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Coventry Hills

Harvest Hills

Panorama Hills



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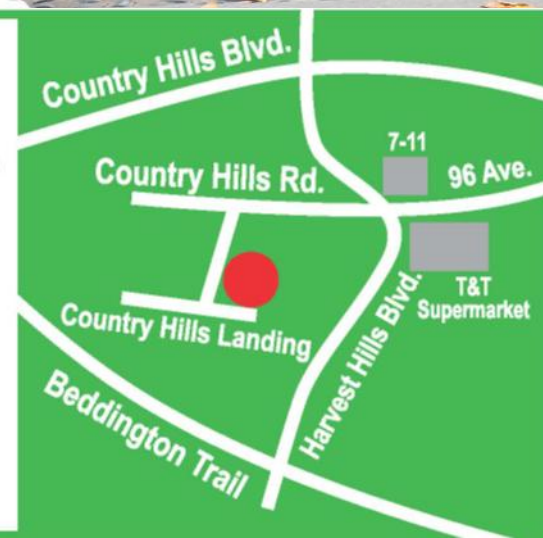


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Dr. John Ng



Dr. Bijaan Lalani



Dr. Christine Ursuliak

**403-532-0711**  
[www.northernhillschiro.ca](http://www.northernhillschiro.ca)

## President's Message



**Amanda Mauch**  
President  
Northern Hills  
Community Association

As we wind down from the busy summer, I want to thank everyone who came out to support our events this season. Unfortunately, I must report that many of our events have not gone to plan due to lack of public interest. We had to cancel our eagerly anticipated Community on Tap event because we sold almost no tickets, and we have continued lack of registration for our vendor markets. These are the two main ways we currently bring funds into the organisation to continue our operations.

It is also with a heavy heart that we say goodbye to our wonderful Executive Director, Melissa Gagy. She was with us for 2+ years, and really put her heart and soul into this organisation. She had an opportunity to move to another position, and it came at the right time since we can no longer afford to keep staff at the NHCA. With record low turnout at our events this year, and lack of community interest, we will be working hard as a board in the coming month to figure out where the future lies for the NHCA.

Our Good Food Box program is back for the fall, and we will be offering it at least until the end of 2024. 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 September 2 for delivery on September 12. Please follow this link to order.

If you are concerned about our continuity as an organisation and would like to have your input heard, please send your suggestions to [president@nhca.ca](mailto:president@nhca.ca)

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

Amanda Mauch  
President  
Northern Hills Community Association



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*and so much more!*

# NHCA CONTACTS

## CONTACT US

Tel/Fax: 403-226-6422  
E: [info@nhca.ca](mailto: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.

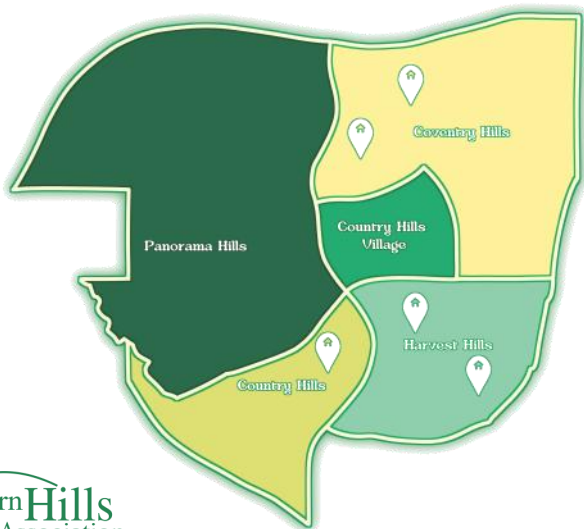
## BOARD MEMBERS

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, 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: [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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*New Patients Welcome*

COUNTRY HILLS DENTAL CENTRE

#707, 500 Country Hills Blvd NE  
Calgary, AB T3K 4Y7  
403.226.1809  
[www.countryhillsdental.com](http://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".



Northern Hills  
Community Association

# HARVEST FEST

MARKET | FOOD TRUCKS | FAMILY FUN

SEPTEMBER 14, 2024  
12:00 - 4:00

COVENTRY HILLS COMMUNITY GARDENS  
90 COVEPARK SQUARE NE

**Register to be a Vendor here!**

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!

## September Calgary Public Library Newsletter Contribution – Northern Hills

### **The Library is ready for back-to-school!**

As your kids get settled into the school year, Calgary Public Library has resources and programs to help. The *Learn to Read* collection is designed to support families, help children discover books written for their reading stage, and to support reading at home. Decodable books have also been added to the collection to help young readers feel confident reading out loud. Access these books and more with your free Library card:

<https://www.calgarylibrary.ca/>

### **Move your career forward with the Job Desk**

If you are searching for a job, are considering a career shift, or want to improve your job and career skills, Calgary Public Library's Job Desk can help. In partnership with Bow Valley College, professional career coaches can help you find where to search and apply for employment, review your resume or job application, or guide you through a career change. Book your free in-person or virtual appointment today: [https://](https://www.calgarylibrary.ca/events-and-programs/programs/?query=job+desk)

[www.calgarylibrary.ca/events-and-programs/programs/?query=job+desk](https://www.calgarylibrary.ca/events-and-programs/programs/?query=job+desk)

### **Skill Builders: Walking to Stay Fit and Have Fun**

On September 24, join host Loren McGinnis of CBC Radio's *The Calgary Eyeopener*, and Lori Beattie, local author of *Calgary's Best Walks* and owner of *Fit Frog Adventures*, as they share their best advice for finding fun walks and staying fit in the city. Register for the virtual program today: [https://www.eventbrite.ca/e/skill-](https://www.eventbrite.ca/e/skill-builders-walking-stay-fit-and-have-fun-tickets-984168122347?aff=oddtcreator)

[builders-walking-stay-fit-and-have-fun-tickets-984168122347?aff=oddtcreator](https://www.eventbrite.ca/e/skill-builders-walking-stay-fit-and-have-fun-tickets-984168122347?aff=oddtcreator)





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.

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Dr. Henry Seto



Dr. Tonny Tang



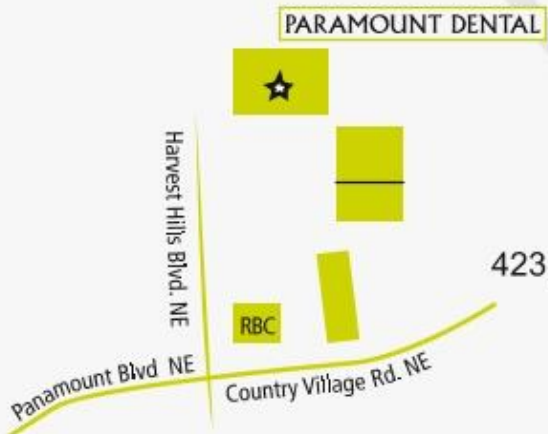
Dr. Maria Chan-Goudreau

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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

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## WE WELCOME ALL NEW PATIENTS

# 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

Alberta Health Services EMS would like to remind parents and students of safety tips as the school year begins again this fall. Pedestrians and motorists both have a key role to play – road safety is a shared responsibility.

### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all vehicles have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

# SUPPORT YOUR COMMUNITY ASSOCIATION BY DONATING YOUR BOTTLES AND RECYCLABLES!



## 2 STEPS TO DONATE:

- MARK YOUR BAGS WITH A LABEL/STICKER SAYING "NHCA" (NORTHERN HILLS COMMUNITY ASSOCIATION)
- DROP OFF YOUR BAGS AT BEDDINGTON BOTTLE DEPOT (111-20 COUNTRY HILLS LANDING NW)

COLLECTED FUNDS WILL GO BACK TO PROGRAMS & SERVICES FOR YOUR COMMUNITY!

**LEARN MORE:**  
[NHCA.CA/DONATE-RECYCLING/](http://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](mailto:volunteer@nhca.ca)**

# Update from the Country Hills Playground Boosters

Wild and wet weather has kept the Boosters from doing planned door knocking in Country Hills, but we had a very successful Neighbour Day event at our first project playground, known as COU453 on Country Hills Circle. Kids and adults enjoyed games, snacks, juice, drawing with chalk and more! It was great to hear from neighbours and kids what they liked about the playground and what changes they want to see. One thing everyone agreed on is that the playground needs more swings! The Boosters watched as kids waited for a turn on one of the two swings.

We hope to see more Country Hills residents at the playgrounds this summer and begin door knocking. Visit our website at <http://www.countryhillspgboosters.com> and stay tuned to our Facebook page for updates.



# 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/](http://nhca.ca/good-food-box/)**

Northern Hills  
Community Association

COMMUNITY  
KITCHEN

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[www.gutterdoctor.ca](http://www.gutterdoctor.ca)

403-714-0711.

## 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](https://calgary.ca/contamination)





# Harvest Hills Alliance Church

www.hhachurch.com



10099 Harvest Hills Blvd NW

403-226-0990

office@hhachurch.com



• Believe  
• Belong  
• Bless

## SUNDAY SERVICES September 8th

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 September

### Sundays

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

Register on September 15 at 10:15 in the Foyer.

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 - Sept 26 6:00-8:00 pm Supper included.

### Saturdays

Men's Bible Study

8:00 -10:00 am

Meet new  
people & explore  
faith together.



CONNECT WITH NEW  
PEOPLE IN YOUR AREA



WATCH AN EPISODE ON  
A TOPIC OF FAITH



ASK QUESTIONS AND  
SHARE YOUR THOUGHTS

Thursdays Sept 26

6:00-8:00 PM

Supper included

FOR INFO/ TO REGISTER  
ALPHA@HHACHURCH.COM

Alpha



# 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](mailto: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](mailto:editor@nhca.ca)



## My First Time as an NHCA Casino Volunteer

2024 has been full of first-time experiences for me, including newbie casino volunteer. If you're a newbie like me, it might help to know what to expect. Honestly, this is one of the reasons I never volunteered in the past—I just didn't know what was involved.

There are various roles and times you can volunteer. As an early bird, I chose the day shift and worked the cash cage. Typically, about five people are needed in the cash cage:

- **Banker**—Enters transactions on a computer but does not handle cash or interact with customers
- **Cashier (2)**—Exchanges chips for cash and doesn't break bills or casino chips
- **Chip Runner (2)**—Waits in the volunteer lounge until needed and receives a security escort to tables
- **General Manager (GM)**—Opens tables, prepares chip trays, and fills other roles as needed

You might think you need previous casino experience, but you don't! An advisor from Alberta Casino Advisors stays in the cash cage with volunteers, patiently guiding them every step of the way and answering questions. One reason so many volunteers are needed is that at least two people must always be in the cash cage at the same time.

There were busy times and downtimes. During the lulls, I played mobile games, knitted and chatted with my Coventry Hills neighbors. Whether you're an introvert or extrovert, you'll be just fine!

Another volunteer perk is you get fed! Volunteers receive complimentary tea, coffee, and a meal. Enjoying delicious orange ginger beef at the casino restaurant was a highlight. Plus, if you're worried about transportation, you can receive a taxi chit or Uber voucher.

As far as volunteer experiences go—and I've had plenty, from Big Sister to board member—I had a fun time and will volunteer again next year. Lottery money helps fund the NHCA and community projects, so one day out of 365 is a small way to give back and make a better, strong Northern Hills community.

Christine O

## Gardeners Corner

If you happen to be walking by either of our gardens, in Coventry Hills or Harvest Hills, go ahead and stroll through! We want our gardens to bring enjoyment and inspiration to everyone in the community, whether you're a gardener or not. Even though the season is winding down, it can still be a great place to sit and eat your lunch. We had some damage with the recent hail, but there is still a lot of greenery.



In our community gardens we'll all be harvesting and prepping our beds for the upcoming fall and winter this month. Bed prep will involve pulling out dead plants, and putting any nutrients back in, like topping with compost or potentially short-term cover crops like peas or alfalfa.

We still have a few weeks of warm weather to go yet though, so continue to water your gardens and prepare to pull your end of season crops soon: potatoes, onions, garlic, and all warm weather crops that cannot stand any frost. If you are lucky and have a greenhouse or the capacity to cover your beds, you can keep root veggies in their beds for a few months still, just top them with mulch and some plastic to keep the soil warm a little longer!

If you have any questions or suggestions, please contact our Gardens Director Amanda at [gardens@nhca.ca](mailto:gardens@nhca.ca)

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**The UPS Store 264**  
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Calgary, AB T3K 5K3  
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[store264@theupsstore.ca](mailto:store264@theupsstore.ca)  
[theupsstore.ca/264](http://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

As we get older, many factors contribute to our overall health, like regular exercise, a balanced diet, and keeping a positive outlook on life. But there's something else that's equally important; our relationships with other people. Louis Cozolino, a psychology professor at Pepperdine University, has done a lot of research on this topic. He believes that staying connected with others is one of the best ways to keep both our minds and bodies healthy as we age. Our brains are naturally designed to be social, which means that spending time with family, friends, and even new acquaintances can have a big impact on our well-being.



Research has shown that strong social connections can lead to better mental health, improved heart health, and a stronger immune system. For instance, a long-term study found that people who regularly interact with others tend to live longer and enjoy better health, regardless of their diet, exercise routine, or financial situation. This is because relationships help reduce stress, which is crucial for maintaining overall health. When we feel supported by our friends and family, our stress levels go down, which helps protect us from various health problems, including high blood pressure and heart disease.

The benefits of good relationships go even further than just reducing stress. In one study, elderly people in Hong Kong who spent more time with others were found to have lower levels of cortisol, a stress hormone that can cause many health issues when it's too high. Another study looked at Catholic nuns and found that their close-knit community and positive emotions helped them live longer and stay mentally sharp, even into old age. These findings show that staying socially active isn't just something nice to do, it's a vital part of staying healthy and happy as we grow older. Therefore, whether it's joining a club, volunteering, or simply making time for a chat with a friend, nurturing relationships is one of the best things we can do for ourselves.



# 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

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### **Hon. Muhammad Yaseen**

**MLA, Calgary-North**

**Minister of Immigration and Multiculturalism**

Welcome back, students, teachers, and support staff, to an exciting new school year. I hope your summer was filled with rest, reflection, and rejuvenation, and that you are ready to begin a productive year of learning.

Alberta's population is booming and causing unprecedented growth in our education system, adding a historic number of new students across the province for the 2024-25 school year. Alberta's government recognizes and sympathizes with the challenges school authorities face with increasing enrolment, rising operational costs and inflation. That is why it is investing \$215 million to help alleviate these pressures, beginning in the 2024-25 school year. Through this investment, the Alberta government is creating up to 2,500 new spaces for students by building and installing up to 100 new modular classrooms.

Fifty modular classrooms will be relocated to rapidly growing communities in the Calgary Metropolitan Region and Edmonton, supporting up to 1,250 students. The Calgary Board of Education will receive up to 31 new modular classrooms, with up to 14 relocated, while the Calgary Catholic School Division will get up to 14 new modular classrooms, with up to six relocated.

School authorities can use this additional funding to hire more teachers and support staff, helping to manage class sizes and address rising costs without affecting student learning.

Moody's Ratings upgraded Alberta's credit rating outlook to positive from stable and confirmed the Aa2 standing, recognizing the province's commitment to balancing the budget, controlling spending, and paying down debt.

This is the fourth credit upgrade for the Government of Alberta in the past year and the fifth in 18 months. This upgrade follows Fitch's upgrade in June, reaffirming Alberta as Canada's economic engine. Meanwhile, the Alberta government has invested record amounts in healthcare and education, continues to pay debts, and saves for the future.

Sincerely,

Hon. Muhammad Yaseen

MLA, Calgary-North

Minister, Immigration and Multiculturalism

[calgary.north@assembly.ab.ca](mailto: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.

#### Secondary Suite Incentive Program Launch

To encourage safe and accessible housing, the City has launched its Secondary Suite Incentive Program as part of our official Housing Strategy. It provides qualifying homeowners with up to \$10,000 to cover a portion of costs to develop and register and safe suite. Only suites built within main dwellings are eligible to apply for the following:

- Egress windows
- Hardwired and interconnected smoke and carbon monoxide alarms
- Protected exiting
- Smoke-tight barriers
- Split heat/separate air

Additional funding is also available for accessibility and energy efficiency. *View the full details and application process at [calgary.ca/suite-incentive](http://calgary.ca/suite-incentive).*

#### Call for Volunteers: Older Adult Advisory Table

If you have first-hand insight on living as an older adult or as a caregiver to one, your insights and ideas are needed. Consider volunteer for the Older Adult Advisory Table to help inform strategies and actions for the Age-Friendly Calgary Steering Committee. The Committee is tasked with advising on ways to help make Calgary more age-friendly.

Requirements are:

- 45+
- Live in Calgary
- Understanding of older adults' needs now and/or in the future
- Commitment to monthly meetings on a two-year term
- 

Apply by September 11<sup>th</sup> at [calgary.ca/OATT](http://calgary.ca/OATT).

For questions and concerns or to view my voting record, visit [www.jasminemian.ca](http://www.jasminemian.ca)



### **Amanda Chapman** **MLA Calgary Beddington**

Another summer has quickly come and gone and as students, teachers, and support staff ready themselves for another year I want to wish them all the very best for a successful one. Now, unfortunately we know that as we enter this school year we do so in an unsavory condition. Our students are now the lowest funded in the country. Utilization rates across Calgary Board of Education and Catholic schools are at or approaching 100% in most areas of the city. The good news is that many young families are choosing Alberta to build a life, but the government continues to let classes crowd, teachers to burn out and outcomes to falter. We can and must do so much better, as your Opposition Education Critic I promise to work as hard on advocating for adequate supports in our schools as the teachers who keep them running.

Over the last few months, I have met with parent councils who are working tirelessly to advocate for the conditions our children deserve to obtain the best quality of education possible. If you are a parent who is concerned with class sizes and other conditions parent councils are a great way to get involved to help push for the best conditions possible.

If you and your family have questions concerns or have a story to share regarding the state of our education system, please feel free to reach out to my office. I want to hear from you as always so that I can take these concerns to the Legislature.

As a teacher recently wrote to me hope is contagious. Everyday our educators work to provide the very best for our students, the future of our province. Despite the challenges we face in education, the persistence of these incredible people provides hope. Thank you for all you do, and welcome back.

Amanda Chapman

Calgary - Beddington MLA

[calgary.beddington@assembly.ab.ca](mailto:calgary.beddington@assembly.ab.ca) #106 - 8220 Centre Street NE Calgary, AB T3K 1J7 403-215-7710

# CALLING ALL LOCAL PHOTOGRAPHERS! 📷

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## This month's winner



Sept winner Rhonda Bjorklund



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## Use the Homeowner Water Guide Fall Checklist to prepare your home and yard for winter

Wondering how to prepare your home for winter? The Homeowner Water Guide Fall Checklist is a great place to start.

You'll find reminders and tips like:

- Check your toilets, taps, humidifier, hot water heater, water softener and other water using devices for leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid winter leaks.
- Check the Watering 101 Guides to find out when to stop watering plants, shrubs, trees and lawns.
- Leave plant debris in plant beds over winter to provide habitat for pollinators.

When it comes to residential and household leaks, toilets, faucets and outdoor irrigation are the most common culprits. Our library of Homeowner Water Guides provides step-by-step guidance to identify and repair leaks in our homes, ideas to improve water efficiency and tips to prepare yards for winter.

Together, we can make every drop count.

To find everything you need, including the Fall Checklist, visit [calgary.ca/waterguide](https://calgary.ca/waterguide).

## Join the climate conversation at the 6<sup>th</sup> annual Calgary Climate Symposium

The City is hosting its 6<sup>th</sup> annual Calgary Climate Symposium to continue the conversation about climate change, share how it affects Calgarians and how we can work together to ensure no one is left behind. Connect with community leaders, climate experts and more for a series of unique, free learning opportunities between Oct. 21 – Oct. 25, 2024.

We invite you to join Mayor Gondek and Climate and Environment Director, Carolyn Bowen, on Oct. 21 at 10 a.m., as they kick off the week with an opening speech at the Calgary Public Library.

This year's Climate Symposium theme is 'Innovating for a Resilient and Equitable Future: Calgary's Path to Climate Solutions'.

The Calgary Climate Symposium sessions will explore:

- Understanding climate change and the effects of climate hazards on Calgarians and the natural environment.
- How Calgary can position itself for a low carbon future and leverage economic opportunities.
- How our communities can take collective action to reduce the impacts of climate change and build a more resilient city.

Everyone has a part to play in preserving and protecting Calgary's natural environment. Join the conversation to learn how your community can take collective actions to increase our climate resiliency and create a more equitable future for all Calgarians.

We look forward to seeing you in-person at the opening ceremony and online. Recordings of the sessions will be available on [calgary.ca/climatesymposium](https://calgary.ca/climatesymposium) in November.

To learn more and register for sessions, visit [calgary.ca/climatesymposium](https://calgary.ca/climatesymposium).

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## Protect your pipes

The holidays are a time for food, family and fun. The aromas of gravy, turkey and bacon may come to mind. It's important to remember that any fats, oils and grease (FOG) that travels down the drain, can block your pipes and may result in messy and costly sewage backups.

Remember to:

- **Cool it:** in a disposable can or container.
- **Scrape it:** into a certified, compostable bag or paper bag.
- **Compost it:** place the rolled up or tied up bag in your green cart.

Smaller amounts of FOG can be wiped with a paper towel and placed in your green cart. Learn more at [calgary.ca/protectyourpipes](https://calgary.ca/protectyourpipes).

## Let's share the road safely and look out for each other.

October's traffic safety focus is **Pedestrian Safety**.

Most pedestrian collisions happen when we're rushing to get to work, school, an activity or home.

Weather conditions and daylight changes in the fall make it harder for people to see.

When driving or cycling, be ready in case pedestrians make unexpected moves.

- Never pass a stopped vehicle at a crosswalk.
- Pay attention to pedestrians when turning.
- Watch for children. Drive cautiously through areas where children could be walking or playing.
- Be patient – especially with seniors or pedestrians with disabilities who need time to cross the road.

**Pedestrians:** Don't assume drivers see you. When waiting to cross a road, make sure cars have come to a stop before proceeding. Make eye contact and wave.

- Don't walk distracted. Keep your head up.
- Walk on sidewalks. If there's no sidewalk, walk facing traffic.
- When walking to train stations, look both ways when crossing the tracks and obey traffic signals.
- Use **point, pause, proceed** to let drivers know you're entering a crosswalk.

It's important to teach children how to safely cross the street. Practice safe crossing skills to help them learn how to navigate our streets safely.

- Remind kids not to run into the street or cross between parked cars
- Help kids to identify and understand car turn signals and back up lights and to be alert for cars turning or backing up.
- Teach kids to put phones, headphones and devices down when crossing the street.

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## Fire Prevention Week: Are Your Smoke Alarms Ready to Save Lives?

Fire Prevention Week is here and this year, the Calgary Fire Department (CFD) is focusing on one of the most vital tools in home fire safety: working smoke alarms. The CFD is urging everyone to make sure their smoke alarms are up to the task of protecting their homes and loved ones.

Smoke alarms are more than just devices; they're lifesavers. Statistics show that the risk of dying in a home fire is reduced by over 50 per cent when working smoke alarms are present. Despite this, many tragic home fire deaths occur in residences without smoke alarms or with alarms that aren't functioning. That's why this year's Fire Prevention Week theme is **Smoke alarms: Make them work for you!**

Here's what you can do right now to ensure your smoke alarms are ready:

- Install smoke alarms in every bedroom, outside each sleeping area and on every level of your home, including the basement.
- Test your smoke alarms at least once a month by pressing the test button.
- If your smoke alarms are 10 years old or don't respond when tested, it's time to replace them.

This Fire Prevention Week, take a few minutes to check your smoke alarms. A small effort today can save lives tomorrow.