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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

This has been a year of many changes for us here at the NHCA. We moved out of our long-term space at Vivo and went completely virtual as an organisation. We debuted our completely rebuilt and more accessible website, we went to a completely volunteer-run model with no staff, and we've had to cut a few more programs that we don't have the capacity to continue.

But it's not all doom and gloom, I promise! We have a few energetic new board members, and we are actively working on renewing our current business plan and planning out our budget for the next year to get a plan in place for what we're going to offer you in 2025!

We are planning a new marketing and communications strategy for 2025, and we hope to reach even more of our residents in the New Year. We know that there are still a lot of residents out there that don't even know we exist, and we need your help to fix this. Please email any suggestions for engagement or event ideas to info@nhca.ca – we want to be providing the types of opportunities you are looking for!

As always, we wouldn't be able to do anything without the dedication of our volunteers. If you have a passion, are looking for real world job experience, or have extra time to dedicate to your community, we would love to have you! Please [reach out](#) to join our volunteer team.

Thank you for your continued support and dedication to our community. I wish you all a great holiday season and we'll see you in the New Year!

Amanda Mauch
President
Northern Hills Community Association



**END-OF-YEAR WELLNESS:
 DON'T LET YOUR BENEFITS GO TO WASTE!**

As the year draws to a close, remember to prioritize your health and wellness. Take advantage of your remaining extended health benefits and invest in a rejuvenating massage, acupuncture, or osteopathy session.

CALL, EMAIL, OR BOOK ONLINE TO STAY HEALTHY AND COZY THROUGH THESE WINTER MONTHS!

- ☎ (403) 475 - 0199
- ✉ INFO@EWCCOVENTRYHILLS.COM
- 🌐 WWW.EWCCOVENTRYHILLS.COM
- 📍 #229, 130 COUNTRY VILLAGE ROAD NE, CALGARY, AB



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and so much more!

NHCA CONTACTS

CONTACT US

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.

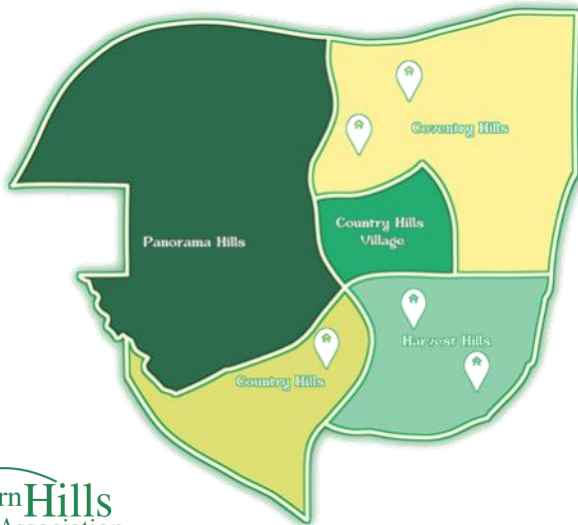
BOARD MEMBERS

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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New Patients Welcome

COUNTRY HILLS DENTAL CENTRE

#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. The map highlights the intersection of Country Hills Blvd NE and Coventry Hills Blvd NE. Landmarks include the Country Hills Dental Centre, Country Hills Town Centre, Shopper's Drug Mart, and Tim Hortons.

News from Calgary Public Library

December 2024 Calgary Public Library Newsletter Contribution — Northern Hills

All Library Locations are Open

From drop-in programs, digital eResources, meeting room access, and more, there's so much you can access with your free Calgary Public Library card. For a list of all available services, please visit our website: <https://www.calgarylibrary.ca/your-library/comeback/>

Enjoy Programs and Performances from the Musical Artist in Residence

The weather outside may be frightful, but the Library is still delightful! The Library's annual Winter Wonderland will feature seasonal fun during the month of December. It will kick off with the Mayor's Holiday Storytime at Central Library on Saturday, December 7, with plenty of more family-friendly fun in the weeks to follow. Learn more about Winter Wonderland and Library events on our website: <https://www.calgarylibrary.ca/events-and-programs/events/>

Enjoy Programs and Performances from the Musical Artist in Residence

Cam Buie, the 2024 Musical Artist in Residence, is an experienced performer who has been connecting with the community through his music. Cam's unique style blends classical music with a modern electronic sound — something that can be enjoyed by people of all ages. Cam is happy to discuss technique, songwriting, performance, and other aspects of the music industry with people of all musical abilities. Visit him during drop-in hours or watch him perform: <https://www.calgarylibrary.ca/events-and-programs/arts-and-culture/musical-artist-in-residence>

Been in a car accident? We can help!

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NHSPT.CA



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Dr. Henry Seto



Dr. Tonny Tang



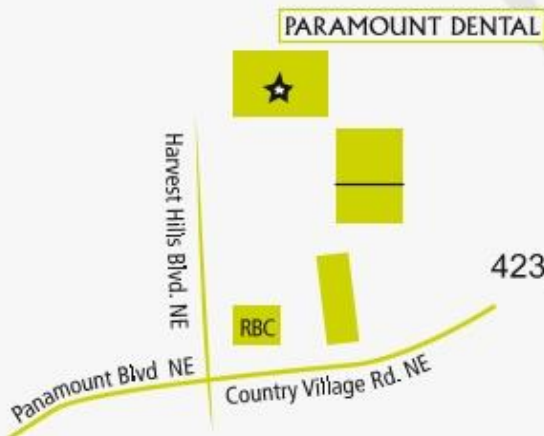
Dr. Maria Chan-Goudreau

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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

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



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!

www.nhca.ca/gfb

Northern Hills
Community Association

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KITCHEN

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Update from the Country Hills Playground Boosters

Update from the Country Hills Playground Boosters

The Country Hills Playground Boosters held their last event on October 26th—a Halloween party! Activities include snacks, candy, spoon races, games, crafts, a jelly bean count and an old-fashioned cakewalk with Hostess Twinkies cakes!

It was so much fun to see the community come together, enjoy the playground and get to know one another! As this was our first Halloween party, we kept things small. However, based on the amazing turnout, we'll definitely host it again next year!

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. Holding these community events will make all the difference down the road.

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.countryhillsplygroundboosters.com>! Your feedback helps determine the future of our playground and community!

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/

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Northern Hills
Community Association



Harvest Hills Alliance Church

www.hhachurch.com



10099 Harvest Hills Blvd NW

403-226-0990

office@hhachurch.com



- Believe
- Belong
- Bless

SUNDAY SERVICES

9:15 & 11:00 am

9:15 am Live YouTube & Facebook

9:15 am Harvest Kids Nursery- Grade 4

11:00 am Harvest Kids Nursery - Grade 4

Club (Grade) 5-6 in Youth Room

9:00 am Youth Breakfast Study Group

(First Sunday of the Month)

10:30-11:00 am Youth Hang Out

7:00 pm Young Adults

Weekly Ministries for 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

Christmas Eve Services

4:00 5:30 & 7:00 pm



**HHAC
Christmas
Choir & Orchestra**

Performance

Sunday

Dec 15 th

9:15 & 11:00



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.

SPRY

Senior Persons Regaining Youth

The SPRY social gatherings and exercise classes are great for adults of age 55+ and will be held at Vivo Rec Centre in the BMO Collaboratory Space.

Each Tuesday and Thursday, the program consists of one hour of physical exercise and one hour of social time.

Physical exercise includes chair yoga and chair fitness exercises designed for adults with limited mobility and cautious movements. Social time is a casual gathering where registrants can enjoy a cup of coffee/tea while playing games, chatting with neighbours and having some snacks.



Where: VIVO

**Dates: Classes will run from
January 14th to March 20th
2025.**

**What: Tuesdays 1:00-3:00pm -
Chair-fitness
Thursdays from 1:00-3:00pm -
Chair-yoga**

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



Let's Get Physio - Winter Running Edition

Like a National Geographic may say,
'Watch as the elusive two legged winter runner bounds their way across the snowy tundra.'

Although most runners reduce their mileage through the winter, the challenge is the unique conditions of winter results in an increased incidence of specific injuries.

The most common injuries we see in the winter are calf and hamstring strains, foot and Achilles pain, and injuries related to weak glutes (runner's knee, ITB syndrome, low back pain).

WHAT CAUSES INJURIES IN THE WINTER?

- It takes longer to warm-up so we unconsciously tense our muscles with the cold.
- Uneven terrain – our whole body works harder leading to overuse and the uncertainty of the footing can cause an acute injury.
- Poor conditions (ie: black ice, hopping over snow banks).
- Biomechanical imbalances and the repetitive strain that results are accentuated with the conditions (ie: glut weakness)

PREVENTATIVE TIPS FOR WINTER RUNNING:

Dress for winter - Wearing sufficient clothing keeps muscles warmer and prevents added tension. Use high tech fibers and layer your clothing.

Adjust your expectations - Expect to run slower with poor weather conditions and heavier clothing. Adjust mileage with really bad weather and run for time instead (if a 20km run normally takes 1:50 but takes 2:30 in a snow storm you're asking for an injury).

Running Form – Warm up properly, shorten your stride, slow down, go straight on corners (don't lean into them), and avoid running on the spot at red lights or make sure you do so on a dry spot.

Running surface – Run on snow over ice, road over sidewalk. Avoid black ice. Put the incline at 1% when running on a treadmill to better mimic outdoor running. Stick to outside running for majority of training.

Footwear – Don't change your running shoes to gain more traction and give up the stability factors that are working for you. Run in new shoes as shoes harden in cold weather. Yak Trax (which attach over your current running shoes) can be helpful the day after a big snow storm.

Correct Muscle Imbalances - Addressing weaknesses in the kinetic chain is key to the prevention of injuries and treatment of current injuries. The off-season is a great time to make this a priority.

Listen To Your Body – Make sure you pay attention to the aches and pains as they are there as warning signals to injury that may later limit your training.

Address Your Issues – That's where we come in. Start with the home RICE program but if it persists, get in and see a PT as you don't want it to get chronic!

Mix It Up – Try snowshoeing...it's a blast and a great adjunct to your training!

Whatever you do, make sure you get out and do something...just do it **SAFE!!**

Graham The Northern Hills Physio

5 Benefits of Longer-Term Therapy

Longer-term therapy offers a more comprehensive, sustainable and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

- 1. Addresses root causes** – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.
- 2. Develops self-awareness** – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues, but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.
- 3. Builds a therapeutic relationship** – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.
- 4. Prevents relapse** – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.
- 5. Personal growth and transformation** - Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.

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

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Country Hills Blvd NE
15% off orders excluding alcohol (dine in only)

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Website design, development, hosting & data backup
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Cobs Bread

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

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
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

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15% off frames

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30 minute free consultation and 10% off first paid booking

Tamarind East Indian Restaurant

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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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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

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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>

Older Adult

Learning About Food: Cooking for Health and Happiness by MPC Foundation

As we get older, eating well becomes increasingly important. Healthy food can help prevent diseases like diabetes and dementia. Community programs like The Good Life in Oakland, California, and Goodlife Makan in Singapore are helping seniors learn to cook healthier meals and understand the importance of good nutrition. For instance, at Goodlife Makan, seniors join cooking classes to learn how to prepare tasty meals using fresh fruits and vegetables. One simple change they might make is using apples instead of sugar to sweeten fried rice, which can significantly improve their health, especially for those with diabetes. Learning to cook with fresh, wholesome ingredients not only supports physical health but also enhances the overall well-being of seniors.



The Singapore General Hospital (SGH) is also working to help seniors understand healthy eating. They are gathering information from seniors about their nutrition knowledge, aiming to provide guidelines for active aging centers by the end of 2027. At Goodlife Makan, seniors learn about the “healthy plate” concept, which helps them balance different food types. These cooking classes are not just about preparing meals; they also foster community. By cooking together, seniors can reduce feelings of loneliness, which is essential for mental health. Participants at The Good Life enjoy sharing meals, exchanging cooking tips, and creating a sense of friendship, making the learning process enjoyable and meaningful.

Research by SGH shows that many seniors want to learn more about nutrition. To make this process engaging, they use games and activities to teach healthy eating habits. By empowering seniors with knowledge about food, these programs help them make better choices for their health. As one participant from The Good Life said, “Cooking can be a way to heal,” highlighting the joy and benefits of good food in our lives. Through learning and cooking together, these community initiatives demonstrate how simple changes can lead to improved health, stronger connections, and greater happiness. Together, seniors can embrace the joy of cooking and enjoy the many benefits of healthy eating.





Hon. Muhammad Yaseen

MLA, Calgary-North

Minister of Immigration and Multiculturalism

Happy Holidays

Healthcare Improvements

To better recruit and retain healthcare professionals, Alberta has introduced a competitive compensation package for resident physicians. As a result, the province had over 12,000 registered doctors by the end of September, a gain of more than 500 compared to last year.

Arthur J.E. Child Comprehensive Cancer Centre

The Alberta government announced that the Arthur J.E. Child Comprehensive Cancer Centre, a state-of-the-art facility, is now welcoming patients. With 127,000 square meters, 160 inpatient beds, and extensive research space, the center aims to deliver world-class cancer care and drive innovation. As one of Alberta's largest infrastructure projects, it will expand cancer care capacity by integrating and enhancing services, ensuring high-quality, patient-centered care for today and the future.

New affordable housing helps those in need

Alberta's government is committed to ensuring Albertans have access to safe, stable, and affordable housing and is celebrating the completion of HomeSpace's Hope Heights affordable housing project which will provide 35 one-bedroom units for those in need in the Crescent Heights community. Through Alberta's Affordable Housing Partnership Program, over \$2 million has been invested in HomeSpace's newly completed Hope Heights building. The Hope Heights project will provide residents with access to wrap-around support services on-site to help those in need of specialized supports.

Christmas is a season for traditions, for creating treasured memories with loved ones, and for embracing the spirit of giving and gratitude. May the warmth of the season surround you, bringing reflection and renewal as we look forward to a new year filled with promise and opportunity. Merry Christmas and Happy New Year!

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

As the year comes to an end, I want to wish everyone a wonderful holiday season with your loved ones and a very happy new year! It has been my pleasure to represent you for the past three years, and I'm looking forward to what 2025 brings.

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

Food Drive for the Calgary Food Bank!

Each year, my office participates in an annual city-wide food drive alongside the other Councillors. The drive is currently running until December 8th. If you're able to give, you can drop off goods at VIVO and several other locations throughout the ward. Check out jasminemian.ca for the full details.

Christmas Tree Clean Up

If you're looking to get rid of your real Christmas tree, you have a few options. If you have the means to cut the tree, it can go in your green bin for pick up. If you don't, there are over a dozen locations throughout the City that will take it for free – check them out at calgary.ca/waste.

New Year's Eve Celebrations

Ring in 2025 with a fireworks show put on by the City! Each year the City hosts a fireworks display synchronized to music by Canadian artists. View all the details at calgary.ca/events.

If you want to spend New Years on the ice, check out a map of all ice skating rinks at calgary.ca/parks/ activities and find one near you.

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



Amanda Chapman **MLA Calgary Beddington**

The fall legislative session is drawing to a close and unfortunately none of the bills the government brought to debate addressed the issues I hear about most from constituents. I continue to hear concerns regularly about wait times for surgeries such as hip and knee replacement. Wait times for cancer care have grown alarmingly, and many newcomers in Calgary-Beddington are struggling to find a family doctor. The continued re-organization of the health care bureaucracy has done nothing to reduce wait times or increase access to health care for Albertans.

The only issue I hear more about than healthcare is affordability. Albertans are struggling right now and under five years of the UCP, we are the only province in the country to see average wage growth slower than inflation. So, Albertans are making less money at a time when the cost of just about everything is going up. Organizations like food banks are increasingly having to step up to support families whose income isn't keeping pace with cost of living increases.

This year the Calgary Food Bank will distribute 175,000 emergency food hampers, a 200% increase over five years. 37% of Calgary Food Bank clients are employed which is more than double the national average. My office will be collecting donations of non-perishable food items for the month of December, please drop by with a donation if you are able to do so.

I am always looking for more opportunities to connect with folks in Calgary-Beddington so I will be hosting a holiday Open House on Tuesday, December 17th. We'll have hot chocolate and snacks at the constituency office (#106, 8220 Centre Street N) from 5-7pm and I would love to see you there. Please RSVP to

Calgary.Beddington@assembly.ab.ca so we can make sure we have enough treats for everyone.

Amanda Chapman

Calgary - Beddington MLA

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



Check out these important updates from The City of Calgary

<p>Sidewalk snow clearing adjacent to your property When snow falls, property owners are responsible for clearing snow from adjacent sidewalks within 24 hours. Contact 311 to report un-cleared sidewalks. Learn more at calgary.ca/snow.</p>	<p>https://www.calgary.ca/roads/conditions/snow.html</p>
<p>Property Assessment Notices Are Out! When you receive your notice, check the property details and review your property value. Questions? Contact us at 403.268.2888.</p>	<p>https://www.calgary.ca/property-owners/assessment-tax.html</p>
<p>Helpful TIPP Split your annual property tax payments into 12 equal, manageable monthly instalments, instead of paying in one lump sum. Join online at calgary.ca/TIPP.</p>	<p>https://www.calgary.ca/property-owners/taxes/tipp-instalment-payments.html</p>
<p>Chill Downtown this Winter! Until March, enjoy new Downtown Itineraries that will help you embrace the winter months. Click here to choose your own Downtown adventure!</p>	<p>https://www.calgary.ca/major-projects/experience-downtown.html</p>
<p>Submit a nomination for the Calgary Awards by Jan. 26 Nominations for the Calgary Awards are open Jan. 1 to 26. For information on award categories, eligibility criteria, and how to nominate, visit calgary.ca/calgaryawards.</p>	<p>https://www.calgary.ca/awards/calgary-awards.html</p>
<p>City of Calgary Home & Small Business Webinars Considering home renovations or opening a business? Watch a recorded City of Calgary webinar to start your 2025 projects off right at calgary.ca/webinars.</p>	<p>https://www.calgary.ca/property-owners/maintenance-webinars.html</p>
<p>Warm up to winter in Calgary parks Stay active this winter in Calgary’s parks by skating on ice trails, cross-country skiing, playing Crockicurl or riding an ice bike. Learn more at calgary.ca/winteractivities.</p>	<p>https://www.calgary.ca/events/winter-city/activities.html</p>

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Committee & Parent
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CONTACT INFORMATION

EMAIL:
CHEFSFUNDS@GMAIL.COM
CALL:
FIONA @ 403-608-6335
NADINE @ 587-434-9400



Cold Weather Safety

Emergency Medical Services (EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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