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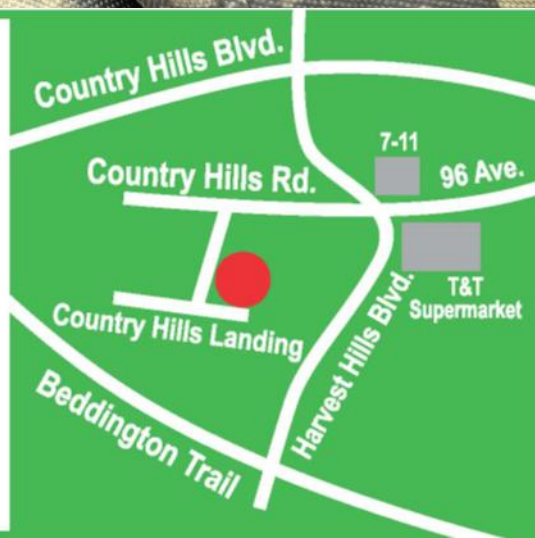
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President's Message



Amanda Mauch
President
Northern Hills
Community Association

Winter sure came in with a bang this year Northern Hills! Time to break out the toques, get your winter tires on, and prepare for our dark and chilly season. Stock up on hot chocolate!

We had our **Harvest Fest - Halloween Edition** on October 28, and had a great costume parade and gave out 100 pumpkins for families to carve. Also another successful **Good Food Box** is in the bag, with the next upcoming deadline on November 13 for a delivery on November 23. Go to our website [to order](#)!

We will be hosting our 2nd Annual **Christmas Market**, on November 25 from 10am-4pm. Vendor spaces are filling up, please go to [this page](#) for more information on how to sign up for a table. We will be holding this market in the newly completed indoor playground at Vivo, come check it out and get your Christmas shopping done!

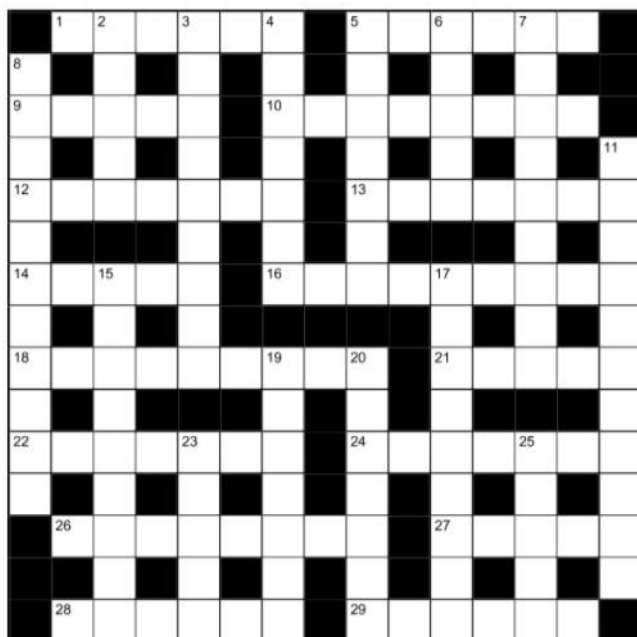
We are still looking for dedicated community volunteers to join our board. Our most needed Board positions are:

- 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 November!

Amanda Mauch
President
Northern Hills Community Association



DOWN

- 2 A Romanian initially picked up slang (5)
 3 Remember to assemble again (9)
 4 A number of years said to be rotten (7)
 5 Limits speeches when leader's absent (7)
 6 Promote footwear round the south (5)
 7 A Chilean dish chiefly – wrong, a Mexican one (9)
 8 End of scene still is lacking feeling (11)
 11 Peer's ordered Russian vehicle with Soviet reconstruction (11)
 15 Fish and port only (5,4)
 17 Heights situated haphazardly around lake (9)
 19 Brief thus tucked into Indian meal (7)
 20 She's old, crazy and drunk (7)
 23 Lout gives exclamation of joy (5)
 25 Only some admire evergreen old magistrate (5)

ACROSS

- 1 Extreme enmity could result in death, right? (6)
 5 Some card games for masseur (6)
 9 Wise men, first to control wizardry (5)
 10 Foolish conceit around university is to count for nothing (3,2,3)
 12 To agree entirely (7)
 13 Team not batting is in the field perhaps (7)
 14 Love left to perish in formerly popular song (5)
 16 To run down daughter is standard, given time (9)
 18 I cut Elvis out of book (9)
 21 Raise glasses to a good man (5)
 22 Second entreaty for something to water plants with (7)
 24 Rain too affected Canadian province (7)
 26 Ring back twice to scoff (4-4)
 27 Rex comes in to decorate? Rubbish! (5)
 28 Crime only punished after fellow takes Ecstasy (6)
 29 Sidle off around start of presentation and drive away (6)

Design and digital publishing credit to:

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

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Print and Business Services

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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
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not necessarily reflective of the
opinion of NHCA.



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Join us at Country Estates on the Cove
151 Country Village Road NE
November 18 from 10 – 2 p.m.

There will be 18 tables of crafts made by resident artisans, a bake table, and refreshments. Don't forget to buy your raffle tickets for the money tree and a lovely hand crafted blanket. Visitor parking out front, but if no spots are available, park at Vivo and walk over.

See you there!



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403 232 0228

Northern Hills
Community Association

Christmas Market

Saturday, November 25th

10am – 4pm

Vivo for Healthier Generations - New Indoor Park!

- Local Vendors
- Kid's maker's market
- Crafts
- Santa Photos!

Vendor Tables \$100 – Entrance is free!
A donation to Gift of Joy is welcomed.



Join our Events Committee and Make a Difference in Your Community!

The Northern Hills Community Association is seeking volunteers to help organize and run four major events throughout the year. The goal is to establish a small committee to take the lead on these events in partnership with the NHCA Board of Directors. We are looking for three to four volunteers to join the committee and bring fresh ideas to the table.

Here's what you can expect:

- The committee will focus on planning and executing four major events per year
- Established events like Community on Tap, Harvest Fest, and Christmas Market will continue to be hosted, with one or two family-friendly events added to the mix
- The amount of time required will vary depending on the time of year and upcoming events, with the busiest times expected to be from July to mid-December

If you're interested in being a part of this exciting opportunity, please reach out to us at volunteer@nhca.ca.



Call for Volunteers: Join the Sports Committee!

The Northern Hills Community Association is seeking three to four dedicated volunteers for our Sports Committee. As we look to expand our sports programs and offerings, we need a team to focus solely on community sports. This committee will work closely with the NHCA Board of Directors to create a comprehensive sports program that caters to all age groups.

What You'll Do:

- Contribute to developing and implementing an updated youth soccer program
- Collaborate with a third-party soccer programmer
- Create a community sports plan with programming for all ages

The time commitment will vary depending on the season, with the months of May through September requiring the most involvement. Join us in building a strong and vibrant sports community!

If you're interested in being a part of this exciting opportunity, please reach out to us at volunteer@nhca.ca.



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Dr. Tonny Tang



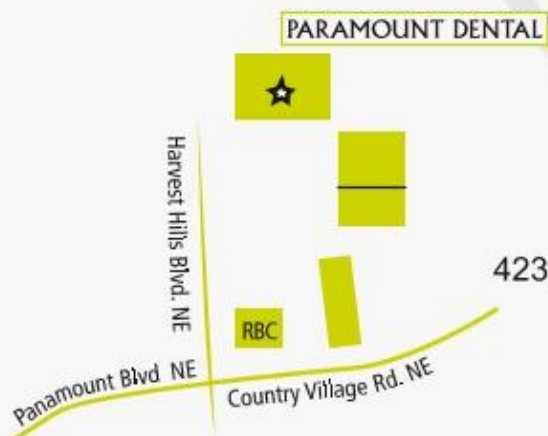
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Wednesday: 8:00 am to 4:00 pm
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Sundays: Closed
(** = Alternating)

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Find a new program for you at calgarylibrary.ca/programs

Meet the 2023 Musical Artist in Residence

Mirabelle Jien joins the Library as the 2023 Musical Artist in Residence. She is a self-producing singer, songwriter, flutist, and composer from Alberta who also hosts the podcast *Making It* where she talks with Grammy-, Emmy-, and Oscar-winning and nominated artists. Attend programs or book a one-on-one consultation with Mirabelle to learn about music basics or get feedback on your practice.

Learn more at calgarylibrary.ca/musical-artist

November 8 is Indigenous Veteran's Day; November 11 is Remembrance Day

Find resources to help recognize and honour the sacrifices made by veterans, including educational resources for grades 4 – 6, booklists, discussion questions, local history archives, and more.

Find resources at calgarylibrary.ca/lest-we-forget

Find new titles with TumbleBook Library

This digital resource for kids and families animates and reads interactive books out loud. Find classic and new favourite books, including French and Spanish titles.

Start browsing at calgarylibrary.ca/TumbleBook-Library

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
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SERVICES FOR YOUR
COMMUNITY!

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



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Please visit our website nhca.ca/good-food-box and order your box now!



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ACTIVITIES for SENIORS (Age 55+)

WINTER PROGRAM 2023

For the time being, the SPRY gatherings and exercise classes, normally held at the VIVO Centre are not able to continue due to rising rental fees.

Currently, I am working with the NHCA and the MPC Foundation to get an Exercise Program and Social Meet, for Tuesdays. Classes will be for 2:00-3:00pm for chair exercises, and 3:00-4:00pm for Socials, board games, etc.

Let us know if you would be interested in Participating. Classes would be for 6-Sessions, from Nov 7th to Dec 12th, 2023.

Location: Symons Valley United Church [38Kincora Rise (NW)].

Estimated cost : \$30 per participant - No Memberships Required since it is outside of the NHCA service area. Priority will be given to Seniors with the NHCA Membership.

For more information on this program, you can email me at: jlemond@telus.net.



HOW TO REGISTER WITH THE NHCA:

1. To participate, we ask that you hold an active NHCA Membership Card.
NHCA memberships are only \$20 (Single Senior or for a Senior couple). Memberships are valid for one year, and you can easily make back the membership cost (and more!) at local participating merchants and restaurants with our Members Discount Program.
2. Due to current cost cutting measures, the NHCA office is closed for public access. You can pay over the phone, Credit or Debit Card. The NHCA Office Staff will be available to receive calls on Wednesdays and Fridays between 9:00am-2:00pm. Outside of those days and hours, please leave a voicemail and they will get back to you.

FOR OTHER INFORMATION:

For NHCA: <http://www.nhca.ca/> Or call Office at: (403) 226-6422

For SPRY (Senior Persons Regaining Youth) please eMail: jlemond@telus.net

Jay Emond,
SPRY Coordinator

A Look Back in Time...

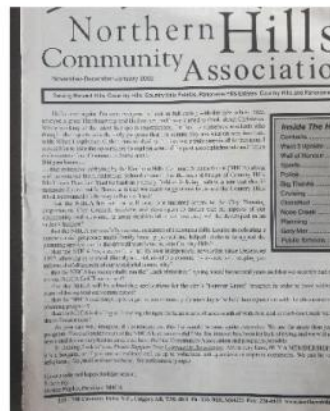
....At your community news

For many of us, the Northern Hills News has become a fixture in our inboxes, and we likely remember reading the physical copies in days past. But did you know the Northern Hills News wasn't always called that? The NHCA has been around for almost 30 years, and it's safe to say there's been some changes during that time! While we as a board are looking forward to new possibilities and opportunities, we also thought it would be fun to take a look back at where we've come from! So, enjoy this glimpse into the history of newsletters past!



Before there was the Northern Hills Community Association, there was the Buffalo Rock Hills Community Association! The newsletter

says that the Buffalo Rock Hills Community Association served Harvest Hills and Coventry Hills, with Panorama Hills and Country Hills as guests. This particular issue, from December 1996 highlighted various Christmas markets and craft sales, just like the NHCA Christmas market we're currently planning! How wonderful to see some events are timeless!



By the end of 2002, both the name and look of the newsletter had changed, including a logo you may recognize! Now serving Harvest Hills, Coventry Hills Estates, Panorama Hills Estates, Country Hills and Panorama Hills, this issue shows that planning and development has always been an important issue to members of our community.

A Look Back in Time...cont.



This next issue takes us back exactly 15 years, to November 2008, where we can see a slightly different name, The Northern Edge News. In addition to articles about snow removal and winter safety, this issue also discussed community beautification and being a good neighbor, messages that still ring true to this day.

By November 2010 we had shifted to a newspaper style format, with this issue's front page highlighting the NHCA's fall fundraiser for the year, the Harvest Moon Dance! It looked like a great time and gives us lots of ideas to bring back for future fundraisers! Did you attend? Let us know!

Also worth noting is the article on a proposed second community garden in Coventry Hills. This garden has long since been made a reality, and along with the Harvest Hills community garden continues to be a much-loved community space.



Jumping forward a few years, the November 2013 edition showcased a number of community events. From Youth Got Talent, to an annual block party, to the Community Business and Services Fair, it's clear our communities enjoyed connecting with one another. Let us know, would you like to see events like this again? Or perhaps you have new ideas on how to engage with your neighbors? Reach out!



Now just five years in the past, we see lots of familiar names in the November 2018 issue. Creating Coventry was still gathering community feedback on future park plans, and now they've completed numerous projects, such as the parkour park that opened this summer! The Harvest Hills Hub had just held their first event, a book swap which has since become an annual event and a fan favorite!

And Gift of Joy was underway, with the aim of providing the Christmas experience to families in need. Speaking of, we are currently working on this years Gift of Joy program, which won't be possible without the support of the residents and businesses in our communities, so keep an eye out for more info on how you can help bring Christmas to those who might otherwise go without.



This little time capsule of newsletters is a wonderful peek into the past of a community association that existed decades before I moved here. It's clear the NHCA and its communities are full of residents who love living here, and reading about past programs and events is really inspiring!

Did any of these past issues take you for a walk down memory lane? Or what NHCA program or event would you love to see make a comeback? We'd love to hear your ideas, and we'd especially love if you'd volunteer and help make your ideas come to life. Who knows, maybe 20 years from now the newsletter will feature a retrospective on your event and what an incredible time it was.

Nikki Browne
Secretary
NHCA



Remembrance Day Facts

Remembrance Day is a yearly memorial day that is observed in many Commonwealth countries, including Canada, to remember those who died in military service, and honour those who served in wartime. It is observed across Canada each year on 11 of November — the anniversary of the Armistice agreement of 1918 that ended the First World War. Some interesting facts about Remembrance Day in Canada include:

- In advance of the ceremony, long columns of Veterans, Canadian Armed Forces members, RCMP officers, and cadets march to the memorial lead by a pipe band and a colour guard. At the end of the ceremony, they march away to officially close the ceremony.**
- John McCrae, a doctor serving in the Canadian Artillery, wrote the famous poem In Flanders Fields in 1915.**
- Remembrance Day was first observed throughout the British Commonwealth in 1919. Non-Commonwealth nations that observe Remembrance Day include France, Belgium and Poland.**
- Canada adopted the poppy as the symbol for Remembrance Day in 1921**
- The United States used to commemorate Armistice Day on November 11. However, in 1954 they changed the name to Veterans Day.**
- Some of the 54 Commonwealth member states, such as Canada, the United Kingdom and Australia, observe the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.**



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

(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 October

Sundays

ESL 10:15 am

Young Adults 7:00 pm

Wednesdays

Ladies Bible Study Precept - 9:15 am

ESL -9:30 am

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

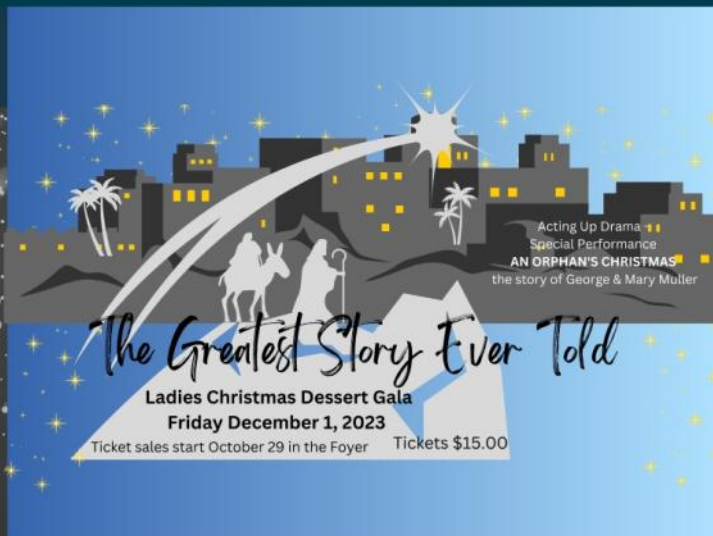
8:00 -10:00 am

****Come Join Us****



Harvest Hills Alliance

Believe • Belong • Bless



Seniors and Winter Driving: Safety Tips and Precautions

By MPC Foundation

Title: Seniors and Winter Driving: Safety Tips and Precautions

As the chill of winter descends, it brings with it picturesque landscapes and festive celebrations. However, for seniors, navigating winter roads can be a daunting task, as age-related changes can impact their ability to drive safely. With the right precautions and awareness, seniors can enjoy the season while staying safe on the roads.



Vehicle Maintenance:

Before winter arrives, it's crucial for seniors to ensure their vehicles are in top shape. Regular maintenance checks on tires, brakes, and battery are essential. Winter tires with proper tread depth can provide better traction on icy roads. Keeping the vehicle well-maintained minimizes the risk of unexpected breakdowns.

Plan Your Trips:

Seniors should plan their trips wisely, especially during winter. Try to avoid driving in severe weather conditions if possible. If a trip is necessary, plan for daylight hours and good weather. Consider the traffic, the route's condition, and the duration of the journey, aiming for shorter, more manageable distances.

Know Your Limits:

It's vital for seniors to be aware of their physical limitations. As we age, our reaction times may slow, and vision and hearing may decline. It's essential to acknowledge these changes and adapt your driving habits accordingly. If night driving becomes challenging or if visibility is reduced due to adverse weather, opt for alternative transportation.

Stay Informed:

Keeping up with weather forecasts is essential for winter driving. Check for updates before heading out and while on the road. If a storm is approaching, consider delaying your trip or choosing safer routes.

Pack an Emergency Kit:

Seniors should prepare a winter emergency kit for their vehicle. Include essentials like warm blankets, extra clothing, non-perishable snacks, a flashlight, a first-aid kit, and a cell phone charger. In case of a breakdown or being stranded due to road closures, this kit can be a lifesaver.

Drive Defensively:

In winter, road conditions can change rapidly, and black ice is a hidden danger. Seniors should practice defensive driving by maintaining a safe following distance and reducing speed. Avoid sudden movements, and use gentle steering and braking techniques to maintain control.

Consider Alternative Transportation:

For some seniors, public transportation or rideshare services may be a safer and more convenient option during the winter months. These alternatives can reduce the stress associated with winter driving while ensuring that seniors can continue to enjoy their independence.

Regular Check-Ins:

Families and friends of seniors should regularly check in on their loved ones to ensure they are safe and comfortable. Offering to run errands or provide transportation can be a great help and provide peace of mind.

Winter driving presents unique challenges for seniors, but with preparation, awareness, and adaptation, they can continue to drive safely during the winter months. It's crucial to stay informed, maintain vehicles, and make use of alternative transportation when necessary. By taking these precautions, seniors can enjoy the winter season while minimizing the risks associated with driving in adverse conditions.

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

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10% off all orders

Jade Lee Piano

\$10 for first lesson

PANORAMA HILLS

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Buy any two specialty pizzas and get a free crazy bread

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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

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Top Gear Car Wash

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<http://nhca.ca/member-discounts>

NOVEMBER WINNER!

Chinese Style Spare Ribs

Winner: Felicity Meng

Ingredients

3 tablespoons hoisin sauce
1 tablespoon ketchup
1 tablespoon honey
1 tablespoon soy sauce
1 table spoon sake
1 teaspoon rice vinegar
1 teaspoon lemon juice
1 teaspoon grated fresh ginger
1/2 teaspoon grated fresh garlic
1/4 teaspoon Chinese five-spice powder
1 pound pork spare ribs



Directions

Mix together hoisin suce, ketchup, honey, soy sauce sake, rice vinegar, lemon juice, ginger, garlic and five-spice in a shallow glass dish.

Place ribs in the dish and turn to coat. Cover and marinate in the refrigerator for 2 hours or up to overnight.

Preheat the oven to 325 degrees F (165 degrees C). Fill a broiler tray with enough water to cover the bottom. Place the grate or a rack over the tray; arrange ribs on the grate.

Cook in the preheated oven for 40 minutes, turning the ribs when its 10 minutes left; and cook for 10 more minutes. Enjoy!

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

Email: editor@nhca.ca

Gardener's Corner

Now that the snow has come in, it has signalled the official end of harvest season. We held a super fun Halloween event on October 28, and decorated the garden up with a fun spooky pumpkin theme for all the little kids to come visit us. We had a pumpkin hunt, games, a mad scientist, face painting, and a princess! Despite the chill in the air, it was a great afternoon. We look forward to holding more fun events at our garden locations again next year.



Our mad scientist at work (left) and our brave volunteers checking people in (right)

Speaking of pumpkins, did you know you can throw the whole pumpkin in the compost? If you saved the seeds from your Jack-o-Lantern you can roast them up in the oven for a fun snack and stick the whole pumpkin in your green bin. Don't save your seeds to plant in next summer's garden though, pumpkins easily cross-pollinate and you may end up with an unpalatable "Frankensquash." Best to source your pumpkin seeds from a reputable seller.

Our garden is closed for the year, and we now have the fun of planning for another season in 2024! We are looking for experienced gardeners who would like to take on a leadership role for both gardens in Harvest Hills and Coventry Hills. It is a small time commitment, and mostly involves reporting anything back to the gardens director and letting her know when supplies are needed. Please email Amanda at gardens@nhca.ca if you are interested, or if you have any gardens-related questions.

Sudoku

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

Laugh of the day



By Punctuation Association Joni R.
punctassoc@hotmail.com

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Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

Remembrance Day

It's wonderful to see your commitment to supporting and honouring the brave men and women of the Canadian Armed Forces. Recognizing the sacrifices and efforts of those who serve, both past and present, is a meaningful way to express gratitude. Alberta, like the rest of Canada, has a strong tradition of military service, and it's important to acknowledge and appreciate the dedication and sacrifices made by members of the armed forces. We Will Remember Them.

Alberta Pension Plan-Survey

Alberta's government has recently released an independent report by Lifeworks that outlines what an Alberta Pension Plan (APP) could look like if the province decided to shift from the Canadian Pension Plan (CPP) and create a provincial plan. I encourage you to complete the pension survey on the APP website www.albertapensionplan.ab.ca. Alberta's government will not replace the CPP with an APP unless Albertans approve it in a referendum. That's right, it's your pension, your choice!

Providing funding for apprenticeships

A \$12.4-million investment from Alberta's government will create almost 2,000 new apprenticeship seats across the province. Alberta's economy has momentum, more skilled labourers are needed to support the province's workforce, especially in the construction industry. To meet growing demand for highly skilled trades people across sectors, and responding to feedback from post-secondaries and industry, Alberta's government is increasing capacity for skilled trades training. This funding is in addition to the \$15 million over three years announced earlier this year, which added more than 1,000 additional apprenticeship spaces, bringing the total funding for apprenticeship training in 2023-24 to \$54.4 million.

Special thanks to my constituents for their continued support as I carry out my duties as your MLA. As always, please feel free to call me any time to chat to discuss issues that are important to you.

Sincerely,

Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

calgary.north@assembly.ab.ca

403.274.1931

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



Jasmine Mian Ward 3 Councillor

Hope you're staying warm in the cold weather! Here are some topics and questions we've received from residents this past month. For more information or to contact my office directly, visit jasminemian.com.

City Budget – Feedback Options

This month marks the annual budget adjustments. From November 20-24th, Council will be receiving presentations from Administration and debating additions and adjustments to the budget. This year, the City has posted its investment options and the recommendations from their citizen-panel Financial Task Force. They are collecting public feedback on each of these, so visit calgary.ca/adjustments to view the full breakdown and submit a response.

As well, all residents are invited to speak at Council and share their opinions - via phone, in person, or written response. If you want to participate, visit <https://www.calgary.ca/council/meetings/public-hearing.html> to view your options and registration process.

Community Association - AGM

Two of our Community Associations, Sandstone MacEwan and Livingston, will be hosting their Annual General Meetings (AGMs) in November. The AGM is a great opportunity to meet the board of your local association, purchase a membership, and explore your options for getting more involved. A reminder that Ward 3 has four Community Associations: Sandstone MacEwan, Livingston, Hidden Valley, and Northern Hills. The holiday season is a great time to reach out to your local CA, so check out their social media to see what's happening near you.

Clean Energy Improvement Program – Applications Open

The third round of applications for the CEIP program will open November 14th at 9AM. CEIP helps residential property owners with the initial costs of making energy efficient upgrades.

We expect to see a high participation again, so visit calgary.ca/CEIP ahead of time to prepare your application and be ready to submit right right at 9AM. This round is the last for 2023, but two more will open in 2024.

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor



Amanda Chapman
MLA Calgary Beddington

November is here and so is another session of the Alberta Legislature. Since taking office I have been busy meeting with folks throughout the riding, the city and the province and listening to what matters to you. This session there is much to fight for. People are concerned with plans to leave the CPP and want their voices heard in Edmonton. They are worried about mining and clear-cut logging on our Eastern Slopes. Housing and affordability and so much more make this first session of the 31st Legislature a critical one. I want to represent you as well as I can in the Legislature, but I need your help. Reach out to my office and let me know what matters to you. Lab services, electricity costs, whatever it is that matters to you and your family is important to me. Write, call, or pop in for a visit to our office, I look forward to representing you.

Office Address: 106-8220 Centre St NE

Phone: 403-215-7710

Email: Calgary Beddington@assembly.ab.ca

SOLUTION

	1	2	3	4		5	6	7									
	H	A	T	R	E	D		R	U	B	B	E	R				
8	E		R		E		E		A		O		N				
9	M	A	G	I	C		10	C	U	T	N	O	I	C	E		
	O		O		O		A		I		S		H		11	P	
12	T	O	T	A	L	L	Y		13	O	U	T	S	I	D	E	
	I				L		E		N					L		R	
14	O	L	D	I	E		16	D	I	S	P	A	R	A	G	E	
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18	L	E	V	I	T	I	19	C	U	S		21	T	O	A	S	T
	E		E				U		L		I					R	
22	S	P	R	A	Y	E	R		24	O	N	T	A	R	I	O	
	S		S		A		S		S		U		E			I	
	26	P	O	O	H	P	O	O	H		27	D	R	E	C	K	
			L		O		R		E		E		V			A	
	28	F	E	L	O	N	Y		29	D	I	S	P	E	L		

DOWN

2 argot. 3 recollect. 4 decayed. 5 rations. 6 boost. 7 enchilada. 8 emotionless. 11 perestroika. 15 Dover sole. 17 altitudes. 19 cursory. 20 sloshed. 23 yahoo. 25 reeve.

ACROSS

1 hatred. 5 rubber. 9 magic. 10 cut no ice. 12 totally. 13 outside. 14 oldie. 16 disparage. 18 Leviticus. 21 toast. 22 sprayer. 24 Ontario. 26 pooh-pooh. 27 dreck. 28 felony. 29 dispel.

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Emergency
Medical Services



Yielding to Emergency Vehicles

For everyone's safety, it is important for motorists to understand how to correctly yield right-of-way to emergency vehicles with their lights & sirens activated. You can help EMS, police & fire get to the scene quickly & safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal;
- Move right or left to the nearest curb on one-way streets;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300.00 and three demerit points;
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

www.albertahealthservices.ca

Sudoku

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

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Community Association

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This month's winner:



Submitted by Felicity Meng