

Country Hills

Country Hills Village

Coventry Hills

Harvest Hills

Panorama Hills



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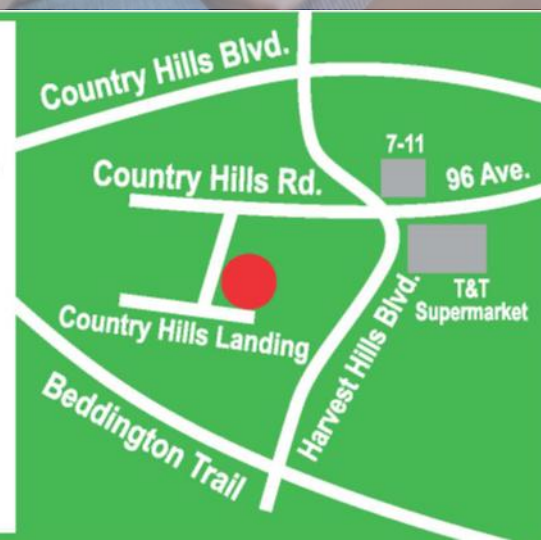


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Dr. Bijaan Lalani



Dr. Christine Ursuliak

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www.northernhillschiro.ca

President's Message



Amanda Mauch
President
Northern Hills
Community Association

Welcome to summer, Northern Hills! June is a busy and exciting month – the grass is getting greener, the birds and insects are getting busier, and we're all preparing for the end of another school year and the start of summer holiday season. For us here at the NHCA, June is typically the start of our busy event season, with outdoor activities and get togethers taking place all over our community. The next opportunity to come out and see us is at [Neighbour Day](#), June 15, being held at our outdoor space beside Harvest Hills Community Garden!

Just this week we held our AGM and said welcome to four new board members, almost doubling our numbers! We wish to welcome Brian Kielly, Christina Othitis, Mark Hayden, and Lisa Leavitt to the Board. I am really excited to add their passions and expertise to our small group and spend the next year building on our successes. As we continue to navigate these challenging times, I urge you to consider volunteering for our community association. Our organization relies on the help and support of our residents to continue providing the services and resources that make our community thrive.

Some key goals for the next year include increasing our fund development activities, planning more uses for our outdoor spaces, utilizing more strategic grants, and continuing our advocacy on behalf of community residents. Please consider joining us as a committee volunteer so we can continue this work. If you are someone who loves the Northern Hills and has a couple hours a month to dedicate to us, we want to [hear from you!](#)

Our committees most in need of volunteers are:

- Sports
- Newsletter
- Fund Development
- Events
- Volunteer and Community Relations

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 June!

Amanda Mauch
President
Northern Hills Community Association



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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.

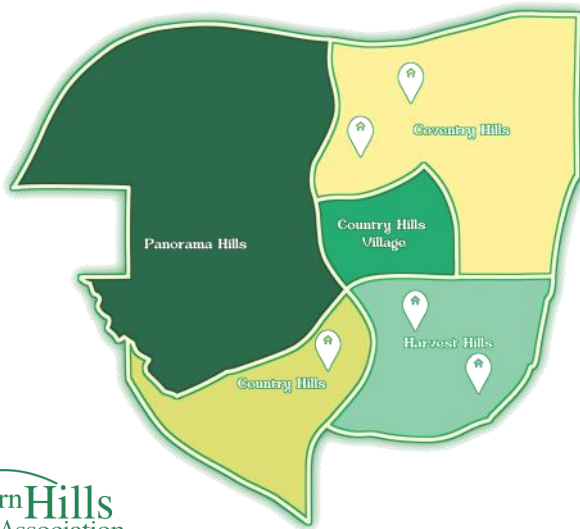
BOARD MEMBERS

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. Landmarks shown 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.

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](#)

NHCA NEIGHBOUR DAY JUNE 15, 2024

Join the Northern Hills Community Association for a celebration with our neighbours! We will have lots of fun activities on site including markets, food trucks, a talent show, entertainment, games and lots more!

 **SATURDAY**
June 15, 2024

 **12:00pm to**
4:00pm

 **Location**
Harvest Hills
Community Garden
520 Harvest Lake Dr NE

THANK YOU TO OUR PARTNERS

 **NORTHERN HILLS DENTAL**  **NORTHERN HILLS CHIROPRACTIC**

 **CALGARY FOUNDATION**
FOR COMMUNITY SERVICE

FREE ENTRY



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/

BEDDINGTON HEIGHTS
BOTTLE  DEPOT
It's Worth It

Northern Hills
Community Association



Harvest Hills Hub



PLANT EXCHANGE

Indoor & outdoor plants welcome



June 8 | 1:30 pm
178 Harvest Glen Way NE

[Facebook.com/HarvestHillsHub](https://facebook.com/HarvestHillsHub) or
[Nhca.ca/HHHub](https://nhca.ca/HHHub) for details

Drop off your tagged plants at 1:30 (find blank identification tags on the website above)

For every plant you bring you'll receive a ticket to choose a new plant - any leftover plants will be up for grabs by anyone!



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!

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Dr. Henry Seto



Dr. Tonny Tang



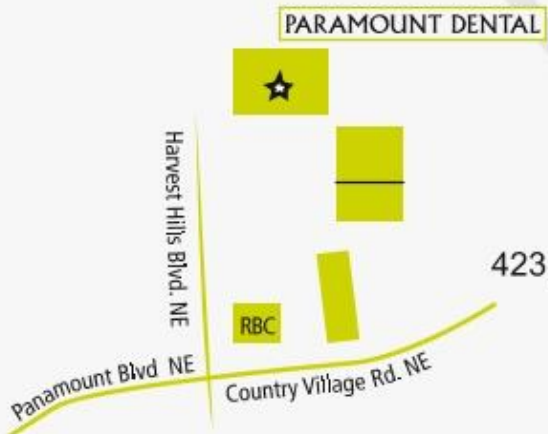
Dr. Maria Chan-Goudreau

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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

Get Ready for the Ultimate Summer Challenge

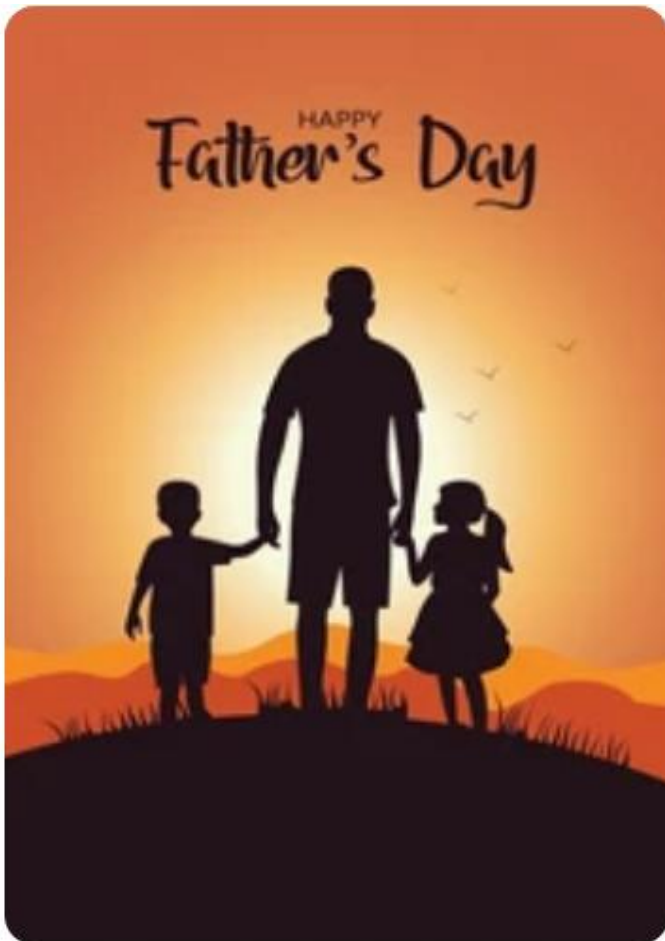
It's almost time for the Ultimate Summer Challenge! This is our largest program for readers and learners of all ages. The challenge is simple: read every day this summer. Be sure to track your reading on a challenge map or using the Beanstack App and you'll be eligible for incredible grand prizes including KiwiCrate subscriptions, iPads, and more. Registration opens June 1, and the Challenge runs from July 1 to August 31. Register today: <https://calgarylibrary.ca/events-and-programs/ultimate-summer-challenge-2024/>



Get Ready for School with Kindergarten Book Bags

Is your child starting kindergarten this year? A Kindergarten Book Bag comes with helpful resources and fun Library books to help your whole family prepare for the transition to kindergarten. Kindergarten Book Bags are available at all locations, excluding Memorial Park and Rocky Ridge libraries. Select Library locations are also hosting Kindergarten family events. Learn more here: <https://calgarylibrary.ca/events-and-programs/programs/kindergarten-family-event/>

Expanded Sunday Hours

Calgary Public Library is piloting expanded Sunday hours at nine locations. Central Library, Crowfoot Library, Fish Creek Library, Lousie Riley Library, Nicholls Family Library, Nose Hill Library, Saddle town Library, Shawnessy Library, and Village Square Library will be open from 10:00 am to 5:00 pm on Sundays starting June 2. View all locations and hours here: <https://calgarylibrary.ca/your-library/locations/>



 **Alberta Health Services** Emergency Medical Services  **Backyard Play Safety**

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure that their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

<p>Water hazards</p> <ul style="list-style-type: none">• Drowning contributes to unintentional injury-related death among young children.• Children can drown in just a few centimetres of water if it covers their mouth and nose.• Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (*) high and have a self-latching, self-closing, lockable gate. <small>(*Alberta Building Code)</small>	<p>Insect bites and stings</p> <ul style="list-style-type: none">• Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.• Avoid wearing brightly coloured clothing outdoors.• Consider destroying or relocating hives and nests situated near your home.• To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.• If your child has received an 'EpiPen Junior' prescription from your physician (for anaphylactic reactions) ensure they understand when and how to use it.• If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.
<p>Lawn and garden tools</p> <ul style="list-style-type: none">• Keep young children away from outdoor power equipment.• Serious burns may result from touching hot engine surfaces.• Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.	

www.albertahealthservices.ca

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



Check out these important updates from The City of Calgary

Tune in to the new City of Calgary podcast

The City of Calgary is introducing a new podcast called *Calgary Conversations*, an insider pass to the heart of Calgary's City Hall. Listen at calgary.ca/CalgaryConversations.

calgary.ca/CalgaryConversations

**** Limited spaces **** **The Partners in Planning (PIP) program** teaches City community associations and the public about how planning and development changes our communities. Sign up to attend in-person and free of charge at calgarycommunities.com/events.

<https://calgarycommunities.com/events/>

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newsroom.calgary.ca



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& Urgent Care

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7 days/week!**

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vcacanada.com/district



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!

Accepting
New
Patients!



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&
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Rashes
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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

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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.



JUNE WINNER!
Savory Stuffed Eggplant Rolls
Winner: Felicity Meng

Savory Stuffed Eggplant Rolls

Tender eggplant rolls stuffed with a flavorful mixture of ground beef, garlic, ginger, and green onions, then smothered in a savory, homemade black bean sauce. A delicious and satisfying Chinese dish perfect for lunch or dinner.

– makes about 4 servings –

Ingredients

2 large eggplants
1/2 lb ground beef
2 cloves garlic, minced
1 tsp ginger, minced
2 green onions, chopped
2 tbsp soy sauce
1 tbsp oyster sauce
1 tbsp cornstarch
1 tbsp vegetable oil
1/4 cup black bean sauce
Salt and pepper to taste



Steps

Preheat oven to 375°F.
Cut eggplants in half lengthwise and scoop out the flesh to create boats.
Chop the eggplant flesh and set aside.
In a pan, cook ground beef until browned, then add mushrooms, garlic, and chopped eggplant.
Stir in soy sauce, sesame oil, oyster sauce, sugar, salt, and pepper.
Cook until filling is well combined and flavors meld.
Fill eggplant boats with the mixture and sprinkle with green onions.
Bake for 25-30 minutes until eggplants are tender.
Serve hot and enjoy!

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

Email: editor@nhca.ca

Fun Things to Check Out in Calgary 2024

National Indigenous History Month

In Canada, June is National Indigenous History Month, and celebrations are at various locations across the city. It is a time to celebrate, recognize and learn about the indigenous groups in Canada, such as First Nations, Inuit, and Métis. The actual day is celebrated on June 21st.

Calgary holds celebrations in the city as well. In previous years, they've hosted Blackfoot Hand game tournaments and Métis jigging lessons. Visit Calgary's official city website for upcoming events.

Glenbow Museum

Looking for an art museum while visiting Calgary? If so, make sure to carve out time to visit Glenbow. For planning purposes, the museum is closed on Monday and Tuesday.

Banff National Park

If you can make time for a day trip to Banff, you will never regret it. In fact, you will immediately start planning a return trip.

Yoho National Park

About 2 hours away, you'll discover the beauty of Yoho National Park. Book your shuttle reservation to Lake O'Hara or take a hike. You can hike to see the Burgess Shale fossils or the iconic Natural Bridge.

Devonian Gardens

If you have time, check out Devonian Gardens, a botanical garden in the heart of Calgary. This indoor garden displays over 500 trees and 50 types of plants. This will be a great activity if it rains.





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

(First Sunday of the Month)

10:30-11:00 am Youth Hang Out

7:00 pm Young Adults

Weekly Ministries for June

Sundays

Young Adults 7:00 pm

Tuesdays

Ladies Bible Study - 7:00pm

Wednesdays

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 +

Potluck lunch 12:00 - 2:00 pm

Saturdays

Men's Bible Study

8:00 - 10:00 am



WILD LIFE

VBS 2024

Registration OPEN

To register please click here

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
PETTING ZOO & MUCH
MORE

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.

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



Spring is Here

Spring has Sprung, so green and bright,
Flowers blooming, a beautiful sight.
Summer's coming, just around the bend,
Time to explore, my dear friend.
In nature's beauty, we find delight.

Birds chirping, skies so blue,
Springtime colors, fresh and new.
Summer's warmth will soon embrace,
Adventure awaits, in every place.
Let's dance in the sun, just me and you.

Fields of green, a gentle breeze,
In Spring, the world is filled with ease.
Summer on the horizon, full of fun,
Exploring till the day is done.
Let's make memories, as bright as these.

So let's savor Spring, in all its glory,
And look forward to Summer's story.
With flowers blooming and skies so clear,
Let's cherish each moment, hold them dear.
For Spring has Sprung, now Summer's on its way

Buttercup Felicity M

Gardeners Corner

Thank you to everyone who registered for a garden bed this season! Registration is now closed, so if you missed your chance, we will be opening it up for the next season in March 2025.



Now we have the fun of planting, and watching our flowers and veggies grow into beautiful healthy plants. If you usually just plant a garden for edibles, consider making flowers a part of your garden plan this season! Early flowers in the garden are important for feeding pollinators. This includes dandelions! While they may not be as good as native plant blooms, they are a food source for bumble bees until more plants bloom. When planning for pollinators, be sure to put out a water source too. A water dish with stone, so bees and butterflies can bask and sip, will enhance your pollinator garden.

Now that we're into June, we don't typically have to worry about frosts at night. It is the perfect time to direct sow almost any seed, or to put out your seedlings for tender plants like zucchini, tomatoes and cucumbers. Be sure to put a net over any brassicas – the cabbage moths are coming!

We are always looking for volunteers, if you don't have time or the desire to manage your own garden bed, consider joining us to help with the management of the garden.

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@theupsstore.ca

theupsstore.ca/264

The UPS Store



Print and Business Services

**Mention the NHCA and
COBS Bread Country Hills
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purchase to us!**

**LET'S
RAISE
SOME DOUGH**

**NORTHERN HILLS
COMMUNITY ASSOCIATION**

**SUPPORT YOUR
COMMUNITY**

Coventry Hills School New Playground



Project Launch

It's nearing the time for Coventry Hills School where our playground is reaching the end of its life cycle. In a few years, CBE will remove the existing playground structures and unfortunately a new playground is not covered by CBE. It's up to the School Council to initiate the replacement project and our Parent Society to secure the funds.

We need your help

to make a new, inclusive, thought provoking playground possible for our overall community!

How You Can Help

Keep an eye out to support these **community fundraisers**:

- 50/50 Draws
- FundScrip
- Silent Auction
- Skip the Depot



Please use the **QR code** or **URL** below to share your thoughts with us and what you would like to enjoy at our school! **DEADLINE: May 31/24**



<https://forms.gle/fUYGgXpKgUHJKAuC7>



A new playground is estimated to cost \$400K

Contact Information:



coventryhillsoutdoorspace@gmail.com

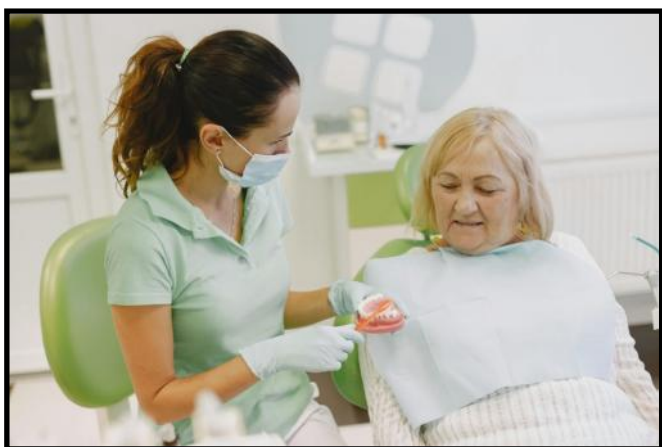
Oral Health Care for Older Adult

By MPC Foundation

A study published in the *Journal of the American Medical Directors Association* suggests that older adults with missing teeth are at a higher risk of cognitive decline and dementia. This concern only increases with each additional tooth a person is missing. While it may not be surprising that cognitive decline and oral health issues like cavities, gum disease, and tooth loss are more common in older adults, through analyzing the medical records of over 30,000 participants, researchers at New York University have found a link between these two issues.



According to their studies, participants with more missing teeth had, on average, a 48% higher risk of cognitive decline and a 28% higher risk of dementia. The analysis further detailed that each additional tooth lost accounted for a 1.4% increase in cognitive impairment and a 1.1% increased risk of dementia. Ultimately, those who were missing all of their teeth held a 54% risk of cognitive impairment and a 40% higher risk of developing dementia. While the following statistics can be daunting, participants who took reasonable precautions and used dentures as a substitute for their missing teeth did not demonstrate a higher risk of dementia than participants without missing teeth. The relationship between tooth loss and cognitive decline is still not fully understood, but researchers have suggested that tooth loss may lead to difficulties with chewing, resulting in nutritional deficiencies, chemical imbalances, and changes in how one's brain naturally functions. Poor oral hygiene can also lead to increased bacteria in the mouth, causing gum disease and inflammation that may contribute to dementia. Alternatively, this case could be an example of causality, where it's possible that a person's cognitive decline could lead to neglect of their oral hygiene, resulting in tooth loss.



While researchers continue to investigate the connection between diminishing oral hygiene and cognitive decline, the findings of this study indicate that timely intervention, such as using dentures, regular brushing and flossing, and orthodontic treatments like annual teeth cleanings, may help prevent or slow down cognitive decline due to tooth loss.

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\$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

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15% off orders excluding alcohol (dine in only)

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10% discount for NHCA members

Cobs Bread

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

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\$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.

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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

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30 minute free consultation and 10% off first paid booking

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10% off all purchases, eat-in or take-out

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<http://nhca.ca/member-discounts>



Hon. Muhammad Yaseen

MLA, Calgary-North

Minister of Immigration and Multiculturalism

Happy Father's Day and thank you for everything you do!

I had the privilege of attending the North Trail High School official opening in April. It was delightful to see students and staff beaming with school spirit and appreciation after years of hard work and commitment put forth by the community.

As Alberta experiences record population growth and evolving transportation needs, advancing passenger rail infrastructure is essential for enhancing accessibility, efficiency, and connectivity across the province. In view of the foregoing, Alberta's government announced Alberta's Passenger Rail Master Plan. This Plan will look forward decades, identify concrete actions that can be taken now in addition to future actions to build the optimal passenger rail system for the province. The Master Plan will assess the feasibility of passenger rail in the province, including regional (inter-city), commuter, and high-speed services.

To empower communities to resolve issues outside the traditional court system, Alberta's government created a one-time grant to boost community-justice programs that serve the unique needs of Alberta communities. Alberta's government is investing \$961,000 in one-time grants to 39 organizations, to support community justice initiatives that serve the unique needs of Alberta communities. Grants consist of payments ranging from \$5,000 to a maximum of \$25,000. The recipients were selected from across Alberta.

The school year will soon come to a close and summer vacations will follow! I wish all of you a relaxing and enjoyable summer as you reconnect with family and friends.

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

As always, thank you to my constituents for their 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.

Walk & Wheel Week

Walk & Wheel week is June 2-8th and focuses on getting kids to walk, bike, skate & scooter to school. Thank you so much to *Panorama Hills, Northern Lights, Hidden Valley, Coventry Hills, Valley Creek, Simons Valley, and St. Clare School* for helping encourage alternative modes of getting to and from school! The Ward 3 office is happy to support this initiative with prizes for the kids because it helps get youngsters active and reduces traffic congestion during rush hour.

Canada Day Celebrations

On July 1, Calgarians and visitors are invited downtown to celebrate Canada Day. This year's free and family-friendly celebration features an Indigenous showcase and powwow, live music, and will end with fireworks above Stampede Park. Other attractions throughout the day include cultural activities, performances, face painting, turban tying, a street fair and more.

Visit calgary.ca/Canada-day to learn more.

Got Junk?

Community cleanups are continuing across the city and can help save you a trip to the landfill. The city supplies trucks and crews to assist community volunteers in helping you get rid of unwanted items.

Here are the cleanups in Ward 3:

June 8 – Livingston Community Association

June 23 – Sandstone MacEwan Community Association

Visit calgary.ca/cleanups to view all the locations.

Neighbour Day

Calgary's annual celebration of community is coming up on Saturday, June 15th. Check out your local Community Association to view events in your neighbourhood.

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor

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This month's winner

Red winged blackbird at Coventry Hills storm pond



Sami A Houry