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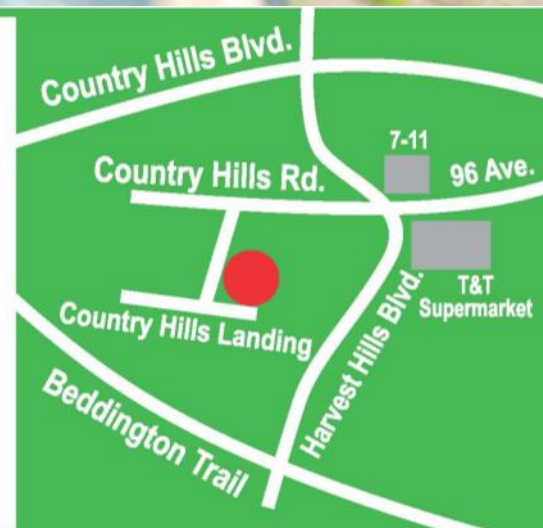
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President's Message



Amanda Mauch
President
Northern Hills
Community Association

Welcome to the beginning of our summer season! We have a lot of events upcoming in the next few months, so make sure you're following us on social media for the latest updates. Our [youth soccer](#) program is still open for registration, and we still have a few [public garden](#) plots available so sign up today!

This month we are hosting our AGM in person at Harvest Hills Alliance Church. We will have a meet and greet session before the agenda begins, with tables set up for many of our partners. Please come out and meet the people that do such important volunteer work in our community! Please go here to [RSVP for our AGM](#). We will be sending out the official AGM package during the first week of May. We are currently recruiting for several executive positions, so if you have interest in joining the Board, please email president@nhca.ca

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 email us at info@nhca.ca.

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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right by committing to a
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Euphoria Wellness Centre.

In This Issue

<i>Presidents Message.....</i>	<i>3</i>
<i>NHCA Contacts.....</i>	<i>5</i>
<i>News From Calgary Public Library.....</i>	<i>8</i>
<i>Volunteer With Us</i>	<i>10</i>
<i>Elected Reps</i>	<i>21-22</i>

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](#)

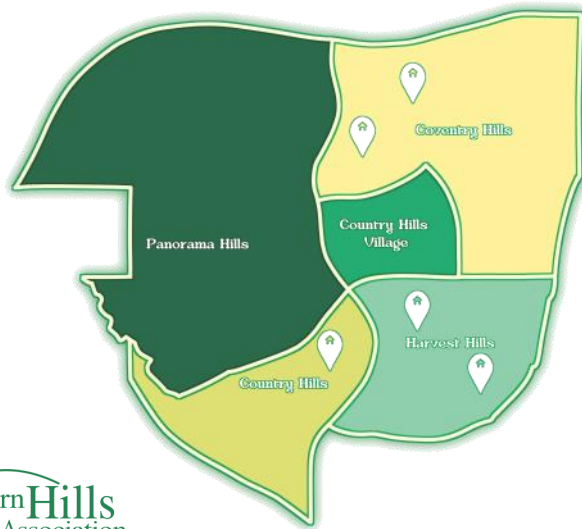
Government Relations / Advocacy: [TBD](#)

Grants: [Amanda Mauch](#)

Planning & Development: [TBD](#)

Seniors Program: [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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Calgary, AB T3K 4Y7
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www.countryhillsdental.com



JOIN OUR

Annual General Meeting

TUESDAY, MAY 27 6:30PM

Do you enjoy working with a team to bring activities and projects to life?

- Love organization and making things happen?
- Have time available on a regular basis?
- Possess a specific skill that you want to share with your community?

Positions open for:

- President
- Treasurer
- Secretary
- Vice President



Annual General Meeting

Join us for our AGM at the Harvest Hills Alliance Church Tuesday, May 27 from **6:30 pm - 8:00 pm!** Make sure to RSVP!

Let's Get Physio - Imperfectly Perfect!

Life is imperfect and so is your movement in it. Whether it is the grocery bags weighing different amounts, the ground not perfectly flat or your ski's edges not grabbing identically, the forces your body deals with are not symmetrical. So the question is, Why do we train like it is???

My thought is we should train to be able to function in the imperfect environment we live and play in to maximize your function and limit your injuries. So how can we do this?

We've all heard that "a chain is only as strong as its weakest link". We need to consider this with our training goals. There is no sense in training for a large dead lift and then when you go to lift that back pack from one side your core is unable to maintain proper back position during the activity. Or trying to train for an activity in a controlled environment in hope to fend off a player in any sport on an unstable surface from a side angle and not having the body control to use your strength.

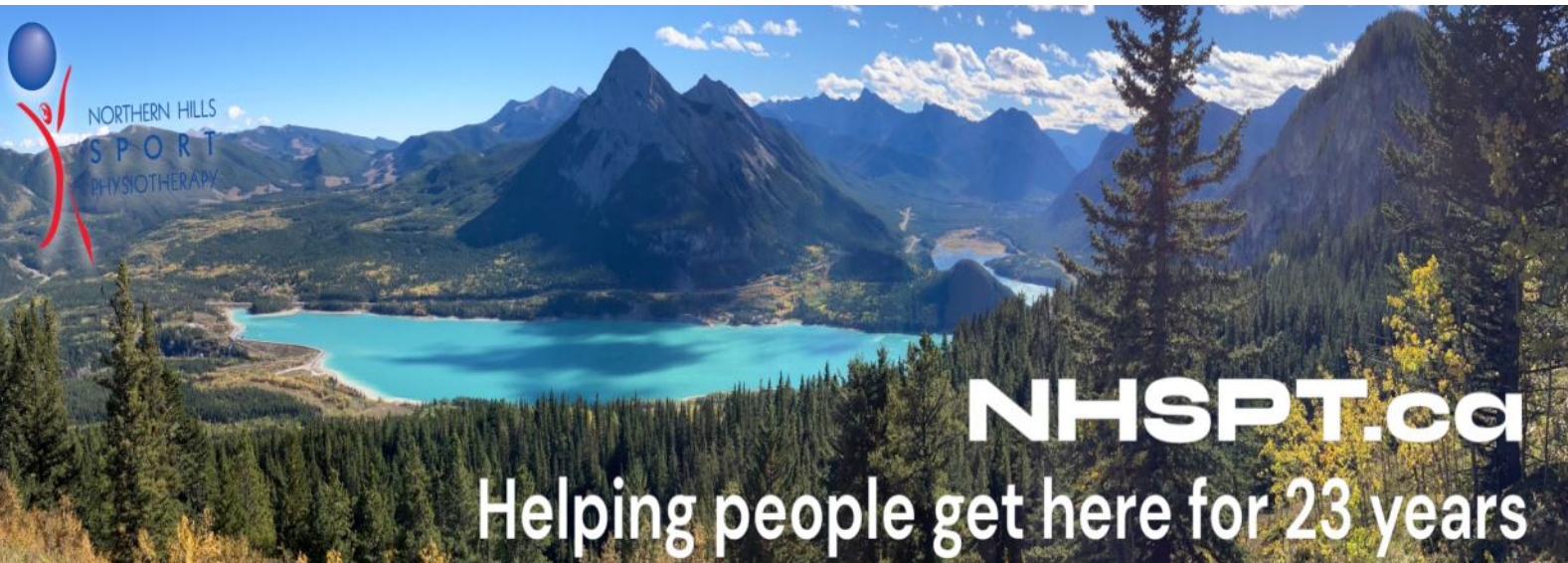
The answer is the **Imperfect Workout**.

The theory is to make the environment unbalanced thus forcing your body to deal with the asymmetrical forces and engage your core to control perfect symmetry. An example is not a normal squat but a squat on a bosu ball. Making sure you maintain good symmetry with the movement by using a mirror thus forcing your core to control the movement. Other examples are step ups, lunges or a lunge walk while holding weight on one side only. The weight will create a rotational force you will have to control by engaging your core to hold the neutral body position. Bicep curls while standing on one leg will create a similar rotational force you will need to combat to maintain symmetry. Try a squat with a dumbbell in one outstretched arm with the other at your side. Watch in the mirror and watch your body turn. Now combat the turn and keep your body in perfect alignment. You will feel your core (front and back) work to hold that perfect position.

These examples create more real life circumstances and train your body to deal with them by training all parts of the chain. Now you may not be able to do these correctly with the same amount of weight as you can in a more controlled and symmetrical environment but the exercise will work all parts of the chain and expose any weaknesses.

Give this idea a try at your next gym session. Initially you may not increase your max dead lift, squat, bicep curl, or bench press but you will make your body much more 'functionally strong' and get a lot more out of the workouts helping you deal with normal daily activities.

Graham the Northern Hills Physio



May 2025 Library Newsletter Content – Northern Hills

Discover the Literary Arts with LitCon 2025

Calgary Public Library's LitCon is coming back to classrooms with programs led by literary artists. The virtual and in-person sessions throughout the month of May will inspire students to explore writing, drawing, poetry, music, comics, oral storytelling, and more. Learn more: <https://www.calgarylibrary.ca/events-and-programs/events/litcon>

LinkedIn Learning

Level-up your creative, technology and business skills with LinkedIn Learning. Learn in-demand skills with thousands of online courses taught by real-world industry experts. Watch courses that include job search strategies, Microsoft tutorials, and information about software development. Plus, it's free to access with your Library card. Get started here: <https://www.calgarylibrary.ca/read-learn-and-explore/digital-library/linkedin-learning-for-library>

Creative and STEM Explorers

Learn something new and discover your creative side with a wide range of virtual programs. Kids ages 6 – 12 will have lots of fun as they enjoy guided drawing classes, make paper portraits, learn about different species in Alberta, and so much more. Register here: <https://www.calgarylibrary.ca/events-and-programs/programs?query=explorers>

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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



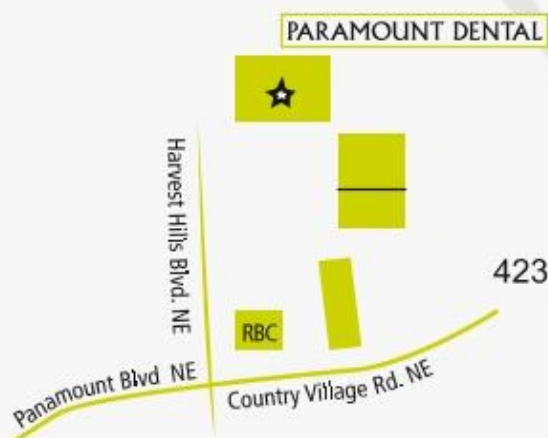
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Coventry Hills Plaza
423, 130 Country Village Rd NE
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Monday**: 8:00 am to 4:00 pm
Tuesday: 8:00 am to 8:00 pm
Wednesday: 8:00 am to 4:00 pm
Thursday: 8:00 am to 8:00 pm
Friday: 8:00 am to 4:00 pm
Saturday**: 8:00 am to 4:00 pm
Sundays: Closed
(** = Alternating)

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(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

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

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

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/

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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



Moms, Grandma's & Your Little Ones

TINY TOTS ORGANIZED PLAY DATE

Every 2nd and 4th Monday

till the end of June

9:30am - 11:00am

May 12 & May 26

Indoor & Outdoor
Plants Welcome!

Hub Plant Exchange

June 1, 2025 @ 1:30pm
178 Harvest Glen Way

Join us for some fun in the
sun!

Bring your plants at 1:30pm
and get a new-to-you plant
for every plant you bring!

All leftover plants will be
free to the public following
the plant exchange (around
2:30pm).



School Council & CHEFS Outdoor Space New Inclusive Playground

OBJECTIVE: We need to raise
\$650,000 for our new inclusive
school playground!

Check out our website



WHAT CAN YOU DO TO HELP?

We have partnered with Parks Foundation Calgary to set-up our new
inclusive playground initiative, which supports managing our financial
requirements (grants, sponsorships/donations, fundraising).

We have also set-up an account with Benevity for individuals to make
donations through their employer. If they have the Benevity Giving Portal,
they can find our cause and donate online, with some employers matching.

To support obtaining this grant, we are launching a donation campaign
within our community. You can participate in any one of the following ways.

- 1 DONATE MONEY
- 2 COMPANY SPONSOR
- 3 GET IN TOUCH

THANK YOU!



GET IN TOUCH

If you have a different idea for how
you would like to contribute to our
playground, please contact us at:

coventryhillsoutdoorspace@gmail.com

COMPANY SPONSORSHIP

If you are part of a
company that may be in a
position to sponsor money
or donate a Gift in Kind
(physical goods,
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\$20.



Click above QR code to
donate online with Parks
Foundation OR you can
also donate through your
company's Benevity
Donation Giving Portal

Parks Foundation

Calgary



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COVENTRY HILLS SCHOOL COUNCIL & CHEFS

COLOUR RUN

SAVE THE DATE

SEPT 25 @ 4 PM

FOOD TRUCKS

CONCESSION

GAMES

PRIZES

RAISE MONEY FOR THE PLAYGROUND

REGISTRATION STARTING JUNE

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.

Gardeners, we have just a couple of raised beds still available in Harvest Hills and Coventry Hills gardens, click below before you lose the opportunity!

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 the Calgary Interfaith Food Bank and other interested groups. The garden promotes community, organic growing methods and a sense of shared responsibility and teamwork.

Register [NOW!](#)

Rental Costs:

4 x 12 – \$50

4 x 8 – \$40

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:

Each gardener is required to complete 2 duty shifts per bed, this involves watering and weeding the communal spaces. We are also looking for a volunteer who might be interested in doing some light maintenance and periodic fix-it projects.

If you would like more information on this, please contact our Garden Director Amanda at gardens@nhca.ca



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Mental Health Moment

- Nancy Bergeron, R.Psych.

6 Ways to Stand Up for Yourself

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behavior takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behavior:

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries:

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs:

People-pleasers often suppress their own needs in favor of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do *you* need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict:

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.

5. Learn to Tolerate Guilt and Discomfort:

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People:

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviors.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.

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)

Bytetools 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

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

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10% off all purchases, eat-in or take-out

HARVEST HILLS

Arbonne International-Nancy Tomney

20% off orders

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Steeped Tea

Briana Trotter
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The Canadian Brewhouse

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20% off all regular price food orders/10% off all regular price drinks
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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

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>

Keeping Seniors Safe in Hot Weather: Tips for Health and Comfort by MPC Foundation

As temperatures rise, protecting the health of older adults becomes more important. Seniors are more vulnerable to extreme heat, so understanding proper safety measures is essential. The right information can help prevent heat-related illnesses and keep older adults healthy in hot weather.

Research shows that living in very hot areas, such as Singapore, China, and parts of North America like Phoenix, Arizona can speed up aging. People in places where temperatures often exceed 32°C may age biologically up to 14 months faster than those in cooler areas. This happens because extreme heat puts stress on the body, affecting cells and internal systems. Over time, this strain increases the risk of illness and reduces overall well-being.

As people age, their bodies do not cool down as efficiently. Seniors sweat less and have reduced blood flow to the skin, making it harder to release heat. Additionally, many older adults also feel less thirsty, which raises the risk of dehydration. If not properly managed, dehydration can cause confusion, dizziness, and fatigue, leading to serious health issues.



Understanding heat-related risks is key to keeping seniors safe. A common myth is that drinking cold water is harmful, but experts confirm that cool water helps regulate body temperature and prevent heat stress. Seniors should stay hydrated by drinking different fluids, such as water, tea, and soup.

Simple changes can also help protect seniors from extreme heat. Staying indoors during the hottest part of the day, using fans or air conditioning, and wearing loose, light-colored clothing can make a difference. When going outside, seeking shade, wearing hats, and using umbrellas provide extra protection. Caregivers and family members should look for signs of heat exhaustion, such as dizziness, confusion, or excessive tiredness, and act quickly if needed.



As extreme heat events become more common, raising awareness is essential. By sharing clear and accurate information, correcting misunderstandings, and encouraging simple safety steps, we can help seniors stay safe and comfortable. Good communication ensures older adults are well-informed and prepared, helping them maintain their health and well-being even in very hot weather.





Hon. Muhammad Yaseen

MLA, Calgary-North

Minister of Immigration and Multiculturalism

Happy Mother's Day to all the amazing moms, grandmas, and caregivers! Your love, strength and wisdom deserve celebrating every day. Thank you for being the heart of our families and communities.

To address Calgary's rapid population growth and rising school enrolments, the government has approved 18 new school projects, adding 14,400 student spaces. Design funding has been allocated for 10 Calgary Board of Education schools, in Cornerstone, Sage Hill, Livingston, Nolan Hill, Aspen Woods and Sherwood. The Calgary Catholic School Division will receive design funding for a new K-9 school.

Alberta's government is boosting financial support for caregivers who offer their homes for children and youth in care, aiming to enhance well-being, address cost-of-living challenges, and strengthen stability. Investments include accessible counselling for foster caregivers, the refer-a foster-caregiver program to expand the licensed foster family network, and new supports to aid caregivers in providing stability and connection for young adults transitioning out of care.

\$85 million in grants has been invested to strengthen communities. This includes funding for Alberta's Crowdfunding platform, capital grants, and community grant programs. Of this, \$64 million is dedicated to programs like CFEP and CIP that boost economic growth, enhance gathering spaces, and encourage community connections.

The government is also investing \$800 million over eight years in a cancer innovation value partnership with Siemens Healthineers and the Alberta Cancer Foundation. This initiative aims to improve outcomes, reduce wait times, and enhance early detection by updating oncology equipment, leveraging artificial intelligence, creating two centres of excellence in cancer care, and establishing a research and innovation fund to attract global talent.

Thank you to my constituents for their support.

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Jasmine Mian Ward 3 Councillor

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

Rain Barrel Rebate

The City is partnering with Green Calgary to offer a \$50 rebate on up to two rain barrels to each Calgarian.

Using a rain barrel is a great way conserve water, reduce the amount of rainwater runoff entering the stormwater system and flowing into our creeks and rivers, and save money on your water bill.

You can purchase rain barrels from a local vendor or directly from Green Calgary and submit your receipt for a rebate. Visit calgary.ca/water for full details.

Community Clean-Ups

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

- Spring Clean-Ups are ongoing until June 28/29
- Summer Clean-Ups run from July 5/6-Aug 30/31

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

Check out calgary.ca/communities for the full schedule and to find a clean up near you.

Neighbour Day Applications

Neighbour Day is coming up on June 21st! Created in 2013 after the flood, Neighbour Day is Calgary's celebration of community spirit.

Communities can host their own block party or be a part of a community-wide centralized event through a local organization. Applications are open now – check out calgary.ca/events for full details.

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

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor



COMMUNITY NEWSLETTER CONTENT- Full content

Farm Stands across Calgary are coming to a neighbourhood near you this spring!

Since 2017, The City has partnered with local and regional farms to offer Calgarians more options for fresh and local food through The Farm Stand Program. This program supports 9 incredible farmers and vendors with over 30 farm stands to bring more fresh fruit, vegetables, and artisanal products to more Calgary communities.

Beyond increasing accessibility for Calgarians to purchase healthy, fresh and local food, the Farm Stand Program supports local and regional growers by creating more places for them to sell their produce.

When you shop at a farm stand, you get to participate in your food shopping in a new and personal way. You can ask questions about how your food was grown, get recipe ideas, get to know your farmer, connect with your neighbours and keep your dollars spent in the local economy. You also help to build a stronger local food system, which keeps us all stronger when we face various disruptions to our food systems, such as a pandemic, fuel price increases, or political instability.

Launch dates for each farm stand vary throughout May-June and most of the stands run weekly for two to five hours. We encourage all Calgarians to stop by your local farm stand, grab some delicious seasonal produce, chat with a farmer and learn more about where your food comes from.

To learn more about the program, or find a location near you, visit calgary.ca/localfood.

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



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ChargeYYC 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 transportation.

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.

Creating Calgary's Business-Friendly Construction Policy

As The City continues to invest in infrastructure and amenities for all Calgarians, we are working to enhance the way businesses and customers experience City-led construction.

Throughout 2025 we've been actively listening to Calgary's business community and their customers to help shape policy objectives that support a more consistent approach and improve how Calgarians experience City-led construction.

Learn more and share your input!

Throughout June, we will be gathering feedback during Phase 3 engagement to refine the policy objectives and prepare the final recommendation. Learn more and see how you can participate at

engage.calgary.ca/BusinessFriendlyPolicy.



COMMUNITY NEWSLETTER CONTENT- Full content

Register to vote in Calgary's General Election in October

Calgary's General Election will take place on October 20, 2025 and eligible voters can check if they are registered, update their information or add themselves to the Permanent Electors Register until August 1, 2025.

Visit www.voterlink.ab.ca or call Elections Alberta toll free at 310.0000 then dial 780.427.7191.

If you miss the opportunity to register or update your information in advance, you can register at the voting station during Advance Vote (Oct. 6 – 11) or on Election Day (Oct. 20). Information about Calgary's upcoming General Election, including voter eligibility can be found at www.electionscalgary.ca.

Celebrate Neighbour Day!

Celebrate [Neighbour Day](#) in your community on Saturday, June 21! Get involved in this year's event by gathering with your neighbours for a block party or community event. In addition to the many neighbourhood events taking place across the city on June 21, Sport Calgary's All Sport One Day will also give children a free opportunity to try a new sport, while collecting donations of used sports equipment.

Neighbour Day is our city's annual celebration of community spirit and connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Get to know your neighbours—whether through a friendly chat or a helping hand, small connections build stronger communities and a greater sense of belonging and wellbeing.

Show us how you're celebrating! Share your photos on social media using #YYCNeighbourDay.

To see Neighbour Day events in your community visit calgary.ca/NeighbourDay.

Seniors' Week 2025 Kicks off on June 2 across the City



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Seniors' Week is celebrated annually across Alberta, and it will be held this year from June 2 to 8. This week is a wonderful opportunity to express our gratitude for older adults and acknowledge the invaluable contributions they make to our communities. Seniors are dynamic and integral members of community life. They support their families and friends, volunteer their time and resources to various charities, and play a crucial role in enriching our communities.

Activities across the city will reflect the theme, Explore, Engage, and Boldly Embrace Aging in Calgary, which highlights the importance of aging well, and being active and engaged. Seniors' Week is not just for older adults, it's a time when seniors-sector organizations, not-for-profits and Calgarians from all walks of life come together to organize a variety of fun, inclusive, cross-cultural, and multi-generational events in our city.

Get involved! Drop into any Seniors' Week event of your choice, meet seniors and other members of the community, and just have fun. Join us in celebrating Seniors' Week and make this year's event the most memorable yet! Seniors' Week events and updates will be posted at calgary.ca/seniorsweek.

Property tax is due Monday, June 30, pay or join TIPP by then to avoid late payment penalties

Property tax bills were mailed out on May 14, with a payment due date of Monday, June 30.

New this year, property owners will also be able to access online their current year's tax bill, and four previous years, through the City Of Calgary's secure website, calgary.ca/mytax.

The City's Tax Instalment Payment Plan (TIPP) is the most popular payment method. You pay the same amount as your annual property tax bill, but instead of one large lump sum payment in June, you pay smaller monthly instalments. TIPP makes budgeting easier, and you reduce the risk of late payment penalties.

Signing up for TIPP is easy and you don't need to re-apply each year. The easiest and fastest way to join is using TIPP Online. It's easy, safe and secure. Through TIPP online, your customized agreement will be



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processed automatically. Once you submit, you will receive an email confirming your enrolment. To access TIPP Online, go to calgary.ca/TIPP and click on the Join TIPP box.

You can also request a TIPP agreement by calling 311. If calling from outside Calgary dial 403-268-2489.

Plan enrolment must be completed by the due date shown on your tax bill to avoid a late payment penalty.

If you're already on TIPP, you can visit calgary.ca/TIPP to learn how your monthly TIPP instalments are calculated and adjusted.

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Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be mitigated by following safety measures. Take the time to assess potential window and balcony hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can be open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

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