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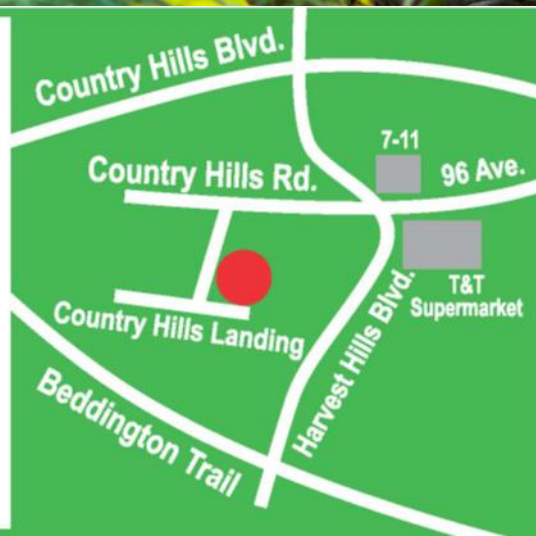


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Dr. Christine Ursuliak

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## President's Message



**Ian McAnerin**  
President  
Northern Hills  
Community Association

Happy October! This month we celebrate Halloween and Canadian Thanksgiving. I'm thankful for a lot of things, including my family, friends, and community. Many people don't realize how much the NHCA does for the community and the people in it. We are working on public education about this.

Speaking of which, the NHCA is hosting a Christmas market on December 3 and registration for vendors is open right now! <https://nhca.ca/christmas-market/>

If you are a local crafter or want to set up a booth, please register ASAP – spots are filling fast. It's \$60 for a booth, plus an extra \$20 if you need to rent a table.

We have new software to manage our membership, events, etc. with and it's working great. We can finally do one of the things we've been asked about several times in the past – automatic renewals. No more having to remember logins and go through a complicated process every year. Note: You'll get a notice before the renewal and of course you can opt out if you don't want auto-renewal.

This month there will be a volunteer fair this month (more details to be released soon) to tell people about the NHCA and explain how they can help the community. In addition to the volunteers needed for events and programs, we are looking for a few new directors and specifically a Treasurer. Sign up at <https://nhca.ca/volunteer/> or contact [info@nhca.ca](mailto:info@nhca.ca) for more information.

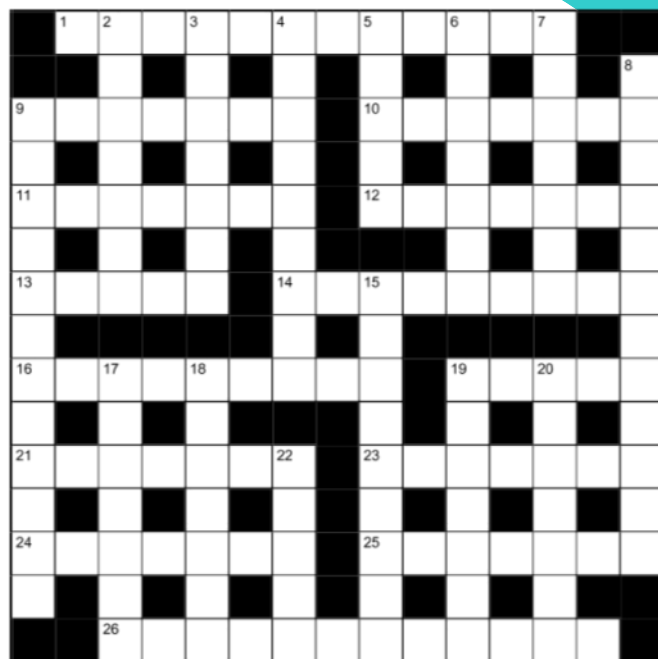
I've recently met with our elected officials and they are very interested in news and views from the community – if you are not sure who to contact for help from your local elected official, contact us and we will be able to connect you properly.

In advocacy, we've made our opinion on development in the Nose Creek area very clear, engaged all of our elected officials, spoken with the Calgary Airport Authority during their quarterly consultative meeting, and begun the process of perhaps creating a pump track for our area. You can find out what a pump track is and more information here: <https://www.calgary.ca/bike-walk-roll/pump-tracks.html>

That's it for now – talk to you next month!

Ian McAnerin,

President  
Northern Hills Community Association



## DOWN

- 2 Athlete Ben led off run (7)  
 3 Closest home houses a Royal Engineer (7)  
 4 Crazy place to find flag? (2,3,4)  
 5 Old lady captivates a doctor with snake (5)  
 6 Plant causing disappearance of pests? (7)  
 7 Putting up with demeanour (7)  
 8 Teen regrets bad time in London thoroughfare (6,6)  
 9 They don't want to see Brussels sprout! (12)  
 15 One removes former motor vehicle (9)  
 17 Flat pack from Cornish town (7)  
 18 Writer is awfully rude about Rugby's first students (7)  
 19 They give better odds (7)  
 20 Militant leader in Exeter excited radical (7)  
 22 Mentally defeat some tipsy characters (5)

## ACROSS

- 1 What's-his-name is lanky, sticky fellow (12)  
 9 Aviatrix gives listener courage we hear (7)  
 10 Some birds do this at the speed of a fighter plane? (7)  
 11 About to be taking drug to ease pain (7)  
 12 A moist perfume ultimately designed to make fine spray (7)  
 13 Petty quarrel involving river fish (5)  
 14 Failure to notice supervision (9)  
 16 Suitable means to an end (9)  
 19 Rex gets stuck into finest French port (5)  
 21 I tried swimming with Penny in disturbed sea (4,3)  
 23 Foster child's fuss disturbed Pete (7)  
 24 Terrible cruelty with knives perhaps (7)  
 25 I'd plunged into river to find spear (7)  
 26 Furniture of actor's assistant from Cardiff? (5,7)

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](mailto:store264@theupsstore.ca)[theupsstore.ca/264](https://theupsstore.ca/264)**The UPS Store****Print and Business Services*****In This Issue***

<i>Volunteer Opportunities.....</i>	<i>10</i>
<i>Northern Hills Neddle.....</i>	<i>14</i>
<i>Gratitude is Good for Health.....</i>	<i>18</i>
<i>Recipe Winner.....</i>	<i>20</i>
<i>Elected Reps .....</i>	<i>22-23</i>
<i>Photography Winner.....</i>	<i>26</i>

*and so much more!*

**Northern Hills**  
 Community Association



Northern Hills  
Community Association

# Christmas Market

**Saturday, December 3rd**

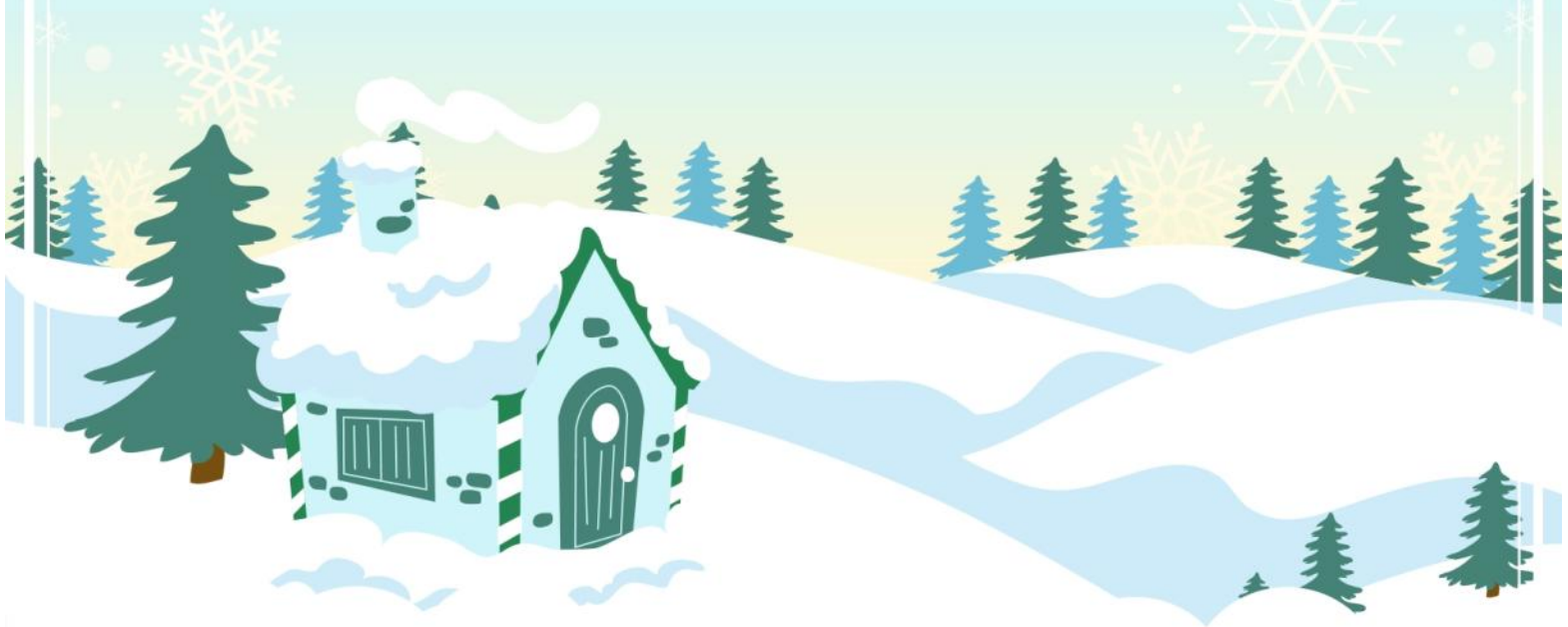
Market: 10am — 4pm

Caroling & Hot Chocolate: 4pm

**Skyview Community Church**

9685 Harvest Hills Blvd, T3K 2M3

Local Vendors • Hot Beverages & Christmas Carols • Fire Pits



Vendor Tables start at \$60 — Entrance is free!

A donation to Gift of Joy or Food Bank is encouraged.



## ..... Prize Draw .....



Winner will receive:

10 Passes to Fitset Ninja. Use  
for yourself or share with  
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## NORTHERN HILLS COMMUNITY ASSOCIATION

# WANT TO VOLUNTEER A SLICE OF YOUR TIME?

**Come and join us for  
a slice of pizza while  
you learn about the  
different volunteer  
opportunities we  
offer!**

**DATE: TBD  
TIME: AFTER SCHOOL  
LOCATION: VIVO**

Stay up to date at  
[nhca.ca/volunteer](http://nhca.ca/volunteer)





# NHCA CONTACTS

## OFFICE

NHCA at Vivo  
11950 Country Village Link NE  
Calgary, AB, T3K 6E3  
Tel/Fax: 403-226-6422  
E: [info@nhca.ca](mailto:info@nhca.ca)

## Public Hours

Virtual Hours:  
Wednesday: 10:00 AM-4:00PM  
In-Person Hours at the Office:  
Thursday 10:00 AM-4:00PM  
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 Gagy](#)

## VOLUNTEERS

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

## BOARD MEMBERS

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

**DIRECTORS:** David Hartwick & Jun Lin

## COMMITTEES

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



Northern Hills  
Community Association

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

## Get your membership here

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#### 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)

#### Bytetoools Technologies Inc

Website design, development, hosting & data backup  
10% discount for NHCA members

#### Cobs Bread

500 Country Hills Blvd NE  
10% off all purchases plus:  
\*Mention the NHCA and COBS Bread will donate 5% of your purchase to us!

#### 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 (Temporarily Closed due to renovations)

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

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10% off dine-in or take-out; excludes specials

#### Woody's Taphouse

500 Country Hills Blvd NE  
10% Off

#### UPS Store

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10% off all orders

#### The Canadian Brewhouse

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KIDSFIRST Resolution

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Little Caesars

Montana's

Ornamental Stone

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Northern Hills  
Community Association



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Lotus Biscoff

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Bonne' Maman Jams

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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.

## Christmas Market

NHCA Christmas Market is a new initiative this year. This market is filling a gap left by a long-term Christmas Market that is no longer able to operate in the community. It will consist of approximately 60 vendors and will be a fundraising opportunity for the NHCA with all proceeds from table rental going to support NHCA programs and services. We need volunteer support for set up and take down!

## Gift of Joy

Come to our Christmas market to help collect donations for Gift of Joy!

## We are excited to begin looking for Gift of Joy Committee Volunteers! These are the following roles we are looking to fill:

### Donation Drive Coordinator

Oversees and manages off-site donation drive events, including determining volunteer requirements. Oversees sponsorship partner events, working with Coms and Volunteer coordinators, and arranges logistics of needed items. Arranges pick-up and drop-off of donation item boxes.

### Communications Coordinator

Plans and arranges outgoing communication to the public and NHCA partners for the Gift of Joy event. Oversees creation of this communication, works with other coordinators to determine their needs, creates an archive and document plan, and works with NHCA Communication staff.

## 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](mailto:volunteer@nhca.ca). Please leave us your name, phone number and email address.



## CLASSIFIED ADS

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**Patients Welcome**

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

**HAPPY**  
*Thanksgiving*





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

LET'S  
**RAISE  
SOME DOUGH**

NORTHERN HILLS  
COMMUNITY ASSOCIATION

**SUPPORT YOUR  
COMMUNITY**

## Community Engagement

Thank you for the  
Feedback!



*Over the past month we have collected responses to our community engagement survey in a variety of ways. Our survey is now closed and we want to thank you for contributing your feedback to the community! Stay tuned for survey results & outcomes.*

Visit [nhca.ca/engage](https://nhca.ca/engage) to learn more!

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

**ORDER A BOX**

**SPONSOR A  
FAMILY IN NEED**

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

Order / Choose your contribution size online

**[nhca.ca/good-food-box](https://nhca.ca/good-food-box)**





# Thank you!



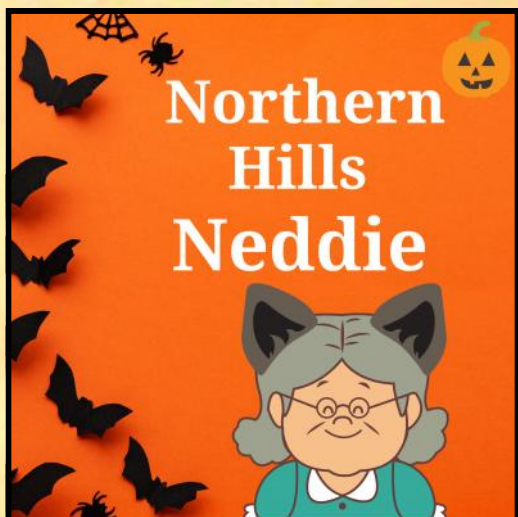
## for another great HHHub summer!



Photos by  
Naka Image

## Follow us on Facebook so you never miss an event!





## *Northern Hills Neddie*

Dear Northern Hills Neddie,

I don't know what to do with my life! I am graduating soon and there are so many options for school, take a year off, travel, go on a missions trip-UGH what to do??? I feel like if I make the wrong choice or don't get into the right school my life will be awful and total complete BUST! One wrong move and it all over. Please Neddie help! My hair is starting to fall out and I am drinking way too many Starbucks Pumpkin Spice Lattes!

Sincerely,

Lost in the Future

Dear Lost in the Future,

Oh my dear please stop doing this to yourself. The world is a big place and you don't need to think a wrong turn will end it all. When one door opens and closes another one can open or even a window! No matter what you choose life has many twists and turns and one path might lead you to another one or back to a different one. You also never know who you will meet along the way and how that might change things up. You may even find yourself along the way and end up going down a totally different path you never even dreamed of before. Just keep your head up and listen to your head and heart to move in the direction you feel is best. Keep good friends around you and stay grounded.

I wish you the best!

Neddie Out!



# ❖ What is Gift of Joy? ❖

Since 2016, Gift of Joy has been a yearly event organized by the NHCA, in partnership with local agencies and organizations.

Our social agency partners select families and seniors who have been most affected by economic downturn in our communities. On the day of the event, a selection of unwrapped gifts is presented and each family member chooses a gift for another family member. Families also enjoy a festive atmosphere and activities while gifts are wrapped by volunteers for the families to take home. Additional gifts are wrapped and hand delivered to seniors. All are also provided with a few necessities, such as grocery gift cards.

Along with gift donations, we are looking for volunteers and businesses to help support this wonderful cause, please reach out if you are interested!

Gift of Joy brings together the true meaning of community, helping our neighbours that need it the most!

## What can YOU do?

Volunteer!

Donate a new unwrapped gift!

Become a business sponsor!

Provide a monetary contribution!



# Indoor Soccer

FOR KIDS & YOUTH



***Stay tuned for our indoor  
winter season coming soon!  
Buy your membership now to  
be eligible to register!***



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

**Sponsors:**



**Brought to you by:**







# Harvest Hills Alliance Church

www.hhachurch.com



10099 Harvest Hills Blvd NW

403-226-0990

office@hhachurch.com



- Believe
- Belong
- Bless

## SUNDAY SERVICES

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\*\*

### E.S.L.

English as a Second Language

2 class times to  
choose from

Wednesdays 9 :30 am  
Starting Wed. Sept. 21

Sundays 11:00 am  
Starting Oct. 16



For more info contact

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

## THE COLOR

No Greater Love TOUR



### OCTOBER 7

Harvest Hills Alliance Church

Calgary | \$20/\$15 in advance

Doors open at 6:30pm



WITH GUEST  
**JAKE  
FRETZ**



# Gratitude is Good For Health

*By MPC Foundation*

With Thanksgiving coming around the corner, it is more important than ever to practice giving thanks – whether it is to others or ourselves. Amidst the bustle of staying on top of bills, keeping up with family, and the stressors of everyday life, it is often challenging to make room for gratitude. Gratitude, the quality of being thankful, has unsurpassed positive benefits on our mental health. Gratitude acts as a competing response to negative thoughts by forcing your mind into the present. This autumn, strive to make your life a more thankful space.



Here are some ways to practice gratitude:

- ♥ Keep a gratitude journal: to end or start a day, record what you are grateful for in a notebook.
- ♥ Verbalize gratitude: think about what you are thankful for and share this with family or friends.
- ♥ Make someone else's day: studies show that giving gifts, complementing, or helping others improves our own mental health.
- ♥ Let yourself be happy: remember to take time to be grateful for yourself by doing things you enjoy.



Actively practicing gratitude positively alters the brain, allowing people to notice good things as they happen. When an individual acknowledges the good in their life, and practices gratitude intentionally and consistently, they will achieve a lasting positive mindset. This intentional behavior of being thankful creates a trickle-down effect that

is, if an individual is consistently verbalizing gratitude, others will be inspired to follow suit. Numerous research studies on individuals practicing gratitude prove that giving thanks has a positive correlation with improved mental health: alleviating stress, anxiety, depression and better health outcomes. (MPC Foundation is a registered charity in Alberta).



### Get cozy with fall programs

Fall programs are back! Get into the season with favourites like Fireplace Tales, Babies Go Boo, and Falling Leaves Storytime, or attend board games night as a family and play around the fireplace at Country Hills Library.

See fall programs at [calgarylibrary.ca/programs](https://calgarylibrary.ca/programs)

### Join us for Love Your Library Day on October 15

Help Calgary Public Library celebrate 110 years with Love Your Library Day on October 15! Visit any Library location to celebrate community, curiosity, and love for your local Library!

See more at [calgarylibrary.ca/LoveYourLibrary](https://calgarylibrary.ca/LoveYourLibrary)

### Meet the Residents

The Library welcomes two new residents this month! Meg Braem joins us as the Author in Residence and Natalia Ionescu joins us as the Children's Illustrator in Residence. Meg and Natalia will be offering programming to help writers and artists — aspiring to experienced — work on new skills.

Learn more about the residents at [calgarylibrary.ca/arts-and-culture](https://calgarylibrary.ca/arts-and-culture)

### Have Fun and Learn to Code with CodeCombat

Kids can access CodeCombat online with their free Library card! They'll learn Python or JavaScript while they play their way through 500 exciting levels. This fantasy game combines computer science skills, critical thinking, and creativity and is suitable for ages nine and older.

Visit [calgarylibrary.ca/codecombat](https://calgarylibrary.ca/codecombat) to start playing.



### Sausage Rolls (makes a Bakers Dozen (13 rolls))

#### Ingredients

- 3 ¾ cups (450 g) flour plus more for the work surface
- 2 ½ cups (600 ml) water
- 1 tsp active dry yeast
- 1 tsp salt
- Vegetable oil for the pan
- 13 oz (370 g) high-quality bulk sausage meat

#### Directions

##### Dough

**Prepare 2 ½ to 3 hours before assembly, or prepare day ahead and leave dough in the fridge overnight and remove from fridge 30 minutes before assembly.**

- Pour the flour into the bowl of a stand mixer or into a large bowl and make a well in the centre. Add ½ cup (120 ml) of the water and the yeast to the well, then sprinkle some of the flour from the sides of the well onto the water-and-yeast mixture, covering it lightly.
- Leave until the yeast starts to bubble through this floury layer, 15-20 minutes.
- Add the salt along the edges of the bowl and then add the remaining 2 cups (480 ml) water to the well.
  - If making the dough by hand, mix with a wooden spoon or your hands until it forms a rough mass, then turn out onto a floured work surface and knead until smooth and elastic, 10-15 minutes.
  - If using a mixer, fit the mixer with the dough hook and knead at low speed until smooth and elastic, 5-8 minutes.
- Put the dough into a clean large bowl and cover with plastic wrap or a damp kitchen towel.
- Leave to rise in a warm spot until doubled in size, 2-3 hours.
- **You can do this stage the day before baking and leave the dough to rise in the fridge overnight, removing it about 30 minutes before it is needed.**

##### Assembly

- Oil a large sheet pan.
- Divide the dough into 13 equal portions, each weighing about 2 oz (60 g). Flatten each portion slightly
- Set a 1-oz (30 g) ball of sausage on the centre and enclose the meat completely in the dough, sealing it well and forming a log.
- Arrange the finished logs, well spaced, on the prepared pan and cover loosely with a damp kitchen towel or plastic wrap.
- Leave in a warm spot until slightly risen, 15-20 minutes.
- Meanwhile, preheat oven to 425 F (220 C)
- Bake the rolls until golden brown, about 20 minutes. They will split slightly but the meat should stay intact.

Serve them accompanied with chutney and/or relishes if desired.

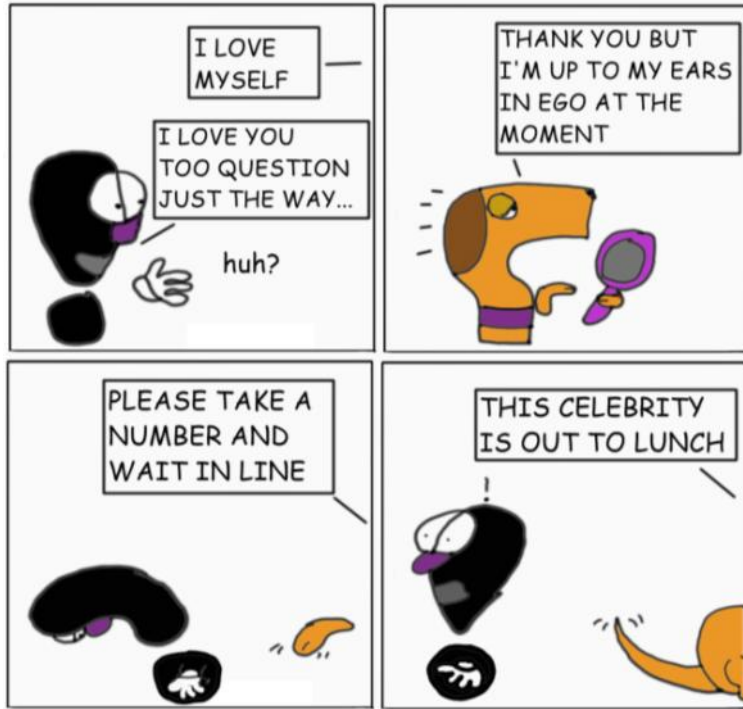


Submissions must be sent in typed up in format that can be copied and pasted . Photos are welcome!

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



# Laugh of the day



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



Alberta Health  
Services

Emergency  
Medical  
Services



Halloween  
Safety



The members of Calgary's *Partners for Safety*: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31<sup>st</sup> approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

## Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

## Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

## Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

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

## HALLOWEEN JOKES!

**1) WHY DIDN'T THE SCARECROW EAT DINNER? – HE WAS ALREADY STUFFED!**



**2) WHAT IS A MUMMY'S FAVORITE KIND OF MUSIC? – WRAP MUSIC**



## Sudoku

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



### **Hon. Muhammad Yaseen**

**MLA, Calgary-North**

**Assoc. Minister, Immigration and Multiculturalism**

#### **Happy Thanksgiving Everyone!**

Following strong economic momentum and solid results in the first quarter of 2022-23, Alberta's government is moving forward with plans to lower the debt burden and increase savings now and for the future. A surplus of \$13.2 billion is allowing the government to pay down its debt by another \$13.4 billion this fiscal year. Paying down the debt is one of our key priorities. We also intend to invest a historic \$1.7 billion into the Alberta Heritage Savings Trust Fund and keep the \$1.2 billion earned last year in the fund rather than transfer it to government's General Revenue Fund, for a total of \$2.9 billion. Maintaining and growing this valued fund is vital to our continued economic strength, with investment earnings cushioning the province from future economic ups and downs. We will continue to explore measures to make life more affordable for Albertans, pay down the debt and invest in the Alberta Heritage Savings Trust Fund. This is an opportunity to continue to stabilize the province's finance and strengthen our economic future. We are also resuming indexation of the personal income tax system to match inflation, beginning for the 2022 tax year.

Sound fiscal management helped to get us here! This principle will continue to direct our decision making for investing and spending wisely to put Alberta on stable economic ground.

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](mailto: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,

Thanksgiving is upon us, and one of the things I am grateful for is the beautiful park areas we have in our area. Make sure you take time to get outside and experience all of the delightful sights and scents Autumn brings us.

I would love to hear what you are thankful for this year. Send me an email with the subject Thanksgiving to [calgary.beddington@assembly.ab.ca](mailto:calgary.beddington@assembly.ab.ca) and I will post a selection of them in my online newsletter. Not signed up? Email the above address with your request.

**Halloween Open House:** Join us for a treat and a chat Saturday, October 29<sup>th</sup> Noon until 1:30 pm. Every constituent in costume will get an entry into a draw for a \$25 Tim Hortons Gift Card (or their parent or guardian if under 18). I am looking forward to seeing all of your amazing and creative costumes!

The location is unconfirmed at this time, please check my social media or sign up for my newsletter for updated details. Facebook: @JosephinePon Twitter: @PonJosephine

I am honoured to represent you & your family, and thankful for the trust you have placed in me to be your voice in our beautiful Calgary-Beddington at the Alberta Legislative Assembly.

Sincerely,

Josephine Pon

MLA for Calgary - Beddington

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

### Start in a better place with your food waste

Did you know that Waste Reduction Week is October 17 – 23<sup>rd</sup>?

Reducing food waste can help you make the most of your food budget, reduce trips to the grocery store and positively impact our community, economy, and environment.

Here are some actions you can take to start saving money, time and food in your home:

- Use a grocery list and meal plan to avoid buying food you won't use.
- Schedule one day a week to cook from the freezer and cupboard only.
- Label leftovers so they don't become mysteries in the freezer.
- Set aside the fridge's top shelf as a 'leftovers' or 'eat first' shelf.

Use blemished or unused produce in soup, smoothies, or baking.

Check out more tips at [calgary.ca/foodwaste](https://calgary.ca/foodwaste).



# vivo

Parks Foundation  
Calgary

## PLACE MATTERS: A NORTH CALGARY PROJECT

**Tell us what makes a  
neighbourhood great &  
join us for FREE play activities  
and food trucks!**

**Free food for  
the first 150 to register at  
[vivo.ca/placematters](https://vivo.ca/placematters)**

**OCTOBER 15  
10 AM - 2 PM**





## CALGARY REGISTRY SERVICES

- LICENSE PLATES • DRIVERS LICENSES
- LEARNERS PERMIT • FINE PAYMENTS
- ROAD TESTING • LIEN SEARCHES
- LAND TITLES • BIRTH CERTIFICATES
- MARRIAGE LICENSES
- CORPORATE REGISTRY
- COMMISSIONER FOR OATHS



**OFFICE HOURS:**

**Mon-Fri 9-5 Sat 10-2**

**calgaryregistry.com**

**(403) 910-6816**

**#312, 5149 Country Hills Blvd. NW**

## SOLUTION



## DOWN

2 hurdler. 3 nearest. 4 up the pole. 5 mamba. 6 bugloss. 7 bearing. 8 Regent Street. 9 Eurosceptics. 15 extractor. 17 PADSTOW. 18 Durrell. 19 bookies. 20 extreme. 22 psych.

ACROSS

1 thingummybob. 9 Earhart. 10 migrate. 11 relieve. 12 atomise. 13 sprat. 14 oversight. 16 expedient. 19 Brest. 21 tide-rip. 23 adoptee. 24 cutlery. 25 trident. 26 Welsh dresser.

# Sudoku

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

# CALLING ALL LOCAL PHOTOGRAPHERS!



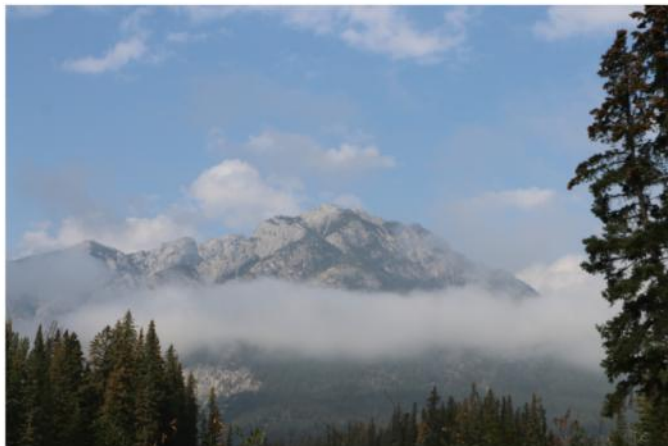
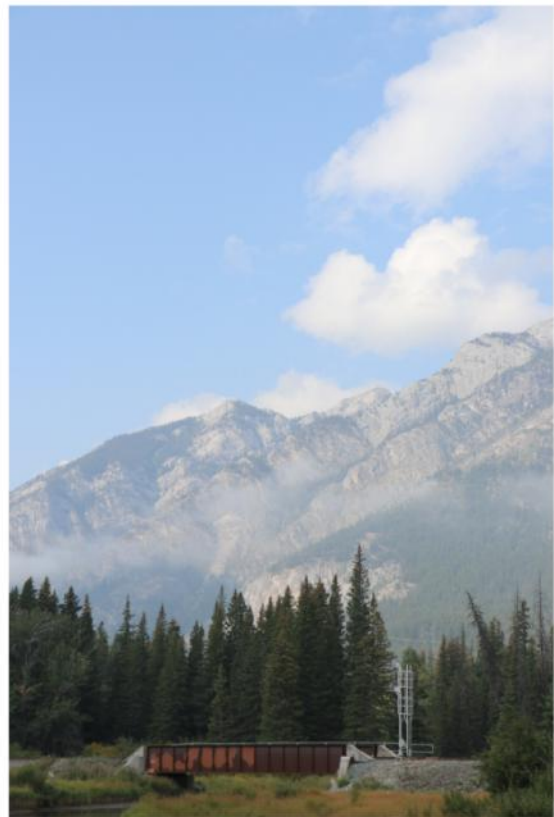
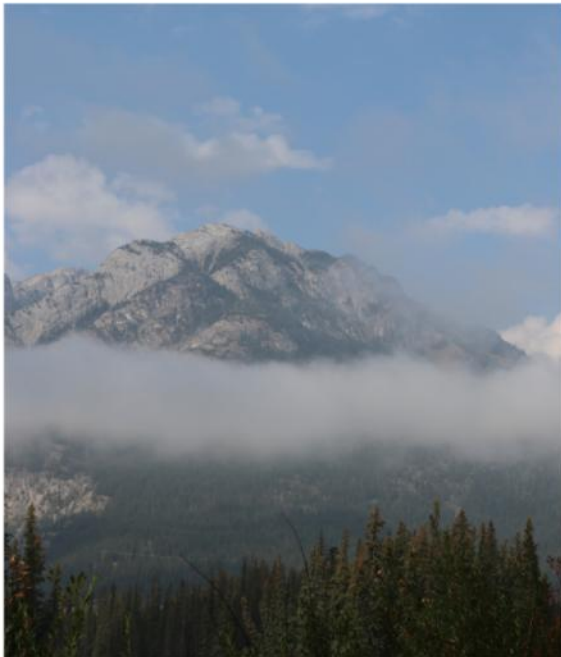
**COBS  
BREAD**

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

**Please email in to [editor@nhca.ca](mailto:editor@nhca.ca)**



## This month's winner



**Submitted by Bob Leuty**



# Paramount Dental is accepting new patients!

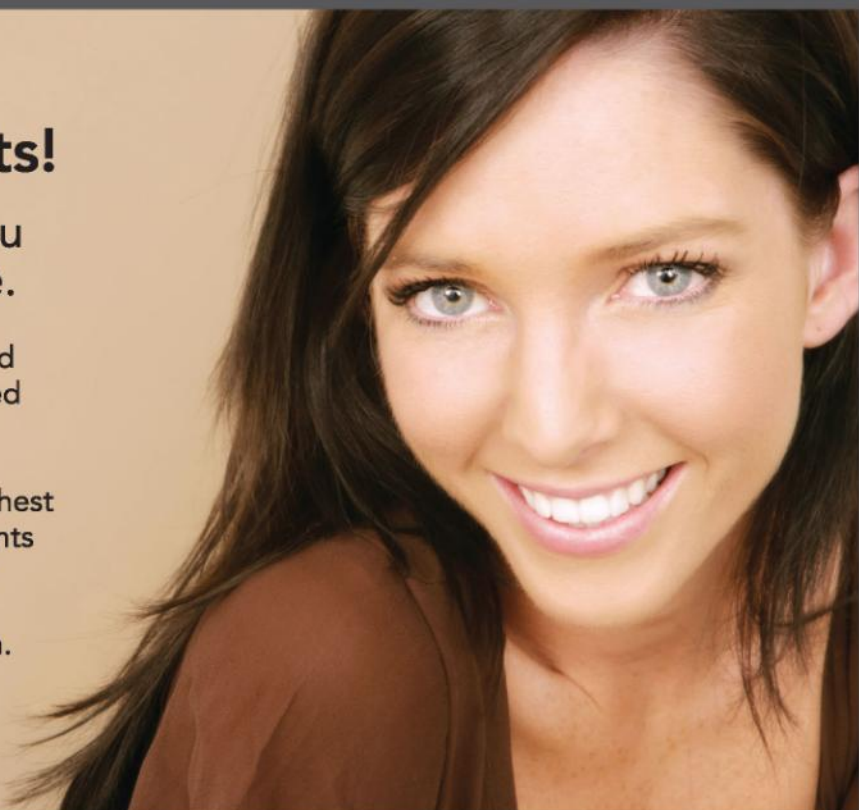
We are excited to welcome you  
and your family to our practice.

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

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

Ask us how Botox can benefit your oral health.

Visit [paramountdental.ca](http://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.

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403.730.9882    [paramountdental.ca](http://paramountdental.ca)

## NOW ACCEPTING NEW & EMERGENCY PATIENTS