

JULY 2019

DELIVERED MONTHLY TO 5,800 HOUSEHOLDS

# THE HUNTINGTON HILLS HONKER

THE OFFICIAL VOICE OF THE HUNTINGTON HILLS COMMUNITY ASSOCIATION



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## PRESIDENT'S MESSAGE

Most of the schools are on summer holidays. That usually means that sports, camping and longer trips are the main things going on. It was brought to my attention that I haven't mentioned a sport which is quite popular in Calgary. As you read the Honker look for an article on skateboarding. You will find that we have a skateboarding park in Huntington Hills plus more throughout the city. When you see people skating along on the sidewalk some of them are headed for the nearest one of the parks for some fun time. Have a good summer, everyone!



### Promoting Resiliency – Part 1

The idea of fostering “Resilient Children” is a hot topic right now, and for such a seemingly simple concept, it's actually a complicated and many-layered issue. Perhaps one of the best ways to understand ‘resilience’ is as our human capacity to “bounce-back” from difficulty or adversity in our lives—it's a pattern of positive adaptation.

Here are a few things you can do to promote resiliency:

1. It seems obvious but the first thing that you can do is **create a loving, supportive and communicative home environment for your family**. This means being demonstrative of your affection, open and approachable to talk about ANYTHING, and encouraging of your child's endeavours. It is also very important for your child to feel safe at home, and to spend time together as a family.
2. **Set clear boundaries and rules with real consequences, and monitor (but don't hover over) your child's whereabouts**. Trust them to do things on their own but show them that you care deeply about where they are, who they're with, and what they're doing. Part of resiliency is allowing our children to learn from their mistakes—we can't expect to have independent problem-solvers if we are always fixing things for our kids. But our children do need to know that somewhere, someone is thinking about them and loves them, and that they have responsibilities to these other people in their lives.

*If you would like more information about the Calgary NW ECD Coalitions, please email us: [nwecdcoalitions@gmail.com](mailto:nwecdcoalitions@gmail.com).*

## Programs

**Gym Rentals for Birthday Party –**  
available of Sundays

## Building Strong Families Lone Parent Program

The Building Strong Families Lone Parent Program offers individual and group support.

**Individual Support:** providing information, resources, referrals and parenting resources.

Contact: Kayleigh at 587-392-2262 or [singleparent@weconnectyou.ca](mailto:singleparent@weconnectyou.ca)

### Huntington Hills Location

For more information call 403-275-6666 ext 2274 or email [singleparent@weconnectyou.ca](mailto:singleparent@weconnectyou.ca).

### Lone Parent Networking Collective

Come learn, share and have fun. A different topic every month. The second Saturday of the month from 2:00 PM to 4:00 PM. Child care provided.

To register call 403-275-6666 ext. 2274 or email [singleparent@weconnectyou.ca](mailto:singleparent@weconnectyou.ca)



# 2019 EVENT DESCRIPTIONS

Events are free for Community Members (Annual Memberships are \$25 per household) or \$5.00 per person for non-member.

## Stampede Breakfast – Open House

Saturday July 13th, 2019

Yahoo! Come on down cowboys and cowgirls to Huntington's annual Stampede Breakfast! This year enjoy a car show, live entertainment, face painting and of course PANCAKES! Wear your plaid and celebrate your Calgarian pride with your neighbours! Free event for all.

## Movie in the Park

Friday August 16th, 2019

(weather permitting) Grab your lawn chairs and your cozy blankets. Join us under the stars on Friday August 16th at the south Ball diamond as we will be playing one of your favourite's on the big screen. In the event of inclement weather this event will be rescheduled until further notice or moved indoors – keep an eye on our website and social media for updates.



## Community Christmas Celebration

December 8th 2019

This is an event you will not want to miss! From Christmas Markets, caroling, visits with Santa, crafts, entertainment and visiting with neighbours, you will be oh so jolly here at Huntington Hills!

Huntington Hills Community Association

2019

# STAMPEDE BREAKFAST

**Date:** Saturday – July 13th, 2019

**Time:** 10:00 A.M to 12:00 Noon.

**Place:** Huntington Hills Community Association  
(520 – 78th Avenue NW)





# GEMS

## Girls Empowered through Mentorship and Support

ATTENTION ALL GIRLS AGES 9-12!

Are you interested in being a part of a fun & creative girls group in your community?

Join GEMS and learn "real life" skills, create cool things to take home, and meet new friends!

**Where:** Huntington Hills Community Association – Lower Boardroom (520- 78 Ave NW)

**When:** Wednesdays Afterschool!

**Time:** Doors open at 3:30 pm; Programming from 4 pm – 5:30 pm

**Who:** Girls 9-12 years old

**Cost:** FREE, food and tons of fun included

To join GEMS, please contact Desiree at 403-275-6666 ext. 2276 or e-mail at [families@weconnectyou.ca](mailto:families@weconnectyou.ca)



**Lone Parent Networking Collective**  
Winter/Spring 2019

Lone Parents are invited to attend this monthly gathering to connect with others, share knowledge and information and learn new skills. Topics and activities are based on parent suggestions.

**Location:** Huntington Hills Community Association  
520 78 Avenue NW Calgary

**Dates:** Jan 12, Feb 9, March 9, Apr 13, May 11, June 8

**Time:** 2:00 PM to 4:30 PM (childcare and meal provided)

**Fee:** No cost, but registration is required

For information and to register, please  
email [singleparent@weconnectyou.ca](mailto:singleparent@weconnectyou.ca) or  
[lorraine@weconnectyou.ca](mailto:lorraine@weconnectyou.ca) or call 403-275-6666 ext. 8



lone parent program



## 50<sup>th</sup> Anniversary of Huntington Hills Community Association

We will be celebrating Huntington Hills Community Association 50th Anniversary on Saturday, June 13, 2020.

This is a call for volunteers for a variety of tasks that we need to complete to ensure a successful Anniversary Celebration. If you can lend a hand in anyway, whether that is on the day of the celebration or during the planning, please fill out form below and send to Barb Dickson, Anniversary Chair.

The day of celebration will start out as family picnic in the park on site by the ball diamonds, open to all, with games and fun for the whole family and then an invitation only dinner in the evening celebrating 50 years of volunteerism and contributions to the Community Association.

If you can offer a hand in any area, your participation would be greatly appreciated.

Offer to Volunteer for 50th Anniversary, please send to [barb.d@huntingtonhillscalgary.com](mailto:barb.d@huntingtonhillscalgary.com)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Day and evening number

Email Address: \_\_\_\_\_

Type of Commitment: \_\_\_\_\_

Day of Event or Planning

Availability Time \_\_\_\_\_

e.g. once a month, June 13, 2020,

or a time that you would like to offer

Thank you in advance for your assistance in helping to make this event a great success and celebrate 50 years of HHCA!

Cheers,

Barb Dickson, Curling Manager/Instructor  
Huntington Hills Curling Club  
Community Association, 587-392-2264

# Huntington Hills Community Centre

520 – 78 Avenue NW, Calgary  
www.huntingtonhillscalgary.com  
HELPFUL • CARING • ACCESSIBLE

## EXECUTIVE BOARD MEMBERS

President	Moe Sinotte
Vice President	Heather Allison
Treasurer	Tim Hungate
Secretary	Zonita Salazar

## BOARD OF DIRECTORS

Director-at-large	Christine Koop
Director-at-large	Sarah Malahias
Director-at-large	Molly McDonald
Director-at-large	Chris Smidesang
Director-at-large	Mianne de Guia
Director-at-large	Ward Balleine
Director-at-Large	Karen Williams

Stay current and involved with activities,  
local news and meetings with your  
Huntington Hills Community Association at  
[www.huntingtonhillscalgary.com/](http://www.huntingtonhillscalgary.com/)

## Gym Rentals Available

Call the Main Office at  
403-275-6666, ext 2263 for more information.

## DROP IN PICKLE BALL

Tuesday  
Wednesday  
Thursday  
11:00am – 2:00pm  
\$5.00/person



## Adventures in Learning Preschool

**Registration for fall now open!**

Registration fee: \$75.00 non-refundable fee

Monday, Wednesday, Friday classes from 9:00-11:30 am:  
\$180.00/ month

Tuesday, Thursday classes from 9:00-11:30 am: \$150.00/  
month

Conditions: Children registering for Preschool must  
be at least three years in age and be completely toilet  
trained.

We offer subsidy through the government of Alberta.

### What we offer:

- Great and friendly staff!
- Healthy snacks!
- Fun, engaging activities!

Register with us today!

Online at [hungingtonhillscalgary.com](http://hungingtonhillscalgary.com)

Huntington Hills Community Adventures in Learning  
Preschool

587-392-2265 | 403-512-5732

520 78th Ave NW

[Kayann.laylor@huntingtonhillscalgary.com](mailto:Kayann.laylor@huntingtonhillscalgary.com)

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







# Huntington Pioneers Association

***A group for adults 50 years and older, working, retired or semi-retired.***

Located in the lower level of the Huntington Hills  
Community Association

520 78th Avenue NWT2K 0S2

Phone: 403-275-4294 • Fax: 403-275-5227

[www.huntingtonpioneers.com](http://www.huntingtonpioneers.com)

E-Mail: [pioneers50@telus.net](mailto:pioneers50@telus.net).

Office Hours: Tuesdays and Thursdays from 10am – 4pm

**The Huntington Pioneers Association** is a group of people participating in a variety of activities such as: Art Classes, Bridge, Pool, Cards, Craft Classes, Day Trips, Movies, Volunteer Activities, Yoga, Line Dancing, Hand Bells, Social Events and more!

- **Art classes:** Every Tuesday 10:30am – 12:30 pm & 1:00pm-3:00pm, includes: oil painting, water color, acrylics and sketching. Contact office to register.
- **Yoga Classes:** Friday 9:00 am
- **Line Dancing:** Monday 6:00 pm
- **Card Night:** Every Tuesday from 6pm – 9pm.
- **Casino Day Trips** – 3<sup>rd</sup> Wednesday of every month
- **Men's Acapella Chorus:** Every Tuesday 10 am. Contact Doug Marwood for more information – 403-540-4874
- **Movie Night:** Once a month, 7pm, silver collection for popcorn and pop.
- **Pot Luck Supper** - Last Monday of each month, starts at 5:30pm
- **Soup and Bun Day:** 2nd Thursday of every month, starting at 12pm. (nominal charge, call for information)

We have a reasonable once a year membership fee and an opportunity to visit with us before membership is required.

Call 403-275-4294 for more information; registration and costs, program start times, and more or check out our website listed above!



## Good Food Box Dates for 2019

Call 587-392-2276 or 587-392-2274 for more information. You must pay cash by the order deadline.

Orders must be picked up between 1-5 pm at the Huntington Hills Community Association. We are not responsible for orders not picked up on time. Identification may be requested at pick up.

\$25/20 lbs, \$30/30 lbs, \$35/40 lbs

Orders are cash only. Exact change appreciated.

Pick up date is THURSDAY from 1-5 pm (Earlier/later pick up may be available if arranged prior to pick up)

Order Deadline	Pick Up Date
August 29	September 12
September 26	October 10
October 24	November 7



### George Washington Goes for Gold!

Canada won its first two Olympic medals at the 1900 Summer Olympics in Paris, France. The first was a bronze in the 400m Hurdles, the second was a gold in the 2500m Steplechase. Both medals were won by George Washington Orton, and were won only 45 minutes apart!

## PARENT LINK STAFF

- Sue: Parent Coach – 587-392-2270
- Paula: Child Development Facilitator – 587-392-2269
- Vivian: ESL Program Facilitator – 587-392-2273
- Mona: ECD Facilitator – 587-392-2272
- Cassandra: Manager 587-392-2268
- Tracey: Administrative Assistant 587-392-2271

The Parent Link Centre will be closed on July 1 and will not be running programs the first week of July.

## PROGRAMS:

### Kids' Corner

Tuesday afternoons, 1:30-3:00;

Join us for this afternoon, relaxed, drop in group for parents and children free of charge (Birth – 5). Our afternoon program is a little quieter than the morning program.

This program will return January 8, 2019

### Summer Time Stories and Fun

(story time for children 1-5 years): Wednesday afternoons, 2:00-3:00; Come join us with the Judith Umbach Library where children and parents will share songs, rhymes and stories in this interactive circle program. To register call 587-392-2271 starting June 12 for both programs.

Families can only register for one program only, choose either July or August program and plan to attend all 3 sessions.

Wednesday, July 10, 17 & 24 (2-3 pm)

Wednesday August 7, 14, & 21 (2-3 pm)

### Meet Me at the Park 2019

Wednesday 10:30-12:00 pm

Come join us and visit 3 different parks in Panorama, Harvest Hills and Coventry area this summer. Bring suntan lotion, hats, water and snacks and something to sit on. Older children are welcome. Call 587-392-2273 for more information.

- July 10 10-12 pm Panorama Hills Park (400 Panamound Blvd. NW)
- July 17 10-12 pm Harvest Hills Hub (178 Harvest Glen Way NE)
- July 24 10-12 pm Country Hills Community Gardens (135 Covepark Square NE)
- July 31 10-12 pm Country Hills Community Gardens (135 Covepark Square NE)

Please note, this program may be cancelled due to bad weather, poor air quality, etc. You can call Tracey at 587-392-2271 the day of if you are not sure the program is running or check our Facebook page. Log on Facebook and search Family Connections Parent Link Centre.

### Preschool Fun in the Gym (3-5 years):

Thursday mornings, July 11, 18, 25 & August 1, 10:00-11:00; Are you looking for some physical activity for your pre-schooler? Children will learn about moving their bodies while playing with others. Children will experience 30 minutes of movement activities followed by 30 minutes of free play. Siblings are welcomed but the focus will be for pre-school abilities. Families need to commit to attend all 4 weeks. Call to register starting June 10 at 587-392-2271.

### Family Evening Fun – Drop in Program

Thursdays 6:15 – 7:15pm

Join our Parent Link staff and other families for this fun drop in program. We will have a variety of activity centres for children and their parents to play at. Everyone is welcome to attend. Program runs 6:15 pm—7:15pm.

### Beginner ESL Programs

Available year-round, including a computer class with the library. Contact Vivian for more information 587-392-2273

## SPECIAL PROGRAMS:

For more information about our ESL programs please Contact Vivian at 587-392-2273

### Family Fun Fair

Tuesday July 23 10-11:30 am

Come join us at the Huntington Hills Community Association arena to participate in a variety of interactive games, activities and crafts, with a small snack provided. The Family Fun Fair is for children, infant to twelve years of age. There will be lots of information on resources available in the community as well as fun activities to do over the summer. Please feel free to bring your camera as we have invited some special guests!

Registration begins on July 2nd, if you would like to attend the Family Fun Fair, please call 587-392-2271 to confirm your attendance. This event is made possible with the partnership of the North Central Family Support and Lone Parent Programs, and the Family Connections Parent Link Centre.

We look forward to seeing you there!

### Picnic in the July 30 (Rotatory Park) 10:30- 12 noon

Picnic in the Park (At Rotatory Park): Friday morning, July 30, 10:30-12:00; Meet us at Rotary Park 617 1 St. N.E.), we will be having a day at the park. Please bring your suntan lotion, hats, water, snacks and something to sit on. Older children are welcome. Rotary Park is located on the hill north of Memorial Drive and east of Centre Street in Calgary's northeast and contains an off-leash area, accessible playground and spray park. For more information please call 587-392-2271 (this program may be cancelled last minute due to weather, low air quality, or low attendance)

## PARENTING:

### Parent Support

Come speak with the Parent Coach about parenting issues or concerns regarding children. Please call 587-392-2270 to set up a time to meet or speak on the phone.

### Mealtime Struggles to Mealtime Success

Monday July 15 6:30-8:30 pm

Do you have questions about your child's eating? Learn how to create a positive mealtime environment, introduce new foods and

how to cope with mealtime struggles. Taught by an AHS dietitian, this class is for parents and caregivers with children 1 – 5 years of age. Call 587-392-2271 to register for the workshop and childcare.

### Feeding My Baby

Monday August 19 10-12 noon

Are you getting ready for your baby to start solid foods? Then this class is for you! The AHS dietitian will answer your questions about what to feed first, textures, and other topics related to feeding your baby in the first 12 months. Babies are welcome. Call 587-392-2271 to register.



## Skateboarding is Fun for the Whole Family

In 2016, Huntington Hills got an outdoor concrete skatepark. It's near the Murray Copot Arena, at the corner of Centre Street and 64 Avenue NW and is one of the largest in Calgary. It's one of 11 skateparks that are part of the skatepark amenities program with the City of Calgary. Our skatepark is used nearly all year round, as people in the skate community also shovel it in the winter months.

There are many benefits to skateboarding, plus it's super fun. Skateboards are affordable. It's easy to get started skateboarding on a sidewalk or bike path. Skateboarding offers unstructured play. You don't need to try out for a team or pay to play. Skateboarding teaches us to try and fail and get up and try again. It takes hours to learn a new trick, even an ollie. As well as the physical benefits, skateboarding is good for our mental health. Studies have been done at Hull Services in Calgary that show even the vibration of the skateboard under our feet as we thunk-thunk down the sidewalk is good for our mental health.

Our Huntington Hills skatepark is a community hub populated by all genders, ages, and abilities of skateboarders, BMX bikers, scooter kids and roller skaters. In order for all of us to get along, some skatepark etiquette must be followed. Basic things like taking turns, going with direction of the flow, not going in the bowl when someone is already in there, and picking up your garbage, are just a few. If these rules aren't observed, we have conflict, and sometimes that conflict ends up causing injuries. New skaters and young children using the skatepark should be taught the rules. If you aren't sure what they are, just watch for a while, or ask one of the other people using the skatepark.

Calgary also has a girls' and women's skateboarding club that's free to join. They meet at various skateparks around the city from April to October, including Huntington Hills on the third Wednesday of the month. You can find out more about the club at [100percentskate-club.ca](http://100percentskate-club.ca).

If you or your family are looking for an activity that you can do together, try skateboarding. You can find out more about Calgary's skateparks including the new bylaws, and locations of the seasonal mobile skateparks at: [calgary.ca/skateparks](http://calgary.ca/skateparks)

Marlene Hielema

[info@imagemaven.com](mailto:info@imagemaven.com); 403-554-3542





# Huntington Hills Skating Club

Programs run out of the  
Huntington Hills Community  
Centre and VIVO



**COME SKATE  
WITH US!**


## BEGINNER COMPETITIVE RECREATIONAL

Learn to Skate | Canskate  
Pre-Power | Adult  
Intro to Figure Skating  
Figure Skating programs

*National Certified Programs taught by  
National Certified Coaches*

### REGISTER ONLINE

[www.HHskatingClub.com](http://www.HHskatingClub.com)

   @HHskatingClub

**403-275-6061**



## FOCUS for Attention

**SPRING 2019**

There are many challenges and celebrations in a family where ADHD is present. All parents and caregivers of children and youth with ADHD are invited to this monthly support group. Join us for strategies, information, resources, guest speakers and the opportunity to network.

**Location:** North Central Family Support Program  
Huntington Hills Community Centre  
520-78 Ave NW Calgary, Lower Level

**Dates:** May 14, June 11

**Time:** 7:00 to 9:00pm

**Free program but intake registration is required.**

**To register, contact [lorraine@weconnectyou.ca](mailto:lorraine@weconnectyou.ca)**

(Child care may be available by contacting two weeks prior)

For more information, call 587-392-2275



## Are You Interested in Walking?

### North Central Family Support Program has a walking group!

Just 30 minutes a day walking outdoors can tone your limbs, strengthen your heart, boost your mood and Vitamin D levels, lower your risk of chronic diseases, increase your energy, lower stress ... and it's free!

Making your walk social increases those benefits!

We meet twice a week, Wednesday and Friday mornings, at 9 am until 10am, at the doors of the Huntington Hills Community Centre. Strollers and dogs are welcome!

If you are interested, register by email to [lorraine@weconnectyou.ca](mailto:lorraine@weconnectyou.ca) with 'walking' in subject line.

# New! Family Social Connection Creative Cafe

## Mondays at Huntington!

- Bring your creative, crafty projects
- Teach others / Learn from others
- Our wonderful volunteer leader, Sandra, will be on site
- No child care on site, but there is space for your little ones to keep themselves busy.

**WHERE:** Huntington Hills Community Ctr,  
Main floor auxiliary gym

**DAYS:** Mondays, (except holidays)

**TIME:** 7:30 to 9pm

**FOR INFORMATION & TO REGISTER, CONTACT**  
lorraine@weconnectyou.ca Or call 587-392-2275



## Call for Volunteers:

The Family connections Parent Link program is looking for people interested in volunteering. Volunteers help staff; prepare snack, supervise child doing crafts, prepare crafts, clean and sterilize toys as well as the room itself, and provide childcare for adult only programs. Volunteers work closely with the staff and can work from an hour or two a week, to a few hours a week.

For more information please contact Vivian at 587-392-2273.

## THE NORTH CENTRAL FAMILY SUPPORT PROGRAM

We assist families living in the communities of North Central Calgary in locating necessary resources and welcome all families in the community to participate in our free family social connection programs and events. We provide educational opportunities, parent workshops and youth programming. Through our partnerships with a number of community agencies we are better able to respond to the needs of children and families in the communities we serve.

We are located on the lower level of the Huntington Hills Community Centre. Stop by during our drop-in hours for more information or to register for programs. Call or email for an intake appointment with us for an assessment that will enable us to better understand what your family needs are and determine how to support you. Our aim is to assist you in accessing the best services and supports so that your family remains strong.

**Desiree, Family Support Coordinator**

587-392-2276, families@weconnectyou.ca

**Lorraine Spector, Family Support Coordinator and Lone Parent Facilitator**

587-392-2275, lorraine@weconnectyou.ca

**Kayleigh, Lone Parent Coordinator**

587-392-2262, singleparent@weconnectyou.ca

**Jeni, NCFSP Manager**

587.392.2274, jeni@weconnectyou.ca

**Appointment Times:**

We no longer have drop-in hours and have moved to appointments only. Please call or email to book an appointment – Tuesday to Friday, 9am to 4pm.

Do you have a special skill or talent you would like to offer to other community members? Do you have something you want to see happen at the HHCA? We're constantly looking for suggestions on what educational programs and social connection opportunities people want to see at the HHCA. We want to hear from you!

Please contact Desiree at 587-392-2276 or families@weconnectyou.ca

**Closed Mondays**

**Workshops, family connection events and education programming held evenings and weekends. Please see our calendar for more information.**

**Outreach Community Advocate:**

We are working together in partnership with the BowWest Community Resource Centre and the Northern Hills Community Association to meet the needs of our neighbours in the ever-expanding regions of North West and North Central Calgary. A Community Advocate from BowWest will be at Huntington Hills office on Mondays from 11:30 – 2:30pm, and at the Northern Hills Community office in Vivo on Thursdays, 4-7pm to provide outreach, information and basic needs referrals for singles, seniors and adults experiencing economic challenges. Please call Germaine at 403-874-6809 for information or to schedule an appointment.

**Free Social Connection programs, educational workshops and groups!**

Stay tuned for: Family Laughter Yoga, KMITT to Knit, Grief Workshop, GEMS Girls Group, FOCUS for Attention Parent support group and more! Contact us for more information on upcoming activities.

*\*\*Programs are created by needs identified within the community. If you have suggestions about 'things to do' that are of interest to you or your children please let us know.*

HHCA

Fun for ages 5 to 12!

# KIDS

## Summer Camp

### Weekly themes:

July 2-5: Color Me War

July 8-12: Welcome to Cowtown

July 15-19: Natural Wonders

July 22-26: Mindfulness

July 29- August 2: The Arts

August 6-9: Ooey Gooey

August 12-16: Let's celebrate Seasons and Holidays

August 19-23: Huntington's Got Talent

Closed from August 25 to September 3, 2019

If interested, please contact us at

587-392-2265/ 587-392-2266

Kayann.laylor@huntingtonhillscalgary.com or at oosc2@huntingtonhillscalgary.com

Come join us for fun and sun all summer long!

PRICED AT \$170/ WEEK

Hours of operation

7:00 am to 6:00 pm Monday to Friday

We offer: Kid inspired activities | Weekly field trips | Exciting, healthy snacks | Warm, fun and certified staff | Full use of the Gym, Arena, Park and Field | Easily accessible location (right by bus loop)





## CURLING

Another season has wrapped up and again a very successful and fun year for all of the curlers. Club Championships were completed the last week of March with our teams participating in City Curling Managers Wind-up Spiel at the Calgary Curling Club. We also hosted the Southern Championship for Curling Alberta Club Champions and received rave reviews for a great weekend of Club Championship Curling!

Planning is already underway for next season and registration will be on line again. Please feel free to call or email the curling office for information.

Corporate, family and fun event rentals are quickly being reserved for next year. Please call early to plan your Curling Fun Spiel. Weekends are busy on the ice and we would love to host an event for your office, family or friends. We provide lessons for the non-curlers and the focus is having fun while enjoying the great sport of curling!

Our Junior Curling Program continues to welcome new youngsters and they remind us why we love the sport—'cause it's fun! School programs as well as youth groups provide their participants with a great curling experience and it is a pleasure to see them tired and happy after their games! Curling is great exercise for all ages.

Leagues are always looking for players in all categories including Ladies, Mens, Mixed (two men and two women), Open (any combination of players). We also offer a Senior Drop-In League—Wednesday and Friday Mornings which welcomes new players and there is coffee and dessert after your game.

So, if you want to come out and throw some rocks at our House—contact Barb for more information! See you in September—on the ICE! Have a great Summer! Please watch for advertising on our website for fall Learn to Curl Clinics at [www.huntingtonhillscurlingclub.com](http://www.huntingtonhillscurlingclub.com).

**Also of note**, we will be celebrating our 50th Anniversary as a Community Association. This is a call for volunteers that would like to be involved in this anniversary celebration. Please contact me for more details.

*Barb Dickson, Curling Manager/Instructor/Coach  
Huntington Hills Curling Club  
587-392-2264; [Barb.d@huntingtonhillscalgary.com](mailto:Barb.d@huntingtonhillscalgary.com)*



## Building Strong Families

### Workshop Series for Lone Parents

This is a 6-week facilitated program covering topics such as: Parenting On Your Own, Stress, Self Care, Grief & Loss, Resources, Boundaries, Budgeting, Relationship Building with Your Child, Family Activities and Moving On.

Whether you are a new or experienced Lone Parent, this program offers an opportunity to build (or add to) your resource base while enhancing strategies and skills along with other Lone Parents.

**\*Registration is Required \*Lunch & Child Care provided**

**Location:** Huntington Hills Community Centre  
520-78 Ave NW Calgary

**Dates:** Next session dates TBA

**Time:** Saturdays 10 AM to 1 PM

To register or for more information,  
email [singleparent@weconnectyou.ca](mailto:singleparent@weconnectyou.ca) OR  
[lorraine@weconnectyou.ca](mailto:lorraine@weconnectyou.ca)  
OR call 403-275-6666 ext 8



**BUILDING STRONG FAMILIES**  
*lone parent program*

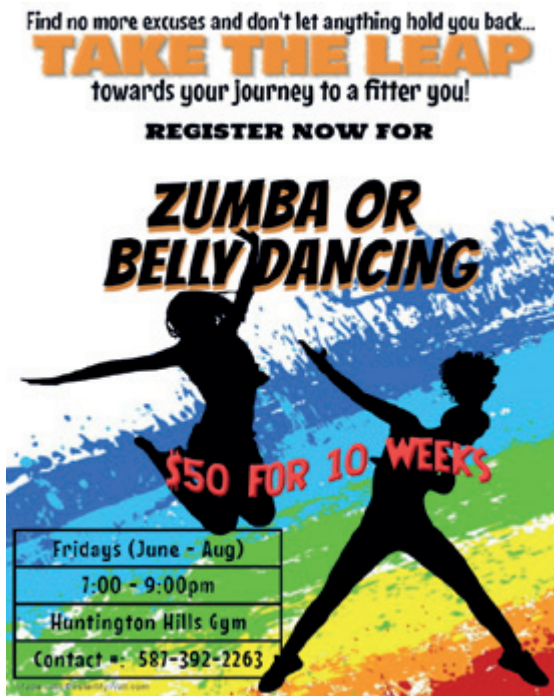
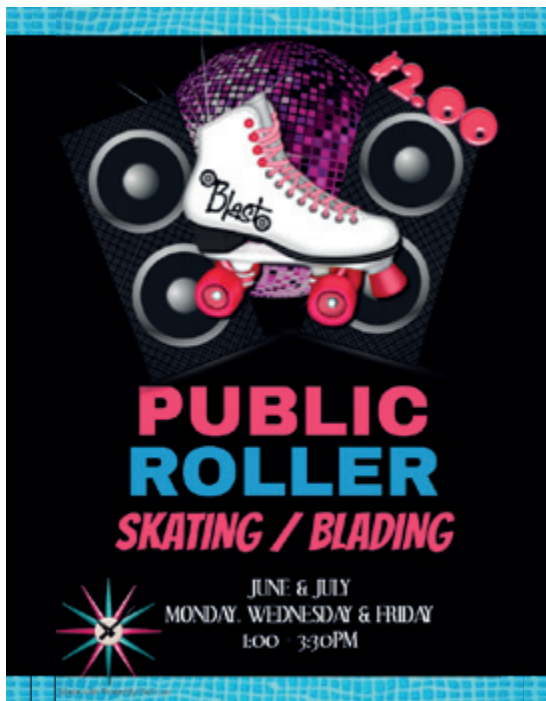


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# HHCA Out of School Care Program!

520 78th Ave N.W. • 587-392-2265 | 587-392-2266 • Email: [Kayann.laylor@huntingtonhillscalgary.com](mailto:Kayann.laylor@huntingtonhillscalgary.com)

## What We Offer:

- Fun, child interest-based activities
- Onsite arena, gym, park and field
- Onsite bus for pick up and drop off
- Field trips
- Healthy fun snacks
- Personable Staff
- Subsidy and Accreditation approved program!

## Pricing:

- Fulltime: \$450.00/ month
- Part time (morning): \$250.00/ month
- Part time (afternoon): \$330.00/ month
- Drop in: \$45.00/ day
- Kindergarten: \$585.00/ month
- Summer camp: \$170.00/ week
- Registration fee: \$25.00 non-refundable

**Come experience a home away from home for you and your child!**





## News from the Friends of Nose Hill

by Anne Burke

Volunteers of all backgrounds, abilities, and experience contribute to our quality of life. Some take care of parks, green spaces, playgrounds, pathways, trees, natural areas, and off-leash areas. Others conduct eco research or provide park users with informative, interpretive experiences. You can apply online at [www.calgary.ca](http://www.calgary.ca), use the 311 mobile app, or phone 311.

Individuals commit to 6 shifts per season to volunteer as park interpreters at city parks, including Nose Hill. They greet park visitors; provide information, presentations, and interpretive activities to visitors; and promote upcoming Parks programming. Parks Interpretive Experience positions are seasonal (May - October). Sanctuary Host positions at Inglewood Bird Sanctuary are year-round and subject to availability. Green Leaders assist us to identify park projects in the community and organize community volunteers for projects, such as painting benches or picnic tables, invasive species pulls, and park cleanups.

Individuals or groups make short commitments to promote responsible pet etiquette in off-leash dog parks. They attend scheduled P.U.P.P.Y. events with Parks staff where volunteers participate in park cleanup and distribute dog waste pick-up bags and other materials to park users.

The Off-Leash Ambassador program is a volunteer-led approach to educate citizens about responsible pet ownership and to ensure safety in off-leash areas. The program was launched in 2013 as part of a commitment to work with and support Calgarians, to comply with the bylaws in Calgary's 150 off-leash areas.

Volunteers in the Off-Leash Ambassador program act as positive role models. They promote responsible pet ownership, with positive pet interactions and safety, in our off-leash parks and at community events. They answer questions about Calgary's bylaws in off-leash areas; provide an avenue for citizens to share their concerns with City staff; and promote City services, such as animal adoption and licensing.

New volunteers receive an orientation and training program that includes a review of the Responsible Pet Ownership By-law, which requires dog owners to remove dog waste and to keep their dogs under control at all times for everyone's safety. They also attend an animal behaviour and safety session from a certified professional dog trainer. You can take the pre-training online course at [www.calgary.ca/Volunteering/Off-leash](http://www.calgary.ca/Volunteering/Off-leash).

# BUSINESS CLASSIFIEDS

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**HD PROPERTY CARE:** 403-837-1888. All your property needs. Snow shovelling/removal, yard maintenance, spring/fall clean up, odd jobs with trees, fence, patio, decks. Mention this ad and receive 10% off your service.

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**Councillor, Ward 4  
Sean Chu**

☎ 403-268-3727 ✉ ward04@calgary.ca  
 🌐 www.calgary.ca/ward4  
 🌐 www.seanchu.ca

Hello Residents,

***A beautiful low-maintenance yard and conserving water go hand-in-hand.***

During the summer, your water use can jump by 30 to 40 per cent because of outdoor watering activities. This increased demand places a strain on our rivers and treatment plants. Save water, money, and time by adopting a few simple water saving tips.

- Watch your weather forecast to determine if you should water or not. Adjust your watering schedule accordingly and skip watering when it has rained or is forecast to rain.
- The best time to water is early in the morning. Avoid watering in the heat of the day (10 a.m. to 3 p.m.).
- An easy way to water in the morning is to add a timer to your sprinkler or set your irrigation system.
- Capture free rainwater in a rain barrel and use it on your trees, shrubs and flower beds.
- Use the right watering tool for the job. Unlike sprinklers, tools such as a soaker hose, drip irrigation and a watering can, direct water where it is needed most – to the plant roots.
- Reduce mowing and watering by keeping your lawn at least 2 or 3 inches high. Taller grass shades the soil, meaning it requires less water and stays healthier.

Visit [calgary.ca/waterguide](http://calgary.ca/waterguide) for more programs, tips, and tools for creating a water efficient home and yard.

***Free outdoor activities for everyone this summer!***

If you're looking for something to do with your family or friends, or a fun new activity for your child, check out the free events and programs happening in a community near you this summer!

- Kids play programs, like Park n' Play or Stay n' Play and Mobile Adventure Playgrounds.
- Leadership programs, like LEAD youth programs or Zone Up basketball leadership.
- Sport programs, like skateboarding at Community Mobile Skateparks.
- Arts and Culture programs, like Music in the Park or Lawn Chair Theatre.
- Indoor and outdoor fitness programs, like Outdoor Pure Cycle.
- Drop in nature programs, like Wetland Bug Safari and Wild for Water.

To find schedules and locations for these free programs and many, many more, visit [calgary.ca/free](http://calgary.ca/free).

Have a Wonderful Summer!

Huntington Hills Community Association

# SPRING FITNESS

**Tuesday - 5:30pm**  
Yoga - for backs

**Wednesday - 7:30pm**  
Belly Dancing

**Thursday - 6:45pm**  
Yoga - all levels

**Friday - 9:30am**  
Yoga - beginners

To register:  
587-392-2263  
[carrie.williams@huntingtonhillscalgary.com](mailto:carrie.williams@huntingtonhillscalgary.com)

## LOOSELY BOUND BOOK CLUB

New Book Club in Huntington Hills

**Come Join Us!**  
Last Thursday of each month, 8pm  
Men & women welcome

**Hosted by: Kim**  
[Looselybound1@gmail.com](mailto:Looselybound1@gmail.com)  
Feel free to contact me with any questions or to get the book list

Huntington Hills Community Association	Out of School Care Room (2 <sup>nd</sup> Floor)
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*where your neighbours go*

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versus the New Alberta Fee Guide

*We're the same fee  
if not lower!*

Treatment Description	2018 ADA Fee Guide Pricing	Huntington Family Dental Pricing
New Patient Exam	\$101.48	<b>\$89.97</b>
New Patient Pediatric Exam (under 6)	\$71.17	<b>FREE*</b>
New Patient Child Exam	\$97.00	<b>FREE*</b>
4 X-ray Bite Wings	\$78.37	\$78.37
3 Units Scaling	\$201.48	\$201.48
Polishing	\$59.84	\$59.84
Fluoride Treatment	\$28.99	\$28.99
Panorex X-Ray	\$88.32	<b>\$85.00</b>

\*free exams when booked with hygiene and xrays

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Tuesday 7 am – 7 pm  
Wednesday 7 am – 4 pm  
Thursday 7 am – 7 pm  
Friday 8 am – 3 pm  
Saturday\* 8 am – 3 pm

\*(Alternating)

\*(Opening soon on Saturdays)