

Country Hills

Country Hills Village

Coventry Hills

Harvest Hills

Panorama Hills



**Govt regulated. Automated, Fast and Friendly.
Pick up and Bottle drive service.**

Bottle Depot

Computerized • Accurate • Fast & Friendly Service

BEDDINGTON HEIGHTS
BOTTLE DEPOT

#111, 20 Country Hills Landing NW
Calgary, Alberta T3K 5P4

403-274-2122

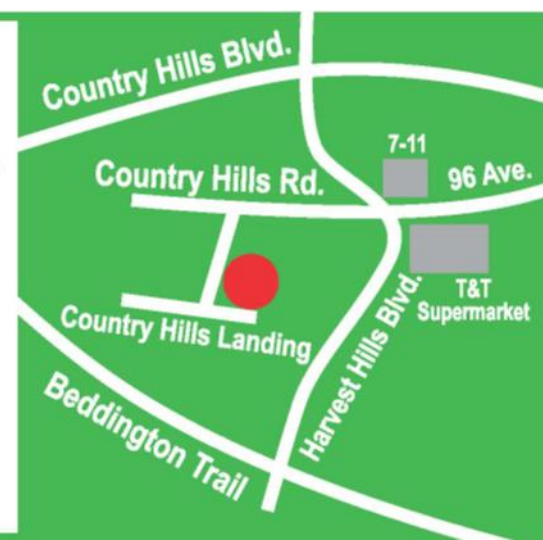


**Mon - 9am to 6pm
Sat: 9am to 5pm
Sun: 10am to 4pm**

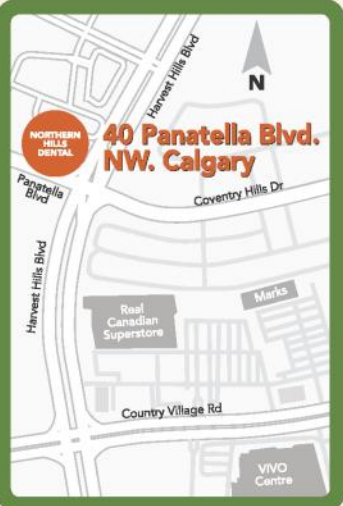


It matters –
and it pays \$\$

www.bottledpotcalgary.ca



PROUD to be Your Neighbourhood Dental Clinic for **14 years!**



\$99
PROFESSIONAL
TEETH
WHITENING!

Comfort • Care • Convenience

- ✓ Dedicated Children's Play Area
- ✓ TV's and massage chairs in every treatment room
- ✓ Warm and Relaxed Atmosphere
- ✓ Complimentary Gourmet Hot Beverages

We offer a wide range of dental services such as:

- | | | |
|------------------------|---------------|--------------------|
| ✓ Children's dentistry | ✓ Dentures | ✓ Zoom™ Whitening |
| ✓ Laughing gas | ✓ Cosmetics | ✓ Crowns & Bridges |
| ✓ Wisdom Teeth | ✓ Invisalign™ | ✓ Sedation |
| ✓ Emergencies | ✓ 3D Scanner | ✓ Implants |
| ✓ Root canals | ✓ Cleanings | ✓ Sport guards |

OPEN LATE AND ON SATURDAYS
EMERGENCIES SEEN PROMPTLY AND SECOND OPINIONS WELCOME

CALL US
403-532-0711

or request YOUR appointment online at
www.northernhillsdental.com



CHIROPRACTIC FOR THE ENTIRE FAMILY



Dr. John Ng



Dr. Christine Ursuliak

Did you know that chiropractic can help with more than just back pain? Call us to find out how we can also help with • **Headaches** • **Frozen Shoulder** • **Planter Fasciitis** • **Ankle & Wrist issues** • **Pre & Post Natal Care**

Open 6 days a week with evenings and Saturday appointments available



Northern Hills
CHIROPRACTIC
 MASSAGE THERAPY • ACUPUNCTURE • CUSTOM ORTHOTICS

Conveniently located at: 36 Panatella Blvd. NW

403-567-0400
www.northernhillschiro.ca

President's Message



Tavis Settles
President - Northern Hills
Community Association

Hi Everyone,

We hope everyone is having a great summer! I know from time to the time it seems like the smoke in the area from the fires is getting to be a bit much, but since our weather has been pretty nice, it's awesome to see so many people and kids out in our communities enjoying the parks and talking to there neighbors.

Due to the upcoming elections, we are seeing various local and federal candidates and incumbents in our communities campaigning. We would like to really encourage every citizen to take the time to meet them. It's very important that your concerns are heard and brought forward to them. We at the NHCA as always, will be advocating for services, amenities, and other items for our area. However, it also helps that everyone engages. With so many new faces coming on city council, this might create good opportunities to move some of our very long-standing issues to the forefront of the stage. So please if you manage to see them, talk with them and make your concerns known.

For the month of August, we have some important dates to save in your calendar! There will be a Maker's Market on Aug 21st at the Harvest Hills Hub that will showcase our local artists and small businesses. Please make sure you come by and check it out. More details can be found on the NHCA web site.

Get ready for Aug 28th!!! We are planning a Family Fun Night in the east parking lot at Vivo. This should be a big and exciting event for everyone to enjoy. We are lining up a outdoor movie along with BBQ, treats, games, sports, market and much more to come! We are really hoping to get as many people out as possible and enjoy the event before kids head back to school.

We are looking for community minded and passionate residents to join our Fund Development sub-committees as we are re-imaging the work the NHCA does for the community! If you have ideas or would like to volunteer in the community, we have many positions and or oppourtunities for you to help contribute for!

As always if your have any ideas or concerns please reach out to the NHCA.

Cheers,

Tavis Settles

Northern Hills Community Association President

Save the date!

Northern Hills
Community Association

FAMILY FUN NIGHT

MARKET, GAMES, BBQ FREE OUTDOOR MOVIE AND MORE!

EAST VIVO PARKING LOT
AUGUST 28, 2021 5010 PM

nhca.ca/familyfunnight



Calgary Air Heating & Cooling Ltd.

403-720-0003 • info@calgaryair.ca • calgaryair.ca



Residential & Commercial

Furnace & Air conditioning installation, service, and repair

Emergency furnace repair of all brands available 24/7

Upfront pricing on all central air conditioner installation

Get your furnace service before winter
for only **\$75**

We also offer air conditioning repair



YOUR LOCAL HVAC REPAIR COMPANY IN CALGARY

ELECT

YOUR CONSERVATIVE CHOICE

WARD 3

BRENT TRENHOLM

EXPERIENCE | TAX-REFORM | ACCOUNTABILITY

www.btward3yyc.ca (403) 519-4330 brent.trenholm@shaw.ca



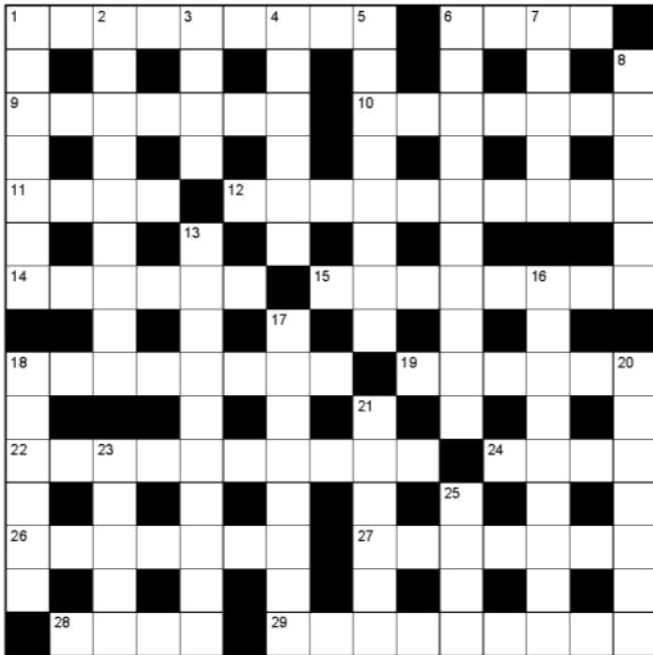
WHAT AM I ABOUT

Extensive management-leadership
-budgeting and life **Experience**

Tax Reform to make life
more affordable to tax payers

Accountability for actions and
decisions being made.

Crossword No XC250901



DOWN

- 1 Self-important old politician tucked into fresh soup (7)
- 2 Agreement with one playing instrument (9)
- 3 Underground pipe (4)
- 4 Smart company's opening bar (6)
- 5 Girl entertains star in US city (3,5)
- 6 Newlywed needs to prepare for her partner (10)
- 7 Boy with yen to meet a girl (5)
- 8 Writer is jealous we hear (6)
- 13 Keep company with awfully tense friar (10)
- 16 Type of Western food (9)
- 17 Ignorant solver can't do anything with such a crossword (8)
- 18 Bring on popular Italian leader (6)
- 20 Unusual arrangement of garnets (7)
- 21 Affliction makes British leader delicate (6)
- 23 Grumpy, certainly, but not rude ultimately (5)
- 25 Outspoken member of House of Lords gives support (4)

ACROSS

- 1 Arctic plan almost could be workable (9)
- 6 Bachelor remains for party (4)
- 9 Horrible beheading initially caught by mobile camera (7)
- 10 Panesar in form, dismissing Australian opener twice, could be so described (7)
- 11 Cruel sort makes some progress (4)
- 12 Debauched renegade worried Lawrence (10)
- 14 They're happy to go downhill fast (6)
- 15 The French go over to Spain for game (8)
- 18 Instinctively let in any strays (8)
- 19 Lessons lead to more examinations (6)
- 22 Untidy woman's a hospital attendant (10)
- 24 Daily tea (4)
- 26 Worry about receptacle for gun (7)
- 27 Pay attention after goalie's beginning to shine (7)
- 28 Spike is heard from river (4)
- 29 Morose nun's irate for a change (9)

Design and digital publishing credit to:

The UPS Store 264
 612-500 Country Hills Blvd NE
 Calgary, AB T3K 5K3
 403.226.9361
store264@theupsstore.ca
theupsstore.ca/264

The UPS Store

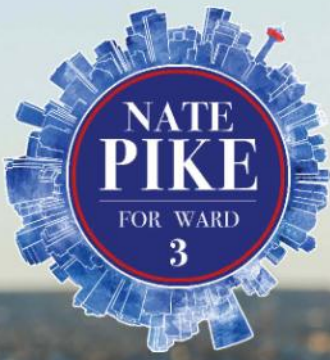


Print and Business Services

In This Issue

August Recipe Winner14
Elected Reps.....19
Skin Care Tips.....20
Volunteer Opportunities.....21
Calgary Library.....27
Free Ice Cream for Kids!.....28

and so much more!



Honesty. Integrity. Transparency.
Learn more at www.natepike.ca



Financial Literacy in Our Community

There is a lack of financial literacy in not only our Northern Hills communities, but in all of Calgary and the country at large.

The government estimates that at present levels of financial illiteracy, more than 91% of Canadians are set up to retire below the poverty line, meaning that only 1 in 10 Canadians are adequately prepared to provide for their old age.

The school curriculum does not include financial education, so students go to college with little to no knowledge of money management – about how money works, how to reduce debts and taxes, and where to deploy saved funds in order to create the necessary foundation for building wealth.

Banks do not provide unbiased professional advice because they operate in a competitive marketplace in the interest of their owners and shareholders.

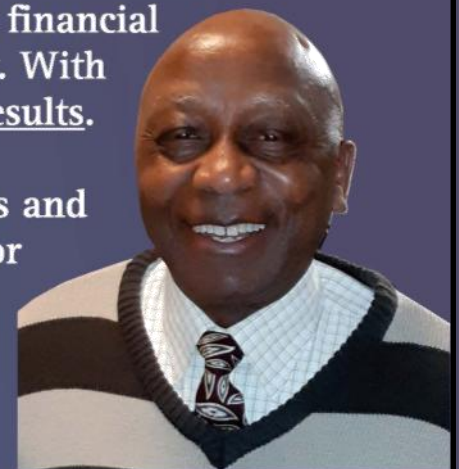
Those who are in contact with professional financial advisors do quite well; others could do with some aid. Our company is in the business of helping people reach their financial goals through education and awareness of everything money. With better education, people make better choices and get better results. Our mission is to help families protect their health, their lives and their wealth. We design solutions and strategies that are tailor made for each situation. And we are happy to help you.

Please feel free to drop me a line at: jonetenga@shaw.ca.

Our company is in the business of helping people reach their financial goals through education and awareness of everything money. With better education, people make better choices and get better results.

Our mission is to help families protect their health, their lives and their wealth. We design solutions and strategies that are tailor made for each situation. And we are happy to help you.

If that is you, please feel free to drop me a line at:
jonetenga@shaw.ca.



NHCA CONTACTS

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

Public Hours:

Mon-Friday: 9:00 am – 1:00 pm
 Remote assistance, check the website for more information about in-person appointments.
 Closed on weekends and statutory holidays

STAFF & CONTRACTORS

Executive Director: [Yana Soldatenko](#)
 Bookkeeper: [Surina Gupta](#)
 Newsletter Editor: [Heather Hubert](#)
 Ad Sales: [Heather Hubert](#)
 Projects & Programs Coordinator: [Ali Merani](#)
 Fundraising Coordinator: [Gagan Mann](#)
 Community Relations Coordinator: [Roman Sorokin](#)

VOLUNTEERS

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

BOARD MEMBERS

President: [Tavis Settles](#)
 1st Vice President: [Tamara Keller](#)
 2nd Vice President: [Leah Argao](#)
 Secretary: [Amanda Mauch](#)
 Treasurer: [Azim Riaz](#)
DIRECTORS: Chris Abdalla, Zubair Chowdhury, David Hartwick, Fadi Katto, Devon Lowe, Tara Melhus

COMMITTEES:

Accessibility & Grants: [Chris Abdalla](#),
 Arts & Crafts: [Chris Abdalla](#),
 At Home in the Hills: [Winnie Huang](#), [Samana Zehra](#),
 Beautification: [Tara Melhus](#),
 Gardens: [Amanda Mauch](#)
 Building Safer Communities (Blockwatch): [Tavis Settles](#)
 Business Relations: [TBD](#)
 Community Relations: [Tamara Keller](#),
 Creating Coventry: [Asim Riaz & Moraig McCabe](#)
 Government Relations / Advocacy: [David Hartwick](#)
 Harvest Hills Hub: [Tamara Keller & Victoria Henry](#)
 Membership Relations: [Devon Lowe](#)
 Planning & Development: [David Hartwick](#)
 Sports: [Fadi Katto](#)
 Rinks: [Devon Lowe](#)
 Seniors: [Leah Argao](#)
 SPRY in the Hills: [Jay L Emond](#)
 Volunteer Relations: [TBD](#)



EDITOR'S NOTE:

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



*Proudly Serving the
Community Since 1998*

- Dentistry for the whole family
- Convenient location
- Preventative hygiene maintenance
- Sleep Apnea treatment
- Dental Implants
- Invisalign
- Professional Whitening
- General and Cosmetic Dentistry

Where Smiles Begin

Dr. Tim Begalke, Dr. Jamie Wallace and Associates

New Patients Welcome

#707, 500 Country Hills Blvd NE
 Calgary, AB T3K 4Y7
 403.226.1809
www.countryhillsdental.com



We understand how important it is to have a clean and healthy home and work environment. At Optimal Technical Services, we believe that everyone deserves to breathe in clean air. We take pride in providing professional indoor air quality testing and thorough HVAC and mechanical system inspections.

www.optimaltech.ca



Air Quality Testing



HVAC System Inspection & Assessment



Radon Testing

Specializing in Residential & Commercial. Give us a Call: 403-208-7648

CLASSIFIED ADS

This is the local Official Community supported and requested newsletter by residents of Panorama Hills/ Coventry Hills /Harvest Hills/ Country Hills and Country Village

B & P UPSCALE BOUTIQUE
Elegant look for any special events
Prom dresses, Bride maids, Mother of the Bride, Office Wears, Church Suits with Matching Hats
And Many More 403 470 6548
NORTHLAND VILLAGE MALL
1120,5111 NORTHLAND DR

This is the local Official Community supported and requested newsletter by residents of Panorama Hills/ Coventry Hills /Harvest Hills/ Country Hills and Country Village

This is the local Official Community supported and requested newsletter by residents of Panorama Hills/ Coventry Hills /Harvest Hills/ Country Hills and Country Village

I am a reward-based Accredited dog trainer with over 10 years experience. Offering outdoor group classes, private at home sessions, training walks, basic dog walking, and pet sitting. Member of the Alberta Force Free Alliance; specializing in puppy training, reactivity, and leash walking.
<https://www.tiarificcanine.com/>
403-815-2658

This is the local Official Community supported and requested newsletter by residents of Panorama Hills/ Coventry Hills /Harvest Hills/ Country Hills and Country Village

Qualified Optometrists

Expert Staff

Vision & Eye Health Exams

Best In-Stock Selection of Designer Eyewear for the Whole Family

Due to current AB Health regulations Entry to the Clinic is by Appointment Only

Please call ahead to book an appointment with an Optometrist, check our large range of in-stock designer frames, or to pick up your new eyewear.



SiteForSight

eyecare • eyewear

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

403.226.7638

Dr. Monica Jensen-To • Dr. Shauna Chorel
Dr. Andrea Quon • Dr. Floria Tse

New and Emergency Patients Welcome

siteforsight.ca

Visit our clinic for current promotions & discounts on select frames and lenses

‘A PASSION TO SERVE’

The City of Calgary Needs change! Calgary needs new leadership with a new vision to build and develop a greater city for the future. We must ensure that our great city offers a quality of life that is both affordable and safe for our parents, our children and our brothers and sisters.

Kumar Sharma has the “passion to serve” and the vision to lead. As your elected Councillor, he pledges to be accountable and responsive to the needs of City residents through a transparent, open and honest campaign, focusing on hard work and commitment to Ward 3.

Kumar’s campaign kicked off during Stampede week with a host of community sponsored breakfast events throughout the city. During this time, an active door knocking campaign commenced in Ward 3 and after many great voter conversations at the doors of residents, hundreds of lawn signs have been placed.

Kumar Sharma’s priorities are to facilitate and improve the fundamentals of fiscal accountability, controlling spending and maximizing expenditures. In order to accommodate the needs of this growing population well into the future it is imperative for north Calgary to have the support of a transportation infrastructure. A priority of the new Councillor will be the planning and financial funding to restart the Green Line from across the river directly to North Calgary and Ward 3.

Voting is set for Monday, October 18, 2021. Let’s bring about change in Ward 3 and elect Kumar Sharma as your new Councillor for a new future

The Campaign office is located at 206, 177 Country Hills Blvd NW Phone 403 285-7323

In the spirit of reconciliation we acknowledge all peoples who make their home in the Treaty 7 Region of Southern Alberta

KUMAR WARD 3 SHARMA COUNCILLOR CANDIDATE

VOTING DAY Monday, October 18

CREATE CHANGE!

• INVEST IN PEOPLE • QUALITY OF LIFE • PASSION TO SERVE

QR Code

kumarsharma.ca | [@kumar4council](https://www.facebook.com/kumar4council) | [@kumarsharmayc](https://www.instagram.com/kumarsharmayc) | kumar@kumarsharma.ca

CAMPAIGN HEADQUARTERS 206, 177 COUNTRY HILLS BLVD NW CALGARY, AB (403) 285-7323

TAXATION



Calgary faces a very serious financial and economic situation so care must be taken to ensure that taxes do not continue to increase.

CRITICAL COMMUNITY INFRASTRUCTURE



There is a need for new community infrastructure such as urgent care facilities, meeting & gathering spaces, recreation facilities, schools and Green Line LRT to name a few.

JOB AND THE ECONOMY



Policies and initiatives must be pursued in order to create a stable market for job creators and small business to succeed.

SPENDING



Strategic spending cuts or freezes should be investigated and considered in an attempt to help bring spending back in line with what the public desires.

BUILDING COMMUNITY

Building strong communities means helping those who need it most, ensuring that everyone feels included, and putting policies in place that allows everyone the opportunity to succeed. Ward 3 is very diverse, both in age and culture. Looking for ways to build strong and inclusive communities must be a priority.



APPROVED BY KUMAR SHARMA CAMPAIGN 2021

IS IT TIME TO RENEW YOUR PLATES?



CALGARY REGISTRY SERVICES

- LICENSE PLATES • DRIVERS LICENSES
- LEARNERS PERMIT • FINE PAYMENTS
- ROAD TESTING • LIEN SEARCHES
- LAND TITLES • BIRTH CERTIFICATES
- MARRIAGE LICENSES
- CORPORATE REGISTRY
- COMMISSIONER FOR OATHS

Alberta
Authorized
Registry Agent



OFFICE HOURS:

Mon-Fri 9-5 Sat 10-2

calgaryregistry.com

(403) 910-6816

#312, 5149 Country Hills Blvd. NW

SHARING SMILES

JOKE CORNER

Q: Why won't skeletons fight each other?

A: They just don't have the guts!



Q: What is brown, hairy and wears sunglasses?

A: A coconut on vacation!



INTERESTING FACTS!

1) Butterflies taste with their feet.



2) The first commercial passenger flight only lasted 23 minutes.



**Neddie is on vacation
for August.
See you all back
in September**





SOBEH's Home based care is a privately owned agency based in Calgary, Alberta, with hands-on experience in the care of seniors, adults and the infirm.

SOBEH's care represents passionate, loving and empathetic care givers that work closely with clients and their families to provide quality professional care that meets individual needs.

Staff

With a combined experience spanning more than 50 years of hands-on health care delivery, the staff of SOBEH's CARE bring compassionate care and attention to their clients in the comfort of their homes

Customized Services

SOBEH's CARE appreciates the unique needs of each client and customizes their services accordingly. With 24-hours services available, clients are assured that their individual needs would be met.

SOBEH'S CARE

Care with a heart



Highly passionate for
your long-term health.

Contact us today.



info@sobehscare.com

403-475-1658

403-978-1449

www.sobehscare.com

OUR SERVICES

Companion Care

Recreational activities.
Planning and booking outings.
Light housekeeping.
Light food preparation.

Nursing

Client assessment and health education.
Post-surgical care.
Hospice and Palliative care.
Medication management.

Lactation

Breast milk is the normal natural nutrient for your baby. Breastfeeding times bring joy to both mom and baby but can be a challenge and can cause anxious moments for mothers. SOBEH'S CARE will work with you to achieve a stress free breastfeeding experience. Let us help you achieve that goal.

Ian McAnerin



For Ward 3



Make Ward 3 Matter!

Ward 3 has traditionally been ignored at city hall. With a new city council this fall, **we are in danger of it happening again.**

- I support building the Greenline LRT to Ward 3 as soon as possible and a BRT in the meantime
- I will support local projects like Vivo and Creating Coventry to enhance our infrastructure
- I will focus on traffic issues, pedestrian safety, and accessibility
- I will protect our greenspaces, wetlands and historical features

Economic/Pandemic Recovery

In order to recover, **we can not go back to doing the same old things the same old ways.** We need to move ahead, not back.

- Minimize and stabilize municipal taxes and fees
- Promote jobs and job training
- Address the municipal debt
- Diversify Calgary's economy
- Modernize our procurement and P3 processes
- Stop subsidizing municipalities outside Calgary
- Address our serious mental health and addiction issues
- Support our youth
- Support our seniors
- Support our immigrants and newcomers

Build a Better City

To **build a better City of Calgary**, we must:

- Require transparency, consultation, and accountability
- Build resilient structures and processes
- Change our budget process to Priority Based Budgeting
- Create a modern, efficient Administration
- Promote brand Calgary
- Set up business-friendly methods of running things
- Commit to an ecologically sound city environment
- Address our public health issues
- Make sure people are safe in their homes and in public
- Write smarter bylaws and fix our zoning process once and for all

QUICK FACTS

CANDIDATE FOR: Calgary Ward 3
(Resident for 27 years)

AFFILIATION: Loyal only to Ward 3
(Not controlled by any party or PAC)

EDUCATION: LLB (Law)
BA/Sc (World Cultures & Religions)

POLITICAL: Moderate
(Leans right fiscally, left socially)

IDEOLOGY: Pro-Science
(and fact-based decision-making)

FAMILY: Married to Leah (30 years)
3 Children, (plus 1 cat, 1 dog)

EXPERIENCE: Past President of NHCA
(Northern Hills Community Association)
Founder of Night Market North
Business Owner, Consultant
25 years of Board Governance
Long History of Volunteering

President's Message



April is a month of change. Winter turns to spring, Easter marks renewal and rebirth, a new fiscal quarter begins, garden planning begins, and much more.

With April also comes milestones like the NHCA AGM (April 28). This AGM will be virtual like the last one and will be an opportunity for the NHCA to update its members and the community on how 2020 went, and what our plans are for 2021. I would love to see you there.

"As Past President of the NHCA, I've been fighting for the people of Ward 3 for many years now."

It's time to take that fight inside city hall."

Visit mcanerin.ca for details, videos, and more!

August WINNER!

Devilled Bun Burgers
Winner: Kelly Mandryk

Ingredients

1 lb. ground beef
1 egg, beaten
1/3 cup of ketchup
1 ½ tsp. mustard
2 Tbs. minced onion
1 tsp. paprika
½ tsp. garlic powder
¼ tsp. cayenne pepper
1 tsp. salt
Dash of pepper
8 hamburger buns
1/8 cup of melted butter

Directions

Cut buns in half and lightly toast them in a toaster oven.
Combine ground beef, ketchup, egg, mustard, minced onion, paprika, garlic powder, cayenne pepper, black pepper and salt in a bowl. Mix together thoroughly.
Spread meat mixture on each of the half buns making sure to spread the mixture to the edge. Brush melted butter over the top.
Place on a cookie sheet and broil at 350 F, five to 7 inches from the heat for about 12 minutes.

Serve with your favourite burger toppings and a side of french fries.



Submissions must be sent in typed up in format that can be copied and pasted . Photos are welcome!

Email: editor@nhca.ca

 Livingston

Farmers Market



Join us

Fridays 4 - 8 PM

Weekly now through to October 1st

1248 LIVINGSTON WAY NE, CALGARY, AB T3P 0V6

Fresh produce

Great food selections

Jams, jellies and preserves

Candies and confectionaries

Locally homemade crafts and gifts

Local distilleries



20+ vendors Support Local

Follow us on facebook: @livingstonfarmersmarketyc

the Gutter Doctor®

Home Exterior Services



**GUTTER CLEANING, REPAIR & INSTALL
DOWNSPOUTS • FASCIA • SOFFIT
CLADDING • SIDING • ROOFING
HEAT CABLES • DRIP EDGE**

Over 50,000 happy customers since 2003!
INSURED • WCB • LICENSED • GUARANTEED

403-714-0711
gutterdoctor.ca

Our awards and accreditations



Sudoku

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



**Harvest Hills Alliance
CHURCH**

10099 Harvest Hill Blvd NW
office@hhchurch.com
403-226-0990

www.hhchurch.com

Starting Sept 12 Please join us live
Sunday Services 9:15 & 11:00 am
or on YouTube/Facebook @ 9:15

Summer Sunday Service
10:00 am

Harvest Kids
Nursery- Pre school & Grades 1-4
9:15 & 11:00 am
Grades 5 & 6 11:00 am only
Youth 9:00 am

Harvest Kids on Facebook
9:30 am

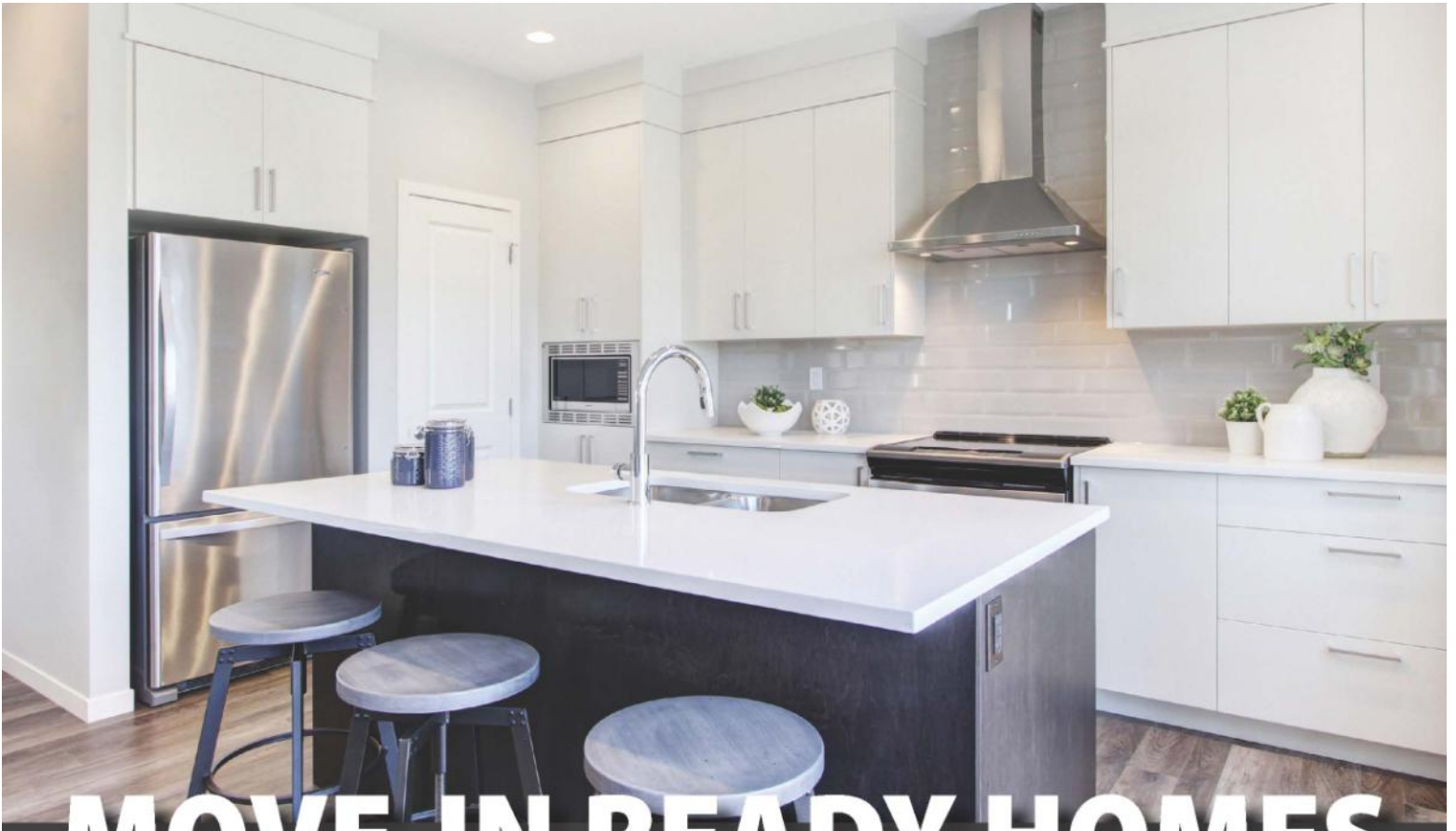


HARVEST COMMUNITY CARNIVAL

- Live Music
- BBQ
- Bouncy Houses
- Carnival Treats
- Petting Zoo
- Loads of fun

**Saturday
September 18
11:00 am - 2:00pm**

Church Rentals—please go to our website and submit the Rental Request form.
If you have questions e-mail rental@hhchurch.com



MOVE-IN READY HOMES STARTING IN THE LOW \$500,000'S

Experience life in our perfectly paired homes in The Parks of Harvest Hills. Cedarglen Homes has limited lots remaining, including some quick possession homes. With easy access to shopping, entertainment, dining and recreation you can enjoy the perks of living in an established area while still reaping the benefits of a newly built home.



cedarglen
HOMES



the parks of
HARVEST HILLS

189 HARVEST HILLS WAY NE

CEDARGLENHOMES.COM

40% OFF

Shade-O-Matic Window Coverings

Honeycomb Shades, Roller Shades and
Faux Wood Blinds

1-920 Northmount Dr NW Calgary AB

E calgarynorthdecorating@gmail.com

P. 403-289-6227



Calgary North
Decorating

ALTA
WINDOW FASHIONS
from shadeomatic

CHECK OUT NEW GREAT CONTESTS IN OUR NEWSLETTER



Photography Contest



Send in your photo and
win a Cobs's Bread 6 pack!



Recipe Contest



Send your recipe over and
Win a Gift Card!



editor@nhca.ca

SUPPORT YOUR COMMUNITY ASSOCIATION BY DONATING YOUR BOTTLES AND RECYCLABLES!



2 STEPS TO DONATE:

- MARK YOUR BAGS WITH A LABEL/STICKER SAYING "NHCA" (NORTHERN HILLS COMMUNITY ASSOCIATION)
- DROP OFF YOUR BAGS AT BEDDINGTON BOTTLE DEPOT (111-20 COUNTRY HILLS LANDING NW)

COLLECTED FUNDS WILL GO
BACK TO PROGRAMS &
SERVICES FOR YOUR
COMMUNITY!

LEARN MORE:
[NHCA.CA/DONATE-RECYCLING/](https://nhca.ca/donate-recycling/)

BEDDINGTON HEIGHTS
BOTTLE DEPOT
It's Worth It

Northern Hills
Community Association



Muhammad Yassen Calgary-North MLA

Alberta Open for Summer: As of July 1st Albertans are now free to gather indoors and outdoors, places of worship and businesses can operate at full capacity and people can safely get back to doing all of the activities they enjoy. Jobs and investment are coming back to our province, as our government continues to work to create the most competitive environment in North America to live, work and play. Albertans are the most resilient people in Canada and history has shown that we can overcome any obstacle that stands in our way.

Combating Racism and Hate Crimes: A new community liaison on hate crimes will connect directly with ethnic and religious groups and sexual minority communities most targeted by hate-motivated crimes. The liaison will provide government with a range of perspectives and expertise on how we can tackle hate-motivated crimes and incidents across the province. Alberta will also set up a provincial Hate Crimes Coordination Unit who will work with law enforcement to improve and harmonize hate crime mitigation efforts across the province and facilitate training opportunities, intelligence gathering and investigative supports. This includes strengthening the approach to successfully prosecuting individuals charged with hate-motivated crimes. Both the new liaison position and coordination unit are in the early stages of development. In addition, the Alberta Government announced the Alberta Security Infrastructure Program will help protect targets of hate-motivated crime with funding for security upgrades. The grant will be available to religious and ethnic organizations, and Indigenous groups that are at risk of being targeted by hate-inspired violence or vandalism will be able to apply for grants for security and technology improvements.

A special thanks to all my constituents for their continued support as I carry out my duties as your MLA. Please feel free to contact me for a phone chat or to meet in person.

Muhammad Yassen
Calagry North MLA

calgary.north@assembly.ab.ca

403.274.1931

104, 200 Country Hills Landing NW Calgary AB T3K 5P3

Skin Care Tips for Summer 2021

By Gagan Mann

This past year has caused a lot of stress, and for some of us it shows on our skin. Here are some basic getting your skin back on track this summer while living in Calgary.

SPF – A common misconception is that only people with paler skin tones need sunscreen. The truth is that everyone – regardless of skin tone – should be wearing SPF on a daily basis. The ultraviolet rays of the sun are damaging to our skin cells, causing premature aging and possible health issues such as skin cancer. The ozone layer around the earth protects us from the worst of the sun's radiation, however in recent decades this layer has decreased, leading to more UV exposure for us. So wear your SPF! You can also check the day's UV index on your weather app, an index of 5 or above is considered high.

Masks – A lot of us are enjoying taking off our masks this summer, especially outdoors. However, with the wildfires raging all season, face coverings and masks can help prevent the inhalation of smoke. The downside to wearing a mask is that people with sensitive skin can get break outs – often called *maskne* – in the areas of the face that are covered by the mask. To prevent this, ensure that you are only wearing clean masks every day. Washing your reusable masks regularly will prevent your skin from becoming irritated and breaking out into pimples.

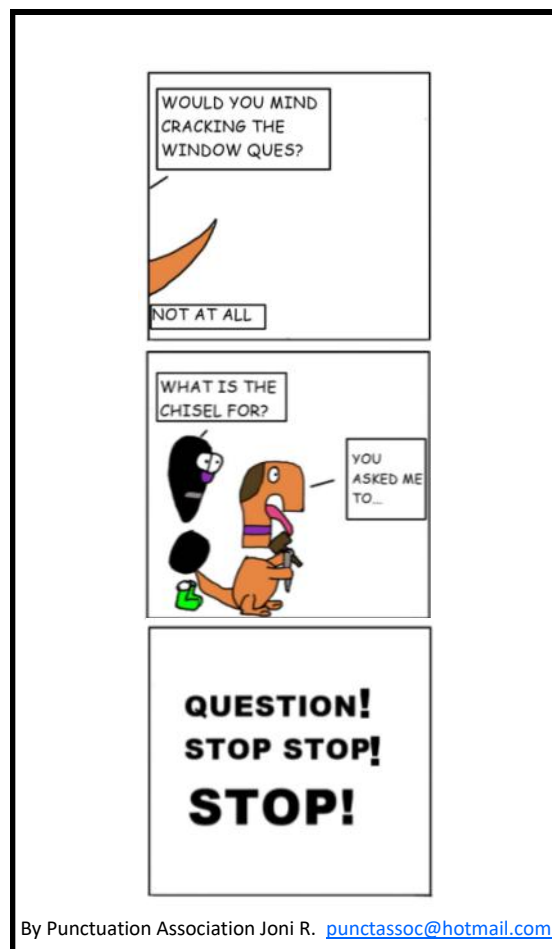
Have a Routine – The past year has disrupted a lot of routines that we used to rely on. Although there are a lot of products and information out there about what you should do for your skin, having just 2 - 3 easy steps that you stick to every day will be the best way to bring your skin back on track. The most important steps for an end-of-day routine are arguably just cleansing and moisturizing. Cleansing is important to get rid of the pollution particles that our skin is exposed to, and moisturizer helps maintain your skin's natural barrier. If you have these two basic steps down each night, your skin will definitely improve.



GET READY FOR FALL AND WINTER PROGRAMS!

Registration starts on August 17 at 8 am

VIVO



WOULD YOU MIND CRACKING THE WINDOW QUES?

NOT AT ALL

WHAT IS THE CHISEL FOR?

YOU ASKED ME TO...

**QUESTION!
STOP STOP!
STOP!**

By Punctuation Association Joni R. punctassoc@hotmail.com

Volunteer Opportunities

Casual Volunteer



Do you:

- See fun stuff happening and want to help out?
- Have a few hours now and then available?
- Like helping ensure an event or program happens successfully?
- See an upcoming event that you'd like to help out with?

Northern Hills News Journalist

Volunteer from home! Help with writing and editing! We are open to story suggestions, interesting people to interview, or exciting things coming up in the life of our community.

Good Food Box Program Helper

Once a month, we need volunteers to help us on pick up day. It will take 2-3 hours and must be done in person.

Project, Events, Programs (PEP) Volunteer



Do you:

- Enjoy working with a team to bring project, programs, events to life?
 - Love organization and making things happen?
 - Have time available on a regular basis?
- Possess a specific skill that you want to share with your community?
 - See an existing or potential project, programs, events that you'd like to work with the NHCA to deliver?

Fund Development Committee

We are excited to announce a brand-new Committee at the NHCA: the Fund Development Committee! The Fund Development Committee was created to come up with ideas and solutions to ensure that the NHCA continues to offer its wide variety of programs, events, and projects for the Northern Hills community. Join any of our sub-committee for a discussion, see the list below:

- **Membership**
Responsible in improving, revising, and/or updating the NHCA's current membership offerings.
- **Programs**
Coming up with ideas for new community programs for the NHCA.
- **Capital Projects**
Leads the initiative in improving the development of the Northern Hills Community, so as to increase the number of potential services, programs, and events that the NHCA could host for its community.
- **Community Presence/Engagement**
Increasing the NHCA's presence in the community; it is looking for ways to spread word and awareness about the NHCA.
- **Partner Relations**
Contacting existing community partners and/or fostering relations with new community partners.

Fundraising Events

Coming up with fresh ideas for annual events that could result in increased community engagement for the NHCA.

Senior Committee Members

Do you see that we can have more program and fun experiences for seniors in the Northern Hills? Help us understand what community interests in and needs and we can assist you in bringing it into a reality. Minimum 3 hr commitment per month (which is just two movies or couple of episodes of your favourite TV show)

Grants Committee

We are looking for volunteers who are interested in writing grants. This would be a great opportunity for those who are trying to gain experience in the nonprofit field!

Membership Connection Helper

Are you a storyteller? Do you like to share the exciting things that are happening in your community with your friend and neighbors? Are you excited to bring more people together in order to make more wonderful things happen in your area?

Leadership Volunteer



Do you:

- Have a passion for community involvement?
 - See yourself as a community leader?
- Desire to bring your skills to a non-profit board?
 - See a position on the NHCA Board that is a strong fit for you?

Planning & Development

Do you take an interest in the development and planning in your community? Is community development a passion of yours? Do you want to keep your finger on the pulse of what's coming for your neighbourhood?

Volunteer Relations

Are you known for being that person that just gets things done? Do you enjoy bringing people together and making great things happen? Is working with your community to make it a better place for everyone important to you?

Business Relations

Are you interested in business in Northern Hills area? Do you want to work with business in your area?

Interested to join? Call **403-226-6422** or email us at volunteer@nhca.ca. Please leave us your name, phone number and email address.

WIN 4 FREE TICKETS FOR THE BEYOND VAN GOGH WALK-THROUGH EXHIBITION!

Members-Only Prize Draw



Enter today on our website @nhca.ca/member or sign up for membership using the same website to be automatically entered!



Emergency
Medical
Services



Accidental Poisoning

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming in contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication storage

- Place all medications in locked containers and store in an area inaccessible to children;
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child;
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested;
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- **In case of a poisoning emergency, call 9-1-1;**
- Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

www.albertahealthservices.ca

Why go out to shop when we deliver for free?*

Choose from over 200 delicious frozen meals, soups and desserts with contactless delivery.

Get your FREE Menu
1-844-431-2800
HeartToHomeMeals.ca

Made for Seniors

*Some conditions may apply.



HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS

Cleaners On The Go

- Residential
- Deep Cleaning
- Move-ins & Move-outs

10% OFF your first cleaning

Email:
calgarycotg@gmail.com
www.calgarycotg.ca

Answer keys

Crossword No XC250901

SOLUTION

1	P	R	A	C	T	I	C	A	L		6	B	A	S	H			
	O		C		U		L		A		R		O		8	G		
9	M	A	C	A	B	R	E		10	S	P	I	N	N	E	R		
	P		O		E		V		V		D		Y		E			
11	O	G	R	E		12	D	E	G	E	N	E	R	A	T	E		
	U		D		13	F		R		G		G				N		
14	S	K	I	E	R	S		15	L	A	C	R	O	S	S	E		
		O		A		17	C		S		O		P					
18	I	N	N	A	T	E	L	Y		19	M	O	R	A	L	20	S	
	N			E		U		21	B		M		G		T			
22		23	D	I	S	O	R	D	E	R	L	Y		24	C	H	A	R
	U		U		N		L		I		25	P		E		A		
26	C	A	R	B	I	N	E		27	G	L	I	S	T	E	N		
	E		L		S		S		H		E		T		G			
	28	T	Y	N	E		29	S	A	T	U	R	N	I	N	E		

ACROSS

1 practical. 6 bash. 9 macabre. 10 spinner. 11 ogre. 12 degenerate. 14 skiers. 15 lacrosse. 18 innately. 19 morals. 22 disorderly. 24 char. 26 carbine. 27 glisten. 28 tync. 29 saturnine.

DOWN

1 pompous. 2 accordion. 3 tube. 4 clever. 5 Las Vegas. 6 bridegroom. 7 Sonya. 8 Greene. 13 fraternise. 16 spaghetti. 17 clueless. 18 induce. 20 strange. 21 blight. 23 surly. 25 pier.

Sudoku

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

Northern Hills
Community Association

By Nikki Browne

Shop Local with the HHHub Makers Market!



Now more than ever it’s important to support local businesses, and the HHHub is thrilled to bring you the best of what our amazing community has to offer!

Join us for our first ever Makers Market on Saturday, August 21 from 5-9pm, where you can shop at 30 different booths offering everything from handmade products to home services.

Not only will you have the chance to pick up some amazing gifts for family and friends (and yourself!), but there will also be some wonderful door prizes, and a 50/50 draw! If you win, just think of all the incredible

GET YOUR NHCA MEMBERSHIP & SAVE HERE! IT PAYS TO BE A MEMBER

Get your membership here

COUNTRY HILLS & COUNTRY HILLS VILLAGE

Applebee's

388 Country Hills Blvd NE
15% off all items
(dine in only; excludes alcohol, "2 Can Dine For" and Early Bird specials).

ATB Northpointe Branch

800, 388 Country Hills Blvd NE
\$25 towards a new Unlimited or Advantage Chequing Account, Generation Account (kids account under age 19), Tax Free Savings Account, or Registered Education Savings Plan

Boston Pizza

Country Hills Blvd NE
15% off orders excluding alcohol (dine in only)

Cobs Bread

500 Country Hills Blvd NE
10% off all purchases

Cruise Authority Canada

124-450 Country Hills Blvd NE
\$25.00 on board credit for any sailings 5 days in length or longer on any cruise line in a ocean view stateroom or above category. No black outs.

Epicure Selections

Independent Consultant
15% off first time purchase

Euphoria Wellness Centre

#222 – 40 Country Hills Landing NW
All NHCA Members receive \$10 a REGULARLY priced 60/90 Min Massage or Acupuncture Treatment when they show us a valid members card. *not applicable to EWC Members or Mobile Treatments

Foresight Eyecare

226-40 Country Hills Landing NW
20% off all frames

iSmart Insurance

4, 10 Country Hills Landing NW
Free Commissioner of oaths for NHCA members

Jugo Juice

11950 NE Country Village Link
10% off drinks and full sandwiches
*excludes snack size sandwiches & snack items

Montessori Learning Centre

115, 20 Country Hills Landing NW
Registration fee waived for NHCA members

Papa John's Pizza

177 Country Hills Blvd NW
\$5 off orders over \$25

Swiss Chalet

500 Country Hills Blvd NE
10% off dine-in or take-out; excludes specials

Woody's Taphouse

500 Country Hills Blvd NE
10% Off

UPS Store

612-500 Country Hills Blvd NE
10% off UPS Shipping and 10% printing

COVENTRY HILLS

Cathy – Piano & Theory Teacher

Family registration fee discount of \$15.00

Euphoria Wellness Centre

#229 – 130 Country Village Road NE
\$10 a REGULARLY priced 60/90 Min Massage or Acupuncture Treatment when they show us a valid members card. *not applicable to EWC Members or Mobile Treatments

Marble Slab Creamery

130 Country Village Rd NE
10% off all orders

Jade Lee Piano

\$10 for first lesson

PANORAMA HILLS

Little Caesars

18 Panatella Blvd NW
Buy any two specialty pizzas and get a free crazy bread

Progressive Optometry

34 Panatella Blvd NW
15% off frames

Sunburst Counselling

Panorama Hills NW
30 minute free consultation and 10% off first paid booking

Tamarind East Indian Restaurant

610 Panatella Blvd NW
10% off all purchases, eat-in or take-out

HARVEST HILLS

Arbonne International-Nancy Tomney

20% off orders

Devon Lowe B.B.E.

Suite 5113, 333 96th Ave NE
A Complimentary Detailed Personal/Family Financial Plan (Value \$1000), A Complimentary Book "Money and Youth – A Guide to Financial Literacy" (Value \$25)

Harvest Hills Dollar Plus

5% off all purchases

Stampede Car Wash

Suite 600-9650 Harvest Hills Blvd NE
\$1 OFF of wand wash

Steeped Tea

Briana Trotter
10% off all orders

The Canadian Brewhouse

9650 Harvest Hills Blvd NE
20% off all regular price food orders/10% off all regular price drinks
Valid for Cardholders and one friend

OTHER LOCATIONS

Benjamin Moore

Rice For King-The District

Boston Pizza

Boston Pizza Cross Iron Mills Mall

Famoso Neapolitan Pizzeria

Kiddiekakes Custom Cake Design

KIDSFIRST Resolution

The Lash Lounge By Tanz

Little Caesars

Montana's

Ornamental Stone

Royal Palace Home Inspection

Scotsman's Well

Sure Scraps A Lot!

Top Gear Car Wash

Visit our website for more details,
<http://nhca.ca/member-discounts>

Say YES to the Vax!

By MPC Foundation

Slowly but surely, we are collectively emerging from the gruelling months of social distancing and isolation. When the province announced full reopening will take place on July 01, it was not greeted with a street party to celebrate, or cars honking their horns in jubilation. Instead, many of us are approaching this significant milestone with trepidation and at best, guarded optimism. Which is why it is so important that as many of us as possible are vaccinated.



Here are the facts as reported by Alberta Health Services at the end of June, 2021:

- In total, 4,266,408 doses of the Covid vaccine have been administered.
- About 73% of Albertans age 12+ have received at least one dose of the vaccine.
- About 41% of Albertans age 12+ have received both doses.
- The number of adverse events following immunization is 649 or 0.00015%.
-

Vaccination is a winning strategy against this devastating pandemic. According to Health Canada, those who are vaccinated gain protection and more freedom due to the lifting of restrictive public health measures. Equally important is the fact that those who are vaccinated can contribute to the public good of protecting those who are unable to vaccinate. The facts are simple. A greater rate of vaccination means less Covid cases, less hospitalizations and less deaths.

According to Health Canada, those who are vaccinated can enjoy the following:

- Your risk of serious illness will be much lower.
- The risk of other people catching the virus from you is likely very low.
- It is likely you will have very good protection against infection, including against most current variants of concern.

To book a vaccine appointment:

Call 811

Visit Alberta Health Services booking site

<https://www.albertahealthservices.ca/topics/page17295.aspx>

Call your local Pharmacy

So, Say YES to the Vax! The sooner we do that, the sooner we get our life back! Please visit www.mpcfdn.ca for more information.

Outdoor Programs

Summer is here, and that means we're taking some of our favourite programs outside. Enjoy the fresh air while taking part in a Book Discussion Group, bring the kids to a frisbee lesson, or listen to a family story time. Keep watching our program calendar as we add more throughout the summer.

Registration is free and easy at calgarylibrary.ca/programs.

Newcomer Artist in Residence

Perpetual "Perpie" Nwaefido is a saxophonist, songwriter, arts manager, and inspiring producer. She's also our Newcomer Artist in Residence. Join Perpie for online programs that will have your toddlers singing and shaking and your babies smiling to her rhyming and rhythm. The Nigerian-born artist is also available for one-on-one

consultations.

Go to calgarylibrary.ca/artist-in-residence to find out more.

Ultimate Summer Challenge

The Ultimate Summer Challenge is in full swing and it's not too late to join! Families, kids, and teens can sign up for free online. If you've already joined, keep track of your reading progress, try some of the at-home activities, and join us for a summer program. This year, you can build a rocket, create a galaxy in a jar, and go on a space walk. Prizes include gift cards, iPads, and Nintendo Switch with Mario Kart Live.

Visit calgarylibrary.ca/summer to get started!

Kindergarten Book Bags

Have you picked up your Kindergarten Book Bag yet? If you have a little learner starting kindergarten this fall, the Library wants to help them feel extra prepared for school. Each bag includes a keepsake tote, a curated selection of Library books about starting school, a pamphlet with helpful tips for parents, and an adorable bookmark.

To request your Kindergarten Book Bag, simply fill out the short online form at

calgarylibrary.ca/kindergarten-book-bag.

Have a question or looking for more information?

Visit calgarylibrary.ca or call Library Hotline at 403.260.2600.





Free Ice Cream Cones for Kids!!!

Sponsored by 130 Country Village Rd NE location

- Download the picture [here](#) and colour
- Send a photo of the coloured picture to editor@nhca.ca along with your name
- Head into Marble Slab [130 Country Village RD NE](#)
- Let them know your name and that you are there to receive your free colouring contest kids cone!



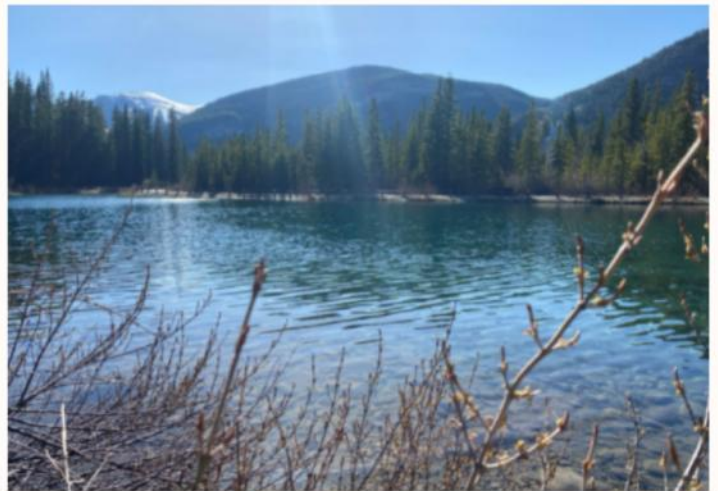
CALLING ALL LOCAL PHOTOGRAPHERS!

**COBS
BREAD**

**Please send in your photos and win a Cobs's Bread 6 pack!
Please email in to editor@nhca.ca**



This month's winner:



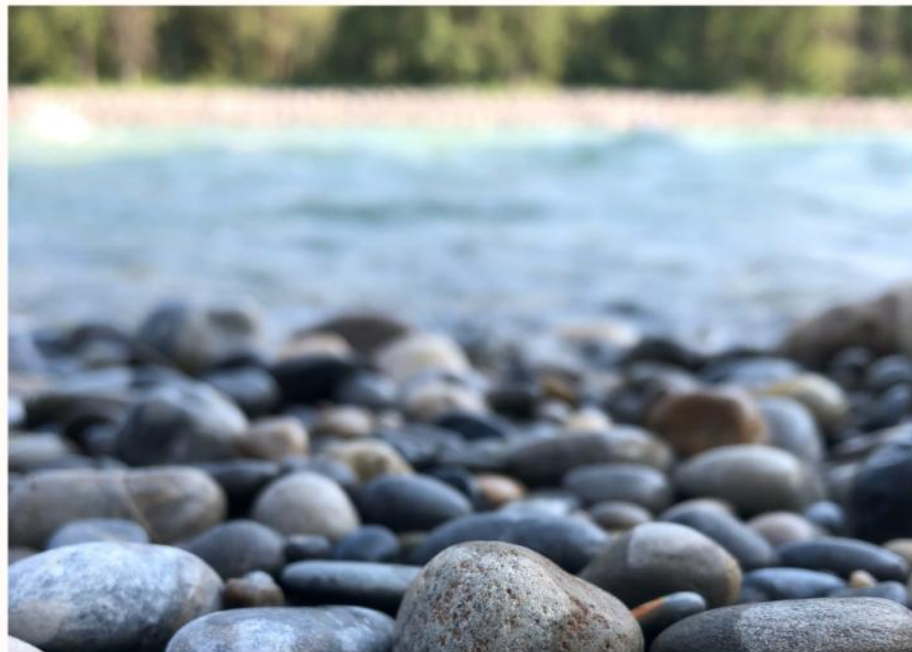
Submitted by Rupika



PHOTOS SENT IN BY LOCAL PHOTOGRAPHERS



**Snowbirds over Calgary
Submitted by Bob Leuty**



**Bowness park
Submitted by Misbah**

Paramount Dental is accepting new patients!

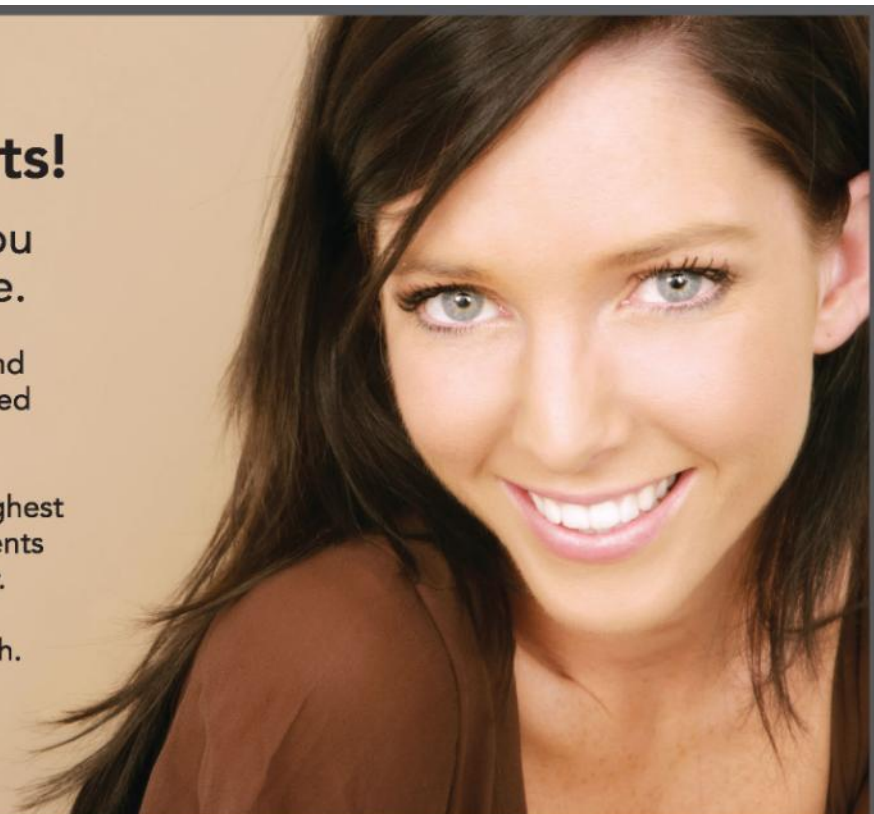
We are excited to welcome you and your family to our practice.

Dr. Tonny Tang, Dr. Maria Chan-Goudreau, and Dr. Henry Seto have over 65 years of combined experience.

We strive to provide our patients with the highest standard of care possible, while making patients feel at ease with our gentle chairside manner.

Ask us how Botox can benefit your oral health.

Visit paramountdental.ca for more information.



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

Monday: 8am–4pm *
Tuesday: 8am–8pm
Wednesday: 8am–4pm
Thursday: 8am–8pm
Friday: 8am–4pm
Saturday: 8am–4pm*
Sunday: closed

Coventry Hills Plaza
217, 130 Country Village Rd NE
Calgary, AB T3K 6B8



* We are open alternating Mondays and Saturdays.
Please contact us for information.

PARAMOUNT DENTAL

403.730.9882 paramountdental.ca

NOW ACCEPTING NEW & EMERGENCY PATIENTS