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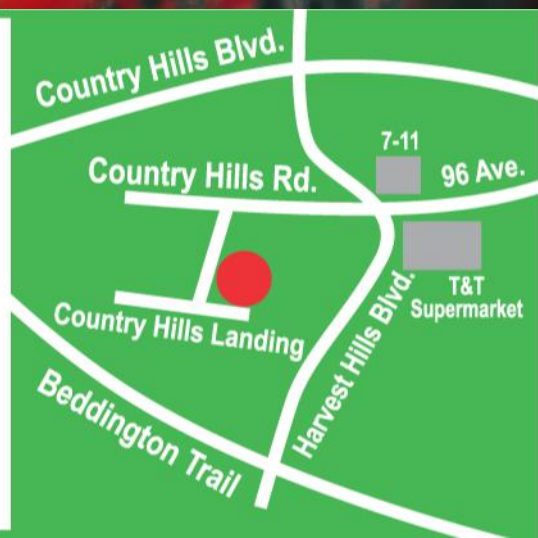


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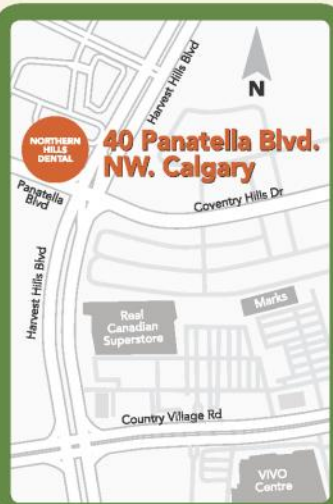
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## President's Message November 2020



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

I hope things are going well with you when you read this. Winter is here and November is a busy time for many of us.

This month will see 3 events for the Northern Hills – Remembrance Day on the 11<sup>th</sup>, the NHCA AGM on the 14<sup>th</sup>, and the Black Friday/Cyber Monday weekend from the 27-30<sup>th</sup>. I'm writing this late October so I've no idea what, if any, effect the US election on November 3 will have on us here in Canada.

The event that I do have some influence over is the Northern Hills Community Association (NHCA) Annual General Meeting (AGM), to be held November 14 at 7pm in the Red Gym at Vivo. I hope you will attend this socially distanced event if you can.

This year is one of the most important AGM's in the last 25 years, as we are looking to update both our society Objects and our Bylaws to reflect the current century. For one thing, our current bylaws were written at a time when the possibility of a virtual AGM didn't exist, which means we have no choice but to hold an in-person AGM this year.

You can review the draft changes, along with our financials and other information in our AGM package, which can be found on our website here: <http://nhca.ca/agm/>. Please be sure that your membership is up to date and that you RSVP to avoid delays and lineups at the door. Because seating is limited, voting members will be given priority over guests.

Normally we also have a social gathering and provide food and snacks during AGM's, but those have unfortunately been put on hold due to the pandemic. This AGM is legally a report on the 2019 state of affairs, but in view of the fact that it is November 2020 I'll also provide an informal snapshot of how things are going this year as well.

Speaking of how it is going this year, this past month we have had great success with our food security initiatives, including the Good Food Box program. Our safe Halloween event in partnership with Vivo was sold out very quickly. We also held a safe and successful Casino, which provides a substantial amount of our yearly operating budget.

Our summer soccer program was successful and we have made great strides on our transparency and policy creation projects. We have 2 current Arts and Crafts programs running (New Normal Art Gallery and an Art Therapy program) with our MyArtKids program being launched this month. Our blockwatch-style Building Safer Communities program continues to be used as an example for other communities.

We've been in touch with all our local government representatives and advocated on behalf of our community on topics including the Gift of Joy program, Greenline, walkways and paths, feeder main construction, and the Neighborhood Streets pilot projects in Panorama and Coventry.

We cannot do all of this without your support. Please purchase or renew your membership so we can continue to serve our communities and continue to operate through these tough times. It really makes a difference to a lot of people.

That is all for now. Stay safe and have a great November!

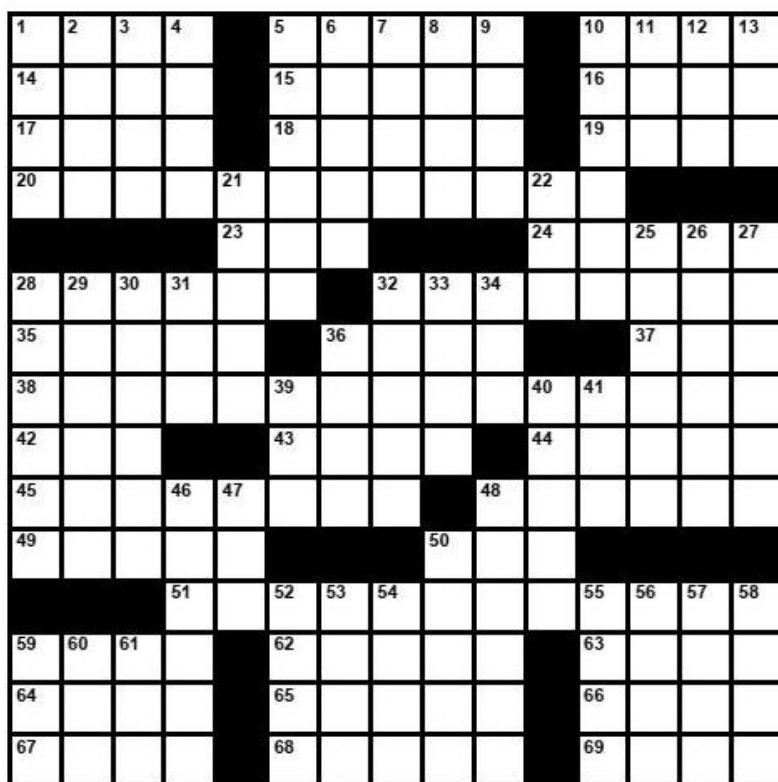
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# Crossword by Myles Mellor



## Across

1. Enrobed
5. Gather up
10. Art subject
14. Tortoise racer
15. "Three Pieces in the Shape of a Pear" composer
16. Cybercafe patron
17. Mosque V.I.P.
18. Kettle's place
19. Tartness
20. Kitchen furniture maker
23. Copper or bronze
24. Curve in a coast
28. Enticement veggie
32. Judaic mysticism
35. TriBeCa restaurant in "Bright Lights, Big City," with "the"
36. Thus in Latin
37. Weapon invented by Israelis
38. Skilful wood worker
42. Cause of an "I" problem
43. Vocal piece
44. Christmas carols
45. Where Gulliver traveled to

48. Demand
49. Sing an Alpine song
50. Wildebeest
51. One who sands and polishes
59. Epitome of thinness
62. Dough
63. Yield
64. Shout
65. Grownup
66. Amongst
67. General assembly?
68. Like Amundsen
69. Takes home

## Down

1. All the rage
2. Buddhist priest
3. Yemen woman, for one
4. Actress, Moore
5. Postulate
6. Certain print
7. Building block of the universe
8. A Supreme Hindu god
9. Hunt for
10. Fur resembling beaver
11. Olympics monogram
12. Where to find a lion lyin'
13. .0000001 joule
21. Nobody
22. \_\_\_ and flow

25. Muscles strengthened by squats
26. Nut-bearing birches
27. Craving
28. Pleasing to the eye
29. Slowly
30. Sell again
31. Bunk
32. Deadly snake
33. Taj Mahal locale
34. Thwack
36. Neutral color
39. Style of music
40. Tedium

41. Figs.
46. In a lascivious way
47. Workers' U.N. agcy.
48. Hereditary
50. Fish lungs
52. Arabian Peninsula land
53. Extinct flightless bird
54. Playing card
55. Look over
56. Blood pigment
57. Computer menu option
58. Pirates rivals
59. Scandinavian rug
60. Ballad's end?
61. Colonnade tree

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and so much more!





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<b>Off Season Monthly Rate</b> (Oct, Nov, Dec, May)	<b>\$165</b>	<b>\$175</b>	<b>\$190</b>	<b>\$210</b>



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## NHCA CONTACTS

### OFFICE:

NHCA at Vivo  
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E: [info@nhca.ca](mailto:info@nhca.ca)

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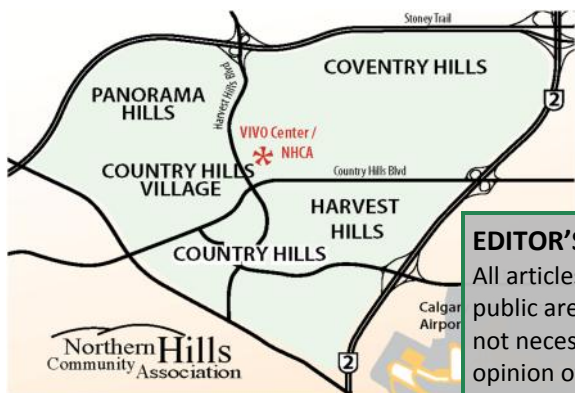
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Office & Newsletter Assistant: [Jiyoung Lee](#)  
Communications Policy Researcher:  
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### VOLUNTEERS

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

### BOARD MEMBERS

President: [Ian McAnerin](#)  
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2nd Vice President: [Leah Argao](#)  
Secretary: [Winnie Huang](#)  
Treasurer: [Azim Riaz](#)  
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Communications: [David Hartwick](#)  
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### EDITOR'S NOTE:

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



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## RSVP PRE-REGISTER FOR THE EVENT

**SATURDAY, NOVEMBER 14 AT 7PM  
RED GYM AT VIVO**

- We have checked and made sure that with the new provincial restrictions our AGM can still go on as planned with COVID-19 measures in place
- Look forward to an exciting agenda - proposal of new bylaw & financial update and check out the meeting package on our website
- Due to the limited space and COVID-19 guidelines, all attendees must pre-register (RSVP) their attendance.

[Check Website for More Details - nhca.ca/agm/](https://nhca.ca/agm/)



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Northern Hills  
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[www.nhca.ca/arts/new-normal-art-gallery](http://www.nhca.ca/arts/new-normal-art-gallery)

Thank you for sponsoring  
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BowWest is here to help. Whether you are facing challenges from the COVID-19 pandemic, the economy, or both, BowWest can help you connect to resources in the city. We are available by phone or online. But if you need to meet in person, that can happen. Apart from helpful resources, BowWest offers free tax filing services, information on Covid-19 benefits, no cost counselling, and a matched savings program that will start in November. If you'd like to talk to us, or learn more about how we might be of support to you, please phone us at 403-374-0448 or send us an email at [info@bowwest.org](mailto:info@bowwest.org).





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# Northern Hills Neddie



In Flanders fields  
the poppies blow  
Between the crosses,  
row on row,  
That mark our place;  
and in the sky  
The larks, still bravely  
singing, fly  
Scarce heard amid the  
guns below.

We are the Dead. Short days ago  
We lived, felt dawn,  
saw sunset glow,  
Loved and were loved,  
and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing  
hands we throw  
The torch; be yours  
to hold it high.  
If ye break faith  
with us who die  
We shall not sleep,  
though poppies grow  
In Flanders fields.

By John McCrae



Northern Hills Neddie

100%

Dear Northern Hills Neddie,  
I have a big problem. I love dogs so much, but my dad is allergic to dogs so we can't get one EVER! What can I do-I cry myself to sleep everyday because of this. Everyone at my school thinks I am silly. I really need a dog and all these movies I watch with a dog being a person's best friend-why can't that be me???

Sincerely,

Dreaming of dogs

Dear Dreaming of Dogs,  
First, your parents are being honest and you can't expect them to get a dog given the allergies situation. Second, perhaps you could become a volunteer at a local dog shelter to help walk the dogs and take care of them-they are always in need of volunteers-this way you can see if having a dog and all the responsibilities are what you want and not just a fantasy. Third, when you grow up and have your own place you can get a dog if you like-this can be an awesome future goal of yours to look forward to. And lastly, middle school can be a great time to make friends-turn your focus from having a dog to becoming a good friend to someone who may need a good and loyal friend like you-and who knows maybe they will have a dog and you can go to their house see and play with it!!

If you would like to send in any of your problems or questions to ask Neddie advice-please send to [editor@nhca.ca](mailto:editor@nhca.ca) and we will pass it along to Neddie for the next issue!

### Bread Machine Cinnamon Rolls

This time of year I always find myself pulling out the bread machine to enjoy warm cinnamon buns on a chilly morning. (I often make this recipe one day and then pop it in the fridge overnight to quickly bake and enjoy fresh for breakfast).



#### Ingredients

3/4 Cup + 2 Tbsp milk  
1 large egg  
3 Cups all purpose or bread flour  
3 Tbsp sugar  
1/2 tsp salt  
4 Tbsp butter (cut into small pieces)  
  
1 1/2 tsp bread machine OR fast rise yeast  
OR  
2 tsp active dry yeast

#### Directions

Layer and place butter around edges of bread machine  
Select 'dough' setting and turn on  
After complete roll dough into 15x10" rectangle  
Spread: 1/3 Cup melted butter

1 Cup brown sugar

Sprinkle with cinnamon

Roll and slice into 12 pieces, place in greased pan, cover and let rise for 1 hour.  
Bake at 365° for 20-22minutes (until done).

Icing sugar glaze for top: (Mix together)

1 Cup icing sugar  
1-2 Tbsp milk (or more until a consistency you like)

OR

Cream cheese topping: (Mix together)

1 8oz. pkg cream cheese softened  
1/2 Cup butter  
1 tsp vanilla  
3 Cups icing sugar  
1 Tbsp milk



I know, you don't want to think about the ingredients as you assemble the cream cheese topping. Just blindly throw it together and ignore any caloric count.

Enjoy!

Victoria Schellenberg

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



## Sudoku

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

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## Answer keys

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

1	C	L	A	D		5	A	M	A	S	S		10	N	U	D	E	
14	H	A	R	E		15	S	A	T	I	E		16	U	S	E	R	
17	I	M	A	M		18	S	T	O	V	E		19	T	A	N	G	
20	C	A	B	I	21	N	E	T	M	A	K	22	E	R				
					23	O	R	E				24	B	I	G	H	T	
28	C	A	R	R	O	T			32	K	A	B	B	A	L	A	H	
35	O	D	E	O	N		36	E	R	G	O			37	U	Z	I	
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Northern Hills  
Community Association



THEY SHALL GROW NOT OLD,  
AS WE THAT ARE LEFT GROW OLD:  
AGE SHALL NOT WEARY THEM,  
NOR THE YEARS CONDEMN.  
AT THE GOING DOWN OF THE SUN  
AND IN THE MORNING,  
**WE WILL REMEMBER THEM.**

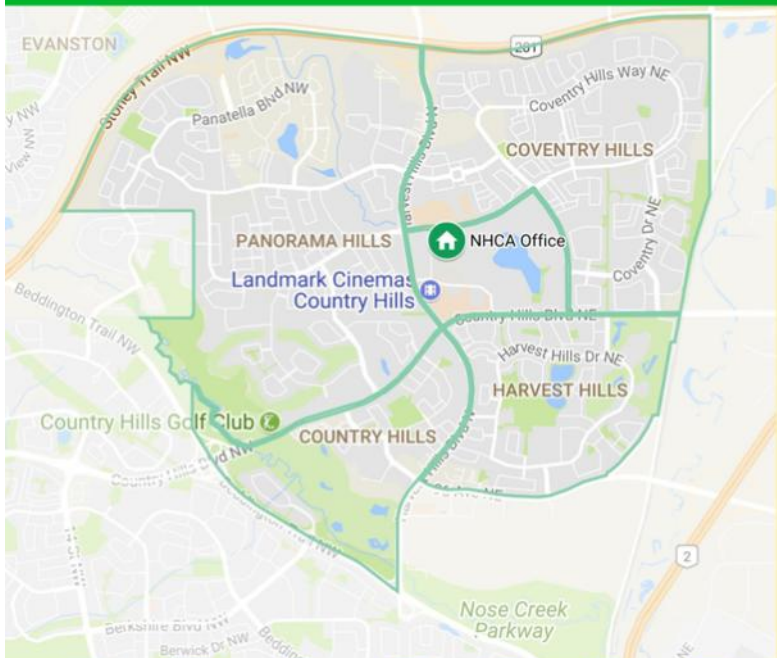
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Calgary - Panorama Hills

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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.
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CALL HEATHER 403-988-0819 FOR ADVERTISING OPPORTUNITIES



## Christmas Care Bags for Seniors

This Christmas is going to be a very difficult time for a lot of seniors. Those who live by themselves will not have family with them. In fact, since the start of the pandemic, too many seniors have only been able to see their families from a window. We would like to do what we can to send them a little cheer this Christmas by creating care bags for them. As such, we are seeking donations to fill these bags! Be it donation of new or unused items, cash or gift cards, we will be deeply grateful for whatever you can provide.



**MPC Foundation**  
Where Aging Is Celebrated

**Help us spread holiday cheer  
to seniors this season**



**Donate to our Christmas  
gift bags project**

New or unused items, gift cards and cash are welcome!

**Please drop your donations at:**

Panorama Hills Community Centre  
88 Panamount Hill NW

Contact us at (587) 480 7373  
or email [info@mpcfdn.ca](mailto:info@mpcfdn.ca)

Visit [www.mpcfdn.ca](http://www.mpcfdn.ca)

Partnering organization:

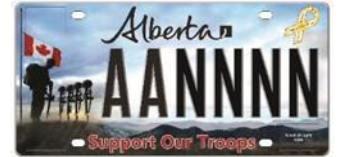






**Muhammad Yassen**  
**Calgary-North MLA**

On November 11th and throughout the year, let us all remember the sacrifice and efforts of our brave Canadian Forces, both past and present. *Support Our Troops* licence plate gives Albertans another way to show their appreciation for Canada's brave service men and women, which can be ordered at any registry in Alberta.



Alberta's government released its fiscal update, revealing our provinces financial situation. Alberta has been hit especially hard by the effects of the COVID-19 pandemic and oil price crash on an already weakened economy. The deficit now sits at \$24.2 billion. Revenue is projected to be \$38.4 billion, a decline of \$11.5 billion or 23% from Budget 2020. Alberta's government acted swiftly during the pandemic to ensure that all Albertans had what they needed. The province has spent some \$14 billion on mitigating the health and economic effects of the pandemic to slow the spread of COVID-19 and protect the health of vulnerable Albertans.

Over the past few months, I have met with many constituents regarding Alberta parks. As you know, parks are a core sector of our economy, supporting opportunities and jobs in tourism, hospitality and services, making them an important part of Alberta's Recovery Plan. Alberta's government is investing \$43 million to enhance, repair and protect provincial parks, while creating more than 290 jobs when they are needed most. Additionally, Alberta's government will strengthen ties with non-profits and conservation societies to help maintain and protect our parks and Crown land.

While women make up half of Alberta's population, they only represent a third of enrollments and graduates in STEM (*Science, Technology, Engineering, Math*) programs, and only about a quarter of employees in STEM fields. I am proud to share that Alberta's government is introducing the *Women in STEM Award Program* by introducing 50 awards, each worth \$2,500. to be made available to women pursuing studies in STEM while working to advance equity in their field.

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

The Ward 3 office has received a number of emails from residents since COVID hit in March, talking about what they love about their community versus what they are disappointed in now that they are out of their cars and walking around more. One of the areas of disappointment is the design of the roadways in our communities.

There have been many comments that the roadways favour higher speeds in cars rather than the safety of pedestrians and other road users. After reviewing the Residential Speed Limit Reductions Report and listening to resident comments at committee, I made the decision to vote in favour of the recommendations for speed limit reductions. This would see that residential side streets would be reduced to 40km/h while main collector roads would stay at 50km/h.

Safe neighbourhoods are a priority for every Calgarian, and most residents already use extreme care in driving on their own street to exit on to the main feeder roads. My personal experience is that my neighbours and I are looking out for kids, pets and each other on our circle as we head to work or out for grocery shopping. I typically see people exercising caution and driving a bit slower than the speed limit on my street, and speeders often get a talking-to from neighbours. We look out for each other.

Even with our careful practices as community members, the City's past decisions to create roadways that are too wide has created unsafe conditions for residents, not to mention wasting tax dollars on maintenance. If past Councils had focused on building roads that discouraged high vehicle speeds rather than on speed limits, we would have safer neighbourhoods.

That's why it's incredibly disappointing that some members of Transportation & Transit Committee did not agree to design better roadways in the future. We have one more chance to get this right at Council when the recommendations are presented November 2nd. While this change of speed limits on residential streets is a good start, I still firmly believe retrofitting our existing oversize roads in neighbourhoods to calm traffic is a priority. If community safety is truly the goal, speed limits alone will not create safer environments. We need to change speeding behavior in a meaningful way through retrofitting roads and implementing inexpensive calming traffic measures.

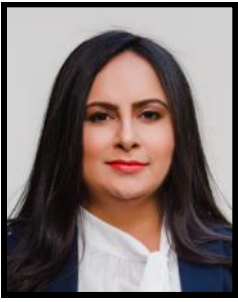
Calgarians need to get safely between home and their many destinations, no matter how they travel. Participation in the economy and society cannot happen without this. Improving road safety is part of supporting Calgary's economy and should be prioritized by the municipal government. Road safety is at the heart of supporting a healthy and safe city with a prosperous regional economy.

Jyoti Gondek

City of Calgary – Ward 3 Councillor

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





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

November 2020

Hello friends and neighbors! With Parliament having resumed session, I have been hard at work proudly representing Calgary Skyview in Ottawa. Myself and my colleagues have been highlighting serious shortcomings in the Throne Speech, from leaving out Canada's energy sector, veterans, and women and girls, to engaging key stakeholders in my role as Shadow Minister for Women and Gender Equality and building consensus on community-based solutions to the many challenges Canadians are facing in the ongoing pandemic. I remain devoted to fighting for a government that works for and listens to you. This is something I have heard many constituents, communities, and small businesses express has not been the case under the present government through these unprecedented times.

As Shadow Minister, I am humbled to be part of a longstanding national effort to address gender inequality in Canada and advance the lives and roles of women in our communities. In light of the pandemic, through my work alongside incredibly talented colleagues and vocal community advocates via the Status of Women Committee, we found that women and girls have experienced the social and economic impacts of these challenging times in a unique way that was simply not addressed or reflected in government policy and programs. My Conservative colleagues and I have proposed policy solutions to the most critical shortcomings and hope the government follows in adopting them. There is still much research and work to be done to identify other gaps in the response and future legislation to ensure that when government acts, it acts in a way that accommodates the unique ways issues impact Canadians.

However, it's not just Ottawa where I am focusing my efforts: here in Calgary Skyview I am meeting with local organizations, community leaders, and concerned constituents to ensure the open dialogue between our community and representatives that is fundamental to good governance and our democracy, and I look forward to hearing from many more. I am so grateful to have this platform to speak to the Northern Hills community, and as always please feel free to reach out to my office if you have any questions about the COVID response, navigating federal programs, or just to say hello! I am committed to serving as your voice in Ottawa, and I strongly encourage all my constituents to speak up on what matters to and affects them most.

Sincerely,

Jag Sahota

MP for Calgary Skyview | Shadow Minister for Women and Gender Equality

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



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

Dear friends and neighbours,

I'd like to take a moment to thank all our veterans who bravely fought for our country. This Remembrance Day, I invite everyone to take part in the ceremonies held across our province, as we remember the sacrifices the brave men and women have made in order to ensure our country is to remain strong and free.

Alberta School Councils' Association (ASCA) is conducting a survey to measure the "pandemic pulse" in the return to schooling with Covid-19 implications. We encourage all parents/guardians in Alberta with children in Kindergarten to Grade 12 to participate in the survey. The survey closes on **Friday, November 6, 2020 at 11:59 pm**. **Link:** <https://ca.surveygizmo.com/s3/50085641/ASCApreventcovidtest>

This spring, Alberta's government will repeal Bill 10, relinquishing emergency powers the legislation allowed it to use during the early stages of the COVID-19 pandemic. We want to hear your views on this and look forward to hearing from Albertans on this important subject [THE ONLINE FORM CAN BE FOUND HERE](#) LINK: <https://ucpcaucus.ca/repealing-bill-10/>

The world has changed since the last provincial budget in February. Alberta now faces a very different set of circumstances and unique challenges. Albertans can share their views and priorities for the province by taking part in an online survey and joining telephone town halls with Finance Minister Travis Toews. The online survey is now live until Dec. 4, and the telephone town halls will take place on Nov. 30, Dec. 2, and Dec. 3. More information is available at [alberta.ca/BudgetConsultation](http://alberta.ca/BudgetConsultation).

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

[Calgary.NorthEast@assembly.ab.ca](mailto:Calgary.NorthEast@assembly.ab.ca) 587-318-2946 #1080, 11124 – 36th Street NE Calgary AB T3N 0T1





### **Honourable Michelle Rempel Garner, M.P. Calgary - Nose Hill**

Parliament returned in September with a Speech From the Throne after being prorogued by the Prime Minister.

You can read my full statement in response to the Speech on my website: [MPRempel.ca/news](http://MPRempel.ca/news).

I have been working hard in my capacity as your Member of Parliament and as the Conservative Shadow Minister for Health. In addition to advocating for a jobs and economic plan for workers and businesses in our community, I am continuing to press the government on their mishandling of the COVID-19 pandemic response.

Specifically, I have been raising the serious issue of rapid testing in Canada. Many of our G-7 allies already have had access to rapid and at-home testing for some time. This fall, the government announced that Canada would be contributing to an initiative to ensure that low-income countries have those same rapid tests. Families and businesses in our community have been correctly asking why Canadians have not had access to these same tests and resources? Rapid testing is critical to getting the Canadian economy to reopen safely and can play a large role in helping families with children in the school system.

I will continue to press for answers for the government's decisions on these matters and present viable, safe solutions for Canadians.

Earlier this fall I was pleased to host a virtual Town Hall Meeting for residents of our community. While we are not yet able to resume in person meetings of this nature, it was good to connect with so many in our community and hear directly about the issues that are important to them.

Should you have any questions or concerns, or if I can be of assistance to you as your Member of Parliament, please do not hesitate to contact me.

Finally, despite the challenges and changes that 2020 has presented us with, let us all still find time to pause and reflect this Remembrance Day on the many sacrifices that have been made on our behalf. Thank you to our brave Veterans for your service.

The Hon. Michelle Rempel Garner  
Calgary Nose Hill

[Michelle.Rempel@parl.gc.ca](mailto:Michelle.Rempel@parl.gc.ca) 403-216-7777 115 – 70 Country Hills Landing N.W. T3K2L2

# SPRY (Senior Persons Regaining Youth)

By Jay Emond  
SPRY Coordinator

**November 2020 In the Hills Program fall - Winter 2020**

For the time being, the SPRY gatherings and exercise classes, normally held at the VIVO Centre's "Play Lab", has postponed the set up for Adult Exercise Classes and tables & chairs for Social activities. We will inform you when it will be safe to resume "normal" activities hopefully before mid-June 2021.

## **SENIORS' EXERCISE SESSIONS: Fit-2-Age Instructor**

The informative, age-appropriate, light exercise classes sessions, are lead by Tracy Rand, Director-Certified Aging Adult Instructor & Consultant, BCEM Educator.

"Fit-2-Age" fitness/exercise program for anyone 55+, which now takes place virtually via Zoom platform. Current room capacity is up to 40 participants for 55+ exercise classes and a bit of social time. The actual program cost is \$0 and the only requirement is to have a valid NHCA membership for the duration of the program.

## **How to resister**

1. To participate, we ask that you hold an active NHCA Membership Card.
  - NHCA memberships are only \$20 (Single or Senior per couple) or \$30 (Family or Associate). They are valid for one year, and you can easily make back the membership cost (and more!) at local stores and restaurants with our Member Discount Program.

The Sessions on ZOOM are every **Tuesday and Thursday at 2:00pm** until the end of December. Simply Sign-On between 1:30-2:00pm to be admitted. No passwords required.

**ALSO:** CARYA (founded 1947, formerly: Calgary Family Services) is dedicated to creating strong families and communities for generations. As part of their support for Seniors, during covid-19 lock-down, CARYA is financing and sponsoring Tracy Rand's Fit-2-Age 1-Hour senior's exercise program every Monday at 11:00am. Any Calgary Senior can participate, there are no membership requirements, and no fees involved.

## **FOR OTHER INFORMATION:**

For NHCA: <http://www.nhca.ca/seniors/>

For SPRY (Senior Persons Regaining Youth) eMail: [jlemond@telus.net](mailto:jlemond@telus.net) Jay Emond, SPRY Coordinator



Several SPRY Members showed up for our Outdoor Walk, September 10th, 2020



# 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 Journalists

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

## 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

## Project, Events, Programs (PEP) Volunteer



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

# Celebrate Aging with an Active Lifestyle

*By MPC Foundation*

The benefits of exercise for all age groups is well-documented. This is particularly so for older adults where research has identified exercise as the single most important factor for optimal aging, both physically and mentally. The key to sticking to exercise is to find something you enjoy doing. Here's a reminder of some of the amazing benefits of adopting an active lifestyle.



## **Exercise means more independence.**

Research has shown that older adults who exercise regularly are less likely to depend on others. In fact, exercise is the single best way for older adults to maintain independence in daily living.

## **Exercise improves balance**

For older adults, falling down can have long-term consequences such as emergency room visits, or worse, death. According to the National Council of Aging, exercise reduces the likelihood of falling by as much as 25%.

## **Exercise increases energy levels**

Exercise triggers the release of endorphins which are linked to pain & stress mitigation, increase a sense of well-being, promotes better sleep and feeling energetic and lively.

## **Exercise helps to prevent and reduce severity of diseases**

Older adults who adopt a healthy lifestyle stands a much better chance of preventing or reducing the unpleasant symptoms of common aging ailments such as osteoporosis, depression and diabetes.

## **Exercise improves brain function**

A healthy body translates into a healthy mind. Studies have shown that older adults who exercise regularly have better cognitive health and reduced risk of developing dementia.

The Seniors Council of Canada recommends at least 150 minutes of exercise per week. These exercises should include 2 core components, that is, aerobics (walk, dance, swim, cycle etc.) and muscle strengthening. Incorporating exercise in your daily routines can be as simple as adopting an active lifestyle attitude. Take a dance class, walk everywhere where possible, choose standing over sitting and take the stairs instead of the elevator (where possible). By weaving physical activity into your daily routines, exercise is no longer one more 'chore' you need to do.

MPC Foundation is a registered non-profit serving seniors in Alberta. Visit [mpcfdn.ca](http://mpcfdn.ca)



## Waste and Recycling

### Save food in the spirit of Waste Reduction Week

Preventing or reducing food waste at home is one way you can help achieve Calgary's waste reduction goals. Saving food also saves you money – the average Canadian throws \$1,100 of food away each year.

Try these tips for saving good food from being tossed in the bin:

Freeze holiday food scraps for soup stock, such as turkey bones, herbs, and celery and carrot tops. Apples ripen 6 to 10 times faster at room temperature. Store apples in the low humidity drawer of the fridge in a breathable bag to maintain freshness.

Designate the top shelf of your fridge for leftovers and pre-cut vegetables and fruit, so nothing gets forgotten at the back of the fridge.



For food scraps you can't save, learn how to sort it right at [calgary.ca/greencart](https://calgary.ca/greencart). Find more tips to prevent food waste at [lovefoodhatewaste.ca](https://lovefoodhatewaste.ca).

### IS IT TIME TO RENEW YOUR PLATES?

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**RENEW**  
Wild Rose Country

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**Harvest Hills Alliance  
CHURCH**

**Believe | Belong | Bless**

#### Sunday Services

10:00 am

Live streaming on YouTube, Facebook  
or come in person.

#### Harvest Kids

9:30 am

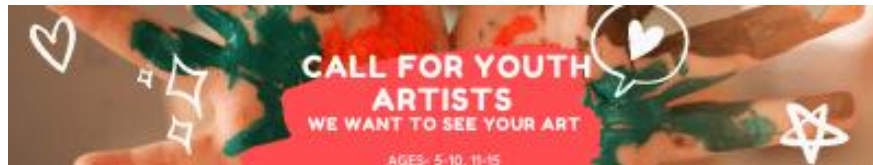
Live streaming on Facebook

10099 Harvest Hill Blvd NW  
[office@hhachurch.com](mailto:office@hhachurch.com)  
403-226-0990

**[www.hhachurch.com](https://www.hhachurch.com)**

### **CALLING YOUTH artists (ages 5-15)**

***Are you a youth artist in the community  
Do you have a passion for art and crafts (painting, sculpture, photography, 3D, 2D, and all kinds of crafting)  
Would you like to have the opportunity to showcase your art to the people of your community and get recognized for your talent.  
Everyone can participate. -If you think you have talent, we want to hear from you.***



In this unprecedented time of COVID-19, kids and young adults have faced lots of uncertainty and variability. This has caused low esteem and lack of confidence in our younger generation. The purpose of this program is for kids and young adults to feel that they have something important to contribute. Through this program, they have a platform through arts to express themselves. Furthermore, **its presented by kids in their own community.**

This will provide **stronger sense of community** as well as familiarity. This program will run on a weekly basis. The important components of this program are as follows:

Every week the program runs for 1 hr

Program is run through the zoom meet platform

Each child is selected to demonstrate art.

This child is the 'artist of the week' \*

The goal is that the child gets to show his/her art, perhaps engaging the audience in how they can show how it was done, steps involved through 'work in progress pictures. An art piece can be 3 dimensional as well. If its 2-D or 3- dimensional and follows a 'theme'. That's the theme for that week.



#### **Here is what you need to do**

- ***Contact us using the form above or by email at [arts@nhca.ca](mailto:arts@nhca.ca)***
- ***You will be invited/ contacted by the Project Manager to go over details of your participation. Each youth will require adult permission and computer.***
- ***You will be given detailed steps to follow along with demo.***
- ***Once confirmed, you will do a 'live session' (1-hr long) demonstrating your art project/ art work to the invited community members.***
- ***You will be showcased as the 'artist of the week'***



## Meet an Artist, Author, or Composer

The Calgary Public Library is excited to welcome three new additions to our Residency programs!

Jordan Wieben is the Children's Illustrator in Residence whose artistic practice is centered on the ability to translate personal experience and culture into expressive characters. Stay tuned for upcoming virtual kids and family art programs with Jordan.

Lori Hahnel is a local writer and the Author in Residence. In addition to free programs, Lori is available for one-on-one virtual consultations to discuss writing techniques, publishing, and more.

Finally, the Library is excited to announce a brand-new residency program: Composer in Residence, featuring local musician Daniel Pelton. Daniel will offer one-on-one virtual consultations, registered workshops, and live performances.

To learn more about the Residencies, visit [calgarylibrary.ca/arts-and-culture](https://calgarylibrary.ca/arts-and-culture)



## Calling all local photographers!

Please send in your photos so we can feature them in our issues!! Please email in to [editor@nhca.ca](mailto:editor@nhca.ca).



# PHOTOGRAPHY CORNER

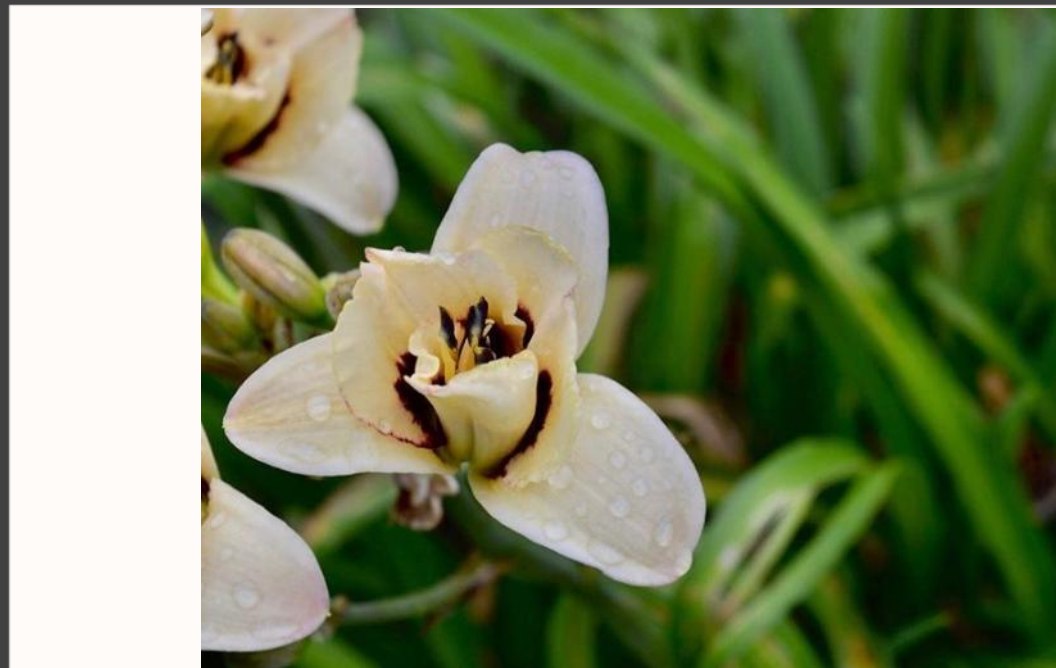


Photo by local resident Brookhaven Hubert



# NEED SUPPORT? WE'RE HERE TO HELP.

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North Central Family  
Resource Network today:

(403) 543-0555

[familyresourcenetwork@closerhome.com](mailto:familyresourcenetwork@closerhome.com)



Alberta Health  
Services

Emergency  
Medical  
Services



## Yielding to Emergency Vehicles

Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

### 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;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- 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 (there is often more than one) 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 pass other traffic.

### When operating a vehicle:

- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving in the lane next to a stopped emergency vehicle, including tow trucks, with their lights activated. If you're not in the lane next to the stopped vehicles, 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 roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)



# CLASSIFIEDS

## BUSINESS

This is the local Official Community supported and requested newsletter by residents of Panorama Hills/Coventry Hills /Harvest Hills/ Country Hills and Country Village

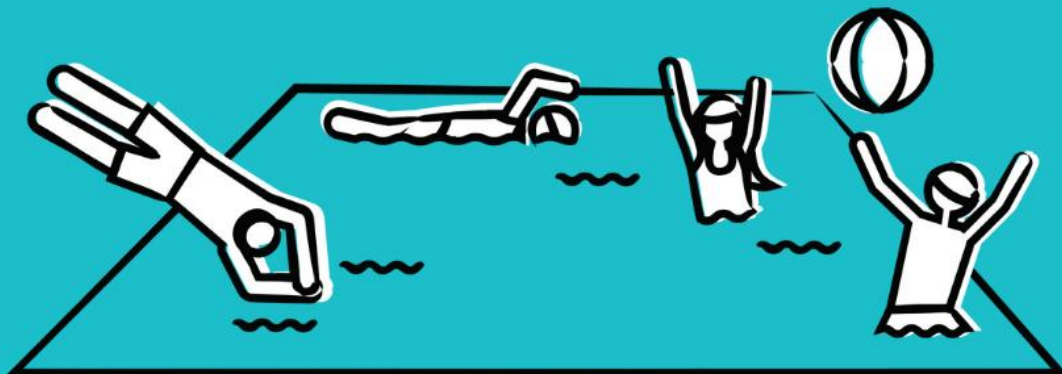
## SERVICE

**PIANO AND THEORY TEACHER**  
Accepting new students.  
Beginners and up. Please call Cathy at:  
403-615-1311

## REAL ESTATE

This is the local Official Community supported and requested newsletter by residents of Panorama Hills/Coventry Hills /Harvest Hills/ Country Hills and Country Village

**VISIT VIVO.CA FOR  
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EXCLUSIVE SALES!**



**vivo**

# Paramount Dental is accepting new patients!

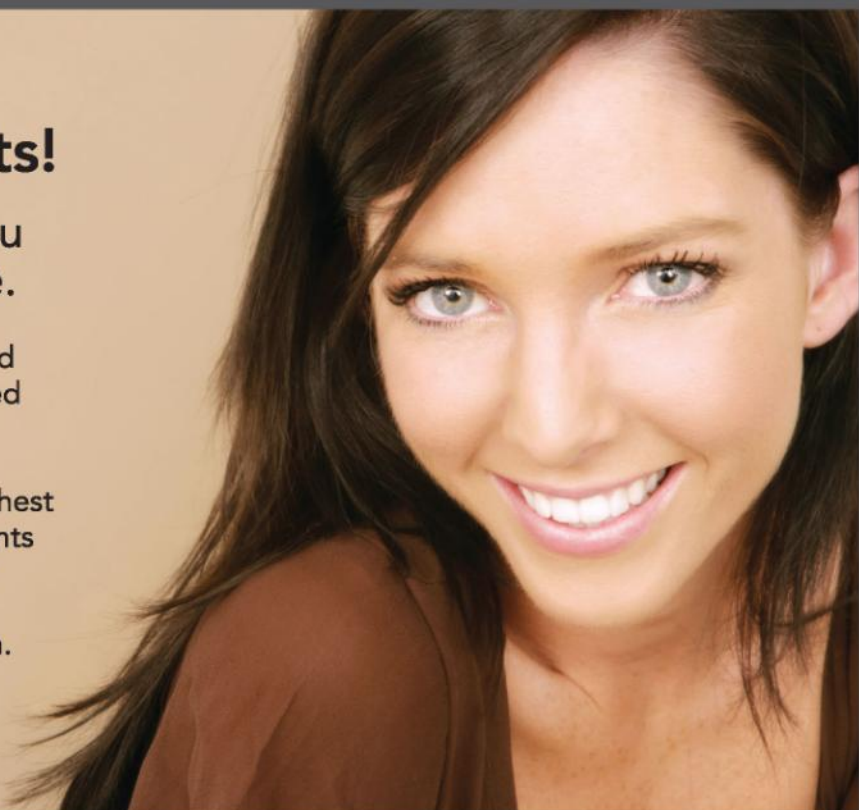
We are excited to welcome you  
and your family to our practice.

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experience.

We strive to provide our patients with the highest  
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Visit [paramountdental.ca](http://paramountdental.ca) for more  
information.



*For your convenience we are now offering evening  
appointments and direct billing to insurance*

Monday: 8am–4pm \*  
Tuesday: 8am–8pm  
Wednesday: 8am–4pm  
Thursday: 8am–8pm  
Friday: 8am–4pm  
Saturday: 8am–4pm\*  
Sunday: closed

Coventry Hills Plaza  
217, 130 Country Village Rd NE  
Calgary, AB T3K 6B8



\* We are open alternating Mondays and Saturdays.  
Please contact us for information.

# PARAMOUNT DENTAL

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## NOW ACCEPTING NEW & EMERGENCY PATIENTS