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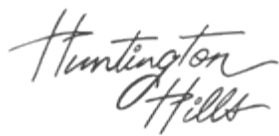
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## What's Happening at HHCA

December was filled with Christmas spirit at HHCA. Holiday parties were had, shoppers filled the December 2 market, and neighbours were taken care of through Closer to Home's Adopt-a-Family.

With donors matched for all 30 of our area's families, HHCA's \$1,650 fundraising total went to a Huntington Hills family of 10 – Sherry, the grandmother, Kaislynn, the mother, uncles Braeden and Chandler, Rebecca, the aunt, and children Maddon, 14, Bradley, 10, Michael, 5, Malcom 2, and one-year-old Kesley. This family loves to prepare and enjoy meals together. Their special holiday tradition is baking and decorating the house. Next year, the family's goals are to connect with Indigenous culture – continuing to empower themselves through various supports available.

A truck full of food, supplies, and hand-written cards were also donated through the Huntington Pioneers Association to the Veteran's Food Bank of Calgary. We're grateful to all those who contributed to make the season special for all.

Instructor Judy also hosted free limited yoga over the break. Her classes are the perfect opportunity to take a mental health moment as we head into January's holiday hangover. Sign up for her evening \$50, five-week Flow or Slow and Strong sessions starting up again this month. Or drop-in for \$10 on Friday mornings for Yin/Yang.

Mobile registered massage therapist Felicia, with Huntington Hills Facilitated Massage Therapy, is also available to help you destress. Specializing in rehabilitation, relaxation, therapeutic, and deep tissue, book an appointment while you attend hockey practice, before pickleball, or after a skate onsite here at the CA. Find her info on the lower level of the building.

Review our updated indoor drop-in pickleball schedule with more times available. Beginners and experienced welcome! Starting on January 14, now's the time to sign up for little rocks and junior curling. The program is seeking new casual or full-time coaches. If you're a curler or are just interested in helping, contact Rob at 587-392-2264 for training opportunities. Also, don't miss out on the Mixed "Open" Doubles league.

Thank you to childcare family Christmas party volunteers Amy, Kim, Vanessa, and Sanjana! Out of School Care has launched a new Just for Moms group at the community association. With onsite childminding, moms can bring their kids, on January 21 from 2:00 to 4:00 pm, for great conversation, snacks, and some time to relax with other moms. To register and for more info, please contact Cassandra at 587-392-2268.

We hope you also enjoyed our Huntington Hills Christmas decorating contest! Check out our social media to see this year's nominees, and congrats to our top three winners who received gift cards.

Within this issue, we're also excited to introduce Huntington Hills' City of Calgary Community Social Worker, Tina Buchan, and to learn more about the role and her department's community neighbourhood assessment findings. Tina can also be contacted 587-216-8786 regarding \$1,000 microgrants available for residents. They're looking for locals to champion initiatives that help increase economic participation; build inclusive neighbourhoods; and/or foster truth and reconciliation.

We hope you enjoyed indoor public skating over the break. Save the date for HHCA's free Family Day Skate on February 17, from 1:30 to 3:30 pm. Skates and ice safe helmet required. Expect fun photo opportunities and free snacks!

Lastly, for those who have stopped by lately, you may have noticed two new murals located inside the community association. Stay tuned to learn more about the projects and to celebrate the official artwork announcement!







## Yip the dishes.



**Unsecured food waste attracts wildlife. Keep clever coyotes hunting in the wild by ensuring garbage, compost, and recycling are in secure bins.**

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Please visit  
[www.calgarywildlife.org](http://www.calgarywildlife.org)  
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## Meet Tina Buchan

**Community Social Worker, The City of Calgary**



Hello, Huntington Hills! Meet Tina, your registered social worker, with over twenty years of experience working with children, youth, and those experiencing vulnerabilities in Calgary. In her current role, she brings a high level of energy and passion for social justice, advocacy, and empowering others.

The City of Calgary has community social workers in 23 neighbourhoods, who support residents in identifying social issues and working together to find neighbourhood-based opportunities and community development solutions. In practical terms, they look for ways to lead and contribute to local projects, groups, and initiatives. They seek to enhance partnerships, identify needs, and draw on local resources and assets. This approach allows for the creation of solutions based on the use of existing community assets and facilities.

In Huntington Hills, Tina aspires to collaborate with residents to explore ways for them to contribute to their community through leadership and volunteer opportunities, and by building skills, experiences, and connections. She looks for ways to celebrate diversity and increase a sense of belonging.

When asked about her goals for the role, she explained, "I want to use a dynamic, community development approach to increase social and economic participation. When we bring together our skills, interests, knowledge, and time, we can collectively create the neighbourhood we want to be a part of."

As someone who is committed to learning and evolving, Tina draws from her professional experience and combines her background with new ideas to ensure the best approach when working with individuals and communities.

Please connect with Tina to learn more about the Community Social Worker Program and how to get involved in your neighbourhood at 587-216-8786, or [christina.buchan@calgary.ca](mailto:christina.buchan@calgary.ca). She is also a self-described plant enthusiast and feline fanatic, so feel free to also ask about her passions!

# Just For Moms

## Beating the Winter Blues

**Saturday, January 21, 2023  
2:00 – 4:00 pm**

Winter is in full force! The days are short and the nights are cold, and even the best of us can get a little down. Come join other Moms for great conversation and snacks in a relaxing setting. We will be chatting about ways to stay happy and active, and beat the winter blues in the colder months, we will also be doing a fun activity.

**Childcare will be provided.**

To register call Cassandra at 587-392-2268. Registrations will begin January 3, 2023



### OPEN HOUSE

**January 18, 2023 | 5:30-7:30PM  
3716 2 St NW**

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## Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

### **Before Clicking the Button to Buy Tickets, BBB Recommends the Following:**

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

### **Here Are Some Other Travel-Related Resources from BBB:**

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to BBB.org.

# Huntington Hills Assessment and Community Development

*A Message from City of Calgary Community Social Worker,  
Tina Buchan*

Between the summer of 2021 and the spring of 2022, the team conducted an initial needs assessment of the Huntington Hills.

This consultative process involved residents, service providers, and community groups, with feedback gathered through questionnaires, interviews, and in-person and virtual engagement meetings. Overall, the process revealed that Huntington Hills is a strong, vibrant, and diverse community with a lot of assets that can be used to strengthen inclusion and belonging for residents.

It's important to note that the assessment took place during the COVID-19 pandemic, which presented unique challenges for carrying out engagement in accordance with local health guidelines. The pandemic also added to the social issues faced by the community and exacerbated existing issues.

In the spirit of collaboration, we're pleased to share some of the learnings from the assessment. The following themes emerged as being top of mind for Huntington Hills residents:

- Mental Health
- Basic Needs
- Awareness of Community Programs and Services
- Social Isolation
- Perceptions of Community Safety
- Indigenous Awareness, Connection, and Truth and Reconciliation

Assessment and community development are both ongoing processes, reflecting the reality that neighbourhoods are always changing. The information gathered and the relationships that were built through the recent assessment can help develop community-led, strengths-based approaches to respond to areas of concern within the neighbourhood.

Community development activities form an essential part of a response to build meaningful inclusion and connections. Following the assessment, a number of initiatives have commenced to respond to the above themes, including among others:

- The Community Safety & Wellbeing Expo held in August to learn from community partners and first responders about safety, isolation, and mental health.
- The Indigenous Learning Series being held from October to January to enable learning about Indigenous history and contemporary issues.
- The Winter Wellness Series held in December to provide opportunities for connection and learning from community members about loss, healing, and financial wellness and participate in activities such as indoor gardening as well as arts and crafts.

In addition, the City of Calgary Neighbourhood Grants Program was recently expanded, with residents of Huntington Hills are now eligible to submit applications.



**9 PM  
ROUTINE**



**CALGARY  
POLICE  
SERVICE**

## ☒ CHECKLIST

- 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

# The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

### 1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

### 2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

### 3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

### 4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

### 5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

### 6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

### 7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

### 8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

### 9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!



# Sledding Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



Greetings Ward 4!

Happy New Year! We hope you had a wonderful holiday season!

### Submit a Nomination for the 29th Annual Calgary Awards by February 1

Incredible happens here. The Calgary Awards celebrate outstanding individuals and organizations whose exceptional achievements and contributions make life better for Calgarians.

Award Categories Include:

#### The Community Achievement Awards:

- Grant MacEwan Lifetime Achievement
- Calgarian of the Year (previously Citizen of the Year)
- Arts
- Community Advocate - Individual
- Community Advocate - Organization
- Commerce - Under review
- Education
- Heritage
- Youth

#### The Award for Accessibility

#### The Environmental Achievement Award

#### The International Achievement Award

Look to your neighbours, colleagues, community leaders, local groups, and companies who qualify for a Calgary Award. The nomination process is easy – follow the steps outlined at [calgary.ca/calgaryawards](http://calgary.ca/calgaryawards) and submit a nomination by February 1.

### Calgary Winters Are Safer When Everyone Pitches in to Clear Snow and Ice

While our crews are clearing roads, designated pathways, and overpasses, residents and business owners are reminded to remove snow and ice from their property's adjacent sidewalk within 24 hours of snowfall ending.

The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period.

Uncleared sidewalks can be reported to 311. Make sure to include the address or specific location details. A photo can be included with the 311 app.

When a complaint is submitted to 311, a Community Peace Officer issues a Snow and Ice Removal Notice, which gives the owner/occupant of a parcel 24 hours to clear the sidewalk. If after 24 hours the sidewalk has not been cleared, the file is then sent to a contractor to clear the sidewalk at the owner's expense.

Consider being a Snow Angel and clear the sidewalk of a neighbour who could use your help.

Thank you for your attention,  
*Ward 4 Cllr. Sean Chu*



**MLA Calgary – Beddington**  
**Hon. Josephine Pon**  
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Calgary, AB T3K 1J7  
☎ 403-215-7710  
✉ calgary.beddington@assembly.ab.ca



**Calgary Nose Hill**  
**Hon. Michelle Rempel Garner, MP**  
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Calgary, AB T3K 2L2  
☎ 403-216-7777  
✉ michelle.rempel@parl.gc.ca  
🌐 www.michellerempel.ca

Dear Friends and Neighbours,

December was a fantastic month in Calgary-Beddington. I was privileged to award 20 outstanding citizens in our community with the Queen's Platinum Jubilee Medal. A big thanks for their dedication to community and volunteerism.

I was delighted to take part in the many Christmas Markets and events in our neighbourhoods. I hosted a holiday luncheon and was humbled and excited to see so many of you come out to talk and share your ideas with me.

As we bid farewell to 2022 and ring in the new year, affordability remains one of the primary challenges facing Canadians from coast-to-coast as we grapple with an inflation driven cost-of-living crisis.

Here in Alberta, we know families are counting on the United Conservative government to take decisive action to address the rising cost of living. That is why we did not hesitate to announce a package of supports that will keep more money in the pockets of all Albertans.

The measures announced so far include, extending the fuel tax cut; taking action on utilities, including expanding the electricity rebate to a total of up to \$500; reindexing benefits like AISH, PDD, and Income Support, as well as the Alberta Seniors Benefit and the Alberta Child and Family Benefit; providing targeted payments for kids under 18, seniors 65 and over, and vulnerable Albertans with household incomes below \$180,000; and providing additional support for low-income transit programs.

Our government is in position to provide this significant financial help because of our balanced budget and strong fiscal position. Fighting inflation and tackling the cost-of-living crisis facing Albertans are top priorities for our United Conservative government. Our multi-billion-dollar inflation-relief package will help offset costs for families, seniors, and get our most vulnerable through this challenging time.

Our commitment to fiscal discipline and economic growth is allowing us to provide help for Albertans while we pay down our debt, lower the debt burden, and save for the future.

Wishing you and your families all the best in 2023.

Sincerely,

*Josephine Pon*  
MLA Calgary-Beddington

Happy New Year. While the last year continued to present challenges for many in our community it is my hope that 2023 will see positive change.

Thank you to the many individuals in our community who supported the NHCA's 'Gift of Joy' program by donating a toy or gift for families in need. I was proud to partner with them for this important initiative – especially during these challenging economic times. Thank you to the many organizations and volunteers that are supporting individuals in our community.

As Parliament resumes later this month, I remain focused on the issue of inflation and the affordability crisis that so many are dealing with. As your voice in Ottawa, I am committed to finding real solutions to the challenges facing those in Calgary.

I continue to hear from residents who are very concerned about their employment situation. As such, I was proud to sponsor a petition calling on the federal government to create more jobs in western Canada. This petition is available for signature until January 27 and can be found on my website at <https://mprempe.ca/petitions>.

I expect to see a federal budget later this spring and will be conducting pre-budget consultations in our community. Should you have any information that you wish to add, please do not hesitate to contact me at [michelle.rempel@parl.gc.ca](mailto:michelle.rempel@parl.gc.ca).

*The Hon. Michelle Rempel Garner*  
Member of Parliament  
Calgary Nose Hill

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## News from the Friends of Nose Hill

by Anne Burke

The Calgary Naturalists' Club was started in the late 1940s. Its activities included plant, bird, and star study groups. After the Calgary Bird Club was formed, the Calgary Naturalists' Club was discontinued, due to lack of support, since so many of its members had transferred their membership. The Calgary Bird Club evolved and became the Calgary Field Naturalists' Society, an advocate for the ongoing protection of parks and other natural areas by letters and through engagement with city officials.

According to the Provincial Archives of Alberta, when the first meeting of the Federation of Alberta Naturalists was held, it was attended by representatives from six regional naturalist clubs: the Calgary Field Naturalists' Society (now known as Nature Calgary), the Edmonton Bird Club, the Edmonton Natural History Club, the Lethbridge Natural History Society, the Alberta Natural History Society (of Red Deer), and the Bow Valley Naturalists. Membership in the Federation has since grown to include over 40 clubs, representing thousands of individuals.

The Federation (now known as Nature Alberta) was registered under the Societies Act to increase knowledge of natural history and understanding of ecological processes; to promote the exchange of information and views among natural history clubs and societies; and to foster and assist in the formation of additional natural history clubs and societies in Alberta. The aims are to promote new natural areas and nature reserves; to conserve and protect species, communities, or other features of interest; as well as to organize or coordinate conferences, field meetings, nature camps, research, and other activities. The group offers naturalists a forum in which questions relating to the conservation of the natural environment may be discussed, united positions are developed, and the means of translating these positions are put into action.



## Huntington Hills Real Estate Update

Last 12 Months Huntington Hills

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
December 2021	\$424,900	\$409,500

Last 12 Months Huntington Hills

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2022	7	17
October 2022	19	14
September 2022	15	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
December 2021	12	13

To view more detailed information that comprise the above  
MLS averages please visit [hhil.mycalgary.com](https://hhil.mycalgary.com)



# BUSINESS CLASSIFIEDS

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