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GAMES & PUZZLES

Guess the Canadian Legend!

1. This famous hockey player holds or shares 61 NHL records.
2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



SCAN THE QR
CODE FOR THE
ANSWERS!



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520 – 78 Avenue NW, Calgary

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SCAN HERE TO VIEW ADDITIONAL HUNTINGTON HILLS CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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Bow River

by Garth Paul Ukrainetz

Bow River, Bow River, O where is your quiver
Where are the arrows you hide deep inside
Take aim for the moon, let them fly thru the heavens
Shooting like stars over Calgary skies

Bow River, Bow River, melt of glaciers deliver
Water flows pure from the mountaintops high
Your destiny's duty to guard and protect it
Transporting for all under big prairie sky

Bow River, Bow River, always generous giver
Jubilation you bring to Alberta's dry land
For water is life, you bestow of it freely
Grateful animals drink from the palm of your hand

Bow River, Bow River, mighty warrior consider
While forward you lead, we'll be watching your back
To be perfectly clear, we can't take you for granted
Drought and pollution will sneak and attack



News from the Friends of Nose Hill

by Anne Burke

Connect: Calgary's Parks Plan replaced the Open Space Plan and the Natural Areas Management Plan. Calgarians have historically and consistently had a strong desire for the inclusion of natural areas as Open Space. As early as 1914, The Mawson Plan recommended protection for the riverbanks. In the 1940s, the public wanted natural park environments to be preserved. Little or no management was considered. In the early 1970s, The Calgary Bird Club assessed several natural areas, including East and West Nose Hill, before specific natural areas management policies were identified. By 1980, City Council adopted the first Nose Hill Park Master Plan, to ensure that natural habitat would remain for wildlife species that use it. The Nose Hill Biophysical and Land Use Inventory was a major project, but any unexpected problem or difficulty was beyond its scope. Instead, The Nose Hill Park Management Advisory Committee was followed by the Nose Hill Park Trail and Pathway Plan.

The Natural Areas Management Plan called for long-term conservation methods to support appropriate public uses. Some activities were dog walking, hiking trails, and weed control. For Nose Hill, as a Major Natural Environment Area, there were guidelines about grazing, wildlife, signage, fallen trees, and brush. As in all Natural Environment Parks, the approach was based on habitat types, with the general principles being fire management, life cycling, planting, restoration, and reclamation. To communicate the aims of protection, management, and permitted uses in a natural environment park, staff training and public education were planned, so as to share information regarding natural areas and natural history in Calgary. The plan was to evolve, with more research and new techniques for managing urban natural areas, as the public perception of Open Space changed, not only in Alberta but across North America.

YOUTH CAMP

JULY 7TH - AUGUST 22ND

9:00AM - 4:00PM

\$140/WEEK

AGES 12-16 (GRADE 7-12)

WEEKLY CAMP

WEEKLY REGISTRATION

LIFE SKILLS LEARNED

*Huntington
Hills*

COMMUNITY ASSOCIATION

COMING SOON



HUNTINGTON HILLS

CURLING CLUB REGISTRATION

AUGUST 5TH, 2025



Huntington Hills
COMMUNITY ASSOCIATION

BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.
2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression



in the centre of each patty which helps to keep them in shape while cooking.

3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

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Borrow A Game? Please Do!

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Huntington Pioneers Association

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10:00 AM – 12:00 PM

12:00 PM – 2:00 PM

2:00 PM – 4:00 PM

THURSDAY:

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Six Steps to Keeping Our Rivers Healthy

by The City of Calgary



Calgary is a growing city on a small river. When it rains, water runs off our streets, driveways, and yards and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, fertilizers, dirt, and other debris, washing it into our storm drains and our rivers. Calgary is seeing

higher volumes of stormwater, which is resulting in urban flooding and more river pollution.

The City of Calgary and Calgarians need to work together to manage our stormwater. The City uses storm ponds to naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is critical. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

You can help keep stormwater clean and our rivers healthy by doing these simple actions:

- Point downspouts toward lawns and gardens or use a rain barrel.
- Limit the use of fertilizers and pesticides.
- Sweep up debris from your garage and driveway instead of washing it away.
- Wash your vehicle at a car wash instead of your driveway.
- Never pour anything down the storm drain.
- Pick up pet waste and litter and put them in the proper waste containers.

What ends up on our streets, ends up in our rivers. Visit calgary.ca/stormwater to learn more.

**HUNTINGTON HILLS
STAMPEDE LUNCH**

**SATURDAY, JULY 5, 2025
12:00PM - 2:00PM**

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Huntington Hills
COMMUNITY ASSOCIATION

Word of the Month

Lugubrious: Adjective
(loo-GOO-bree-us)

Looking or
sounding very
gloomy and sad.

He droned on
in his lugubrious
tone.



DROP IN ROLLER SKATING

\$5.00 OR FREE WITH HHCA MEMBERSHIP
EVERY MONDAY, WEDNESDAY AND FRIDAY
11:00AM - 1:00PM



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