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Harvest Hills

Panorama Hills



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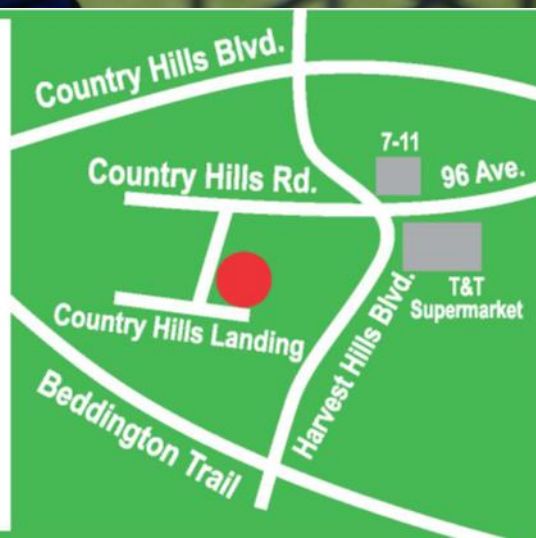
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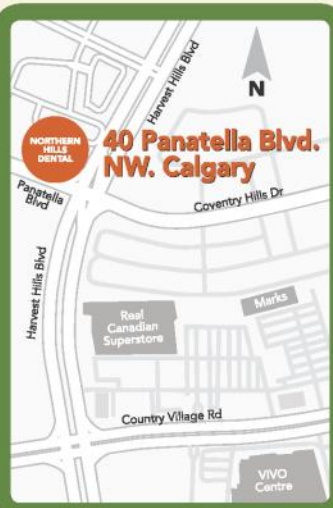
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Tavis Settles
President - Northern Hills
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With summer well on its way, and what looks like record high temperatures in our forecasts, it is going to be one hot month! Therefore, along with keeping yourselves cool, ensure your pets are also in shaded areas and have access to plenty of water. It looks as if the COVID restrictions are going to be lifted just in time for us to really enjoy each other's company again while the days are still long and sunny. Let's try and get out there and support our local businesses as we come out of what we hope is the tail end of the COVID restrictions. Personally, I am looking forward to walking around our neighbourhoods and smelling some great BBQ's going in the back yards with neighbors and friends reconnecting again. We would love to see some photos of neighbours reconnecting so send them into the NHCA!

On the community safety front, there has been an uptick in vandalism and late-night mischief in our neighbourhoods. Calgary Police and the NHCA would like to encourage residents to call in any activities that seem out of place or suspicious. The reports made to CPS are vital for getting more resources on the rise in community safety issues, so please continue reporting! Along the lines of reporting such issues, we would like to encourage people to download and install the City of Calgary 311 app. This is a very quick and easy way to report city maintenance and other concerns to the city directly. Concerns like overgrown grass on boulevards, damaged city fences, streetlights that are out, and back alleys that are more like a 4x4 course than an alley, are all very easily reported via the City of Calgary 311 app. It helps get city units out to address those concerns quick and helps prioritize issues based on the number of complaints. The more action we put in as a group the faster an issue will get addressed by the city.

If you're interested in volunteering with the NHCA, we have several volunteer spots open on various groups. Please reach out to the NHCA so we can get a hold of you and find out what role we have for you. Currently we are looking for volunteers for the events planning group. This is a group that will be planning and putting on events in our communities for people to attend and enjoy. If you would like a say in what events could potentially be done in your area, please sign up.

The Harvest Hills Hub is starting their Hula Hoop program on July 6. Please see the NHCA website for more details. We also have the Makers Market coming up later in August, so stay tuned for more information on that!

In closing, welcome to summer everyone! We hope it is going to be a great start to summer. Stay cool!



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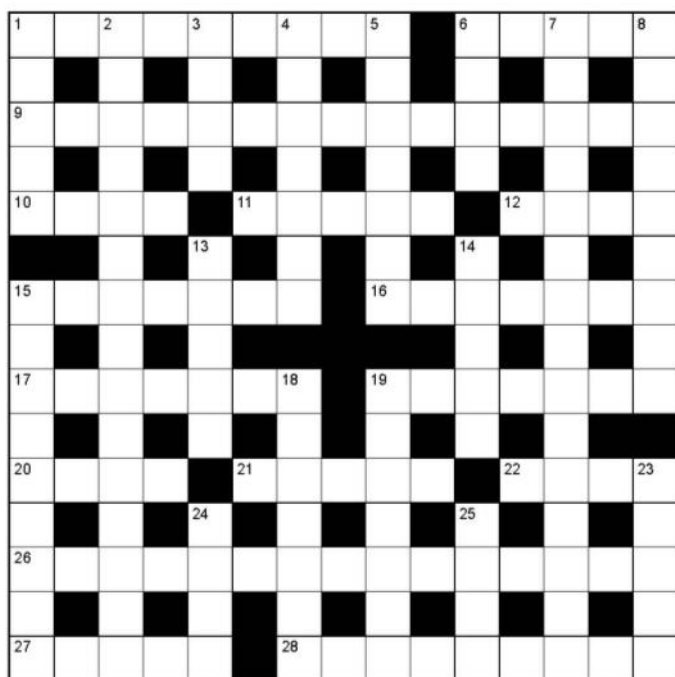


Learn more: nhca.ca/sports

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BEDDINGTON HEIGHTS
BOTTLE RECYCLE DEPOT





ACROSS

- 1 Clairvoyant is to support the nuts in charge (9)
- 6 One with the hump caught male out (5)
- 9 Wife perhaps is inactive business associate (8,7)
- 10 Split reported initially by one newspaper (4)
- 11 Dance follows live jazz (5)
- 12 Song for that man on the radio (4)
- 15 Warm review read out (7)
- 16 Betray one's principles in very popular show (4-3)
- 17 Completely finished with a Latin paramour (3,4)
- 19 Old king hugs wayward son for comfort (7)
- 20 Part of azalea, for example (4)
- 21 Vietnamese perhaps is like Scot (5)
- 22 Oddly ignored fondness for poetry (4)
- 26 Quick excursion to see small railway stations? (7-4,4)
- 27 Act on desire to find most senior member (5)
- 28 Evil bank acquires church, honestly! (9)

DOWN

- 1 Awkward question for affected sort (5)
- 2 Poor formality, I aver, involves one showing this? (4-11)
- 3 Writer's optimism (4)
- 4 Hide treatment from the workers here? (7)
- 5 Generous policeman promises to pay (7)
- 6 Low-life needs time with brief (4)
- 7 Fed poorly no more, somehow getting easy cash (5,3,3,4)
- 8 Left regent to change spectacles (9)
- 13 Start court proceedings? (5)
- 14 Criticism involving northern side (5)
- 15 Drank with heads of state when permitted (9)
- 18 More reckless son provides the bacon (7)
- 19 Punish devious cheats to a point (7)
- 23 Sprinkle water on some flowers (5)
- 24 Most put up with this chap (4)
- 25 Sword turns up in Dundee perhaps (4)

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and so much more!

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[Roman Sorokin](#)

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



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Q: Where do ghosts like to travel on vacation?

A: The Dead Sea!

Q: Why are skeletons so calm?

A: Because nothing gets under their skin!

Q: What do you give a sick pig?

A: Oinkment

Oinkment



INTERESTING FACTS!

1) Baby giraffes can stand within
half an hour of birth.



2) Gentoo penguins use a pebble
to propose to their girlfriends.



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JUNE WINNER!

Monster Cookies
Winner: Bob Leuty

1 cup butter

2 cups brown sugar

2 cups white sugar

2 ½ cups peanut butter

6 eggs

2 tsp. vanilla

4 tsp. baking soda

9 cups rolled oats

1 cup smarties

1 cup chocolate chips

Cream butter and brown and white sugars together. Add peanut butter. Beat in eggs.

Stir in soda and vanilla. Add oats, candy and chocolate chips. Mix thoroughly.

Drop by large tablespoons full onto baking sheet. Bake at 350 for 10 – 12 minutes depending on size you want.

Do not over bake as you want them chewy inside.

And yes, there is no flour in this recipe.

You may add raisins, currants, coconut, butterscotch chips, dried cranberries, chopped dates, etc. Good way to clear out the pantry.

Kids love them, and adults too. Makes tons !

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

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**Backyard Play
Safety**

With summer upon us, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over a layer of shock-absorbing material.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(*) high and have a self-latching, self-closing, lockable gate.
(*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment
- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen - Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting or other environmental cause, seek medical attention or call 9-1-1

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Off-Leash Parks - Coventry Hills

Feedback on a proposal to use provincial land as a dog friendly, multi-use area for the local community in Coventry Hills to enjoy.



ABOUT THE PROJECT

The City of Calgary, in partnership with the Northern Hills Community Association and Creating Coventry, is looking for feedback on the proposal to use provincial land as a dog friendly, multi-use area for the local community to enjoy. <https://engage.calgary.ca/offleash-coventryhills?fbclid=IwAR2-4WQP0qx0Pd0fvLrh0qpOGYFnucrlOTJXJB8H5CpB5wmuqaCB7nCNpVA>

The space is a strip of land between the northern edge of Coventry Hills and Stoney Trail (See Map on next page)

The vision is that this space would be dog friendly (i.e off leash is available) however not an exclusive area for dog users. We have also heard that this space could also be a place for local art to be displayed and an area for people to just get out and walk.

New infrastructure would be minimal but would include garbage cans and potentially benches. Fencing around the area is not something that would be included in this project and the existing wildlife fence would be the boundary. Formal Parking would not be provided for this site.

WHY IS THIS AREA BEING PROPOSED?

The area proposed is a provincial utility corridor and we would be seeking permission to use it for as long as possible. It would still be provincial land, but the City would enter into an agreement to maintain the space and make it accessible for residents to use. Currently the land is not accessible.

We see this as a space that the residents of Coventry Hills will mostly benefit from. Due to limited parking availability, we wish to encourage this area to be seen as a local space for people to visit without using a motor vehicle.

There is an existing “ranch style” wildlife fence to separate Stoney trail from this space but it is not the typical chain-link. Some gates would be installed to limit the encroachment onto provincial land that there is no permission to access. Garbage cans will be installed where they can be serviced easily.

There may also be scope to increase the size of the available space further West along the corridor. At this time, we are only looking at the space shown on the map.

continued on page 16



Concerns that we wish to mitigate:

- Parking – People will invariably drive to parks although this is intended to be a local space for the community to walk/bike to. There are some limited parking opportunities beside Colville park (COV101).
- Garbage – There will be Garbage Cans installed by the entrances. We have a Bylaw to enforce, however to promote better stewardship, Community support/advocacy is best. We are looking at bin bags/poop bag dispensers to be placed in conjunction with community supported partnership for maintaining supply.
- Noise – the existing traffic on Stoney Trail will offset any noise concerns.
- Smell - garbage bins will be emptied on a regular basis to manage smell concerns.
- Enforcement – we have Bylaws that can be enforced; however, Community Support/Vigilance will be the best approach. Provision of dedicated space often leads to more responsible pet ownership practices.
- Privacy – adjacent backyard fences are 6ft solid panels that provide privacy.

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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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Preserving Home Language is Possible!

By Arzumund Teja (Student, MEd)

Some families do not take advantage of the many benefits of early childhood education because they are concerned their child will stop speaking and learning their home language. Years ago, teachers would advise parents to speak to their child only in English to help their child succeed in school. This is no longer the case. Research has shown that all children are able to learn many languages and should be encouraged to do so! Jim Cummins, an expert in language learning, has found that any language the child already knows will help him learn English.

Cummins has also found that it takes children about two years to be able to speak English, but it takes five or more years for them to learn the reading and writing skills they need to be successful in school. Waiting until kindergarten or grade one to expose your child to formal English learning puts them years behind their English-speaking classmates. This may lead to lower results and difficulty in school.

Families who want their child to keep learning their home language while learning English should look for a childcare center that has educators that speak multiple languages and encourage children to use their home language in class and at home. The classroom should have books, posters, music, and resources in multiple languages. Educators should support families to find language resources and continue developing their child's home language.

This brochure explains why and how to hold on to your home language while your child learns English. It is available in many languages including Punjabi, Filipino, Arabic, Farsi, and Urdu: <https://www.ryerson.ca/mylanguage/brochures/>

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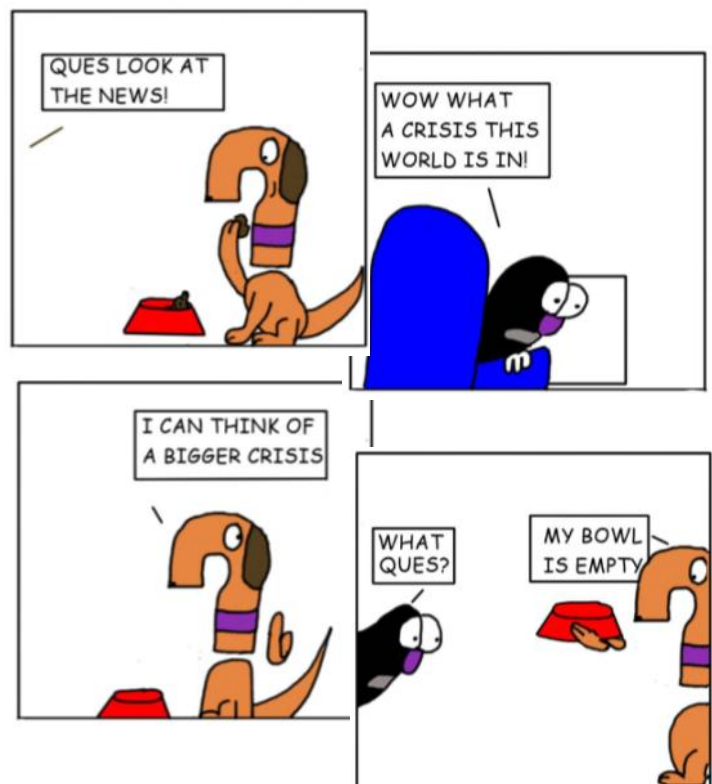
E calgarynorthdecorating@gmail.com P. 403-289-6227



Calgary North Decorating



from shadeOmatic



By Punctuation Association Joni R. punctassoc@hotmail.com



SUMMER IN THE CITY

A FREE CITY-WIDE CAMP

Virtual Experiences All Summer!

CAMPS RUN BY AGE GROUPS

(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. You can also send us an email at frn@closetohome.com.

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

SUPPORT YOUR COMMUNITY ASSOCIATION BY DONATING YOUR BOTTLES AND RECYCLABLES!



2 STEPS TO DONATE:

- MARK YOUR BAGS WITH A LABEL/STICKER SAYING "NHCA" (NORTHERN HILLS COMMUNITY ASSOCIATION)
- DROP OFF YOUR BAGS AT BEDDINGTON BOTTLE DEPOT (111-20 COUNTRY HILLS LANDING NW)



COLLECTED FUNDS WILL GO
BACK TO PROGRAMS &
SERVICES FOR YOUR
COMMUNITY!

LEARN MORE:
NHCA.CA/DONATE-RECYCLING/

BEDDINGTON HEIGHTS
BOTTLE  DEPOT
It's Worth It


Northern Hills
Community Association



Muhammad Yassen
Calgary-North MLA

Alberta's Plan to Reopen Summer: Like you, I am very excited about reopening Alberta this Summer. In June, the Alberta Government announced plans for reopening Alberta in 3 stages. To learn more about the reopening plans please visit [Stronger public health measures | Alberta.ca](https://www.alberta.ca/stronger-public-health-measures). We have made remarkable progress and I want to thank my constituents for their tireless efforts and commitment in helping to get Alberta back to normal.

Creating Jobs: More than 22,000 Albertans will be able to get back to work through the largest jobs training program in Alberta's history. The *Alberta Jobs Now* program will provide up to \$370 million to help private sector businesses and non-profit organizations hire and train unemployed Albertans. Employers will be able to apply for a grant that covers 25% of an employee's salary for a 52 week period, up to a maximum of \$25,000 per employee. The grant can be used to cover salary or training costs. Employers who hire persons with disabilities will receive a grant 1.5 times higher than the amount they receive for other new employees. This is one more step in our economy's recovery.

Greenline Townhall: I want to thank those who participated in the Green Line Townhall that I held in June jointly with Ministers McIvor, Pon and Sawhney. Your participation and input are very much appreciated.

Student Transportation Improvements Underway: Alberta's government is beginning work to improve K-12 student transportation based on recommendations from an MLA-led task force. A joint working group of provincial government and task force members will be established to discuss student transportation issues. Alberta's government will complete a new student transportation-funding model to be used during the 2022-23 or 2023-24 school year. This work will be completed by September 2022.

A special thanks to all my constituents for their continued support as I carry out my duties as your MLA.

Wishing you all Happy Canada Day and an enjoyable Summer

Muhammad Yassen
Calagry North MLA

calgary.north@assembly.ab.ca

403.274.1931

104, 200 Country Hills Landing NW Calgary AB T3K 5P3



Josephine Pon
Calgary - Beddington MLA

Dear Constituents,

As your MLA and representative in the Alberta Legislative Assembly, it is my top priority to keep you informed on the important work that our government is on your behalf. Thank you all for your efforts to keep each other safe and healthy!

Our government has been closely monitoring the effects of the pandemic in community. I was excited to visit all the churches in Calgary-Beddington and collect feedback from the pastors on the effects the pandemic had on our local congregations. I was pleased to hear that the churches have all complied with public health orders, and understand the need to protect lives.

On April May 30, I invited Dr. Judi Malone, CEO of the Psychologists Association of Alberta, to join me for an Online Constituency Workshop: "Coping Together During the Pandemic!". On June 13, I invited Dr. Brent Macdonald of the Macdonald Psychology Group in Calgary to host another Workshop called: "How to Support Our Children During the COVID-19 Pandemic".

On June 15, I was pleased to host my Green Line LRT Virtual Town Hall with Transportation Minister Ric McIver! This was a partnership with my colleagues Hon. Rajan Sawhney and MLA Muhammad Yaseen. This is an important issue for our constituency. Thank you to all my constituents who participated by sending in your questions, or promoting a live question to Minister McIver!

Every month, I send my constituents regular updates and "Breaking News" via my email newsletter, to ensure you all receive the most complete information on announcements from the Government of Alberta. If you would like to join my mailing list, please send me an email to: Calgary.Beddington@assembly.ab.ca

I am so honoured to represent you and our community, thank you for the trust 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



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

I want to wish everyone in our community a happy Canada Day and a safe summer!

Though the past 16 months have looked very different for our community I was beyond grateful to see how we came together in the face of adversity and supported each other. As we begin to move forward in the reopening of our country and province I am looking forward to the opportunity to gather and connect with residents in our community safely once again.

This spring, in my role as your Member of Parliament and as Shadow Minister for Health I remained focused on holding the federal government accountable for providing Canadians with a clear plan that would allow our country to safely resume normal life. After months of intense pressure that I placed on the government, Canadians are finally seeing rapid tests being deployed across the country, vaccinations getting to provinces and territories more quickly and in larger amounts, and businesses and workers being able to access financial support they need in order to keep their businesses open. Thank you to the thousands of Canadians who have contacted me to share their concerns about the federal government's response. I would not be able to do my job if it were not for the many voices that contact my office and share their perspective with me.

Please know that I continue to be very concerned about the economic situation in Alberta and the unemployment in our community. As we begin to see our country reopen, Alberta workers must not be forgotten. You can rest assured that I will be working hard and fighting on your behalf.

As always, please do not hesitate to contact me if I can be of assistance to you or if you have a concern to share with me.

Michelle.Rempel@parl.gc.ca

403-216-7777

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the parks of
HARVEST HILLS

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Volunteer Opportunities

Board of Directors Needed! We Need You!!



- **Volunteer Relations (URGENT!)**

- The Volunteer Relations Director would be responsible for finding ways to increase the number of volunteers in the NHCA while also keeping our current active volunteers engaged.

- **Business Relations**

- The Business Relations Director would help build, develop, and/or improve relations with potential or current business partners with the NHCA.

- **Member Relations**

- The Member Relations Director would help build, develop, and/or improve relations with potential or current NHCA members (i.e., those who hold a membership).

- **Planning & Development**

- The Planning and Development Director would facilitate the improvement of the Northern Hills community by setting out the NHCA's policies and proposals for land use in the Northern Hills area.

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

Fund Development Committee

We are excited to announce a brand-new Committee at the NHCA: the Fund Development Committee! The Fund Development Committee was created to come up with ideas and solutions to ensure that the NHCA continues to offer its wide variety of programs, events, and projects for the Northern Hills community. We are currently seeking volunteers to attend our sub-committee meetings to help with this goal. Please see the list of sub-committees below:



Current Opportunities:

- **Membership**

- The membership sub-committee would be responsible in improving, revising, and/or updating the NHCA's current membership offerings.

- **Programs**

- The programs sub-committee's role would be to come up with ideas for new programs for the NHCA.

- **Capital Projects**

- The capital projects sub-committee would lead the initiative in improving the development of the Northern Hills Community, so as to increase the number of potential events that the NHCA could host for its community.

- **Community Presence/Engagement**

- The community presence/engagement sub-committee would be in charge of increasing the NHCA's presence in the community; it would find ways to spread word and awareness about the NHCA and its events.

continued on page 26

• Partner Relations

- The partner relations sub-committee would be responsible for contacting existing community partners and/or fostering relations with new community partners. The ultimate goal of this would be to come to a stable mutual agreement where both parties benefit.

• Fundraising Events

- The fundraising events committee would be responsible for coming up with fresh ideas for one-time events that could result in increased engagement for the NHCA.

Interested in joining? Call 403-226-6422 or email us at volunteer@nhca.ca. Please leave us your name, phone number and email address.

Project, Events, Programs (PEP) Volunteers

Do you:

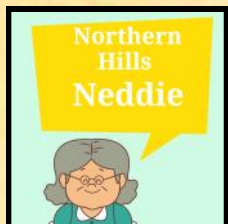
- Enjoy working with a team to bring project, programs, events to life?
- Love organization and making things happen?
- Have time available on a regular basis?
- Possess a specific skill that you want to share with your community?
- See an existing or potential project, programs, events that you'd like to work with the NHCA to deliver?

Current Opportunities:

- Communication Helpers
- Grant Writer
- Seniors Committee



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



Northern Hills Neddies

Dear Neddies,

I recently bought a NHCA membership. I couldn't believe my membership gives me discounts at businesses around the community! I have saved so much money at places like Applebee's, UPS Store Country Hills NE, Boston Pizza, Cobscook, Little Caesars, music lessons, gardening supplies-the list goes on and on. Well my problem is my friends keep making fun of me-calling me a cheapskate and penny pincher! They made a post on Facebook making fun of me!! What can I do? I don't want everyone making fun of me for this.....

Sincerely,

Saving For Life

Dear Saving For Life,

Hold your head high and brush off their comments and insults! With such an amazing discount program-why wouldn't you take advantage of membership discounts? You helped your community by buying a membership and you are being rewarded with all these great savings-hooray proud community supporter! Let them laugh and scoff all the while you enjoy watching your bank account increase as you save money from all the places you would have gone anyhow! You are not a cheapskate-you are a wise, smart champion for your community!

Have a great summer!

Neddies

Pre-Preschool
Preschool
Kindergarden Enrichment

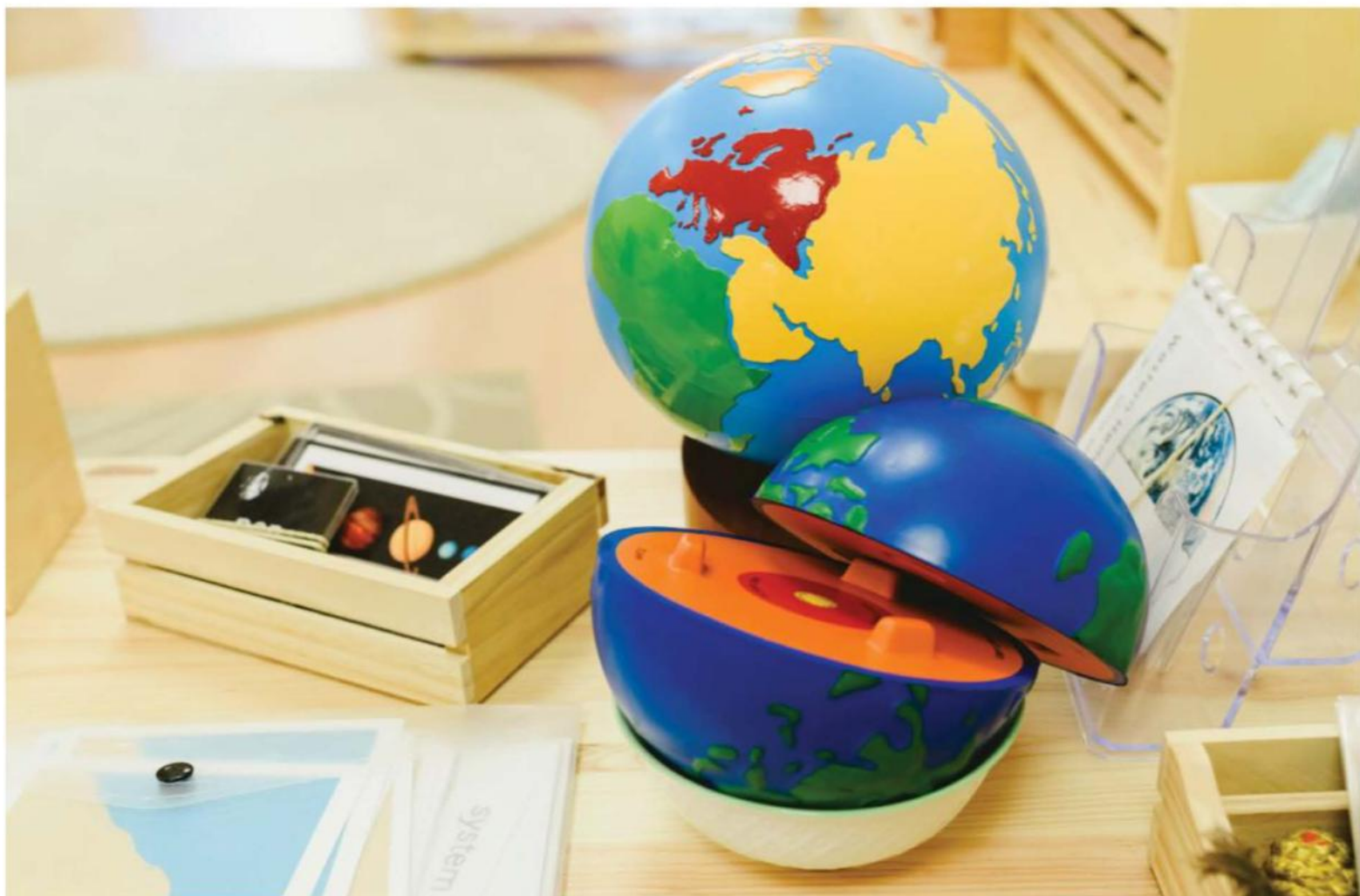
Camps
Performing & Visual Arts
Literacy Village

STEM Program
Active Programs



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**Harvest Hills Alliance
CHURCH**

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office@hhachurch.com
403-226-0990

www.hhachurch.com



Sunday Service 10:00 AM
Join us live or on YouTube/Facebook

Harvest Kids Live
9:30 AM Sunday mornings on Facebook.

Church Rentals—please go to our website and submit the Rental Request form.
If you have questions e-mail rental@hhachurch.com

Answer keys

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



Crossword No XC248707

SOLUTION

ACROSS

1 prophetic. 6 camel. 9 sleeping partner. 10 rift. 11 bebop. 12 hymn. 15 summery.
16 sell-out. 17 all-over. 19 console. 20 leaf. 21 Asian. 22 odes. 26 whistle-stop tour.
27 doyen. 28 sincerely.

DOWN

1 poser. 2 over-familiarity. 3 hope. 4 tannery. 5 copious. 6 curt. 7 money for old rope.
8 lorgnette. 13 serve. 14 flank. 15 swallowed. 18 rashers. 19 chasten. 23 spray.
24 Stan. 25 épée.

By Nikki Browne

Calling All Movers and Shakers to the HHHub!

Restrictions are lifting, the sun is sizzlin', and it's the perfect time for some fun in the sun at the HHHub! Whether you're looking to get your body moving, or support local businesses, we've got you covered!

Hula Hoop at the HHHub – with Infinite Circle Hoops

Dates: Tuesdays from July 6 to August 17 and September 7

Time: 7pm – 8pm

*Dependent on weather and instructor health

Pricing: All classes are free with a valid [NHCA membership](#).

Session registration is required – register [HERE](#)

*Class is first come first serve with 20 participants limit

Location: 178 Harvest Glen Way NE

Hoops will be provided – one per participant or bring your own.

All participants must keep original hoop. Must spray hoop with disinfectant and wipe down before leaving on ground to dry.

Health Screening Questionnaire needs to be submitted at least 1-hour prior arriving to HHHub.

Please arrive at least 10 minutes early to check in.

If you want to bring a child (8 yrs. or older) with you, you must register the child as a family member.



NEW – Makers Market!

Date: August 21

Time: 5pm – 9pm

Pricing: FREE admission to the public, and FREE booth reservation for vendors! *Vendors must provide their own table

Location: 178 Harvest Glen Way NE

We want to help bring your local business to the Northern Hills communities and beyond!

Whether you make your own clothing, décor, or accessories, or provide a service-based business such as lawn care, cleaning, or any trade service, we want YOU at our Makers Market! We'll bring the customers to you and you keep 100% of the profits!

Entrepreneurs of all ages are welcome, but make sure to get parental approval if you are under 18. Prepared food-based businesses must adhere to City of Calgary licensing bylaws.

Pre-registration is required and will open by mid-July. We will also have openings for Featured Vendors in our Business Showcase advertising leading up to the event. This feature is no cost and is open to all vendors regardless of business type or age. We will be requesting photos and a small write up from these vendors for our Facebook page. Stay tuned for more details!

With arts and crafts, raffle prizes and more this evening promises to be fun for the whole family, and a great opportunity to support local businesses. We can't wait to see you all there!

Gardens Update

Gardening season 2021 is well under way! Our beds are planted, and our volunteers are working hard to make the gardens a peaceful and productive green space. This year we have several amazing sponsors that have contributed a total of over \$2000 worth of products to help get our gardens up and running, including tools, weed-wackers, locks, flowers, paint, and cleaning supplies:

Country Hills Home Depot
Country Hills Canadian Tire
North Calgary Decorating – Benjamin Moore
Sarcee Trail Costco

We thank these sponsors so much for their generosity!

We have also completed several large projects with the help of our amazing volunteer teams at both Coventry Garden and Harvest Hills Garden. Notably, [Coventry Garden](#) has a new perimeter fence and upgraded composting system, and [Harvest Hills Garden](#) shed has a brand new coat of pretty paint and new shingles. Keep an eye out for more projects coming over the summer!

Are you interested in being involved with the community gardens? Email gardens@nhca.ca for more information.



Country Hills Canadian Tire



Sarcee Trail Costco



North Calgary Decorating – Benjamin Moore



Country Hills Home Depot

Gardening Safety for Seniors

By MPC Foundation



As we begin to enjoy warmer weather, we have noticed that seniors are beginning to spend more time tending to their gardens and less time in online activities. And that is a good thing! Our growing season is short and we need to make full use of it before it leaves us. However, before allowing ourselves to be consumed by this seasonal activity, we need to prepare ourselves physically to avoid injury.

Gardening is indeed very good for both physical and mental health but without proper preparation, it can also hurt. Many people transition from a sedentary lifestyle to spending hours crouching, bending and pulling over the garden bed. The unfortunate consequence will be felt the day after – a stiff body, sore muscles, aches and pains that impair mobility for a few days after.



So, spend a few minutes doing simple stretches before heading out to tackle that yard work.

Here is a basic set of stretches recommended by our certified fitness instructor, Virginia Posadas:



1. Mini squat – legs shoulder width apart, bend your knees putting weight on your heel (do not let knees go past our toes) stand. Repeat 10 x
2. Reach for the ground – Lower your arms towards the ground. Try to touch the ground or go as far as you can. Hold for 2 seconds. Bend your knees slightly. You are now stretching the muscles at the back of your leg and lower back. Repeat 5 x
3. Bend backwards – Both hands on your lower back. Bend back and hold for 2 seconds. Stand normally. Repeat 5 x
4. Side bend – Stand straight. Position arms on sides. Bend to one side, hold 2 seconds. Back to upright position. Bend to other side. Repeat 5 x on each side
5. Trunk rotation – Stand straight. Stretch arms out wide. Twist left as far as you can go and hold for 2 seconds. Back to center. Twist right and hold 2 seconds. Back to center. Repeat 5 x.

As with all forms of physical movements, there isn't a one size fits all solution. Bend and stretch only as far as you are comfortable. Have a safe and wonderful gardening season! To learn more about us, please visit www.mpcfdn.ca



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!

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](#)



Ultimate Summer Challenge Has Begun!

The Challenge is on! From now until August 31, kids, families, and teens can track their reading hours, attend virtual Library programs, and participate in space-themed activities from home, all for a chance to win awesome prizes. It's not too late to join the Challenge! Register now at calgarylibrary.ca/summer.

Let us know how you're doing by sharing your progress on social media. Tag @calgarylibrary on Facebook, Instagram, or Twitter and use the hashtag #UltimateSummerChallenge.

Your Next Great Read, Delivered

Are you unable to visit the Library during the COVID-19 pandemic? Whether you're self-isolating or simply busy at home with kids, we want to help. Fill out an online form to request a book bag, and we'll choose a selection of books based on your interests and deliver it to your home.

Visit calgarylibrary.ca/home-delivery to get started.

Indigenous Placemaking

The Library's third round of permanent Indigenous Placemaking art is now installed at four Library locations: Crowfoot, Seton, Saddletowne, and Shawnessy. Eight Indigenous artists were selected to create these installations, which celebrate and honour Indigenous history, cultures, and stories through meaningful art. We encourage everyone to check out the beautiful works when they are able to visit in person.

Can't visit the installations in person? Go to calgarylibrary.ca/indigenous-placemaking to find out more about the art and artists.

Have Fun and Learn to Code with CodeCombat

The Library just added a new eResource to its Digital Library! CodeCombat helps kids learn Python or JavaScript while they play their way through 500 exciting levels. This fantasy game combines computer science skills, critical thinking, and creativity. Suitable for ages nine and older.

Visit calgarylibrary.ca/codecombat to start playing.



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:

**Hockey stick bench near Panatella Manor NW and
Panatella Blvd NW**



Submitted by Kevin Wong



Free Ice Cream Cones for Kids!!!

Sponsored by 130 Country Village Rd NE location

Colouring contest For Kids 12 and under. The first 10 kids to colour this page and send a photo of the coloured page to editor@nhca.ca will receive a free kids cone at Marble Slab Creamery 130 Country Village Rd NE, Coventry Hills Centre, Calgary, AB T3K 6B8

- Download the picture [here](#)
- Colour the page
- Send a photo of the coloured page with your name to editor@nhca.ca
- Head into Marble Slab [130 Country Village RD NE](#)
- Let them know your name and that you are there to receive your free colouring contest kids cone!

Ice Cream Dreams

COLORING ACTIVITY



Paramount Dental is accepting new patients!

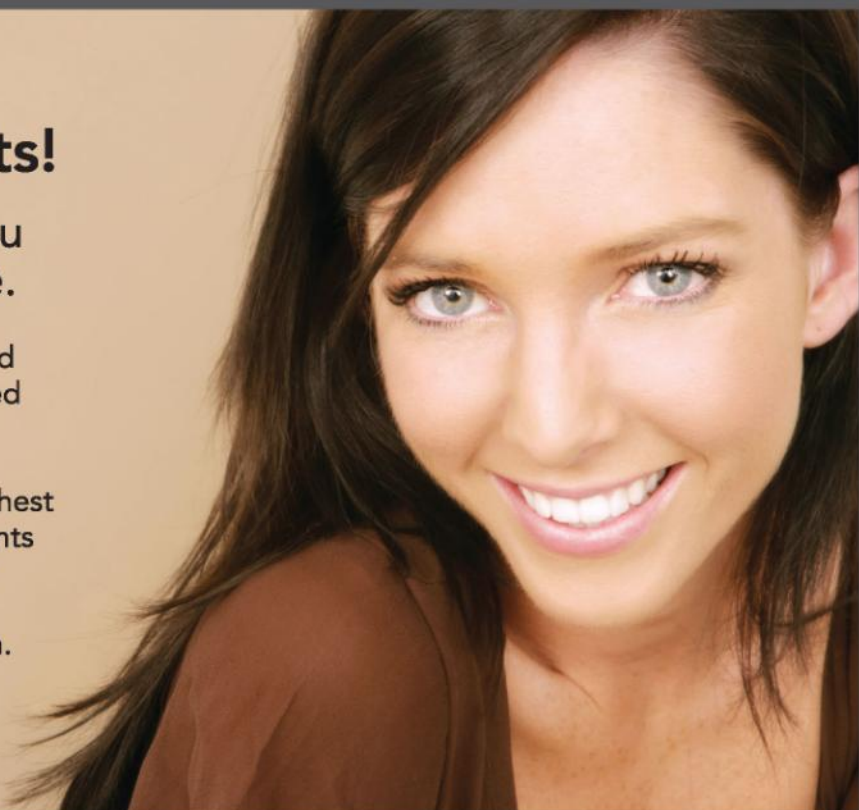
We are excited to welcome you
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standard of care possible, while making patients
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Tuesday: 8am–8pm
Wednesday: 8am–4pm
Thursday: 8am–8pm
Friday: 8am–4pm
Saturday: 8am–4pm*
Sunday: closed

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



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

PARAMOUNT DENTAL

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