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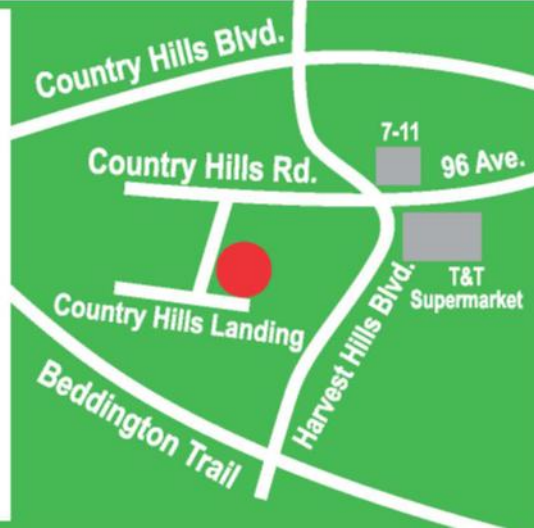
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## President's Message



**Tavis Settles**  
President - Northern Hills  
Community Association

As spring is around the corner so are our sports programs. The Kids & Youth soccer and Youth Field Hockey registration is now open. So go sign up now to ensure you get the times and programs you want.

As the weather is permitting our community ice rinks are open. It's great to see many people enjoy them. If you see a volunteer out maintaining the rinks, please tell them thanks. The number of hours and dedication our volunteers are showing with keeping the ice rinks going is amazing.

The Gift of Joy program yet again was an amazing success. I would like to thank all the sponsors, volunteers, and everyone else that had a hand in this program. It's such a great thing that we can help as many individuals and families as possible. If you're interested in helping out with this program next year, please sign up for the newsletter to stay on top of when the next opportunities arise for this.

2021 was a very challenging year for the NHCA. With covid and restrictions, it limited our ability to run many of our programs. Since programs and sports is our main source of getting people to sign up for memberships, this greatly impacted our revenues to operate. We need people to sign up for memberships to help us keep to running and serving our community. We are about two thirds down in memberships from where we typically are. Currently, we have a need for about 2500 more memberships.

If we could ask for any help this year it would be to help us bring our membership level back up to normal levels. It's important for us to do this as memberships are what allows us to run all the programs, advocate for new services and repair facilities. So please sign up for a membership and spread the word that we are in need. With Single memberships at \$20 and a family membership for \$30, each one goes a long way to helping us continue to do everything we do. Plus, with each membership you get amazing discounts at many local businesses which easily pays for the membership itself plus you will likely save more money by buying a membership than if you don't! Please spread the word of our need and sign up here, <https://nhca.ca/member/>

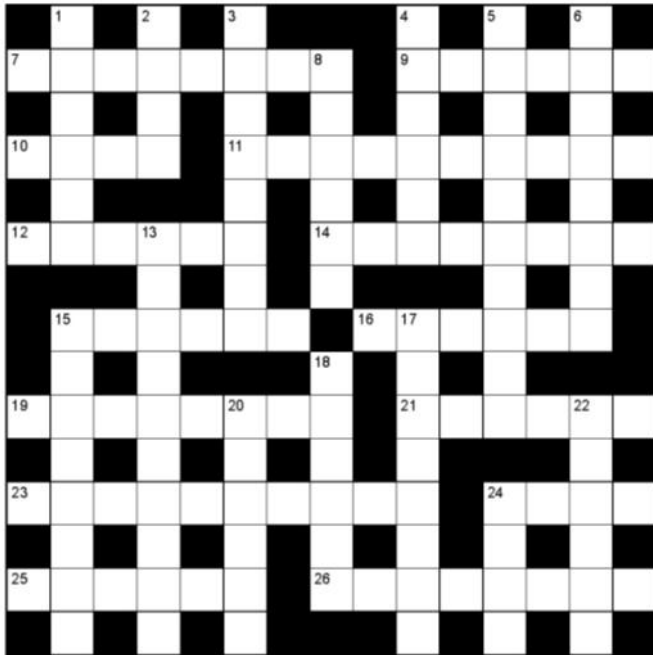
Therefore, in closing, as we welcome in a new year we are hopeful that 2022 is the year where we turn the corner and get back to normal operations for everyone.

Cheers and best wishes to everyone,

Tavis Settles, President

Northern Hills Community Association  
[president@nhca.ca](mailto:president@nhca.ca)

Free Crosswords Online!



ACROSS

- 7 Rogue can't hope for memorial (8)
- 9 I sat outside when ready (6)
- 10 Obese, gobbling seconds? Don't eat! (4)
- 11 Free of suspicion, hence trial collapsed (2,3,5)
- 12 Sounds like education cut (6)
- 14 One likely to lose is urged on anyhow, maintaining decorum initially (8)
- 15 Bag of cash confused alien (6)
- 16 Going up a trail (6)
- 19 Limit a large town's size (8)
- 21 Shrink cured loony with drug (6)
- 23 Passing on work to representatives (10)
- 24 American police hit heavily (4)
- 25 Subtle changes creating a stir (6)
- 26 Find out one's caught in port (8)

DOWN

- 1 Money back for a beer that's off – about time (6)
- 2 Disease giving a taste of France? (4)
- 3 Artist, one into ballet, shows brilliance (8)
- 4 Add a couple of pages to conclusion (6)
- 5 Loved one is riling Fred unfortunately (10)
- 6 Begin attack (3,5)
- 8 Strongly attack greeting by solicitor (3,3)
- 13 Escort a man around state capital (10)
- 15 Bet placed on unfashionable police operation (5-3)
- 17 Sees runs hit with certainty (8)
- 18 Army I'd assembled is countless (6)
- 20 One magazine starts to employ sexy pictures (6)
- 22 Top of column's black and yellow (6)
- 24 Display is partly British owned (4)

*In This Issue*

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*and so much more!*



# Outdoor Soccer & Field Hockey

## FOR KIDS & YOUTH

COVID-19 Protocols | Experienced Staff Only | Financial Assistance

### FIELD HOCKEY

Ages: 8-10 & 11-13

Prices: 1Pay Plan \$65

3Pay Plan \$25

Schedule: Saturday  
Mornings

- Country Hills
- Country Hills Village
- Coventry Hills
- Harvest Hills
- Panorama Hills
- Hidden Valley

### SOCCER

Ages: under 4 - U16

Prices: 1Pay Plan \$70-\$275

3Pay Plan \$30-\$98

Days	Location
Mon/Wed	@ Country Hills Park NW
Tue/Thur	@ Panorama Boulevard NW

*\* PLUS \$30 NHCA FAMILY MEMBERSHIP TO THE ABOVE PRICES*



**REGISTER AT [NHCA.CA/SPORTS](https://nhca.ca/sports)**

Sponsors:



Brought to you by:







activities will get your body moving and playing fun games with your family and friends.



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



activities will engage you with fun facts and help you learn more about the community we call home.



Want to learn more?  
Scan the QR Code!



Volunteer With Us!



## COMMUNITY ART

Every creative ripple starts at home.  
See how far that ripple goes!

- events and projects
- classes and programs
- neighbourhood beautification
- locals creating with locals



## CONNECTIONS

Let's connect our community with art!

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



## JOIN US

Interested in getting involved? No experience needed, and you don't need to be an artist!

[www.nhca.ca/arts](http://www.nhca.ca/arts)  
[arts@nhca.ca](mailto:arts@nhca.ca)



## CREATIVITY FOR ALL

Art isn't just for professional artists, we make it easy for anyone to get involved!

- free or low cost craft events
- public projects and displays
- hosted right in the Northern Hills
- 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







**Begin your child's journey  
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# NHCA CONTACTS

## OFFICE:

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Tel/Fax: 403-226-6422  
E: [info@nhca.ca](mailto:info@nhca.ca)

## Public Hours:

Virtual at the office:  
Wed/Friday: 9:00 am – 2:00 pm  
Remote assistance public hours.  
Closed on weekends and  
statutory holidays.

## STAFF & CONTRACTORS

Executive Director: [Yana Soldatenko](#)  
Bookkeeper: [Surina Gupta](#)  
Newsletter Editor: [Heather Hubert](#)  
Ad Sales: [Heather Hubert](#)  
Projects and Programs Coordinator:  
[Imole Lapite](#)

## 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, Devon Lowe, Ian McAnerin, Roop Rai

## COMMITTEES:

Accessibility & Grants: [Chris Abdalla](#),  
Arts & Crafts: [Chris Abdalla](#),  
At Home in the Hills: [Winnie Huang](#), [Samana Zehra](#),  
Beautification: [TBD](#),  
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: [TBD](#)  
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.



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art is  
not what  
you see,



but what  
you make  
others see.

Liam is 11 years old and in grade 6. He is a determined and dedicated creative artist. Once he thinks of an idea in his mind, he wholeheartedly works to make it happen. He uses books and videos as his starting point and then expands from there.

His favourite colours are green, red, and blue. He likes to fidget and has a few fidget toys. He found a video on how to make an origami moving Flexagon, and this began his projects of making paper fidget toys. He made his own functioning fidget toy using paper and decorated it with different video game characters. His art is often inspired by video games and comics. He likes to recreate video game characters into his own creations. He learns about different video games from his friends and his dad. His dad is really into Pokémon. A few of Liam's favourite video games are Plants vs. Zombies, Battle Cats, Minecraft, Pokémon, Among Us, and Kirby.

He has written and illustrated several comic books using his stick-like characters that includes a lot of action and dialogue. He really enjoys creating these comics. He and his friends made up a company brand called, A+ Comic Inc. where they make books of comics with their signature brand name on the back. This company brand has expanded to include his brother and sister. We have a feeling they were inspired by Harold and George from Captain Underpants.

At a very young age Liam took to building Lego. Along with his younger brother, they like to build Lego sets as well as taking various Lego pieces to come up with their own creations. They put great detail into building sets and props for their Lego characters.

Liam plans to use his attention to detail and creative skills in his future career.



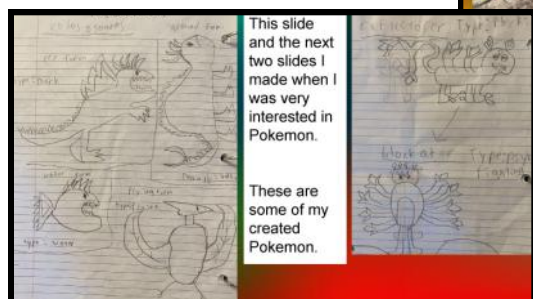
These are some of my art that I made when I was younger.



These are some of the traps that me and my siblings made. The one on the left is a leprechaun trap and the one on the right is an Easter Bunny trap.

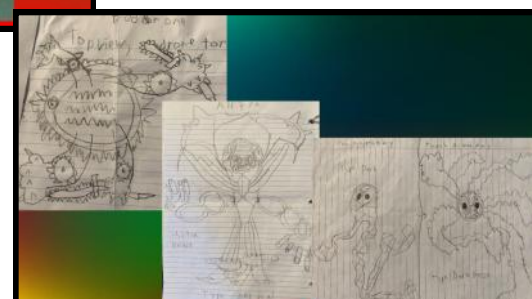


These are some Lego builds I built. The Minecraft Lego build, my brother and I made it together.



This slide and the next two slides I made when I was very interested in Pokémon.

These are some of my created Pokémon.





art is  
not what  
you see,



but what  
you make  
others see.

Lincoln is 9 years old and in grade 3. He expresses his creativity in his drawings and Lego builds. He has fun participating in school art projects and proudly displays his artwork at home. He has a great eye for details and will often add things others might not have thought to add.

His favourite colour has always been yellow, but he has taken a liking to red and black as well. Although, he will usually choose yellow. He has a great interest in things that move, and most of his builds are vehicles and things that change shape.

He enjoys watching videos that teach him how to draw. He has a mathematical mind and found that by using guidelines as a grid it helps him to draw. Like his sister, his choice of drawings are typically cute animals and food.

Another fun thing that he likes to do with his siblings is come up with creative traps to try to catch the Tooth Fairy, Leprechauns, Santa, and the Easter Bunny. They work together to make the traps using household items. The traps are very elaborate, but they have yet to catch them.

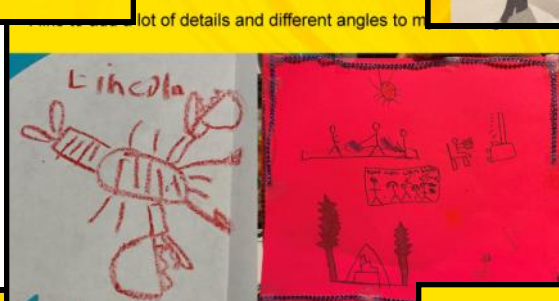
He and his brother love building Lego. Some builds are made through the sets, but others are done with loose Lego pieces where he creates his own structures and usually some type of moving vehicle. One piece that he came up with was a Lego build that can be transformed into different letters using the same build.

One of his favourite ways to be creative is by designing builds on videogames such as Minecraft. He enjoys playing videos games with his sister and brother. He plans to work as a video game maker or a scientist.

And this is a Minecraft Lego set my brother and I made.



These are some traps my siblings and I made.



These are things I made for school.



This is my Lego I made from loose Lego pieces.







## Northern Hills Neddie

Dear Neddie,

I am super cheap-I don't take my girlfriend out on dates unless we split the bill. I try and find ways to spend time with her that don't cost anything at all-actually I guess watching Netflix does cost my parents money as its their subscription and tv we use. I guess I just like seeing my bank account get bigger and bigger for one person-ME! Now the problem-Valentine's day. This is my first year having a girlfriend over Valentine's and I know she expects a gift. What should I do as I don't want to spend a fortune and I hear flowers can be quite pricey?? Can a couple go dutch on Valentine's day?? Help!!

Sincerely,

Mr Money Bags held tightly to my chest

Dear Mr Money Bags held tightly to my chest,

Wow just wow-you really seem to have missed a good life lesson about: It is better to give than to receive! I understand you hold your money tight for yourself-but maybe you could learn to share a little bit of what you have and you might be surprised by the outcome-that it feels good to give and make someone happy!

Valentine's Day doesn't have to cost a fortune-be sensible and set a budget and be thrifty if you like. Certain stores have a great selection of roses and flowers that are sometimes cheaper than elsewhere-plus if you buy your flowers the day before Valentine's day-you can save a fortune!

I say put some time into this and do your research and work ahead to buy her something at a fraction of the cost and then you can feel good about saving money and making her happy! Plus you will learn about the joy of putting time into someone else and giving!

Sincerely,

Neddie

## Waste and Recycling

### 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 snow banks.

Leave enough space around your carts so you can easily walk between and around them.

Store carts in a sheltered spot and move 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 to the inside of 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](https://calgary.ca/cartplacement).





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Northern Hills  
Community Association

## SPRY in the Hills

*Senior Persons Regaining Youth*



Register for this Virtual  
Chair-Yoga & Chair-Fitness  
Program!



- Tue & Thu @2-3pm
- 40 Sessions
- Runs until June 2
- \$45-55 fee

Register Here:

[nhca.ca/seniors](https://nhca.ca/seniors)

# Tai-Chi Gentle Exercise For All Abilities

By MPC Foundation

The Harvard Health journal describes Tai Chi as 'meditation in motion' and calls it the '*perfect activity for the rest of your life.*' Over the years, this ancient form of martial arts has evolved into a hugely popular form of exercise that incorporates mind-body practices and has created legions of fans who attest to its health benefits apart from the fact that it is easy to get started and readily adaptable for all skills level.

Indeed, the health benefits of embracing Tai Chi as part of an exercise routine is well documented. In Tai Chi exercise, its movements are low impact, slow-motion, relaxed and never forced. When combined with deep breathing actions and the need to pay attention to each movement in order to maintain the flow and sequence of motions throughout the routine, practitioners of TaiChi exercise are engaged in mindfulness while performing this routine. In addition, Tai chi also improves muscle strength and flexibility, which makes it easier to recover from a stumble. The fear of falling can often induce the likelihood to fall and some studies have found that tai chi training helps reduce that fear.

According to another study published by the Harvard Medical school, tai chi appears to improve executive functions. This includes the ability to multitask, manage time, and make decisions and the benefits are more pronounced in people without any cognitive decline. In those with mild cognitive impairment, tai chi slowed the progression to dementia more than other types of exercise and improved their cognitive function in a comparable fashion to other types of exercise or cognitive training.



The benefits of tai chi are generally greatest if you begin before the onset of a chronic illness or functional limitations. Tai chi is safe, no fancy equipment is needed and it is easy to get started.

Both MPC Foundation and Northern Hills Community Association are offering a free 10-week Tai Chi for Beginners class in English. We are grateful to Servus Credit Union for sponsoring this activity for the community. To enrol please contact [info@mpcfdn.ca](mailto:info@mpcfdn.ca)



# 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](mailto:info@nhca.ca)

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

## February WINNER!

### Mediterranean quinoa salad (gluten free and vegan)

Winner: Hala Rifai

#### Salad:

2 cups of cooked quinoa, drained very well and cooled  
1 cup of finely chopped parsley, curly or flat Italian will work  
1 cup of diced tomatoes, heirloom is best if in season  
1 small red onion finely diced (can use any onion, chives or shallots but red gives a nice color)  
1 cup of diced Persian cucumbers (Persian is best but any variety will work as long as the skin and seeds are not tough)  
1 cup of washed and rinsed canned chick peas (optional, great to add for protein)  
Romain lettuce hearts, washed and put aside, do not chop.

#### Dressing:

1 tablespoon of finely chopped mint or 1 tsp of dried mint  
juice of 1 lemon (more to taste if you like more tang)  
1 tbs of pomegranate molasses (optional but takes it to another level, use the juice of another half a lemon if omitting)  
1 tsp salt (adjust to taste)  
1/2 tsp ground black pepper  
1/2 cup of a very good quality extra virgin olive oil (adjust amount to taste, but it must be olive oil)

Mix the dressing in a bowl and toss with the salad ingredients. Can serve right away but tastes much better if it can sit in the fridge for a few hours, toss again before serving, as it sits the flavors will absorb into the quinoa, you can adjust the dressing if needed by adding the juice of another half lemon or a splash of pomegranate molasses. Serve with the romaine hearts to use as scoops.

serves 4 Enjoy!

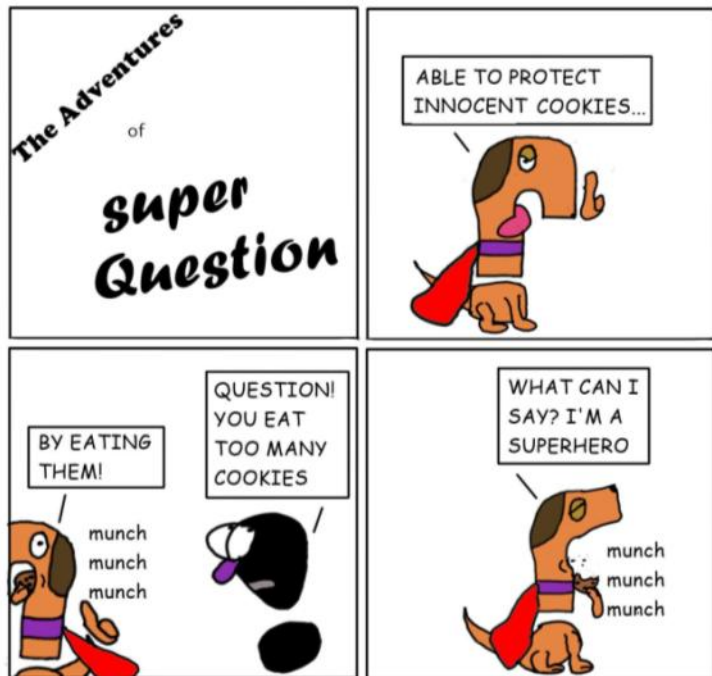


Submissions must be sent in typed up in format that can be copied and pasted . Photos are welcome!

Email: [editor@nhca.ca](mailto:editor@nhca.ca)



# Laugh of the day



By Punctuation Association Joni R.  
[punctassoc@hotmail.com](mailto:punctassoc@hotmail.com)

## Sudoku

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



## FEBRUARY FACTS!

- 1) FEBRUARY IS NATIONAL HOT BREAKFAST MONTH!
- 2) VALENTINE'S DAY WAS FIRST CELEBRATED AROUND THE YEAR 500.
- 3) FEBRUARY'S BIRTH FLOWER IS THE VIOLET.
- 4) THE BIRTHSTONE FOR THIS MONTH IS THE AMETHYST.
- 5) FEBRUARY IS RETURN SHOPPING CARTS TO THE SUPERMARKET MONTH!
- 6) FEB. 29 IS NATIONAL FROG LEGS DAY.



## JOKE CORNER

1. Who always has a date on Valentine's Day? A calendar.
2. What Valentine's message can you find in a honeycomb?  
 "Bee mine."



## CLASSIFIED ADS

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

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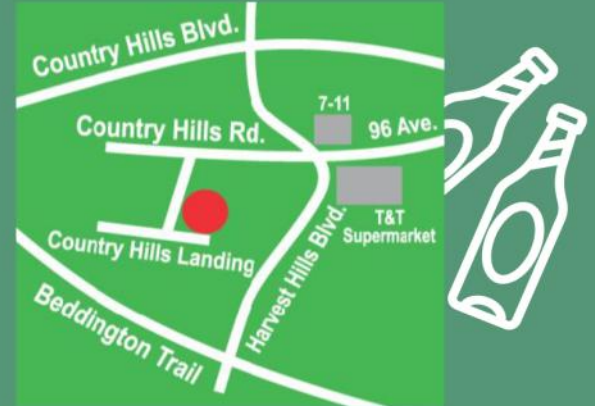
This is the local Official  
Community supported and  
requested newsletter by  
residents of Panorama Hills/  
Coventry Hills /Harvest Hills/ Coun-  
try Hills and Country Village

## 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/](http://NHCA.CA/DONATE-RECYCLING/)

**BEDDINGTON HEIGHTS**  
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It's Worth It

**Northern Hills**  
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**403.226.7638**

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**[siteforsight.ca](http://siteforsight.ca)**

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



# CALLING ALL LOCAL WRITERS!

SEND IN YOUR ARTICLE AND WIN A \$25  
GIFT CARD TO STAMPEDE CAR WASH!

Email your article to [editor@nhca.ca](mailto:editor@nhca.ca)



## Pandora's Adoption From The Calgary Humane Society Article Winner: Cat Emond

Here is her Story...



After the passing of my 18 year old dog, in October 2018 I started to search the Calgary Humane Society to adopt again. Each day when I would check the website, this gorgeous cat's photo just kept grabbing my attention. I would have thought for sure, that she would have been adopted in a very short time.

It seems that whoever surrendered this beautiful girl, gave her a negative false reputation, because they just got tired of owning her, and preferred to have a kitten.

Pandora turned out to be such a blessing in our lives.

Though I would never let her roam the streets, living right next to a park in Panorama Hills, on warm summer days, she majestically sits in our garden with me, and happily greets everyone who walks their dogs at the park.

So many in the community now know her by name.

Calgary Humane Society: <https://www.calgaryhumane.ca>

**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**





**Josephine Pon**  
**Calgary - Beddington MLA**

Dear Constituents,

Happy February! Albertans have begun 2022 with their best foot forward, and I look forward to continuing our collective efforts to keep our community safe and healthy.

One of the biggest challenges we face moving forward as a province is dealing with addiction and mental health concerns. It's why our government is supporting everyday Albertans by building a comprehensive recovery-oriented system of care for those struggling with addiction. This issue has been a priority for our government and in 2019, we committed to funding 4,000 annual treatment spaces. However, we've more than doubled our commitment by funding over 8,000 annual treatment, detox and recovery spaces.

Alberta's Recovery Plan is helping Albertans access life-saving addiction and mental health-related prevention, intervention, treatment and recovery resources. This \$140-million investment is supporting the addition of new treatment spaces at nine different treatment Centres in Calgary including the Alpha House Society, the Calgary Dream Centre and Fresh Start Addictions Centre.

We have also eliminated daily user fees for all Albertans accessing publicly funded addiction treatment. Historically, Albertans were charged \$40 per day, a financial barrier that prevented many people from seeking help. Publicly funded addiction treatment is now completely free for any Albertan.

If you or someone you know needs help, you can call the Addiction Helpline, a 24-7 confidential toll-free service, at 1-866-332-2322, can provide support, information and referral to services. Albertans can also visit [recoveryaccessalberta.ca](https://recoveryaccessalberta.ca) to find treatment options.

Statistics Canada revealed in their latest numbers that the good news keep coming in for Alberta. 11,000 jobs have been added in December 2021, with 130,000 jobs added in all of 2021. This is the highest employment rate in the country! Alberta's Recovery Plan is working.

Thank you all for your continued support!  
Josephine Pon

Calgary - Beddington MLA

[calgary.beddington@assembly.ab.ca](mailto:calgary.beddington@assembly.ab.ca) #106 - 8220 Centre Street NE Calgary, AB T3K 1J7 403-215-7710



### Jasmine Mian Ward 3 Councillor

#### Online map shows Calgary's snow and ice control priority routes

With winter in full force, snow is inevitable here in Calgary. The City of Calgary has a Snow and Ice Control Priority Routes map that outlines which Calgary streets are priorities for snow removal. Priority 1 routes are cleared within 24 hours, while priority 2 routes are cleared within 48 hours following a snowfall. Knowing which routes are cleared and when will help ensure a safer commute. This map is located at <https://maps.calgary.ca/SNICPriorityRoutes/>.

To view more City of Calgary maps, please visit the Map Gallery at [maps/calgary.ca](https://maps.calgary.ca)

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor





# Harvest Hills Alliance Church

[www.hhachurch.com](http://www.hhachurch.com)



10099 Harvest Hills Blvd NW

403-226-0990

[office@hhachurch.com](mailto:office@hhachurch.com)



- Believe
- Belong
- Bless

## Sunday Service 9:15 & 11:00 am

Streaming on YouTube/Facebook 9:15

### Harvest Kids

Nursery - Grade 4

9:15 & 11:00 am

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 Youth Life Groups

6:30 pm Every 2nd Friday Special Events

### Young Adults

7:00 pm Sunday

ESL—Sunday 11:00 am

Wednesday 9:30 am

to register e-mail [esl@hhachurch.com](mailto:esl@hhachurch.com)

## Weekly Events

Tuesday 6:45 pm

Women's Cardio walking group

Wednesday 9:15 am

Women's Bible Studies

1st, 2nd and 4th Thursdays of the month 9:00 am - 3:00 pm

Quilters Plus - Bring your own lunch

Saturday 8:00 am Men's Bible Study.

## Special Events



# Uncovering Confederation Creek

*By Elliot Lindsay – Friends of Confederation Creek*

The Friends of Confederation Creek (FOCC) is a volunteer-led society concerned with the preservation, protection, and restoration of the Confederation Creek watershed. This year, thanks to Watershed Stewardship Grant funding administered by the Land Stewardship Center of Canada, we have launched the “Uncovering Confederation Creek” project. Uncovering Confederation Creek seeks to tell the story of streams in this watershed; past and present and generate interest and discussion on the future of these important and underappreciated streams. We encourage anyone interested in learning more and getting involved to contact us at [friendsofconfederationcreek@gmail.com](mailto:friendsofconfederationcreek@gmail.com) and to follow us on Facebook.



The Confederation Creek watershed (drainage area) covers an area of 2700 hectares of NW Calgary, encompassing communities from Shaganappi Trail NW, all the way to Edmonton Trail NE on the south side of Nose Hill; from Brentwood and Varsity to Highland Park and Thorncliffe Greenview. Confederation Park is where most Calgarians know and see Confederation Creek. Downstream of the park, the creek enters the storm sewer system via a concrete vault at 30 Ave NW. Many of the streams in the confederation creek watershed were buried in concrete pipes through a process known as “culverting” during the development of area communities beginning in the 1950’s. For this reason, many residents are unaware that they even exist. A portion of Queen’s Park Creek remains above ground in the northwestern portion of the cemetery, supplying a steady year-round flow of cold clean groundwater to Confederation Creek. It too is culverted for the remainder of its length however, meeting Confederation Creek underground near the intersection of 4th street and 40th Ave NW.

Downstream, the Highland Park Valley sees Confederation Creek meet several tributaries including Trafford Creek and McKnight Creek, both culverted streams originating on the SE slopes of Nose Hill and flowing beneath roads and greenspaces to the valley. Confederation Creek then flows beneath center street and winds south and east through greenspace to reach Nose Creek at stormwater outfall N25, across Edmonton Trail from RONA.

Much of the water falling in the watershed as rain or snowmelt, and groundwater which slowly percolates downhill through soil and rock, ends up in Confederation Creek via stormwater, springs, and tributary streams. Rain rushes to Confederation Creek, causing flooding during large rain events due to the large watershed area, much of which has been converted to pavement, rooftops, roads, and hard surfaces, rushing through concrete pipes preventing the slowing, filtering, and settling that happens in natural stream corridors.

Bringing some of these buried streams back to the surface where they can be restored and enjoyed by Calgarians is an exciting opportunity commonly referred to as daylighting. In the next article, we will take a further look at what daylighting is and how it might be used to recover these special features and address issues relating to flooding and water quality.





Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men, women & the elderly.

### Heart attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age / gender
- Family history

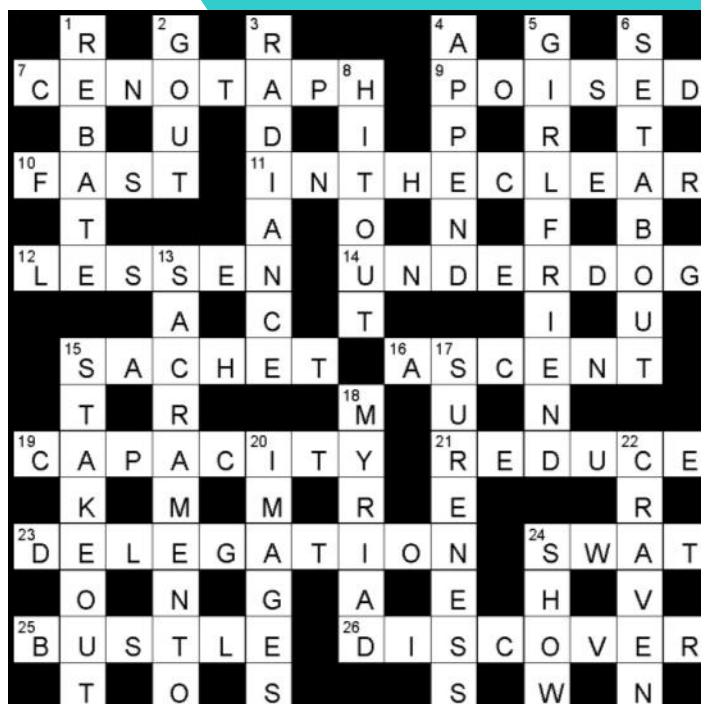
Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What to do when seconds count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life & death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

### SOLUTION



#### ACROSS

7 cenotaph. 9 poised. 10 fast. 11 in the clear. 12 lessen. 14 underdog. 15 sachet. 16 ascent. 19 capacity. 21 reduce. 23 delegation. 24 swat. 25 bustle. 26 discover.

#### DOWN

1 rebate. 2 gout. 3 radiance. 4 append. 5 girlfriend. 6 set about. 8 hit out. 13 Sacramento. 15 stake-out. 17 sureness. 18 myriad. 20 images. 22 craven. 24 show.

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# The UPS Store



## Print and Business Services

## Sudoku

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

# 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>



# News from the Calgary Public Library

## February is Black History Month

Join the Library for a month-long celebration of Black history. Upcoming programs include Black in Calgary: Where Have we Been and Where are we Going? with local documentarian Cheryl Foggo, City Councillor Courtney Walcott, and Alberta's Canadian Association of Black Lawyers president and EDI Counsel Susannah Alleyne, and a screening of *John Ware Reclaimed*.

See all of the programming at [calgarylibrary.ca/black-history-month](https://calgarylibrary.ca/black-history-month)

## Start a Family Book Club!

Family Reading Kits are now available at six Library locations, including Crowfoot Library. Featuring four different titles for school-age children and one picture book, the kits include discussion questions to spark lively conversation, related activities, and more staff-recommended titles to keep reading as a family.



Find out more at [calgarylibrary.ca/family-reading-kit](https://calgarylibrary.ca/family-reading-kit)



## Thank You for Your Support in 2021

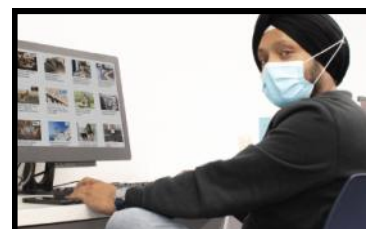
See how our community came together to learn, grow, and celebrate over the past year with this video of our services, programs, and initiatives. Last year may have looked a little different, but we're so proud of everything we were able to accomplish together.

Check out our Year in Review at [calgarylibrary.ca/year-in-review](https://calgarylibrary.ca/year-in-review)

## Explore Our Digital Resources Through Niche Academy

Niche Academy offers Library users simple video tutorials explaining how to use some of our most popular digital resources. Current tutorials include Libby, World Book, Learning Express, Gale Courses, Freegal Music, Flipster, and more.

Dig into our digital resources at [calgarylibrary.ca/niche-academy](https://calgarylibrary.ca/niche-academy)



## The Library Can Help You Meet Your Goals for 2022

Your free Library membership gives you access to free career coaching, resume and cover letter writing support, citizenship test prep, instructor-led and self-directed online courses, talks with experts and renowned authors, and so much more.

Explore your free membership benefits at [calgarylibrary.ca/free-services](https://calgarylibrary.ca/free-services)

# 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](mailto:editor@nhca.ca)**



**This month's winner:**



**Submitted by Marilyn Troiano**





# PHOTOS SENT IN BY LOCAL PHOTOGRAPHERS!



**Submitted by Sami A Houry**



**Submitted by Tammy Lei**

# Paramount Dental is accepting new patients!

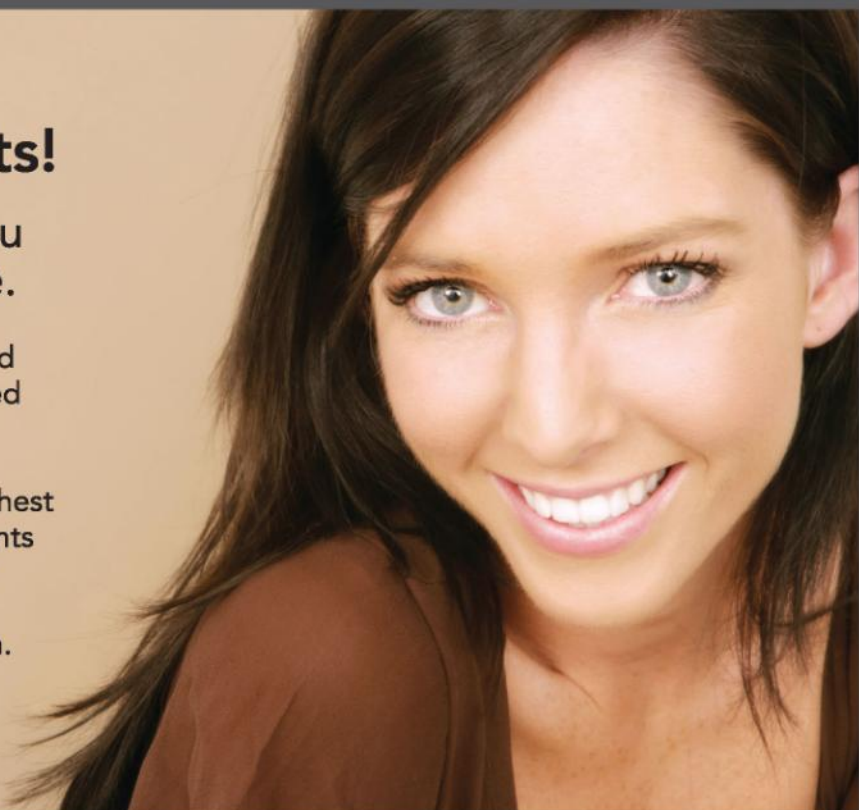
We are excited to welcome you  
and your family to our practice.

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Dr. Henry Seto have over 65 years of combined  
experience.

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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](http://paramountdental.ca)

## NOW ACCEPTING NEW & EMERGENCY PATIENTS