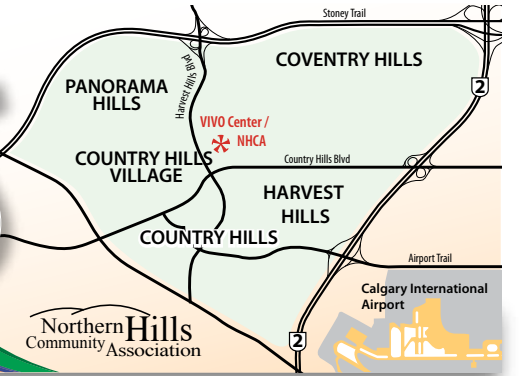


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NORTHERN HILLS NEWS



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

Official Newsletter of the Northern Hills Community Association ❖ www.nhca.ca [Facebook] [Instagram] @northernhillscalgary [Twitter] @northernhills

You Did It Advocates!

By Advocates for North Calgary High School (ANCHS)

Only 15 years after the North Calgary High School first hit the CBE capital plan, finally ... IT'S OUR TURN!

This is a huge milestone for our community, for all high school advocates, and the residents of North-Central Calgary. The 2018 Alberta provincial budget allocated design funding for North Calgary High School, and now this recent announcement allocates full construction funding, which means shovels can go in the ground once the design process has been completed.

This announcement wouldn't have happened without the tireless dedication and advocacy from this community. You attended the high school rallies, you spoke at CBE trustee meetings, you gave feedback during CBE engagement sessions, you wrote letters, sent emails, and made phone calls to your elected officials. Quite frankly, without your stepping up and speaking out, who knows how much longer we would have had to wait.

Continued on page 14



LEFT: On Friday November 1, full funding for North Calgary High School was announced as part of the 2019 Provincial budget by Alberta Minister of Education Adriana LaGrange at Nose Creek School. Left to Right: Minister Panda, Minister LaGrange, Minister Sahwney, Mr Yaseen, and Minister Pon. ABOVE: CBE Trustee Adams at the announcement, with local advocates and future North Calgary High School attendees.



Quick Facts ABOUT NHCA
Northern Hills Community Association

Community Ice Rinks

You have TWO FREE outdoor rinks that are run by hard working and winter driven volunteers!

- Harvest Hills (520 Harvest Lake Dr NE)
- Panorama Hills (400 Panamound Blvd NW)

***Adopt-a-Rink Volunteer Program**

Use of protective gear is recommended! Be mindful of those around you.

Bring a shovel and clear the snow as needed!



- ARTIST OF THE MONTH **5**
- CREATING COVENTRY **6**
- ACTION FOR SENIORS **7**
- HARVEST HILLS HUB **8**
- SPORTS **9**
- HEALTH CORNER **13**

this month
WHAT'S INSIDE

FREE ICE CREAM ON PAGE 10

Bottle Depot

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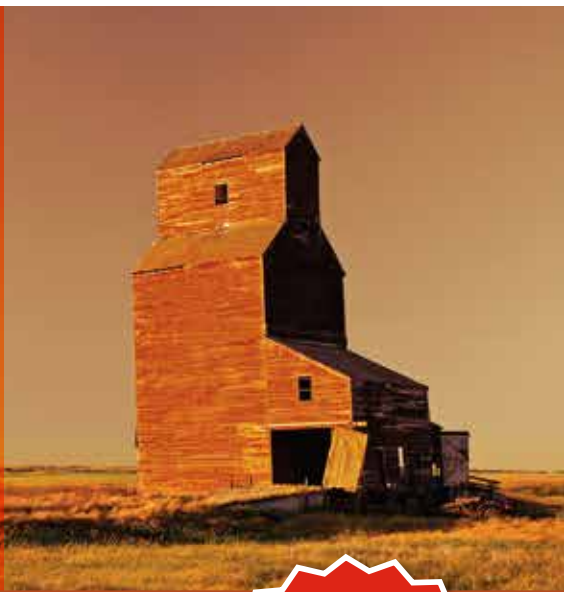
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HOLIDAY GIVE BACK

Spread Love & Joy this Holiday by Helping Less Fortunate Families

For the month of December we will be collecting toys for



12 TIPS of Christmas

1. Don't crack nuts with your teeth!
2. Carol while you clean - sing your favourite holiday song while you brush!
3. Use proper tools to open your holiday packages.
4. Protect your teeth when playing reindeer games with a Sports Guard.
5. Visit us for a post-holiday hygiene appointment or whitening.
6. The best way to spread Christmas cheer is singing loud for all to hear. *- Buddy from the movie Elf.*
7. Drink plenty of water to wash away bacteria after meals.
8. Be cautious of candy canes - be sure to brush thoroughly after eating this minty treat.
9. Eat hard cheeses with your glass of wine to reduce teeth stains.
10. Smile big and show off your teeth!
11. Don't just brush your teeth... brush your whole mouth!
12. If you see gum on the street, leave it there. *It's not free candy. - Santa's advice from the movie Elf.*

Holiday Joke: Why did the snowman go to the dentist? To fix his frostbite!



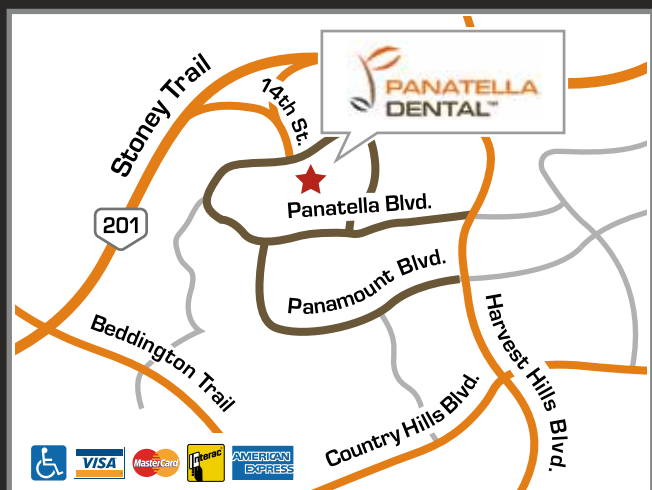
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Community Association Notes



From the President

Happy December! This is a busy month for many of us, from work-related year-end inventories and parties, to holidays like Chanukah, Festivus, and Christmas, to shopping days like Cyber Monday and Boxing Day, to the seasonal events like winter solstice, Friday the 13, and of course the years end. Please make sure you are taking care of yourself as well as others during this busy, fun, but often stressful time of the year.



The NHCA had an excellent November. We finally caught up with all our paperwork and old business and are now planning months ahead instead of constantly playing catch-up. You'll be hearing a lot from us in the coming year. We have a lot of events and programs planned, and no matter who you are, there will be something for you to help connect with your community, get help with your problems, and feel that sense of belonging that many of us sometimes miss.

It was too late for the last newsletter deadline, but we were THRILLED to learn that the North Calgary High School is going to be built! Currently the NHCA expects the first Grade 10 & 11 students to be able to attend in the fall of 2024, but there are many

variables in place so that's not guaranteed. Thanks to everyone involved in helping make this happen.

The NHCA will be running the Gift of Joy initiative this year, bringing gifts for children and food gift certificates for the parents of families in need. The Ward 3 office and many members of the community have stepped up to help with this, and we are very grateful for their support. We will also be running active and fun outdoor winter events.

Speaking of skating, the NHCA supported, Creating Coventry led "Coventry Sport Court & Rink project" received a big half of the total funding needed for the Project #1 Full Size Basketball Court & Outdoor Rink on Nov 16th! The basketball court will keep the area busy during the summer and the rink will not be available in the winter for year-round activities.

We have a couple hundred new members – welcome! There are many features, benefits and perks of being a member, and we will be emailing out a membership package soon to fill you in on all the advantages you are entitled to.

That's it for now – have a great December!

Ian McAnerin
President, Northern Hills Community Association (NHCA)
president@nhca.ca

Volunteer Opportunities



social gatherings, and bring community together.

For more information and to apply, please email to Winnie and Sam at ahih@nhca.ca.

Community Events

Do you like to plan and be part of events? We are looking for volunteers who would like to be part of NHCA's Events Team, which will be planning, organizing and delivering NHCA's big events, such as Winter Skatetacular, Community Clean-up, Neighbour Day, Annual General Meeting (AGM), Showcase & Fair etc. It is a great chance to meet new people and get to know Northern Hills residents and local businesses! Contact Lindsay (events@nhca.ca) to get involved and learn more about it.

Creating Coventry

The Creating Coventry is a community-driven plan to improve and connect our neighbourhood's parks! We are looking for volunteers in the following roles:



- If you would like to help with putting together a rough design for the last Park #6 and developing the lifecycle plan for any of the parks in Project 2: Five SE Coventry Parks, please let us know at creatingcoventry@gmail.com or on our Facebook page @creatingcoventry.

Arts & Crafts

We are passionate art enthusiasts who live in the Northern Hills community and on a mission to bring more art to you!



Youth Artists

Are you a youth artist (7 –16 yrs old) in the

We have a few committees with vacant directorship positions. Please contact our Engagement Coordinator by calling (403-226-6422), emailing (engage@nhca.ca), or just stopping by our office at Vivo during the public hours on Monday morning or Wednesday evening to learn more or get involved:

- Secretary
- Community Gardens
- Community Ice Rinks
- Planning & Development

Here is a list of available volunteer opportunities with our committees and projects:

At Home in the Hills (AHIH)

Our vision is to facilitate grassroots approach to foster strong neighborly connections and promote inclusive, diverse, sociable and more friendly neighbourhoods within Northern Hills. We are actively seeking to fill the following volunteer positions:



2020 Tax Clinic Volunteers

Gain Experience, Help Community Members, Make New Friends! We are looking for general tax volunteers and shift lead volunteers. Please find more information about each position on our webpage – nhca.ca/ahih/. Apply by email to ahih@nhca.ca by Jan.7th, 2020!

Translators

We are seeking Volunteer Translators for the Language Helpers project, a community-based initiative for written and spoken language accessibility in the Northern Hills communities. Volunteer commitment is on an as-needed basis.

Program/Event Team Members

Do you have an interest in facilitating community outreach, engagement, and plurality? This is a call out for those who love to organize events,

NHCA CONTACTS

NHCA OFFICE:

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

Tel: 403-226-6422
Fax: 403-226-6421
E: info@nhca.ca

Monday: 8:00 am – Noon
Wednesday: 3:00 pm – 7:00 pm
Closed on weekends and statutory holidays

VOLUNTEERS

The NHCA is a self-funding, non-profit organization. All our board members and committee members are volunteers.

BOARD MEMBERS

President: Ian McAnerin
(president@nhca.ca)

1st Vice President: Tamara Keller (1vp@nhca.ca)

2nd Vice President: Leah Argao (2vp@nhca.ca)

Secretary: Winnie Huang (secretary@nhca.ca)
- We are looking for a new Secretary!

Treasurer: Eric So (treasurer@nhca.ca)

Directors at Large: Chris Abdalla, David Hartwick, Amanda Joly, Darren Kooistra, Lindsay Lantela, Karina Manuel, Tara Melhus, Nate Pike, Tavis Settles.

COMMITTEES

We have a few committees with vacant directorship positions. Please see them below and if you are interested and have further questions please contact the NHCA Office or stop by our office at Vivo on Tuesday morning or Wednesday evening:

- Secretary
- Community Gardens
- Community Ice Rinks
- Planning & Development

Accessibility: Chris Abdalla (accessibility@nhca.ca)

Advocacy: Tamara Keller (advocacy@nhca.ca)

Arts & Crafts: Muzna Amin (arts@nhca.ca)

At Home in the Hills: Winnie Huang & Samana Zehra (ahih@nhca.ca)

Beautification: Tara Melhus (beautification@nhca.ca)

Building Safer Communities (Blockwatch): Tavis Settles (bsc@nhca.ca)

Business Development: Ian McAnerin (business@nhca.ca)

Communications: Nate Pike (comms@nhca.ca)

Coventry Garden: Sarah White (coventrygarden@nhca.ca)

Government and Stakeholder Relations:

David Hartwick (govrelations@nhca.ca)

Harvest Hills Hub: Victoria Henry (HarvestHillsHub@hotmail.com)

Harvest Garden: Melissa Duong, Joanne Davenport & Sunny Shuang (harvestgarden@nhca.ca)

Creating Coventry: Moraig McCabe (creatingcoventry@gmail.com)

Events: Lindsay Lantela (events@nhca.ca)

Membership: Ian McAnerin (membership@nhca.ca)

Newsletter Editor: Annie Udofia (editor@nhca.ca)

Northern Hills Connect: Tamara Keller (northernhillsconnect.com/contact/)

Rinks: Daniel Sennhauser (rinks@nhca.ca)

SPRY in the Hills: Karina Manuel & SPRY committee (seniors@nhca.ca)

Sports: Amanda Joly (sports@nhca.ca)

EDITOR'S NOTE:

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

Continued on page 4



Do you own your home OR are you considering Home Ownership?

With all of the complexity around mortgages since October 2016 and prior changes and with SO many offering "Best Rates"...do you even know what YOU need? Do you even qualify for "Best Rates"? Let an experienced, Licensed Mortgage Professional show you the latest trends in borrowing and where you may fit!

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Dean Kubik, B.Sc. Mortgage Associate

587-227-5778 | dean@axiommortgage.ca | dean.axiommortgage.ca | @mortgagebrokerdad

CROSSWORD

Answers on page 14

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
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	56	57	58					59	60				61	62
63						64					65			66
67						68					69			
70						71					72			

Gourmet by Myles Mellor

ACROSS

- 1. On the go
- 6. Sturdy boat
- 10. Braveheart hillside
- 14. Stock unit
- 15. Molding or arch
- 16. Solid foundation
- 17. Rice dish
- 18. Panache
- 19. Top of the list
- 20. Something you learn to like
- 23. Theory

- 24. Emulated Miss Muffet
- 25. Your father
- 28. Relax
- 31. Lieu
- 35. Column
- 37. Some '60s hipsters
- 39. Prefix with red
- 41. Expression from a happy eater
- 44. Pulitzer Prize category
- 45. "So be it!"
- 46. Trick
- 47. Tendency
- 49. Cobblers' tools
- 51. Grassland

- 52. A lot of fun
- 54. Bar beverage
- 56. Enjoy the cabernet and pinot perhaps
- 63. Pig of film
- 64. Flake
- 65. Sovereign decree
- 67. Wrinkled skin fruit
- 68. Additionally
- 69. Soft twilled silk
- 70. Falter
- 71. Trawling equipment
- 72. Very small

DOWN

- 1. Cleopatra biter
- 2. Actor LaBeouf, son of Indy
- 3. Perfumed powder
- 4. Many a Kurd
- 5. Trash
- 6. "Evil" attachment
- 7. Eye
- 8. Understands
- 9. Gossips at shul
- 10. They can be uplifting
- 11. Underground plant part
- 12. Zits
- 13. Live minimally
- 21. Shiah leaders
- 22. "Tall" story
- 25. Pulitzer winner Maureen
- 26. Left side of a ship
- 27. Cryogenics chemist
- 29. Sprite perhaps
- 30. Diuretic's target
- 32. Oklahoma city
- 33. In conflict with, with "of"
- 34. Peach or cherry
- 36. ___-a-dozen
- 38. Large number
- 40. Not docked
- 42. "Last ___ In Paris"
- 43. Monster ___, Jennifer Lopez film
- 48. Obscure
- 50. Sneakiest
- 53. Fur neckware
- 55. Crown
- 56. Herb to spice up a meal
- 57. Skilful
- 58. Bridal gown accessory
- 59. Emcee
- 60. Gets with great effort
- 61. St Patrick's place?
- 62. Computer picture
- 63. Sticker
- 66. Biblically yours

Volunteer Opportunities

- Continued from page 3

Northern Hills community? Do you consider yourself talented? Would you like to showcase your talent and work? Please send us examples of your work and why you should be featured in this community newspaper! Please email us to arts@nhca.ca with the subject line 'Youth Artists'.

• Display Your Art @ Local Business

Are you an artist that wants to be represented at a local business? Are you an artist that has paintings that you would love to showcase? We want to hear from you! A local business is looking for an artist in the community with paintings ready to be displayed. They are looking for a nature artist, a mature artist and a youth artist to display at their business. If you would like more information, please feel contact the Arts & Crafts team with an email subject line "Art Sponsorship" at arts@nhca.ca

Harvest Hills Hub

The Harvest Hills Hub is a local initiative to bring activity and connection to our neighbourhood at our outdoor park space located at 178 Harvest Glen Way NE. Our committee is currently looking for:

- Events Coordinator - Manage event proposals, update the events calendar with new events, and liaise with dedicated members on our team to help facilitate community run events in Harvest Hills.
- General HHHub Committee Volunteers help with such events such as family game nights, movie night, bike parade and book swap.

Please consider applying for the above committee positions by emailing Victoria at HarvestHillsHub@hotmail.com.

Find more details on all the above volunteer roles by scanning QR code or going to our website: www.nhca.ca



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Artist of the Month



Laurie Weishar – Entrepreneur, Founder of Laurie’s Creative Corner



I have been crafting and creating things since I was a teenager. Until this year I have been doing this just for myself and for gifts for others. Earlier this year I decided that I want to create things that others could enjoy too so I started Laurie’s Creative Corner.

I’m not sure I would call myself an ‘artist’, but I

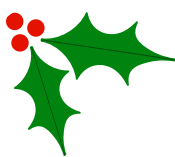
would certainly call myself a ‘creator’. I like to take old things and give them a new life and purpose. I also like to make things that bring happiness to others. This holiday season I am sharing my products at various craft events across the City and outside of the Calgary area as well. What I have found to be very popular this year

are my wood block signs! Everyone can relate to at least a few of them and they put a smile on everyone’s faces, lots of laughter too. That makes it all worth while.

Next year I hope to focus more on upcycling old furniture and creating things for the garden.

I have lived in Coventry Hills for 22 years now and

I would love to share my creations with my community. To find out what I’ve been up to please visit my FB Page - <https://www.facebook.com/DIYByLaurie/> or email me - lweishar01@gmail.com.



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294 Coventry Cir NE
3 BR | 2.5 BA | 1768 SQ FT



147 Coverton Ht NE
3 BR | 3 BA | BACKS ONTO GRNSPACE



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Thank you!

We would like to express our sincerest appreciation and gratitude for your trust and confidence. Thank you Northern Hills residents for your continued support!

May Christmas & the new year bring you love, good health and happiness!

Merry Christmas and Happy New Year from my family to yours!



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Exciting News for Coventry's Parks

By Moraig McCabe - Creating Coventry Project

EXCITING NEWS!



A few months ago, we shared that the July decision on our Provincial CFEP grant was still in limbo. Today I'm ecstatic to report that on Saturday, November 16th, our MLA, Minister Rajan Sawhney, made a special visit to the NHCA Showcase event to announce that we have been approved for \$101,648 (half the cost of the project) and present the "big cheque" to Creating Coventry. This means Creating Coventry Project #1: Coventry Sport Court & Rink will definitely be going ahead! Woohoo!

As you know, the basketball court had to be installed this summer, and was a great hit from the day it was installed! In spring-summer 2020, we can now install the winter water supply that will allow us to convert the court to a skating rink in winter, and work with residents to build and

install the raised planting beds with seating, and a flower bed. As Minister Sawhney said, this "...will transform the community park into an active space for residents and visitors of all ages."

We can now also go ahead with two other parts of this project:

Fun-draising the last \$5000 of our matching portion through community business sponsor-

ships. We are offering 6 x \$1000 sponsorships in return for your business logo being printed on the winter water supply box wrap. These wraps typically last approximately 10 years. The first has already been received by First Calgary (Coventry Hills), so we have 5 left. If you would like to sponsor this awesome community amenity, please contact Moraig at creatingcoventry@gmail.com

Community designs for 4 sides of the winter water supply box. We will be approaching Coventry Hills schools to ask them to involve our local students in these designs, to keep this a truly community designed project!

I would like to thank all the community volunteers involved in making this happen (in particular, grant writer extraordinaire Nicole Dawe and all the Creating Coventry fundraisers:



Cathy Murray, Nikki Pike, Susan Burke, Nichole Nolan, Lee McCabe), and all those who continue to advocate for this project: Councillor Gondek and the Ward 3 office (Barb, Kim & Allie), Minister Sawhney and Bal from the Calgary-Skyview office, NHCA, Vivo, and all the residents who have contributed.

ACTIVATE YYC & THE COVENTRY NORTH UTILITY CORRIDOR

If you follow us on social media (@CreatingCoventry on Facebook or @CreatingCovYYC on Twitter) or are part of the Coventry community groups on Facebook, you'll know that we recently installed a community picnic table and pet waste bag holders in the north portion of the Coventry Utility Corridor, thanks to a small, #ActivateYYC grant. At the time of writing, we are looking at possibly installing some additional solar lighting, to help make the space more welcoming during those darker,

winter afternoons, and will install a small water feature in spring-summer 2020.

Despite the freezing rain on November 3rd, some residents and dog walkers came out to help us celebrate its installation with hot chocolate, and our aim of bringing locals together to get to know each other has already been achieved! An unfortunate vandalism event also had a silver lining: within 2 hours of the vandalism being reported on the community Facebook pages, a resident had brought his tools out into the dark and repaired the damage. THIS is what

community is all about, and it warms my heart!

Thank you to everyone who took part in the polls to decide what should go in the corridor, to the locals who supported the installation, and special thanks to the Scarlett family for their installation suggestion and design input, Jeff Bryant for his awesome woodcraft skills, Lee McCabe for painting the base coats on the tables, Danny O'Connor for help with logistics and Chris Curry for his tremendous community spirit!

Thank you all for your support in creating community with us!
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New Traffic Safety Improvements In Panorama Hills

By Buffalo Rubbing Stone Parent Association (BRSPA)

Pedestrian safety around the schools in our community is a serious concern for many residents who observe speeding in playground zones, low pedestrian visibility, distracted drivers, accidents, congestion, jay-walking, and parking in non-designated unsafe locations. These were some of the main challenges that motivated the parents on the Buffalo Rubbing Stone School Council to reach out to the City of Calgary seeking ways to improve the safety of children crossing the roads around Buffalo Rubbing Stone K-5 Elementary School; located less than a block from the new Stoney Trail & 14 St. interchange project projected to open in the summer of 2021.

City Councillor Jyoti Gondek and her team welcomed the opportunity to collaborate with our group, actively listened to our concerns, offered

creative solutions and in less than two months was able to implement a significant number of improvements around the perimeter of the School with a positive impact!

Improving the safety and visibility of pedestrians by slowing down drivers included:

- A continuous 30km playground zone that stretches the entire length of Panatella Hill from Panatella Blvd by BRS School to Captain Nicola Goddard School.
- A 20 minute loading and no parking zone in front of the school & new traffic signs.
- Traffic calming curbs near Panton Rise crosswalk.
- No u-turn signs near crosswalks.
- Reflective sleeves on pedestrian crossing signposts & zebra crossing road markings.
- Calgary Parking Authority patrols.

Thank you for keeping our community safe!

Northern Hills
Community Association

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Seniors Learning English

Community Action for Seniors Program

By Mae Chun
MPowerCanada Corp

Seniors are having fun and learning conversational English, thanks to the successful partnerships between Calgary Chinese Community Service Association (CCCSA), Panorama Hills Residents Association, Northern Hills Community Association, Vivo, the City of Calgary and dedicated volunteer efforts from local residents.

In this weekly gatherings, seniors arrive excitedly every Tuesday, look-

ing forward to making new friends, meeting familiar faces and having fun learning a brand new language. Their efforts, determination and passion for life is TRULY inspiring.

While this class has reached its maximum capacity, anyone wishing to book a spot in the January session is welcome to send an email to cas@cccsa.ca

THANK YOU to all the Northern Hills communities. This success story is not possible without you all.



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Maybe Christmas perhaps, means a little bit more."
~ The Grinch*



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Bpchurch.ca

Thank you for a great year at the HHHub!

By Nikki Browne - HHHub Committee

Thank you, thank you, thank you! The HHHub has now been open for a year, and oh, what a year it has been. We've hosted more than a dozen different type of events, welcomed hundreds of people to our amazing new space, and met so many incredible members of our community! We are so thankful to everyone who attended one of our events, volunteered a helping hand, sponsored an event, or even just reached out to tell us what the HHHub has meant to them. 2020 is set to bring some wonderful new events, as well as the return of some favourites, and we can't wait to work with members of our community in bringing their ideas to life!

As 2019 draws to a close however, we'd like to take a moment to look back at all the fun we've had, and the friendships we've made. This year has brought incredible warmth to our hearts and smiles to our faces, and we hope it has done the same for you.



Dates



Give a Gift of Joy to families in your community!
nhca.ca/gift-of-joy

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only		
8	9	10	11	12	13	14
		3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only	Gift of Joy Last day to give the Gift of Giving!	3:15 – 4:15pm Free Social & Game Hour with SPRY @ Play Lab, Vivo *NHCA Members only		
15	16	17	18	19	20	21
				NHCA Office is closed		
22	23	24	25	26	27	28
		Christmas Eve	Christmas Day Merry Christmas!			
29	30	31	Jan 1	Jan 2	Jan 3	Jan 4
		New Year's Eve	New Year's Day Happy New Year!	NHCA Office is closed		
				9:00am – Noon SPRY Fitness Program In-Person Registration @ NHCA Office, Vivo		

EVENTS

Find more information about our events and programs here nhca.ca/calendar/ or scanning the QR code:



Outreach Thursdays

Advocates from the BowWest Community Resource Centre are taking appointments every Thurs 4-7pm at our office.
Give a Gift of Joy to families in our community!
 We are reaching out to you to help us help those struggling the most in our community this holiday season, through the gift of giving. Deadline December 11, 2019
 Learn more about gifts and drop-off locations:
www.nhca.ca/gift-of-joy/

SPRY Winter/Spring Fitness + Social Program

How to register?

Adults 55+ are welcome to join this fitness + social program! \$20 (Annual NHCA Membership) + \$35 (Program Fee)
Online Registration will open on Thursday, Jan 2nd online at www.nhca.ca/seniors
In-person Reg at the NHCA Office will be from 8:00am – Noon on Thursday, Jan 2nd.
 To register in-person on another day, please come during the regular Public Hours (Mondays 8:00am-Noon & Wednesdays 3:00-7:00pm).



Community Sports



Welcome our New Sports Director!



Amanda Joly
Sports Director, NHCA

By Amanda Joly – Sports Director, NHCA

Merry Christmas and Happy Holidays Northern Hills Community, I would like to introduce the new Sports Page coming hot off the press January 2020. As well, I would like to take a moment and say hello to my fellow community members, I am so excited to take on the position as Sports Director and look forward to a future full of activities for both the young and young at heart.

A reminder that our Spring Soccer registration begins January 1st, 2020 as well as our Adult Slo-Pitch registration begins January 1st, 2020.

To register please visit the NHCA webpage under the "Sports" tab or <https://nhcasoccer.wordpress.com>.

You can also contact Jens at SoccerTech for registration help.

If you have any questions, comments, concerns or just want to chat, please reach out to me at sports@nhca.ca.



Holiday Cheers!



Harvest Hills Alliance CHURCH
Believe | Belong | Bless

OPEN INVITATION to one of our Christmas Eve Services
4:00, 5:30 & 7:00 p.m.

No Services on Christmas Day

Sunday, December 29 & January 5th
One Service @10:00AM
No Children's Programming

Sunday Services
9:15 am Nursery thru Grade 4
11:00 am Nursery thru Grade 6.
Youth Grade 7-12
Breakfast & Bible Study 9:00 am

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Fun Family Programs

By Sue Blackburn Forster – Parent Coach, Family Connections Parent Link Centre

Storytime at Vivo

Come join us for this free Storytime with Parent Link staff 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. Families need to attend all 3 story times - (Jan 16, 23, & 30 from

10:00-11:00 AM). Please call 587-392-2271 to register starting Dec 2nd. This program is a partnership between Northern Hills Community Association, Vivo and Family Connections Parent Link.


**** The drop-in Come Play with Me program will resume Feb 6 - March 19, 2019 from 10:00-11:30 AM. ****

PARENT SUPPORT

Come speak with the Parent Coach about parenting issues or concerns regarding children. Please call 587-392-2270 to set up a time to meet or speak over the phone.



Colouring Contest: FREE ICE CREAM!

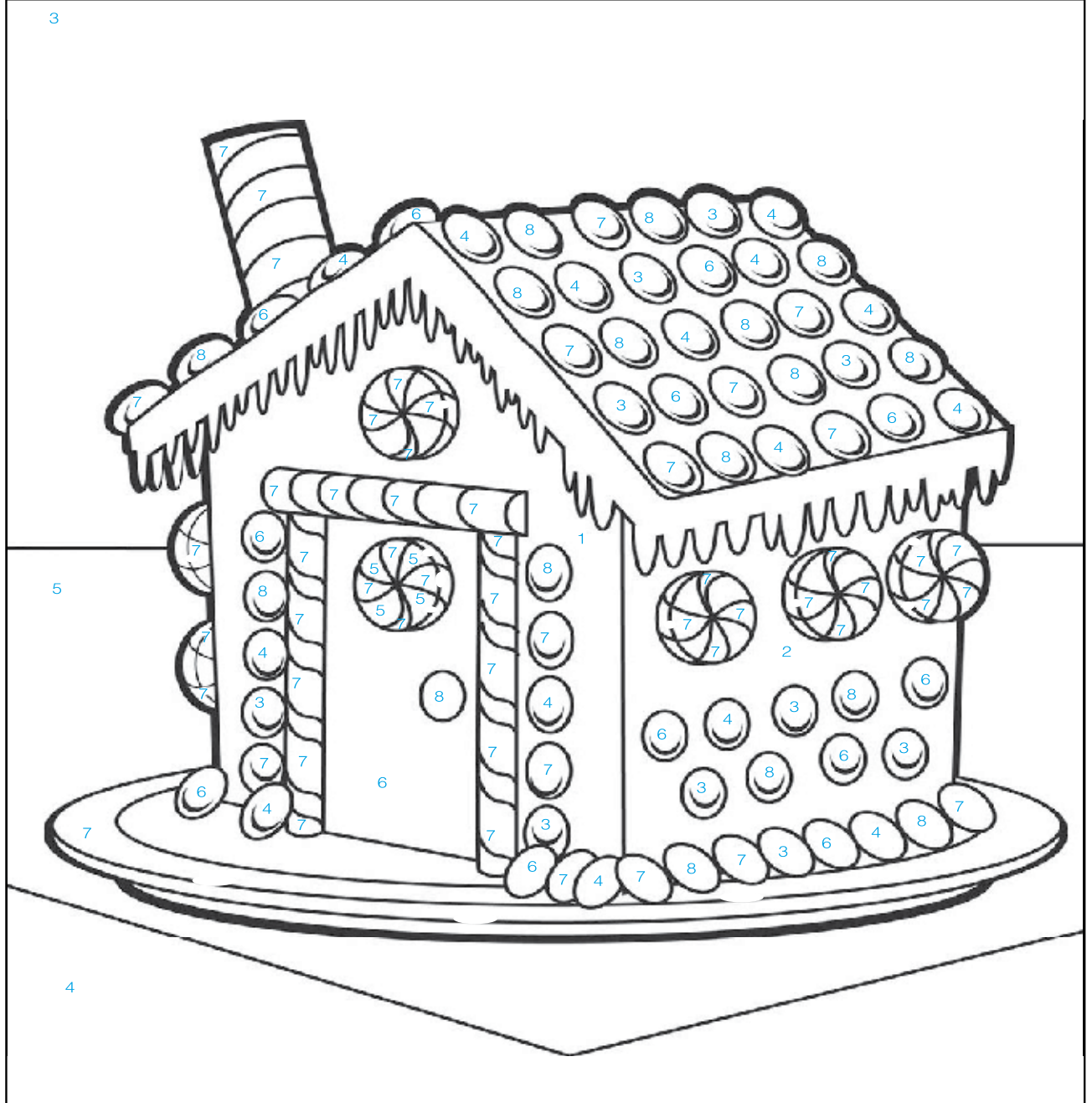


The first 40 children who colour and take their picture in to Marble Slab Creamery, 623-130 Country Village Rd NE, will receive a free single ice cream cone.*

Name: _____

Age: _____

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



Colors: 1-Tan 2-Pink 3-Light Blue 4-Purple 5- Light Green 6-Dark Green 7-Red 8-Yellow

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More worksheets at www.education.com/worksheets

SUDOKU-PUZZLES

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

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

Dr. Tim Begalke • Dr. Jamie Wallace • Dr. Jeremy Wallace • Dr. Erin Gray • Dr. Anne Kelly



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 Tues 8:00 am - 7:00 pm
 Wed 8:00 am - 4:00 pm
 Thurs 8:00 am - 4:00 pm
 Fri 8:00 am - 2:30 pm

Elected Representatives



WARD 3 COUNCILLOR JYOTI GONDEK

Finally! The provincial government has announced capital for the construction of the North Central Calgary Public High School! This is a momentous accomplishment for our communities and validates the needs we have been expressing for so very long.

For over a decade, residents of north central Calgary (including myself) have been sounding the alarm



that our communities are in desperate need of a public high school. For all that time, we watched as infrastructure needs of other communities were met while it appeared that we were not on anyone's radar. In the last two years, increasing community pressure resulted in design phase approval of the project. However, we still lacked the capital needed to actually build a school.

While many of us have championed this cause but will not see our kids attending this school, I believe I speak for all of us in saying that we are thrilled that future generations will attend a high school near their home. This future school will be an essential hub of Ward 3 and a focal point of community activity.

A very big thank you to the provincial government for recognizing the needs of north central Calgarians. Minister Sawhney and MLA Yaseen were instrumental in this decision, as well as former MLA Kleinsteuber. MP Rempel has also been a fierce advocate for this school. This speaks volumes to what a group of elected officials in all orders of government can do together when they rally behind community needs.

Another big shout-out to the Northern Hills Community Association for their tireless efforts of advocacy over the past decade. To the countless members of the community who wrote letters, posted on social media, came out to rallies and spoke with the media – YOU are the reason we

are getting this school. I am so proud of the advocates and the volunteers in Ward 3 who look out for each other and the best interests of this community. I am proud to serve you and will continue to amplify our voices.

Jyoti Gondek
Councillor, Ward 3
www.calgary.ca/ward3

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

Kimberly Jones, Assistant
403-268-2530
eaward3@calgary.ca

Ally Bates
403-268-2530
caward3@calgary.ca

CALGARY-BEDDINGTON MLA JOSEPHINE PON

**Hello my constituents!
Happy December!**

This month, the Alberta Legislature will continue Fall Session until we finish debating as many pieces of legislation as we can before going into break! It is a high privilege to be the voice of Calgary-Beddington, and defend the interests of my constituency. As we head into the full winter



season, I would like to remind everyone to be mindful of our elderly citizens. On Nov. 6-12, I delivered a message to mark National Senior Safety Week. If you see a senior in need of assistance, please step up! I had a wonderful time visiting my seniors at the Manor Village in Huntington last month, and I look forward to visiting them before Christmas. Seniors are the strength of Alberta!

On Nov. 1, I joined my government colleagues to witness the end to the over decade-long wait for a North Calgary High School! Our residents have a government that listened, and delivered for our students. Thank you to all the advocates for your years of

dedication and passion. Congratulations to the Northern Hills Community Association for your advocacy. The school, along with two dozen other approved school projects across the province, will address the incoming wave of young Albertans ready to learn!

As Minister of Seniors and Housing, I am also responsible for our veterans. Alberta is home to countless retired armed forces members, who bravely fought for the values we cherish every day as Canadians. On Remembrance Day, it was a great honour to recognize the sacrifices made by those service members who lost their lives, and the ones who

today need our support. Alberta's veterans can access a wide variety of services and supports, including financial programs, employment and training services, housing, and crisis supports. For more information, visit:

alberta.ca/veterans-service-centre.aspx

Please reach out to my constituency office for anything we can assist you with. We look forward to continue hearing from you!

Calgary-Beddington
Hon. Josephine Pon, MLA
#106 – 8220 Centre Street NE
Calgary, AB T3K 1J7 403-215-7710
calgary.beddington@assembly.ab.ca

CALGARY-NORTH EAST MLA RAJAN SAWHNEY

I hope you're all excited as I am to head into the holiday season. Now is a wonderful time of year to come together, give back to our communities, and spend time with family and friends. Before we adjourn for the holidays, I wanted to update you on some of the progress our government has made over the last few months.



In October, I introduced Bill 17, the Disclosure to Protect Against Domestic Violence (Clare's Law) Act, which passed unanimously in the Legislature on October 30, 2019. This legislation will be an important preventative step to address the high rates of domestic violence in Alberta by allowing people at risk of experiencing domestic violence to obtain information on a romantic partner's previous history of relevant acts.

We also tabled Budget 2019, which saw an increase of \$276 million go to Community and Social Services to support Alberta's most vulnerable citizens. In addition to various funding commitments, we will continue

the Low-Income Transit Pass Program in both Calgary and Edmonton with \$9.5 million annually, and have also increased funding to the Residential Access Modification Program by \$800,000.

I also joined Minister of Education Adriana LaGrange for the announcement of North Calgary High School and 24 other schools across the province! Minister LaGrange also confirmed that we will continue to fund the Student Nutrition Program with \$15.5 million throughout the 2019-20 school year.

Congratulations to the Northern Hills Community Association! The Community Facility Enhancement Pro-

gram (CFEP) grant was approved for \$101,648 to assist NHCA with development of the Coventry Roundabout Park. We are honoured to support organizations that improve the quality of life our communities.

I'd like to wish everyone a happy holiday season. Whether you are celebrating Christmas, Hanukkah, Kwanza, or any other occasion, I wish you and your family a wonderful season and a blessed new year.

MLA for Calgary-North East
#1080, 11124 – 36th Street NE
Calgary AB T3N 0T1
T: (587) 318 2946
E: Calgary.NorthEast@assembly.ab.ca

CALGARY-NORTH MLA MUHAMMAD YASEEN

Education:

The recent announcement to build a new Calgary North High School was the happiest day for me since I was elected as your MLA for Calgary North Constituency. While doorknocking last Spring, this was one of the main priorities that I campaigned for. Your voices were heard and our Government listened! I want to extend a sincere heartfelt thank you especially to the Northern Hills Community Association advocacy group who have



worked tirelessly for the past 15 years advocating for a high school. I pledge to continue to be a strong advocate for the schooling needs in Calgary-North.

Budget 2019:

Foremost on people's mind is Alberta's fiscal situation. Budget 2019 is a balanced plan to create jobs, grow the economy and protect vital services. It takes bold action to turn our economy around, focused on three key priorities: getting Albertans back to work; making life better for Albertans; and standing up for Alberta. I want you to know that our Government will be cautious in budgeting, prudent in spending and diligent in saving. We will protect what is most important to Albertans. For more details on Budget 2019, please visit <https://www.alberta.ca/budget.aspx>.

[ca/budget.aspx](https://www.alberta.ca/budget.aspx).

Bills:

Our government will be spending much of this month in the Legislature working to pass legislation that will fulfill our promises to Albertans before adjourning for the holidays. For the status of the Bills, please go to <http://www.assembly.ab.ca/net/index.aspx?p=bill§ion=doc&legl=30&session=1&SortBy=>.

Immigration:

In my role as Parliamentary Secretary of Immigration, I continue to meet with various constituencies and stakeholders throughout Alberta to promote the Alberta Advantage Immigration Strategy initiative. Throughout the past six months.

Lastly, a special thanks to all my

constituents for their support and encouragement as I carry out my duties as your MLA. Your many well thought out comments and advice has been of immeasurable value to our Government, to all the people of Alberta and especially to me. As always, my staff and I are available to answer any questions and concerns that you may have.

Wishing my constituents, friends and family all the joys of the season and every happiness throughout the coming year. Happy Holidays Everyone!

Constituency Office: 104, 200 Country Hills Landing NW, Calgary AB T3K 5P3
Tel: 403.274.1931
Fax: 403.275.8421
Email: calgary.north@assembly.ab.ca

LIBRARY NEWS

We have a New eResource

Calgary Public Library has a new eResource, called TeenBookClub, full of eBooks, audiobooks, enhanced novels, graphic novels, and videos. You'll also find an extensive collection of classic titles, from Nineteen Eighty-Four to Frankenstein. This online collection is intended for students and adults of all reading levels. All titles are simultaneous use, meaning you don't have to place holds or wait to borrow books. All you need to access this new eResource is your free Library card. Start reading at calgarylibrary.ca/teenbookcloud.

Tired of Long Waits to Borrow eBooks and Audiobooks?

Calgary Public Library members love their eBooks and audiobooks – in 2018, 1.8 million digital titles were checked out from our eLibrary. But major multinational publishers are placing restrictions on digital titles, including excessively high prices and restrictive purchasing models. These actions from publishers limit what titles people can

access, which hampers the core mandate of public libraries to provide equitable access to information for all. Learn more about the issues public libraries currently face – and what you can do to help – at calgarylibrary.ca/econtent

Early Learning Centres

At libraries across Calgary, find 12 free and fun spaces for young children to learn through play. Our vibrant and interactive Early Learning Centres are specially designed to support early literacy practices for children ages five and under. All centres are built around different themes – from dinosaurs to a real helicopter – and include features such as experiential and moveable activity centres, props, and games. Don't miss Fish Creek Library's freshly renovated Early Learning Centre, and check out other libraries to play at calgarylibrary.ca/elc



Outreach Thursdays in NHCA

The Outreach Community Advocates, from the BowWest Community Resource Centre are taking appointments every Thursday from 4-7pm at the Northern Hills Community Association office.

They seek to meet the needs of North West and North Central Calgary residents by offering Basic Need Appointments including outreach, information and referral support for

singles, seniors and families - no restrictions on children under 18 living at home.

To access several North Central Family Support Programs for you and your family, kindly contact [Germaine Rivera](mailto:germaine@bowwest.com) (via email germaine@bowwest.com or phone 403-874-6809).



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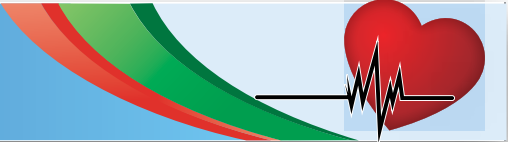
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HEALTH CORNER



Winter Shoveling!



By Jennifer Vanderland

Winter, the glorious season of skiing, snowshoeing, snowboarding and hopefully, loads and loads of snow! And with snow, comes shoveling.

In my work as a yoga therapist I see people every winter who become injured after shoveling heavy snow. I look at movement patterns to help people become aware and learn how to move better, so they can get through another season of snow shoveling and still enjoy the activities they love.

The largest and most stable joint in your body is your pelvis and moving better through your pelvis and legs makes you stronger and be able to adapt to different

movements.

Last month we looked at how your leg bones move in your pelvis, and today we will explore how your pelvis moves on your legs. Ideally, your pelvis should be able to move easily on your legs. If your pelvis can move, you can transfer load through your system much better. Better transfer of load = easier shoveling!

To begin, stand with one foot forward and one foot back, with your feet lined up like they are on little train tracks. Place your hands on your hips, and feel the structure of your pelvis. Bend your front knee and imagine that your pelvis is like a bowl full of water. With your legs steady, begin to move the pelvis as though you are pouring the water out the front of the bowl. Notice

if you initiate the movement from your back, or from your pelvis. It is common for people to want to move from the back, and a more sustainable way to move is to move from the largest joint, your pelvis. Move in and out of this about 5 times and then hold for 5 breaths. You may notice your legs and glutes firing up! Make sure to do both sides. This is a great exercise to practice every few days as long as it doesn't hurt. Make sure to move in your pain-free range to get the most benefit from your movement practice.

If you would like to share your experience or if you have any questions, please email me at smallplanetmama@gmail.com.



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2020 TAX CLINIC VOLUNTEERS

We're looking for volunteers for NHCA's 2020 tax clinic!

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General Tax Volunteers

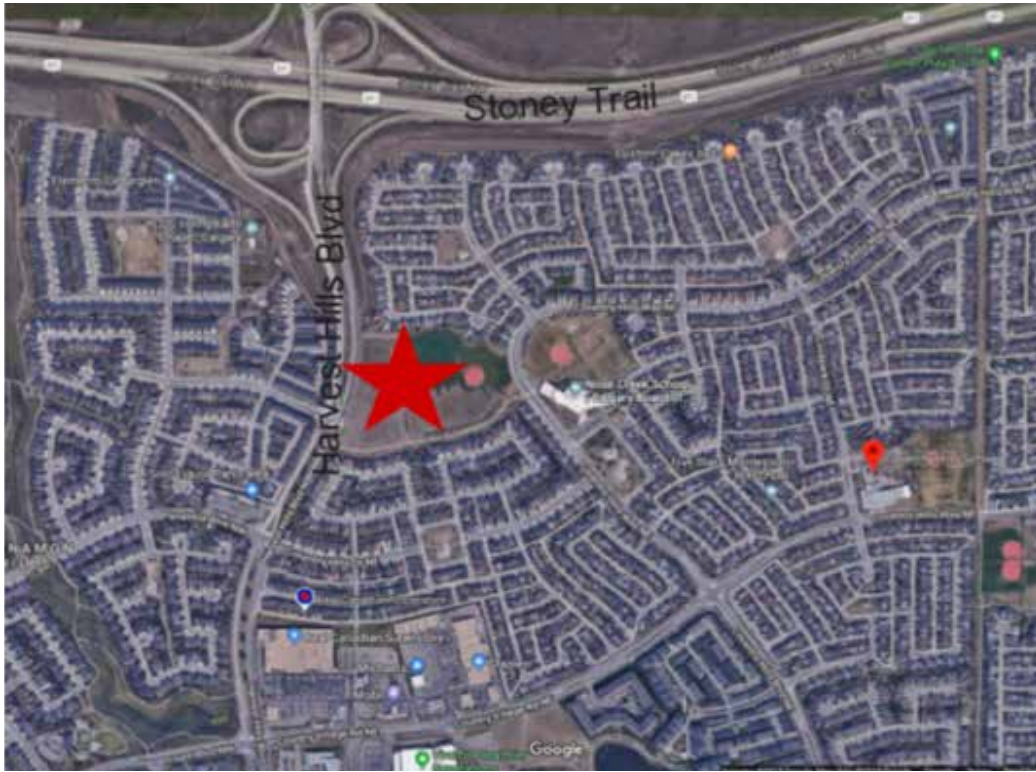
- Expectations:
- Basic computer literacy
 - Interest in and/or experience in basic tax filing
 - Detail-oriented
 - Commit at least 10 hours during clinic from March-April

Shift Lead Volunteers

- Expectations:
- Knowledgeable in basic tax principles
 - Experienced in income tax filing
 - Supervise and direct volunteers
 - Commit at least 10 hours during clinic from March-April

Apply by email to: ahih@nhca.ca by Jan 7th, 2020!

More info: nhca.ca/ahih



You Did It Advocates!

- Continued from page 1

On behalf of all of the Advocates for North Calgary High School, Thank You!

And a very special thank you goes out to David Hartwick for your tenacity over the last 15 years as you tirelessly campaigned for this school to be built. You have been a tremendous value to this community these many years,

fighting not only for this high school but other much needed infrastructure projects for North Central Calgary. Thank you for leading us and guiding us, and for never giving up. Thank you!

Soon the children of North-Central Calgary will finally have a local high school where they may dedicate themselves to their academic and extracurricular pursuits as they work to become the next generation of leaders in our community. And for this, today, we celebrate!

LEFT: Photo from CBE website – The location for North Calgary High School. The design process is underway, and as of November 2019, the design phase for North Calgary High School is 25% complete. Updates can be found on the CBE website: <https://www.cbe.ab.ca/schools/building-and-modernizing-schools/Documents/20190702-North-Calgary-High-School-OpenHouse-Presentation.pdf>



Sudoku puzzle ANSWERS

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

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

Crossword puzzle ANSWERS

Puzzle on page 4

1	A	S	T	I	R	6	D	O	R	Y	10	B	R	A	13
14	S	H	A	R	E	15	O	G	E	16	R	O	C	K	
17	P	I	L	A	F	18	E	L	A	N	19	A	O	N	E
20	A	C	Q	U	I	21	R	E	D	T	22	A	S	T	E
23	I	S	M			24	S	A	T						
25	D	A	D	26	E	A	S	E	29	S	T	E	A	D	
35	O	P	E	36	D	37	M	O	D	S	39	I	N	F	R
41	W	O	W	I	42	T	S	D	E	L	43	I	C	I	O
44	D	R	A	M	A	45	A	M	E	N	46	D	U	P	E
47	T	R	E	N	48	D	49	A	W	L	50	S	51	L	E
52	G	A	S	53							54	A	L	E	
56	S	A	V	57	O	R	T	58	H	E	59	W	I	N	E
63	B	A	B	E	64	K	O	O	K	65	E	D	I	C	T
67	U	G	L	I	68	E	L	S	E	69	S	U	R	A	H
70	R	E	E	L	71	N	E	T	S	72	T	E	E	N	Y

The Author of Our Crosswords

Myles Mellor is one of the top crossword writers in the world. Published in over 600 magazines, newspapers and web outlets. Over 12,000 crosswords published worldwide. Supplying theme crosswords, diamond crosswords, syndicated puzzles, cryptograms, diagramless crosswords, word search, sudokus, anagrams, and word games. Published on mobile devices and e-readers. www.themecrosswords.com



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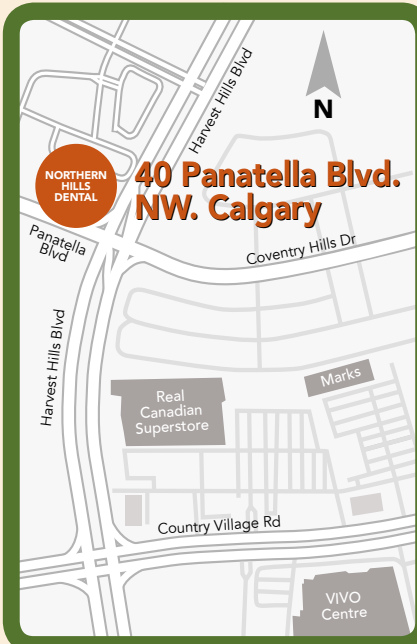
Jagatjit Dhillon, DMD

- ✔ Grew up in Saskatoon, Saskatchewan.
- ✔ Degree in Dentistry from the University of Saskatchewan in 2002.
- ✔ Practicing in Calgary since 2002. Over 15 Years of Experience Treating Orthodontics with Braces, Invisalign, and Myobrace.
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