

Country Hills

Country Hills Village

Coventry Hills

Harvest Hills

Panorama Hills

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the NHCA  
Wishing you  
a Wonderful Holidays  
Season!

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## President's Message



**Ian McAnerin**  
President  
Northern Hills  
Community Association

I'm not a big fan of the cold, but December is still one of my favorite months. Zoolights is in full force, there is free skating at the Olympic Plaza, Christmas at Heritage Park is happening, Telus Spark has a cool winter show, there are a bunch of Calgary Flames home games to see.

December 6 is Saint Nicholas Day, Dec 8 is Bodhi Day, December 11 is International Children's Day, Hannukah begins Dec 18, Winter Solstice (shortest day of the year) is Dec 21, Festivus is Dec 23, Christmas Day is Dec 25, both Kwanza and Boxing week start Dec 26, and New Year's Eve is Dec 31.

The **NHCA Christmas market** is December 3 from 10am-4pm at the Skyview Church. It's our first one, it's by popular demand, and it's full of 50 amazing vendors! Come out and join us! There will be a Gift of Joy donation stand available.

There won't be a Board meeting in December, but the NHCA will be putting on an event for all it's volunteers to thank them for all their hard work and dedication, the date and time TBD.

Despite the darkness, December is often associated with lights – from Christmas lights to candles in the Menorah. It's a time to get together with family and friends, give to others freely, and to celebrate in many ways around the world.

One of the best ways to celebrate the season of giving is to help with the NHCA Gift of Joy – you can volunteer, donate gifts, and help those in need sign up. There are lots of details here: <https://nhca.ca/gift-of-joy/>

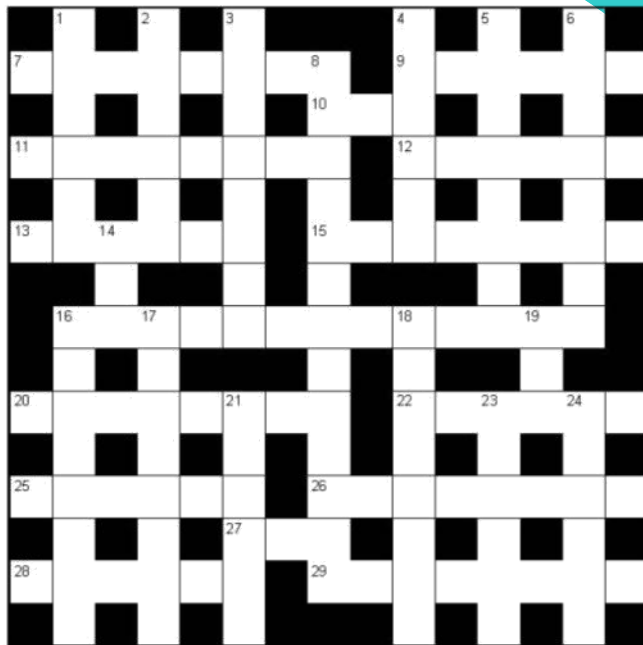
All is well that ends well. I hope the year ends with an amazing blast of joy and companionship for all of you!

Ian McAnerin,

President  
Northern Hills Community Association







## DOWN

- 1 Left a container with old South American (6)
- 2 To beat Germany, Spain needs show of great skill (6)
- 3 Lawyer-speak is absurd, alleges judge finally (8)
- 4 Votes and chooses to oust leader (6)
- 5 I restate problem in dissertation (8)
- 6 Kate somehow gets male editor to pay attention (4,4)
- 8 Daughter keeps mansion in a mess, to give an honest opinion (5,4,4)
- 14 Priest's vestment for a pound (3)
- 16 Like cartoon that's lively (8)
- 17 Leave behind unfashionable football shirt (8)
- 18 Mattress could be most elegant (8)
- 19 Tree, or remains of it after fire (3)
- 21 Runs away from antelope, startled to some extent (6)
- 23 Girl's producing seasonal songs (6)
- 24 Broken down, please pass (6)

## ACROSS

- 7 See, Carl's terribly negligent (8)
- 9 Rope provides a trail possibly (6)
- 10 Exercise involving old writer (3)
- 11 After collapse of trial be exonerated initially and set free (8)
- 12 Man meets English student in church (6)
- 13 See hate, seething hate (6)
- 15 Joint in one capital or another (8)
- 16 Sky's position is beyond comprehension (5,4,4)
- 20 Is Tory leader wearing female clothing in discomfort? (8)
- 22 Long to be in a north German city (6)
- 25 Body decoration is rubbish also (6)
- 26 Bury woman in space (8)
- 27 Partly expandable container (3)
- 28 Italian city is very pleasant around end of June (6)
- 29 Make known opening of deli is near (8)

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](http://theupsstore.ca/264)

**The UPS Store****Print and Business Services*****In This Issue***

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*and so much more!*

Northern Hills  
Community Association

# Christmas Market

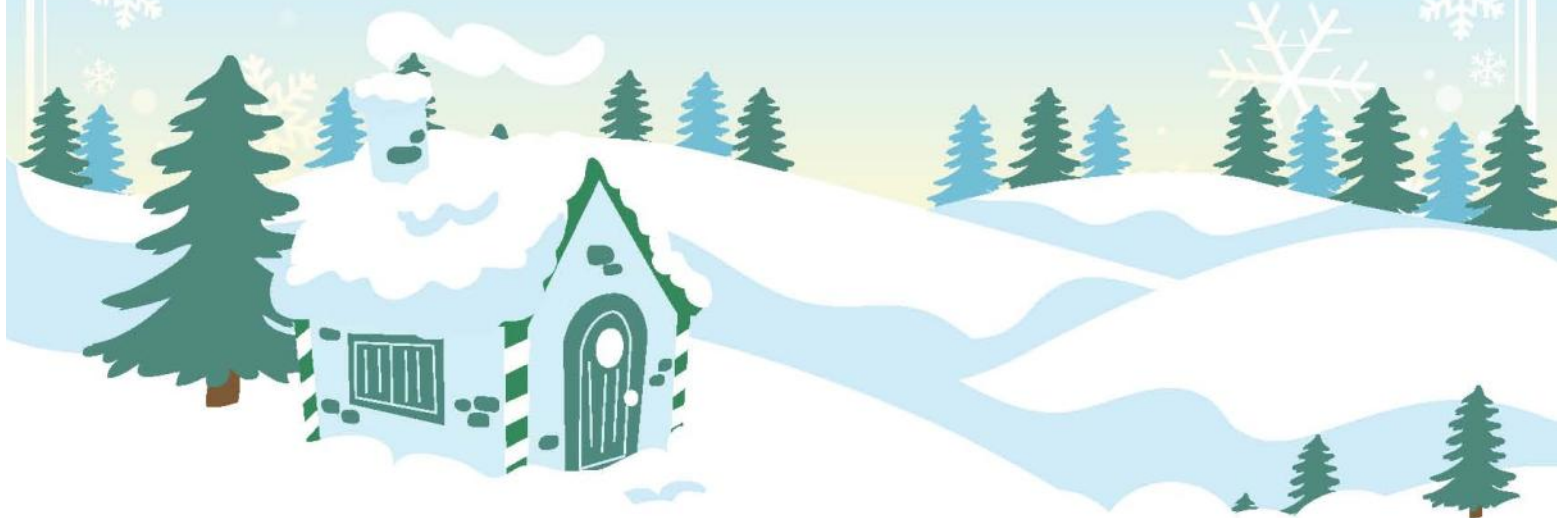
**Saturday, December 3rd**

**10am — 4pm**

**Skyview Community Church**

9685 Harvest Hills Blvd, T3K 2M3

**50+ Local Vendors**



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

A donation to Gift of Joy is welcomed.





Casino

FUNDRAISING

.....  
DECEMBER 28 & 29, 2022  
.....

VOLUNTEERS  
NEEDED!  
**SIGN UP [HERE](#)**

Northern Hills  
Community Association



## 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 Gagyi](#)

### BOARD MEMBERS

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

**DIRECTORS:** Scott Daye, David Hartwick,  
Jun Lin & Fana Ousseini

### VOLUNTEERS

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

### 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](#)



### 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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Dr. Henry Seto



Dr. Tonny Tang



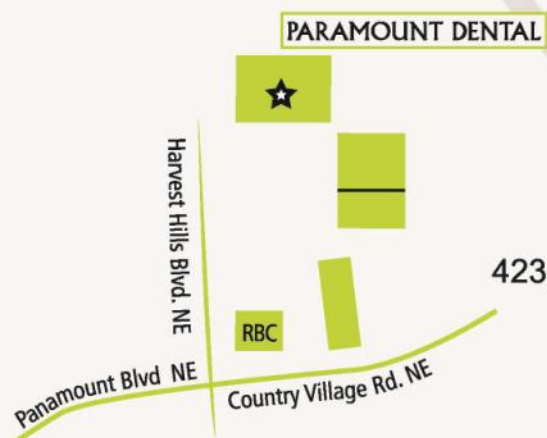
Dr. Maria Chan-Goudreau

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Monday\*\*: 8:00 am to 4:00 pm  
Tuesday: 8:00 am to 8:00 pm  
Wednesday: 8:00 am to 4:00 pm  
Thursday: 8:00 am to 8:00 pm  
Friday: 8:00 am to 4:00 pm  
Saturday\*\*: 8:00 am to 4:00 pm  
Sundays: Closed  
(\*\* = Alternating)

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## **WE WELCOME ALL NEW PATIENTS**



# The Club.

Set amongst rising cliffs and along the meandering Nose Creek, our two 18-hole courses give you a chance to escape the everyday and immerse yourself in the game. Country Hills Golf Club welcomes golfers of all stripes and levels—whether you're here to test your skills, learn, just be outside with family and friends, or all of the above.

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family &  
friends with  
remarkable  
golf and social  
experiences  
for all.

OUR MISSION



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- » 1334 Country Hills Blvd. NW, Calgary, AB



COUNTRY HILLS  
GOLF CLUB



## CLASSIFIED ADS

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Community supported and  
requested newsletter by  
residents of Panorama Hills/  
Coventry Hills /Harvest Hills/  
Country Hills and Country Village

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Dr. Monica Jensen-To • Dr. Shauna Chorel  
Dr. Andrea Quon • Dr. Floria Tse

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## Laugh of the day



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

## Sudoku

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



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)



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**

## December Facts

*The strangest and most intriguing  
festivals happen in December!*

- 1) There's Krampusnacht in Austria. This is where Santa's evil twin Krampus, a half-goat/half-man demon, chases naughty children through the streets.
- 2) Night of the Radishes. The radish-carving festival is celebrated every December 23rd in Mexico.

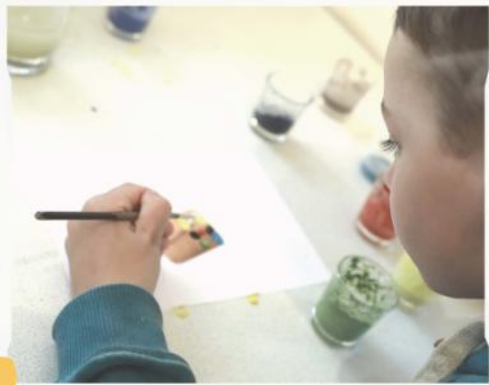




# My Kinderhouse

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A comprehensive early learning program combining Montessori, Reggio & the Arts across the curriculum for children ages 2-5!



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registering*

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[www.mykinderhouse.org](http://www.mykinderhouse.org)



## Northern Hills Neddie



Season's Greetings!

Neddie will be away on  
holidays and will be back  
in the new year - send in  
your questions!

Have a wonderful holiday  
season!!

Neddie out!





# Give the Gift of Joy!

Bring your unwrapped gift items to any of  
these locations starting November 1!

Vivo West Entrance

Servus Credit Union

Save On Foods

Cobs Bread

Dance On Edge

Northern Hills Sport Physiotherapy

Panorama Hills E-centre

Northern Hills Dental

Learn, shop, and donate at our Donation Events!

November 12 at Canadian Tire - 388 Country Hills Blvd NE

November 19 at Toys 'R' Us - 261055 Crossiron Blvd

November 26 at Save On Foods - 225 Panatella Hill NW

December 3 at Skyview Church - 9685 Harvest Hills Blvd N

[WWW.NHCA.CA/GIFT-OF-JOY](http://WWW.NHCA.CA/GIFT-OF-JOY)

Northern Hills  
Community Association

MPC Foundation  
Where Aging is Celebrated

VIVO  
for Healthier Generations™

Rise  
Calgary



Closer to Home  
COMMUNITY SERVICES

## Gift of Joy!

We are accepting gift donations!

You can make the holidays brighter for families, including children, teens, parents and seniors, in the Northern Hills who are facing a difficult season.

Please do NOT wrap your gift! – each family member will be able to choose the gifts they would like to give to their family and have them wrapped by us on the day of the event.

For a list of gift ideas and more information, please visit

[WWW.NHCA.CA/GIFT-OF-JOY](http://WWW.NHCA.CA/GIFT-OF-JOY)

The shortage of gifts this year has been greater than in any previous year. Any help provided will therefore be even more appreciated!

Bring in your  
UNWRAPPED gift



by December 9, 2022  
Vivo Guest Services - West Side

Let's work together and give the  
Gift of Joy to families in need

Northern Hills  
Community Association

MPC Foundation  
Where Aging is Celebrated

VIVO  
for Healthier Generations™

Rise  
Calgary



Closer to Home  
COMMUNITY SERVICES



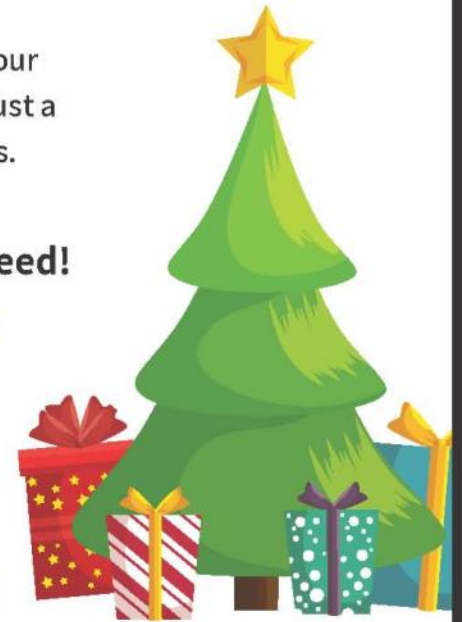
# Give the Gift of Joy by giving your time!



We are looking for volunteers who want to make a difference right here in our community through November and December! No experience necessary, just a desire to help. Roles available for 13 years or older, various dates and times.

Let's work together and give the Gift of Joy to families in need!

**CLICK HERE TO**  
**VOLUNTEER!**



MPC Foundation  
Where Aging is Celebrated



Closer to Home  
COMMUNITY SERVICES



## SPRY in the Hills

Senior Persons Regaining Youth

Registration open now **HERE**.

Limited Fitness spots available.

Social Hour is free with an NHCA Membership.

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





# CALLING ALL LOCAL WRITERS!

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

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



Name: Miss Felicity

*Happy Holidays*



Christmas

Christmas Decorations, Sparkles lights

Warm spices

Carollers

Hot chocolate

Heart warming

Gifts

Make time for family celebration

Christmas



# Harvest Hills Alliance Church

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



10099 Harvest Hills Blvd NW

403-226-0990

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



• Believe  
• Belong  
• Bless

## SUNDAY 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

11:00 am E.S.L

7:00 pm Young Adults

## Weekly Ministries

### Tuesdays

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

### Wednesdays

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

ESL starting 9:30-11:45 am

Youth Life Groups 6:30 - 8:30 pm

### Thursdays

Alpha - 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\*\***

## HHAC Christmas Eve Services

4:00 pm

5:30 pm

7:00 pm



## A Blessing Shared Is Blessing Doubled

*By MPC Foundation*

It was Anne Frank who said these profound words, “No one becomes poor from giving”

It's Christmas! And the spirit of giving is everywhere around us. In the endless frenzy of buying presents, it is easy to get swept up and lose sight of the gifts that truly matter. What if we hit pause and thoughtfully consider those who have no one to buy presents for, or who will not get presents from anyone. It may be unimaginable to many of us but the fact remains that loneliness is all around us.

Living right in our communities are seniors who live alone. Whether in a care home or living by themselves in the community, the number of seniors who celebrate Christmas alone is heartbreaking. I remember not too long ago when our group sang Christmas carols at a care home on a December evening quite close to December 25th. As we sang, we saw tears running down the faces of some of these seniors. We couldn't help but cry with them too. No one should be alone this time of the year.

So during this hectic month of December, take a moment to notice the people around you. Is there a neighbor, a family or someone in your building who is alone this Christmas? Can we all reach out and spread our boundless joy and share out blessings with others, big or small.

Christmas is much more than the shiny, wrapped-up parcel underneath the tree. It is a smile that we give one another, a plate of cookies for a neighbor or clearing a sidewalk to keep others safe.

This Christmas, MPC Foundation, together with Northern Hills CA, will deliver Gifts of Joy to those who could use some cheer and a note that says, “We see you!” Often, the most profound gifts are those that come from the heart. So, what's your random act of kindness this Christmas! Merry Christmas, Everyone!





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WAY TO STAY ACTIVE!**



**SCAN ME!**

**WINTER BREAK CAMPS  
SCAN HERE**

- ▲ CLASSES & OPEN GYM
- ▲ BIRTHDAY & TEAM PARTIES
- ▲ SPRING & SUMMER CAMPS
- ▲ MOBILE OBSTACLE COURSE
- ▲ PD DAY CAMPS
- ▲ SCHOOL FIELD TRIPS

# **CALGARY.FITSETNINJA.COM**

## **EXPERIENCE NINJA THE FITSET WAY**

**3691 19TH STREET NE, CALGARY, AB**

**(403) 930-5434**





### **Everyone belongs at the Library**

The Library's strategic plan for 2023– 2026 will guide the Library and our services for the next four years. Pick up your copy of *Everyone Belongs at the Library* at your nearest Library location to read our vision for a bright and diverse future, together.

Find out more at [calgarylibrary.ca](https://calgarylibrary.ca)

### **Celebrate 110 years, Together**

This year the Library turns 110, and we want to celebrate with you! Starting November 29, visit Calgary's Story, presented by Walt and Irene DeBonis, on Level 4 at Central Library or check out our website to see a collection of archival items from the Library's long history.

Visit the exhibit online at [calgarylibrary.ca/Archive110](https://calgarylibrary.ca/Archive110)

### **Celebrate winter with free streaming music from Freegal**

Your Library card gives you free access to Freegal's library of music. Find the perfect studying song, set the scene for a Holiday get-together, or listen to a new album from a favourite artist.

Start streaming at [calgarylibrary.ca/Freegal](https://calgarylibrary.ca/Freegal)

### **Visit an Early Learning Centre or Questionarium**

The Library has spaces for kids to stay warm and keep busy on cold days. Early Learning Centres are vibrant and interactive spaces for kids ages zero to five to learn and play. There are 12 Early Learning Centres throughout Calgary — find one near you today at [calgarylibrary.ca/babies-and-toddlers](https://calgarylibrary.ca/babies-and-toddlers)

Have an older kid? Questionariums are filled with activities for school-age kids to discover, explore, and ask big questions about the world around them. Six locations — Shawnessy, Nose Hill, Seton, Fish Creek, Crowfoot, and Central libraries — have Questionariums.

Find more resources for school-age kids at [calgarylibrary.ca/students](https://calgarylibrary.ca/students)

# “Happiness is an Inside job”

By Allan Pole  
Northern Hills News December 2022



The World Happiness Report (<https://worldhappiness.report/ed/2022/happiness-benevolence-and-trust-during-covid-19-and-beyond/#ranking-of-happiness-2019-2021>) ranks the 20 happiest countries. Finland is number 1 for the fifth year in a row. Canada is number 15, and the U.S. is number 16.

Christmas is an emotional time, with some people spreading holiday cheer and others grieving losses. Where do we find happiness? Happiness finds its roots in joy.

## **Joy has its nature.**

Joy comes out one way or another. It takes just 15 facial muscles to smile and as many as 65 facial muscles to frown. Let's stop overworking ourselves!

True joy does not depend upon circumstances. Helen Keller, unable to see or hear, observed:

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

## **Joy has its source.**

I believe God is the source of true joy. Happiness starts with receiving and is expressed by giving – at Christmas and throughout the year.

Joy energizes us and gives us strength. Whether on a peak or in a valley, let's focus on the positive and enjoy life.

## **Joy has its power.**

Let joy become happy laughter. A study shows that those who laugh live longer (<https://www.scientificamerican.com/article/laugh-lots-live-longer>). He who laughs lasts.

I found this list of “Ten Rules for Happier Living”:

Give something away.

Do a kindness.

Spend time with the aged.

Look intently into the face of a baby.

Laugh often.

Give thanks.

Pray.

Work.

Plan as though you will live forever.

Live as though you will die tomorrow.



Happiness starts with receiving and is expressed by giving.

Allan Pole is the pastor of New Beginnings Church (<https://www.nbccalgary.com>).



**Is now a good time to sell my home in Calgary  
or should I wait?**

**If you're thinking about selling your home, you're probably wondering  
if now is the time to do it.**

**The answer is YES!**

**It continues to be a good time to sell.**

**There are several reasons why: continued buyer demand, ongoing shortage of  
housing inventory and rising mortgage rates.**

**There may be many factors that make selling now the right choice.**

**I am happy to help you and answer your questions.**

**Call for a complementary Comparative Market Analysis on your home  
to find out what it may be worth!**



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REAL ESTATE MOUNTAIN VIEW

**Sending the residents of the  
Northern Hills communities a heartfelt  
thank you and sincere appreciation for your  
trust, confidence, loyalty and  
continued support in 2022.**

**Wishing you and your loved ones a  
Merry Christmas and a year of good health,  
love and memorable moments with  
family and friends.**

**From my family to yours,  
Cory, Jen, Riley and Kiara Lomsnes**





### LEMON GINGER TEA

Ready in 6 minutes

#### Ingredients

- 4 tsp honey
- 1/2 fresh lemon
- 2 cups water
- a thumb-sized piece of ginger

#### Preparation

1. Bring the water to a boil and remove from it heat.
2. Wash and peel the ginger before slicing it into fine strips.
3. Juice the lemon to yield around 2 tablespoons of lemon juice.
4. Add the ginger and lemon to the hot water and allow it to steep for 5 minutes. If you prefer a richer ginger flavour, let the tea steep for a bit longer.
5. Strain the tea and stir in honey.
6. Pour into a mug and serve! For extra charm, add in a decorative slice of lemon (kids love it).





### **Hon. Muhammad Yaseen**

**MLA, Calgary-North**

**Assoc. Minister, Immigration and Multiculturalism**

#### **Merry Christmas and Happy Holidays**

The holiday Season is upon us and I'd like to wish you and your family all the best this holiday season. I hope your days are filled with family, friends and all the love and cheer that comes with this time of year.

As I reflect upon this year, I'm proud to see the great progress we've made in advancing Alberta's economy. Calgary is known globally as a hub for some of the world's biggest energy companies and we've started making waves in the tech world too. A recent study from LinkedIn Talent Insights, found Calgary is experiencing the fastest growth in tech talent in North America and is home to the highest concentration of high-tech workers of Canadian cities. Over the third quarter of 2022, we saw economic diversification accelerate through business expansions and new investments. From renewable energy to aviation, manufacturing to technology, companies like TC Energy, De Havilland Aircraft, Infosys and Level 42 AI are choosing Alberta as the place they want to be.

Our province is leading the country in job growth and people from Ontario, Manitoba and BC are coming here in unprecedented levels to take advantage of the opportunities in Alberta. A strong economy is important for the prosperity of all Albertans. The Alberta Government will continue working hard to ensure the best for Alberta.

*A special thanks to my constituents for their support as I carry out my duties as your MLA.  
As always, I am available to answer any questions and concerns that you may have.*

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 friends and neighbours,

The holiday Season is upon us! I'd like to wish you and your family a very Merry Christmas, Happy Hanukkah, and all the best this holiday season. I hope your days are filled with family, friends and all the love and cheer that comes with this time of year.

As I reflect upon the year that has been I'm proud to see the great progress we've made in advancing Alberta's economy.

Calgary is known globally as a hub for some of the world's biggest energy companies, but we've started making waves in the tech world too. A recent study from LinkedIn Talent Insights, found Calgary is experiencing the fastest growth in tech talent in North America and is home to the highest concentration of high-tech workers of Canadian cities. Leading multinational companies including Mphasis, and Infosys have large and growing operations in our city.

Over the third quarter of 2022, we saw economic diversification accelerate through business expansions and new investments. From renewable energy to aviation, manufacturing to technology, companies like TC Energy, De Havilland Aircraft, Infosys and Level 42 AI are choosing Alberta as the place they want to be. That means good paying jobs for Albertans.

Our province is leading the country in job growth and people from Ontario, Manitoba and BC are flocking here in unprecedented levels to take advantage of the opportunities Alberta provides.

While there are some predictions for a rough economic patch in early 2023, financial experts believe our province will ride out the turbulence better than others thanks to our energy sector and growing diversification.

A strong economy is important for the prosperity of all Albertans. Our United Conservative government will continue working hard to ensure Alberta's best days are ahead.

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





### Jasmine Mian Ward 3 Councillor

#### Mayor's Annual Food Bank Drive

The Mayor's Annual Food Bank Drive kicks off on December 1-11! This year, all 14 Wards are competing against one another to see who can raise the most for the Calgary Food Bank and I'd love to have your help to support some of the most vulnerable in our city. Both monetary and food donations are accepted. Ward 3's drop off location is at VIVO, or you can donate online. For more information and the online donation link, visit [www.jasminemian.ca](http://www.jasminemian.ca).

#### In the Neighbourhood

I'm excited to support the hard work of NHCA and attend both their Christmas Market on December 3<sup>rd</sup> as well as help prepare for their annual Gift of Giving event. Hope to see you there!

#### Snow Bans Restricted Parking: Online Map Shows Calgary's Snow Route Parking Bans

December marks a potential for snowfall in the city and this means snow bans can come into effect. Before heading out, know which streets have parking restrictions by using The City of Calgary's online map that shows banned parking locations. The Snow Route Parking Bans map shows where parking is temporarily restricted on designated snow routes across the city. Parking bans may last up to 72 hours following a parking ban being issued by The City. This map is located at <https://maps.calgary.ca/SnowRouteParkingBans/>.

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

#### Help protect your household water pipes from freezing this winter

Every winter some Calgarians experience frozen water pipes which can result in water outages. Houses close to the river or in older communities tend to be at higher risk for this happening. Other major factors that impact risk are the depth of your water service pipes, river water temperature and frost depth.

#### You can take steps to reduce your risk for frozen household pipes

1. Look for cold drafts in unheated areas where water supply lines are located. This includes basements, crawl spaces, attics, garages and under kitchen and bathroom cabinets.
2. Repair broken windows, check doors and insulate areas that allow cold exterior air to enter.
3. Insulate your hot and cold water pipes that are located in cold areas.
4. Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.

*Continued on next page*



### Jasmine Mian Ward 3 Councillor

*Continued from previous page*

5. Keep the heat set to at least 15°C.
6. Make sure the water line to outside faucets, garden hoses, pools or decorative water features is turned off, disconnected and drained.
7. If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
8. Regularly run water in your pipes through everyday use. You can also run a continuous pencil-width stream of water, but you will be responsible for any increase in water charges unless you received an official notice from The City of Calgary instructing you to do so.

Find out more at [calgary.ca/frozenpipes](https://calgary.ca/frozenpipes).

#### **Elections Calgary Looking for Immigrants' Opinions on Voting**

Elections Calgary is seeking to better understand barriers and gaps faced by immigrant citizens when it comes to voting in municipal (City of Calgary) elections.

When The City understands reasons why immigrant citizens choose to vote or not vote in municipal elections, it can address ways to better serve voters for future elections.

From December 1 - 15, 2022, immigrant Calgarians are invited to visit an online survey to share their knowledge and interest in voting in municipal elections. The online survey is anonymous, will be available in multiple languages, and will take approximately 15 minutes to complete. The link is at :

<https://api.legerweb.com/TheCityOfCalgaryVotingSurvey> , or scan the QR Code.

This data will add to the City's understanding of barriers to election participation among newcomers.

**Survey Eligibility:** If you have immigrated to Canada and call Calgary home, you are eligible to participate in this survey

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor





## Stay Healthy Stay Strong

Learn new skills to better manage your health condition and enjoy a better quality of life

Friday, Dec 16, 2022

11:00am-12:00pm

To Register

Shalini Handa at 403-681-7363

SHanda@growwithtrellis.ca



Trellis Society works with young people, adults, families and communities to unearth their potential and support their growth. We are focused on generational change by providing a spectrum of services for people of all backgrounds, including those with complex needs. Our programs improve access to resources, develop family and community supports and build people's capacity to deal with life's challenges.

With our support, people from all walks of life are empowered to move beyond systemic barriers, cultivate great outcomes and reach their full potential. We're Trellis – and we're always growing!

To learn more, [visit growwithtrellis.ca](https://www.growwithtrellis.ca)

## SUPPORT YOUR COMMUNITY ASSOCIATION BY DONATING YOUR BOTTLES AND RECYCLABLES!



### 2 STEPS TO DONATE:

- MARK YOUR BAGS WITH A LABEL/STICKER SAYING "NHCA" (NORTHERN HILLS COMMUNITY ASSOCIATION)
- DROP OFF YOUR BAGS AT BEDDINGTON BOTTLE DEPOT (111-20 COUNTRY HILLS LANDING NW)



COLLECTED FUNDS WILL GO  
BACK TO PROGRAMS &  
SERVICES FOR YOUR  
COMMUNITY!

LEARN MORE:

[NHCA.CA/DONATE-RECYCLING/](https://www.nhca.ca/donate-recycling/)

BEDDINGTON HEIGHTS  
**BOTTLE DEPOT**  
It's Worth It

Northern Hills  
Community Association

## Waste and Recycling

### Winter cart placement tips

Follow these winter tips to keep your cart collection safe and on schedule:

Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.

Leave enough space around your carts to easily walk between and around them.

Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7 p.m. on collection day.

**Clear snow off your carts and keep lids closed.** Snow in your blue cart ruins quality recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.

**Prevent food and yard waste from freezing inside your green cart.** Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at [calgary.ca/cartplacement](https://calgary.ca/cartplacement).





## Your kindness goes a long way this Giving Season!

As little as \$20/month will raise the final 1% we need for our Centre expansion

You will also be featured on our donor wall

**ALL-IN.VIVO.CA**







Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Wear a ski helmet designed for use in cold weather and high speeds.

### Hazards

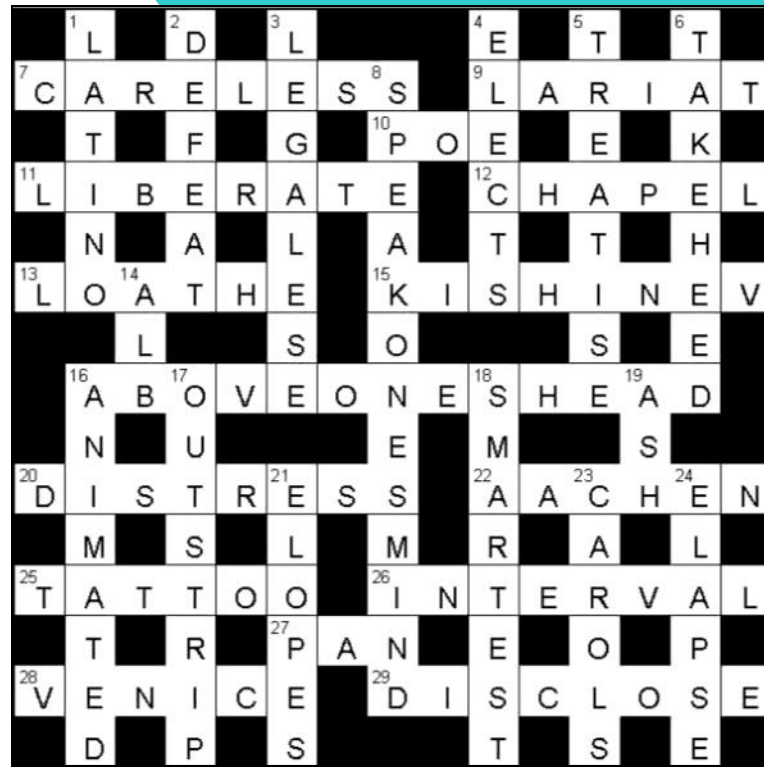
- Avoid hills that are too steep or icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences;
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged;
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill;
- Children should be supervised by an adult; try not to toboggan alone;
- Sledding at night is not advised.

### Plan ahead

- Anticipate weather changes and plan accordingly;
- Wear warm, insulating layers closer to the body, and wind and water proof layers on the outside;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks out of the cold to warm up;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin at all times;
- If frost bite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind-chill;
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

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

### SOLUTION



### DOWN

1 latino. 2 defeat. 3 legalese. 4 elects. 5 treatise. 6 take heed. 8 speak one's mind. 14 alb. 16 animated. 17 outstrip. 18 smartest. 19 ash. 21 elopes. 23 carols. 24 elapse.

### ACROSS

7 careless. 9 lariat. 10 Poe. 11 liberate. 12 chapel. 13 loathe. 15 Kishinev. 16 above one's head. 20 distress. 22 Aachen. 25 tattoo. 26 interval. 27 pan. 28 Venice. 29 disclose.

## Sudoku

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

# CALLING ALL LOCAL PHOTOGRAPHERS!

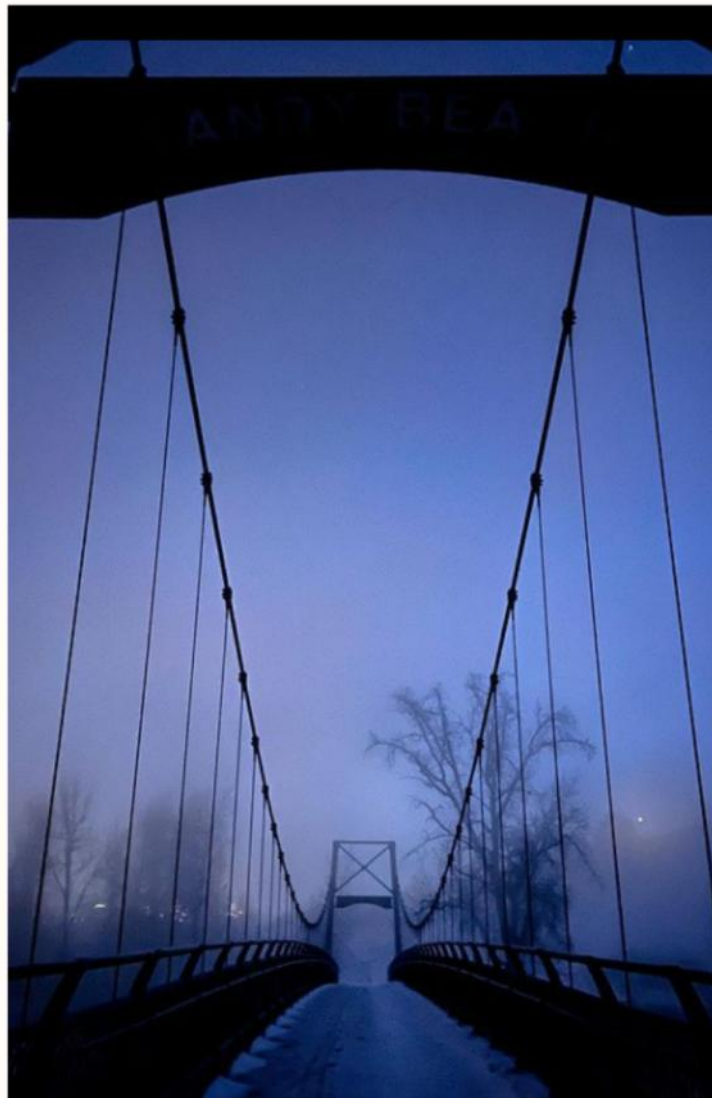
**COBS  
BREAD**

**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 Larry Wong**



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

## Get your membership here

### COUNTRY HILLS & COUNTRY HILLS VILLAGE

#### 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

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

#### Woody's Taphouse

500 Country Hills Blvd NE  
10% Off

#### UPS Store

612-500 Country Hills Blvd NE  
10% off UPS Shipping and 10% printing

### COVENTRY HILLS

#### Cathy – Piano & Theory Teacher

Family registration fee discount of \$15.00

#### Euphoria Wellness Centre

#229 – 130 Country Village Road NE  
\$10 a REGULARLY priced 60/90 Min Massage or Acupuncture Treatment when they show us a valid members card.\*not applicable to EWC Members or Mobile Treatments

#### Marble Slab Creamery

130 Country Village Rd NE  
10% off all orders

#### Jade Lee Piano

\$10 for first lesson

### PANORAMA HILLS

#### Little Caesars

18 Panatella Blvd NW  
Buy any two specialty pizzas and get a free crazy bread

#### Progressive Optometry

34 Panatella Blvd NW  
15% off frames

#### Sunburst Counselling

Panorama Hills NW  
30 minute free consultation and 10% off first paid booking

#### Tamarind East Indian Restaurant

610 Panatella Blvd NW  
10% off all purchases, eat-in or take-out

### HARVEST HILLS

#### Arbonne International-Nancy Tomney

20% off orders

#### Devon Lowe B.B.E.

Suite 5113, 333 96th Ave NE  
A Complimentary Detailed Personal/Family Financial Plan (Value \$1000), A Complimentary Book "Money and Youth – A Guide to Financial Literacy" (Value \$25)

#### Stampede Car Wash

Suite 600-9650 Harvest Hills Blvd NE  
\$1 OFF of wand wash

#### Steeped Tea

Briana Trotter  
10% off all orders

#### The Canadian Brewhouse

9650 Harvest Hills Blvd NE  
20% off all regular price food orders/10% off all regular price drinks  
Valid for Cardholders and one friend

### OTHER LOCATIONS

#### Benjamin Moore

Rice For King-The District

Boston Pizza

Boston Pizza Cross Iron Mills Mall

Famoso Neapolitan Pizzeria

Kiddiekakes Custom Cake Design

KIDSFIRST Resolution

The Lash Lounge By Tanz

Little Caesars

Montana's

Ornamental Stone

Royal Palace Home Inspection

Scotsman's Well

Sure Scraps A Lot!

Top Gear Car Wash

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

Northern Hills  
Community Association