

Country Hills

Country Hills Village

Coventry Hills

Harvest Hills

Panorama Hills



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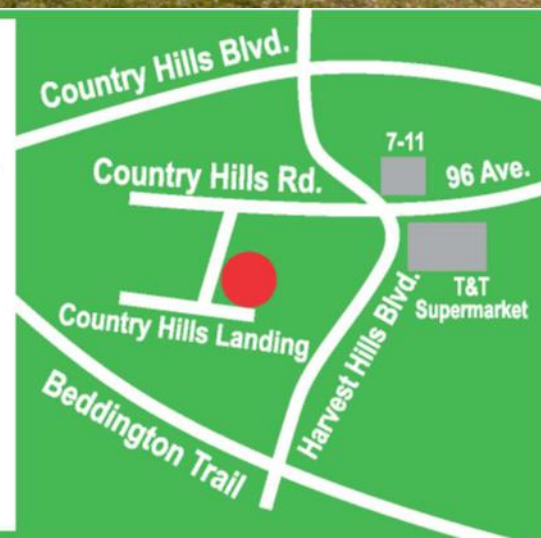


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Dr. Bijaan Lalani



Dr. Christine Ursuliak

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

## President's Message



**Ian McAnerin**  
President  
Northern Hills  
Community Association

As we welcome the month of April, I would like to express my deepest gratitude to all of you for your continued support and dedication to our community. It is your unwavering commitment that has made the Northern Hills a wonderful place to live in.

I hope that this April brings each of you happiness, health, and prosperity. Spring is a time of new beginnings, and I hope that it brings renewed hope and energy to all of us. Let us continue to work together and make our community even better.

As we move forward, I would like to encourage each and every one of you to consider volunteering for our community association. Our association provides vital services to our community, and we need your help to continue to provide these services. Whether it's through participating in events, organizing programs, or serving on the board, your involvement is crucial to our success.

I urge you to contact our community association office ([info@nhca.ca](mailto:info@nhca.ca)) to learn more about the various volunteering opportunities available. Together, we can create a more vibrant and connected community that we can all be proud of.

If you'd prefer to talk in person, we have an upcoming volunteer virtual information session on April 12 @7-8pm, plus an in-person Volunteer Faire on May 10 from 4-7pm at the Vivo Learning Lab (corner room, right at the west entrance).

Because the NHCA covers 5 communities and a large area, we are looking for a person from each of our 5 communities to join the NHCA as a community representative, to make sure that the voices and concerns of your community are heard and met by the NHCA. It's a simple matter of letting the Board know the issues that you and your neighbours are facing and could use some help or advocacy for. You can join either as a director and have a direct say, or as a committee member and be in the know for your area. You can apply here: <https://nhca.ca/community-liaisons/>

Kids soccer and basketball registrations are still going on, but you are rapidly running out of time – register now! The NHCA is also helping sponsor (along with the MPC Foundation) a mixed media art class every Saturday at the Harvest Hills Alliance Church. Join us and unleash your creativity and experimenting with different art forms, mediums, and more! No supplies needed. We will provide everything you need. To participate, contact us at (587)-480-7373 or [info@mpcfdn.ca](mailto:info@mpcfdn.ca)

We have a reminder from the police to the community that April is a common month for scammers claiming to be from Revenue Canada trying to trick people (often seniors). Please check out this page and tell all your relatives as well:

<https://www.canada.ca/en/revenue-agency/corporate/security/protect-yourself-against-fraud/scam-alerts.html>

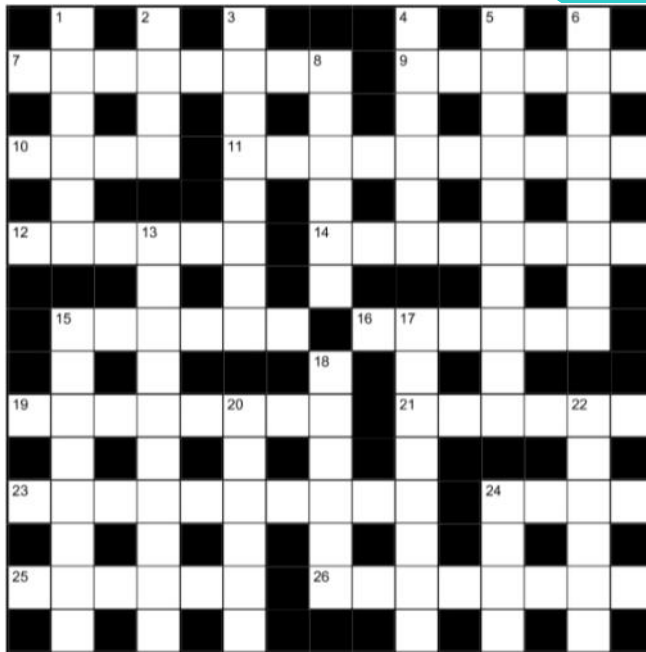
We will be having one of the most important AGM's in NHCA history on MAY 24, at Vivo. Only current members can vote, so please get a membership, and come down to support us and have a direct say in the future of the organization.

<https://nhca.ca/member/>

Thank you for your continued support and dedication to our community. Wishing you all a great month of April.

Ian McAnerin,

President  
Northern Hills Community Association



DOWN

- 1 A teen's represented in governing body (6)
- 2 Right away, plant evidence against celebrity (4)
- 3 Mathematician, one engaged in noisy dispute (8)
- 4 River subsequently needed for one travelling by water (6)
- 5 Changing to career in leisure activity (10)
- 6 Harshness, like compassion, the Queen embraced (8)
- 8 Owner adapts to new celebrity (6)
- 13 Uzis rattle violently in battle (10)
- 15 Lent progressed (8)
- 17 More will fail exam, being most aloof (8)
- 18 The woman's lad upset the announcer (6)
- 20 Speaks of old values (6)
- 22 Communist art is brought back for businessman (6)
- 24 Fire gun, having no time to drive away (4)

ACROSS

- 7 Marriage guidance counsellor? He fixes things (8)
- 9 Game is ruined by prejudice (6)
- 10 Caught, getting time in prison (4)
- 11 Time invested in errant son failed – he has no chance of success (3-7)
- 12 Remember to visit again? (6)
- 14 Drug creating endless conflict at home (8)
- 15 Jack wants us back on road – ridiculous! (6)
- 16 Saucy, tasting of apple perhaps (6)
- 19 A struggle increased in Scottish town (8)
- 21 Note very little (6)
- 23 Nasty criminal upset Alan around start of November (10)
- 24 British agents keep hold of this tobacco (4)
- 25 Remove centre from pellets and grind – using this? (6)
- 26 Woman's worked as model, having inclination

Design and digital publishing credit to:

**The UPS Store 264**  
 612-500 Country Hills Blvd NE  
 Calgary, AB T3K 5K3  
 403.226.9361  
[store264@theupsstore.ca](mailto:store264@theupsstore.ca)  
[theupsstore.ca/264](http://theupsstore.ca/264)

**The UPS Store**



Print and Business Services

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*Photography Winner*.....29

*and so much more!*



# NHCA CONTACTS

## OFFICE

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

## Public Hours

In-Person Hours at the Office:  
Thursday 10:00 AM - 1:00 PM  
Closed on weekends and  
statutory holidays.

## STAFF

Executive Director: [Yana Soldatenko](#)  
Bookkeeper: [Surina Gupta](#)  
Newsletter Editor: [Heather Hubert](#)  
Ad Sales: [Heather Hubert](#)  
Administrative Assistant: [Melissa Gagyi](#)

## 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: [Fana Ousseini](#)  
2nd Vice President: [Tamara Keller](#)  
Secretary: [Amanda Mauch](#)  
Treasurer: [TBD](#)

**DIRECTORS:** Scott Daye, David Hartwick

## COMMITTEES

Gardens: [Amanda Mauch](#)  
Building Safer Communities (Blockwatch): [Tavis Settles](#)  
Community Relations: [Tamara Keller](#)  
Government Relations / Advocacy: [David Hartwick](#)  
Grants: [Amanda Mauch](#)  
Harvest Hills Hub: [Andrea Rudoski & Victoria Henry](#)  
Planning & Development: [David Hartwick](#)  
SPRY in the Hills: [Jay L Emond](#)  
Volunteer Relations: [Amanda Mauch](#)



Northern Hills  
Community Association

## 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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Dr. Tim Begalke, Dr. Jamie Wallace and Associates

**COUNTRY HILLS DENTAL CENTRE**

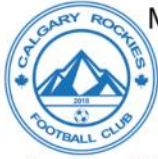
New Patients Welcome

#707, 500 Country Hills Blvd NE  
Calgary, AB T3K 4Y7  
403.226.1809  
[www.countryhillsdental.com](http://www.countryhillsdental.com)

# Northern Hills Soccer

Join us at the NHCA Fields

Northern Hills  
Community Association



May 1 to June 28, Tuesdays/Thursdays - Panorama Hills,  
Monday/Wednesday - Country Hills Park  
Play-Train-Play Modules  
Advanced Soccer Pathways  
U12-16 by Calgary Rockies

Led by US-Soccer Federation A-licensed Technical Director Glenn Ramsay!  
Train with Calgary Rockies Coaches! No Volunteers.



**Cost: U4 (2019-21) \$80 - 8 sessions**  
**U5/6 (2017/18) \$105 - 16 sessions**  
**U8 (2015/16) \$137 - 16 sessions**  
**U10 (2013/14) \$147 - 16 sessions**  
(Payment Plans Available)



Register at **SOCCErTECH.ca**

This Month Only!  
Become a Member  
& Get Entered For  
A Prize Draw



## 4 Pillars Divorce Planning

The divorce process can be overwhelming, stressful and expensive.

The 4 Pillars community offers workshops, support, and free resources for women:

- contemplating separation or divorce
- already in the process but feeling frustrated
- unsure of where to start or steps to take next

**[www.4pillarsdivorce.com](http://www.4pillarsdivorce.com)**

# IN-PERSON ANNUAL GENERAL MEETING



**JOIN US FOR OUR AGM  
WEDNESDAY MAY 24  
6:30PM  
VIVO IDEA LAB**

Visit [nhca.ca/agm](https://nhca.ca/agm) for more information!

**Northern Hills**  
Community Association

# NHCA VOLUNTEER OPPORTUNITIES

## CURRENT VOLUNTEER OPPORTUNITIES

### CASUAL Volunteers



- ✓ See fun stuff happening & want to help out?
- ✓ Have a few hours now & then available?
- ✓ Like helping to ensure an event or program happens successfully?

Bring your time and skills to help run events & programs within the community.

### OPPORTUNITIES:

- Good Food Box Administrator & Driver
- NHCA Ambassador
- Newsletter Contributor

### P.E.P. (Programs, Events, and Programs)



- ✓ Have time available on a regular basis?
- ✓ See an existing or potential project, event, or program that you'd like to work with the NHCA to deliver?

Bring your ideas and organizational skills to ensure projects, events and programs are successful as member of an organizing committee.

### OPPORTUNITIES:

- Community Representatives
- Social Media Creator
- Membership Outreach & Recruitment
- Newsletter Committee (many different roles!)
- Volunteer Outreach & Recruitment

### LEADERSHIP



- ✓ Have a passion for community involvement?
- ✓ See yourself as a community leader?

Bring your passion and ideas to shape the direction of the

NHCA on the Board of Directors and chair a committee you are enthusiastic about.

### OPPORTUNITIES:

- Treasurer
- Community Representative
- Planning & Development
- Newsletter
- Volunteer & Member Relations
- Sports

Sign-up for any above opportunities here:

<https://nhca.ca/volunteer/>

To learn more about the roles and commitments:

Call/Text 403-226-6422 or Email [info@nhca.ca](mailto:info@nhca.ca).

Northern Hills Community Association

## Volunteer Info Session Virtual

Looking for ways to get involved? Donate your time? Apply yourself and get great experience in return?

Join us for our upcoming Virtual Volunteer Info Session and see what peaks your interest!

April 12th @7-8pm via ZOOM

Sign up to attend and you will be emailed the meeting link:

<https://nhca.ca/volunteer/>



# NHCA Office: New Look & New Purpose

Here are some photos we want to share with you from what it looked like before:



We are thrilled to share and show you our hard work for the past couple of months on our office! With the COVID pandemic and consequent shift into a hybrid work mode of virtual and in-person presence, we re-imagined our office space! For the past couple of years it has been used only a few days a week, for short office hours and mostly event preparation space. It started to become another storage space where things got piled up. Even in its tight space, we had great meeting and preparation times. At some point we even had a Wall of Fire (out of boxes) in preparations for Gift of Joy program.



Mid way through the process, here is what the space looked like when most of the furniture was gone:



Here are photos of what it looks like now:



We know there is always a need for more space to host meetings, programs, and events. This new meeting space available for you to book: Conveniently located in Community Wing (across from Country Hills Public Library) at Vivo for Healthier Generations

- Equipped with a TV, 4' x 8' whiteboard and markets, mini fridge, and coffee/tea table
- 300 sq.feet
- Holds capacity for 8 people
- Purposing it for small meetings, programs, and gatherings.

Click here to book: <https://nhca.getcommunal.com/facilities>

## Booking PRICING

Hourly Rate: \$60/hour

NHCA Member Discount: 25% OFF

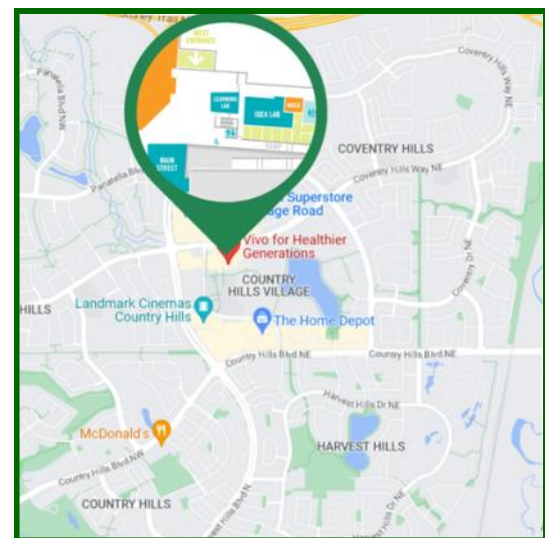
Non-profit/Charity Discount: 10% OFF

+5 hrs Booking Discount: 10% OFF

Combined discounts up to 25% off

\*If you are looking to make recurring bookings (more than 2) further discounts available

Spread the word about this space for the community!





We are excited to introduce you to our brand new location opening January 2023!

Paramount Dental is about a complete team atmosphere of professional individuals who are committed to your complete dental care!

It is our mission to care for you as if you were a family member and to respect your individual needs.

We are committed to your dental health needs and your ongoing dental education for a lifetime of dental wellness!



Dr. Henry Seto



Dr. Tonny Tang



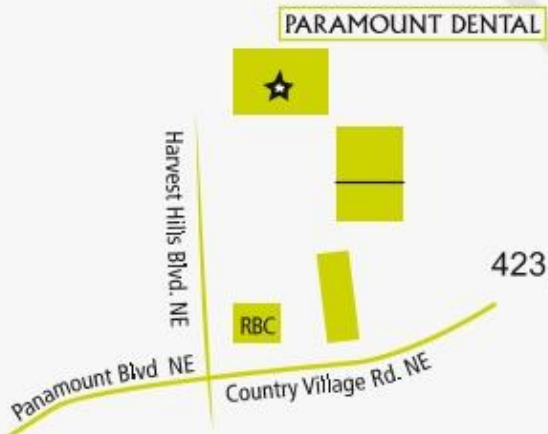
Dr. Maria Chan-Goudreau

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Calgary, AB T3K 6B8

Monday\*\*: 8:00 am to 4:00 pm  
Tuesday: 8:00 am to 8:00 pm  
Wednesday: 8:00 am to 4:00 pm  
Thursday: 8:00 am to 8:00 pm  
Friday: 8:00 am to 4:00 pm  
Saturday\*\*: 8:00 am to 4:00 pm  
Sundays: Closed  
(\*\* = Alternating)

**PARAMOUNT DENTAL**

**(403) 730-9882 [paramountdental.ca](http://paramountdental.ca)**

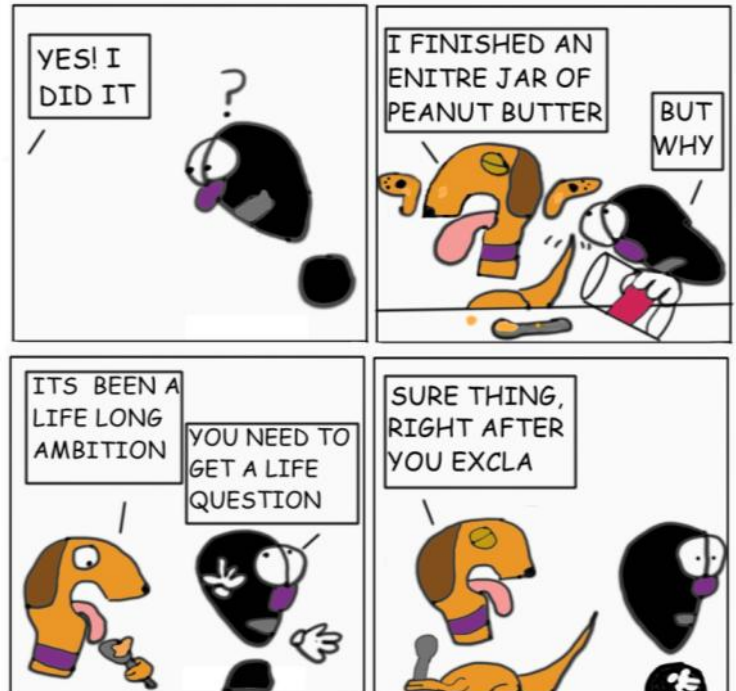
**WE WELCOME ALL NEW PATIENTS**

# PARENTS, GET YOUR KITCHEN BACK



vivo.ca

# Laugh of the day



By Punctuation Association Joni R.  
[punctassoc@hotmail.com](mailto:punctassoc@hotmail.com)



Thank you  
Alberta  
Government

We want to recognize and heartwarmingly thank Alberta Government for honoring us with the Community Initiatives Program (CIP) Operating Grant Stream in 2022.

Without this generous funding we won't be able to deliver the same amount of services, programs, and events in 2022 as well as focus on further development of our internal projects!

Thankfully,  
Northern Hills  
Community Association

Northern Hills  
Community Association

APRIL 22

7PM-Midnight  
Notre Dame Gym  
Fundraiser, Food, Drinks & Fun



SILENT AUCTION

ALL PROCEEDS  
BENEFIT NOTRE DAME  
SPORTS PROGRAMS

We need  
Your  
SUPPORT!

\$30  
TICKETS

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CONTACT: [leah.conforti@cssd.ab.ca](mailto:leah.conforti@cssd.ab.ca)  
Notre Dame Athletic Director

We ask all teams to contribute!  
Parents, Alumni, coaches, staff and friends are welcome!

See Blue & Gold Website for more details



HOSTED BY BLUE & GOLD ATHLETIC SOCIETY AND NOTRE DAME ATHLETICS



# Northern Hills Neddie

Dear Neddie,

With the weather changing, all I can think about is getting outside and smelling the fresh air and growing something? However, I don't even know where to start. I live in a condo and don't have a yard. Do you have any advice on this? I was inspired by watching the TV show "Once Upon A Time" and all the magic beans being grown. I want that to be me! Can I grow magic beans?

Sincerely,

Green Thumb

Dear Green Thumb,

Unfortunately, magic beans aren't real-wouldn't it be great if they were and we could escape to a different world and find treasures, but then again, I don't know if getting stepped on by a giant would be a good idea.

So, in our world, yes I do have some great ideas for you and gardening! The NHCA has affordable garden plots you can rent for the season to grow grow grow! Try your hand at some potatoes, carrots or peas or whatever you like! There is one in Coventry and another in Harvest Hills. They also have beautiful flowers throughout the gardens, nice seating areas to sit and views to take in. You may even meet some other gardeners and strike up some friendships! You will get some fresh air and so much more! Imagine making a salad of all your own vegetables. Also the gardens even have Food bank gardens to help those in need! You can volunteer to help water and maintain the gardens too as they can always use extra green thumbs! For more information go to : [Community Gardens – Northern Hills Community Association \(nhca.ca\)](https://www.nhca.ca)



# CALLING ALL LOCAL WRITERS!

SEND IN YOUR ARTICLE AND WIN A \$25  
GIFT CARD TO STAMPEDE CAR WASH!

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



I Am Felicity

I am a swimmer

I wonder what it will feel like  
to swim in the Olympics

I hear the sound of the crowd  
cheering my name

I see a stadium full of people

I want to win a gold medal

I am a swimmer

I pretend I am in Olympic  
training camp

I feel proud

I touch the shiny gold medal

I worry that my sick brother  
won't be able to make it to my  
swim meet

I cry about my brother's sickness

I am a swimmer

I understand how much my brother  
wants to see me swim

I say that when I win the gold,  
he will be there

I dream about my brother standing  
up and cheering for me

I try to help him get better  
every day

I hope my dreams come true

I am a swimmer

Submitted by:  
Felicity Meng

# City Nature Challenge 2023

April 28 - May 1

The fifth annual Calgary City Nature Challenge is back to celebrate the biodiversity living within our urban ecosystem! Show the world the amazing nature that can be found in Calgary by sharing your photos of flora and fauna to the iNaturalist app. 500 cities from across the globe will compete to see which can make the most nature observations, document the most species, and engage the most people. 41 cities in Canada will take part in 2023.

Help put Calgary's urban biodiversity on the map April 28-May 1! Explore anywhere in Calgary, Airdrie, Cochrane, Okotoks, Rocky View County, or Foothills County. Take photos of any birds, plants, insects, mammals, fungi, and even microorganisms you encounter and upload them to the iNaturalist app before May 7. The global and Canadian results will be announced on May 8. Your observations not only help Calgary to be recognized for nature but also lend to conservation research.

Take part in a park bioblitz or go rogue with friends and family while you explore your city under a new lens. Your observations will not only help put Calgary in the City Nature Challenge but also helps researchers and scientists study our local urban biodiversity like never before.

Will you join the challenge?

Learn more about News and Events:

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

Facebook/ Instagram/Twitter: @citynatureyyc



The poster for the 'Save Nose Creek Tour' has a light blue background. At the top left is the City Nature Challenge logo with the text 'YVC PRESENTS:'. To the right is a circular badge that says 'SIGN UP TODAY'. The main title 'SAVE NOSE CREEK TOUR' is in large, bold, black letters. Below the title, the date and time 'Saturday, April 29 1:00 PM' are listed in blue. The meeting location 'Meet at Mollies Market on 11 St NE (Deerfoot District)' is in a smaller blue font. A photo shows a group of people walking on a path. At the bottom, a black banner contains the text 'SIGN UP AT SAVENOSECREEK.COM' in white.



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# TRANSFERRING YOUR PRESCRIPTIONS IS EASY

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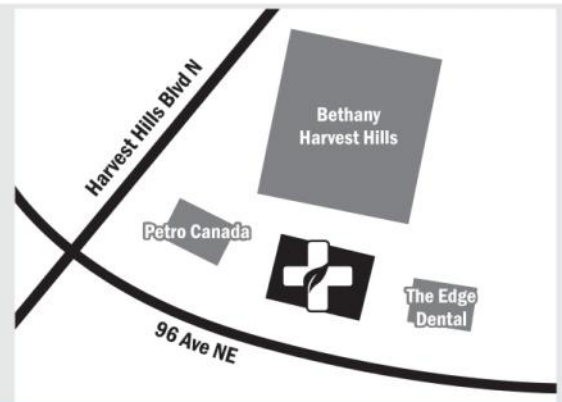
**Harvest Hill  
Pharmacy**

## Harvest Hill Pharmacy

### 403.475.5900

111, 160 96 Ave NE calgary AB T3K 6G4

Mon to Fri 9 am - 6 pm | Sat 10 am - 2 pm



## Gardeners Corner

Do you have a green thumb? Do you want to develop a green thumb? Join our gardening community!

We have community gardens in both Harvest Hills and Coventry Hills, and we still have a few beds available so if you have missed out in previous years, hurry and grab one before they're sold out!

The NHCA community gardens are dedicated to bringing together neighbours to provide locally grown food for their families. Each year, we also dedicate beds to the Calgary Interfaith Food Bank and other interested groups. The garden promotes community, organic growing methods and a sense of shared responsibility and team work.

**Registration is On! Register [here](#).**

## Rental Costs:

**4 x 12 – \$30**

**4 x 8 – \$20**

Returning gardeners – \$5 off their first garden plot

All garden plot rentals require an [NHCA membership](#), valid until Oct 31st.

All community garden plot rentals are valid for one growing season, from May 1st through October 31st of the year of purchase.

## Volunteer Opportunity:

Each gardener is required to volunteer and complete 2 duty shifts per bed, but we are also looking for leadership! If you have a bit more time, and are interested in taking more of an active role, we need volunteers who will help with communication, maintenance, or mentoring!

If you would like more information on this, please contact our Garden Director Amanda at [gardens@nhca.ca](mailto:gardens@nhca.ca)





# Harvest Hills Alliance Church

www.hhachurch.com



10099 Harvest Hills Blvd NW

403-226-0990

office@hhachurch.com



• Believe

• Belong

• Bless

## SUNDAY SERVICES

9:15 & 11:00 am

9:15 am Live YouTube & Facebook

9:15 am Harvest Kids Nursery- Grade 4

11:00 am Harvest Kids Nursery - Grade 4

Club (Grade) 5-6 in Youth Room

9:00 am Youth Breakfast Study Group

(First Sunday of the Month )

10:30-11:00 am Youth Hang Out

11:00 am E.S.L

7:00 pm Young Adults

## Weekly Ministries

### Tuesdays

Women's Exercise 6:45- 8:15 pm

### Wednesdays

Women's Bible Studies 9:15-11:45 pm

ESL 9:30-11:45 am

Youth Life Groups 6:30 - 8:30 pm

### Thursdays

Every 1,2 & 4 Thursdays Quilters Plus

9:00 am -3:00 pm - Bring your lunch

Every 3rd Thursday Young at Heart 65 +

11:30 am - 2:00 pm

### Saturdays

Men's Bible Study 8:00 -10:00 am

**\*\*Come Join Us\*\***

Good  
Friday  
Service  
April 7  
10:00 am



Easter Sunday Services  
April 9

9:15 & 11:00 am



# Good Food Box

NHCA and Vivo is one of the volunteer run depo's for The Good Food Box program. GFB is a monthly program under The Community kitchen of Calgary. Volunteers of CK assemble 3 size options of affordable fruits and vegetable available to all Calgarians to purchase monthly at an incredible low price.

- Small box approx. 20lbs of seasonal fruit/vegetable \$25.00
- Med box approx. 30lbs of seasonal fruit/vegetables \$30.00
- Large box approx.40lbs of seasonal fruit/vegetables \$35.00

To keep this program in our community at Vivo depo, we are in need of admin support. If you are able to help support this program please contact NHCA



## CLASSIFIED ADS

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1139-3800 Memorial Drive NE

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Quality workmanship.  
[www.gutterdoctor.ca](http://www.gutterdoctor.ca),  
403-714-0711.

# FREE INCOME TAX CLINICS



**Are you low income and need a hand preparing your tax return? Make your appointment today!**

For more information, contact:  
[taxclinics@growwithtrellis.ca](mailto:taxclinics@growwithtrellis.ca)  
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# The Pedagogy of Care for Infants and Toddlers

Caring for infants and toddlers is a labor of heart. Many think that caring for them is a childminding job that requires the caregiver to sit and watch their full potential unfold by providing an environment that carries appropriate materials. However, the literature is informing us otherwise. The principles of care along with our code of ethics and the early learning framework are providing us with a solid body of research towards involving infants and toddlers as active citizens in a democratic practice that respects every aspect of their well-being and their integration in a social milieu that is based on the practice of relationships (Makovichuk et al, 2014).

Many of us find infant and toddlers cute. Vasta et al (1995) stated that “According to ethologists, aspects of baby’s physical appearance may be innately ‘cute’ and so elicit caregiving” p.446.

Their large head, round faces, and chubby legs elicit care, respect and admiration. There is a charm in infants and toddlers that motivates caregivers to smile and be joyous. I just can’t help it not to smile and being close to play with them.

The principle 5: Respect infants and toddlers as worthy people from Magda Gerber’s work illuminate the caregivers’ approach towards caring for infants and toddlers (Gonzalez-Mena and Eyer, 2011, p.11).

Merriam Webster defined the verb respect as “to consider worthy of high regard” (webster.com).

Respect indeed is our action towards others where we choose to not belittle them and treat them with inferiority, but rather treat them as equal partners worthy of dignity and consideration. Respect as an action everyone deserves it.

Gonzalez- Mena and Eyer (2021) stated that “Children who are treated with respect are more likely to be respectful to others than children who are not” (p.39).

The ripple effects of respect will render it a great human value for peace and harmony not only in a childcare environment but everywhere.

In the context of caring for infants-toddlers, respect looks like the following to me:

1. The way the caregiver carries himself/herself around children.
2. The tone of voice when speaking to children.
3. The words that the caregiver chooses to use in his/her communication with children.
4. The attitude that the caregiver carries when dealing with challenging behaviors.
5. The quality time the caregiver spends with them.
6. The kindness and compassion when tantrums arise.
7. Responding to their needs to the best of our ability and promoting freedom to movement and exploration.
8. Asking for their permission before carrying, hugging, and touching them and walking them through the procedures of caregiving rituals in the daily routines in a way that prepare them for what was to come.

Nevertheless, explaining our actions to infants and toddlers and walking them through the process during the special one-to one interaction of the caregiving routines is caring. Authentic care respects the child as a human being who is competent and capable. In this perspective, the pedagogy of care illuminates caregivers to engage in reciprocal exchange that value the child as a partner “following one of

Emmi Pickler’s principles, we find ourselves doing it “with” children instead of doing it “to” children” (Amslee Institute).

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Merriam Webster Online Dictionary. Definition of respect. Retrieved on January 12<sup>th</sup> from: <https://www.merriam-webster.com/dictionary/respect>

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# Yoga For Sleep

By MPC Foundation

Yoga is a gentle and restorative way to wind down your day. Research has found that over 55% of people who did yoga discovered that it helped them get better sleep. Some 85% of those who practice yoga for sleep said that doing yoga regularly helped them reduce stress, having better coping skills and achieved better sleep quality. For those who are new to Yoga, having the right guidance and equipment will go a long way towards easing smoothly into this form of exercise. To begin with, know that Yoga is not about being able to bend like a pretzel! The flexibility will come and everyone's progress will be different. For a good start, use supportive props like bolsters, towels, and yoga blocks to make poses comfortable so that you can stay in the pose for longer and continue to breathe gently. You can also begin with fewer repetitions and gradually adding more as you progress. A good way to maintain progress will be to set an achievable goal to begin with and gradually move the bar higher over time. The beauty about this form of exercise is that you can do as much or as little as your body can tolerate. When done properly, you will experience the wonderful sensation of having a good workout and without any pain nor exertion.



There are several restorative yoga poses that relieve tension and stress, and thus, help promote restful sleep throughout the night. Additionally, deep breathing during yoga is key to be able to relax in these poses. Using a gentle and calming yoga breathing technique, this form of exercise will enhance meditative mindfulness that serves us well, not just at bedtime, but throughout the day as well.

As with all things worth doing, the more that you practice Yoga poses regularly, the more likely you can get a good night's rest. Start by learning the right techniques from a qualified practitioner, after which you can successfully embrace this exercise into your daily self-care routine.

MPC Foundation offers Yoga for Sleep for all seniors and older adult residents in the area. These classes are offered free of charge, thanks to generous support from the Calgary Foundation.

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Whether you're looking for tips on healthier living or the benefits of taking a gap year, have interest in geophysics, enjoy European films like *Gods of Molenbeek*, or want to learn about the history of the Shriners, there's a Library program that fits your interests.

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## APRIL WINNER!

### Slow-Cooked Red Wine Short Ribs Winner: Larissa MacKenzie

#### Ingredients:

4 bone in short ribs (about 5 pounds)  
Salt & pepper to taste  
2 Cups dry red wine  
2 tbsp Olive oil  
1 Spanish onion chopped  
1 carrot chopped  
2 Celery stalks, chopped  
3 to 5 Garlic cloves, peeled and roughly chopped or left whole  
2 tbsp flour  
2 tbsp. Tomato paste  
2 cups beef stock  
2 sprigs Rosemary  
2 bay leaves  
2 tbsp Chopped parsley for finishing



#### Directions:

Preheat oven to 400°F

Season short ribs with salt and pepper. Add to roasting pan. Roast until well browned, about 20 minutes.

Transfer to slow cooker. Drain any excess fat from pan. Add have 1/2 cup of red wine, scraping to incorporate the drippings into the wine. Transfer pan drippings too slow cooker.

Heat skillet over medium heat. add olive oil. Add the onions, carrots, Celery and garlic. Season with salt and pepper. Sauté vegetables until start to soften, about 3 to 5 minutes.

Add the flour. Stir and cook for two minutes. Add tomato paste, stir and cook for 1 to 2 minutes.

Slowly stir in the remaining red wine. Let simmer and reduce, about 5 minutes. Add beef stock, rosemary and bay leaves and let simmer and reduce, about 5 minutes more. Transfer all to slow cooker. Set slow cooker to low. Cover and cook until meat is fork tender, about 6 to 8 hours.

Remove short ribs to serving dish. strain sauce and heat over medium heat, reduce until thick, about 10-15 minutes. Pour over short ribs, garnish with parsley.

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)

# Joke corner: Post Apocalyptic TV Edition

1) Nowadays, folks are making apocalypse jokes like there's no tomorrow!

2) I waited up all night trying to find and see the sunrise-then it dawned on me!

3) Let me tell you a joke about pizza?

Never mind, it was too cheesy



Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

### Getting informed

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

### Getting the right fit

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

### Getting started

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

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## Sudoku

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

# Waste and Recycling

Weekly green cart returns end of April.

Weekly green cart pickup returns the last week of April. Check your schedule at [calgary.ca/collection https://www.calgary.ca/uep/wrs/garbage-collection-information/residential-services/garbage-day-schedule.html?redirect=/collection](https://www.calgary.ca/uep/wrs/garbage-collection-information/residential-services/garbage-day-schedule.html?redirect=/collection) and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

As you clean up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll the tops of the bags closed and set them at least two feet to the side of your green cart for collection.

## Compost giveaways

Compost will be available for pickup by online appointment from April 24 to June 10.

Appointment bookings will be available on [calgary.ca/compost https://www.calgary.ca/uep/wrs/recycling-information/residential-services/green-cart/green-cart-compost-giveaway.html?redirect=/compost](https://www.calgary.ca/uep/wrs/recycling-information/residential-services/green-cart/green-cart-compost-giveaway.html?redirect=/compost) starting April 10.



A banner for the Northern Hills Community Association Prize Draw. It features the organization's logo at the top, which includes the text "Northern Hills Community Association". Below the logo, the words "Prize Draw" are written in a large, bold, green font. The banner has a light beige background with green dotted patterns in the corners.

A promotional graphic with three green circular icons on a light beige background. The first icon has a checkmark and the text "Follow" and "Subscribe to our emails". The second icon has a heart and the text "Donate" and "Donate to the NHCA". The third icon has a person with a plus sign and the text "Member" and "Become a member". In the center, there is a green gift box icon.

A banner announcing the prize for the winner. It says "Winner will receive:" followed by "\$50 Boston Pizza Gift Card" in a yellow box. The banner has a light beige background with green dotted patterns in the corners.





### Jasmine Mian Ward 3 Councillor

Spring is just around the corner! Here are some topics and questions we've received from residents this past month. For more information or to contact my office directly, visit [jasminemian.com](http://jasminemian.com).

#### **Q: Any update on the Hanson Ranch Wetlands?**

**A:** You may have noticed that throughout March, crews were out working on the wetland. Although construction is expected to begin in 2024, preliminary work is being done for permitting purposes. Investigate site work and environmental monitoring will continue periodically. Visit [calgary.ca/hansonranchwetland](http://calgary.ca/hansonranchwetland) for more information.

#### **Keeping Storm Drains Clear this Spring**

Storm drains (or catchbasins) are the main way stormwater gets into our underground pipes AKA our stormwater management system, so it's important we keep them clear! There are about 60,000 storm drains in Calgary which capture water off sidewalks, streets and roads. The City has an online map that shows where storm drains are located and how to care for them: [calgary.ca/stormdrains](http://calgary.ca/stormdrains)

#### **Green Calgary Rain Barrels**

With springtime rain around the corner, rain barrel sales are happening right in Ward 3. Capturing rainwater keeps dirt and contaminants out of our rivers and helps our community stay resilient during dry weather by cutting down on water use. Grab yours for a discount Saturday, June 10 at VIVO between 10am and 2pm. Pre-order at [greencalgary.org](http://greencalgary.org) starting April 1, 2023.

Ward 3 Councillor [Contact Form](#)

Jasmine Mian

Ward 3 Councillor

# Answer

## SOLUTION

	1	S		2	F		3	W				4	R		5	R		6	A
7	R	E	P	A	I	R	E	R			8		9	A	G	E	I	S	M
	N		M		A		E				F		C		P				
10	C	A	G	E			11	N	O	N	S	T	A	R	T	E	R		
	T				G		O				E		E		R				
12	R	E	C	A	L	L		14	W	A	R	F	A	R	I	N			
					U	E		N							T	T			
	15	A	B	S	U	R	D			16	F	R	U	I	T	Y			
	D		T					18	H	E		O							
19	A	V	I	E	M	O	R	E			21	M	I	N	U	T	E		
	A		R		R		R		O								R		
23	U	N	P	L	E	A	S	A	N	T			24	S	H	A	G		
	C		I		T		L		E		H		D						
25	P	E	S	T	L	E			26	D	I	S	P	O	S	E	D		
	D		Z		S						T		O						

### DOWN

1 senate. 2 fame. 3 wrangler. 4 rafter. 5 recreation. 6 asperity. 8 renown. 13 Austerlitz. 15 advanced. 17 remotest. 18 herald. 20 orates. 22 trader. 24 shoo.

### ACROSS

7 repairer. 9 ageism. 10 cage. 11 non-starter. 12 recall. 14 warfarin. 15 absurd. 16 fruity. 19 Aviemore. 21 minute. 23 unpleasant. 24 shag. 25 pestle. 26 disposed.

# Sudoku

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

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**This month's winner:**



**Triple sunrise over the Nose Creek Valley. The sun is in the middle flanked by two sundogs to the left and to the right within a 22-degree halo.**

**There is a community group trying to protect the Nose Creek Valley and potentially designate it as a park. We invite you to join the group's Facebook page @ "Save Nose Creek"**

**Submitted by Sami Houry**