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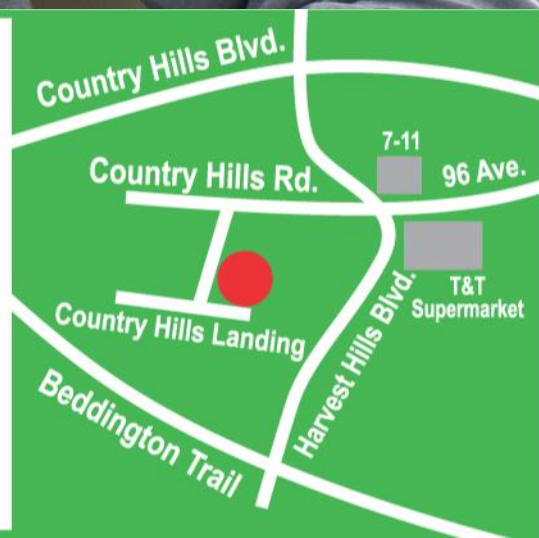


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# President's Message

June 2021



**Tavis Settles**  
President - Northern Hills  
Community Association

Summer definitely feels like it is on our doorsteps with everything turning green and flowers making their debut. Lawn mowers are firing up for the first time this year as well. As I am settling into this new role of president, I was recently reminded of just how amazing our community is with volunteers participating in our association. Here is a little background on this. We had to calculate a value for volunteer hours for a recent grant proposal we were working on. The application assigned an arbitrary worth of \$20 per hour. When we went through most of our programs and events, very conservatively I might add, we found that our community has donated a little over \$1.8 million worth of time. This really helped me understand the size and gravity of impact this association has on the community. I would like to acknowledge and thank all the amazing people that donate their time to our community.

If you are interested in volunteering and connecting with others in your community, we have many opportunities for volunteers and various levels of engagement and roles. If you would like to help contribute to making our community better, please reach out and talk to us about the opportunities. If you're not able volunteer you can show your support by becoming a member of the Community Association. Your membership not only grants you access to many local business discounts and NHCA programing, it also that really helps us continue to provide the services we do and actively advocate for services and improvements in our areas. For more information on obtaining a membership please click here:

[Membership – Northern Hills Community Association \(nhca.ca\)](https://nhca.ca/membership)

With your membership and support, we can work on new projects, programs and services as well continue to work on things like our task to beautify 3 entry signs. We are looking for your ideas and inputs. Please share your thoughts by completing the form here:

[Beautification – Northern Hills Community Association \(nhca.ca\)](https://nhca.ca/beautification)

It is unfortunate we had to cancel our community clean up, but we are looking for windows of opportunities to try again before this winter. Due to this cancellation, we have launched 5 stations in each of the Northern Hills communities to pick up Litter Cleanup Kits. Each kit comes with a set of gloves and garbage bags. Pick up yours

anytime and help clean up the community! Learn more here:

[Community Clean-Up – Northern Hills Community Association \(nhca.ca\)](https://nhca.ca/clean-up)

With AHS and officials laying out a road map for us returning to hopefully more normal activities, we are hopeful to deliver the planned sport programs this month. Please keep an eye on the program updates here: [Sports – Northern Hills Community Association \(nhca.ca\)](https://nhca.ca/sports)

Thanks to the Canada Summer Jobs funding, we are hiring for 3 new temporary positions,. Find out more details on our website under Job Opportunities:

[Job Opportunities – Northern Hills Community Association \(nhca.ca\)](https://nhca.ca/job-opportunities)

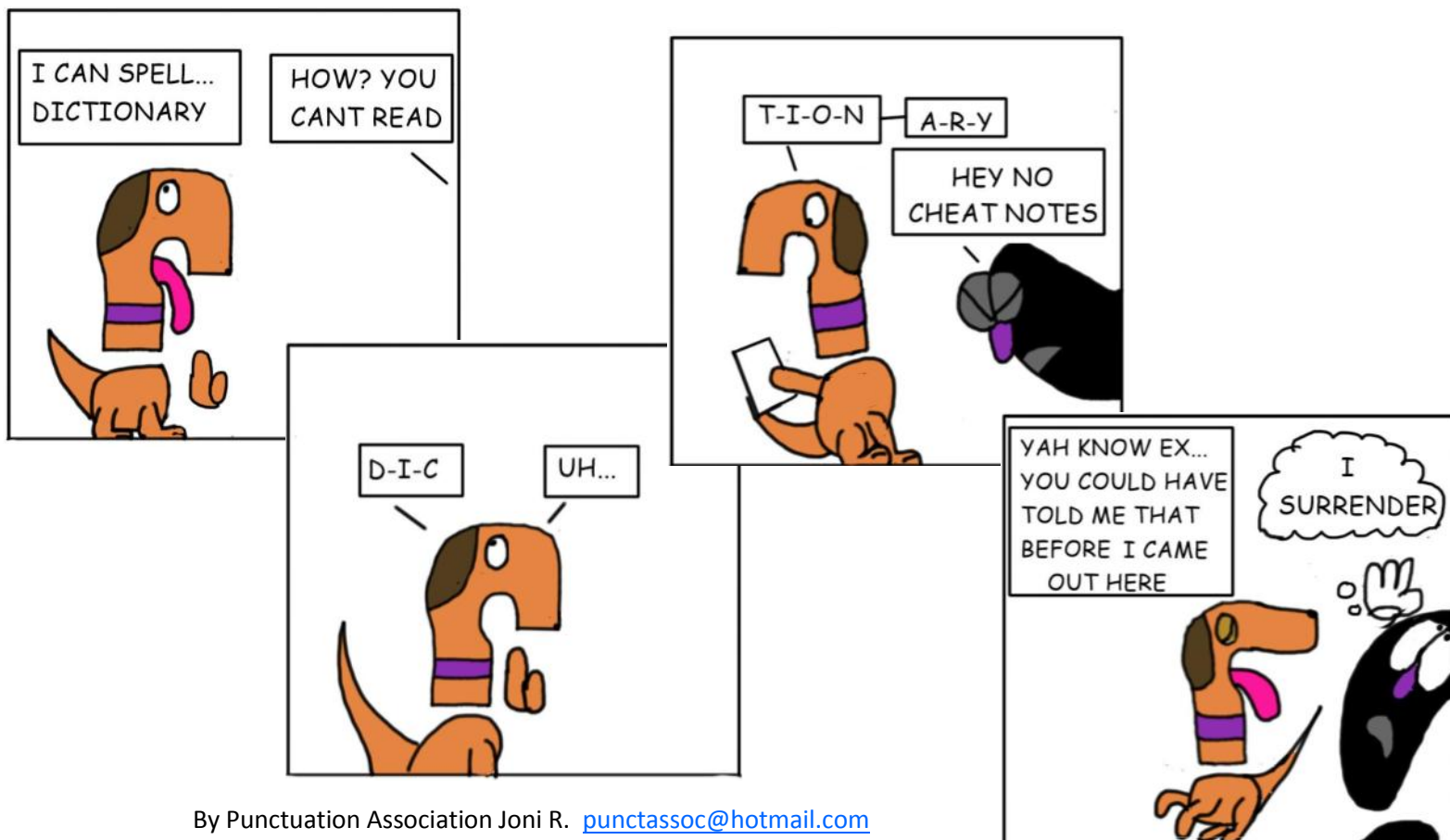
In closing, on behalf of the community association, thank you for all your support! We would like to encourage you to go out and connect with your neighbours. Encourage them to get a membership and participate in our community.

Cheers!





**vivo**



# GET YOUR NHCA MEMBERSHIP & SAVE HERE! IT PAYS TO BE A MEMBER Get your membership here

## COUNTRY HILLS & COUNTRY HILLS VILLAGE

### Applebee's

388 Country Hills Blvd NE

15% off all items

(dine in only; excludes alcohol, "2 Can Dine For" and Early Bird specials).

### ATB Northpointe Branch

800, 388 Country Hills Blvd NE

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### Boston Pizza

Country Hills Blvd NE

15% off orders excluding alcohol (dine in only)

### Cobs Bread

500 Country Hills Blvd NE

10% off all purchases

### Cruise Authority Canada

124-450 Country Hills Blvd NE

\$25.00 on board credit for any sailings 5 days in length or longer on any cruise line in a ocean view stateroom or above category. No black outs.

### Epicure Selections

Independent Consultant

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### Euphoria Wellness Centre

#222 – 40 Country Hills Landing NW

All NHCA Members receive \$10 a REGULARLY priced 60/90 Min Massage or Acupuncture Treatment when they show us a valid members card. \*not applicable to EWC Members or Mobile Treatments

### Foresight Eyecare

226-40 Country Hills Landing NW

20% off all frames

### iSmart Insurance

4, 10 Country Hills Landing NW

Free Commissioner of oaths for NHCA members

### Jugo Juice

11950 NE Country Village Link

10% off drinks and full sandwiches

\*excludes snack size sandwiches & snack items

### Montessori Learning Centre

115, 20 Country Hills Landing NW

Registration fee waived for NHCA members

### Papa John's Pizza

177 Country Hills Blvd NW

\$5 off orders over \$25

### Swiss Chalet

500 Country Hills Blvd NE

10% off dine-in or take-out; excludes specials

### Woody's Taphouse

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10% Off

### UPS Store

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10% off UPS Shipping and 10% printing

## COVENTRY HILLS

### Cathy – Piano & Theory Teacher

Family registration fee discount of \$15.00

### Euphoria Wellness Centre

#229 – 130 Country Village Road NE

\$10 a REGULARLY priced 60/90 Min Massage or Acupuncture Treatment when they show us a valid members card.\*not applicable to EWC Members or Mobile Treatments

### Marble Slab Creamery

130 Country Village Rd NE

10% off all orders

### Jade Lee Piano

\$10 for first lesson

## PANORAMA HILLS

### Little Caesars

18 Panatella Blvd NW

Buy any two specialty pizzas and get a free crazy bread

### Progressive Optometry

34 Panatella Blvd NW

15% off frames

### Sunburst Counselling

Panorama Hills NW

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### Tamarind East Indian Restaurant

610 Panatella Blvd NW

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## HARVEST HILLS

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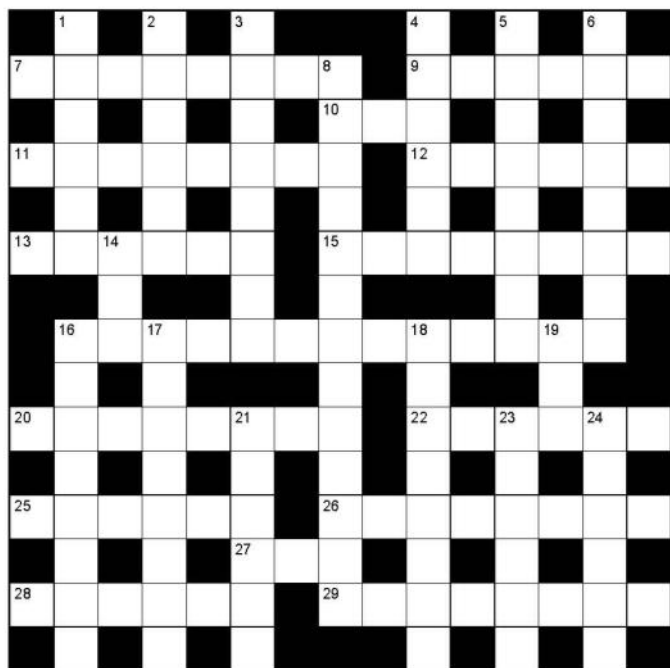
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## DOWN

- 1 Left a container with old South American (6)
- 2 To beat Germany, Spain needs show of great skill (6)
- 3 Lawyer-speak is absurd, alleges judge finally (8)
- 4 Votes and chooses to oust leader (6)
- 5 I restate problem in dissertation (8)
- 6 Kate somehow gets male editor to pay attention (4,4)
- 8 Daughter keeps mansion in a mess, to give an honest opinion (5,4,4)
- 14 Priest's vestment for a pound (3)
- 16 Like cartoon that's lively (8)
- 17 Leave behind unfashionable football shirt (8)
- 18 Mattress could be most elegant (8)
- 19 Tree, or remains of it after fire (3)
- 21 Runs away from antelope, startled to some extent (6)
- 23 Girl's producing seasonal songs (6)
- 24 Broken down, please pass (6)

## ACROSS

- 7 See, Carl's terribly negligent (8)
- 9 Rope provides a trail possibly (6)
- 10 Exercise involving old writer (3)
- 11 After collapse of trial be exonerated initially and set free (8)
- 12 Man meets English student in church (6)
- 13 See hate, seething hate (6)
- 15 Joint in one capital or another (8)
- 16 Sky's position is beyond comprehension (5,4,4)
- 20 Is Tory leader wearing female clothing in discomfort? (8)
- 22 Long to be in a north German city (6)
- 25 Body decoration is rubbish also (6)
- 26 Bury woman in space (8)
- 27 Partly expandable container (3)
- 28 Italian city is very pleasant around end of June (6)
- 29 Make known opening of deli is near (8)

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and so much more!

**Northern Hills**  
Community Association



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# NHCA CONTACTS

## OFFICE:

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

## Public Hours:

Mon-Friday: 9:00 am – 1:00 pm  
Remote assistance, check the website for more information about in-person appointments.  
Closed on weekends and statutory holidays

## STAFF & CONTRACTORS

Executive Director: [Yana Soldatenko](#)  
Bookkeeper: [Surina Gupta](#)  
Newsletter Editor: [Heather Hubert](#)  
Ad Sales: [Heather Hubert](#)  
Office & Newsletter  
Administrator Assistant: [Jiyoung Lee](#)  
Communications Analyst: [Anuradha Sengupta](#)

## VOLUNTEERS

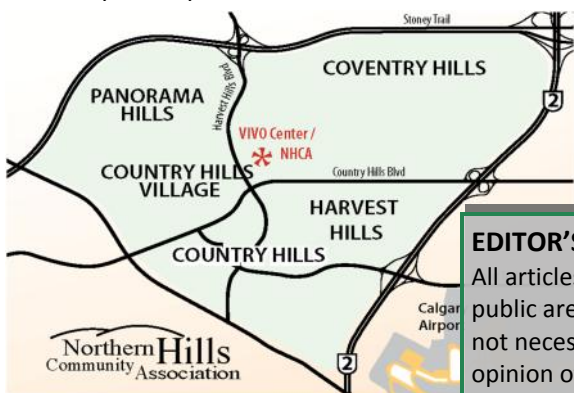
The NHCA is a self-funding, non-profit organization. All our board members and committee members are volunteers.

## BOARD MEMBERS

President: [Tavis Settles](#)  
1st Vice President: [Tamara Keller](#)  
2nd Vice President: [Leah Argao](#)  
Secretary: [Amanda Mauch](#)  
Treasurer: [Azim Riaz](#)  
**DIRECTORS:** Chris Abdalla, Zubair Chowdhury, David Hartwick, Fadi Katto, Devon Lowe, Tara Melhus  
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At Home in the Hills: [Samana Zehra](#),  
Beautification: [Tara Melhus](#),  
Gardens: [Amanda Mauch](#)  
Building Safer Communities (Blockwatch): [Tavis Settles](#)  
Business Relations: [TBD](#)  
Community Relations: [Tamara Keller](#),  
Creating Coventry: [Asim Riaz & Moraig McCabe](#)  
Government Relations / Advocacy: [David Hartwick](#)  
Harvest Hills Hub: [Tamara Keller & Victoria Henry](#)  
Membership Relations: [TBD](#)  
Planning & Development: [David Hartwick](#)  
Sports & Rinks: [TBD](#)  
Seniors: [Leah Argao](#)  
SPRY in the Hills: [Jay L Emond](#)  
Volunteer Relations: [TBD](#)

## EDITOR'S NOTE:

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





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## SHARING SMILE

### JOKE CORNER

Q: Why wouldn't the papa bear use a navigation system in his truck?

A: Because he never lost his bearings.

Q: Why don't cats like online shopping?

A: They prefer a cat-alogue.

Q: Why do melons have weddings?

A: Because they cantaloupe!



## INTERESTING FACTS!

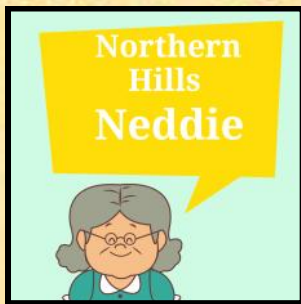
1) Dolphins sleep with one eye open.



2) The Queen owns all the swans in England.







## Norhtern Hills Neddie

Hi Everyone,

After last month's edition about all the hikes in and around our community-I was flooded with responses from parents asking how about playgrounds?? Parents have been desperate to find a great park to take their energetic children to burn off some jingles in this nice weather we have been having. So in response to these requests-the hundreds there have been, please enjoy Neddie's recommendations for some really fun playgrounds close to home in the hills and around Calgary!

Panatella Pond Playground- Lots of great equipment for many ages. Covered picnic tables, walking path around the lake, benches, swing, slides, play structures. 134 Panatella Hill NW

Coventry Hills Castle Playground: Coventry Hills – 280 Coville Circle NE

Nosecreek Middle School Playgorund-this playground has some great structures for older kids too! Coventry Hills Way NE near Covenmeadow Rd NE

Panorama Hills School Playground: Great school playground with multi age equipment-parking along the street-easy to see kids from the road. Field behind the playground for activities. Panorama Hills Drive

Harvest Hills Community Hub: The only run up hill slide in the area that I know of and super fun climbing wall plus watch out for that giant ant! Picnic tables and a Great Little Library! 178 Harvest Glen Way NE

Harvest Hills Orange and Silver Park-Tennis Courts, exercise stations, climbing structures, walking paths, swings and giant fields. Harvest Hills Gate & Harvest Hills Manor NESimons Valley School Playground- 14<sup>th</sup> Big playground with spinning treen and three big round swings and lots to climb. Just a quick walk across the field while you pass open tennis courts you will find another big playground with tons of equipment! Sandarac Drive and Sandalwood Gate

Nolan Hill Castle Playground: This great par is located at and looks like a real castle! Where else can you go and climb a Loch Ness Monster to take for a ride! Nolan Hill Way NW by Nolanfield Ct. NW

Carrington Slides Playground-wow what a tower! One giant twisty slide, one giant straight slide and more smaller ones. What a cool place to sit by a lake and war=tch the kids run around-lots for smaller and big kids too! Carrington Blvd near Carrington Rd NW



# JUNE WINNER!

Easy Vegan Rainbow Energy Bowl

Winner: Kim Lee

## Quick n Easy Vegan **Rainbow** ENERGY Bowl

### RECIPE



**INGREDIENTS:** (Makes 2 Medium sized portion bowls – Serve 2-3 people)

- 2 medium beets
- 1/4 kabocha (buttercup) squash
- 2 celery stalks (sticks)
- 4 asparagus spears
- 2 kale leaves
- 1/2 red pepper (sliced or diced)
- 10 medium prawns (cooked or uncooked depending on preference)
- roasted walnuts (5-7 pieces)
- 1/2 avocado

Optional:

- black pepper, salt
- olive oil, sesame oil, or avocado oil
- Sriracha hot pepper/ teriyaki sauce

### INSTRUCTIONS:

- 1) Slice kabocha squash into small diced pieces and remove peel (or keep depending on preference).
- 2) Remove skin from beets and cut into small diced pieces or slices (depending on preference)
- 3) In a medium sauce pan, boil kabocha squash and beets and then remove from heat and drain. (Boiling prior to sauté helps with creating a soft texture for the squash and beet in the center)
- 4) In a separate pan or wok, slice asparagus spears, kale leaves, red peppers, and sauté on medium heat with water (or sesame oil, avocado oil, or olive oil).
- 5) Add cooked kabocha squash and beets into vegetable mix. Continue mixing for another 5-7 minutes. Add in prawns last (and continue mixing under low-medium heat until cooked) -Cooking time will be reduced if prawns pre-cooked.
- 6) Remove from heat and allow 3-5 minutes to cool down.
- 7) Serve with roasted walnuts, avocado, black pepper and salt or Sriracha hot pepper/ teriyaki sauce as per preference.
- 8) Enjoy!

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

Email: [editor@nhca.ca](mailto:editor@nhca.ca)





EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

#### Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

#### Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal;
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels;
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

#### First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;
- Remove excess, or tight fitting clothing, and allow them to rest in a cool environment;
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;
- If you are concerned, seek medical attention.

#### Prevention

- Stay well-hydrated by drinking plenty of water, at all times;
- Be aware that excessive alcohol consumption will promote dehydration;
- Always wear a broad brimmed hat to keep the sun off your face and neck;
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

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## Sudoku

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

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Breast milk is the normal natural nutrient for your baby. Breastfeeding times bring joy to both mom and baby but can be a challenge and can cause anxious moments for mothers. SOBEH'S CARE will work with you to achieve a stress free breastfeeding experience. Let us help you achieve that goal.





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AND CAN OF POP

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BARRISTERS, SOLICITORS & NOTARIES PUBLIC

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## PREPARING OR UPDATING YOUR WILL

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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.

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NorthernHills  
Community Association



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## Fundraising Coordinator

## Projects & Programs Coordinator

FULL-TIME

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**LEARN MORE - [NHCA.CA/CAREERS](http://NHCA.CA/CAREERS)**







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

I want to thank those who have provided me their valuable feedback on the draft K-6 curriculum. I also want to encourage you to offer your feedback online at <https://www.alberta.ca/curriculum-have-your-say.aspx>. For your reference, here are links to the names of consultants who provided input in developing the draft curriculum: curriculum development process <https://www.alberta.ca/curriculum-development.aspx>; *advice by advisors on their subject-matter expertise and lived experience* <https://www.alberta.ca/assets/documents/edu-experts-advisors-curriculum-renewal.pdf>; and *103 teachers who participated in the Curriculum Working Group* <https://www.alberta.ca/assets/documents/edc-curriculum-working-group-members-kto6-2020.pdf>.

### **Civil Society Fund**

Congratulations to **Vivo** on being awarded the Civil Society Fund grant of \$500,000 by Alberta Community and Social Services, that will be used to address social challenges facing Albertans. I applaud Vivo for their outstanding work in the community and for promoting healthy lifestyles.

### **Aid for Small Businesses**

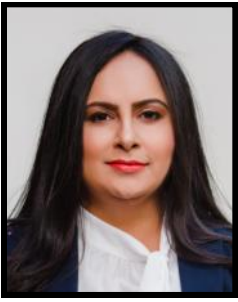
There are over 200 businesses in Calgary-North. You will be pleased to know that the Alberta Government is expanding the Small and Medium Enterprise Relaunch Grant (SMERG) to include an additional payment of up to \$10,000 to those small businesses affected by the recent public health orders who meet the criteria for eligibility. This additional payment will be available to new businesses that began operations between March 1, 2020 and March 31, 2021, as well as hotels, taxis and ride-sharing services who meet the criteria for eligibility. Please visit *Small and Medium Enterprise Relaunch Grant | Alberta.ca* for more detailed information.

### **Supporting Alberta Working Parents Advisory Group**

The Alberta Government established the Supporting Alberta Working Parents Advisory Group to help inform a long-term plan to support parents who are working or getting back to work. The advisory group will look at the latest research, data and economic analysis to consider short and long-term initiatives to ensure parents, particularly women, can take part in Alberta's economic recovery. The advisory group will provide advice on how best to leverage federal funds to suit the unique needs of Alberta parents and child care operators.

Muhammad Yassen  
Calgary 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



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

Dear Neighbour,

**This is important and something you deserve to know about.**

This Liberal Government in Ottawa is in the process of pushing through legislation that will restrict your freedom of speech on your social media.

The original purpose of Bill C-10, *An Act to amend the Broadcasting Act and to make related and consequential amendments to other Acts*, was to level the playing field between streaming services like Netflix and Canadian broadcasters. However, the Liberal Government has since vastly expanded the proposed law to give unelected bureaucrats the authority to censor the internet and regulate what Canadians post on social media. This is unacceptable in a society that values its freedom.

While the NDP and the Bloc may look the other way on the freedom of expression, Canada's Conservatives will not. **Conservatives are the only ones in Parliament who are opposing Bill C-10.**

It's time for this Liberal government to stop this assault on your freedoms and focus on defeating COVID-19. Join me in sending a strong message to Ottawa by signing my petition on my website, <https://www.jagsahota.ca/Bill-C10-Petition> and by writing letters to the Liberals and the NDP speaking against this Bill. Not only is this Bill unethical, but it also counters the tenets of the Canadian Constitution and Charter of Rights and Freedoms.

Canadians can be assured that under a Conservative Government will always stand up for your rights and freedoms and if this Government doesn't withdraw this Bill, then a Conservative Government will repeal it.

In your service,

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.mpijagsahota.ca](http://www.mpijagsahota.ca)





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

With summer approaching, I remain focused on fighting for our community and ensuring that Albertans' voices continue to be heard.

I have heard from many in our community that have been struggling through the third wave of lockdowns. I know the past few weeks have been challenging for business owners, workers, seniors and students. Canadians deserve clarity on when a sense of normalcy will return, and in my role as Shadow Minister of Health I have been continuing to pressure the government for answers on this.

The reality is that the current government has failed to provide Canadians with an adequate supply of vaccines, they have failed to ramp up domestic vaccine manufacturing, and now the government is failing to provide Canadians with a plan on when their lives will return to normal, and when the economy will safely reopen.

This is unacceptable and our community needs better.

This is why in June I will be hosting another virtual town hall, to ensure I am hearing directly from all members of our community on issues important to you, and how I can hold this government accountable. If you would like to register for the town hall, please email my office at [michelle.rempel@parl.gc.ca](mailto:michelle.rempel@parl.gc.ca)

I will continue to be your voice in Ottawa and hold the government accountable for their actions. As always please do not hesitate to contact me with your thoughts or concerns on any issue.

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



**June 2021**

## **COMMUNITY NEWSLETTER CONTENT**

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### **Get farm fresh food and support local!**

Since 2017, The City has partnered with local farms, food growers and food distributors to operate pop-up farm stands at C-Train stations. This year, we have expanded the program to include three C-Train stations and 19 community hubs around Calgary, helping us provide more Calgarians with fresh, healthy and local food. Farms stands will operate beginning the week of May 25 with some vendors moving indoors at select locations for the winter 2021/2022 season. Market days and times vary by location.

Find a pop-up farm stand near you, see the schedule and learn more about the program at [calgary.ca/localfood](https://calgary.ca/localfood)

### **Backyard Firepit Safety**

Backyard fire pits, outdoor fireplaces and wood-burning ovens can be fun but be sure you're following the rules and staying safe while enjoying them.

It's also important to be considerate of your neighbours. Outdoor smoke can cause health issues for some people, so consider wind conditions before lighting a fire. High winds can cause smoke to travel a long distance and can be a fire risk whereas low wind speeds don't disperse smoke and can contribute to poor air quality.

- Firepits must be built into the ground, on brick or stone, or in a fire-proof container.
- Portable firepits should never sit directly on a wooden surface like a deck. Firepits must also be at least two metres away from your property line, house, garage or fence and they cannot be under trees, branches, plants or other flammable materials.
- Fires must be less than one metre high and wide, and a mesh screen or spark guard is required to reduce the spread of sparks and embers.
- Only burn clean, dry firewood and always have water close by to put out the fire. Easy options for this are your watering hose or a bucket of water.
- Finally, never leave a firepit unattended. Call 9-1-1 to report an out of control fire and 3-1-1 to report a firepit complaint and make sure no fire bans are in effect before starting a fire.

Firepit hours are restricted in Calgary – visit [calgary.ca/firepits](https://calgary.ca/firepits) for details, rules and restrictions.



## Plant Exchange – June 6, 2021



In light of current Covid-19 restrictions the Harvest Hills Hub and the North Hills Garden Group have made the joint decision to cancel the plant exchange scheduled for June 6, 2021.

Although we were greatly looking forward to hosting this event, our biggest priority is keeping our wonderful community safe, and we thank you all for your understanding.

We know your gardens will still look amazing, and we'd love it if you shared some pictures on our [Facebook page](#)!



Despite the temporary setback, we are hopeful that we will be able to safely hold in person events again soon, so why not start with a fan favourite!

That's right, Daniella from Infinite Circle Hoops is back to bring us more hypnotic hooping moves! Join us at the HHHub Tuesdays in July from 7-8 pm for the ultimate in person socially distanced activity!

Classes are free with an NHCA membership; however, registration will be required for class size and tracing purposes. Registration is expected to start mid-June at [Harvest Hills Hub – Northern Hills Community Association \(nhca.ca\)](#).

We will continue to monitor and comply with all Covid-19 regulations, and classes will only proceed if it is safe to do so.

We are also working on a fun new event behind the scenes, and we can't wait till the time is right to share it with you all, so stay tuned for more information!

Your Harvest Hills Hub Committee

# YOUR NW CALGARY LAWN MAINTENANCE EXPERTS



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LAWN & SNOW

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PROPERTY  
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**\*\*New client bookings only\*\***



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HOMES

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the parks of  
**HARVEST HILLS**

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# 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
- Good Food Box Program helper (Regular , once a month, 2-3 hrs, in-person volunteering)

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 (working on bringing more activities, services and programs to seniors in the community)
- Grant Writer (writing and forming grant applications with the Grants Committee)
- Seniors Committee
- Member Connection Helper (reviewing and improving membership program, its services, benefits and packaging)

## Project, Events, Programs (PEP) Volunteer



## Leadership Volunteer



Do you:

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

### Current Opportunities:

- Planning & Development
- Volunteer Relations
- Member Relations
- Business Relations

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



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Made for Seniors

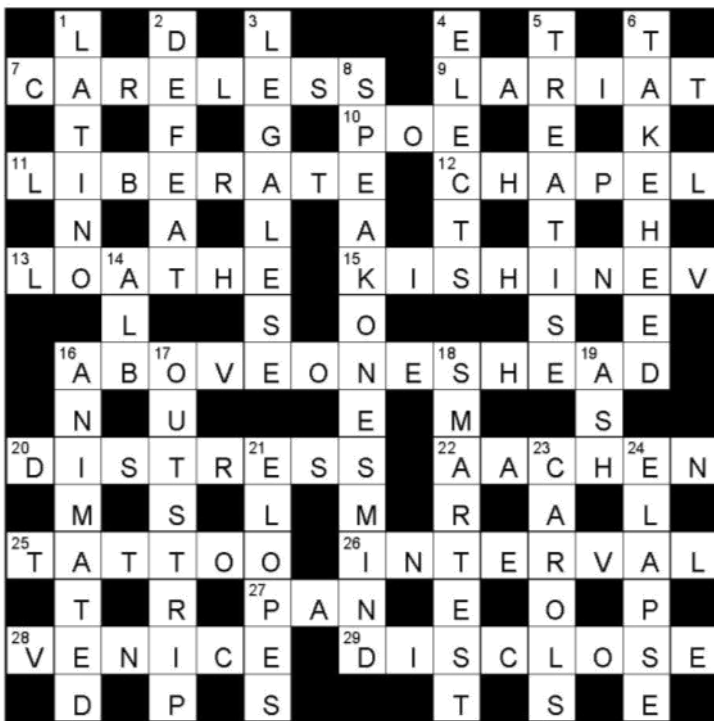
\*Some conditions may apply.



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

Crossword No XC251608

SOLUTION



DOWN

1 latino. 2 defeat. 3 legalese. 4 elects. 5 treatise. 6 take heed. 8 speak one's mind. 14 alb. 16 animated. 17 outstrip. 18 smartest. 19 ash. 21 elopes. 23 carols. 24 elapse.

ACROSS

7 careless. 9 lariat. 10 Poe. 11 liberate. 12 chapel. 13 loathe. 15 Kishinev. 16 above one's head. 20 distress. 22 Aachen. 25 tattoo. 26 interval. 27 pan. 28 Venice. 29 disclose.

Northern Hills  
Community Association

Pre-Preschool  
Preschool  
Kindergarden Enrichment

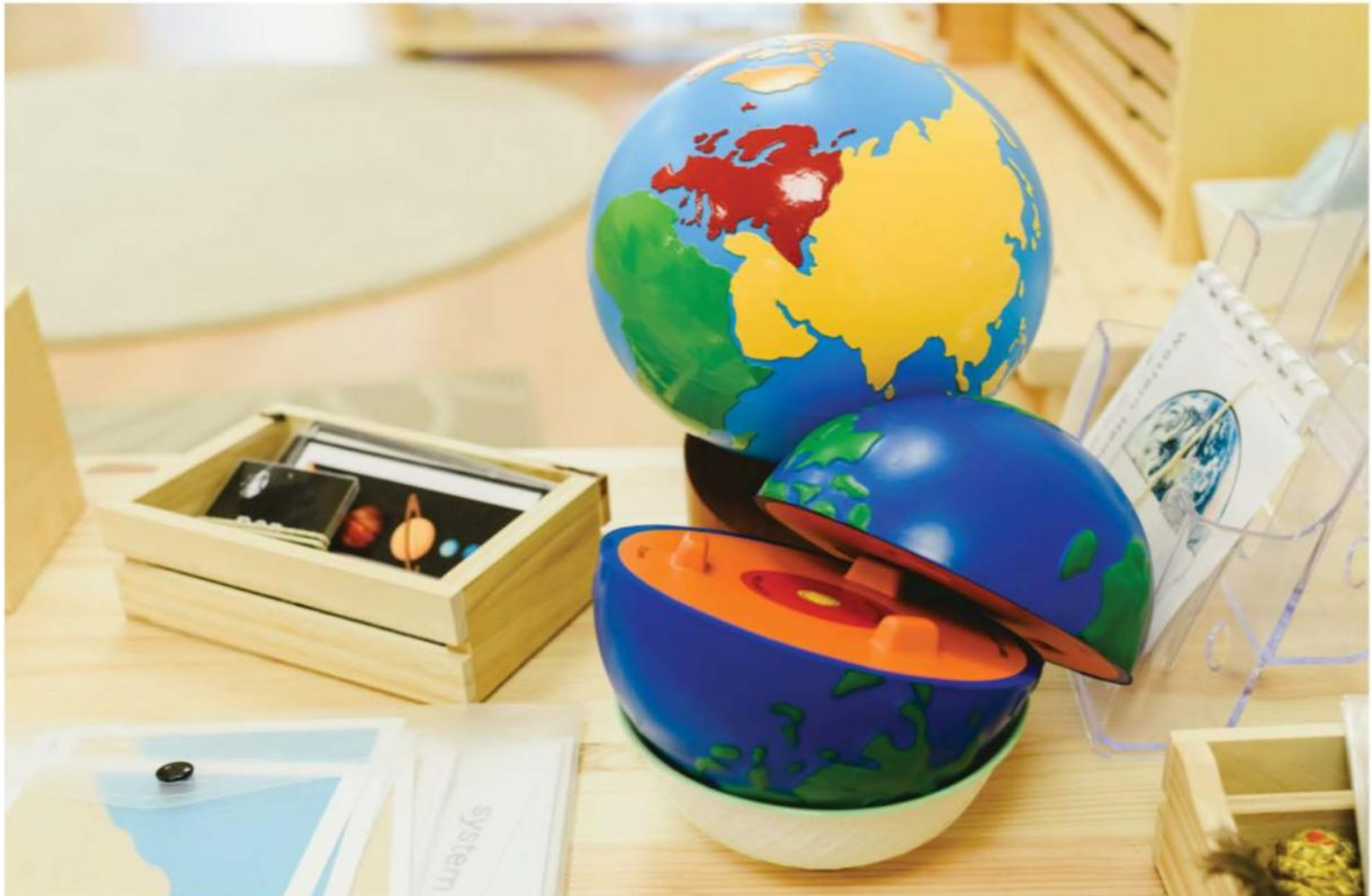
Camps  
Performing & Visual Arts  
Literacy Village

STEM Program  
Active Programs



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(8-11 YR OLDS & 12-14 YR OLDS)

Cub & Bear: July 5-16, 2021

Pup & Fox: July 19-30, 2021

Fawn & Deer: August 3-13, 2021

Pup & Wolf: August 16-27, 2021



Lunch & Supplies Provided

To enroll, call us at (403) 543 0555. Limited spaces available.

To know more about the camp, please visit our website at [www.closetohome.com/frn](http://www.closetohome.com/frn). You can also send us an email at [frn@closetohome.com](mailto:frn@closetohome.com).

## CHECK OUT NEW GREAT CONTESTS IN OUR NEWSLETTER



### Photography Contest



Send in your photo and  
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### Recipe Contest



Send your recipe over and  
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[editor@nhca.ca](mailto:editor@nhca.ca)

## SUPPORT YOUR COMMUNITY ASSOCIATION BY DONATING YOUR BOTTLES AND RECYCLABLES!



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**LEARN MORE:**  
[NHCA.CA/DONATE-RECYCLING/](http://NHCA.CA/DONATE-RECYCLING/)

**BEDDINGTON HEIGHTS**  
**BOTTLE  DEPOT**  
It's Worth It

**Northern Hills**  
Community Association

# The Healing Powers of Art

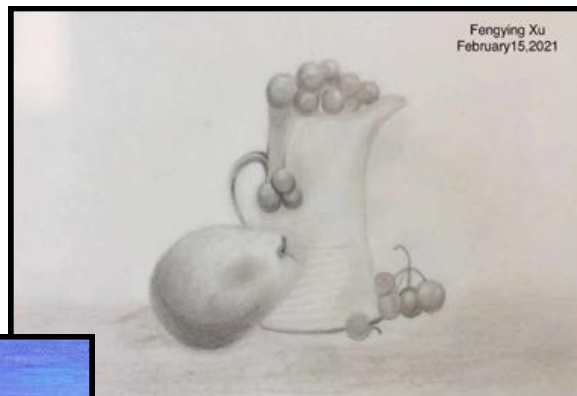
*By MPC Foundation*

One of the most well-attended programs offered by our Foundation is the Art Program. It attracts a diverse group of seniors almost all of whom have no previous art experience and every single one of them started by declaring, "I have NO talent for this!". Soon enough, they become completely fascinated & excited by the array of tools needed to create beautiful artworks. They begin to discover that the numbers printed on pencils mean something; that there's such a thing as a soft and hard pencil; that different types of paper suit different types of paints and that sometimes, to make a darker hue, adding black may not be the answer!

It is little wonder that research has produced ample evidence in strong support of art programs for seniors. The process of creating art involves a myriad of steps that are thoughtfully planned and executed. Engaging in art activities therefore has the benefit of improved cognition, memory retention and a general positive health impact. The process of creating art also requires patience, attention to details and the practice of seeing beauty in all things, from a lifeless tea cup to a vibrant bunch of roses. In short, art instills the practice of mindfulness, a trait that has shown to help seniors mitigate fears, anxiety, social isolation and depression. Research has shown that just 45 minutes of creative activity can significantly lower stress and cortisol levels, regardless of their level of competency.

Last but certainly not the least, the regular routine of creating art together in a group creates a community of like-minded individuals. Connections are made, friendships are formed and a common bond is created. Having run this program for over a year, we can declare with confidence that participants have regained confidence, joy and a sense of belonging as a result of their engagement with art. These days, we hear echoes of declaration that sounds more like this, "I don't know how I drew that!" (beaming with pride!)

For more information on our programs and services, please visit [www.mpcfdn.ca](http://www.mpcfdn.ca)



Some of the artworks by done by our seniors with no previous experience.



# Waste and Recycling

## Green Calgary Community Waste Explorations

Are you looking to be more eco-friendly this Spring? Practicing sustainability should not be rocket science, and you can easily incorporate green actions starting from your home. Green Calgary is here to help! Join us for our free Community Waste Explorations Webinar to learn more about the ins and outs of waste, recycling and organics in Calgary. Through our interactive program, you will learn more about:

- *what goes where for all of your waste carts*
- *how you can lower your waste production*
- *how to do an at home waste audit*
- *create a unique action plan for your household*
- *plan how to track your progress*
- *how to continue your plan into the future*
- 

You will receive tips and support from your Green Calgary educator and a free Waste Journal to help you on your waste journey. This program is completely funded and offered at no cost. Maximum participants per session is 30 people. This program will be delivered through MS Teams, but Green Calgary is willing to facilitate through other platforms if necessary. This program is offer in non-ESL and ESL versions.

To register your community association for this program or to inquire, please email Breanna at [breanna@greencalgary.org](mailto:breanna@greencalgary.org)!

## Terracycle UNSMOKE program

This program collects cigarette butt waste and recycles or composts their components such as filters, rolling paper, and the tobacco itself. Unsmoke also offers receptacles designed specifically for cigarette waste in your community or business location. Your community association can find out more and sign up here:

[UNSMOKE Cigarette Waste Recycling Program · TerraCycle](#)



## Home Delivery Service is now available

Unable to visit the Library during the COVID-19 pandemic? Whether you're self-isolating or busy at home with kids, we want to bring the Library to you! Fill out a quick online form and Library staff will hand-pick a selection of books based on your reading preferences and deliver it to your home. Get started at [calgarylibrary.ca/homedelivery](https://calgarylibrary.ca/homedelivery)

## We Have a New Interim CEO!

We are pleased to announce that Sarah Meilleur, formerly Director of Service Delivery, has been appointed Interim CEO for Calgary Public Library. Sarah is replacing former CEO Mark Asberg, who has accepted a new opportunity at Queen's University. Please join us in welcoming Sarah to her new role! [calgarylibrary.ca/interimceo](https://calgarylibrary.ca/interimceo)

## Help us get from 19 to Zero

We can all play a part in helping our lives get back to normal. That's why the Library is working with 19 to Zero, a health coalition dedicated to providing correct information about COVID-19 safety behaviours and reducing vaccine hesitancy. Learn more about this initiative at [www.19tozero.ca](https://www.19tozero.ca)

## Digital Library

The Library provides incredible resources you can use while you are at home. We encourage you to explore all our Digital Library has to offer, including eBooks, eAudiobooks, movies and music to stream, eMagazines, and online classes. Visit [calgarylibrary.ca/digital-library](https://calgarylibrary.ca/digital-library)

## Contact Us

Library Hotline remains open for customer support and information. If you have any questions or concerns, please contact us online or call 403.260.2600. Hours of operations for Curbside Services at all locations except Rocky Ridge are posted at [calgarylibrary.ca/locations](https://calgarylibrary.ca/locations).





# CALLING ALL LOCAL PHOTOGRAPHERS!



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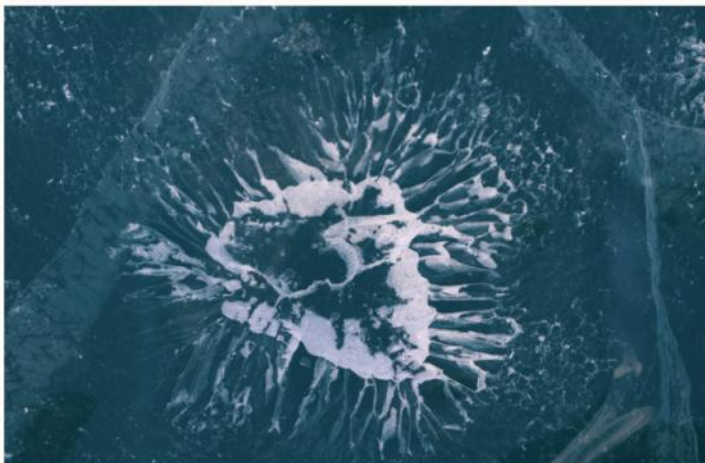


**This month's winner: Kamran**



**Location: Carburn Park SE Calgary**

**Also from Bob Leuty-Ice Photos**



**Location: Abraham Lake**



# Paramount Dental is accepting new patients!

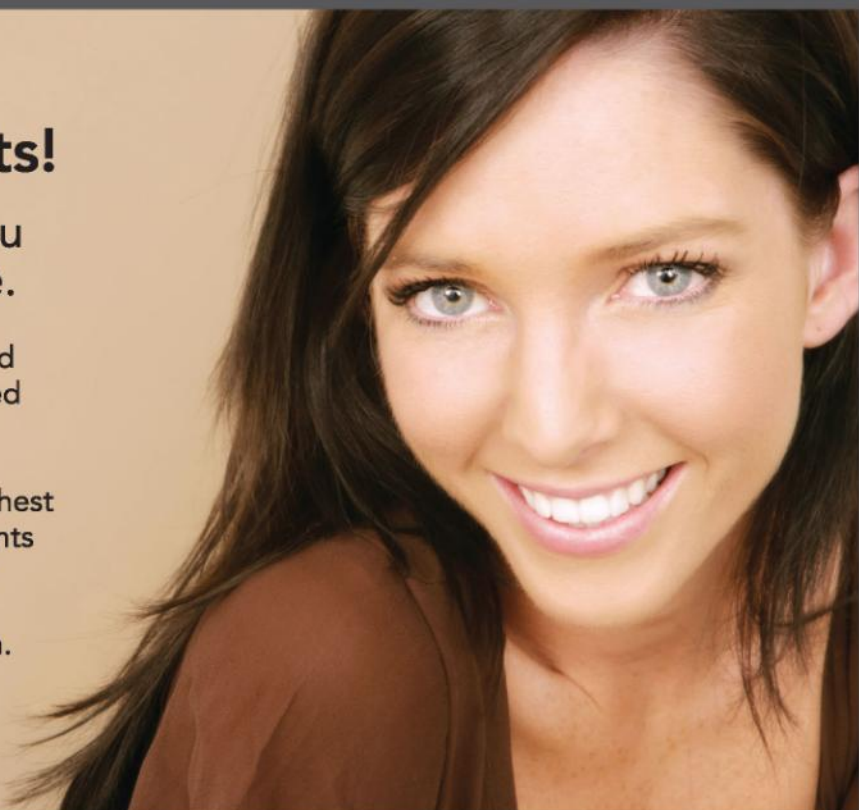
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