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- A**rms can you raise both?
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- T**ime to call 9-1-1 right away.

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## Here's What's Happening at HHCA This Month!

Get those ice skates and helmets ready, because our Learn to Skate and Shinny Hockey programs are officially open for registration! The Learn to Skate program is a 10-week program that starts at the end of September, and it is best suited for ages 4 to 13. With beginner and intermediate sessions, choose from Monday evening or Saturday morning classes.

The Shinny Hockey program is perfect for children who want to learn the fundamentals of hockey; it's best suited for ages 7 to 11. The program is seven weeks in length, with Sunday morning classes! The first session of both programs is now available; be sure to secure your spot as spots fill up quite quickly! Get ready to skate into a new season of fun!



Attention curlers! Curling registration for the Huntington Hills Curling Club has now opened, with so many different leagues to choose from. Make sure that you've got your sliders and brooms ready to slide into the new season! Make sure to stay up to date on curling drop-ins, curling events, children and youth leagues, and beginner curling sessions by visiting our website or following us on social media!

It's almost time to embrace the holiday spirit! Our much-awaited Christmas Market will be making a return this year in the first week of December, and we are looking for vendors to help spread some holiday spirit. We are calling all interested vendors! We are looking for a variety of vendors to showcase their handmade crafts, décor, trinkets, pet products, and so much more. It's

just in time for the gift-giving season! Send us an email if you are interested in becoming a vendor for HCCA's Christmas Market. Vendor applications will officially open on September 18. Express your interest by emailing us at [reception@huntingtonhillscalgary.com](mailto:reception@huntingtonhillscalgary.com).



September at HHCA marks the return of our many drop-in skating programs. Visit our website to keep up to date on times and days. Public Skating, 50+ Skating, and Sticks, Rings, and Pucks will all be starting up again this fall! Drop-in is only \$5 or free for HHCA members. Don't forget to bring your gear for a fun time on the ice this season!



### Nature's Ottoman

Capybaras, the largest rodents on Earth, are one of the friendliest creatures in the animal world. They're referred to as "nature's ottomans" because they'll allow birds, monkeys, rabbits, and other small critters to cuddle with them or hitch a ride on their backs. Capybaras will even befriend crocodiles and ride on their backs!

# Choosing the Best Plant-Based Beverages

by Alberta Health Services



Someone may choose to drink plant-based beverages because of allergies, a vegetarian diet, intolerance to cow milk, or cultural or personal taste preferences. These beverages look like milk and are often called “milks” but the nutrients they provide may be different.

Plant-based beverages are made from legumes, nuts, seeds, and grains, such as oat, soy, coconut, cashew, or almond.

### Guide to Choosing a Plant-Based Beverage

With so many options, it is important to pick a plant-based beverage that meets your nutritional needs. Read the Nutrition Facts table on beverages before you buy and then select a beverage that:

- Is unsweetened or has less than 15 percent daily value (less than 15g) of sugar per one cup (250 ml).
- Has at least six grams of protein per one cup (250 ml).
- Has at least 23 percent daily value of calcium per one cup (250 ml).
- Has more than 10 percent daily value of vitamin D per one cup (250 ml).

Read the ingredient list to see if vitamins and minerals have been added to the drink. If they have been added,

the drink has been fortified. This information usually appears on the ingredient list as “Vitamin and Mineral Blend.”

### If you choose plant-based beverages, serving advice is as follows:

#### Children under the age of two

Plant-based beverages do not contain enough fat, calories, and nutrients to help children’s brains and bodies grow and develop. Feed your child breastmilk or infant formula.

#### For others

- Offer two cups of a fortified plant-based beverage daily to children aged two and up.
- Older adults can meet their needs with one to two cups of a fortified plant-based beverage while also eating other protein foods as part of their diet.
- Two cups of a fortified plant-based beverage and a daily vitamin D supplement of 400 IU will help meet your nutrient needs when pregnant.

In addition to selecting a nutritious plant-based beverage, choose a variety of protein foods for meals and snacks. Try beans, lentils, tofu, eggs, nuts, and seed butter, fish, poultry, and lean meats.



# LEARN TO SKATE

**Registration open!**



**Ages 4 to 13**

**10 weeks**

**\$140 with HHCA  
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**BRAIN  
GAMES**

## SUDOKU

	7			2			4	6
	6					8	9	
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	8	4		9	7			
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6	9	7			2			8
	5	8					6	
4	3		5	8			7	

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# SHINNY HOCKEY

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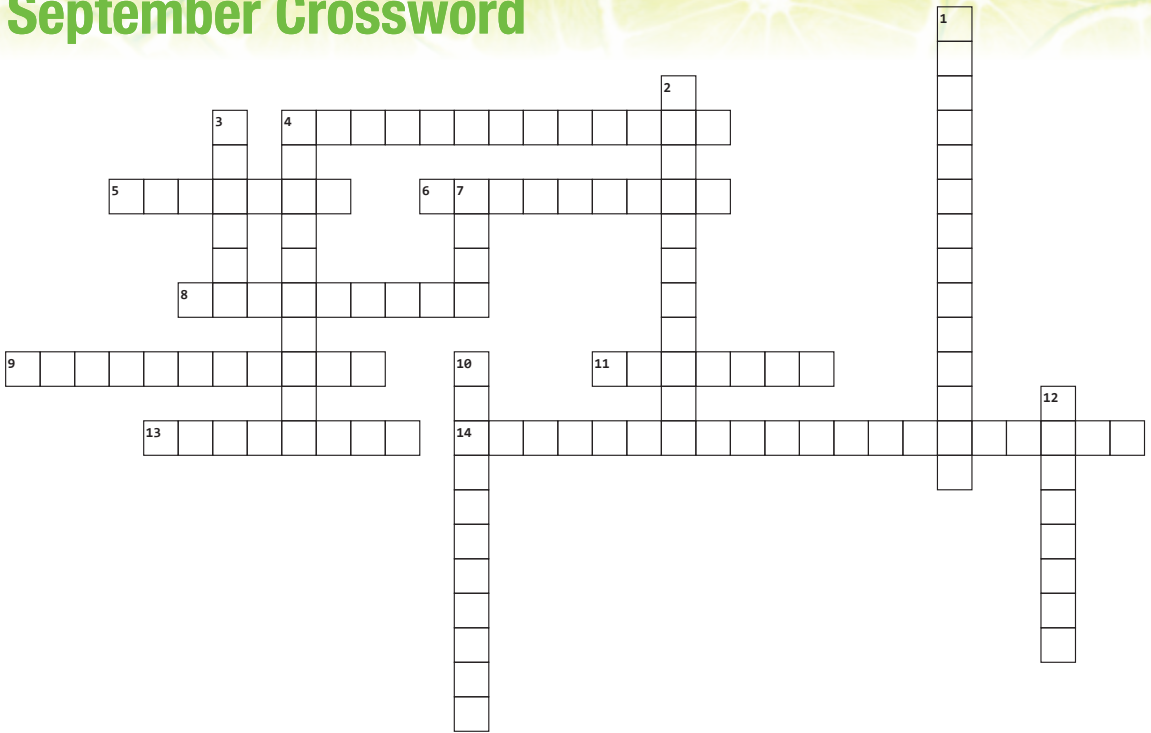
## Word of the Month

**Metanoia: noun (met-uh-noi-uh)**

A transformative change of heart.

“Upon finishing her book, Alice experienced a metanoia.”

# September Crossword

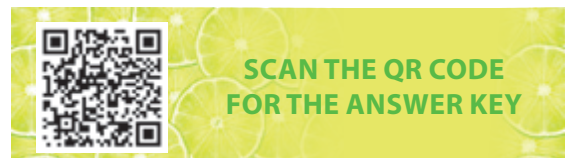


## Across

- On September 23, 2023, also known as the \_\_\_\_\_, night and day are approximately the same length.
- On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
- Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
- On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as \_\_\_\_\_ Day.
- Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
- Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
- This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
- Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

## Down

- Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
- On September 12, 1970, the \_\_\_\_\_ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
- The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
- On September 13, 1899, the first ever recorded fatal \_\_\_\_\_ crash occurred in the United States.
- This iconic Enrique Iglesias song was released on September 3, 2001.
- This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
- International \_\_\_\_\_ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.





## News from the Friends of Nose Hill

by Anne Burke

### What Happened 50 Years Ago to Preserve Nose Hill?

The Calgary Council of Women wanted a legacy. In 1973, the City created the park after a lengthy debate. Council rejected a development application when communities favoured a major natural environment park. "Citizens for Nose Hill" presented a "Citizens' Brief." Then a steering committee produced the "Nose Hill Design Brief."

A rezoning challenge was only one of the obstacles because much of the land was privately owned. It was urgent to preserve it because some was already sold to developers, with a parcel to a homebuilder.

Community leaders and concerned citizens collected over 5,000 signatures on a petition opposing the rezoning. They organized a march along John Laurie Boulevard in defence of Nose Hill. There was even a children's petition, and their voices were heard.

City Council voted against any rezoning. However, the City still needed more time to buy up the land. The Supreme Court of Canada gave Calgary the right to purchase land on Nose Hill at its own pace. The provincial government agreed and declared that the Nose Hill lands be retained as a public open space in perpetuity.



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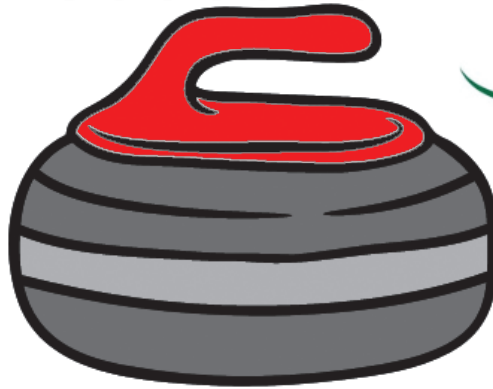


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# 2023 CURLING REGISTRATION NOW OPEN



While some countries and nations are hundreds of years old, some are barely older than a decade! This is the case for South Sudan in Africa; in 2011, they gained independence from Sudan, making them the youngest country on Earth! Other young countries include Kosovo (2008), Montenegro (2006), and Serbia (2006).

# 10 Signs That You May Be Suffering from Anxiety

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.

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