

Country Hills

Country Hills Village

Coventry Hills

Harvest Hills

Panorama Hills



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

Computerized • Accurate • Fast & Friendly Service

Bottle Depot

**BEDDINGTON HEIGHTS
BOTTLE DEPOT**

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

403-274-2122

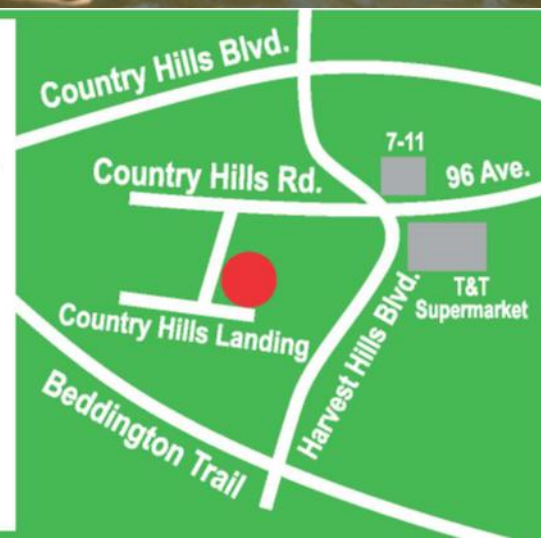


**Mon - 9am to 6pm
Sat: 9am to 5pm
Sun: 10am to 4pm**



It matters –
and it pays \$\$

www.bottledepotcalgary.ca



PROUD to be your neighbourhood dental clinic for over 16 Years!



EXTENDED HOURS TO FIT YOUR BUSY SCHEDULE

Conveniently located at 40 Panatella Blvd N.W.

403-532-0711

www.northernhillsdental.com

NOW OPEN SELECT SUNDAYS



Comfort • Care • Convenience

- Enhanced ambient air management and sanitization
- Warm and relaxed atmosphere
- TV's & massage chairs in every treatment room
- Emergencies seen promptly & second opinions welcome

We offer a wide range of dental services such as:

- Children's Dentistry
- Sedation Dentistry
- Dental Cleanings
- Wisdom Teeth Removals
- Dental Emergencies
- Root Canal Therapy
- Dentures
- Cosmetic Dentistry

- Invisalign®
- Dental Implants
- 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

OPEN 6 DAYS A WEEK

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



Amanda Mauch
President
Northern Hills
Community Association

What a summer so far! With this record-breaking hot weather, I hope you are all getting outside and enjoying the outdoors safely with friends and family. Coming up this month: [Community on Tap](#)! We had a successful event last year, and we're hoping to turn it up a notch this year by holding at Canadian Brewhouse. Your ticket includes a wonderful prime -rib dinner and the opportunity to participate in our silent auction. This will be an adult-only event, please go to our [website](#) for more information and to **get your tickets**. This event is our biggest fundraiser of the year, and we really rely on selling out tickets to continue to support our yearly operations. Hope to see you there!

This past month, the NHCA hosted a fantastic Summerfest – Olympic Edition at the Harvest Hills Hub. Thank you to everyone who came out and participated! Our next event at the Hub is our [Maker's Market](#) on August 10. This is a free family event where we will have a lot of our local vendors, food trucks, outdoor games, and more!

Our **Good Food Box** program is returning from summer break this month! With the price of groceries right now, these boxes provide a good amount of quality produce for a very reasonable price. Next order deadline is August 5, for pickup on August 15. Please go to our website [to order](#).

We are always looking for dedicated community volunteers to join our board. Our most needed Board positions are:

- Panorama Hills Representative
- Newsletter Editor
- Sports Director
- Fundraising Director

Our current volunteer and board needs are laid out in more detail on our website [here](#), or you can support us by becoming a [member](#).

Thank you for your continued support and dedication to our community. I wish you all a great month of August!

Amanda Mauch
President
Northern Hills Community Association



the Gutter Doctor®



- Gutters • Downspouts • Fascia • Soffit • Siding • Roofing
- Cladding • Leaf Screens • Heat Cables • Gutter Cleaning

**Over 50,000 Happy Customers!
Quality Workmanship.**

403-714-0711 • gutterdoctor.ca



In This Issue

Presidents Message3

NHCA Contacts5

News From Calgary Library14

Gardeners Corner23

Oral Health Care For Older Adult24

Elected Reps26-27

and so much more!

Northern Hills
Community Association

NHCA CONTACTS

CONTACT US

Tel/Fax: 403-226-6422
E: info@nhca.ca

STAFF

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

VOLUNTEERS

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

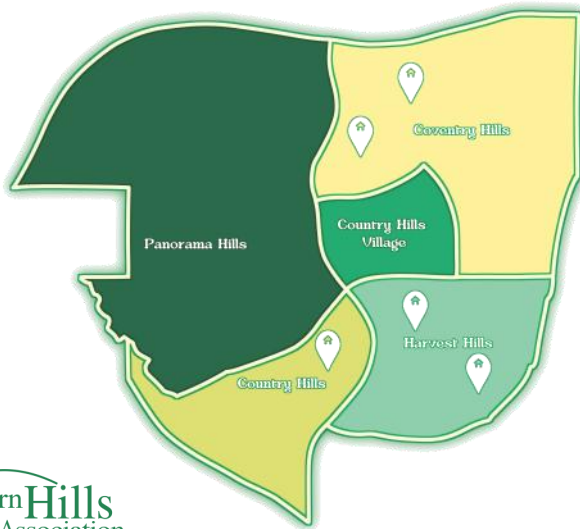
BOARD MEMBERS

President: [Amanda Mauch](#)
1st Vice President: [TBD](#)
2nd Vice President: [TBD](#)
Secretary: [Nikki Browne](#)
Treasurer: [Cindy Partin](#)

DIRECTORS: Suresh Fernando, Mark Hayden, Brian Kielly, Lisa Leavitt, Christine Othitis, Andrea Rudoski

COMMITTEES

Gardens: [Amanda Mauch](#)
Building Safer Communities (Blockwatch): [Tavis Settles](#)
Community Relations: [TBD](#)
Government Relations / Advocacy: [TBD](#)
Grants: [Amanda Mauch](#)
Harvest Hills Hub: [Andrea Rudoski](#)
Planning & Development: [TBD](#)
Seniors Program: [Louise Crane](#)
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.



Proudly Serving the Community Since 1998

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

Where Smiles Begin

Dr. Tim Begalke, Dr. Jamie Wallace and Associates

New Patients Welcome

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

A map showing the location of the Country Hills Dental Centre. The map highlights the intersection of Country Hills Blvd NE and Coventry Hills Blvd NE. Landmarks include the Country Hills Town Centre, a Shopper's Drug Mart, and The Hub. A location pin marks the dental centre's location at 500 Country Hills Blvd NE.

Northern Hills
Community Association



BOGO 50%
AUGUST 2-5

COMMUNITY ON TAP

JOIN THE NHCA FOR OUR 2ND ANNUAL ADULTS ONLY NIGHT!

August 17, 2024

6:00 pm to 11:00pm

Canadian Brewhouse (Harvest Hills)

Date Night Deal \$75 for 2 tickets

2 Prime Rib Dinners with Prime Rib, Potatoes, and
Seasonal Vegetables

THANK YOU TO
OUR SPONSORS!



Northern Hills
Community Association

HARVEST FEST

MARKET | FOOD TRUCKS | FAMILY FUN

SEPTEMBER 14, 2024
12:00 - 4:00

COVENTRY HILLS COMMUNITY GARDENS
90 COVEPARK SQUARE NE

Register to be a Vendor here!

Northern Hills
Community Association

Christmas Market

Vendor Registration is Open!

Saturday November 16, 2024

10am – 4pm

Vivo for Healthier Generations

We're calling all artists, artisans, local businesses, creators, and vendors to register for the Christmas Market on Saturday November 16th from 10am to 4pm. The event will be free and open to the public.



Registration is limited to 40 vendors make sure to register ASAP!

The logo for the City of Calgary, featuring the word "Calgary" in white, bold, sans-serif font on a red rectangular background.

City of Calgary launches Secondary Suite Incentive Program

The City of Calgary is proud to introduce the Secondary Suite Incentive Program, an initiative aimed at encouraging safe and accessible housing for Calgarians.

The Secondary Suite Incentive Program is a component of Home is Here: The City of Calgary's Housing Strategy. It provides a qualifying homeowner up to \$10,000 to cover a portion of construction costs to develop and register a safe secondary suite.

The incentive applies to suites built within the main dwelling, not for backyard or detached suites. Applications are limited to one per person and you must own the property through the entire process. Qualifying homeowners with an active building permit can apply for the following:

- Egress windows
- Hardwired and interconnected smoke and carbon monoxide alarms
- Protected exiting
- Smoke-tight barriers
- Split heat/separate air
- Additional funding is available for accessibility and energy efficiency

The Secondary Suite Incentive Program is open for applications. Learn more about the program or apply at calgary.ca/suite-incentive.

City of Calgary home & small business webinars

Register today for an upcoming home & small business webinar where City experts share valuable insights on a variety of planning and development topics. Our live and recorded webinars cover everything you need to know about home renovation requirements, small business best practices, building secondary and backyard suites and more.

For home renovation DIYers, we walk you through topics like building permit types and how to apply, safety code requirements, land use bylaws and tips on how to hire a contractor and prepare for inspections.

Whether you're a small business owner or thinking about starting one, join us as we share best practices for both commercial and home-based businesses and show you how apply for a business licence and register your business. If you're thinking about expanding the capabilities of your property, our webinars outline the steps to develop a secondary or basement suite covering processes like how to apply for permits, register your suite, legalize a new or existing suite and discuss programs like the Secondary Suite Incentive Program.

For more information, visit calgary.ca/webinars.

The logo for the City of Calgary, featuring the word "Calgary" in white, bold, sans-serif font on a red rectangular background.

Call for volunteers: Help plan Calgary's future for older adults!

If you have first-hand insight on living as an older adult or as a caregiver to an older adult, your experience and ideas are needed. Consider volunteering for the Older Adult Advisory Table (OAAT). Your expertise will be used to inform strategies and actions for the Age-Friendly Calgary Steering Committee, action teams and staff.

Your Role as a Volunteer

- Inform and support strategic and action planning of the Seniors Age-Friendly Strategy in an advisory capacity.
- Provide the perspective of older adults to help make Calgary more age-friendly.
- Share ideas and perspectives from your personal networks or social groups with OAAT.
- Bring OAAT ideas and perspectives back to your personal networks or social groups.
- Share information about Age-Friendly Calgary with people you know and support the vision of Age-Friendly Calgary.

Requirements

- Aged 45 or over.
- Live in Calgary.
- Passionate about your community.
- Understand older adults' needs now or in the future/ have experience as a caregiver.
- Feel comfortable to share and to provide feedback in a group setting.
- Commit to take part in monthly meetings and a two-year term.

Benefits

- Have your voice heard; help shape City programs and services.
- Make connections and broaden your network.
- Build and expand your skills.

Deadline for online applications is Wednesday, September 11. For more information visit calgary.ca/OAAT.

15% OFF YOUR NEXT ORDER

PRESENT THIS COUPON
TO RECEIVE 15% OFF UPON ORDERING.

 **403-226-7933**
delishpizzas.ca



**Delish
Pizza**

33 Harvest Hills Dr NE, Calgary, AB



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



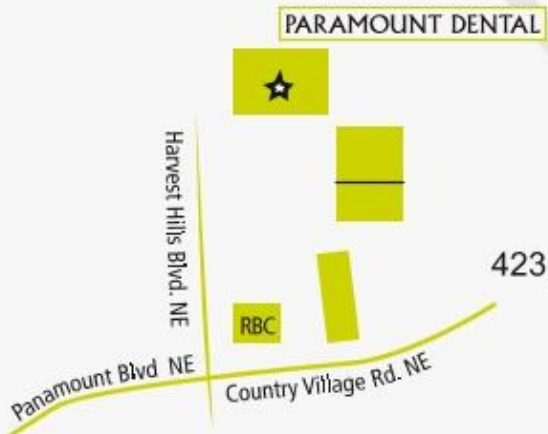
Dr. Maria Chan-Goudreau

Providing General Dental Services For Your Entire Family

Family Dentistry
Pediatric Dentistry
Cosmetic Dentistry

Restorative Dentistry
Porcelain Veneers
Hygiene & Preventative Care

Dental Emergencies
Invisalign®
Sedation Dentistry



For your convenience we offer evening & weekend appointments and direct billing to insurance.

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)

PARAMOUNT DENTAL

(403) 730-9882 paramountdental.ca

WE WELCOME ALL NEW PATIENTS

COVENTRY HILLS SCHOOL
New Playground Update
 Sponsored by the Coventry Hills School Council and Parent Society (CHEFS)

Important Dates!

- July 1st: Request for Proposal sent to all vendors
- August 15: Winning vendor chosen
- August 28 - September 18: Design voting for new playground open to public
- September 26: Welcome back BBQ, winning design announced to school

\$400,000 GOAL!

\$46 K Raised to Date

GET READY! Stampede 50/50 At NHCA Events
 With proceeds going to our new playground!

You Spoke, We Listened!

Thanks to **YOUR** voice, the staff, parents & students at Coventry Hills School, we have the following wish lists for our new school playground!

<p>School Grounds Wish List:</p> <ul style="list-style-type: none"> • More/better walkways • More utilization • Shade options • More garbage bins & picnic tables • Larger naturalization space 	<p>Naturalization Space Wish List:</p> <ul style="list-style-type: none"> • Bigger space • Indigenous plants • Comfortable places to sit • Educational components • Outdoor classroom 	<p>Playground Equipment Wish List:</p> <ul style="list-style-type: none"> • Slides • Monkey bars • More & diverse climbing options • Bridges • Promote imagination • Circuits • More physically challenging options 	<p>The Big Take Aways With Agreement Across The Board:</p> <ul style="list-style-type: none"> • Playground & naturalization space aren't awful but need a change • An inclusive playground is high priority • Kids need more outside learning & options to do so • Our grounds need to be more inviting with options to enjoy the space • NO MORE ROCKS, rubber it is!
---	---	---	--

Accidental Poisoning

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions they can take to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher or laundry tablets, mouthwash, or chemicals such as paints, solvents, or cleaning products.

Medication storage

- Place all medications in locked containers and store in an area inaccessible to children;
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

Prevention

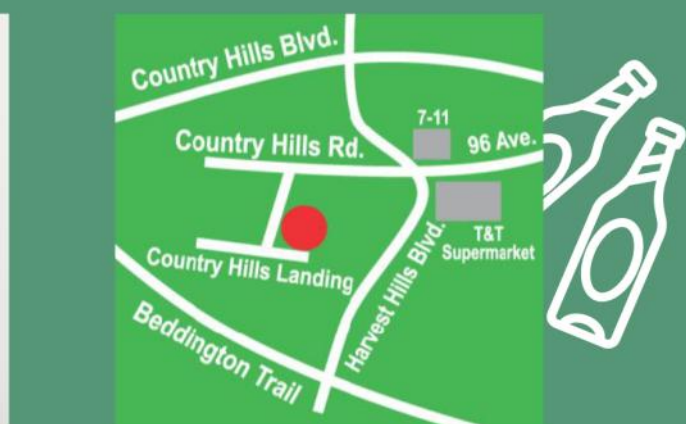
- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested;
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- In case of a poisoning emergency, **call 9-1-1!** Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

Safety tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child;
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

www.albertahealthservices.ca

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/

Calgary Public Library August 2024 Community Newsletter Content – Northern Hills

Keep minds growing with the Ultimate Summer Challenge

School may be out for the summer, but that doesn't mean you need to stop learning. By participating in the Ultimate Summer Challenge and reading every day, you'll keep your mind sharp while having fun. Plus, you'll be eligible to win incredible prizes. Find more tips about summertime learning: <https://www.calgarylibrary.ca/library-news/keep-young-minds-growing-this-summer/>

Powwow Trail 101

Want to learn more about Powwows? Have you ever wondered if there are protocols that you should know about? Throughout the summer, there have been outdoor demonstrations for people of all ages prior to the Siksika, Kainai, Tsuut'ina, Piikani, and Stoney Nakoda Powwows — which all make up the Powwow Trail. Learn more about the final Powwow Trail 101 session: <https://www.calgarylibrary.ca/events-and-programs/programs/powwow-trail-101-iethka-stoney-nakoda-powwow-demonstration/>

Creative and STEM Explorers

Calgary Public Library's Creative Explorers and STEM Explorers programs offer a wide range of fun throughout the summer and into the school year. Whether your child likes getting creative by drawing or writing or learning more about animals and planets — there is something for everyone! View programs on our website: <https://www.calgarylibrary.ca/events-and-programs/programs/?query=Explorers>

Preparing or updating your Will

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney (EPA)* and a *Personal Directive (PD)*.

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and

existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a family member or a divorce.

We make this process easy and help to ease your mind. Contact us today.

For over 25 years, **Shibley & Company** has been supporting clients in northwest Calgary. We take pride in consistently delivering effective legal counsel and personalised service.

Conveniently located in the Beddington Towne Centre Mall

219, 8120 Beddington Blvd. NW
Calgary, Alberta T3K 2A8

Phone: 403.275.3230

Office@ShibleyAndCompany.ca
www.ShibleyAndCompany.ca



Vilma Mydliar, LLB

SHIBLEY & COMPANY
BARRISTERS, SOLICITORS & NOTARIES PUBLIC

VOLUNTEERS NEEDED!



The Northern Hills Community Association is in need of volunteers to fill essential roles. With over 56,000 residents, volunteers are crucial for running the Community Association effectively.

WE NEED TO FILL OUT OUR BOARD WITH A FEW KEY POSITIONS TO CONTINUE RUNNING!

- **1st Vice President**
- **2nd Vice President**
- **Community Relations Director**
- **Land Use and Development Director**
- **Volunteer Director**
- **Membership Director**

Here are just a few reasons to volunteer with us:

- ✓ **Meet new people and make new friends**
- ✓ **Learn new skills and gain valuable experience**
- ✓ **Make a positive impact in your community and beyond**

If you're interested in volunteering with us, please contact us!
volunteer@nhca.ca

Join Us For the
Harvest Hills Hub Annual
**MAKERS'
MARKET**

Harvest Hills Community Gardens
520 Harvest Lake Drive NE
August 10, 2024 | 4pm - 8pm

**LOCAL
VENDORS**

**FREE
ENTRY**

**FOOD
TRUCKS &
LAWN
GAMES**



We need Volunteers for our Casino!

August 6 & 7 2024
Pure Casino Calgary

All funds raised stay in our
community and help us provide free
programming and events!

[SIGN UP HERE](#)

Order Your Good Food Box



Good Food Box!

Good Food Box orders will be picked up at Harvest Hills Alliance Church 10099 Harvest Hills BLVD NW. Pick up remains at 3:30 to 5:30pm. Order and Pick up dates will be updated on our website monthly!

nhca.ca/good-food-box/

Northern Hills
Community Association

COMMUNITY
KITCHEN

CLASSIFIED ADS

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

GUTTER DOCTOR

Home Exterior Services.

We do eaves trough cleaning, repairs & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens and heat cables. 50,000+ happy customers! Warranty, Insured & WCB.

Quality workmanship.

www.gutterdoctor.ca

403-714-0711.

Ravi Dulku Concourse Mortgage

Phone: 403-467-2091

Email: ravi@concoursemortgage.ca
website: www.concoursemortgage.ca

Building Dreams Together: First home buyers, competitive renewal rates, consolidate your debt, renovation financing or simply refinancing. I have access to over 30 lenders with lots of different options.

Waste and Recycling

Mark your calendar! Join Calgary's Curbside Treasure Hunt on September 7 and 8!

How to Participate:

1. Gather reusable items in good condition that you no longer need.
2. Label them 'Free' and place them on your property next to the sidewalk or curb.
3. Anyone can take these items, and you can also find treasures from your neighbours!

Guidelines:

- Only items labeled "Free" are available for taking. Create your own sign or download one from our website.
- Do not block sidewalks or fire hydrants.
- Remove all items from your property by 5 PM on Sunday, September 8.
- Donate or safely dispose of any leftover items.

If you live in a multi-family complex, coordinate with your property manager to participate.

Learn more at calgary.ca/treasurehunt





Harvest Hills Alliance Church

www.hhachurch.com



10099 Harvest Hills Blvd NW

403-226-0990

office@hhachurch.com



- Believe
- Belong
- Bless

SUNDAY SERVICE SUMMER HOURS June 30- Sept 2

10:00 AM ONLY

Streaming on YouTube/Facebook 10:00 AM

To give our valued Volunteers a summer break there is no Children's programming during the months of July & August. Pizza Box activities provided for the kids during the Service.

The Nursery is Open but not staffed

Sunday August 25 Church Service at Camp Harmattan @ 10:00 am

Everyone invited.

Bring your own lunch,
lawn chairs, friends and
family.

Come to enjoy some
games and great fellowship

There will be no church service at the church



Wishing you all a great summer!!!

VOLUNTEER WITH US!

EVENTS COMMITTEE

The Northern Hills Community Association is seeking volunteers to help organize and run four major events throughout the year. The goal is to establish a small committee to take the lead on these events in partnership with the NHCA Board of Directors. We are looking for three to four volunteers to join the committee and bring fresh ideas to the table.

Here's what you can expect:

- The committee will focus on planning and executing four major events per year
- Established events like Community on Tap, Harvest Fest, and Christmas Market will continue to be hosted, with one or two family-friendly events added to the mix
- The amount of time required will vary depending on the time of year and upcoming events, with the busiest times expected to be from July to mid-December

SPORTS COMMITTEE

The Northern Hills Community Association is seeking three to four dedicated volunteers for our Sports Committee. As we look to expand our sports programs and offerings, we need a team to focus solely on community sports. This committee will work closely with the NHCA Board of Directors to create a comprehensive sports program that caters to all age groups.

What You'll Do:

1. Contribute to developing and implementing an updated youth soccer program
2. Collaborate with a third-party soccer programmer
3. Create a community sports plan with programming for all ages

The time commitment will vary depending on the season, with the months of May through September requiring the most involvement. Join us in building a strong and vibrant sports community!

If you're interested in being a part of these exciting opportunities, please reach out to us at volunteer@nhca.ca.

CALLING ALL LOCAL WRITERS!

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

Email your article to editor@nhca.ca



In the midst of summer's embrace,
August arrives with majesty and grace.
The sun shines bright, the skies are clear,
A new month dawns, filled with cheer.

The world awakens from its slumber,
As nature's beauty begins to encumber.
The birds sing sweetly in the trees,
A gentle breeze whispers through the leaves.

The flowers bloom in vibrant hues,
Their petals glistening with morning dew.
The grass is lush, the earth is green,
A paradise unlike any scene.

Oh August, you bring us joy,
With each passing day we are buoyed.
Your warmth and light fill our hearts,
As we revel in nature's arts.

From dawn till dusk, we cherish thee,
The beginning of new possibilities.
A time for growth, a time for change,
Infinite opportunities to rearrange.

The world is ours to explore,
Our dreams and desires at the core.
With hearts full of hope and love,
We embrace the blessings from above.

As August unfolds its splendor,
We surrender to its tender.
The moments we share, the memories we make,
Each day a precious gift to take.

So let us savor this month so grand,
With gratitude and joy at hand.
For August is a time of renewal,
A season of abundance and fuel.

In this summer of 2024,
Let us rise and soar.
With Amazing grace and uplifting spirit,
In this August we shall inherit.

So here's to you, August dear,
A month that brings us near.
To the wonders of life, to the beauty of now,
In you we take a solemn vow.

To cherish each moment, to seize the day,
In August's embrace, we shall stay.
Thankful for all that we have,
In this month we shall behave.

So let us dance in the August sun,
Our hearts full of love, our spirits on the run.
For in this new month, anything is possible,
As we embrace the August spectacle.

Oh August, with your golden glow,
You fill us with a radiant flow.
In this Summer of new beginnings,
We shall find our winnings.

So let us make the most of this August day,
In every little way.
For in the beginning of this new month,
Lies the key to a future so grand.

For August is the start of something new,
A journey filled with opportunities to pursue.
So let us seize the day, with all our might,
And bask in the August light.

Miss Felicity M



Gardeners Corner

Please come visit our gardens! We want our gardens to bring enjoyment and inspiration to everyone in the community, whether you're a gardener or not. Everything is coming into its peak production with the recent heat, and it can be really relaxing to sit and eat your lunch in the garden.



With our current weather and forecast, you will continue see a lot of quick growth in your plants this month, particularly in your heat-loving plants like tomatoes and beans. Just remember to put up a cage for plants that need a little extra support and take a few minutes to install a small fence around your bed if it is at ground level – rabbits can destroy your plants in a few minutes!

With our record-breaking heat and typical Calgary winds, your raised beds will dry out very quickly. It is recommended to give your garden a full inch of water several times a week – as much as every day if it is extra hot and dry. Please consider purchasing a rain barrel, now is a great time to start brainstorming some new ideas to put into place for next year based on what you're struggling with now.

If you have any questions or suggestions, please contact our Gardens Director Amanda at gardens@nhca.ca

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

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

**LET'S
RAISE
SOME DOUGH**

**NORTHERN HILLS
COMMUNITY ASSOCIATION**

**SUPPORT YOUR
COMMUNITY**

Oral Health Care for Older Adult

By MPC Foundation

A recent Statistics Canada report, "Access to specialized health-care services among older Canadians," highlights that older women face greater challenges than men in accessing medical specialists and non-emergency tests. The study, which analyzed data from the 2019-2020 Canadian Health Survey on Seniors, found that women aged 65 and older were significantly less likely than men to visit specialists or undergo necessary medical tests. This gap in access can result in delayed diagnoses and treatments, contributing to higher incidences of conditions like dementia among older women. Dr. Samir Sinha, director of geriatrics at Sinai Health and the University Health Network, points out that this issue leads to increased disability and poorer health outcomes for older women.



The report also notes that Canada's aging population is growing, with 18.5 percent of Canadians aged 65 or older in 2021, a percentage projected to rise to between 21.4 percent and 23.4 percent by 2030. This demographic shift, driven by the aging baby boomer population, increased life expectancy, and declining fertility rates, is expected to surge the demand for elder-specialized healthcare services. However, many older Canadians report difficulties in accessing these services, owing to long wait times, challenges in getting referrals, and availability issues. Women, particularly those who are caregivers and less financially secure, face additional

barriers such as transportation costs and time constraints, further widening the access gap.

Experts like Laura Tamblyn-Watts, CEO of CanAge, emphasize the increase impact of ageism and gender discrimination in healthcare. Older women often do not have their pain and symptoms taken seriously, leading to misdiagnoses or conditions going undetected. Immigrant women, especially those from non-European countries, face further obstacles due to cultural, language, and financial barriers. Early detection and appropriate treatment are crucial for improving health outcomes and quality of life for older women. Dr. Sinha and Tamblyn-Watts advocate for more research to understand and address these barriers, ensuring that older women receive the specialized care they need.



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>



Hon. Muhammad Yaseen

MLA, Calgary-North

Minister of Immigration and Multiculturalism

Before heading out to your favourite camping or hiking spot this summer, please remember to have fun but also have a safe summer. If you are camping and hiking in Alberta's glorious landscape, please remember to visit www.albertafirebans.ca to get the most up-to-date information on fire bans in that area.

Alberta's government will address the challenges posed by the surge in student enrollment by investing \$215 million and will focus on both new construction and relocation of modular classrooms. The government is aiming to provide relief to the educational system while accommodating the needs of a growing student population. Additionally, up to 50 existing modular classrooms will be relocated to rapidly growing areas like the Calgary Metropolitan Region and Edmonton which will support up to 1,250 students. School authorities can also use this additional funding to hire more teachers and classroom support staff, which will help them manage class sizes, and tackle rising cost pressures without taking away from student learning.

Every Albertan should feel safe and protected in their community. Therefore, my ministry has created a new Alberta Advantage Immigration Program (AAIP) pathway specifically for law enforcement. The government of Alberta is adding necessary supports for Alberta's police services to meet their recruitment objectives for public protection and addressing crime. To support this, the AAIP is providing up to 50 nominations from its limited allocation pool to support Alberta's law enforcement sector. To qualify, applicants must have a job offer and a qualifying federal Express Entry profile. The AAIP helps strengthen and grow the province's economy by helping address labour challenges across all sectors, including law enforcement.

Thank you to all those who invited me to events during Stampede and throughout the summer. I had a lot of fun and met so many incredible people. These events cannot happen without the tremendous help of volunteers who make it possible. Kudos to all of you!

Special thanks to my constituents for their continued support as I carry out my duties as your MLA.

Sincerely,

Hon. Muhammad Yaseen

MLA, Calgary-North

Minister, Immigration and Multiculturalism

calgary.north@assembly.ab.ca

403.274.1931

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



Jasmine Mian Ward 3 Councillor

Here are some updates related to Ward 3, the City of Calgary, and Council decisions.

Check your mailbox for my annual mailer!

Keep an eye out towards the end of the month for my annual ward-wide mailer. Every household will receive a copy in the mail that features updates about what's happening in Ward 3 and across the city. If you have any questions or don't receive your copy, reach out to my office at ward3@calgary.ca.

Secondary Suite Incentive Program Launch

To encourage safe and accessible housing, the City has launched its Secondary Suite Incentive Program as part of our official Housing Strategy. It provides qualifying homeowners with up to \$10,000 to cover a portion of costs to develop and register and safe suite. Only suites built within main dwellings are eligible to apply for the following:

- Egress windows
- Hardwired and interconnected smoke and carbon monoxide alarms
- Protected exiting
- Smoke-tight barriers
- Split heat/separate air

Additional funding is also available for accessibility and energy efficiency. *View the full details and application process at calgary.ca/suite-incentive.*

Seeking Time Capsule Contributors from 1999

In 1999, the City created a time-capsule and friendship quilt to celebrate the International Year of Older Persons. October 1st of 2024 marks the 25th anniversary of this occasion. Ahead of this, the city is seeking out the original participants from 1999 to hear their stories and invite them to participate in the celebrations later this year. *If you or someone you know was a part of the original time capsule, reach out to agefriendlycalgary@calgary.ca to get involved.*

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor

CALLING ALL LOCAL PHOTOGRAPHERS!



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

Please email in to editor@nhca.ca



This month's winner



Sami A Houry