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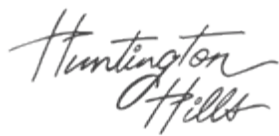
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Please allow us to introduce ourselves! We are RAINBOW ELDERS CALGARY

A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness. We believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.



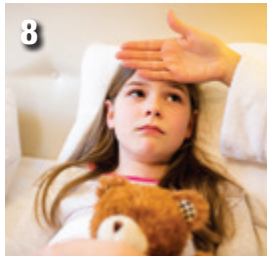
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**To View Additional
Huntington Hill
Content**



What's Happening at HHCA

We're so excited to introduce two new murals to the neighbourhood! Read more about the works within and visit the pieces inside the community association during your next visit. The projects were made possible through the City of Calgary Arts and Culture Microgrant Program. A heartfelt thank-you to artists Rachel Lyon and Emily Houle for their work, as well as Crystal Many Fingers and Andrew Paris for their wisdom and support.

Bring your family, some skates, and helmets for our free Family Skate hosted by the Honourable Josephine Pon on February 17 from 1:30 to 3:30 pm. Snacks and a photo opportunity provided!

It was a great season for programming with little rocks curling and learn to skate filled. Evening yoga, shinny, and drop-in pickleball continue to be well-received, with junior curling and curling leagues seeing new players join in January.

Still interested in supporting junior curling by coaching? Whether you're available for an hour on a Saturday or would like to help for the full six weeks, contact Curling Manager Rob at 587-392-2264 for upcoming training opportunities. No prior experience required.

Congratulations to this year's Huntington Hills Men's Bonspiel finalists, A Champion Team O'Connor, B Champion Team Johnston, and C Champion Team Bray. Praise to our amazing ice crew, bar staff, event organizers, and to the 18 teams who joined in at the Huntington Hills Curling Club from January 5 to 8.




From relay races, to sledding, and onesie day, Huntington Hills Out of School Care winter camps were also full this season. They look forward to hosting their next day camps, also open to the public, during spring break.



A new weekly Fresh Routes Mobile Grocery Store will also be starting on January 27 from 3:00 to 5:00 pm at the community association. Its mobile markets help to provide accessible, affordable, and fresh food to neighbourhoods facing barriers. No proof of income is required to access its services, as it strives to help families in need put nutritious food on the table.

The market is also an excellent volunteer opportunity offering a \$15 per week market credit for those involved. If you would like to help with items such as limited loading, set up, cash, greeting, and restocking please, fill out the Volunteer Questionnaire at www.huntingtonhillscommunity.ca/community/volunteer or call 587-392-2266.



NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia', holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

Decluttering? Tips for Selling Your Used Items Online

From the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

What is Bronchiolitis?

by Alberta Health Services

Bronchiolitis is an infection caused by a virus. It affects the lower part of the lungs. Bronchiolitis is common in babies, but it can happen in children up to age two. Bronchiolitis makes the small airways that carry air to the lungs (bronchioles) swell and make more mucous. The bronchioles become narrow, which causes wheezing, lots of coughing, and trouble breathing.

What Causes It?

The most common virus that causes bronchiolitis is RSV (respiratory syncytial virus). Your child can get an RSV infection more than once. In older children and adults, RSV causes a common cold rather than bronchiolitis.

What are the Symptoms?

At first, your child may have common cold symptoms such as:

- A runny nose
- A mild cough
- A fever
- Low energy
- Eating less than normal

About one to three days after cold symptoms start, the infection can cause bronchiolitis symptoms such as:

- A cough that's getting worse
- Lots of coughing
- Wheezing
- Fast breathing
- Indrawing (when the skin gets sucked in at the neck, collarbones, or between the ribs with each breath)
- Throwing up after coughing
- Trouble feeding (breast or bottle), especially for babies younger than six months
- Fewer wet diapers

Bronchiolitis can be more serious in some children, especially if they:

- Were born early (premature, before 34 weeks)
- Are younger than 3 months
- Have a history of asthma or lung problems
- Have a history of heart problems

Take your child to a doctor if they have any symptoms of bronchiolitis.

How is it Diagnosed?

A doctor may diagnose bronchiolitis by asking for your child's medical history and checking their symptoms. Your child probably won't need tests if they have typical bronchiolitis symptoms.

How is Bronchiolitis Treated?

Bronchiolitis happens the same way in most children. Symptoms tend to get worse until day four or five, and then they slowly get better. Most children feel better in one to two weeks. Some children have a cough that lasts a few weeks. If your child has bronchiolitis, you can usually take care of them at home. There is no medicine for bronchiolitis. Antibiotics do not work because bronchiolitis is caused by a virus.

Care at Home

Coughing

- Keep your child sitting or propped up instead of lying down, because it's easier to breathe in this position. A cool-mist humidifier in your child's room can help with their cough. Follow the directions for using the humidifier and keep it out of reach of children.
- Cough medicine isn't good for young children. Do not give cough medicine to children younger than six years.

Stuffy Nose

- Clean out your child's nose to make breathing and feeding easier.
- Try saltwater nose sprays to help loosen mucous in the nose. Spray or drop salt water into each nostril then suck out the mucous with a nasal aspirator. Talk to your pharmacist to find the right products for your child. Don't make your own saltwater solution at home.
- Clean your child's nose before feeds and bedtime, and as often as they need during the day.

Eating and Drinking

- Encourage your child to drink fluids. Your child may not want to drink like they usually do but keep offering small amounts of fluids throughout the day so that they stay hydrated.
- Babies younger than six months should continue to feed (breast or bottle) as usual. Keep track of how many wet diapers they make.
- Your child may not want to eat food when they're sick, and that's okay.



News from the Friends of Nose Hill

by Anne Burke

Calgary's Pathway and River Cleanup will be May 5 to 7, 2023. Volunteers will receive safety information and training prior to event day.

During the annual cleanup event, they help remove litter in Calgary's parks, greenspaces, along pathways, and riverbanks. Registration for returning volunteers is from February 15 to March 8, 2023, and registration for new volunteers is from March 13 to March 31, 2023. They may register in groups of at least ten, identifying a leader and a designated cleanup area. Anyone without a group is assigned to a City team at one of three designated parks.

Last year, there were four areas assigned for cleanup in Nose Hill Park:

Nose Hill West: Shaganappi Trail/Edgemont Blvd parking lot, to head south along pathway beside Shaganappi Trail, stay to right at trail junctions, south to John Laurie/Brisebois Drive parking lot.

Nose Hill East: parking lot at 64 Ave NW and 14 St NW - to clean trails south to 14 St NW parking lot.

Nose Hill North: Shaganappi Trail/Edgemont Blvd parking lot east to 14 St Berkley Gate parking lot (and stay left at paved trail junctions).

Nose Hill - 64 Ave: Nose Hill, 64 Ave Parking lot.

During the cleanup, volunteers remove the litter in their assigned locations and collect it in bags, which are placed beside pathways or in City garbage bins. City staff pick up and transport them to a designated dump site where they are properly disposed of by City Waste and Recycling Services. If you have any questions about volunteering for the 2023 Pathway and River Cleanup, or garbage bags have not been picked up, please contact 3-1-1. Join the conversation on cleanup day and see photos from the events by searching #yyccleans.

Fever and Discomfort

- You may give acetaminophen (Tylenol or Tempra) or ibuprofen (Advil or Motrin) to keep your child comfortable. Follow the directions on the package or the directions from your healthcare provider.
- Do not give aspirin to anyone younger than 18 years because of the risk of Reye syndrome, a serious illness.

How Can You Prevent It?

Bronchiolitis spreads easily through close contact with someone who's sick and is coughing or sneezing around you. Touching toys or sharing food with someone who's sick can spread the virus. Children with bronchiolitis are contagious for almost a week after they first get sick. Keep your child at home if they're coughing a lot. To prevent bronchiolitis:

- If your child has bronchiolitis, keep them at home until they feel better.
- Keep a child with bronchiolitis away from young babies (under three months).
- Wash your hands often to stop the virus from spreading. Teach your child to wash their hands before and after eating, coughing, or sneezing.
- Don't smoke, use other tobacco products, or vape around your child. Second-hand smoke can put children at higher risk of infections.

Learn More About HHCA's New Murals

Through the City of Calgary's Arts and Culture Microgrant Program, the Huntington Hills Community Association was awarded funding to develop two new murals within its building. The goal was to create symbolic pieces that enhance understanding and serve as long-lasting reminders for our shared neighbourhood space. They remind us that we as a community association have an ongoing responsibility for continued actions that support a diverse, equal, and inclusive space where "community becomes family."

Located in the main level stairwell, the first mural pays tribute to the rich Indigenous history that can be found within Huntington Hills and nearby Nose Hill Park. It focuses on recognizing the land and its people's roots, as we strive for stronger communities through enhanced truth and reconciliation. Important well-known Indigenous references, including the otter and medical plants, such as sage and sweetgrass, are integrated into the mural to pay tribute to the sacred energy and many gifts that Nose Hill Park has and continues to provide.



One of two new murals located on the main level of the community association.

During an interview with City of Calgary Indigenous Cultural Landscape Strategist, Crystal Many Fingers describes how modern archaeological findings, dating back over 10,000 years, are now aligning with Indigenous stories on how the current landscapes came to be. The Blackfoot creation story, "Napi and the Otter," confirms that Moh'kinsstis (this area's territorial lands) were once completely covered by glacier water. Due to its elevation,

it is said that Nose Hill Park would have been one of the first masses visible and that the otter would have helped discover it within the area's once endless waves.

The second mural, located on the lower level of the CA, represents the curling rink's ongoing commitment to enrich the sport of curling through meaningful engagement with underrepresented groups. The vibrant coloured collage is the first thing visitors see as they enter the club. It's a testament to what's possible, and where all club guests can help make that vision happen.



One of two new murals located on the lower level of the community association.

Long term curler, coach, and founder of the Black Rock Initiative, Andrew Paris, was consulted for the piece. As the first black person to compete in a Canadian National Junior Championship in 2001, he describes how difficult it was to be a minority amongst a completely white population of players. Paris believes that, although there's a lot of work to do, creating a more representative sport in which he and his son can feel completely comfortable is possible.

Through his non-profit work and ongoing collaboration with national campaigns, Paris explains the recent shift of governing bodies, local clubs, and players finally beginning to take notice of curling's long-standing homogeneity and often inadvertent racism. He says creating positive experiences within diverse groups is paramount to success.

He challenges clubs and their members to recognize the difference between welcoming verses inviting BIPOC, 2SLGBTQ+, newcomers, and those with varying accessibility requirements to curl. "It's a lot of education,

it's a lot of assisting clubs with creating relationships with other communities, as well as making small but important changes within the curling club. It's one thing to say racism and discrimination aren't tolerated here, but it's another thing to explain why it's important and elaborate on what creating inclusivity actually looks like."

Huntington Hills Curling Club Manager, Rob Myers, says, "The sport of curling can only survive if it adapts to meet the needs of all Canadians. That is who we serve, and the actions we take are important for the future of the game."

Both projects were commissioned to local Beddington artist and entrepreneur, Rachel Lyon. Lyon was hired to research, design, and incorporate various perspectives, views, and voices into the murals. She says that most of her mural work prior to this has been more aesthetic, not necessarily telling a deeper story. She's very grateful for all the knowledge that went into the designs and the community support she received throughout. "Those voices were so important. It was a crucial part of the process – envisioning what the projects would be and what it meant to the community."



Lyon and Houle work on one of the new murals.

Lyon was also tasked with hiring a BIPOC youth to work with her on the pieces. Sixteen-year-old Emily Houle, a student at Bowness High School, was selected for the task. She worked directly alongside Lyon, saying it helped her hone her artist abilities while exposing her to new large-scale mediums. "When I came into the project, I had a really open mind, and I was looking forward to learning. I feel like I have learned, and I have improved my art skills."

It also served as an inspiration for her to do more within her own neighbourhood. "It was a good experience because I really want to do more for my community. It's a great start to contributing to that. I'm very thankful for the guidance and opportunity."


Through the grant, Houle was awarded \$1,400 in compensation for her work on the projects, which included a customized curated art package from Lyon, to continue her love of incorporating traditional Indigenous art styles into modern realism works.

Stay tuned for more updates relating to this story. Sign up for monthly e-newsletters or follow along with the Huntington Honker.

"In the spirit of respect, reciprocity, and truth, we honour and acknowledge Moh'kinsstis, and the traditional Treaty 7 territory and oral practices of the Blackfoot confederacy: Siksika, Kainai, Piikani, as well as the Îyâxe Nakoda and Tsuut'ina nations. We acknowledge that this territory is home to the Métis Nation of Alberta, Region 3 within the historical Northwest Métis homeland. Finally, we acknowledge all Nations – Indigenous and non – who live, work and play on this land, and who honour and celebrate this territory." (Calgary Foundation)

9 PM

ROUTINE



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- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

HUNTINGTON HILLS | FEBRUARY 2023 11

An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | info@nancybergeron.ca



The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

***Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.



21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling ____."
26. Complete this sentence: "I wish I had someone with whom I could share ____."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.




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Huntington Hills Real Estate Update

Last 12 Months Huntington Hills
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2022	\$487,500	\$486,000
November 2022	\$415,000	\$408,500
October 2022	\$479,200	\$477,250
September 2022	\$450,000	\$432,500
August 2022	\$458,450	\$448,750
July 2022	\$419,900	\$407,100
June 2022	\$473,900	\$467,500
May 2022	\$489,900	\$479,300
April 2022	\$460,000	\$447,000
March 2022	\$425,000	\$454,500
February 2022	\$474,900	\$483,000
January 2022	\$434,900	\$426,000

Last 12 Months Huntington Hills
 MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2022	9	10
November 2022	7	17
October 2022	18	14
September 2022	14	13
August 2022	9	14
July 2022	21	15
June 2022	27	16
May 2022	19	13
April 2022	21	23
March 2022	38	31
February 2022	20	23
January 2022	14	13

To view more detailed information that comprise the above
 MLS averages please visit hhil.mycalgary.com

Dear Neighbours,

Time flies! I can't believe that we are in February already! January was a wonderful month of connecting in the community and celebrating Chinese New Year with all of you! Stay tuned on social media for more fun events coming this month.

Healthcare Action Plan

Help is on the way for Albertans calling 911 and for those needing emergency health care. As part of the Healthcare Action Plan, Alberta's government is working with Alberta Health Services to improve EMS response times and open acute care beds in emergency departments faster.

Paramedics are highly skilled health professionals who are trained to respond in times of crisis. Our government wants to ensure their skills are being used in the best way possible, while also ensuring Albertans are not left waiting after a call to 911. Instead of using ambulances for patients who do not require medical support during transport, AHS will arrange for alternative transportation. This would utilize options like community shuttles and wheelchair accessible taxis for patients who need to be transported back home. Using EMS more efficiently means that they will be on the road and available for emergency calls instead of being needlessly tied-up when medical care is not needed.

This new program is one of several actions underway designed to better serve Albertans. AHS has an aggressive plan to improve four priority areas and is taking steps to reduce pressures and improve system performance. This includes improving EMS response times, decreasing emergency department wait times, reducing wait times for surgeries, and improving overall patient flow and capacity.

Our government is also working with AHS to take further action, including adding a triage physician to emergency department waiting rooms to support patient offloads, and allowing paramedics to assess and treat patients without having to transport them to a hospital.

Our United Conservative government is taking action to address areas that need improvement in our healthcare system so that Albertans can get emergency care when and where they need it.

Sincerely,

Josephine Pon
 MLA Calgary-Beddington

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