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Dr. Christine Ursuliak

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President's Message



Amanda Mauch
President
Northern Hills
Community Association

It seems like springtime is just around the corner now, so get ready for it and register for our spring programs while we still have spots! We have [youth soccer](#) currently open for registration and [public garden](#) registration opening on March 30!

Please keep your eyes on our social media for announcements and links to registration opportunities. We update our members there first!

We are in dire need of a couple of volunteer accountants or bookkeepers to look over our 2024 financials in preparation for our 2025 AGM. Please email us at info@nhca.ca if you are interested and can spare us a few hours of your time. Our AGM is at the end of May, so we still have a couple of months, and our books are ready for viewing now!

In case you didn't know, community associations receive no guaranteed financing – all our budgetary needs must be met through sales of memberships, fees for programming, and primarily grants. You can help! Please purchase an [annual membership](#) for your household. A yearly membership is just \$30 per household – that's **\$2.50 per month**, less than one fancy coffee. It truly makes a difference.

Thank you for your continued support and dedication to our community.

Amanda Mauch
President
Northern Hills Community Association



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and so much more!

NHCA CONTACTS

CONTACT US

E: 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, Chris Cleary

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](#)



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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Let's Get Physio - Blackberry Thumb

It's our reality, in parks, on the transit, while stopping for a coffee or for a bite to eat... phone addicts. (And yes I agree, we do need to update the name!)

The result is repetitive use of your thumbs for an activity that they weren't really designed for and ultimately pain, tendonitis, and functional loss. The condition has trendily been dubbed 'Blackberry Thumb', 'Nintendo Thumb', 'iPod thumb', and 'text messaging thumb'.

Cause

The muscles and tendons of the thumb are very strong but are not designed for the type of intense activity associated with many of today's hand held devices. Muscle fatigue and excessive muscle tension can cause pain and ache in the muscles and restrict the joint flexibility. Over the long term this kind of excessive use can irritate the tendons causing tendonitis and additionally may lead to premature arthritis.

This is not just a concern for the individual suffering the symptoms but also with the employer who may face liability or workers' compensation claims related to such injuries.

Symptoms

The main symptom is pain - in the thumb, the base of the thumb, the wrist, or the hand itself. Muscle tension in the web space between the thumb and index finger is another common complaint. So far doctors haven't seen any of the more severe problems encountered with video gamers in the 1980s; those problems, nicknamed "nintendonitis," often resulted in nerve damage. But the pain is bad enough, especially since it's in an area that's used so frequently - the hand.

What can I do about it?

Of course, it's actually better to avoid getting tendonitis in the first place. Here are some tips for keeping your thumbs and hands in good shape:

- Use your phone for short periods of time only. If you find that occasionally you need to use it more, take frequent breaks.
- Use voice to text as often as possible to avoid typing at all.
- Keep your wrists upright and as straight as possible, and try to support your hands with a table, your lap or something else.
- Use a full size keyboard as much as possible, especially if you're sending long messages.
- Listen to your body, If your thumbs or hands start to hurt, especially when you're using the phone, cut back on its use.

GET ASSESSED - If the pain gets worse, especially if it becomes hard for you to do other things with your hands, or if you have other problems like numbness or tingling, see a physiotherapist immediately. Early intervention with a Physiotherapist can allow you to limit pain and prevent further development of the problem through manual therapy, modality use for inflammation control and education on stretching, proper ergonomics, and strengthening for proper muscle balance.

Graham The Northern Hills Phys

Been in a car accident? We can help!

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NHSPT.CA

March 2025 Calgary Public Library Newsletter Contribution – Northern Hills

Explore Your Freedom to Read with Page

Page is a short, stop-motion animated video set in Central Library, where a magical world exists after the Library closes and the books come to life. Page goes on a journey to embrace growth and discovery. As they explore Central Library after hours, Page shows us that when we have access to different books, ideas, and ways of thinking and knowing, we have endless opportunities to grow and change. Watch the video on YouTube: <https://www.youtube.com/watch?v=u9JTXEBLpjo>

Access Free Tutoring and More with Brainfuse HelpNow

Interact with live tutors for Alberta curriculum and submit homework questions with Brainfuse HelpNow. Adult learners can also access a library of content and receive professional assistance in resume / cover letter writing, Canadian citizenship prep, and more. Access this digital resource for free with your Library card: <https://www.calgarylibrary.ca/read-learn-and-explore/digital-library/brainfuse-helpnow/>

Illustrate With Me: Colourful Birds Collage

Kids ages 8 – 12 will create an illustration of a beautiful bird using paper collage techniques and pattern-making. This workshop is inspired by the book, Birds of a Color, and is being offered at multiple Library locations: <https://www.calgarylibrary.ca/events-and-programs/programs/illustrate-with-me-colourful-birds-collage/>

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Country Hills Adopt-A-Rink: Time to Celebrate!

Northern Hills residents from all over gathered on February 8th to celebrate the Country Hills Adopt-A-Rink! It is one of two City of Calgary Adopt-A-Rinks operating this year. The City program supplies water, boards, and rink liner for over 60 community rinks. Country Hills rink is maintained by hardworking volunteers, who are neighbours just like you, namely your Director at Large, Mark, and his partner Tanya.

Parks visits every Adopt-A-Rink and arranges treats and games. Fortunately, we lucked out with our appointed date—it was a perfect blue-sky day for getting out and about after a week of low temps and snow.

From 12-4pm, neighbours enjoyed Timbits, coffee, hot chocolate and a toasty fire pit while adults and kids alike skated around the rink. As Calgarians know, winter is often a time to stay inside and stay cozy, but the Adopt-A-Rink helps get everyone outside for some fresh air and exercise.

The Adopt-A-Rink program wraps up around March depending on the weather. Adopt-A-Rink applications re-open in April and Country Hills will certainly sign up again!





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

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Dr. Henry Seto



Dr. Tonny Tang



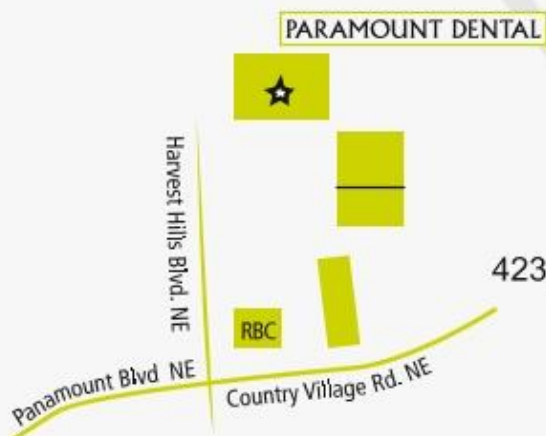
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Monday**: 8:00 am to 4:00 pm
Tuesday: 8:00 am to 8:00 pm
Wednesday: 8:00 am to 4:00 pm
Thursday: 8:00 am to 8:00 pm
Friday: 8:00 am to 4:00 pm
Saturday**: 8:00 am to 4:00 pm
Sundays: Closed
(** = Alternating)

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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



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The Northern Hills Community Association, in partnership with Calgary Northside Soccer, is pleased to announce that registration for the 2025 Outdoor Grassroots Soccer League is now open!

CNS has designed a new and innovative format that provides players with the opportunity to participate in the CMSA league with a flexible schedule for each family.

This grassroots program is run by PASS staff, where players are taught skills for the first portion of the session and then are broken into teams to play a game. The teams may be adjusted at anytime based on player participation.

The outdoor season runs from April - September 2025 and is broken out into two sub-seasons:

Spring (April-June) and summer (July-September)

Register here: <http://northsidesoccer.ca>

Dates, times, and location are shown on the CNS website. CNS has field permits for all the location listed on the website and each community is a separate program. Select Registration -> 2025 Outdoor League and scroll down to click the age group you wish to register for (listed underneath "Outdoor Registration Fees")

SPRY

Senior Persons Regaining Youth

The SPRY social gatherings and exercise classes are great for adults of age 55+ and will be held at Vivo Rec Centre in the BMO Collaboratory Space.

Each Tuesday and Thursday, the program consists of one hour of physical exercise and one hour of social time.

Physical exercise includes chair yoga and chair fitness exercises designed for adults with limited mobility and cautious movements. Social time is a casual gathering where registrants can enjoy a cup of coffee/tea while playing games, chatting with neighbours and having some snacks.



Where: VIVO

**Dates: Classes will run from
January 14th to March 20th
2025.**

**What: Tuesdays 1:00-3:00pm -
Chair-fitness
Thursdays from 1:00-3:00pm -
Chair-yoga**

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

Northern Hills
Community Association

COMMUNITY
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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)



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

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- 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

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

Saturdays

Men's Bible Study

8:00 - 10:00 am



**Moms/Grandma's & your little ones
are invited to:**

Tiny Tots

Come out for an organized play date

Every 2nd & 4th Monday

till the end of June

9:30am - 11:00am

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.

Come Join Us in the Garden!

Registration for the 2025 Gardening season is opening soon! We have 4'x8' and 4'x12' beds available for rental in both Harvest Hills and Coventry Hills Community Gardens. Our gardens are prolific, we get a ton of sunshine and it is a great place to just come relax during the daytime.

Our gardening season runs from May 1 to October 15, with a full orientation to take place in early May. We are always looking for new people to join our community.

- 4'x8' beds rent for \$40 for the season
- 4'x12' beds rent for \$50 for the season

You must also have a valid NHCA membership to register, and the rental of a bed requires 2 volunteer shifts in the garden during the season. Registration is online, first come first served. Beds sell out quick!

[RETURNING GARDENERS REGISTER HERE](#) March 16, 9am.

NEW PUBLIC MEMBERS CAN REGISTER MARCH 30, 9AM

Keep your eyes on our social media for links to public registration. For more information about the gardens, please contact us at gardens@nhca.ca.



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10% off all purchases plus:
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Euphoria Wellness Centre

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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

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\$10 for first lesson

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KIDSFIRST Resolution

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Little Caesars

Montana's

Ornamental Stone

Royal Palace Home Inspection

Scotsman's Well

Sure Scraps A Lot!

Top Gear Car Wash

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

The Benefits of Walking in Your Older Years by MPC Foundation

As we age, staying active becomes essential to maintaining our health and independence, and walking is one of the simplest and most beneficial exercises for seniors. Walking is low-impact, easy to do, and can be done anywhere, making it suitable for almost everyone. It helps improve circulation, lower blood pressure, and strengthen the heart. Regular walking also supports bone health, reducing the risk of osteoporosis, and can alleviate joint pain, especially in the knees and lower back. By walking daily, you strengthen the muscles that support your joints, making it easier to stay mobile and independent.



Another major benefit of walking is its ability to improve balance and coordination. These are key factors in reducing the risk of falls, which become more common as we age. Walking also improves flexibility, which helps with everyday tasks like bending over to tie your shoes or reaching for items on high shelves. Cognitive health also benefits from regular walking, as studies show it can improve memory, reduce the risk of dementia, and even boost mood by decreasing anxiety and depression. The physical and mental health benefits of walking work together to help you feel better both inside and out. Spending time outdoors while walking can also enhance your mental well-being by providing fresh air and sunlight. It's an easy way to escape from screens and enjoy the peacefulness of your surroundings.

The recommended goal for seniors is to aim for 7,000 to 10,000 steps per day, though starting with shorter walks and gradually increasing your distance is just as important. Even walking 10 minutes a day is a great start, and you can slowly work your way up to longer sessions. A pedometer or smartphone app can help track your steps and keep you motivated. However, it's always important to listen to your body. If you feel discomfort or dizziness, stop and rest.

Lastly, walking doesn't have to be an independent activity. Joining a walking group or inviting a friend or loved one to walk with you can make the experience more enjoyable. With the right attitude and some planning, walking can become a fulfilling part of your daily routine, improving both your physical and emotional well-being as you age.





Hon. Muhammad Yaseen

MLA, Calgary-North

Minister of Immigration and Multiculturalism

Happy St. Patrick's Day!

Alberta's government is taking action to grow the Alberta Heritage Savings Trust Fund to at least \$250 billion by 2050. To help achieve this the Heritage Fund Opportunities Corporation has been created to govern and grow all Heritage Fund assets. The new corporation will strengthen partnerships with global sovereign wealth funds, thereby unlocking access to new opportunities. The new corporation will be assisted in its work by a world-class board of directors that will strengthen the governance of Heritage Fund assets and support investment decisions independent from government.

Alberta's government is a proud supporter of the arts, and through the Alberta Foundation for the Arts (AFA), will continue to support artists and art organizations across the province. So far, this fiscal year, Alberta's government has provided \$21.2 million in grant funding for 304 arts-based organizations and 422 individual artists, with more funding to be approved before the fiscal year is over. This represents a 40% increase in the number of grants provided compared to this time in 2023. The arts play a significant role in enhancing the quality of life for Albertans, fostering positive health and well-being, supporting economic development, and preserving and sharing our unique culture and history.

Once again Alberta's tourism sector garners recognition for its industry-leading innovation and dedication to excellence. Several Albertans and Albertan businesses were nominated and won Canadian Tourism Awards for outstanding success, innovation, and leadership in Canada's tourism industry. The accolades highlight Alberta as a top-tier tourism destination and recognize the outstanding Albertans that elevate the province's reputation nationally and internationally. As an advocate for Canada's tourism sector, the Tourism Industry Association of Canada presents the Canadian Tourism Awards annually.

Thank you to my constituents for your support as I carry out my duties as your MLA.

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.

2025 Municipal Election

Last month, I announced that I will not be seeking re-election for the next term. It has been an absolute pleasure to represent Ward 3 in City Hall for the last three years. I am proud of the work we accomplished together including the Sandstone MacEwan Rink Renovation, the Nose Creek Park Strategy and making transit free for kids under 12 years of age.

To read more about my decision, visit my website.

Youth Hiring Fair

The Youth Employment Centre's annual Youth Hiring Fair returns this month. If you or someone you know is between 15-24, this event is an opportunity to meet with 80 employers ready to hire.

You can receive free resume building and interview preparation through the Youth Centre beforehand.

Mark your calendar: *Thursday, March 27th from 1:30-6PM at the Big Four Building.*

Visit calgary.ca/yechiring for full details.

Earth Hour 2025

Calgary Unplugged is a family-friendly event to celebrate Earth Hour on March 22nd. You can join in at the Central Library for music, entertainment, and a lights-out dance party from 7-9:30PM.

If you can't make the event but still want to participate, reduce your impact by turning off nonessential lights and unplug from electronics at 8:30PM.

For questions and concerns, or to view my voting record, visit www.jasminemian.ca



Spring ice safety: stay off the ice as temperatures rise

As Calgary moves into spring, rising temperatures make ice on rivers, lakes and storm ponds even more dangerous. While these bodies of water may still appear frozen, the ice is thinning and becoming unpredictable. Falling through can happen in an instant, putting you at risk of hypothermia or drowning.

Ice safety tips:

- Avoid the ice. As ice weakens, it becomes unsafe for any activity. Stay off all ice-covered rivers, lakes, and storm ponds.
- Stay back from the edges. Melting ice along riverbanks and lakeshores is unstable and can collapse under your weight.
- Call 9-1-1 in an emergency. If someone, or a pet, falls through the ice, do not attempt a rescue yourself. Call for help immediately.

If you fall through the ice:

1. Stay calm, keep your head above water, and control your breathing.
2. Call for help while keeping your hands on the ice.
3. Try to pull yourself onto the ice on your stomach and roll to safety.
4. If you can't get out in under 10 minutes, stop struggling, anchor yourself, and keep calling for help.

If you see someone fall in:

1. Call 9-1-1 immediately and provide a landmark so emergency responders know exactly where to go.
2. Stay back and avoid the ice yourself.
3. If possible, throw a rope or branch to help them reach safety.

As warmer weather continues, ice conditions will only become more hazardous. Avoid unnecessary risks—stay off the ice and keep yourself and others safe this spring.

Use your water meter to check your home for leaks

Did you know that 40 per cent of homes have some water fixture leakage? Using your water meter to check for leaks, inside and outside the home, is one way you can do your part to use water wisely.



Using your meter to check your home for leaks is easy:

1. Turn off all taps and water-using appliances – inside and outside your home.
2. Watch the flow register on the face of the meter. The register could look like a gear or a needle depending on the model of meter you have.
3. If it keeps turning, you have a leak somewhere in your house.
4. Check all water devices, such as your toilet, taps, humidifier, hot water heater and water softener.

To learn more about common sources of household water leaks, including some helpful repair tips, visit calgary.ca/waterguide.

Travel Safe Student Video Contest is now open

Calling filmmakers of all ages and abilities. Whether you are an aspiring movie producer, working on your stop-motion skills, or you shoot videos as a hobby, this is the contest for you!

The Travel Safe Student Video contest is open to Calgary students from Kindergarten to Grade 12. Win great prizes and a chance to have your work showcased! Deadline is April 30.

The contest is not only a fun and engaging way for students to think about traffic safety, but also part of the Calgary Safer Mobility Plan, a partnership between the City and Calgary Police Service aimed at improving the overall safety of our transportation network.

“We know students have unique perspectives when it comes to traffic safety and we can’t wait to see solutions through their eyes,” said Jacquelyn Oriold, Mobility Education Specialist with the City.

“Whether that’s a video from a Kindergarten student worried about safety as they walk or wheel to school, or from a middle school student concerned about speeding drivers, or a teenager’s perspective on navigating rush hour, we can’t wait to see their work.”

Key dates:

Feb. 3 - April 30, 2025: contest submission entry window

11:59 p.m. April 30, 2025: Contest closes

May 14, 2025: Public screening event of finalists and winners announced at the Central Library in the Patricia A. Whelan Performance Hall.

For full contest rules, eligibility, waiver, tips and resources visit calgary.ca/travelsafevideo. For general inquiries about the contest: streetsafekids@calgary.ca.



Green Calgary rain barrel sales

Did you know, water use in Calgary communities increases up to 20 per cent in the summer months? Capturing rainwater can help you and your community build resiliency during times of hot and dry weather while keeping your yard and garden healthy. Rain barrels typically fill up after a single rainfall and help keep water on your property, so less dirt and contaminants wash into the rivers.

Made locally with recycled material, Green Calgary rain barrels can be used to water the plants in your yard. Rain barrels are \$75 after rebate for a limited time with pick-up and delivery options available.

Visit greencalgary.org for details on all sales event dates and locations. Join the thousands of Calgarians already conserving water by using a rain barrel. Pre-order yours at greencalgary.org, starting April 1, 2025.

Amendments to the Business Licence Bylaw for short-term rentals are now in effect

Starting April 1, 2025, there will be several changes to Calgary's short-term rental (STR) regulations as part of The City of Calgary's commitment to adapt to our evolving short-rental market.

- STR business licenses will now be classified as either primary or non-primary. If you currently have a licence, you will be asked to verify your property type as part of your next renewal. Fees will vary based on the licence type.
- Short-term rentals now include rentals up to 180 consecutive days. If you own a short-term rental offering stays between zero and 180 consecutive days, you require a business licence to operate in Calgary.
- New applicants will be responsible for complying with their condominium bylaws, The City will no longer require condo board consent.
- A ban on issuing licences for homes designated as affordable housing.

Additionally, if the Purpose-Built Rental Vacancy Rate drops below 2.5%, The City will impose a temporary pause on issuing new non-primary licences. This would not apply to new primary residence applications or existing licenses.

These changes aim to balance housing affordability, safety, community impact and enforcement, while continuing to support property owners and the economic benefits STRs bring to Calgary.

Enhancing regulatory processes will improve STR management and foster market innovation to benefit the community. Visit calgary.ca/str for more information.

Shaping Calgary's Future through Community Engagement

The Federation of Calgary Communities, in partnership with City of Calgary, bring you Partners in Planning, a free, award-winning certificate program. Through a series of engaging events, residents are empowered to help shape the city's future. This year's program features workshops aimed at fostering collaboration and deepening community understanding of city planning. Here are some upcoming events:



Crafting Calgary: Planning Implementation Unveiled

Date: April 5, 9 a.m. - noon, Capitol Hill Community Association

This workshop delves into the complexities of city planning, offering insights into how the City of Calgary implements change. Learn about the balance planners strike between policies, the Land Use Bylaw, and community needs through various application reviews, including land use amendments and development permits.

Navigating Calgary's Blueprint: Understanding Planning

Date: May 31, 9 a.m. - noon, Capitol Hill Community Association

Explore Calgary's planning framework and the legislative policies that guide it. This event covers the Municipal Development Plan, Local Area Plans, and how these policies work together to prepare Calgary for future growth.

Elective One: Built Forms Walking Tour

Date: June 22, 9 a.m. - noon, Marda Loop Communities Association

Join this walking tour to learn about different built forms in low-density residential districts. Attendees will explore architectural elements and how they contribute to the urban fabric, highlighting how these elements enhance established communities.

Join the Federation of Calgary Communities and The City of Calgary for these insightful events and be part of shaping Calgary's future!

Noise Barrier Retrofit Program

The City of Calgary is committed to reducing the impact of transportation noise heard in residential areas through the Noise Barrier Program. Where residential areas next to an eligible roadway exceed The City's noise level criteria, a barrier may be constructed.

Several approved noise barrier locations across Calgary will be moving forward with construction in 2025, with completion expected by the end of 2026. You can check the status of the noise barrier construction in your community on our website [here](https://calgary.ca/NoiseBarriers).

To learn more about the Noise Barrier Program, or to submit a request to have a noise measurement completed, visit calgary.ca/NoiseBarriers.



Alberta Health
Services

Emergency
Medical
Services

Burns and Scalds



Emergency Medical Services (EMS) routinely respond to emergencies involving children who have sustained burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stove, iron, etc.), or making contact with electrical outlets. Incidents such as these can be avoided by taking preventative measures.

Degrees of burn

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

First Aid for burns

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

Prevention of burns

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

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This month's winner

Bob Leuty



During a recent drive along the Bow Valley Parkway in Banff National Park, I saw these what I called snow doughnuts. They are known as snow doughnuts or snow rollers and are a very rare naturally occurring meteorological phenomena in which cylindrical snowballs are formed naturally as chunks of snow roll downhill or are blown along.

Submitted by Bob Leuty