

Country Hills

Country Hills Village

Coventry Hills

Harvest Hills

Panorama Hills



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Conveniently located at 40 Panatella Blvd N.W.

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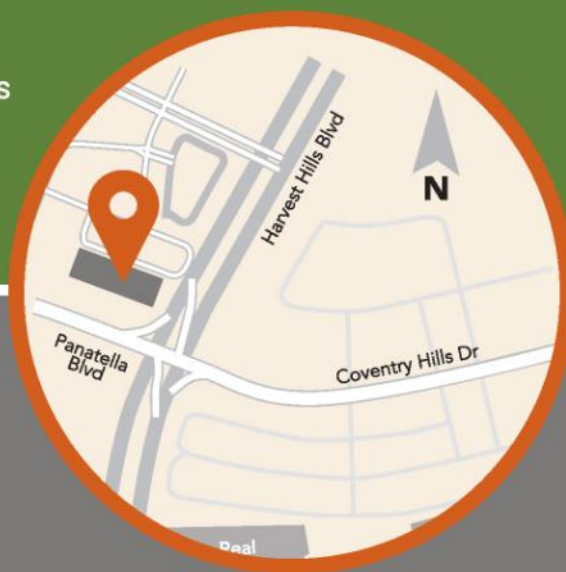
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- Emergencies seen promptly & second opinions welcome

We offer a wide range of dental services such as:

- Children's Dentistry
- Sedation Dentistry
- Dental Cleanings
- Wisdom Teeth Removals
- Dental Emergencies
- Root Canal Therapy
- Dentures
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- Invisalign®
- Dental Implants
- 3D Dental Scans
- Zoom® Whitening
- Sedation Dentistry
- Dental Crowns
- Dental Bridges
- Sports Mouth Guards



Conveniently located at 36 Panatella Blvd N.W.

EVENING & SATURDAY APPOINTMENTS AVAILABLE

OPEN 6 DAYS A WEEK

Did you know that chiropractic care can help with more than just back pain? We can also help with:

Headaches • Frozen Shoulder • Planter Fasciitis • Ankle & Wrist Issues • Pre & Post Natal Care



Dr. John Ng



Dr. Bijaan Lalani



Dr. Christine Ursuliak

403-532-0711
www.northernhillschiro.ca

President's Message



Amanda Mauch
President
Northern Hills
Community Association

As the weather warms us, our programming is getting into active registration mode. We have [youth soccer](#) currently open for registration and [public garden](#) registration is ongoing, there are still a few beds left!

We've postponed our Spring market for now, due to lack of hall space in the community, and will instead be including it as part of our Neighbour Day celebrations in June. Stay tuned for more details!

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.

Amanda Mauch
President

LET'S CLEAN-UP THE COMMUNITY TOGETHER!

May 18 @ 9 AM - 2 PM

@ East Parking Lot,
Vivo



FOR INFO AND TO VOLUNTEER: [NHCA.CA/COMMUNITY-CLEAN-UP](https://nhca.ca/community-clean-up)

2024



Early Bird Pricing
\$30
until April 8

NOTRE DAME HIGH SCHOOL ATHLETICS
BLUE & GOLD ATHLETIC SOCIETY
SILENT AUCTION

20 | April 2024
7 pm

Tickets \$40
Alumni Ticket includes 2 Drink Tickets
Interactive Games, Raffles, Door Prizes
Cash Bar, Music
ONLINE & LIVE Auction Items


SCAN ME




FOR TICKETS

Everyone Welcome

SUPPORTING NOTRE DAME HIGH SCHOOL ATHLETICS
CURRENTLY SEEKING AUCTION ITEMS
Contact blueandgoldathleticsociety@gmail.com
www.blueandgoldathleticsociety.ca

Bicycle Helmet Safety



Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent significant injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To assess the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride need to wear helmets;
- Parents can lead by example – always wear a helmet when cycling.

www.albertahealthservices.ca

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and so much more!

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.

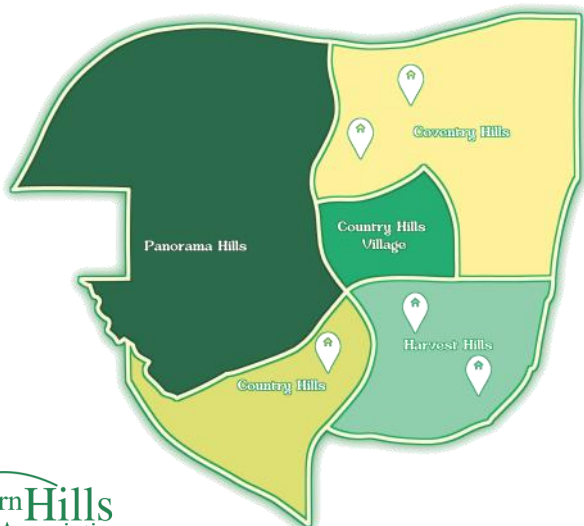
BOARD MEMBERS

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.



A large advertisement for Country Hills Dental Centre. The top left shows a photograph of the building at dusk. The top right features the slogan "Proudly Serving the Community Since 1998" and a list of services: Dentistry for the whole family, Convenient location, Preventative hygiene maintenance, Sleep Apnea treatment, Dental Implants, Invisalign, Professional Whitening, and General and Cosmetic Dentistry. The middle section has the tagline "Where Smiles Begin" and lists the dentists: Dr. Tim Begalke, Dr. Jamie Wallace and Associates. The bottom left shows the "COUNTRY HILLS DENTAL CENTRE" logo. The bottom right includes the address: #707, 500 Country Hills Blvd NE, Calgary, AB T3K 4Y7, phone number 403.226.1809, and website www.countryhillsdental.com. A small map in the bottom right corner shows the location relative to Country Hills Blvd N.E. and Coventry Hills Blvd N.E., with landmarks like "Country Hills Dental Centre", "Shopper's Drug Mart", and "Tim Hortons".



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



SPRY in the Hills

Senior Persons Regaining Youth

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



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/

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



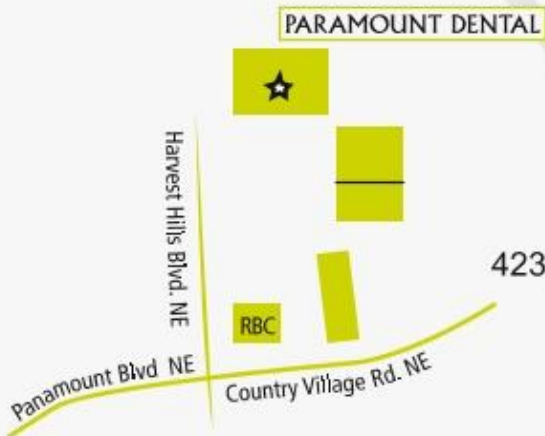
Dr. Maria Chan-Goudreau

Providing General Dental Services For Your Entire Family

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Pediatric Dentistry
Cosmetic Dentistry

Restorative Dentistry
Porcelain Veneers
Hygiene & Preventative Care

Dental Emergencies
Invisalign®
Sedation Dentistry



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

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

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

PARAMOUNT DENTAL

(403) 730-9882 paramountdental.ca

WE WELCOME ALL NEW PATIENTS

**EMBARK ON YOUR CHILD'S EXCITING JOURNEY TOWARDS A
DEEPER LOVE FOR LEARNING AND PLAY!**

*Exciting News! Registration for the 2024-2025
school year is officially OPEN!!!*

**ENROLL
TODAY!**



**DISCOVER THE LEARN AND PLAY DIFFERENCE:
QUALIFIED TEACHERS • SAFE, CLEAN, AND ENGAGING ENVIRONMENT
ENCOURAGEMENT OF INDIVIDUAL CREATIVE EXPRESSIONS
OUTDOOR PLAY • 3-HOUR CLASSES • STEAM PROGRAM • SUBSIDY AVAILABLE**

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178 96 AVE NE UNIT 113

HARVEST HILLS PROFESSIONAL BUILDING

587 353-7295



Check out these important updates from The City of Calgary

<p>Together, we can make every drop count during this drought. Visit calgary.ca/waterguide to learn how to use your water meter to check your home for leaks.</p>	<p>calgary.ca/waterguide</p>
<p>Get to know the Green Line! Construction starts this year; benefits will last a lifetime.</p>	<p>calgary.ca/GreenLine</p>
<p>Celebrate Neighbour Day 2024 in your community on June 15! Block party and greenspace permits are free for your event. Visit calgary.ca/NeighbourDay to learn more.</p>	<p>calgary.ca/NeighbourDay</p>
<p>Emergency Preparedness Week is May 5-11. Learn more about how to get prepared for emergencies and events taking place during Emergency Preparedness Week at calgary.ca/getready.</p>	<p>calgary.ca/getready</p>
<p>Secure your yard to protect your dog and community. Inspect fences, supervise your pet, and ensure proper licensing for safety and responsible ownership. Learn more at calgary.ca/petlicences.</p>	<p>calgary.ca/RezoningForHousing</p>
<p>Celebrate Seniors' Week from June 3-9 by showing your appreciation for older adults, dropping into an event or creating your own celebration. More info: calgary.ca/seniorsweek.</p>	<p>calgary.ca/seniorsweek</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.com/events.</p>	<p>https://calgarycommunities.com/events/</p>

Stay connected to The City of Calgary

facebook.com/cityofcalgary twitter.com/cityofcalgary newsroom.calgary.ca



Engine 23 Rides Again

Sound the alarm! Engine 23 will officially open at Fish Creek Library in April. The decommissioned fire truck will help children play together, learn life-saving fire safety tips, and create their very own Engine 23 adventures. Join Calgary Public Library, Calgary Public Library Foundation, and the Calgary Fire Department for the opening party on Saturday, April 20, which will include free public programming, giveaways, and treats. Stay tuned for details!

Spring Program Registration Begins April 16

Registration for spring programs at Calgary Public Library takes place in April. The Library offers a wide range of virtual and in-person programs which provide new experiences and topics for Calgarians of all ages. Registration for Baby Rhyme Time opens on April 16, and registration for all other programs opens on April 17. Learn more about Library programs here: <https://calgarylibrary.ca/events-and-programs/programs/>



Contemporary Calgary Art Pass

Did you know that you can visit Contemporary Calgary for free with your Calgary Public Library card? Simply check out an Art Pass book from one of 21 Library locations or digitally on the Libby app. You will receive free access to visit the art gallery as often as you want during the three-week loan period. Added bonus? You are encouraged to write and draw in the Art Pass! Learn more: <https://calgarylibrary.ca/library-news/contemporary-calgary-partners-with-library-to-provide-free-gallery-access-for-patrons/>



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!



COCO SKIN CLINIC

Dr. Michael Massie
&
Dr. Andrew Jun

Acne Clinic

Warts

Eczema

Psoriasis

Skin Tags

Moles

Hair Loss

Rashes

UV phototherapy

NO REFERRAL NEEDED!

COCO LASER CLINIC

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PRP

Hair Restoration

SKIN Resurfacing

Laser Hair Removal

Laser Vein Removal

Skin Tightening

RF Microneedling

Hydrfacials



403-266-2626

41 Sage Hill Pass NW
Calgary, AB T3R 0S4

WWW.CCOLASERANDSKIN.CA

COCO
LASER & SKIN

Gardeners Corner

Vegetable prices getting you down? Join our gardening community!

We have community gardens in both Harvest Hills and Coventry Hills, and we still have a few beds available so if you have missed out in previous years, hurry and grab one before they're sold out!

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 teamwork.

[Registration is Ongoing!](#)

Rental Costs:

4 x 12 – \$50

4 x 8 – \$40

Returning gardeners – \$5 off their first garden plot

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:

You must also have a valid NHCA membership to register, and the rental of a bed requires 2 volunteer shifts in the garden during the season. We are also looking for volunteers to take on more of a leadership role in the garden.

If you would like more information about our gardens, please contact our Garden Director Amanda at gardens@nhca.ca



the Gutter Doctor

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GOLD WINNER CONSUMER CHOICE AWARDS

Best of HomeStars WINNER

RenovationFind A+

TOP CHOICE AWARDS BANK OF EXCELLENCE

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- Cladding • Leaf Screens • Heat Cables • Gutter Cleaning

Over 50,000 Happy Customers!
Quality Workmanship.

403-714-0711 • gutterdoctor.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 remians at 3:30 to 5:30pm. Order and Pick up dates will be updated on our website monthly!

nhca.ca/good-food-box/

Northern Hills
Community Association

COMMUNITY
KITCHEN

CLASSIFIED ADS

SAM FARD: RE/MAX

Generations of experience in real estate is why I'm confident I can help you find your dream home.

I'm always passionately working for you!

(403) 614-0055 | samfardsold.com

GUTTER DOCTOR

Home Exterior Services.

We do eaves trough cleaning, repairs & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens and heat cables.

50,000+ happy customers! Warranty, Insured & WCB.

Quality workmanship.

www.gutterdoctor.ca,

403-714-0711.

Place Your
Ad Here

Waste and Recycling

Weekly green cart returns end of April

Weekly green cart pickup returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone or download the Calgary Garbage Day app.

While you're preparing your yard or garden for spring, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll tops of bags closed and set at least two feet to the side of your green cart for collection.



Compost giveaway

Compost will be available for pickup from April 15 to June 1, 2024, by appointment only. Planning is underway and the appointment booking tool will be available on calgary.ca/compost by April 9.

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**

Fun Things to Check Out in Calgary 2024

[Aggie Days](#)

Animals, learning experiences, food, and more! Aggie Days are back at the Stampede grounds and it's totally FREE to attend with your family.

When: Saturday, April 10th – 14th, 2024

Where: 1800 Stampede Trail SE, Calgary

Cost: Free

[Contemporary Calgary](#)

This April, wander Contemporary Calgary – a modern museum with wide-open spaces and many a tale to tell. The best part? Admission is only \$10 – so go ahead and get that extra espresso shot in your coffee on the way there.

When: Open Wednesdays to Sundays

Where: 701 11th Street SW

Cost: \$10 for GA

[Lyrids Meteor Shower](#)

Looking for something romantic *and* affordable? As long as the sky is clear, Calgarians will be able to catch the Lyrid shower between April 15th to April 29th. Want to double your chances? Maybe take a drive out of the city on April 22nd, the peak of the event.

When: April 15th – 29th, 2024 (Peak April 22nd, 2024)

Cost: Free

[Calgary Expo 2024](#)

Featuring celebrity guests, reunions, local vendors, and more – the Calgary Comic Expo is back this April, bigger and better than ever.

When: Thursday, April 25th – 28th, 2024

Where: 1410 Olympic Way SE, Calgary

Cost: \$22+

[Esker Foundation](#)

Never been to the Esker Foundation Modern Art Gallery? You are in for a treat! This Month, check out locally sourced pieces and incredible exhibits all for free!

Where: The Esker Foundation, 1011 9 Ave SE 4th floor, Calgary, AB T2G 0H7

Cost: FREE





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

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

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

Grief Share 7:00 pm

Saturdays

Men's Bible Study

8:00 -10:00 am

Come Join Us

Women of Harvest

Please join us for a one-day "mini-retreat"

Saturday, April 20, 10am - 4pm.

Using Kintsugi pottery, we want to create some sacred space where you can reflect on your story and encounter the love of the One who sees you and holds you. (No art experience necessary - come as you are!)

Presenters:

Cyndy Ingram, MALM, Spiritual Director, former missionary and pastor

Winn Rietema, ICST, MA, MAR & Psychotherapist

Cost: \$50 (lunch included)

Please RSVP by [clicking on this pic in our events page](#)

Kintsugi is the Japanese art of putting broken pottery pieces back together with gold



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.

10 Minutes of Walking a Day Keeps the Arthritis Away

By MPC Foundation

It is estimated that 14 million older adults have some form of osteoarthritis; with the most common variation being symptomatic knee osteoarthritis. Furthermore, 2 in 5 people with osteoarthrosis end up developing disability limitations, which made it difficult for them to complete simple mobile tasks such as getting dressed or crossing the street.



On April 1, 2019, a Northwestern University study was published in the *American Journal of Preventive Medicine* detailing what exercises should older adults be performing to maintain mobility and independence from physical disabilities. For four years, investigators analyzed the physical activity of over 1,500 adults who reported some form of pain, aching, or stiffness in lower extremity joints due to osteoarthritis, but were disability-free at the start of the study.

At the end of the study, researchers found that **at least one hour of moderate-to-vigorous physical activity** (speed walking) **per week** allowed older adults to maintain their ability to perform their daily tasks without any assistance. Through their findings, researchers reported that performing the suggested weekly hour of exercise:

- Reduced participants' risk of mobility disability (including walking too slowly) by 85%.
- Reduced participants' risk of functional disability (performing basic tasks) by almost 45%.



The Federal guidelines recommend that older adults with arthritis should partake in more low-impact exercises to remain healthy. However, to obtain more substantial health benefits, such as reducing the risk of heart disease, it is recommended that this fraction of adults participate in at least 2.5 hours of moderate-intensity activity per week. Researchers of this study empathize that this level of activity can be discouraging, especially for inactive older adults who already cope with extremity pain. Therefore, they hope that this new public health finding will motivate a new physical activity goal for all. It is as simple as walking 10 minutes a day for people to keep their independence.

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

To those of you that celebrate, I hope you all had a blessed Easter!

I am happy to announce that your government will be investing in a new K-4 elementary school in the community of Evanston as per our 2024 budget. If passed, Budget 2024, which focuses strongly on education, would invest \$1.9 billion to support 98 school projects over the next three years. And an additional \$1.5 billion would be invested for educational learning supports for vulnerable students, children with specialized learning needs, and other students requiring additional supports.

Family doctors will soon be receiving additional payments to help manage an increasing number of patients. Alberta's government is pulling out all the stops to stabilize, strengthen and improve Alberta's primary health care system. We are providing \$57 million over three years to provide family doctors and nurse practitioners with support to help manage costs related to their increasing number of patients. This funding is part of our commitment to stabilize, strengthen and improve Alberta's primary health care system.

Beginning March 1, child-care providers received about 80 per cent of their monthly claim at the beginning of each month, in addition to the fees they collect from parents. This change to monthly claim advances will help achieve the government's commitment to introducing a new payment approach, ensuring child-care providers receive grant payments sooner. The claim advance will apply to child-care facilities, family day home agencies, pre-schools, and out-of-school care providers.

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.

City-Wide Rezoning Proposal and Virtual Townhall

To address the on-going housing affordability crisis, cities across Canada are taking steps to make home building easier. The City of Calgary is proposing a city-wide rezoning, which will allow duplexes and rowhouses to be built in more places across the city. Postcards were mailed to affected residents in and information sessions were held last month.

This month, I am hosting a **Rezoning Virtual Townhall** with members of City Administration on **April 15th**. You can submit your questions beforehand on my website: www.jasminemian.com.

A **public hearing** date has been set for **April 22, 2024**. You can register at calgary.ca/publichearing.

You can learn more about how this affects you at calgary.ca/rezoningforhousing

311 Introduces New Call Back Feature

Now when you call 311, you'll be notified of the approximate wait time, and have the option to choose to receive a callback if it is longer than one minute. This feature will be available 8-4:30PM, seven days a week, as these are the hours of highest demand.

The City of Calgary is the first 311 service in western Canada to offer this feature.

You can contact 311 via the mobile app or by phone for non-emergency City-related information, concerns, and issues. Find out more at calgary.ca/311.

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor



Amanda Chapman **MLA Calgary Beddington**

Last month the provincial budget for 2024 was released, and while the province boasted a modest surplus of just under half a billion dollars, we see many areas in desperate need of funding which they simply will not receive.

Calgary public schools are currently over 90% full on average across the city. Schools like Diefenbaker or SJAM right here in our own riding are full to the brim. This year we are welcoming 28,000 new students to the province and this budget only adds 35,000 new spaces over three years. So, we are only creating spaces at 1/3 the necessary rate. This means we will see schools here in Calgary and across the province that are over capacity in the next three years.

Folks here in Calgary-Beddington deserve the best education for their kids and that means space to grow and teachers to learn from. We can do much better for our education system.

We also saw funding for healthcare kept well below the level needed to keep up with our booming population and know this can be a matter of great anxiety for folks who expect timely healthcare delivery when they need it.

If you have any questions or concerns stemming from last month's budget please reach out, my office wants to hear from you. Let us know what you think.

Amanda Chapman

Calgary - Beddington MLA

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

CALLING ALL LOCAL PHOTOGRAPHERS!

**COBS
BREAD**

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

Please email in to editor@nhca.ca



This month's winner

Victoria Schellenberg



Puerto Vallarta 2024