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Statistics**



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## WHAT'S HAPPENING AT HHCA

Check out what's happening at HHCA this month!

We are so excited to invite you to our upcoming Family BBQ! Join us here at HHCA on Saturday, September 14 from 11:00 am to 2:00 pm! Don't miss out on this fun day filled with activities and yummy food. The event is free to attend and open to the public. A great chance to bond with family and members of the community. Make sure to mark your calendars and we can't wait to see you there!



It's that time of year again! Our drop-in skating programs are almost here. Join us for 50+, public skate, and sticks, pucks, and rings. Drop-in skating will start on September 9. Make sure to check out our website for details on days and times. Drop-in skating is free with your HHCA membership, or only \$5 per drop-in for non-members. Grab your gear and drop by for a fun time on the ice this fall and winter.



If you missed out on program registrations, don't worry! Round two of program registrations is coming so make sure to secure your spot. Session Two of Shinny Hockey will be open for registration on October 25. Secure your spot in one of our most popular programs. A great chance for your children to learn new skills, make friends, and have fun! Our Shinny Hockey program is best suited for ages 7 to 11 and runs for seven weeks each session. Sign up for \$130 + HHCA membership!



## World Coconut Day

September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil.

Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!





## Korean Beef Bowl

by Jennifer Puri



Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

**Prep Time:** 12 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



### Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!





YOU'RE INVITED TO HHCA'S

# FAMILY BBQ

520 78 AVE NW

SEPT 14

11 AM TO 2 PM

FREE ENTRY AND  
OPEN TO THE PUBLIC

*Huntington  
Hills*  
COMMUNITY ASSOCIATION



# Building Language Skills in Toddlers

by Alberta Health Services

Toddlers, or children from ages one to three years old, communicate in many ways. They make sounds, say words, use short sentences, or point to tell you what they need or want. Recognizing and encouraging all attempts toddlers make to communicate helps in building language skills. When you respond, toddlers realize that what they've done is important and are likely to do it again!



### Teaching Your Toddler New Words

New words help toddlers talk about the things they see and do. Building their vocabulary can be achieved by talking about many kinds of words, including the names of things (e.g. spider, car), actions (e.g. painting, running), feelings (e.g. sad, happy), and words that describe things (e.g. soft, hot).

Here are some ways you can draw attention to new words and help toddlers build their vocabulary:

- Use daily routines to introduce new words, ideas, feelings, and concepts. Routines such as dressing, and mealtime are natural times to talk with your toddler. Use these routines to emphasize and repeat words that may be new for them. Talk with them about what's happening in the moment.
- Talk slower and sound out the new word.
- Talk about what you're doing as you're doing it. Hearing words combined with actions makes the new words easier to learn (e.g. "I'm mixing the cookie dough. The cookie dough is very sticky. Let's put them in the oven. The oven is very hot. I'll be careful not to touch it.")
- Talk about what the toddler is doing. This will help them learn words that describe activities or things that interest them (e.g. "That's a nice red truck. It's driving really fast. It's going up the ramp and around the corner.")
- Toddlers say many words, but not always clearly. You can help them speak clearly by repeating back the words they say, using correct pronunciation. Exaggerate the missing or mispronounced sound.

Listening to these correct models will gradually help the toddler to improve their speech.

- Use new words many times throughout the day. To learn new words, most children need to hear the words spoken many times before they start to say them (e.g. "Look, the wheels on the truck roll." "Roll the ball to Daddy." "I'm going to roll the cookie dough." "Let's roll a snowball.")
- Use short, simple sentences to help them learn to say a new word (e.g. "Let's buy pie.")
- Let them experience new things. Go on field trips to the zoo, museum, grocery store, and playground. Use educational videos, television, songs, and books to help them hear new words (e.g. "Put the sand in the bucket.")
- Link new words to things and experiences the toddler already knows (e.g. "The dinosaur is very big. It's huge! Remember the huge dinosaurs we saw in Drumheller? We also saw dinosaurs in the movie *The Land Before Time*.")

### Get Down to Their Level

Kneel, bend down, sit on small chairs, or stretch out on the floor when talking to a toddler. Do whatever works to get down to their level to make it easier to imitate the actions and words of toddlers. It also lets them know that you are interested in what they're doing or saying. Make sure you're able to look into each other's eyes when you're speaking to one another.

### Make It Fun!

Toddlers learn language by listening and copying what they hear around them. If you keep your sentences short, and talk that way often, toddlers will have an easier time learning to talk in sentences.

Use the rhythm and repetition of songs, finger plays, and books to build language skills. Rhythm and repetition of songs and finger plays help your toddler to learn and remember words and sentences. Choose songs and rhymes with a theme they like (e.g. animals, dinosaurs, trains). Visit your local library to find books and DVDs to give you new ideas.

Make books fun and accessible. Have them within your toddler's reach so they can choose a book to bring to you. Good books for toddlers have bright, realistic, and fun pictures, with only a few words on each page.

Reading books together can be a fun time with your child and a great way to introduce new words and sentences. Your library has a wide variety of books suitable for toddlers.

### Act Early!

From the moment they are born to five years of age is an important time for the development of speech, language, and hearing in children. Strong speech, language, and hearing skills are important for later learning and school success. Acting on concerns early is important.

Where to go get help? For more information about how speech-language pathologists and audiologists can help, contact:

- Your doctor, public health nurse, or other health provider.
- Your local health centre.
- Visit the Talk Box (<https://www.alberta.ca/creating-language-rich-environments>) - A parent guide to creating language rich environments.

BRAIN  
GAMES

# SUDOKU

	4	9		2				
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8				5			1	
		2						
				6		4	5	

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FOR THE SOLUTION

## Cats, Canines, & Critters of Calgary



Lake and London, *Cranston*



Theo and Rupert, *Bankview*



Thor and Loki, *Shawnessy*

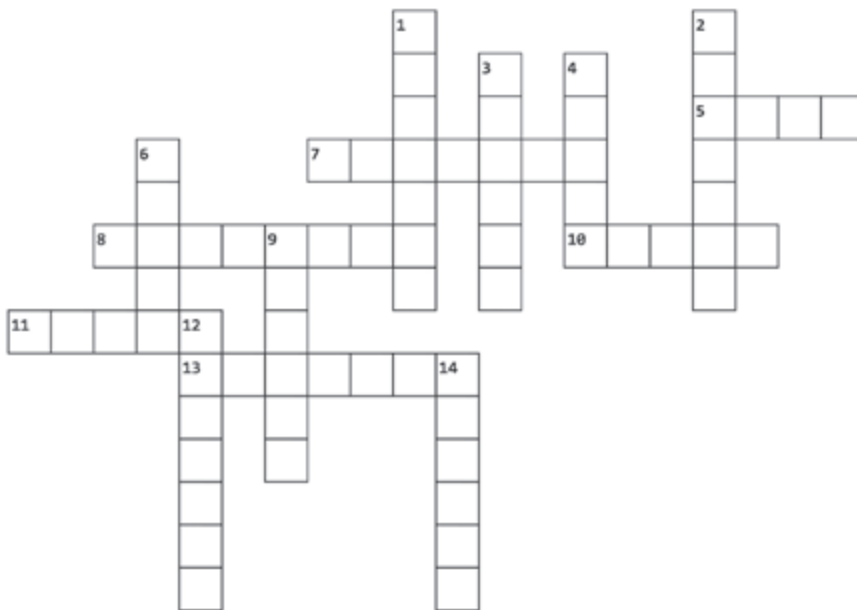


Tiger and Lily, *Evanston*

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# September Crossword

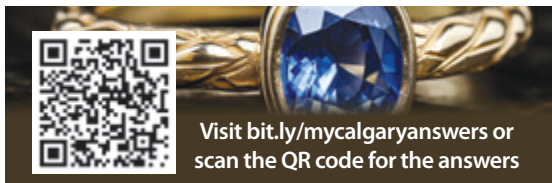


## Across

5. The first \_\_\_\_\_ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World \_\_\_\_\_ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the \_\_\_\_\_, symbolizes royalty and nobility.
10. World \_\_\_\_\_ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 \_\_\_\_\_ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, \_\_\_\_\_ was officially declared a Canadian province.

## Down

1. On September 1, 1972, Bobby \_\_\_\_\_ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, \_\_\_\_\_ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the \_\_\_\_\_ comes from the Greek word for star.
6. Treasured Canadian actor, \_\_\_\_\_ Reeves turns 60 this year on September 2.
9. September 22 is \_\_\_\_\_ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril \_\_\_\_\_ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret \_\_\_\_\_, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.



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**Samaritan Club**  
*of Calgary*

# Fall Super Thrift Sale

**Saturday, September 28**

**9:00am-1:00pm**

**Hillhurst-Sunnyside Community Centre**

**1320 - 5th Avenue NW**



The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

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Hello, Ward 4 Residents,

### Call For Volunteers: Help Plan Calgary's Future for Older Adults!

Do you have firsthand experience living as an older adult or caring for one? We need your insights and ideas! Volunteer for the Older Adult Advisory Table (OAAT) and help guide strategies for the Age-Friendly Calgary Steering Committee, action teams, and staff.

#### Your Role as A Volunteer

Advise on the strategic and action planning of the Seniors Age-Friendly Strategy, offer the perspective of older adults to make Calgary more age friendly, share and gather ideas from your personal networks or social groups, communicate OAAT ideas and perspectives back to your networks, promote the Age-Friendly Calgary vision within your community.

#### Requirements

Aged 45 or over, lives in Calgary, passionate about your community, understanding of older adults' needs or experience as a caregiver, comfortable sharing and providing feedback in group settings, available for monthly meetings and a two-year term.

#### Benefits

Help shape City programs and services, connect with others and expand your network, develop and enhance your skills.

Deadline for online applications is Tuesday, October 4. For more information visit [calgary.ca/OAAT](http://calgary.ca/OAAT).

The City of Calgary is excited to introduce the Secondary Suite Incentive Program, designed to promote safe and accessible housing. As part of Home is Here: The City of Calgary's Housing Strategy, this program offers up to \$10,000 to qualifying homeowners to help cover construction costs for safe secondary suites within their main dwelling.

#### Incentive Details

Applies to suites built within the main dwelling (not backyard or detached suites). One application per person; property must be owned throughout the process. Eligible for expenses like egress windows, smoke and carbon monoxide alarms, protected exits, smoke-tight barriers, split heat/separate air, and additional funding for accessibility and energy efficiency. Applications are now open. Learn more about the program or apply at [calgary.ca/suite-incentive](http://calgary.ca/suite-incentive).

Thank you for your attention.



Another summer is winding down and students, teachers, and support staff are getting ready to head back to school. Recently, the Government of Alberta made an announcement of additional education funding. Unfortunately, this 1% increase in spending will be spread too thin to address needs in our classrooms and our students remain the lowest funded in the country.

Utilization rates across Calgary Board of Education and Calgary Catholic schools are at or approaching 100% in most areas of the city. We will run out of learning spaces soon if the government doesn't immediately address this space crunch. Portable classrooms are only a band-aid, we need to move quickly to build the new schools that our growing city needs. We can and must do so much better for our young learners. As your Opposition Education Critic, I will continue to advocate for adequate supports in our schools for students and teachers.

If you and your family have questions, concerns, or have a story to share about your school, please feel free to reach out to my office. I want to hear from you so that I can take these concerns directly to the Legislature.

As a teacher recently wrote to me - hope is contagious. Every day our educators work to provide the very best for our students, the future of our province. Despite the challenges we face in education, the persistence of these incredible people provides hope.

Thank you for all you do, and welcome back.



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