UNTINGTON

THE OFFICIAL VOICE OF THE HUNTINGTON HILLS COMMUNITY ASSOCIATION



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Knee Pain?





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SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- · Supply & install new acrylic soaker tub
- · Supply & install new toilet with soft close seat
- · Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- · Supply & install new mold-resistant board
- · Supply & install new tile to ceiling

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

- · Supply & install one corner caddy & soap dish
- · Supply & install new subfloor
- · Installation of new tile flooring
- · Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- · Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

SALE \$9.879

Limited Supplies

SUPREME TUB TO SHOWER

- · Remove all old materials from bathroom and job site · Supply & install a new toilet with soft
- Supply & install one custom shower stall 60" x 30"
- · Supply & install new water resistant board
- Schluter base added
- · Supply & install new tile to ceiling
- · Supply & install custom shower doors
- Supply & install new Delta pressure balance taps

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$16,789

- Supply & install a new toilet with soft close seat
- Supply & install a new corner caddy with soap dish
- · Supply & install new sub-floor
- · Installing of new tile flooring
- Supply & install new granite or quartz countertops with undermount sink
- · Supply & install new vanity

SALE \$11,879

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GAMES & PUZZLES

Guess That Fruit!

- 1. This fruit is known for how well it bounces.
- 2. Typically, this fruit has the most seeds.
- 3. This fruit is known as the worst smelling fruit in the world.
- 4. There is a constant argument about whether this is actually a fruit.
- 5. The volume of this fruit is 25% air.
- 6. The ____ plant produces only one fruit per plant at a time.





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SCAN HERE TO VIEW ADDITIONAL HUNTINGTON HILLS CONTENT





Crime Statistics



Real Estate Statistics





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Oh Kanata!

The name "Canada" comes from "Kanata", a Huron-Iroquois word for village. However, in 1535, explorer Jacques Cartier misunderstood the meaning of this word. The Iroquois used the word to tell Cartier the way

to Stadacona (now known as Quebec City). But Cartier thought it referred to the entire region, and the name stuck!



Where Community Becomes Family

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www.huntingtonhillscommunity.ca

WHAT'S HAPPENING AT HHCA

Check out what's happening at HHCA this month!

It's almost that time of year again! Renew your HHCA membership this August and get exclusive perks and access to our upcoming programs for fall and winter. HHCA members also get discounts at local eateries. Get 10% off the menu at A&W Beddington and Hunterhorn, as well as 10% off the menu at Kung Fu Tea and Boston Pizza Beddington! Just show proof of membership. HHCA memberships are \$25 and include two adults and unlimited kids!

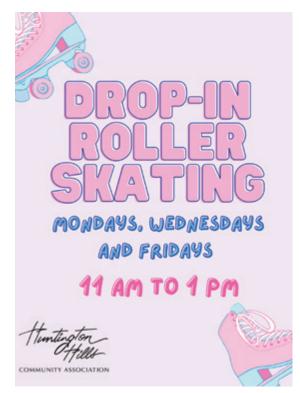
Want to invest in some self-care this summer? Drop in for Yin Yang Yoga every Friday morning at 9:30 am! Start your weekend off by getting energized and relaxed. If you can't make it to the morning sessions, we also offer Slow and Strong Yoga on Tuesday evenings and Flow Yoga on Thursday evenings. Registration is required for the evening yoga classes. For more information, check out our website!



Celebrate Stampede this year with HHCA! Our Stampede Breakfast is back on Saturday, July 6 from 9:00 am to 12:00 pm. Join us for a day of family-friendly fun, with entertainment provided by Bud Edgar, Joker and Trick Roper, and Tumbleweeds band! Don't forget about the delicious pancakes and sausages! The event is free and open to the public. We can't wait to see you there!



Make the most of this summer and try out some fun activities! The pickleball craze keeps rising, and here at HHCA, we offer drop-in pickleball Monday to Friday! We also offer drop-in roller skating on Mondays, Wednesdays, and Fridays from 11:00 am to 1:00 pm, make sure to bring your equipment! For the full schedule and other drop-in programs, check out our website.





it is called a marshmallow?
The gooey treat we love today was originally enjoyed by Ancient Egyptians and made from the mallow plant (Athaea officinalis), which grows wild in marshes!





JULY 2024

2-5: Closed the 1st Orange ya Glad it's Summa

8-12: Wonka's Wonderful World of Sports

15-19: Into Space with Anime

22-26: That's So Yesterday



AUGUST 2024

29-2: Bricks, Blocks and Animal Pups

6-9: Inside, Upside, Downside, Outside

12-16: Evil Villain's Science Fair

19-23: That was a Disaster!

Huntington Hills

Youth

Huntington Hills

JULY 2024

2-5: Closed the 1st Space vs Ocean

8-12: Down The Rabbit Hole

15-19: Through The Decades

22-26: Shark Tank



AUGUST 2024

29-2: Going Green

6-9: Closed the 5th

12-16: Myths and Legends

19-23: Game Show

Huntington OHills

COMMUNITY ASSOCIATION



No matter how much you sweat, we can get the stink out!

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



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Take Part in the Foam Recycling Pilot

by The City of Calgary Waste and Recycling Services

A six-month pilot project began on May 13 to collect foam packaging (also known as Styrofoam) for recycling at any of our three City landfills. Calgarians can bring foam packaging for recycling to the designated area at a landfill free of charge.

Calgarians can bring clean foam with no food residue, tape, glue, or labels. Examples include:

- Shipping foam packaging (ex. foam that protects new electronics).
- · Foam egg cartons.
- Foam meat trays with absorbent pads removed.
- · Foam take-out containers.
- White and coloured foam. No black polystyrene foam.

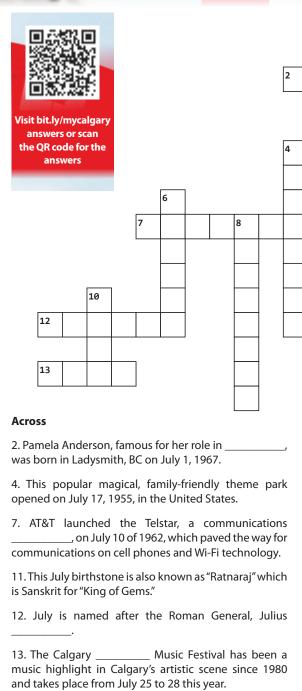
Can't take foam to the landfill? Put it in the black cart as garbage. Do not put in blue cart. Foam breaks into small pieces in collection trucks causing contamination and lowering the market quality of the other recyclables.

For more information, visit calgary.ca/whatgoeswhere.



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July Crossword



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	I						1	1		
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		5								
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									9	
							11			
	Davi									
	Down									
	1. Guy Weadick, an American trick roper, started this									
	renowned North American rodeo festival in 1912.									
	3. The Catcher in the Rye, written by J.D, was									
	released on July 16, 1951.									
	4 Canada Davis colobrated on July 1 avenuear but was									
	4. Canada Day is celebrated on July 1 every year but was originally referred to as Day.									
	5. What type of animal was Dolly, the first mammal ever									
	cloned in July of 1996?									
	6. The Rolling Stones, with frontman Mick,									
	played their first ever concert on July 12, 1962.									
	8. One of July's birth flowers, the, is also									
	known as a delphinium.									
	9. This action sci-fi prequel to the <i>Predator</i> franchise,									
	filmed in Alberta, was released on July 21, 2022.									

10. On July 20, 1969, the Apollo 11 mission landed on the moon with commander _____ Armstrong.

Know the signs of STROKE

Face is it drooping?

Arms
can you raise both?

Speech is it slurred or jumbled?

Time

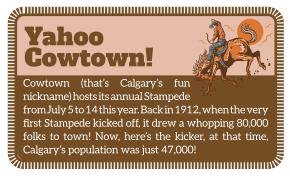
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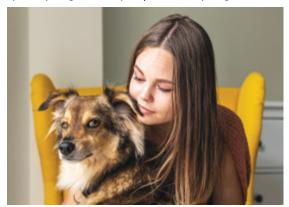






How to Grieve the Loss of a Pet

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without quilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are

empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given." Suzanne Clothier



Councillor, Ward 4 Sean Chu

403-268-3727

ward04@calgary.ca
www.calgary.ca/ward4

www.seanchu.ca

Happy Summer, Ward 4 Residents!

We hope you're enjoying the warm days in our beautiful city! As Calgary continues to grow and evolve, we're excited to share some developments and opportunities with you.

Calgary is recognized as one of the world's most livable cities and one of Canada's fastest-growing urban centers. We're committed to building a vibrant, affordable home for our soon-to-be two million residents.

To give you an inside look at our ongoing efforts, The City of Calgary is launching a new podcast called *Calgary Conversations*. This podcast provides an insider's view of Calgary's City Hall. Each monthly episode delves into key areas shaping our city's future, from public safety and housing to downtown revitalization and beyond. We'll uncover the stories that matter most to you.

Join us on this journey as we explore the narratives that make up our community. Through engaging interviews with City staff and partners, in-depth analysis, and compelling storytelling, *Calgary Conversations* offers fresh insights into the issues affecting us all. We're not just here to talk; we're here to connect, educate, and empower you with the knowledge to make a difference in your community.

Tune in, subscribe, and join the conversation. Because in Calgary, every voice matters. Let's write the next chapter together. #CalgaryConversations.

Listen at calgary.ca/CalgaryConversations or on Spotify, Apple Podcasts, Amazon Podcasts, and YouTube.

Get involved! Join the Partners in Planning (PIP) Program to meet city planners in person and learn how various policies shape The City's decisions and growth strategies. Discover the planning and development policies that drive change in Calgary. Register for your spot at calgarycommunities.com/events.

Enjoy the summer and stay engaged with what's happening in our wonderful city!

Cheers,

Sean Chu



Calgary Nose Hill Hon. Michelle Rempel Garner, MP 115 – 70 Country Hills Landing NW Calgary, AB T3K 2L2

403-216-7777

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www.michellerempel.ca

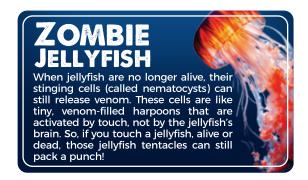
Happy Canada Day! I hope you are able to take some time this summer to reflect on what a wonderful country and community we call home.

I continue to hear concerns about the high cost of living in our community. The cost of food and housing must be addressed. That is why the Official Opposition has been calling for a summer break for Canadians from the carbon tax, the federal fuel tax, and GST on gasoline and diesel. Unfortunately, the federal government has not implemented this solution that would help ease the financial burden on Canadians. Nevertheless, I will continue to work hard and push for solutions to the challenges people in our community are experiencing.

As Parliament is out of session, I look forward to spending time in our community hearing about the issues that are important to you. Many community and faith-based organizations are hosting events throughout the city over the summer. I hope you will join me in supporting these events that bring our community together. Thank you to all the volunteers that make these events possible.

I hope you have a safe and enjoyable summer.





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