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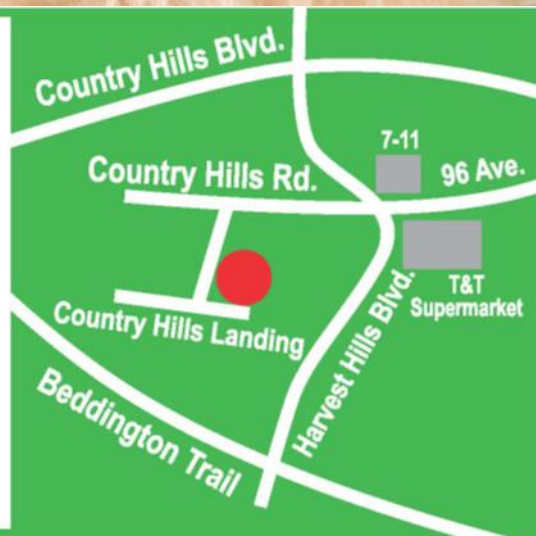


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President's Message



Tavis Settles
President - Northern Hills
Community Association

Good day everyone,

The Northern Hills Community Association (NHCA) is facing a critical financial challenge that will determine how and if it can continue to operate. The COVID environment and the dire Alberta economy have wiped away most of the revenue streams and savings that provided NHCA the operational resources needed to deliver a vast amount of community programming and advocacy. Simultaneously, the needs of the community grew by leaps and bounds as community members needed more low-cost or no-cost access to programs and services. The saving grace, over the last couple years, has been funding and grants from the various levels of government but as COVID begins to lift it's veil, the access to those programs are quickly evaporating. The tricky part about funding, grants and even AGLC funding resources is that they often come with constraints on how they can be utilized and often limit funds allocated towards basic operational needs, which is why it is critical that NHCA develops some form of independent and sustainable of revenue.

Much of the work done is delivered through the willing and able hands of volunteers but there are some staffing and overhead costs that need to exist to coordinate the extend of programming consistently with adequate oversight. COVID added additional challenges in accessing volunteers and the volunteers we have leaned on felt the pressure as they tried to balance our needs with their own during these unprecedented times. Basically... we are tapped out of financial and volunteer resources.

WE NEED HELP.

We need funds to keep the lights on and to keep our minimal staff employed.

We need community members to step up to volunteer in leadership roles on the Board or in committees as the more consistent volunteer leadership we have, then we can depend less upon staffing.

We need community businesses to provide sponsorships to programs and advertise in our newsletter.

We need people to buy a membership and or donate to the NHCA.

We need the people of Northern Hills to recognize the vast number of programs and services that the NHCA provides which make this area of Calgary a special place to call home and realize that it without the NHCA operating we lose a critical piece of our community infrastructure. As well our community will lose a very strong and valuable seat advocating for our needs at the various levels of government.

We need our government and social agency partners to recognize NHCA delivers programming to the community that reduce demands or compliment other social supports to citizens.

continued page 4

We need YOU to help in any way you can. Below is a snapshot of what NHCA has for revenue resources and what programs have been delivered over the year, and the advocacy work that has been done.

NHCA Primary Revenue Streams:

1. Memberships (currently only 900 members @ an average of \$30) but serve a population over 58,000
2. Newsletter advertising
3. Soccer Program
4. AGLC (Casino) and grants (Can't be used for regular staffing or most operational costs)

Tavis Settles, President

Northern Hills Community Association

president@nhca.ca

THE IMPACT OF THE NHCA IN 2021

GIFT OF JOY



205 families and 108 seniors provided support over the xmas season



Family Fun Community Event attended by over 1000 residents

348



Kids and adults in sports programs such as soccer, slo pitch and field hockey.

SENIOR PROGRAMING

750 ART PARTICIPANTS

A variety of free and subsidized art programs delivered to all ages, in person or online.



COMMUNITY ADVOCACY

- Improvement to traffic controls
- Protect Nose Creek valley
- Overpass between Evanston & Panorama
- Mayor and Councilor candidate education tours
- Commercial planning & development

FOOD INSECURITY SUPPORTS



- 311 food Boxes Co-ordinated
- 9 Community garden beds dedicated to food bank or community consumption
- Supported Coventry Hills Food Pantry

SUPPORT OTHER ONGOING PROGRAMS

- Creating Coventry
- Basketball and Ice Rink Court
- Harvest Hills Hub
- Pollinator Corridor
- Games Park
- Maintain 3 outdoor ice rinks
- Maintain 2 community gardens
- Maintain community mural
- Monthly newsletter delivered to over 30,000 homes

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
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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
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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

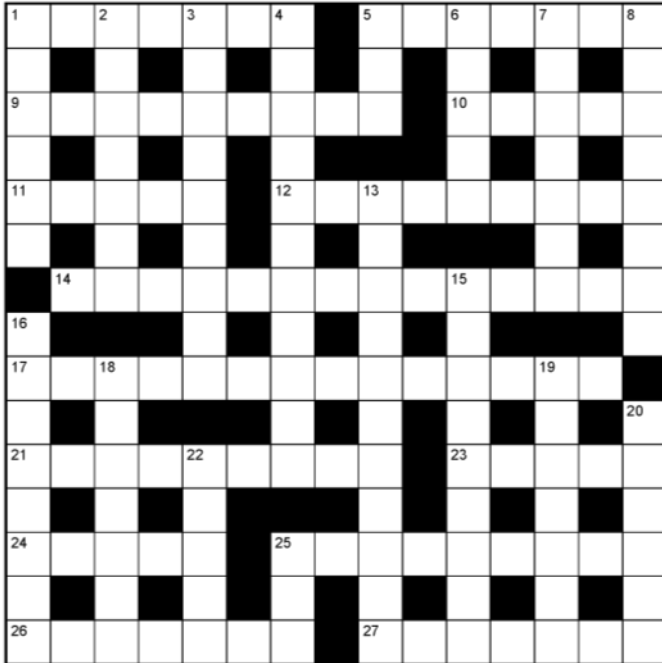
Scotsman's Well

Sure Scraps A Lot!

Top Gear Car Wash

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

Free Crosswords Online!



ACROSS

- 1 River makes camp too unsafe? (7)
- 5 Breaking law's base and you get bird (7)
- 9 What vigilant people pay for treatment (9)
- 10 Woman shortly to become nurse (5)
- 11 Landlord entertains student composer (5)
- 12 Commander-in-chief takes a moment to show scar (9)
- 14 Parisienne's the very best? (5,2,2,5)
- 17 He's one I singled out to behave stubbornly (3,2,4,5)
- 21 New local bar visited by English and Spanish gentleman (9)
- 23 Go in for some decadent erotica (5)
- 24 Agree with account (5)
- 25 Poisonous mixture of drinks? (9)
- 26 Gave nag a seat? (7)
- 27 Get shot of data Lee falsified (3,4)

DOWN

- 1 Very good and fruity (6)
- 2 Nominal head of section abandons altruist sadly (7)
- 3 Very small chap is old American fighter (9)
- 4 Company events said to be happening at the same time (11)
- 5 Number's up for boy (3)
- 6 A daughter likely to conform (5)
- 7 Left to set fire to coal (7)
- 8 Anyhow we delay taking on Liberal with a squint (8)
- 13 Refrigeration spoils oldest cargo (4,7)
- 15 Most intelligent 150 with the height of ambition (9)
- 16 Teaches US cadet manoeuvres around end of June (8)
- 18 After onset of gangrene sailor lost blood and talked incoherently (7)
- 19 I rant madly, trapped in the French toilet (7)
- 20 Mate runs into addict (6)
- 22 Trusty leaders of local organisation backed non-professional (5)
- 25 Unhappy taking part in crusade (3)

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and so much more!

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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

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Northern Hills
Community Association

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- 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

arts@nhca.ca

CREATIVITY FOR ALL

Art isn't just for professional artists, we
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- 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



Happy St. Patricks Day



Harvest Hills Alliance Church

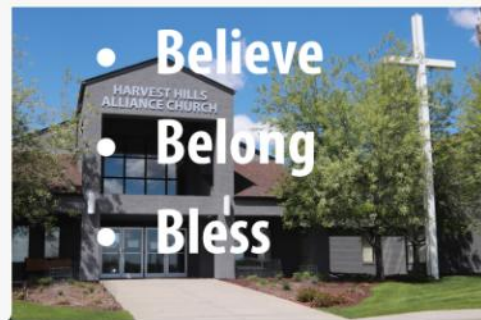
www.hhachurch.com



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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—Spring Session Starts

Wednesday March 2 9:30 am

to register e-mail esl@hhachurch.com

Weekly Events

Tuesday 6:45 pm

Women's Cardio and Stretch Calss in person at the church.

Tuesdays 8:30-10:30 pm

Men's Floor Hockey

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

The Women of Harvest invite you to our Local IfGathering.

March 4&5

This is a regitered event.

Cost \$10.00

For more information please go to our website.

NHCA CONTACTS

OFFICE:

NHCA at Vivo
11950 Country Village Link NE
Calgary, AB, T3K 6E3
Tel/Fax: 403-226-6422
E: 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](#)
Volunteer Development Coordinator:
[Joanna Wong](#)

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: [Devon Lowe](#)
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
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not necessarily reflective of the
opinion of NHCA.



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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.



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Scan the QR Code!



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Dr. Andrea Quon • Dr. Floria Tse

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- DROP OFF YOUR BAGS AT BEDDINGTON BOTTLE DEPOT (111-20 COUNTRY HILLS LANDING NW)

COLLECTED FUNDS WILL GO
BACK TO PROGRAMS &
SERVICES FOR YOUR
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NHCA.CA/DONATE-RECYCLING/

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Community Association**

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requested newsletter by
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Coventry Hills /Harvest Hills/
Country Hills and Country Village

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Lawn coupon	LAWN CLEANUP SAVE \$25 VALUE \$75	Lawn coupon
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Lawn coupon	AERATION SAVE \$25 VALUE \$75	Lawn coupon
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Lawn coupon	POWER RAKE SAVE \$50 VALUE \$115	Lawn coupon
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Lawn coupon	MOW & TRIM SAVE \$15 VALUE \$39	Lawn coupon
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Lawn coupon	HEDGE TRIM SAVE \$25 VALUE \$130	Lawn coupon
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Lawn coupon	SOD SAVE \$0.25 VALUE \$0.95	Lawn coupon
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Lawn coupon	CEDAR MULCH SAVE \$25 VALUE \$125	Lawn coupon
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Community Association Awareness Month

By David Hartwick, Advocacy & Government Relations NHCA Director

March is Community Association Awareness Month. Like many community associations, the NHCA has struggled through the past 2 years unable to generate revenue, as we have been unable to run our regular programs. The President's message will let you know how bad things are, but one of the issues we face, is brand confusion in the community. Many people think that Vivo is a community centre, others that the Panorama E-Centre (Northstar Residents Association and now renamed the Panorama Hills Community Centre) is the Panorama Hills Community Association, and others think that community associations are publicly funded. Within the Northern Hills, we have ONE Community Association, ONE Residents Association, as well as TWO Homeowners Associations so it is no wonder people are confused.

The Northern Hills Community Association (NHCA) represents ALL 58,000+ people that live in Country Hills, Coventry Hills, Country Hills Village, Harvest Hills, and Panorama Hills. We are an organization formed by the residents to:

- To support the social, educational and recreational needs of the neighbourhood. (We are the organization that advocated for the schools, Vivo expansion and social support outreach)
- To build connections in the neighbourhood through volunteer opportunities, events and programs (community soccer, softball, tax clinics, arts and crafts, mural, seniors activities)
- To act as a community liaison in civic matters (such as planning and development, traffic, transit, community infrastructure and community needs)

To plan, develop and maintain community facilities and amenities such as community gardens and skating rinks

Advantage of a Community Association

- Membership in a Community Association is optional.
- Offers the opportunity to become involved and connected in the neighbourhood.
- Members have the opportunity to participate and register in Community Association run events and programs.
- Members have the opportunity to volunteer in their neighbourhood (board members, special events, committees, etc.)
- The Community Association receives development, transportation, and zoning plans from the city and the developers, and may provide feedback on the approval process;
- The Community Association has direct contact with the Councillor, MLA, MP, School Trustee, Police Liaison Officer and other government officials;

The Community Association can support the addition of new facilities and amenities in the neighbourhood.

In addition to the NHCA, there are also the Northstar Residents Association for most residents of Panorama Hills, and the Panorama Hills Estates Homeowners Association for those that live in Panorama Hills Estates. The residents in the new Parks of Harvest Hills are members of the Parks of Harvest Hills Homeowners Association. These are all compulsory organizations created by the land developer:

- To manage and maintain the physical elements of a development (entrance signage, ornamental parks and ponds, boulevard landscaping and buildings) that the City will not accept responsibility to maintain.
- To manage and maintain amenities such as lakes and golf courses.
- Membership is compulsory and the requirement to pay an annual fee is collected by the association through a caveat on a property title.

An HOA is initialized by the Community when there is the desire to ensure a high degree of maintenance of the common amenities noted above.

Advantages:

- HOA's are mandated to maintain the community amenities and physical elements installed by developers such as parks, playgrounds and other landscape features;

Residents enjoy amenity-rich environments which are maintained; thus preserving outdoor areas which contribute to the long-term appeal of the community.

However, the amenities that Northstar Residents Association maintains are only those by the developer, whereas the outdoor rink for example, is provided by the NHCA, who has to raise funds to provide it. There is also a second rink in Panorama Hills this year that was provided by the City of Calgary Adopt-a-rink program supported by a local resident. Are you confused? We get it. Furthermore, VIVO, which many believe was intended as, or is, a community association building, is a recreation centre owned by the City of Calgary and operated by the VIVO For Healthier Generations charity. The NHCA is currently a tenant of VIVO.

The NHCA-Your Community Association, along with the various Resident Associations and VIVO, all play a critical part in serving our wonderful community in a variety of ways. Although different, and sometimes representing different areas or needs, we have worked together on a number of programs and events such as the Spring Community Clean-up, Break-A-LEGO and Gift of Joy to name a few. We will continue partnering and coming together to support each other as one without the other wouldn't address all the needs of our large, growing, and diverse Northern Hills Community.

For the NHCA to continue operating, we need members. We need volunteers. We need board members. In addition to the advantages mentioned above for our members, your membership card provides you with significant discounts within the community and surrounding area and many members tell us that they save more money than the membership costs. If you have questions, or would like to buy a membership, we would love to hear from you. You can also purchase a membership online (NHCA.ca) and use your discount right away at the businesses listed on our website.



Amber-an 11 yr old avid reader & budding artist who expresses her talent & creativity through Art & various mediums



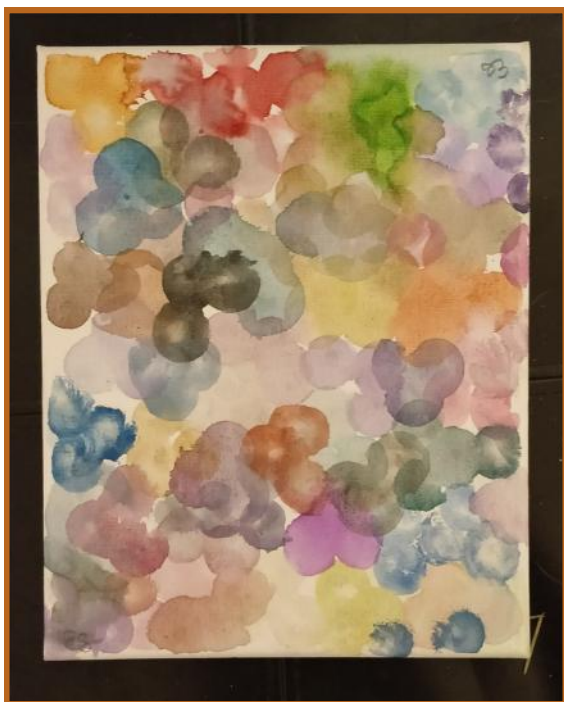
art is
not what
you see,



but what
you make
others see.

Elizabeth is 9 yrs old and loves all kinds of art. She loves to go outside and be in nature to gather ideas. Her Grandpa and Grandma are both professional potters and her grandma is also a great painter. Her Aunt Ara is also super creative and a great influence.

Right now Elizabeth is really interested in working with acrylic paints and has been creating space/planet art using cardboard circles from frozen pizzas.





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Northern Hills Neddie

Dear Northern Hills Neddie,

I am a younger guy and am in a relationship with a person now for quite a while. While I am committed to her, I can't help but have a wandering eye and thinking about other woman and about "dating" them. Is this so wrong? I am young and they always say in movies that young men sow their wild oats and its totally fine to do so? I mean I am not harming anyone am I by just thinking about it-I mean many other people actually cheat and act on it-you know what I mean you know: tinder: Swipe Swipe..... Please Neddie let me hear your wise thought on this-I really value your advice you always bring our community!

Sincerely,

Tinder Troubles

Dear Tinder Troubles,

Do you really want to hear my advice? Okay here goes! I do not believe just because you are young you are not accountable for your wandering eye nor do I think you CAN'T help having a wandering eye. You don't have to think about other girls all the time-would you like your girlfriend to think about other men all the time-would this make you feel special or happy? If you are always looking at other girls and thinking about "dating" them-how committed are you really? Perhaps she isn't even the one for you? Love doesn't grow in a sea of wandering eyes -just my opinion of course-some may beg to differ with me on this. As for young men sowing their wild oats-not all of them! Many men don't do this at all. They respect and love their partner and don't feel the need to sow oats-that is a lifestyle choice-not a life rule.

Personally if you want to keep swiping maybe its time to rethink your current relationship?

Like I said not sure you really wanted to hear my opinion!

Good Luck,

Neddie Out!

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



Businesses and a Greener Future

by Yashi Sharma

Businesses of today cannot continue to follow outdated and unsustainable practices based solely on financial performance. Even though it might seem too costly to make sustainable changes, the evidence shows this is not true. Better and greener practices can help the planet flourish, create a better global community all while increasing profits. When consumers are able to feel like they are supporting environmental stability it makes them feel like they have a stake in our world as well. The business is also able to use this feeling in the marketplace because the consumers will be willing to pay slightly more for a more sustainable product.



Businesses who are able to run sustainably while focusing on multiple stakeholders will see the most growth. There are many examples of these Mutual Funds that pools the money of many investors and stakeholders and renders great returns through environmentally stable businesses. In the last year one stream of an ESG mutual fund has grown over 20 percent for investors. This example represents that green business is still very profitable and that people will be more willing to invest into these funds, changing the role of business in society towards stability rather than strictly maximizing profits and changing the status quo.





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Draw and Paint your way to Good Health

By MPC Foundation

There is ample evidence to suggest that involvement in any Art forms can produce positive outcomes for physical, mental and emotional health. Anecdotally, for those of us who have ever drawn, painted, sang or danced, we may recall the sense of calm and peace, and in many cases, experience a form of joy that emanates from deep within. Well, there's plenty of scientific evidence to suggest that such sensations of well-being will have a cumulative positive effect on our health.



Researchers at the McMaster University found that increasingly so, the aging process can benefit greatly from the introduction of arts in a seniors' routine. These art forms can be drawing, painting, music or writing. This is because artistic engagement is an interactive activity, with additional benefits being derived from participating in art activity in a group setting. Other research has also demonstrated that involvement in arts programs is associated with improved physical well-being, higher degrees of social inclusion. In particular, evidence on the benefits of arts programs for seniors generally points to the following:

- Participants experience significantly improved perceptions of health status, chronic pain and sense of community.
- They experience increased social connections and belonging.
- Involvement in the Arts requires dedication and persistent efforts. This leads to a sense of achievement for the participants when a project is completed.
- Every Arts project is different. This provides ample opportunities for seniors to engage in continuous learning of new techniques and tools. This has a tremendous positive impact on their self confidence.
- There is tremendous range and depth of each Arts medium, providing ample opportunities for participants to flex and develop their inner artistic abilities. This leads to new explorations and experimentations, resulting in measurable benefits to cognitive abilities.



So, draw, paint, sing and dance your way to good health. No talent is necessary! Furthermore, both Northern Hills Community Association and MPC Foundation have excellent art programs to get you started. Connect with us to find out more!

MPC Foundation is a Registered Charity. For more information, please visit www.mpcfdn.ca

The Wonderful World of Micro Gardening

By Colleen Danchak

Here we are in March already. Often people's thoughts start to turn focused unto spring. Such dreams to work on our health or to begin growing plants from seeds for the garden inevitably arise in our climate. Over the last few years, indoor gardening has become more specialized with many products and unique ways to indulge in this process.



I stepped out and purchased an indoor micro garden/grow garden after some research. Essentially, one would farm using containers or creatively designed fixtures. I enjoy certain herbs or micro greens I have often had a hard time locating at stores. The garden I purchased has soil and wicking mat and a single light bulb feature but there are bigger units. You may not agree on this way but there is something for everyone. Here is a list of some different types of gardening. Seedling pods, seeds and soil or just air with watering in some manner, are all different ways to consider using various containers such as towers and self watering containers. Depending on container or type used, you can end up with abundant harvest in just weeks and high yield in a year. Some styles are more costly for set up and maintenance. Happy health to you and gardening!

- 1) **Aeroponics**
- 2) **Hydroponics**
- 3) **Aquaponics**

News from Calgary Public Library

Get March Break Ready

Find tips and resources to keep busy and entertained with the Library during March Break. Our students page has everything you need, including book recommendations, virtual programs, at-home activities and digital resources.

Get started at calgarylibrary.ca/students



Welcome the Indigenous Artist in Residence

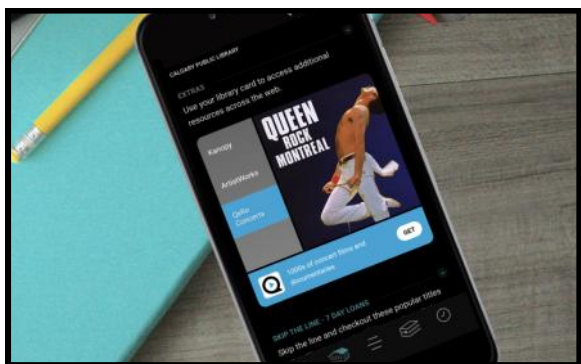
Learn more about Indigenous Art from the Indigenous Artist in Residence, Danielle Elizabeth Piper. Danielle is an emerging local artist who uses traditional craft techniques and both English and Nêhiyawêwin to represent colonized experiences in her art. Danielle will offer talks and one-on-one consultations throughout her residency.

Connect with Danielle at calgarylibrary.ca/artist-in-residence

Meet the 2022 Entrepreneur in Residence

Do you have questions about business and entrepreneurship? Meet Kevin Franco, the new Entrepreneur in Residence at the Library. With over 26 years' experience in local and international business, he will offer advice and mentorship to emerging and established entrepreneurs through virtual programs and one-on-one consultations during his residency.

Learn more at calgarylibrary.ca/entrepreneur-in-residence



March is Fraud Prevention Month

From online real estate and cryptocurrency scams to contractor fraud, it can be hard to know what and who to trust when making investments or even just browsing online. Join expert panels in our Frauds, Scams, and Shams series to learn how to protect yourself from scammers.

Register online at calgarylibrary.ca/programs

Have You Seen Libby's Newest Additions?

There are more free resources to love in Libby — in addition to eBooks and audiobooks, you can now watch documentaries, classic cinema, international films, and learning videos through Kanopy, take music lessons with ArtistWorks, or watch full concerts from Billie Eilish, Carrie Underwood, Dua Lipa, and more with Qello Concerts. Find them under “extras” on the Libby app homepage.

See what Libby has to offer at calgarylibrary.ca/libby

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?

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: March 12 and more until April 30, 2022

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
- Arts & Crafts

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

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!](#)

March WINNER!

Crock Pot Sherried Chicken

Winner: Victoria Schellenberg

Ingredients:

8 slices bacon, chopped
4 boneless chicken breast
2 cups sliced mushrooms
1 cup diced onion
1 cup diced celery
2 cans cream of celery soup
1 cup sour cream
1/2 cup sherry or white cooking wine
1 tsp ground sage or 2 tsp fresh
1/2 tsp ground rosemary or 1 tsp fresh
1/2 tsp ground pepper

Directions:

In a skillet fry bacon until cooked but not crisp. Drain excess fat. Brown breasts in remaining fat until golden. Combine all remaining ingredients into slow cooker. Stir well. Add bacon and chicken. Simmer on low for 6 hrs or high for 4 hrs. Serve over rice. Makes 6-8 servings.

This recipe is great because you can switch it out with what you have on hand. I usually use chicken thighs and sausage instead of breasts and bacon. If you don't like celery (my kids don't love it cooked), leave it out. Cream of chicken soup can also be substituted for cream of celery. This recipe is great for busy days!



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

Email: editor@nhca.ca

Laugh of the day



By Punctuation Association Joni R.
punctassoc@hotmail.com

Sudoku

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

SHARING SMILE

JOKE CORNER

Q: What do you use to cut a Roman Emperor's hair?

A: Ceasers!

Q: What's a windmills' favorite kind of music?

A: They're big metal fans

Q: What washes up on tiny beaches?

A: Microwaves1



INTERESTING FACTS!

1) The Earl of Sandwich, John Montagu, who lived in the 1700s, reportedly invented the sandwich so he wouldn't have to leave his gambling table to eat.



2) Bats are the only mammal that can actually fly.



Pandora's Adoption From The Calgary Humane Society

Author: 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>



Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

Jobs and Economy: Good economic news is abounding as Alberta's Recovery Plan continues to take shape. In every corner of the province, there are new investments that will create jobs for Albertans. This is great news as our economy continues to diversify and our province continues to attract major international business. 2022 is going to be a strong year for our province's economy, as we lead the country in economic growth and into an exciting future.

Agreement Reached with Nurses: Recently, Alberta Health Services and the United Nurses of Alberta ratified a labour agreement. This four-year agreement ensures the stability of our healthcare system and addresses issues of recruitment and retention. The agreement also balances the need to keep health care spending comparative to that in other jurisdictions, while ensuring Alberta's registered nurses receive fair compensation for the important work that they do.

Fourth Booster Available: Albertans 18 years and older who have specific immunocompromising conditions can receive a fourth booster five months after receiving their third dose. Eligible individuals can book appointments with AHS online and participating pharmacies by using the Alberta vaccine [booking system](#) or by calling 811.

EMS: In response to growing demand for EMS services across Alberta, the government is launching a provincial EMS Advisory Committee to provide immediate and long-term recommendations to form a new provincial EMS service plan. The committee will provide recommendations to the Health Minister by May 2022. Strategies that can be tested or more broadly implemented in the short term will be actioned in the meantime. Meanwhile, Alberta Health Services (AHS) is immediately rolling out a 10-point plan to quickly add capacity to EMS.

As always, it is my great honour to serve as your MLA. I appreciate receiving your helpful feedback and ideas. Please feel free to call me to discuss matters that are important to you.

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 Constituents,

As we enter the month of March, we are grateful for the blessings of living in Alberta, and the importance of working together to mitigate the lasting impacts of a long pandemic. Budget 2022 is our government's optimistic plan for our province moving forward, and I look forward to reviewing your feedback as your MLA.

January's job numbers reflect that despite COVID-19's impact, Alberta's economy continues to push forward. Alberta continues to see new jobs created in our province, which demonstrates the ongoing momentum of our economic recovery. In a month that saw 200,000 job losses across the country and an increase in national unemployment rate, Alberta gained 7,000 jobs and saw its unemployment rate drop further. Once again, Alberta leads the country with its 64.5 per cent employment rate. Alberta remains a business and entrepreneur-friendly jurisdiction with a high quality of life and a low cost of living, which is why we saw record-breaking investment last year and why we can look forward to more investment in 2022.

Recently, EY Canada announced its first Canadian-based Finance Centre of Excellence in Calgary. It joins a growing list of EY Finance Centres of Excellence around the world with distinct areas of focus ranging from cybersecurity, innovation and analytics to robotic process automation and manufacturing services. This is great news as our economy continues to diversify and our province continues to build a reputation as a destination for major international business.

Alberta is the place to be for people seeking opportunity and prosperity. With companies making massive investments in tech, clean energy, manufacturing, oil and gas, and film and television, our province is once again expected to lead the country in growth in 2022!

Thank you all for your support, and my best wishes to you and your family!

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

New High School and Stoney Trail Interchange Update

You've likely seen the construction of the new public high school along Harvest Hills Blvd. I know this is something that many of you have been advocating for so I'm pleased to see it's moving forward. Projected to open for the 2024-25 school year, the school expected to serve about 1800 students in the north-central catchment area.

Alberta Infrastructure and the Calgary Board of Education are working on transportation improvements to accommodate vehicle volume related to the school:

- New traffic signals at the school entrance at Harvest Hills Blvd and Panatella Gate NW
- A new school bus loading bay on Harvest Hills Blvd to accommodate bus loading and unloading without disrupting existing northbound lanes
- Opening a left turn lane into the school from southbound Harvest Hills Blvd

I've had a lot of questions from residents regarding the interchanges along Stoney Trail North and the routes around it. The City will be connecting new pathways on the Stoney Trail/Harvest Hills Blvd interchange to the existing Greenway pathway system and adding a crossing north of the interchange. These improvements and the other Stoney Trail North interchanges in Ward 3 are scheduled to be completed in the fall.

Please visit the project website for more details: <https://www.calgary.ca/stoneyninterchanges>

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor

Uncovering Confederation Creek

By Elliot Lindsay – Friends of Confederation Creek

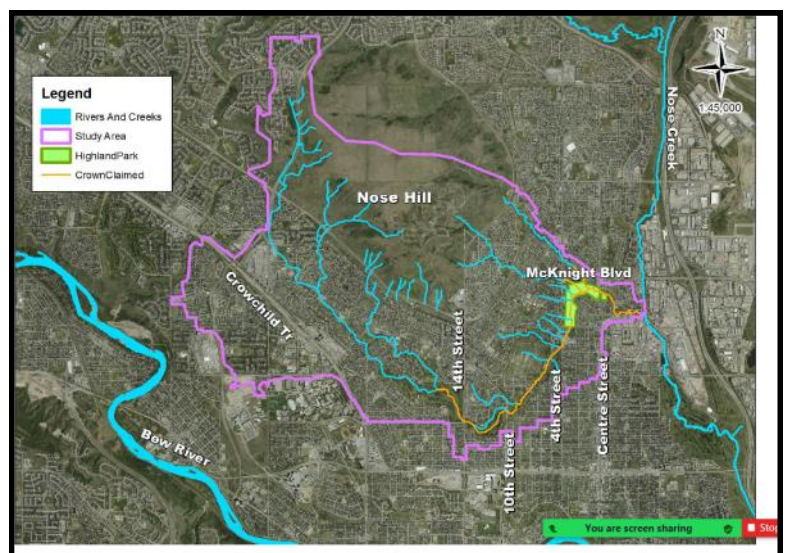
The Friends of Confederation Creek (FOCC) are a volunteer-led society concerned with the Confederation Creek watershed. We have launched the “Uncovering Confederation Creek” project this year thanks to Watershed Stewardship Grant funding administered by the Land Stewardship Center of Canada. We encourage anyone interested to contact us at friendsofconfederationcreek@gmail.com and follow us on Facebook. Please check out our previous articles, introducing the project and background in several Calgary Great News community newsletters.

The Confederation Creek watershed (drainage area) is the largest in all of Calgary, with an area of 2700 hectares of NW Calgary from Shaganappi Trail NW to Edmonton Trail NE. While parts of Confederation Creek, Queen’s Park Creek, and a few springs remain above ground, many streams were buried in concrete pipes beginning in the 1950’s. Burying streams has serious negative ecological and social implications. Fortunately, no river or stream is ever truly lost, and given the right amount of effort even the most degraded and forgotten stream can be rehabilitated to a healthier and more functional state. The best hope for a buried stream is often daylighting. The organization American Rivers defines stream daylighting as a process which “...revitalizes streams by uncovering some or all of a previously covered river, stream, or storm water drainage.”

Confederation Creek and its many tributaries represent near-ideal candidates for daylighting, as many are flowing through concrete storm sewer pipes beneath green spaces already part of Calgary’s pathway or park system, with very little infrastructure to impede restoration. So why aren’t we doing it!? The simplest answer is that many simply do not know that these streams are there! Even fewer may be aware that rehabilitation for these streams would be very possible and indeed beneficial. So where would we start? Well, wherever we can. Each community can begin the process of restoring pieces of this amazing watershed in their own backyard. We hope to have planted the seed through these articles, showing that this exciting process could happen here in Calgary, and highlighting the need here in our own backyards.

Calgarians need to ask decision makers to commit to restoring these features in their communities. Trafford Creek in Thorncliffe, Queen’s Park Creek in Highland Park, lower Confederation Creek in Tuxedo, and more. Daylighting would mean cleaner water, reduced flood risks for downstream communities, better pathway connections, restored habitat for nature and people, all lost for decades and replaced with constructed unnatural landscapes. Imagine taking a walk along Confederation Creek, along an open flowing stream from West Confederation Park (formerly Camore Park) to Nose Creek where Confederation Creek enters at 32nd Avenue at outfall #25 (across the street from the Rona.)

Fish could again migrate from Nose Creek into Confederation Creek and its tributaries. A new generation could grow up playing in the shade of stream bank shrubs lost for over 50 years. Residents could awake to the sounds of babbling brooks currently silenced in a concrete tomb. These streams are right here beneath our feet, and they are waiting for someone to speak up for them. Talk to your councillor, your MLA, and your neighbour about daylighting in your community. Let’s get to work!



SOLUTION



ACROSS

1 Potomac. 5 swallow. 9 attention. 10 angel. 11 Holst. 12 cicatrice. 14 crème de la crème. 17 dig in one's heels. 21 caballero. 23 enter. 24 tally. 25 snakebite. 26 saddled. 27 eat lead.

DOWN

1 peachy. 2 titular. 3 minuteman. 4 coincidence. 5 son. 6 adapt. 7 lignite. 8 wall-eyed. 13 cold-storage. 15 cleverest. 16 educates. 18 gabbled. 19 latrine. 20 friend. 22 loyal. 25 sad.

Sudoku

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

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Burns and Scalds



Emergency Medical Services routinely respond to emergencies involving young children who have sustained burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stove, iron), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access, if not already built in;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

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

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



Thank You for Your Support in 2021

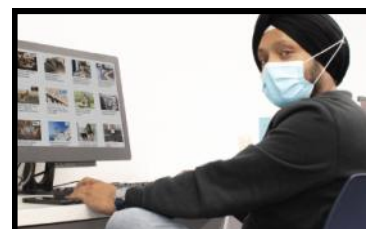
See how our community came together to learn, grow, and celebrate over the past year with this video of our services, programs, and initiatives. Last year may have looked a little different, but we're so proud of everything we were able to accomplish together.

Check out our Year in Review at calgarylibrary.ca/year-in-review

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



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

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.



CALLING ALL LOCAL PHOTOGRAPHERS!



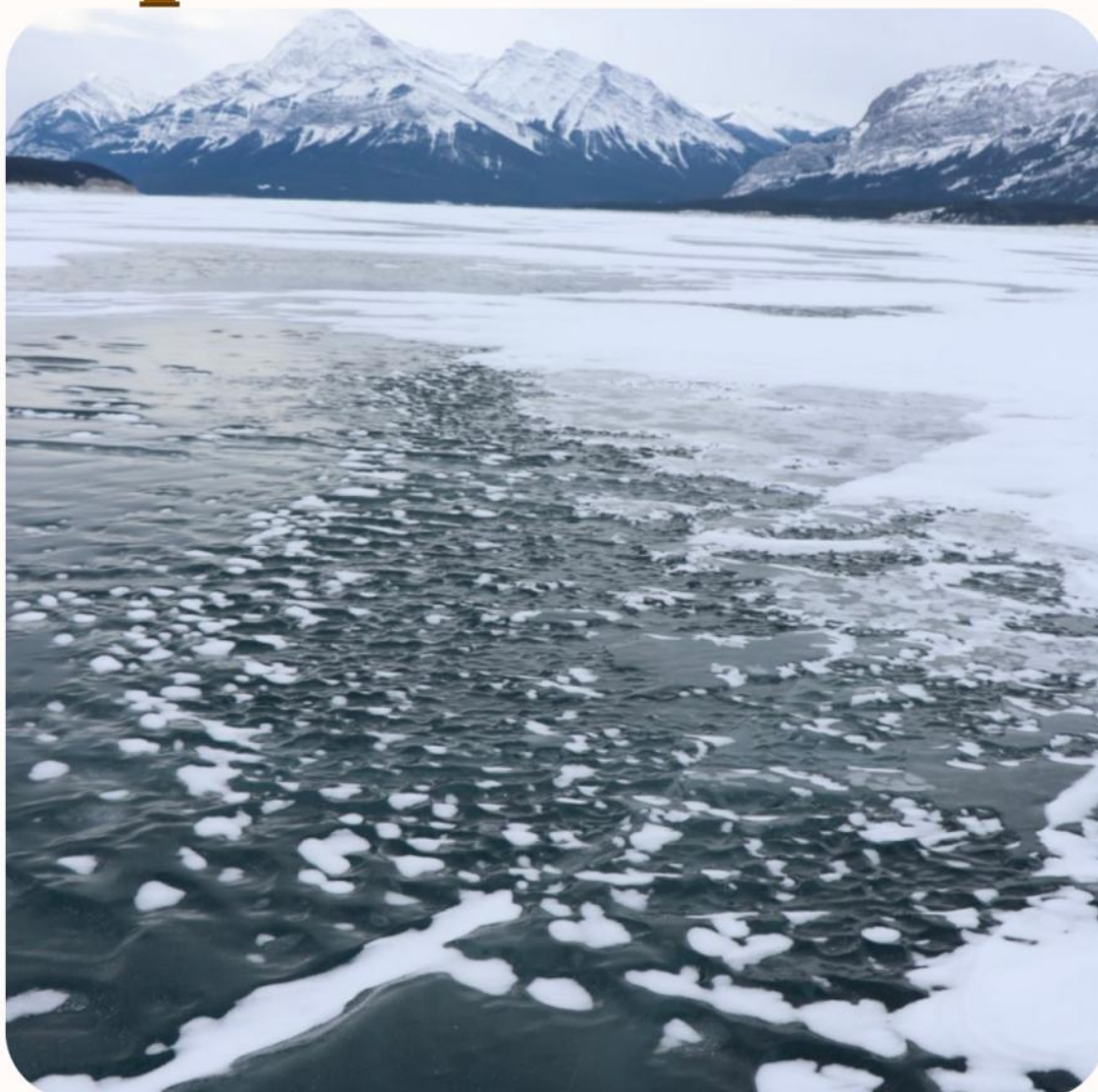
**COBS
BREAD**

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

Please email in to editor@nhca.ca



This month's winner:



Submitted by Bob Leuty "This picture was taken this past week at Abraham Lake, 90 minutes West of Rocky Mountain House. A popular spot for photographers and the general public to observe the frozen Methane bubbles and the different ways the water has frozen."

Paramount Dental is accepting new patients!

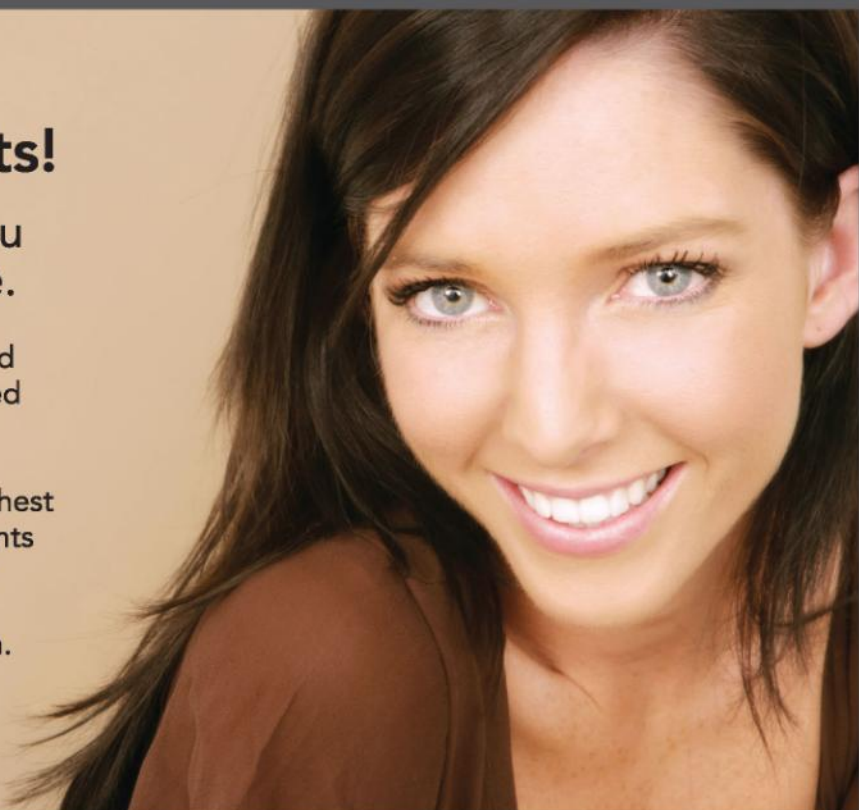
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and your family to our practice.

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Dr. Henry Seto have over 65 years of combined
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standard of care possible, while making patients
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appointments and direct billing to insurance*

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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

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NOW ACCEPTING NEW & EMERGENCY PATIENTS