

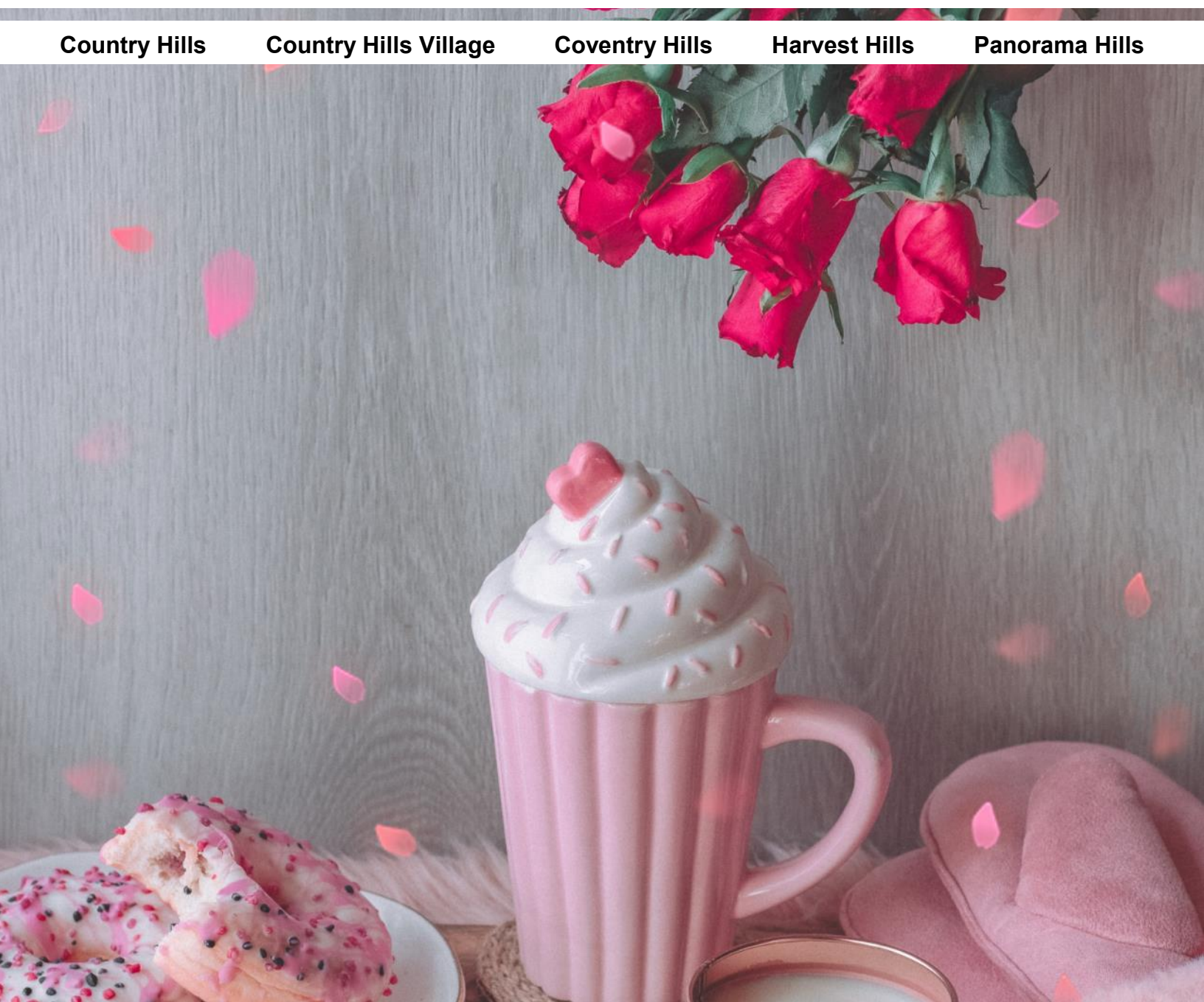
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Dr. Bijaan Lalani



Dr. Christine Ursuliak

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President's Message



Amanda Mauch
President
Northern Hills
Community Association

Happy February Northern Hills!

I'm sure you've been enjoying the mild weather so far in 2025, but be prepared, winter is almost here! While you're stuck inside with the weather, you can start planning for spring and summer with us. Early spring is when we'll be opening registration for our children's soccer program and our community gardens! Keep an eye on our [website](#) for more details. We will also have our annual schedule finalised soon and are hoping to offer some new and returning volunteer opportunities.

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.

Please continue to direct any questions to our general email inbox at info@nhca.ca We have a wonderful Director Christine who monitors it and answers requests accordingly.

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

Amanda Mauch
President
Northern Hills Community Association

COMMIT TO FEELING
YOUR BEST ALL YEAR
LONG WITH OUR
MONTHLY MASSAGE
MEMBERSHIP!
**PRIORITIZE
WELLNESS IN
THE NEW YEAR**

Self-care isn't selfish — it's essential. Start the New Year right by committing to a regular wellness routine with Euphoria Wellness Centre.

CALL OR EMAIL US TO LEARN MORE ABOUT OUR
MONTHLY MASSAGE MEMBERSHIP AND START YOUR
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- ✉ 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, Chris Cleary

COMMITTEES

Gardens: [Amanda Mauch](#)

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

Community Relations: [TBD](#)

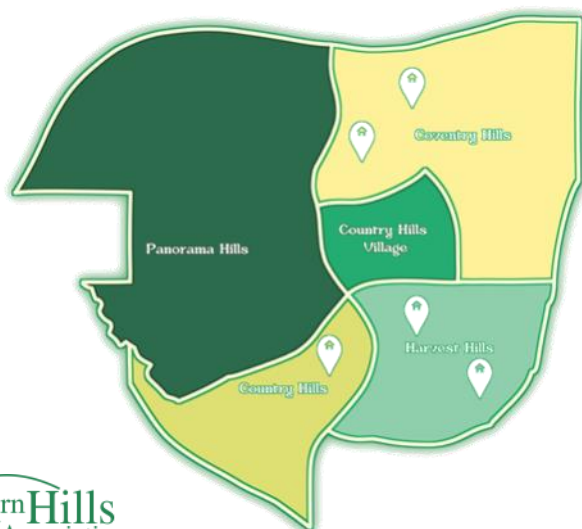
Government Relations / Advocacy: [TBD](#)

Grants: [Amanda Mauch](#)

Planning & Development: [TBD](#)

Seniors Program: [Louise Crane](#)

Volunteer Relations: [Amanda Mauch](#)



Northern Hills
Community Association

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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Let's Get Physio - I'll Heal On My Own

If I only had a dime for every time someone come in requesting an ankle brace and nothing more. No problem, we have some great braces and it only takes a moment to fit them. The common story is that, *"I rolled my ankle, I've done it before but think that it will heal on it's own just like it always has."* Now, I am not a sales person but certainly have difficulty not educating people that are on the road to chronic injuries. The truth of the matter is that a sprain is a soft tissue injury. It will heal if left alone to heal. The question is, *will it heal correctly?*

Here's how the body works; try closing your eyes. Without looking you can tell what position your knee, thumb or ankle in this case is in. This is called **Positional Proprioception**. We rely on Positional Proprioception for our brain to know the position that our joints are in, fire the right muscles to keep our balance, move to the right position, and protect us from our joints going into a dangerous position, thus avoiding injury. The brain receives information from the tension around all your joints and therefore knows how bent/straight/rotated/etc every joint is. It therefore knows if your ankle is *rolling over* and can instantly fire the right muscles to protect from injury.

Once you have injured your tissues around a joint they are not efficient at sending signals to your brain anymore. It can no longer detect when abnormal forces are being applied to them, therefore there is a delay or lack of signal to your brain and therefore a delay or lack of proper muscle recruitment to move the joint where it should go. The result is that you are predisposed to re-injury, which can result in chronic inflammation, further breakdown of joints and possible degenerative changes, ie. Osteoarthritis, causing lifelong pain and suffering!

To stop the cycle, you need to retrain the Positional Proprioceptive system after an injury. This is where Physiotherapy comes in. We can break down scar tissue which impedes normal movement and tension recognition, control inflammation which impedes proper proprioception, educate you on strengthening where you are weak or where you need the muscle to be more active and show you how to retrain the Positional Proprioceptive system to avoid re-injury. The end result is often that you get away from using bulky braces and have a system to rely on and avoid re-injury.

The goal is not just to get through this injury but to rehabilitate the injury, return to your active lifestyle and avoid re-injury!

All in the name of being able to **Love Life!!!**

Graham The Northern Hills Physio



Been in a car accident? We can help!

**NORTHERN HILLS'S
SPORT
PHYSIOTHERAPY**

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

NHSPT.CA

February 2025 Calgary Public Library Newsletter Contribution — Northern Hills

Freedom to Read Week is February 23 – March 1

At Calgary Public Library, we acknowledge Freedom to Read Week as an opportunity to ensure our community has access to a wide range of ideas, information, and thoughts through Library services. Before Freedom to Read Week starts on February 23, learn how the Library's Collections department selects books before they reach our shelves: <https://www.youtube.com/watch?v=snP2At6aQBM>

Visit the Library During Winter Break

If your kids are out of school for Winter Break, there's lots of ways to keep them entertained! Our interactive Early Learning Centres and Questionariums are open every day — including Family Day on February 17. Learn more about our 13 Early Learning Centres: <https://www.calgarylibrary.ca/connect/babies-and-toddlers/early-learning-centres/>

Volunteer at the Library

Over 3,500 dedicated Library volunteers help our community build learning skills, make stories come to life, deliver Library materials to seniors, help patrons explore computer technology, and much more. The Library is accepting youth and adult volunteers for a variety of programs including Math Quest, Reading Buddies, and Career Coaching. Learn more: <https://www.calgarylibrary.ca/your-library/volunteer/>

Country Hills Adopt-A-Rink: A Community Skating Spot

If you live in Country Hills, you may have noticed something new at the corner of Country Hills Drive and Country Hill Heights NW—the neighbourhood’s first ever Adopt-A-Rink!

Adopt-A-Rink is a City of Calgary program supplying water, boards, and rink liner for over 60 community rinks. These temporary rinks are maintained by volunteers, namely your Director at Large, Mark, and his partner Tanya. A big thanks to the NHCA for also supporting the rink!

The rink is a fun, free way to get out and enjoy skating in Country Hills. Prior to this, residents had to drive to another community to skate. While this year’s rink is not as big as ones in Sandstone or Hidden Valley, it’s still large enough to warm hearts and make skaters smile! The rink officially opened in December and, despite the “warm” weather, has seen almost daily use.

Parks provided a fire pit as well as permission for a bench to be placed at the site. The playing field in Country Hills is mostly school reserve and cannot have permanent structures on it.

If you use the rink, take a moment to remember neighbours just like you championed it to bring fun and foster community connections in Country Hills and beyond.





We are excited to introduce you to our brand new location opening January 2023!

Paramount Dental is about a complete team atmosphere of professional individuals who are committed to your complete dental care!

It is our mission to care for you as if you were a family member and to respect your individual needs.

We are committed to your dental health needs and your ongoing dental education for a lifetime of dental wellness!



Dr. Henry Seto



Dr. Tonny Tang



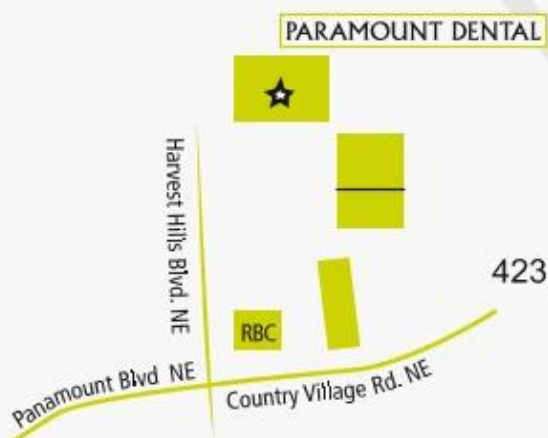
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Hygiene & Preventative Care

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

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

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

PARAMOUNT DENTAL

(403) 730-9882 paramountdental.ca

WE WELCOME ALL NEW PATIENTS

VOLUNTEERS NEEDED!



The Northern Hills Community Association is in need of volunteers to fill essential roles. With over 56,000 residents, volunteers are crucial for running the Community Association effectively.

WE NEED TO FILL OUT OUR BOARD WITH A FEW KEY POSITIONS TO CONTINUE RUNNING!

- **1st Vice President**
- **2nd Vice President**
- **Community Relations Director**
- **Land Use and Development Director**
- **Volunteer Director**
- **Membership Director**

Here are just a few reasons to volunteer with us:

- ✓ **Meet new people and make new friends**
- ✓ **Learn new skills and gain valuable experience**
- ✓ **Make a positive impact in your community and beyond**

If you're interested in volunteering with us, please contact us!
volunteer@nhca.ca

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

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

ENROLL TODAY!



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

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HARVEST HILLS PROFESSIONAL BUILDING

587 353-7295

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**

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

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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BOTTLE  DEPOT
It's Worth It

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

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

GriefShare®

Grief recovery groups

GRIEFSHARE.ORG

Thursdays till April 10th

Please sign up by clicking this picture
in our online bulletin or the link in our events page.



Moms/Grandma's
& your little ones
are invited to:

Tiny Tots

Come out for an
organized play date
Every 2nd & 4th Monday
Starting Feb 10 & 24
till the end of June
9:30am - 11:00am

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.

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

Get a 75 minute massage for the price of a 60 minute massage as a new client. We are now providing osteopathy at this location when they show us a valid members card. *not applicable to EWC Members or Mobile Treatments.

Marble Slab Creamery

130 Country Village Rd NE
10% off all orders

Jade Lee Piano

\$10 for first lesson

PANORAMA HILLS

Little Caesars

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

Progressive Optometry

34 Panatella Blvd NW
15% off frames

Sunburst Counselling

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

Tamarind East Indian Restaurant

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

HARVEST HILLS

Arbonne International-Nancy Tomney

20% off orders

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)

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Boston Pizza Cross Iron Mills Mall

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Kiddiekakes Custom Cake Design

KIDSFIRST Resolution

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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>

The Health Benefits of Reading by MPC Foundation

Reading books isn't just a way to pass the time, it can also be a powerful tool for keeping your mind healthy and even helping you live longer. Research has shown that reading regularly offers a range of benefits for older adults, from improving memory to boosting overall brain health.

A study by researchers at the Beckman Institute found that reading books can help improve memory in seniors. When we read, we use our working memory to hold on to information, like remembering

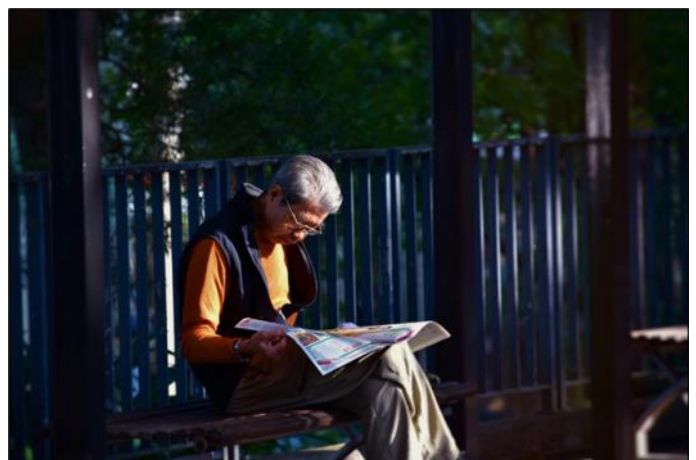


what happened in the previous chapter. We also use episodic memory to recall details from earlier in the story. By reading regularly, these types of memory are exercised, which can help keep them sharp as we age.

In addition to helping your memory, reading books might even add years to your life. Researchers at Yale University studied people over the age of 50 and found that those who read books regularly had a 20% lower risk of health decline over the next 12

years compared to those who didn't read books. This suggests that reading could not only make life more enjoyable but might also help you live longer, so you can continue enjoying your favorite books. Reading also keeps your brain active. Dr. Nadine Gaab, a researcher at Harvard Medical School, explains that reading requires your brain to do several things at once: decoding words, understanding their meaning, and reading fluently. These activities engage different parts of your brain responsible for language and comprehension. For seniors, staying mentally active through reading can help keep the brain healthy and sharp, reducing the risk of cognitive decline over time and contributing to a greater sense of mental clarity and focus.

In short, reading books offers many health benefits for older adults. Whether it's helping to preserve your memory, adding years to your life, or keeping your mind engaged, making reading a regular habit is a great way to stay healthy and enjoy life to the fullest. So, the next time you're looking for something to do, pick up a good book. You might just be doing wonders for your brain and your well-being.





Hon. Muhammad Yaseen

MLA, Calgary-North

Minister of Immigration and Multiculturalism

Celebrating Albertans Who Step Up for Seniors

For 26 years, the Minister's Seniors Service Awards have recognized and celebrated outstanding individuals and organizations for their service to Alberta's seniors. Nominations are now open and Albertans are encouraged to nominate individuals, businesses and non-profit organizations who showed kindness, compassion and dedication for Alberta's seniors. Up to 13 awards will be presented to individuals, including two Special Service Awards. Nominations will close on April 30, 2025; details on submission can be found online.

World Leaders in creative thinking

Thanks to the hard-work and dedication of our province's students, parents, teachers and education support staff, Alberta ranked first in Canada and second globally in creative thinking. These achievements build on our province's outstanding success in reading, science, and mathematics from the same 2022 PISA assessments. Alberta students ranked first in science, reading, and creative thinking among Canadian provinces, and second only to Singapore among all participating countries and second in mathematics among Canadian provinces. By participating in international assessments like PISA, our government is committed to benchmarking Alberta's education system against the best in the world. Together, we're setting the bar high and shaping a bright future for Alberta's learners.

Rewiring Alberta's electricity market

Alberta's government is modernizing the province's electricity system to put Albertans first, restoring the balance between affordability, reliability and sustainability. To achieve this, Alberta's government continues to work with its partners on power market reforms. Alberta's transmission policies are also being updated to improve reliability, increase efficiency, protect ratepayers, and align Alberta with other jurisdictions. Alberta's government is committed to the province's unique competitive electricity market, which provides consumers with choice and makes the province a premier destination for investors.

Thank you to my constituents for their support, wishing you all a Happy Family Day.

calgary.north@assembly.ab.ca

403.274.1931

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



COMMUNITY NEWSLETTER CONTENT- Full content

Find your next job at the Youth Hiring Fair – March 27

Mark your calendars! The Youth Employment Centre (YEC) is excited to announce the return of the Youth Hiring Fair on Thursday, March 27 at the Big Four Building from 1:30 to 6 p.m. If you're between the ages of 15-24, this event is your opportunity to meet with 80 employers ready to hire for part-time, full-time, permanent, or seasonal positions.

Whether you're starting your job search or advancing your career, the Youth Hiring Fair is the place to be. You'll have the chance to connect directly with employers from various industries offering diverse opportunities for all skill levels.

Before the event, be sure to visit the Youth Employment Centre at 315 – 10th Ave. S.E. to receive free assistance with resume building and interview preparation. Our expert employment counsellors are available to help you build confidence and ensure you're ready to make a strong impression on potential employers.

Don't miss out on this fantastic opportunity to secure your next job. Visit calgary.ca/yechiring for more details!

Earth Hour 2025

Calgary Unplugged is an annual family-friendly [Earth Hour](#) event. Join us for music, entertainment, and learn about environmental actions you can take in your community. Bring along some personal LED lighting and dance to the DJ when the lights go down for the Earth Hour party!

- Location: Central Library (800 3 Street SE)
- Date: Saturday, March 22, 2025
- Time: 7 p.m. to 9:30 p.m.

You can still participate in Earth Hour if you can't make it to the event! Reduce your impact by turning off nonessential lights, "unplug" from electronics at 8:30 p.m. and take this time to reconnect with people, play games or hobbies.

Share your participation in Earth Hour on social media with #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community agencies.

Email projects@arusha.org with questions.



Alberta Health
Services

Emergency
Medical
Services

February Is
Heart Month



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men, women & the elderly.

Heart attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1. Early treatment can greatly reduce heart damage;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS can share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many organizations. It's easy and could make a significant difference in the outcome of someone experiencing a cardiac event.

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