Introducing Cambridge Manor
The Brenda Strafford Foundation's newest seniors wellness community in University District, NW Calgary's newest urban neighbourhood.

Cambridge Manor | University District
403-536-8675
cambridge@theBSF.ca
Visit us online at: cambridgemanor.ca | theBSF.ca

The Brenda Strafford Foundation was proudly awarded ‘Accreditation with Exemplary Status’ (Accreditation Canada) and ‘Innovator of the Year’ (Alberta Continuing Care Association) in 2018.

The Guidebook for Great Communities—planning communities for everyone

The City of Calgary is planning communities in Calgary so they offer more housing, shops, and service choices for the people who live, work and visit them. The Guidebook for Great Communities provides the foundation on which our communities can grow and develop to be vibrant and resilient, for generations to come.

For a community to be a great place to live, it requires housing options; access to a variety of goods and services close by; and offer its residents and visitors areas to recreate and gather. When a community provides more opportunities, people can live in their neighbourhood regardless of age, income or stage in life.

You can find more information on the Guidebook for Great Communities at calgary.ca/guidebook
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Disclaimer: The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Media and the Huntington Hills Community and/or Residents’ Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Huntington Hills Community and/or Residents’ Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.
News from the Friends of Nose Hill

by Anne Burke

Calgary Captured has placed and managed almost 70 remote wildlife cameras in Calgary parks, including Nose Hill. With the help of citizen scientists, partners, and funders, the team has classified 210,378 images to date (which amounts to 1.5 million independent classifications). You can check out their website at: www.zooniverse.org/projects/calgary-captured/calgary-captured/.

The City twitter handle is @cityofcalgary and some images are trending on: #calgarycaptured.

The Parks and Pathways Bylaw allows for closure of park areas to address safety concerns, manage wildlife, conduct maintenance and repairs, or allow for rehabilitation of natural areas. With limited resources, public awareness will be required to encourage compliance. The City reserves the right to close areas, restrict use, or limit activities. With a common-sense approach, users should still respect the environment and open space. The intent is to enforce the Bylaw in a manner that emphasizes education, but fines have increased for all offences.

The Alberta Native Plant Council (ANPC) Society offers Guidelines for Rare Plant Surveys and how to grow native plants. The “Keys to Alberta Species” lists 4 new families. Photos of many species are required. There is a Call Out for Presenters. A list of invasive species includes those regulated by the Alberta Weed Control Act. Plant Study Groups are across the province to nurture interest in— and expand the knowledge of— native plants and local ecology. In spring/summer, meet outdoors (in the field), indoors in fall/winter. The Southern Alberta Study Group meets at the U. of C. Herbarium. It is a friendly and informal venue to share a common fondness for plants and the natural world. The 2020 ANPC Workshop “Northern Native Plants and Ecosystems” will be on March 28, 2020 in Peace River, Alberta. www.anpc.ab.ca.

5 Excellent Reasons to Advertise in Community Newsletter Magazines

1. Top of Mind Brand Awareness: Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
2. Payback: Community residents trust, and call businesses that advertise in their community magazines.
3. High Readership: 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
4. Cost Effective: With advertising rates as low as $0.01 cent per household, advertising in our community magazines is incredibly affordable.
5. Geofence Your Audience: Manage your budget, optimize your returns and target your audience by specific community magazines.

Nearby Community Newsletter Magazines:

To Advertise Call 403 720 0762
Email sales@greatnewsmedia.ca
GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING
In December, Heather (Vice President HHCA) and I met with our MP Michelle Rempel-Garner. The main topic was the Green Line for the LRT and the lack of progress in the last 10 years. Since then we have heard through the news from city hall that there are many factors yet to be resolved before they can proceed. Our desire, as a community, is to encourage the city to move ahead with its development of the Green Line North and benefit our community with better transportation. We would encourage you as members to send your City Councillor, Sean Chu, letters and emails asking for the project to go forward as soon as possible.

Huntington Hills Crime Activity was Down in December 2019
The Huntington Hills community experienced 24 crimes in December 2019, in comparison to 33 crimes the previous month, and 28 crimes in December one year ago. Huntington Hills experiences an average of 27.3 crimes per month. On an annual basis, Huntington Hills experienced a total of 328 crimes as of December 2019, which is down -15% in comparison to 384 crimes as of December 2018. To review the full Huntington Hills Crime report visit hhil.mycalgary.com

How To Report Crime In Huntington Hills: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

Workshop Series for Lone Parents
Winter 2020

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
Time: 10 AM to 1 PM

To register or for more information, email singleparent@weconnectyou.ca OR lorraine@weconnectyou.ca
OR call 587-392-2262

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

Huntington Hills Location
For more information call 403-275-6666 ext 5 or email 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. 5 or email singleparent@weconnectyou.ca
HHCA PROGRAMS

Gym Rentals for Birthday Parties
Available on Sundays.

Shinny Hockey 2019-2020
Ages: 7 to 12
Sundays: 9:30 to 10:30 AM
Session 1:
Sept. 29 to Nov. 24, 2019 (7 sessions)
(Registration Opens August 14th)

Learn to Skate:
Session 1 – (10 Classes):
Saturdays – September 28th to December 14th
Mondays - September 30th to December 16th
Session Times:
Saturdays – 10:45 to 11:10 AM (3 to 5 years), 11:15 to 12:00PM (6 to 12 years)
Mondays – 4:35PM to 5:00PM (3 to 5 yrs), 4:15 PM to 5:00PM (6 to 12 yrs)
Registration Begins: August 14, 2019

YOGA:
(All Classes are beginner Friendly)
• Yoga for Backs – Tuesdays - 5:30 to 6:30 PM
• New Class – Wednesday – TBD
• Gentle Flow – Thursdays – 6:45 to 7:45 PM
• Beginner Yoga – Fridays - 9:30 to 10:30 AM
All yoga programs are still drop-in based, with a class maximum of 10.

Fitness Classes:
(Zumba, Kick Boxing, etc.)
Coming this Fall – Check website (www.huntingtonhillscommunity.ca) for more details.

Children’s Dance classes:
Check website (www.huntingtonhillscommunity.ca) for more details
Wednesdays - Ages 4-6 and 7-11

Senior’s Skate Group:
Monday, Wednesday & Friday
9:30 - 11:00 AM
October through March, $4/day
Programs begin September 23rd.
To register, contact Carrie Williams at 587-392-2263 or at Carrie.williams@huntingtonhillscalgary.com.

Soccer:
May 5- June 23
Tuesdays & Thursdays 6:30-7:30pm.
Registration closes March 20

Calgary Musicworks:

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COMMUNITY BOARD MEMBERS

Huntington Hills Community Association is always looking for people to step forward and volunteer their time. One way you can do this is to become a potential board member for the Board of Directors. We are looking for people who are energetic, able to work well with a group, help on committees for the community. Our Annual General Meeting is held in the month of June. If you are interested, please submit your name to the president, Moe Sinotte, at 403-614-6085, the Vice President, Heather Allison, at 403-512-7237, or email president@huntingtonhills.ca with a brief summary about yourself.
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. 5 or e-mail at families@weconnectyou.ca

Good Food Box Dates for 2020
Call 587-392-2262 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

Cash ONLY. Exact change appreciated. Pick up day is THURSDAY from 1-6pm (earlier pick up available if you receive a call from us)

Order deadline | Pick up date
--- | ---
March 12 | March 26
April 16 | April 30
May 14 | May 28
June 4 | June 18
September 10 | September 24
October 8 | October 22
November 12 | November 26

Are You Interested in Walking?

North Central Family Support Program has a Family Social Connection Walking Group!

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 with ‘walking’ in subject line.

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!

Just For You Daycare

#3 Hunterhorn Gate N.E.
Calgary, AB T2K 6H3
403-275-0454
Spaces available nursery to pre-school
j4udaycare2004@shaw.ca
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 huntingtonhillscommunity.com
Huntington Hills Community Adventures in Learning Preschool
587-392-2265 | 403-512-5732
520 78th Ave NW
eeciadmin@huntingtonhillscalgary.com
preschool@huntingtonhillscommunity.ca
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 NW T2K 0S2
Phone: 403-275-4294 • Fax: 403-275-5227
www.huntingtonpioneers.com
E-Mail: 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 – 3rd 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!

50th 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

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
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

PROGRAMS

Playtime Fun
Tuesday mornings, 10:00-11:30
Please join us for this free, drop-in, playgroup for parents and children (birth to 5). Children are able to move about in the room and pick from a variety play areas.

Play & Songs
Wednesday mornings, 10:00-11:30
This is a playgroup for all ages with a variety of activities to explore in the Parent Link Room and ending with a short song time. Please sit with your child on the rug during this time. Toddlers are not expected to sit for songs and wandering will happen. We ask parents not to have conversations with one another during song time, please model sitting on the carpet, taking part in singing the songs, and or listening to the story quietly. Exposing your child to these song times is great for developing their attention span.

Baby and Me (under 12 months)
Wednesday afternoons 1:30 – 3pm
Stop in and join the fun playing with your baby and talking with other parents. Watch the calendar for special guests (e.g. Library, AHS nutrition.)

Come Play with Me at Vivo:
11950 Country Village Link NE, Calgary, AB T3K 6E3
February 6 – March 19
Thursday mornings, 10-11:30 am
Come join us for this free drop-in playgroup for parents and children (birth – 5 years). For information call 587-392-2271 or check website at www.weconnectyou.ca. Children are able to move about in the room and pick from a variety of play areas such as dress up, playdough, puzzles, and play with lots of toys. Staff will be available to answer questions about developmental growth, parenting, and help parents identify community resources.
*This program is being run through partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.

Family Evening Fun
Drop-in program Thursday evening from 6:15-7:15
This is a great program for the whole family to come together playing and having fun making some crafts and meet new people. The whole family is welcome! Children age 0-6.

Beginner ESL Programs
Beginner ESL programs available year-round, including a computer class with the library. Contact Vivian for more information 587-392-2273.

Mom2Be/New Mom group
Every Friday 10am - noon (except some holidays). This group is for pregnant moms and moms to new babies under 6 months. We provide snacks (sometimes homemade) as well as beverages including coffee. When we meet, we talk about different topics such as sleeping, doctors vs. midwives, mom hacks, safety tips, partners, struggles, changes, breastfeeding. Monthly we bring in guest speakers including, lactation consultant, maternity RM, pelvic floor therapist, nutritionist, dental hygienist, Red Cross CPR. For more information please call Cassandra at 587-392-2268.

SPECIAL PROGRAMS

Wintertime Play
Tuesday, March 17, 10-11:30 am
Come join us for another “Get Outside and Play,” activity at the Huntington Hills Community Center. Dress for the weather; hat, mitts and snow pants for everyone and come play. Call 587-392-2272 for more information.
Check our website for Special Monthly Programs. www.weconnectyou.ca

Just for Moms
Sat. March 21 2 – 4pm
Join our staff and a group of other moms as we have a chat on different topics. We will offer childcare and a safe fun environment for conversation and activities.
Call Cassandra for more information 587-392-2268. To register call Tracey at 587-392-2271 starting February 27.

**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.

**Positive Parenting Program (Triple P Group) for children 3-11 years**
Tuesday, Jan. 21-March 10 (8 weeks) 6:30-8:30 pm
Do you feel like you:
- often struggle with your child's behavior?
- could use more strategies to use in difficult situations?
- would like to share ideas with other parents?
- can commit to 4 Tuesdays in a row (Jan 21, Jan.28, Feb. 4, Feb. 11)?
- and 3 phone calls (Feb. 18, Feb 25 & March 3)?
- roundup workshop March 10?
Call 587-392-2271 to register for the free workshop and childcare starting Dec 2. For more information about the program call 587-392-2268.

**Dealing with Disobedience (Triple P Parenting discussion workshop)**
For children 3-11 years
Monday March 16 6:30-8:30 pm
Come share ideas and experiences while identifying positive parenting strategies to help prevent problems and handle disobedience. Call 587-392-2271 to register for the workshop and free childcare starting Feb. 18.

**Mealtime Struggles to Mealtime Success**
Monday, Mar. 9, 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. Childcare will be provided if enough people signup.

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**AGING: CHOICES AND DECISIONS**

- **FREE SEMINAR:** AGING CHOICES/OPTIONS – for you or a loved one. Learn from guest speakers representing various agencies, including Alberta Health, the Kerby Centre and other private agencies e.g. Home Instead
- **Date:** SATURDAY, APRIL 18, 2020
- **Time:** 9AM to 3PM
- **Location:** Good Shepherd Community Church, 6311 Norfolk Drive NW, Calgary
- **Lunch will be provided:** (freewill offering will be taken)
- **Musical Entertainment:** (during coffee/tea breaks)

**Registration Form:** (required to arrange lunch)
Name: ____________________________ Address: ______________________________
Phone: _____________________ E-mail: __________________________________
Food Allergies or gluten-free choices: ___________________________________

For more details, go to [www.goodshepherdmoravian.org](http://www.goodshepherdmoravian.org)

Drop off form or mail to: Good Shepherd Moravian Church, 6311 Norfolk Drive NW, Calgary, AB, T2K 5J8
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 11, Feb 1, Mar 7, Apr 4, May 2, Jun 6  
**Time:** 2:00 PM to 4:30 PM (childcare provided)  
**Fee:** No cost, but registration is required

For information and to register, please email singleparent@weconnectyou.ca or lorraine@weconnectyou.ca or call 403-275-6666 ext. 8

**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  
Feel free to contact me with any questions or to get the book list

**Huntington Hills Community Association**  
Out of School Care Room  
(2nd Floor)

**Family Social Connection Creative Cafe Mondays**

Bring your creative, crafty projects  
Teach others / Learn from others  
Our wonderful volunteer leader, Sandra, will be on site  
*No childcare 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  
This is a registered program. For info & to register, contact lorraine@weconnectyou.ca or call 587-392-2275

Concerned about soaring energy costs, Denise embarks on her biggest craft project ever and knits a wool sweater for their house.
We assist families from all backgrounds and cultures, single-parent and two-parent, with children under 18, living in the communities of North Central Calgary, in locating necessary resources. We are located on the lower level of the Huntington Hills Community Centre. Contact us by phone or email for an intake appointment. At the intake, we will gather information to help us understand your family needs and determine how best to support you. We aim to assist you in accessing the best services and supports so that your family is healthy and strong. Please note, we are not a crisis agency. If you are in crisis, please contact the Distress Centre at 403-266-HELP (4357).

We welcome all families within our surrounding communities to participate in our free family social connection activities, programs and events. We offer free community education events on a variety of topics, a Lone Parent informational/educational workshop series, monthly Networking Collective for Lone Parents, the weekly GEMS girls empowerment group, the FOCUS for Attention monthly support network for parents of children and youth with ADHD, a weekly social connection Creative Café, a twice-weekly social connection Walking Group, the Healthy Babies program and more! We partner with several community agencies and services to better respond to the needs of families in the communities we serve.

Programs are created based on needs identified within the community and those willing to share their skills and talents. If you have suggestions for activities and programs of interest to you and your children, please let us know. Or, if you have specific skills or talent and would like to volunteer your time providing or instructing, please let us know. Are there educational programs or specific topics or speakers of interest to you? Or are there social connection programs and activities you would like to participate in? We want to hear from you!

Appointment Times: Please call or email to book an appointment – Tuesday through Friday 9am to 4pm. We are not available for appointments on Mondays due to events and programming held on weekends.

**North Central Family Support Team:**
*Deseree, Family Support Coordinator*
587-392-2276, families@weconnectyou.ca
*Lorraine, Family Support Coordinator & 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

**Outreach Community Advocates/Partners:**
We are working together in partnership with BowWest Community Resource Centre and Aspen Family Services to meet the needs of our single and senior neighbours and families with complex needs, in the ever-expanding North West and North Central Calgary. A community advocate is onsite weekly, by appointment, to provide outreach, information and basic needs support and referrals for single adults and seniors experiencing economic challenges. Please contact us for more information and to connect to an outreach worker.
CURLING

In early January the men’s league hosted their annual Bonspiel. The organizing committee did an outstanding job and we hosted 26 teams.

We hosted some great teams and curlers for the weekend. Thank you to Andrew and his host committee for organizing a wonderful weekend of curling!

The Curling ice continues to be popular for Corporate and family events and the ice is booked over the weekends with new people being exposed to the sport of curling as well as the “old vets” of the game.

We will be hosting a Mixed Open Doubles League again for the winter session. It was very popular in the fall and if you have wanted to try it out – now is the time! Lesson available. We also have “sticks” available for curlers that may have some physical challenges getting into the “hack”. From 5 years old– 95 years young – Curling is a great way to remain active, meet some new friends and enjoy throwing rocks at a house!

Junior Curling continues to thrive, and these young athletes continually remind us of why we love this game – because it’s FUN!

Coordinator/Instructor for information at: Barb Dickson, 403-275-6666 ext. 229 or at hhcurls@shaw.ca or at barb.d@huntingtonhillscalgary.com

Website: www.huntingtonhillscurlingclub.com

FOCUS for Attention

WINTER/SPRING 2020

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 with other parents.

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

**Dates:** Jan 14, Feb 11, Mar 17, Apr 21, May 12, June 9
**Time:** 7:00 to 9:00pm

**Free program but intake registration is required.**
To register, contact lorrraine@weconnectyou.ca
(Childcare may be available by contacting one week prior)
For more information, call 587-392-2275

Calling All Dads

Are you a Dad or male caregiver looking to connect with other Dads? Contact the Family Support Team to find out more about our Dads (or male caregiver) programs. 403-275-6666 ext. 5.
**Five Things to Do Every Day to Build Your Family’s Brains!**

*Adapted from Calgary Reads*

Science confirms that *serve and return interactions* help build and develop a young child’s brain. Imagine a tennis match between you as a caregiver and your child, but instead of smashing a ball back and forth over a tennis net, you’re passing various forms of communication between you! From eye contact, touch, singing, to simple games like ‘peek-a-boo’... these interactions, when repeated through a young person’s early life, are the bricks that lay a solid and healthy foundation for all future development.

So, what are some ways you can build that foundation?

- **Read** every day to your children, for at least fifteen minutes, and make it as joyful an experience as you can! Books are one of the most powerful ways to make serve-and-return interactions.

- **Talk** all day and have as many conversations as you can with your child. The back-and-forth of conversation is what helps our children grow as learners.

- **Sing** and encourage chanting, rhyming, and movement to help strengthen brain connections. Music lights up so many different parts of the brain at the same time!

- **Play** together in any moment and every moment that you can. Play is our brains’ favourite way to learn and helps knowledge stick in our memories.

- **Love** your child and express that bond in every way you can. Your relationship with your child is one of the best resources they have as learners.

Coalitions Collaborating for Impact (CCI) consists of parents, community members, organizations and professionals who are all working together to better the lives of young children and their families.
Executive custom-built & recently renovated bungalow with fully developed walk up basement backs onto Heritage Pointe Signature 9th Hole with views of the large pond. Total of 3 bdrms & 3 baths, formal dining/flex rm, gourmet maple kitchen with centre island, granite countertops & stainless-steel appliances, open to large eating area with built-in desk. Large great rm with 12-foot ceilings, fireplace & built-ins. Patio doors leading out from eating area to large south dura deck with metal railings & glass panels with beautiful landscaped south backyard with firepit. Large master bdrm with 5-pc spa like ensuite with large soaker tub, O/S shower & walk in closet. Staircase leading downstairs to large family rm with media centre, fireplace, 2 bdrms, 3-pc bath with steam shower, workout rm & playrm all with radiant in floor heat. Walk-up onto the patio from the family room. O/S triple attached garage. Pride of ownership shown throughout. Ideal for empty nester, professional or older family. Exceptional Value!
FUNDING CHANGES ANNOUNCED FOR FAMILY CONNECTIONS PARENT LINK CENTRE AND NORTH CENTRAL FAMILY SUPPORT PROGRAM

We were notified by Alberta Children’s Services via letter that the funding process for programs is changing, and funding will not be renewed for the Family Connections Parent Link Centre or the North Central Family Support program as of March 31, 2020.

IMPORTANT: All current Parent Link Centre (PLC), and Family Support programs continue and will remain in place until the end of March 2020 under the current funding structure.

Future funding decisions will be made by Alberta Children’s Services based on responses to expressions of interest that were released November 7.

Huntington Hills staff will be looking closely at the new process to ensure our application is aligned with the new framework under the new funding model.

Our goal is to continue to deliver programs and services for children and families within our community. We are optimistic that programs and services delivered by Huntington Hills Community Association (previously as Family Connections Parent Link and the North Central Family Support Program) align with the provincial framework and hope that we will be successful in our application to become a Family Resource Network.

If you have any questions or concerns about this process, please feel free to contact your local MLA.

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NEIGHBOURHOOD CONFLICT? Community Media- tion 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, 403-269-2707.

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Bloodstones are quartz-based semi-precious stones that are known for their bright red flecks of hematite. In antiquity, these stones were considered to have mythic properties, from invisibility and changing the weather to stopping bleeding and protection against poison, and were – most bafflingly – “useful” in animal husbandry.
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.

If you are interested in volunteering your organizational skills, helping with events, cooking, or other program support activities with the North Central Family Support and Building Strong Lone Parent & Families Programs, please email lorraine@weconnectyou.ca or jeni@weconnectyou.ca.

Volunteers can work anywhere from an hour or two a week, to a few hours a week!

Hello Ward 4 Residents,

Keep Calm and Build a Kit
The power is out. The roads are impassible. Do you have what you need to take care of your family until the situation improves?

A 72-hour kit doesn’t have to be expensive and it doesn’t have to take up a lot of space. It just helps you take care of yourself, staying safe and comfortable, so that we as first responders can take care of those in greatest need.

Here are some tips to help you get started:
• Make it a family activity. Include your kids on the discussion and use it as a way to talk about emergencies, how you plan to communicate with one another about your whereabouts and how to evacuate the house if needed.
• Start slow. Store what you can today and accumulate other items bit by bit. Start with even one or two food cans each grocery trip.
• Let it roll: Make sure your kit is ‘to-go’ friendly, with wheels or able to be easily transported to your vehicle in case.
• Date stamp it: Pick a date to revisit restock items and write your inspection date on tape on the side of the kit. Put a recurring date in your calendar to see whether there are items to replace.

So, what do you put inside? Important documents, flashlight, radio, candles, food stuffs, items for kids and pets. The best kit is the one that works for you and your family. Visit calgary.ca/getready to learn more.

22nd Annual Youth Hiring Fair coming up on April 2
Thousands of jobs are up for grabs at this year’s Youth Hiring Fair, happening at Stampede Park on April 2. Youth between the ages of 15 and 24 are invited to come to BMO Hall A between 1:30 and 6:00 pm to talk to 80 employers who are looking to hire. Come with your resume, be dressed to impress, and be prepared for potential on the spot interviews.

Before heading to the Hiring Fair, drop in to the Youth Employment Centre to get help on your resume and interview skills. Visit youthemploymentcentre.ca for more details.

Youth Employment Centre’s Youth Hiring Fair
Thursday, April 2, 1:30 to 6:00 pm
BMO Hall A at Stampede Park

Thank you for your attention,
Councillor Sean Chu, Ward 4
Showhome Event
Food trucks & Family Fun!

Saturday, March 28th 12–4pm
Follow the event day signs from 144th Ave NW

Last chance to live in the new North West.

Only a select number of lots remain on the brighter side of the street, in Calgary’s newest NW community. Situated between the city and the mountains, you’ll only be a short trip in either direction. Be a part of a community that has something to offer for everyone. Soon to be host to a convenient urban village, there’s a place to shop and dine just minutes away from home. Whether it’s proximity, convenience or to experience life on the brighter side of the street, living in Carrington is an investment you can feel good about.

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We are so lucky to have mom close!
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