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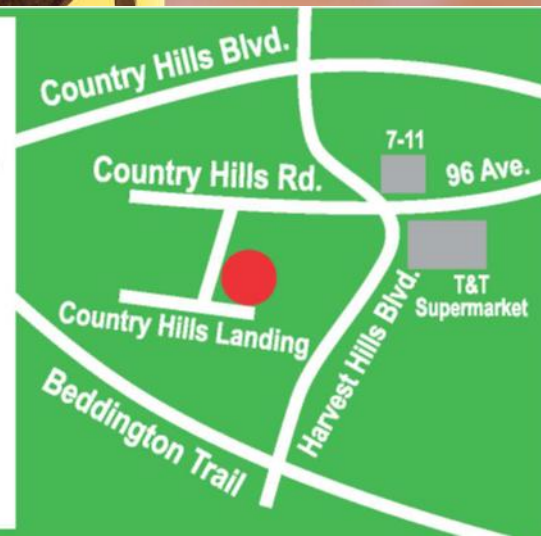
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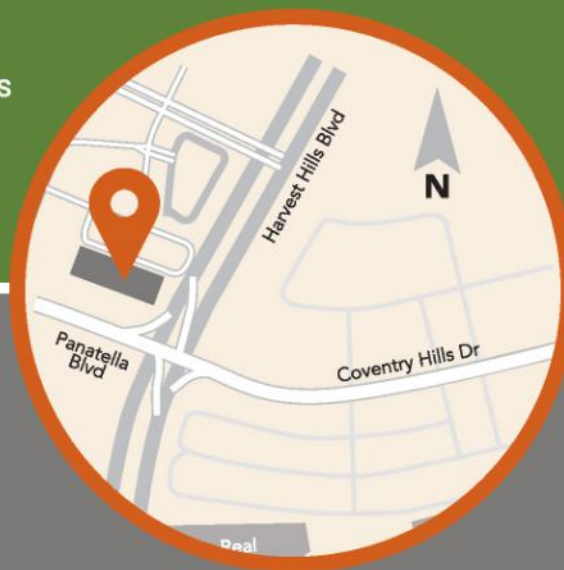
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President's Message



Amanda Mauch
President
Northern Hills
Community Association

As we wind down from the busy summer, I want to thank everyone who came out to support our events this season. We sincerely enjoyed it, and hope to keep seeing you at future events! Now we have back-to-school season to get through, and I for one am really looking forward to having some crisp fall air return once again.

We had a fantastic **Community on Tap** in August, and hopefully this will become an annual membership event for us. We don't have any special events in September, but we are planning a great new Halloween event for next month, so look out for advertising about that! It will be a family-friendly daytime event on October 28th. Our monthly board meetings are also returning this month, so if you have interest in or questions about our board meetings, please email me at president@nhca.ca

Our **Good Food Box** program is now back in full swing. With the price of groceries right now, these boxes provide a great amount of quality produce for a very reasonable price. Next order deadline is September 18 for pickup on September 28. Please go to our website [to order](#).

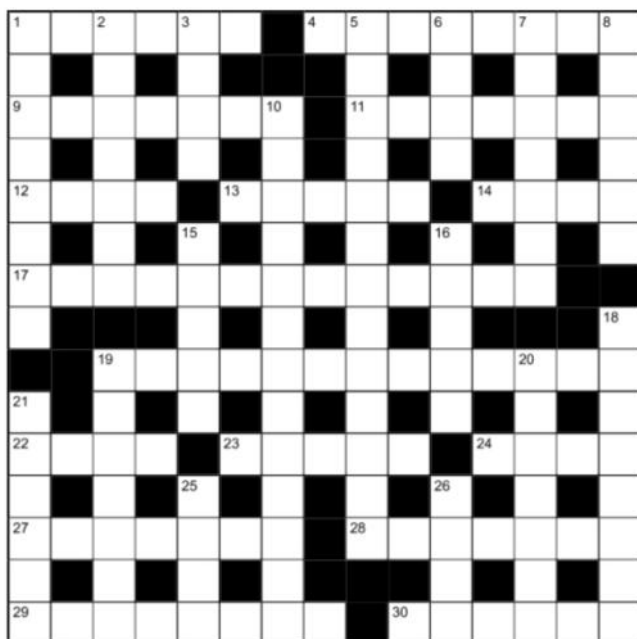
We are still looking for dedicated community volunteers to join our board. Our most needed Board positions are:

- Panorama Hills Representative
- Newsletter Editor
- Sports Director
- Events Director
- Fundraising Director

Our current volunteer and board needs are laid out in more detail on our website [here](#), or you can support us by becoming a [member](#).

Thank you for your continued support and dedication to our community. I wish you all a great month of September!

Amanda Mauch
President
Northern Hills Community Association



DOWN

- 1 Sailor stumped by ploy that's hard to understand (8)
- 2 Father's lithe but delicate (7)
- 3 Bank is really heartless (4)
- 5 Expensive seats on plane for those studying commerce? (8,5)
- 6 Sibling has success after short time (4)
- 7 Rubbish and burnt remains under English tree (3-4)
- 8 Maxim is speaking (6)
- 10 Run to family to find how different ethnic groups get on (4,9)
- 15 Vegetable from Devon town (5)
- 16 Wish evil on scoundrels beginning to exasperate (5)
- 18 Bucket for plant? (8)
- 19 Headgear left with hesitation for gangster (7)
- 20 View from old wing (7)
- 21 Not accustomed to being unemployed (6)
- 25 Female supporter wants new health food (4)
- 26 Ring everyone after end of epic (4)

ACROSS

- 1 Declare commitment to a fellow with company (6)
- 4 They help gamblers after onset of addiction (8)
- 9 Sort of plaster, it's used for attaching sheets of paper (7)
- 11 Quiet one extremely inclined to tremble (7)
- 12 Downfall of sovereignty, say (4)
- 13 Perfume is put in the post around start of Christmas (5)
- 14 Murderer raised by very noisy people? (4)
- 17 Guides president in London area (9,4)
- 19 Old Harry stuck out in attempt to gain sympathy (4-4,5)
- 22 Gas, one confused with nitrogen (4)
- 23 Kate's off to get meat (5)
- 24 Some jazz in concert, or metal (4)
- 27 New Orleans is a port (7)
- 28 Rank of Victoria for example (7)
- 29 Pretty girl holds skirt lower (8)
- 30 Quail or another bird engrosses student (6)

Design and digital publishing credit to:

The UPS Store 264

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store264@theupsstore.catheupsstore.ca/264**The UPS Store**

Print and Business Services

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and so much more!

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

In-Person Hours at the Office:
By appointment only please
email info@nhca.ca
Closed on weekends and
statutory holidays.

STAFF

Executive Director: [Melissa Gagyi](#)
Bookkeeper: [Surina Gupta](#)
Newsletter Editor: [Heather Hubert](#)
Ad Sales: [Heather Hubert](#)

VOLUNTEERS

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

BOARD MEMBERS

President: [Amanda Mauch](#)
1st Vice President: [TBD](#)
2nd Vice President: [TBD](#)
Secretary: [Nikki Browne](#)
Treasurer: [Cindy Partin](#)

DIRECTORS: Suresh Fernando, Victoria Henry,
Andrea Rudoski

COMMITTEES

Gardens: [Amanda Mauch](#)
Building Safer Communities (Blockwatch): [Tavis Settles](#)
Community Relations: [TBD](#)
Government Relations / Advocacy: [TBD](#)
Grants: [Amanda Mauch](#)
Harvest Hills Hub: [Andrea Rudoski & Victoria Henry](#)
Planning & Development: [TBD](#)
Seniors Program: [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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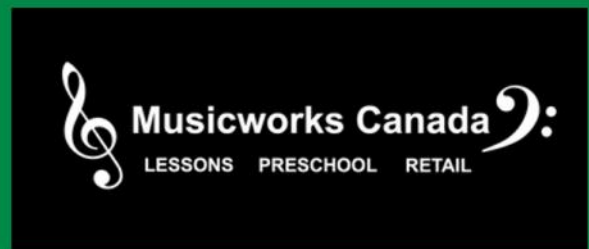
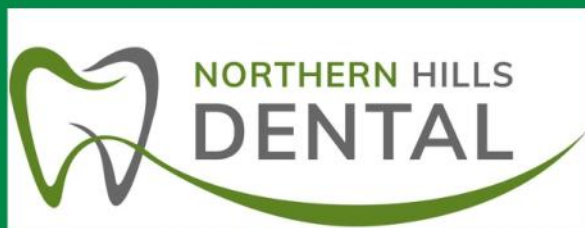
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Northern Hills Community Association



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to win a \$500 Gift Card from Save on
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**Winner will be chosen October 1st
2023.**

**Let us take care of your
Thanksgiving dinner! Enter today!**

www.nhca.ca/donate

VOLUNTEER WITH THE NHCA

BE A CASUAL VOLUNTEER

Do you have a few hours a month to help out? Get added to your casual volunteer list and we will reach out when events, programs and small projects are in need of your help.

JOIN OUR P.E.P. TEAM

Looking to get involved on a regular basis in your community? Join our group of amazing **P**rojects, **E**vents and **P**rograms volunteers.

These volunteers take on specific projects, events or programs they would like to see in their community. Bring your skills and experience to our team to help build the community you would like to see!

BE LEADER

Do you have a passion for community involvement? Join our leadership team and help shape the direction of the Northern Hills Community Association.

EMAIL US AT VOLUNTEER@NHCA.CA AND LET US KNOW HOW YOU'D LIKE TO GET INVOLVED!





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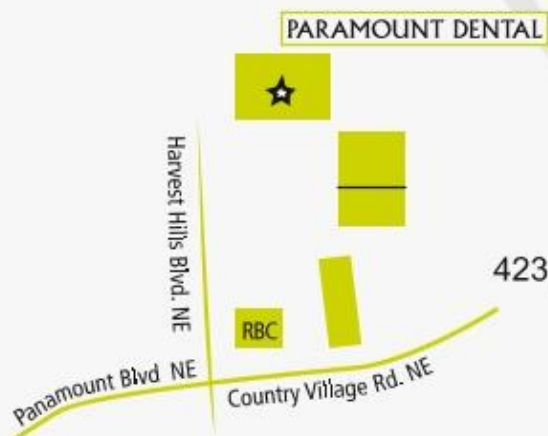
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Sundays: Closed
(** = Alternating)

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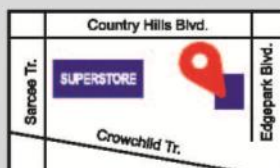
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Emergency
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Back to
school safety

Alberta Health Services EMS would like to remind parents and students of some 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

Feel confident going back to school with the Library

Boost your confidence and get your children ready for school with essential Library resources, from programs and study supports, to helpful tips for parents.

Find them all at calgarylibrary.ca/students

Get cozy with the Mystery Month Reading Challenge

Theatre Calgary is hosting Mystery Month from September 8 – October 12 and the Library is celebrating with a mystery-themed reading challenge. Sign up for a chance to win great prizes, like tickets to performances of Agatha Christie's *The Mousestrap*, and more!

Register online at calgarylibrary.ca/mystery-month

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, as well as on September 30 at all locations with Indigenous Placemaking.

See all programming at calgarylibrary.ca/Indigenous-services

Access free tutoring and more 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.

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

Preparing or updating your Will

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney (EPA)* and a *Personal Directive (PD)*.

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

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

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entrepreneurs!



This double event will be held at the HHHub
greenspace at 178 Harvest Glen Way, NE

For event details or to register for the market
find us on Facebook or at nhca.ca/hhhub



2023 Harvest Hills KIDS/YOUTH
Makers' Market Vendor
Registration Form



SAVE THE DATE

HARVEST FEST

HALLOWEEN EDITION

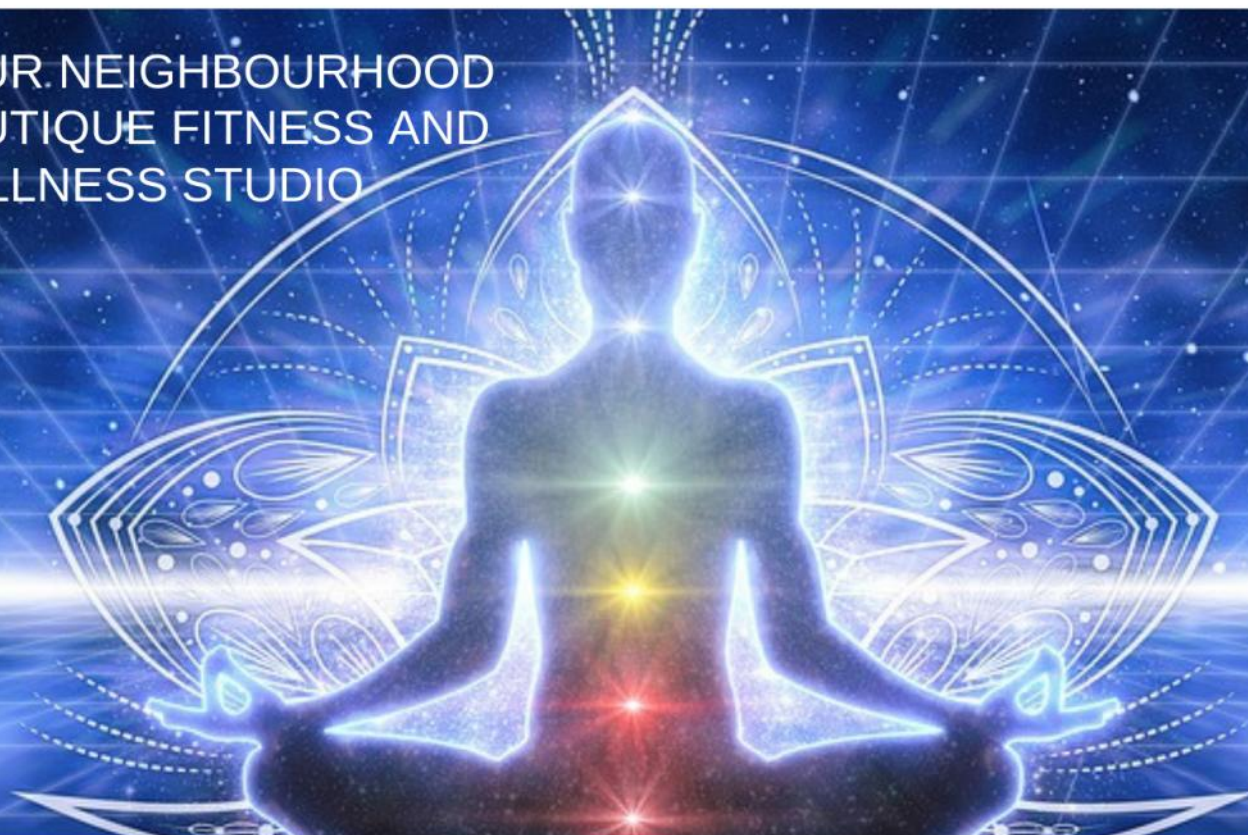


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TIME TBD

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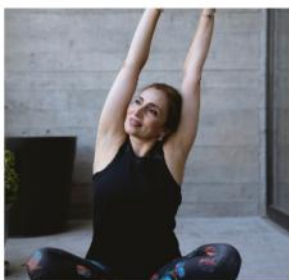


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- Believe
- Belong
- Bless

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
(First Sunday of the Month)

10:30-11:00 am Youth Hang Out

10:15 am E.S.L

7:00 pm Young Adults

Weekly Ministries for September

Wednesdays

Ladies Bible Study Precept - 9:15 am

ESL -9:30 am Starting Sept 27th

Youth Life Groups 6:30 - 8:30 pm

Thursdays

Every 1,2 & 4 Thursdays Quilters Plus

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

Every 3rd Thursday Young at Heart 65 +
Potluck lunch 12:00 - 2:00 pm

Saturdays

Men's Bible Study

8:00 -10:00 am

****Come Join Us****

SEPTEMBER 10

Two Services

9:15 & 11:00 AM

Harvest Kids Youth Nursery
and our weekly Ministries





Changes to Green Cart Collection This Fall: What You Need to Know.

Starting in November, green cart collection will be once every other week, resuming weekly in the spring. Here's what you need to know:

- **Fill Your Green Cart First:** Leaves, branches, grass, and plants can go directly inside the green cart. If it's full, use paper yard waste bags for extra waste.
- **Extra Yard Waste Bags:** Place them at least 0.5 meters (2 feet) away from your cart. Roll the tops closed to prevent spills, and make sure you can lift the bag with one hand.
- **No Plastic Bags:** They are not allowed in your green cart.

Do You Have Too Much Yard Waste?

You can drop off yard waste free of charge at any landfill from Friday, September 22, 2023, to Saturday, November 4, 2023.

Check your schedule at calgary.ca/collection and sign up for reminders.

Visit calgary.ca/waste/drop-off/yard-waste for more information and make your yard clean-up a breeze!



SUBMITTED
BY BOB
LEUTY



5 Simple Habits for a Happy and Healthy Life

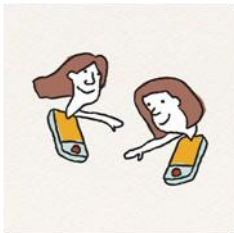
By MPC Foundation

We are all familiar with this refrain – healthy aging is the product of the effort we invest into it. More importantly, healthy aging is a direct result of how we handle the many transitions and changes that appear in our life as we approach the senior years. As we age, taking a more holistic approach to our well-being becomes incredibly important in achieving a happy and healthy lifestyle. In this article, we'll explore these five easy and simple routines, so you can enjoy your golden years to the fullest!



1. Get plenty of rest - A good night's sleep goes a long way to help relax your mind and body. Aim for about 7 to 8 hours of sleep each night and create a peaceful environment where you can easily drift off to *snoozeville*. Establishing a proper sleep routine will help keep you refreshed and recharged everyday. And if you don't get the recommended hours of sleep, don't fret. It's all about how you feel and function despite having less sleep.

2. Engage in mentally stimulating activities – Your brain is like an engine. The more you use it, the smoother it runs. Doing daily crosswords, *Sudoku* or board games will keep you mentally sharp but if you prefer more interactive sessions, explore opportunities to join group sessions such as learning a new language, art, and technology. These classes will help you explore new skills and meet new people along the way!



3. Spend quality time with loved ones – Having meaningful relationships is as critical to your overall health as eating well and exercising. Bonding with family and friends surely uplifts both mood and spirit. We human beings are social creatures. Even the most introverted people long for interaction every once in a while. So whether it is in person or online, stay connected to those who matter.

4. Watch what you eat – Renowned chef and author Alice Waters once said, 'We are what we eat' in reference to the direct relationship between wellness and what we feed our bodies. Maintaining a balanced diet is key to maintaining a healthy aging; so is staying hydrated, avoiding processed food, and saturated fats. Prioritize routine check-ups with your physician to reduce health complications in the long run.



5. Stay physically active – Over and over again, studies have shown that even a small daily dose of physical activity can produce long term health benefits. In addition, staying active doesn't necessarily mean doing rigorous workouts. A nice walk in the park every morning, meditation, and yoga will help your strength, flexibility, and balance. The more you move, the better you will feel.

Building a consistently active routine and embracing these healthy habits will lead to a positive and fulfilled outlook in life.

MPC is a registered charity. To learn more, please visit www.mpcfndn.ca.



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in partnership with

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SEPTEMBER WINNER!

Easy Gluten Free Chocolate Layer Cake

Winner: Dale Kraft

Ingredients

Cake:

¾ cup sugar
¾ cup cocoa powder (*see note)
¾ cup gluten free flour blend (*see note)
3 eggs size large
½ cup unsalted butter softened
1 teaspoon baking powder + dash of salt
¾ cup almond milk or other milk
6 ounces vanilla yogurt *you can also use sour cream

Frosting:

8 ounces cream cheese softened
½ cup unsalted butter room temperature
3 ¾ cups powdered sugar
½ cup cocoa powder
1 teaspoon pure vanilla extract

Instructions:

Preheat the oven to 350° F.

In a large bowl, add all dry ingredients and whisk to blend.

In a smaller bowl, add all wet ingredients and mix.

Pour the wet ingredients into the dry ingredients and mix until just barely mixed. If you over mix your batter, your cake will turn out dense. I never use a standing mixer when I make gluten free cake because I like my cakes to turn out fluffy.

Spray cake pans with coconut oil. Add batter to each layer pan. (*see note)

Bake for 20 minutes, checking to see if it is done. (Time cooking really will vary depending on pan size, or if you are making cupcakes.)

Remove from the oven. Tip the pans so cakes come out onto the cooling rack.

To test for doneness, insert a toothpick into the center of the cake. If the toothpick comes out clean, it is done baking. If you see batter or crumbs, the cake need to bake longer.

In a mixer, add frosting ingredients and mix until thick and creamy. (Start on low speed so powdered sugar doesn't fly all over your kitchen!)

When the cake is cool, frost each layer. Use a rubber spatula to smooth and spread the frosting all around the cake.

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

Email: editor@nhca.ca

Sudoku

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

BACK TO SCHOOL

Jokes

Question: What is a cheerleaders favorite pizza topping?

Answer: Pep!

Question: On the first day of school, what did the teacher say her three favorite words were?

Answer: June, July, and August

Question: Why did the M&M go to school?

Answer: Because he wanted to be a Smartie."

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Email: info@alikisarthouse.com

Website: alikisarthouse.com

Art for all and all for art! Learn to draw, paint and sculpt from professional artists in an inclusive and friendly environment. Weekly Classes are specialized, educational and fun. We create opportunities for everyone to discover, experience and develop new art skills plus improve their concentration, problem-solving and perseverance. Artists-in-training gain greater self-confidence in their abilities along the way. Classes available for age 5 to adults.

Place Your
Ad Here

Place Your
Ad Here

Place Your
Ad Here

Gardener's Corner

If you happen to be walking by either of our gardens, in Coventry Hills or Harvest Hills, go ahead and stroll through! We want our gardens to bring enjoyment and inspiration to everyone in the community, whether you're a gardener or not. Even though the season is winding down, it can still be a great place to sit and eat your lunch.



In our community gardens we'll all be harvesting and prepping our beds for the upcoming fall and winter this month. Bed prep will involve pulling out dead plants, and putting any nutrients back in, like topping with compost or potentially short-term cover crops like peas or alfalfa.

We still have a few weeks of warm weather to go yet though, so continue to water your gardens and prepare to pull your end of season crops soon: potatoes, onions, garlic, and all warm weather crops that cannot stand any frost. If you are lucky and have a greenhouse or the capacity to cover your beds, you can keep root veggies in their beds for a few months still, just top them with mulch and some plastic to keep the soil warm a little longer!

If you have any questions or suggestions, please contact our Gardens Director Amanda at gardens@nhca.ca

Did You Know?

Did you know, Country Hills is home to 5 playgrounds - and a new resident-driven volunteer group, inspired by the work of Creating Coventry, has formed to tackle the project of refurbishment..

The playgrounds, from oldest to newest are located at:

- Country Hills Circle NW (erected 1998)
- Country Hills Way NW (erected 1998)
- Country Hills Grove NW (erected 2000)
- Country Hills Drive NW (erected 2005)
- Country Hills Close NW (erected 2013)

The committee has enough members for now, but there will be lots of opportunities for Country Hills residents to have their say in the design of future playgrounds. Our priorities are the ones located at Country Hills Circle NW and Country Hills Way NW as these are the oldest and most well-loved playgrounds.

Like and follow the Boosters Facebook page to stay up to date on the playgrounds: <https://www.facebook.com/profile.php?id=100095192119399>

You can also reach the Boosters by email at countryhillsplaygroundboosters@gmail.com

We have future surveys, engagement sessions and more planned as we learn about our neighbours, fundraising and of course, playground equipment!

Northern Hills
Community Association

Christmas
Market

Join us
Saturday November 25th
10am to 4pm
Viro

Local Vendors!

Donations for Gift of Joy
welcomed.

The poster has a light blue background with white snowflakes and bokeh dots. At the top center is a white circle containing the Northern Hills Community Association logo and the event title. Below this is the main headline 'Vendors Wanted!' in a bold, dark blue font. The body text, also in dark blue, describes the event and registration details. At the bottom, there is a dark blue silhouette of a winter landscape with evergreen trees and a winding path, set against a white snow-covered ground. The website URL is printed in dark blue at the very bottom.

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 second annual Christmas Market! Taking place Saturday, November 25th from 10am to 4pm at Vivo.

Registration opens on Friday, September 15th at 10am!

nhca.ca/christmas-market



Jasmine Mian Ward 3 Councillor

What an incredible summer it's been! I've enjoyed meeting residents and being in the community at the wonderful events hosted throughout the ward. Thanks to everyone who stopped by our tent during the Stampede breakfast hosted in Coventry Hills!

North Trail High School Opening

The change of seasons means that kids are officially back to school. North Trail High School is opening along Harvest Hills Blvd. With many students travelling to the new school, we expect some growing pains with parking and traffic.

To report a concern, scan the QR code to submit via 311 or CPS. If your concern has not been resolved in a timely manner, please follow up with my office.



The opening of North Trail High School also means that there will be some changes to bus service. To view the specific routes and levels of service, visit calgarytransit.com.

Hanson Ranch Wetland Redesign

The City is undertaking work on the constructed wetlands in Hanson Ranch. The City's Water Services department will be hosting public information sessions this month. To read more about the project and the dates of the information sessions, scan the QR code:



For more information on all things related to Ward 3 or to contact my office directly, visit jasminemian.com.

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor

SOLUTION

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ACROSS
1 affirm. 4 abettors. 9 stapler. 11 shivery. 12 rain. 13 scent. 14 cain. 17 Shepherd's Bush. 19 hard-luck story. 22 neon. 23 steak. 24 zinc. 27 Salerno. 28 station. 29 diminish. 30 flinch.

DOWN
1 abstruse. 2 fragile. 3 rely. 5 business class. 6 twin. 7 eye-wash. 8 saying. 10 race relations. 15 chard. 16 curse. 18 hyacinth. 19 hoodlum. 20 opinion. 21 unused. 25 bran. 26 call.

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

Sudoku

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



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- » 403.226.7789
- » memberships@countryhills.ab.ca
- » 1334 Country Hills Blvd. NW, Calgary, AB



COUNTRY HILLS
GOLF CLUB

CALLING ALL LOCAL PHOTOGRAPHERS!

**COBS
BREAD**

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

Please email in to editor@nhca.ca



This month's winner



As the Little Kickers were practicing soccer at the field by Coventry Hills School, this guy decided to play goalkeeper and perch itself on the crossbar. It was communicating with another bird of prey in a nearby tree.

Submitted by Sami Houry