

Country Hills

Country Hills Village

Coventry Hills

Harvest Hills

Panorama Hills



**Banff National Park: Photo by Bob Leuty**

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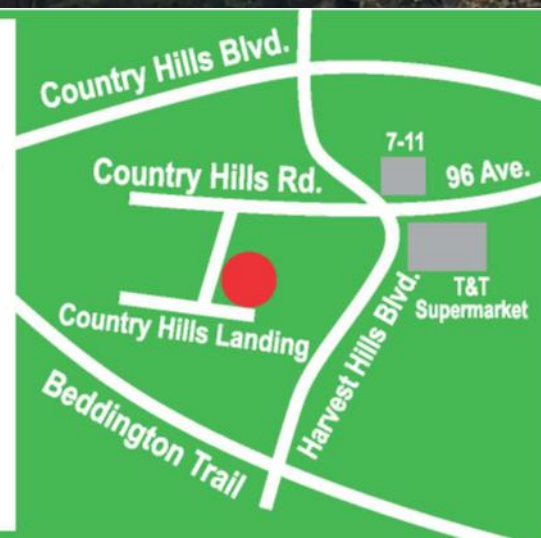


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Dr. Bijaan Lalani



Dr. Christine Ursuliak

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## President's Message



**Amanda Mauch**  
President  
Northern Hills  
Community Association

Happy November Northern Hills! It's been a mild season so far, but still make sure to get your winter tires on right away because rest assured – winter is coming!

We had a great local Halloween event this month in Country Hills, complete with a mini Haunted House! We'd love to expand this event to our other neighbourhoods for next year, so if you'd like to help plan these events, please [volunteer](#) with us! We were also able to help support a fantastic local initiative for Halloween in Panorama Hills. This event has been going for many years, and the organising resident reached out to us for support, which we were happy to provide. I'm excited to potentially collaborate more in the future!

Another successful **Good Food Box** is in the bag, with the next upcoming deadline on November 17 for a delivery on November 28. Go to our website [to order!](#)

We will be hosting our 3<sup>rd</sup> Annual **Christmas Market**, on November 16 from 10am-4pm. Vendor spaces are filling up, please go to [this page](#) for more information on how to sign up for a table. We will be holding this market in the indoor playground space at Vivo, which you can access on the day for FREE.

Thank you for your continued support and dedication to our community. I wish you all a great month of November!

Amanda Mauch  
President  
Northern Hills Community Association



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*and so much more!*

# NHCA CONTACTS

## CONTACT US

E: [info@nhca.ca](mailto:info@nhca.ca)

## STAFF

Bookkeeper: [Surina Gupta](#)  
Newsletter Editor: [Heather Hubert](#)  
Ad Sales: [Heather Hubert](#)

## VOLUNTEERS

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

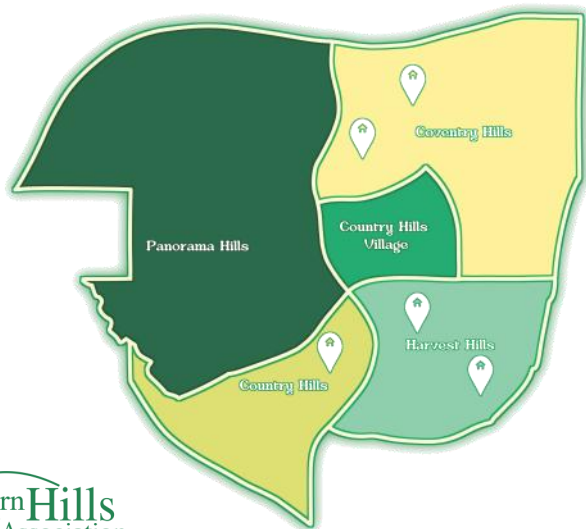
## BOARD MEMBERS

President: [Amanda Mauch](#)  
1st Vice President: [TBD](#)  
2nd Vice President: [TBD](#)  
Secretary: [Nikki Browne](#)  
Treasurer: [Cindy Partin](#)

**DIRECTORS:** Suresh Fernando, Mark Hayden, Brian Kielly, Lisa Leavitt, Christine Othitis,

## COMMITTEES

Gardens: [Amanda Mauch](#)  
Building Safer Communities (Blockwatch): [Tavis Settles](#)  
Community Relations: [TBD](#)  
Government Relations / Advocacy: [TBD](#)  
Grants: [Amanda Mauch](#)  
Planning & Development: [TBD](#)  
Seniors Program: [Louise Crane](#)  
Volunteer Relations: [Amanda Mauch](#)



## 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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[www.countryhillsdental.com](http://www.countryhillsdental.com)

A map showing the location of the Country Hills Dental Centre. The map highlights the intersection of Country Hills Blvd NE and Coventry Hills Blvd NE. Landmarks shown include "Country Hills Town Centre", "Shopper's Drug Mart", "Tim Hortons", "Country Hills Dental Centre", and "Relay All Day/Out".



*Remembrance Day*



WE WILL NEVER  
**FORGET**

## News from Calgary Public Library

### November 2024 Calgary Public Library Newsletter Content

#### Discover Endless Possibilities at Calgary Public Library

Your free Calgary Public Library card gives you access to the tools and resources you need to learn and grow.

Explore and play at Early Learning Centres, get help with your homework, or gather with friends at any time.

The Library is your community space. Visit any of the 22 locations in the city to register for your free card today!

Learn more at

<https://www.calgarylibrary.ca/>

Northern Hills  
Community Association

# Christmas Market

Vendor Registration is Open!

**Saturday November 16, 2024**

10am – 4pm

Vivo for Healthier Generations

We're calling all artists, artisans, local businesses, creators, and vendors to register for the Christmas Market on Saturday November 16th from 10am to 4pm. The event will be free and open to the public.



Registration is limited to 40 vendors make sure to register ASAP!



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!

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Dr. Henry Seto



Dr. Tonny Tang



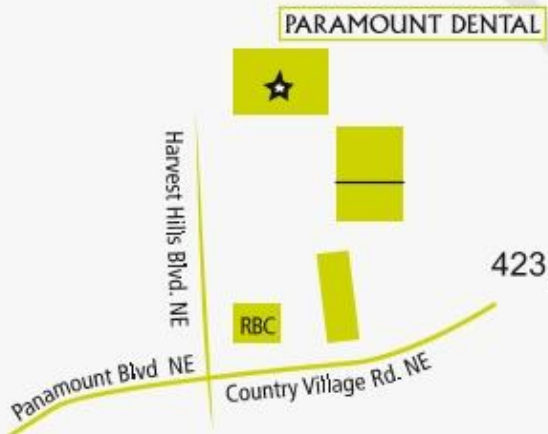
Dr. Maria Chan-Goudreau

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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**



# VOLUNTEERS NEEDED!



**The Northern Hills Community Association is in need of volunteers to fill essential roles. With over 56,000 residents, volunteers are crucial for running the Community Association effectively.**

## **WE NEED TO FILL OUT OUR BOARD WITH A FEW KEY POSITIONS TO CONTINUE RUNNING!**

- **1st Vice President**
- **2nd Vice President**
- **Community Relations Director**
- **Land Use and Development Director**
- **Volunteer Director**
- **Membership Director**

**Here are just a few reasons to volunteer with us:**

- ✓ **Meet new people and make new friends**
- ✓ **Learn new skills and gain valuable experience**
- ✓ **Make a positive impact in your community and beyond**

**If you're interested in volunteering with us, please contact us!**  
**[volunteer@nhca.ca](mailto:volunteer@nhca.ca)**

# Waste and Recycling

## What is cart contamination?

We talk a lot about putting the right items into your blue, black and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures material ends up at the right facility to be turned into new products or to be disposed of properly.

Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at [calgary.ca/contamination](https://calgary.ca/contamination)



# Order Your Good Food Box



## Good Food Box!

**Good Food Box orders will be picked up at Harvest Hills Alliance Church 10099 Harvest Hills BLVD NW. Pick up remains at 3:30 to 5:30pm. Order and Pick up dates will be updated on our website monthly!**

[www.nhca.ca/gfb](http://www.nhca.ca/gfb)

Northern Hills  
Community Association

COMMUNITY  
KITCHEN

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## Shovelling Season!

**Yup, it's that time of year. The white fluffy stuff is making an appearance and It Ain't Gonna Shovel Itself!**

**Shovelling** requires as much energy as running 15 kilometres per hour! While it benefits the heart and your cardiovascular fitness most people don't realize that one full shovel-load of wet snow can weigh as much as **11 kg**, that's **25 lbs** for you old timers!

Shovellers sustain injuries every year from repetitive twisting, improper lifting, overexertion, or simply by trying to shovel too much snow. It can be made even more difficult by the weather. **Cold air makes it harder to work** and breathe, which adds some extra strain on the body. **Cold tight muscles are more likely to strain** than warm, relaxed muscles.

### Helpful Tips

- **Dress warm** and take time to for a **simple warm up** of marching on the spot and a few shoulder circles to help tackle the snow.
- **Don't bring a knife to a gun fight, choose the right weapon**– A shovel with an **appropriate length handle** is correct when you can slightly bend your knees, bend forward 10 degrees or less, and hold the shovel comfortably in your hands at the start of the shovel stroke. A **small plastic shovel blade** will be lighter, putting less strain on your spine. **Ergonomic shovels** with a bent shaft are very good to keep your back in a less bent over position.



**PRO TIP:** spray your **shovel with a lubricant or silicon spray** so the snow slides right off.

- **Use your legs!** – Squat with your legs apart, knees bent and back straight. Do not bend at the waist. Scoop small amounts of snow into the shovel and walk to where you want to dump it. Holding a shovel of snow with your arms outstretched puts too much weight on your spine.
- **Step in the direction in which you are throwing the snow** – This will help prevent the low back from twisting.
- **Don't try to be a HERO** – Begin by skimming off the snow from the top and then remove the bottom layer. **Avoid overloading the shovel.** You are working too hard if you cannot say a long sentence in one breath. If this is the case, take a short rest or decrease the intensity of effort slightly.
- **Take a break or a few!** – Stand up straight and walk around periodically to extend the low back. Do **standing extension exercises** by placing your hands on the back of your hips and bend backwards slightly periodically.
- **Wear proper footwear** with good tread to help avoid slipping or falling.
- **If you have a health problem or are not in good shape, do not even consider snow shovelling.** Find someone ahead of time to help.

*Give that kid on your block a reason to get off his phone and get outside.*

**Physiotherapy** can be helpful in **relieving pain, speeding recovery time** and preventing the pain from worsening or recurring.

Tips to help you **Love Life!!!**

Written by Graham Matheos your local PT



# 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

7:00 pm Young Adults

## Weekly Ministries for October

### Sundays

E.S.L. Sunday at 10:15 am

Young Adults 7:00 pm

### Wednesdays

Ladies Bible Studies 9:15 am

Youth Life Groups 7:00 -9:00 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 +

Potluck lunch 12:00 - 2:00 pm

ALPHA - 6:00-8:00 pm Supper included.

### Saturdays

Men's Bible Study

8:00 -10:00 am



HARVEST HILLS ALLIANCE CHURCH

CHRISTMAS  
CRAFT SALE

November 29 4:00- 8:00 pm

December 30 9:00 am -3:00 pm



## HHAC Ladies Christmas Dessert Gala

Friday December 6, 2024  
7:00 pm

Tickets \$15.00

Guest Speaker :  
Cyndy Ingram

Tickets go on sale  
November 3  
click on this pic in our  
online bulletin  
to order your tickets

# VOLUNTEER WITH US!

## EVENTS COMMITTEE

The Northern Hills Community Association is seeking volunteers to help organize and run four major events throughout the year. The goal is to establish a small committee to take the lead on these events in partnership with the NHCA Board of Directors. We are looking for three to four volunteers to join the committee and bring fresh ideas to the table.

### Here's what you can expect:

- The committee will focus on planning and executing four major events per year
- Established events like Community on Tap, Harvest Fest, and Christmas Market will continue to be hosted, with one or two family-friendly events added to the mix
- The amount of time required will vary depending on the time of year and upcoming events, with the busiest times expected to be from July to mid-December

---

## SPORTS COMMITTEE

The Northern Hills Community Association is seeking three to four dedicated volunteers for our Sports Committee. As we look to expand our sports programs and offerings, we need a team to focus solely on community sports. This committee will work closely with the NHCA Board of Directors to create a comprehensive sports program that caters to all age groups.

### What You'll Do:

1. Contribute to developing and implementing an updated youth soccer program
2. Collaborate with a third-party soccer programmer
3. Create a community sports plan with programming for all ages

The time commitment will vary depending on the season, with the months of May through September requiring the most involvement. Join us in building a strong and vibrant sports community!

---

**If you're interested in being a part of these exciting opportunities, please reach out to us at [volunteer@nhca.ca](mailto:volunteer@nhca.ca).**

It is officially the end of harvest season. I hope everyone had a great Halloween! Now you can shut down your garden beds, put all your old plant material in your green bin, and make sure you get any bulbs planted for next spring.

Speaking of compost, did you know you can throw a whole pumpkin in the compost? If you saved the seeds from your Jack-o-Lantern you can roast them up in the oven for a fun snack and stick the whole pumpkin in your green bin. Don't save your seeds to plant in next summer's garden though, pumpkins easily cross-pollinate, and you may end up with an unpalatable "Frankensquash." Best to source your pumpkin seeds from a reputable seller.

Our garden is closed for the year, and we now have the fun of planning for another season in 2024! We are looking for experienced gardeners who would like to take on a leadership role for both gardens in Harvest Hills and Coventry Hills. It requires a small time commitment, and mostly involves reporting anything back to the gardens director and letting her know when supplies are needed. Please email Amanda at [gardens@nhca.ca](mailto:gardens@nhca.ca) if you are interested, or if you have any gardens-related questions.

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](https://theupsstore.ca/264)

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LET'S  
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SOME **DOUGH**

NORTHERN HILLS  
COMMUNITY ASSOCIATION

**SUPPORT YOUR**  
**COMMUNITY**

# Discovering the Joys of Music in Later Life by MPC Foundation

## Discovering the Joys of Music in Later Life by MPC Foundation

Listening to music can have significant benefits for older adults. Even if the music isn't their favorite, it can still activate parts of the brain associated with pleasure and reward. This understanding is important for improving treatments for conditions like Alzheimer's and dementia, potentially leading to better care and quality of life. By enhancing our knowledge of how music affects the brain, researchers can develop more effective therapeutic approaches and support healthier aging. Music interventions can also play a role in managing pain for older adults, as listening to soothing music has been shown to reduce perceived discomfort. These benefits make music an incredibly flexible tool in improving both physical and mental health among seniors.



Music offers numerous benefits beyond simple entertainment. It helps reduce stress, enhance mood, keep minds sharp, and foster social connections. Many older adults find that music has a positive impact on their health. For example, a majority of adults aged 50 to 80 report that music helps them relax, improves their mood, and boosts their energy. Engaging with music, whether by listening or participating, also provides a sense of accomplishment and joy, enriching daily life and contributing to overall well-being. Additionally, music has the potential to reconnect older adults with cherished memories, sparking joy and nostalgia. This emotional connection can be especially meaningful for those experiencing memory loss, as familiar songs may evoke strong, positive feelings. Music

therapy programs are increasingly being implemented in senior care settings to harness these benefits and improve quality of life. For instance, structured group sessions that include music can help foster stronger connections among participants, reducing feelings of social isolation.

Music can positively influence overall well-being, affecting areas like blood pressure and mood. Regular engagement with music, whether through singing, playing an instrument, or simply listening, can help address feelings of loneliness and social isolation. Community events, such as local concerts or group sing-alongs, can further enhance these benefits by providing opportunities for social interaction and connection. Recognizing the benefits of music and incorporating it into daily routines can be an important part of maintaining a healthy and connected lifestyle.





# GET YOUR NHCA MEMBERSHIP & SAVE HERE! IT PAYS TO BE A MEMBER

## Get your membership here

### COUNTRY HILLS & COUNTRY HILLS VILLAGE

#### ATB Northpointe Branch

800, 388 Country Hills Blvd NE  
\$25 towards a new Unlimited or Advantage Chequing Account, Generation Account (kids account under age 19), Tax Free Savings Account, or Registered Education Savings Plan

#### Boston Pizza

Country Hills Blvd NE  
15% off orders excluding alcohol (dine in only)

#### Bytetoools Technologies Inc

Website design, development, hosting & data backup  
10% discount for NHCA members

#### Cobs Bread

500 Country Hills Blvd NE  
10% off all purchases plus:  
\*Mention the NHCA and COBS Bread will donate 5% of your purchase to us!

#### 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  
15% off first time purchase

#### 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 (Temporarily Closed due to renovations)

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

500 Country Hills Blvd NE  
10% Off

#### UPS Store

612-500 Country Hills Blvd NE  
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  
Get a 75 minute massage for the price of a 60 minute massage as a new client. We are now providing osteopathy at this location 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  
30 minute free consultation and 10% off first paid booking

#### Tamarind East Indian Restaurant

610 Panatella Blvd NW  
10% off all purchases, eat-in or take-out

### HARVEST HILLS

#### Arbonne International-Nancy Tomney

20% off orders

#### Devon Lowe B.B.E.

Suite 5113, 333 96th Ave NE  
A Complimentary Detailed Personal/Family Financial Plan (Value \$1000), A Complimentary Book "Money and Youth – A Guide to Financial Literacy" (Value \$25)

#### Stampede Car Wash

Suite 600-9650 Harvest Hills Blvd NE  
\$1 OFF of wand wash

#### Steeped Tea

Briana Trotter  
10% off all orders

#### The Canadian Brewhouse

9650 Harvest Hills Blvd NE  
20% off all regular price food orders/10% off all regular price drinks  
Valid for Cardholders and one friend

### OTHER LOCATIONS

#### Benjamin Moore

Rice For King-The District

#### Boston Pizza

Boston Pizza Cross Iron Mills Mall

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Visit our website for more details,  
<http://nhca.ca/member-discounts>



### **Hon. Muhammad Yaseen**

**MLA, Calgary-North**

**Minister of Immigration and Multiculturalism**

Remembrance Day, on November 11th, honours military personnel who died in wars, particularly since World War I. Marked by silence, ceremonies, and red poppies. The day is a time for reflection and gratitude for sacrifices made for peace and freedom.

To keep up with fast-rising student enrolment, Alberta's government is committing \$8.6 billion through the new School Construction Accelerator Program. This program will create more than 200,000 new and modernized spaces for students to learn, grow and reach their full potential. Starting in Budget 2025, Alberta's government will kick-start up to 30 new schools and as many as eight modernizations and replacement schools every year for the next three years.

In 2023, visitors spent a record-breaking \$12.7 billion in Alberta, supporting jobs and businesses province wide. This surpasses the previous record by nearly 20%, injecting \$2 billion more into the province's economy than in 2022. 2023's record-setting year shows that Alberta's tourism strategy is working, and investments made by Alberta's government in the province's tourism sector are paying off.

Alberta's government is committed to ensuring seniors have access to safe, secure, and affordable homes. As part of this commitment \$680,000 has been invested through Alberta's Affordable Housing Partnership Program into a project with Silvera for Seniors. Alberta will continue to work closely with housing partners like Silvera for Seniors to ensure seniors have the supports they need.

Camp Kindle is Alberta's only camp dedicated, and medically equipped, to care for children with cancer, which is why Alberta's government is providing \$500,000 to the Kids Cancer Care Foundation of Alberta to expand capacity and accessibility at the camp.

*Special thanks to my constituents for their continued support as I carry out my duties as your MLA.*

Sincerely,

Hon. Muhammad Yaseen

MLA, Calgary-North

Minister, Immigration and Multiculturalism

[calgary.north@assembly.ab.ca](mailto:calgary.north@assembly.ab.ca)

403.274.1931

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



### Jasmine Mian Ward 3 Councillor

Here are some updates related to new City initiatives and programs.

#### **Aurora Area Structure Plan – Engagement Session**

The Aurora Area Structure Plan (ASP) includes all of the lands South of 96 Ave NE, North of Beddington Trail, East of Harvest Hills Blvd, and West of the rail line. The City is in the process of creating a new ASP for these lands.

The engagement process with the public began with online feedback in May, and the last in-person open house is happening **November 6<sup>th</sup>**.

You can view the full background on the Aurora lands, submit written feedback, and see the engagement details at [engage.calgary.ca/aurora-asp](https://engage.calgary.ca/aurora-asp).

#### **Calls for Chinook Blast 2025: Creators, Artists, and Artisans**

Chinook Blast is right around the corner. Calgary's winter festival is gearing up, and looking for partners. If you're an artisan and would like to bring your product to market, booth applications are open!

If you're a visual artist there are also funding opportunities between \$5,000-\$40,000. There's also a contest for installations designed to endure winter weather, with prizes up to \$45,000.

*For more information and to submit your proposal, visit [chinookblast.ca](https://chinookblast.ca).*

#### **Nose Creek Park Strategy: Notice of Motion**

This month I will be bringing a Notice of Motion to direct Administration to develop a Nose Creek Park Strategy to guide the creation of a regional park.

If you're not familiar with the area, Nose Creek is a watershed that runs from the northern Rocky View boundary and flows south through Airdrie and Calgary before joining the Bow River. The beautiful grassland is enjoyed by many Ward 3 residents, despite it not currently being a designated park space.

Local residents formed the Nose Creek Preservation Society to advocate for the preservation of the green space. This motion will help advance this work.

*For questions, concerns or to view my voting record, visit [www.jasminemian.ca](https://www.jasminemian.ca)*



Clouds in the Northern Hills by Bob Leuty

# SILENT/AUCTION ITEMS

# WANTED



Thank you so much!

**IN SUPPORT OF  
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**Presented by our  
Coventry Hills School  
Council, Outdoor Space  
Committee & Parent  
Society (CHEFS)**

## CONTACT INFORMATION

**EMAIL:**  
CHEFSFUNDS@GMAIL.COM  
**CALL:**  
FIONA @ 403-608-6335  
NADINE @ 587-434-9400



## Halloween Safety

As a member of Calgary's Child Magazine *Partners for Safety* initiative, AHS EMS would like to remind parents and trick-or-treaters of Halloween safety tips as October 31<sup>st</sup> approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters. This year marks the campaign's 30<sup>th</sup> anniversary.

### Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be (route) and advise them if you will be late returning.

### Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

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



# CALLING ALL LOCAL PHOTOGRAPHERS!

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## **This month's winner**

Mount Kidd Golf Course in the Kananaskis. Leaves changing color  
October 5th, 2024

Winner Tracy Nelson

