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Harvest Hills

Panorama Hills



*Sun Rays over Harvest Hills Park
Submitted by: Sami A Houry*

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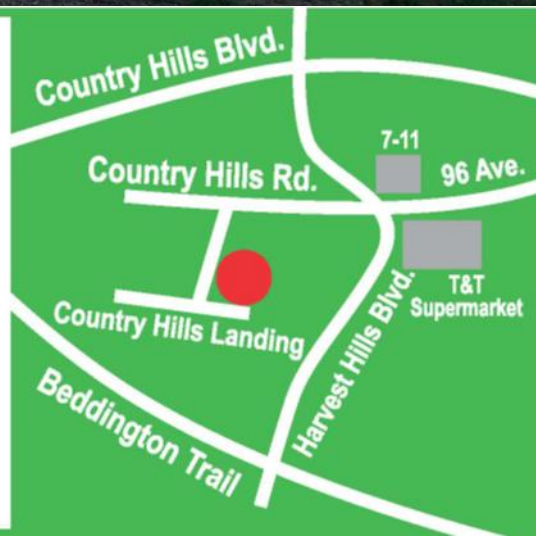


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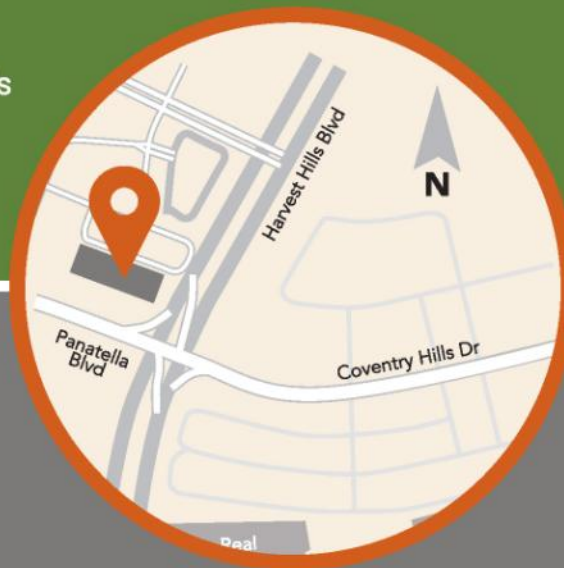
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President's Message



Ian McAnerin
President
Northern Hills
Community Association

September is a period of change for many people, with kids going to school (or moving out) for the first time, people back from vacation with a lot of ideas (or work to catch up on), and the days getting shorter and shorter.

There are also a bunch of activities and events:

Aug 26-Sept 5 – Calgary Pride Festival

Sept 5 – Food Truck Frenzie – Northpointe Bus Terminal Noon – 8pm

Sept 1-30 Alberta Culture Days

The NHCA has 2 events for Culture Days:

- **Saturday September 17th** – Performance Showcase – Square dancers, Tai Chi, craft station, etc.
- **Sunday September 18th** – MPC Art Activities – Lantern making, Japanese paper dolls, etc.
- More information here: nhca.ca/culture-days/

Sept 8-11 Country Music Week / CCMA Awards

Sept 9-11 Honens Festival (live music!) www.honens.com/events/2022-honens-festival/

Sept 12 NHCA Good Food Box Application deadline (Pickup is Sept 22) nhca.ca/good-food-box/

Sept 13 NHCA Virtual Town Hall – please join us and let us know your opinions about the future of the NHCA. nhca.ca/engage/

Sept 16 Carnivale at Heritage Park www.heritagepark.ca/carnivale

Sept 22-Oct 2 Calgary International Film Festival www.ciffcalgary.ca/

Sept 23-25 Beakerhead (a personal favorite!) beakerhead.com/

The NHCA will have its first Board meeting of the fall on September 28. We could use a couple more directors in addition to our usual call for volunteers to help with fall activities <https://nhca.ca/volunteer/>

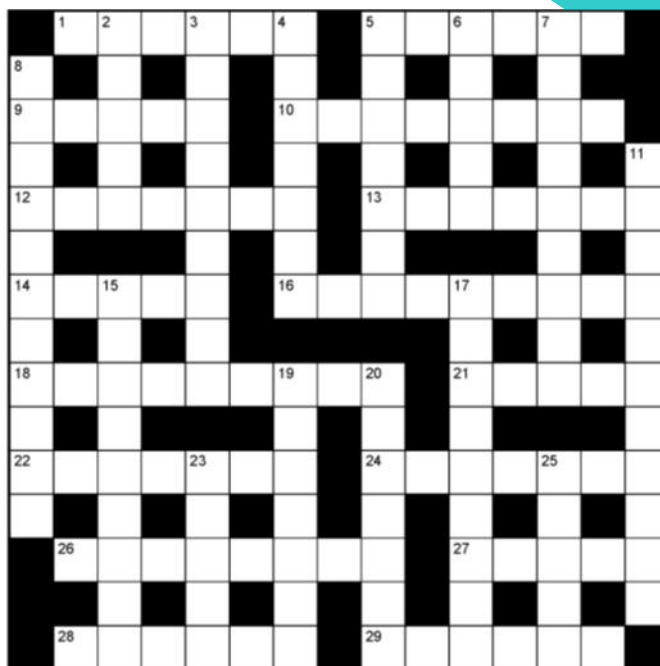
Fall programs/events we have already started working on are an indoor soccer program, seniors fitness, and the extremely popular Gift of Joy event. More information in the other areas of the newsletter and our website.

Our new membership software makes being a member smooth and easy, so if you have had problems renewing in the past, please try again now. [Available Memberships \(getcommunal.com\)](https://getcommunal.com). If you have any issues or questions, please send an email to info@nhca.ca or call 403 226-6422.

That's September in a nutshell – I hope to see you around the neighbourhood!

Ian McAnerin,

President
Northern Hills Community Association



DOWN

- 2 Bail out with independent proof of innocence (5)
 3 Annoyed at parent taking 1000 for flat (9)
 4 Most respect a trainee officer (7)
 5 Rocky too can keep in grand shape (7)
 6 Adult's heard making painful sound (5)
 7 Real idiot somehow becomes leader (9)
 8 Annoyed with fellow's coarse behaviour towards woman (4-7)
 11 It stops leaves flying about (11)
 15 Story of river rat with green clothing (9)
 17 One working with horses for firm on island (9)
 19 Perhaps oxygen fix good when breathing with difficulty (7)
 20 Gangster is more active around summer time (7)
 23 Time in history to muse (5)
 25 I severely criticise religion (5)

ACROSS

- 1 Mother takes girl back to a Spanish resort (6)
 5 Goer is excited by wild parties (6)
 9 Board needs agreement from two countries (5)
 10 Give me erotic dancing fast! (8)
 12 Waste food (7)
 13 Go with lad on special boat (7)
 14 Joint provides soothing effect to some extent (5)
 16 Easy election victory but everything going downhill? (9)
 18 Tart's mega upset by plan (9)
 21 Permit everyone to be in debt endlessly (5)
 22 Footwear for lazy people (7)
 24 Italian scorer in libel wrangle (7)
 26 One who's twice hitched illegally (8)
 27 Student covered in a great deal of stuff used by gardeners (5)
 28 Take ages to be a member (6)
 29 Give another title to nobleman erroneously, some reflected (6)

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

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Print and Business Services

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and so much more!

OUTDOOR SOCCER

September 6th - October 6th

Mondays/Wednesdays Evanston Drypond or Country Hills Park	Age Group	Year of Birth	Time	Price
	U5/6	2018 - 2017	5:30 pm - 6:30 pm	\$90.00
Tuesdays/Thursdays Dalhousie Community Centre Field	U8/10	2016 - 2013	6:30 pm - 7:30 pm	\$100.00

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

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



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Northern Hills
Community Association

Christmas Market

Vendors Wanted!

We are calling all artists, artisans, local businesses, creators, and vendors to register for a table at our first Christmas Market! Taking place Saturday, December 3rd from 10am to 4pm at Skyview Church.

Registration opens on
Wednesday, September 14th at
10am!



nhca.ca/christmas-market



ONE day - TWO events!

4th Annual

HHHub Book Swap

&

New! Kids Makers Market

Sat. Sept. 10, 2022 12-3 pm

178 Harvest Glen Way NE

Free attendance & vendor registration

Register Here
While Spaces Last!

Vendor set up and book drop off starting at 11:45 am

Check our Facebook page for more info

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

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

VOLUNTEERS

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

BOARD MEMBERS

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

DIRECTORS: David Hartwick & Jun Lin

COMMITTEES

Arts & Crafts: [Looking for a Leader](#)
Gardens: [Amanda Mauch](#)
Building Safer Communities (Blockwatch): [Tavis Settles](#)
Business Relations: [Looking for a Leader](#)
Community Relations: [Tamara Keller](#)
Government Relations / Advocacy: [David Hartwick](#)
Grants: [Amanda Mauch](#)
Harvest Hills Hub: [Tamara Keller & Victoria Henry](#)
Membership Relations: [Looking for a Leader](#)
Planning & Development: [David Hartwick](#)
Sports: [Looking for a Leader](#)
Rinks: [Looking for a Leader](#)
SPRY in the Hills: [Jay L Emond](#)
Volunteer Relations: [Amanda Mauch](#)



EDITOR'S NOTE:

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



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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?

Good Food Box Program Helper

Once a month, we need volunteers to help us on pick up day. It will take 2-3 hours and must be done in person.

Labour Day Maker's Market & Food Truck Frenzy

Join us in making the Labour Day Maker's Market and Food Truck Frenzy a success! There are various opportunities available throughout the day.

Alberta Culture Days Volunteer

These volunteers will help assist in various roles for our Alberta Culture Days event! There are Art, Engagement, and General helper opportunities available!

Computer Literacy Youth Assistant

We have partnered with the MPC Foundation to bring an in person computer literacy class to the seniors in our community, and we need youth volunteers to make it possible! As program instructor teaches seniors how to navigate on the computer, you will be working one-on-one with seniors in supporting them through those steps and building their confidence in computer literacy.

We are excited to announce a brand-new Committee at the NHCA: the Shed Project Committee! The Shed Project Committee was created to beautify our community sheds. We are looking for the following core committee members:

- **Communications and Community Engagement Coordinator**
This role will develop, implement, and monitor a strategic community engagement plan to help the committee achieve success.
- **Partner Relations Coordinator**
This role is responsible for building relationships with community members and spreading the word about our initiative.
- **Art Coordinator**
In collaboration with the community, this role will review, design, and paint murals on sheds throughout the Northern Hills.

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

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

Interested to join? Call **403-226-6422** or email us at volunteer@nhca.ca. Please leave us your name, phone number and email address.

GET YOUR NHCA MEMBERSHIP & SAVE HERE! IT PAYS TO BE A MEMBER

Get your membership here

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iSmart Insurance

4, 10 Country Hills Landing NW
Free Commissioner of oaths for NHCA members

Jugo Juice (Temporarily Closed due to renovations)

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Computer Literacy Program Volunteers Wanted

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<https://nhca.getcommunal.com/volunteer-opportunities/169>



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NEW
UPDATE

**Our office will be closed
from August 18 to
September 22.**

We will still be open
virtually Wednesdays 9am
to 3pm. Our office line is
also available anytime to
call or text and someone
will get back to you ASAP.
*Stay tuned for our new Fall
hours.*



Community Engagement Virtual Town Hall

We want to hear from YOU!

Due to community feedback, we
are hosting our second Town Hall
virtually, presented in a Q&A
format!



Zoom Meeting
Tuesday, September 13th, 2022

7pm - 8pm

Scan the QR code for more information or to RSVP!



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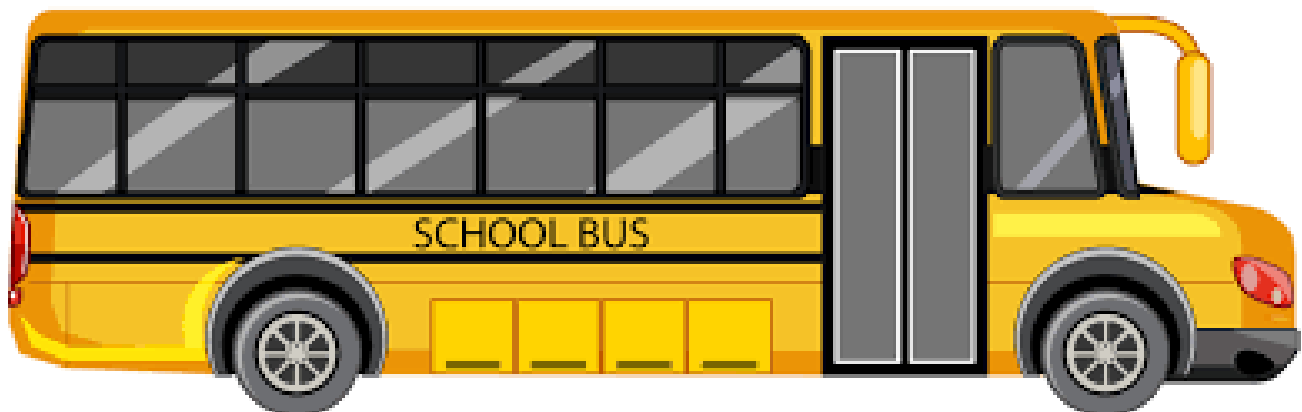
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**Students are back to school
please slow down
and watch out for them**





Northern Hills Neddie

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ENRICHING FAMILY VALUES - DEVELOPING HEALTHY ROOTS FOR THE FUTURE

Being a parent and grandparent for five decades has benefited me valuable knowledge, not taught in Schools or Universities. You may recognize some of these facts from your own life's experiences - especially if you are a Parent.

- 1) Teach your children the value of earning and saving money. Don't just "give" allowances, because everyone else is doing it. Money is "Reward" for earnings. The more you work (keeping your room tidy, mowing the lawn, helping with house chores, shovelling, etc). the greater the Reward (and Bonus)!
- 2) Teach your children about being thankful for receiving "presents/gifts", and also about the moral joys of "giving".
- 3) Have you noticed that children that had a tough upbringing in struggling families, or that started working (week-ends & summers) when they were out of school, tend to be more successful in life as adults?
- 4) At what point in your life did you discover, that:
 - a) the more you gave (to Family/Friends) the more it was expected?
 - b) when you reduced or stopped the "giving" you were resented for doing so?
 - c) Recognize the difference between being a "Provider" and being a "Sucker".
- 5) Just because you lost a job, doesn't mean you lost everything. The shocking experience should motivate you to do even better, as you will eventually find the right job for you. Think how often do you asked yourself: "How did those ding-a-ling Bosses ever get to the position they are now?" That's when you realize that you're not as bad an employee, as some may make you out to be. If you don't have confidence in yourself, how would you expect others to do so?
- 6) Politics and Religion are almost taboo topics in our diverse capitalist nations these days. Liberals / Conservatives, or Republicans / Democrats. If you haven't lived through enough elections, don't let this get to you, where opinions can possibly rupture Family Ties. Politicians are taxpayers too, they also have Families, they also have a job. Their priorities are straightforward: Getting re-Elected. But to get re-Elected, they have to appeal to the majority of voters (that will actually vote). Educate your children on the importance of being heard. If you can't get involved, then don't complain, as others will decide for you. No Matter who wins or loses, it will change, several times in your lifetime, so stop the Family Feud over Politics - the resentment caused will outlive the lifespan of the Government in power. Respectfully let your friends and relatives uphold their beliefs. Without diversity, we will never be a healthy nation. If you constantly criticize, try running for office yourself. However, I would suggest that you practice being an expert at Dodge-Ball, beforehand.
- 7) Holding a grudge against a former ally? Would you want to nurture it and let it fester for the rest of your life, or would you be better off placing it in a shoebox, and storing in a dark corner of your closet and ignore it, until Spring Cleaning arrives, or until you comprehend and respect the other's person's opinions?
- 8) Finally, if you're lucky enough to be a healthy Senior, the initial years of retirement should be the time to do the activities and travelling you planned for, during your working career. To help the salt from draining too fast in the hour-glass, stay active, volunteer, use your accumulated knowledge to help others navigate through life's detours and disasters. Believe me, you are privileged to live in this great Community that provides services and recreation that most places in Canada and the USA simply don't provide. Believe me, I've lived in both countries and from East to West.

Jay Emond

Retired Corporate Finance Officer, and former Director of Municipal and School Board Administration

Alberta Culture Days

Culture connects Albertans to our past and our diverse traditions, to our personal and collective imaginations, to one another, and to the place we all call home. Share the experience of Alberta Culture Days. Join or volunteer for the Culture Days event in your area that showcases your community's unique talents, pride and passions. Make your connection to culture. There's something for everyone.

#ABCultureDays



Dance
Theatre
Exhibits
Photography
Sculpture
Indigenous Arts
Poetry
Film
Painting
Arts & Crafts
Multimedia
Quilting
Culinary Arts
Music
Storytelling
and more

Alberta Culture Days²⁰²² September 2022

Discover • Experience • Celebrate

Saturday, September 17th

3:00 pm to 7:00 pm

Sunday, September 18th

12:00 pm to 5:00 pm

Panorama Hills Community Centre
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MUTTI Tomato 380ml

\$24.99/ea.



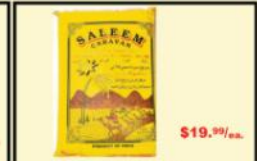
Sera Tomato Paste

\$3.99/ea.



Gabriel Sardines in Oil

\$1.99/ea.



Saleem Rice

\$19.99/ea.



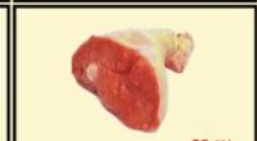
AAA Lean Ground Beef

\$4.99/lb.



AAA Tenderloin (Whole)

\$23.49/lb.



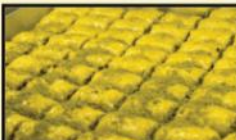
Leg Of Lamb

\$8.99/lb.



Essential Oils

\$18.99/ea.



Pistachio Baklava

\$2.99/ea.



French Macarons

\$3.49/ea.



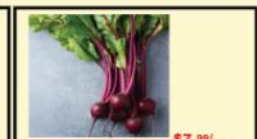
Spring Salad Mix 140g

\$2.99/ea.



Tomatoes on Vine

\$1.49/lb.



Organic Beets 10lbs

\$7.99/ea.



Assorted Potatoes 10lbs

\$6.99/ea.



Seedless Grapes

\$3.99/lb.



Assorted Herbs

\$1.99/ea.



Grana Padano Cheese

\$18.99/ea.



Parmigiano Reggiano

\$17.99/ea.



KRITI XV Olive Oil 1L

\$10.99/ea.



Barilla Abbracci Biscuits

\$5.99/ea.



Lotus Biscoff

\$3.49/ea.



Bonne maman Jams

\$6.29/ea.



Sera Helva

\$8.99/ea.



Cedar Beans

\$1.19/ea.



Medjoul Dates

\$12.99/ea.

Prices are subject to change without notice. Prices are valid while quantities last.
Price valid from Sept 1-30, 2022. All copyrights are reserved to Royal Mercato.



Harvest Hills Alliance Church

www.hhachurch.com



10099 Harvest Hills Blvd NW

403-226-0990

office@hhachurch.com



- Believe
- Belong
- Bless

SUNDAY SERVICES

Starting September 11th

9:15 & 11:00 am

9:15 am Live YouTube & Facebook

9:15 am Harvest Kids Nursery- Grade 4

11:00 am Harvest Kids Nursery - Grade 4

Club (Grade) 5-6 in Youth Room

9:00 am Youth Breakfast Study Group

(Last Sunday of the Month)

10:30-11:00 am Youth Hang Out

7:00 pm Young Adults

Weekly Ministries

Tuesdays

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

Men's Floor Hockey 8:30-10:30 pm

Wednesdays

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

ESL starting Sept 21 9:30-11:45 am

Youth Life Groups 6:30 - 8:30 pm

Thursdays

Alpha - starting Sept 29th 6:00-8:30 pm

Every 1,2 & 4 Thursdays Quilters Plus

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

Every 3rd Thursday Young at Heart 65 +

11:30 am - 2:00 pm

Saturdays

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

****Come Join Us****

HARVEST COMMUNITY CARNIVAL
SATURDAY SEPT 17
11:00 AM-2:00 PM

FREE BBQ, PETTING ZOO, CARNIVAL FOOD, AND TONS OF FUN!!

Age is Just A Number

By MPC Foundation



Ageism is stereotyping, prejudice and discrimination towards others or oneself based on age (World Health Organization). Examples of ageism can be more extreme like losing a job due to age, but everyday ageism is more commonplace. Ageism can be as subtle as someone commenting, “You look good...for your age!” Ageism can also be interpersonal (between people), self-directed (limiting yourself), and institutional (rules and laws in society that

limit older adults). All ageist mindsets, such as having a negative attitude towards aging, are recognized as detrimental to healthy aging. It is important to address ageism as it is linked to poorer physical and mental health, a compromised quality of life, and increased social isolation.

With conscious effort and persistence, ageism can be mitigated. Here are some suggestions:

Challenge your thinking. Many people have anxiety about aging and feel that they will no longer be able to do the same things as in their youth. Studies prove that individuals who have ageist perspectives towards themselves suffer negatively in all aspects of their lives. People who have positive self-perceptions of aging live an average of 7.5 years longer than those who do not!

Engage with younger adults. Intergenerational interactions is one of the most effective ageism antidotes. When meaningful opportunities are provided for generations to co-mingle and co-exist, intergenerational understanding is developed and ageist attitudes are mitigated.



Speak up. Do not be afraid to speak up when you know that you’ve been treated unfairly, or if you see an older adult facing discrimination. Silence is always complicit.

We need to be pay attention to signs of ageism in our daily lives, whether we are facing it ourselves or see others being targeted. Society as a whole benefits when older adults feel free, safe and included by its community. As someone famously said, age is truly an issue of mind over matter.

MPC Foundation is a registered charity in Alberta.

Back to learning with the Library

Let the Library take the stress out of back to school! Students, caregivers, and educators can all find resources, tips, and activities on our redesigned students page to help make studying, lesson planning, and supporting young learners easy and fun.

Find it all at calgarylibrary.ca/students

Thanks for a super summer

It was a busy summer at the Library — over 2500 programs were offered across Calgary and thousands of kids, teens, and adults took on the Ultimate Summer Challenge. We have more great books to keep you reading into the fall.

Discover your next read at calgarylibrary.ca/readers-and-writers

September 30 is National Day for Truth and Reconciliation

As part of our commitment to Truth and Reconciliation, the Library will have opportunities for learning throughout the month, including book displays at all locations, film screenings, panel discussions, a KAIROS Blanket Exercise at Central Library, and more.

See all programming at calgarylibrary.ca/Indigenous-services

Access free tutoring with Brainfuse

Did you know a Library membership gives you access to live, virtual tutoring sessions? Any student in Alberta from grades K – 12 can make use of this incredible resource. It also offers study prep for citizenship tests, essay editing, and more.

See what Brainfuse has to offer at calgarylibrary.ca/brainfuse

Discover the power of your Library card!

Are you using your Library card to the fullest? You can access millions of books, free printing, tons of online courses, free meeting room bookings and computer borrowing, opportunities to learn from local experts, attend programs and events for every interest and age, and stream concerts, movies and music.

Browse your benefits at calgarylibrary.ca/free-services



(Serves 2-4 people – depends on number of rice paper wraps and thickness of each wrap)

INGREDIENTS SHRIMP

- 1/2 lb shrimp 31/35 size (de-veined)

PEANUT DIPPING SAUCE

- 8 tbsp hoisin sauce
- 2-3 tbsp peanut butter
- 1 c water

VEGGIES AND OTHER INGREDIENTS

- 1 head green leaf lettuce or red leaf lettuce
- 1/2 bunch mint
- 1/2 bunch chives
- 1/2 pack dried spring roll wrapper (rice paper)
- 1/3 pack dried rice noodles



INSTRUCTIONS COOKING SHRIMP

1. Defrost shrimp in water bowl.
2. Cook the shrimp: add shrimp and enough water in a small pot to barely cover your shrimp. Boil on medium-high heat for only about 1.5 to 2.5 minutes or until the shrimp turns orange colour. Drain and run under cold water to stop the cooking process.
3. Remove the shells and tails from shrimp, and cut the shrimp in half along the body.

RICE NOODLES

Cook either your rice noodles according to the package instructions. Timing can vary depending on noodle thickness and brand. This can be anywhere from 2 to 10 minutes.

Drain and cool the noodles under cold, running water to stop it from cooking further.

VEGGIES

Prepare your vegetables by rinsing and drying them.

SPRING ROLL WRAPPING

1. Add warm water to a plate and soak the rice paper sheet for about 5-10 seconds. Soak the rice paper just enough so that it is pliable and easy to handle, but remove the sheet before it gets too soft and sticky. Lay rice paper on a plate and begin to assemble your roll.
2. Add lettuce towards the bottom of the rice paper. Leave 1 to 1½ inches of space on either side of the rice paper. Layer with mint and chives. Try to not add too many items because it will be harder to roll and might tear your rice paper.
3. Add shrimp in the middle of the rice paper with the orange skin facing down.
4. Add the noodles across the vegetables, spread evenly across.
5. Fold the left and right sides towards the middle so that it's snug. Lay some chives lengthwise with one end poking out. Then fold the bottom up to cover the noodles. You want to keep the roll tight, so lightly squeeze it together as you roll. Continue to roll upwards to complete the spring roll.

PEANUT DIPPING SAUCE

1. In a pan over medium heat, add in hoisin sauce, peanut butter, and water and mix thoroughly.
2. Bring to boil, and then immediately turn off the heat and pour into a heat safe dipping bowl. The sauce will slightly thicken as it cools.
3. Sprinkle ground peanuts on each sauce dipping bowl, and leave the chile paste on the side so others can add to their own dipping bowl as desired.

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

Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and 3 demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

www.albertahealthservices.ca

SEPTEMBER DAYS!

September 5th: National Cheese Pizza Day



September 9th: National Teddy Bear Day



September 16th: National Play-Doh Day



September 19th: International "Talk Like A Pirate Day"



Sudoku

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



Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

Welcome back students and teachers. I trust you had a relaxing Summer and are ready to start a productive school year of learning and teaching!

The last two years have been difficult for Alberta children. The Alberta Government is acting on recommendations from the Child and Youth Well-Being Action Plan, a cross-ministry effort, aimed at supporting the health and wellness of children affected by the pandemic. As part of this effort, we announced the *Return to Play* program, which will help subsidize the costs of playing organized sports for families in need, by investing \$4 million to this program that will be delivered in partnership with *KidSport Alberta* and *Alberta Recreation and Parks Association*.

I have been busy connecting with many cultural communities. As well, I've been involved with launching the first ever *Newcomer Recognition Awards* that will highlight the important contributions newcomers make to Alberta; and also, the release of Alberta's first *Anti-Racism Action Plan* that will guide our province towards a future free of bias and racism.

The Alberta Government is making life affordable by extending the electricity rebate. This program will now provide \$50 rebates for July to December to over 1.9 million homes, farms and small businesses. In addition, the Alberta Government is extending the gas tax cut for gasoline, diesel and farm fuel to the end of September. This is just one way we are making life affordable for working families. Further, the government is implementing a price protection program for natural gas, ensuring that Albertans will not experience price spikes this Winter.

I want to thank my constituents for your continued support. Please know that I am available to meet in person and by phone at your convenience. As always, it is my great honour to serve as your MLA.

Sincerely,

Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

calgary.north@assembly.ab.ca

403.274.1931

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



Josephine Pon
Calgary - Beddington MLA

Dear Neighbours,

Can you believe it? Summer is over and back to school we go!

I am looking forward to this new year of school, especially when I get to come visit the classrooms.

I would like to take a moment to recognize our dedicated community board members and volunteers that helped make our summer great. I had so much fun with all of the events from Sandstone-MacEwan's community clean-up and compost giveaway to Beddington's beautiful community gardens and scavenger hunt. There were some new board members elected this summer at Hidden Valley's outdoor AGM and Northern Hills had an election as well. Congratulations!

Thank you to all who attended our Stampede Breakfast in collaboration with Huntington Hills and Beddington Heights Community Associations on July 9th! I was so excited to meet over 2500 people from our neighbourhoods. Another HUGE thank you to all of the wonderful volunteers from set-up to working over a hot pancake grill to ordering the beautiful weather! It was a fantastic day.

I hope you had a chance to review my Summer 2022 newsletter, which I sent to all 17,000 homes in our constituency. In it, I reviewed many of the important initiatives that our government enacted during the most recent Legislative Session.

As Minister of Seniors and Housing I am so proud to have announced a new elder abuse prevention strategy for Alberta's seniors in July. www.alberta.ca/seniors-and-housing

Please join my email list for a more comprehensive look at this initiative and more by emailing Calgary.Beddington@assembly.ab.ca

I am honoured to represent you & your family, and for the trust you have placed in me to be the voice of our beautiful community.

Sincerely,

Josephine Pon

MLA for Calgary - Beddington

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



Jasmine Mian Ward 3 Councillor

Your passion needs a seat at the table

The City of Calgary is recruiting for vacancies on 21 Boards, Commissions and Committees (BCCs). BCC members apply their skills, interests, and expertise to guide decisions across a wide range of urban issues – including social wellbeing, anti-racism, planning & design, community standards, climate, and other areas. If you value public service and would like to take part in the future decisions of our dynamic city, please go to the website: calgary.ca/boards. Recruiting opens at 8am on August 12 and closes at 4pm on September 12.

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

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor

Waste and Recycling

Tips for using your green cart this fall

- Yard waste like leaves, branches, grass, and plants can go directly inside the green cart.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed to prevent spills and allow your collector to pick up the bags. Place extra yard waste bags at least two feet to the side of your green cart for collection. Make sure you can lift the bag with one hand.
- Do not use plastic bags in your green cart.

Starting in November, the City will pick up your green cart once every other week. Weekly green cart collection will resume in the spring.

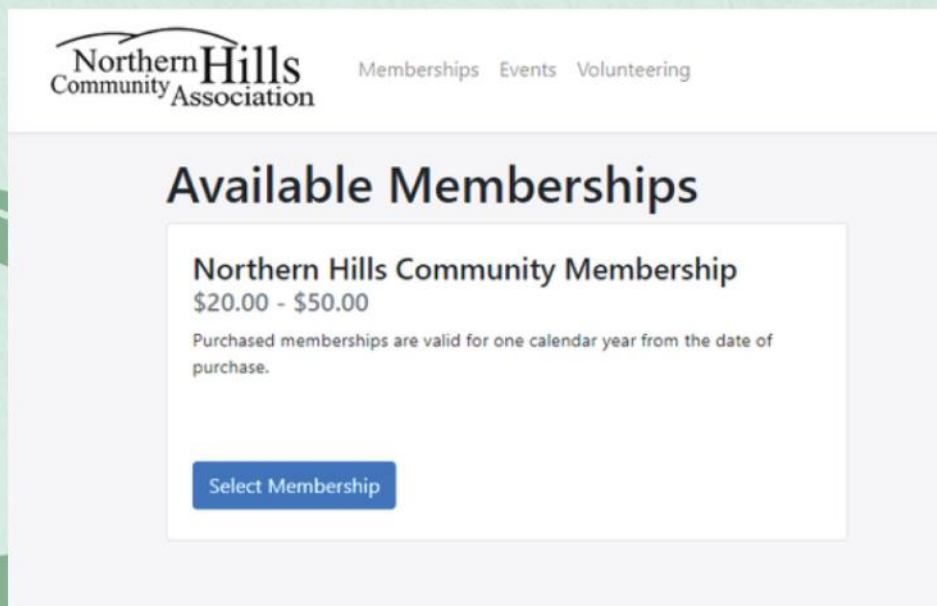
Visit calgary.ca/collection to check your schedule and sign up for reminders.



Meet Communal

We have a new user friendly software!

We are in the process of making the switch to a new software called Communal. All new memberships can be put through on our new user friendly experience by clicking the "become a member" link on our website or visiting [here](#). All current members will be switched over to communal in the coming months. We are very excited to make the switch to a company founded in YYC.



The screenshot shows the Northern Hills Community Association website. At the top, the logo is on the left and navigation links for "Memberships", "Events", and "Volunteering" are on the right. Below the navigation bar is a section titled "Available Memberships". Inside this section, there is a box for "Northern Hills Community Membership" with a price range of "\$20.00 - \$50.00". Below the price, it states "Purchased memberships are valid for one calendar year from the date of purchase." At the bottom of this box is a blue button labeled "Select Membership".

SOLUTION

1	G	2	E	T	3	T	H	4	E	P	5	U	S	6	H		7	W		8	R
			U			H		X		G		9	I	N	C	I	S	E			
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	Z		P					19	S	U	A	V	20	E			E		L		
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28	N	I	C	O	L	E			S	E		O					H				
	D		E					29	R	E	S	I	D	E	N	C	E	S			

DOWN

2 Eunice. 3 thin. 4 exactly. 5 ugly. 6 hideous. 7 wine waiter. 8 reversible. 12 New Zealand. 13 temperance. 14 lemur. 15 grove. 19 soldier. 20 engaged. 23 Goethe. 25 pass. 26 iron.

ACROSS

1 get the push. 9 incise. 10 unrivalled. 11 fête. 12 netball. 15 guffaws. 16 years. 17 womb. 18 stab. 19 suave. 21 Eleanor. 22 engorge. 24 lead. 27 inaugurate. 28 Nicole. 29 residences.

Let your kids learn,
outside the box.

REGISTER FOR PRESCHOOL TODAY!

VIVO.CA/PROGRAMS/PRESCHOOL

Sudoku

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

CALLING ALL LOCAL PHOTOGRAPHERS!



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 Dave Le

Paramount Dental is accepting new patients!

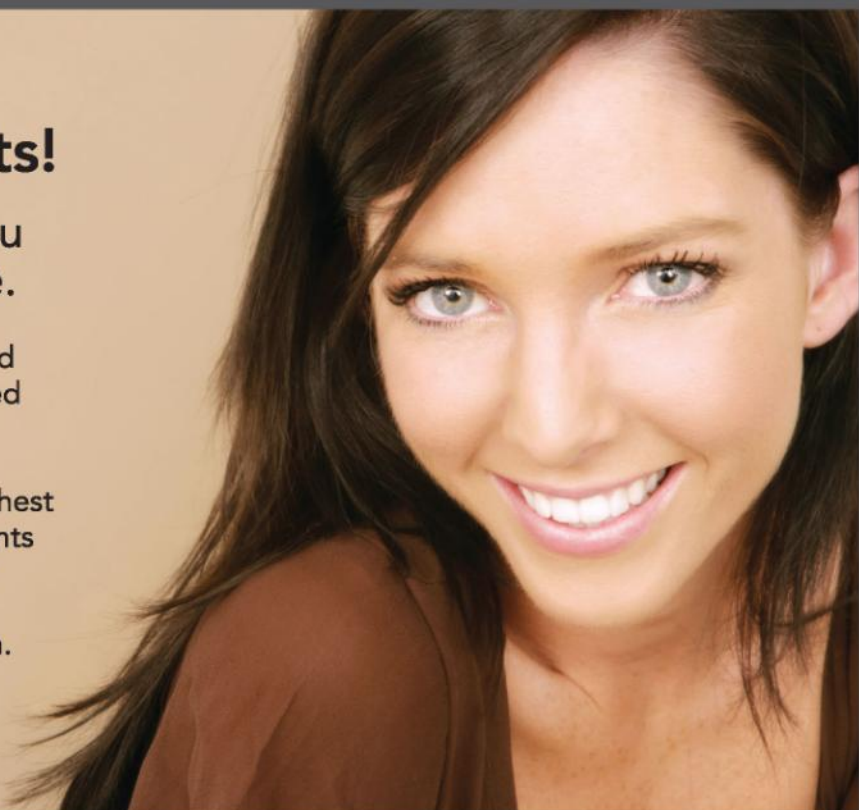
We are excited to welcome you
and your family to our practice.

Dr. Tonny Tang, Dr. Maria Chan-Goudreau, and
Dr. Henry Seto have over 65 years of combined
experience.

We strive to provide our patients with the highest
standard of care possible, while making patients
feel at ease with our gentle chairside manner.

Ask us how Botox can benefit your oral health.

Visit paramountdental.ca for more
information.



*For your convenience we are now offering evening
appointments and direct billing to insurance*

Monday: 8am–4pm *
Tuesday: 8am–8pm
Wednesday: 8am–4pm
Thursday: 8am–8pm
Friday: 8am–4pm
Saturday: 8am–4pm*
Sunday: closed

Coventry Hills Plaza
217, 130 Country Village Rd NE
Calgary, AB T3K 6B8



* We are open alternating Mondays and Saturdays.
Please contact us for information.

PARAMOUNT DENTAL

403.730.9882 paramountdental.ca

NOW ACCEPTING NEW & EMERGENCY PATIENTS