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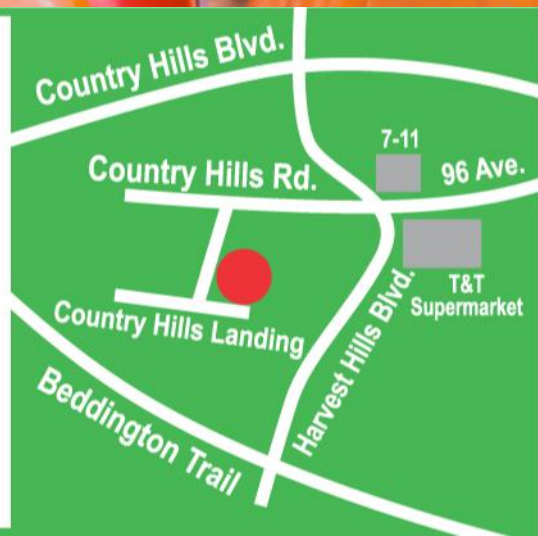


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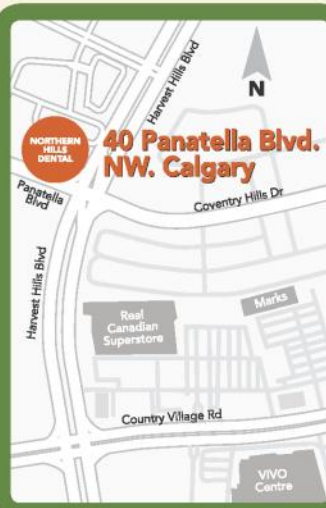
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## President's Message Oct 2020



**Ian McAnerin**  
President - Northern Hills  
Community Association

Happy October! September was a busy month for the NHCA – we: advocated for a proper link between the north and south ends of Coventry Hills Way, continued work towards an off-leash dog park, found out our casino will be October 7-8, did maintenance work on the mural, and helped fund both a food security program and a seniors activity program.

We were not sure at first that it would happen, but we are pleased to announce we had a fun, safe, and successful soccer program with 202 participants this year! The program began in July and just finished wrapping up, without any COVID-19 related incidents due to the effective safety measures in place.

In NHCA internal news, we have decided that the Annual General Meeting (AGM) will be held virtually on October 28, 2020. This will be a particularly important AGM as we will also be voting on a new set of Objects and Bylaws to update our current ones. The

Objects are more than 25 years old and it shows. Members will be getting the AGM invitation and package in the first week of October.

Additionally, we have a new Treasurer (welcome Asim Riaz!), are working on a comprehensive policy and HR manual, and have almost completed the transparency project, the progress of which you can see from the link in our website.

Finally, we are working with Vivo and other partners to provide a safe and fun Halloween event for your kids this year. More details will come soon.

We continue to pinch our pennies and take advantage of government grants and programs in order to keep the NHCA running and helping our community in these tough times. You can help us very easily by buying or renewing your membership! It makes a big difference.

That is all for now. I wish you a happy and healthy October!

### *In This Issue*

<i>Crossword .....</i>	<i>4</i>
<i>Parading around with the HHHub .....</i>	<i>10</i>
<i>Northern Hills Neddle.....</i>	<i>14</i>
<i>Elected Reps .....</i>	<i>19-22</i>
<i>Safety Checklist for Seniors .....</i>	<i>25</i>

*and so much more!*

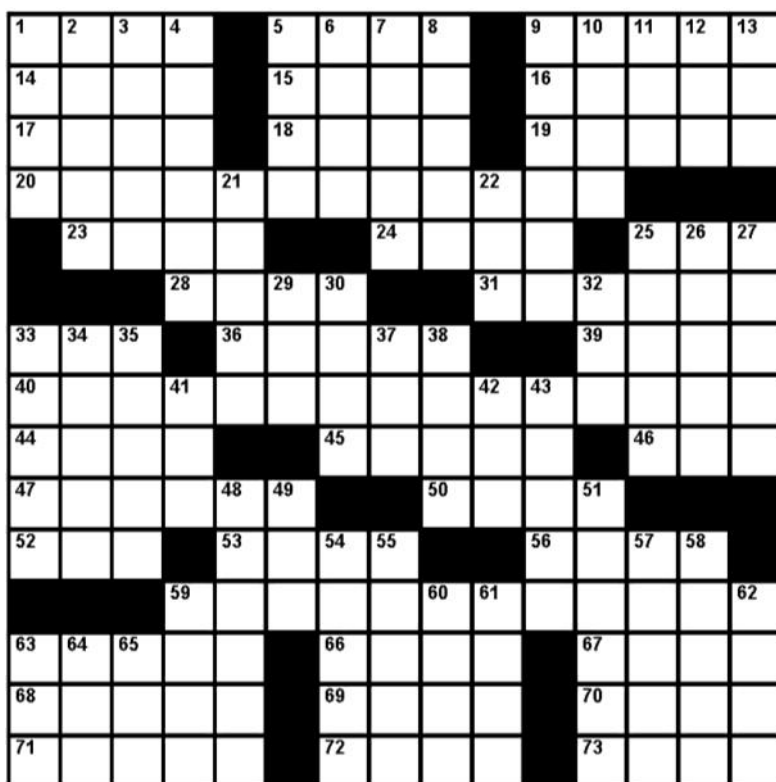
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# Crossword by Myles Mellor



## Across

1. Shipboard mop
5. Building near a silo
9. Botch
14. Stretching exercise procedure
15. S curve
16. Obstreperous
17. Coach, Chuck
18. Wyle of "ER"
19. Tack on
20. Day's last transaction figure
23. Cygnet
24. Unquestionable
25. Fleur de \_\_\_\_
28. Office letter
31. Roving
33. Evil
36. Another name for papaya
39. Tropical plant

40. Anyone can go in
44. Killer whale
45. Relish the flavor of
46. Comics shriek
47. Tissue examination
50. Border
52. Scheming
53. Flower bouquet
56. "Did you \_\_\_\_?"
59. Look the other way, with to
63. Fall off
66. TV's "American \_\_\_\_"
67. Baltic port
68. Reappear
69. Loch \_\_\_\_
70. Setback
71. Annapolis frosh
72. Delight
73. Eye up and down

## Down

1. 'N \_\_\_\_
2. Angora and alpaca
3. Luminous
4. Certain fir
5. Beethoven's birthplace
6. Ready and raring
7. Harvests a crop
8. India's first P.M.
9. Eye-opening drink
10. Before star and ranger
11. Have title
12. Poem variety
13. Religious bread box
21. Klutzy
22. Expressed resentment
25. Serve up soup
26. Non-major-studio movie
27. Wooden part of a gun
29. \_\_\_\_ jacket
30. Chooses
32. Southern soldier
33. Idiots
34. Singer Lavigne
35. Lure
37. Found you!
38. "\_\_\_\_ Only Just Begun"
41. Drowse
42. Pea or I?
43. Temptations
48. Field of activity
49. "That means \_\_\_\_!"
51. "Thank you \_\_\_\_ much!"
54. Smart
55. Alpine call
57. Checking out
58. Kingly
59. Check record
60. Beak
61. Further
62. Philosopher
63. Kandinsky contemporary Jean
64. \_\_\_\_ canto
65. Bandage brand

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- Ryan Reyes

### Massage Therapists

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- Kimberley Umphrey
- Lori Roy

### Chiropractor

- Dr. Elana Macauley

### Dietitian

- Renee Little

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- Women's Health
- Mental Health & Counselling
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- IUD Insertion & Removal
- Sclerotherapy For Varicose Vein
- Driver's Medical

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- Motor Vehicle Accidents
- Workers Compensation
- Concussion Management
- Vestibular Rehab
- Pediatric Therapy
- Custom Bracing
- Custom Foot Orthotics
- Custom Fit Stockings
- Shockwave Therapy
- Cold Laser Therapy
- Acupuncture
- Biomedical Dry Needling
- TMJ Disorders

### Massage Therapy

- Joints and Muscle Pains
- Postoperative Care
- Deep Relaxation Massage
- Stress Relief
- Mobility Enhancement
- Tissue Strengthening
- Treatment For Insomnia And Nervousness
- Pregnancy Pains

### Chiropractic

- Spinal Manipulation
- Mobilization Of Different Lines
- Soft Tissue Therapy
- Muscle & Joint Pains
- Headaches
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- Plantar Fasciitis
- Rehabilitation

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- Special Meal Plans for Vegans and Vegetarians
- Improve Energy
- Personal Attention
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## Starting October 1, remember to tag your extra garbage bags

Starting October 1, if you have an extra bag of garbage that won't fit in your City black cart, you'll need to buy a garbage tag. Tags are \$3 each and available at participating convenience and grocery stores or online. See the full list at [calgary.ca/garbagetag](https://calgary.ca/garbagetag).

How to use garbage tags:

1. Fill your black cart first.
2. Place extra garbage in a bag and wrap a tag around the knot on top of the bag.
3. On collection day, set the bag 0.5 metres (2 feet) from your black cart.

We encourage everyone to look at what you are buying and throwing away to find ways to reduce waste. Sorting materials correctly helps maximize the use of all three carts (blue, green, black).

Learn more at [calgary.ca/garbagetag](https://calgary.ca/garbagetag)





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## NHCA CONTACTS

### OFFICE:

NHCA at Vivo  
11950 Country Village Link NE  
Calgary, AB, T3K 6E3  
Tel: 403-226-6422  
Fax: 403-226-6421  
E: [info@nhca.ca](mailto:info@nhca.ca)

### Public Hours:

Mon-Friday: 8:00 am – 4:00 pm  
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### STAFF & CONTRACTORS

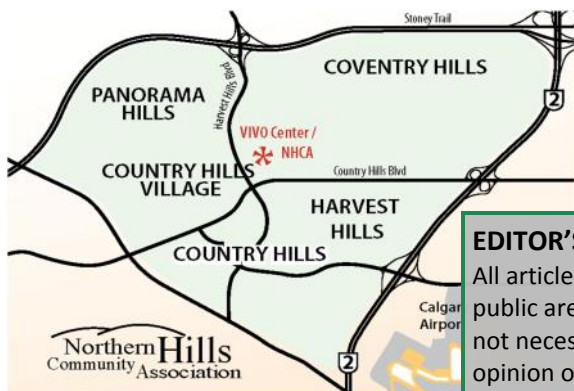
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Business Relations: [Heather Hubert](#)  
Office & Newsletter Assistant: [Jiyoung Lee](#)  
Communications Policy Researcher:  
[Shelby Martineau](#)

### VOLUNTEERS

The NHCA is a self-funding, non-profit  
organization. All our board members and  
committee members are volunteers.

### BOARD MEMBERS

President: [Ian McAnerin](#)  
1st Vice President: [Tamara Keller](#)  
2nd Vice President: [Leah Argao](#)  
Secretary: [Winnie Huang](#)  
Treasurer: [Azim Riaz](#)  
**DIRECTORS:** Chris Abdalla, Manveer Dhadda,  
David Hartwick, Lindsay Lantela, Tara Melhus,  
Tavis Settles, Glen Smith, Nancy Yang  
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Advocacy: [Tamara Keller](#)  
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Beautification & Gardens: [Tara Melhus](#),  
[Coventry Garden](#), and [Harvest Garden](#)  
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Communications: [David Hartwick](#)  
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Membership: [Manveer Dhadda](#)  
Planning & Development: [David Hartwick](#)  
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Seniors: [Leah Argao](#)  
SPRY in the Hills: [Jay L Emond](#)  
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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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# Parading Around with the HHHub

By Nikki Browne, HHHub Committee

For our last event of the summer, the HHHub wanted to bring the positivity beyond the park itself, and hopefully our socially distanced hang out and car parade did just that! On August 29<sup>th</sup> members of our lovely community met at the Harvest Hills Community Garden where we cranked the tunes and covered our cars in balloons, streamers, pool floaties and more! Everyone that participated got a lovely goody bag with treats to enjoy both then and later, the Mini Donut truck was there selling delicious sweets, and Cedarglen Homes was on hand to chat with everyone.

Even though it wasn't the warmest of days, it was still a great chance to catch up and have a laugh with members of our community. Maybe the cold weather was the fault of our special guest, Elsa from Frozen! Thanks to Nicole's Sparkling Princess Parties, Elsa joined us with her friend Olaf to take socially distanced photos with the kids, and then she led the car parade! A number of people and families were set up along Harvest Hills Drive to cheer us on as we went by, others were pleasantly surprised to see us, and we were more than happy to hand out more goody bags as we went.

Thank you again to everyone who joined us at one or more events this summer, the HHHub was created to bring joy and a sense of togetherness to our community, so we hope you've enjoyed attending our events as much as we've enjoyed hosting them!







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Community Association

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# ANNUAL GENERAL MEETING VIRTUAL

**SAVE THE DATE!**  
**WEDNESDAY, OCTOBER 28TH**  
**TIME:TBD**

- Keep an eye on your email Inbox and Junk folders, as we will be sending out the meeting packages to our members via email
- Look forward to an exciting agenda - proposal of new bylaw & financial update
- Member or not, join us for this important virtual event!

Check Website for More Details - <http://nhca.ca/agm/>



## Northern Hills Neddie



## WEIRD BUT TRUE FACTS

**Cotton Candy  
was invented  
by a dentist**



**Bumblebees  
can fly  
higher than  
Mount  
Everest**



Northern Hills Neddie

100%

Dear Northern Hills Neddie,

I recently started high school and have two different friendship groups. They both like to eat lunch with me. I don't want to hurt anyone's feelings, but how do I balance all this?

Sincerely,  
Torn in two directions

Dear Torn in two directions,

Ahhh the ups and downs of high school and learning to maneuver your way through the sometimes treacherous waters-but fear not-let's help you keep your head above water! Growing up and learning how to manage your friendship circles is completely normal and it isn't your job to make your friends happy-just to be a great friend and that starts with honesty. Just let both groups know you treasure them all and want to spend time with all of them so you will go back and forth when you can between them if they agree to this. Ultimately if they get mad and reject you-are they really a good friend?? Good luck and keep forging ahead on that narrow road of goodness!

Dear Northern Hills Neddie,

Recently my husband gave me beautiful red roses for our anniversary. While I do really love them-I wish I could let him know Yellow is really my favourite colour. How do I tell him this without hurting his feelings?

Sincerely,

Taking time to smell the roses

Dear taking time to smell the roses,

What a nice gesture from your hubby! Enjoy the beautiful red roses this time. Communication is the key in a relationship. Then next time well in advance before a special occasion let him know how much you love roses and especially yellow ones-remember he isn't a mind reader. Trust me he will thank you for letting him know what you really like and his pocketbook and hard earned money will thank you too-knowing the money is being spent on something you truly love!

Take care and keep smelling the Roses!





# Good Food-Recipe Central

**save on foods**  
Going the extra mile

Please send in your favourite recipe to [editor@nhca.ca](mailto:editor@nhca.ca) and if your recipe is chosen for next month you will receive a \$10 gift card from Save On Foods

## Back to School Chili!

This recipe is so simple and easy, but kid friendly and makes lots extra for freezing an extra meal or to enjoy leftovers!

- 2 pounds ground beef (lean or extra lean) Regular can be used too-just drain excess fat
- Handful dehydrated onion flakes-you can use a fresh onion just the dehydrated hides it from kids!
- 1 28 ounce can diced tomatoes
- 1 can refried beans
- 1 large can kidney beans or if you like more beans feel free to add more
- 1 normal sized jar of Red pasta sauce like Ragu or any brand
- 1 package taco seasoning mix (mild or hot and spicy depending on your taste)
- Salt & Pepper
- Rice or buns

### Instructions:

Brown the ground beef with onions in a soup pot. Once browned add in the diced tomatoes and crush them up as best you can (you can put the diced tomatoes in a food processor and blend them before if you don't like the chunks). Then add in the refried beans, kidney beans, taco seasoning and jar of pasta sauce and stir. Bring to a gentle boil and then simmer on low heat covered for 30 mins. Serve over rice or buns! Enjoy!

## Sudoku

8	2			6				
		6			9			4
	1		2		4			
			9				8	
2		1				3		7
	5				2			
			4		7		5	
5			1			9		
				3			6	1

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Dr. Monica Jensen-To • Dr. Shauna Chorel  
Dr. Andrea Quon • Dr. Floria Tse

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CHURCH**

**Believe | Belong | Bless**

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**Harvest Kids**  
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Live streaming on Facebook

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\*Some conditions may apply.



## Answer keys

8	2	4	3	6	1	5	7	9
7	3	6	8	5	9	1	2	4
9	1	5	2	7	4	6	3	8
6	4	7	9	1	3	2	8	5
2	8	1	6	4	5	3	9	7
3	5	9	7	8	2	4	1	6
1	6	3	4	9	7	8	5	2
5	7	8	1	2	6	9	4	3
4	9	2	5	3	8	7	6	1

1	S	2	W	3	A	4	B		5	B	6	A	7	R	8	N		9	B	10	L	11	O	12	O	13	P
14	Y	O	G	A					15	O	G	E	E					16	R	O	W	D	Y				
17	N	O	L	L					18	N	O	A	H					19	A	N	N	E	X				
20	C	L	O	S	21	I	N	G	P	R	22	I	C	E													
		23	S	W	A	N				24	S	U	R	E				25	L	26	I	27	S				
					28	M	E	M	30	O				31	E	R	32	R	A	N	T						
33	B	34	A	35	D			36	P	A	P	A	37	W				39	E	D	D	O					
40	O	P	E	41	N	T	O	T	H	E	42	P	43	U	B	L	I	C									
44	O	R	C	A					45	S	A	V	O	R				46	E	E	K						
47	B	I	O	P	48	S	49	Y				50	E	D	G	51	E										
52	S	L	Y		53	P	O	54	S	55	Y					56	E	V	57	E	58	R					
					59	S	H	U	T	O	60	N	E	S	E	Y	E	62	S								
63	A	64	B	65	A	T	E			66	I	D	O	L				67	R	I	G	A					
68	R	E	C	U	R					69	N	E	S	S				70	S	N	A	G					
71	P	L	E	B	E					72	G	L	E	E				73	O	G	L	E					

Northern Hills  
Community Association





## The Northridge Feedermain is complete

By mid-October:

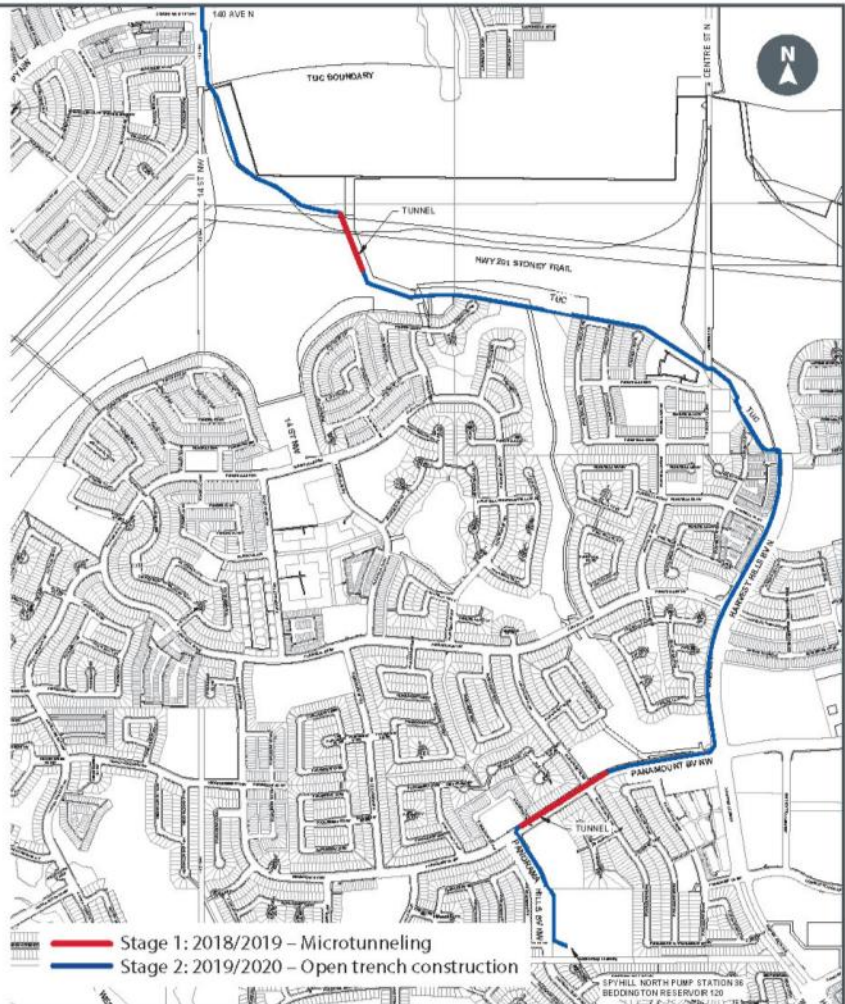
- All impacted roads will open and normal traffic patterns will resume.
- Construction areas will be restored.
- The greenway path will reopen.

Thank you for your patience during construction of this important piece of Calgary's water system.

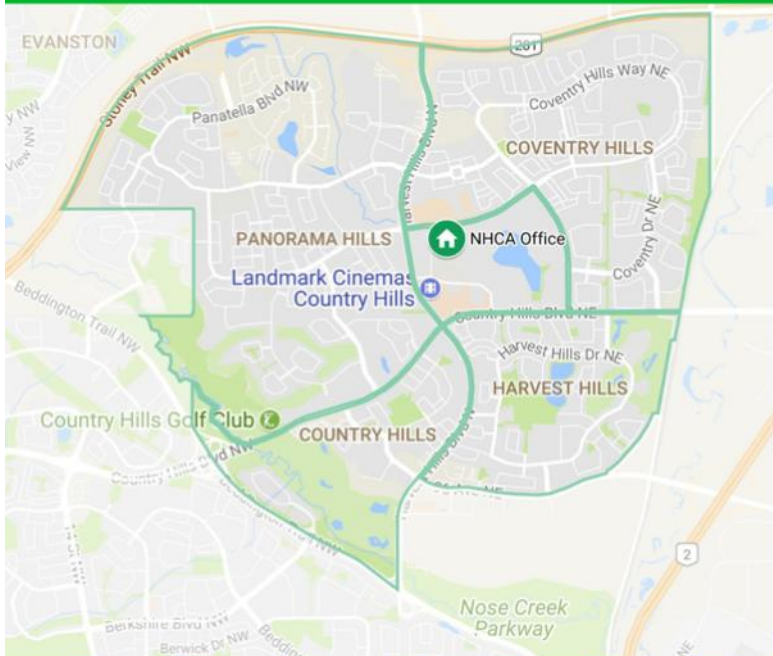
The new five kilometre feedermain (water pipe) will ensure we continue to provide safe, clean, reliable drinking water to existing and future communities in north Calgary.

For more information contact 311 or visit [calgary.ca/waterprojects](http://calgary.ca/waterprojects) and click on the link to the Northridge Feedermain Project page.

19-0001797



## 5 REASONS TO ADVERTISE IN THIS COMMUNITY NEWSLETTER!



1. **Our Official Community newsletter** is supported and requested residents of Panorama Hills/Coventry Hills /Harvest Hills/Country Hills and Country Hills Village.
2. **As a Non-profit** - All advertising dollars generated make it possible to publish our newsletter and any extra proceeds go right into funding programs and services for our community.
3. **High Readership** - our newsletter is one of the top requested items by residents so it is highly read and your ad will be seen!
4. **Targeted Focus** on the 5 communities of The Northern Hills for reaching your desired audience.
5. **Cost Effective** - we keep ad prices low to help businesses reach residents. We also offer amazing business membership packages with perks, discounts and extra exposure for you-contact is for more details [marketing@nhca.ca](http://marketing@nhca.ca).

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**Muhammad Yassen**  
**Calgary-North MLA**

As we gather this year, let us be thankful for what we have, for the family we love, the friends we cherish, and for the blessings that will come. Happy **Thanksgiving!**

I met with, and spoke over the phone to many parents and teachers this fall about the school year and I continue to keep the lines of communication open with Trustees in Wards 1-4.

I continue to meet with constituents to discuss their concerns and comments and elevate their feedback to relevant ministries as needed.

Minister Toews visited the Calgary – North constituency office in the summer to meet with a group of informed and enthusiastic Albertans, excited about getting the economy growing for the province.

Alberta's government rolled out funding for 12 projects at 10 post-secondary institutions. These projects range from large-scale redevelopment and expansion of existing buildings, to upgrading mechanical and electrical systems and replacing cooling and heating infrastructure. This funding will not only ensure capital assets are maintained, but will also help keep Albertans employed in about 533 full-time jobs across the province.

Albertans with no COVID-19 symptoms are able to book a test directly with pharmacies. Asymptomatic testing in pharmacies allows Albertans to get a test closer to home. The list of participating pharmacies can be found here: <https://www.ab.bluecross.ca/news/asymptomatic-testing.php#calgary>

A \$15 million partnership with the Alberta Cancer Society will help Albertans get access to a new made in Alberta, provincial cancer program closer to home. Alberta will be the third province to provide this CAR T-cell therapy, allowing Albertans with specific types of leukemia and lymphoma to access treatment closer to home.

I want to thank my constituents who have reached out to me. Please know that I am available to meet in person and/or phone at your convenience. As always, it is my great honour to serve as your MLA.

Muhammad Yassen  
Calagry North MLA

[calgary.north@assembly.ab.ca](mailto:calgary.north@assembly.ab.ca) 403.274.1931 104, 200 Country Hills Landing NW Calgary AB T3K 5P3



### Jyoti Gondek City of Calgary –Ward 3 Councillor

Starting October 1, residents who have extra garbage bags that won't fit in their City black cart will be required to buy tags to put on extra garbage bags for pickup. The price is \$3.00 per tag and are GST exempt. Tags are available to purchase at participating convenience and grocery stores, and online through the Calgary Transit eStore. Residents can learn more and see the full list of participating retailers at [calgary.ca/garbagetag](http://calgary.ca/garbagetag).

All households currently pay the same monthly black cart charge, regardless of the amount of garbage they produce. Tag-a-Bag is a first step towards greater fairness in our garbage fees. Households that properly divert waste into the blue and green carts will be less likely to need tags for extra garbage. Households that are generating more garbage beyond the capacity of their black cart or choosing not to sort materials properly, will be required to pay more to dispose of the extra garbage they set out. Tags are for residential black cart customers only and tags are not required for paper yard waste bags used for yard waste as part of the Green Cart program. It is important to set a price on extra garbage that encourages residents to be thoughtful about what really needs to go in the garbage, and what can be recycled or composted. If you are concerned about others adding materials to your carts, the City suggests you store your bins on your property when they are not set out on collection day.

The costs of the Tag-a-Bag program will be recovered through the sale of tags. By implementing the Tag-a-bag program, the City will be able to achieve some operational cost savings for the remainder of 2020 and in consideration for the 2021 monthly Black Cart program fee.

Jyoti Gondek  
City of Calgary – Ward 3 Councillor

Community Contact: [Ally Bates](#) Telephone: 403-268-4854



# Get back to your routines.

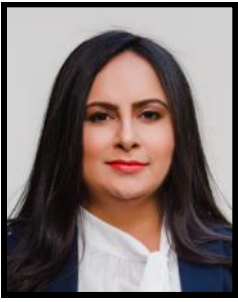
We have programs for: preschool, skating, climbing, swimming and adult fitness!

*Classes are open for registration!*

**vivo.ca**

**VIVO**





**Jag Sahota**  
**Calgary - Skyview**

October 2020

Hello friends and neighbours! To those who I haven't had the pleasure of meeting yet, I'd like to extend the warmest greetings. These last months in Ottawa have been eventful and unprecedented in many ways. As a member of the Status of Women Committee, I devotedly worked to hold the government accountable in review of the COVID-19 response and particularly in its lack of required gender-based analysis of spending, a move that drew wide criticism across Canada for its detrimental effects.

I am proud to be representing Calgary Skyview, and especially so to be fighting for open government and accountability that would have caught shortcomings such as the lack of gender-based analysis in the rapidly implemented spending programs well in advance. On the floor of the House of Commons I have time and time again brought the interests of Calgarians to the forefront, from the hailstorms that damaged homes and properties in Northeast Calgary, to demanding answers for delays in supports to the critical oil and gas industries, and I hope to continue to truly serve the interests of the Northern Hills Community and all my constituents both as your Member of Parliament and as the newly-appointed Shadow Minister for Women and Gender Equality.

With Parliament having been suspended twice in the last two months, I believe it is even more critical that I be accessible to my constituents in order to ensure that our democracy works even while the primary forum of our democratic system is shut down. Keeping that in mind, I would love to hear from any of my constituents if you have concerns you would like to raise or need help navigating the ongoing pandemic response.

I look forward to productive months in our nation's capital now that we have reached the end of Trudeau's latest Parliament and committee shutdowns. I, alongside my colleagues in Canada's Official Opposition, will continue to fight for ethical governance, a strong plan for Canada's recovery, and most importantly my constituents. There is still much work to be done here in Calgary and across the country, and I am thrilled to be a part of the Conservative team preparing to rebuild and restore confidence to Canada at home and abroad. I am honoured to have the privilege of serving and representing Calgary Skyview, and will continue to raise our communities' most pressing issues and fight for the right solutions at every step of the way.

[Jag.Sahota@parl.gc.ca](mailto:Jag.Sahota@parl.gc.ca) 403-291-0018 101-2635 37th Avenue NE, Calgary, Alberta, T1Y 5Z6  
[www.mpjagsahota.ca](http://www.mpjagsahota.ca)



### **Rajan Sawhney** **MLA for Calgary-North East, Minister of** **Community and Social Services**

Dear friends and neighbours,

This year has been a time of uncertainty and change, and I am grateful for the hard work and resilience that our community has shown. This month, I look forward to returning to the Legislature and continuing to represent Calgary – North East residents.

It is important to remain vigilant about COVID-19, including regular hand washing and staying home when you are feeling ill. For the latest information on COVID-19 and public health measures, please visit [alberta.ca/covid19](https://alberta.ca/covid19).

With many parents concerned about their children going back to school, Dr. Deena Hinshaw wrote a letter in September which is available in multiple languages addressing many questions and issues that have stemmed from the presence of COVID-19. Using the provided link, you can read up on the letter and also find the different languages that it is written in.

<https://www.alberta.ca/assets/documents/health-cmoh-letter-to-parents-2020-0903.pdf>

I want to thank my constituents who have reached out to me. Please know that I am available to meet in person or via phone. As always, it is my great honour to serve as your MLA.

Sincerely,

Rajan Sawhney

MLA for Calgary – North East

Minister of Community and Social Services

Proudly Serving the Communities of Livingston, Harvest Hills, Coventry Hills, Skyview Ranch, Redstone, Cornerstone and Cityscape

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**Coming Soon :**  
**Exciting New Indoor Sports Program**  
**Stay Tuned for More Details!**



Northern Hills  
Community Association





# The New Normal Community Art Gallery

By Northern Hills Arts & Crafts

Is COVID-19 giving you the spooks? Let's take a creative and fun approach to social distancing! Join the New Normal Community Art Gallery, where we make our community a giant art gallery and your home is your very own exhibit!

This month your job is to craft and create an "Eek! Halloween!" display on your property. It could be a skeleton painting in your window, it could be a ghost chalk drawing, it could be a bat sculpture hanging in your tree, or maybe something else. Remember, your home is your exhibit, be creative! If you need ideas, we have inspiration posts on [Facebook](#) and [Instagram](#) throughout the month.

Next, take 2 photos of your display and email them with your street name. Your entry photos will be placed in the [online gallery](#), and your street will be highlighted on the [exhibit map](#) so people can view your work in person. At the end of the month there will be a raffle draw. Not only do you share a fun display with the community, you might win a prize too! This month's prize is an Artisan Crafted Halloween Pinata! Thank you, Claudia Reyes, for your generous sponsorship!

Some important things to know:

- Open to all ages!
- Open to all residents of the Northern Hills!
- Your themed decorations must be hand made by you.
- Your display must be visible from the street. You can decorate your front yard, porch, door, window, sidewalk, etc. Please keep your display up until the end of the month!
- Email 2 photos with the name of your street (no house# needed) to [arts@nhca.ca](mailto:arts@nhca.ca)
- For more information please visit our [web page](#) and follow us @NorthernHillsArts on [Facebook](#) and [Instagram](#)!

Let's get creative and make our community more beautiful!

Let's have fun at home!

A note from the Northern Hills Arts & Crafts committee:

If you are an arts and craft online content creator with ideas and tips, we are seeking content to promote on our social media. We are also seeking locals who are interested in sponsoring our raffle prize. [Email](#) us today and help us bring art to the Northern Hills!

**The New Normal  
Community Art Gallery**

Create a decoration in the theme "Eek Halloween" and place it on your property so it's visible from the street!

Take 2 photos and email them to [arts@nhca.ca](mailto:arts@nhca.ca) with your street name.

Check out inspiration on our Facebook and Instagram @NorthernHillsArts

Visit other neighbourhood exhibits and the online gallery, links in bio!

Enter soon, you could win an artisan crafted Halloween Pinata, valued at over \$100!

Draw is October 31!

# Volunteer Opportunities

Do you love your community?

Are you looking for ways to become more involved?

There are many ways you can volunteer for your community with the NHCA, from helping out at a community event, working with a team to deliver programs or community initiatives, to taking a leadership role by joining the Board of Directors.

How would you like to help?

Please select the options below for more information.

## Casual Volunteer



Do you:

- See fun stuff happening and want to help out?
- Have a few hours now and then available?
- Like helping ensure an event or program happens successfully?
- See an upcoming event that you'd like to help out with?

Current Opportunities:

- Northern Hills News Journalist
- Casino Fundraising (Oct 7 & 8)

Do you:

- Enjoy working with a team to bring project, programs, events 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?
- See an existing or potential project, programs, events that you'd like to work with the NHCA to deliver?

Current Opportunities:

- Seniors Committee
- Communication Helpers
- Grant Writer

## Project, Events, Programs (PEP) Volunteer



## Leadership Volunteer



Do you:

- Have a passion for community involvement?
- See yourself as a community leader?
- Desire to bring your skills to a non-profit board?
- See a position on the NHCA Board that is a strong fit for you?

Current Opportunities

- Secretary
- Community Relations
- Sports
- Planning & Development
- Volunteer Relations

Learn more on our Volunteer page: <http://nhca.ca/volunteer/>



# Safety Checklist for Seniors

By MPC Foundation

It is hard to imagine but once again, we are adjusting to colder temperatures, but this time, with the additional threat of Covid-19 still lurking among us. Hence it has become more urgent than ever that we take extra precaution to stay safe, healthy and very importantly, mentally and physically active.



Here are some tips to have a safe and healthy season:

To prevent falls: Falls are the most common cause of injury among older Canadians.

- Secure area rugs with double-sided tape to prevent tripping
- Place non slip mats near bath tubs and sinks
- Use nightlights in hallways and bathrooms
- Wear footwear with non-slip soles at all times, indoors and outdoors

To prevent fires: Older adults are 2.5 times more likely to die in a fire than the general population.

- Replace batteries in smoke and carbon monoxide detectors
- Check electrical appliances for any damaged or frayed electrical cords
- Don't leave candles unattended
- Keep space heaters away from things that can burn

To prevent seasonal illness: Seasonal influenza is the 8<sup>th</sup> leading cause of death in Canada. Seniors are particularly at risk.

- Frequent hand washing
- Wear mask in public places
- Take the flu shot
- Make time for fresh air and exercise
- Eat a well-balanced diet

To prevent depression: Colder weather and shorter daylight hours bring about winter depression for many seniors.

- Stay in touch with family & friends
- Call someone every day
- Find a hobby
- Learn something new
- Meet with friends online
- Exercise, exercise, exercise

We are a registered non-profit serving seniors. To contact us, visit [www.mpcfdn.ca](http://www.mpcfdn.ca)

### Local Scouting group needs more Adult volunteers!

Your 239th Northern Hills Scouts are in desperate need of more adult volunteers.

You do not necessarily need to have a child in the program, just a positive, friendly attitude, and a willingness to share your time with the youth. Scouts Canada volunteers are fully screened, trained, and mentored. The adults get just as much out of the program as the youth; learning skills, being outside, making new friends, and going on adventures.

During Covid, we are currently restricted to outdoor or online activities only, but we are still having great times fishing, hiking, working on skills, doing virtual scavenger hunts, and many other activities. Our current Covid safety protocols include: smaller group sizes, social distancing, frequent hand sanitizing, and wearing masks.

We are currently unable to run our Beavers program (youth aged 6-8) on Tuesday and Wednesday nights, we have the youth all ready and eager to attend, but need adult Scouters to facilitate the program. We also need at least 2 more Cub leaders, and up to 7 more youth aged 8-11, and at least 1 more Scouts leader and up to 6 more youth aged 11-14.

Please email our registrar [sharilynpierce@gmail.com](mailto:sharilynpierce@gmail.com) to sign up, or for more info.

We look forward to you joining our Scouting family!

Yours in Scouting,  
Scouter Kelly





## Art Programs

We are excited to announce that our partner, MPC Foundation, will be delivering art programs and hosting sharing session for adults and seniors.

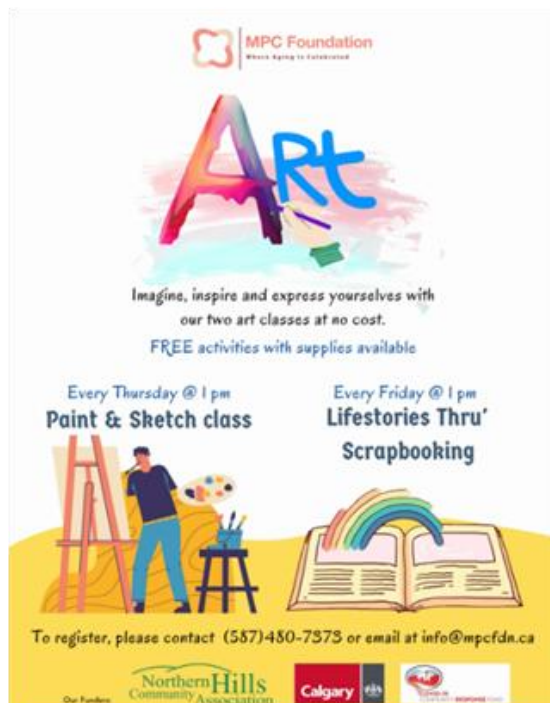
“Paint & Sketch” program and a “Lifestories Through Scrapbooking” program will provide a safe and regular ‘artistic space’ within which participants will come together and participate in facilitated art sessions. The “Paint & Sketch” art class is offered to beginners. Participants can create their own painting or drawing through a step-by-step instruction by facilitator. A start-up kit with necessary art supplies will be offered to participants free of charge.

Scrapbook is not just an artwork; it is also storytelling. “Lifestories Through Scrapbooking” allows participants to reflect and capture their unique personal and family experiences in a form of a book or card. Facilitator will teach different skills in scrapbooking and participants will have a wonderful time sharing their stories. Both programs will be delivered online as meeting in-person is still not a safe option for seniors.

“Sharing Circles for Seniors” will provide a safe and regular ‘gathering space’ within which seniors will come together and participate in facilitated sharing sessions. These gatherings will take place once a week for 1.5 hours and will be led by an experienced facilitator. While these gatherings are participant centred to encourage sharing, the facilitator will be present to ensure that meaningful exchange takes place, that everyone has a chance to speak/share and also to ascertain the need for further actions such as referrals to professional services or identifying other expertise to be brought in for the benefit of the group. For example, the Provider have heard repeatedly from the seniors of their experience with increased incidences of racism during the COVID-19 pandemic. In this case, the Provider will identify and bring to the group a subject matter expert to speak to them about racism and explore coping mechanisms.

Sharing Circles will be delivered online as meeting in-person is still not a safe option for seniors.

To register or for more details, please call 587- 480-7373 or email [info@mpcfdn.ca](mailto:info@mpcfdn.ca)





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**SHARING SMILE**

**JOKE CORNER**

**Q: Which building in Calgary has the most stories?**  
**A: The library**

**Q: Why did the belt go to jail?**  
**A: It held up a pair of pants**

**Q: How do you make a fire with two sticks?**  
**A: You make sure one is a match!**





# Paramount Dental is accepting new patients!

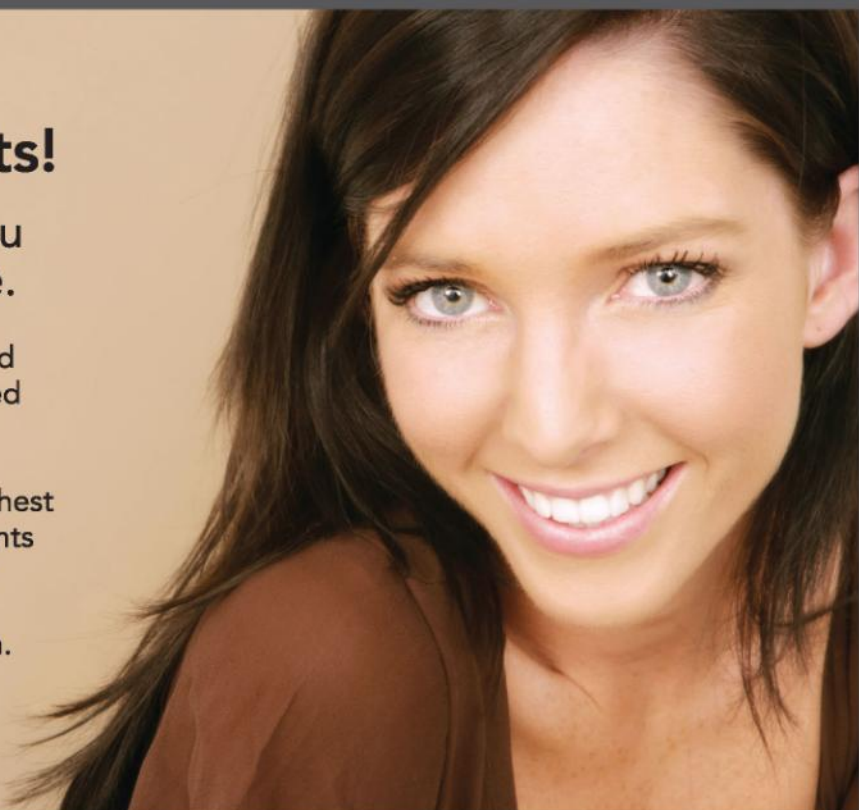
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\* We are open alternating Mondays and Saturdays.  
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