

Country Hills

Country Hills Village

Coventry Hills

Harvest Hills

Panorama Hills



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Forget

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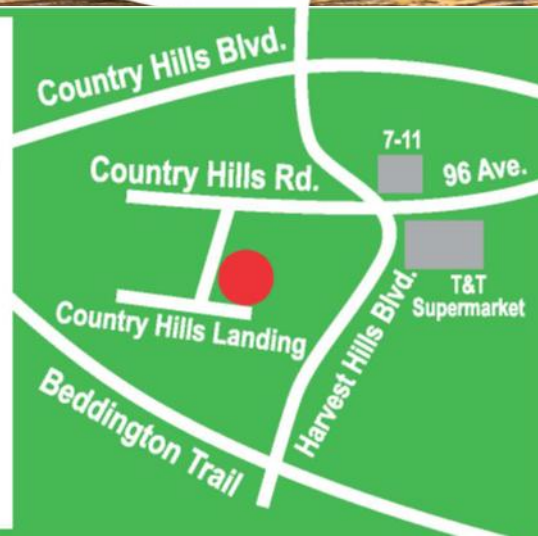
403-274-2122

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



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www.bottledepotcalgary.ca



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Conveniently located at 40 Panatella Blvd N.W.

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www.northernhillsdental.com

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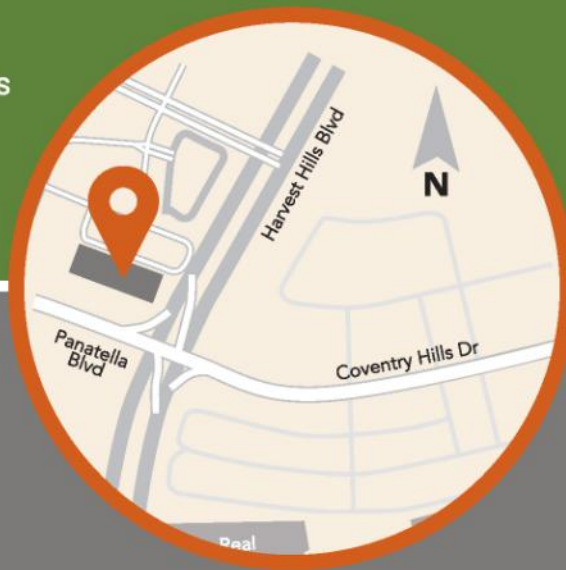
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- Dental Emergencies
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- Dentures
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- 3D Dental Scans
- Zoom® Whitening
- Sedation Dentistry
- Dental Crowns
- Dental Bridges
- Sports Mouth Guards



Conveniently located at 36 Panatella Blvd N.W.

EVENING & SATURDAY APPOINTMENTS AVAILABLE

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Did you know that chiropractic care can help with more than just back pain? We can also help with:

Headaches • Frozen Shoulder • Planter Fasciitis • Ankle & Wrist Issues • Pre & Post Natal Care



Dr. John Ng



Dr. Bijaan Lalani



Dr. Christine Ursuliak

403-532-0711
www.northernhillschiro.ca

President's Message



Ian McAnerin
President
Northern Hills
Community Association

It's November already? It seems like just a moment ago it was sunny and warm every day, and now there is snow on the ground and it's getting dark around supper time.

We recently had a Volunteer Faire that was a great success – we got a bunch of volunteers from the community, including 3 new Directors - Fana Ousseini, Scott Daye, and Deanne Ritchie (who is also our new Treasurer). Please welcome them aboard with us! The NHCA legally needs to have between 5-20 Directors to run, and this brings us to 8, which helps a lot.

Speaking of Directors, the NHCA is one of the few community associations that represents more than one community, 5 in fact. We want to make sure that every community gets fair representation at the Board level, so we are looking for Liaison Directors for the following communities: Harvest Hills, Country Hills Village, Panorama Hills, and Country Hills. You can find more info here: <https://nhca.ca/community-liaisons/>

The NHCA doesn't have any specific events planned for November, as we will be preparing for our big December events – Gift of Joy and the Christmas Market (December 3 – vendor spots are almost all gone!). One of the most cherished projects we have in the community is our Gift of Joy program, which we still need both volunteers and donations for. You can learn more here: <https://nhca.ca/gift-of-joy/>

Speaking of popular Calgary events, ZOOLIGHTS opens November 18 and goes to January 8. In addition, the JazzYYC Canadian Festival happens in Calgary Nov 10-13. Daylight Savings Time ends Nov 6, Remembrance Day is on the 11th, Black Friday is on the 25, and in answer to all the guys asking why there isn't a special day for men every year around International Women's Day, International Men's Day is November 19.

Finally, the NHCA has been working with the MPC Foundation since their beginnings, supporting our seniors in the area. Today, I received a thank you letter from them that read in part:

“Today, we are thrilled to let you know that as a result of your support for our work with seniors, MPC Foundation has been voted by Canada Post as a CANADA POST Tales of Triumph winner. Tales of Triumph is a national campaign to support and celebrate the innovation and resiliency of small businesses across Canada who continue to create meaningful impact despite the turmoil caused by the pandemic. MPC was selected as the CANADA POST employee favourite.

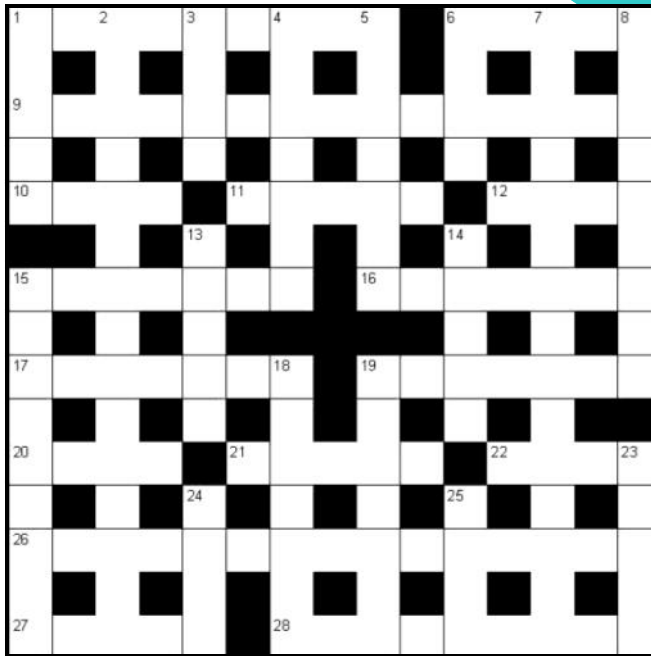
I share this award with you because we could not have done this without your help and sincerely thank you for believing in us and supporting us. Together, let's continue to serve the underserved, bring the isolated into community, and make a difference in our neighbourhoods and across the nation.”

The NHCA is very pleased to be working with the MPC in supporting our seniors, and I'm very proud of them for winning this award.

That's all for now! I'll be back in a month for your December update. In the meantime, be safe and kind to both your neighbours and yourself.

Ian McAnerin,

President
Northern Hills Community Association



DOWN

- 1 3 Down possibly accepts one for free (5)
- 2 Squash served with pear for media event (5,10)
- 3 One piece of equipment (4)
- 4 Inspire gutless brute to take heart perhaps (7)
- 5 First to declare Freud a terrible cheat (7)
- 6 Hoax victim is awaited outside front of palace (4)
- 7 Script in which characters are not seen individually (6-2,7)
- 8 Late drinks for the birds? (9)
- 13 Jack takes family member on trip (5)
- 14 Arabs fighting in Iraq (5)
- 15 Responsibility of minister or of pilot possibly (9)
- 18 One that's spotted entertaining grand opera singer (7)
- 19 Take the place of another and prosper (7)
- 23 Workman needs hat, right? (5)
- 24 Show of disapproval hurt ultimately, but you put your foot in it! (4)
- 25 Fit for boxing match (4)

ACROSS

- 1 Unexplored, like a house with no water pipes? (9)
- 6 Little woman involved in racket in French city (5)
- 9 There's profiting possibly made from ballet (3,4,2,6)
- 10 Some require a system that's simple (4)
- 11 Growth's rejected as fodder (5)
- 12 Money is posted we hear (4)
- 15 Foul-mouthed professional meets supporter at end of game (7)
- 16 Count who was fond of claret (7)
- 17 Punished again and purified? (7)
- 19 Son advances slowly and writes badly (7)
- 20 Business is steady (4)
- 21 She's first to laugh at garment (5)
- 22 I'm backing set of books to make money (4)
- 26 Fifty million more can rebuild Washington monument (7,8)
- 27 Trevor endlessly misbehaves in public (5)
- 28 Elderly theatre director? He's an experienced performer (3,6)

Design and digital publishing credit to:

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

The UPS Store



Print and Business Services

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and so much more!

NHCA CONTACTS

OFFICE

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

Public Hours

Virtual Hours:
Wednesday: 10:00 AM-4:00PM
In-Person Hours at the Office:
Thursday 10:00 AM-4:00PM
Closed on weekends and
statutory holidays.

STAFF

Executive Director: [Yana Soldatenko](#)
Bookkeeper: [Surina Gupta](#)
Newsletter Editor: [Heather Hubert](#)
Ad Sales: [Heather Hubert](#)
Administrative Assistant: [Melissa Gagyi](#)

VOLUNTEERS

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

BOARD MEMBERS

President: [Ian McAnerin](#)
1st Vice President: [TBD](#)
2nd Vice President: [Tamara Keller](#)
Secretary: [Amanda Mauch](#)
Treasurer: [Deanna Ritchie](#)

DIRECTORS: Scott Daye, David Hartwick,
Jun Lin & Fana Ousseini

COMMITTEES

Gardens: [Amanda Mauch](#)
Building Safer Communities (Blockwatch): [Tavis Settles](#)
Community Relations: [Tamara Keller](#)
Government Relations / Advocacy: [David Hartwick](#)
Grants: [Amanda Mauch](#)
Harvest Hills Hub: [Tamara Keller & Victoria Henry](#)
Planning & Development: [David Hartwick](#)
SPRY in the Hills: [Jay L Emond](#)
Volunteer Relations: [Amanda Mauch](#)



EDITOR'S NOTE:

All articles submitted by the general public are the author's opinion and not necessarily reflective of the opinion of NHCA.

Northern Hills
Community Association

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

COUNTRY HILLS DENTAL CENTRE

#707, 500 Country Hills Blvd NE
Calgary, AB T3K 4Y7
403.226.1809
www.countryhillsdental.com

A map showing the location of the Country Hills Dental Centre. The map highlights the intersection of Country Hills Blvd N.E. and Coventry Hills Blvd N.E. Other nearby locations marked include 'Relay All Day/Out', 'Country Hills Business Centre', 'COUNTRY HILLS TOWN CENTRE', 'Shopper's Drug Mart', and 'The Hub'. The dental centre is located at the corner of the intersection.

Northern Hills
Community Association

Christmas Market

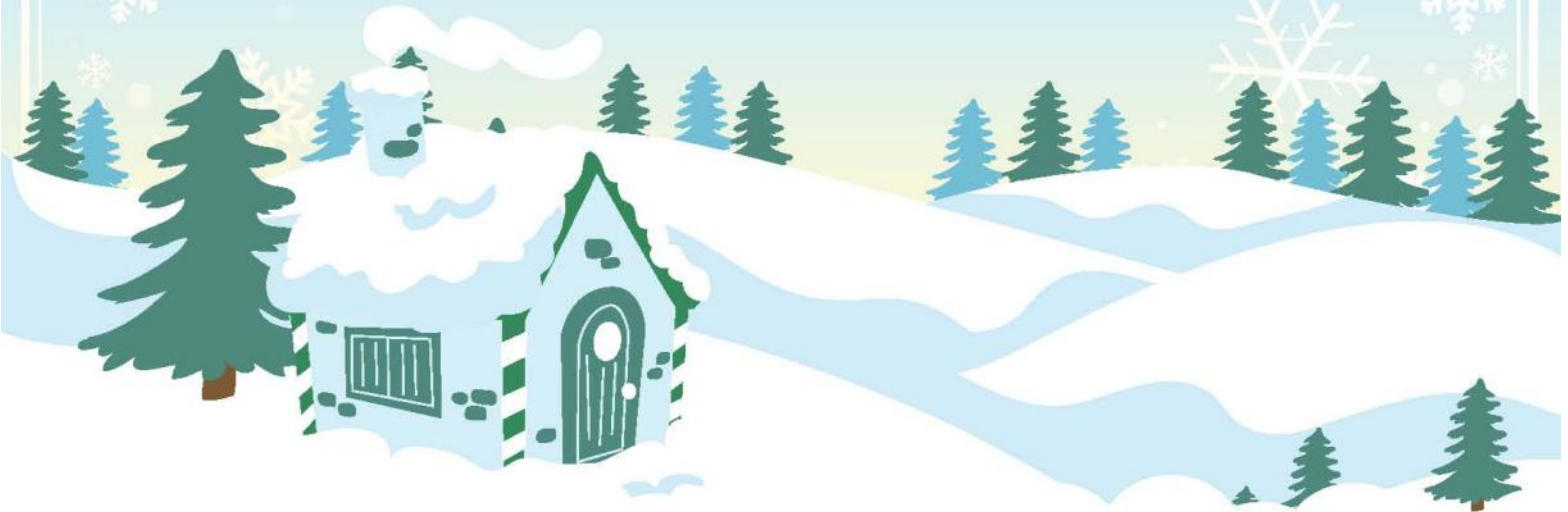
Saturday, December 3rd

10am – 4pm

Skyview Community Church

9685 Harvest Hills Blvd, T3K 2M3

50+ Local Vendors



Vendor Tables start at \$60 – Entrance is free!

A donation to Gift of Joy is welcomed.



Christmas Market

Saturday, December 3rd

10am – 4pm

Skyview Community Church

9685 Harvest Hills Blvd, T3K 2M3

Vendors

Wolfbay Cafe
Fox This Designs
Norwex
Crystal Creations by Christine
Joan's Custom Hand sewn
creations
Our Crafty Designs
Laurelilyco
Jez Whimsical Creations
D. A. Belle Art
Sunset Gourmet Food Company
Inc.
StamStead studios
Jazzercise Country Hills
Alberta Gold Chorus
Choice Gifts
Jessica Chan Real Estate
Taylor'd Designs & Scentsy
Starlight Snacks
Squirrelly Shop
Ophelia's Creations
Little Sky Beads & Sweetgrass and
Sage Designs
Adventures in Tugable Toys
MONAT

Cosmic Dust Resin art
BOW Boutique
Craftable
Color Street
Chasing Mountains Designs
Lucky Panda Travel Sim
Claudia Janet
Claudia Orr
Little Sky Beads &
Sweetgrass and Sage
Sand Castle Candles
Lusso Bella Bath Bar
The Lonely Printer
Ascent Heritage Ltd
Brightly and Lilian
HayNay Creations
KraftyKristaW
Finnigan's Workshop
Scrunchies by Alyssa
CandyCraft
Sunglow wholesale & retail
Ghandour's Jewelry
Grow Calgary
One Unique Soul

MP Rempel Garner's Toy Donation Drive for Gift of Joy!



Saturday November 26th, 2022

9:30 am to 12:30 pm



**Vivo (West Entrance)
@Learning Lab**

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

Those who are unable to drop-off their gifts can contact our office to arrange a pick-up between 1:30 and 5:00pm. Pick-ups can be coordinated by contacting our office at:

michelle.rempel@parl.gc.ca

403-216-7777

In Partnership with the NHCA as part of the Gift of Joy Program

Gift Ideas!

Children

- Make-believe toys
- Art & Craft Kits
- Toy Cars/Trucks
- Basketballs
- Action Figures, Barbies
- Duplo, Lego
- Play-Doh
- Stuffed toys
- Dolls
- Puzzles and games
- Baby toys and accessories

Teens

- Gift cards (Malls, Sephora, Chapters, Amazon, Coffee Shops, Fast Food)
- Warm Gloves/Hats
- Head Phones
- Phone Charger/Accessories
- Movie Passes
- Spa/Hygiene Kits
- Art Supply Kits
- Cozy Blanket
- Hoodies

Adults

- Gift cards (Amazon, Marks, Canadian Tire, Restaurants, Netflix, etc.)
- Adult Colouring Books & Art Supplies
- Candles/Diffusers
- Warm Gloves/Mitts/Hats
- Coffee/Travel Mugs
- Board Games
- Stationary
- Word Search & Crosswords

More Ideas!

- Wrapping Supplies
- Grocery/Drug Store Gift Cards
- Passes to Calgary Zoo, TELUS Spark, Movies
- Toboggans
- Treats (Chocolates, tea, coffee)
- Gas Cards, Vouchers

Paramount Dental is accepting new patients!

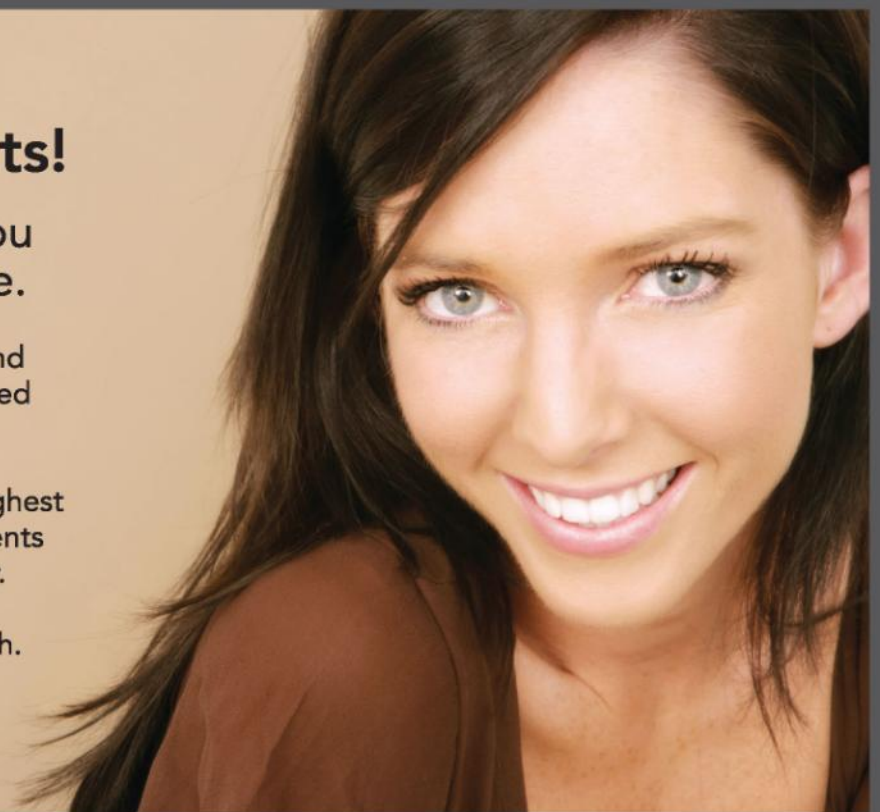
We are excited to welcome you and your family to our practice.

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

Give the Gift of Joy!

Bring your unwrapped gift items to any of these locations starting November 1!

Vivo West Entrance
Servus Credit Union
Save On Foods
Cobs Bread

Dance On Edge
Northern Hills Sport Physiotherapy
Panorama Hills E-centre
Northern Hills Dental

Learn, shop, and donate at our Donation Events!

November 12 at Canadian Tire - 388 Country Hills Blvd NE
November 19 at Toys 'R' Us - 261055 Crossiron Blvd
November 26 at Save On Foods - 225 Panatella Hill NW
December 3 at Skyview Church - 9685 Harvest Hills Blvd N

WWW.NHCA.CA/GIFT-OF-JOY



Gift of Joy!

We are 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 visit 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 9, 2022**
Vivo Guest Services - West Side

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





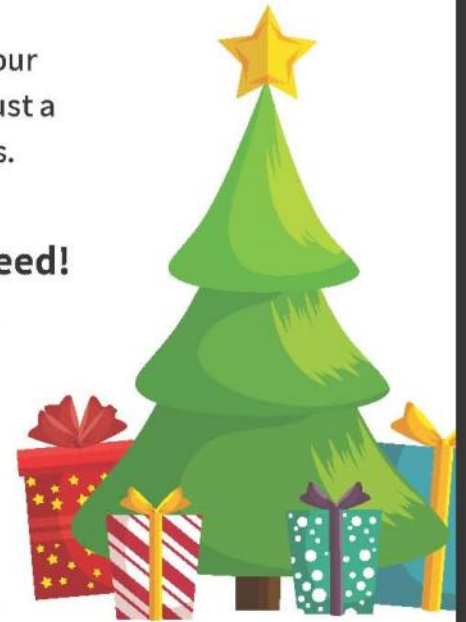
Give the Gift of Joy by giving your time!



We are looking for volunteers who want to make a difference right here in our community through November and December! No experience necessary, just a desire to help. Roles available for 13 years or older, various dates and times.

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

[CLICK HERE TO VOLUNTEER!](#)



Learn to skate!

Registration opens November 15

Sign up for our newsletter & keep up to date on all new programs & services at

[**vivo.ca**](http://vivo.ca)



vivo



Northern Hills Neddie

Dear Neddie,

With winter coming and being a newcomer to Canada I just don't know what to do? Some neighbours told me Calgary is -40 Celsius and ice everywhere! I am terrified and didn't realize that is where I was moving to! Oh no-- what will I do all season long-hide in my room under a blanket-help the struggle is real!

Sincerely,

Frost Bitten

Dear Frost Bitten,

Oh my goodness you poor soul-no no no this is not true at all! People love to exaggerate and tell stories and often the more juicy and terrible they make them-the more they love to tell them. People can be quite dramatic! Calgary rarely gets to -40 Celsius-almost never. In fact, we are known for having what are called "Chinooks" where suddenly a warm spell comes through and people are wearing shorts in mid December! Yes we have some storms and yes some cold days and yes some years its colder than others, but not all the time and it isn't always -40 and if it is, it doesn't last long.

Calgary is of one the sunniest places to live with more days of sunshine than Vancouver and many other places in Canada. Take heart and throw on a coat or jacket, toque or earmuffs and some mittens on those chillier days and get outside and explore. Check out the amazing Calgary ZOO lights, the breathtaking Christmas lights around the city, a holiday market or event like the NHCA market on Dec 3rd at Skyview Community Church, a nice refreshing hike or day of sledding and then enjoy a nice hot chocolate!

I hope this helps to cure your frost bite and when those yapping neighbours tell you those cold stories just smile and say "wow great-thank you for your story" and then move on and enjoy your day!

Neddie Out!

GET YOUR NHCA MEMBERSHIP & SAVE HERE! IT PAYS TO BE A MEMBER

Get your membership here

COUNTRY HILLS & COUNTRY HILLS VILLAGE

ATB Northpointe Branch

800, 388 Country Hills Blvd NE
\$25 towards a new Unlimited or Advantage Chequing Account, Generation Account (kids account under age 19), Tax Free Savings Account, or Registered Education Savings Plan

Boston Pizza

Country Hills Blvd NE
15% off orders excluding alcohol (dine in only)

Bytetoools Technologies Inc

Website design, development, hosting & data backup
10% discount for NHCA members

Cobs Bread

500 Country Hills Blvd NE
10% off all purchases plus:
*Mention the NHCA and COBS Bread will donate 5% of your purchase to us!

Cruise Authority Canada

124-450 Country Hills Blvd NE
\$25.00 on board credit for any sailings 5 days in length or longer on any cruise line in a ocean view stateroom or above category. No black outs.

Epicure Selections

Independent Consultant
15% off first time purchase

Euphoria Wellness Centre

#222 – 40 Country Hills Landing NW
All NHCA Members receive \$10 a REGULARLY priced 60/90 Min Massage or Acupuncture Treatment when they show us a valid members card. *not applicable to EWC Members or Mobile Treatments

Foresight Eyecare

226-40 Country Hills Landing NW
20% off all frames

iSmart Insurance

4, 10 Country Hills Landing NW
Free Commissioner of oaths for NHCA members

Jugo Juice (Temporarily Closed due to renovations)

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

Montessori Learning Centre

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

Papa John's Pizza

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

Swiss Chalet

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

Woody's Taphouse

500 Country Hills Blvd NE
10% Off

UPS Store

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

COVENTRY HILLS

Cathy – Piano & Theory Teacher

Family registration fee discount of \$15.00

Euphoria Wellness Centre

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

Marble Slab Creamery

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)

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>



Remembrance Day is a yearly memorial day that is observed in Canada, to remember those who died in military service, and honour those who served in wartime

Laugh of the day



By Punctuation Association Joni R.
punctassoc@hotmail.com

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

B & P UPSCALE 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 403.717.0928
 Marlborough Mall
 1139-3800 Memorial Drive NE

SAM FARD: RE/MAX

Generations of experience in real estate is why I'm confident I can help you find your dream home.
 I'm always passionately working for you!
 (403) 614-0055 | samfardsold.com

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



NORTHERN HILLS
COMMUNITY ASSOCIATION



WINTER INDOOR SPORTS

STAY TUNED FOR UPCOMING
SOCCER & BASKETBALL!!!
NHCA.CA/SPORTS





Harvest Hills Alliance Church

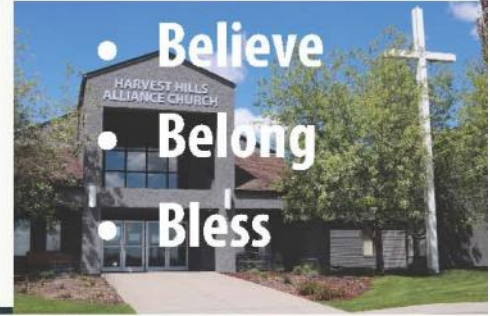
www.hhachurch.com



10099 Harvest Hills Blvd NW

403-226-0990

office@hhachurch.com



- Believe
- Belong
- Bless

SUNDAY SERVICES

9:15 & 11:00 am

9:15 am Live YouTube & Facebook

9:15 am Harvest Kids Nursery- Grade 4

11:00 am Harvest Kids Nursery - Grade 4

Club (Grade) 5-6 in Youth Room

9:00 am Youth Breakfast Study Group

(Last Sunday of the Month)

10:30-11:00 am Youth Hang Out

7:00 pm Young Adults

Weekly Ministries

Tuesdays

Women's Exercise 6:45- 8:15 pm

Men's Floor Hockey 8:30-10:30 pm

Wednesdays

Women's Bible Studies 9:15-11:45 pm

ESL starting Sept 21 9:30-11:45 am

Youth Life Groups 6:30 - 8:30 pm

Thursdays

Alpha - starting Sept 29th 6:00-8:30 pm

Every 1,2 & 4 Thursdays Quilters Plus

9:00 am -3:00 pm - Bring your lunch

Every 3rd Thursday Young at Heart 65 +

11:30 am - 2:00 pm

Saturdays

Men's Bible Study 8:00 -10:00 am

****Come Join Us****

WELCOMING THE

HOLY Spirit

NOV 18 7PM | NOV 19 9AM-4PM
HARVEST HILLS ALLIANCE CHURCH | \$45
CONTACT: dkomori@wearecapstone.ca

The women of Harvest Invite you to

"An evening of Joy"

Dessert Buffet & Ice Cream Bar

Tickets \$15.00

Ticket available in the Foyer Nov.6th-Nov 27th
or from the office during the week.



Friday December 2

7:00-9:00 pm

Underappreciated and Overlooked

By MPC Foundation

Throughout the duration of the pandemic, we are routinely inundated with messages to help vulnerable older adults. Yes, the words 'older adults' and 'vulnerable' often go hand in hand, quite unfortunately because that is so far from reality. Older adults are routinely overlooked as a population group that can contribute to society or as community assets. A paradigm shift in how we regard older adults is long overdue and the sooner we do that, the sooner society will reap its benefits.

Let's consider the facts on why older adults matter:

- Older adults are consumers of goods and services. They keep the economy humming.
- They pay taxes like everyone else.
- Older adults are the biggest donors to charities.
- They are a dependable & growing source of volunteers. Many organizations will stop functioning without them.
- Older adults play an essential child-minding role. In fact, if all older adults stop childminding tomorrow, the economy will be adversely affected.
- Older adults are the largest providers of spousal care. In Canada, more than 1 million caregivers are over the age of 65. The economic value of this contribution is somewhere in the region of \$25billion! (Statistics Canada)

Thanks to advances in technology and knowledge, human beings are living longer & healthier lives. The older adult population is only going to get larger. This means we have a growing pool of valuable resource that remains untapped, underappreciated and overlooked. It's time we pay attention and shift attitudes towards aging as being the beginning of a new life that is filled with possibilities and potentials.

In the last several years, MPC along with many community partners have invested resources and efforts to empower older adults to live the best life possible. Collectively, our goal is to create inclusive and welcoming environments that are conducive to achieving good mental, physical and social health for older adults. When communities come together to embrace their older adults, the benefits we reap will extend to every member of society and for generations to come.



Photo
attribution:
freepik.com

News from Calgary Public Library

Visit the Newcomer Desk at Central Library

The Newcomers Desk is now open at Central Library on Tuesdays and Thursdays. Drop in to get help from community organizations serving newcomers. Get support with finding and filling out government forms, job searches, referrals to specific organizations in Calgary, and more.

See open hours at calgarylibrary.ca/newcomers

Welcome Musical Artist in Residence Emma Harding

Emma is an Alberta-based musician and vocal coach with over 20 years' experience, working with beginners, platinum-selling artists, and behind the scenes on TV shows like Fraggles Rock: Back to the Rock. She is excited to connect with emerging and established musicians, or anyone interested in performing arts, through free programs and consultations at the Library.

Get to know Emma or sign up for programs with her at calgarylibrary.ca/musical-artist

Uncover your family's history at the Library

Chat with volunteers from Alberta Family Histories Society and Library staff virtually or in-person at Central Library on any aspect of family history research, from getting started to when the trail goes cold.

Register online at calgarylibrary.ca/programs

Get Cozy with Kanopy

Grab a blanket and your free Library card to stream movies, documentary films, children's shows, and more for free with Kanopy. Add the app to your Firestick, Apple TV, or Roku to enjoy directly on your TV, or stream on your mobile device.

Get started at calgarylibrary.ca/kanopy

Good Food Box is a program where residents can get fresh fruits and vegetables at an incredibly low cost!

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nhca.ca/good-food-box



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Community Means Common Unity

By Allan Pole

I participated in a murder mystery birthday party and played the role of a Russian rocket scientist who had defected to America in 1959. After receiving five minutes of extensive training via YouTube, I dressed like a nerdy scientist and spoke with a pitiful Russian accent. Some others at the party – including my own family – were surprised at my goofy, silly side. I come across as rather laid-back and easy-going, but I am competitive and strong-willed.

Have you ever seen a different side of someone you didn't know was there? How did this help you come to know them better and appreciate them more?

Building a strong, healthy, fulfilling relationship with someone requires a foundation of knowing, loving and accepting them for who they are and not for what you wish they would be. Imagine how you would feel if people treated you a certain way based on what they heard about you rather than your *own* words and actions.

Let's avoid sowing division among people. I picture someone sneaking into a beautiful garden at night and scattering "weed seeds" that he brought from his yard. These seeds are tiny and unnoticeable at first but eventually overrun the garden. To "divide and conquer" is an ancient strategy. In contrast, the Greek poet Homer observed more than 2,500 years ago, "There is a strength in the union even of very sorry men."

Families, communities and nations can make significant progress when we focus on what we have in common! Division amongst us has reached pandemic proportions, so it's time for more listening and respectful dialogue. Before we brush off the relevance of this discussion and shrug our shoulders because we can't do anything about division "out there," let's ask ourselves about *our* relationships and webs of influence. Could our preconceived ideas and comments about others be hindering relationships and partnerships? What do we do and say to promote unity?

Let's build community through common unity.

Allan Pole is the pastor of New Beginnings Church (<https://www.nbccalgary.com>).



GLUTINOUS RICE FLOUR MUFFINS

Ingredients

- 2 cups of glutinous rice flour
- 1 tablespoon baking powder
- 3 eggs
- 1/3 cups of sugar
- 1/2 cups of oil
- 1/2 cups of milk

Preparation

- Preheat oven to 375 Fahrenheit
- Mix 2 cups of glutinous rice flour with 1 tablespoon baking powder
- Add eggs,sugar,oil and milk stir with the electronic mixer
- Add wet mixture to the dry mixture
- Pour the batter into the silicone muffin pan
- Bake for 25 minutes

Tips

It is said that if using a silicone muffin pan when baking muffins that muffins won't stick. Very simple tip !
It's up to yourself to add more of your favourite ingredients (evaporated milk ,fruits and nuts)

Two cups= 500 ml
1 tablespoon=5ml

Ready in **25 minutes**
Serves **12**



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

Email:editor@nhca.ca



Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

Support Our Troops

Let us remember the sacrifices and efforts of our brave Canadian Forces, both past and present. I encourage all Albertans to commit to offering our respect and gratitude to those who served and continue to serve our country.

Physicians Ratify New Agreement

Alberta doctors have ratified a new agreement with the Alberta Government that will stabilize the health system, foster a collaborative working environment and improve our system. 70.2% of doctors who voted were in favor of the new framework. For more details, please visit [Province and physicians reach milestone agreement | alberta.ca](https://www.alberta.ca/province-and-physicians-reach-milestone-agreement).

New Immigration Path for Religious Workers

Alberta will join other provinces in broadening its provincial immigration program to accept applications from religious workers who serve the spiritual and pastoral needs of their communities. To learn more about this initiative please visit [New immigration path for religious workers | alberta.ca](https://www.alberta.ca/new-immigration-path-for-religious-workers).

Improving Alberta's Driver Licensing Program

In Spring 2023, the Alberta Government will no longer require advanced road tests for Class 5 and Class 6 driver licences. In addition, those who have successfully completed the 24-month probationary period will automatically qualify for their Class 5 or Class 6 driver licences. Furthermore, an additional road test won't be required to upgrade to a Class 4 drivers licence. These changes will significantly reduce costs for Albertans. To learn more, please visit [Improving Alberta's driver licensing system | alberta.ca](https://www.alberta.ca/improving-alberta-s-driver-licensing-system)

Sincerely,

Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

calgary.north@assembly.ab.ca

403.274.1931

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



Honourable Michelle Rempel Garner, M.P. Calgary - Nose Hill

Parliament resumed in late September and I remain working to solve the challenges and problems those in our community are facing and working hard to amplify the voices of Albertans in Ottawa.

I have been contacted by many members of our community worried about the rising cost of living as a result of inflation. All Canadians are struggling to afford basic necessities such as groceries, heat for their homes and fuel for their cars. The federal government must take action to help these Canadians that are struggling to get by. Recently, I sponsored a petition calling on the government to create a plan that will address the affordability crisis. I look forward to presenting this petition in Parliament and forcing the government to respond to this issue.

This month, Canadians will be observing Remembrance Day. I would like to express my deep gratitude to the women and men who fought and died to protect the freedoms we all enjoy as Canadians. Thank you to all that have served and those that continue to serve today. This Remembrance Day, as always, we will remember.

I would like to thank every member of our community that has reached out to me about issues or concerns. Hearing directly from our community helps me advocate for Calgary Nose Hill and all Albertans in Ottawa. As always please do not hesitate to contact me with your thoughts or concerns on any issue. You can reach me at michelle.rempel@parl.gc.ca or call my office at 403-216-7777.

The Hon. Michelle Rempel Garner
Member of Parliament
Calgary Nose Hill

Michelle.Rempel@parl.gc.ca

403-216-7777

115 – 70 Country Hills Landing N.W. T3K2L2

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?

Christmas Market

NHCA Christmas Market is a new initiative this year. This market is filling a gap left by a long-term Christmas Market that is no longer able to operate in the community. It will consist of approximately 60 vendors and will be a fundraising opportunity for the NHCA with all proceeds from table rental going to support NHCA programs and services. We need volunteer support for set up and take down!

Gift of Joy

Come help out with donation events gathering toys and monetary donations for Gift of Joy! The different standpoints are: Canadian Tire - 388 Country Hills Blvd NE, Toys R Us - 261055 Crossiron Blvd, Save On Foods - 225 Panatella Hill NW. See the dates in November to sign-up!

Click here to see the dates and sign-up right away!
<https://nhca.getcommunal.com/volunteer-opportunities>

Gift of Joy Committee Volunteers have been busy this past month and are looking for a bit more help to fill up one more role:

Donation Drive Coordinator

Oversees and manages off-site donation drive events, including determining volunteer requirements. Oversees sponsorship partner events, working with Coms and Volunteer coordinators, and arranges logistics of needed items. Arranges pick-up and drop-off of donation item boxes.

We are also looking to expand our Volunteer Relations Team! We are looking to fill the following roles on this committee:

Events Volunteer Coordinator

This role works on event specific volunteer coordination, with some management of our database, recruitment, and onboarding of new volunteers.

Interested to join? Call/Text **403-226-6422** or email us at volunteer@nhca.ca. Please leave us your name, phone number and email address.



Start in a better place with your food waste

Did you know that Waste Reduction Week is October 17 – 23rd?

Reducing food waste can help you make the most of your food budget, reduce trips to the grocery store and positively impact our community, economy, and environment.



Here are some actions you can take to start saving money, time and food in your home:

- Use a grocery list and meal plan to avoid buying food you won't use.
 - Schedule one day a week to cook from the freezer and cupboard only.
 - Label leftovers so they don't become mysteries in the freezer.
 - Set aside the fridge's top shelf as a 'leftovers' or 'eat first' shelf.
- Use blemished or unused produce in soup, smoothies, or baking.

Check out more tips at calgary.ca/foodwaste.

Sudoku

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| | | 5 | 9 | | | | 4 | |
| | 4 | | | | | | 5 | 8 |

Yielding to Emergency Vehicles

For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. 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 one-way streets;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include shoulders or turning lanes, etc., in order to 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.

www.albertahealthservices.ca

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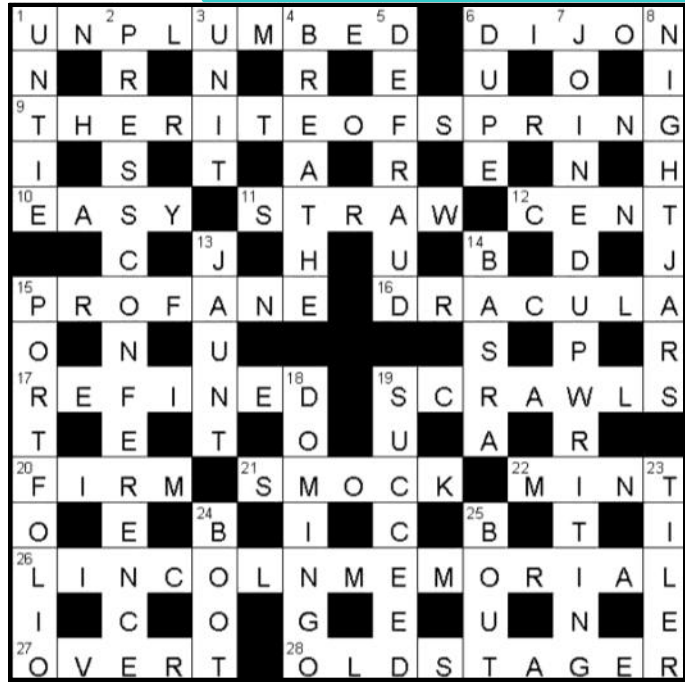
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#312, 5149 Country Hills Blvd. NW

SOLUTION



ACROSS

1 unplumbed, 6 Dijon, 9 THERITEOFSRING, 10 easy, 11 straw, 12 cent, 15 profane, 16 Dracula, 17 refined, 19 scrawls, 20 firm, 21 smock, 22 mint, 26 Lincoln Memorial, 27 overt, 28 old stager.

DOWN

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Sudoku

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



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

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Please email in to editor@nhca.ca



This month's winner



Submitted by Deeana Eli



SUBMITTED
BY BOB LEUTY



This is
Stumpy - with
so much talk
about her in
the
community -
many have or
have not
seen her -
here is how
she looks!