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# CONTENTS

---

- 7 WHAT'S HAPPENING AT HHCA
- 8 AGES 5 TO 12 CAMPS
- 9 YOUTH CAMPS
- 11 TAKE ON WELLNESS: MANAGING SEASONAL ALLERGIES
- 13 STAMPEDE BREAKFAST AT HHCA
- 15 BUSINESS CLASSIFIEDS



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& More**



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Statistics**

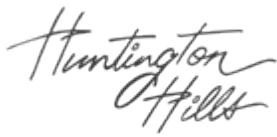


**Real Estate  
Statistics**



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## WHAT'S HAPPENING AT HHCA

Here's what's happening at HHCA this June!

Start the summer off right and sign up for summer day camps! Registration is now open for day camps for kids aged 5 to 12 and youth aged 12 to 17. With themed weeks, field trips, fun activities, and so much more planned! Join us for a summer full of adventure and fun times! A great way to spend the summer and make new friends and memories. Spots fill up fast so make sure you secure your spot today. For more information or to register, contact [cassandra@huntingtonhillscalgary.com](mailto:cassandra@huntingtonhillscalgary.com).



YeeHaw! Mark your calendars for our upcoming Stampede Breakfast! Join us Saturday, July 6 from 9:00 am to 12:00 pm and get some yummy pancakes and sausages! We are also looking for volunteers to help us run the event smoothly. If you are interested, please fill out our volunteer questionnaire on our website or contact [reception@huntingtonhillscalgary.com](mailto:reception@huntingtonhillscalgary.com).



Keep active this summer and check out some of the drop-in programs we have available! Check out the Pickleball craze and join us for pickleball drop-in! Various times available Monday to Friday, first drop-in is always free, after that it's only \$5 or you can buy a punch card for \$20. Our drop-in roller skating is also back this summer, on Mondays, Wednesdays, and Fridays from 11:00 am to 1:00 pm, so make sure to bring your equipment! Free for members or \$5 each drop-in. If self-care is more your jam, join us every Friday morning at 9:30 am for some drop-in Yin/Yang Yoga, only \$10 per drop-in.

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## Father's Day



Father's Day is a wonderful date to celebrate all father figures and paternal bonds. This celebratory day was proposed by Sonora Smart Dodd in 1909 and takes place on the third Sunday in June every year. How will you celebrate?



**5-12  
Camps**  
Huntington Hills

**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!**

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Hills*

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# Youth Camps

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  
Survivor**

**12-16: Myths and Legends**

**19-23: Game Show**

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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
April 2024	\$549,888	\$580,000
March 2024	\$500,000	\$518,000
February 2024	\$578,000	\$587,200
January 2024	\$499,998	\$515,000
December 2023	\$409,000	\$462,000
November 2023	\$480,000	\$510,000
October 2023	\$543,950	\$539,200
September 2023	\$514,900	\$515,000
August 2023	\$504,950	\$510,000
July 2023	\$527,000	\$540,000
June 2023	\$450,000	\$473,000
May 2023	\$529,900	\$542,500

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

	No. New Properties	No. Properties Sold
April 2024	13	15
March 2024	18	20
February 2024	12	7
January 2024	8	9
December 2023	6	11
November 2023	11	7
October 2023	15	18
September 2023	16	18
August 2023	25	24
July 2023	20	20
June 2023	26	25
May 2023	28	29

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



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# Managing Seasonal Allergies

by Alberta Health Services

Allergies occur when your immune system overreacts in response to certain substances, mistaking harmless elements as harmful germs or viruses. Numerous triggers can cause this to happen such as pollens, medicine, food, dust, animal dander, and mould.

If your allergy symptoms occur seasonally, it's likely due to an allergy to specific pollens from trees, grasses, or weeds.

Allergies can range from mild to severe, and some over-the-counter allergy medications may alleviate certain symptoms. Remember to carefully read and follow the instructions on medication labels.

Effectively managing your allergies is key to maintaining good health. Your healthcare provider might recommend tests to pinpoint the exact cause of your allergies. Once you identify your triggers, you can take steps to avoid them, which will help prevent allergy symptoms and potential health complications.

In some cases, immunotherapy could be beneficial. This treatment involves injections or pills containing small amounts of specific allergens. Over time, your body becomes desensitized to these allergens, resulting in reduced or prevented allergic reactions.

### Symptoms and Treatment of Seasonal Allergies

Seasonal allergies can happen during any season and are very common. Some symptoms include:

- Itchy, watery eyes
- Sneezing
- Runny, stuffy, or itchy nose
- Temporary loss of smell
- Headache and fatigue
- Dark circles under the eyes ("allergic shiners")
- Drainage from the nose down the back of the throat (post-nasal drip)
- Sore throat, coughing, or snoring

Home treatments are usually all you need to treat seasonal allergies, depending on your symptoms. Medicines you can try for a stuffy nose include steroid nasal sprays, which can also help with red, itchy, watery eyes.

### Other treatments include:

- Clean the inside of your nose with salt water to provide relief of a stuffy nose.
- Use a humidifier in the bedroom and take hot showers to help clear a stuffy nose. Follow the directions for cleaning the humidifier.
- If your nose is red and raw from rubbing, put petroleum jelly on the sore area.
- Use over-the-counter allergy medicine to help your symptoms. Use a nasal or oral decongestant (such as Drixoral) to relieve a stuffy nose. For itchy, watery eyes; sneezing; or a runny, itchy nose, try a non-sedating over-the-counter antihistamine, like fexofenadine (such as Allegra) or loratadine (such as Claritin). To help relieve pain, try acetaminophen or ibuprofen.

### Preventing Seasonal Allergies

You can reduce your exposure to pollen and other allergens that cause seasonal allergies by:

- Keeping your house and car windows closed.
- Checking the Air Quality Health Index before you go outside.
- Limiting the time you spend outside when pollen counts are high (during midday and afternoon).
- Wearing a pollen mask or dust mask if you need to mow the lawn.
- Limiting your mowing tasks if you can.
- Rinsing your eyes with cool water or saline eyedrops to remove clinging pollen after you come indoors.
- Taking a shower and changing your clothes after you work or play outside.







## News from the Friends of Nose Hill

by Anne Burke

Nose Hill is an isolated remnant of the upland plain that flanks the Bow River Valley. It also includes side slopes (escarpments) and ravines that cut into the upland plain. Domestic dogs are a major user of Nose Hill Park. The remaining large mammals on Nose Hill are deer and coyotes. Almost one third (31%) of users are dog walkers and many leave their animals unleashed. It was recommended that bird and rare plant inventory be conducted for Nose Hill as a baseline against which impact predictions can be tested. The Park is a grassland-dominated natural area, along the western edge of the Foothills Fescue Natural Subregion, where it abuts the Foothills Parkland Ecoregion. The deciduous forest (aspen and balsam poplar), native (rough fescue) grassland, and tall willow communities are primary foraging and breeding habitats in the Park.

The grass known botanically but popularly as “rough fescue” was adopted as the grass emblem of Alberta. It was designated officially in 2003 due to the efforts of the Prairie Conservation Forum. [www.albertapcf.org/](http://www.albertapcf.org/). The province has the largest area of rough fescue grassland in the world and is the only place in North America that hosts the plains, foothills, and northern variations. Rough fescue provides excellent year-round forage for wildlife and livestock; and is a symbol of Alberta’s prairie heritage and the need for the conservation of our rich biodiversity of native grasslands.

The City of Calgary has unveiled its new brand as “Blue Sky City.” The provincial shield already features blue skies over a range of snow-capped mountains with green hills, prairie land, and a wheat field in front. The great horned owl, which is a year-round resident, was adopted as Alberta’s official bird, in 1977, after a provincewide children’s vote.



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## Volunteers Needed!

Contact

[reception@huntingtonhillscalgary.com](mailto:reception@huntingtonhillscalgary.com)

## Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

### Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate (\*Alberta Building Code).

### Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.



### Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

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