Northern Hills Community Association

NORTHERN HILLS NEWS

October 2026 Issue

Country Hills | Country Hills Village | Coventry Hills | Harvest Hills | Panorama Hills

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Dr. Bijaan Lalani

Dr. Christine Ursuliak

Dr. Justyna Janiec-Nirwal

403-532-0711
www.northernhillschiro.ca

President's Message

Mark Hayden
President
Northern Hills
Community Association

Message from the President

Summer is well and truly over, and the NHCA is gearing up for the winter season!

As our community gardeners in Coventry Hills bring in a bountiful harvest for the season we are busy getting the construction of the renewed Harvest Hills garden while the weather is good, which includes the installation of more robust and accessible raised beds along with a larger, sturdy new storage shed for equipment and tools!

October also brings with it the preparation for setting up our community outdoor ice rinks and winter programs. In recent years we have had minimal activity between Halloween and the new year due to lack of resources, however we are working hard to change that. We've had the opportunity to renew engagement with other community partners and are hopeful that we can bring back the Gift of Joy program this holiday season! To pull this off we need a lot of volunteers, so if you've helped in the past or are otherwise interested in bringing Christmas joy to families in need please reach out to us!

News and Events

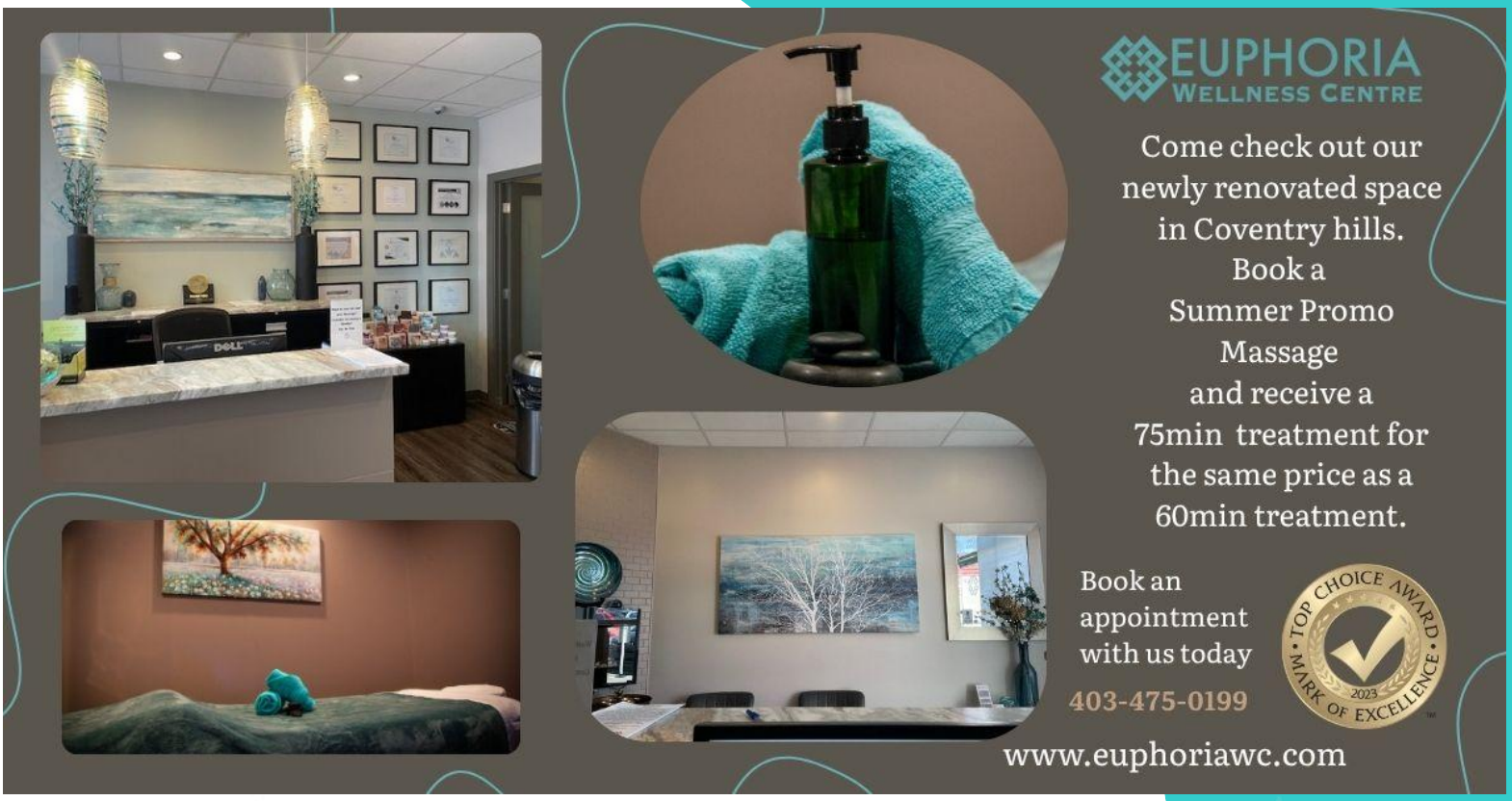
As I write this materials for builing the planting beds in the Harvest Hills garden have been shipped and are in transit. Once we are ready we will be doing a "building blitz" and could use all the help we can get! Once we have a date we will post it to all our online channels

The playground Boosters of Country Hills will be putting on their annual Halloween bash on October 24th. Join us in the big park at 523 Country Hills Drive NW for free entertainment, games, food and fun!

Get Involved!

Volunteers are essential for us to provide our services. Check out the volunteer opportunities and sign up to help us succeed! The NHCA is also fully responsible for our own financing. To fund our operations we rely completely on programming fees, fundraising, grants and especially memberships. You can purchase a membership here: https://nhca.getcommunal.com/memberships . You can also make a one time donation here: https://nhca.getcommunal.com/donate

Mark Hayden
President
Northern Hills Community Association



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and so much more!

CLICK TITLE

Northern Hills Community Association

NHCA CONTACTS

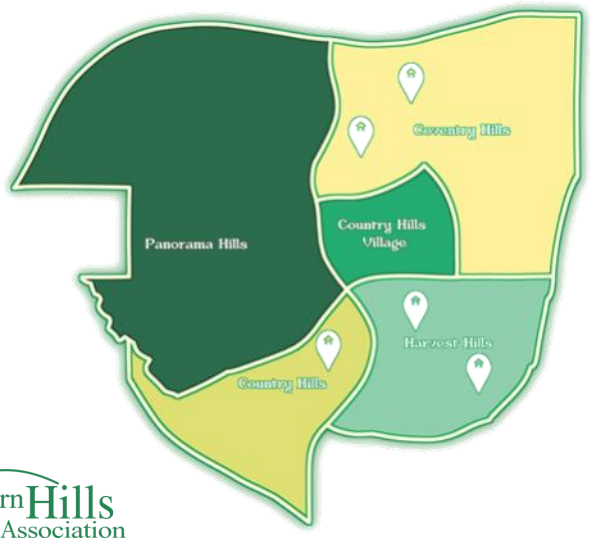
CONTACT US
E: info@nhca.ca

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: Mark Hayden
1st Vice President: TBD
2nd Vice President: TBD
Secretary: Christine Othitis
Treasurer: Jasmine Umar

DIRECTORS: Mark Hayden, Christine Othitis, Anes Rachid, Jaspriya Johal, Jasmine Umar, Fizza Anwar, Melissa Ramkissoon (https://nhca.ca/board-of-directors/)



Northern Hills Community Association

COMMITTEES
Gardens: Fizza Anwar
Building Safer Communities (Blockwatch): Tavis Settles
Community Relations: TBD
Government Relations / Advocacy: TBD
Grants: TBD
Planning & Development: TBD
Seniors Program: TBD
Volunteer Relations: TBD

EDITOR'S NOTE:
All articles submitted by the general public are the author's opinion and not necessarily reflective of the opinion of NHCA.

PARAMOUNT DENTAL

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!

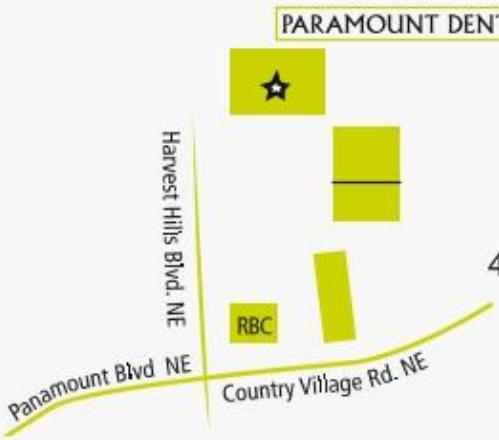
Dr. Henry Seto

Dr. Tonny Tang

Dr. Maria Chan-Goudreau

Providing General Dental Services For Your Entire Family

Family Dentistry	Restorative Dentistry	Dental Emergencies
Pediatric Dentistry	Porcelain Veneers	Invisalign®
Cosmetic Dentistry	Hygiene & Preventative Care	Sedation Dentistry



For your concenience 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

Weekly farm stands

Support local calgary.ca/localfood

Saturdays 1-3pm

Northern Hills: North Pointe Bus Terminal
11622 Harvest Hills Blvd N

In partnership with The City of Calgary and NHCA,
FreshPal Farms is running a farm stand in our community.
Get some fresh Alberta veggies to spice up your dinner plans!

Northern Hills Community Association

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
- Sports and Rink 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

Northern Hills Community Association

SPRY in the Hills

Senior Persons Regaining Youth

is Back!

- Thursdays @ 1-4pm
- 12 Sessions
- $40 fee

SPRY social gatherings and exercise classes are great for adults over 55, held at **Panorama Hills Community Centre** in the Program Centre space located on the main floor.

Each Thursday program consists of one hour of physical exercise and one hour of social time before AND after exercise.

The physical exercise this session is chair yoga 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.

Register online today at https://www.nhca.ca/spry

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gutterdoctor.ca

SATURDAY, OCTOBER 24
Country Hills Halloween
@ Big Playing Field,
523 Country Hills Drive NW
2-5 pm

The Season Is Changing In Northern Hills

The Season Is Changing In Northern Hills

Something about Thanksgiving weekend in Calgary feels like the unofficial start of winter. The leaves may still have their fall colours and we may get a few more warm afternoons, but around Northern Hills, families are already beginning the seasonal transition.

Hockey bags are coming out of storage, skates need sharpening, winter jackets are tried on, and somewhere in the garage is a pair of ski boots someone has already outgrown. For many families, hockey season is getting into full swing. Early mornings have returned when the neighbourhood is still dark and quiet as parents load sticks and oversized hockey bags into the vehicle. It can be exhausting, but those mornings also have something special. They become part of the rhythm of family life and, before long, part of the fond memories we look back on.

The local rinks will soon become busy with more than hockey. Families will lace up their skates for public skating, kids will rediscover their balance on the ice, and parents might discover theirs too. Whether it is organized sports or simply skating together for an hour, winter gives us another reason to get out of the house and spend time together.

Thanksgiving weekend is also a good reminder to start digging through the winter gear. Skis and snowboards come down from the racks. Snowshoes move toward the front of the garage. Gloves suddenly need partners, ski goggles need to be found, and everyone discovers whether last year's snow pants still fit. It might seem early, but in Calgary we know better than to assume the snow will wait until we are ready.

Many Northern Hills families will be heading west toward the mountains for their first ski or snowboard day of the season. Others will stay closer to home and enjoy a walk through the neighbourhood after a fresh snowfall. Winter does not have to mean staying indoors. In many ways, it opens an entirely different playground for families. A trip across the city to Canada Olympic Park can turn an ordinary winter afternoon into something special. There is something wonderfully Canadian about standing outside with a warm cup of hot chocolate in your hands while watching the kids make their way down the city hill. For parents, sometimes the best part is simply standing back, sipping that hot chocolate and watching the kids enjoy winter.

Those are the little moments that can make the season memorable. Sometimes it is an afternoon on the hill, a thermos of hot chocolate and a car full of tired kids on the drive back to Northern Hills.

So this Thanksgiving Long Weekend, between the turkey, family gatherings, and a little extra time together, take a look around the garage and pull out the winter gear.

Winter is almost here, Northern Hills, and for many of our families, the fun is just getting started.

Submitted by:

Erik King Smith (Local Realtor)

Mental Health Moment

Nancy Bergeron, R.Psych. | info@nancybergeron.ca

Healthy Conflict: Why Children Need to See Us Work Through Our Differences

Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

What does healthy conflict look like?

Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."

"I see this differently, but I want to understand your perspective."

"I don't agree with you, but I can understand why you feel that way."

"I didn't handle that well. I'm sorry."

"Let's figure out what we can do differently next time."

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

Children need to see repair

One of the most important things children can witness is what happens **after** conflict.
Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.

When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

"We can have a hard moment and find our way back to one another."

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

What children shouldn't have to witness

Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

Your children don't need to see a perfect relationship

When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.

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

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 Girls in Portable

Boys in Youth room

9:15 am Youth Breakfast Study Group

(First Sunday of the Month)

Weekly Ministries

Sundays

Young Adults 7:00 pm

Mondays Till the end of June

- 1st & 3th - Mom's Bible Study 9:30 am
- 2nd & 4th - Mom's and Tots 9:30 am

Wednesdays

Women's Bible Studies 9:30 am

Youth Study Space 4:30 pm

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

12:00 noon Every 3rd Thursday Young at Heart 65 + Potluck lunch

Fridays

Global Prayer 10:00 am

Saturdays

Men's Bible Study 8:00 -10:00 am

Unpack the Christian faith together.

01 *Meet* new people.

02 *Un*pack life's *big* questions.

03 Have an *open* conversation.

And *that's* it.

THE ALPHA COURSE

Thursday
6:00-8:00 pm

Dinner included

Contact Alpha@hhachurch.com

Please Register
via our online bulletin
or the QR code

Care Givers & Your Little Ones

TINY TOTS
ORGANIZED PLAY DATE

Every 2nd and 4th Monday
9:30am - 11:00am

October 26

PANORAMA HILLS

Not a MEMBER?

YOU AND YOUR FAMILY CAN STILL JOIN OUR SESSION 2 PROGRAMS!

MONDAY

- Robotics STEM Education (age 4-12)
- Math and Literacy Explorers (age 6-10/ 11-14)
- Brazilian Jiu-Jitsu (age 4-6)
- Brazilian Jiu-Jitsu (age 7-14)
- Cardio Kickboxing (age 16+)

TUESDAY

- Junior Hip Hop (age 6-8)
- Intermediate Hip hop (age 9-12)
- Adult Hip Hop
- Early learning Drawing (age 4-8)
- Elementary Drawing (age 8-12)
- Advanced Cartoon Drawing (age 6-12)

WEDNESDAY

- Adult & Senior Tai Chi (age 18+)
- Dance Explosion (age 4-6)
- Musical Theatres (age 6-10)
- Zumba (age 14 and up)
- Piano Lessons (7-9 and 10-12years)

CONTACT US TO REGISTER
403-226-4386
info@myphra.com
programs@myphra.com

THURSDAY

- Cardio Dance (age 13+)
- Pilates Fusion and Core (8 and up)
- Mini Creative Dance (age (3-5)
- Pre Junior Ballet/ Jazz Combo (age 5-6)
- Junior Ballet/ Jazz Combo (age 6-8)
- Seiyu Karate (Beginner) (age 7 and up)
- Seiyu Karate (Advanced)(age 7 and up)

SATURDAY

- Parent and Child Multi-sport 18months- years
- Parent and child multi sport 2-3 years old
- Multi- Sport 3-5 years old.

SUNDAY

- Bright voices (speech class) (age 6-10)
- Senior chair yoga
- Family Calisthenics(Children and Adults)

PANORAMA HILLS

We'd Love your Feedback!

Help us improve Panorama Hills Recreation Programs

Have you and family participated in one of our Panorama Hills program? We'd love to hear about your experience.

Scan the QR code to share your Feedback

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PANORAMA

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STATE-OF-THE-ART REFORMER PILATES STUDIO

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 REGUALRLY 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 REGUALRLY priced 60/90 Min Massage or Acupuncture Treatment when they show us a valid members card.*not applicable to EWC Members or Mobile Treatments

Marble Slab Creamery
130 Country Village Rd NE
10% off all orders

Jade Lee Piano
$10 for first lesson

PANORAMA HILLS

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

Progressive Optometry
34 Panatella Blvd NW
15% off frames

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

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

HARVEST HILLS

Arbonne International-Nancy Tomney
20% off orders

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

Stampede Car Wash
Suite 600-9650 Harvest Hills Blvd NE
$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
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

Northern Hills Community Association

"You Don't have to be Extreme, just Consistent": Everyday Habits for Better Health

By: MPC Foundation

Improving your health does not always require you to make drastic lifestyle changes. In fact, small, consistent habits can have a more efficacious impact on overall well-being. Whether the goal is to increase energy, reduce the risk of chronic disease, or improve mental health, simple daily choices can add up over time.

A simple, yet fundamental action to support physical health is by incorporating more movement into daily routines. Taking a 20-minute walk or stretching throughout the day can improve cardiovascular health, strengthen muscles, and boost mood. Regular physical activity has also been shown to reduce the risk of conditions such as heart disease, type 2 diabetes, and certain cancers while supporting healthy aging.

Nutrition also plays an important role in overall wellness. Small adjustments, such as filling half of each plate with vegetables, choosing whole grains over refined grains, or replacing sugary drinks with water, can improve energy levels and provide essential nutrients. Planning balanced meals and healthy snacks can also make nutritious choices easier during busy days.

According to Health Canada, older adults should aim for at least 150 minutes of moderate to vigorous physical activity each week or 20-30 minutes a day - along with muscle-strengthening activities at least twice weekly. Statistics Canada also reports that many Canadian adults do not meet these physical activity recommendations, highlighting the importance of finding realistic ways to stay active. Even slight increases in daily movement can provide meaningful health benefits when practiced consistently.

Strong health and wellness extends beyond physical activity and nutrition. Prioritizing sleep, managing time for enjoyable activities all contribute to better physical and mental well-being. These habits support a healthier lifestyle while improving overall quality of life.

Healthy living is all about balance; by making small, sustainable changes each day, individuals can build routines that support long-term health and wellness. Over time, these simple habits can lead to lasting improvements that benefit both the body and mind.

MLA, Calgary-North, Associate Minister of Multiculturalism

Hon. Muhammad Yaseen
MLA, Calgary-North
Minister of Immigration and Multiculturalism

Happy Thanksgiving! May your holiday be filled with gratitude, happiness, and meaningful moments shared with loved ones.

Alberta's finances have improved significantly, with the 2026-27 first-quarter fiscal update projecting a $2 billion surplus. With 2025-26's year-end results also expected to show a surplus, Alberta is on track for five consecutive surpluses and a possible sixth in 2026-27. The Alberta Heritage Savings Trust Fund is expected to meet or exceed Budget 2026's forecast of $32.1 billion by year-end and remains on track to reach Premier Danielle Smith's goal of $35 billion by the end of 2027, strengthening Alberta's long-term financial position and economic security for Albertans.

Applications for the Alberta Midwifery Strategy Grant are open until Oct. 6, 2026. To be eligible, organizations must propose projects that advance or strengthen midwifery services in Alberta. Funding may be used to recruit and support midwives, expand culturally appropriate services, improve data collection and reporting, and better integrate midwifery services into Alberta's team-based primary care system.

Alberta's non-profit organizations strengthen communities by supporting families, preserving heritage, and creating spaces for people to connect. Through Budget 2026, Alberta's government is investing more than $38 million in community grants to help these organizations continue delivering vital programs, services, and public spaces. Grants through the Community Initiatives Program and Community Facility Enhancement Program have traditionally supported more than 700 projects annually. These investments help sustain Alberta's cultural landscape, address local priorities, and ensure non-profits can continue creating meaningful results and improving quality of life for communities across the province.

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

News From The Calgary Public Library

Get Ready for the School Year with the Library

It's time to head back to school, but you aren't in it alone the Library is here! Visit our spaces to play and study, check out *THE KEY Study Guides*, and access our digital resources for homework support: calgarylibrary.ca/digital-resources

National Day for Truth and Reconciliation is September 30

Calgary Public Library commits to listening to, learning from, and building relationships with local Indigenous communities. Visit any Library location to pick up the *Elders Story Project: A Learning and Healing Toolkit* which includes information and resources on mental health, cultural teachings, and more. Learn more about Truth and Reconciliation: calgarylibrary.ca/truth-and-reconciliation

Drop-in English Practice

Country Hills Library | Sundays | 2:00 pm

Build your English skills in a relaxed, supportive setting. Practice speaking and listening in English while connecting with new people. Registration is not required. Learn more: calgarylibrary.ca/programs

Waste And Recycling

Winter green cart schedule starts in November

Starting in **November**, your green cart will be collected **every other week**. This seasonal schedule helps match service to the lower volumes of yard waste during colder months.

Weekly collection will return in **April 2027**, when spring clean-up season begins. Visit calgary.ca/reminders to get the free Calgary Garbage Day App!

If you have extra yard waste that can't fit in the green cart, free yard waste drop-off is available at any City Eco Centre until October 31.

News from the City of Calgary

Protect your household water lines and meter from freezing Find out how you can reduce your risk for frozen household pipes, and what actions to take if you suspect you have them at calgary.ca/frozenpipes.	calgary.ca/frozenpipes
Can you see? Winter Conditions can make school areas harder to navigate Students can submit entries to the Parking category in the Travel Safe Student Video Contest to win prizes. Help keep sightlines clear: CalgaryParking.com/SafeSchools.	calgaryParking.com/SafeSchools
Have your say on Calgary's 2027-2030 Budget The proposed 2027-2030 Budget is available Nov. 10. Submit feedback or register to speak at Council during Public Submissions. Learn more at calgary.ca/budget.	calgary.ca/budget
Winter parking choices matter around schools Winter reduces visibility. Keep corners, crosswalks and sidewalks clear to protect kids near schools. Learn more at calgaryparking.com/safeschools.	calgaryparking.com/safeschools
Moving forward—Surface route selected for Downtown Green Line LRT A surface alignment has been selected as the preferred route for the Green Line LRT into downtown Calgary. calgary.ca/green-line/downtown-segment	calgary.ca/green line/downtown-segment
Convert your unregistered basement suite by Dec. 31 and save. The City of Calgary's Secondary Suite Amnesty Program ends Dec.	calgary.ca/suites

31, 2026. Homeowners who begin the process before that date can avoid fees. Visit calgary.ca/suites.	
Planning & Development Services are gathering community feedback Calgary's Community Associations and members can submit feedback to The City's Planning & Development Public Service Satisfaction Survey calgary.questionpro.ca/CalgaryPlanningSurvey until December 31, 2026.	calgary.questionpro.ca/CalgaryP lanningSurvey
Fireworks safety A message from Calgary Fire Department: Fireworks are not permitted for personal use in Calgary. Learn the rules and celebrate safely: calgary.ca/fireworks.	calgary.ca/fireworks

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LET'S RAISE SOME DOUGH

NORTHERN HILLS COMMUNITY ASSOCIATION

SUPPORT YOUR COMMUNITY

Yielding to Emergency Vehicles

For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection and then pull over to the right curb.
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left, and stop.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use *any* available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is $390.00 and three demerit points.
- Do not follow within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

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