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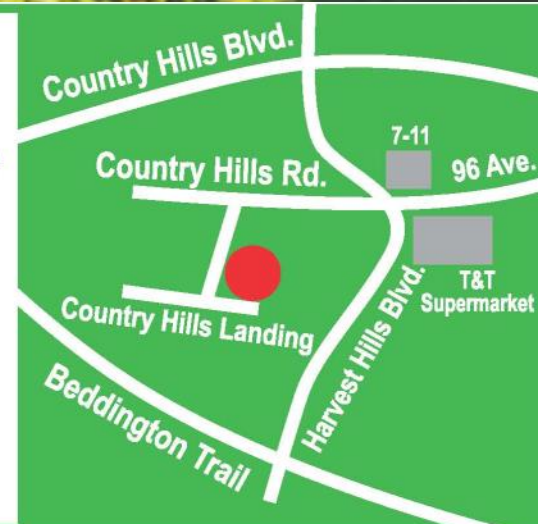
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## President's Message



**Amanda Mauch**  
President  
Northern Hills  
Community Association

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

Save the date for our upcoming AGM. It will be on May 27 at Harvest Hills Alliance Church and we hope to see you all there. Keep your eye on our social media platforms for coming details.

In case you didn't know, community associations receive no guaranteed financing – all our budgetary needs must be met through sales of memberships, fees for programming, and primarily grants. You can help! Please purchase an [annual membership](#) for your household. A yearly membership is just \$30 per

household – that's **\$2.50 per month**, less than one fancy coffee. It truly makes a difference.

If you require assistance with registrations or information, please contact us at [info@nhca.ca](mailto:info@nhca.ca). We will assist you as soon as possible!

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

Amanda Mauch  
President  
Northern Hills Community Association



The Northern Hills Community Association, in partnership with Calgary Northside Soccer, is pleased to announce that registration for the 2025 Outdoor Grassroots Soccer League is now open! CNS has designed a new and innovative format that provides players with the opportunity to participate in the CMSA league with a flexible schedule for each family.

This grassroots program is run by PASS staff, where players are taught skills for the first portion of the session and then are broken into teams to play a game. The teams may be adjusted at any time based on player participation. The outdoor season runs from April - September 2025 and is broken out into two sub-seasons: Spring (April-June) and Summer (July-September)

Register here: <http://northsidesoccer.ca>

Dates, times, and locations are shown on the CNS website. CNS has field permits for all the locations listed on the website and each community is a separate program. Select Registration -> 2025 Outdoor League and scroll down to click the age group you wish to register for (listed underneath "Outdoor Registration Fees")



Thank you to our generous sponsors for this program.







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

### *In This Issue*



<i>Presidents Message</i> .....	3
<i>NHCA Contacts</i> .....	5
<i>News From Calgary Public Library</i> .....	8
<i>Volunteer With Us</i> .....	10
<i>Elected Reps</i> .....	20-21

*and so much more!*



**2025/26  
Registration  
is now  
open!**



## **NE Calgary**

Calgary Rotary Challenger Park

### **Full Day Program**

Accepting applications for  
children aged 19 mo to 6 yr

**Join our waiting list  
today**

## **NW Calgary**

Evanston Towne Centre

### **Half Day Program**

Accepting registrations  
for 2025/2026 school year

For more information please call or visit us

**587-707-GREY (4739)**

**calgarypreschools.ca**



# NHCA CONTACTS

## CONTACT US

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, Chris Cleary

## COMMITTEES

Gardens: [Amanda Mauch](#)

Building Safer Communities (Blockwatch): [Tavis Settles](#)

Community Relations: [TBD](#)

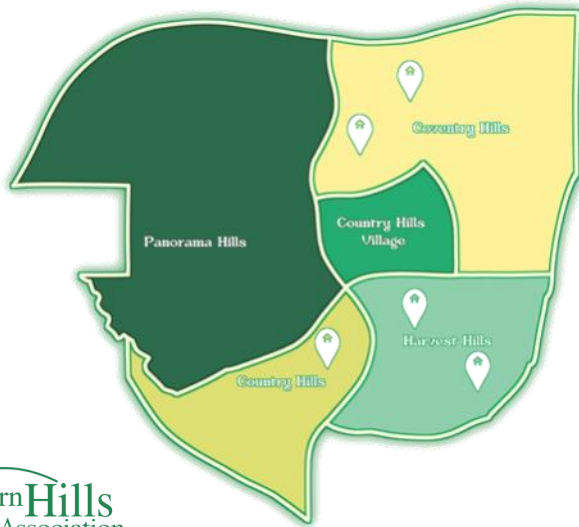
Government Relations / Advocacy: [TBD](#)

Grants: [Amanda Mauch](#)

Planning & Development: [TBD](#)

Seniors Program: [TBD](#)

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.

Northern Hills  
Community Association



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Dr. Tim Begalke, Dr. Jamie Wallace and Associates

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[www.countryhillsdental.com](http://www.countryhillsdental.com)



## Let's Get Physio

**Let's get Physio** – Swing into Spring and avoid Golfer's and Tennis elbow.

Summer recreation is in full swing once again and for many of us, golf and tennis are the sports of choice. However after our lengthy Calgary winter some find that they are overzealous on the court or links. Two very common injuries for many eager to participate in such summer activities are golfer's elbow and tennis elbow. Both of these injuries can be extremely painful – subsequently they hinder summer fun.

Both golfer's and tennis elbow are essentially the same type of injury; both arise as an inflammation of muscles and tendons of the elbow. The inflammation is a result of overuse or repeated stress of the tissues or can result from a single traumatic event such as hitting the ground with the club during a golf swing.

Golfer's elbow, also known as *medial epicondylitis*, involves the flexor muscles of the forearm - these are the muscles used to curl your fingers into a fist or flex your wrist. Symptoms of golfer's elbow include tenderness on and around the bony prominence on the inside surface of the elbow, especially when gripping and flexing the hand. In some cases the pain can be so extreme that simply grasping a pencil can be painful and difficult.

Tennis elbow, also known as *lateral epicondylitis*, involves the extensor muscles of the hand - these are the muscles that aid in straightening the hand and fingers, the muscles most involved during a tennis backswing. Pain caused by tennis elbow will occur on and below the bony prominence on the outside surface of the elbow and forearm.

Remember the old adage, *an ounce of prevention is worth a pound of cure*.

- Return to your sport progressively. Hit the range and swing the racket for short periods initially.
- Warm up before your match including gentle use, stretching and working on your form.
- Proper cooldown including some gentle stretching and hydration.
- Immediately starting self treatment of any symptoms includes rest from the activity, icing the tender area (ice wrapped in a towel or a bag of frozen veggies) for intervals of 15 minutes 3 times per day.
- If pain persists more than a few days, getting into a PT to address the core problem is your best bet to save the season!

Graham The Northern Hills Physio



**Been in a car accident? We can help!**

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SPORT  
PHYSIOTHERAPY**

**Helping the community  
LOVE LIFE  
for over 20 years!**

**NHSPT.CA**

## April 2025 Calgary Public Library Newsletter Content – Northern Hills

### Hoppy Baby Bunnies

Get your baby into the springtime spirit with songs, stories, and finger plays. This program is offered at multiple Library locations on different dates.

Learn more: <https://www.calgarylibrary.ca/events-and-programs/programs/hoppy-baby-bunnies/>

### Tech Mentors

Technology can be challenging, but the Library is here to help. Receive one-on-one support to answer your tech questions. Learn how to use platforms like Zoom, practice your skills on different devices, and learn more about useful Library resources including online learning.

Learn more: <https://www.calgarylibrary.ca/events-and-programs/programs/tech-mentors/>

### Stream for Free with Kanopy

Stream hundreds of shows, movies, and documentaries for free with Kanopy. There's also a Kanopy Kids section that features movies and popular TV shows for children ages two and up.

Start streaming today: <https://www.calgarylibrary.ca/read-learn-and-explore/digital-library/kanopy/>

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Dr. Tonny Tang



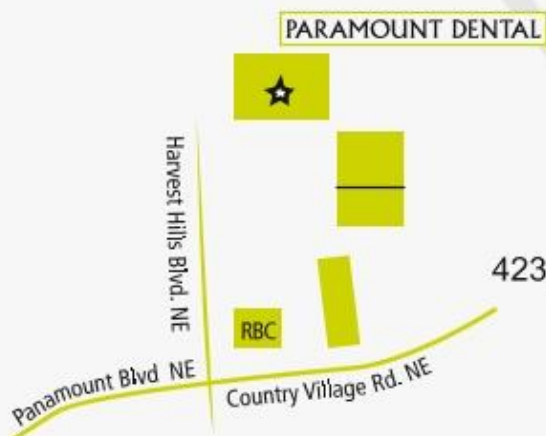
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Monday\*\*: 8:00 am to 4:00 pm  
Tuesday: 8:00 am to 8:00 pm  
Wednesday: 8:00 am to 4:00 pm  
Thursday: 8:00 am to 8:00 pm  
Friday: 8:00 am to 4:00 pm  
Saturday\*\*: 8:00 am to 4:00 pm  
Sundays: Closed  
(\*\* = Alternating)

# PARAMOUNT DENTAL

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## WE WELCOME ALL NEW PATIENTS

# 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)**



# SPRY

## Senior Persons Regaining Youth

*The SPRY social gatherings and exercise classes are great for adults of age 55+ .  
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.*



SPRY has wrapped up for the spring season.

We are looking forward to hosting this program at an exciting new location in the Fall, for more information contact us at [info@nhca.ca](mailto:info@nhca.ca)

If you have interest in helping us build our senior's programming, please contact us!



# 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](http://www.nhca.ca/gfb)

Northern Hills  
Community Association

COMMUNITY  
KITCHEN

## 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/)**

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Northern Hills  
Community Association





# Harvest Hills Alliance Church

[www.hhachurch.com](http://www.hhachurch.com)



10099 Harvest Hills Blvd NW

403-226-0990

[office@hhachurch.com](mailto:office@hhachurch.com)



- Believe
- Belong
- Bless

## SUNDAY SERVICES

**9:15 & 11:00 am**

11:00 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

9:15 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

### 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

### Saturdays

Men's Bible Study

8:00 - 10:00 am



# 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).**



## Gardeners Corner

Vegetable prices getting you down? Join our gardening community!

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

The NHCA community gardens are dedicated to bringing together neighbours to provide locally grown food for their families. Each year, we also dedicate beds to a local food bank. The garden promotes community, organic growing methods and a sense of shared responsibility and teamwork.

[Registration is Ongoing!](#)

### Rental Costs:

4 x 12 – \$50

4 x 8 – \$40

Returning gardeners – \$5 off their first garden plot

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

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

### Volunteer Opportunity:

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

If you would like more information about our gardens, please contact us at [gardens@nhca.ca](mailto:gardens@nhca.ca)



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# 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.

### Euphoria Wellness Centre

#222 – 40 Country Hills Landing NW  
All NHCA Members receive \$10 a REGULARLY priced 60/90 Min Massage or Acupuncture Treatment when they show us a valid members card. \*not applicable to EWC Members or Mobile Treatments

### Foresight Eyecare

226-40 Country Hills Landing NW  
20% off all frames

### iSmart Insurance

4, 10 Country Hills Landing NW  
Free Commissioner of oaths for NHCA members

### Jugo Juice (Temporarily Closed due to renovations)

11950 NE Country Village Link  
10% off drinks and full sandwiches  
\*excludes snack size sandwiches & snack items

### Montessori Learning Centre

115, 20 Country Hills Landing NW  
Registration fee waived for NHCA members

### Papa John's Pizza

177 Country Hills Blvd NW  
\$5 off orders over \$25

### Swiss Chalet

500 Country Hills Blvd NE  
10% off dine-in or take-out; excludes specials

### Woody's Taphouse

500 Country Hills Blvd NE  
10% Off

### UPS Store

612-500 Country Hills Blvd NE  
10% off UPS Shipping and 10% printing

## COVENTRY HILLS

### Cathy – Piano & Theory Teacher

Family registration fee discount of \$15.00

### Euphoria Wellness Centre

#229 – 130 Country Village Road NE  
\$10 a REGULARLY priced 60/90 Min Massage or Acupuncture Treatment when they show us a valid members card.\*not applicable to EWC Members or Mobile Treatments

### Marble Slab Creamery

130 Country Village Rd NE  
10% off all orders

### Jade Lee Piano

\$10 for first lesson

## PANORAMA HILLS

### Little Caesars

18 Panatella Blvd NW  
Buy any two specialty pizzas and get a free crazy bread

### Progressive Optometry

34 Panatella Blvd NW  
15% off frames

### Sunburst Counselling

Panorama Hills NW  
30 minute free consultation and 10% off first paid booking

### Tamarind East Indian Restaurant

610 Panatella Blvd NW  
10% off all purchases, eat-in or take-out

## HARVEST HILLS

### Arbonne International-Nancy Tomney

20% off orders

### Devon Lowe B.B.E.

Suite 5113, 333 96th Ave NE  
A Complimentary Detailed Personal/Family Financial Plan (Value \$1000), A Complimentary Book "Money and Youth – A Guide to Financial Literacy" (Value \$25)

### Stampede Car Wash

Suite 600-9650 Harvest Hills Blvd NE  
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### Steeped Tea

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### The Canadian Brewhouse

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## 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

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Little Caesars

Montana's

Ornamental Stone

Royal Palace Home Inspection

Scotsman's Well

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Visit our website for more details,  
<http://nhca.ca/member-discounts>



### The Benefits of Walking in Your Older Years by MPC Foundation

As we age, staying active becomes essential to maintaining our health and independence, and walking is one of the simplest and most beneficial exercises for seniors. Walking is low-impact, easy to do, and can be done anywhere, making it suitable for almost everyone. It helps improve circulation, lower blood pressure, and strengthen the heart. Regular walking also supports bone health, reducing the risk of osteoporosis, and can alleviate joint pain, especially in the knees and lower back. By walking daily, you strengthen the muscles that support your joints, making it easier to stay mobile and independent.



Another major benefit of walking is its ability to improve balance and coordination. These are key factors in reducing the risk of falls, which become more common as we age. Walking also improves flexibility, which helps with everyday tasks like bending over to tie your shoes or reaching for items on high shelves. Cognitive health also benefits from regular walking, as studies show it can improve memory, reduce the risk of dementia, and even boost mood by decreasing anxiety and depression. The physical and mental health benefits of walking work together to help you feel better both inside and out. Spending time outdoors while walking can also enhance your mental well-being by providing fresh air and sunlight. It's an easy way to escape from screens and enjoy the peacefulness of your surroundings.

The recommended goal for seniors is to aim for 7,000 to 10,000 steps per day, though starting with shorter walks and gradually increasing your distance is just as important. Even walking 10 minutes a day is a great start, and you can slowly work your way up to longer sessions. A pedometer or smartphone app can help track your steps and keep you motivated. However, it's always important to listen to your body. If you feel discomfort or dizziness, stop and rest.

Lastly, walking doesn't have to be an independent activity. Joining a walking group or inviting a friend or loved one to walk with you can make the experience more enjoyable. With the right attitude and some planning, walking can become a fulfilling part of your daily routine, improving both your physical and emotional well-being as you age.





### **Hon. Muhammad Yaseen**

**MLA, Calgary-North**

**Minister of Immigration and Multiculturalism**

May hope and happiness fill your home this Easter! Alberta is becoming a global leader in the aviation industry, attracting top companies like Lufthansa Technik Canada to invest in our future. Lufthansa Technik Canada has announced their \$120 million investment in a cutting-edge maintenance facility at Calgary International Airport which will create hundreds of jobs, boost Alberta's aerospace sector, and further establish Alberta as a global aviation hub. This investment is the catalyst for a \$3 billion, 15-year service contract with WestJet, which is helping Alberta's aerospace and aviation sector soar to new heights. As well, Alberta's government is committing \$7.45 million dollars to the project through the Investment and Growth Fund (IGF) and the Aerospace Workforce Development Grant.

Albertans in Calgary and southwest Alberta will have greater access to critical care as Rockyview General Hospital expands its ICU, cardiac and endoscopy capacity. Alberta's government is committed to ensuring Albertans can access the health care services they need, when and where they need them. The completion of this \$84-million project is a significant investment in health care infrastructure in Calgary, increasing critical care capacity, and improving access to life-saving treatment.

Alberta hosted three major international sport events and two national championships from February – March, driving athletes and fans to the province. Alberta is continuing to build upon the province's strong reputation as a premier destination for world-class sporting events and sports fans. From FIS Snowboard Sopestyle and Halfpipe World Cup at Winsport, to the Western Transmountain Festival and the World Youth Open dodgeball tournament, as well as the 2025 Nordiq Canada Ski Nationals returning to the Canmore Nordic Centre. Alberta's government has committed more than \$440,000 through the Major Sport Event grant program to support the success of these five events.

Happy Easter!

Thank you to my constituents for your support as I carry out my duties as your MLA.

[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.

#### **Extended Producer Responsibility (EPR)**

Last month, Council approved changes to our Waste and Recycling Bylaw that will bring Calgary in line with Alberta's Extended Producer Responsibility Legislation. This program transfers the responsibility for managing certain recyclables and hazardous materials from local governments and taxpayers to the producers, like retailers and manufacturers.

EPR is intended to encourage producers to design and produce less wasteful packaging, and choose better materials for the environment and recycling process.

These changes will begin April 1, 2025. Residents will receive the same service levels, but your blue cart monthly fee will drop from \$9.34 to \$2.17.

#### **Community Clean-Ups**

Community Cleanup events are an opportunity for Calgarians to dispose of items that do not fit in their waste and recycling carts.

- Spring: April 26/27 to June 28/29

All events take place on Saturdays or Sundays (from 9 a.m. to 2 p.m.).

Check out [calgary.ca/communities](https://calgary.ca/communities) for the full schedule and to find a clean up near you.

#### **Green Calgary Rain Barrels**

Did you know, water use in Calgary communities increases up to 20 per cent in the summer months?

Capturing rainwater can help you and your community build resiliency during times of hot and dry weather while keeping your yard and garden healthy.

Made locally with recycled material, rain barrels can be used to water the plants in your yard. Rain barrels are \$75 after rebate for a limited time with pick-up and delivery options available.

Visit [greencalgary.org](https://greencalgary.org) for full details.

#### **Spring Street Sweeping**

Street sweeping begins later this month! Visit [calgary.ca/roads](https://calgary.ca/roads) and enter your address to find the exact dates for your street.

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



### **Travel Safe Student Video Contest is now open!**

Calling filmmakers of all ages and abilities. Whether you are an aspiring movie producer, working on your stop-motion skills, or you shoot videos as a hobby, this is the contest for you!

The Travel Safe Student Video contest is open to Calgary students from Kindergarten to Grade 12. Win great prizes and a chance to have your work showcased! Deadline is April 30<sup>th</sup>!

The contest is not only a fun and engaging way for students to think about traffic safety, but also part of the Calgary Safer Mobility Plan, a partnership between the City and Calgary Police Service aimed at improving the overall safety of our transportation network.

“We know students have unique perspectives when it comes to traffic safety and we can’t wait to see solutions through their eyes,” said Jacquelyn Oriold, Mobility Education Specialist with the City. “Whether that’s a video from a Kindergarten student worried about safety as they walk or wheel to school, or from a middle school student concerned about speeding drivers, or a teenager’s perspective on navigating rush hour, we can’t wait to see their work.”

#### **Key dates:**

Feb. 3 - April 30, 2025: contest submission entry window

11:59 p.m. April 30, 2025: Contest closes

May 14, 2025: Public screening event of finalists and winners announced at the Central Library in the Patricia A. Whelan Performance Hall.

For full contest rules, eligibility, waiver, tips and resources visit [calgary.ca/travelsafevideo](https://calgary.ca/travelsafevideo). For general inquiries about the contest: [streetsafe-kids@calgary.ca](mailto:streetsafe-kids@calgary.ca). Help us make Calgary’s streets safer.

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### **Create a beautiful and resilient YardSmart yard this spring!**

A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to plan, build, and maintain your yard, including:





- Layouts & plant lists for all over your yard – wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator friendly yard.  
Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:
- Installing a rain barrel to use in your yard and garden. It is a simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass 5 to 7 cm (2 to 3 inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit [calgary.ca/YardSmart](https://calgary.ca/YardSmart).

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### Emergency Preparedness Week is May 4 – 10, 2025

Emergencies can happen anytime and anywhere. Knowing what to do before a disaster strikes can go a long way in assisting you, your family, and your community during an emergency.

Emergency Preparedness Week is May 4 – 10, 2025. This annual event takes place across Canada every May to highlight the importance of getting prepared for emergencies before they happen.

During Emergency Preparedness Week and throughout the year, Calgarians are encouraged to take steps to get prepared for emergencies to help minimize the impacts.



- Know the risks - learn about the types of hazards that can occur in Calgary and how you can better prepare for them.
- Stay informed – stay tuned to local and regional emergency alerts and other trusted sources of information.
- Get prepared - every emergency is different, but having a plan will help you and your family know what to do and who to contact in different situations. Get started by downloading our emergency action plan, available in different languages at [calgary.ca/getready](https://calgary.ca/getready).

In addition to preparing yourself and your household for emergencies, building connections within your community can also help. Neighbours, co-workers and friends often provide crucial support during times of crisis. Creating a network you can rely on during an emergency can help you and others you care about stay safe.

Visit [calgary.ca/getready](https://calgary.ca/getready) to learn more about how to prepare for emergencies, and the events taking place in the community during Emergency Preparedness Week.

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### Get involved and learn about Calgary's new Zoning Bylaw

Since October 2023, the City Building Program team has been working with Calgarians to learn what they value and experience living in Calgary, and to plan for the future of how we move, build and use land across the city.

The Program includes the **Calgary Plan** (merges the current Municipal Development Plan and Calgary Transportation Plan into one document), the **Zoning Bylaw** (currently the Land Use Bylaw), and **Street Manual** (currently the Complete Streets Policy & Guide). All three of these documents have been drafted based on four phases of public





Engagement, existing policies, Council priorities, partnering with the Indigenous community and equity-denied groups, and consultation with interested parties.

While the Calgary Plan was brought to the Infrastructure and Planning Committee and deferred until Q2 2026, the Zoning Bylaw draft is still seeking public input and feedback.

Curious to know what the Zoning Bylaw is and how it impacts you? This upcoming fifth phase of engagement will continue building awareness and education on the Zoning Bylaw and how it ties into the Street Manual and the Calgary Plan. As we engage with Calgarians, if amendments to the Calgary Plan are necessary, we will take those proposed changes to Council next year.

Your voice matters. We want to hear from you to ensure the new Zoning Bylaw meets the needs of our growing city. You can participate online or at in-person events around the city from **May 5-31, 2025**, and [subscribe](#) to our newsletter for project updates.

**For more info:** Visit [calgary.ca/citybuilding](https://calgary.ca/citybuilding) or email [citybuilding@calgary.ca](mailto:citybuilding@calgary.ca).

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## Bicycle Helmet Safety



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

### Getting informed

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

### Getting started

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

### Getting the right fit

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

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

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## This month's winner

Esther



Esther - From Nosehill Park