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Coventry Hills

Harvest Hills

Panorama Hills



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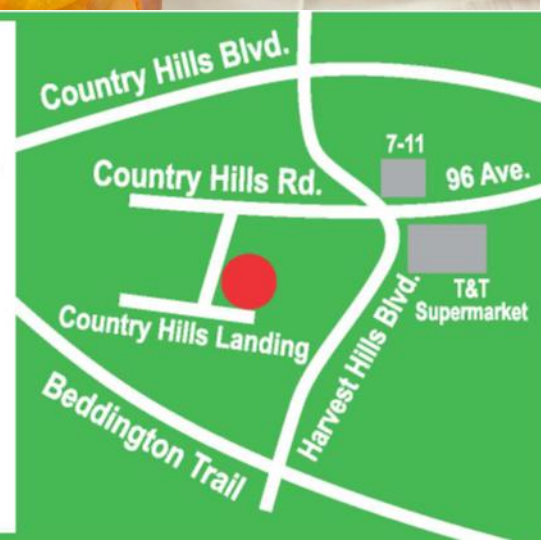


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Dr. Bijaan Lalani



Dr. Christine Ursuliak

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President's Message



Amanda Mauch
President
Northern Hills
Community Association

Welcome to the beginning of our summer season! We have a lot of events upcoming in the next few months, so make sure you're following us on social media for the latest updates. Our [youth soccer](#) program is still open for registration and [public garden](#) registration closes on May 10, so register before time is up!

This month we are hosting our AGM in person at Harvest Hills Alliance Church. We will have a meet and greet session before the agenda begins, with tables set up for many of our partners. Please come out and meet the people that do such important volunteer work in our community! We will also have several government representatives on site to chat with residents. Please go here to [RSVP for our AGM](#).

In case you didn't know, community associations receive no guaranteed financing – all our budgetary needs must be met through sales of memberships, fees for programming, and primarily grants. You can help! Please purchase an [annual membership](#) for your household. A yearly membership is just \$30 per household – that's **\$2.50 per month**, less than one fancy coffee. It truly makes a difference.

If you require assistance with registrations or information, our wonderful Executive Director, Melissa, can help you at info@nhca.ca. She also can give information via text message with this number: 403-226-6422.

Thank you for your continued support and dedication to our community.



COMMUNITY CLEAN-UP

May 18, 2024
9:00am - 2:00pm
@ North Trail High School



For info and to
volunteer :
[nhca.ca/community-
clean-up/](http://nhca.ca/community-clean-up/)



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.

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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.

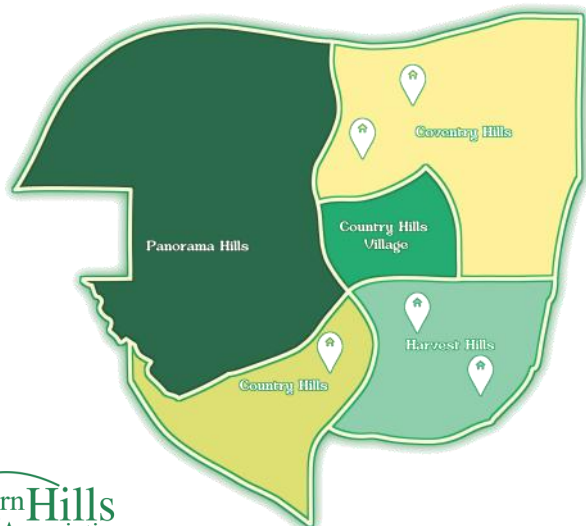
BOARD MEMBERS

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

DIRECTORS: Suresh Fernando, 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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Calgary, AB T3K 4Y7
403.226.1809
www.countryhillsdental.com

A map showing the location of Country Hills Dental Centre at the intersection of Country Hills Blvd NE and Coventry Hills Blvd NE. The map includes labels for "Country Hills Dental Centre", "Country Hills Town Centre", "Shopper's Drug Mart", "Tim Hortons", "Country Hills Drive Course", and "Edgelynn Day/Out".

NORTHERN HILLS

ANNUAL GENERAL MEETING

WHEN: MAY 28, 2024

TIME: DOORS OPEN AT 6:00

WHERE: HARVEST HILLS ALLIANCE CHURCH

10099 HARVEST HILLS BLVD NW, Calgary, AB T3K 4W9

Speak with your NHCA Board

Check out programs and groups in the Northern Hills

Socialize with other community members

Find out what's happening in your community

Discover ways to help out

www.nhca.ca

Harvest Hills - Country Hills - Coventry Hills - Country Hills Village - Panorama Hills

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
- 16 Sessions
- Registration is OPEN!

Register Here:
nhca.ca/seniors

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/](https://nhca.ca/donate-recycling/)

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!

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

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

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



Dr. Henry Seto



Dr. Tonny Tang



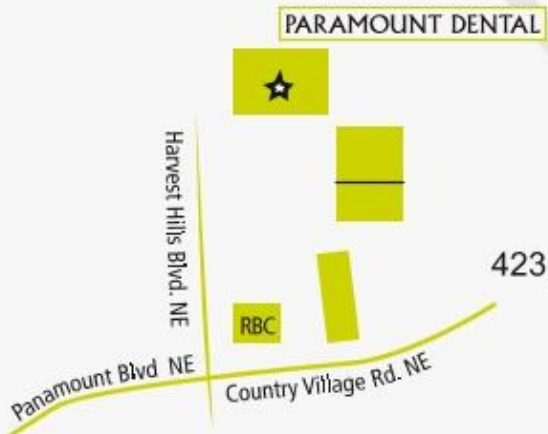
Dr. Maria Chan-Goudreau

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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

Visit Engine 23 at Fish Creek Library

Experience Engine 23 at Fish Creek Library! The decommissioned fire truck will impress your whole family. Engage in imaginative play through a hands-on approach to literacy skill-building and safety education. Interact and play with the fire truck's switches and levers, enjoy storytimes with real Calgary Fire Department firefighters, and take part in all of the standard elements of the Library's Early Learning Centres, including mobility, climbing, physical literacy, and sharing space. Learn more here: <https://calgarylibrary.ca/connect/students/engine-23/>


Discovery Literary Arts at LitCon

LitCon returns to Calgary Public Library, May 27 – 31. The literary arts festival is for classrooms from kindergarten to Grade 9 and encourages creativity, social connections, and skill development. Classrooms in the Calgary area can register for virtual sessions to learn more about literary arts while individual students can get inspired during in-person programs at select Library locations. View the full list of LitCon programs here: <https://calgarylibrary.ca/events-and-programs/upcoming-events/litcon/>

Learn Over 100 Languages with Pronunciator

Take ESL courses or learn over 100 languages for free with the Library's digital language learning resource, Pronunciator. It features lessons, pronunciation analysis, live tutor opportunities, and quizzes. You can also use Pronunciator on your mobile device with the Bluebird language app, which can be downloaded on the Google Play or Apple App Store. Learn more and register for Pronunciator here: <https://calgarylibrary.ca/read-learn-and-explore/digital-library/pronunciator/>





Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be mitigated by following safety measures. Take the time to assess potential window and balcony hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window be can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

www.albertahealthservices.ca



Harvest Hills Hub



PARADE OF GARAGE SALES IS BACK!



May 25, 2024

9am - 3pm

**Register your garage sale HERE
before May 22, 2024 and we'll
add it to our map for FREE!**



**After May 23, find the map on
Facebook, NHCA, or pop by the
HHHub on the day of the sale!**





Check out these important updates from The City of Calgary

<p>Property tax is due Friday, June 28</p> <p>Pay or join the Tax Instalment Payment Plan by then to avoid late payment penalties. Visit calgary.ca/PropertyTax.</p>	<p>calgary.ca/PropertyTax</p>
<p>Enjoy off-leash dog parks safely this summer</p> <p>Calgary's off-leash dog parks provide a fantastic opportunity for dogs to exercise during the summer months. License your dog before you head out: calgary.ca/pets/licences.</p>	<p>calgary.ca/pets/licences</p>
<p>Celebrate Neighbour Day 2024</p> <p>Celebrate Neighbour Day 2024 in your community on June 15! Get together with your neighbours or attend a free community event. Visit calgary.ca/NeighbourDay to learn more.</p>	<p>calgary.ca/NeighbourDay</p>
<p>Have your say on Calgary's Canada Day celebrations</p> <p>The City of Calgary wants to hear what's important to you on Canada Day and what an ideal downtown celebration looks like. Have your say at calgary.ca/CanadaDaySurvey.</p>	<p>calgary.ca/CanadaDaySurvey</p>
<p>Tune in to the new City of Calgary podcast</p> <p>The City of Calgary is introducing a new podcast called <i>Calgary Conversations</i>, an insider pass to the heart of Calgary's City Hall. Listen at calgary.ca/CalgaryConversations.</p>	<p>calgary.ca/CalgaryConversations</p>
<p>Be water-wise and create a YardSmart yard this spring</p> <p>Calgary is currently experiencing drought conditions. Together, we can make every drop count in our yards by using water wisely. Visit calgary.ca/YardSmart for more information.</p>	<p>calgary.ca/YardSmart</p>
<p>** 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/events.</p>	<p>calgarycommunities/events</p>

Stay connected to The City of Calgary

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twitter.com/cityofcalgary

newsroom.calgary.ca

6TH ANNUAL COVENTRY HILLS COMMUNITY

PARADE OF GARAGE SALES

SATURDAY, JUNE 8TH, 2024

9AM - 4PM



Event proudly sponsored by

CORY LOMSNES

REALTOR

587.435.0750

RE/MAX REAL ESTATE MOUNTAIN VIEW

Come join the Parade of Garage Sales

Each participating home will host their own garage sale on their property, garage, parking pad, front/backyard, front porch etc. We will take care of the advertising, boulevard and directional signs and virtual map.

Each home will be provided signs to direct and guide bargain/treasure hunters to your location.

To **PARTICIPATE**: Register to have your address added to the virtual map and list of participating homes by:



Scanning this **QR code**, fill out and submit the form

OR

Email your name, address, and phone number to: coventryhillsgaragesale@gmail.com

DEADLINE to register is **Saturday, June 1st, 2024**

New this year, we are featuring Perfectly Placed Professional Organizers, owned and operated by Christie Emmerson, a Coventry Hills resident. www.perfectlyplacedyyc.com

Each participant can enter the draw to win a **3 Hour Onsite package** with Perfectly Placed Professional Organizers (\$135 value)

We love seeing the young entrepreneurs! This year the young entrepreneurs have an opportunity to **win 4 passes to Activate Calgary** (\$118 value) just for having their own table or sale.

The **virtual map** and **list of participating homes** will be available through the Coventry Hills Community Parade of Garage Sales Facebook page and at www.corylomsnes.com on **June 5th**.

VCA 

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& Urgent Care

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Now accepting
NEW CLIENTS

District Animal Hospital and Urgent Care is conveniently located near Deerfoot Trail and Country Hills Boulevard.

From your pet's annual wellness exams, dental cleanings and nutrition needs, to urgent care when you need us most, our team is here for you seven days a week.

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!



HARVEST HILLS

Full Swing PATIO PARTY

LIVE DJ | MINI GOLF | PRIZE DRAWS
PATIO GAMES | OUTDOOR BBQ | BIRDIE JUICE

Golf Giveaway!

JUNE 1ST, 2024



TICKETS \$5

Win a Golf Getaway

BANFF SPRINGS GOLF CLUB

18 HOLES FOR 4 | OVERNIGHT ACCOMODATION | DINNER & BREAKFAST

A portion of the proceeds to support the Northern Hills Community Association.

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Show this card at the following locations
to redeem these offers before June 30th, 2024

\$5⁰⁰ OFF

A large bucket of balls at
BEDDINGTON GOLF PARK

50% OFF

Golf Simulators at
CBH TOWNSHIP

\$10⁰⁰ OFF

A round of 18-holes at
WINGFIELD GOLF CLUB
(Excludes twilight)

Return the completed score card to Harvest Hills CBH for

\$5 OFF AN APPETIZER
& **ENTRY INTO THE JUNE 1ST GOLF GETAWAY DRAW**

1	-1 Stroke for longest drive in the group
2	Play a full hole barefoot!
3	Tee off with your putter!
4	Play a hole with just a driver from start to finish
5	Complete the entire hole with a drink in one hand
6	Be the happiest person on the course
7	Best ball scramble rules
8	Play a hole with just the putter start to finish.
9	Share a photo on Instagram @theCanadianBrewhouse
10	Make a new golf friend on the course
11	Trade balls for tee off only
12	A speed round hole - Fastest possible
13	Closest to the pin on approach - 1 strokes
14	Play the entire hole with one club
15	+1 stroke if you hit the fairway
16	Longest Drive hole
17	No look putting. Eyes up here.
18	Redeem this scorecard for \$5 off an appetizer

NAME: _____

PHONE NUMBER: _____

E-MAIL ADDRESS: _____

One card per person per visit.

Must be 18 years or older to be eligible for all prizes. I agree to receive marketing emails, newsletters, and promotional offers from The Canadian Brewhouse Ltd. at the email address I have provided. I understand that I can withdraw my consent at any time by using the unsubscribe link provided in each message or by contacting The Canadian Brewhouse Ltd. at www.thecanadianbrewhouse.com

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Northern Hills
Community Association

2024 SPRING SOCCER

OPEN TO PLAYERS FROM ALL
COMMUNITIES.

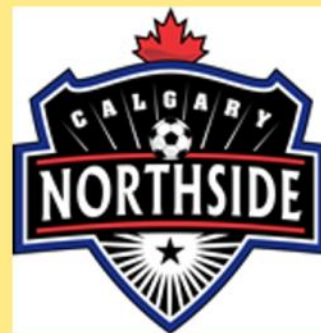
CMSA CITY OUTDOOR
LEAGUE AGES 6 TO 19

GRASSROOTS OUTDOOR
SOCCER AGES 4 TO 19

RUN BY PASS INSTRUCTORS

NO VOLUNTEERING
REQUIRED

REGISTER AT
NORTHSIDESOCCER.CA



Order Your Good Food Box



URGENT

Good Food Box Pick Up Location Change!

Good Food Box orders will now be picked up at Harvest Hills Alliance Church 10099 Harvest Hills BLVD NW starting in March 2024. 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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Insured & WCB.

Quality workmanship.

www.gutterdoctor.ca,

403-714-0711.

Place Your
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Waste and Recycling

Park cart smart

When you set out your blue, green and black carts properly, you're helping to ensure safe and efficient operation of The City's waste collection trucks. That includes how you park on the street outside your home, especially in cul-de-sacs. A few simple reminders will help make everyone's day go smoothly:

- **Parking in a cul-de-sac:** All vehicles must be parallel parked with passenger side wheels to the curb, unless there are signs permitting angle parking. This helps collection trucks reach your carts and turn around in a cul-de-sac.
- Place your carts on flat ground, one metre away from your vehicle if parked on the street.
- Improperly parked vehicles block driveways for residents and restrict access for emergency and waste management vehicles.

Parking in an alley: Do not block the end of a closed alley with parked vehicles. Collection trucks need space to turn around safely.

These simple but important steps help ensure safe and efficient cart collection.



Serves: 4

1/4 cup olive oil

1/2 lb asparagus spears. trimmed and cut into 2 in. pieces

1 cup cherry tomatoes

1 lb (500 g) shrimp thawed (16 to 20 count) peeled and deveined

4 cloves garlic minced

1/2 tsp salt

1/4 tsp hot pepper flakes

3 tbsp lemon juice

1/4 cup finely chopped fresh parsley

Directions

Heat 10 in cast-iron skillet on grill preheated to medium-high. Add oil. Sauté asparagus and tomatoes 3 to 5 min. until they begin to char.

Stir in shrimp, garlic, salt and hot pepper flakes. Cook 3 to 5 min. until shrimp turns pink and opaque.

Just before serving, mix in lemon juice 2 tbsp water and sprinkle with parsley.

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

Email: editor@nhca.ca

Update from the Country Hills Playground Boosters

We're still waiting for spring to come and we're just as tired of the wacky weather as everyone else!

In April we met with Ward 3 Councillor Jasmine Mian's staff member, Sarah, who had lots of advice to give us on "how to playground". Country Hills is not alone among Ward 3 neighbourhoods trying to refresh and revitalize playgrounds. Hidden Valley's playgrounds are also undergoing a makeover!

We've been invited to the NHCA AGM on May 28th, so we hope to see you there!

And speaking of May, we're waiting for a pick-up date from the City of Calgary Recreation Department. We're going to bring pathway games to four of the playgrounds! Stencilled pathway games are the easiest, quickest and cheapest improvement we can make. The paint has been purchased—now we just need the weather to co-operate!

We also began surveying the playgrounds in April and have reached out to the community and community groups for volunteers. The Boosters can't be everywhere, so we need your help! Contact us for a printable or paper survey sheet. Surveying helps us understand which playgrounds and equipment are popular and helps us make good, data-driven decisions.

In addition to our Facebook page, our website is up and running! Stay tuned for more information and watch for us at playgrounds and knocking on your door as we spread the word about our initiative! Visit us online at <http://www.countryhillsp playgroundboosters.com>!



Fun Things to Check Out in Calgary 2024

Inspired Curiosity Exhibition

Studio C (Prospect), 1721 29 Avenue Southwest #235, Calgary

Inspired Curiosity showcases sensational work created by participants in the ArtRecruits program. ArtRecruits is an art-based workplace skill building program that teaches employment skills in the art studio rather than a classroom. The reception will be hosted by the Artists and Prospect Facilitators. The reception will take place on Thursday, May 9th from 5pm to 7pm. You will have the opportunity to learn about the program, hear from the artists about their experience, and purchase some of the beautiful artwork that has been created throughout the program.

Join us for the reception on May 9th, or come and explore on your own from May 9th-24th on during our gallery hours of Monday-Friday from 10am-4pm!

The Inglewood Night Market May 10- September 2024

10 Ave & 10 Street SE, Calgary

The Inglewood Night Market is a modern market with locally sourced and handmade vendors selling diverse goods; from handmade crafts to vintage clothing, antiques & collectibles, artisan eats & more! **THE MARKET IS OUTDOORS.**

135 curated local artisans, makers and small businesses

Live Music

Beer Garden

Calgary Reads Big Book Sale May 10th to 20th 2024

Calgary Curling Club, 720 3rd Street NW

Shop more than 150,000+ gently used books at the 19th Calgary Reads Big Book Sale!

Special BOGO, fill-a-box and free book days + details about parking and more at www.bigbooksale.ca

Whatever you love to read, you'll find stacks here! Most adult books are \$4 and most children's books are \$2. Proceeds fuel the important work of local early literacy organizations so Calgary's children can enjoy a bright start in school and in life!





Harvest Hills Alliance Church

www.hhachurch.com



10099 Harvest Hills Blvd NW

403-226-0990

office@hhachurch.com



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

10:15 am E.S.L

7:00 pm Young Adults

Weekly Ministries for January

Sundays

ESL 10:15 am

Young Adults 7:00 pm

Tuesdays

Ladies Bible Study - 7:00pm

Wednesdays

Ladies Bible Study Precept - 9:15 am

Youth Life Groups 6:30 - 8:30 pm

Thursdays

Every 1,2 & 4 Thursdays Quilters Plus

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

Every 3rd Thursday Young at Heart 65 +

Potluck lunch 12:00 - 2:00 pm

Saturdays

Men's Bible Study

8:00 -10:00 am

****Come Join Us****

VBS 2024

WILD LIFE

Save the date!
 July 15th - 19th, 2024
 9am - 12pm
 ages 4 - 10

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

White rocky snow leaking
Emerald green grass peaking

Goodbye winter
Hello summer

Ice melting
Cats smelling

Birds lovely singing
Grass lovely minting

Sun scorching
Sky storming

Flowers blooming
Sky is looming

Hungry birds chirping
Sleepy frogs burping

Winter going
Green grass growing

Author -Stella, age 10

Submitted by Esther Pawliw

Gardeners Corner

Gardeners, we have just a couple of raised beds still available in Harvest Hills and Coventry Hills gardens, we will not be accepting registrations past May 10th, so call or click below before you lose the opportunity!

The NHCA community gardens are dedicated to bringing together neighbours to provide locally grown food for their families. Each year, we also dedicate beds to the Calgary Interfaith Food Bank and other interested groups. The garden promotes community, organic growing methods and a sense of shared responsibility and team work.

Register [NOW!](#)

Rental Costs:

4 x 12 – \$50

4 x 8 – \$40

All garden plot rentals require an [NHCA membership](#), valid until Oct 31st.

All community garden plot rentals are valid for one growing season, from May 1st through October 31st of the year of purchase.

Volunteer Opportunity:

Each gardener is required to volunteer and complete 2 duty shifts per bed, but we are also looking for leadership! If you have a bit more time and are interested in taking more of an active role, we need volunteers who will help with communication, maintenance, or mentoring!

If you would like more information on this, please contact our Garden 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
will donate 5% of your
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

Learning how to Remember

By MPC Foundation



Do you sometimes have problems remembering things that were just told to you? A name, a detail, a word? Well, you're not alone. This feeling where you just can't remember is called "blocking," which is essentially diminished memory recall.

But why does this happen? Well, as your brain ages, its ability to easily recall information tends to weaken. Lydia Cho, a psychologist at McLean Hospital, details that the brain shrinks about 5% every decade after you turn 40, with the regression speeding up when you hit 70. A smaller brain means there are fewer neurotransmitters to carry signals between brain cells. This makes the brain less efficient. Cho also suggests certain habits and conditions contribute to blocking, such as depression, stress, lack of exercise, etc. Even though all of these factors can occur naturally, it doesn't mean you can't improve your ability to recall.



The next time when you are struggling to remember information, try giving your brain "hints" about what you want to recall. To do this, try the following strategies:

Create association: When you learn something new, try to associate it with something you already know. A strong association can help your brain recall the idea later.

- For example, Sally is your friend's sister. Your brain is more likely to remember the name Sally since it is associated with something familiar, your friend.

Look, snap, connect: This practice involves paying attention in the moment of learning something new and then using imagining to solidify your memory.

- For example, you park your car in section 4B of a parking garage. In terms of this method, "Look" refers to what you are supposed to remember (4B), and "Snap" means that you are attempting to remember the information. Finally, "Connect" involves associating the information with something else (4B = 4 Bananas).

Retrieving words and memories: When you are trying to retrieve the right word or memory, pausing and giving your brain time to focus allows it to send the necessary signals to obtain information.

Brute force: Sometimes, if you skip over the mental barrier and just ramble around the conversation, you give your brain time to think and find the correct information.

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

HAPPY MOTHER'S DAY! Thank you to mothers EVERYWHERE for EVERYTHING you do.

As of April 1st when seniors visit their preferred registry office, they will be eligible for a discount on services like vehicle registration renewals, driver's licenses, standard plates and vital statistics products like marriage licenses. Eligible seniors must be a resident of Alberta and 65 years of age or older on the day they purchase the registry services.

Alberta's government is working to ensure every Albertan receives required surgeries within clinically recommended wait times. The latest waitlist data shows more Albertans are receiving their surgeries within clinically recommended times than at any time since 2020. The government will also continue to invest in acute care, prioritizing initiatives like the Facilitated Access to Specialized Treatment (FAST) program and Rapid Access Clinic pilot to reduce surgical wait times. Albertans deserve reliable health care and a new, integrated system will improve patient outcomes to better support our world-class health care professionals.

Calgary is home to a thriving arts and culture scene, which has cemented the city as a premium destination for performing and visual arts. Through Budget 2024, Alberta's government is investing in cultural infrastructure in downtown Calgary, which will create local jobs, attract tourists, and revitalize Calgary's downtown.

Alberta's government has recently added hotel surge capacity, so that eligible Ukrainians arriving in Alberta have a place to stay for up to 14 days upon arrival. Your government continues to offer numerous services and supports for Ukrainian evacuees and continues working to extend key services such as health care and emergency financial supports beyond April 30, 2024, as needed.

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 major updates related to Ward 3, the City of Calgary, and Council decisions.

Proposal to Rezone: Decision

To find out more about how Council voted regarding the proposed rezoning, visit www.jasminemian.ca

Got Junk?

With spring comes spring cleaning. Community cleanups are happening across the city and can help save you a trip to the landfill. The city supplies packer trucks and crews to assist community volunteers, who will help you get rid of unwanted items that wouldn't normally fit in a black bin.

Here are the cleanups in Ward 3:

- May 18 – Northern Hills Community Association
- June 8 – Livingston Community Association
- June 23 – Sandstone MacEwan Community Association
- June 30 – Hidden Valley 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. If you want to get involved in organizing your own event, check out the details and options for funding at calgary.ca/NeighbourDay.

Make Every Drop Count

While conditions have improved a bit, the Calgary region still remains in a drought. There are a few practical steps everyone can take to make a big difference.

- Run full loads of dishes and laundry
- Don't let the tap run when brushing your teeth – saves up to 32 litres per day
- Shave a few minutes off your shower – 5 minutes can save 100 litres
- Fix any leaky taps or toilets
- Choose water-wise plants
- Install a rain barrel – get a discounted one through June

For full details on drought conditions and resources like rain barrels, visit www.calgary.ca/water/programs/drought

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor

CALLING ALL

LOCAL PHOTOGRAPHERS! 

**COBS
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Please email in to editor@nhca.ca



This month's winner

Northern British Columbia



Celia Alvarado