is stabilizing and jobs are beginning to return. We are starting to see renewed investment in drilling and the oil sands. We are seeing new investment in value-added energy projects and in green energy projects.

The Alberta government announced its Budget 2017 on March 16. This budget demonstrated a commitment to making life affordable for everyday Albertans, and keep taxes on families the lowest in Canada. School and bussing fees are to be reduced. Post-secondary tuition fees will be capped. More apprenticeships and training opportunities will be funded.

This government has also cut the growth of government spending. Waste, perks and excessive salaries have been reined in. Salaries for non-unionized public sector workers, along with salaries for those serving on agencies, boards and commissions, have been frozen. A collaborative new agreement with doctors will save Albertan taxpayers \$500 million over two years.

At the same time, investment in modernizations of our schools, hospitals, roads and highways are long overdue. Much-needed repairs and upgrades will keep Albertans working while making life better for Albertans who need those services.

Of special interest to Calgary-Northern Hills constituents, Alberta's Budget 2017 allocates \$500 million towards 26 school projects across Alberta, both new builds and modernization projects.

Coventry Hills/Country Hills Village Elementary School

On March 26, I had the opportunity to attend a school announcement at Forest Lawn High School with Minister of Finance Joe Ceci and many representatives from the Calgary Board of Education (CBE). That high school received modernization funding and three new elementary schools were announced, including one right here in Coventry Hills.

The Coventry Hills/Country Hills Village Elementary School has ranked in top positions on the CBE Three-Year School Capital Plan for several consecutive years. Currently, 996 Kindergarten to Grade 4 students reside in the Coventry Hills and Country Hills Village neighbourhoods, with another 1,696 preschool-aged children quickly approaching school age. Funding announced for a new school should lead to smaller class sizes for our youngest learners, in other area schools as well - such as Coventry Hills School and Nose Creek School.

North Calgary High School

Even as we celebrated the announcement of a new elementary school, many in our community point out that the long wait continues for the North Calgary High School. The school site is the vacant land beside the intersection of Panatella Gate NW, and Harvest Hills Blvd N, and just across Coventry Hills Way NE from Nose Creek School.

Thank you to those who have demonstrated support for this new high school through e-mails, phone calls and rallies, working with myself, and our local CBE trustee to move this school up the list of priorities in the CBE's Three-Year School Capital Plan 2018-2021. The North Calgary High School is currently ranked in 8th position in the Year 1 list of CBE's "Capital Priorities – New School Construction." I will continue speaking with Minister of Education David Eggen and with CBE so that our community gets the school infrastructure we need.

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 – May 2017

As you know, my top priority remains the Alberta econOn March 22nd, the federal government released its budget for 2017.

Many of you have contacted me expressing concern over the level of federal spending, the deficit, and the lack of a plan to return to balanced budgets in the foreseeable future. Unfortunately, the latest federal budget does not do anything to alleviate your concerns. In fact, the projected deficit for 2017 is \$23 billion and, at this current rate of spending, the budget will not be balanced until 2050.

Statistics released from the Parliamentary Budget Officer's (PBO) 2016 Labour Market Assessment show that despite the massive deficit spending the federal government has undertaken, between Q3 2015 and Q3 2016 there were no net full time jobs created. For those of you who are unaware of the role of the PBO, they provide non-partisan, independent, and arms-length fiscal and economic analysis of government activity.

Of further concern is the fact that the government's own Gross Domestic Product projections continue to decline despite the increased deficit spending. Canadians are right to be questioning

the logic of huge deficits, with no end in sight, which are not creating jobs and are not increasing Canada's competitiveness economically or creating future growth. This is not to mention the scrapping of tax credits, including the public transit tax credit, and delays for investments in critical job training programs, infrastructure, defence, and child care.

I will continue to fight for the interests of Alberta families, workers and seniors who are being impacted by this economic downturn.

I recently sponsored petition e-983 which is currently open for signature. The petition is in response to the government's discussion paper regarding changes to the way the House of Commons operates. These proposed changes would eliminate Friday sittings in Parliament, set permanent limits to debate in the House of Commons and committees, and only require the Prime Minister to attend Question Period once per week.

I believe these proposed changes are not in the best interest of Canadians. If you agree I would ask you to visit my website, www.MichelleRempel.ca and sign the petition today.

As a reminder, I am hosting a Career Services event on May 13. For more information, and to RSVP, please visit www.MichelleRempel.ca.

As always, if you have comments or questions on any issue, please do not hesitate to contact me.

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

A Goodwill Offer to the Community

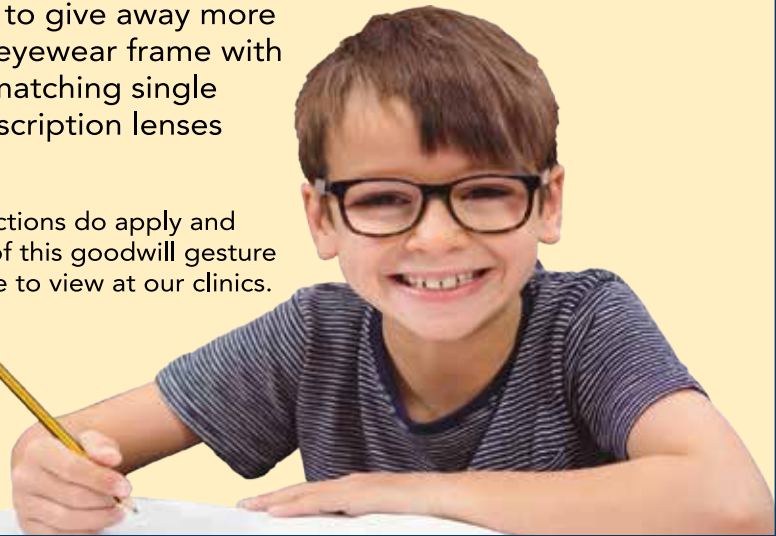
If you are a family with a child 15 years of age or younger, who is in need of prescription eyewear, and you are struggling in the current economic climate, we would like to offer you a chance to

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

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

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

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



Two convenient locations serving the Northern Hills Communities

SiteForSight
 eyecare • eyewear

SecondSight
 eyecare • eyewear

#713, 500 Country Hills Blvd. NE
 Country Hills Towne Centre
 Calgary, AB T3K 4Y7
 403.226.7638
www.siteforsight.ca

#730, 1110 Panatella Blvd. NW
 Gates of Panorama Hills
 Calgary, AB T3K 0S6
 403.452.6831
www.2ndsight.net

Dr. Monica Jensen-To • Dr. Shauna Chorel
 Dr. Bonita O'Brien • Dr. Floria Tse

New and Emergency Patients Welcome

Join us on social media



@northernhills



NorthernHillsCalgary



"You will get satisfaction out of doing something to give back to the community that you never get in any other way."

Ruth Bader Ginsburg

Cliff Martin, Handyman

Garage Door Repairs

CliffMartin54@gmail.com

1-306-620-9393

15 Years Overhead Door Experience and a lifetime of "Hunny-Do" Lists and "Hey Dad, can you fix this?"



GRASSROOTS FARMERS' MARKET



at Deerfoot City

Deerfoot Trail & 64th Ave. NE

TUESDAYS

3:30 – 7pm

June 6 – Sept 26

Phone: 403-282-9299

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



11 locations across Calgary (see website for details)



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- ⚽ July and August weeks
- ⚽ Boys & girls aged 5 to 13
- ⚽ Camp soccer ball, tshirt, medal
- ⚽ Full days, mornings or afternoons
- ⚽ Early drop off/late pickup...free

Outreach in the Hills

The "Come and Play with Me" program will be ending May 25 at Vivo. Check out our June story time. You need to call and sign up for this program due to limited space.

Look for ongoing programs at the Huntington Hills location. We do run programs at this site over the summer holidays. Check for our calendars at www.weconnectyou.ca

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
Thursday June 8, 15 & 26.
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 May 15.

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



COMMUNITY Cleanup
with NHCA & Northstar Residents Association

Why: To keep our community (and your yard/garage) clean!

How: Volunteers go out to different parts of the community and help to clean them up by picking up litter in our green spaces, medians and back lanes. Residents can also bring in their unwanted items to one central location for disposal, recycling or reuse! (See below)

When: 9 AM – 2 PM on Saturday, May 27, 2017

Where: Panorama Hills e-Community Centre (88 Panamound Hill NW)

Items accepted:

Organic Material (City of Calgary): brush, grass clippings, leaves, branches, clean fill (no rocks), tree trimmings, and other general yard waste that can compost.



Electronics (eCycle): computers/laptops, computer-related items, TV's, TV-related items. Visit ecyclesolutions.com for more details.

Clothing, small household items, mobility equipment, and children's toys (Women in Need Society): Visit www.womeninneed.net/donate-goods/ for a list of items that can be donated.

Large Furniture and Garbage (City of Calgary): Will only be disposed/sent to the landfill; if your furniture is still usable, we encourage you to please call the **Women In Need Society** and ask how you can donate your usable furniture.

Items NOT accepted:
Tires, Metals, Paint, Liquids, Household Chemicals, Car Batteries, Glass, Home Appliances, Microwaves, Propane Tanks; some of these items can be dropped off at our local Household Hazardous Waste Drop-off at the Country Hills Multi Services centre (fire/police) opposite Vivo (11955 Country Village Link NE).

We're looking for volunteers! Come join us! Grab a bag and some gloves, and go out there and clean up whichever areas you feel need a spring clean! Contact volunteer@northernhills.ab.ca to sign up. Cleaning Supplies can be picked up at the Panorama Hills e-Community Centre starting at 9 AM.

BBQ & refreshments with the NHCA Building Safer Communities (Blockwatch) Committee will be available during and after the clean-up for volunteers! Good Earth Coventry is providing FREE coffee/hot chocolate to volunteers! THANKS TO OUR EVENT SPONSORS!






LEARN ALL THE BEST DIRT!

Did you know that our Northern Hills Communities have a garden club? Did you know that this club has been enjoyed by gardeners in your area for nearly ten years now?

The garden club is for anyone interested in learning or sharing their knowledge about plants and planting. Your knowledge or experience can be very little, to very extensive. This club fosters a shared passion for growing and improving our yard spaces. We host several events during the gardening season such as plant shares, garden visits, field trips to garden centers, and hands on planting and planning events. If you don't know what will grow in Calgary and need help, or if you love gardening and talking to others who appreciate plants like you do- we are the club for you!

We meet about once a month and have two or three optional field



trip excursions during the growing months. We share plants, ideas, and do hands on activities related to gardening together. Our first meeting this year will be in early May. If this sounds like something you are interested in, what are you waiting for? A group of your neighbors are waiting to welcome you to their gardens for fun and friendship. To join, please contact the NHCA office and they will connect our club members with you. Let's get gardening!

The Northern Hills Community Association enhances the quality of life of the community by enriching and empowering the diverse communities of Northern Hills through advocacy, education, and provision of opportunities for engagement.



NHCA Mission

Have a business idea that could benefit your community?

If you have a business idea that will make Northern Hills even better, or just want to learn how business can be used as a tool for community change, this free workshop is for you.

Social Enterprise 101

Business for good? What's a social enterprise? In this session we'll explore how community focused business can flourish and create social impact at the same time.

Country Hills Public Library
Tuesday, May 9, 2017
6:30pm - 8:30pm
Free of charge
To RSVP, contact Philip at 403-690-5365 or philipl@momentum.org

Hosted by Momentum, a community economic development organization. www.momentum.org

Crossword puzzle ANSWERS

Puzzle on page 4

1	C	2	O	3	M	4	P	5	O	6	T	7	E	8	P	9	E	10	S	11	O	12	S
13	A	14	P	15	E	16	R	17	I	18	E	19	N	20	R	21	E	22	A	23	C	24	T
25	V	26	A	27	N	28	I	29	L	30	L	31	A	32	I	33	C	34	E	35	C	36	R
37	A	38	L	39	U	40	M	41	T	42	E	43	A	44	A	45	L	46	T	47	O	48	
49		50	O	51	B	52	I	53	T	54	H	55	E	56	L	57	U	58	G	59		60	
61	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
51	B	52	A	53	N	54	A	55	C	56	R	57	E	58	A	59	M	60	P	61	I	62	E
63	A	64	N	65	A	66	L	67	O	68	G	69	E	70	N	71	S	72	U	73	E	74	
75	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58
59	T	60	A	61	N	62	G	63	P	64	T	65	A	66	N	67	O	68	E	69	L	70	
71		72	O	73	N	74	A	75	I	76	R	77	A	78	C	79	C	80	U	81	S	82	E
83	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69
85	A	86	P	87	P	88	L	89	E	90	B	91	R	92	O	93	W	94	N	95	B	96	E
97	L	98	E	99	E	100	B	101	O	102	A	103	I	104	T	105	S	106		107		108	
109	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
111	E	112	L	113	L	114	S	115	N	116	O	117	S	118	P	119	A	120	I	121	L	122	
123	C	124	H	125	O	126	C	127	O	128	L	129	A	130	T	131	E	132	133	134	135	136	137
138	S	139	A	140	T	141	O	142	R	143	I	144	T	145	U	146	B	147	148	149	150	151	152
153	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91
155	M	156	A	157	T	158	T	159	E	160	P	161	A	162	R	163	R	164	165	166	167	168	169

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Sudoku puzzle ANSWERS

Puzzle on page 10

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

This Sudoku is provided by:
Sudoku of the day:
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Tuesday • 7am - 8pm
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Thursday • 7am - 8pm
Friday • 8am - 4pm
Saturday • 9am - 4pm



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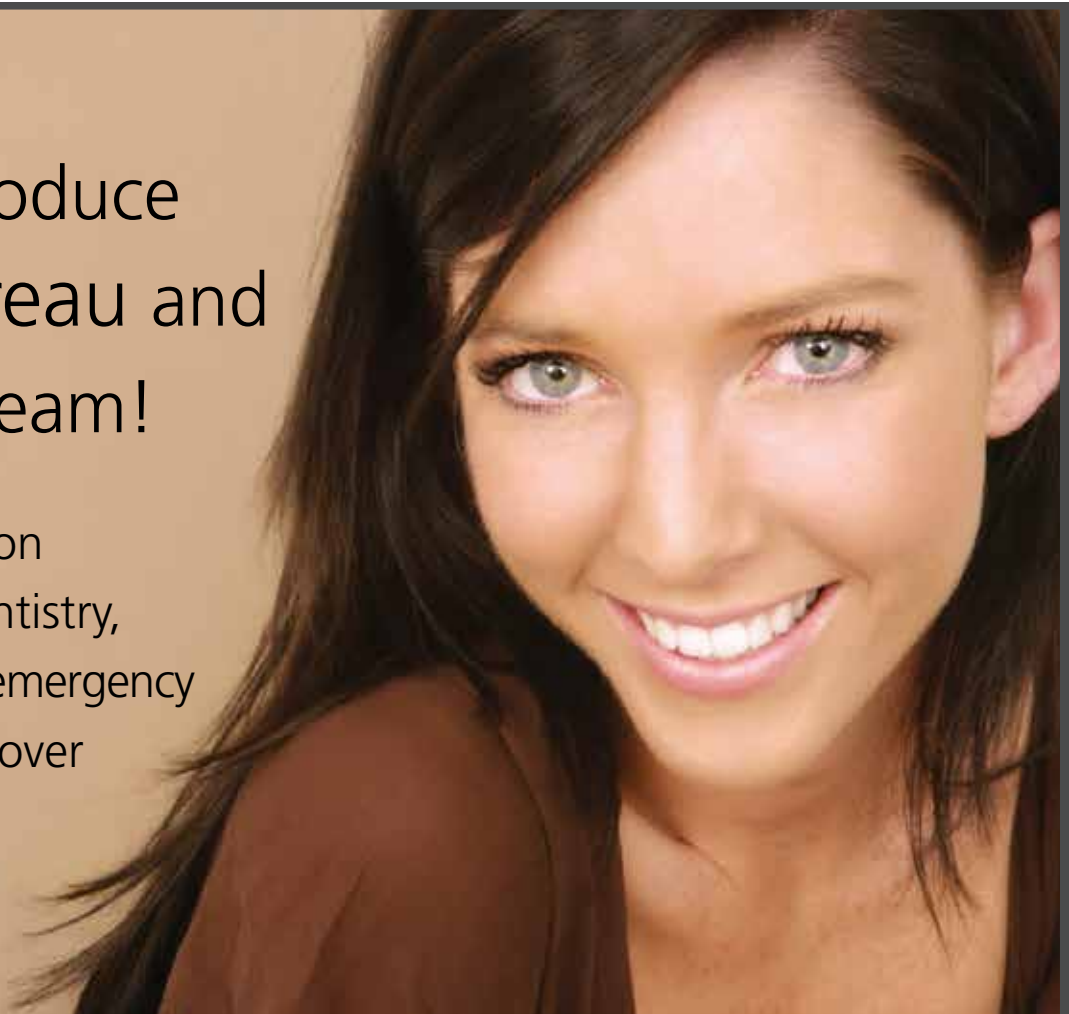
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Dr. Seto is happy to introduce Dr. Maria Chan-Goudreau and Dr. Tonny Tang to the team!

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



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

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