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Coventry Hills

Harvest Hills

Panorama Hills



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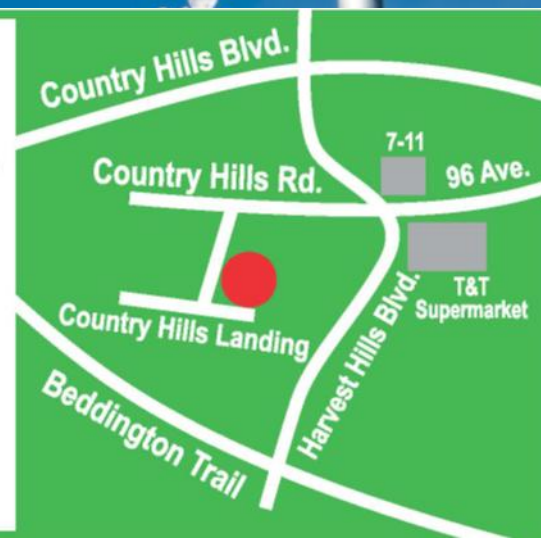


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President's Message



Amanda Mauch
President
Northern Hills
Community Association

Happy summer, Northern Hills! All the neighbourhood kids have now started school summer break, and festival season starts this weekend with Canada Day. There are all kinds of great events happening throughout the city, check the [full list](#) to find an activity to participate in! After that, saddle up Calgarians - it is once again time for the [Greatest Outdoor Show on Earth](#).

In the past month we held our Neighbour Day celebration at our outdoor Harvest Garden location. Thanks to everyone who came out to say hello to us, and brave the wet, windy weather. This month, the NHCA is hosting [Summerfest](#) at the Harvest Hills Hub on July 27th. This year it is a special Olympic edition in honour of the Paris Olympics. We'll have events for kids to compete in, great medals and other prizes, and a special Olympian guest!

Our Good Food Box program has been super popular, and for good reason! With the price of groceries right now, these boxes provide a good amount of quality produce for a very reasonable price. The program is now on break for the summer but be ready to order your next box in mid-August. Check the website for more details on [when to order](#).

With a couple of exciting new events in the works this year (details to come soon!) we are still looking for dedicated community volunteers to join our board. Our most needed Board positions are:

- Panorama Hills Representative
- 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 July!

Amanda Mauch
President
Northern Hills Community Association

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!

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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.

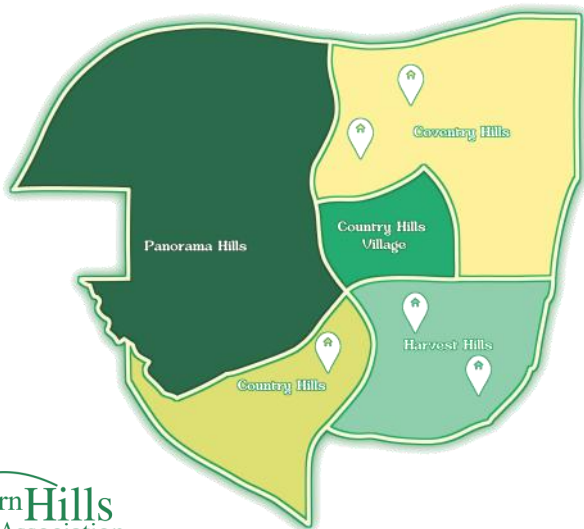
BOARD MEMBERS

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: [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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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. Other nearby locations marked include "Relay All Day/Out", "Country Hills Dental Centre", "Country Hills Town Centre", "Shopper's Drug Mart", and "Tim Hortons".

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Northern Hills
Community Association



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)

Tickets \$40 Early Bird until July 15

\$50 Regular Price

Ticket includes a Prime Rib Dinner, Door Prizes
& Silent Auction

THANK YOU TO
OUR SPONSORS.

www.nhca.ca/community-on-tap

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



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

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Dr. Henry Seto



Dr. Tonny Tang



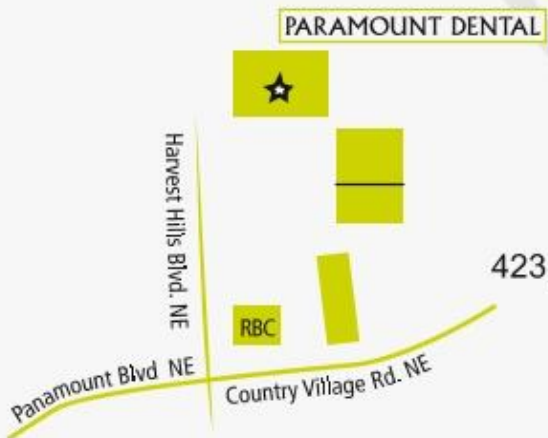
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For your convenience we offer evening & weekend appointments and direct billing to insurance.

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)

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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!

School Grounds Wish List: <ul style="list-style-type: none"> • More/better walkways rubber made • Shade options • More garbage bins & picnic tables • Larger naturalization space 	Naturalization Space Wish List: <ul style="list-style-type: none"> • More utilization • Bigger space • Indigenous plants • Comfortable places to sit • Educational components • Outdoor classroom 	Playground Equipment Wish List: <ul style="list-style-type: none"> • Slides • Monkey bars • More & diverse climbing options • Bridges • Promote imagination • Circuits • More physically challenging options 	The Big Take Aways With Agreement Across The Board: <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!
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Heat Related Illness

EMS would like to remind everyone to stay safe in the heat and sun this season. While children, elderly and individuals with varying underlying health conditions may be more susceptible to the effects of heat and sun, all should take basic prevention measures to avoid a heat related illness during periods of hot and humid weather. Text HEAT to 88111 to receive tips on heat safety.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment;
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;
- If you are concerned, seek medical attention.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal;
- It occurs when the body is unable to cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels;
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

Prevention

- Stay well-hydrated by drinking water;
- Be aware that excessive alcohol and caffeine consumption may promote dehydration;
- Wear a broad brimmed hat to keep the sun off your face and neck;
- Apply (and reapply) waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

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/

COMMUNITY ON TAP EVENT SPONSORSHIP

BRONZE \$210

- Logo included in a "Thank you sponsors" newsletter ad
- Logo included in "Thank you sponsors" sign at event
- Logo included on event webpage as a sponsor
- 2 free event tickets

SILVER \$525

- Logo included in a "Thank you sponsors" newsletter ad
- Logo included in "Thank you sponsors" sign at event
- Logo included on event webpage as a sponsor
- Acknowledged as a sponsor during thank you speech at event
- 4 free event tickets

GOLD \$1,050

- Logo included in a "Thank you sponsors" newsletter ad
- Logo included in "Thank you sponsors" sign at event
- Logo included on event webpage as a sponsor
- Logo included on all promotional posters and social media ads
- Set up banner/sign at event
- Acknowledged as a sponsor during thank you speech at event
- 6 free event tickets





The Harvest Hills Hub is back for another GREAT season!

We're bringing back all the fan favourites, so make sure to follow us on Facebook, our newsletter, and here for all the important details!

UPCOMING EVENTS

PARADE OF GARAGE SALES 9AM-3PM	MAY 25	PLANT EXCHANGE 1:30-2:30PM	JUNE 08
SUMMER FEST KIDS OLYMPICS 12-4PM	JULY 27	MAKERS MARKET MOVIE IN THE PARK* 5-9PM	AUGUST 10
BOOK SWAP & KIDS MAKERS MARKET 12-3PM	SEPT 07		

The HHHub depends on grants, volunteers, and the NHCA - help support us by buying an NHCA membership!



HARVEST HILLS HUB



SUMMERFEST OLYMPICS EDITION!

When: July 27, 2024

Where: Harvest Hills Community Gardens

520 Harvest Lake Dr NE

Time: 12:00pm - 4:00pm

**Come on down to the Harvest Hills Hub's
Summerfest - Kids Olympics!**

**Get ready for a fun-filled afternoon of sports galore,
complete with a grand opening ceremony! Remember
to show off your national pride by sporting a flag, pin,
or snazzy t-shirt!**



News from Calgary Public Library

The Ultimate Summer Challenge is Underway!

Get ready, get set, and get reading! It's time for the Ultimate Summer Challenge. Whether it's only a couple of pages or listening to a chapter of an audio book, all you have to do is read every day until August 31. Be sure to track your reading on a challenge map or using the Beanstack App and you'll be eligible for incredible grand prizes including KiwiCrate subscriptions, iPads, and more. Register today: calgarylibrary.ca/summer

Access Free Digital Books in Multiple Languages

Browse thousands of eBooks, audiobooks, and magazines for free using the Libby app. As part of a review of World Language collections at Calgary Public Library, a small **pilot** collection of Ukrainian eBooks has been added to the app. Learn more and access Libby on our website: <https://www.calgarylibrary.ca/read-learn-and-explore/digital-library/libby/>

Enjoy Family Storytimes

Join Calgary Public Library for stories, songs, and finger plays the whole family can enjoy at multiple locations across the city, or tune in virtually. Beyond encouraging the basic ability to read, family literacy creates a dynamic where learning becomes a shared adventure. View all Storytime programs on our website: <https://www.calgarylibrary.ca/events-and-programs/programs/>



SPRY in the Hills

Senior Persons Regaining Youth

**Register for
Chair-Fitness, Chair-Yoga,
and Social Time!**



- At Vivo Rec Centre
- Tue & Thu @ 1-3pm
- 24 Sessions
- Registration opens July 16 at 10am!

Register Here:
nhca.ca/seniors



Northern Hills
Community Association

Christmas Market

Vendors Wanted!

We are calling all artists, artisans, local businesses, creators, and vendors to register for a table at our third annual Christmas Market! Taking place Saturday, November 16th from 10am to 4pm at Vivo.

Registration opens July
5 at 10am!



nhca.ca/christmas-market

Waste and Recycling

Safely dispose of pressurized tanks and canisters

Going camping, hiking or hosting a barbecue this summer?

Make sure you safely dispose of pressurized tanks, canisters and aerosols (empty or full), including:

Bear spray canisters

Small camping propane tanks

Butane canisters

Standard barbecue tanks

Helium tanks

Take these items to a household hazardous waste drop-off at designated fire stations or City landfills for safe disposal. Do not put these items in your blue, black or green carts.

When put in a cart these items become a safety hazard for your collector and the staff at waste management facilities. Items can also damage collection trucks and sorting equipment.

Visit calgary.ca/hhw to check the list of drop-off locations.



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


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KITCHEN

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LIME-CILANTRO PORK WITH SALSA

Serves 4

Ingredients

2 limes, 1 zested and juiced, 1 quartered
2 tbsp oil, divided
2 tsp ground cumin
1/4 tsp ground cumin 2 green onions, chopped
4 bone-in pork chops = 700 grams
1/2 cup roasted tomato chipotle salsa
1/2 cup chopped fresh cilantro



Steps

Preheat oven to 350°F.

In a mixing bowl, combine zest, 2 tsp lime juice, 1 tbsp oil, cumin, salt and pepper. Add pork to mixture and coat well. Heat remaining oil in a large oven-proof skillet over medium-high heat. Add pork and brown 2 min per side, working in batches if needed.

Add remaining lime juice to pan, scraping up and blending in brown bits. Transfer pan to oven, roasting pork 8-10 minutes. Remove pan from oven, transfer pork to a plate, top with salsa and loosely cover with foil. Reduce pan juices over medium heat until thickened, 2 min.

To serve, spoon pan juices over pork chops, sprinkle with cilantro and squeeze juice from remaining lime over top.

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

Email: editor@nhca.ca

Stampede Breakfasts

It wouldn't be Stampede without pancake breakfasts! There are tons of them happening around Calgary-check map for locations here: [Free Calgary Stampede Pancake Breakfasts \(freestampede pancakes.com\)](https://freestampede pancakes.com)

Bump Festival

What: A blast of colour will be breathing life back into Calgary again this summer with over a hundred murals on display for the annual Bump Festival... the best part? It's free to check out! You can plan your own tour with the festival's free digital map and see the long list of events scheduled, including live mural paintings and artists' talks here.

When: August 3 to 18

Where: There are murals all over the city, view the map [2024 Archives - BUMP Festival \(yycbump.ca\)](https://yycbump.ca)

Taste Of Calgary

What: The Taste of Calgary, Western Canada's largest food festival, is making its exciting return to the city this summer. The massively popular summer foodie festival will take place from August 1 to 5, with free admission, beer gardens, and some of the best grub YYC has to offer all in one place.

Inglewood Sunfest

What: Sunfest is a massive summer event with activities made for all ages. Previous years have seen amazing bands, world-class circus performers and comedy street shows. It's also the perfect opportunity to choose the ideal summer patio and relax with a cool drink.

When: July 27

Where: Inglewood

Tickets: FREE





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.

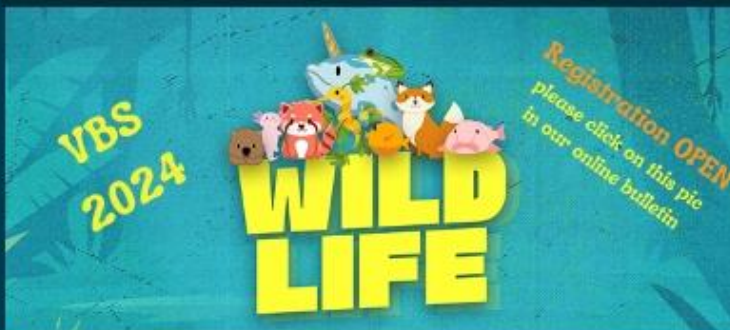
The Nursery is Open but not staffed

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



Register Now !
July 15th - 19th, 2024 9am - 12pm
Ages 4 - 10 \$50.00 per child

STAMPEDE BREAKFAST

JULY 7, 2024
9:00AM~11:00AM

FREE PANCAKE BREAKFAST
COUNTRY MUSIC
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EVERYONE WELCOME



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.

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Email your article to editor@nhca.ca



Megan M

WRITE THE SCENE **BEFORE** OR **AFTER** THIS
MOMENT.



His lungs felt as if they might burst after running for so long, yet Marc didn't stop. He barreled down the hill, almost falling several times but, miraculously he kept his footing. As the buildings in front of him started to get closer, the beast behind him did the same. Suddenly, he felt the wind get knocked out of him as his pursuer barreled into him from behind. Marc rolled over so he could at least look his killer in the eye before he would meet his inevitable end. The beast jumped on top of him, and proceeded to lick his face as he tried to push it off. "All right boy, you caught me," Marc laughed in defeat. The dog leapt off him and sat to the side, tail wagging as fast as the blades of a fan. "If we don't hurry on home, we'll be late for dinner."



COVENTRY HILLS SCHOOL COUNCIL & CHEFS PRESENTS

CARING FOR OUR

COMMUNITY & ENVIRONMENT



SKIPTHEDEPOT allows families a chance to reduce, reuse and recycle - a NEW way of giving back to the school. They primarily focus on beverage container recycling, and offer electronics / clothing as an additional service; however do not schedule electronics / clothing pickups exclusively. Recyclables can be picked up from your home and CHEFS will receive a portion of the sales from the donations.



What can be recycled?

- Bottles, Cans, Dairy Containers
- Old Electronics
- Clothing

How do I get started?

- Download the App or Register Online
- Enter Address & Pick a Date
- Cash Out (Donate to CHEFS)



Fundraising event starts...
NOW
 All funds raised will go towards our future school playground.



Contact Skip the Depot
www.skipthedepot.com
 403-476-3677

<https://app.skipthedepot.com/chefs>

Gardeners Corner

If you happen to be walking by either of our gardens, in Coventry Hills or Harvest Hills, go ahead and stroll through! We want our gardens to bring enjoyment and inspiration to everyone in the community, whether you're a gardener or not. Everything is starting to fill out nicely now, and it can be really relaxing to sit and eat your lunch in the garden.



With our current weather and forecast, you can see a lot of quick growth in your plants this month. Now is the perfect time to transplant your tender plants like tomatoes, squash, 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!

Remember that as the rain tapers off, Calgary winds can really dry out your garden 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. This is especially true if you have a raised garden bed. This year might be the year to consider investing in a rain barrel for your home, it certainly came in very handy this year while we dealt with a month of water restrictions.

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
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Calgary, AB T3K 5K3
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store264@theupsstore.ca
theupsstore.ca/264

The UPS Store



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**LET'S
RAISE
SOME DOUGH**

**NORTHERN HILLS
COMMUNITY ASSOCIATION**

**SUPPORT YOUR
COMMUNITY**

Harvest Fest Maker's Market

September 14th

Coventry Hills Community Garden

12 to 4pm

Registration open July 5th at 10am

Vendors

WANTED



How Art Can Add Years to Your Life

By MPC Foundation

Engaging with art, be it through creating or appreciating it, offers significant health benefits on par with those of exercise, nutrition, and sleep, according to experts. Research details that interacting with art can rewire our brains, releasing beneficial neurochemicals, hormones, and endorphins. As a result, more healthcare practitioners are prescribing arts engagement to treat various conditions, including obesity, heart disease, chronic pain, dementia, loneliness, and depression. Authors Susan Magsamen and Bianca Bosker emphasize that art is fundamental to human existence, not a luxury, and should be integrated into daily life for its profound impact on well-being.



The impact that art has goes beyond mere enjoyment; it has a profound physiological effect, activating multiple neurological and physiological systems simultaneously, engaging the brain, body, and spirit. Unlike viewing a photo of artwork on your phone, experiencing art in person, such as standing before a massive painting, can have powerful physical effects and sometimes cause strong emotional reactions. This idea is similar to meeting a person in real life versus online. Engaging with art can break our usual thinking patterns, giving us fresh ideas and making us better at handling stress. Additionally, the process of making art, regardless of skill level, has been shown to reduce stress and improve cognitive functions, highlighting the importance of art in maintaining mental and physical health.

For those looking to incorporate art into their lives, the key is to engage with curiosity and attention. Simple practices like noticing details in a piece, recognizing how those details make you feel, or trying to understand the artist's decisions behind certain actions can deepen one's experience with art. You do not need to be an art expert or create museum-worthy pieces to benefit; Magsamen points out that a monthly art experience can extend your life by up to 10 years. The emphasis should be on the process of understanding the art rather than the product itself, allowing for a richer, more fulfilling life through the regular practice of art.



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Get your membership here

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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)

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10% discount for NHCA members

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

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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

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18 Panatella Blvd NW
Buy any two specialty pizzas and get a free crazy bread

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30 minute free consultation and 10% off first paid booking

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Royal Palace Home Inspection

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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

Happy Canada Day! May the spirit of unity and camaraderie fill your hearts today and always.

Alberta's government is investing \$66 million to build stronger communities through community grants to non-profit organizations. The Community Facility Enhancement Program (CFEP) supports the building of new and enhancing of existing community spaces such as heritage locations, community halls, community theatres, festival spaces and many more. The most recently approved projects include 377 non-profits that received funding.

A new Aging with Dignity funding agreement with the federal government will enhance Alberta's continuing care transformation efforts to support Albertans as they age. To meet the growing needs of an aging population and ensure the future of the province's continuing care system, Alberta's government has committed \$1 billion over three years to transform continuing care in Alberta. Also, \$654 million in funding has been allocated over three years for the Continuing Care Capital Program to improve access to continuing care spaces and reduce emergency department wait times by freeing up more beds.

The Alberta government is proud to honour the outstanding accomplishments of the recipients of the 2023 Alberta Sport Recognition Awards. Award recipients were selected by a committee and considered results from the 2022-23 competition season. You can find a list of award recipients here - [Celebrating excellence in Alberta sport | alberta.ca](#) The Program was established in 1987 to acknowledge the outstanding

achievements and commitment of coaches, officials, and volunteers. In 2002 the Athlete and Team of the Year awards were added to the awards program to acknowledge high performance athletes and teams who are promoting Alberta on the national and international stage, and their pursuit of sport development goals.

Wishing you all a happy and safe Stampede! As always, it is my great honour to serve 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.

Coventry Hills Stampede Breakfast

On **July 9th**, **from 9-11AM**, join ROYOP and myself in Coventry Hills for a Stampede Breakfast and grab some food for the family. My team and I will be there to serve pancakes, give away some treats, and help with any city-related concerns you might have. Check out my social media for the full details - hope to see you there!

Want to learn more about City Planning?

The City's Partners in Planning program offers an in-person opportunity to meet planners and learn about how the City creates policies around growth. Register for your spot at calgarycommunities.com/events

Make Every Drop Count

Calgary had a mild spring, but we all still need to do our part to conserve water when we can – especially outdoors. The City recently updated its bylaw to reflect the current drought conditions – stay up to date at calgary.ca/drought and make every drop out.

- Water when it makes sense
- Apply for a rain barrel
- Prioritize native plants
- Let your grass grow to 5-7cm

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



Bob Leuty



The logo for the City of Calgary, featuring the word "Calgary" in white text on a red rectangular background.

25th Anniversary of International Year of Older Persons: Seeking Time Capsule and Friendship Quilt Contributors

In 1999, The City, alongside community partners and citizens, created a time-capsule and friendship quilt to celebrate the International Year of Older Persons. This year marks the 25th anniversary of that pivotal year, making it the perfect time to open the 25-year time capsule and reflect on the significance of the friendship quilt that was created during the 1999 events. On October 1st, 2024, the International Day of Older Persons, we're preparing to commemorate this significant milestone.

As we prepare for this special occasion, one of our primary goals is to reconnect with those who played a vital role in 1999, particularly in the creation of the time capsule and the friendship quilt. We're on a mission to ensure those who contributed their time and creativity to these important pieces 25 years ago have an opportunity to take part in the October 1st celebration.

If you were involved in any capacity with the time capsule or friendship quilt in 1999, we want to hear from you! Your stories, memories and reflections are invaluable as we revisit and celebrate the legacy of that extraordinary year.

Your participation will enrich our celebration and ensure that the spirit of community and connection continues to thrive for generations to come. Join us as we embark on this journey of remembrance, gratitude and celebration by emailing us at agefriendlycalgary@calgary.ca.

PIP-PIP-HOORAY! Join Partners in Planning (PIP) program

The Partners in Planning program offers an in-person opportunity to meet planners and learn how policies converge to guide The City's decisions and prepare for growth. Learn what planning and development policies and plans drive change in Calgary. Register for your spot at calgarycommunities.com/events.

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.