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Coventry Hills

Harvest Hills

Panorama Hills



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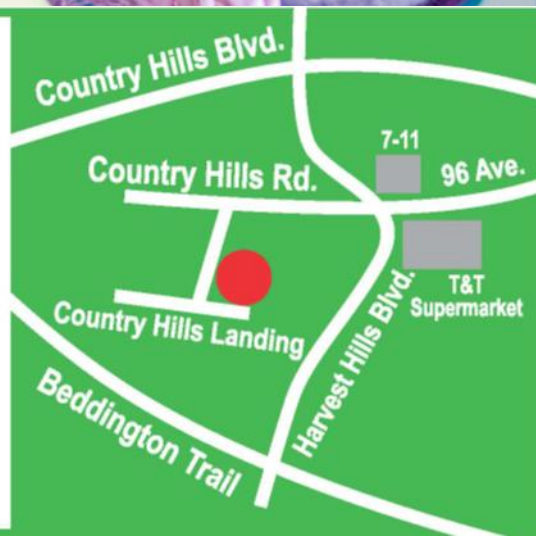


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WEEK**

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Dr. Bijaan Lalani



Dr. Christine Ursuliak

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www.northernhillsschiro.ca

President's Message



Tavis Settles
President - Northern Hills
Community Association

Hi Everyone,

As we are trying to ramp up for some summer programs and services, we are running into a real issue where our normal level of volunteers and memberships have drastically fallen off. This is putting a pile of services, programs, and events at risk. With covid restrictions being lifted and the hope that everyone would return to normal activities and engagement, the truth is not panning out to be that way. This has affected our ability to generate revenue for the organization and local businesses are focusing on their own return to normal and the struggles they are facing. As it stands now, we really need people to help. We need volunteers for some board positions with the most prominent being treasurer and ALGC / Grants position as well as several committee and program spots. If we can not close this gap in funding and volunteers by our AGM we are going to have to stop and close a number of programs and services. We are really hoping that this doesn't happen as we feel it will negatively affect the community overall.

Speaking of those programs, the community garden plots are well on their way with only 6 spots left so if you're thinking about it-don't wait. The soccer program is up and running again. Please check out our website to sign your kids up, along with other summer programs. The Roam The Hills event is still going on and it's a great way to get out and explore our neighborhoods. Check out this link for more details. <https://nhca.ca/roam-the-hills/>

As we are working with various levels of government to see what we can do about addressing the needs and concerns of the NHCA, please help us by spreading the word. We need people to help with our programs. We need people to purchase memberships. Just to give you an idea, we are currently have approx 900 members, but before covid had well over 2000 members. With a population and area of our size, we shouldn't have an issue with gaining over 2000 members. The local businesses offer some amazing deals to more than pay for and offset the cost of \$20 to \$30 dollars a year depending on membership type chosen.

If you are interested in volunteering, please contact our office. I can't stress how much community participation and support means to the overall health of the NHCA organization and all the things we do and would like to do for the community.

Tavis Settles, President

Northern Hills Community Association
president@nhca.ca

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

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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

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\$5 off orders over \$25

Swiss Chalet

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

Woody's Taphouse

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10% Off

UPS Store

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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

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34 Panatella Blvd NW
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9650 Harvest Hills Blvd NE
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Rice For King-The District

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Boston Pizza Cross Iron Mills Mall

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KIDSFIRST Resolution

The Lash Lounge By Tanz

Little Caesars

Montana's

Ornamental Stone

Royal Palace Home Inspection

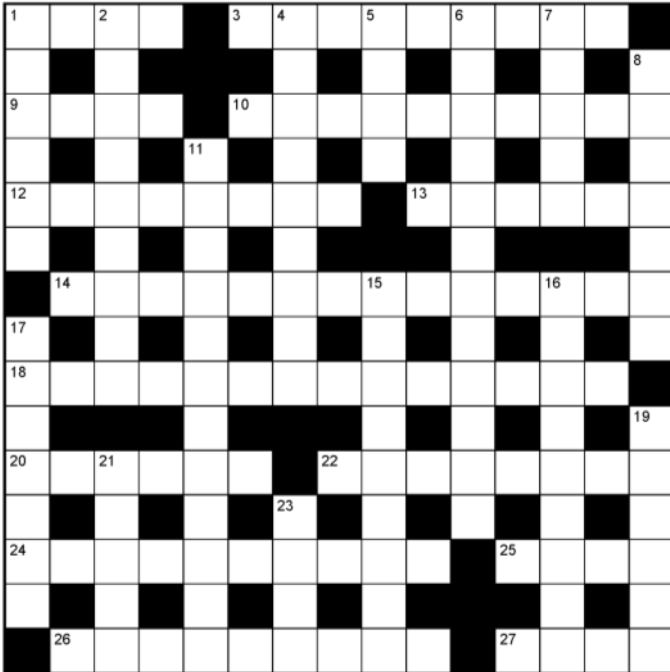
Scotsman's Well

Sure Scraps A Lot!

Top Gear Car Wash

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

Free Crosswords Online!



ACROSS

- 1 One with limited freedom to ride the waves, say (4)
- 3 Ideas came unstuck in these places of learning (9)
- 9 Avoid Donald perhaps (4)
- 10 Sign one's not healthy and fit? (10)
- 12 One paddles in ocean, swimming first (8)
- 13 Young Tom needs gear, camping equipment mostly (6)
- 14 After awful experience Dad takes on new role extremely quickly (4,3,7)
- 18 Desires land law reforms in part of the Pacific (7,7)
- 20 Pondering evil, sucker goes outside (6)
- 22 Aunt Dot's resolved to be conspicuous (5,3)
- 24 So slur I spread about scoundrel is libellous? (10)
- 25 Short memorial column (4)
- 26 Snakes shed tears when exposed to the elements (9)
- 27 A little memory to get your teeth into, say (4)

DOWN

- 1 Right away secured criminal to corrupt (6)
- 2 Never once arranged to meet again (9)
- 4 This is one angry expression! (9)
- 5 Engaged finally, I have to take the plunge! (4)
- 6 Breaking law, guilty man in the soup (12)
- 7 Former partner is given short time to live (5)
- 8 Anne's upset about trap (7)
- 11 Thoroughly stilted but polite (4-8)
- 15 Final high-ranking card – it's played on Judgement Day (4,5)
- 16 Hand buoys around in Canadian water (6,3)
- 17 To some extent problem is horrendous for Mark (7)
- 19 Sculpture from university in Iowa? (6)
- 21 Arab's second car (5)
- 23 Good student starts to overcome weariness and shine (4)

Design and digital publishing credit to:

The UPS Store 264

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

The UPS Store



Print and Business Services

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and so much more!



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Country Hills and Country Village

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



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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

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**Northern Hills
Community Association**

Northern Hills Arts and Crafts

Bringing art to you!

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

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



NHCA NEEDS YOUR HELP!

**WE ARE YOUR COMMUNITY ASSOCIATION -
SUPPORT US BY:**



- BECOMING A MEMBER
- REGISTERING FOR PROGRAMS
- VOLUNTEERING
- DONATING
- SPONSORING

**WE ARE IN A CRITICAL FINANCIAL SITUATION
THAT AFFECTS YOUR COMMUNITY ACTIVITIES!**



WWW.NHCA.CA



Harvest Hills Alliance Church

www.hhachurch.com



10099 Harvest Hills Blvd NW

403-226-0990

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

Wednesday 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.

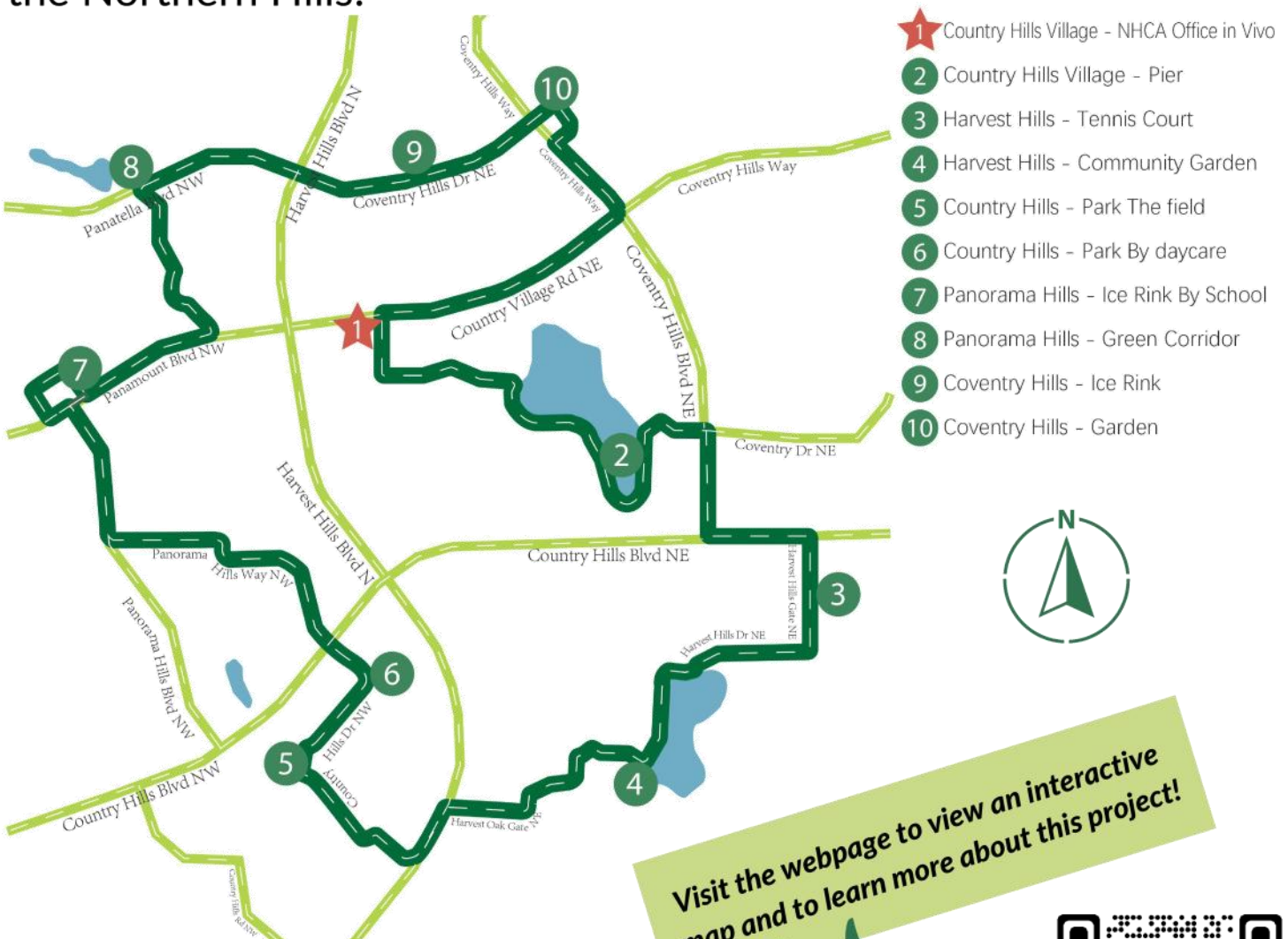
Good Friday Service
April 15 10:00 am

Easter Sunday Services

April 17

† 9:15 & 11:00 am

Embrace your community outdoors by Roaming the Hills together ONLY until Spring 2022! Check out the myriad of activities to create, play, and learn along this wonderful walking route around the Northern Hills!



Visit the webpage to view an interactive map and to learn more about this project!

Share your adventure on social media
#RoamTheHills #yyycOutdoors
www.nhca.ca/roam-the-hills



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 Hours:

Monday: 5:00 – 7:00 PM

Wednesday: 9:00 AM-3:00PM

In-Person Hours at the Office:

Thursday 9:00 AM-3:00PM

Closed on weekends and
statutory holidays.

STAFF & CONTRACTORS

Executive Director: [Yana Soldatenko](#)
Bookkeeper: [Surina Gupta](#)
Newsletter Editor: [Heather Hubert](#)
Ad Sales: [Heather Hubert](#)
Administrative Assistant: [Melissa Gagy](#)
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
public are the author's opinion and
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opinion of NHCA.



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To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and

existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a family member or a divorce.

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- 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/

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BOTTLE  DEPOT
It's Worth It


Northern Hills
Community Association

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

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

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Northern Hills
Community Association


COMMUNITY
KITCHEN

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: Roam the Hills is now open for everyone to enjoy a walk, stroll, or ride in the community! Help us keep Roam the Hills activities up and running, by lifting up the signs, fixing any missing ones, and just having more eyes on them!

Dates: Any day and time until April 30, 2022

Role: Maintenance Volunteer

Volunteer Relations Coordinator:

Do you enjoy bringing people together and making great things happen? Help us manage our database, recruitment, and onboarding of new volunteers.

Grant Coordinator:

Works on identifying, applying for, tracking and reporting Grants and other funding opportunities to support NHCA's projects, programs and organizational development as well as documenting Grant Procedures and creating and updating Grant Templates.

Fund Development Committee roles:

- Membership
- Long-Term Planning
- Short-Term Activities
- Community Presence
- Sponsorship

Treasurer:

Are you a numbers person who likes to analyze and report financials? Join our team and help us establish sustainable and diverse revenue generation, oversee financial activities, and support fundraising initiatives.

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!](#)



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**2-SCHEDULE YOUR
BOTTLING APPOINTMENT**

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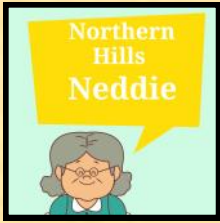
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Northern Hills Neddie

Dear Neddie,

I am a university student. I try to keep focused on my schoolwork, but all I keep thinking about is making rap music. I recently purchased a small Bluetooth speaker and a free app to use. I sound amazing and my girlfriend says so too. Well now she say maybe I should drop out of Uni to pursue being a rapper full-time. My parents say it is a bad idea, btu she is the world the world to me, and I want to make her happy. Please Neddie what should I do?? Pursue my girlfriend's dreams of being a full-time rapper or stay in school and actually do my schoolwork?

Sincerely,

Wrapped up in Rapping

Dear Wrapped up in Rapping,

Hmm how can I say this gently-I understand you want to make your girlfriend happy, but what about you? Are you going to live for her dream or your own? I don't think pursuing her dream is a good idea. Let her know if she enjoys making rap music, she should do it herself and that is that. You need to live for yourself. It might be fun to make rap music with your new Bluetooth speaker and free app, but if you are really serious about this, I suggest you stay in school and get your degree. Then if you get a full-time job after university and are still interested in rapping- perhaps you will save some money to invest in some professional recording equipment and pursue this further. However, you are young, and your dreams may change over time and what you want out of life. Explore all your options and find out what makes you happy-and again not jus what makes her happy!

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



How to heal from modern day stress

Our body systems weren't built for modern day stress. The stress response was designed to turn on when we see a bear running at us, and turn off once we get to safety. But the truth is, our body can't tell the difference between a bear running at us and worrying about:

- Work
- Money
- Pressures
- Expectations
- Health
- A pandemic...

And so our stress response is activated and stays activated for much longer than it was designed to do. This moves us through various stages of stress that eventually can lead to negative health effects of stress that myself as a former ICU Registered Nurse saw far too often.

The great news is that there are a number of things we can do to help prevent and even reverse these negative health effects of stress!

Each month in our community newsletter I'm going to be sharing a new strategy with you to help you potentially decrease your stress and heal.

One of the most powerful things we can do to help support our body as we live in this state of ongoing stress is to practice 5-5-5 breathing.

Our stress response is like a switch: It's either on and we're in Fight or Flight (sympathetic nervous system), or it's off and we're in Rest and Digest (parasympathetic nervous system). The Freeze and Fawn responses occur when that switch gets stuck in the middle.

When the switch is on, our heart is beating fast, our blood pressure is up, and we're breathing faster in order to best support our body to run away from a bear.

When the switch is off, our heart rate is lower, our blood pressure is normal, and we're breathing slowly and deeply. Turning off our stress switch is as easy as taking five slow, deep breaths for five seconds on the inhale and five seconds on the exhale. Peer reviewed medical research shows that this is effective at flicking our stress switch over back into the healing rest and digest side of our nervous system.

Five slow deep breaths for five seconds on the inhale, five seconds on the exhale is all it takes.

Want to make the most of this strategy? Practice 5-5-5 breathing five times a day. Sound like a lot? If you do it:

1. When you get up in the morning
2. Before each meal
3. And before you go to bed

You're covered!

You can also practice this breathing technique before you pray, as you switch activities, or when you get up to use the washroom.

Take a moment right now to try it and see how you feel!

From my heart to yours,
Avery Thatcher



APRIL FACTS

- 1) THERE ARE QUITE A FEW NOTABLE HISTORICAL PEOPLE BORN IN APRIL, SUCH AS LEONARDO DA VINCI, SHAKESPEARE, AND QUEEN ELIZABETH II



- 2) THE BIRTHSTONE FOR THIS MONTH IS THE DIAMOND



JOKE CORNER

Did you hear about the guy who swapped the labels on the pumps at the gas station?

It was an April Fools' joke

Q: Can February March?

A: No, but April May

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Yoga for Sleep

By MPC Foundation

Yoga is a gentle and restorative way to wind down your day. Research has found that over 55% of people who did yoga discovered that it helped them get better sleep. Some 85% of those who practice yoga for sleep said that doing yoga regularly helped them reduce stress.

For those who are new to Yoga, having the right instructions and equipment will go a long way towards easing smoothly into this form and exercise. For example, you can use supportive props like bolsters, blankets, and blocks to make poses comfortable so that you can stay in the pose for longer and continue to breathe. There are several restorative yoga poses that relieve tension and stress, and thus, help promote restful sleep throughout the night. Additionally, deep breathing during yoga is key to be able to relax in these poses. Using a gentle and calming yoga breathing technique, this form of exercise will enhance meditative mindfulness that serves us well, not just at bedtime, but throughout the day as well.

As with all things worth doing, the more that you practice these poses regularly, the more you likely you can get a good night's rest.

We are please to be able to offer a new Yoga session for all seniors and older adult residents in the area through a partnership between MPC Foundation and Northern Hills Community Association. These classes are offered free of charge, thanks to generous support from the Calgary Foundation.



A poster for a new yoga class titled "NEW CLASS! YOGA FOR BEDTIME". The background is dark blue with a yellow crescent moon and three yellow stars in the top left, and a white circle with concentric circles in the top right. In the center, there is an illustration of three people (two women and one man) in yoga poses on a white mat. Below the illustration, the text reads: "Taught by Judy Chan, an experienced, certified and a daily practitioner of Yoga for health & healing." Further down, it says: "WHEN: Monday, March 21 at 7pm." and "WHERE: Online over Zoom." At the bottom, it says: "REGISTER NOW: (587)480 7373 or email info@mpcfdn.ca." The bottom section of the poster is light blue and contains logos for the MPC Foundation, Northern Hills Community Association, and the Calgary Foundation.

NEW CLASS!
YOGA FOR BEDTIME


Taught by Judy Chan, an experienced, certified and a daily practitioner of Yoga for health & healing.


WHEN: Monday, March 21 at 7pm.
WHERE: Online over Zoom.

REGISTER NOW: (587)480 7373 or email info@mpcfdn.ca.

In Partnership With:

Sponsored by

 **MPC Foundation**
Where Aging Is Celebrated

 **Northern Hills**
Community Association

 **CALGARY FOUNDATION**
FOR COMMUNITY, FOREVER

Kindergarten Book Bags are here!

Kindergarten is a major milestone for your child. Kindergarten Book Bags are filled with everything you need to support your child starting Kindergarten in Fall 2022: age-appropriate Library books, tips and tricks for parents, and suggestions for more Library resources to help introduce everything from school subjects to navigating new social-emotional experiences.

Visit your nearest Library location to get your child's book bag or request one at calgarylibrary.ca/kindergarten-book-bag



Visit a Library location for free printing, WiFi, and more

A free Library membership comes with more than just digital resources and books. Access unlimited WiFi in location, book meeting rooms to hold your own book club or meet with friends, make use of \$5 of free monthly printing credits, and more. It's all included with your free Library card.

Learn more about membership benefits at calgarylibrary.ca/free-services

Welcome the new Historian in Residence

Shelly McElroy is the curator of Pioneer Acres Museum in Irricana, Alberta. Her work considers how agriculture shaped life in Calgary and area in the early 20th century — and how it still does. Shelly will be providing talks and tours to help Library members understand the work involved in running a museum as well as reflecting on their significance as we move into the future.

Meet Shelly at calgarylibrary.ca/historian-in-residence



Register for In-Person Programs

Select programs have returned in person! Connect with other parents in Baby Rhyme Time and Words and Wiggles, go on a Math Quest with your school-age child, or drop your teen off to play board games, create, and just hang out with other teens in our drop-in programs.

See all of our program offerings at calgarylibrary.ca/programs



AV2 World Languages for Kids

This new digital resource offers always-available digital non-fiction titles. Users can choose from one of 13 languages for each book, so this is a great resource for students in an immersion program, for newcomers who are learning English, or for anyone looking to practise reading in another language.

Find all the titles at calgarylibrary.ca/AV2-world-languages

My favorite family recipe is so simple and is ideal for cooks of all levels. There are three ingredients which we usually have on hand. It is hearty, and can be enjoyed left over and can be frozen. I grew up with my Mom making this, I served it to my family and my son makes it for his growing family. I think I will make some tonight!! Enjoy!

MOM'S MUSH

1 package of hamburger

1 cooking onion, diced

1 can of vegetable soup

Saute and crumble the hamburger and diced onion until no more pink in the meat.

Add in a can of your favorite soup – I prefer the vegetable soup

Heat through and serve with noodles or mashed potatoes.

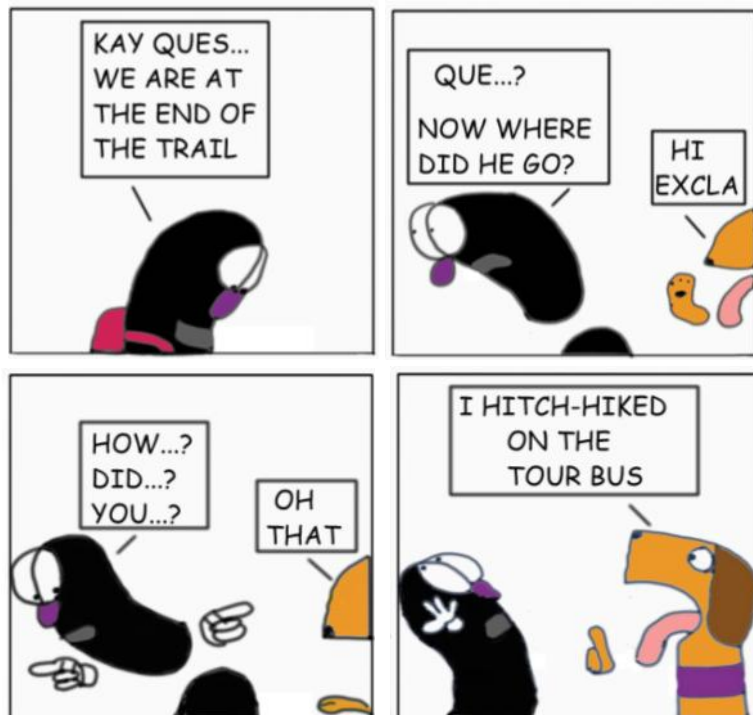
You can use your imagination and throw in anything else you might like such as diced celery, mushrooms, or cooked macaroni.



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

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

LET'S CLEAN-UP THE COMMUNITY TOGETHER!
May 22, 2022 at Vivo East Parking Lot



FOR INFO AND TO VOLUNTEER: [NHCA.CA/COMMUNITY-CLEAN-UP](https://nhca.ca/community-clean-up)



Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

HAPPY EASTER

Budget: Budget 2022 is moving Alberta forward by strengthening our health-care system and getting more Albertans working. This government is presenting a balanced budget for only the second time in more than a decade. Alberta is moving forward to a prosperous financial future and thanks to all Albertans for doing their part to get us there. For highlights of Budget 2022 please visit <https://www.alberta.ca/budget.aspx>

Premier's Summit on Fairness for Newcomers: Premier Kenney hosted a summit on improving the newcomer experience and attracting international skills and talent to support Alberta's Recovery Plan. The summit brought together newcomers, professional regulatory organizations and Alberta's immigration partners to look at the challenges newcomers face and consider the best actions to ensure they reach their full potential. The Premier's Summit will occur annually. To learn more about the summit and its initiatives, please visit [Boosting economic recovery through immigration | Stimuler la reprise économique grâce à l'immigration | alberta.ca](#)

Community Events: During the Family Day weekend, I had a lot of fun serving hot chocolate and meeting families at the grand opening of the Evanston community park and at the Panorama Hills Community event. I want to especially thank the many volunteers for their hard work and support in putting these events together. Congratulations to Zane and Trinity who were the recipients of tickets to the Telus Sparks Science Centre. The Alberta government understands that strong communities are the lifeblood of our province and who are doing their part to invest in them. Accordingly, I want to once again congratulate the Evanston-Creekside Community Association who last Fall received a CFEP grant from the Government of Alberta through Alberta Culture in the amount of \$125,000 to go toward the development of the Evanston community park. Kudos to everyone involved with this project.

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



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

I recently hosted a virtual town hall with our community. I was pleased to have over 300 members of our community attend to discuss the issues that they are most concerned about.

One of the top issues that I heard was concerns on invoking the Emergencies Act. Many Canadians are rightfully looking to the government for a plan on when Covid-19 mandates within federal jurisdiction will be safely lifted. This is something I have been calling on the federal government to do for over a year. The government has a responsibility to address these concerns, however, as they failed to do so the situation grew more volatile. I do believe that protests can be peaceful while still breaking the law. It is illegal to blockade critical infrastructure, the blockades that occurred in Coutts and on the Ambassador Bridge were illegal. This is why I called for an immediate de-escalation of all voices and for the government to utilize laws in existence to resolve the situation and clear the blockades. I did not support the Emergencies Act and voted against this unprecedented use of power. I don't believe this was a necessary step, as there are legal tools already in place that could have been used.

At the time of writing this, the other main concern I am hearing about is Russia's invasion into Ukraine. Russia's attack is the most serious threat to the rules-based international order since 1945, threatening the longest period of relative peace and prosperity in modern history. Canada cannot turn a blind eye to this egregious invasion of a sovereign nation. The government has stated they will take further action in concert with our allies and I intend to work alongside all Parliamentarians to ensure they do so. Humanitarian aid to Ukraine and support for refugees will also be needed, and Canada should rise to the occasion and provide it. We must stand in solidarity with the people of Ukraine, and push Canada's federal government to meet Ukraine's needs in this time of unparalleled crisis.

As always please do not hesitate to contact me should you have questions on issues of importance to you.

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

Michelle.Rempel@parl.gc.ca

403-216-7777

115 – 70 Country Hills Landing N.W. T3K2L2



Jasmine Mian Ward 3 Councillor

Pathway and River Cleanup

Spring is in the air, which means that the City's annual Pathway and River Cleanup is back! Over the weekend of May 13-15, thousands of volunteers collect trash from all over Calgary.

The event started in 1967 when 12-year-old Sandra Crawford noticed a mattress lying in the Elbow River. She attempted to remove it but was unsuccessful. She then wrote a letter to the newspaper, which led to the first annual Pathway and River Cleanup.

With hundreds of pathways and riverbanks, there's no shortage of opportunity to get involved. For more information visit the city's River and Pathway Cleanup page by scanning the QR code below:



Want regular city hall updates?

Follow me on Instagram (@jasmine.mian), Twitter (@jasmine_mian) or Facebook (/jasminemian).
I also have a new website: jasminemian.ca

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

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor

VIRTUAL ANNUAL GENERAL MEETING



JOIN US FOR OUR AGM AT THE END OF MAY
DATE: TBD

Visit nhca.ca/agm for more information!

Northern Hills
Community Association

SOLUTION



ACROSS

1 serf. 3 academies. 9 duck. 10 convulsion. 12 canoeist. 13 kitten. 14 hell-for-leather. 18 Leeward Islands. 20 musing. 22 stand out. 24 scurrilous. 25 obit. 26 windswept. 27 byte.

DOWN

1 seduce. 2 reconvene. 4 crossword. 5 dive. 6 mulligatawny. 7 exist. 8 ensnare. 11 well-mannered. 15 last trump. 16 Hudson Bay. 17 blemish. 19 statue. 21 Saudi. 23 glow.

Sudoku

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



Emergency
Medical
Services

Bicycle Helmet Safety



Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

*Parachute Canada
<http://www.parachutecanada.org/injury-topics/tem/wheeled-activities>

www.albertahealthservices.ca

Northern Hills
Community Association

Waste and Recycling

Park cart smart

When you set out your blue, green and black carts properly, you're helping to ensure safe and efficient operation of The City's waste collection trucks. That includes how you park on the street outside your home, especially in cul-de-sacs. A few simple reminders will help make everyone's day go smoothly:

- * Parking in a cul-de-sac: All vehicles must be parallel parked with passenger side wheels to the curb, unless there are signs permitting angle parking. This helps collection trucks reach your carts and turn around in a cul-de-sac.
- * Place your carts on flat ground, one metre away from your vehicle if parked on the street.
- * Improperly parked vehicles block driveways for residents and restrict access for emergency and waste management vehicles.
- * Parking in an alley: Do not block the end of a closed alley with parked vehicles. Collection trucks need space to turn around safely.

These simple but important steps help ensure safe and efficient cart collection. Learn more at calgary.ca/cartplacement.

Learn more at calgary.ca/cartplacement.



CALLING ALL LOCAL PHOTOGRAPHERS!

**COBS
BREAD**

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



This month's winner:



Submitted by Tammy Lei

Paramount Dental is accepting new patients!

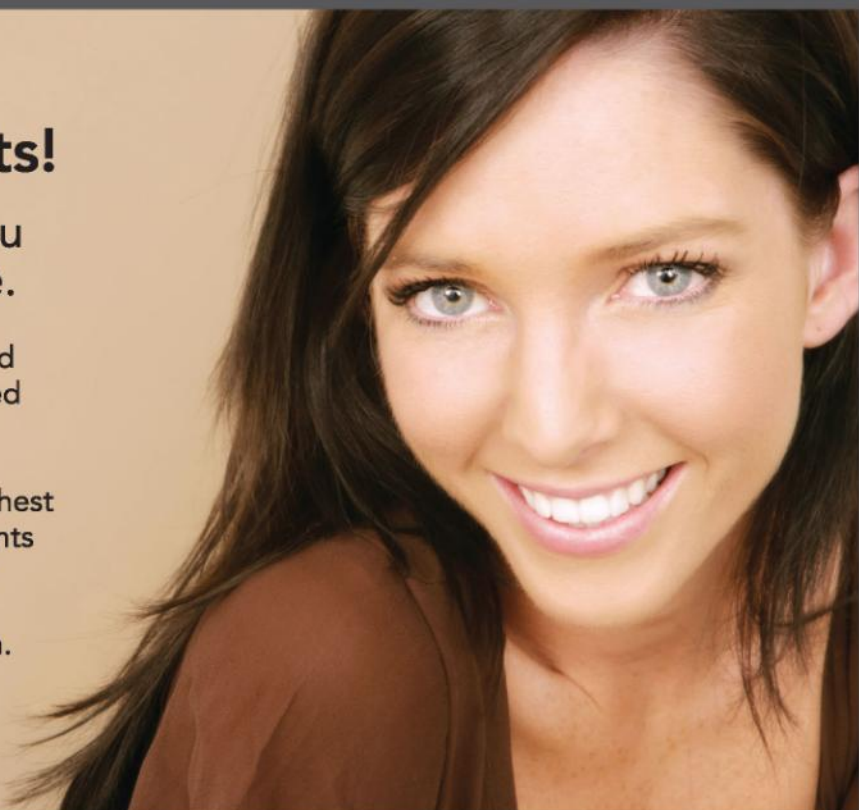
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