

MAY 2025

DELIVERED MONTHLY TO 6,200 HOUSEHOLDS

THE HUNTINGTON HILLS HONKER

THE OFFICIAL VOICE OF THE HUNTINGTON HILLS COMMUNITY ASSOCIATION



Huntington Hills

COMMUNITY ASSOCIATION

COMMUNITY CLEANUP
MAY 10

Save more with solar!

Turnkey solar systems from local experts!
Claim your FREE consultation today!

- ✓ Lower energy bills.
- ✓ Increased property value.
- ✓ Sustainable energy.

info@solun.ca www.solun.ca



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

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Calgary
Humane
Society

REPORT

ANIMAL ABUSE

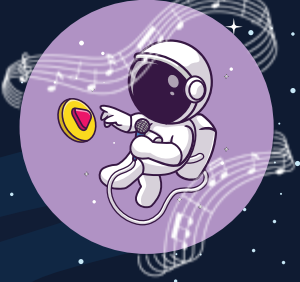
ANIMAL NEGLECT

ANIMAL ABANDONMENT

END ANIMAL CRUELTY

To report animal cruelty call 403-205-4455

Learn more at CalgaryHumane.ca



GROUND CONTROL TO MAJOR TOM

On May 12, 2013, an unlikely beautiful voice in space emerged. Canadian astronaut Chris Hadfield, aboard the International Space Station, fittingly recorded a cover of David Bowie's "Space Oddity". His video, featuring him floating in zero gravity while singing, quickly went viral.



Save more with solar!

Turnkey solar systems from local experts!
Claim your **FREE** consultation today!

info@solun.ca
www.solun.ca

- ☒ Lower energy bills.
- ☒ Increased property value.
- ☒ Sustainable energy.




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Plumbing Services
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Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



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Your Patio Furniture Superstore!



YETI **Wicker Land Patio** **weber**

TRAEGER **BBQ LAND** RATANA **Modern Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca

Home of the

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+.



403 - 275 - 4294



Luncheons



Cards



**Lending
Library**



**Dance, Yoga, Music,
& Creative Classes**



Billiards



**Casino &
Day Trips**



**Guest
Speakers**

pioneers50@shaw.ca

www.hpa50.ca

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**SCAN HERE TO VIEW ADDITIONAL
HUNTINGTON HILLS CONTENT**

**News, Events,
& More**



**Crime
Statistics**

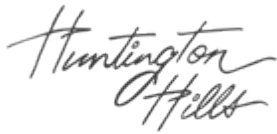


**Real Estate
Statistics**



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COMMUNITY ASSOCIATION

520 – 78 Avenue NW, Calgary

EXECUTIVE BOARD MEMBERS

President	Maren Tryon
Vice President	Sarah Murdoch
Treasurer	Tim Hungate
Secretary	Michael Helfrich

BOARD OF DIRECTORS

Director at Large	Kurt Layton
Director at Large	John Hunter

HUNTINGTON HILLS COMMUNITY ASSOCIATION STAFF

Executive Director	Rick Lundy
Facility Rental and Programs Manager	Carrie Williams
Marketing and Community Engagement Manager	Jill
Operations Manager	Scott Wasdal
Curling Manager	Brian Campbell
Accounting	Suely Dinelli
OOSC Director of Children Services	Cassandra Nelson
OOSC Director of Children Services	Sarah Kidd



**9 PM
ROUTINE**

CALGARY
POLICE
SERVICE

☒ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Where Community Becomes Family

403-275-6666

Register or
drop-in for
programs!



Curling



@huntingtonhills
curlingcalgary



Out of School
Care & Camps



@huntingtonhillsoosc



Arena, Gym, &
Facility Rentals

@huntingtonhillscsa
@hbcayyc

Sign up for
E-news updates!



www.huntingtonhillscommunity.ca

DROP IN ROLLER SKATING

STARTED APRIL 23, 2025

\$5.00 OR FREE WITH HHCA MEMBERSHIP



Huntington Hills
COMMUNITY ASSOCIATION

HUNTINGTON HILLS FOOD PANTRY



RELOCATING!



THE HUNTINGTON HILLS FOOD PANTRY WILL BE CLOSING AT IT'S CURRENT LOCATION AS OF TUESDAY, APRIL 15, 2025



THE FOOD PANTRY WILL BE RELOCATING TO THE HUNTINGTON HILLS COMMUNITY ASSOCIATION!



THE FOOD PANTRY WILL BE OPEN AND STOCKED ON MAY 6, 2025

BY APPOINTMENT ONLY - CONTACT STARTING APRIL 29

- SUPERVISED PROGRAM - *NO DROP INS*
- NO REQUIREMENTS
- CALLS AFTER 7:00PM WILL GO TO VOICEMAIL

PLEASE EMAIL : elccadmin@huntingtonhillscalgary.com

ADD "FOOD PANTRY" IN THE SUBJECT LINE OF EMAIL

PLEASE CALL : 587- 392- 2268

NO TEXTS, THIS IS A LAND LINE

WWW.HUNTINGTONHILLSCOMMUNITY.CA

Huntington Hills
COMMUNITY ASSOCIATION

Belonging to May

The bell-shaped flower Lily of the valley's scientific name is *Convallaria majalis*, with *majalis* meaning "of or belonging to May"—making it the perfect birth flower for the month.



Huntington Hills
COMMUNITY ASSOCIATION

HUNTINGTON HILLS COMMUNITY CLEAN UP 2025

SATURDAY, MAY 10, 2025
HUNTINGTON HILLS UPPER PARKING LOT
9:00AM - 1:30PM

- NO DROPS OFF WILL BE ACCEPTED AFTER 1:30PM
- TRUCKS MUST BE TARPED TO DROP OFF ITEMS
- ALL OR ANY PROCEEDS COLLECTED WILL BE DONATED TO LOCAL CHARITY HELPING FAMILIES HANDLE CANCER
- HOSTED BY THE CITY OF CALGARY 

WHAT TO BRING

- ☒ FURNITURE
- ☒ BROKEN RECREATIONAL ITEMS
- ☒ LUMBER FROM OLD DECKS
- ☒ TOILETS

WHAT NOT TO BRING

- ☐ CAR BATTERIES
- ☐ SOD OR DIRT
- ☐ GLASS
- ☐ HOUSEHOLD HAZARDOUS WASTE (PAINT)

DROP IN PICKLEBALL

MONDAY:

12:00 PM – 2:00 PM

2:00 PM – 4:00 PM

TUESDAY:

10:00 AM – 12:00 PM

12:00 PM – 2:00 PM

3:00 PM – 5:00 PM

WEDNESDAY:

12:00 PM – 2:00 PM

2:00 PM – 4:00 PM

THURSDAY:

10:00 AM – 12:00 PM

12:00 PM – 2:00 PM

3:00 PM – 5:00 PM

FRIDAY:

12:00 PM – 2:00 PM

2:00 PM – 4:00 PM

STAY TUNED FOR ADDITIONAL PICKLEBALL DROP IN TIMES
COMING AT THE END OF APRIL!

PUNCH CARDS AVAILABLE FOR PURCHASE OR DROP IN FOR \$5.00 EACH TIME

Huntington Hills
COMMUNITY ASSOCIATION

HELPING HANDCRAFTS
SEE CALENDAR FOR SCHEDULE

Help us make items to donate. Wool and patterns available.

www.hpa50.ca

HPA

HPA

SPACE PERSON

GENTLE YOGA

MONDAY'S 11:15 AM

www.hpa50.ca
403-275-4294

Bells Angels Handbell Class
FRIDAYS AT 9:45 AM

No Musical Experience Necessary!

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403-275-4294

HPA

LINE DANCING

DROP IN CLASS
MONDAY'S 6:00 PM

www.hpa50.ca
403-275-4294

HPA

HPA
Huntington Pioneers Association

Read Return Repeat

Need A Book? Take One Have A Book? Leave One

Need A Puzzle? Take One Have A Puzzle? Leave One

Borrow A Game? Please Do!

HPA

Craft Days HPA

Check website for our next Craft Day cost and projects vary.

www.hpa50.ca
pioneers50@shaw.ca 403-275-4294

Huntington Pioneers Association
www.hpa50.ca
pioneers50@shaw.ca
403-275-4294

www.hpa50.ca
pioneers50@shaw.ca

ACTIVE SENIORS
MONDAY'S 2:30 PM

MIRA WOURM Instructor

HPA

Come Try Something New!

ART CLASS

TUESDAYS
9:30AM & 12:30 PM

Art Instructor

HPA

www.hpa50.ca
403-275-4294

HPA

Cards - Drop In

Drop in cards:
Tuesday Evenings (Canasta)
Wednesday (Cribbage)
Some Thursdays (Canasta)

Check our website & calendar for schedule.

www.hpa50.ca
pioneers50@shaw.ca 403-275-4294

Free!

Casino Day

Hop on the Yellow Bus with us and head off for a fun day at the casino. Cost is \$3.00 for the bus! See calendar for schedule.

Huntington Pioneers Association

Sing-A-Long

Join us on Fridays at 11:15 am for an hour of fun and friendship. No cost. Songs from the 60s, 70s and more.

www.hpa50.ca

The Art of Finding Work - Job Seekers' Trinity: Focus, Anger, and Evidence

by Nick Kossovan



Though I have no empirical evidence to support my claim, I believe job search success can be achieved faster by using what I call “The Job Seekers’ Trinity” as your framework, the trinity being:

- The power of focus
- Managing your anger
- Presenting evidence

Each component plays a critical role in sustaining motivation and strategically positioning yourself for job search success. Harnessing your focus, managing your anger, and presenting compelling evidence (read: quantitative numbers of achieved results) will transform your job search from a daunting endeavour into a structured, persuasive job search campaign that employers will notice.

The Power of Focus

Your life is controlled by what you focus on; thus, focusing on the positives shapes your mindset for positive outcomes. Yes, layoffs, which the media loves to report to keep us addicted to the news, are a daily occurrence, but so is hiring. Don’t let all the doom and gloom talk overshadow this fact. Focus on where you want to go, not on what others and the media want you to fear.

Bonus of not focusing on negatives: You’ll be happier.

Focus on how you can provide measurable value to employers.

If you’re struggling with your job search, the likely reason is that you’re not showing, along with providing evidence, employers how you can add tangible value to an employer’s bottom line. Business is a numbers game, yet few job seekers speak about their numbers. If you don’t focus on and talk about your numbers, how do you expect employers to see the value in hiring you?

Managing Your Anger

Displaying anger in public is never a good look. Professionals are expected to control their emotions, so public displays of anger are viewed as unprofessional.

LinkedIn has become a platform heavily populated with job seekers posting angry rants—fueled mainly by a sense of entitlement—bashing and criticizing employers, recruiters, and the government, proving many job seekers think the public display of their anger won’t negatively affect their job search.

When you’re unemployed, it’s natural to be angry when your family, friends, and neighbours are employed. “Why me?” is a constant question in your head. Additionally, job searching is fraught with frustrations, such as not getting responses to your applications and being ghosted after interviews.

The key is acknowledging your anger and not letting it dictate your actions, such as adding to the angry rants on LinkedIn and other social media platforms, which employers will see.

Undoubtedly, rejection, which is inevitable when job hunting, causes the most anger. What works for me is to reframe rejections, be it through being ghosted, an email, a call or text, as “Every no brings me one step closer to a yes.”

Additionally, I’ve significantly reduced triggering my anger by eliminating any sense of entitlement and keeping my expectations in check. Neither you nor I are owed anything, including a job, respect, empathy, understanding, agreement, or even love. A sense of entitlement and anger are intrinsically linked. The more rights you perceive you have; the more anger you need to defend them. Losing any sense of entitlement that you may have will make you less angry, an emotion that has no place in a job search.

Presenting Evidence

As I stated earlier, business is a numbers game. Since all business decisions, including hiring, are based on numbers, presenting evidence in the form of quantitative numbers is crucial.

Which candidate would you contact to set up an interview if you were hiring a social media manager:

“Managed Fabian Publishing’s social media accounts, posting content daily.”

or

“Designed and executed Fabian Publishing’s global social media strategy across 8.7 million LinkedIn, X/ Twitter, Instagram, and Facebook followers. Through consistent engagement with customers, followers, and influencers, increased social media lead generation by 46% year-over-year, generating in 2023 \$7.6 million in revenue.”

Numerical evidence, not generic statements or opinions is how you prove your value to employers. Stating you’re a “team player” or “results-driven,” as opposed to “I’m part of an inside sales team that generated in 2023 \$8.5 million in sales,” or “In 2023 I managed three company-wide software implementations, all of which came under budget,” is meaningless to an employer.

Despite all the job search advice offered, I still see resumes and LinkedIn profiles listing generic responsibilities rather than accomplishments backed by numbers. A statement such as “managed a team” doesn’t convey your management responsibilities or your team’s achievements under your leadership. “Led a team of five to increase sales by 20%, from \$3.7 million to \$4.44 million within six months” shows the value of your management skills.

Throughout your job search, constantly think of all the numbers you can provide—revenue generated, number of new clients, cost savings, reduced workload, waste reduction—as evidence to employers why you’d be a great value-add to their business.

The Job Seekers’ Trinity—focusing on the positive, managing your anger, and providing evidence—is a framework that’ll increase the effectiveness of your job search activities and make you stand out in today’s hyper-competitive job market, thus expediting your job search to a successful conclusion.

In Loving Kindness

by Garth Paul Ukrainetz

Be not abashed when life is tough
No shame in having need
At times the road is harsh and rough
Confused this world indeed

It’s crucial that we all reach out
In giving and receiving
To rise above the walls of doubt
Together we’re believing


We’re here to care, we’re here to share
For that’s what life’s about
In loving kindness, hearts prepare
The Food Bank helping out

BRAIN
GAMES

SUDOKU

6								
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	7	9			6			
		2					7	8
	9						5	
	3		4	5		9		
9				8	2	5	6	
2			7				8	
3								1

SCAN THE QR CODE
FOR THE SOLUTION





Councillor, Ward 4

Sean Chu

403-268-3727

ward04@calgary.ca

www.calgary.ca/ward4

www.seanchu.ca

Be Ready: Emergency Preparedness in Calgary

Dear Ward 4 Residents,

Emergencies can happen at any time, and being prepared is the best way to keep yourself, your family, and your community safe. The City of Calgary is committed to ensuring residents have the resources and information they need to be ready for anything.

Why Preparedness Matters

Natural disasters, extreme weather, and unexpected situations can disrupt daily life. Having a plan in place can reduce stress and increase safety in critical moments.

What You Can Do

The City of Calgary has put together a comprehensive guide on how to prepare for emergencies. Here are a few key steps you can take today:

Create an Emergency Plan – Know how to communicate with your family and where to go in case of evacuation.

Build a 72-Hour Kit – Ensure you have essential supplies like food, water, medications, and important documents.

Stay Informed – Follow official sources for real-time updates and alerts.

Know Your Risks – Be aware of local hazards such as floods, wildfires, and extreme weather events.

Resources Available to You

The City of Calgary provides a variety of resources to help residents stay informed and prepared. Visit calgary.ca/emergencies/preparedness for detailed checklists, planning tools, and information on local risks.

Being proactive today can make a big difference when an emergency strikes. Stay safe and stay prepared, Ward 4!

Sincerely,

Councillor Sean Chu

Ward 4, City of Calgary

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HUNTINGTON HILLS MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

LANDSCAPING & MAINTENANCE: 20+ years' experience with lawn care and snow removal for year-round yard, sidewalk and driveway maintenance. Lawn cutting & edging, tree brush trimming, removal of all trimmings, mulch. All yard needs, landscaping, rock gardens, sod replacement, fall cleanup. Also decks, fencing, handyman work. Fully insured. Mark at Blue Frog Services, 587-998-1316.

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GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



**Gutter Doctor**

403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!



Word of the Month

Filipendulous: *adjective* (fil-i-pen-du-lous)

Suspended by a thread.

The artist crafted a gallery full of filipendulous drawings and artworks.

GREAT NEWS MEDIA

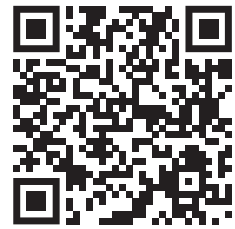
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*Happy,
Mother's
Day!*



SCAN ME