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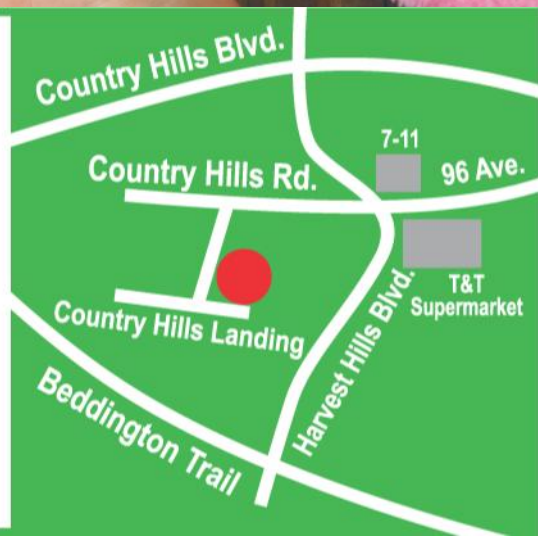


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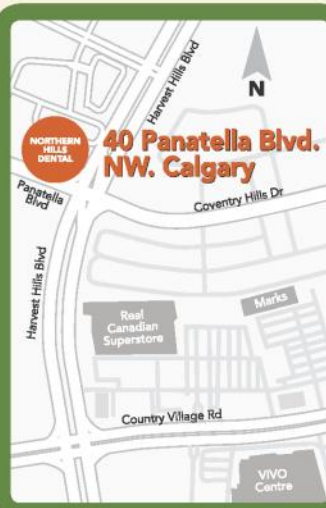


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President's Message



Ian McAnerin
President - Northern Hills
Community Association

April is a month of change. Winter turns to spring, Easter marks renewal and rebirth, a new fiscal quarter begins, garden planning begins, and much more.

With April also comes milestones like the NHCA AGM (April 28). This AGM will be virtual like the last one and will be an opportunity for the NHCA to update its members and the community on how 2020 went, and what our plans are for 2021. I would love to see you there.

The AGM is special for me this year because it will mark my last day as President (and as a Director), a milestone I must admit that I am saddened by. Although looking forward to a new challenge this year, the NHCA has been like a family to me and a huge part of my life for several years. It is difficult to let go, and I will never stop caring deeply about it.

I am looking forward to helping the new President settle in and have been working extremely hard to make sure that the transition happens smoothly. I wish the Board the absolute best as it moves forward.

In addition to the AGM, this month we have several other initiatives happening. Youth soccer registration has begun, as have registrations for the community gardens. We still have the (FREE!) Tax Clinic going on. There are plans around a mural extension being discussed.

Although the NHCA has created the first budget plan in several years that is not a deficit, but actually a small, predicted surplus, we could really use your help. Please make sure you renew your memberships so you can attend the AGM, and tell your friends and neighbours to, as well. Sign up for our programs, which are all created with everyone's safety in mind. Advertise in our newsletter. Sponsor an event. Volunteer your time. There is lots that can be done to make sure the NHCA continues to be the force for community spirit and support that it is.

The NHCA is only able to provide the services it does through help from the community. We are a non-profit and rely on folks like you to help our community in turn.

I look forward to seeing you around the community, as I continue to work towards making the Northern Hills a place we can all be proud of every day.



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WEDNESDAY, APRIL 28TH
TIME:TBD

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- 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/>





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Coventry Hills & Harvest Hills

Registration Opening Date:

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Northern Hills
Community Association



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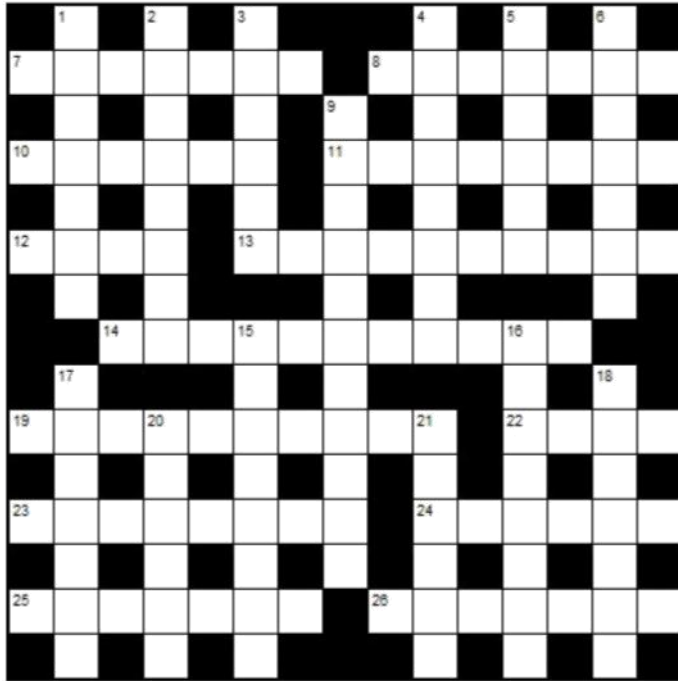
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OFFICE HOURS:

Mon-Fri 9-5 Sat 10-2

Crossword

The completed grid contains a dedication. More information on the solution page.



ACROSS

- 7 Sailors brought in to protect fish (7)
 8 Bride's a silly booby perhaps (7)
 10 Out-of-date northern town needs time for modernising, firstly (3-3)
 11 Keeping secret, oddly, description of some diseases of organs (8)
 12 Stick around to entertain one Christian? (4)
 13 Metropolitan area is seedy, afflicted with endless misery (10)
 14 Enchantress left in bad state finally, following son producing knife (11)
 19 Last issue missing? Swop leaders (10)
 22 Support Remain! (4)
 23 Song largely suppressed by a French revolutionary, like some poetry (8)
 24 Stigmatise old actor (6)
 25 I start to lament for high street trader (7)
 26 Gold dish needed first for table (7)

DOWN

- 1 Feel sorry for a sick climbing plant (7)
 2 Pants wear thin, making you naked (2,3,3)
 3 Expert satisfied on retirement, for the time being (3,3)
 4 Short film of novel's touching and extremely emotional (8)
 5 Preoccupy former pupil with meetings? Not half! (6)
 6 Love Rosalind – could be *this* Shakespearean is disposed! (7)
 9 Overlooked by public sadly, she'd do more than expected (4,3,4)
 15 Dessert is served up: I spoil it and upset us (8)
 16 Aversion therapy at first is surrounded by endless misfortune (8)
 17 Out to lunch, Colin eats an Italian pastry (7)
 18 Fish starter of salmon with a light touch (4,3)
 20 Outside hospital, gentleman dons dry garment (1-5)
 21 People used to write on this altar frontal (6)

Design and digital publishing credit to:

The UPS Store 264

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 403.226.9361

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Print and Business Services

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and so much more!

Northern Hills
 Community Association

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This year's tax filing deadline is April 30th, 2021.

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今年的纳税申报截止日期是2021年4月30日。

La fecha límite de presentación de impuestos de este año es el 30 de abril de 2021.

hạn chót nộp thuế năm nay là ngày 30 tháng 4 năm 2021.

اس سال ٹیکس جمع کروانے کی آخری تاریخ 30 اپریل 2021 ہے۔

ang deadline ng pagsampa ng buwis sa taong ito ay Abril 30, 2021.

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More Info : nhca.ca/ahih-tax-clinic/

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NHCA CONTACTS

OFFICE:

NHCA at Vivo
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Tel: 403-226-6422
Fax: 403-226-6421
E: info@nhca.ca

Public Hours:

Mon-Friday: 9:00 am – 1:00 pm
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VOLUNTEERS

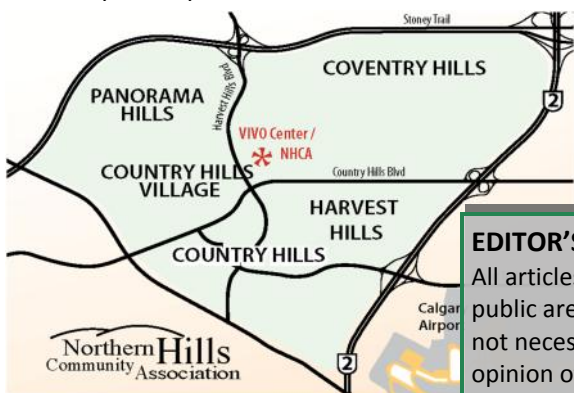
The NHCA is a self-funding, non-profit organization. All our board members and committee members are volunteers.

BOARD MEMBERS

President: [Ian McAnerin](#)
1st Vice President: [Tamara Keller](#)
2nd Vice President: [Leah Argao](#)
Secretary: [Amanda Mauch](#)
Treasurer: [Azim Riaz](#)
DIRECTORS: Chris Abdalla, Manveer Dhadda, David Hartwick, Winnie Huang, Lindsay Lantela, Tara Melhus, Tavis Settles

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At Home in the Hills: [Winnie Huang & Samana Zehra](#)
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Building Safer Communities (Blockwatch): [Tavis Settles](#)
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Harvest Hills Hub: [Tamara Keller & Victoria Henry](#)
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Planning & Development: [David Hartwick](#)
Sports & Rinks: [Leah Argao](#) and [Daniel Sennhauser](#)
Seniors: [Leah Argao](#)
SPRY in the Hills: [Jay L Emond](#)
Volunteer Relations: [Tamara Keller](#)



EDITOR'S NOTE:

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

Northern Hills
Community Association

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CONTACT US!



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nhca.ca/volunteer

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- Resident of the Northern Hills community
- Familiar and passionate about the work and service we deliver to the community

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Northern Hills Neddie



Happy



Easter



Northern Hills Neddie

100%



Dear Northern Hills Neddie,

I really need help with my Easter dinner! This year we are having a virtual dinner with relatives. It sounds like it should be fun, but every year there is this one person in the family who talks non-stop! This person never leaves a space of time to even try and insert a word-they don't even notice what they are doing. We always make an excuse to get rid of them early and then we all breathe a sigh of relief and enjoy the rest of our evening. I know this is deceitful, but what else can we do??

Sincerely,

Scrambled Eggs

Dear Scrambled Eggs,

Now is the time for change! Since you have the opportunity of this new Covid virtual dinner format-use this to change things up!! Tell everyone due to the virtual situation it is hard to hear people sometimes and with all the people it sometimes cuts out when they speak at the same time-you are using a special Easter Egg timer. Everyone gets 10 minutes each to speak and take turns. If the blathering person doesn't like it then oh well they can ZOOM OUT!

On the upside maybe this person will actually have time to eat this time instead of just flapping their gums! They might end up thanking you some day-their pumpkin pie might never have tasted better.

Happy Easter!

Sincerely,

Neddie

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

Asian Infused Power Buddha Bowl Recipe

- 1) Bake salmon (or fish of choice: halibut, cod, basa, etc) in oven for 25-30 minutes over lime and herbs of choice.
- 2) Soak dried chickpeas in cold water for 1hr then bring to a boil over hot water. (Or if using canned chickpeas, drain from can and bring to a boil over hot water).
- 3) Steam broccoli and beets for 10 minutes until cooked and soft in texture.
- 4) Sauté Enoki mushrooms, chickpeas, onions, broccoli in sauce pan over lime with an added drizzle of water or olive oil.
- 5) Add steamed beets into sautéed vegetable mixture (add beets later to avoid red color bleeding into mixture).
- 6) Continue with adding chopped celery (add later to avoid celery being overcooked)
- 7) Top with chopped green onions and continue sautéing for another 2-3 minutes until vegetables are soft in texture.
- 8) Remove vegetable sauté mixture from heat and transfer to a bowl/ plate.
- 9) Add grape tomatoes, and spices/herbs/nuts of choice (Ex. Almonds, cashews, walnuts). Drizzle sesame sauce, Sriracha sauce, or any dressing of desire.
- 10) Remove salmon from oven and place together on bowl together with vegetable sauté to create the ultimate Asian Infused Power Buddha Bowl!

Ingredients:

- Enoki Mushrooms
- Grape Tomatoes
- Chickpeas
- Salmon
- Broccoli
- Onions
- Beets
- Celery
- Optional Spices: Chilli Powder with Cumin, Sweet Basil leaves, Green Onions, Dill, Ground Pepper, Ground Flaxseed, Lime

Submissions must be sent in typed up in format that can be copied and pasted . Photos are welcome!

Email: editor@nhca.ca

Sudoku

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



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

Noodle was a lovely cocker spaniel who belonged to my family. He was loved by all who knew him. Sadly he passed away on the evening of 10th January, 2019. He was the most well-behaved dog I have ever met, and a very smart old fellow too. I have a sneaking suspicion that he would have been rather good at crosswords, had he learned how to do them! You can see him if you hover your mouse over the solution grid.

Requiescat in pace, Noodle. You will be sorely missed.



Northern Hills
Community Association

NHCA's Statement on the Guidebook for Great Communities

The Northern Hills Community Association has been asked for our position on the City of Calgary Guidebook for Great Communities.

As an Association, our vision is that the Northern Hills will be a vibrant, diverse, inclusive and sustainable community.

We continue to lack the necessities of a sustainable community including the Greenline, the Harvest Hills/Country Hills Elementary School, the 24-hour Urgent Care Centre/lab services initially funded in 2006, community gathering spaces, and other infrastructure. All of these were planned long before the Guidebook and still have not been delivered.

Whether the Guidebook for Great Communities achieves its goals or not is in large part up to the interpretation of the guidelines by city planners, desires of the developers, and whether or not the community has meaningful input into local area plans and interim projects. The Northern Hills communities are currently placed in the "Other" category and not a focus of the current version of the Guidebook.

Our focus is on what's best for our communities, and we will continue to advocate for and work with our elected representatives to ensure we are sustainable, using whatever tools we have available to do so.

Best regards,

NHCA Team

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Muhammad Yassen
Calgary-North MLA

HAPPY EASTER

Covid-19: Every one of us has been impacted by the pandemic from whom we see, to how we work, shop and learn. That is why Alberta's government has taken action to protect the lives and livelihoods of Albertans as they continue to grapple with the pandemic. As we move forward on vaccinations, we will continue to do everything we can to protect both your lives and your livelihoods. For more information on how Alberta's government is protecting the lives and livelihoods of Albertans, I encourage you to visit livesandlivelihoods.alberta.ca.

COVID-19 Business Supports: While the Small Business Relaunch Grant concluded on March 31st the Alberta Government will continue to support small businesses with the new Enhanced COVID Business Benefit. Information on the benefit was mailed to all businesses in Calgary-North. Please visit [Enhanced COVID-19 Business Benefit | Alberta.ca](https://enhanced-covid-19-business-benefit.alberta.ca) for more information.

Budget 2021: The recent budget announcement highlights the Alberta government's ongoing efforts to protect both lives and livelihoods during the COVID-19 pandemic. It also provides record investment in health care to fight COVID-19; it paves the way for growth in Alberta's post-pandemic economy; and maintains responsible spending by taking a balanced approach to get Alberta back on track. For detailed information on Budget 2021 please visit [Budget 2021 | Alberta.ca](https://budget2021.alberta.ca).

Coal Mining: Over the coming months, the government will take a closer look at Alberta's approach to coal development by holding widespread consultations that will be announced early Spring. Our goal is to help ensure the government's approach to coal development reflects the best interests of Albertans. If you are interested in receiving updates about consultation sessions and how to participate, please visit alberta.ca/coalengagement.

Police Act Review: Alberta's government has appointed Temitope Oriola, a special adviser to help with the review of the *Police Act*. He will provide independent advice to the government as it weighs policy options raised in ongoing stakeholder discussions that began last Fall. Thank you to those who completed the public survey that will guide changes to the *Police Act*.

I want to thank my constituents who have reached out to me and I very much value your feedback. I will continue to be available by telephone throughout the pandemic. As always, it is my great honour to serve as your MLA.

Muhammad Yassen
Calagry North MLA

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

Now that it's officially spring, I know many Calgarians are excited to experience the winter thaw and spend more time outdoors in the community. This summer, part of your community experience will be enhanced through Vivo for Healthier Generations being chosen as a location for an all-inclusive playground!

An all-inclusive playground is a place where everyone, regardless of abilities and needs, can interact and have fun. "Inclusive" spaces use a set of universal design principles that create play structures, pathways, seating, equipment and other amenities for equitable participation. They can be designed to support mobility limitations, cater to the visually impaired or for someone who has autism. In short, they're meant to be for as many people as possible in as many ways possible.

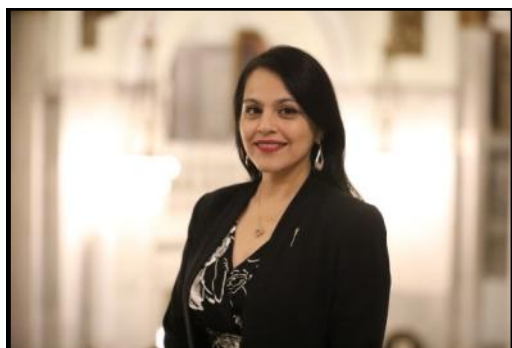
Vivo is already a great community gathering space that is home to the Northern Hills Community Association, and the Calgary Library. The all-inclusive playground, to be built in the field behind Vivo, will truly make this area a cornerstone for the community where everyone can play together in the same space.

Funding for the all-inclusive playground has been provided by the Province and as such I would like to thank Ministers Sawhney and Pon, as well as MLA Muhammad Yassen for their support. I would also like to recognize the tireless work done by the North Calgary Cultural Association, Creating Coventry, Northern Hills Community Association, Vivo for Healthier Generations and Calgary Parks Foundation. Thank you for making this accessible playground and social space project a reality.

Jyoti Gondek

City of Calgary – Ward 3 Councillor

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



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

Dear friends and neighbours,

Enhanced COVID-19 Business Supports

The Government of Alberta will be continuing its support for small businesses and launching a new program to fill the gaps that exist within federal COVID-19 relief programs. Please visit [Additional COVID-19 support for Alberta small business | alberta.ca](#) for more information.

International Women's Day

Last month we celebrated International Women's Day. It was our first annual NE Calgary IWD event and it was wonderful!

A very special thank you to all the attendees including the family and friends of all the phenomenal women who were recognized last month and celebrated at our virtual event on March 12th! It was a pleasure taking this journey with you all and I'm looking forward to our continued connection.

Community physicians will soon administer vaccines

Community physicians will begin offering COVID-19 vaccinations in April. Continue to follow all health guidelines in place to protect each other and the health-care system. More information is available at [Community physicians will soon administer vaccines](#).

Translated resources

Did you know that COVID-19 resources are available in Arabic, 中文, हिंदी, 한국어, فارسی, ਪੰਜਾਬੀ, Af-Soomaali, Español, Français, Tagalog, Tiếng Việt and Urdu. I encourage you to visit [COVID-19 translated resources | Alberta.ca](#).

Thank you once again for continuing to follow health guidelines during these challenging times.

As always, if you need to get in touch with me on any provincial issue or have questions, please feel free to reach out to my office.

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 587-318-2946 #1080, 11124 – 36th Street NE Calgary AB T3N 0T1



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

At the end of February I held another online town hall meeting. Nearly 400 people attended and I was pleased to be able to answer many questions about issues that are important to our community.

One area of concern that individuals continue to raise with me is the need to be supporting small businesses in our community and what all levels of government can be doing to help them.

With that in mind, I have begun holding a series of meetings with small business owners to hear directly about how I can be fighting for them.

If you are a small business owner, or know someone who is, and are interested in attending one of these meetings please email michelle.rempel@parl.gc.ca.

As always, please do not hesitate to contact if you have a question or concern you would like to raise.

The Hon. Michelle Rempel Garner
Calgary Nose Hill

Michelle.Rempel@parl.gc.ca 403-216-7777 115 – 70 Country Hills Landing N.W. T3K2L2

SHIBLEY & COMPANY

BARRISTERS, SOLICITORS & NOTARIES PUBLIC

PREPARING OR UPDATING YOUR WILL

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney* (EPA) and a *Personal Directive* (PD).

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a family member or a divorce.

We make this process easy and help to put your mind at ease. Call or email us to book your appointment today.

For over 25 years **Shibley & Company** has been supporting clients in northwest Calgary, and we take pride in consistently delivering personalised service. Please call us at 403.275.3230 or visit us online at ***ShibleyAndCompany.ca*** for more information.

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Tel: 403.275.3230 | Fax: 403.275.2431
www.ShibleyAndCompany.ca



End Gender-Based Violence

Access resources
Learn about abuse
Support those impacted



CIWA
Calgary Immigrant Women's Association

Calgary Immigrant Women's Association (CIWA) provides professional, culturally-sensitive counselling for immigrant women and their families who are experiencing transition challenges, relationship problems, abuse and trauma.

Additionally, we offer a wide range of programs and services to parents and families adjusting to a new culture and life in a new country. Immigrant parents, seniors and youth have access to:

- Parenting related information and support
- Individual counselling support
- Afterschool based programming
- Leadership opportunities

Data indicates that **immigrant women are at a higher risk** of violence because of language and cultural barriers, poverty, and lack of information on available resources and understanding of gender equality in Canada

For services, workshops, training and resources around gender-based violence, contact:
FamilyServices@ciwa-online.com
(403) 263-4414 Ext. 142



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**CHOOSE 1 OF THE ABOVE PACKAGES WITH THE PURCHASE OF YOUR
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Cannot be combined with any other offer. Offer valid on Cedarglen Homes new build move-up homes only. Free basement development includes a predetermined layout. Must use our preferred realtor in order to be eligible for the Complimentary Home Listing. Ask Area Sales Manager for more information. Offer not available on paired homes or M Series models. Errors & Omissions Expected (E&OE). Cedarglen Homes reserves the right, at any time, to make changes without notice or obligation. In the event of a dispute between this document and a contract, the contract will prevail.

Revised and effective 02/2021. This offer can expire without notice.

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
- Community Clean-Up Coordinators (May 9)
- Community Clean-Up Helpers (May 9)

Project, Events, Programs (PEP) Volunteer

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 Member
- Grant Writer
- Seniors Committee
- Member Connection Helper



Leadership Volunteer

Do you:

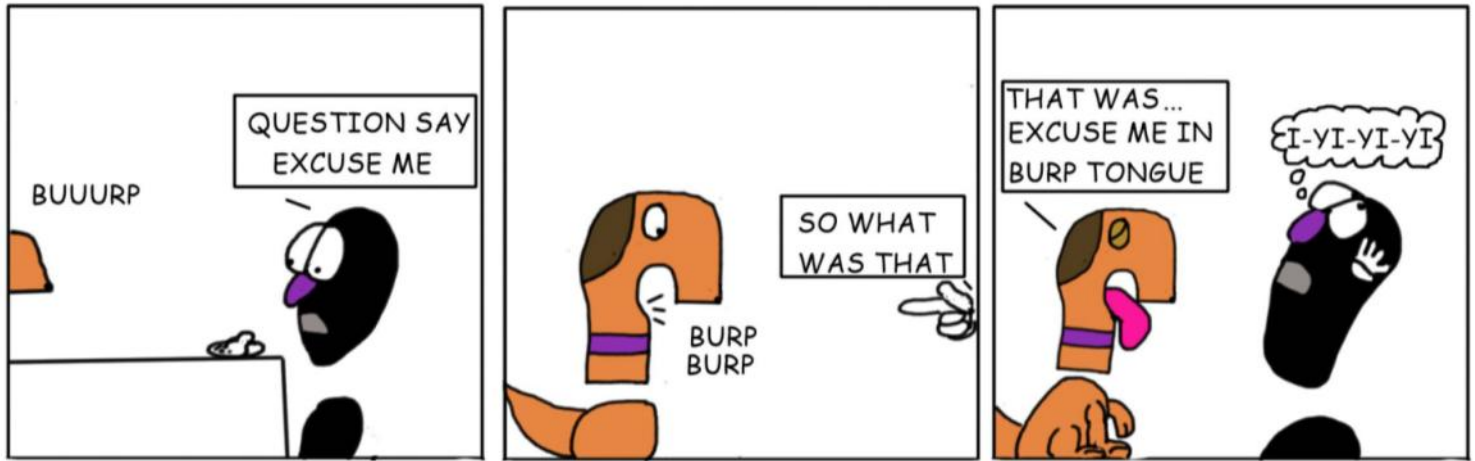
- Have a passion for community involvement?
- See yourself as a community leader?
- Desire to bring your skills to a non-profit board?
- See a position on the NHCA Board that is a strong fit for you?

Current Opportunities:

- Community Relations
- Sports
- Planning & Development
- Volunteer Relations
- Prospective New President

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

Laugh of the day



By Punctuation Association Joni R. punctassoc@hotmail.com

LET'S CLEAN-UP THE COMMUNITY TOGETHER!

May 9, 9 AM - 2 PM



Courtesy of
the City of Calgary



Learn more about this Northern Hills Community Clean-Up Initiative: nhca.ca/community-clean-up/

YOUR NW CALGARY LAWN MAINTENANCE EXPERTS



FREE
SPRING CLEAN-UP

**with the purchase
of a seasonal
maintenance
plan**



Current Seasonal Services include:

**REGULAR WEEKLY LAWN CARE
POWER RAKE
PLUG AERATION
FERTILIZER APPLICATION
SPRING OR FALL CLEAN UP
SOD LAYING
MULCH / WOODCHIPS
CONSTRUCTION
SNOW REMOVAL**

**Many other services offered
based on specific requests.
Quotes received in less
than 24 hours!**

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INTERESTING FACTS!

1) In total for the 'The Lego Movie', 3,863,484 unique Lego bricks were used.



2) The people of Sweden love Donald Duck so much, they had to make voting for him illegal.



JOKE CORNER

Q: What do dentists call their x-rays?

A: Tooth Pics!

Q: Did you hear about the first restaurant to open on the moon?

A: It had great food, but no atmosphere!

Q: Why should you never trust stairs?

A: They're always up to something!




Calgary



Country Hills Boulevard N.E. Widening Functional Planning Study

***Provide input online, April 19 - May 2, 2021,
into the future of Country Hills Boulevard N.E.***

CITIZENS + STUDENTS
PLAN TOGETHER
NORTHERN HILLS
PTNH2021.CA

Community Workshop #2
How would you improve these pathways?



- More Artwork?
- More Lighting?
- Others Ideas?



Panorama Hills



Country Hills Village



Coventry Hills



Country Hills



Harvest Hills

Take our survey at
act2.ptnh2021.ca

Help us re-imagine your daily walk!

Waste and Recycling

Weekly green cart returns end of April

Weekly green cart pickup is returning at the end of April. Visit calgary.ca/collection to check your schedule and sign up for reminders, or download the Calgary Garbage Day app.

Here are some tips for using your green cart:

All food scraps, food-soiled paper, pet waste and yard waste go in the green cart. Use only certified compostable bags or paper yard waste bags in your green cart – no plastic bags.

Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed and set at least two feet to the side of your green cart.

No plastic plant pots or bedding trays in the green cart. Rinse out and recycle in your blue cart instead.

Compost giveaway: Compost will be available for pickup, by appointment only, from May 10 to June 26. For details visit calgary.ca/compost.



CHECK OUT NEW GREAT CONTESTS IN OUR NEWSLETTER



Photography Contest



Send in your photo and win a Cobs's Bread 6 pack!



Recipe Contest



Send your recipe over and Win a Gift Card!



editor@nhca.ca



Alberta Health
Services

Emergency
Medical
Services

Bicycle Helmet Safety



Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

*Parachute Canada
<http://www.parachutecanada.org/injury-topics/items/wheeled-activities>

www.albertahealthservices.ca

Health and Benefits of Music

By MPC Foundation

Have you ever felt your moods change depending on the music you are listening to? You are never alone when listening to music. You can have positive vibe music in the morning to start your day, listen to soft rock to lift your energy levels when you feel lethargic and some classical music in the evening to welcome the dinner time or just unwind alone after spending a productive day at the office.

With all the magical things music can bring into our lives like taking us on a nostalgic trip to memory lane, we have all experienced first-hand, the benefits of music for our mental health, especially for the elderly population. Music and sound therapy can stimulate the body's natural chemicals (opiates and endorphins) to create a sense of relaxation or to feel upbeat, depending on the type of music. The result is improved blood flow, lowered blood pressure, lowered pulse rate, and improved breathing. Music and sound therapy are used to treat stress, grief, and depression. Listening to or singing songs has been proven to provide emotional and behavioral benefits for those with Alzheimer's disease. Did you know that people with dementia often have no trouble recalling the lyrics and tunes to their favorite songs or music? This is because musical memories are often preserved in Alzheimer's disease due to the fact that key brain areas linked to musical memory are relatively undamaged by the disease.

The use of music therapy is now an integral part of programming in many long-term care facilities as they have been proven to have a positive effect on physical, mental and cognitive skills in seniors. According to the Bethany Care Homes, "Whether it's by listening to therapeutic music, playing an instrument, or singing along to a favorite tune, participating in music therapy can have profound effects on older adults' mental, physical, and emotional wellbeing". MPC Foundation offers many music-based exercise programs such as Line Dance, Strength & Stretch and Zumba.

MPC Foundation is a registered non-profit serving seniors. For more information, please visit www.mpcfdn.ca



All Library Locations are Open!

Have you heard the news? All Library locations are now open! There are important guidelines and restrictions in place at all locations, so please visit calgarylibrary.ca/covid-19 to help prepare you for your next visit. We can't wait to welcome you back, safely.

Prefer a contactless experience? You can still use Curbside Holds Pickup at all locations (except Rocky Ridge) and Curbside Printing at Fish Creek, Country Hills, Saddletowne, and Central libraries.

Lynda.com is now LinkedIn Learning for Library

The Lynda.com eResource you know and love is being upgraded to LinkedIn Learning for Library. The site continues to provide thousands of professional skill-building courses, but now offers a more personalized learning experience. To log into your account or explore LinkedIn Learning for the first time, visit calgarylibrary.ca/lynda-com

Meet a Local Songwriter, Historian, and Indigenous Artist

The Library is excited to welcome three new additions to our Residency programs! Matt Blais is the new Songwriter in Residence, C.W. (Cory) Gross is the Historian in Residence, and Alberta Rose Williams, Ingniq, is the Indigenous Artist in Residence.

Interested in learning more about music techniques or local history? The Songwriter and Historian in Residence will be offering virtual programs and online consultations for all ages. You can read more about the Residencies or book a consultation online at calgarylibrary.ca/arts-and-culture

Calling All Artists and Performers!

Rosza Arts at the Library is looking for emerging artists and collectives like you to feature in virtual or in-person performances in 2021 (as restrictions allow). Apply today for an opportunity to perform at the Library and reach new audiences across the city.

Visit calgarylibrary.ca/roza-arts to get started.



CALLING ALL

LOCAL PHOTOGRAPHERS! 

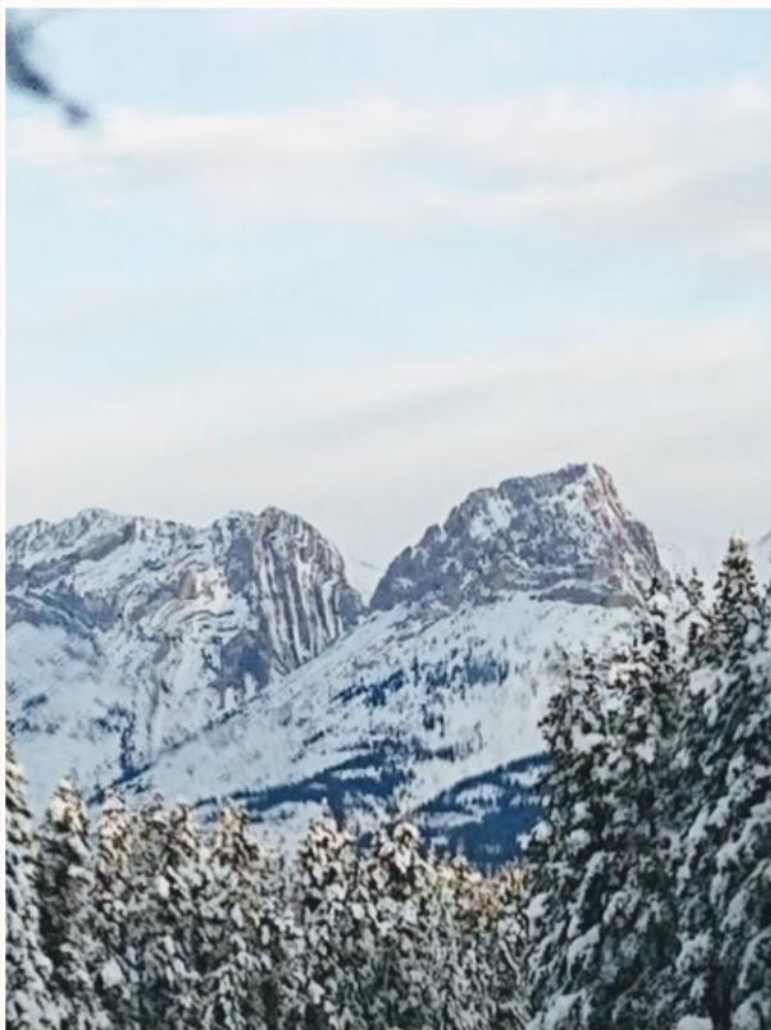
**COBS
BREAD**

**Please send in your photos and
win a Cobs's Bread 6 pack!**

Please email in to editor@nhca.ca



This month's winner



Submitted by Felicity Meng

Paramount Dental is accepting new patients!

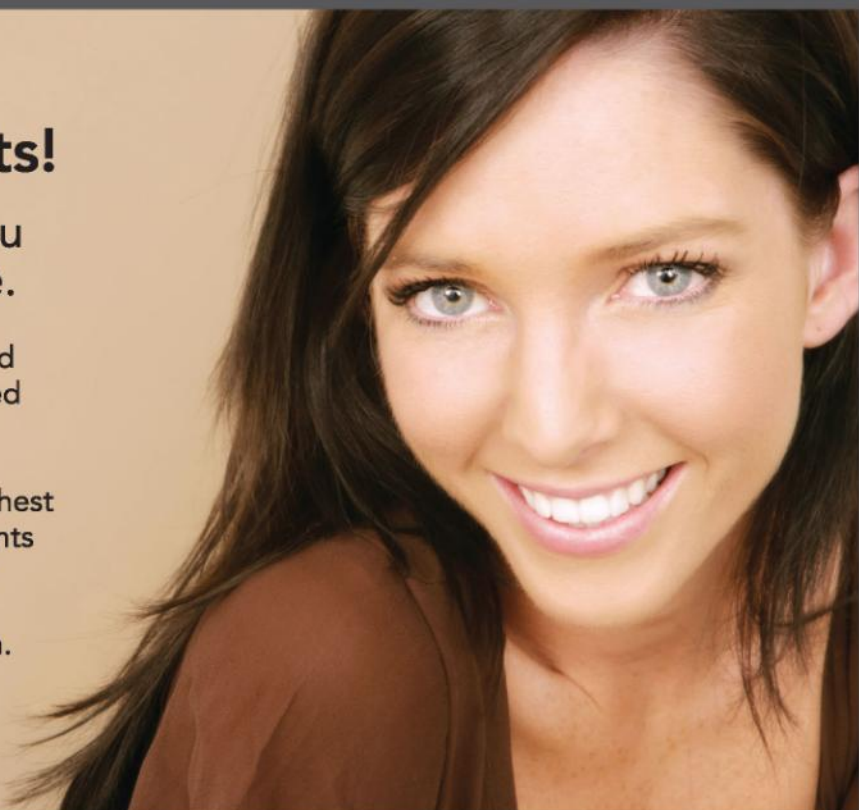
We are excited to welcome you
and your family to our practice.

Dr. Tonny Tang, Dr. Maria Chan-Goudreau, and
Dr. Henry Seto have over 65 years of combined
experience.

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feel at ease with our gentle chairside manner.

Ask us how Botox can benefit your oral health.

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information.



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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.

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