

JANUARY 2026

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**BRAIN
GAMES**

SUDOKU

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

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FOR THE SOLUTION



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Funder: Alberta **LAW**
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GAMES & PUZZLES

Guess the Cartoon!

1. Mojo Jojo is always trying to cause havoc in this female-led cartoon.
2. Joe Barbera first considered calling this classic cartoon *The Gladstones*.
3. This group of mystery solvers was brought to life in 1969 and led to multiple shows and movies.
4. One of the main characters of this cartoon is named Finn and though he is an adventurer, he is afraid of the ocean.
5. Stephen Hillenburg, creator of _____, was actually a marine biologist!
6. This cartoon follows a family who lives life in Orbit City with their dog Astro.

SCAN THE QR CODE
FOR THE ANSWERS!





COMMUNITY ASSOCIATION

520 – 78 Avenue NW, Calgary

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Register or drop-in for programs!



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www.huntingtonhillscommunity.ca

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FEBRUARY 22

MARCH 1, 8, 15, 22



AGES 7 - 11

SUNDAY MORNINGS

9:30AM - 10:30AM

\$140.00/ SESSION +
HHCA MEMBERSHIP

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Hills

COMMUNITY ASSOCIATION

LEARN TO SKATE

Huntington
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REGISTER TODAY!

MONDAYS

SATURDAYS

JANUARY 12, 19, 26

JANUARY 17, 24, 31

FEBRUARY 2, 9, 23

FEBRUARY 7, 21, 28

MARCH 2, 9, 16, 23

MARCH 7, 14, 21, 28

Beginners

(3 - 6 years)

4:35pm - 5:00 pm

Intermediate:

(6-13 years)

4:15pm - 5:00pm



Beginners

(3 - 6 years)

10:45am - 11:10 am

Intermediate:

6-13 years

11:15am - 12:00pm

\$160 for 10 sessions + HHCA Membership

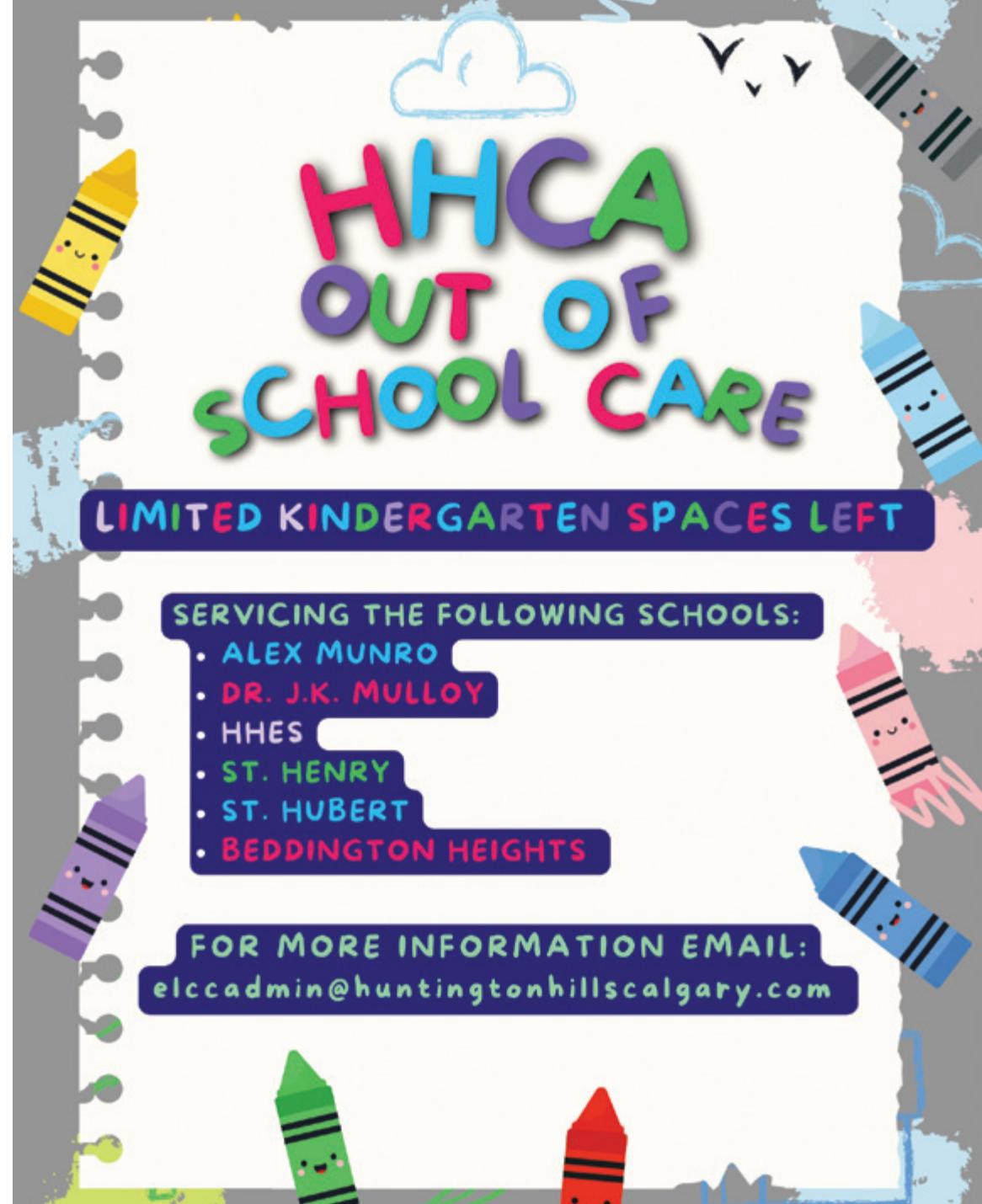


COMMUNITY ASSOCIATION

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TBA IN 2026



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YOGA

with RYT Judy Chan

5 Sessions for \$50 with an HHCA Membership

Slow & Strong

Tuesdays

Jan 27th - Feb 24th

6:45 - 7:45 pm

Flow

Thursdays

Jan 29th - Feb 26th

6:45 - 7:45 pm

Sign up today!

www.huntingtonhillscommunity.ca

*Huntington
Hills*

COMMUNITY ASSOCIATION

PILATES

January 15th - February 12th
THURSDAY EVENINGS
5:30PM - 6:30PM

Become an HHCA Member to Register!

REGISTER TODAY!

Huntington
Hills
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Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.

- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.

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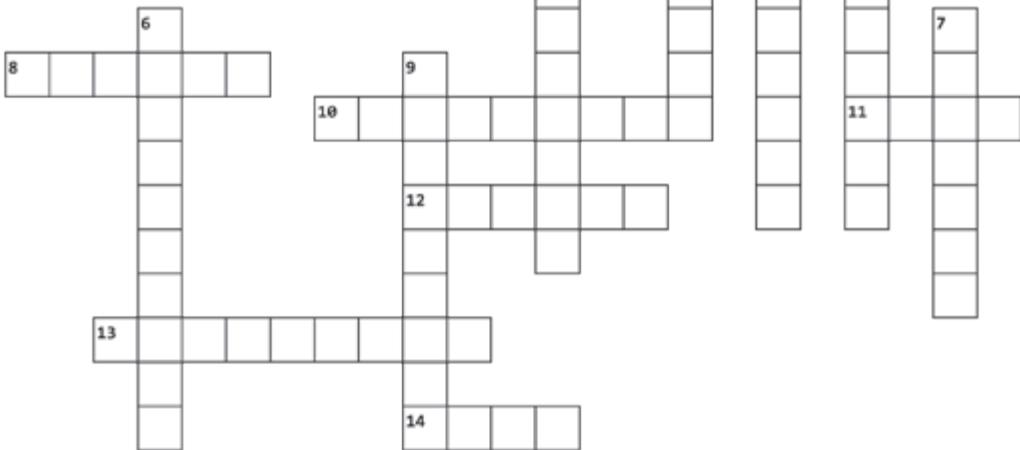
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January Crossword



Visit bit.ly/mycalgaryanswers or
scan the QR code for
the answers



Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an _____ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World _____ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, _____ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in _____, Scotland.
6. The crime drama series, *The Sopranos*, starring James _____ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in _____, Alberta.
9. Jane Austen's romance novel *Pride and _____* was originally published on January 28, 1813.

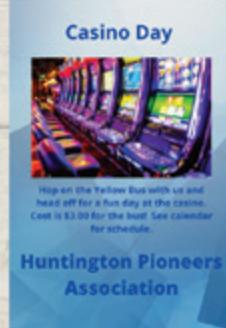
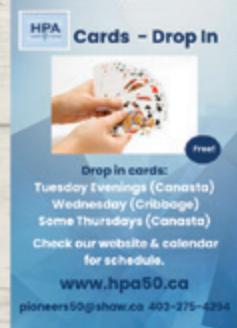


Huntington Pioneers Association

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



Come Try Something New!





News from the Friends of Nose Hill

by Anne Burke

On the Park's northern boundary, Alberta Government Telephone, in 1982, and Canadian Western Natural Gas, in 1990, had access rights. Carma Developments put waste in the MacEwan Glen ravine. Construction sites attracted four-by-fours and dirt bikes. Nose Hill Trail condition and use were studied between July 20 and September 20, 1993. Volunteers working in pairs came from the Nose Hill Park Users Group, Nose Hill Communities Board, and Calgary Field Naturalists Society. Their goal was to measure trail type and surface, width, and depth. An aerial photo mosaic marked the survey areas. Data was collected for the glacial moraine (the Hill plateau and side slopes), ravines (Many Owls and Porcupine Valley), and disturbed land. The time of day was morning (7:00 am to noon), afternoon (noon to 6:00 pm), and evening (6:00 pm to dark). During both the week and weekend, Hill use was greatest in the afternoon and evenings. On the weekend, people spent time in the ravines. However, during the week more were recorded on the plateau and side slopes. Pathway routes were widened by braiding but less rutted than trails. The greatest use was in disturbed sites, rather than on the moraine. All pathways and trails were used by cyclists, who preferred gravel pathways to grass trails. Walkers without dogs used pathways, unlike dog walkers in the ravines. A review revealed that areas damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating, including severely damaged areas. Although some trails were rutted (and may remain so for a time) others had high grass growing in them without horse and vehicle traffic. Ravine trails were overgrown by tall grasses, thistles and nettles, so many people no longer used them.



4-H INTRO CLUB

Grow Something New This Winter With 4-H Intro Clubs



Have you heard of 4-H? Many know 4-H for its long history in rural and agricultural communities, but today 4-H is thriving in cities, including right here in Northwest Calgary. Alongside our traditional, year-long 4-H clubs, we also offer a short-term program designed for families who want to explore 4-H before making a longer commitment.

4-H Intro Clubs are a six-week program for youth ages 9 to 15 that provides a hands-on introduction to the 4-H experience. These are not traditional clubs. During intro clubs, youth attend once a week for two hours, learn all about running meetings and try a different hands-on activity each session, giving them a fun and friendly way to explore what 4-H has to offer.



One popular winter activity is the Potato Pet Hair Garden, where youth learn about seeds, plant growth, and patience in a silly and hands-on way. Using a potato, paper towel, water, and chia or alfalfa seeds, participants create a "potato pet" with sprouting hair, then track growth over the week. Along the way, they practice observation skills, explore plant life cycles, and get a taste of science in action, all indoors during the cold winter months.

Try It at Home: Create your own Potato Pet Hair Garden:

- Wrap a potato in a damp paper towel or cotton strip.
- Draw a face and add googly eyes.
- Place it on a jar of water so the bottom touches the water.
- Spread chia or alfalfa seeds on top, like hair.
- Mist daily and watch the sprouts grow in four to seven days!

Learn more about intro clubs starting in January by visiting 4hab.com/member.

Send us your potato head photos or ask us a question at introclubs@4hab.com.



**MLA Calgary
Amanda Chapman**
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✉️ calgary.beddington@assembly.ab.ca
📞 403-282-7980 ✉️ amandachapman
🌐 @amandachapmanndp

Dear Neighbours,

Happy New Year! I hope you enjoyed a wonderful holiday season filled with rest, joy, and time with loved ones.

As we welcome a new year, we also welcome new hopes and goals. I am honored to continue serving as your representative, and I remain steadfast in my commitment to advocating for our community, addressing the issues that matter most, and championing public education. I look forward to working together to create positive change in the year ahead.

We're excited to connect with you throughout the coming months. Let's begin this year with optimism and a shared sense of community.

Please don't hesitate to reach out to my team or me if we can support you in any way.

Warm regards,

MLA Amanda Chapman



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