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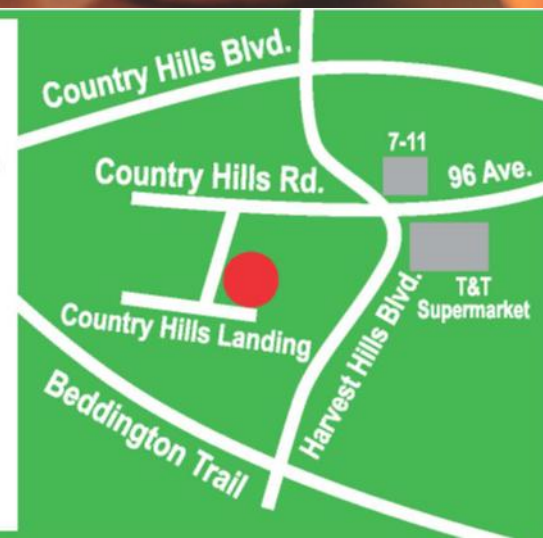


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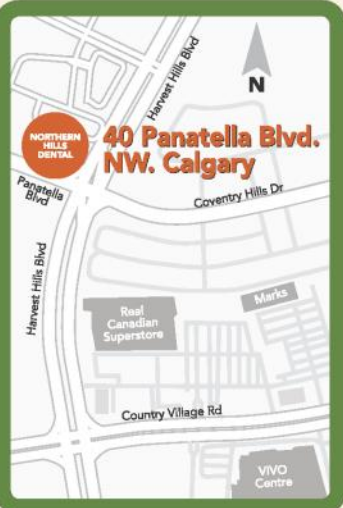
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## President's Message



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

Hi Everyone,

As the first day of fall has come and gone, we have had one election happen and one more to go. It seems like the summer has rocketed by us all too quickly. There are many ward 3 candidates out there working hard to earn your vote. Please take the time to hear them out and make an informed choice. With so many changing faces on City council it should be interesting to see how the next council will shape up. Personally, I believe with so much changing it will really be a good time to advocate for us in the north central part of the city. I have been really encouraged with the candidates for mayor and ward 3 taking the time to approach the NHCA and listen to what we feel is lacking and needed in our area. David Hartwick, our NHCA board member who has the advocacy portfolio, has been really stepping up and making our residents concerns heard. The NHCA hosted a mayor forum on Sept 25th, and we hope to do more candidate forums as well. Please stay tuned for updates as these might pop up quickly as we are trying to figure out how to do them with the covid restrictions.

I honestly did not think we would be looking at navigating a 4<sup>th</sup> wave of covid. With more restrictions and adjustments to lifestyles, I would like to encourage everyone to listen and show compassion first before getting frustrated and angry and look to how we can help out our fellow neighbors. The NHCA office will adhere to what AHS is outlining for guidelines. I would ask that you be patient with us as we figure out what we can and can't do as guidelines change and adapt to the evolving situation. We will try our best to keep services and programs going, but some may just not be possible.

Did you know that October 17<sup>th</sup> is the NHCA's birthday? Founded in 1994, our community association is turning 27 years old this year. Therefore, October is our official membership drive month. We will be hosting a special event on Oct 16<sup>th</sup> and stay tuned for more info on this and other Saturdays in October! I personally would really like to stress just how important memberships are to our community. Memberships grant us the ability to run and do all that we can. The more support we have through memberships, the more opportunity we have to run more programs and services. Like every business, group, charity, and non-profit out there, we too are facing a drop in revenue coming in. We need your support to continue to do what we are doing-otherwise we may need to look at cutting back some things where we need to. So please help your community out by becoming a member today. Details on becoming a member and its benefits can be found here: <https://nhca.ca/member/> Check out some of the awesome deals members get for their membership. I know I have personally paid for mine many times over with the discounts.

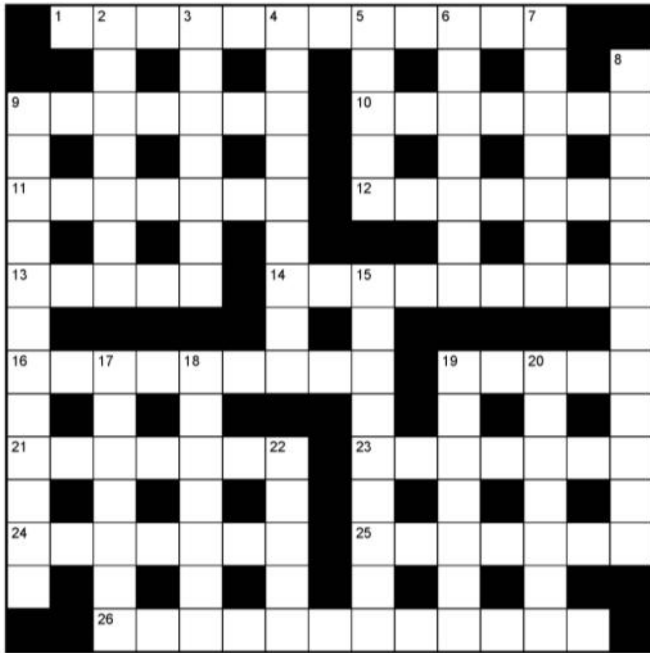
As always, we are looking for more volunteers. We do have a couple of openings on the board. If you are interested in serving on the board, please feel free to e-mail [president@nhca.ca](mailto:president@nhca.ca) . I would love to talk to you about what it looks like to serve on a board and what you could do to help. If you would like to offer your time by volunteering in any number of programs or opportunities we have, please contact the office.

Cheers,

Tavis Settles  
President  
Northern Hills Community Association



Free Crosswords Online!



ACROSS

- 1 They work on cars doing better than the experts? (5,7)
- 9 Song about region largely in US state (7)
- 10 Left in charge of first of obituary columns (7)
- 11 Vegetable served with one bird or another (7)
- 12 Cloth acceptable for Native American (7)
- 13 Decorative work produces popular song (5)
- 14 Runs into a very sad, crushed opponent (9)
- 16 Female gave a kiss when nagged (9)
- 19 Make secure by holding drink back (5)
- 21 Achieves destruction of satanist without leader (7)
- 23 A canoe comes to grief around island in Pacific area (7)
- 24 Reconstruct buried ruins round lake (7)
- 25 Send a daughter clothing (7)
- 26 Don't heighten problem of acceptable behaviour (3,4,5)

DOWN

- 2 Girl from Ayr initially going to great trouble (7)
- 3 Frugality shown by company in management of money (7)
- 4 Moorish sailor's card game (9)
- 5 Like little picture of jelly? (5)
- 6 Nobleman, one with the Queen previously (7)
- 7 Philosopher from Australia found in Spain perhaps (7)
- 8 A long time finding Eeyore's age? (7,5)
- 9 Building designed for performances, or part of one (12)
- 15 Recording of top diva performing around eastern Spain (9)
- 17 After stick-up I will get time – it's nothing (3,1,3)
- 18 Not entirely bothered if I certify large building (7)
- 19 Adaptation of the Bard shows broadness (7)
- 20 One abandons new internal source of light (7)
- 22 Unsociable sort is unhappy at party (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)  
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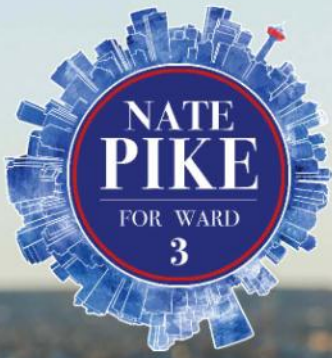


Print and Business Services

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*and so much more!*



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**CLASSIFIED ADS**

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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

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# NHCA CONTACTS

## OFFICE:

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

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# Ian McAnerin



For Ward 3



## Make Ward 3 Matter!

- ✓ Build the Greenline
- ✓ Improve transit times
- ✓ Support local projects like Vivo and Creating Coventry
- ✓ Focus on traffic safety and accessibility
- ✓ Protect our greenspaces and parks
- ✓ Promote local business

## Economic/Pandemic Recovery

- ✓ Minimize taxes
- ✓ Promote jobs and job training
- ✓ Diversify Calgary's economy
- ✓ Attract business to the city
- ✓ Address mental health, homelessness, and addiction
- ✓ Support our youth, seniors, and newcomers

## Build a Better City

- ✓ Require transparency and accountability
- ✓ Modernize the Administration
- ✓ Promote brand Calgary
- ✓ Fix our bylaw, zoning and development problems
- ✓ Protect our:
  - Safety
  - Environment
  - Health

## QUICK FACTS

**CANDIDATE FOR:** Calgary Ward 3  
(Resident for 27 years)

**AFFILIATION:** Loyal only to Ward 3  
(Not controlled by any party or PAC)

**EDUCATION:** LLB (Law)  
BA/Sc (World Cultures & Religions)

**POLITICAL:** Moderate  
(Leans right fiscally, left socially)

**IDEOLOGY:** Pro-Science  
(and fact-based decision-making)

**FAMILY:** Married to Leah (30 years)  
3 Children, (plus 1 cat, 1 dog)

**EXPERIENCE:** Past President of NHCA  
(Northern Hills Community Association)  
Founder of Night Market North  
Business Owner, Consultant  
25 years of Board Governance  
Long History of Volunteering

### President's Message



April is a month of change. Winter turns to spring, Easter marks renewal and rebirth, a new fiscal quarter begins, garden planning begins, and much more.

With April also comes milestones like the NHCA AGM (April 28). This AGM will be virtual like the last one and will be an opportunity for the NHCA to update its members and the community on how 2020 went, and what our plans are for 2021. I would love to see you there.

**"As Past President of the NHCA, I've been fighting for the people of Ward 3 for many years now."**

**It's time to take that fight inside city hall."**

Visit [mcanerin.ca](http://mcanerin.ca) for details, videos, and more!





**Mention the NHCA and COBS  
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RAISE  
SOME DOUGH**

**NORTHERN HILLS  
COMMUNITY ASSOCIATION**



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CREATE CHANGE AND A  
“QUALITY OF LIFE”  
FOR A BETTER CALGARY



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&  
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FOR SENIORS

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The members of Calgary's *Partners for Safety*: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31<sup>st</sup> approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

**Trick-or-Treaters**

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

**Parents**

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

**Costumes**

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

www.albertahealthservices.ca

Laugh of the day



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

Harvest Hills Alliance CHURCH  
 10099 Harvest Hill Blvd NW  
 office@hhachurch.com  
 403-226-0990  
[www.hhachurch.com](http://www.hhachurch.com)



**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**  
 9:00 am Every Last Sunday of the Month Study and Breakfast  
 Wednesday Life Groups 6:30 pm  
 Special Events Every 2nd Friday 6:30 pm  
**Young Adults**  
 Sunday 7:00 pm  
 ESL—Wednesday 9:30am

IS IT TIME TO RENEW YOUR PLATES?



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## Northern Hills Neddie

Dear Northern Hills Neddie,

My friends and I are teenagers in grade 11 and we want to dress up in fun costumes and go around trick or treating this year. It is so much fun and we love trading candy afterwards and seeing all the fun stuff we get. However, there are some people who yell and scream and say we are bad for doing this and we are too old.... Please help Neddie-I know you will know just what to do.

Sincerely,

Losing our childhood

Dear Losing Our Childhood,

I think it is absolutely wonderful that you and your friends would love to trick or treat-I would give you lots of treats! How great that you and your friends choose to do something fun and wholesome on Halloween as opposed to underage drinking parties and possible trouble you could get into. As long as you are being respectful and not harming little children or stealing or doing anything bad-have fun! Anyone opposed to you having a teenage clean fun Halloween well just move on from their house in a nice and polite way and I am sure there will be many people happy to give you candy-stay safe and enjoy your childhood while you can!

Neddie





THE FRIENDS OF THE FEDERATION  
OF CALGARY COMMUNITIES

# RISE UP | POP-UP PERFORMANCES

Coming to the Northern Hills Communities!

Harvest Hills Community Garden  
October 16, 2021  
2pm - 5pm

Join us for our **27th Birthday Celebration** by enjoying unique performances, trying out community food trucks, and supporting us by becoming an NHCA Member!

Northern Hills  
Community Association



## Stay Tuned This Fall

### Roam the Hills

We are developing fun activities to engage you in art, play and community education in the outdoors. For future updates, visit [nhca.ca](http://nhca.ca)

### Election Forums

We are organizing Election Forums to help you learn about candidates for Calgary's Civic Elections on October 18th, 2021. Visit [nhca.ca/advocacy](http://nhca.ca/advocacy)

### Sports

To learn about Sports programs starting this fall, visit [nhca.ca/sports](http://nhca.ca/sports)



Northern Hills  
Community Association

COVID-19  
Screening  
Process in  
effect!

Our office is  
reopening  
Wednesday,  
September 29!

9 am - 2 pm (Wed and Fri)

Feel free to stop by every  
Wednesday and Friday  
for any help or concerns





## October WINNER!

Chicken Enchiladas  
Winner: **Matt Gillard**

- 2 Package of 8 large, Soft Tortillas
- 4 Chicken Breasts.
- 1 Large Jar Salsa
- 1 Large Onion, diced
- 1 Large Bell Pepper, diced
- 2 Packages of Taco/Fajita/Enchilada Spices
- 1 Bag of Mexican Cheese Blend (Habanero also works)
- 3 Tablespoons Butter
- 3 Tablespoons Flour
- 2 Cups Chicken Broth
- 1 Cup Sour Cream
- 1 Small Can of Diced Green Chillies

In a medium sized pot, pour the jar of salsa. Season chicken breasts with salt and pepper, put in a pot with a lid. Cook for about 30 minutes on medium low heat, turning the chicken over about 15 minutes.

Turn on Oven to 350 degrees

Once chicken is cooked, take each breast out and shred it. Or put it in the Kitchen Aid and put on low until it shreds. Put shredded chicken back in pot with the salsa. Then add diced onion and diced pepper and Taco mixes (plus appropriate water per package) into the pot. Mix them together over medium heat for about 10 minutes, stirring often. Once done, remove everything from the pot and put in a large mixing bowl, mixing in half the bag of Cheese.

Roll up the chicken/cheese mixture into tortillas and place in a 9x13 pan.

In a medium size sauce pan, melt butter, stir in flour, and whisk for 1 minute. Then add broth and whisk until smooth. Heat over medium heat until thick and bubbly. REMOVE from heat. Add jar of diced green peppers and sour cream. Whisk until sour cream melts.

Pour over enchiladas, then top with the other half the bag of cheese.

Bake for 22 minutes. Then broil for 3 minutes to brown the cheese.

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)



## SHARING SMILES

# JOKE CORNER

Q: What is a bed you can't sleep in?

A: A River!



Q: Why couldn't the leopard play hide and seek?

A: Because he was always spotted!



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

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# 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.

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





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more affordable to tax payers

**Accountability** for actions and  
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<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>
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## Fun Facts about Thanksgiving Day!

- 1) Canadian Thanksgiving is actually older than American Thanksgiving
- 2) It's not a Stat holiday in PEI, Nova Scotia, New Brunswick and Newfoundland and Labrador





Advance voting date from October 4 to October 10

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vote

HAMAYUN AKBAR

— for —

WARD 3

★

YEAR MONTH DAY  
2021 10 18

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Better-Future

### Why I Am Running

My name is Hamayun Akbar and I'm running for Ward 3 City Councillor. I have Master Degree in International Business Management and Information Technology. I am a firm believer of people's power and exercising a democratic right to vote is the best way to register our opinion.

### Economy and Jobs

Due to Covid-19 and lower oil prices we need a better plan for sustainable and robust economy and it is only possible with collaboration with provincial and federal government and City of Calgary policy makers should engage all stakeholders. As most of the help coming to end we need to act fast to protect jobs, businesses and create new jobs.

### Building Community

All communities going through difficult time and help is needed for communities of ward 3 and need to find the ways to support all the people who need help.

### Infrastructure

Due to increasing city population we need more recreational, educational and transport projects like Green Line LRT and New Arena.

### Affordable Housing

Increasing house prices have made it difficult for young people of Calgary and ward 3 is no exception local government should help young people and low income people to get on property ladder.

### Ward Specific Priorities

- The public's opinion should be sought regarding traffic calming zones and additional traffic lights.
- Vivo expansion
- New Medical Centre



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OUR FUTURE.**

**VOTE OCTOBER 18**

**Gurbir  
WARD 3**





## How to figure out which plastics are recyclable

Do you stare at your empty plastics wondering if it belongs in the blue cart? Ask yourself this question to be sure you recycle your plastics right.

### Is it a container?

If your plastic is a container like a bottle, jug, or tub, it can be recycled.

Make sure it's empty, clean and dry.

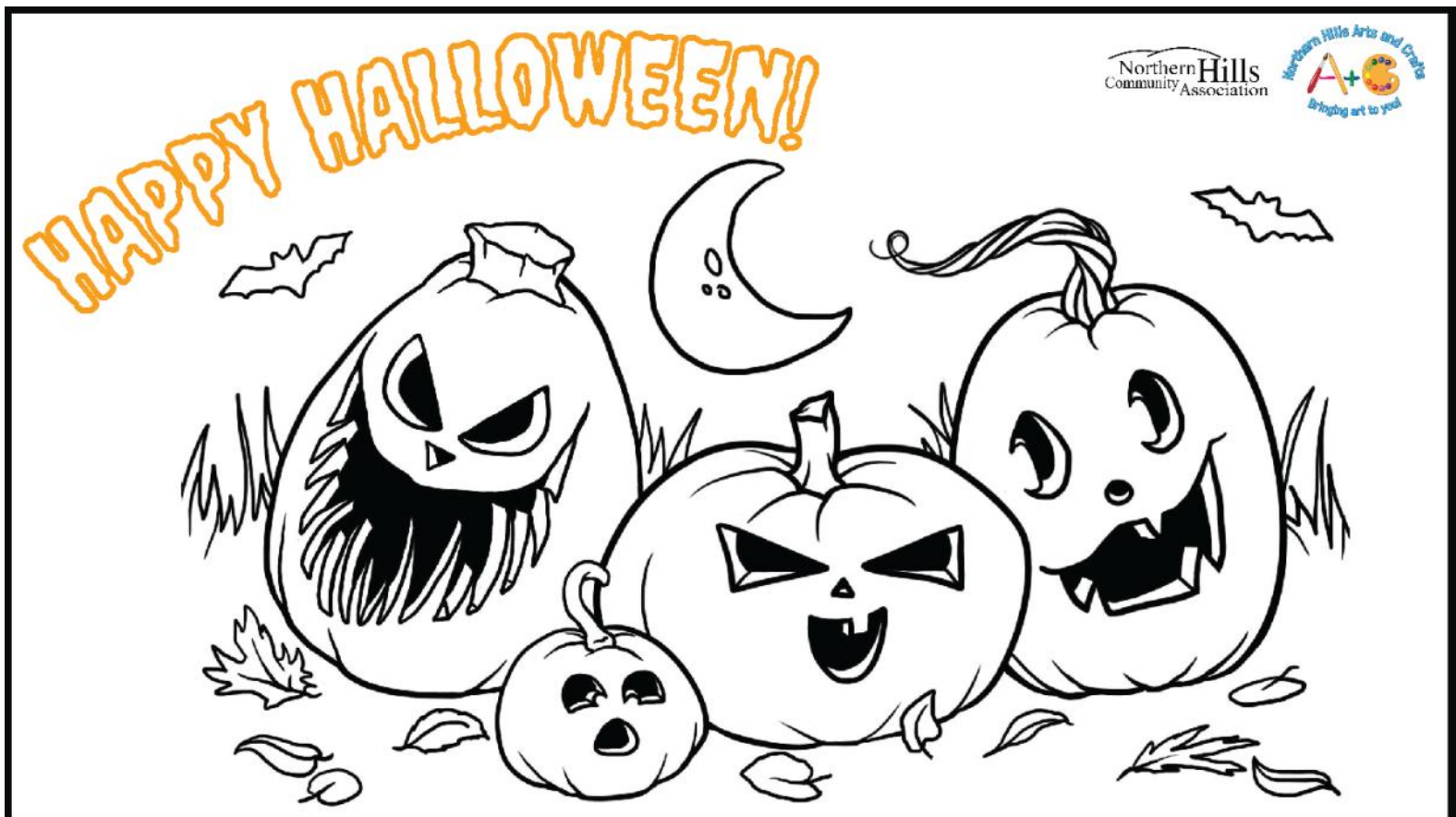
If it's not a container, it is not accepted in the blue cart. There may be other disposal options for your item – check [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere).



Be aware of these exceptions:

- Bundle your clean, stretchy plastic wrap, bubble wrap and other plastic film into a single plastic bag and tie closed for the blue cart.
- Foam packaging (polystyrene, EPE, EPS, Styrofoam) including foam marked with the recycle symbol belongs in your black cart as garbage.
- Recycle plastic lids larger than the size of your palm in the blue cart. If it's smaller, it goes in the black cart.

Stay tuned for upcoming presentations on waste diversion and reduction this fall – search “waste” at [calgarylibrary.ca](http://calgarylibrary.ca).







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**FOR MAYOR**

---

**Change starts now.**  
Election Day is October 18, 2021

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# SPRY (Senior Persons Regaining Youth)

By Jay Emond

**Article: October 2021 (Revised-2)  
in the Hills Program for Fall-Winter 2021**

For the time being, the SPRY gatherings and exercise classes, normally held at the VIVO Centre's "Play Lab", has been closed due to Covid-19 restrictions. We hope to inform you when it will be safe to resume "normal" activities hopefully in January-2022.

## **SENIORS' EXERCISE SESSIONS Has Gone Virtual on ZOOM: Two Chair Exercise Instructors**



This Fall, we are introducing a mix of **chair-exercise (on Tuesdays)** and **chair-yoga (on Thursdays)**. These informative, age-appropriate, light exercise class sessions, are lead by our Certified Trainers: Gina Komanac and Tracy Rand. The exercise time is from 2:00-3:00pm.

The one-hour sessions on ZOOM are every **Tuesday and Thursday at 2:00pm** from September 28<sup>th</sup>, until the December 16<sup>th</sup>, 2021.. Simply Sign-On between 1:45-2:00pm to be admitted. No passwords required. Our first exercise class is starting September 28<sup>th</sup>.

## **SPRY PROGRAM COSTS**

Our fitness/exercise program for anyone 55+, which now takes place virtually via Zoom platform. All that participants require are an exercise elastic band, and a pair of hand-weights (2-4 lbs.). The NHCA is subsidizing this program, so SPRY Membership Fees have been reduced to \$20 per participant for the Sessions **September 28th to December 16th, 2021.**

## **HOW TO REGISTER and PAY**

1. To participate, we ask that you hold an active NHCA Membership Card.
2. You can pay in-person, with cash, Credit or Debit Card. The NHCA Office (in VIVO) will be open on Wednesday and Friday 9:00am-2:00pm. Or you can slide an envelope (with a cheque) under the door with your name, phone, address, and what your payment is for.
3. NHCA memberships are only \$20 (Single Senior or for a Senior couple). Memberships are valid for one year, and you can easily make back the membership cost (and more!) at local participating merchants and restaurants with our Members Discount Program.

## **FOR OTHER INFORMATION:**

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

For SPRY (Senior Persons Regaining Youth) please eMail: [jlemond@telus.net](mailto:jlemond@telus.net) Jay Emond,  
SPRY Coordinator



*By David Hartwick*

*Government & Stakeholder Relations Director*

Elections are always interesting times for community associations. Being political is a fine line because they cannot show bias, because you never know who might win, but at the same time, they have priorities that they hope will be addressed.

For the Northern Hills Community Association, and many others, we meet with elected officials frequently, with some even attending monthly meetings. We have the opportunity to see first hand how they work for us, how their staff is, what they do to help or hinder our activities and how engaged they are with the issues we raise.

The NHCA has definitely been more political in the past decade, not for any candidate or party, but for our issues, advocating that “It’s Our Turn”. We have advocated for all of the schools in the area, in addition to trying to get a school for Harvest Hills and Country Hills, the North Calgary Diagnosis and Treatment Centre, the North Central LRT, the 14th Street NW overpass that just opened, and better transit options as a few issues. We also opposed the redevelopment of Harvest Hills Golf Course and the upcoming development of the Nose Creek Valley, which has artifacts from the original Calgary-Edmonton wagon trail. When we felt an MLA was not working hard for us many years ago, we did a front page newsletter story calling them out for being missing in action. The story led to meetings with the Minister of Health, the Minister of Infrastructure, and the Minister of Education to discuss our issues.

When you are a community association with almost 5% of Calgary’s population, politicians tend to pay attention and last civic election, the NHCA was able to draw the majority of the Mayoral candidates to a forum event as a result. As we approach a civic or provincial election, potential candidates often reach out to the NHCA or directly to one of our community advocates to learn what the issues are and present what they feel they bring to the community. This election, a few Ward 3 candidates reached out as far back as last year. The big surprise has been the Mayoral candidates that have reached out this time. Thus far, Brad Field, Jan Damery, and Jeromy Farkas have all come for a 90 minute tour of Ward 3, primarily focused on the Northern Hills and Zane Novak reached out last week. With 28 candidates, we may hear from a few more in the coming weeks and will provide the tour to any candidate that asks. It is always a hope that candidates truly interested in improving the ward, riding or district they are running in, will continue to advocate or get involved if they lose.

We are currently working on three events for the civic election: A Councillor forum was planned for October 3rd, but we are now waiting for information on the new restrictions and the impact on VIVO, and if we can proceed in some format. The other events are two meet and greets at Notre Dame High School, one for Mayoral candidates September 25th from 5pm-7pm, and one with all Trustee and Ward 3 candidates on October 16th, 4pm-6pm. It appears we can have 200 people at this event, but they need to be socially distanced so we are evaluating what this might look like and if we can proceed. With 2 elections at the same time, we may be unable to advertise the events with bold signs unfortunately so please watch for information in community groups and through NHCA Social Media channels and website.

A reminder that these events are open to everyone, but buying an NHCA membership shows politicians that you support our advocacy efforts as well as the other programs and services we provide to the 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**

### *Happy Thanksgiving*

I am especially thankful to all my constituents for their continued support. It is my great honour to be your voice in the Legislature and serve as your MLA. I encourage all of you to take time to reflect on everything in your life that you are thankful for. From my family to yours – wishing all of you a very happy Thanksgiving as you gather with grateful hearts.

Recently, I received enquiries from constituents relating to childcare, covid-19, healthcare, RCMP, schools, vaccine passports, to name a few. As is my practice, I attempt to reach out to as many constituents as possible by phone and in person. This Fall I have been busy in my role as Associate Minister of Immigration and Multiculturalism, travelling across Alberta and meeting with many newcomers and multi-cultural interest groups.

In October, the Legislature will begin its Fall session and I invite you to watch Question Period and/or visit [assembly.ab.ca](http://assembly.ab.ca).

Muhammad Yassen  
Calagry 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

By MPC Foundation

While paying attention to our physical health is an important component of aging well, taking care of our brain health will pay handsome dividends too. Evidence is conclusive that a healthy brain will reduce the risk of

developing dementia, depression and other potential mental or physical health problems. As in physical exercise, the key to achieving good brain health lies in finding something that is so enjoyable that it takes no effort at all to keep doing it everyday. After all, achieving total optimal health should be as natural as walking and breathing!



To achieve optimal brain health, the following activities have proven to be effective and engaging. Most importantly, the element of play is found everywhere!

Start playing **memory games** – just like the body, the more we exercise the brain, the stronger it becomes. Regularly playing memory games has been shown to improve short term and long-term recall. For example, when making a grocery list, make it a habit of committing it to memory. Similarly, do math in your head instead of whipping out that calculator.

Play **'thinking' games** such as puzzles, word games, scrabble, sudoku and crosswords. These games will keep your brain sharp!

**Learn** something new – Learning something new has proven to have cognitive benefits for older adults as the mind responds to stimulus such as sounds, sights or something tactile.

Seek out new **social connections** – spending happy times with friends or making new friends goes a long way towards keeping your brain healthy.

**Stay fit** and **eat well** – maintain a regular fitness routine and you will feel the benefits of feeling vibrant and energized. **Don't** deny yourself that occasional piece of cake or chocolate bar but **DO** eat a balanced and healthy diet.

To achieve an independent and fulfilled life as we age, we need to be intentional about how we spend our time and who we spend them with. With discipline and commitment to good habits, you will be well rewarded with the best years of your life!

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# NHCA Family Fun Night

On August 28, we hosted our first Family Fun Night for the residents of the Northern Hills communities. The event was a huge success and saw a large turnout of approx 1500-2000+ people! After a long period of no community gatherings, the residents of the Northern Hills communities, stepped out into the bright sunny day to enjoy all the free activities we had planned for them. There was something for everyone – whether that be an outdoor movie, carnival games, sports, face painting, henna, or photo booth. Many attendees also enjoyed the food such as hotdogs, cotton candy, and popcorn. We had approx 30 vendors and partners come out with tables to visits for our market along appearances from special guests like Elsa!



Hundreds of community residents stayed to watch *Madagascar* with their friends and families, even bringing out their own lawn chairs, blankets, or even tents for the occasion!

Family Fun Night was an idea born out of the NHCA’s Fund Development Committee back in late June. Our staff and amazing volunteers put together such a great event in only a couple of months – just in time to end Summer 2021 with a bang! If you would like to be part of projects or events such as this one, or if you would like to share some great ideas with us, our Fund Development Committee is looking for new members. Reach out to us at [info@nhca.ca](mailto:info@nhca.ca) to find out more and join in on the fun!



We would like to thank all of our volunteers who helped us put this event together, and the sponsors who made this event possible:

## Huge thank you to our Platinum Sponsors!



## And our Gold Sponsors!



## And our Bronze/Silver Sponsors!

Site for Sight, Dance On Edge, Gillette’s Fabricare, Canadian Tire (Country Hills), Cobs Bread (Country Hills), Telus, Mastermind Toys (Country Hills), Costco (Sarcee Trail), Norwex – Kimberly Bogelund, Jazzercise (Country Hills), Rockies Football and SoccerTech.

We would also like to thank our partner Vivo for helping us host this event.

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

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#222 – 40 Country Hills Landing NW  
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### Montessori Learning Centre

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### Papa John's Pizza

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### Swiss Chalet

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### 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

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### Jade Lee Piano

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**This month's winner:**



**Calgary's Cloudy Skies  
Submitted by Sami A. Houry**

# Slow Pitch

With summer coming to an end, it is good to reflect on our fun and unique sporting events that we had here at the NHCA. One of these events is our recreational adult Slo-Pitch that we have every summer. This past season almost did not happen due to the constant change in pandemic restrictions over the summer. Thankfully, through the hard work of our coordinators, the sportsmanship of our amazing players and the generous donations of our valuable business sponsors, adult Slo-Pitch was a go.

As someone who has never played Slo-Pitch before, I must say this was the easiest sport to learn and play. This sport is also inclusive because our players came from all different ages, groups, and fitness levels. So, I advise anyone who wants to be active and meet new people in our community to enroll in our affordable Slo-Pitch program next season.

Thank you to our amazing players for showing great sportsmanship and team spirit by facilitating games, substituting for missing players, and maintaining a welcoming atmosphere towards new players. We certainly could not have done it without you.

Part of what makes Northern Hills great is the involvement of our local businesses in community affairs, this was especially shown by their interest in supporting our Slo-Pitch season. A big thank you to Canadian Brewhouse, Beddington Bottle Depot, Save On Foods Panatella and Soccer Tech for making our season possible and enrollment affordable for everyone. See you on the field next season!



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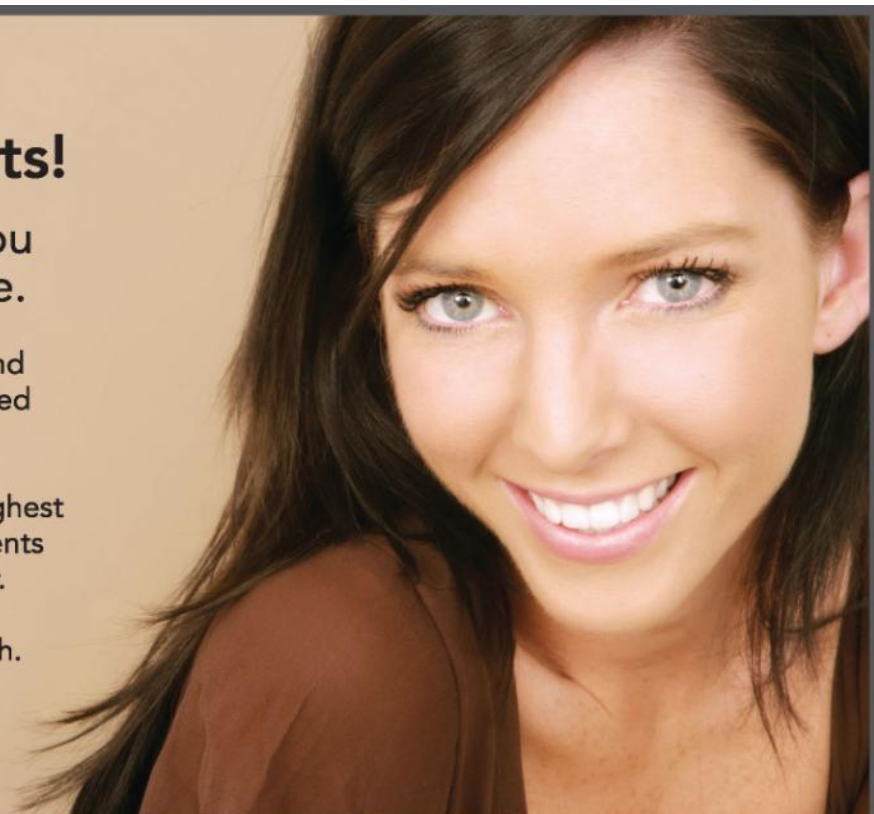
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