

HOUNSFIELD HEIGHTS – BRIAR HILL BEACON

APRIL 2014

Message from the HHBH President

Happy spring, my fellow HH-BH residents. Looks like Mother Nature is finally shining down on us (or maybe not quite yet) so we have a lot to look forward to this summer.

We have a new multi-use field beside our gym that the City of Calgary has generously refurbished over the last year. After the long wait, all of our residents have a wonderful space right next door that we can all take advantage of, starting with Outdoor Soccer.

On April 5 in the evening, we are hosting an Easter party at the gym from 6:00 pm – 10:00 pm. Please come out and socialize with your neighbors. There will be lots of activities for the kids, including a bouncy house.

We also have our Summer Solstice party on June 14 and our annual Stampede Breakfast coming up in July. We would love to see all of you at the upcoming events.

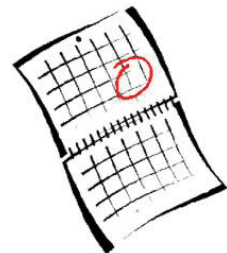
Our facility building has been approved by the City of Calgary for a Lifecycle study. An engineering company, paid by the City of Calgary, will come out and look everything over to see if anything needs to be renovated, replaced, or refurbished. This visit should be happening sometime in the spring. We will keep you posted on what their report says.

Robby Sidhu
President

Calendar of Events

*Send us information about your
annual or one-time event.*

- ☒ **Community Board Meetings**
Second Thursday of the month at 7 pm in the Community Boardroom
All welcome! To be on the agenda, please contact Caroline or Robby at least 2 weeks in advance
Next three: April 10, May 8, June 12
- ☒ **Family Open Gym Night**
Fridays 6:30 – 8 pm
Community Gym
- ☒ **Tots Time Playgroup**
Mondays 9:30 - 11:30 am
HHBH Gym
- ☒ **Community Easter Party**
Saturday April 5, 6 PM - 10 PM
HHBH Gym
- ☒ **Summer Solstice Party 2014**
Saturday June 14
Green Park





HHBH Community Association Board

President	Robby Sidhu	403-605-9120 robbysidhu@icloud.com
1st Vice-President	Carol Sandahl	403-284-5851
2nd Vice-President	Gunter Sammet	403-210-2603
Treasurer	Jeff Allan	403-230-1605
Secretary	Laura Hunt	403-241-0706
Director, Education	Vacant	
Director, Sears Plume	Emmanuel Malterre	403-282-0813
Director, Facilities	Gunter Sammet	403-210-2603
Director, Strategic Planning	Vacant	
Director, Event Planning	Tejinder Paul Sidhu	403-284-0000
Director, Communications	Nicole Bradac	403-283-7757
Director, Land Use	Terry Woods	403-701-8856
Director, Information Technology	Jeff Marsh	403-283-5379
Director-at-large	Kevin Taylor	403-863-4445
Kindergarten Secretary/Treasurer	Paul Grunau	403-283-9091

Board meetings are held at 7 pm on the second Thursday of each month in the Community Hall meeting room. Residents are welcome and encouraged to attend. To include an item on the agenda, please contact the Board at least two weeks prior to the meeting.

Contact the HHBH Community Association at:

Mailing Address: Box 65086, RPO North Hill Calgary, AB T2N 4T6

Phone: 282-6634 (voice mail) *(checked 1 - 2 times per week)*

Email: admin@hh-bh.ca

Beacon Submissions to: Beacon Editor

email: thebeacon2005@hotmail.com

Deadline for submissions for next issue: May 15, 2013

Beacon Ads: admin@hh-bh.ca

Boardroom/Gym Bookings: bookings@hh-bh.ca

Website: www.hh-bh.ca

Boardroom/Gym 1922 – 14 Avenue N.W.

Parking is west of the Louise Riley Library, accessed via the library driveway.

Hall/Gym is located NE of our parking lot, just across the soccer field.

The HHBH Gym and Boardroom schedule can be viewed online at www.hh-bh.ca.



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2020, 12th Avenue NW

Get community news online

Did you know you can receive
the Beacon and other
community notices by email?

If you're interested,
send your email
address to:

admin@hh-bh.ca

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**your
association**

**Hounsfield Heights-Briar Hill Community Association
presents**



Community Easter Party

Saturday April 5, 2014

6:00 PM – 10:00 PM

HHBH Gym

Food and Beverages will be provided

as well as special activities for the children

All welcome, bring your friends and neighbours

Please RSVP Tejinder @ 403-284-0000 or events@hh-bh.ca

by April 2

Help us celebrate our newly renovated sports field



City of Calgary - Action Plan

From March 3 to 21, The City of Calgary is asking for citizen input on balancing quality city services with affordable tax rates. The City of Calgary Action Plan 2015-2018 is everyone's opportunity to help shape Calgary's future. From roads to recreation centres, from flood response to City finances, what is important to you?

Find out about Action Plan events in your community at calgary.ca/actionplan. This is a big conversation about a great city. Participate online or at an event, and have your say in three different ways:

- **Budget Simulator:** consider City services and make some tough choices on spending priorities, based on the impacts to service that each scenario presents.
- **City Priorities tool:** Tell us what are the important priorities The City should focus on for the next four years
- **Discussion Forum:** an open forum, where you can submit ideas, comments, thoughts on City spending, priorities, budget, or anything else. Fellow citizens can comment and vote on submitted ideas, or start another thread of discussion themselves.

Citizen engagement is a key input into Action Plan 2015 - 2018. A detailed summary of all ideas and suggestions will be given to Council and City departments for consideration as Council priorities, business plans and budgets are being developed during 2014. As well, a summary of citizen engagement will be announced publicly in April and shared on the Action Plan website (calgary.ca/actionplan) in early May.

Take Action, It's Your City.



**Hounsfield Heights/
Briar Hill
Parent-Child
Cooperative Playschool**

A place for 3 to 5 year olds to play, grow and learn

We are located in
Briar Hill School, Rm. 13
1233 - 21 St. NW

Phone: 403-210-5126
www.hhbhplayschool.ca

Canzonet

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memberships

MEMBERSHIPS

Your annual membership is good through July 31, 2014 and entitles you and your family to participate in a variety of different community programs and activities. The cost is only \$20 annually per family/household or \$10 for seniors, including GST. Simply fill out this form & mail it in.

HOUNSFIELD HEIGHTS – BRIAR HILL COMMUNITY ASSOCIATION MEMBERSHIP APPLICATION 2013-14

Family Name(s): _____

First Name - Adults: 1. _____ 2. _____

First Name - Children: _____

Address: _____ **Postal Code:** _____

Home Phone: _____

Email: _____

Would you like to receive the newsletter and other announcements by email? yes ☐ no ☐

I would be interested in volunteering for:

- | | |
|--|--|
| <input type="checkbox"/> Land Use | <input type="checkbox"/> Membership Drive |
| <input type="checkbox"/> Green Space/Reforestation | <input type="checkbox"/> Children's Programs |
| <input type="checkbox"/> Fundraising | <input type="checkbox"/> Seniors' Programs |
| <input type="checkbox"/> Facilities/Ice Rink | <input type="checkbox"/> Sports Programs |
| <input type="checkbox"/> Communications/Newsletter | <input type="checkbox"/> Social Activities |
| <input type="checkbox"/> Other | |

Membership # _____
Valid through July 31, 2014

Annual membership (including GST) is :

☐ \$20 per household

☐ \$10 for seniors

Paid by: cash ☐ cheque ☐

Send cheques payable to **Hounsfield Heights-Briar Hill Community Association**
Box 65086 RPO North Hill, Calgary AB T2N 4T6

Privacy Consent: By providing the personal information on this form you are consenting to HH-BH Community Association's collection and use of that information for the purposes of providing you a membership in the community association. This information will be stored in a database of community members for the sole use of the Association. The Association will not sell, barter or lease membership lists or information. We may retain this information until nine months after expiry date of the membership.

City of Calgary - Off Leash Ambassador Program

Animal & Bylaw Services has launched a new program, the Off Leash Ambassador program.

Volunteers help to promote the responsible pet ownership bylaw and to assist owners with positive pet interactions and safety through educational information, demonstrations and discussions. The ambassadors are positive role models in the off leash areas adhering to Calgary's bylaws and provide an excellent avenue for citizens to express concerns to pass along to City bylaw staff. The ambassadors have done a great job at promoting the work of Animal & Bylaw Services and the services available such as animal adoption and licensing.

The pilot program started in the off leash areas in Bowmont Park and Egerts Parks in the northwest. We are now looking to include off leash areas from other quadrants in the city and we need your help!!

If you are interested in volunteering to become an off leash ambassador, please register on-line at <http://www.calgary.ca/CSPS/ABS/Pages/Volunteering/Animal-Bylaw.aspx>

The Responsible Pet Ownership Bylaw 23M2006 helps to ensure that dogs and citizens are safely enjoying our City of Calgary parks.

Animal & Bylaw Services would like to remind dog owners of the following specific to off leash areas:

- Dog owners must ensure their dog is under control, is within their sight and responds to commands.
- Parking lots adjacent to off-leash areas are on leash.
- Owners are responsible for picking up all waste produced by their dog

Dogs are permitted on pathways:

- Dogs must be walked on the right hand side of the pathway on a leash that is no more than two metres in length and must not interfere with other pathway users.
- Owners cannot cycle, in-line skate or skateboard on a pathway with a leashed dog.
- Dogs are not allowed in school grounds, playgrounds, sport fields, golf courses, cemeteries, wading and swimming areas, and other areas prohibited by signs.
- Dogs must not enter or swim in any body of water within a park except a river that runs through, or is adjacent to, a City park.

For more information about the Off Leash Ambassador program, please contact Cheryl Herperger at 403.268.4341 or Cheryl.Herperger@calgary.ca or 311.

Take Action, It's Your City.





Sears Gas Plume Report

In 2006, the Alberta Environment Minister recognized the Hounsfield Heights-Briar Hill Community Association as a stakeholder in the cleanup of the aquifer beneath our community; the aquifer had been contaminated with gasoline from the former Sears Gas Bar to the north. As a result of being recognized as stakeholders, we were able to be informed of the impacts of the contamination and to make positive contributions to the remediation project.

So, what is happening now in 2014? Virtually nothing has been done for months now to remediate the problem. And as we are no longer informed, one concludes that we are no longer recognized as stakeholder; we are no longer included in meetings and find out about decisions after the fact. The remediation plant has never operated consistently and has been out of operation for some six months now.

The Sears gasoline plume remediation plant located in Lions Park has been shut down since late August 2013, we are not told why. The last monitoring event of the progression of the plume within the community dates back to April 2013. Resulting from a meeting your Plume Committee had with the Alberta Environment and the Operator in July 2012, Alberta Environment demanded that Sears produce a new Site Management Plan (SMP) that was due to be released by year end 2012; fifteen months later, everyone concerned by the pollution is still waiting to see any new remediation plan for your Community.

The Community Association believes that the remediation is not proceeding as it should. We want to be recognized as stakeholders since the contaminated aquifer lies beneath our homes. We want to be an informed part of the remediation process.

Your Sears Plume Committee has thus started to alert your political representatives, at both the Provincial and Federal levels, to prompt those responsible for the contamination back into action.

Emmanuel Malterre
Sears Plume Committee

Spring Gardening

The snow has finally melted and we are beginning to see signs of spring! All the gardeners in our neighbourhood will be getting excited about a new season of planting, growing and weeding (well, maybe not the weeding)!

Although Calgary has a rather harsh climate, there are still many beautiful plants that will grow and thrive here. The trick is in knowing what our limits are and matching each plant to its optimal growing environment.

Whether you are planting trees, shrubs or perennials, it is important to consider the following characteristics of each plant:

1. The climate zone it will thrive in. Calgary is a zone 3 area which means that plants must be able to withstand winter temperatures as low as -40 C. Look for plants that are rated zone 3 or lower. A zone 4 plant may grow but will need extra care to over-winter.

2. Sun or shade preference. Some plants thrive in hot sunny locations while others need more shade each day. Before buying a plant, know where you're going to put it in your yard and how much sunshine that area gets throughout the day. Match the plant's preference to that spot's conditions.

3. The size of the mature plant. It may be hard to think ahead several years in the case of a tree or shrub, but imagine how big the plant will grow and leave space that it can fill. It is always tempting to make the landscape look optimal immediately but this may lead to having to remove or severely prune plants later when they are mature and overcrowded.

4. Moisture requirement. While some plants are quite happy in dry, well drained soil, others require moister conditions on a regular basis.

Luckily, when buying a plant at a garden centre, each of these characteristics and requirements are listed on a tag that is either attached to the plant or inserted in its pot. Read these details carefully and don't hesitate to ask for professional help! The knowledgeable staff at a good nursery is every gardener's best friend!



WHEN DISASTER STRIKES...

Basic services (e.g., electricity, gas, water, telephone, transportation, and banking) may be suddenly cut off. Similarly, residents and their families may have to evacuate at a moment's notice. What we have on hand, or what we are trained to do when a disaster or an emergency strikes, can vastly improve comfort and safety in the initial hours and days of the emergency. Many individuals, families, and businesses were caught unawares to deal with the 2013 Alberta Floods. Could we be better prepared should another disaster reoccur in our Province?

Bridges of Love Ministry together with experts in the emergency/health fields are facilitating and presenting the Community Emergency Response Team training. CERT Basic Training is designed to strengthen individuals and their communities in the event of a catastrophic disaster. By working together, CERT members can assist in saving lives and protecting property using the basic techniques offers in this valuable training.

Large scale disasters generate a need for a great number of volunteers with a variety of skills, abilities, expertise and training.

"DOING THE GREATEST GOOD FOR THE GREATEST NUMBER"



Friday Evening, April 25 – Saturday April 26, 2014

Friday 6:30 PM – 9:30 PM; Sat. 9:00 AM – 4:30 PM

ROCKY MOUNTAIN COLLEGE

4039 Brentwood Road, N.W. Calgary, AB

\$49.00 (Includes: dessert, lunch, snacks, training material)

CERT Brochure: www.bridgesoflove.net

R.S.V.P. 403.263.5683 or margpollon@bridgesoflove.net



A Message from your Councillor, Druh Farrell



The City of Calgary Action Plan 2015-2018 is your opportunity to participate in Calgary's future.

Once every four years, City Council and City Administration work together to create Calgary's business plan, budget and tax rates.

With input from citizens, we strive to find a balance between investing in quality public services and ensuring tax rates are affordable and fair.

Citizen engagement is a key input into Action Plan 2015-2018, so that we better understand what services you value most. From March 3rd to 21st, you can participate online, at an Action Plan event in your community, or even on the Action Plan bus. To learn more visit the Action Plan website, or please visit our website at DruhFarrell.ca

Land Use Committee Report for 2014 - Terry Woods

DP 2014-0276

(revised drawings from the builder)

1116 - 20A Street

The Land Use committee did not support the original plans as submitted to the city in the fall of 2013 due to numerous relaxations to the bylaw guidelines. However, the builder attended our meeting in March and presented a revised set of plans which addressed most of these relaxations. All except 3 minor relaxations were addressed and the committee was satisfied that these were reasonable and not excessive.

DP2013-4606

(revised drawings from the builder)

2315 - 12 Avenue

The Land Use committee did not support the original plans as submitted to the city in December 2013 due to numerous relaxations to the bylaw guidelines.

In these revised drawings most of the relaxations in the original plan have been modified to comply with the bylaw limits.

DP 2014-5268

1945 Briar Crescent

This proposal meets most of the bylaw guidelines with an exception to the rear yard setback and alignment which does not have the support of the neighbours adjacent to the project nor of the Land Use committee.

DP 2014-0389

2208 Juniper RD

This project meets most of the bylaw guidelines but has several neighbours concerned over the size and massing of the proposed home.



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Friday and Saturday 10:00 a.m. – 5:00 p.m.
Sunday 12:00 p.m. – 5:00 p.m.

Louise Riley Library

April 2014



Mondays @ Your Library

Computer Technology Coaching: Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products.
Apr. 7 to Apr. 28, 2 - 4:00 p.m. *No Registration Required.*

50+ Coffee and Conversation: Join us for coffee, conversation and presentations of interest. Ages 50 and up. Mondays Apr. 14, Apr. 21, and Apr. 28, 2 - 3:30 p.m. *No Registration Required.*

Special Presentations on:

Apr. 7: **Supportive Travel Services** *Registration Required.*

Apr. 28: **CPO at Your Library** *No Registration Required.*

50+ Next Session Starts: Mondays, May 5 to Aug. 25
(No program on May 19, June 9, July 7, and Aug. 4)

Tuesdays @ Your Library

Adult Book Club: Call for details on specific books.
Apr. 1, and Apr. 29, 7 - 8:30 p.m. *Registration Required.*

Families Celebrate Earth Day: Eco-kids and their families are invited to celebrate Earth Day with stories, songs and finger plays. Ages 2 to 5 with a parent/caregiver.
Tuesday, Apr. 22, 10:30 - 11 a.m. *Registration Required.*

Mission to Mars: Enjoy a fascinating look at our current knowledge of Mars and the challenges behind a future manned mission to the "red planet".
Tuesday, May 6, 7 - 8:30 p.m. *Registration Required.*

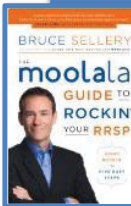
Programs are **FREE** with your library card.

Register in person, by calling 260-2620 or online at
www.calgarypubliclibrary.com

Just for you:

Tax Clinic At Your Library: Drop-in for free, one-on-one help with your tax return. First-come, first-serve. In partnership with the United Way of Calgary and Area. Please note that there is an eligibility requirement based on income.
Saturday, Apr. 5, 10:30 a.m. - 3:30 p.m.
No Registration Required.

The Power of Superfoods: Superfoods can benefit your health, wellness and vitality and even brain function. Discover the nutritional benefits of superfoods and easy ways to include them in your diet. Presented by Samara Felesky-Hunt, Registered Dietitian. Thursday, May 1, 2 - 3:30 p.m.
Registration Required.



Reader's Nook: "The Moolala Guide to Rockin' Your RRSP: Start Rockin' in Five Easy Steps" by Bruce Sellery. This is a great book for someone who hasn't really thought about contributing to RRSPs or might need some guidance in managing their savings.

See you soon!



THE CALGARY INTERNATIONAL CHILDREN'S FESTIVAL

WWW.CALGARYCHILDFEST.ORG

VOLUNTEERS NEEDED

Volunteering with the Calgary International Children's Festival is Fun! Join our amazing team for 4 days of inspiration, imagination and excitement by signing up as a volunteer! We are in need of volunteers aged 14+ to help with activities such as **craft-making, ushering, and Artist Hospitality**, among other exciting opportunities.

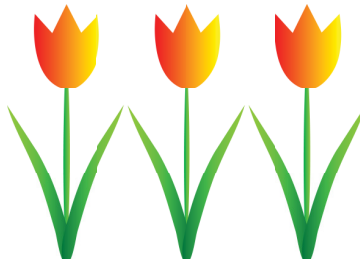
Visit our website at www.calgarychildfest.org under **Volunteer Opportunities** for more information, or to sign up as a 2014 volunteer.

Contact the Volunteer Coordinator at dramler@calgarychildfest.org OR by phone at 403-294-7414 ext. 4 with any questions.

OPEN THE DOOR TO YOUR IMAGINATION!

West Hillhurst is hosting a "Spruce up the Neighborhood" event on Saturday May 31 and Sunday June 1. We are extending this wonderful event to neighboring communities! Spruce it Up Garden Center is bringing in a truckload of plants. The May long weekend can get kind of crowded, so why not wait a week and come to West Hillhurst for your plant needs? We will have flowers and vegetable plants for your potting needs as well as picture ideas and experienced people on hand to help you plan and even plant your pots! Part of the proceeds will go to children's gardening education. We will be hosting children's gardening classes starting in May. Check out info at info@westhillhurst.com.

Also on the same day (May 31), we will have Geep for you to bring your e-recycling (anything with a cord); AB. Association for Community Living for clothes and household items you wish to get rid of. Also, a bottle drive to raise much needed money for repairs. Hope to see you there!





Green Calgary's Rain Barrel and Composter Community Sales

Date: Saturday, May 3, 2014 (9am – 1pm)

Location: RONA Crowfoot, 90 Crowfoot Way NW, Calgary, T3G 4C8

Calgarians are getting ready for spring... and that means rain season and of course, gardening! We at Green Calgary are tremendously excited to get outside and get our hands in the ground. Whether you skillfully harvest homegrown veggies or are just starting out with a few perennials, nothing makes your plants happier than un-chlorinated rainwater and nutrient rich compost. In fact it will make your wallet happier too! Given that one third of the average Calgarian's water bill is spent on gardens and lawns and that 60% of our "garbage" is compostable, using rain barrels and composters just makes good sense! Luckily, Green Calgary is bringing back our ever popular Rain Barrel and Composter Community Sales. Last year we helped Calgarians save over 1.8 million litres of water and divert 8 garbage trucks full of organic waste from the landfill!

Join the one in three Calgarians making small changes for a big impact in their own backyards. Join us at our Rona Crowfoot (90 Crowfoot Way NW, Calgary, T3G 4C8) Rain Barrel and Composter Sale on May 3rd or see the pre-sale website to see a full list of the 11 sales happening across Calgary from April to August! Not sure how to use a rain barrel? Not to worry! Our experts will be on hand at the sale to show you how to set up and maintain your rain barrel and composter. Composters are only \$40 and Rain Barrels start from \$60.

To pre-order your rain barrel and composter and see the full list of sales happening across the city visit us at www.greencalgary.org/rain.



City of Calgary

Southern Alberta Flood Response Program – Property Tax Relief

The City of Calgary, with support from the Government of Alberta, has established a Property Tax Relief Program for residential and non-residential property owners displaced by the 2013 June flood. To be eligible, complete an application and provide appropriate documentation to show that the property was uninhabitable for more than 90 days. Criteria, application process and application forms will be available March 3, 2014 at www.calgary.ca/taxrelief. Businesses – contact Business Licence Registration at 403-268-5311 to inquire about adjustments to Business Tax. For more information, visit www.calgary.ca/floodrecovery.

For more information visit www.Calgary.ca/taxrelief

Spring Yard Waste Landfill Drop-off

Between April 18 and June 1, all three City landfills will waive fees for residential loads of leaves, branches, plants and other yard and garden material (no sod or soil, please). The material will be composted at the sites, turning it back into a useful resource.

Please leave your material loose or put it in paper yard waste bags, which can be composted along with the yard waste. If loads are loose, make sure they are secure before transporting them. The service is intended for residents only. Charges may apply if the load contains other items.

Before leaving for the landfill, visit Calgary.ca/waste or contact 311 to confirm landfill hours, locations and other details.

2014 Civic Census collection begins April 1

The Civic Census is collected annually starting April 1. It is conducted at the same time every year, and the door-to-door canvassing continues for approximately three weeks.

The Civic Census is the official count of dwelling units and the population who are living in these units, by door-to-door physical collection and recording of data.

Census data is very important to The City of Calgary, for use in making informed and appropriate decisions on population-based City services, such as transportation,

roads, transit, police and fire services, etc. This information is also used by the public and separate school boards for enrolment predictions, decisions on future schools, and by the provincial government for determining per capita grants, if they are available.

All Census Takers wear a photo identification badge issued by The City of Calgary. Participation in the Census is important and will only take a couple of minutes. If residents are not home at the time of visit, they are asked to call the Census Taker at the number provided on the notice to complete their census.

All Census information you provide is secure. Census data is released for geographic areas the size of a community or larger. This ensures that no individual or dwelling is identifiable. For more information on Census collection, please visit Calgary.ca/Census.

The City of Calgary Youth Hiring Fair

The City of Calgary Youth Employment Centre is hosting its 16th annual Youth Hiring Fair on Tuesday, April 8, 2014 from 1:30 – 6:00pm at the BMO Centre, Stampede Park. Admission to the fair is free.

Over 5,000 jobs are available! Employers will be hiring for full-time, part-time, seasonal and career opportunities from a variety of industries. Youth ages 15 – 24 are encouraged to bring their resume, dress to impress and be prepared for on-the-spot interviews.

For more information on the fair or to view a list of companies participating in the fair, visit nextsteps.org or call (403) 268-2490.

Make working at The City work for you

The City of Calgary is seeking dedicated, motivated professionals to join our team. With 27 business units delivering over 500 lines of business, The City requires a variety of talented individuals. Come work with us to build and sustain our beautiful city.

Learn about resume construction and interview preparation, and apply for a City job online. Join us on LinkedIn, follow 'City of Calgary'.

www.Calgary.ca/careers



Save the Date

Hounsfield Heights-Briar Hill

Summer Solstice Party 2014

Saturday June 14

**For more information, please contact Patsy Montgomery @
m2corp@telusplanet.net**



Emergency
Medical
Services

Bicycle Helmet Safety



Head injuries are a leading cause of serious injury and death to children on bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist, or pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury or save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example: always wear your own helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit and comfort.

*Parachute Canada

<http://www.parachutecanada.org/initiatives/item/wheeled-activities1>

www.albertahealthservices.ca



Honourable Michelle Rempel, P.C., M.P.

Calgary Centre-North

Report to Constituents

On February 11, 2014 the Federal Government introduced its budget and I am very pleased to report that we are well on track toward balancing the Federal Budget by 2015. *Economic Action Plan 2014* continues to control public service compensation by ensuring compensation is fair and in-line with other public and private sector employers, eliminate tax loopholes and strengthen tax enforcement to ensure low taxes for all taxpayers, reduce departmental spending to ensure efficiency in government operations and administration. Our Government has reduced government departmental spending for three straight years – a trend that has not been observed in decades.

These savings to taxpayers will bring the projected deficit down to \$2.9 billion by 2014–15 and forecasts a surplus of \$6.4 billion in 2015–16.

At the same time Federal support to Canadians, such as seniors benefits, will continue to grow.

This prudent and careful fiscal management has resulted in Canada having the strongest job growth in the entire G-7 as well as the strongest income growth. We have recovered business investment lost during the recession and both the independent International Monetary Fund (IMF) and Organisation for Economic Co-operation and Development (OECD) are projecting that Canada will have among the strongest economic growth in the G-7 in the years to come.

Employment continues to be a priority with the Federal Government. We will be launching the *Canada Job Grant*, the *Job Matching Service* and a revised and expanded *Canada Apprenticeship Loan* program to ensure that Canadians are connected with available jobs. In addition we will be investing \$75 million in the *Targeted Initiative for Older Workers* program to support older workers who want to participate in the job market.

The Federal Government will continue making major investments in the infrastructure and transportation projects that are the lifeblood of the Canadian economy. We will also continue responsible resource development, while conserving Canada's natural heritage, investing in Canada's national parks and historic canals, conserving recreational fisheries, expanding tax relief for environmental conservation of lands, and more.

I would like to make a brief comment on the events currently unfolding in Ukraine. The Government of Canada considers this matter to be of great concern and action will be taken as warranted. We will continue to monitor the situation very closely.



Olympian Noah Bowman

Did you know that we have an Olympian in our neighbourhood? We do! His name is Noah Bowman and he participated in the ski halfpipe final at Sochi in February.

Ski halfpipe is a relatively new Olympic sport. In this event, athletes perform on a half pipe slope on freestyle skis where they perform several tricks such as flips, grabs, twists and somersaults.

The competition includes a qualifying and a final round with two runs per athlete in each round. Scores are given for each round and places are given as a result of these scores.

Noah placed 5th in this event. Congratulations Noah!! We admire your hard work and determination to represent Canada (and Briar Hill!) in this exciting sport.



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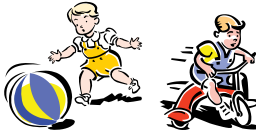


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Hounsfield Heights / Briar Hill (HH/BH)

TOTS TIME PLAYGROUP



We are an informal, caregiver-supervised playgroup providing a venue for social and physically active interaction among babies, toddlers and their caregivers in the community. Our morning consists of free play in the gym, crafts and snack time.

Come check us out!!

When: Mondays, 9:30 – 11:30 a.m.

Where: HH/BH Gymnasium 1922-14 Avenue NW
 • North of Louise Riley Library
 • Entrance is on SW corner of gym; parking is west of library

Who: Children ages range from newborn – 4 years old

Cost: \$25 per family (Sept. – May) plus community membership. Families from any community are welcome to join, but required to be members of HHBH. Includes coffee/tea, a surprise on your child's birthday and 2 entertainment venues per year. Each family rotates bringing a group snack weekly.
 For more information, contact us at Tasha O'Gorman
tdkazner@hotmail.com / #403-460-4018

**Any donations of toys or art supplies are welcome!

HHBH Gym Drop-in Programs

Badminton:

Tuesday – Friday 9 am – 12 pm

Pickleball:

Wednesday 1 pm – 3:30 pm

Rates:

\$4 per person, \$3 for seniors (55+)

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Briar Hill is the community that we call home. It follows naturally that where we live, work and play is where we provide our services to friends and neighbors. This is the community where we were raised and have chosen to raise our families.

Being that this is an area in the city we love, it is also fitting that we love to sell this community. As much as we sell homes, it is also true that we sell communities. And while we align the needs of our clients with properties, it is common for us to find ourselves promoting the part of this city we call home.



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