岩HHONKER

THE OFFICIAL VOICE OF THE HUNTINGTON HILLS COMMUNITY ASSOCIATION



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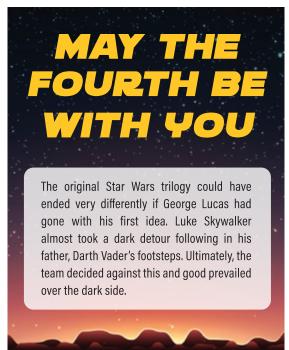






TO FIND OUT WHAT IS HAPPENING AT YOUR LOCAL COMMUNITY, READ THE HONKER!





Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers being offered by Centre for Suicide Prevention and community partners. A separate caregiver group will run at the same time and location.

This program is funded by the Government of Alberta and FCSS Calgary.

Learn more: www.suicideinfo.ca/workshops





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- · Supply & install custom shower doors
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- Supply & install one corner caddy with soap dish

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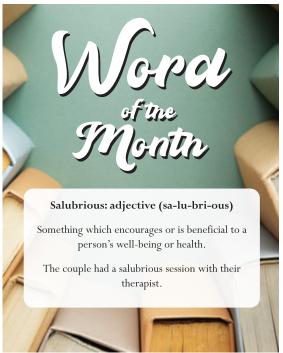
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SCAN HERE TO VIEW ADDITIONAL HUNTINGTON HILLS CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics





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Beauty and the Chimera

In the classic fairytale *Beauty and the Beast*, "Beauty" is a human but what exactly is the "beast"? This character is a chimera! A chimera is a single organism with more than one genotype...essentially, he is a mix of different animals! Chimeras can have different blood types and can come from more than one zygote. How cool!

Where Community Becomes Family

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Register or drop-in for programs!





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WHAT'S HAPPENING AT HHCA

Catch up with HHCA!

The Huntington Pioneers Association is happy to announce that they will be hosting an Art Show! Join them here at HHCA on May 18 from 10:00 am to 3:00 pm. They will be showcasing the beautiful and amazing art that they have been working on. This a great chance to spend your day surrounded by creativity and to support and appreciate the amazing work of local senior artists! Free admission and open to the public! Make sure to mark your calendars and we can't wait to see you there!



YeeHaw! Get your cowboy boots and hats ready because Stampede season is right around the corner! Our yearly Stampede Breakfast will be taking place on Saturday, July 6 from 9:00 am to 12:00 pm. Stop by for some yummy and delicious pancakes while celebrating and partaking in Stampede festivities! We are also looking for volunteers to help us with the day. If you are interested in volunteering this year, please contact us at reception@huntingtonhillscalgary.ca or fill out our volunteer questionnaire on our website.



Exciting news! HHCA will be hosting a spring market on Saturday, June 1 from 11:00 am to 3:00 pm! Stop by and do some shopping and support local vendors and craft makers. Admission is free and the event is open to the public. We are also looking for vendors! If you're interested in being a vendor for our market, please contact reception@huntingtonhillscalgary.com for further details.

Out of School Care Summer Day Camps are now officially open for registration! Sign up your kids for a fun and memorable summer full of fun adventures, field trips, activities, themed weeks, and so much more! Summer day camps are available for children aged 5 to 12 and youth aged 12 to 17. Spend a week or the whole summer! For more information and to register, contact elccadmin@huntingtonhillscalgary.com.

Calling all parents! Make sure to join the May session of Just for Moms or Me and My Dad as it is the last session until fall! Join us on Saturday, May 25 for a fun time of conversation, activities, and spending time with your little ones! Don't miss the last session for this season. Contact cassandra@huntingtonhillscalgary.com for more information or to register.

GAMES & PUZZLES

Guess The Day in May!

- 1. On May 3, musicians who play the largest, lowest -pitched, brass musical instrument are recognized.
- 2. This day celebrated on May 4 is a play on words from an iconic line in an epic space movie created by George Lucas.
- 3. This day is observed on the second Sunday of May and honours the maternal figures in our lives.
- 4. On Florence Nightingale's birthday, May 12, hardworking healthcare workers are honoured.
- 5. World _____ Day, observed on May 20 this year, acknowledges the role of our favourite yellow pollinators.
- 6. On May 24, a date dedicated to this magnificent, jewelled crown, everyone can feel like royalty.





SCAN THE QR CODE FOR TH



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



Home of the

00 **Huntington Pioneers Association**

HPA is a welcoming club promoting physical activities, social interaction, and community involvement that is safe and accessible to all people 50+.















Lunch & Potlucks

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Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 3 to 4 **Ingredients:**

• 225 g rice noodles

• 16 jumbo size shrimp

• 1/2 red pepper thinly sliced

• 16 snow peas

• 12 baby carrots, sliced

• 8 broccoli florets

4 green onions thinly sliced



- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes

Directions:

- 1. Prepare rice noodles in accordance with package instructions, drain and set aside.
- 2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
- 3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.
- 4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.
- 5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.
- 6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!





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FOR THE SOLUTION

Want to learn more about how to manage it?





SCAN THE OR CODE

or call (403) 917-0958 to register for our upcoming in-person workshop with Presenter Blair Schachterle on: Wednesday, May 15th at 7pm at our Beddington location. We look forward to seeing you there.



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4-H Alberta Six-Week Intro Clubs **Popular Among Calgary Families**

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs



Ever since the launch of the initiative in September, 4-H Alberta's Intro Clubs have achieved success in various communities throughout Calgary. This pilot program has now hosted four introductory clubs dedicated to introducing the youth to the world of 4-H with two more currently

running in April. Among these clubs are the renowned Explore 4-H program, a baking club, and four daytime homeschool clubs, each tailored to cater to the diverse interests of the young individuals in the region.

Youth programs like 4-H help develop positive well-

being in young people. The 4-H Intro Club initiative is a great way for young people to develop important life skills and



make new friends without a huge time commitment. This innovative program offers a refreshing alternative to year-long commitments, making it highly accessible for families with busy schedules.

4-H Intro Clubs will continue to be offered in various locations throughout the city until July. There will be two new clubs offered this spring including a six-week program starting on May 1 at the Kingsland Community Hall from 6:00 to 8:00 pm, and a "touring" club in June. The program is open to youth ages 9 to 18 and is limited to 15 members per club. Email introclubs@4hab.com or visit www.4hab.com/member -programs for more information.









Councillor, Ward 4 **Sean Chu**

403-268-3727

✓ ward04@calgary.ca

www.calgary.ca/ward4

www.seanchu.ca

Dear Ward 4 Residents,

Emergency Preparedness Week is May 5 to 11, 2024! Emergencies can occur unexpectedly, and being prepared beforehand is essential for your safety, your family's, and your community's well-being.

Throughout this crucial week and beyond, it's crucial for Calgarians to prepare for emergencies by understanding local hazards, staying informed with alerts, and creating an emergency action plan. Download our plan at calgary.ca/getready.

Building a strong community network is equally important. Establish connections with neighbours, coworkers, and friends to enhance safety measures during crisis.

For comprehensive guidance on emergency preparedness and details regarding community events during Emergency Preparedness Week, visit calgary.ca/getready.

Celebrate Neighbour Day 2024 on Saturday, June 15, and join in fostering stronger community bonds! This year, we invite you to take part by organizing a block party with your neighbours. The good news is, obtaining permits for block parties and greenspaces is absolutely free for Neighbour Day. Make sure to apply for your permits by May 31, 2024, through calgary.ca/ NeighbourDay. As an added bonus, consider inviting esteemed guests like the Mayor, your local councillor, or even arranging for a visit from a police officer or a fire truck to drop by your event. Plus, there's an opportunity to win fantastic prizes, including the chance to enjoy 30 minutes of live musical entertainment at your block party.

Neighbour Day fosters community connections, enhancing neighbourhoods where neighbours support each other. Share your Neighbour Day experiences on social media with #YYCNeighbourDay and explore calgary.ca/NeighbourDay for details.

Thank you all for your attention.

Best.

Councillor Sean Chu



MLA Calgary **Amanda Chapman**

106 - 8220 Centre St, NE

□ calgary.beddington@assembly.ab.ca

X amandachapman

f @ @amandachapmanndp

One year ago, on May 29, I was elected to represent my home riding of Calgary-Beddington. Much like the old adage, "the days are long, but the years are short", this first year has flown by! The focus in this first year has been on setting up the constituency office to best address community needs, learning the ropes in the Legislature, and spending time in the community to hear your concerns.

It has been wonderful meeting so many Calgary-Beddington constituents over this last year. Sometimes you come to me, and we love having you drop into our office or pop by one of our 'Meet Your MLA' events at the Judith Umbach Library. Sometimes we meet in the middle, at community events like Huntington Hills' pancake breakfast, Sounds and Spirits in Hidden Valley, or the Winter Carnival at the Beddington Theatre Arts Centre. Sometimes I come right to your doorstep, because the best engagement happens where people are (and often people are) at home.

However we may have met, I want to thank you for giving me your time and attention. Thank you for bringing me your concerns about leaving the CPP, about long wait times for hip and knee surgeries, about coal mining in our mountains, and about education funding that has dropped to the point that we now have the lowest funded students in the country.

I will continue to raise your issues in the Legislature and hold this government to account. I look forward to meeting you one day soon whether it be in my office, at a community event, or on your doorstep.



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