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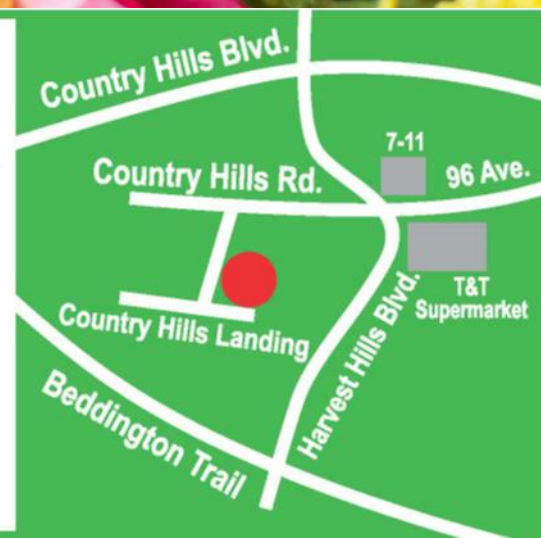


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Dr. Bijaan Lalani



Dr. Christine Ursuliak

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www.northernhillschiro.ca



Ian McAnerin
President
Northern Hills
Community Association

NHCA President's Message Feb 2023

Hi neighbours! This year will be a challenging one for the NHCA. We've been struggling since the pandemic started and unfortunately have not recovered yet. Despite our best efforts and cutting costs everywhere we could, we will need to make some drastic changes this year.

The Board held an emergency meeting and had to make some difficult decisions. We have questioned our core components. How can we utilize our office better? How can we keep our staff? What events, programs, and services does the community need and what we can afford and be able to put on? What should memberships cost? What is our most important purpose?

I'll keep you informed on how it goes and what is decided. What I know for sure is that we need help, especially volunteers for running programs and board members to help guide us through this process.

To that end, we have some upcoming volunteer virtual information sessions on March 8 @ 7-8pm and April 12 @ 7-8pm, plus an in-person Volunteer Fair on May 10 from 4-7pm at the Vivo Learning Lab (corner room, right at the west entrance). Please come if you can, we could really use your help!

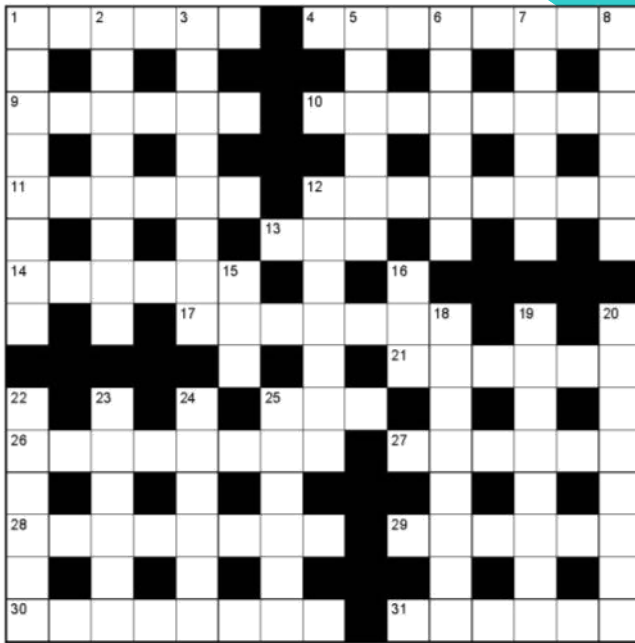
We are bringing two sport programs this year – Soccer and Basketball! Our soccer program is funded by sponsors and operated by Soccertech. Spring registration is open right now – go to nhca.ca/sports to sign up. Know a basketball enthusiast? We have a new Winter Basketball program! It's a partnership with Jr.NBA and Canada Basketball and looks really fun! Sign them up at <https://nhca.ca/sports/>.

Another program we are running is a seniors computer literacy program and we need young people to help us. We will be pairing each senior to a young person to help them navigate the modern digital landscape. If you are or know a young person who could help you can go to: <https://nhca.getcommunal.com/volunteer-opportunities/251> and sign up.

That's all for now – watch our social media at Facebook (<https://www.facebook.com/northernhillscalgary/>), Twitter (<https://twitter.com/NorthernHills>), Instagram (<https://www.instagram.com/northernhillscalgary/>), and of course our website (<https://nhca.ca/>) for the latest news this month. I'll see you around!

Ian McAnerin,

President
Northern Hills Community Association



DOWN

- 1 Five in Romania cavorting with a Czech (8)
- 2 Help copper with two fellows to prevent their escape? (8)
- 3 Currently operational? (8)
- 5 On ship in foreign parts moving down river (6)
- 6 Get hot wandering around ethnic area (6)
- 7 Material that can be made into loupres mostly (6)
- 8 More willingly desert hero when love's lost (6)
- 12 Show parrot off at start of year (7)
- 15 Steal from some subordinates on return (3)
- 16 Computer problem is a virus perhaps (3)
- 18 Telling story for daughter maybe (8)
- 19 At the same time, what a male admirer wants? (8)
- 20 Signed guest out, looking embarrassed (8)
- 22 Outstanding artwork provides comfort (6)
- 23 This chap is the winner (6)
- 24 Property of Treasury chiefly guarded by fools (6)
- 25 Country house offers good variety (6)

ACROSS

- 1 Composer from Harlem originally (6)
- 4 The morning after, head of government is seen in German city (8)
- 9 One makes tolls double (6)
- 10 Secret surrounding the French bedspread (8)
- 11 27 Across could be empty (6)
- 12 Put order out for project (8)
- 13 Coal-carrier is somewhat methodical (3)
- 14 A female just for romantic intrigue (6)
- 17 Study excursion in outline (7)
- 21 Little fellow swallows drug to show complete DNA sequence (6)
- 25 Oddly, Gladys is happy (3)
- 26 Envoy says emir must reform (8)
- 27 Tom takes Eva back with a warning (6)
- 28 He is included in plan finally (2,3,3)
- 29 Spot the woman with an instrument (6)
- 30 Writer who looks after the trees? (8)
- 31 Slept soundly (6)

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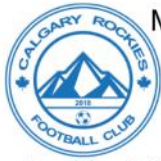
and so much more!



Northern Hills Soccer

Join us at the NHCA Fields

Northern Hills
Community Association



May 1 to June 28, Tuesdays/Thursdays - Panorama Hills,
Monday/Wednesday - Country Hills Park
Play-Train-Play Modules
Advanced Soccer Pathways
U12-16 by Calgary Rockies

Led by US-Soccer Federation A-licensed Technical Director Glenn Ramsay!
Train with Calgary Rockies Coaches! No Volunteers.



Cost: U4 (2019-21) \$80 - 8 sessions
U5/6 (2017/18) \$105 - 16 sessions
U8 (2015/16) \$137 - 16 sessions
U10 (2013/14) \$147 - 16 sessions
(Payment Plans Available)



Register at SoccerTECH.ca

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Northern Hills
Community Association

COMMUNITY
KITCHEN

Northern Hills Community Association

The NHCA is proud to announce our new partnership with MENA bringing community basketball to the Northern Hills

SUMMER / SPRING AAU / CLUB

U9 / U11 / U13 / U15 / U17 DIVISIONS

STARTS FEBRUARY - ENDS IN JUNE

15 WEEKS
2-3 PRACTICES / WEEK
3-4 TOURNAMENTS PER SEASON

BIWEEKLY EXHIBITION GAME
28-42 PRACTICES
9-20 GAMES
NIKE UNIFORM
NIKE GEAR SET
TRYOUTS IN FEBRUARY

- SKILL ENHANCEMENT PRACTICE
- TACTICAL AWARENESS PRACTICE
- STRENGTH & CONDITIONING
- OPPORTUNITY TO PLAY ON TRAVEL TEAM OUTSIDE OF ALBERTA

\$1550

Subject to 15% discount for payment of fees in full - Billing Discount available - Payment Options available

FALL AAU / CLUB LEAGUE

U9 / U11 / U13 / U15 / U17 DIVISIONS

STARTS IN SEPTEMBER - ENDS IN NOVEMBER

13 WEEKS
TWO PRACTICES / WEEK
ONE GAME PER WEEK

TACTICAL AWARENESS PRACTICE
STRENGTH & CONDITIONING
SKILL ENHANCEMENT PRACTICE
NIKE UNIFORM
TRYOUTS IN FEBRUARY
THIRTEEN WEEKS
TWO PRACTICES PER WEEK
ONE GAME PER WEEK

\$649

Subject to 15% discount for payment of fees in full - Billing Discount available - Payment Options available



ZEIAD@MENA.BASKETBALL
SCAN THE CODE
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MENA HOUSE LEAGUE

(WINTER / SUMMER / FALL)

3-4 SEASONS

10 WEEKS

10% DISCOUNT FOR FULL PAYMENT

SIBLING DISCOUNT AVAILABLE

2 SESSIONS PER WEEK

1 PRACTICE PER WEEK

ONE GAME PER EACH WEEK

U9 / U11 / U13 / U15

(July to August, September to November, December to February)

PRICE: \$379

Subject to 15% discount for payment of fees in full - Billing Discount available - Payment Options available




Our partnership with Jr. NBA will last all of 2023

This is a great opportunity for boys and girls aged 5-10 years old to gain experience in fun-based basketball activities.

This is best for beginners who want to learn the basics of basketball in a cooperative, fun, and supportive environment

Camps are co-ed! Will be held in 2 locations in Calgary which One in the North East & one in the North West

SUNDAYS

Jr. NBA Reversible Jersey
Certificate of Participation
Parent Guide
Basketball

Cost: \$298/Session
Pay in FULL: \$800 (32% off)
OTHER PAYMENT OPTIONS AVAILABLE FOR OTHER PROGRAMS DO NOT APPLY TO JR NBA PROGRAM

Jan 22nd, 2023 - March 12, 2023
April 2nd, 2023 - May 28th, 2023
July 9th, 2023 - Aug 27th, 2023
Sep 10th, 2023 - Nov 12th, 2023

Subject to 15% discount for payment of fees in full - Billing Discount available - Payment Options available

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: [Fana Ousseini](#)
2nd Vice President: [Tamara Keller](#)
Secretary: [Amanda Mauch](#)
Treasurer: [Holly Howes](#)

DIRECTORS: Scott Daye, David Hartwick

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.



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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. Key landmarks shown include the Country Hills Town Centre, a Shopper's Drug Mart, and Tim Hortons. A location pin is placed at the dental centre's address.



We are excited to introduce you to our brand new location opening January 2023!

Paramount Dental is about a complete team atmosphere of professional individuals who are committed to your complete dental care!

It is our mission to care for you as if you were a family member and to respect your individual needs.

We are committed to your dental health needs and your ongoing dental education for a lifetime of dental wellness!



Dr. Henry Seto



Dr. Tonny Tang



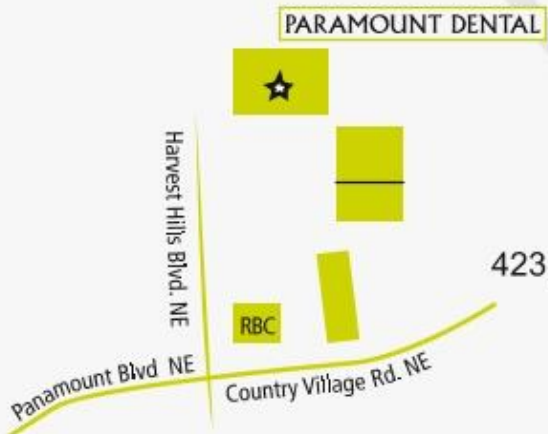
Dr. Maria Chan-Goudreau

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Coventry Hills Plaza
423, 130 Country Village Rd NE
Calgary, AB T3K 6B8

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

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WE WELCOME ALL NEW PATIENTS



Thank you for Supporting Gift of Joy!

We want to thank the community for the amazing support and outpouring of gift donations for Gift of Joy to help make this event a success!



Of course none of it would be possible without our many tremendous volunteers who helped us in preparation or on the day of to pull off an amazing day for our families in need.



Thank you for Supporting Gift of Joy!

A huge shout out to the businesses and offices who so generously donated and supported the Gift of Joy program!



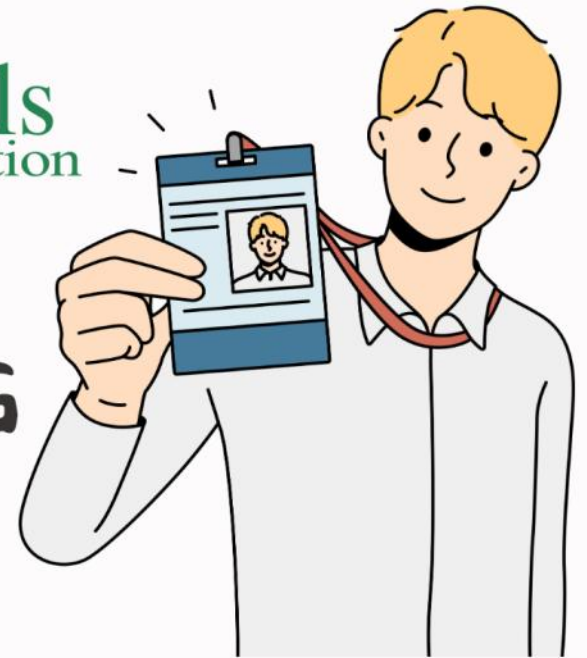
Coop Beddington
 COOP Creekside
 FitSet Ninja Event
 Subway Panorama Hills
 Sephora
 Shopper's Drug Mart Sarcee Trail
 The District Barber
 Sobeys
 Beddington Bottle Depot
 Brokin Yolk
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LET'S
RAISE
SOME **DOUGH**

NORTHERN HILLS
COMMUNITY ASSOCIATION

SUPPORT YOUR
COMMUNITY

JOKE CORNER

Q: Do you have a date for Valentine's day?

A: Yes, February 14th

Q: What is a frog's favourite month?

A: February. It has a Leap Year.

Q: What kind of music do you listen to
on Leap Day?

A: Hip Hop!



www.calgaryboysfastpitch.com

403-245-3008

inquiry@calgaryboysfastpitch.com



Senior Computer Literacy Program Volunteers Wanted

You will be working one-on-one with seniors, supporting them through their learning and building their confidence in computer literacy!



For more information and to sign up, please see below!

<https://nhca.getcommunal.com/volunteer-opportunities/251>



Northern Hills Neddie

Dear Neddie,

With Valentine's Day approaching suddenly it seems like I am the most wanted girl at my small private school. My grade 10 class only has 15 students and 6 of them are boys. Well see we are having a "big" dance in our classroom on Feb 14th with snacks and exciting music and games. Here is my dilemma. Charles a nice boy with braces and glasses who loves Star Wars and collects Lego and Lord of The Rings figurines and does Cosplay-asked me first to the dance. I told him I would have to see as he wants us to dress up in matching Star Wars costumes. None if my friends know I have had a secret friendship with Charles for years and am into all the same things as him. I am wayyyy to embarrassed to let anyone know this as well he is kind of the class "nerd" —now I don't like to call anyone that-just saying what people call him.

Well then yesterday a boy named Gordon who is the school Basketball MVP and most popular boy in the whole school-asked me to the dance. Everyone loves him and I am so flattered but I really don't like basketball or him! However, I do want to be popular and the belle of the ball!! Help Neddie! What do I do?

Sincerely,

Torn in two directions

Dear Torn in two directions,

Oh boy what a trying time in like-grade 10 where popularity is such a badge of honour! Well, I guess it comes down to do you sell out your soul for a boy you don't even like for a boy who you can have fun with and play Cosplay with all your life! Beauty my dear is in the eyes of the beholder and some day that "nerdy" boy as you say may become more attractive in your eyes than a guy who bores you to death and you will scream if he watches one more basketball game on tv when all you want to do is watch the new Rings of Power-not his thing!!

So if it were me I say be true to yourself and maybe if you and Charles go to the dance people won't see him as such a "nerd" anymore. Afterall, if the "Belle" of the ball can like him-then maybe he will get a little popular thought you!

Neddie Out!

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Laugh of the day



By Punctuation Association Joni R.
punctassoc@hotmail.com

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residents of Panorama Hills/
Coventry Hills /Harvest Hills/
Country Hills and Country Village

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Winner will receive:

\$50 Boston Pizza Gift Card



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

11:00 am E.S.L

7:00 pm Young Adults

Weekly Ministries

Tuesdays

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

Wednesdays

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

ESL 9:30-11:45 am

Youth Life Groups 6:30 - 8:30 pm

Thursdays

Every 1,2 & 4 Thursdays Quilters Plus

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

Every 3rd Thursday Young at Heart 65 +

11:30 am - 2:00 pm

Saturdays

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

****Come Join Us****

A Free Cardio , Strength & Stretch Class For Women

Exercising your Mind, Body, & Soul

Tuesday

6:45 - 8:15 pm

for more info contact office@hhachurch.com



The Women of Harvest invite you

BABYSHOWER

For the Calgary Pregnancy Care Center celebrating

The Wonderful work they do

Thursday , February 9 at 7:00 pm

bring a gift for baby or mom - greatest need list will be posted

Bring an appie or your favorite snack to share

and yes there will be games

for more info

office@hhachurch.com.



Friendships Matter... A lot

By MPC Foundation

The research on the effect of friendships on general well-being is pretty definitive. It matters, a lot. In fact, research has consistently demonstrated that having friends are essential for maintaining optimal health, both physical and mental, especially as we approach the senior years.

According to Dr. Moore, a senior health specialist at AETNA, "Seniors who are socially engaged tend to have better health outcomes, even for those with complex medical conditions." Regular socializing produces benefits in the form of strengthening the immune system, recover more quickly from illness, lower blood pressure and the risk of heart disease, sharpen memory and improve sleep quality. According to one study, people with strong connections to family and friends have a 50% greater chance of outliving those with fewer social ties. Not surprisingly, an 83 year-old study that was recently released from Harvard University revealed a direct correlation between friendships and happiness. A key finding of that study suggests that, "the spread of happiness depends more on frequent social contacts than deep social connections."

Hence, as we age, investing time and effort on cultivating friendships around you is as important as exercising and eating well. There are many ways to make new connections and the key to success is to start close to home. Volunteering is probably one of the best ways to meet like-minded people. Pitching in to help others isn't just good for your community – it's also particularly rewarding for your physical and mental health.

Join a class. Whether you've always wanted to learn how to draw or paint or learn line dancing for the first time, pursuing new hobbies or learning new skills can give your brain a workout and introduce you to new friends. Get involved in the community. It is close to home and any friendships that you foster will be easier to maintain. Better yet, if you can't find anything particularly appealing, start something. It can be as simple as getting together for card games every week.

MPC Foundation hosts social afternoons at the Symons Valley United Church every Thursday at 1pm. Come and enjoy afternoon tea, make new friends, enjoy some games and other creative activities.



Thank you for an amazing 2022!

Celebrate a year of empowerment and belonging with the annual Year in Review video. See how we learned, gathered, and grew as a community in this review of our services, programs, and initiatives.

Watch the video at calgarylibrary.ca/year-in-review-2022

Discover new titles together with a Family Reading Kit!

Reading out loud with your family helps build lifelong readers. Choose from one of five titles to read together and use the free activities provided to have some extra fun.

Find out more at calgarylibrary.ca/family-reading-kits

Adult readers can win fun prizes with Read 110

Register in the Beanstack app and then pick up a limited-edition scratch-off challenge map at the Library for your chance to win grand prizes like Beats headphones or a Kobo e-Reader, plus fun weekly prizes.

Register now at calgarylibrary.ca/read-110

Explore all things creative or scientific with the virtual Explorers series

Kids ages 6 – 12 can explore drawing and music skills and dig into science and technology in the Creative Explorers and STEM Explorers programs.

Register online at calgarylibrary.ca/programs

Make screentime educational with Tumblebook Library

There's lots to do with Tumblebook Library: listen and read along to animated story books, play games and watch videos from National Geographic, or check out a selection of French picture books.

Find it at calgarylibrary.ca/Tumblebook-Library

Banks see
numbers.

**We see
Albertans.**



Ingredients:

1 lb ground pork
1/2 jar crab paste
1 pack of fried tofu puffs
1 pack of vermicelli (400g)
8 large tomatoes 5 cloves garlic (divide in half)
1 lb crab/lobster meat
15 dried shrimp
1 tsp ground pepper
Green onions, mint, cilantro, peppers, and fried onions for garnish.

Serves 6-8 people

- 1) On medium-high heat, add oil and cook half the minced garlic, dried shrimp and tomato wedges in a Dutch oven or large pot.
- 2) Fill the Dutch oven 3/4 full with water and allow to boil then simmer on low heat for 1-2 hours.
- 3) In a large bowl, add ground pork, the remainder of the minced garlic, black pepper powder, eggs, and crab paste. Mix well.
- 4) Follow package instructions to cook the vermicelli then set aside.
- 5) Use a large spoon to scoop the meat mixture to the pot of soup. Allow pot to boil then add fried tofu and crab/lobster meat.
- 6) Add vermicelli to a bowl and assemble. Garnish with green onions and herbs of choice.



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

Email: editor@nhca.ca



NOW OPEN



**130 Country Village Rd NE
Unit 205 (Coventry Hills, Calgary)**

ORDER ONLINE HERE
FatburgerCanada.com



Emergency
Medical
Services

February Is Heart Month



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men, women & the elderly.

Heart attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life & death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS can share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

www.albertahealthservices.ca

Sudoku

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



Opens for
Vivo Members
Jan 31
General Public
Feb 7

Spring & Summer
registration

Including:
Preschool
Personal Training
Summer Camps
Skating



vivo.ca

Northern Hills
Community Association

SPRY in the Hills

Senior Persons Regaining Youth

Registration open now HERE.

Limited Fitness spots available.

Social Hour is free with an NHCA
Membership.

nhca.ca/seniors





Hon. Muhammad Yaseen

MLA, Calgary-North

Assoc. Minister, Immigration and Multiculturalism

Happy Family Day

Alberta Advantage: Alberta's entrepreneurial spirit is thriving again. The number of new incorporations increased by 5.5% last year. Our province continues to create jobs at a rapid pace and across a variety of economic sectors. People are coming to Alberta from across the country in search of good jobs, affordable homes and economic opportunity. In 2022, Alberta saw the nation's highest gains in interprovincial migration with a total of 34,493 people moving to Alberta. Alberta's economy is diversifying and our traditional industries are strong. For the third year in a row, we are on pace to shatter our venture capital investment record.

Affordability and Utilities: Many Albertans are struggling with increased costs and inflation. As a province, we cannot solve this inflation crisis on our own, but due to our strong fiscal position and balanced budget, we can offer substantial relief to Albertans and their families. The Ministry of Affordability and Utilities was created to deliver immediate cost of living and inflation relief, while also working across government and utilities to support long-term affordability for Albertans. The Alberta Government has announced \$2.8 billion in new relief measures that will make life more affordable for Albertans and businesses.

Healthcare Action Plan: As part of the *Healthcare Action Plan*, Alberta's government is working with AHS to improve EMS response times and open acute care beds in emergency departments faster. Paramedics are highly skilled health professionals who are trained to respond in times of crisis. The Alberta Government wants to ensure their skills are being used in the best way possible, while also ensuring Albertans are not left waiting after a call to 911. Instead of using ambulances for patients who do not require medical support during transport, AHS will arrange for alternative transportation. This would utilize options like community shuttles and wheelchair accessible taxis for patients who need to be transported back home.

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



Josephine Pon Calgary - Beddington MLA

Dear neighbours,

Time flies!! I can't believe we are in February already! January was a wonderful month of connecting in the community and celebrating Chinese New Year with all of you! Stay tuned on social media for more fun events coming this month.

Healthcare Action Plan

Help is on the way for Albertans calling 911 and for those needing emergency health care. As part of the Healthcare Action Plan, Alberta's government is working with Alberta Health Services to improve EMS response times and open acute care beds in emergency departments faster.

Paramedics are highly skilled health professionals who are trained to respond in times of crisis. Our government wants to ensure their skills are being used in the best way possible, while also ensuring Albertans are not left waiting after a call to 911. Instead of using ambulances for patients who do not require medical support during transport, AHS will arrange for alternative transportation. This would utilize options like community shuttles and wheelchair accessible taxis for patients who need to be transported back home.

Using EMS more efficiently, means they will be on the road and available for emergency calls instead of being needlessly tied-up when medical care is not needed.

This new program is one of several actions underway, designed to better serve Albertans. AHS has an aggressive plan to improve four priority areas and is taking steps to reduce pressures and improve system performance. This includes: improving EMS response times, decreasing emergency department wait times, reducing wait times for surgeries and improving overall patient flow and capacity.

Our government is also working with AHS to take further action, including adding a triage physician to emergency department waiting rooms to support patient offloads, and allowing paramedics to assess and treat patients without having to transport them to hospital.

Our United Conservative government is taking action to address areas that need improvement in our healthcare system, so Albertans can get emergency care when and where they need it.

Sincerely,

Josephine Pon

MLA for Calgary - Beddington

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



Jasmine Mian Ward 3 Councillor

Happy New Year, Ward 3! It's been such a pleasure to represent you all as I head into my second year in office. I hope your holidays were restful and warm for you and your loved ones. My team and I are excited for what 2023 has in store for Ward 3 and Calgary.

2023 Property Tax Assessments & Review Period

Property tax assessments have been mailed, marking the beginning of the Review Period which will last until March 13. Best sure to visit calgary.ca/assessment to confirm accuracy, see where your tax dollars go, and switch to a paperless notice for a chance to win.

The **Calgary Awards** are quickly approaching in the Spring. If you know a Calgarian or local business doing great things for our community, check out the categories and nominate them at calgary.ca/awards.

Keep an eye out for Sandstone MacEwan CA's pleasure rink opening skate party this month. If you want to venture a bit further, Chinook Blast is also happening until February 12th!

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor

Waste and Recycling

Community Associations Update – January/February 2023

Winter cart placement tips

Follow these winter tips to keep your cart collection safe and on schedule:

Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.

Leave enough space around your carts to easily walk between and around them.

Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7 p.m. on collection day.

Clear snow off your carts and keep lids closed. Snow in your blue cart ruins quality recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.

Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.



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/



Answer

SOLUTION

1	M	A	H	L	E	R		4	H	A	N	G	O	V	E	R		
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9	R	I	N	G	E	R		10	C	O	V	E	R	L	E	T		
	A		D		C				A		T		O		H			
11	V	A	C	A	T	E		12	P	R	O	T	R	U	D	E		
	I		U		R			13	H	O	D		O		R		R	
14	A	F	F	A	I	R		15	R			16	B					
	N		F			17	C	O	N	T	O	U	R		18	T	20	G
							B		R			21	G	E	N	O	M	E
22	R		23	V		24	A		25	G	A	Y		L		G		S
26	E	M	I	S	S	A	R	Y		27	C	A	V	E	A	T		
	L		C		S		A				T		T		U			
28	I	N	T	H	E	E	N	D		29	Z	I	T	H	E	R		
	E		O		T		G				O		E		E			
30	F	O	R	E	S	T	E	R		31	S	N	O	R	E	D		

DOWN

1 Moravian. 2 handcuff. 3 electric. 5 aboard. 6 ghetto. 7 velour. 8 rather. 12 portray. 15 rob. 16 bug. 18 relation. 19 together. 20 gestured. 22 relief. 23 victor. 24 assets. 25 grange.

ACROSS

1 Mahler. 4 hangover. 9 ringer. 10 coverlet. 11 vacate. 12 protrude. 13 hod. 14 affair. 17 contour. 21 genome. 25 gay. 26 emissary. 27 caveat. 28 in the end. 29 zither. 30 forester. 31 snored.

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With over 200 fully-prepared frozen meals and free delivery*, **why not start a new tradition tonight?**
Call today for your FREE Fall/Winter menu!

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1-844-431-2800
HeartToHomeMeals.ca

*Some conditions may apply.

Sudoku

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

Northern Hills
Community Association

CALLING ALL

LOCAL PHOTOGRAPHERS! 

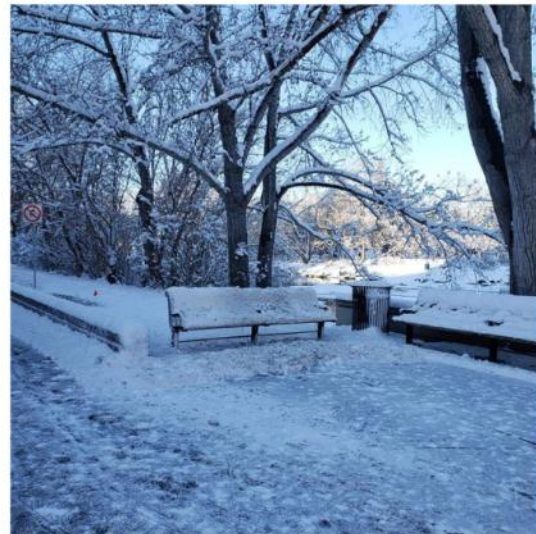
**COBS
BREAD**

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

Please email in to editor@nhca.ca



This month's winner



Submitted by Beverley MacLeod