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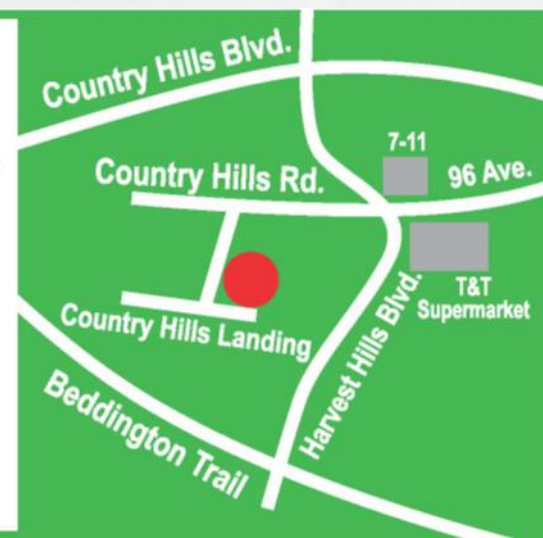


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President's Message



Ian McAnerin
President
Northern Hills
Community Association

Happy New Year! A new year is like starting a new chapter in your life. It's your chance to write an incredible story for yourself, and I wish you all the best at this.

It's not just the new year in the Gregorian calendar, but also on January 22 is the Lunar New Year. The celebration usually begins with the first new moon of the year and ends 15 days later with the first full moon (celebrated with a lantern festival). This year is the year of the Rabbit and is said to indicate a year following hardship that focuses on gaining calm and regaining balance in ones life. It's also characterized as coming with financial pressure as expenses mount up, so it's a bit of good and bad news for those who follow the Chinese zodiac. The Chinese Cultural Center will be holding free events for everyone from Jan 14-22. The traditional greeting of "Gong hei fat choi" or "Congratulations and be prosperous" is often heard as the Lunar New Year greeting.

Also, January in Calgary brings skating at the Olympic Oval (until March 14), the Calgary Renovation Show (Jan 13-15), and the Chinook Blast festival happens from Jan 27-Feb 12.

The NHCA held a successful charity Casino event this year, which helps us with much-needed funding from the AGLC. Many thanks to all the volunteers who showed up and helped – it means a lot!

Our office opened again for the year on January 9, so things are getting back to normal here after the holidays. Our partner Vivo has posted new hours that look to be the same as pre-covid and construction times, so be sure to check those out.

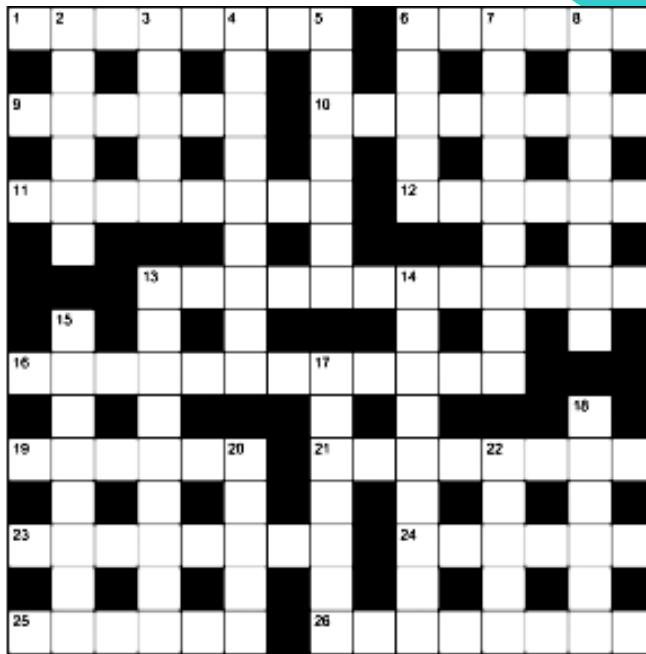
The Good Food Box program is back up and running, with January 16 the deadline for orders. This program is open to everyone and is designed to help those tight on funds to get fresh vegetables from local farmers very inexpensively.

Finally, the NHCA needs help with 2 things right now 1) the Volunteer Relations Team – help us manage, train and reward our volunteers!, and 2) we need Senior Computer Literacy Program Volunteers. This program has an instructor, but we need each senior to be partnered with a youth who will be there to help the senior during the lesson to support in navigation and any troubleshooting. Contact our office at 403-226-6422 (call/text) or info@nhca.ca for more information.

That's it for now – have a great New Year!

Ian McAnerin,

President
Northern Hills Community Association



DOWN

- 2 Opera for motor mechanics? (6)
- 3 Boxer wants a second assumed name (5)
- 4 When one's expecting, say, to be taken on by PR woman (9)
- 5 Lawyer is mad about art movement (7)
- 6 Competitions for more than one nation (5)
- 7 Board for one in mental hospital? (9)
- 8 He knows tricks to deceive one serving in court (8)
- 13 Belittle Ted in rage, stupidly (9)
- 14 They barely exist (9)
- 15 Horse has a fashionable height (8)
- 17 Shortest gent is one of the strongest (7)
- 18 Essential office item (6)
- 20 Retreats without authorisation by chief of staff (5)
- 22 Companion at home needs a mate (5)

ACROSS

- 1 Fought when thrown out (8)
- 6 Architectural style from Morocco losing initial character, possibly (6)
- 9 Hollywood actor's pleasure trip (6)
- 10 Paper money's first counted out (8)
- 11 He links criminal to one capital city (8)
- 12 Arouse excitement of purist (4,2)
- 13 Oriental shaman finally in control of religious group (12)
- 16 Obtuse Clancy novel providing fun for kids (6,6)
- 19 A single drink for Eugene (6)
- 21 Dictator beheaded poor youth leader – terrible act (8)
- 23 Norm takes one lover then another (8)
- 24 Revealing title of novel carried by agent (6)
- 25 Is scornful, upsetting Rene's son (6)
- 26 Bet placed in 30 seconds? Wrong (8)

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

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and so much more!





Senior Computer Literacy Program

Guided by an instructor and youth volunteers, seniors will learn how to operate computers and navigate the internet at this free, in-person program! Visit nhca.ca/seniors to learn more!

Every Saturday

January 28th until April 8th 2023

10:30 am - 12:00 pm

Harvest Hills Alliance Church

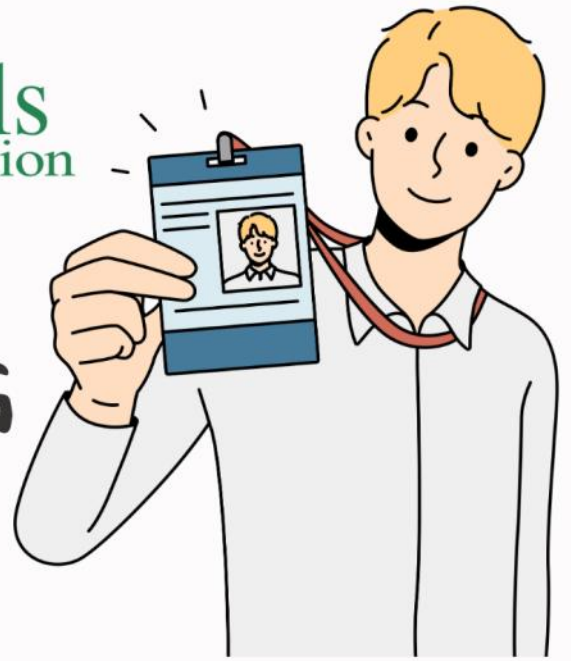
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NHCA CONTACTS

OFFICE

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Calgary, AB, T3K 6E3
Tel/Fax: 403-226-6422
E: info@nhca.ca

Public Hours

Virtual Hours:
Wednesday: 10:00 AM-4:00PM
In-Person Hours at the Office:
Thursday 10:00 AM-4:00PM
Closed on weekends and
statutory holidays.

STAFF

Executive Director: [Yana Soldatenko](#)
Bookkeeper: [Surina Gupta](#)
Newsletter Editor: [Heather Hubert](#)
Ad Sales: [Heather Hubert](#)
Administrative Assistant: [Melissa Gagyi](#)

VOLUNTEERS

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

BOARD MEMBERS

President: [Ian McAnerin](#)
1st Vice President: [TBD](#)
2nd Vice President: [Tamara Keller](#)
Secretary: [Amanda Mauch](#)
Treasurer: [TBD](#)

DIRECTORS: Scott Daye, David Hartwick,
Jun Lin & fana Ousseini

COMMITTEES

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Building Safer Communities (Blockwatch): [Tavis Settles](#)
Community Relations: [Tamara Keller](#)
Government Relations / Advocacy: [David Hartwick](#)
Grants: [Amanda Mauch](#)
Harvest Hills Hub: [Tamara Keller & Victoria Henry](#)
Planning & Development: [David Hartwick](#)
SPRY in the Hills: [Jay L Emond](#)
Volunteer Relations: [Amanda Mauch](#)



Northern Hills
Community Association

EDITOR'S NOTE:

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

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Dr. Henry Seto



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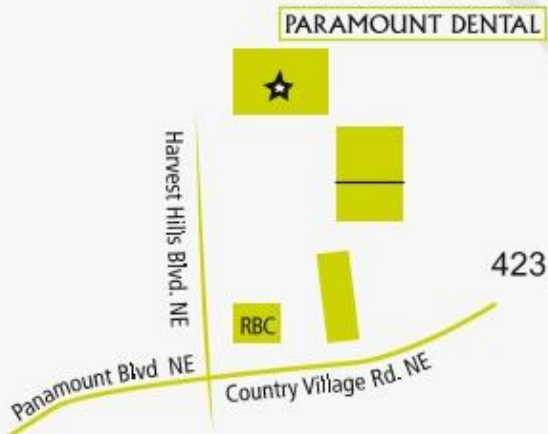
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Sundays: Closed
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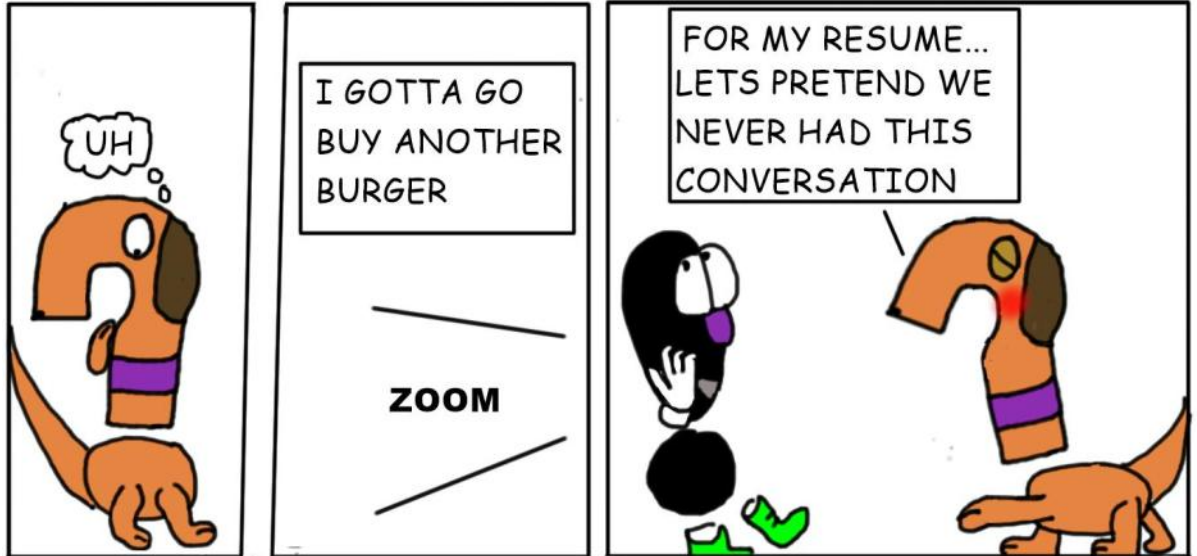
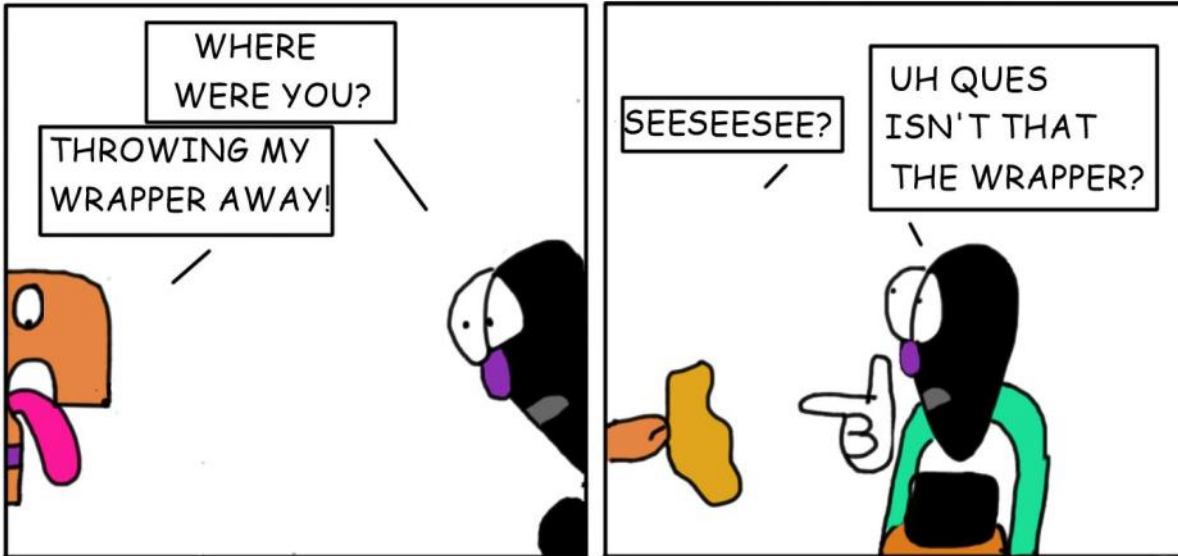
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Laugh of the day



By Punctuation Association Joni R.
punctassoc@hotmail.com

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residents of Panorama Hills/
Coventry Hills /Harvest Hills/
Country Hills and Country Village

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LET'S
RAISE
SOME **DOUGH**

NORTHERN HILLS
COMMUNITY ASSOCIATION

SUPPORT YOUR
COMMUNITY

Happy New Year

January Laughs!

Q: How can you farm during the winter?

A: Use a snow plow!

Q: What is the most common New Years resolution?

A: 1080p

Q: What happened to the woman who stole a calendar on New Year's Day?

A: She got 12 months!

Good Food Box is a program where residents can get fresh fruits and vegetables at an incredibly low cost!

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Box sizes are Small(\$25), Medium(\$30) and Large(\$35)

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nhca.ca/good-food-box





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- Volunteering

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To Register

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LEARN MORE:

NHCA.CA/DONATE-RECYCLING/





Northern Hills Neddie

Dear Neddie,

New Year means a new me! However, I made a list of 100 changes I need to make for myself which includes:

- Lose 100 pounds
- Grow a successful herb garden
- Make 30 new friends
- Go to Africa for a safari trip
- win the 1,000,000 lottery

There are 95 more but I just wanted you to get an idea of what I am facing. Well since making this list my life has gotten soooooo bad. I am eating potato chips and chocolate all day to deal with the stress of completing all my New Year's resolutions! I thought having these changes would make my life better, but all it is so much worse and I gained an extra 15 pounds. What do I do Neddie-please help me!!

Sincerely,

New Year-Oh Dear!

Dear New Year-Oh Dear,

Oh Boy!! Don't just throw out this list-burn it and never make it again! You need to take a breathe and breathe in deeply and let go of all these items on your list. It isn't realistic and say to yourself-it is okay if I don't fulfill everything in my lifetime. Do you know 200 years ago and more people just lived -there was no pressure about being all they could be and having to achieve the highest career and be super thin and have a million friends and see the world. They lived and loved and many times just did the same career their parents did and walked out a humble existence.

So just breathe and be yourself-never mind the world telling you to be everything to everyone. Choose one thing from that list if you want and that is it and then maybe in the future try something else. But for now, just let go of that pressure. I hope this helps my dear-maybe making the little garden would be peaceful for you and then you can make some delicious healthy meals with yummy herbs. Invite me over as I would love to come and have dinner!

Neddie Out!

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?

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?

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.

Senior Computer Literacy Youth Volunteers

Every Saturday from January 28th until April 8th we need youth to partner with a senior in our Computer Literacy program in-person at Harvest Hills Alliance Church.

We are looking to expand our Volunteer Relations Team! We are looking to fill the following roles on this committee:

- **Events Volunteer Coordinator**
This role works on event specific volunteer coordination, with some management of our database, recruitment, and onboarding of new volunteers
- **Volunteer Relations Coordinator**
This role's primary roles are to lead the Volunteer Relations Committee, and works on managing our database, recruitment, and onboarding of new volunteers

Sign-Up to Volunteer Here - nhca.ca/volunteer

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“Openness Starts Between the Ears”

By Allan Pole

Northern Hills News January 2023



Marty was touring Europe just as they brought down the Berlin Wall in 1989. He headed for Berlin to get some historical pieces of the Wall. Because Marty found the hotels there beyond his means, he asked a young policeman if he knew of an inexpensive place to stay. The policeman told Marty he had a small apartment he wasn't using, and he was welcome to use it. When Marty offered him money, the policeman declined but explained, "When I come to Canada, I want to stay at your place."

Such openness is all too rare these days! Hospitality is one of the primary means for us to care for others. When you first hear this, you might think, "Oh, I better start having people over to my home." Hosting guests in our home could be one result, but it goes much deeper. It begins with us becoming open people.

Openness and willingness lead to wisdom. Some minds are like concrete - thoroughly mixed up and permanently set. Those who boast about having an open mind often have an open mouth to match. In a world that delights in airing opinions, we can thrive and grow if we do more listening and less talking.

Opening our minds begins with opening our ears. We can become good listeners as we:

- Seek to understand before we seek to be understood.
- Hear the feeling behind the words. Express empathy for the other's feelings.
- Reflect on what we've heard and check the accuracy of the meanings we pick up. Summarize what we understand back to the speaker.
- Stop pushing our agenda – this seems increasingly hard to do.
- Know our limits - don't be a listening sponge. We get to talk too.
- Work at it. We are all naturally self-centred people, so it takes practice and discipline to put another's needs first.

Would your friends and family say you are a good listener? Would they say that you have an open mind?

Openness starts between the ears.



Allan Pole is the pastor of New Beginnings Church
(<https://www.nbccalgary.com>).

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www.hhachurch.com



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office@hhachurch.com



• Believe

• Belong

• Bless

SUNDAY SERVICES

9:15 & 11:00 am

9:15 am Live YouTube & Facebook

9:15 am Harvest Kids Nursery- Grade 4

11:00 am Harvest Kids Nursery - Grade 4

Club (Grade) 5-6 in Youth Room

9:00 am Youth Breakfast Study Group

(Last Sunday of the Month)

10:30-11:00 am Youth Hang Out

11:00 am E.S.L

7:00 pm Young Adults

Weekly Ministries

Tuesdays

Women's Exercise 6:45- 8:15 pm

Wednesdays

Women's Bible Studies 9:15-11:45 pm

ESL 9:30-11:45 am

Youth Life Groups 6:30 - 8:30 pm

Thursdays

Every 1,2 & 4 Thursdays Quilters Plus

9:00 am -3:00 pm - Bring your lunch

Every 3rd Thursday Young at Heart 65 +

11:30 am - 2:00 pm

Saturdays

Men's Bible Study 8:00 -10:00 am

****Come Join Us****

WORSHIP AND SERVICE



December 25, 2022
No Church Services

January 1, 2023
ONE SERVICE 10:00 AM

No Children's programming
Unstaffed Nursery open.



May the peace of God, which transcends all understanding, guard your hearts and your minds in Christ Jesus
Phil 4:7

By MPC Foundation



Depression is one of the most common disorders in older adults. Among adults aged 60 and older, 15% to 20% have some depressive symptoms. However, depression is often unrecognized and untreated in older adults. One of the reasons for that is the tendency to communicate psychological distress by complaining about physical symptoms such as sleep problems, fatigue, and lack of energy. These symptoms are naturally occurring in older adults and hence, often mis-attributed to normal aging rather than depression. The myth that it is normal for older adults to feel some form of depression may result in depression being overlooked. Depression cannot be ignored. It is important to recognize the problem and take

action.

Recognizing the problem

Although symptoms vary with each person, depression in older adults can include the following cognitive, behavioral, and physical changes:

- Persistent sad, anxious, or "empty" mood
- Loss of interest or pleasure in ordinary activities, including sex
- Decreased energy, fatigue, or feeling "slowed down"
- Sleep problems (insomnia, oversleeping, early-morning waking)
- Eating problems (loss of appetite, weight loss, weight gain)
- Difficulty concentrating, remembering, or making decisions
- Feelings of hopelessness or pessimism, guilt, worthlessness or helplessness
- Thoughts of death or suicide; a suicide attempt
- Irritability
- Excessive crying
- Recurring aches and pains that don't respond to treatment



Taking action



Depression symptoms are manageable when treated early. In fact, research has shown that the regular practice of self-care routines can be effective in keeping depression at bay. With guidance from mental health professionals, good self-care habits can be acquired and will go a long way towards increasing resiliency to deal with life's challenges. To learn more about a free 6-week self-care course delivered by MPC Foundation, please email info@mpcfdn.ca

Winter means longer nights, more time to read, and more chances to win with Read 110

This winter the Library is introducing a brand-new reading challenge, just for adults! Register in the Beanstack app and then pick up a limited-edition scratch-off challenge map at the Library for your chance to win grand prizes like Beats headphones or a Kobo e-Reader, plus fun weekly prizes.

Find out more at calgarylibrary.ca/Read-110

Let us help you reach your goals in 2023

Whether you're looking to switch career paths, learn a new language, or make more meals at home, we have a book or a digital resource to help.

See all of our digital resources at calgarylibrary.ca/digital-library

Check out the most popular titles of 2022

Looking for reading inspiration? See what your community couldn't put down this past year with our Top 10 lists for books for all ages, including eBooks, and audiobooks.

Find your favourites at calgarylibrary.ca/top10

Banks see
numbers.

**We see
Albertans.**



January WINNER!

Healthy Oatmeal Raisin Cookies

No added sugar required

Winner: Tammy Lei

Healthy Oatmeal Raisin Cookies

No added sugar required!

Ingredients

- 2 cups rolled oats
- 3 ripe bananas, mashed
- ½ cup applesauce
- ½ cup raisins (Optional)
- ¼ cup almond milk
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon

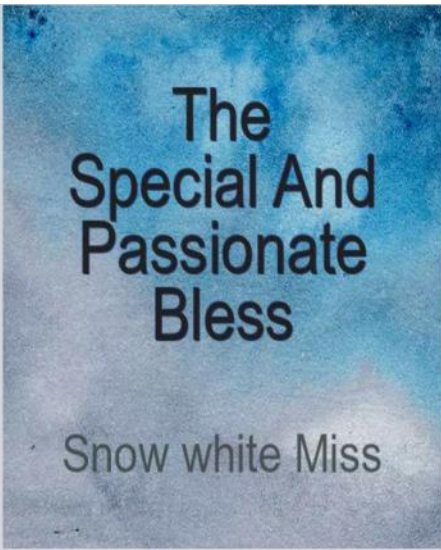
Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Stir oats, bananas, applesauce, raisins, almond milk, vanilla extract, and cinnamon together in a bowl until evenly mixed; drop by the spoonful onto a baking sheet.
3. Bake in the preheated oven until the edges are golden, 15 to 20 minutes.



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

Email: editor@nhca.ca



The Special And Passionate Bless

A Poem by Snow white Miss Felicity


Whose bless is that? I think I know.
 Its owner is quite happy though.
 Full of joy like a vivid rainbow,
 I watch her laugh. I cry hello.

She gives her bless a shake,
 And laughs until her belly aches.
 The only other sound's the break,
 Of distant waves and birds awake.

The bless is special, passionate and deep,
 But she has promises to keep,
 After cake and lots of sleep.
 Sweet dreams come to her cheap.


She rises from her gentle bed,
 With thoughts of kittens in her head,
 She eats her jam with lots of bread.
 Ready for the day ahead.

With thanks to the poet, Robert Frost, for the underlying structure.



Emergency Medical Services

Sledding Safety



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Wear a ski helmet designed for use in cold weather and high speeds.

Plan ahead

- Anticipate weather changes and plan accordingly;
- Wear warm, insulating layers closer to the body, and wind and water proof layers on the outside;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks out of the cold to warm up;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin at all times;
- If frost bite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind-chill;
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

Hazards

- Avoid hills that are too steep or icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences;
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged;
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill;
- Children should be supervised by an adult; try not to toboggan alone;
- Sledding at night is not advised.

Sudoku

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Club.

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COUNTRY HILLS
GOLF CLUB



Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

I want to share with you highlights of the *Speech from the Throne* by her Honour Lieutenant Governor Salma Lakhani. A detailed copy of her speech can be found at [Speech from the Throne | Alberta.ca](https://www.alberta.ca/speech-from-the-throne).

Affordability Measures: Implementing targeted inflation relief and affordability measures to support Albertans; extending the energy price protection and reviewing the electricity pricing system to look at lowering costs for power transmission and distribution; provide support for foodbanks; helping low-income Albertans with the cost of transit; providing additional support and indexing benefits for vulnerable Albertan; and indexing personal income taxes.

Jobs and Economy: Creating conditions to grow industries, businesses and job opportunities; enhancing trade infrastructure and agreements; reducing barriers to interprovincial trade for agriculture and food production; continued leadership in hydrogen and petrochemicals and development in helium, lithium, liquefied natural gas, geothermal energy and minerals; providing clear and environmentally responsible direction for developing tourism amenities such as campgrounds, trails and other attractions; developing strategies to address labour market gaps; and enhanced funding to engage with minority communities and support anti-racism initiatives.

Health Care: Taking action to improve health-care delivery and health outcomes; restoring local decision-making closer to point of care and directing more resources to front-line care; improving EMS response times and cutting emergency wait times; improving access to primary care and address staffing challenges; and reducing wait times for surgeries; expanding supports for mental health and addictions, including for schools and families.

Standing Up For Alberta: Defending Alberta's rights under the Canadian Constitution; accessing federal funding to meet Albertans needs, values and priorities; pushing back against federal programs that create hardships for farmers and ranchers; and developing stronger relationships with other provinces and territories for areas of cooperation and mutual economic prosperity.

Wishing You All A Joyous and Prosperous New Year

Sincerely,

Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

calgary.north@assembly.ab.ca

403.274.1931

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



Josephine Pon **Calgary - Beddington MLA**

Dear friends and neighbours,

December was a fantastic month in Calgary-Beddington. I was privileged to award 20 outstanding citizens in our community with the Queen's Platinum Jubilee Medal. A big thanks for their dedication to community and volunteerism.

I was delighted to take part in the many Christmas Markets and events in our neighbourhoods. I hosted a holiday luncheon and was humbled and excited to see so many of you come out to talk and share your ideas with me.

As we bid farewell to 2022 and ring in the New Year, affordability remains one of the primary challenges facing Canadians from coast-to-coast as we grapple with an inflation driven cost-of-living crisis. Here in Alberta, we know families are counting on the United Conservative government to take decisive action to address the rising cost of living. That is why we did not hesitate to announce a package of supports that will keep more money in the pockets of all Albertans.

The measures announced so far include, extending the fuel tax cut; taking action on utilities, including expanding the electricity rebate to a total of up to \$500; reindexing benefits like AISH, PDD, and Income Support, as well as the Alberta Seniors Benefit and the Alberta Child and Family Benefit; providing targeted payments for kids under 18, seniors 65 and over, and vulnerable Albertans with household incomes below \$180,000; and providing additional support for low-income transit programs.

Our government is in position to provide this significant financial help because of our balanced budget and strong fiscal position. Fighting inflation and tackling the cost-of-living crisis facing Albertans are top priorities for our United Conservative government. Our multi-billion-dollar inflation-relief package will help offset costs for families, seniors and get our most vulnerable through this challenging time.

Our commitment to fiscal discipline and economic growth is allowing us to provide help for Albertans while we pay down our debt, lower the debt burden, and save for the future.
Wishing you and your families all the best in 2023.

Sincerely,

Josephine Pon

MLA for Calgary - Beddington

calgary.beddington@assembly.ab.ca #106 - 8220 Centre Street NE Calgary, AB T3K 1J7 403-215-7710



Jasmine Mian Ward 3 Councillor

Dear friends and neighbours,

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Our commitment to fiscal discipline and economic growth is allowing us to provide help for Albertans while we pay down our debt, lower the debt burden, and save for the future.

Wishing you and your families all the best in 2023.

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor



Honourable Michelle Rempel Garner, M.P. **Calgary - Nose Hill**

Happy New Year. While the last year continued to present challenges for many in our community it is my hope that 2023 will see positive change.

Thank you to the many individuals in our community who supported the NHCA's 'Gift of Joy' program by donating a toy or gift for families in need. I was proud to partner with them for this important initiative - especially during these challenging economic times. Thank you to the many organizations and volunteers that are supporting individuals in our community.

As Parliament resumes later this month, I remain focused on the issue of inflation and the affordability crisis that so many are dealing with. As your voice in Ottawa, I am committed to finding real solutions to the challenges facing those in Calgary.

I continue to hear from residents that are very concerned about their employment situation. As such, I was proud to sponsor a petition calling on the federal government to create more jobs in western Canada. This petition is available for signature until January 27 and can be found on my website at: <https://mprempe.ca/petitions>.

I expect to see a federal budget later this spring and will be conducting pre-budget consultations in our community. Should you have any information you wish to add please do not hesitate to contact me at michelle.rempel@parl.gc.ca.

The Hon. Michelle Rempel Garner
Member of Parliament
Calgary Nose Hill

Michelle.Rempel@parl.gc.ca

403-216-7777

115 – 70 Country Hills Landing N.W. T3K2L2

Community Associations Update – January/February 2023

Winter cart placement tips

Follow these winter tips to keep your cart collection safe and on schedule:

Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.

Leave enough space around your carts to easily walk between and around them.

Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7 p.m. on collection day.

Clear snow off your carts and keep lids closed. Snow in your blue cart ruins quality recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.

Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.




SPRY in the Hills
Senior Persons Regaining Youth
Registration open now HERE.
Limited Fitness spots available.
Social Hour is free with an NHCA
Membership.
nhca.ca/seniors

An illustration of several elderly people walking on a grassy hill. There are four people in the foreground and three more in the background. They are dressed in winter clothing. The background features rolling green hills under a bright yellow sky with white clouds.

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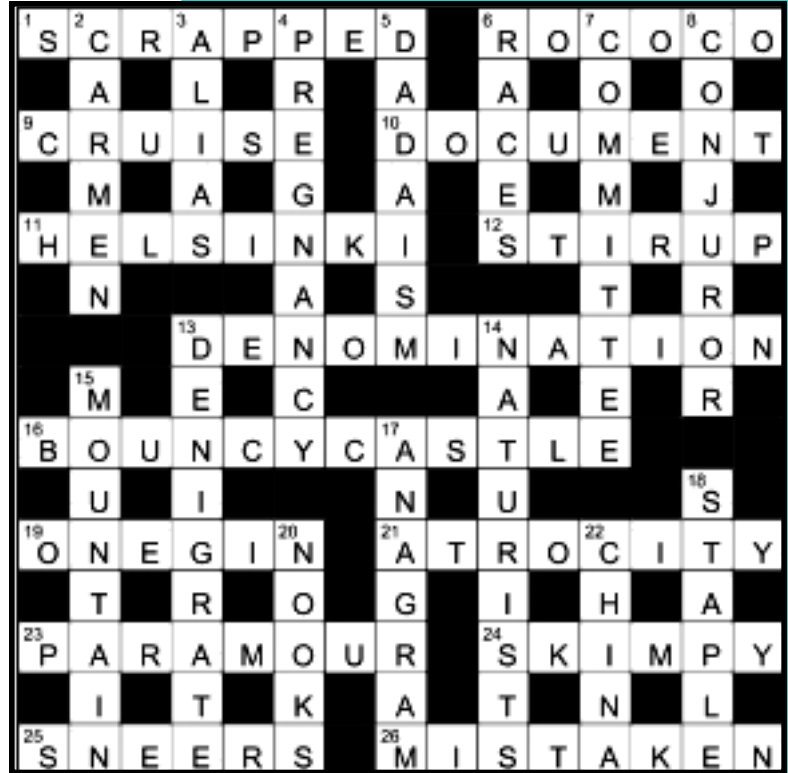
(403) 910-6816

OFFICE HOURS:
Mon-Fri 9-5 Sat 10-2

#312, 5149 Country Hills Blvd. NW

Answer keys

SOLUTION



DOWN

2 carmen. 3 alias. 4 pregnancy. 5 Dadaism. 6 races. 7 committee. 8 conjuror. 13 denigrate. 14 naturists. 15 mountain. 17 anagram. 18 staple. 20 nooks. 22 china.

ACROSS

1 scrapped. 9 rococo. 9 cruise. 10 document. 11 Helsinki. 12 stir up. 13 denomination. 16 bouncy castle. 19 Onegin. 21 atrocity. 23 paramour. 24 skimpy. 25 sneers. 26 mistaken.

Sudoku

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*Some conditions may apply.

Northern Hills
Community Association

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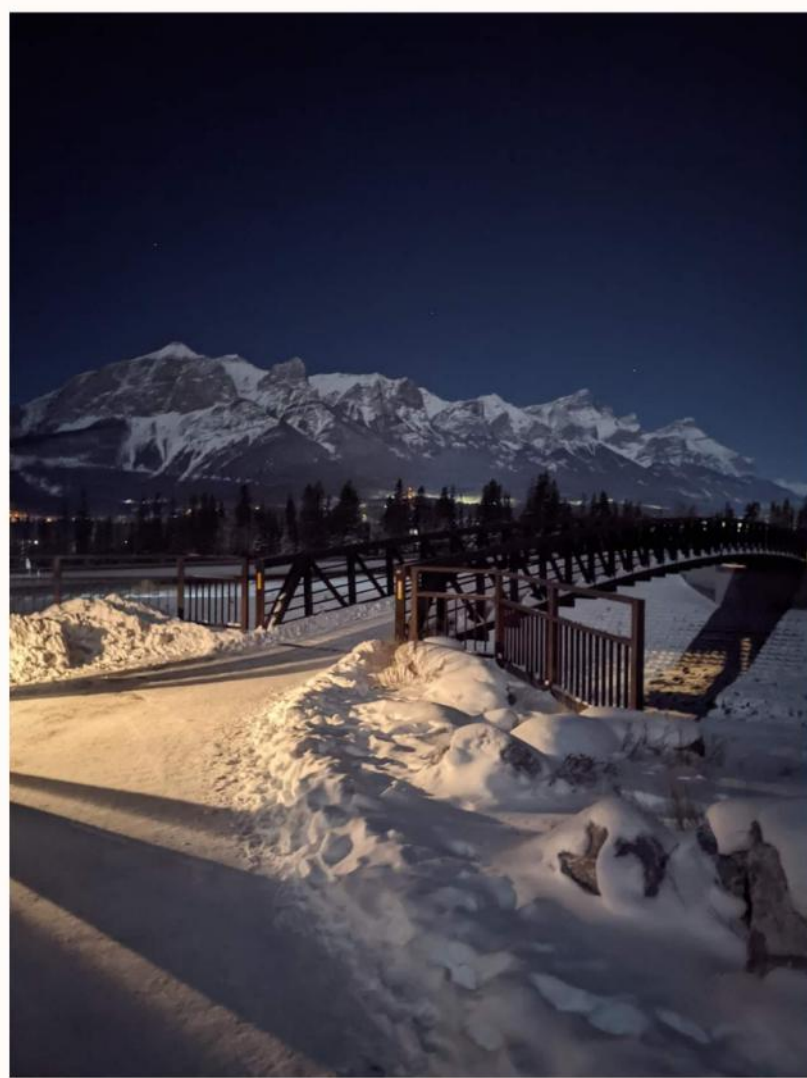


Please send in your photos and
win a Cobs's Bread 6 pack!

Please email in to editor@nhca.ca



This month's winner:



Submitted by Kim Lee