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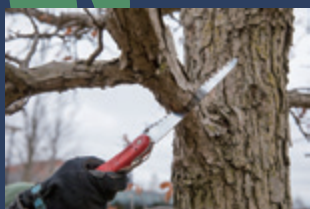


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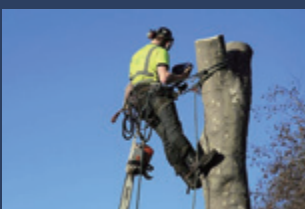
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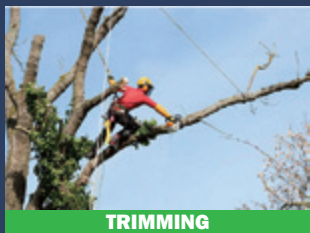
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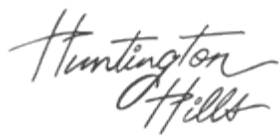
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Huntington Pioneers Association



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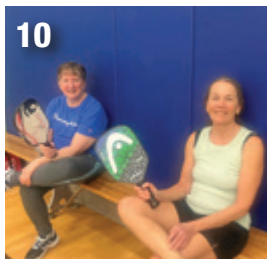
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CONTENTS

- 6 WHAT'S HAPPENING AT HHCA
- 8 SHOP AT THE MOBILE GROCERY STORE
- 10 PLAY PICKLEBALL!
- 12 DOLLARS AND SENSE: CHOOSING A MEAL DELIVERY SERVICE
- 13 SAFE AND SOUND: BURNS AND SCALDS
- 15 BUSINESS CLASSIFIEDS



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**News, Events,
& More**



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What's Happening at HHCA

Shoppers have been loving the new weekly Friday Fresh Routes market from 3:00 to 5:00 pm at the community association. Read more about this Alberta-based initiative helping to provide fresh, affordable produce right in our own neighbourhood!

The Huntington Hills Curling Club little rocks and junior curling season was a hit this year! A big thank-you to our volunteer coaches and Curling Manager Rob for running an outstanding 12-week season.



Are you interested in coaching curling and getting more involved in helping to grow the game? Or would your own game benefit from learning a few more technical skills? The club is hosting a Curling Alberta Club coaching course on March 18 and 19. Secure your spot for \$137.50 plus tax at curlingalberta.ca by March 14. Ask Rob about fee subsidies available for those looking to directly support HHCC's junior and learn to curl programs at curling@huntingtonhillscalgary.com or 587-392-2264.

All generations of curlers are invited to join in on Family Curling Day on April 1 from 10:00 am to 12:00 pm. Members can sign up online for casual game play with their loved ones for \$10 per person. Join as a team, jump in as an individual, or pair with a 40-player maximum. With equipment available for use, please note on-ice instruction will not be provided.

On March 18, Huntington Hills Out of School Care will be offering both a facilitated 'Just for Moms' and 'Dad and Me' group at the community association. The programming is part of an ongoing initiative to give parents and caregivers the greater opportunity to get together and support one another.

With onsite childcare provided and parenting information available, bring the kids for a fun time of connecting, discussion, and bonding! Learn more about the latest upcoming sessions. Each group is limited to a maximum of 20 participants with registration required through Cassandra at cassandra@huntingtonhillscalgary.com or 587-392-2268.

Due to varying CBE and CSSD school spring break schedules this year, Huntington Hills Out of School Care spring break camps registration will only be open for existing program users. Stay tuned for upcoming child and youth summer break camp sign up!

With a wide range of indoor drop-in times and skill levels available, this month continues to be a great time to play and try out pickleball. First play is free with equipment available for use! Check our website for full information and times. Come see what makes instructor Judy's evening and drop-in yoga classes so well attended, with the next five-week session starting on March 21.

Have you not yet taken advantage of all the amazing 50+ programming offered through the Huntington Pioneers Association? Keep an eye out for their endless list of drop-in activities such as dominoes, cards, singing, walking groups, line dancing, and much more, as well as their monthly special events like luncheons and game nights. Try out a handful of activities before purchasing a \$30 annual membership. Visit www.huntingtonpioneers.com for full information.



Lastly, it's that time of year again! Registration for Huntington Hills Outdoor Soccer, ages three to seven, is now open! Learn more and register online for \$80 plus membership. Matches start on May 2 until June 15.



Houseplant Design

by Carolyn Brown. Credits to the Calgary Horticultural Society

Whether you start with your home office, the family room, or the bathroom, create living harmony with the three 'P's of houseplant design: plant, pot, position. For example, plant a bold sansevieria (snake plant) in a solid square pot for impact, utilize a series of similar shaped pots to create flow with say, miniature ferns, or create a planter with varieties of succulents.

Tree-like tropicals like banana and figs bring an element of scale to larger rooms. Have a high ceiling? Climbing philodendron and vines like pothos are a perfect way to create a more intimate space. Do you live in an apartment or basement suite with low light? Try a zebra, snake, or cast iron plant. Choose beautiful pots as these slow growers may be with you for a lifetime!

Typically, the room with highest humidity, such as a bathroom with a window or skylight, is perfect for growing ferns and orchids. Did you know that mirrors will reflect even more light onto your plants? So, go ahead and find cute hanging pots and mini containers to add some 'funk factor' to this small utilitarian space. Have some fun with shape, colour and texture.

How about a string of pearls? Dolphins? Turtles, anyone? These diminutive trailing plants are often referred to as 'plant babies,' adding a touch of whimsy to the kitchen. How about an artillery or candystick plant to spark conversation in the den? Foliage colour can enhance a room or provide contrast within it. Gold, variegated, and deep purple leaves will make a statement or blend in seamlessly.

From big bold leaves to fluffy ferns, incorporating texture adds drama and interest throughout the house. Repeat patterns and plant varieties for a sense of calm and touch of class. Keep these design principles in mind to bring any room to life beautifully.

Fun Fact

The benefits of green leafy plants are proven to boost mood and the wellbeing of humans and animals alike. A natural air freshener, plants help to remove toxins and improve the quality of the air that we all breathe. With proper selection and care, plants bring pleasing aesthetics to any space when given the right environment.

Spring Cleaning Your Way to Better Health

by Nina Wilder



March is here and we all know what that means: time for spring cleaning! This time of year is all about hitting that 'refresh' button and tackling the chores

that we have been putting off. But this tradition doesn't have to just be about dusting the blinds and decluttering our garages, it can also be a great opportunity to set our environment up to support healthy habits.

To form new habits, we must make them attractive, easy, and satisfying. We can do this by cleaning and organizing our homes in such a way as to encourage us to do certain behaviours. For example, if we want to increase our activity and aren't interested in going to a gym, we can create a designated activity space in our home. We can clear out a corner or – if you have the luxury – an unused room and make it appealing for activity: set out a music player, hang up motivating images or quotes, and lay out equipment in an organized and accessible way. The more appealing the room is, the more you'll want to use it!

Conversely, to kick a bad habit, we must make it harder to do, unattractive, and unsatisfying. If our goal is to eat less junk food, we can start by reorganizing the kitchen. We can declutter our pantries and fridges of things that tempt us and put them somewhere harder to reach such as that cupboard in the garage, or the freezer downstairs. We can also organize the contents in our fridge so that healthier snacks are more towards the front so they're easier to grab and give us a strong visual reminder to go for those instead. If you find yourself throwing out uneaten vegetables and fruits that have gone bad, stop putting them in the fridge drawer, out of sight!

With a little elbow grease, we can not only make our homes cleaner and more organized, but also conducive to having better health. How's that for a new tradition?

Shop at the Mobile Grocery Store

Fresh Routes at the Community Association



On January 27, the Huntington Hills Community Association became the latest weekly Fresh Routes mobile grocery store stop in Calgary.

Currently hosted indoors every Friday from 3:00 to 5:00 pm, neighbours can shop for high-quality produce and eggs up to 20 to 40 percent off!

Everyone, regardless of income, is welcome.



With the help of the H&W Produce and funding from places such as the Alberta Motor Association, shoppers can expect a variety of affordable and consistent choices.

"We typically try and bring all of the same stuff. We have a list of items each week. We have locally grown stuff, microgreens, fruits, and veggies. We always have eggs at a really great price, as well as a large selection of staples like onions, carrots, potatoes, apples, oranges, etc," says Dale Swampy.

He says working with Fresh Routes has been incredibly gratifying. Everyday he gets to see just how happy people are that the market is available.

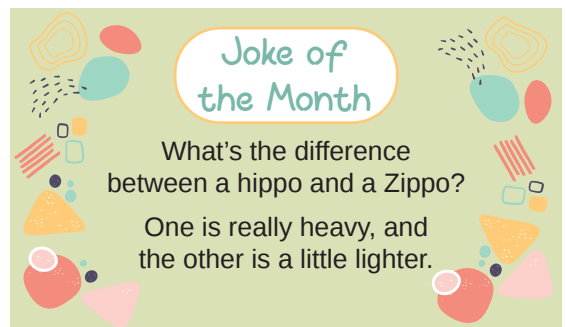
"It's hard to put into words, even experiencing food insecurity myself, just growing up as a child, and still seeing the prices up. They just keep rising as I get older and older. Seeing that, I know it's a struggle. I know it's expensive and getting groceries is a cost. I can see people struggling and stressing out just buying food. But everybody needs to eat. Coming out here, being able to help people and give them a hand...that's the best part," says Dale.



Each week, two community volunteers, like Frankie, help at the market.

In 2022 alone, Fresh Routes was able to provide over 196,000 pounds of produce for approximately 24,000 Albertan households.

The more the market sells, the more is given back to the initiative. Since its start, the program has seen outstanding volunteer enthusiasm.



Orange Vegetables Are Healthy and Delicious

from Alberta Health Services



Canada's Food Guide Plate encourages Canadians to make half their plate vegetables or fruit. One recommendation is to have orange vegetables a few times a week.

Orange vegetables contain carotenoids. These are plant compounds that convert into Vitamin A in your body. Vitamin A helps promote healthy vision and helps your eyesight in dark lighting. It also promotes the growth and health of cells in your body, and it helps regulate your immune system.

Orange vegetables that grow in Alberta are carrots, peppers, pumpkins, squash, and even sweet potatoes.

Here are a few ways to add orange vegetables to your meals:

- Choose sweet potato instead of regular potatoes.
- Serve roasted butternut squash.
- Serve sliced carrots or peppers as a snack.
- Roast carrots or peppers as a side dish.
- Add pureed pumpkin to regular mashed potatoes, soups, and sauces. Or add it into muffin or cookie batter when baking. For a fall treat, try it in a smoothie with cinnamon and nutmeg.

For a satisfying fall dish and other health recipes, you may want to try the sweet potato and carrot crisp recipe at ahs.ca/recipes.

Reducing the Salt in Your Diet

from Alberta Health Services



Reducing salt in your diet is one way to improve your heart health. Eating too much salt (sodium) may cause high blood pressure. If you lower your blood pressure, you may lower your risk of heart attack, heart failure, and stroke.

The top sources of sodium in our diets include ready-made bread, crackers, and muffins, as well as takeout pizza and lasagna, and processed meats such as deli meat and sausages. Cheese, soups, and condiments such as soy sauce and ketchup are also very high in salt. If you reduce the amount of processed, fast food, take-out food, and restaurant meals you eat, you may reduce the sodium in your diet.

Another way to lower sodium is to prepare food at home. When cooking at home, you can use little or no salt. Try flavouring your food with garlic, onions, herbs, spices, lemon juice, and vinegar instead of salt.

Do you need some tips on cooking with less sodium? The AHS South Health Campus Wellness Kitchen in Calgary will host "Low Sodium Tasty Tips and Tricks", a free online cooking demonstration. A registered dietitian will lead the two-part series, which will include information on reading labels, lower sodium substitutions, and preparing healthy lower-sodium foods that still taste great. Anyone in Alberta is welcome to sign up.

To register, visit ahs.ca/shcwellness or email wellness.shc@ahs.ca.

For more information on this topic, search "heart health" at ahs.ca/nutritionhandouts.

Play Pickleball!

Now available five days a week at the community association, there's still time to try the popular sport of pickleball!

With both beginner and intermediate/advanced indoor drop-in times available, it's a great environment to casually play and learn the sport. Since stopping in, beginners Maureen and Patty both agree that they have both felt welcomed.

"The people here are amazing. They took the time to play a game with us and tell us what was right and wrong. Every time we've come, we've met new people, and everybody is just so friendly," says Patty.

Play for your first time for free, drop-in for \$5, or purchase a \$20 pickle pass – which includes a fifth free game! Paddles and balls are available for use, with brand new players recommended to review the rules ahead of time before jumping in.

Visit the online calendar for a full list of times at www.huntingtonhillscommunity.ca/recreation/drop-in.



The Full Worm Moon

The third full moon of 2023 occurs in March! It is aptly named the 'Full Worm Moon' as March signals the start of spring, thawed grounds, and the return of earthworms!



YOUR CITY OF CALGARY

Business Map: Online Map Shows Calgary Businesses and Business Licence Information

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

parent & kid groups

Onsite childcare provided!



dad & me



March 18 10:30 am to 12 pm

Create with boxes, play with giant building blocks, work on LEGO!



just for moms



March 18 2 to 4 pm

Come for a fun activity and great discussion on how to take care of yourself!

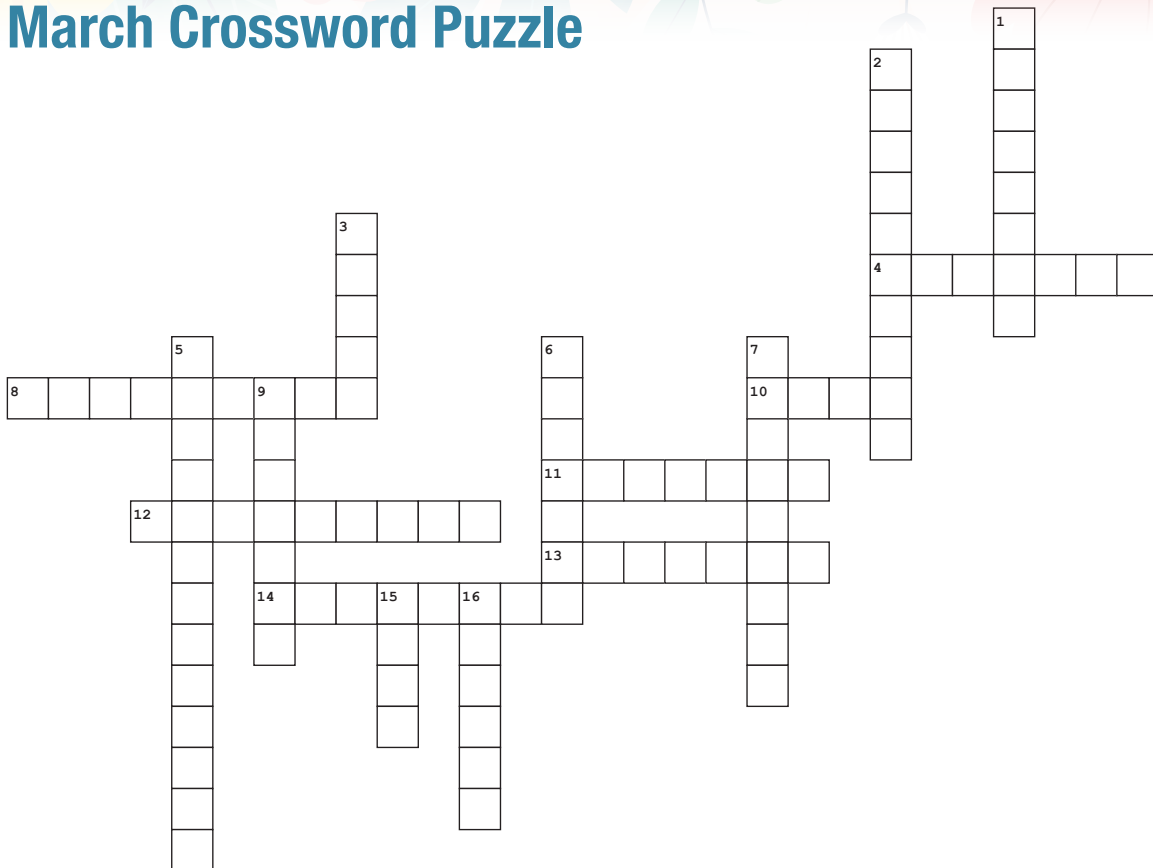
Registration required

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Huntington Hills
COMMUNITY ASSOCIATION

March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR
THE ANSWER KEY**



Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

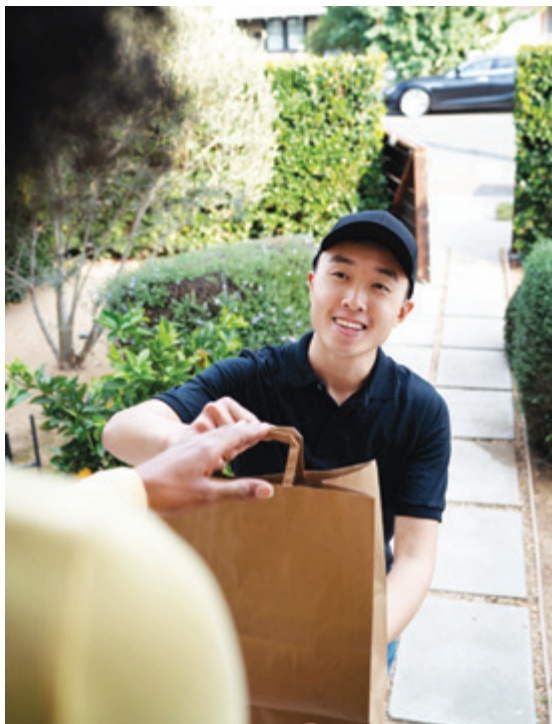
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.



Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe 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 such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only 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 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 yanked downward causing hot drinks or food to spill on a child.
- 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.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



News from the Friends of Nose Hill

by Anne Burke

Since the 1960s, various groups have lobbied to have Nose Hill preserved as a natural park. In 1972, a group representing eight communities pursued the matter. The result was the Nose Hill Design Brief, a City plan to set aside 1,600 hectares.

In 1976, however, the City rezoned part of the land for housing. In response to public discontent, the City reviewed the zoning issue, and in 1980, approved the Nose Hill Park Master Plan, which aimed to preserve 1,096 hectares as a park.

In 1981, the Nose Hill Park Communities Board was formed to provide public input into implementation of this plan. Twelve community associations were represented on the board, and it kept the issue in the public eye. The City finally reached a deal with remaining landowners in 1989 and the 1,052 hectare Nose Hill Park became a reality.

The remarkable Glenbow Library and Archive, a collection that documents the history of Western Canada, is now housed at the University of Calgary as the Glenbow Western Research Centre. The Nose Hill Park Communities Board files contain historical information: briefs, plans, proposals, reports, submissions, legal papers, maps, and drawings.



Councillor, Ward 4
Sean Chu
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ward04@calgary.ca
www.calgary.ca/ward4
www.seanchu.ca

Huntington Hills Real Estate Update

Last 12 Months Huntington Hills MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| January 2023 | \$455,000 | \$464,250 |
| 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 |

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

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| January 2023 | 12 | 10 |
| 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 |

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

Greetings Ward 4!

Green Line’s stations are designed to promote accessible, safe, and secure transit use for all Calgarians.

Stations will feature plenty of signage, info displays, and wayfinding details to help riders navigate the area. A tactile strip will also inform visually impaired riders of the platform’s edge.

Station platforms will also be lower, meaning Calgarians will move through less ramps to reach a platform from street level. Our underground stations will feature convenient elevator access from ground level and will likewise take advantage of CCTV cameras and help phones to promote security.

Where possible, our stations will feature weather protection, including transparent and heated passenger shelters; well-lit, open spaces with plenty of CCTV cameras for added security; and help phones that offer immediate assistance.

Our new Urbos 100 Light Rail Vehicle (LRV) also makes use of accessibility- and safety-conscious low-floor technology. Lowered floors remove the need for steps during boarding and integrate more easily with existing city infrastructure and communities. As well, the LRV’s eight entrances dock level with station platforms, providing a safe, accessible, and convenient boarding experience for riders.

In addition, the Urbos offers three designated, roomy areas for people with mobility aids. Each of these designated areas is flanked by two entryways that allow immediate boarding and exiting for people with mobility aids. The Urbos also includes an easy to navigate, spacious interior with plenty of hand grips.

For more news and updates, subscribe to our newsletter at www.calgary.ca/green-line/green-line-contacts.html.

Wondering what businesses are open in Calgary? The Business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

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

BUSINESS CLASSIFIEDS

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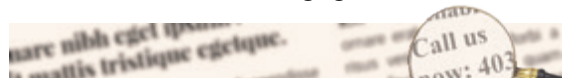
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