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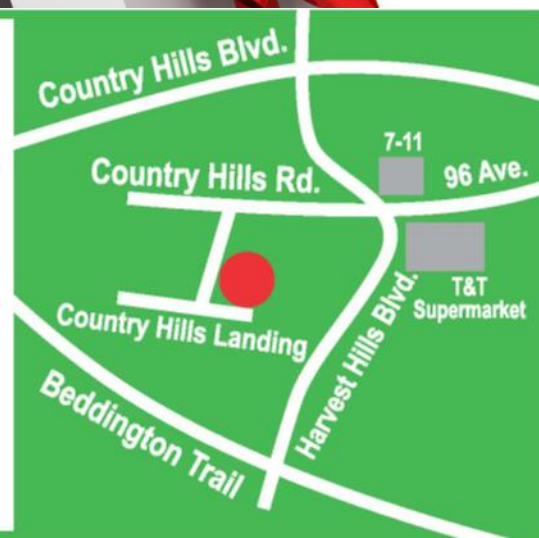
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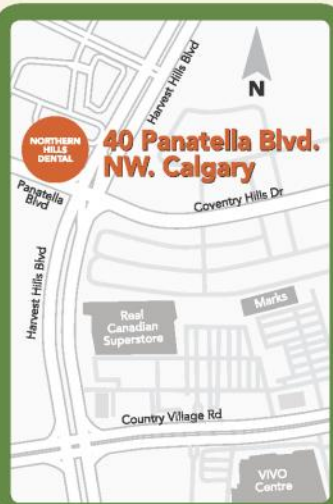
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President's Message



Tavis Settles
President - Northern Hills
Community Association

Hi Everyone,

I was sitting and thinking about what I could put out as a Holidays message from the NHCA. I kept going over all the things and events we did this year and could write a very long and lengthy story. I kept going back and forth adding and deleting all the items and events we did for the year. It was just too much to put it all down so I simply concluded to keep it short.

As we are wrapping up for this year and rolling into the next, I and on behalf of the NHCA organization, would like to say Thank You to all those who have supported us, worked with us, volunteered with us, and the many who have enjoyed our programs and services. As we go forward, please be kind to one another, help your neighbor out and get to know your neighbors.

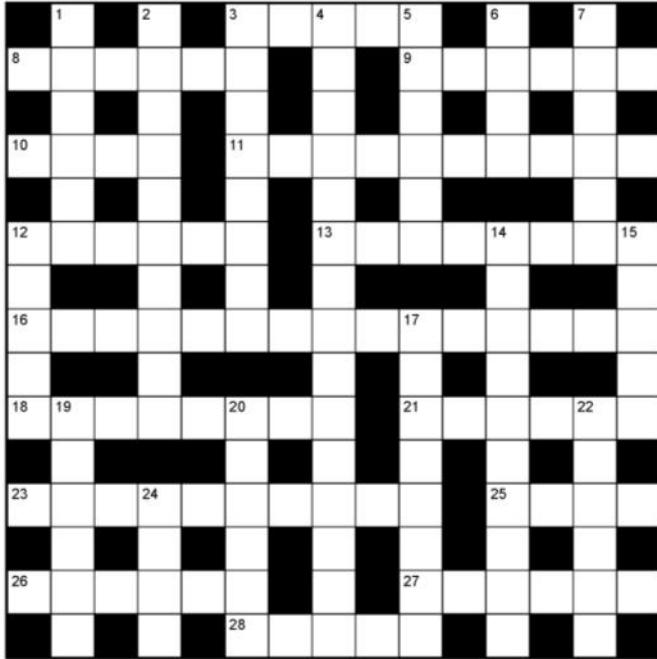
I wish everyone all the best for the holidays and good fortune in the year to come. Let's hope that the new year brings renewed hope and joy with a return to normal life without COVID. Be safe over the holidays and if you drink and celebrate-please don't drive.

Cheers and best wishes to everyone,
Tavis Settles, President
Northern Hills Community Association
president@nhca.ca

PS, shameless plug as always

Membership is how we ensure we can continue with the programs, events, and advocating we have been doing. A community membership helps us with so many programs and events. If you can please sign up and encourage your neighbors to do so as well. A small cost of \$20 for a single, or senior and \$30 for a family which will pay for itself with the local community discounts you gain access to. So please spread the word and sign up today at <https://nhca.ca/member/>

Free Crosswords Online!



ACROSS

- 3 Old East German follows river to find perch (5)
- 8 Fool is one from Italian city (6)
- 9 Everyone is accommodating English friends (6)
- 10 Two notes from operatic heroine (4)
- 11 Not moving goods yet (5-5)
- 12 Thus African country produces African (6)
- 13 Capsized open vessel (8)
- 16 Gaunt young Irene performs in musical (5,3,4,3)
- 18 Teen reformed with gaol stretch (8)
- 21 Police force has those people on film (3,3)
- 23 New peer's given ring portraying Zeus's daughter (10)
- 25 US general's the dregs (4)
- 26 Give daughter a note perhaps (6)
- 27 The Italian is after fast food (6)
- 28 Play about District Attorney in the present time (5)

DOWN

- 1 American who inhabits the White House? (6)
- 2 One toiling at unravelling lawsuit (10)
- 3 Wine gets Sir Nigel drunk (8)
- 4 Over the moon, having climbed Everest? (2,3,2,3,5)
- 5 Deal with equipment (6)
- 6 Idiot wants 150 books (4)
- 7 Retailer of wine collection, say (6)
- 12 Very hard worker is left inside bar (5)
- 14 Back home, I'll follow cake with pasta (10)
- 15 Group of musicians not touring Tyneside (5)
- 17 Working honestly or dishonestly? (2,3,3)
- 19 Ollie upset wife so keep out of sight (3,3)
- 20 Computer manufacturer needs time to produce program (6)
- 22 Quote me retrospectively? It'll make you sick (6)
- 24 Openers for Sussex caught and bowled but this chap's not out (4)

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and so much more!

Northern Hills
Community Association



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activities will beautify the community with arts and crafts and welcome you to get creative and contribute to the display.



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CONNECTIONS

Let's connect our community with art!

- local artist spotlights
- committee meetings
- partnerships with local businesses and organizations
- under the NHCA's umbrella



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- public projects and displays
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- all ages and abilities
- art that uplifts



THE FUTURE

Imagine the brightest future for arts in the Northern Hills. That's where we want to be!

- public art made by local artists
- a local artists network
- more programs and projects
- a creativity hub
- public performances
- art exhibitions





Thank you for supporting our annual Gift of Joy Program

*This program is an annual program and
will be returning in 2022-watch out for
details this year!*



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E: info@nhca.ca

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VOLUNTEERS

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

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President: [Tavis Settles](#)
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Building Safer Communities (Blockwatch): [Tavis Settles](#)
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Sports: [TBD](#)
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Northern Hills Neddie

Dear Neddie,

New Year-New Me? I am feeling so lost and want to become a completely new person. I am a bit shy and love staying home and enjoying just my two best friends and having quiet nights in, but after watching all this tik tok over the holidays-it makes me feel like I am missing out on life and the people on social media have it all together and so much excitement and a better life than me. They are so flashy and free spirited and happy all the time. I want to become a super extrovert and start going out every night and joining every club to reinvent myself and change everything about myself and then maybe I can be just like those people I watch. Please Neddie any advice could really help me.

Sincerely,

Tik Tok Troubled

Dear Tik Tok Troubled,

Oh boy this is a problem! You need to slow down and really understand something: Not everything you see on Tik Tok or other social media sites is reality. Many of those videos are staged and fake. Those so called people who seem happy all the time on camera-they cry too. Do you know them personally? Do you know what their lives really are beyond a 30 second blip. Please understand they post to get people to view them and then hopefully get sponsors and money from that-does this really sound like a person who is so happy all the time? In fact, to really make it on tik tok you have to work really hard and dedicate all your time to creating an illusion to get famous.

I think if you are happy staying in and have two best friends you enjoy-that is quite an achievement in itself and you can treasure this. Perhaps stop watching these videos and appreciate and learn to love yourself for who you are and what you have. However, if you do want to also push yourself a bit and put yourself out there a bit-that is fine too-share with the world who you are, but maybe slow down and join a group or two first and see how that goes and discover new interests and what you like.

I hope this helps!

Cheers-Tik Tok-turn off for now!

Ice Rinks Update!!!

Panorama Adopt-a-rink 1 (photos below):

<https://goo.gl/maps/Q9bxUrrFbGYkuwkt5>

This is the one I know the most about, as I am the main volunteer for this location. Ice is 90% ready for use, still a bit bumpy but getting better with more and more floods. We applied and received a city of Calgary fire pit for this location too, which I am told will be there year-round. Rules are posted on a nearby sign, and anyone using it is asked to please be respectful of the community and take their trash home with them. Benches on this site have been kindly built and donated by a volunteer, people are asked to please be respectful again and not damage these.

Panorama Adopt-a-rink 2:

<https://goo.gl/maps/XDM9dabyiche149H7>

New this year! A resident in the nearby homes successfully applied for a second location to be added from the city, and he is making great progress getting the ice going despite a late start. Should be in top form very soon!

Harvest Hills Skating area:

<https://goo.gl/maps/fxR4HAhgvbWG9prY9>

Coventry Hills Skating area:

<https://goo.gl/maps/mjNUL1LAvT1XRSnU6>



January WINNER!

Bacon Wrapped Pork Tenderloin

Winner: Felicity Meng

Ingredients:

8 to 10 slices of streaky bacon , long enough to wrap around the pork 1 1/2 times.

1 lb / 500g pork tenderloin , at room temperature

Salt and pepper

1 tbsp olive oil

2 tbsp honey or maple syrup (honey works better, it's thicker)

1. Preheat oven to 200°C/390°F (180°C fan)

2. Lay out bacon: Lay the bacon strips vertically on a board, slightly overlapping (see photo in post). There should be enough bacon so when rolled will wrap the length of the pork

3. Season the pork with salt and pepper. Tuck the thin end of the fillet under so the pork is roughly the same thickness from end to end.

4. Brown pork: Heat the oil in an ovenproof skillet over high heat. Sear the pork on all sides until nicely browned. (Don't worry about cooking through, it will go in the oven.)

Turn off heat, remove pork and allow to cool enough to handle.

5. Wrap pork in bacon: Place pork on the arranged bacon at the end closest to you. Use a long knife to lift the bacon under the pork and roll the pork so the bacon wraps around the fillet. Finish with the bacon seam side down.

6. Honey: Use the knife to transfer back into the skillet. Drizzle over honey and brush all over.

7. Bake 25 minutes: Transfer skillet to oven for 25 minutes and roast pork until the internal temperature is 65°C / 149°F. (Note 1) Baste with pan juices at the 20 minute mark, mopping up plenty of the honey and juices pooled in the pan (this will make bacon deep golden).

8. Rest 5 minutes: Remove from oven and let it rest for 5 minutes. Baste once more just before serving. To serve, cut into thick slices. Serve with remaining pan juices.

Recipe Notes:

1. **Pork tenderloin (aka pork fillet) preparation** – If you see a thin transparent membrane on the meat (known as silver skin), it is best to trim that off before cooking. Some butchers already trim it off. If you forget to, it's not a big deal however as it's so thin it does not go tough. Trimming excess fat is optional.

Pork tenderloin cook times – These are cook time guides for the recommended internal temperature of 65°C (149°F) which is medium (ie. a faint blush of pink and optimum juiciness). Pork tenderloin weight (time is total oven time):

300g (10oz): 20 minutes

400g (14oz): 25 minutes

500g (1lb): 28 minutes

If you prefer no pink centre at all, increase the cook times by 3 minutes and target an internal temperature 68°C (155°F) or so.

Note: This recipe takes longer to bake than the usual baked tenderloin recipes (like [this one](#) with Creamy Mustard Sauce) because of the bacon.

2. **HOW TO MAKE AHEAD:** Assemble pork wrapped in bacon per recipe. Take out of the fridge 1 hour prior. Top with honey and roast per recipe.

3. **Nutrition** assuming 4 servings. The calories per servings can be **reduced to 305 calories** by using Lean Turkey Bacon instead of streaky bacon.



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

Email: editor@nhca.ca

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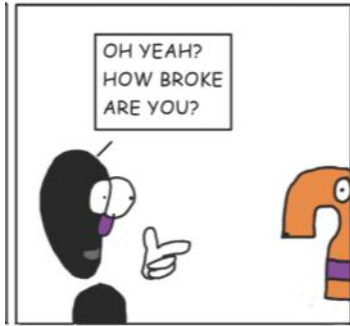
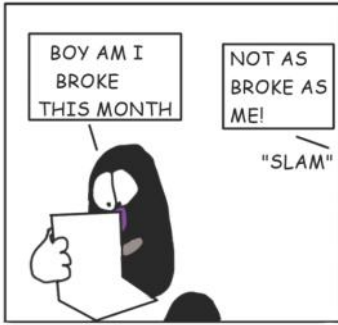
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Laugh of the day



By Punctuation Association Joni R.
punctassoc@hotmail.com

Sudoku

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



Happy New Year-Joke Corner!!

Q: What do you say to someone when you see them after after the ball drops on New Year's?

A: I haven't seen you since last year!

Q: What do snowmen like to do on New Year's Eve?

A: Chill out.



INTERESTING FACT!

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Email your article to editor@nhca.ca



Low-Carb Breads

Today, I am going to discuss something that is becoming more popular that has easier access to purchase in recent days. With the popularity of keto diets in recent years and a need for products for the diabetic population, this is a product that would be beneficial in exploring. There are many varieties and brand names. Where does a person look to obtain a high-quality tasty product? It also depends on whether you are going to follow a Keto diet or a low carb diet. It depends on whether your goal is weight loss or looking for all health maintenance or blood sugar control. Both are beneficial in helping keep blood sugars in balance and raising the body's fat burning ability. Here are some points to consider in your search.

- 1) **Carbohydrate count:** This would be the first place to start. Ideally a product labeled with a lower count is helpful depending on type of diet followed and whether long term or just for a time.
- 2) **Fiber count:** Fiber is very helpful and needed part of our diet. It helps digestion and whole grains have been documented to lower blood sugar levels as well as lowering risk of heart disease. The higher the fiber count in relation to overall carb count is a good goal.
- 3) **Taste:** Low carb breads available today are not just your cardboard tasting type anymore. There is a plethora of taste choices out there. Trial and error based on recommendations works.
- 4) **Hardness/Softness:** Depending on what you are using it for, as with all breads some work better for sandwiches, for toasting, for spreads, fondues, etc. Also choosing a thinner sliced versus thick cut slice is to be considered. The sky is the limit!

Happy treasure hunting! Put a smile on your face today as you look forward armed with a little more information to make healthier food and health choices!

Colleen Tusa-Danchak

SPRY (Senior Persons Regaining Youth)

In the Hills Program for Winter-Spring 2022

Northern Hills Community Association

For the time being, the SPRY gatherings and exercise classes, normally held at the VIVO Centre's "Play Lab", has been closed due to Covid-19 restrictions. We hope to inform you when it will be safe to resume "normal" activities, hopefully in Summer or Fall 2022.

SENIORS' EXERCISE SESSIONS Has Gone Virtual on ZOOM: Two Chair Exercise Instructors



This Fall, we are introducing a mix of **chair-yoga (on Tuesdays)** and **chair-exercise (on Thursdays)**. These informative, age-appropriate, light exercise class sessions, are lead by our Certified Trainers: Gina Komanac and Tracy Rand. The exercise time is from 2:00-3:00pm.

The one-hour sessions on ZOOM are every **Tuesday and Thursday at 2:00pm** from January to May, 2022. Simply Sign-On between 1:45-2:00pm to be admitted. No passwords required.

Our first exercise class will start in mid-January, the date to be determined, check back here:

<http://www.nhca.ca>

SPRY PROGRAM COSTS

Our fitness/exercise program for anyone 55+, which now takes place virtually via Zoom platform. All that participants require are an exercise elastic band, and a pair of hand-weights (2-4 lbs.). The NHCA is subsidizing this program, so NHCA Membership Fees have been reduced to \$20 per participant for the Sessions **January to May, 2022**.

HOW TO REGISTER and PAY

To participate, we ask that you hold an active NHCA Membership Card.

NHCA memberships are only \$20 (Single Senior or for a Senior couple). Memberships are valid for one year, and you can easily make back the membership cost (and more!) at local participating merchants and restaurants with our Members Discount Program.

Program fee has been reduced to \$25/participant to keep the program affordable.

Due to current spike in COVID cases, NHCA office is closed for public access. You can pay over the phone, Credit or Debit Card. The NHCA Office Staff will be available to receive calls on Wednesdays and Fridays between 9:00am-2:00pm. Outside of those days and hours, please leave a voicemail and they will get back to you.

FOR OTHER INFORMATION:

For NHCA: <http://www.nhca.ca> Or call Office at: (403) 226-6422

For SPRY (Senior Persons Regaining Youth) please eMail: jlemond@telus.net

Jay Emond, SPRY Coordinator

**Mention the NHCA and
COBS Bread Country Hills
will donate 5% of your
purchase to us!**

**LET'S
RAISE
SOME DOUGH**

**NORTHERN HILLS
COMMUNITY ASSOCIATION**

**SUPPORT YOUR
COMMUNITY**

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?

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?

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?

Good Food Box Program Helper

About: It is a program under The Community Kitchen Program of Calgary where you can purchase fresh fruits and vegetables at an incredibly low cost. Be available to coordinate in-person pick-up of ordered food boxes at Vivo.

Dates: Once per month on a Thursday afternoon

Role: Coordinate boxes pick-up

Northern Hills News Journalist

About: The Northern Hills News is this same newsletter that you are reading, filled with exciting top stories, event info, contests, recipes and so much more.

Dates: Flexible writing contributions by mid-month

Role: Writing articles and supporting with newsletter editing

Roam the Hills

About: Developing fun activities to engage Northern Hills community in art, play and community education outdoors! These fun activities will be located along a circular route going through Panorama Hills, Country Hills, Country Hills Village, Harvest Hills, and Coventry Hills.

Dates: Throughout this Winter & Spring season

Roles: Variety!

Member Roles in several Committees

- Seniors Programs
- Planning & Development
- Grants
- Fund Development: Capital Projects; Programs; Membership; Community Presence; Partner Relations; and Events
- Volunteer Relations
- Business Relations

Beautification: Are you interested to improve and beautify community spaces such as entry signs, public green spaces, particular pathways, etc.?

Sports: Do you enjoy playing or watching various sports? Are you excited to bring more play opportunities to kids, youth, and adults in your community?

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?

To learn more about the roles and commitments to be on the Board of Directors: Call 403-226-6422 or Email info@nhca.ca

[Sign-up for any above roles HERE!](#)



Muhammad Yassen
Calgary-North MLA

Happy New Year

Strong Economic Recovery: According to the mid-year fiscal update, the province continues to see strong improvements in the economy, confirming that Alberta's Recovery Plan to support job creation and broaden the economy is working. Drilling activity and oil production have increased, while business output remains solid, with manufacturing shipments and non-energy exports up more than 20% year-to-date. We are also seeing several multi-billion-dollar investments, including Dow Chemicals building the world's first net-zero petrochemical facility in Alberta. Calgary is now ranked fourth in Canada in venture capital deals with \$480M invested in the first three quarters of 2021.

Alberta Jobs Now Program: The *Alberta Jobs Now* program continues to be a key component of Alberta's Recovery Plan to create jobs and diversify the economy. The program will help private sector businesses and non-profit organizations hire and train Albertans. Employers can apply for a grant that covers 25% of an employee's salary for a 52-week period up to a maximum of \$25,000 per employee. Employers who hire persons with disabilities will receive a grant 1.5 times higher than the amount they receive for other new employees. Applications are accepted on a first-come basis. [Alberta Jobs Now program | Alberta.ca](#).

Women's Economic Recovery Challenge Grant: Alberta's government is committing \$1 million in grant funding for projects that increase women's participation in the economy. The grant will help address areas of concern for women entrepreneurs and women working in Alberta. The grant is open to non-profit groups, including community organizations, municipalities, First Nation and Métis communities, industry associations and economic development organizations. [Women's Economic Recovery Challenge Grant Program | Alberta.ca](#)

As always, it is my great honour to serve as your MLA. I appreciate receiving your feedback and ideas. Please feel free to call me to arrange a phone or in person chat to discuss matters that are important to you and me.

Muhammad Yassen
Calagry North MLA

calgary.north@assembly.ab.ca

403.274.1931

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



Josephine Pon
Calgary - Beddington MLA

Dear Constituents,

Happy New Year! From my family to yours, I send you all my best wishes for a prosperous 2022, filled with success and good health for you and your loved ones. This new year will mark a continued path forward of great news for our province, after we closed 2021 with a long list of fantastic achievements in investment and economic recovery!

Alberta families will begin to see the results of the historic child care deal that our government signed with the federal government. The \$3.8 billion deal will see a reduction in fees for parents by an average of 50% in early 2022. The funding will be targeted to parents and communities who need it most. By 2026, child care in Alberta will have reached the goal of \$10/day on average. Over the next 5 years, this plan will add over 42,000 new licensed, non-profit and day home childcare spaces in our province!

Alberta small businesses have been applying to the \$2,000 support from our government, to assist in costs associated with implementing the Restriction Exemption Program. Small business owners are the backbone of our economy, and our government is there to support them navigate the difficulties associated with this long pandemic.

Thank you again to all my constituents who stopped by at my free vaccine card lamination events! Over December, I was pleased to provide you with the updated federal travel QR code vaccine card, which you can use conveniently when travelling within and outside Canada. I will take all your valuable feedback and share it with my government colleagues.

It is my great honour to represent you & your family, and thank you for the confidence you have placed in me to be your voice in the Alberta Legislative Assembly.

Josephine Pon

Calgary - Beddington MLA

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



Jasmine Mian Ward 3 Councillor

Partnership co-ordinates province-wide Refugees Welcome Here campaign

I'm happy to share that the Calgary Local Immigration Partnership (CLIP), with The City of Calgary, has taken the lead in co-ordinating the province-wide Refugees Welcome Here campaign.

The principles of equity and non-discrimination are at the heart of human rights and at the heart of the Refugees Welcome Here campaign, a public awareness campaign to encourage Calgarians to welcome refugees. Our city has been chosen as the second national port of entry for Afghan refugees coming to Canada, with about 5,000 transiting through Calgary over the coming months. Some of the new arrivals will stay in Calgary while most will resettle in other communities across Alberta and other parts of Western Canada. The United Nations High Commissioner for Refugees estimates 2.2 million Afghan refugees are living in neighbouring countries with another 2.9 million Afghans internally displaced. Canada has pledged to resettle 40,000 Afghans.

There are many ways you can help these new Calgarians feel at home. Learn more by visiting

<https://www.calgarylip.ca/>

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor



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

Happy New Year! I was very thankful and humbled to return to Parliament in November as your Member of Parliament. I will continue to be a strong voice for our community and work hard on your behalf.

As we begin 2022, I remain focused on fighting for our community and all Albertans as the Shadow Minister of Natural Resources. Canadians expect their government to adopt policies that address climate change while supporting the workers in our province. For far too long our community, and Alberta's economy, has suffered due to punitive policies on the energy sector from this government. Albertans care about the environment and want their government to tackle climate change, but the current government's policies have done little to address climate change, have divided Canadians, decreased investment in our energy sector and cost thousands of jobs. It is time for this to change.

We must be addressing climate change while also addressing the rising cost of living and the economic and jobs crisis in our province. I have heard from many members in our community that are struggling to get by and I will continue to be their voice in Ottawa. I will keep fighting for productive solutions that tackle climate change while supporting workers in our province. I will continue to listen to feedback and input from members in our community and the energy sector. If you have any ideas you would like to share with me on this, or any other issue, please reach out to my office at michelle.rempel@parl.gc.ca or 403-216-7777.

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

Michelle.Rempel@parl.gc.ca

403-216-7777

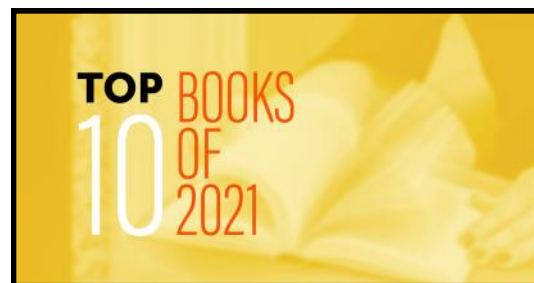
115 – 70 Country Hills Landing N.W. T3K2L2

News from the Calgary Public Library

Family Storytime

Find new popular titles and revisit classics with this engaging program designed to support early literacy skills. Join the Library for a fun and educational half hour of stories, songs, and finger plays the whole family can enjoy in this virtual Storytime.

Register online at calgarylibrary.ca/programs



Stream Your Favourite Artists for Free

Did you know you can stream full albums from popular artists like Adele, Måneskin, and more with the Freegal eResource? Log in with your Library card to start listening now, online or through the app.

Get access at calgarylibrary.ca/freegal

Warm Up to Winter with the Library

Winter can feel especially long in Calgary, but we have plenty of ideas to keep spirits bright. Find mental health tips for long winter nights, information about how Métis communities in Alberta celebrated winter in the 18th century, and more on our winter page.

Get inspired at calgarylibrary.ca/winter

Thank a Library staff member on your next visit



Every year, Library staff are recognized for their kindness, dedication, and the skill they bring to their work with the Kudos awards. During your next visit, we invite you to thank a Library staff member or give them a shoutout on social media.

Hear from this year's award recipients at calgarylibrary.ca/kudos

Curious What Calgary's Favourite Titles of 2021 were?

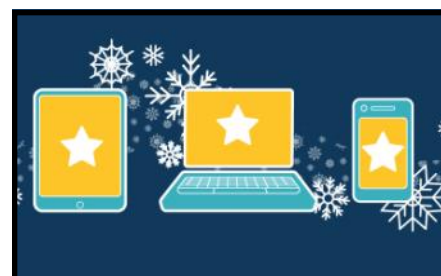
We've tallied the top books checked out, audiobooks listened to, albums and movies streamed, and more. This is a great way to find a new favourite artist or broaden your literary horizons.

See the results at calgarylibrary.ca/winter

Get free tech support online

Need help figuring out a new piece of technology? Get free, virtual tech support in real-time with the Tech Mentors program. Volunteers with strong computer skills can help! Get answers to your questions, along with getting more comfortable with Zoom and other virtual meeting software, and recommendations for digital resources.

Register at calgarylibrary.ca/programs



Physically Active = Better Overall Health

By MPC Foundation

According to the Government of Alberta, adults over 65 years are at great risk of not getting enough physical activity for a variety of reasons. The most common of these include having medical issues, mobility limitations and financial hardship. Curiously enough, the predominant reason is the lack of having someone to do these activities with.



Alberta Health recommends moderate to vigorous physical activity for 150 minutes every week. This can be broken down into bite-sized 10-minute intervals in order to reach this weekly goal with ease. Simple daily routines such as playing with your grandchildren, gardening, volunteering, joining a dance class, hiking or walk will all contribute to a healthier you.

There is ample evidence that supports the benefits of being physically active for older adults. These include:

- Improved overall health
- helps you stay independent
- can help prevent some types of health problems and diseases
- helps relieve symptoms of some health problems and can slow down some types of chronic problems
- helps make muscles stronger, increases flexibility, and improves balance, which can help prevent falls can help you recover faster from surgery or an injury



Most people will agree that it is much easier to start being physically active but far harder to remain so. The motivation inevitably wanes after a while, especially when you are doing this along. The easy solution to this is to join group physical activities where you not only get the benefits of exercise but also the valuable opportunity to make new friends and expand your social circle. Soon enough, you will be looking forward to going to not only the physical exercise, but also the emotional reinforcement of surrounded by others who are positive and encouraging towards each other.



Both MPC Foundation and the Northern Hills Community Association offer a wide range of physical activities to help seniors and older adults remain active, both physically and socially. These activities are also offered in-person as well as online.

Feel free to reach out to us to find out more – info@nhca.ca | info@mpcfdn.ca





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.

Hazards

- Avoid hills that are too steep or too 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.

Hazards (con't)

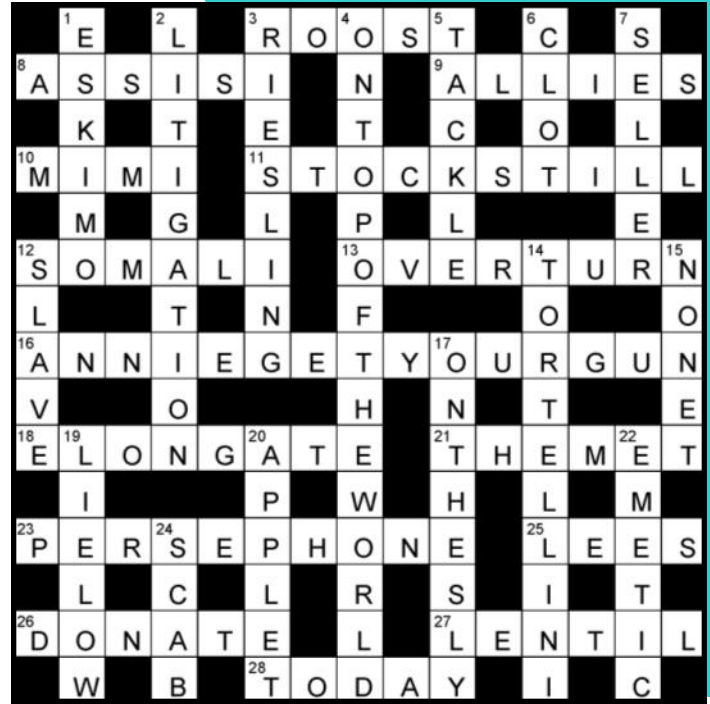
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Attempt to cover any exposed skin;
- 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;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment; 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.

www.albertahealthservices.ca

SOLUTION



ACROSS

3 roost. 8 Assisi. 9 allies. 10 Mimi. 11 stockstill. 12 Somali. 13 overturn. 16 Annie Get Your Gun. 18 elongate. 21 the Met. 23 Persephone. 25 lees. 26 donate. 27 lentil. 28 today.

DOWN

1 Eskimo. 2 litigation. 3 Riesling. 4 on top of the world. 5 tackle. 6 clot. 7 seller. 12 slave. 14 tortellini. 15 nonet. 17 on the sly. 19 lie low. 20 applt. 22 emetic. 24 scab.

Sudoku

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



Harvest Hills Alliance Church

www.hhachurch.com

10099 Harvest Hills Blvd NW
403-226-0990

E-mail office@hhachurch.com

- Believe
- Belong
- Bless

Sunday Service 9:15 & 11:00 am
Streaming on YouTube/Facebook 9:15

Harvest Kids
9:15 & 11:00 am
Grade 4, Grade 5 & 6 11:00 am only

Youth
10:15-11:00 am Sundays
Youth Hang out - Youth Room
9:00 am Study and Breakfast (Every Last Sunday of the Month) 6:30 pm Wednesday Life Groups
6:30 pm Special Events Every 2nd Friday

Young Adults
7:00 pm Sunday

ESL—Sunday 11:00 am
Wednesday 9:30 am
to register e-mail esl@hhachurch.com

Happy
New
Year

One Service
10:00 Am
Sunday Dec 26
Sunday Jan 2, 2022
No children's programs
Unstaffed nursery open

Northern Hills
Community Association

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

Second Sight Optometry

730-1110 Panatella Blvd NW
20% off frames (*some exceptions apply)

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

Lowe and Associates Private Wealth

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
Buy a \$25 gift card and get \$5 OFF

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>

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:



Banff, AB-Elk

Submitted by Bob Leuty

Paramount Dental is accepting new patients!

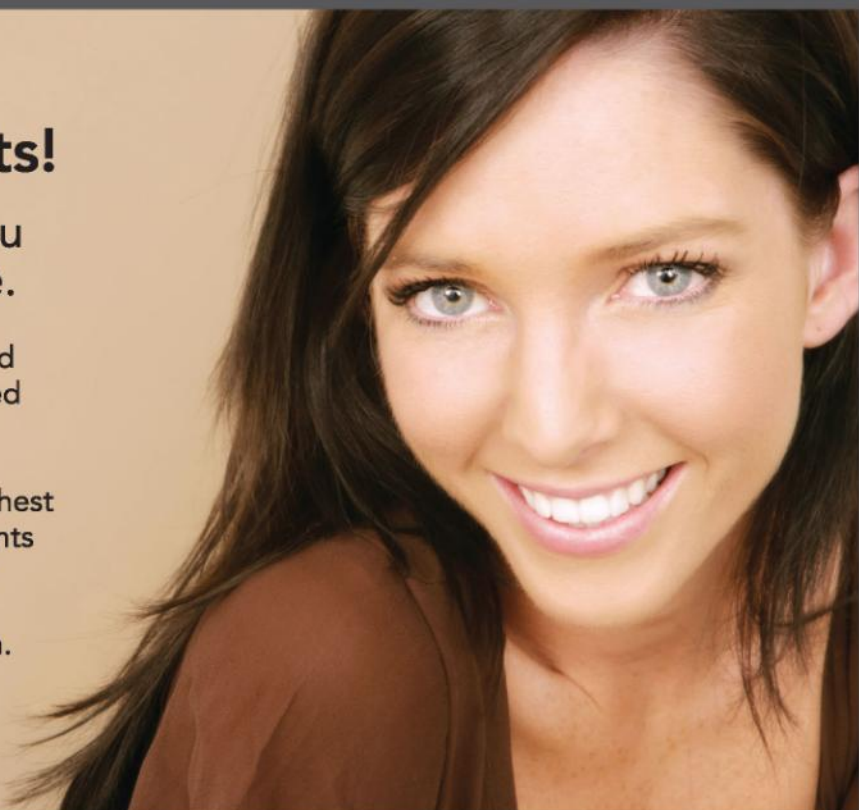
We are excited to welcome you
and your family to our practice.

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