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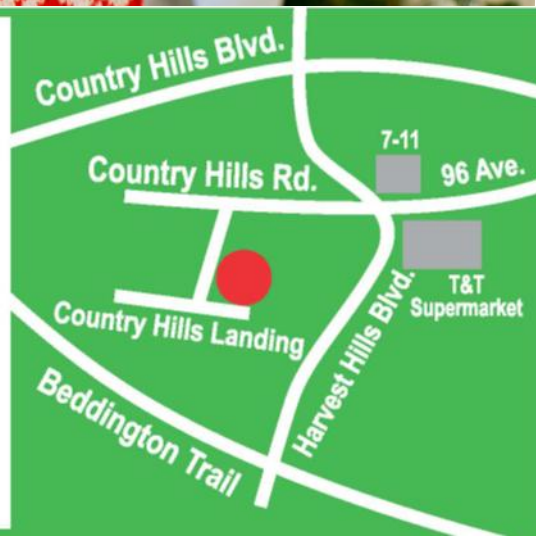


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President's Message



Amanda Mauch
President
Northern Hills
Community Association

This has been a year of many changes for us here at the NHCA. We've completely changed the composition of our Board of Directors, hired a new Executive Director, and revamped our structure to be more effective and efficient. In this month of giving, I have **one request** from the community. For the continuation of our organisation, please purchase an [annual membership](#) for your household. A yearly membership is just \$30 per household – that's **\$2.50 per month**, less than one fancy coffee. It truly makes a difference.

If just a quarter of the households in the Northern Hills purchased a membership every year, we would have the financial stability to offer many more programs, which continue to be either completely free or very low cost. As it is, we are struggling to survive month to month. This month we are moving out of the office we have held in Vivo since the building opened in 2004 due to overall rent increases and rising costs in many other areas. We have "tightened our belts" considerably to make every dollar count.

These are the **programs in danger** of being cut if we cannot continue to operate:

- Kid's Soccer
- Free Community Ice Rinks
- Community Gardens in Harvest and Coventry
- Good Food Box
- Community Clean-Up
- Community Vendor Markets
- Food Truck Frenzy
- Senior's fitness, art, and digital literacy programs
- Gift of Joy
- Special Events -> examples are Family Fun Night, Community on Tap, Halloween Harvest Fest
- Community Advocacy -> most recent success was North Trail High School

Gift of Joy 2023 will be happening on December 16th this year, and we've been working with the local elementary schools throughout the Northern Hills to identify families in need. We are accepting donations right up until the week of, please go to our [website](#) for more information about where our donation boxes are or how to make a cash donation. This is a valuable program that we are very proud to have offered since 2016!

As always, we wouldn't be able to do anything without the dedication of our volunteers. If you have a passion, are looking for real world job experience, or have extra time to dedicate to your community, we would love to have you! Please [reach out](#) to join our volunteer team.

Thank you for your continued support and dedication to our community. I wish you all a great holiday season and we'll see you in the New Year!

Amanda Mauch
President
Northern Hills Community Association

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<https://journeyplumbing.ca>

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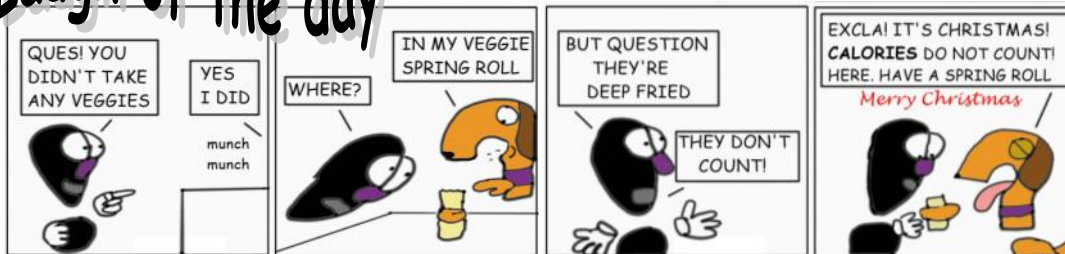
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and so much more!

Laugh of the day



By Punctuation Association Joni R.
punctassoc@hotmail.com

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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YOUR CITY SECTION

Check out these important updates from The City of Calgary

| | |
|--|---|
| Online map shows Calgary's snow and ice road conditions Visit https://mapgallery.calgary.ca/ for The City of Calgary's Road Conditions map which shows snow clearing operations, snowplows and priority routes | https://maps.calgary.ca/RoadConditions/ https://mapgallery.calgary.ca/ |
| Explore Calgary parks this winter Stay active this winter in Calgary's parks by skating on ice trails, cross-country skiing, playing Crokicurl or riding an ice bike. Learn more at calgary.ca/parks/activities | calgary.ca/parks/activities |
| Experience the magic of Chinook Blast Calgary's ultimate winter festival returns Feb. 2-19 with a celebration of community, culture and civic pride. Check out the Chinook Blast 2024 lineup at chinookblast.ca | chinookblast.ca |
| Underground utility relocation is on track as we make way for the Green Line Green Line's Early Works construction is on track to finish in 2024 in the downtown and Beltline as we relocate underground utilities away from the future tunnel and stations. | https://www.calgary.ca/green-line/green-line-construction/green-line-featured-construction-project.html |
| Property assessment: Go Paperless contest – more prizes, less clutter Switch to a paperless assessment notice, then enter for a chance to win a \$250 Visa gift card. Contest details at calgary.ca/gopaperless . | calgary.ca/gopaperless |
| Property assessment: Go Paperless contest – more prizes, less clutter Switch to a paperless assessment notice, then enter for a chance to win a \$250 Visa gift card. Contest details at calgary.ca/gopaperless . | calgary.ca/calgaryawards |
| Watch our previously recorded webinars Looking to renovate your basement or open a business in Calgary? Watch our growing library of recorded webinars on calgary.ca/webinar . Webinars are hosted through Microsoft Teams. | Home and small business webinars (calgary.ca) |

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facebook.com/cityofcalgary twitter.com/cityofcalgary newsroom.calgary.ca



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



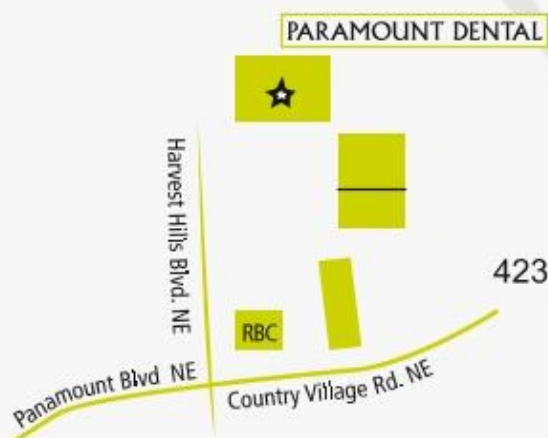
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Monday**: 8:00 am to 4:00 pm
Tuesday: 8:00 am to 8:00 pm
Wednesday: 8:00 am to 4:00 pm
Thursday: 8:00 am to 8:00 pm
Friday: 8:00 am to 4:00 pm
Saturday**: 8:00 am to 4:00 pm
Sundays: Closed
(** = Alternating)

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WE WELCOME ALL NEW PATIENTS

News from Calgary Public Library

Thank you for supporting the Library

You helped make 2023 our biggest year yet. The Library has more members than ever before and you checked out the most books in Library history this year. We offered over 12,700 Library programs that more than 240,000 members attended — and there's still time to have fun at the Library! Here's what's coming up at the Library in December:

- **Visit a Winter Wonderland**

Head to Central and Memorial Park libraries from December 9 – 22 for daily winter fun including crafts, movies, snacks, and more with special family-friendly programming celebrating the season every weekend.

- **Sing songs and read stories with Mayor Jyoti Gondek**

On December 9 at 1:00 pm, join Mayor Gondek at Central Library for the Mayor's Holiday Storytime, featuring wintery books, rhymes, finger plays, and more.

- **Programs just for adults**

Play board games, get career coaching from an expert volunteer, practice your English language skills, and more at the Library location nearest you.

Plan your holiday visits, including New Year's Eve at the Library, at calgarylibrary.ca/programs

Want to be part of the action? The Library is looking for volunteers for a variety of programs and events. See all volunteer opportunities and submit your application at calgarylibrary.ca/volunteer

Thank you for making 2023 another one for the books. We're excited to see what we achieve together in 2024.

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://nhca.ca/donate-recycling/)

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Community Association



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Waste and Recycling

Reduce your waste during the gift-giving season



Repurpose, reuse and get creative to reduce your waste this holiday season. Here are some ideas for gift giving that are low on waste but highly meaningful:

- Support local businesses by purchasing gift cards or giving the gift of an experience.
- Give a gift in the form of a donation to a favourite charity.
- Give the gift of time. Lend a hand to an older relative or friend by dropping off their shopping or meals or putting their carts out on collection day.
- Make your own gifts – try knitting a hat, painting a canvas or baking.
- Recyclables make great material for Christmas crafts and cards.
- Consider alternative ways to wrap gifts. Reuse bags and boxes that you already have at home. Use cloth bags, tea towels, a t-shirt or simply avoid wrapping completely.

Find more tips at calgary.ca/recycleright.



Safely dispose of household batteries

Don't put any kind of battery in your blue, green or black carts. Batteries contain metals like lead, lithium, cadmium and mercury that can be dangerous to human health and the environment. If they end up in any of your carts, batteries can get crushed and cause fires at the recycling, composting and landfill facilities. Household batteries include non-rechargeable alkaline batteries (AA and AAA) and rechargeable batteries found in cell phones, laptops and cordless power tools.

Safely dispose of batteries by taking to a participating retailer for free recycling, including London Drugs, Staples, Home Depot, Rona, IKEA and Best Buy. For more information visit calgary.ca/battery.



**Fun Holiday Movies-Tis
the season to grab
some hot cocoa, get
comfy and enjoy some
great films**

- **Fred Claus**
- **Miracle on 34th Street**
- **ExMas on Prime**
- **Elf**
- **The Star**
- **Home Alone**
- **Nightmare Before Christmas**
- **Polar Express**
- **The Grinch Who Stole Christmas**
- **Christmas With the Kranks**
- **Jingle All The Way**



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CHRISTMAS POEM

By: Miss Felicity

*A jolly holly Christmas, oh so bright,
With festive cheer that fills the night.
The trees stand tall, their branches green,
Adorned with ornaments of silver sheen.

The stockings hang by the chimney with care,
In hopes that Saint Nicholas soon will be there.
The children dream of gifts galore,
And wake up to find them on the floor.

The fireplace crackles with warmth and light,
As families gather round to unite.
They sing carols and tell stories of old,
Of joy and love that never grows cold.

The snow falls soft and pure outside,
A blanket of white that hides the world inside.
It's a time for laughter, a time for cheer,*

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Photo by: Bob Leuty



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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****

HHAC Christmas Eve Services

11:00 am

1:00 pm

2:30 pm

1507
23:51 Ac
The Birth of Jesus
In those days Caesar Augustus
gave a decree that a census should
be taken of the entire Roman world.
The census that took place
was the first of Syria.
The town of

By MPC Foundation

In a world that often seems chaotic and fast-paced, finding moments of joy and fulfillment can be a challenging endeavor. However, one powerful and often overlooked source of well-being is charitable giving. Beyond the immediate benefits of helping those in need, contributing to charitable causes has a profound impact on mental health. This article sheds light on the numerous ways in which acts of kindness can positively influence our state of mind.

Giving Is A Natural Mood Booster

Charitable giving is linked to the release of dopamine and oxytocin, commonly associated with pleasure and social bonding. When individuals engage in acts of kindness, whether through monetary donations or volunteering their time, they experience an uplifting emotional response. This surge of positive feelings contributes to an improved mood and a sense of fulfillment, creating a positive feedback loop that enhances overall mental well-being.



Sense of Purpose and Meaning

A key contributor to mental health is the sense of purpose and meaning in one's life. Charitable giving provides individuals with the opportunity to connect with causes they are passionate about, aligning their actions with their values. This alignment fosters a deep sense of purpose, as individuals feel they are making a meaningful impact on issues that matter to them. Research has shown that having a sense of purpose is associated with lower levels of stress and a decreased risk of mental health disorders.

Giving Facilitates Social Connection and Community Engagement

Participating in charitable activities often involves collaboration with others who share similar values. This fosters a sense of community and social connection, crucial elements for maintaining good mental health. Engaging in charitable endeavors provides opportunities to build and strengthen social bonds. Whether through volunteering at a local charity or participating in community-driven initiatives, the shared experience of giving back creates a support network that contributes to emotional well-being.

Stress Reduction through Perspective Shift

Charitable giving can act as a powerful tool for shifting one's perspective on life's challenges. When individuals focus on helping others, they gain a broader understanding of the world and develop gratitude for their own circumstances. This shift in perspective can be particularly beneficial for reducing stress and anxiety, as individuals begin to appreciate the positive aspects of their lives. By recognizing the impact of their contributions, individuals can develop a more optimistic outlook, enhancing their mental resilience.

The Long-Term Benefits

The positive effects of charitable giving extend beyond momentary feelings of joy. Studies have shown that individuals who engage in regular and sustained acts of altruism experience long-term mental health benefits. Whether it's contributing to a favorite charity or volunteering consistently over time, the sustained commitment to giving back can lead to increased life satisfaction, reduced symptoms of depression, and a greater overall sense of well-being.

In a world where the pursuit of happiness is a common goal, the path to well-being may be found in unexpected places. Charitable giving not only addresses the immediate needs of those less fortunate but also serves as a powerful catalyst for positive mental health outcomes. As individuals engage in acts of kindness, they not only contribute to the betterment of society but also embark on a personal journey toward fulfillment, purpose, and a more resilient state of mind. The ripple effect of charitable giving extends far beyond the initial act, creating a harmonious cycle of generosity and well-being for both givers and receivers.

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Get your membership here

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10% off drinks and full sandwiches
*excludes snack size sandwiches & snack items

Montessori Learning Centre

115, 20 Country Hills Landing NW
Registration fee waived for NHCA members

Papa John's Pizza

177 Country Hills Blvd NW
\$5 off orders over \$25

Swiss Chalet

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Woody's Taphouse

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Cathy – Piano & Theory Teacher

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Euphoria Wellness Centre

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\$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

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\$10 for first lesson

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Buy any two specialty pizzas and get a free crazy bread

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Boston Pizza Cross Iron Mills Mall

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KIDSFIRST Resolution

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Scotsman's Well

Sure Scraps A Lot!

Top Gear Car Wash

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

Holiday Cranberry and Pistachio Cheese Balls

Here is a super easy holiday recipe that's a good go-to and can be substituted in many ways with things such as basil and lemon, bacon and onion. You can make them sweet as this is or savory. So, it is easy to prepare ahead of time to make the season less stressful, so you are always able to enjoy yourself and have fun.

1/3 cup of dried cranberries chopped fine.
½ cup shelled and unsalted
1 pkg. (300g) soft goat cheese
½ tsp pepper

In a food processor, pulse the pistachios until coarse. Set aside in a small bowl. Combine the dried cranberries and goat cheese in a separate bowl. Roll and form into 1 tbsp balls. Roll in the chopped pistachios, pressing in to adhere. Cover and refrigerate.



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

Email: editor@nhca.ca



ORDER YOUR GOOD FOOD BOX

Good Food Box is a program under The Community Kitchen Program of Calgary where you can purchase fresh fruits and vegetables at an incredibly low cost. Now with the Northern Hills depot location right out of Vivo! Orders for 2024 will open January 1st!

Please visit our website nhca.ca/good-food-box!



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Register at **VIVO**.ca



Emergency Medical Services (EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior- and don't forget a toque! Carry an emergency road side kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

www.albertahealthservices.ca

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Hon. Muhammad Yaseen

MLA, Calgary-North

Minister of Immigration and Multiculturalism

Happy Holidays

In the spirit of togetherness and goodwill, I extend my heartfelt greetings to the constituents of Calgary – North. Christmas is a time for traditions, a time to create cherished memories with loved ones, and a time to reflect on the beauty of giving and gratitude.,

As I reflect upon this year, I'm happy to see the great progress we've made in advancing Alberta's economy. Alberta is known as a hub for cultural diversity, opportunity, innovation, and economic growth. Our province has continued to lead in various industries, from energy to technology, better healthcare, top educational institutes.

With another 37,7000 jobs added this fall, Alberta's job market is booming, and Calgary is on the forefront of Alberta's overall economic recovery. As well, the distinguished C.D. Howe Institute released its Report Card for Canada's Senior Governments, 2023. According to this year's report card, which grades the ability of governments to provide strong economic management and fulfill budget promises, Alberta's government earned an A+.

Calgary, as one of the most liveable cities in the world, has played a leading role in the growth and success of Alberta. The beauty of Calgary lies in its cultural diversity and strong community connections. I am proud to be part of this city and to be able to represent it as one of its MLA.

May the warmth of the season surround you and may this holiday season be a time of reflection and renewal, as we look forward to a new year filled with promise and opportunity. Merry Christmas and Happy New Year.

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

Minister, Immigration and Multiculturalism



Jasmine Mian Ward 3 Councillor

As we near the end of the year, I want to wish everyone a happy holiday season! I hope you get to enjoy some good food and time with friends & family.

Here are a couple of updates from my office to wrap up the year:

Ward 3 Year End Mailer

Keep an eye out for my year end mailer! It should hit mailboxes the first week of January and will include an update on the local and city-wide work happening at City Hall. You can also check out my website jasminemian.com, or follow me on social media for more updates.

Annual Food Drive

Once again, my office is participating in the annual city-wide food drive. You can drop off packaged goods at VIVO until December 11th, or visit my social media to donate directly. For every \$1 donated, the Calgary Food Bank can provide \$3.50 worth of food. If you're in a position to give, please consider a donation to the food bank.

Winter Events

Another year is just around the corner! Check out calgary.ca/events for the free events hosted by the City.

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor



Amanda Chapman
MLA Calgary Beddington

December is here already, and what a year it has been! With the resumption of the Legislature this past month and holidays on the horizon it has been a busy time.

On October 30th Her Honour, The Honourable Salma Lakhani brought forth The Speech from the Throne, laying out the government's priorities for the 31st Legislature.

Our Official Opposition Caucus has set our priorities based off what we have been hearing from you. We have set an agenda to bring forth legislation to honor treaty rights, to ensure our children have the supports and class sizes they deserve to thrive. To guarantee that no Albertan will ever need to pay for simple trips to the family doctor. To make life more affordable and to lead in all forms of energy production. We have listened to what matters to you, and your families, and we will fight to keep CPP intact so that you can retire with stability and assurance.

Please continue to let your priorities be known to us, my office is here to serve you. It has been a great pleasure meeting so many of you and I look forward to reading your emails and chatting when you are able to drop into the office in person.

Wishing all of you the very best this holiday season, I hope that you will be able to enjoy time with family and friends this month.

Office Address: 106-8220 Centre St NE

Phone: 403-215-7710

Email: Calgary. Beddington@assembly.ab.ca

Panorama Hills Community Centre (PHCC) Expansion

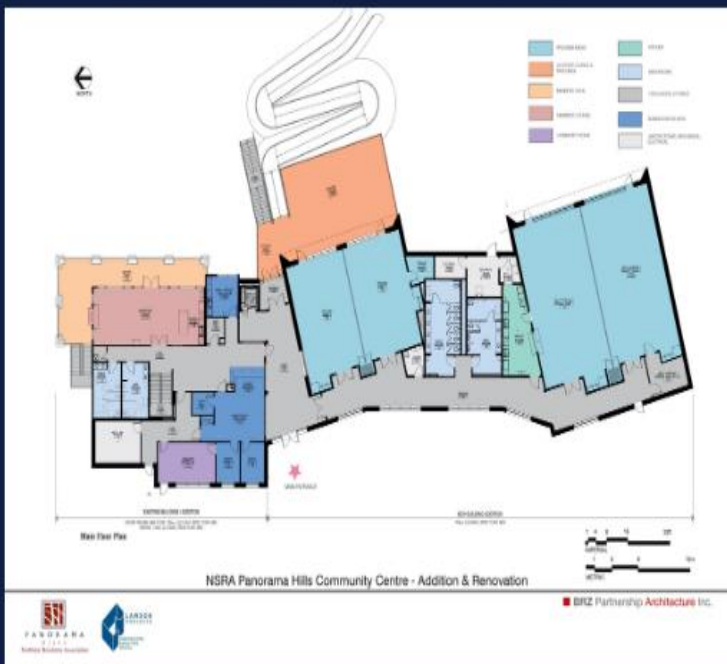


PANORAMA
HILLS

The PHCC Facility is closed for renovations in order to:



- Expand the facility to accommodate more programs and services for our community members
- Create environments that are holistic, open, inviting, integrated, collaborative, interactive, multi-generational and anchored in social connections
- Upgrade the amenities to meet the needs of our diverse community



PHCC staff are only accessible via email or phone on Monday to Friday, 9am to 4.30pm.

MORE INFO

www.mypanoramahills.com/phcc-expansion

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