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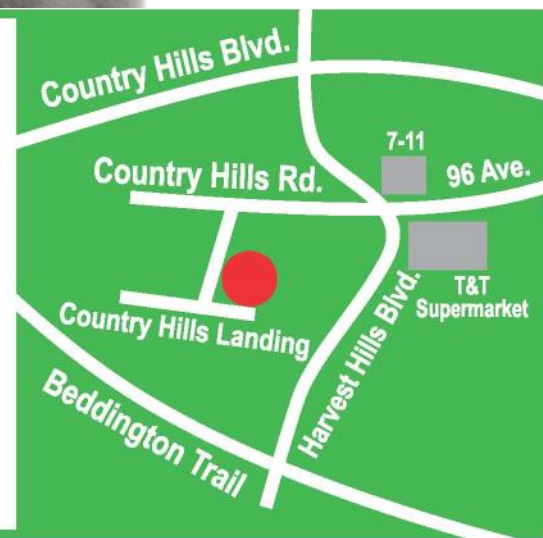


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Dr. Bijaan Lalani



Dr. Christine Ursuliak

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www.northernhillschiro.ca

President's Message



Amanda Mauch
President
Northern Hills
Community Association

Welcome to 2025 Northern Hills! On behalf of the NHCA, I hope that everyone in our community had a safe, healthy, and happy holiday season. Now we start afresh, ready to dive into the new year with new goals, projects, and events to look forward to.

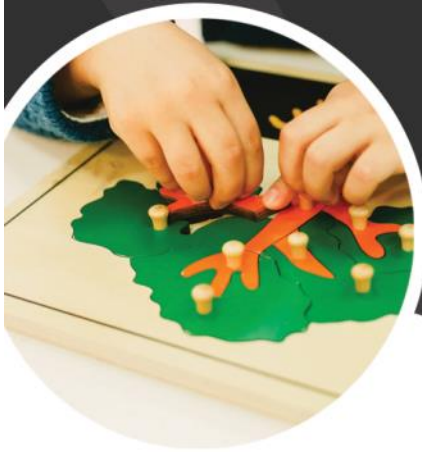
We have no events upcoming in January, but as an organisation we will be doing some yearly planning, finalising our budget, and preparing the final draft of our new business plan. We will be releasing this plan out publicly to be fully transparent with the community. We are really excited as a group about our refreshed goals for the next few years!

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.

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. Happy New Year!

Amanda Mauch
President
Northern Hills Community Association



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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
SELF-CARE JOURNEY TODAY!

- ☎ (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, 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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www.countryhillsdental.com



News from Calgary Public Library

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>

YYC West Runway Rehabilitation community information sessions

*Session d'information publique:
Réhabilitation de la piste ouest de YYC*

February 18, 6 - 8 p.m.
18 Février de 18:00 à 20:00
Crossroads Community Association (1803 14 Ave NE)

February 19, 6 - 8 p.m.
19 Février de 18:00 à 20:00
Vivo for Healthier Generations (11950 Country Village Link NE)

February 20, 6 - 8 p.m.
20 Février de 18:00 à 20:00
Vivo for Healthier Generations (11950 Country Village Link NE)

February 25, 6 - 8 p.m.
25 Février de 18:00 à 20:00
Genesis Centre (7555 Falconridge Blvd NE)

February 26, 6 - 8 p.m.
26 Février de 18:00 à 20:00
Genesis Place (800 East Lake Blvd NE, Airdrie, AB)

Learn more about how this project will
impact your community:
*En savoir plus sur l'impact de ce projet sur
votre communauté :*

yyc.com/WestRunway



YYC CALGARY AIRPORT AUTHORITY | L'ADMINISTRATION AÉROPORTUAIRE DE CALGARY

Let's Get Physio!! - Make that New Years Resolution Stick

Every year, gyms and health clubs can see up to a 30 percent increase in business as Canadians' decide to lose that festive flab – *fast!* It's not uncommon for an individual to gain 5-7lbs over the holiday season.

Knowing how hard to exercise is a concern for new and experienced exercisers alike. Enthusiasts are in a big hurry to get trim and they don't always take the time to make sure they are exercising properly.

Fitness is a journey and not a destination. Working out and expecting to look better than last year in two or three weeks is unrealistic, and can lead to overtraining, burnout, and/or injury. The key is to match the exercise program to your current fitness level and gradually increase the program length and difficulty. Results will come with time and consistent effort.

The Canadian Physiotherapy Association recommends the following fitness tips to reduce the risk injury:

- If you think you have pre-existing medical condition, consult a health care provider before beginning an exercise program;
 - Start slowly. Too much too soon increases your risk of injury;
 - Be realistic when setting your goals;
 - Choose an exercise activity that you enjoy. Avoid obsessing over which exercise burns the most calories. The one you like doing is the one you'll stick with;
 - 30 – 60 minutes of daily activity interspersed throughout the day, will achieve and maintain mobility and develop a healthier physique;
 - A total fitness program it should include aerobic conditioning, muscle strengthening, and flexibility training on most days of the week;
 - Warming up before exercising and cooling down afterward can help to prevent injury;
 - Begin with low-impact activities such as swimming, cycling, or walking. These activities put less strain on joints;
 - If you are in an exercise program and not losing weight, don't get discouraged. There are other health-related benefits associated with physical activity even when weight loss does not occur;
 - Keep a log to track your progress. This can help you to stay motivated and highlight areas that need more work;
- If you are fatigued, lower your intensity regardless of whether or not you are fit. Listen to your body – it will tell you if you are working too hard.

Lastly, if you have questions, just ask! Your local Physio has expertise that can help your program be successful and injury free.

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



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



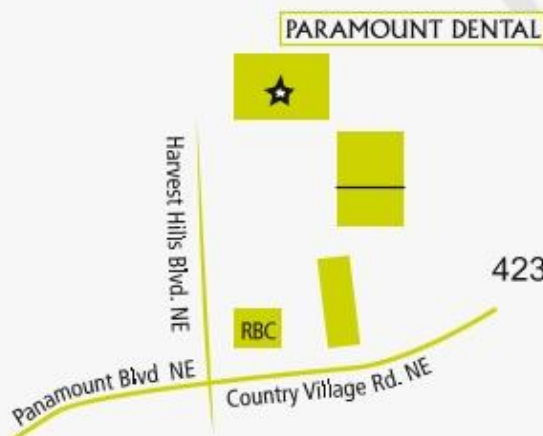
Dr. Maria Chan-Goudreau

Providing General Dental Services For Your Entire Family

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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**

LEARNANDPLAY.CA

178 96 AVE NE UNIT 113

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**

Waste and Recycling

Reduce, reuse, and recycle right this holiday season.

The holiday season brings gifts, good cheer, and plenty of extra waste. To help Calgarians manage it responsibly, The City is sharing tips to reduce, reuse, and ensure items like gift wrap, boxes, and holiday food scraps are sorted into the correct bins.

Make sure to check your holiday cart collection schedule.

This year, close to 180,000 households with Wednesday cart collection are affected by changes to the holiday pick-up schedule. These residents should be aware of the following changes:

- **Christmas Week:** Collection moves to Monday, December 23.
- **New Year's Week:** Collection moves to Monday, December 30.

Regular Wednesday pick-up resumes January 8. Residents can stay updated on schedule changes and set reminders by signing up for free at calgary.ca/collection.

Reuse and reduce this Christmas.

By rethinking traditions and getting creative, Calgarians can reduce the waste that ends up in their bins. Below are some holiday tips to get Calgarians started.

- Give the gift of experiences rather than physical goods.
- Buy items that come with less packaging or in recyclable packaging.
- Use fabric, newspaper/flyers, or old calendars to wrap gifts.
- Save gift wrap, gift bags, bows, and ribbons for reuse.
- Plan your meals and holiday food shopping to prevent waste and save money.
- Skip the paper napkins in favour of a reusable cloth material.
- Use reusable containers for leftovers instead of plastic wrap or tin foil.

Put your holiday waste in the right bin.

Put the following recyclables loose (not in a bag unless otherwise stated) into your blue cart:

- Wrapping paper and tissue paper.
- Cardboard boxes, gift boxes, shoe and shipping boxes – flatten your boxes to make extra room in your blue cart.
- Paper gift bags – remove the handles before recycling.
- Holiday cards and envelopes.
- Moulded plastic packaging with recycling symbol #1-7 (commonly found with electronics and kid's toys).
- Bubble wrap – bundle with other stretchy plastic bags and tie the handles closed.
- Cookie and chocolate tins – eat the cookies and chocolates first.

Waste and Recycling

Use your **green cart** to compost such food items as:

- Turkey carcasses and other bones.
- Pastries, cookies, cakes, and muffins.
- Plate scrapings and vegetable scraps.
- All food-soiled paper, including napkins, paper plates, coffee filters, baking paper and liners.
Cooking oil, lard, shortening, jam, butter, sauces, grease, dips, salad dressing, mayonnaise, and gravy.

After recycling and composting the right items, make sure to put these end-of-use products in the black cart as garbage.

- Non-recyclable gift wrap like tinsel, cellophane, metallic and foil gift wrap.
- Broken household items like dishes, ornaments, lights, and artificial Christmas trees.

Items such as old and used electronics, dead batteries, and most shipping foam and takeout containers can be taken in one convenient trip to a City Eco Centre.

Calgarians can learn more holiday waste tips at calgary.ca/holidaywaste.

After the holidays, don't let those real Christmas trees go to waste.

Calgarians have two options to compost their real Christmas tree. For both options, all lights, ornaments, tinsel, string, and tree stands must be removed.

Option 1: Use your green cart –cut tree into small pieces to fit inside the green cart, making sure the lid can close.

Option 2: Bring to a tree drop-off location – available across the city from December 26, 2024, to January 31, 2025. Do not wrap or bag your tree. For a full list of locations visit calgary.ca/christmastree.

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/

BEDDINGTON HEIGHTS
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

Thursday Jan 23 - April 10th 2025

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

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)

Stampede Car Wash

Suite 600-9650 Harvest Hills Blvd NE
\$1 OFF of wand wash

Steeped Tea

Briana Trotter
10% off all orders

The Canadian Brewhouse

9650 Harvest Hills Blvd NE
20% off all regular price food orders/10% off all regular price drinks
Valid for Cardholders and one friend

OTHER LOCATIONS

Benjamin Moore

Rice For King-The District
Boston Pizza

Boston Pizza Cross Iron Mills Mall

Famoso Neapolitan Pizzeria

Kiddiekakes Custom Cake Design

KIDSFIRST Resolution

The Lash Lounge By Tanz

Little Caesars

Montana's

Ornamental Stone

Royal Palace Home Inspection

Scotsman's Well

Sure Scraps A Lot!

Top Gear Car Wash

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

Staying Healthy and Active During Winter by MPC Foundation

Winter's chilly days can bring unique challenges, but with some thoughtful preparation, seniors can stay healthy, active, and happy throughout the season. Remaining physically active is especially important during these colder months, as it helps maintain strength, balance, and overall health. Regular exercise can improve mood, boost the immune system, and reduce the risk of chronic conditions, helping seniors feel their best even when the days are shorter and darker. Staying engaged in meaningful activities can also promote a sense of purpose and mental well-being.



Staying active doesn't have to mean braving the cold. As suggested by the Mayo Clinic, there are plenty of ways to keep moving indoors. Chair yoga or seated stretches are excellent for improving flexibility and balance, while simple exercises like standing up from a chair multiple times can strengthen the legs. Everyday household items, such as soup cans, can also be used as hand weights for light strength training. For something fun, turn on your favorite music and dance around your living room. It's a great way to lift your spirits and get some cardio in. Technology also offers great solutions for staying fit. Seniors can explore virtual fitness classes or online exercise videos tailored specifically for their needs. These programs provide structure, variety, and motivation, helping you stick to a routine even when it's cold outside.



Winter can sometimes feel isolating, so staying socially connected is equally important. Consider participating in friendly phone call programs, joining virtual social groups, or calling loved ones to stay in touch. On milder days, getting outside for some fresh air and sunshine can help you feel revitalized. When venturing out, remember to dress warmly, wear sturdy footwear, and watch for icy spots.

Good hydration, balanced nutrition, and a regular sleep schedule are also vital for winter well-being. Seniors often drink less water in the colder months, but staying hydrated is essential for overall health. Pair this with a nutrient-rich diet, emphasizing warm, comforting foods, and you'll have the energy to stay active and engaged. By prioritizing both physical activity and social connections, seniors can turn winter into an enjoyable season.





Hon. Muhammad Yaseen

MLA, Calgary-North

Minister of Immigration and Multiculturalism

Happy New Year!

May 2025 bring you joy, success, and a year filled with happiness, growth, and everything you wish for.

In May 2022, Alberta's government invested \$5 million over three years to enhance financial literacy for students. Enriched Academy, the Canadian Foundation for Economic Education, and Junior Achievement receive annual funding to provide financial literacy programs for grades K 12. These initiatives teach vital skills like saving, budgeting, and investing, aligned with the curriculum. By integrating financial literacy into education and funding dedicated resources, Alberta is equipping students with the knowledge and confidence needed to navigate the fundamental life skills they need to prosper in adulthood and secure their futures in today's fast moving world.

Alberta's government is improving healthcare access by expanding the role of nurse practitioners (NPs) through the Nurse Practitioner Primary Care Program (NPPCP). Since its April launch, 33 NPs are now practising independently, with 56 applications approved. The program allows NPs to work autonomously or join existing practices, with a requirement to maintain a panel of at least 900 patients, providing after-hours care, and accepting walk-ins, enhancing flexibility for Albertans.

Albertans' feedback helps shape financial priorities and address the needs of our growing population. Budget 2025 will maintain a responsible approach to supporting Albertans while strengthening health care, education, and economic resilience. Your input is essential, share your ideas and priorities here - Budget 2025 consultation | Alberta.ca. Businesses, municipalities, community groups, and other stakeholders can also provide feedback via the online portal. All input will be shared with Minister Horner to ensure diverse perspectives are considered. The survey and portal are open until Sunday, Jan. 12. Let's work together to create a brighter future for Alberta!

Thank you to my constituents for their support, wishing you all a joyous and prosperous New Year.

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Jasmine Mian Ward 3 Councillor

Happy New Year! I hope your holidays were filled with rest and time with loved ones. Looking forward to 2025 and all that the year will bring.

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

Transit Advocacy and Snow Detours

I have heard first-hand from many residents how important reliable transit is to them. As our city grows, I will continue to advocate for funding and improvements to transit.

This past fall, I was successful in making some efficient changes to several bus routes in Ward 3. These changes mostly affect the communities of Panorama Hills, Hidden Valley, Hanson Ranch, Livingston, and Carrington. You can read about the changes made and the current snow detours at jasminemian.com/news.

New Skating Rink in Ward 3!

We're fully in winter mode, and a new ice rink opened last month in Sandstone! My office worked with the Sandstone MacEwan Community Association to secure City funding for their new boarded rink. Their volunteers work incredibly hard to maintain two community rinks, so if you want to help out, visit sandstonemacewan.com.

You can view a map of all ice skating rinks across the city at calgary.ca/parks/activities.

Protect Water Lines from Freezing

Every winter, some Calgarians will experience frozen pipes, resulting in a water outage.

Recently, there's been an increase in frozen pipes in lower risk. These steps can prevent pipes from freezing:

- Keep your thermostat at a minimum of 15°C.
- Eliminate any cold drafts in unheated areas.
- Repair broken windows, check doors, and insulate areas.
- Insulate water pipes in cold areas.
- Open interior doors and cabinets in cold areas.
- Turn off, disconnect, and drain the water lines to outside features.
- Regularly run water in your pipes.

Visit calgary.ca/frozenpipes to learn more.

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



Protect your household water lines and meter from freezing

Every winter, some Calgarians will experience frozen water pipes, service lines and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages and under bathroom and kitchen cabinets.
- Repair broken windows, check doors and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

Together let's send winter down the drain

In Calgary, a Chinook can sometimes turn inches of snow into puddles within hours. If storm drains are clogged with snow and ice it can lead to large puddles on our streets.

How you can help

We maintain more than 60,000 storm drains across Calgary, but a sudden melt can make it difficult to attend to all of them within a short period of time. This is why we ask Calgarians for their help.

- Check the storm drain near your home to clear debris (e.g. leaves, sticks) or remove ice and snow.
- If there's a buildup of snow or ice and it's safe to do so, create a channel to help water flow towards the drain.

If the storm drains in your area are covered with snow and difficult to find, visit calgary.ca/stormdrains and use our map to find the location.



We're here to help if your storm drain is frozen

If water is pooling on your street and you suspect the storm drain is frozen, contact 311. We have specialized boiler equipment that pushes out steam to get the storm drain thawed and running again.

- Submit a "Storm Drain/Catch Basin Concern" through the 311 web or mobile app.
- Take a photo and attach it to your request. This goes a long way in helping us respond on a priority basis.

Our crews respond to requests attending first to areas impacting public safety and where excess water may cause property damage.

ChargeYYC: helping Calgarians install EV chargers in multi-residential buildings

The City of Calgary will be re-opening ChargeYYC for applications on Jan. 28! This pilot program is designed to support residents living in apartments, townhouses, rowhouses and other multi-residential buildings to install electric vehicle (EV) chargers. This initiative is part of The City's commitment to prepare for the future of low carbon mobility.

Building owners and property managers can apply into Phase 1 of the program for financial incentives of up to \$4,000 to develop a plan to install EV chargers in their buildings. ChargeYYC aims to simplify the process and reduce the costs associated with EV charger installations, making it easier for more Calgarians to own electric vehicles.

Motor vehicles are a major contributor to Calgary's greenhouse gas emissions, making programs like ChargeYYC essential for achieving the city's climate goals. The first phase of the program focuses on planning, with future phases offering additional financial incentives for installation.

For more details and to apply, visit calgary.ca/chargeyyc.

Stay safe, stay off storm ponds

This winter season, be safe while enjoying the outdoors and stay off storm ponds. Any recreational activity including skating, sledding or even walking across a storm pond is not allowed under the Stormwater Bylaw because it's simply not safe.

With more than 300 storm ponds across the city, they might look like natural ponds, but they don't function the same and the ice is less predictable.

Unlike a normal pond, storm ponds are designed to collect runoff to protect communities from overland flooding and clean water before returning it to the river. The water in storm ponds contain road salt and other contaminants that eat away at the ice. Beneath the ice surface, water is constantly flowing, and levels are changing as water moves between inlet and outlet pipes. This weakens the ice and creates unstable air gaps and vary the ice thickness.

The logo for the City of Calgary, featuring the word "Calgary" in white sans-serif font on a red rectangular background.

COMMUNITY NEWSLETTER CONTENT- Full content

Looking to safely skate? Skaters of all levels can use one of the over 65 volunteer maintained Adopt-a-rinks in communities across Calgary or a City of Calgary natural ice rink. Rinks maintained by The City are among the safest places to skate because they are checked daily for ice thickness and quality, and surfaces are flooded as needed to make sure they're safe of skating. To find safe outdoor skating rinks near you visit calgary.ca/rinks.

Help shape the future of Calgary's Transit: 52 Street East BRT Functional Planning Study

We need your input to improve Calgary's transit system. The City of Calgary is planning exciting transit upgrades to the 52 Street East Corridor, connecting Saddletowne to Seton. This project aims to bring faster, more reliable service, and improved stations, making transit better for everyone.

Key Improvements:

- **Shorter transit travel times:** Speed up your daily commute.
- **Increased reliability:** Frequent buses with transit priority at intersections.
- **Enhanced comfort and convenience:** New, upgraded stations and amenities.
- **Better walking and wheeling connections:** Improved access for all mobility needs.
- **Better connections:** Improved access to destinations between Saddletowne and Seton.

How to get involved

Your voice matters. We want to hear from you to ensure the 52 Street East BRT Functional Planning Study meets the needs of our growing communities. Here's how you can participate:

- **Online feedback:** Share your thoughts at engage.calgary.ca/52BRT from Feb. 10 - March 7.
- **Pop-up events:** Join us for in-person consultations at local events near the 52 Street Corridor.
- **Stay connected:** Sign up for our newsletter for project updates.

For more info: Visit engage.calgary.ca/52BRT or email engage@calgary.ca.

Together, we can build a more connected, accessible, and sustainable Calgary. Don't miss your chance to make a difference.

Help shape the future of Calgary's Transit: MAX Purple East Extension Functional Planning Study

We're excited to expand the MAX Purple bus rapid transit (BRT) further east, improving transit for communities along 17 Avenue S.E. and connecting to Belvedere. This extension will create a faster, easier, and more reliable way to travel.



COMMUNITY NEWSLETTER CONTENT- Full content

What is changing?

The MAX Purple East Extension will enhance your daily commute with:

- Faster, more reliable service with dedicated bus lanes and signal priority.
- Better connections between communities like Inglewood, International Avenue and East Hills.
- Plans for future growth, with potential service extensions reaching Chestermere and other key destinations.

Get involved - we want your feedback

Your input is crucial to creating a transit solution that meets the needs of you and your community.

Here is how you can participate:

- **Online feedback:** Share your thoughts at engage.calgary.ca/MaxPurple from Feb. 10 - March 3.
- **Pop-up events:** Join us for in-person consultations at local events near the 17 Avenue corridor.
- **Stay Connected:** Sign up for our newsletter for project updates.

Your feedback will directly shape the future of the MAX Purple East Extension. Don't miss this exciting opportunity to be part of Calgary's evolving transit network.

For more info: Visit engage.calgary.ca/MaxPurple or email engage@calgary.ca.

Together, we can create a better, more connected Calgary.

Celebrate the season at Chinook Blast, Calgary's winter festival

Chinook Blast is back for its fifth year, running from Jan. 31 to Feb. 17, 2025. This beloved winter celebration is a must-attend tradition, drawing Calgarians and visitors alike to discover Calgary and its downtown in a whole new way.

This year's festival will once again showcase the city's creativity and community spirit with a spectacular lineup of events and experiences for all ages. From live music performances to thrilling outdoor sports, captivating art installations and unique cultural experiences, there's truly something for everyone to enjoy.

Whether you're exploring downtown, discovering local artists, or simply embracing the winter magic with friends and family, Chinook Blast is a perfect way to warm up Calgary's coldest season!

Mark your calendars and don't miss out on this incredible winter tradition. Visit chinookblast.ca to learn more.

CALLING ALL LOCAL PHOTOGRAPHERS! 📷

COBS
BREAD

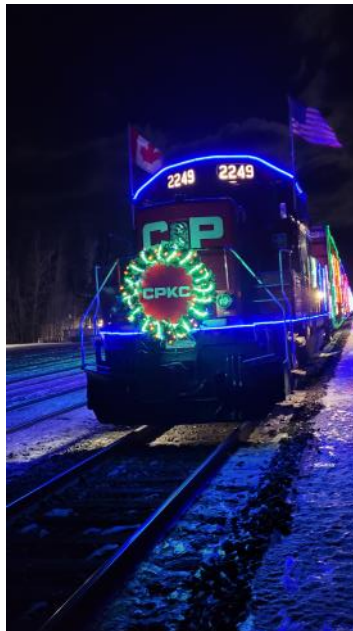
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Please email in to editor@nhca.ca



This month's winner

Bob Leuty





Alberta Health
Services

Emergency
Medical
Services

Sledding Safety



Emergency Medical Services (EMS) would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; try not to toboggan alone;
- Sledding at night is not advised.

Plan ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frost bite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind-chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.

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