

Country Hills

Country Hills Village

Coventry Hills

Harvest Hills

Panorama Hills

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Your paragraph text

October

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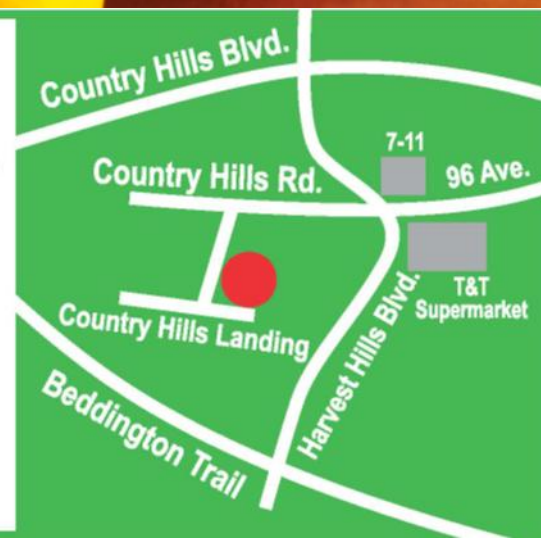


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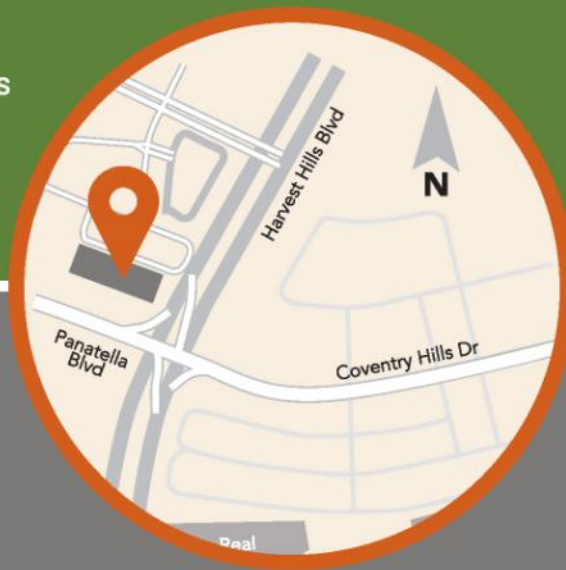
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Dr. Bijaan Lalani



Dr. Christine Ursuliak

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www.northernhillschiro.ca

President's Message



Amanda Mauch
President
Northern Hills
Community Association

Welcome to fall, Northern Hills! Pretty soon we'll all be wearing our toques and enjoying pumpkin spice lattes. This past month, the board has been working diligently to refocus and work on planning for the year moving forward. With so many changes recently, it is forcing us to not only restructure, but also take the time to really plan what we want to accomplish as a new board. Our newest board members are bringing fresh energy and ideas, and I'm excited for the upcoming year. We really want to represent YOU, Northern Hills, and bring events and programs to the community that you are looking for. Please send all your requests, dreams, and ideas to info@nhca.ca for us to consider!

This month, our newest committee, the Country Hills Playground Boosters, will be hosting a Halloween event on October 26th. There will be a mini haunted house, a costume contest, face painting, a photo booth, and more! Keep an eye on our website and Facebook page for more coming details.

Our **Good Food Box** program is continuing with great success! With the price of groceries right now, these boxes provide a great amount of quality produce for a very reasonable price. Next order deadline is October 20 for delivery on Halloween, October 31. Don't miss it, please go to our website [to order](#).

Coming up, we will be hosting our 3rd Annual **Christmas Market**, on November 16 from 10am-4pm. Vendor spaces are filling up, please go to [this page](#) for more information on how to sign up for a table. We will be holding this market in the indoor playground at Vivo, you'll be able to access the space for free and get your Christmas shopping done!

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

Amanda Mauch
President
Northern Hills Community Association



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WEBSITE - WWW.MICALAW.CA



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and so much more!

NHCA CONTACTS

CONTACT US

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

STAFF

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.

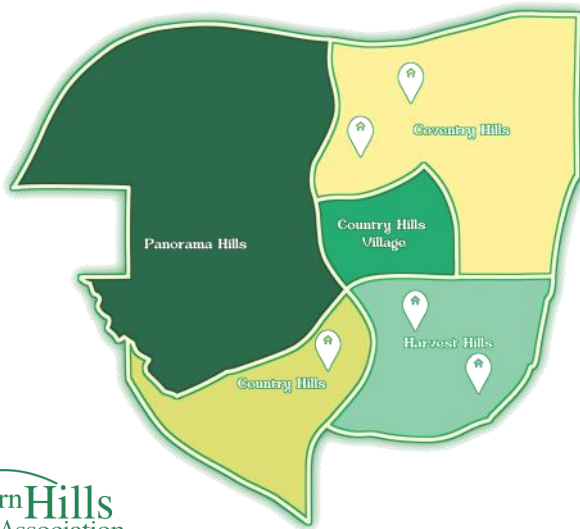
BOARD MEMBERS

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,

COMMITTEES

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



EDITOR'S NOTE:
All articles submitted by the general public are the author's opinion and not necessarily reflective of the opinion of NHCA.



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

A map showing the location of the Country Hills Dental Centre 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", and "Tim Hortons".



Playground Update



Budget Change

\$650,000

After careful consideration and speaking with potential vendors that will be building our playground, the Outdoor Space Committee has decided it is in the best interest of all stakeholders that we increase our budget. Coventry Hills School is lucky to have a larger playground foot print than most schools. This increase will allow us to meet the following goals:

- Added features that allow for sensory interaction
- Pour in place rubber with color that will aid in direction for those with impairments
- 120 Children able to play at a time
- Increased play value
- Inclusive of all abilities
- Exciting, inviting equipment that promotes play



Date Changes

RFP Closing Date
August 23, 2024

Proposal Evaluation
August 24-27, 2024

Contract Awarded
September 20, 2024

Design Voting
September 21 -
October 4, 2024



Halloween Safety

As a member of Calgary's Child Magazine *Partners for Safety* initiative, AHS EMS would like to remind parents and trick-or-treaters of Halloween safety tips as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters. This year marks the campaign's 30th anniversary.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be (route) and advise them if you will be late returning.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that have been tampered with, or that are not properly wrapped.

www.albertahealthservices.ca

Elysium

PILATES & FITNESS

We are a boutique Pilates and Fitness studio located in Coventry Hills, specializing in personal training sessions

Whether you are a beginner or are more advanced in your fitness journey, we can create a workout tailored for you

If you are interested in a small group class, they will be held at a location backing on to Village Square Leisure Centre

Please contact
Carla Zacharias at 403-809-3778
or
elysiumpilatesandfitness@shaw.ca
for more information



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Massage for the Price of
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of pure relaxation at no
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**HAPPY
HALLOWEEN**



**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/)



Northern Hills
Community Association

Christmas Market

Vendor Registration is Open!

Saturday November 16, 2024

10am – 4pm

Vivo for Healthier Generations

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



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

October Calgary Public Library Newsletter Contribution – Northern Hills

Celebrate Love Your Library Day

Show some love for your local Library! Calgary Public Library is hosting Love Your Library Day on Saturday, October 26. Visit any location across the city to enjoy free, family programming while discovering everything the Library has to offer. Programs include storytimes, musical performances, games, crafts, special activities, and more. Learn more about the festivities: calgarylibrary.ca/love-your-library

Calgary Public Library Opens New Location in Skyview

Calgary Public Library is opening a new location in the community of Skyview in October. Prototype: Skyview will be a “digital first” location, with a focus on technology services. Patrons can print, fax, use computers and Chromebooks, and access multi-use meeting rooms and single user work pods.

Make Your Own Work of Art from Home

Art Night In is a new series at the Library with bi-weekly programs throughout the fall. On October 16, you’ll be able to create an acrylic mountain landscape painting as a tribute to the beautiful backdrops of Alberta — all from the comfort of your home. Register for the Art Night In virtual program: <https://www.calgarylibrary.ca/events-and-programs/programs/art-night-in-the-mountains-are-calling-and-we-must-paint/>



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For 30 years, **Shibley & Company** has supported our northwest Calgary neighbours in all their legal matters. Vilma and her team deliver effective legal counsel combined with personalised service, for all client circumstances.

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INCORPORATIONS, CONTRACTS, AND ANNUAL RETURNS

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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



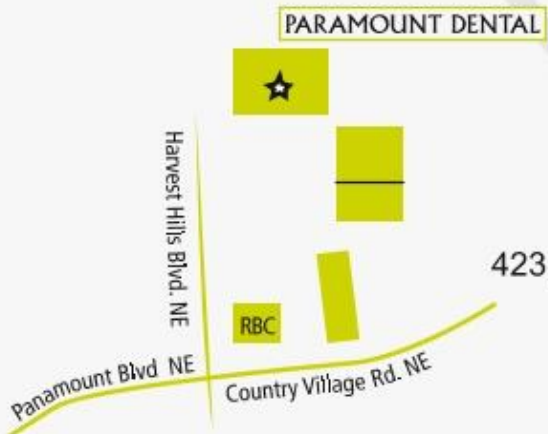
Dr. Maria Chan-Goudreau

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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

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

Update from the Country Hills Playground Boosters

It's hard to believe the Country Hills Playground Boosters turned one year old in July! Change takes time, especially when we needed to learn so much about building playgrounds and community connections.

Speaking of community connections, Country Hills neighbours know how challenging that is as we often leave our little community for so many of our activities such as work, school, and recreation. One of the goals of the Country Hills Playground Boosters is to create community spaces where we live, and we're celebrating all our wins.

Mostly recently, a pair of brand new picnic tables were installed at our first project playground located at 1052 Country Hills Circle NW in July. The picnic benches are the result of our growing relationship with our City of Calgary Neighbourhood Partnership Co-Ordinator. We're so happy to hear from folks that they have a place to sit and gather!

We've also been busy meeting neighbours face to face while door knocking. Online communication is great, but not everyone is on social media and it can't replace authentic human interaction! Many neighbours are new to the area and it's been wonderful to tell them all the things that make Northern Hills an awesome place to live.

Change takes time, and realistically our first playground will be complete in 3-4 years—but the growth and community building helps us get to the finish line faster.

Look us up on Facebook and Next Door to follow along on our journey! We also have an engagement survey on our website—please fill it out at <http://www.countryhillsp playgroundboosters.com>! Your feedback helps determine the future of our playground and community!



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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I'm always passionately working for you!

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Waste and Recycling

What is cart contamination?

We talk a lot about putting the right items into your blue, black and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures material ends up at the right facility to be turned into new products or to be disposed of properly.

Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at calgary.ca/contamination





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

7:00 pm Young Adults

Weekly Ministries for October

Sundays

E.S.L. Sunday at 10:15 am

Young Adults 7:00 pm

Wednesdays

Ladies Bible Studies 9:15 am

Youth Life Groups 7:00 -9:00 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

ALPHA - 6:00-8:00 pm Supper included.

Saturdays

Men's Bible Study

8:00 -10:00 am

Moms and your little ones
are invited to:

BUBBLES, BUDDIES & BOOKS



Tuesday October 29

9:30am - 11:00am

in Children's Open area

will continue the last Tuesday of every month.



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.

Gardeners Corner

Thank to all our gardener volunteers this season! We had a rough year with the water restrictions first, and then the big hailstorm, and unfortunately lost a lot of plants. But gardeners are always tenacious and ready for the challenge, so we'll take this year's losses and plan for a better year next year!

We've gotten our first light frost, so we are certainly due for our first October storm soon. Now is the time to get all your bed cleanup done and prep for next season. Remove dead plant material, and amend your soil with some nice compost so it is ready to go for next spring. If you have perennials, especially edibles, go ahead and put some straw mulch or leaves around the base, and you may want to consider topping with burlap for protection.

But wait! Just because the snow is coming doesn't mean you can't still plant something. Now is the time to prep for next years allium harvest. Garlic and spring onions can be planted now so they're ready to start growing in early spring. Also, any bulb flowers like tulips and daffodils can be planted now for some early spring greenery and colour. Just make sure to get them all in the ground before Thanksgiving!

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
will donate 5% of your
purchase to us!**

**LET'S
RAISE
SOME DOUGH**

**NORTHERN HILLS
COMMUNITY ASSOCIATION**

**SUPPORT YOUR
COMMUNITY**

Oral Health Care for Older Adult

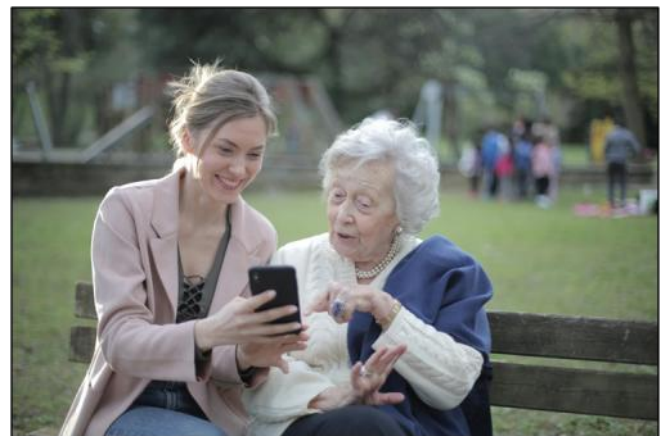
By MPC Foundation

British writer C.S. Lewis once said, "Mental pain is less dramatic than physical pain, but it is more common and hard to bear." Today, especially after the COVID-19 pandemic, many older adults are dealing with feelings of loneliness. This can have a big impact on mental health, but there are ways to help. One promising idea is the "digital buddy" program, where young people help older adults learn how to use technology. Digital buddy programs empower older adults to stay engaged with the world around them, giving them the tools to communicate with loved ones, access information, and participate in their communities. These connections not only teach new skills but also create meaningful relationships that can make a lasting difference.



In a recent article, Sophie Okolo highlights the importance of social connections for mental health, with a focus on organizations like Teeniors, a non-profit based in Albuquerque, New Mexico. Trish Lopez, CEO of Teeniors, emphasizes that while teaching technology is valuable, the true benefit lies in the human connection that develops through these shared experiences. For older adults, having someone to talk to and share experiences with can greatly reduce feelings of loneliness. Socialization is key to mental well-being, and connecting with others, especially across generations, can bring joy, purpose, and a sense of belonging.

Staying socially connected is more than just a nice thing to have; it's crucial for mental health. Regular interaction with others can help reduce depression, improve mood, and even keep the mind sharp. Digital buddy programs and other ways of fostering connections can provide much-needed support. By bringing people together, whether through technology or simple neighborhood interactions, we can help fight loneliness and improve the mental well-being of older adults, making their lives fuller and more joyful.



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!

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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.

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
Get a 75 minute massage for the price of a 60 minute massage as a new client. We are now providing osteopathy at this location 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

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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)

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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 Thanksgiving! May this holiday bring new blessings and deepen the appreciation for those you already cherish.

Alberta is booming, leading Canada in job creation and capital investments, and our government is laser-focused on maintaining Alberta's competitive advantage, to ensure businesses and industry can thrive, innovate, and create jobs for generations to come.

Recent data from Statistics Canada for July shows that, Alberta created 46,400 full-time jobs. Our economy is diversifying as well, with job numbers up across a variety of sectors, including construction, natural resources, health care, social assistance, and education.

The latest data from the Canadian Venture Capital & Private Equity Association highlights Alberta as a powerhouse in venture capital investment. Alberta's technology and innovation sector has been building momentum for a while, but in the past five years, we have seen exponential growth. In total, Alberta companies raised an impressive \$383 million across 41 deals in the first half of this year. The continued growth of venture capital investments is great news for Alberta because with this new investment comes new, high-paying jobs.

Alberta's government is providing \$5 million from the industry-funded TIER program to expand technology that turns natural waste from Alberta's oil and gas sector into a valuable mineral used to create batteries for smartphones, electric vehicles and more. We are creating a brighter energy future, positioning Alberta as a preferred global supplier of lithium while stimulating investment, diversifying the economy, and creating jobs here at home.

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

Sincerely,

Hon. Muhammad Yaseen

MLA, Calgary-North

Minister, Immigration and Multiculturalism

calgary.north@assembly.ab.ca

403.274.1931

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



Jasmine Mian Ward 3 Councillor

Here are some updates related to new City initiatives and programs.

Aurora Area Structure Plan – Engagement Session

The Aurora Area Structure Plan (ASP) includes all of the lands South of 96 Ave NE, North of Beddington Trail, East of Harvest Hills Blvd, and West of the rail line. The City is in the process of creating a new ASP for these lands.

The engagement process with the public began with online feedback in May, and the last in-person open house is happening **November 6th**.

You can view the full background on the Aurora lands, submit written feedback, and see the engagement details at engage.calgary.ca/aurora-asp.

The Homeowner’s Water Guide – Fall Checklist

Prepare your home for winter to improve water efficiency and continue to make every drop count.

- Check your toilets, taps, humidifier, hot water heater, water softener, and other water devices for any leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid leaks.
- Find out when to stop watering plants, shrubs, trees, and lawns.
- Leave plant debris in beds over winter to provide a habitat for pollinators.

After a year that has made us all more aware of our water use, let’s make sure we check the common culprits of waste and leaks. The City provides a library of guides to identify and repair a variety of home problems. To find everything you need, visit calgary.ca/waterguide.

For questions and concerns or to view my voting record, visit www.jasminemian.ca

Calgary



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October winner Beryl MacFadyen