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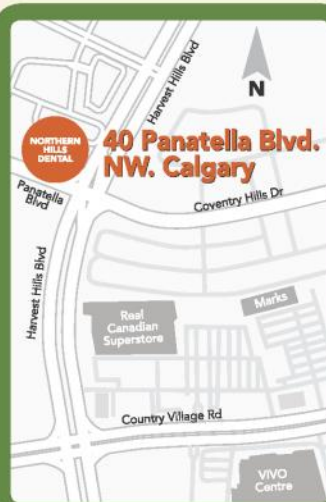


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President's Message



Ian McAnerin
President - Northern Hills
Community Association

Welcome to the March 2021 edition of the Northern Hills News! Also happening this month is St. Patrick's Day on March 17, which is a fun day for me as someone of Irish descent. "McAnerin" comes from "The McAnns of Erin (Ireland)".

Also, this month is March 14 – which is both the Daylight Savings switchover and International Pi day, which is one of my favorites because I love pie. Yes, I consider pizza to be pie!

I am writing this the day after the provincial budget was released and noticed a couple of things that affect our communities. First, the upgrades to Vivo for Healthier Generations are still funded, which is great. Second, the funding for the Greenline LRT remains the same - \$75M between now and 2023, \$291M in 2024, and the remainder of the \$1.53B later as needed. This is all good news, but we cannot let up advocating for these until they are complete – it is all too easy for someone to change a line in a budget spreadsheet and ruin all that we've worked for.

Speaking of Vivo, they are gearing up for construction and will be hosting monthly construction meetings for community members, first Monday of every month at 9am.

On to NHCA news, our AGM this year will be held virtually on April 28 – mark your calendars!

Our Building Safer Communities (aka blockwatch) program continues to expand across the city and seems to be doing very well – we are at a 5-year low for crime in our area due to (probably) a combination of community policing, BSC, and of course the pandemic. The cold weather created an uptick in prowlings and break-ins though, so make sure you keep your vehicles and garages locked while warming them up.

NHCA Youth Soccer this year will be exciting –we are planning not one but THREE soccer programs for your kids! A regular season, a compressed summer season, and an indoor season in the fall. All will incorporate best practices for health and safety. More details to follow later.

I want to encourage everyone to make sure your memberships are up to date so you can attend not only the AGM but also all our other programs, from senior's fitness to art to community gardens and more. Encourage your friends to get one. Buy one for your parents or other family members. A healthy, diverse, and robust community association is one of the foundations of a healthy, diverse, and robust community.

Finally, on a personal note, my term as President of the Northern Hills Community Association will be coming to a natural end as of the AGM this year, and it has been one of the most rewarding experiences of my life. I will miss it greatly.

I have met amazing people who I admire in this community both on and off the Board. I have worked together with leaders and officials at the community, municipal, provincial, and federal levels to help make this community something we can all be proud of.

Along with the rest of the team, I have helped guide the NHCA to be a better organized, more efficient, and more financially stable organization, all without sacrificing its focus on doing what is best for the community.

If you are interested in running for the Board (or President!) please contact the NHCA at info@nhca.ca and we can give you all the information and support you need to make a decision. Do not worry, I will still be highly active in the community (you will be seeing me around, I am sure) so I'll be able to help you get settled into your new role. The NHCA is a great team and being on the Board is well worth doing – it is an opportunity to really make a difference in the community and to grow as a person.

That is all for now – I hope you everything is getting better for you and that it continues to do so all year!



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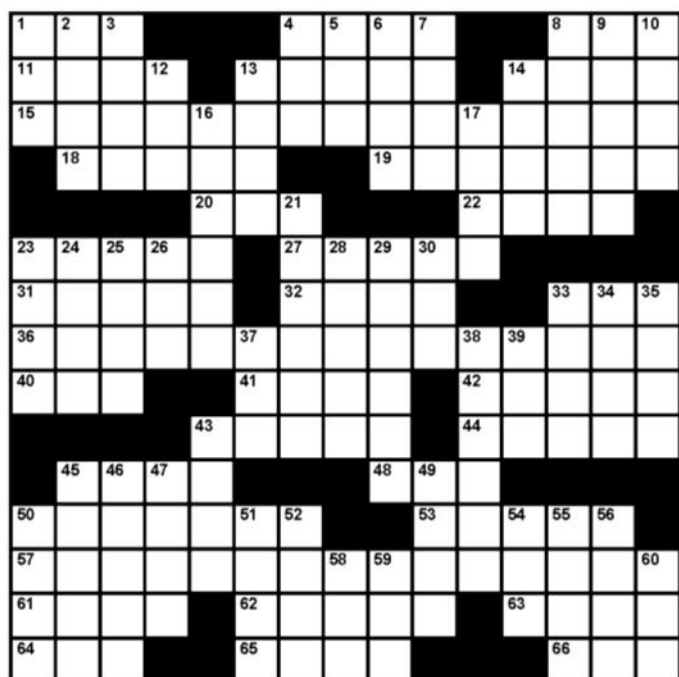
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Crossword by Myles Mellor



Across

1. Watson makers
4. Cry of eagerness
8. Chemical suffix
11. Uzbekistan's ___ Sea
13. "Gladiator" main scene location
14. Suitcase
15. Beijing language
18. Prefix with "graphy"
19. Better
20. Some shoe widths
22. Has debts
23. Bulova rival
27. Remove a bottle top
31. Dealer represents it
32. Corp. heads
33. ___ hunch
36. Country hound?
40. Ed.'s in-box filler
41. Canape spread
42. Actress Massey of "Frankenstein Meets the Wolf Man"
43. Lowest pitched persons
44. Stringed instruments
45. Japanese instrument
48. Lobster eggs
50. "The Bald Soprano" playwright
53. Uncle Sam feature
57. Hearty first course
61. Family problem
62. State subjectively
63. Cultivator
64. Talk noisily
65. Jr.'s exam
66. ___ Jeanne d'Arc

Down

1. "___ a Rock" (1966 hit)
2. Bric-a-___
3. Authority
4. "... ___ quit!"
5. Barnyard pecker
6. Story starter
7. Chemistry Nobelist Otto
8. She pounded the East Coast in 2011
9. Spinal column features
10. Fencing weapon
12. "Bad" cholesterol, initially
13. Soul singer India ___
14. Act the rodent
16. Cosmonaut Leonov, the first human to walk in space
17. Pancake maker
21. Like
23. Those over there
24. They're charged and exchanged
25. Faces
26. Night school subj.
28. Retreats
29. One who will inherit, with someone else
30. Chemist's suffix
33. Emanation
34. ___ of the above
35. "What ___!"
37. Mudbath locale
38. Former space shuttle commander Collins
39. Badger
43. Anjou alternative
45. "M*A*S*H" setting
46. Slightly ahead
47. Watch
49. Instrument in a wind quintet

50. Uncertain
51. Use a butcher's block
52. Butterfinger's cry
54. Silvery gray
55. Little hoppers
56. The Everly Brothers, e.g.
58. Actress, Long
59. QB's failure, abbr.
60. Ante-

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and so much more!

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Burns and Scalds



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1

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NHCA CONTACTS

OFFICE:

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Calgary, AB, T3K 6E3
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E: info@nhca.ca

Public Hours:

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Administrator Assistant: [Jiyoung Lee](#)
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VOLUNTEERS

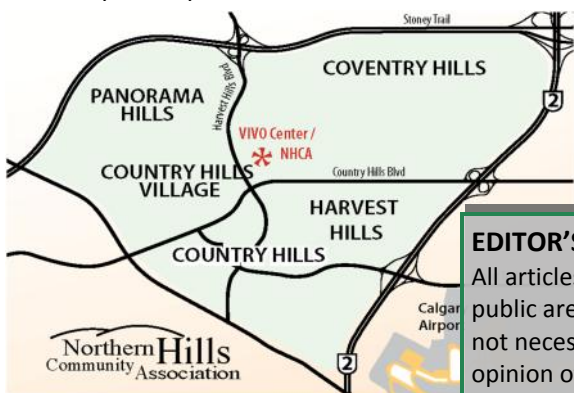
The NHCA is a self-funding, non-profit organization. All our board members and committee members are volunteers.

BOARD MEMBERS

President: [Ian McAnerin](#)
1st Vice President: [Tamara Keller](#)
2nd Vice President: [Leah Argao](#)
Secretary: [Amanda Mauch](#)
Treasurer: [Azim Riaz](#)
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Building Safer Communities (Blockwatch): [Tavis Settles](#)
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Communications: [David Hartwick](#), [Shawn Malik](#)
Creating Coventry: [Asim Riaz & Moraig McCabe](#)
Government Relations / Advocacy: [David Hartwick](#)
Harvest Hills Hub: [Tamara Keller & Victoria Henry](#)
Membership: [Manveer Dhadda](#)
Planning & Development: [David Hartwick](#)
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Seniors: [Leah Argao](#)
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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.

Northern Hills
Community Association

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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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requested newsletter by
residents of Panorama Hills/
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Country Hills and Country Village

Northern Hills Neddie



HAPPY
*St. Patrick's
Day*



Northern Hills Neddie

100%

Dear Northern Hills Neddie,
Since the pandemic started my 21 year old daughter who used to live in a dorm has moved home due to online learning for school. However, she hasn't just moved home-she's "moved in" with us! To the point she only wants to hang out with me and her dad-whether its grocery shopping, watching tv, cooking cleaning-she is always there under foot like a little pet puppy. I can't breathe-help I am suffocating and if I watch one more episode of 90 Day Fiance or a rerun of Bridgerton for the 10th time I will scream! I feel sorry for her as she is away from all her friends and is lonely, but what can we do!
Sincerely,

Just want to be an Empty Nester again!

Dear Empty Nester,
Sometimes we forget that a 21 year old is just that-she is 21 and an adult. She isn't a little child and if she has seen Bridgerton 10 times then I think she is old enough to handle hearing that you want some alone time with your hubby! Talk to her as an adult-she can take it and explain while you love her being home and enjoy your time together-it is okay for some alone time by yourself or with hubby. Set up a specific off limits date night when she can't come around. Stop babying her-trust me she can take it and with probably thank you for it later as she finds new ways to spend her time!
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!

MARCH WINNER!

Pandesal Cake Pinoy Style

Ingredients

3 cups of flour

1 cup of sugar

1 teaspoon of salt

1 cup of lukewarm milk

2 eggs

3 tablespoons of butter melted

1 teaspoon dry yeast

1 cup breadcrumbs

prep time 10 minutes

cook time 15 minutes

rising time 30 minutes

total time 55 minutes

Directions

In a big bowl mix together flour, sugar, and salt.

Pour in milk; beaten eggs and melted butter until well blended make sure that the milk is only mildly warm and not hot.

Add the instant dry yeast and fold until dough forms

after the dough is formed on surface knead until it becomes smooth and elastic 5 to 10 minutes .

Form the dough into a ball and light coated the oil place into a bowl and cover the bowl with plastic wrap let it rise until it doubled the size.

Punch the dough and divide into 2 sections of dough

roll into the dough into six slices cut into six smaller pieces

shape into a ball and roll it into bread crumbs

while waiting

make sure to turn oven so it will heat to 185.c

remove from the oven

serve with ice cream and graham crackers

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

Email: editor@nhca.ca

Sudoku

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



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SHARING SMILE

JOKE CORNER

Q: How many times can you subtract 10 from 100?

A: Once. The next time you would be subtracting 10 from 90

Q: How do you keep a bagel from getting away?

A: Put Lox on it!

Q: A man tells his doctor, "Doc, help me. I'm addicted to Twitter!"

A: The doctor replies, "Sorry, I don't follow you..."



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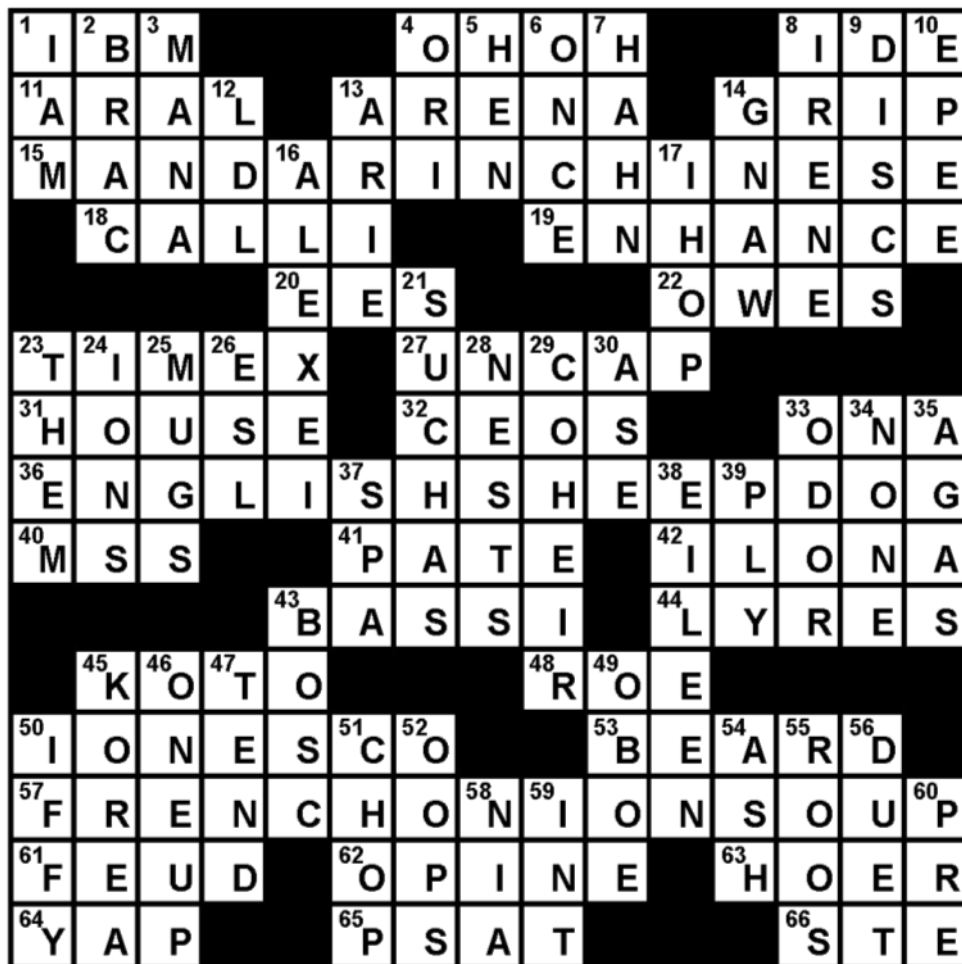
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Answer keys

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



Northern Hills
Community Association



ORDER YOUR GOOD FOOD BOX

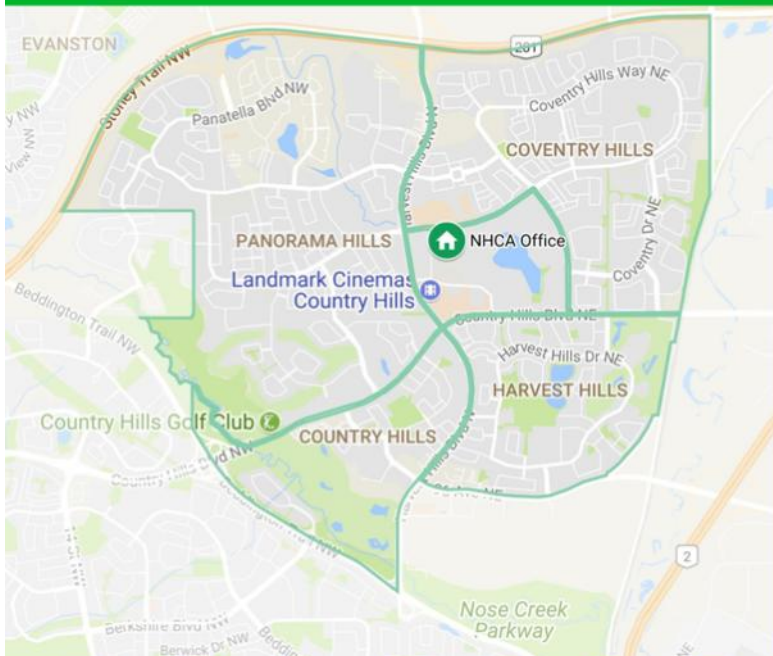
Good Food Box is a program under The Community Kitchen Program of Calgary where you can purchase fresh fruits and vegetables at an incredibly low cost.

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Muhammad Yassen
Calgary-North MLA

ATRF/AIMco: As part of the transfer of the ATRF's investment management function to AIMCo, and in accordance with the *Teachers' Pension Plans Act*, an Investment Management Agreement (IMA) must be developed between AIMCo and ATRF. Since an agreement was not reached, a Ministerial Order was necessary as a *temporary* measure to ensure that the pension plan remains appropriately managed. As stated by the ATRF *"The Ministerial Order does not impact member's pension benefits. Your pension remains secure and ATRF is still managing your pension plan."* Once the parties agree to a final investment management agreement the Ministerial Order will no longer be in effect.

Covid 19: The Alberta government remains focused on protecting the lives and livelihoods of Albertans and continue to work tirelessly to keep Albertans safe. At the time of reporting, there has been a setback on delivery of vaccines. Our province is dependent on the Government of Canada for vaccine supply and we will have to wait to learn when more will become available.

New, Medium and Small Business Grants: Recently, I sent to over 170+ businesses in Calgary-North notice of the *Small and Medium Enterprise Relaunch Grant (SMERG)* and information on the expansion of SMERG for new businesses.

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
Calgary 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

In February, I voted in favour of reduced speed limits on residential roads in our city. The evidence is clear that dropping the speed limit by 10 km/h will dramatically improve outcomes for pedestrians in horrific situations where they are hit by a vehicle.

As a city councillor, my job is to improve quality of life for residents. In this city, my job involves mitigating potential harm in situations where vehicles and people come into conflict. For that reason, I am in favour of reducing the speed limit on streets where our kids, pets, parents and neighbours have a right to walk or cycle or wheel a chair or push a stroller safely in their own neighbourhood. Just as cars have a right to travel through the places where we live, so do other users.

It has also been clearly outlined that the speed limit on collector roads (the main streets in our neighbourhoods that allow you to access major roadways) will not be impacted. We are proposing to make your home life safer, not hamper your ability to safely commute to all the places you need to access with your personal vehicle.

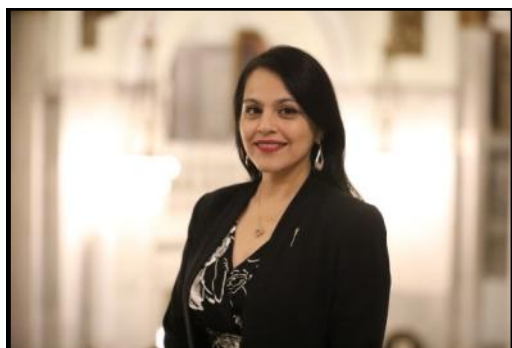
Although reducing the residential speed limit is a great place to start, speed limits alone will not solve the problem of road safety. Many of our collector roads were designed to enable higher speeds in vehicles because of their width. Many Calgary roadways are oversized, not only wasting taxpayer dollars on maintenance, but also creating unsafe conditions for the people in those neighbourhoods.

For this reason, I have actively advocated that Council should prioritize retrofitting existing oversize roads in neighbourhoods to calm traffic, and ensure that new communities have safer road widths. Calgarians need to be safe going to and from their destinations if they are to actively participate in our shared economy and community amenities.

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,

CBE launched a system-wide high school engagement in 2019 with the objective of balancing enrollment across all of our high schools in the city. Significant public engagement has already taken place and possible scenarios and related information will be released to the public on February 23.

In the link below, you will see dates for upcoming engagement sessions related to the various high schools. A survey will be available to the public from March 1-17, 2021. The final decision will be communicated to the public no later than December 2021, with implementation September 2022.

<https://www.cbe.ab.ca/get-involved/public-engagement/Pages/High-School-Engagement.aspx>

Alberta's Critical Worker Benefit

Alberta's Government has launched the Critical Worker Benefit to recognize hundreds of thousands of critical workers who continue to support and provide services to Albertans during this pandemic. Workers in health care, social services, and education as well as some parts of the private sector defined as critical services, such as grocery and pharmacy retail, food processing, transportation and private health clinics will receive this one-time payment to recognize their hard work and continued dedication to support Albertans throughout the pandemic. More information is available at [\\$465 million for Alberta's critical workers | alberta.ca](https://alberta.ca/$465-million-for-Alberta's-critical-workers)

Small and Medium Enterprise Relaunch Grant

Alberta's government expanded the SMERG to include new businesses and unregistered sole proprietors. The SMERG program is still open and accepting applications until March 31, 2021. If you own a business and were forced to close or reduce your services as a result of COVID-19, I encourage you to apply. You can find more information about the SMERG here: [Small and Medium Enterprise Relaunch Grant | Alberta.ca](https://alberta.ca/Small-and-Medium-Enterprise-Relaunch-Grant)

211 Services

Residents of Calgary-North East are covered by 211 services. If you are struggling with mental health, finances, or navigating the new COVID-19 relief programs, 211 can help. Simply dial 2-1-1 or visit ab.211.ca to connect with a 211 Community Resource Specialist who will talk to you about your situation and help you find the programs or services that are right for you. This service is free, confidential, and available 24/7, 365 days a year in 170+ languages.

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

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



Josephine Pon
Calgary - Beddington MLA

Dear Constituents,

As your representative in the Alberta Legislature, I would like to keep you informed on the important initiatives that our government is advancing on your behalf. March is set to be a busy month, where we will debate legislation that will create jobs, strengthen our economy, and encourage innovation in Alberta.

As we continue to navigate the COVID-19 pandemic, I was excited to visit several schools in our community, and review its impact on our kids in class. I also had a chance to meet with our School Trustees Althea Adams and Pam Rath, to discuss schools re-opening. Thank you to the Gr. 4 students at Dr. J. K. Mulloy School for your kind letters, and your passion to follow current events. I look forward to joining classes for virtual visits, please let my office know if you would like me to present to your class!

Our government has been closely monitoring the effects of the pandemic on several areas of our community. Premier Jason Kenney held a Telephone Town Hall with faith leaders; I was pleased to invite the pastors at our churches in Calgary-Beddington. My colleague Minister Schweitzer also hosted a Telephone Town Hall with small business owners; thank you to the local businesses that joined. You are the backbone of our economy! On February 17, the Government of Alberta announced a new program, offering an additional \$10,000 for small businesses that had a 60% drop in revenue. Up to \$30,000 in new funds for job creators hardest hit by the pandemic. Program opens in April.

It was so fun to join Hidden Valley Community Association (HVCA) for their first Contactless Bottle Drive of 2021! HVCA reported a fabulous turnout, as they collect funds for their H2Spaces campaign and a new playground in our community. I was pleased to also give my full support to their efforts, by submitting my letter of support to their grant application. Great work, and thank you to the amazing volunteers!

I am so grateful for the honour of representing you, and for the faith you have placed in me to be the voice of our constituency, Calgary-Beddington!

Josephine Pon

Calgary - Bedding MLA

calgary.beddington@assembly.ab.ca #106 - 8220 Centre Street NE Calgary, AB T3K 1J7 403-215-7710

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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.

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End Gender-Based Violence

Access resources
Learn about abuse
Support those impacted



CIWA
Calgary Immigrant Women's Association

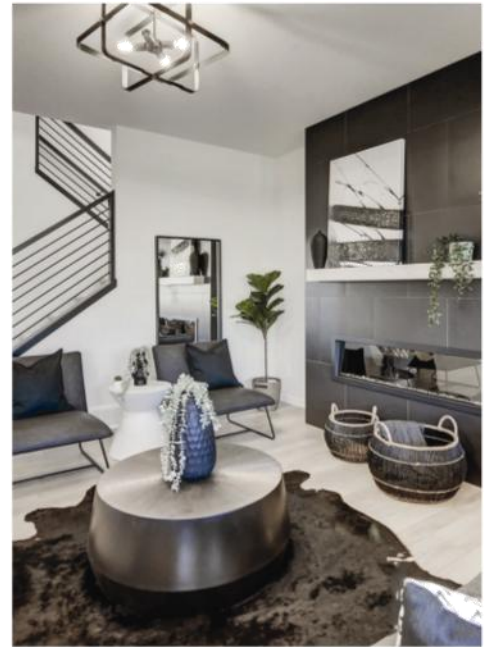
Calgary Immigrant Women's Association (CIWA) provides professional, culturally-sensitive counselling for immigrant women and their families who are experiencing transition challenges, relationship problems, abuse and trauma.

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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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

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:

- Communications Helpers
- 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?

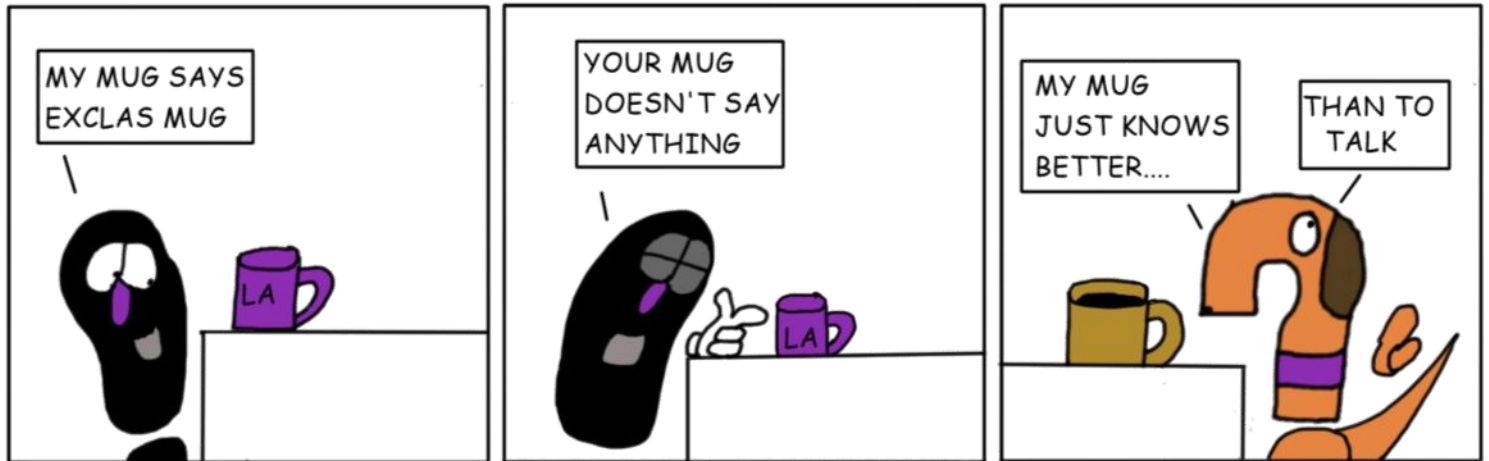
Current Opportunities:

- 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



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LET'S PLAN TOGETHER NORTHERN HILLS

WE - NHCA, ARE COLLABORATING WITH THE UNIVERSITY OF CALGARY MASTER OF PLANNING GRADUATE STUDENTS TO IDENTIFY PLANNING CHALLENGES IN THE NORTHERN HILLS COMMUNITY & ENVISION THE DESIGN SOLUTIONS FOR THEM.

WE WANT TO HEAR FROM YOU, NORTHERN HILLS!

- TELL US YOUR STORIES AND IDEAS
- SHOW US YOUR FAVOURITE COMMUNITY SPOTS
- SHARE HOW COVID-19 HAS IMPACTED YOUR LIFE

VISIT [PTNH2021.CA](https://ptnh2021.ca) & SHARE YOUR INPUT WITH US!

LET'S GET OUR IDEAS WORKING!

School Update

You Did It Advocates!

Community Advocacy for the North Calgary High School has been a long process, but it has paid off!

Congratulations to everyone in our community as construction on the long-awaited North Calgary High School has officially begun. You can check up on the progress every time you drive north on Harvest Hills Blvd towards Stoney Trail, and watch your high school grow!



Construction will last for a couple of years, with tentative suggestions that the school may open as early as Sept 2023, or 2024.

Join the Advocates for North Calgary High School facebook group to keep up to date on the construction and future announcements. www.facebook.com/groups/YVCNorthHigh

Photo Caption:

Construction on the long-awaited North Calgary High School has begun.

Photo Credit: Tamara Keller

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Save-On-Foods Panorama | 225 Panatella Hill NW, Calgary, AB T3K 0Y5 | 8am - 11pm daily

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Preschool
Kindergarden Enrichment

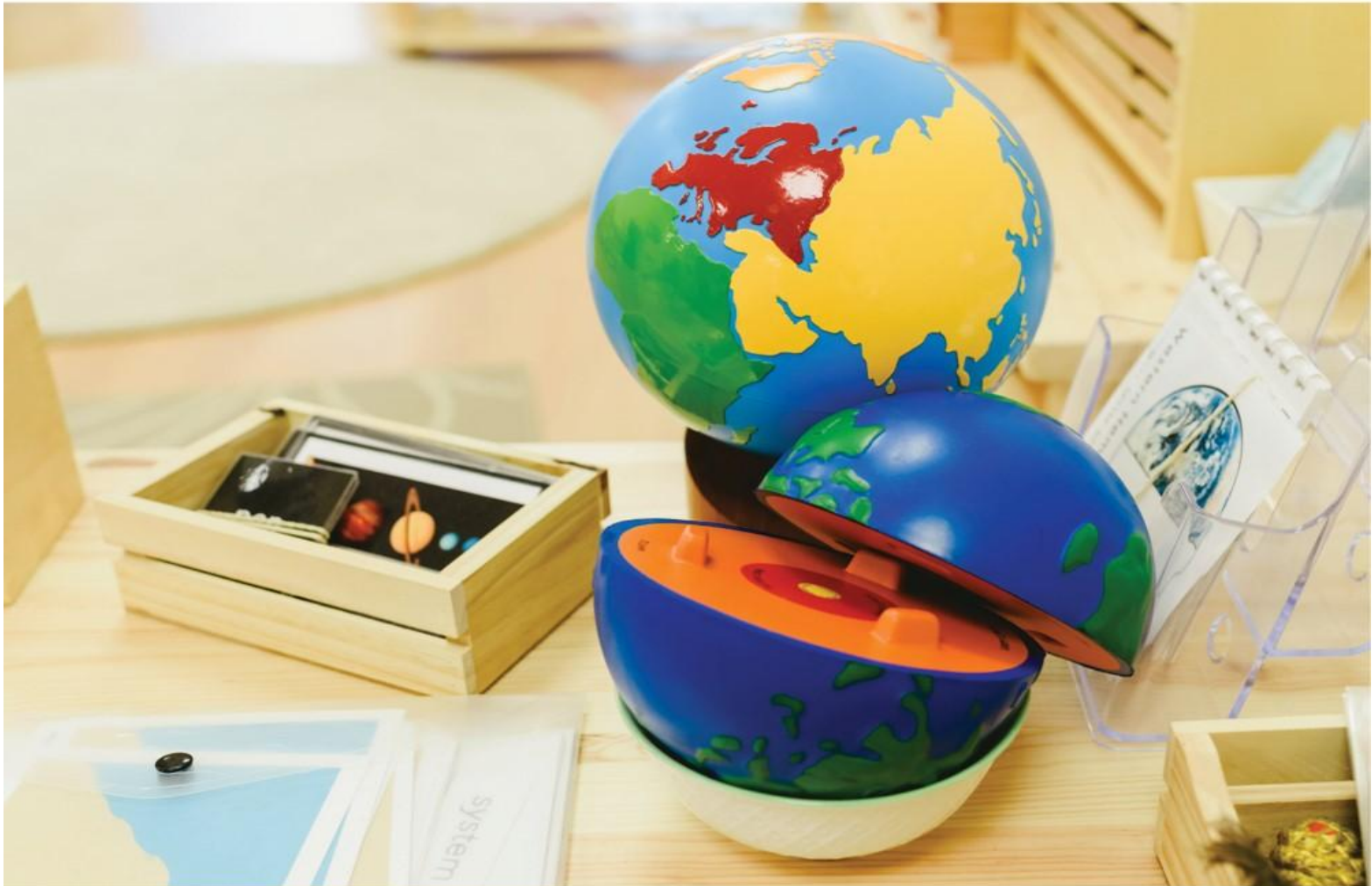
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Waste and Recycling

Can you recycle clothing, shoes and textiles? Yes!

As you start your spring clean, don't put textiles in the garbage! There are many ways to keep clothing, shoes and textiles out of the City landfills.



- **Donate** usable clothing and shoes to local charities or drop-off charity bins near you. Be sure to contact them first to find out what types are accepted. If the charity bin is full, don't leave it outside - only materials in the bins are accepted. Instead, hang onto your donation or take it to another bin.
- **Recycle** clothing and textiles for free at a City landfill, even if it's damaged. Our Throw 'N' Go accepts a variety of textiles including outerwear, shoes, reusable shopping bags, purses and backpacks, and more. Just make sure fabrics are clean and dry and place items in a bag before dropping off. If you bring other garbage in your load, landfill charges will apply.
- **Repurpose** old cotton shirts by cutting into rags for household chores such as cleaning or automotive work. Textiles also make great projects and crafts with many patterns available online: sew quilts from denim and flannel, handkerchiefs from old t-shirts, or cushion covers from curtains.

Not sure how to properly dispose of an item? Visit calgary.ca/whatgoeswhere for answers to hundreds of items.



NHCA's Free Virtual Tax Clinic

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

ਇਸ ਸਾਲ ਟੈਕਸ ਭਰਨ ਦੀ ਆਖਰੀ ਮਿਤੀ 30 ਅਪ੍ਰੈਲ, 2021 ਹੈ.

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.

Available March 15 to April 30, 2021

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

Depression Devastates. Take Action Early

By MPC Foundation



Photo by Andrew Needs, Pexels.com

Depression is one of the most common disorders in older adults. Among adults aged 60 and older, 15% to 20% have some depressive symptoms. However, depression is often unrecognized and untreated in older adults. One of the reasons for that is the tendency to communicate psychological distress by complaining about physical symptoms such as sleep problems, fatigue, and lack of energy. These symptoms are naturally occurring in older adults and hence, often mis-attributed to normal aging rather than depression. The myth that it is normal for older adults to feel some form of depression may result in depression being overlooked. Depression cannot be ignored. It is important to recognize the problem and take action.

Recognizing the problem

Although symptoms vary with each person, depression in older adults can include the following cognitive, behavioral, and physical changes:

- Persistent sad, anxious, or "empty" mood
- Loss of interest or pleasure in ordinary activities, including sex
- Decreased energy, fatigue, or feeling "slowed down"
- Sleep problems (insomnia, oversleeping, early-morning waking)
- Eating problems (loss of appetite, weight loss, weight gain)
- Difficulty concentrating, remembering, or making decisions
- Feelings of hopelessness or pessimism, guilt, worthlessness or helplessness
- Thoughts of death or suicide; a suicide attempt
- Irritability
- Excessive crying
- Recurring aches and pains that don't respond to treatment

Taking action

Depression treatments are manageable when treated early. Treatments can range from taking anti-depressants to a range of psychological treatments, cognitive behaviour therapy, interpersonal therapy, problem solving therapy and reminiscence therapy. For further information and advice, call 811 where you can speak to a healthcare professional with language support.

We are a registered non-profit dedicated to empowering seniors to celebrate aging. For the month of November, we will launch our StraightTalk series, promoting well-written articles, facilitated discussions and radio spots to raise awareness of the importance of mental health issues impacting seniors and older adults. Visit mpcfdn.ca for more information.

Saying Goodbye to Mark Asberg

Mark Asberg, Calgary Public Library CEO, is leaving the Library this spring to take on a new opportunity at Queen's University in Ontario. Thanks to Mark's excellent leadership, the Library has been safely responding to community needs, innovating new services, and investing in technology to support operations during the pandemic. On behalf of Library staff, volunteers, and members, we want to thank Mark for his years of service.

Join the Reading Challenge with Calgary Expo

Unleash your inner geek! The Library is hosting a four-month reading challenge with Calgary Expo. From February 1 – May 15, kids and adults can complete reading and activity challenges, earn badges, explore fandoms, and be entered to win one of 25 prizes. Sign up today at calgarylibrary.ca/calgary-expo-reading-challenge.

Discover Your Family Roots

Our free genealogy eResources can help you discover your family history. From Ancestry Library Edition to Calgary Herald Archive Online, we have a variety of free virtual tools to get you started. Visit calgarylibrary.ca/digital-library to browse them all.

You can also join a Family History Coaching session online. Experienced staff will provide online, one-on-one consultation on any aspect of genealogy or family history, from getting started to busting those brick walls. Visit calgarylibrary.ca/programs to register for free.

Have a question or looking for more information? Visit calgarylibrary.ca or call the Library Hotline at **403.260.2600**.





Community Gardens

Coventry Hills & Harvest Hills

Registration Opening Dates:

March 15 - Returning gardeners

April 1 - New gardeners

4' x 12' - \$30

4' x 8' - \$20

+NHCA membership

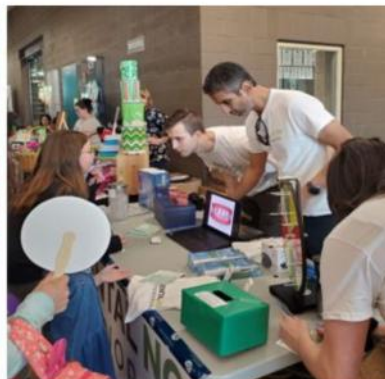
Get a garden plot in a community garden this season!

Learn more: nhca.ca/gardens

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Submitted by Bob Leuty

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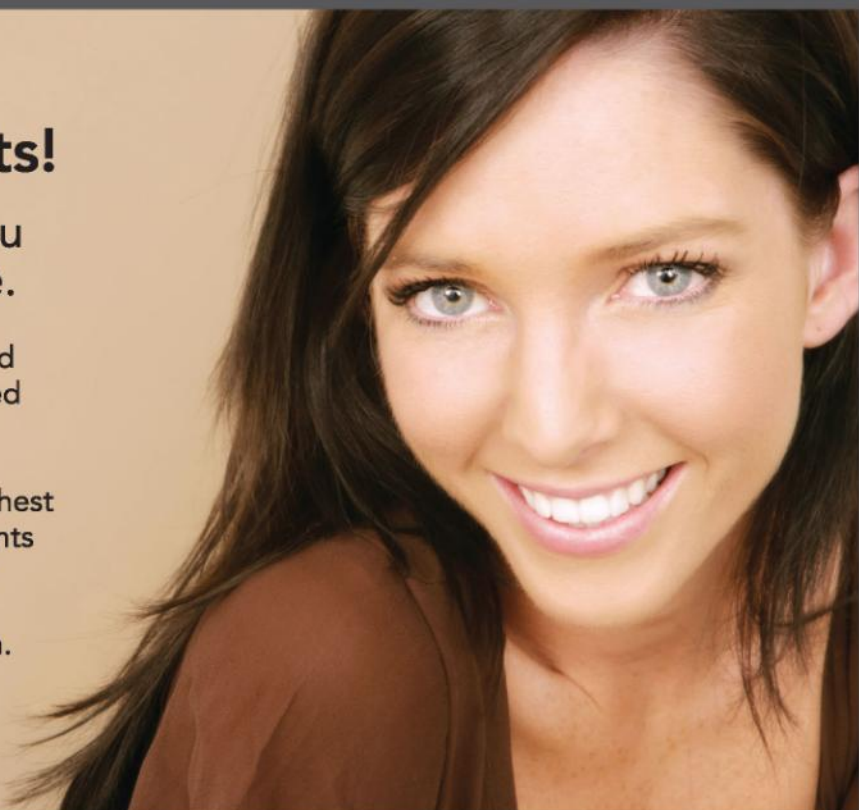
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