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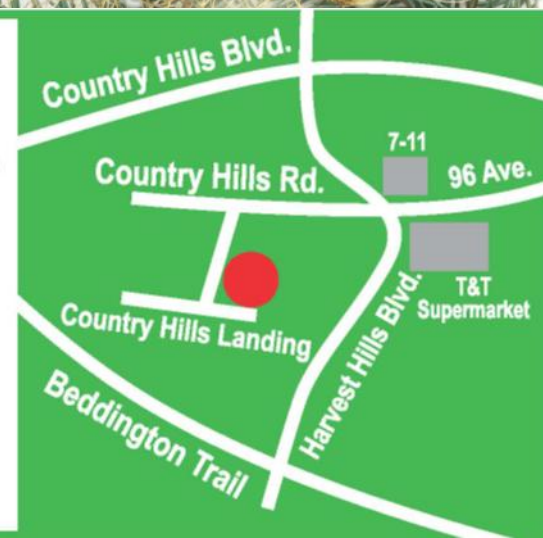
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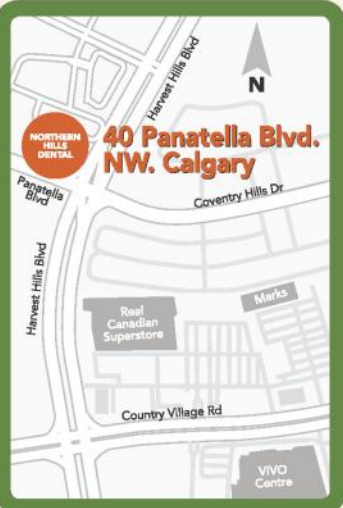


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President's Message



Tavis Settles
President - Northern Hills
Community Association

Well everyone, it's December, and wow did summer and fall fly by for us.

This month is a special month for many of us here at the NHCA as several staff and volunteers get involved in a number of events and charities. One program very special to several our hearts is the "Give the Gift of Joy". <https://nhca.ca/gift-of-joy/> The Gift of Joy Program in partnership with the MPC Foundation, which will allow families in need to share in the joy of gift-giving over the upcoming holiday season. The families in greatest need often don't get a choice of what they are given or may not get anything at all. We would like to let them have the joy of choosing gifts to give to their family members that they know they would love. This has been an extra tough year for lots of our neighbours. We are reaching out to you to help us help those struggling the most in our community through the gift of giving. Seeing the sure joy from this program in the people who donate to the people who receive and all those involved makes it extra special for us.

If you can help out and donate, please see the link above for more information.

On behalf of all the volunteers, staff, and board, we wish you a happy holiday season! We encourage you to connect with your neighbours, family, and community this season. Head out to the local community ice rinks, enjoy the city fire pits that are being placed around our community and if it snows-help out those who may not be able to shovel their walks.

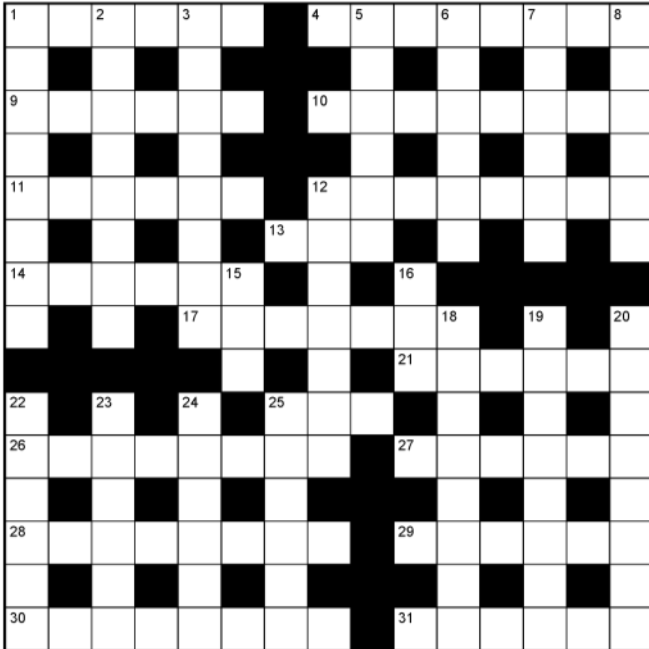
The NHCA has volunteer opportunities in various committees and projects. If you would like to connect with your neighbours and volunteer in your community, please connect with us. Contact our office staff at 403-226-6422 and or e-mail volunteer@nhca.

Membership is how we ensure we can continue with the programs, events, and advocating we have been doing. The gift of a community membership this season helps us out with so many programs. Therefore, if you can please sign up for a membership and please encourage your neighbours to do so as well. For a small cost of \$20 for a single, or senior and \$30 for a family will pay for itself with the local community discounts you gain access to. So please spread the word and sign up today at <https://nhca.ca/member/>

Cheers,

Tavis Settles, President
Northern Hills Community Association
president@nhca.ca

Free Crosswords Online!



ACROSS

- 1 New store keeps British ice-cream (6)
- 4 Noblewoman wants pub on old headland (8)
- 9 Request comes in to get engine part (6)
- 10 Emit a fug perhaps and use it to disinfect (8)
- 11 Gate of harbour by a lake (6)
- 12 Chief of staff blasted lenient guard (8)
- 13 Container in grate (3)
- 14 One looks for member of 60s group? (6)
- 17 Sly devil loses one pound then promises to pay (7)
- 21 Occupier of temporary shelter outside centre of Gdansk (6)
- 25 A chap to tease (3)
- 26 One working with Norma on hill? (8)
- 27 Nation accepts popular playwright (6)
- 28 Going across river involves guts (8)
- 29 Six vehicles for clergymen (6)
- 30 Member of audience is unusually silent before the Queen (8)
- 31 To give protection from French fiend, I must go (6)

DOWN

- 1 One gives direction to put name to letters (8)
- 2 Kept quiet (8)
- 3 Raised tax in east Leeds endlessly (8)
- 5 One mistreats Jack and his employer? (6)
- 6 After work I swallowed drug (6)
- 7 Woman finds Pamela inebriated to some extent (6)
- 8 Yes, elm could be suitable (6)
- 12 Relish entertaining one with the Messiah (7)
- 15 The German turned up for wine (3)
- 16 Small building is closed first off (3)
- 18 Calm about intravenous drug (8)
- 19 Banter that's not lasted well? (8)
- 20 Emphasised puddings should rise (8)
- 22 Con the healthy and prosper (2,4)
- 23 Churned up salted deposits at river mouths (6)
- 24 Girl engrosses soldiers with martial art (6)
- 25 Leave a story for footballer (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@theupsstore.ca
theupsstore.ca/264

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Print and Business Services

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and so much more!

Northern Hills Arts and Crafts
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art is not what you see.

My Art

but what others see.

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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
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

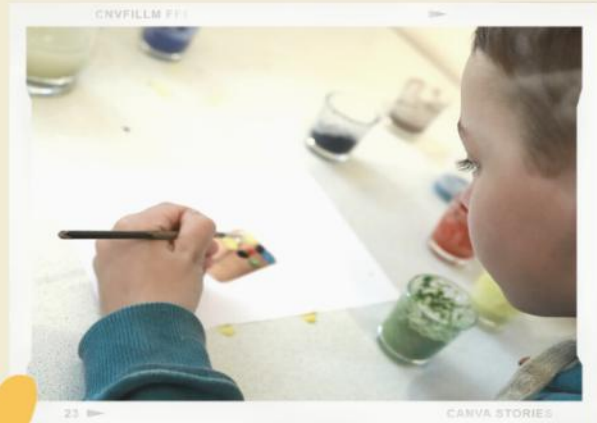
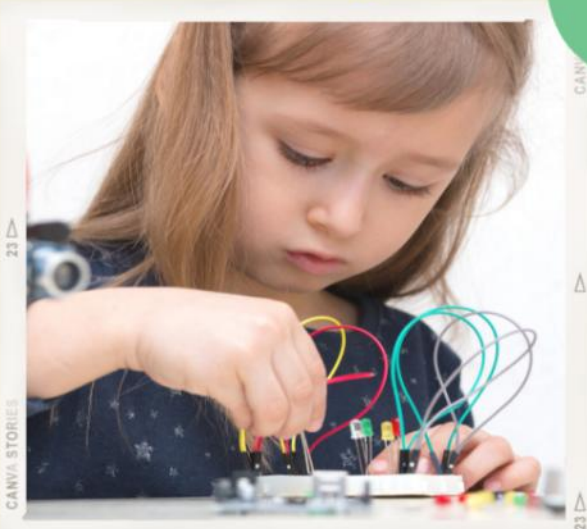




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NHCA CONTACTS

OFFICE:

NHCA at Vivo
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Tel/Fax: 403-226-6422
E: 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 Clendinging](#)
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, Devon Lowe, Ian McAnerin, Roop Rai

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: [TBD](#)
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.



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Northern Hills Neddie



Happy Holiday!

This December I am pleased to share with you some great ideas for getting out and enjoying the Winter Weather:

Take a walk or drive around and look at all the amazing Holiday Lights and decorations all over the neighbourhood!

- If the snow comes....tobogganing is always a fun idea on the hills all around!
- Warm up with a delicious cup of hot chocolate or other warm beverage!
- Take in some caroling or do some yourself-it's a great way to get into the Christmas spirit!
- Volunteer with NHCA's Gift of Joy!

Have a wonderful holiday season!!

Neddie out!



December WINNER!

Lugaw Filipino Porridge Congee

Winner: Flora Malig

Serving Size: 4
Time Commitment: 1 Hour

Ingredients

2 Tbsp Canola Oil
2 Tbsp White Onion -- chopped
2 Tbsp Garlic -- chopped
2 Tbsp Ginger -- julienned
1 1/2 Tbsp Fish sauce (Patis) **or** Salt
1/2 Cup long-grain Rice
4 Cups Chicken stock **or** Water
1/2 cube Chicken **or** Veggie bouillon
Salt and Pepper-- to taste
2 Eggs -- hardboiled and sliced
1 Lbs - Chicken legs/parts
Optional Garnishes -- Spring Onions; Garlic (fried); Lemon juice



Method

1. Sauté onions, garlic, and ginger.

2. Add chicken and patis (fish sauce) (optional). Cook until brown. Cover and simmer for about 5 - 7 minutes.

3. Add the rice grains and stir.

4. Add the stock and stir, bring to a boil then reduce to a simmer. Simmer for 30-40 minutes while stirring constantly or cook until mixture thickens to your desired consistency.

5. Add chicken bouillon cube, mix well and adjust seasoning and water as necessary.

6. Top with sliced hard-boiled eggs, fried garlic, lemon juice and spring onions. Serve hot!

Tips: Can eat the next day for breakfast!

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

Email: editor@nhca.ca

GET READY TO ROAM THE HILLS!

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

Coming soon: Full map of Roam The Hills route and activity locations!

Roam the Hills activities have one of three themes: Play, Create or Learn.

PLAY activities will get your body moving and playing fun games with your family and friends.

CREATE activities will beautify the community with arts and crafts and welcome you to contribute to the display.

LEARN activities will engage you with fun facts about the community you call home.

Want to help bring these activities to your community? Stay up to date and find out how to help at nhca.ca/roam-the-hills/



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To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a family member or a divorce.

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SHARING SMILES

JOKE CORNER

Q: Why does everyone love Frosty the Snowman?

A: Because he's cool!!



Q: Why did the Christmas tree go to the barber?

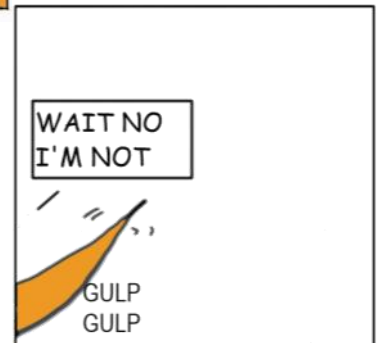
A: It needed to be trimmed!



Sudoku

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

Laugh of the day



By Punctuation Association Joni R.
punctassoc@hotmail.com



Fun Facts About December

1) In places like Alaska, Siberia and the Canadian territories, December is the month when the sun never rises, pitching thousands of people into complete darkness for several days.

- Dec. 11: International Mountain Day
- Dec. 13: National Violin Day
- Dec. 13: National Day of the Horse
- Dec. 20: Underdog Day
- Dec. 26: National Candy Cane Day



Calgary Awards Nominations

The 28th Annual Calgary Awards nominations open Jan. 5

Extraordinary Calgarians make a difference. Through their exceptional achievements and contributions, many Calgarians make life better. This is your opportunity to recognize deserving individuals, businesses and organizations that have improved the quality of life in our community.

The Calgary Awards celebrate exceptional achievements and contributions made by Calgarians. Look to your neighbours, colleagues, community leaders, local groups and companies who could qualify as award recipients.

13 award categories:

The Community Achievement Awards:

- Grant MacEwan Lifetime Achievement
- Citizen of the Year
- Arts
- Commerce
- Community Advocate - Individual
- Community Advocate - Organization
- Education
- Heritage
- Youth

The Environmental Achievement Award

The International Achievement Award

The Award for Accessibility

The City of Calgary W.O. Mitchell Book Prize

Deadline is Wednesday, Feb. 9, 2022. For more information on each award category, eligibility criteria, how to nominate someone, and previous award recipients, visit calgary.ca/calgaryawards.



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 for more information!



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 UPSCALE BOUTIQUE
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Prom dresses, Bride maids, Mother of the Bride, Office Wears, Church Suits with Matching Hats
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This is the local Official Community supported and requested newsletter by residents of Panorama Hills/ Coventry Hills /Harvest Hills/ Country 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/

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Email your article to editor@nhca.ca



This month's winning article:

The Pandemic Puppy, by Victoria Schellenberg

It started with a pandemic promise last fall. One, that it appears, many have made. Sure we can get a puppy. After months of research and conversations about the best fit for our family our new addition, Sadie, joined our household at the start of this summer.

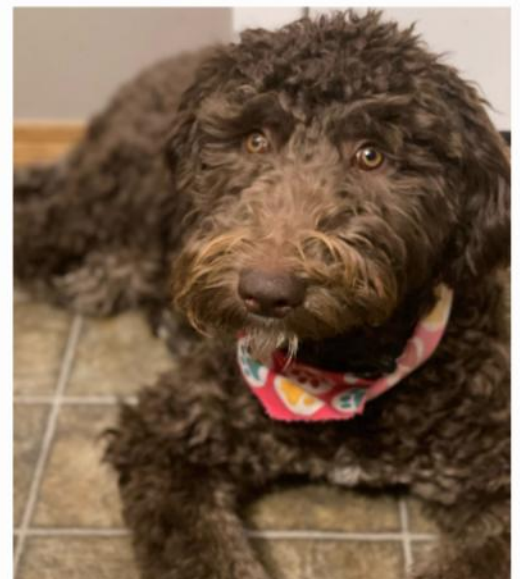
Never having been pet owners we have suddenly found ourselves part of a whole new community. Twice daily walks have introduced us to neighbours that we have seen in passing for years but never interacted with before. People on the pathways with their own pets, or just out for a stroll, use the puppy as a connecting point for conversation. Sadie has unexpectedly reinforced our love for the Northern Hills. We live in a community with wonderful walking trails, good neighbours and beautiful scenery (hello to the Panorama Hills ridge in the morning!).

Having a puppy and spending more time outdoors and on our pathways has also opened our family's eyes to the responsibility we have to be good neighbours. We are now acutely aware of our responsibility to pick up after Sadie and trash in general. Sadie is still learning to "leave it." At four months she started choking on a walk. The emergency procedure to clear her airways revealed multiple pieces of plastic that she had ingested. This experience has made us so grateful for all those who take part in community clean up events, who pick up trash when they see it, and who contribute to a safe, clean community. Thank you and we hope to meet you on a walk one day!

Meet Sadie!



3 months old



6 months old

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CREATES A RIPPLE
EFFECT OF GOOD.**



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1-844-431-2800

Made for Seniors



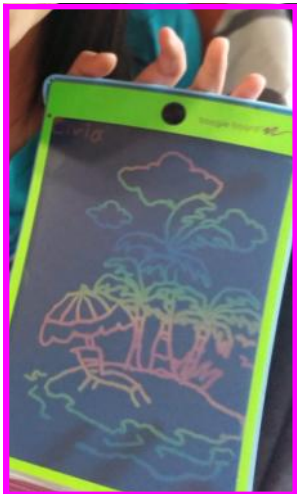
*Some conditions may apply.

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

LET'S
RAISE
SOME **DOUGH**

NORTHERN HILLS
COMMUNITY ASSOCIATION

**SUPPORT YOUR
COMMUNITY**



Livia is 9 years old and in grade 3. She is a passionate, driven, and creative artist. At a young age she showed a great interest in drawing and crafts. One of her favourite places to be was in front of her kid sized art easel doodling, painting, and letting her imagination run free.

Her favourite colour has always been pink, but now as she has gotten older her favourites have become more specific. She now likes lavender purple, light sky blue, and all types of pinks as long as the pinks don't look too red.



Her artwork is often inspired by her love of food and animals. Her favourite foods are tacos, ice cream, and sushi. She loves butterflies, flamingos, lady bugs, and all cute baby animals. In her earlier works she has many paintings of butterflies, bees, and flamingos. Lately she has been interested in origami and drawing.



One of her strategies for growing her art education is to watch videos and look at other people's art works. She likes to learn from others but doesn't copy, and instead adds her own details.



When she has spare time, she often goes into our art supply bucket and will come up with her own creations. She says it's a great place for her to get art ideas. Her creations involve a mix of different materials and she doesn't mind trying a few different ideas until one comes together.

She proudly displays her art all around the house.

art is
not what
you see,



but what
you make
others see.



Izyan Ali, or Izy, has been with the NHCA Art program for a couple of years and has been doing art for quite some time now. Engaging in arts such as landscape and contemporary photography, sketching, acrylic painting, band, theatre and other forms of media, he is quite literally the definition of a walking paintbrush.

Starting out when he was in kindergarten, he was not as fond of art and looked down on it. However, as years progressed, a perfectionistic side began to shine in Izy and he began to create wonderful art in his classes. He has submitted many paintings over the years to many different programs and contests and has participated in the makings of some Calgary murals and was in an ART BATTLE. Izy also began to see a plus side to his artistic skills; he could make money from his art! He sold a bulk of his acrylic paintings and made quite a bit of money. However, painting wasn't all Izy had learned; he started to learn other forms, for example, street art, with the use of spray paint and paint markers as well as photography (as mentioned in the last paragraph).

Izy has also shared about his journey through getting better at art and refining his skills. He, in fact, did not take any lessons over the years. With guidance from his mother, who is also a talented artist, he was able to improve his skills. He says, "Practice and extra emphasis on perfection, might seem scary, but it's noticing your mistakes and the ability to be self-critical that really allows for your artistic perspective to shine". That is his advice for aspiring artists. Izy takes inspiration from many artists on social media who make beautiful art and he strives to learn from them so that he can further improve his skills. Izy also wants to mention that, "If you ever need more practice, you have to find something you like to draw, really, it can be anything, as long as you genuinely enjoy drawing it. For me, it's skulls, but for you, it could be rainbows or dogs".



As mentioned twice, Izyan also does photography and his artistic perspective makes it look surreal. How did he get into photography you might ask? He saw a different perspective in inanimate objects and decided to capture it. He



looked at the skies at sunset and sunrise and was in complete awe. With his phone camera, his mom's old camera and his drone, he was able to capture sunsets and pink skies with birds and landscapes. He hopes to get a camera of his own so he can capture more perspectives. A quote that really represents his passion for photography is, "A picture is worth a thousand words" - Henrik Ibsen.

Art is a big part of Izy's life and it will always be part of him. He wishes the best for aspiring artists and seeks out to become a better artist because no artist is truly perfect. He now attends Western Canada High School as part of their Fine Arts program. He will continue to make art and take photos to gain a broader audience on social media and to fuel his passion for art (his Instagram is @applejuiceizay_official).

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?

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?

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?

Good Food Box Program Helper

About: It is a program under The Community Kitchen Program of Calgary where you can purchase fresh fruits and vegetables at an incredibly low cost. Be available to coordinate in-person pick-up of ordered food boxes at Vivo.

Dates: Once per month on a Thursday afternoon

Role: Coordinate boxes pick-up

Northern Hills News Journalist

About: The Northern Hills News is this same newsletter that you are reading, filled with exciting top stories, event info, contests, recipes and so much more.

Dates: Flexible writing contributions by mid-month

Role: Writing articles and supporting with newsletter editing

Gift of Joy

About: This Gift of Joy service supports families in greatest need who often don't get a choice of what they are given or may not get anything at all. We would like to let them have the joy of choosing gifts to give to their family that they know they would love!

Dates: Dec. 11 & 17

Roles: Gift Sorters & Assemblers

Roam the Hills

About: Developing fun activities to engage Northern Hills community in art, play and community education 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.

Dates: Throughout this Winter & Spring season

Roles: Variety!

Member Roles in several Committees

- Seniors Programs
- Planning & Development
- Grants
- Fund Development: Capital Projects; Programs; Membership; Community Presence; Partner Relations; and Events
- Volunteer Relations
- Business Relations

Beautification: Are you interested to improve and beautify community spaces such as entry signs, public green spaces, particular pathways, etc.?

Sports: Do you enjoy playing or watching various sports? Are you excited to bring more play opportunities to kids, youth, and adults in your community?

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?

To learn more about the roles and commitments to be on the Board of Directors: Call 403-226-6422 or Email info@nhca.ca

[Sign-up for any above roles HERE!](#)



Muhammad Yassen
Calgary-North MLA

Strengthening Alberta's Workforce: Alberta's government is taking action to address the labour shortages by making it easier for skilled professionals to come to Alberta. If passed, Bill 49, the *Labour Mobility Act* will make it faster and easier for Canadians seeking to move to Alberta to have their professional credentials recognized so they can start a new job or open a new business. The Act will apply to more than 100 regulated occupations in Alberta, such as optometrists, engineers, dentists, accountants and skilled trades. It is a further step in Alberta's leadership in eliminating barriers to interprovincial trade and mobility. This legislation is a key part of Alberta's Recovery Plan, a bold plan to create jobs, diversify the economy and strengthen the workforce with skilled workers in all sectors of the economy.

Amazon Web Services: Amazon Web Services has announced that they will build their second Canadian hub in Canada in the Calgary region. This investment will create 1,000 jobs and total \$4.3 billion. This investment follows numerous other major investments in Alberta from tech companies, such as Mphasis (1,000 jobs), Infosys (500 jobs), mCloud (200 jobs), innovation hubs from RBC (300 jobs) and Rogers/Shaw (500 jobs).

***Wishing you and your family a joyful holiday season
and all the best in the New Year.
Thank you very much for your support and trust.***

Muhammad Yassen
Calagry North MLA

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 Holidays! As we conclude the Fall 2021 Legislative Session, we continue the important work on your behalf at the Alberta Legislative Assembly. As a province, we have received some very encouraging jobs numbers, including consecutive months of job growth this past fall! By the end of October, we had already surpassed more jobs than we had before the pandemic began.

Albertans were pleased to receive the news from Premier Jason Kenney that Dow Chemical announced the investment of \$1 billion dollars annually, as they establish the world's first ethylene cracking facility, right here in Alberta. This is the largest private investment in our province, going back 15 years!

As Minister of Seniors and Housing, I was excited to introduce Bill 78: The Alberta Housing Amendment Act. Alberta's government is committed to providing a more affordable, accessible, & sustainable housing system for Albertans, with more options. Stronger Foundations is Alberta's 10-yr strategy to improve and expand affordable housing.

Thank you to all my constituents who stopped by at my vaccine card lamination events! I was pleased to provide you with a free, wallet-sized laminated vaccine card, which you can use conveniently when accessing venues here in Alberta. I will take your valuable feedback and share it with my government colleagues.

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 long pandemic.

I am honoured to represent you & our community, and grateful for the trust you have placed in me to be the your voice in the Alberta Legislative Assembly.

I would like to wish you and your family a Merry Christmas, and a very prosperous New Year 2022!

Josephine Pon

Calgary - Bedding MLA

calgary.beddington@assembly.ab.ca #106 - 8220 Centre Street NE Calgary, AB T3K 1J7 403-215-7710



Jasmine Mian Ward 3 Councillor

Dear Residents of Northern Hills.

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)

Jasmine Mian

Ward 3 Councillor

Build Stronger Communities with Social Snacking

The Library has launched a new public awareness campaign that invites the community to practise daily acts of kindness. The Social Snacking campaign is presented in partnership with the Council of Champions for Children and Youth. These micro-moments of connection, like saying hi to a neighbour or smiling with your eyes at fellow shoppers or commuters, help build a sense of community and connection.

Find out more at connectionsfirst.ca/social-snacking

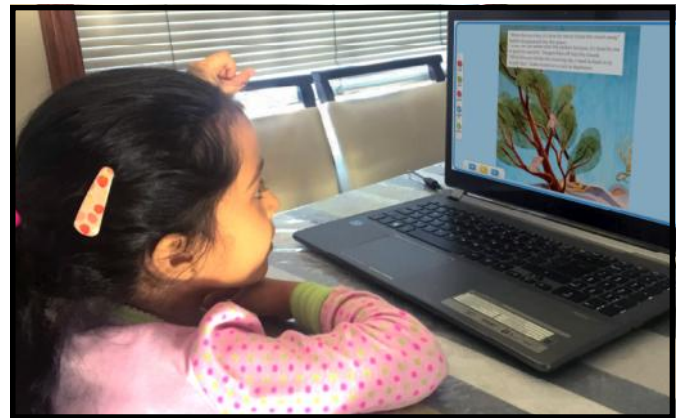
Beat Winter Break boredom with the Library's eResources

Need ideas to keep kids entertained during winter break? The Library's eResources provide the perfect blend of educational content and screen time. Hear authors read your favourite stories on TumbleBook Library, learn to code in Python and JavaScript with CodeCombat, or get the latest animal facts with National Geographic Kids.

Discover something new at calgarylibrary.ca/kids-resources

Does everyone in your family have a Library card?

Your free Library membership comes with tons of benefits, including in-person and virtual programming, free Wi-Fi, printing, Chromebook lending, and access to hundreds of online resources to support learning. With an individual card, kids can enter challenges throughout the year and win prizes, too! Your Library is so much more than books.



Register your whole family online at calgarylibrary.ca/join

Check Out Winter Programs on the Web and In Person

Join us this month for free virtual programs to get you in the seasonal spirit. There's something for all ages: learn about the winter night sky, get green decorating tips, and learn to draw silly winter characters online. There will also be live carolers at Memorial Park Library!

Find all our winter programs at calgarylibrary.ca/winter-programs



Stay cozy this season with LibraryStore.ca

Did you know that you can support the Calgary Public Library by shopping local vendors at LibraryStore.ca? All proceeds support the vital work of the Library. Free shipping to your Calgary Public Library location of choice — simply pick up your order with your holds!

Shop to support the Library at librarystore.ca

Giving is Good For Your Health

By MPC Foundation

According to StatsCan, adults age 65+ volunteer more hours than any other age group, contributing an average of 218 hours annually. This compares to 138 hours for the average population.

The motivation to volunteer varies with each individual but generally, 95% of seniors indicated that the biggest motivation for volunteering is to make a contribution to their community, followed by the opportunity to build social networks. Many seniors are also motivated to volunteer because their friends did, while others volunteer to meet people, gain new knowledge and expanding their worldview. For many, volunteering is simply the responsible thing to do. Additionally, many seniors are also motivated to use their skills and experience to benefit others.

The benefits of volunteering are well established. Some of these include:

- enhance interpersonal skills, such as understanding and motivating people.
- increased knowledge about new topics or issues.
- deepens social networks, improves access to information and support, and reduces the likelihood of social isolation.
- improved quality of life, increased physical activity, and lower mortality rates.
- enhances life satisfaction, well-being, self-confidence and provides a sense of purpose.

With the holiday season just around the corner, find a way to make this world a better place. Be it your time, talent, or any other form of donation, your contribution matters. Last year, your support enabled us to deliver Christmas cheer to 110 seniors in need. This year, we are all joining forces to do more for families & seniors in the area – Northern Hills Community Association, Vivo, Panorama Hills Community Centre, Closer to Home,

Gift of Joy!

We are now accepting gift donations!

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

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

For a list of gift ideas and more information, please see www.nhca.ca/gift-of-joy

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

Bring in your
UNWRAPPED gift
by December 10, 2021



Drop off locations:

Vivo Guest Services - East and West Side
Panorama Hills Community Center
Dance on Edge
Northern Hills Sport Physiotherapy

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





Harvest Hills Alliance Church

www.hhachurch.com

10099 Harvest Hills Blvd NW
403-226-0990

E-mail 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
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

CHRISTMAS EVE SERVICES

4:00 PM

5:30 PM

7:00 PM

EVERYONE
WELCOME

Answer keys

SOLUTION

1	S	O	R	B	E	T		4	B	A	R	O	N	E	S	8			
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9	G	A	S	K	E	T		10	F	U	M	I	G	A	T	E			
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30	L	I	S	T	E	N	E	R		31	D	E	F	E	N	D			

ACROSS

1 sorbet. 4 baroness. 9 gasket. 10 fumigate. 11 portal. 12 sentinel. 13 jar. 14 seeker. 17 devious. 21 tenant. 25 guy. 26 operator. 27 Racine. 28 entrails. 29 vicars. 30 listener. 31 defend.

DOWN

1 signpost. 2 reserved. 3 elevated. 5 abuser. 6 opiate. 7 Elaine. 8 seemly. 12 saviour. 15 red. 16 hut. 18 sedative. 19 badinage. 20 stressed. 22 do well. 23 deltas. 24 karate. 25 goalie.

Sudoku

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



Emergency
Medical
Services



Cold Weather Safety

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

Northern Hills
Community Association

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)

Cobs Bread

500 Country Hills Blvd NE
10% off all purchases

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

Second Sight Optometry

730-1110 Panatella Blvd NW
20% off frames (*some exceptions apply)

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

Lowe and Associates Private Wealth

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
Buy a \$25 gift card and get \$5 OFF

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>

CALLING ALL LOCAL PHOTOGRAPHERS!

**COBS
BREAD**

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

Please email in to editor@nhca.ca



This month's winner:



Sunrise in Panorama Hills

Submitted by Amtul Siddiqui

Paramount Dental is accepting new patients!

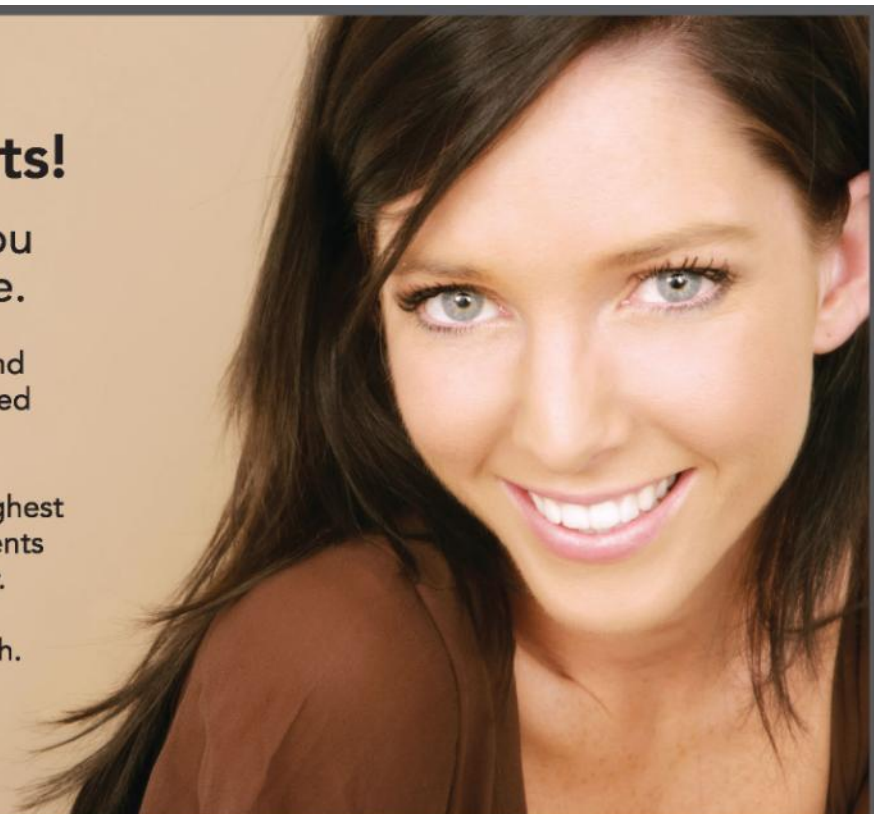
We are excited to welcome you and your family to our practice.

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 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

NOW ACCEPTING NEW & EMERGENCY PATIENTS