

Country Hills

Country Hills Village

Coventry Hills

Harvest Hills

Panorama Hills



# Lest We Forget

**Govt regulated. Automated, Fast and Friendly.  
Pick up and Bottle drive service.**

**Bottle Depot**

*Computerized • Accurate • Fast & Friendly Service*

BEDDINGTON HEIGHTS  
**BOTTLE DEPOT**

#111, 20 Country Hills Landing NW  
Calgary, Alberta T3K 5P4

**403-274-2122**

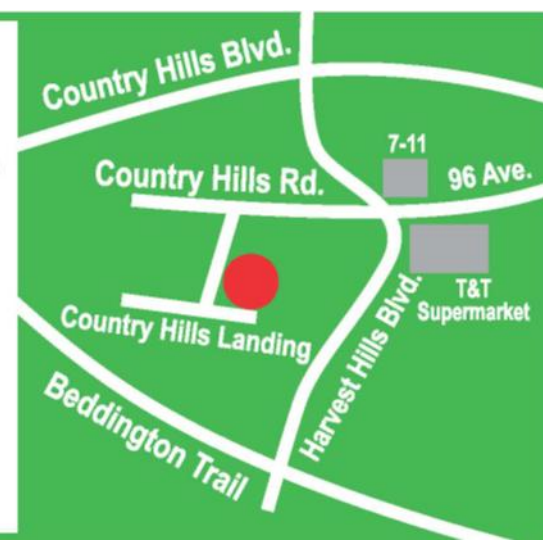


**Mon - 9am to 6pm  
Sat: 9am to 5pm  
Sun: 10am to 4pm**



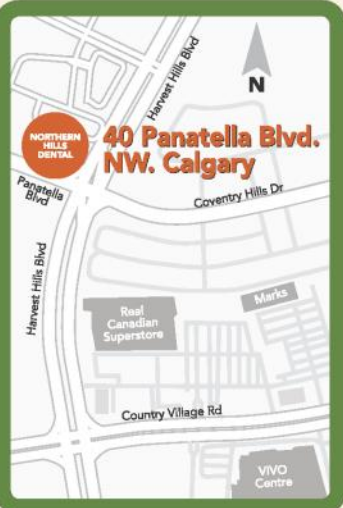
It matters –  
and it pays \$\$

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





**PROUD** to be Your Neighbourhood Dental Clinic for **14 years!**



**\$99**  
**PROFESSIONAL**  
**TEETH**  
**WHITENING!**

**Comfort • Care • Convenience**

- ✓ Dedicated Children's Play Area
- ✓ TV's and massage chairs in every treatment room
- ✓ Warm and Relaxed Atmosphere
- ✓ Complimentary Gourmet Hot Beverages

**We offer a wide range of dental services such as:**

- |                        |               |                    |
|------------------------|---------------|--------------------|
| ✓ Children's dentistry | ✓ Dentures    | ✓ Zoom™ Whitening  |
| ✓ Laughing gas         | ✓ Cosmetics   | ✓ Crowns & Bridges |
| ✓ Wisdom Teeth         | ✓ Invisalign™ | ✓ Sedation         |
| ✓ Emergencies          | ✓ 3D Scanner  | ✓ Implants         |
| ✓ Root canals          | ✓ Cleanings   | ✓ Sport guards     |

**OPEN LATE AND ON SATURDAYS**

**EMERGENCIES SEEN PROMPTLY AND SECOND OPINIONS WELCOME**

**CALL US**  
**403-532-0711**

or request **YOUR** appointment online at  
[www.northernhillsdental.com](http://www.northernhillsdental.com)



**CHIROPRACTIC FOR THE ENTIRE FAMILY**

*Did you know* that chiropractic can help with more than just back pain? Call us to find out how we can also help with • **Headaches** • **Frozen Shoulder** • **Planter Fasciitis** • **Ankle & Wrist issues** • **Pre & Post Natal Care**



Dr. John Ng



Dr. Christine Ursuliak

**Open 6 days a week with evenings and Saturday appointments available**



**Northern Hills**  
**CHIROPRACTIC**  
 MASSAGE THERAPY • ACUPUNCTURE • CUSTOM ORTHOTICS

Conveniently located at: 36 Panatella Blvd. NW

**403-567-0400**  
[www.northernhillschiro.ca](http://www.northernhillschiro.ca)

## President's Message



**Tavis Settles**  
President - Northern Hills  
Community Association

Hi Everyone,

As the fall is in full swing, and the Elections have completed, we would like to thank you all those who put the time and effort into running and trying to represent your community. It takes a special kind of person to answer the call to serve their community. We thank you. On that note, we would also like to say congratulations to those who won! We are looking forward to working with some new people and those that have returned. With a new Mayor our old council member and so many new faces on council, it sounds like Calgary really wanted a new start. We think this is going to provide some new advocacy opportunities for our area and it's needs. David Hartwick, our community advocate, has already been at work meeting with and talking with our Officials.

It's a sad and yet happy note to mention this next person-Cst.Steve Kelly. We would like to take the time and publicly note his beyond elementary service, work, advocating, partnership, sage advice, and friendship he has provided to the NHCA over his many years. His service to this city and our area will be duly missed. Cst Steve Kelly has been a very remarkable person to have work with us. He has recently retired and passed on the work and we are looking forward to working with our new CRO. Cst. Steve Kelly has been an invaluable resource for us to rely on. I personally will miss his interaction with our teams, and his sage advice. From myself, and the NHCA organization, we congratulate you Cst. Steve Kelly, on your well-deserved retirement and hope all the best for you and your family in the future. You will always be welcome in our doors as a friend, and always be considered a member of this community. As we roll into November, with Remembrance Day coming up, we encourage everyone to show support in whatever way you can for our service persons. We at the NHCA, would like to say thank you to all those who are serving, have served and the families that support them. We appreciate you answering the call for service!

November is an interesting month for us as we get ready for our winter programs and we ramp up for our annual Gift of Joy program. We will be looking for donations and some volunteers to help with the program. This is a special program and we really looking forward to what we can do to support families and people during this time. For more information, please keep an eye on <https://nhca.ca/gift-of-joy/> for updates and needs.

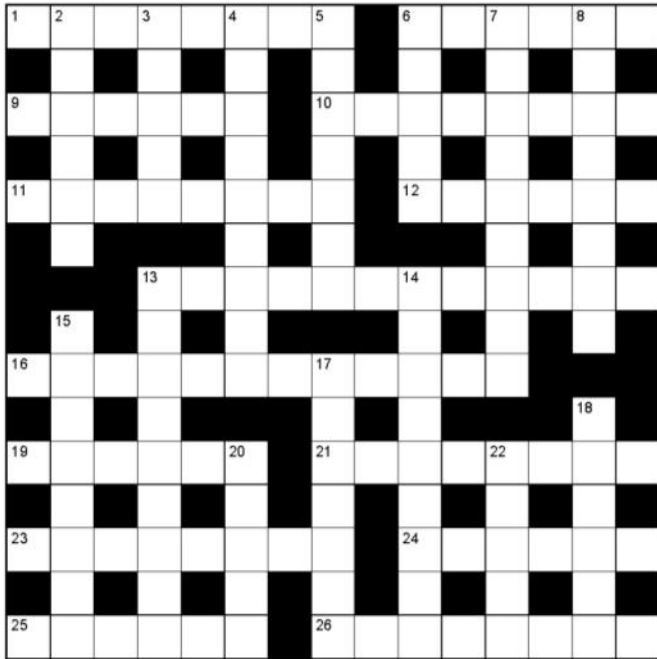
Thank you everyone for your support as we continue to work and serve the community as best as we can. Please remember the best way you can support us is through your annual membership. We have been struggling to keep the membership numbers up to ensure we can continue with the programs, events, and advocating we have been doing. However, if we can't get the membership numbers up, we might be facing some hard choices on services and programs that will need to be dropped. So please sign up and encourage your neighbors to do so as well. The cost is \$20 for a single, or senior and \$30 for a family which will pay for itself with the local community discounts you gain access to. I know I have more than paid for my family membership many times over with these discounts. So please spread the word and sign up today at <https://nhca.ca/member/>

Cheers,

Tavis Settles  
President  
Northern Hills Community Association



Free Crosswords Online!



ACROSS

- 1 Heard van crashing from terrace (8)
- 6 He's entering wager by request (6)
- 9 Alternatively, daughter is captivated by month in the country (6)
- 10 Old woman can have energy drink (8)
- 11 Tease the awfully arty type (8)
- 12 Agent gets around centre of Leeds fast (6)
- 13 Telling off for wearing casual clothes (8-4)
- 16 Felt sympathy for semi-democrat in trouble (12)
- 19 Say no to rubbish (6)
- 21 Drinking vessel on table may be put away in here? (8)
- 23 Friend is to help, we hear, with fence (8)
- 24 Model posed around university, being pretentious (6)
- 25 Its passengers have already departed (6)
- 26 Was barely seen in public (8)

DOWN

- 2 Upset, East European director initially ran away (6)
- 3 Examine car before start of trip (5)
- 4 Ned's sense is confused with stupidity (9)
- 5 Owls' noses (7)
- 6 Supporter starts to send some money (5)
- 7 Easily angered, he had to tangle with editor (9)
- 8 Expel student and put him in prison (4,4)
- 13 Foolishly I am rude about old city's writer (2,7)
- 14 Mark exam questions, written on this? (9)
- 15 Reporting anger in bay? (8)
- 17 Disease from insects, first off (7)
- 18 Tramp needs time with Barnaby (6)
- 20 Destroy part of camera's equipment (5)
- 22 Work a long time producing piece for the stage (5)

Design and digital publishing credit to:

**The UPS Store 264**  
 612-500 Country Hills Blvd NE  
 Calgary, AB T3K 5K3  
 403.226.9361  
[store264@theupsstore.ca](mailto:store264@theupsstore.ca)  
[theupsstore.ca/264](http://theupsstore.ca/264)

**The UPS Store**



Print and Business Services

*In This Issue*

*Northern Hills Neddle* .....14  
*October Recipe Winner* .....15  
*Volunteer Opportunities* .....24  
*Elected Reps* .....25-28  
*Aging in Place*.....29

*and so much more!*

Northern Hills Arts and Crafts  
Bringing art to you!

CHECK OUR WEBSITE FOR MORE DETAILS

RETURNING IN OCTOBER

MYART - YOUTH SHOWCASE SENIORS ART CLASSES

NHCA.CA/ARTS

# SENIOR'S ART PROGRAM

Time to tap into your creativity.

SKETCHING & PAINTING LESSONS  
OCT - DEC 2021

Sign Up Today!

Northern Hills Community Association

Northern Hills Arts and Crafts  
Bringing art to you!

## COMMUNITY ART

Every creative ripple starts at home.  
See how far that ripple goes!

- events and projects
- classes and programs
- neighbourhood beautification
- locals creating with locals

## CONNECTIONS

Let's connect our community with art!

- local artist spotlights
- committee meetings
- partnerships with local businesses and organizations
- under the NHCA's umbrella

## JOIN US

Interested in getting involved? No experience needed, and you don't need to be an artist!

[www.nhca.ca/arts](http://www.nhca.ca/arts)  
[arts@nhca.ca](mailto:arts@nhca.ca)

## CREATIVITY FOR ALL

Art isn't just for professional artists, we make it easy for anyone to get involved!

- free or low cost craft events
- public projects and displays
- hosted right in the Northern Hills
- all ages and abilities
- art that uplifts

## THE FUTURE

Imagine the brightest future for arts in the Northern Hills. That's where we want to be!

- public art made by local artists
- a local artists network
- more programs and projects
- a creativity hub
- public performances
- art exhibitions



**Be a changemaker.  
Donate to bring this  
community space  
to life!**

**ALL-IN.VIVO.CA**

**\$5 OFF**

**INSIDE  
THE PLAZA**

\$5 OFF OF OUR VALUE CARDS: YOU PAY \$20 , GET \$25 ON THE WASH CARD





# Be a part of something exceptional.

EXTRAORDINARY GOLF IN THE HEART OF CALGARY FOR THE ENTIRE FAMILY.

## 2 Championship Courses

Two distinct championship courses, and the first Thomas McBroom course design in Alberta.

## 5 Playability Levels

Course playability at all levels with five sets of tee boxes.

## 425 Principals Per Course

One of the lowest member-to-golf hole ratios of all private clubs, allowing superior course accessibility.



## COUNTRY HILLS GOLF CLUB

403.226.7777 • 1334 Country Hills Blvd. NW, Calgary, AB



# NHCA CONTACTS

## OFFICE:

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

## Public Hours:

In Person at the office:  
 Wed/Friday: 9:00 am – 2:00 pm  
 Remote assistance public hours.  
 Closed on weekends and  
 statutory holidays.

## STAFF & CONTRACTORS

Executive Director: [Yana Soldatenko](#)  
 Bookkeeper: [Surina Gupta](#)  
 Newsletter Editor: [Heather Hubert](#)  
 Ad Sales: [Heather Hubert](#)  
 Fundraising Coordinator:  
[Shawn Clendining](#)  
 Community Relations Coordinator:  
[Marian Agyby](#)

## VOLUNTEERS

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

## BOARD MEMBERS

President: [Tavis Settles](#)  
 1st Vice President: [Tamara Keller](#)  
 2nd Vice President: [Leah Argao](#)  
 Secretary: [Amanda Mauch](#)  
 Treasurer: [Azim Riaz](#)

**DIRECTORS:** Chris Abdalla, Zubair Chowdhury, David Hartwick, Fadi Katto, Devon Lowe

## COMMITTEES:

Accessibility & Grants: [Chris Abdalla](#),  
 Arts & Crafts: [Chris Abdalla](#),  
 At Home in the Hills: [Winnie Huang](#), [Samana Zehra](#),  
 Beautification: [TBD](#),  
 Gardens: [Amanda Mauch](#)  
 Building Safer Communities (Blockwatch): [Tavis Settles](#)  
 Business Relations: [TBD](#)  
 Community Relations: [Tamara Keller](#),  
 Creating Coventry: [Asim Riaz & Moraig McCabe](#)  
 Government Relations / Advocacy: [David Hartwick](#)  
 Harvest Hills Hub: [Tamara Keller & Victoria Henry](#)  
 Membership Relations: [Devon Lowe](#)  
 Planning & Development: [David Hartwick](#)  
 Sports: [Fadi Katto](#)  
 Rinks: [Devon Lowe](#)  
 Seniors: [Leah Argao](#)  
 SPRY in the Hills: [Jay L Emond](#)  
 Volunteer Relations: [TBD](#)



**EDITOR'S NOTE:**  
 All articles submitted by the general public are the author's opinion and not necessarily reflective of the opinion of NHCA.



*Proudly Serving the  
 Community Since 1998*

Dentistry for the whole family  
 Convenient location  
 Preventative hygiene maintenance  
 Sleep Apnea treatment  
 Dental Implants  
 Invisalign  
 Professional Whitening  
 General and Cosmetic Dentistry

*Where Smiles Begin*

Dr. Tim Begalke, Dr. Jamie Wallace and Associates

*New Patients Welcome*

#707, 500 Country Hills Blvd NE  
 Calgary, AB T3K 4Y7  
 403.226.1809  
[www.countryhillsdental.com](http://www.countryhillsdental.com)







Join us for a full-service breakfast experience featuring classic menu items such as bacon and eggs, omelettes, waffles and pancakes.

We look forward to serving you.



See our full menu on line: [sunsetgrill.ca](http://sunsetgrill.ca)

7160 333-96 Avenue NE, Calgary  
(587) 353-2041

Open Daily 8 AM to 2 PM





# THE WINE WAREHOUSE

WINEMAKING SUPPLY STORE & URBAN WINERY

*Quality Wine for Less*

**\$59.99**  
WINEMAKING FEE  
PLUS THE PRICE  
OF THE WINE KIT



**EASY AS 1-2-3!**

**1-SELECT YOUR WINE KIT & INITIATE FERMENTATION**

**2-SCHEDULE YOUR BOTTLING APPOINTMENT**

**3-RETURN TO BOTTLE USING OUR WINERY GRADE EQUIPMENT**

**ENJOY! EACH BATCH YIELDS ~28-30 BOTTLES**

**#7 - 10099 15th Street NE  
Airport Crossing Calgary, Alberta**

**[www.thewinewarehouse.ca](http://www.thewinewarehouse.ca)  
403-282-7999**

**Monday-Saturday 10am-5pm**

**CALGARY OWNED FAMILY BUSINESS SINCE 1992**



**WIN A \$25 GIFT CARD!!**

**CALLING ALL LOCAL WRITERS!**

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



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



**We are looking for local writers to send in  
their articles to share in our newsletters-  
please keep articles to 350 words or less and  
photos are welcomed!**

**Help our community by submitting your  
articles and helping create an awesome local  
newsletter!**





# CANADIAN PIZZA UNLIMITED



*Always* UNLIMITED TOPPINGS

**Harvest Hills:** 1121 - 9650 Harvest Hills Blvd NE, Calgary, AB



## Pickup SPECIAL

2 MED 4 TOPPING PIZZAS WITH 2 LITRE OF POP **\$24<sup>99</sup>**

**5% off**  
FOR SENIORS



14 INCH LG 1 TOPPING PIZZA **\$10<sup>99</sup>**

*Also Available*  
GLUTEN-FREE CRUST **\$14.99**

NO DOUBLE PORTIONS PLEASE

## PIZZA BY THE *Slice*



1 SLICE OF PIZZA **\$3<sup>50</sup>**

2 SLICES OF PIZZA AND CAN OF POP **\$7**

## SUMMER Special

14 INCH LARGE 4 TOPPING PIZZA  
6 PIECES CHICKEN  
1 MEDIUM FRIES  
2 LITRE POP



**\$30<sup>99</sup>**

## FREEDOM OF CHOICE

2 Pizzas Unlimited Toppings & 12 Chicken Wings OR 1 Cheesy Bread

2 Free Dipping Sauces  
*hot ranch, marinara, creamy garlic, ranch, cheddar chipotle, donair sauce*

**5% off**  
FOR SENIORS

Pickup only. Delivery charges will apply.

**M-12" \$44.99**

**L-14" \$44.99**

**FREE 2 LITRE POP**

## CHESTER CHICKEN

9 PIECE CHICKEN SPECIAL

**\$19<sup>99</sup>**



**5% off**  
PICKUP ORDERS

CHICKEN • CHICKEN STRIPS • POPCORN CHICKEN • SANDWICHES • DEEP FRIED SHRIMP • NACHOS  
SALADS • POUTINE • BAKED LASAGNA • WINGS • CALZONES • SAMOSAS • AND MORE!

CALL FOR FREE DELIVERY WITHIN 5KM RADIUS

**403.275.4443**

ORDER ONLINE AT

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

Free Delivery for orders minimum of \$30 within 5km

ALL PRICES DO NOT INCLUDE GST

BUSINESS HOURS

MONDAY TO THURSDAY 11:00am - 11:00pm  
FRIDAY AND SATURDAY 11:00am - 12:00am  
SUNDAY AND HOLIDAYS 11:00am - 11:00pm





## 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 lights and siren active. You can help EMS, police, and fire get to the scene quickly and 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 1-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 pass other traffic.

### When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is 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.

# Laugh of the day



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



## Harvest Hills Alliance Church

www.hhachurch.com

10099 Harvest Hills Blvd NW  
403-226-0990

E-mail [office@hhachurch.com](mailto:office@hhachurch.com)

- Believe
- Belong
- Bless

Sunday Service 9:15 & 11:00 am  
Streaming on YouTube/Facebook 9:15

### Harvest Kids

9:15 & 11:00 am Nursery—Grade 4, Grade 5 & 6 11:00 am only

### Youth

10:15-11:00 am Sundays Youth Hang out - Youth Room  
9:00 am Study and Breakfast (Every Last Sunday of the Month)  
6:30 pm Wednesday Life Groups  
6:30 pm Special Events Every 2nd Friday

Young Adults  
7:00 pm Sunday

ESL—Sunday 11:00 am & Wednesday 9:30 am  
to register e-mail [esl@hhachurch.com](mailto:esl@hhachurch.com)

## CALLING ALL YOUTH ARTISTS!

### JOIN THE MYART PROGRAM AND SHARE YOUR TALENT!

We want to show YOUR art!

For artists 5-15 years of age.

Wednesdays and Thursdays 6-7 pm.

From Nov 3 until Dec 30.

See other youth share their art or showcase your own!

FREE for current NHCA members!

Sign up at [nhca.ca/arts/myart](http://nhca.ca/arts/myart)







## Northern Hills Neddie

Dear Neddie,

I really need some love advice. I was washing jackets this weekend and I grabbed my boyfriend's that he had left over at my house. When I went to throw in the wash a box fell out-yes a little beautiful box with a ring in it! I had no idea he had this or was going to propose! We are young but have been dating for 2 years so I am thrilled and would say yes! Here comes the problem: the ring is beautiful, but just not my style. I always dreamed of a yellow diamond for my ring? Now what do I do without being rude? He clearly spent at least \$5000 on this ring? I am so upset to tell him my hair is falling out!

Sincerely,

Washed and Ringed Out!

Dear Washed and Ringed Out,

First congratulations on your up-coming engagement and am glad you found your person! Unfortunately, this is a very sensitive subject as he is likely so excited and bursting at the seams to give you a \$5000 ring! Honestly after you say yes you could take the chance and tell him you want a yellow diamond and can it be swapped out and hope he understands or you might have to learn to love it and ask for that yellow diamond for your 10 or 20<sup>th</sup> anniversary! Sorry I can't be of much more help on this!!

Neddie out!





### Cherries in the snow

Can be made in a trifle dish  
Dish can be wide must be deep

#### Ingredients:

- 1 Sponge cake
- 2 large nutri-whip (can use regular or light)
- 2 packages of cream cheese (regular or light)
- 1 tin Cherries

#### Make as follows:

Cream your cream cheese in a bowl using a mixer

Cream the nutri-whip in a large bowl until it's fairly stiff and has volume

Mix the cream cheese and nutri-whip.

Together in the largest bowl used Empty this mixture in your serving dish  
Now take the sponge cake which is sticky and pull apart in small chunks,  
add to creamed mixture, once all completed then stir until cake is mixed thoroughly  
through out the cream mixture

Now clean up the sides

Empty can of cherries on top and using a spatula spread out the cherries to cover your  
mixture

Keep chilled can eat any time And there you have an easy and delicious dessert for any  
occasion

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

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



# LIMITED OPPORTUNITIES

REMAIN TO BUILD YOUR NEW HOME IN **THE PARKS OF HARVEST HILLS**

Cedarglen Homes is down to our final remaining lots in the coveted new community of The Parks of Harvest Hills. There are a few large pie-lots available, so visit our showhomes to learn more about how you can claim your ideal lot.

**185 HARVEST HILLS WAY NE - 587.351.2455 - WWW.CEDARGLENHOMES.COM**





# Snow Angels

## What is a Snow Angel?

Snow Angels keep an eye out for neighbours who may need a lending hand with removing snow from the sidewalk and driveways. The City of Calgary's Snow Angel Program was the first of its kind and has been recreated in many other cities in Canada. As it gains popularity, so do the mass amounts of Snow Angels all over Canada. By shovelling someone's sidewalk or driveway, Snow Angels are so much more than good neighbours, and they can save lives!

## Benefits of Snow Angels

When Mother Nature gives us a day with heavy snowfall, Calgary paramedics have reported seeing a dramatic increase in heart-related calls. For older adults or those with physical disabilities, this risk is drastically increased. The combination of cold air and heavy lifting causes strain on the heart, which leads to cardiac distress. One way to reduce this risk for neighbours is by initiating a Snow Angel Program in your community!

Many people who are elderly or immobile love living in the same house they've made a home, and some are limited in their abilities to remove snow and fear the loss of their homes or having to leave the communities they love. By helping neighbours with snow removal, you can make them feel secure staying in their homes!

Having a Snow Angel Campaign is an excellent way of showing your community association cares! Social isolation can be a significant factor in having low quality of life. For some, daily interactions with their Snow Angels can provide a source of community inclusion and pride.



## 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!**

**Please visit [nhca.ca/good-food-box](http://nhca.ca/good-food-box) for more information!**



# Residential Snow Removal

## WANT 10% OFF?

Call or email and mention Northern Hills News!



Monthly Rate / Property Size	Tiny (No Driveway)	Small (Single Car Driveway)	Medium (2 Car Driveway)	Large (3 Car Driveway)
<b>Year Round Services</b> (Monthly for 12 months of service)	<b>\$160</b>	<b>\$170</b>	<b>\$180</b>	<b>\$190</b>
<b>Seasonal Rate</b> (Sept 15 – May 15)	<b>\$1000</b>	<b>\$1050</b>	<b>\$1150</b>	<b>\$1300</b>
<b>Peak Season Monthly Rate</b> (Jan, Feb, Mar, Apr)	<b>\$195</b>	<b>\$205</b>	<b>\$220</b>	<b>\$240</b>
<b>Off Season Monthly Rate</b> (Oct, Nov, Dec, May)	<b>\$165</b>	<b>\$175</b>	<b>\$190</b>	<b>\$210</b>

## Call today!

[Admin@BestBetLawn.com](mailto:Admin@BestBetLawn.com) • 403-993-8946

Northern Hills  
Community Association



ROAM THE HILLS  
GO EXPLORE

*Play. Create. Learn.*

EMBRACE THE Outdoors



*Get ready to Roam the Hills!*

We are developing fun activities to engage you in art, play and community education in the outdoors! These fun activities will be located along a circular route going through Panorama Hills, Country Hills, Country Hills Village, Harvest Hills, and Coventry Hills.

For future updates, visit [nhca.ca/roam-the-hills/](http://nhca.ca/roam-the-hills/)





## NHCA Winter Programs

Indoor Kids and Adult Soccer Programs coming soon!



Stay tuned for more info and updates at [nhca.ca](http://nhca.ca)

### Sudoku

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

# Cleaners *On The Go*

- Residential
- Deep Cleaning
- Move-ins & Move-outs



**10% OFF** your first cleaning

Email: [calgarycotg@gmail.com](mailto:calgarycotg@gmail.com)

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



## Fun Facts About November

- 1) November 19, at 3:59 A.M. EST is a full moon
- 2) November's traditional birthstone is the **Topaz**



# Get ready to give the Gift of Joy!

This year the Gift of Joy will be helping families and seniors from the Northern Hills to have a wonderful holiday season.

Now is the time to start looking for items that you can donate unwrapped!



**Visit for updates!**

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



Donation drop-off locations  
to be announced!

Northern Hills  
Community Association



**MPC Foundation**  
Where Aging is Celebrated



**Qualified Optometrists**

**Expert Staff**

**Vision & Eye Health Exams**

**Best In-Stock Selection  
of Designer Eyewear  
for the Whole Family**

**Due to current AB Health regulations**

**Entry to the Clinic is  
by Appointment Only**

**Please call ahead to book an  
appointment with an Optometrist,  
check our large range of in-stock  
designer frames, or to pick up your  
new eyewear.**



**SiteForSight**

eyecare • eyewear

**Country Hills Towne Centre  
#713, 500 Country Hills Blvd. NE  
Calgary, AB T3K 4Y7**

**403.226.7638**

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

**New and Emergency  
Patients Welcome**

**siteforsight.ca**

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

**CLASSIFIED ADS**

This is the local Official  
Community supported and  
requested newsletter by  
residents of Panorama Hills/  
Coventry Hills /Harvest Hills/  
Country Hills and Country Village

**B & P UPGRADE BOUTIQUE**  
Elegant look for any special events  
Prom dresses, Bride maids, Mother  
of the Bride, Office Wears, Church  
Suits with Matching Hats  
And Many More 403 470 6548  
**NORTHLAND VILLAGE MALL  
1120,5111 NORTHLAND DR**

This is the local Official  
Community supported and  
requested newsletter by  
residents of Panorama Hills/  
Coventry Hills /Harvest Hills/ Coun-  
try Hills and Country Village

**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/](http://NHCA.CA/DONATE-RECYCLING/)**







## COMMUNITY NEWSLETTER CONTENT

---

### **WAV Calgary speedily dispatches on-demand wheelchair accessible taxis**

The average wait time for people requesting taxis that are wheelchair accessible has dropped to 15-18 minutes from hours thanks to a dispatch service launched in 2019.

WAV Calgary (Wheelchair Accessible Vehicle Calgary) is an on-demand, centralized dispatch service for wheelchair accessible taxis. It pools the services of active, licenced wheelchair accessible taxis and drivers operating in the city and provides customers with one point of contact to request an accessible taxi.

The goal of WAV Calgary is to reduce wait times and improve service levels by providing customers with more accurate wait time information for the closest accessible taxi. The 15-18-minute wait time is comparable to other taxi services in Calgary, where the wait time goal is 15 minutes.

Customers can contact WAV Calgary 24 hours a day to book an accessible taxi via phone (403-974-1110), website (WAVCalgary.com) or app (available for both Android and Apple devices).

WAV Calgary has continued to operate throughout the COVID-19 pandemic, ensuring customers have access to safe transportation in accessible taxis, which provide door-to-door service in private vehicles.

The City of Calgary is committed to identifying solutions for providing efficient taxi service to those individuals requiring a wheelchair accessible taxi.

The City regulates the taxi industry in Calgary and is monitoring the wheelchair accessible service. Customers are encouraged to call 311 with compliments and complaints. All complaints are investigated.

### **Snow Bans Restricted Parking map: Online map shows Calgary's snow route parking bans**

December marks the potential for snowfall in the city and this means snow bans can come into effect. Know which routes are snow routes before making an outing to ensure a smooth trip and ease of parking – use The City of Calgary's online map that shows banned parking locations. The Snow Route Parking Bans map shows where parking is temporarily restricted on designated snow routes. Parking bans may last up to 72 hours following a parking ban being issued by The City. This map is located at <https://maps.calgary.ca/SnowRouteParkingBans/>.

To view more City of Calgary maps, please visit the Map Gallery at [maps/calgary.ca](https://maps.calgary.ca).





**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**



**HELP YOUR COMMUNITY**

# Volunteer Opportunities

## Casual Volunteer



### Do you:

- See fun stuff happening and want to help out?
- Have a few hours now and then available?
- Like helping ensure an event or program happens successfully?
- See an upcoming event that you'd like to help out with?

## Northern Hills News Journalist

Volunteer from home! Help with writing and editing! We are open to story suggestions, interesting people to interview, or exciting things coming up in the life of our community.

## Good Food Box Program Helper

Once a month, we need volunteers to help us on pick up day. It will take 2-3 hours and must be done in person.

## Project, Events, Programs (PEP) Volunteer



### Do you:

- Enjoy working with a team to bring project, programs, events to life?
  - Love organization and making things happen?
  - Have time available on a regular basis?
- Possess a specific skill that you want to share with your community?
  - See an existing or potential project, programs, events that you'd like to work with the NHCA to deliver?

## Fund Development Committee

We are excited to announce a brand-new Committee at the NHCA: the Fund Development Committee! The Fund Development Committee was created to come up with ideas and solutions to ensure that the NHCA continues to offer its wide variety of programs, events, and projects for the Northern Hills community. Join any of our sub-committee for a discussion, see the list below:

- **Membership**  
Responsible in improving, revising, and/or updating the NHCA's current membership offerings.
- **Programs**  
Coming up with ideas for new community programs for the NHCA.
- **Capital Projects**  
Leads the initiative in improving the development of the Northern Hills Community, so as to increase the number of potential services, programs, and events that the NHCA could host for its community.
- **Community Presence/Engagement**  
Increasing the NHCA's presence in the community; it is looking for ways to spread word and awareness about the NHCA.
- **Partner Relations**  
Contacting existing community partners and/or fostering relations with new community partners.

## Fundraising Events

Coming up with fresh ideas for annual events that could result in increased community engagement for the NHCA.

## Senior Committee Members

Do you see that we can have more program and fun experiences for seniors in the Northern Hills? Help us understand what community interests in and needs and we can assist you in bringing it into a reality. Minimum 3 hr commitment per month (which is just two movies or couple of episodes of your favourite TV show)

## Grants Committee

We are looking for volunteers who are interested in writing grants. This would be a great opportunity for those who are trying to gain experience in the nonprofit field!

## Membership Connection Helper

Are you a storyteller? Do you like to share the exciting things that are happening in your community with your friend and neighbors? Are you excited to bring more people together in order to make more wonderful things happen in your area?

## Leadership Volunteer



### Do you:

- Have a passion for community involvement?
  - See yourself as a community leader?
- Desire to bring your skills to a non-profit board?
  - See a position on the NHCA Board that is a strong fit for you?

## Planning & Development

Do you take an interest in the development and planning in your community? Is community development a passion of yours? Do you want to keep your finger on the pulse of what's coming for your neighbourhood?

## Volunteer Relations

Are you known for being that person that just gets things done? Do you enjoy bringing people together and making great things happen? Is working with your community to make it a better place for everyone important to you?

## Business Relations

Are you interested in business in Northern Hills area? Do you want to work with business in your area?

Interested to join? Call **403-226-6422** or email us at [volunteer@nhca.ca](mailto:volunteer@nhca.ca). Please leave us your name, phone number and email address.





**Muhammad Yassen**  
**Calgary-North MLA**

### **Show Your Support For The Troops**

On November 11th and throughout the year, let us remember the sacrifices and efforts of our brave Canadian Forces, both past and present. There are many ways we can show our respect on Remembrance Day, it can be as simple as wearing a poppy, thanking a veteran, or observing one of many Remembrance ceremonies. I encourage all Albertans to commit to offering our respect and thanks to those who served and continue to serve our country. Let us not forget.

*Support Our Troops* licence plate gives Albertans another way to show your appreciation for Canada's brave service men and women. You can order the licence plate at any registry in Alberta.



Calgary Veterans Food Bank is a very critical service that has been supporting veterans and their families. Throughout the month of November feel free to drop off non-perishable food items to 104, 200 Country Hills Landing NW that will be graciously donated to the Veterans Food Bank. Thanking you in advance for your generous support.

### **Covid 19 Health Measures**

For up-to-date public health measures please visit [COVID-19 public health actions | Alberta.ca](https://www.alberta.ca/covid-19-public-health-actions).

### **Immunocompromised Albertans Eligible for Third Dose**

The province has expanded eligibility for an additional dose of COVID-19 vaccine to more immunocompromised Albertans to align with recent recommendations made by the National Advisory Committee on Immunization. You can find a full list of immunocompromising conditions that qualify for an additional dose at least eight weeks after a second dose online at [Alberta.ca](https://www.alberta.ca).

### **Proof of Vaccination Cards**

The Alberta Government launched a convenient card-sized proof of vaccination that is available through [Alberta.ca/CovidRecords](https://www.alberta.ca/covid-records). Albertans may also visit a local registry agent to request a printed version of their vaccination card at no cost. As well, the government-supported verification app to check proof of vaccination with a QR code is now available for download.

Muhammad Yassen  
Calgary North MLA

[calgary.north@assembly.ab.ca](mailto:calgary.north@assembly.ab.ca)

403.274.1931

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



### **Josephine Pon** **Calgary - Beddington MLA**

Dear Constituents,

Happy November! Alberta's MLAs are now back at the Legislature for the Fall 2021 Session, to continue the important work on your behalf. The Government of Alberta has an ambitious agenda, aimed at protecting our healthcare, fighting for jobs, and creating opportunities for Albertans!

If you would like to receive my email newsletter, complete with detailed updates from the Government of Alberta, please send me an email at [Calgary.Beddington@assembly.ab.ca](mailto:Calgary.Beddington@assembly.ab.ca).

Albertans were pleased to receive the news from Premier Jason Kenney and Energy Minister Sonya Savage that the Enbridge Line 3 Pipeline was completed! The capacity of the mainline will be increased from 2.9 million to 3.2 million barrels per day. This is a big part of Alberta's Recovery Plan, & fantastic news to the many workers and their families who make their living in our energy sector.

As Minister of Seniors and Housing, I announced that the Elder Abuse Prevention – Public Engagement Survey would be open to Albertans from October 4 to 25. Elder abuse is unacceptable in all forms, and we must work together to protect our beloved seniors. Together, we can make sure seniors have the respect and dignity they have earned.

As we enter the month of Remembrance, let us take a moment to reflect on the sacrifices made by the countless brave men and women of our armed forces, and all those who made the ultimate sacrifice to protect our freedom. Lest We Forget.

Thank you to all front line healthcare workers, doctors, nurses, as well as long-term care and assisted living workers for your continued service to our province during this exhausting pandemic.

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

Josephine Pon

Calgary - Bedding MLA

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





# Rajan Sawhney

## MLA for Calgary-North East, Minister of Community and Social Services

### LEGISLATURE REPORT

Dear friends and neighbours,

I'd like to take a moment to thank all our veterans who bravely fought for our country. This Remembrance Day, I invite everyone to take part in the ceremonies held across our province, as we remember the sacrifices the brave men and women have made, in order to ensure our country is to remain strong and free.

#### **Women in STEM scholarship opens for applications**

This second intake for the Women in STEM scholarship, which was introduced earlier this year, demonstrates the Alberta government's commitment to supporting women in pursuing rewarding careers in these fields. Each successful applicant will receive \$2,500 to support their studies. The scholarship is open to women currently studying in STEM fields. The deadline for applications is Dec. 31. Please visit [Women in STEM Scholarship | Alberta.ca](https://www.alberta.ca/women-in-stem-scholarship) for more information.

#### **Kananaskis Conservation Pass on track for success**

On June 1 the Alberta government introduced the Kananaskis Conservation Pass. Since then, more than 253,000 passes have been issued, generating more than \$10 million in revenue. Every dollar from the pass is being used to enhance visitor experiences, with revenues going to trail maintenance, visitor services, search and rescue operations, waste management and the upkeep of facilities in Kananaskis Country. Revenues from the pass have allowed Alberta's government to hire 20 additional conservation officers and 32 new seasonal positions. More details can be found here: [Kananaskis Conservation Pass on track for success | alberta.ca](https://www.alberta.ca/kananaskis-conservation-pass-on-track-for-success).

#### **Transportation**

As part of Alberta's Recovery Plan, our government is providing new opportunities for residents by building, diversifying, and creating jobs. The remainder of the Southwest (SWCRR) Calgary Ring Road opened on October 2, following five years of construction. The 31-kilometre project created more than 3,700 jobs. The focus is now on the West (WCRR) Calgary Ring Road, with full completion anticipated in 2024. At that time the Calgary Ring Road will provide 101 kilometres of free-flow travel, which will enhance access to markets and support economic growth. I am also very happy to report that the widening of a portion of northeast Stoney Trail was completed earlier this summer, ahead of schedule and on budget. The additional lanes will alleviate traffic congestion in the area and improve safety for those who travel on this section of the ring road.

#### **Alberta Biz Connect**

Please visit [Alberta Biz Connect | Alberta.ca](https://www.alberta.ca/alberta-biz-connect) for all workplace guidance and supports to help businesses and non-profits that have been affected by COVID-19.

Rajan Sawhney

MLA for Calgary – North East

Minister of Community and Social Services

Proudly Serving the Communities of Livingston, Harvest Hills, Coventry Hills, Skyview Ranch, Redstone, Cornerstone and Cityscape

[Calgary.NorthEast@assembly.ab.ca](mailto:Calgary.NorthEast@assembly.ab.ca) 587-318-2946 #1080, 11124 – 36th Street NE Calgary AB T3N 0T1



### Jasmine Mian Ward 3 Councillor

Dear Residents of Northern Hills.

I'm honoured to be elected as the Ward 3 City Councillor. I look forward to building a relationship with everyone in our community.

My priorities for the next four years are improving neighbourhood safety, addressing our infrastructure needs and building a sustainable future. I campaigned on these principles and I intend to action them through collaborative work with you, the City of Calgary administration, community associations and my staff.

I believe that Calgary is in a period of transition. The economic downturn has hit our city hard but there are many bright spots that give me a sense of optimism. Over the pandemic, Alberta's GDP dropped 8.2 per cent, but ATB's Chief Economist is projecting that we will recoup pandemic losses by mid-2022.

The newly elected Council includes mostly new faces, including mine. I feel that its vitally important to work together with my colleagues on common goals for the greater good of the city. I know we won't agree on everything all the time, but I will work collaboratively. The Councillors that I've met so far seem to share this view, so I am optimistic about our ability to get things done.

During my first week on the job I have been busy learning about City Council processes and procedures, as well as touring key City facilities and meeting City staff. Speaking of staff, I've hired a very capable team of three who each have their own strengths and experience that will help us deliver the best for you. My team and I intend to work closely with all of the residents of Ward 3 and I encourage you to reach out through the Ward 3 website if you have any questions or concerns: <https://calgary.ca/ward3>

My website will be updated with my priorities, bio, and news very soon. I'm eager to speak with and work with residents, community associations, businesses, and organizations of Ward 3. Together, we can make our city an even better place to make a living and build a life.

Jasmine Mian

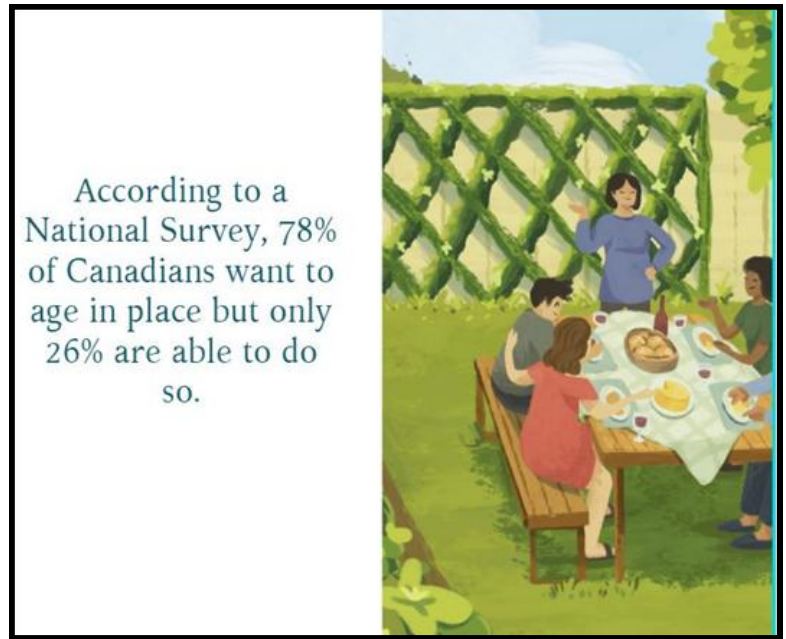
Ward 3 Councillor



By MPC Foundation

Aging in a place that is safe and familiar and where we have built community is a goal that many older adults strive for. To realise that goal, careful planning and thoughtful family conversations will pave the way for a smooth transition. Those who have been through this journey will testify to the fact that the sooner we start the process, the easier will the transition be.

According to the Government of Canada, aging in place means, “*having the health and social supports and services you need to live safely and independently in your home or your community for as long as you wish and are able.*” Notice the key words in the definition, ‘health supports’, ‘social supports’ and ‘services.’ These are also the key considerations that should guide the planning process.



## 1. Will my current home meet the changing needs of aging?

To accommodate changing health needs and delay the need for a future move, making an assessment of the living arrangement now will save time, money and stress. Key considerations include whether or not to modify the existing home or move to a bungalow or condo. Each of these decisions will have a financial impact.



## 2. Is the community age-friendly so that I can still stay active and engaged?

Should a move be necessary, pay attention to the presence (or absence) of decent infrastructure that supports and encourages independently living such as good transportation, clear sidewalks, proximity to family and friends, shopping, medical, dental and other services.

## 3. Staying healthy and connected

This by far is the most important consideration through which everything else becomes possible. Look for pathways, parks and green spaces for walking, jogging and other leisure activities. Having the infrastructure that supports an active lifestyle is an advantage that should not be overlooked.

By investing time and effort into research and planning about the future, life transitions can be a journey of new adventures and fresh beginnings!

MPC Foundation is a Registered Charity focussed on addressing senior’s social isolation.

# 40% OFF

Shade-O-Matic Window Coverings

Honeycomb Shades, Roller Shades and  
Faux Wood Blinds

1-920 Northmount Dr NW Calgary AB

E calgarynorthdecorating@gmail.com

P. 403-289-6227



Calgary North  
Decorating

**ALTA**  
WINDOW FASHIONS  
from shadeomatic

## SOLUTION

1	V	2	E	R	3	A	N	4	D	A	5	H	6	B	7	E	8	H	E	S	T	
	L		U		E		O		R		O		E									
9	J	O	R	D	A	N		10	O	V	A	L	T	I	N	E						
	P		I		S		T		S		H		D									
11	A	E	S	T	H	E	T	E		12	S	P	E	E	D	Y						
	D				N		R		A		O											
					13	D	R	E	S	S	I	14	N	G	D	O	N					
	15	C	U	S							O	E		N								
16	C	O	M	M	I	S	E	17	R	A	T	E	D									
	V		A						I		E						18	T				
19	R	E	F	U	S	20	E		21	C	U	P	B	O	A	R	D					
	R		R		R				K		A		P		U							
23	P	A	L	I	S	A	D	E		24	P	S	E	U	D	O						
	G		E		S				T		E		R		G							
25	H	E	A	R	S	E			26	S	T	R	E	A	K	E	D					

### ACROSS

1 verandah. 6 behest. 9 Jordan. 10 Ovaltine. 11 aesthete. 12 speedy. 13 dressing-down. 16 commiserated. 19 refuse. 21 cupboard. 23 palisade. 24 pseudo. 25 hearse. 26 streaked.

### DOWN

2 eloped. 3 audit. 4 denseness. 5 hooters. 6 brass. 7 hotheaded. 8 send down. 13 Du Maurier. 14 notepaper. 15 coverage. 17 rickets. 18 trudge. 20 erase. 22 opera.

## Sudoku

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

## SHARING SMILES

# JOKE CORNER

**Q:** Why did the scarecrow win a Nobel prize?

**A:** He was outstanding in his Field!



**Q:** What do you call an illegally parked Frog?

**A:** Toad!





# GET YOUR NHCA MEMBERSHIP & SAVE HERE! IT PAYS TO BE A MEMBER Get your membership here

## COUNTRY HILLS & COUNTRY HILLS VILLAGE

### Applebee's

388 Country Hills Blvd NE  
15% off all items  
(dine in only; excludes alcohol, "2 Can Dine For" and Early Bird specials).

### 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

11950 NE Country Village Link  
10% off drinks and full sandwiches  
\*excludes snack size sandwiches & snack items

### Montessori Learning Centre

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

### Papa John's Pizza

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

### Swiss Chalet

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

### Woody's Taphouse

500 Country Hills Blvd NE  
10% Off

### UPS Store

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

## COVENTRY HILLS

### Cathy – Piano & Theory Teacher

Family registration fee discount of \$15.00

### Euphoria Wellness Centre

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

### Marble Slab Creamery

130 Country Village Rd NE  
10% off all orders

### Jade Lee Piano

\$10 for first lesson

## PANORAMA HILLS

### Little Caesars

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

### Progressive Optometry

34 Panatella Blvd NW  
15% off frames

### Sunburst Counselling

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

### Tamarind East Indian Restaurant

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

## HARVEST HILLS

### Arbonne International-Nancy Tomney

20% off orders

### Devon Lowe B.B.E.

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

### Harvest Hills Dollar Plus

5% off all purchases

### Stampede Car Wash

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

### Steeped Tea

Briana Trotter  
10% off all orders

### The Canadian Brewhouse

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

## OTHER LOCATIONS

### Benjamin Moore

Rice For King-The District

### Boston Pizza

Boston Pizza Cross Iron Mills Mall

### Famoso Neapolitan Pizzeria

Kiddiekakes Custom Cake Design

### KIDSFIRST Resolution

The Lash Lounge By Tanz

### Little Caesars

### Montana's

### Ornamental Stone

Royal Palace Home Inspection

### Scotsman's Well

### Sure Scraps A Lot!

### Top Gear Car Wash

Visit our website for more details,

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

Northern Hills  
Community Association

COBS  
BREAD

COBS Bread  
COUNTRY HILLS  
521-500 Country Hills Blvd NE  
Calgary AB T2K 5K2  
403-226-5555

RAISING  
DOUGH

RAISE  
SOME DOUGH

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



# CALLING ALL LOCAL PHOTOGRAPHERS!

**COBS  
BREAD**

**Please send in your photos and  
win a Cobs's Bread 6 pack!  
Please email in to [editor@nhca.ca](mailto:editor@nhca.ca)**



**This month's winner:**



**Peace Bridge - Downtown Calgary  
Submitted by Larry Wong**



# Paramount Dental is accepting new patients!

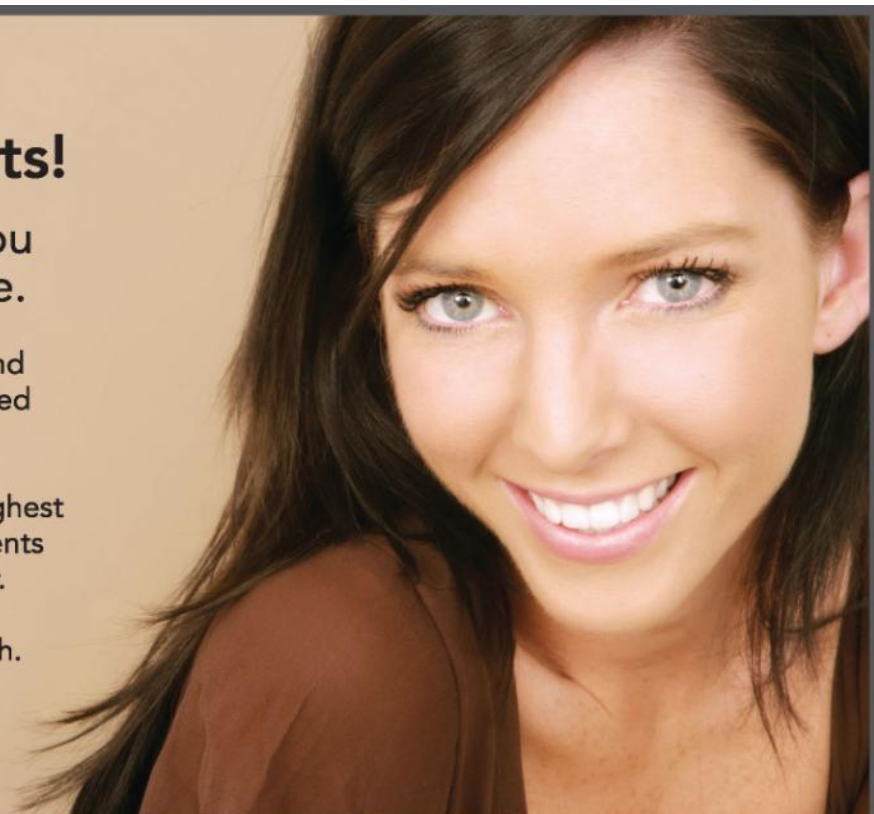
We are excited to welcome you and your family to our practice.

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

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

Ask us how Botox can benefit your oral health.

Visit [paramountdental.ca](http://paramountdental.ca) for more information.



*For your convenience we are now offering evening appointments and direct billing to insurance*

Monday: 8am–4pm \*  
Tuesday: 8am–8pm  
Wednesday: 8am–4pm  
Thursday: 8am–8pm  
Friday: 8am–4pm  
Saturday: 8am–4pm\*  
Sunday: closed

Coventry Hills Plaza  
217, 130 Country Village Rd NE  
Calgary, AB T3K 6B8



\* We are open alternating Mondays and Saturdays. Please contact us for information.

# PARAMOUNT DENTAL

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

## NOW ACCEPTING NEW & EMERGENCY PATIENTS