### DELIVERED MONTHLY TO 1,900 HOUSEHOLDS DELIVERED MONTHLY TO 1,900 HOUSEHOLDS

A QUIET CENTRAL RESIDENTIAL COMMUNITY WITH FRIENDLY NEIGHBOURS CONNECTED THROUGH ACTIVE PUBLIC SPACES

Happy Mother's Day!

THE OFFICIAL HOUNSFIELD HEIGHTS-BRIAR HILL COMMUNITY NEWSLETTER Great News Publishing | Call 403-263-3044 for advertising opportunities |

www.great-news.ca

www.hh-bh.ca

## Now that is some serious Calgary soccer pride.

### AND WE'RE PROUD TO BE IN THE GAME.

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility where you feel comfortable taking your family.
- Saving you money city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset open and welcoming to clubs, players and families from across the city.

We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.



### Hounsfield Heights/Briar Hill Community Association

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

# CONTENTS

President's Message	6
Update from the Events Committee	9
Sears Plume Update	11
News from the Friends of Nose Hill	13



Great News Publishing Ltd. 403.720.0762 | 403.263.3044 sales@great-news.ca | www.great-news.ca



The Official HOUNSFIELD HEIGHTS-BRIAR HILL Community Newsletter | MAY 2016 3



Making your city

work for you



## Hounsfield Heights – Briar Hill Community Association **Board of Directors**

COMMITTEE POSITION	NAME	PHONE NUMBER	EMAIL ADDRESS
President	Laura Hunt		president@hh-bh.ca
Past President and Facilities Director	Robby Sidhu		past.president@hh-bh.ca
Director Strategic Planning & IT	Jeff Marsh		it@hh-bh.ca
1st Vice President	Carol Sandahl		vp@hh-bh.ca
2nd Vice President	Gunter Sammet		2nd.vp@hh-bh.ca
Treasurer	Sarah Zhu		treasurer@hh-bh.ca
Secretary	VACANT		secretary@hh-bh.ca
Co-Director -Playschool	Jill Hadland		playschool@hh-bh.ca
Co-Director Playschool	Jill Letal		playschool@hh-bh.ca
Director - Sears Plume	Emmanuel Malterre		sears.plume@hh-bh.ca
Director - Facilities	Gunter Sammet		facilities@hh-bh.ca
Director - Facilities	Robby Sidhu		facilities@hh-bh.ca
Director - Event Planning	Patricia Leahy		events@hh-bh.ca
Director - Communications	Liz Stewart		communications@hh-bh.ca
Director - Land Use	Terry Woods		land.use@hh-bh.ca
Director-at-Large	Kathleen Staniland		director.at.large@hh-bh.ca
Kindergarten Secretary/Treasurer	Paul Grunau		
Administrative Assistant	Sheryl Catellier	587-716-5333	admin@hh-bh.ca
Facility Manager	Chris Lee	587-717-2665	bookings@hh-bh.ca
Indoor Soccer Program	Eve Miller		indoor.soccer@hh-bh.ca
Outdoor Soccer Program	Judy Aldous		outdoor.soccer@hh-bh.ca
Youth Badminton Program	VACANT		badminton@hh-bh.ca
Beacon Newsletter Submissions	Liz Stewart		beacon@hh-bh.ca
Louise Riley Library	Allison Thomson	403-221-2047	allison.thomson@calgarypubliclibrary.com

Louise Riley Library **Community Police Liaison** 

**Board Meetings** 

Board Meetings are held at 7pm

on the second Thursday of each

month in the Community Hall

meeting room. Resident's 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.

Allison Thomson 403-221-2047 Cst. John Kastamonitis 403-567-6300

#### 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: Beacon@hh-bh.ca Deadline for submissions for next issue: First of the month 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.

Community Board Meetings Second Thursday of the month at 7 pm in the Community Boardroom. All are invited! To be on the agenda, please contact Sheryl at admin@hh-bh.ca, at least two weeks in advance. Next Meeting: May 12

**Come Celebrate the 7th Annual Summer Solstice** Partv

Saturday June 18, 2016

#### **Stampede Breakfast**

Save the Date! Our famous Community Wide Stampede Breakfast will be on Saturday July 16, 2016 at Green Park. Tell your friends and bring your neighbours!

#### **Community Cleanup / Fall Party**

Saturday September 17, 2016 9 am to 2pm and Party 6 to 9 pm. To Volunteer contact Patricia - events@ hh-bh.ca

#### Family Open Gym Night

Fridays 6:30 – 8 pm Community Gym

#### **HHBH Gym Drop-in Programs**

Badminton: Tuesday – Friday 9:00 am – 12:00 pm Pickleball: Tuesday – Wednesday 1:00 pm – 3:30 pm Rates: \$4 per person, \$3 for seniors (55+)

#### **Memberships:**

A reminder that memberships expired August 31! \$20 / year per family / household. \$10 / year Seniors. Renew online at www.hh-bh.ca, by mail or in person!



# **OUTDOOR SOCCER** REFERES

This is a job that pays! A training session is mandatory and provided by the community association. This is a great way for you to be involved in our community. If you have already taken the training, you are not required to attend again. You may retake the training if you would like to refresh your skills.

If you are 12 years of age or older and interested in becoming a referee for the 2016 outdoor soccer season with HHBH, please contact Melissa Hagg at melissahagg@ gmail.com or 403-284-2410.





### PRESIDENT'S MESSAGE

Hello everyone and welcome to the month of May! This is always a busy month as we enjoy the weather outside, go full tilt with spring activities, and gear up for the summer ahead.

Our community association reflects our busy personal lives. Outdoor soccer is now in full swing. When you see all the kids out on the fields enjoying their game it's easy to overlook all the time and effort that went into registration, team formations, coaching and refereeing. Thank you to all who work so hard to make this wonderful community program successful. And let us know how your team does so we can brag about you on our website!

Youth badminton has also begun a spring session in our gym. And have you seen our new scoreboard? It's a beauty and will be appreciated by many.

Our community board has formed a strategic planning committee to be involved with the early and exciting developments initiated by Concord Pacific, the City of Calgary, the Calgary Public Library and the North Hill Centre mall owners - Bentall Kennedy,. This is a wonderful opportunity for us to help shape the future of an important and integral part of our community. For more information, please check our website, www.hh-bh.ca.

Last but not least, I would like to thank two community residents who recently nominated our community association for cash donations from their employers - Telus and Shell Canada. In this time of budget restraints, I would like to extend the heart-felt appreciation of our board for your efforts and endorsements. This money will be put to good use supporting community activities. We are so fortunate to live in a community that supports and cares about each other.



2016 HH-BH Community Outdoor Soccer U4 – U18 Online Registration \*Now\* at www.hh-bh.ca To Volunteer Contact Jill hhbhsoccer@gmail.com

FREE - Drop-in Soccer Skills Training – All AGES!

Saturdays 11:00 to 1:00 outdoors at the Fire hall Field. Everyone is invited to come out Saturdays during the outdoor soccer season for FREE soccer skills sessions provided by TripleMeg. See you there!

#### **Outdoor Soccer Referees Needed**

If you are 12 years of age or older and interested in becoming a referee for the 2016 outdoor soccer season with HHBH, please contact Melissa Hagg at melissahagg@gmail.com or 403-284-2410.

#### Youth Badminton

Youth Badminton Program Ages 12 – 17 Information at www.hh-bh.ca Badminton@hh-bh.ca

**Family Open Gym Night** Fridays 6:30 – 8 pm Community Gym

HH-BH Kindergarten 2016 - 2017 Registration Information Packages available online at www.hh-bh.ca or call 403-220-9775

HH-BH Playschool \*ONLINE\* Registration is \*OPEN\* Our new online registration system for the 2016/2017 year is Open! www.hhbhplayschool.com

hhbhplayschool@gmail.com

Visit www.hh-bh.ca for more information. Have an idea for a great community program or event? Send your enquiry or idea to vp@hh-bh.ca.

## **Protecting** your Property

Prepared by Constable Kastamonitis Community Resource Office District #3

Over the last several months thieves have targeted detached garages throughout northwest communities. They didn't have to do much more than just walk right in; as the majority of the pedestrian doors were left unlocked. Once inside, they focused on stealing high end bicycles, sporting goods, power tools as well as personal items left in unlocked vehicles parked inside.

Protecting your Property is quite easy and inexpensive. First, lock your doors to your detached garage or shed with good quality locks. Remove personal valuables from within your vehicle and lock the doors which, in most cases, also activates an alarm or use an anti-theft device. It is important to put valuables out of sight and securing them in hard to access areas. I also recommend that a record be kept of valuable items with pertinent information such as: make, model, serial numbers along with photographs.

The Calgary Police Service would like to remind you to be vigilant and to report any suspicious individuals or activities through the non-emergency line 403-266-1234. Always call 9-1-1 to report a crime in progress.

If possible, obtain a physical description, including clothing, along with a direction of travel of any suspicious individuals, as this information is crucial to responding police officers. You may also report crime anonymously by calling CrimeStoppers at 1-800-222-8477.

## Book Sale

Another wonderful Book Sale is complete and we would be amiss if we did not write and thank you for: • Generously donating

- your books
- Generously buying more books (even if sometimes it meant buying back your own)
- Contributing your time, energy and smiles to volunteering for this great event

Our book sale is such a big part of our community. Each year we wonder if this will be the sale when we will not receive as many donations, or people will decide not to buy books as they favour Kobos or iPads. It was not this year! We raised \$4,250.35 for literacy initiatives at our school, sold 4,158 books, added 869 books to our classrooms, library and Children's Program and donated 1,265 books to other schools and community organizations that needed books for their libraries. WOW!

Thank you for being a big contributor to such a beloved school council event. Please save your books for next year! We would especially love your sports books, magazines and chapter books for grades 3-6.

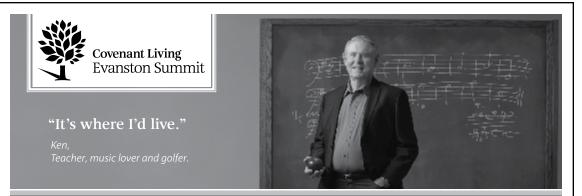
Happy Reading!

Your Book Sale Committee





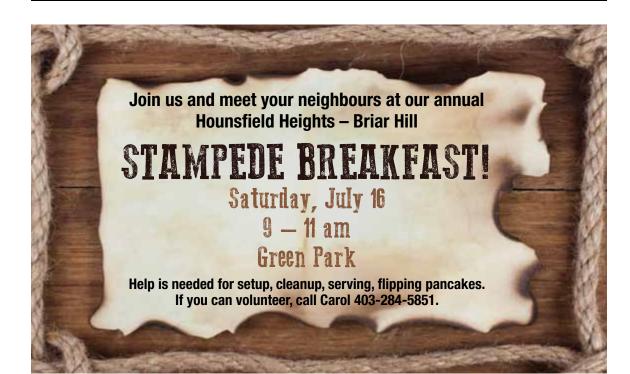




Home. It's where we live. It's the feeling we get from freshly folded laundry in our bedroom. It's playing the piano and singing with friends and it's shared moments over dinner with family. It's feeling healthy, eating well and enjoying the community we savour with other great people. It's looking forward to a little exercise and some laughter at the pub afterwards.

Welcome to your life at Evanston Summit. Welcome home.

121 retirement suites available for October 2016 occupancy. Visit us at evanstonsummit.com or call us at 587.538.7511 to schedule your appointment



### UPDATE FROM THE EVENTS COMMITTEE

#### **Spring Fling**

The Spring Fling turned out to be a wonderful event with games, fun and food for the whole family. The face painter was a marvel. I even missed my chance to go in the bouncy house as I was too busy getting my face painted and showing it off to everyone. The cotton-candy lady turned out to be very good at mini golf, her cotton candy was a treat too, we welcome and enjoyed our vendors of fun and frolic. All of the wonderful volunteers that made the event possible, as always, worked hard to make the event a success, thank-you so much.

Our next event is the Summer Solstice an outdoors extravaganza, not to be missed. Check The Beacon and the Website for times and dates.

Start earmarking your non - collectables, **Community Clean-up is on September 17**, your chance to get rid of all of the clutter you no longer want to collect. *Patricia* 

## **Indoor Soccer Season**

The 2015 – 16 Indoor Soccer Season was a great success for Briar Hill teams. We had seven teams registered with Calgary Minor Soccer Associations from U10-U18.

The Girls U16 team had an undefeated year in league play. The girls qualified for the Inter-Cities tournament where they won the silver medal. The Boys U14 team also qualified for Inter-Cities where they played in Edmonton and won the bronze medal.

Both the Girls U12 and U14 teams qualified for the Alberta Provincials. This is the first time that anyone can remember that a Briar Hill team played in Provincials. The U14 team played in Okotoks where they won the bronze medal. The U12 team lost in the finals 1-0 and took home the silver medal.

Congratulations to all our players for a fantastic season. A big thank you to all the coaches, managers and volunteers. Indoor Soccer Registration for the 2016-2017 season will begin in August. Join us for another fabulous season.

### IN & AROUND CALGARY

### **Community Cleanups: Save Yourself a Trip to the Landfill**

Calgary Community Standards (formerly Animal & Bylaw Services) in partnership with Waste & Recycling Services and your community association is pleased to offer another year of Community Clean-ups for FREE of charge to Calgarians. A Community Clean-up is a day scheduled at your community centre where you can bring your household items that may not fit in your black, brown or blue carts like furniture or old fencing or items that fill up your carts too quickly or just an accumulation of items that are ready for the landfill. If you live in a multi-unit housing complex, we welcome you to bring your waste and recycling items to this event especially if it is closer than the designated community recycling depots.

We are pleased to announce that 3 packer trucks will be provided this year (2 for waste and 1 for organic materials). Last year, 110 communities were served between April and October. Please check with your community association to see when your Community Clean-up has been booked and better yet, volunteer to help with the event which is held either on a Saturday or Sunday from 9 am – 2 pm. Your community association needs 15-20 volunteers to put on the event so your assistance is greatly appreciated. Calgary Community Standards provides funds for food and refreshments for the volunteers, advertising and promotion, gloves, garbage bags and any other items used to help Clean-up.

Please note, there are items that the City of Calgary's packer trucks will not accept:

- Tires, home appliances, paint, household chemicals, propane tanks, microwaves, car batteries, home electronics, liquids, metals and glass, railway ties.
- Your Community Association usually enhances the event with recycling services such as electronics, metal, paper shredding and possible tire recycling and paint pickup (or you can take your cans of paint to any fire hall station).

The Community Clean-ups provide a fantastic opportunity to work with your neighbours and community associations to Clean-up your yards and homes, parks, off-leash areas and sport playfields. Thank you for your commitment to help create healthy, safe and vibrant communities.

For more information about the date set in your community, please call your Community Association or you can go to www.calgary.ca/cleanup for the full schedule and further details.

### IN & AROUND CALGARY

### **Celebrate Neighbour Day** on June 18

Do you miss the days when neighbours connected and got to know each other?

Held annually on the third Saturday of June, Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, garden party, picnic, clean-up or afternoon tea in a local park to celebrate our strong community spirit in Calgary.

The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community.

Make Saturday, June 18 the day you get to know your neighbours! Visit calgary.ca/neighbourday for ideas to help you celebrate.

## mybabysitter.co

#### Calling All BABYSITTERS Enroll free at mybabysitter.ca

and choose the Calgary communities you would like to babysit in.





- \* 20% off growler fills (Inglewood store only)
- + 15% off all regular-priced wine & spirits
- Oak & Vine Weekend Grab Pack (2 wines for \$29.99\*) Choose from Crisp & Smooth, Bold or Mellow
   2 for \$10\* Craft Beer Bins

#### Inglewood 1139 9 Ave SE | Mount Pleasant 1030 16 Ave NW | oakandvine.ca

#### Greetings,

Sears Canada Inc. (Sears) and Clifton Associates Ltd. (Clifton) are pleased to provide this quarterly update on the environmental assessment and remediation activities that are ongoing in the community of Hounsfield Heights – Briar Hill (the community). Since the previous Beacon posting on January 5th, Sears and Clifton are preparing to move forward with a soil vapour monitoring program and Remedial Action Plan along with further drilling work in the community and continued regularly scheduled monitoring and sampling.

As discussed in our previous updates, Clifton has completed the community door to door survey and has received indications from numerous residents who are potentially interested in voluntarily participating in any planned and future monitoring and remedial programs within the community. This includes a soil vapour monitoring program, and we are preparing to move forward with this plan into the next quarter. The purpose of the soil vapour monitoring is to provide us additional information to further rule out any health risk to the community residents. A draft plan has been submitted to Alberta Environment and Parks (AEP) and Alberta Health Services (AHS) for which they have provided their feedback. A final plan will be made available.

Sears and Clifton have developed a Remedial Action Plan which has also been submitted to AEP, AHS and The City of Calgary for review, and will be made available to all stake holders. A Design Verification Test was completed for a treatment known as Regenesis Plume Stop. This treatment will be injected deep into the soil and will create an in-ground barrier to remediate the contaminants in groundwater as they pass through it along selected areas of the community. This treatment program will have very minimal impact to your quiet day to day enjoyment of your community, with no surface equipment visible after the initial injections. We will continue to run the Dual Phase Vapour Extraction system as part of the Remedial Action Plan as it continues to prove effective in cleaning up the contaminants.

Also, in the coming months, you will see Clifton in the community conducting additional investigation drill-

ing to further delineate the southern extent of the plume as well as the North West corner of the community where we have data gaps from our last round of drilling. As before, this will be done to minimize any disruption to the community and will be performed on City property.

Sears and Clifton will continue providing monitoring and sampling reports to all the stakeholders, and going forward will provide an annual report of all work completed in the calendar year.

We are awaiting feedback from AEP and AHS on the previously submitted Health Risk Assessment for the community. Once we have received this feedback we will share this information with the stakeholders. In our update letter dated December 22nd 2015 we advised that based on the data collected to date the risks to human health are negligible.

Sears and Clifton appreciate the opportunity to provide this information to the residents of the Hounsfield Heights – Briar Hill community and look forward to being able to issue our next progress report in the coming months. In the interim, if you have any questions or concerns, please feel free to contact one of the Sears or Clifton representatives listed below.

Yours sincerely,

Greg Paliouras, Divisional Vice-President, Construction, Energy and Maintenance Sears Canada Inc. 700 - 290 Yonge Street, Toronto, Ontario. M5B 2B6 T 1(416) 941 4037 Greg.Paliouras@Sears.ca

Clifton Contact: Stephen d'Abadie, MEng Environmental Engineer/Regional Manager Clifton Associates 2222 – 30th Avenue NE, Calgary, Alberta. T2E 7K9 T (403) 263 2556 Ext. 4139

Stephen\_dAbadie@Clifton.ca



### **MEMBERSHIPS**

Your annual membership is good through July 31, 2016 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 APPLICATIO	N 2015-16
Family Name(s):		
	1. 2.	
First Name - Children:		
Address:		Postal Code:
Home Phone:	Postal Code:	
Email:		
Would you like to receive the newsletter and other yes □ no □ announcements by email?		
I would be interested in vo	olunteering for:	Membership #
□ Land Use	□ Membership Drive	Valid through July 31, 2016
Green Space/Reforestation	□ Children's Programs	Annual membership (including GST) is :
□ Fundraising	Seniors' Programs	□ \$20 per household
□ Facilities/Ice Rink	□ Sports Programs	□ \$10 for seniors
Communications/Newsletter	r 🛛 Social Activities	
□ Other		Paid by: cash □ cheque □
Send cheques payable to Hounsfield Heights-Briar Hill Community Association Box 65086 RPO North Hill, Calgary AB T2N 4T6		
		orm 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.



### Hounsfield Heights/Briar Hill Real Estate Update Last 12 Months Hounsfield Heights/Briar Hill MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2016	\$0.00	\$0.00
February 2016	\$2,199,000.00	\$2,100,000.00
January 2016	\$0.00	\$0.00
December 2015	\$0.00	\$0.00
November 2015	\$0.00	\$0.00
October 2015	\$2,799,900.00	\$2,500,000.00
September 2015	\$1,475,000.00	\$1,415,000.00
August 2015	\$619,800.00	\$596,000.00
July 2015	\$982,500.00	\$982,500.00
June 2015	\$759,500.00	\$737,000.00
May 2015	\$549,900.00	\$530,000.00
April 2015	\$2,089,900.00	\$1,814,000.00

## Last 12 Months Hounsfield Heights/Briar Hill MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2016	2	0
February 2016	2	1
January 2016	6	0
December 2015	1	0
November 2015	3	0
October 2015	1	1
September 2015	3	2
August 2015	3	1
July 2015	2	2
June 2015	б	4
May 2015	6	1
April 2015	3	2

To view the specific SOLD Listings that comprise the above MLS averages please visit hounsfield heights briar hill.great-news.ca



International Migratory Bird Day is on May 8. Continual monitoring is required to maintain accurate, current information on their status around the world. Go to www.naturealberta.ca for Alberta birds at risk.

Ordinary people with an interest in wildlife, plants or species can help. Citizen science programs combine learning, field work, and volunteer research. Projects can be about insects, frogs and toads, birds, mammals, plants, water, and more.

There are local clubs and annual count events, such as the species count of birds during May at various locations around Alberta. The flower blooming count is the last week of May. Everyone is welcome to participate. For botany details, email svisser@ucalgary.ca.

Our Facebook group is busy reporting on wildlife sightings, identifying plants, and how early the crocus appeared on the John Laurie side, off the 64 Avenue entrance, and near the top above Charleswood Drive. Alberta Plant Watch is part of the national Canada Watch program. By reporting when certain plants bloom, volunteers contribute vital information for climate change studies. We now have almost 3 decades of information.

Go to www. plantwatch.naturealberta.ca.

Participation can be as easy as just looking for flowers in bloom and recording information about it on a data sheet and taking a picture; or go online to identify unusual or difficult plants.

Full colour photos are on our website. You can now report your observations and locations easily online. You can also use your smart phone to report data by your phone's GPS, and/or to send a photo of your plant. Please submit count results by June 30, 2016 for the May Flower Count -May 25-31.

Mark your calendars now for Nose Hill clean-ups on Saturday, June 18 and July 30 at the Edgemont parking lot (Edgemont Blvd. & Shaganappi Tr.) 11 a.m. to 2 p.m. where pick-up bags are given out to park users. Parks staff and Bylaw officers will be on hand. Individuals and groups are welcome for this PUPPY program.

You can volunteer to be a Park Interpreter for Nose Hill from June to October if you love to tell a story and have an interest in environment, natural history, local plants, and wildlife. Must be 18 years of age or older. Training provided. Call 311 or apply online at www.calgary.ca.

## IN & AROUND CALGARY

## Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

- 1. Calgary Transit Low-Income Transit Pass Program
- 2. Recreation Fee Assistance Program
- 3. Property Tax Assistance Program
- 4. No Cost Spay/Neuter Program
- 5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/ fairentry.



property information online. You will need:

A personal myID account
The roll number on your letter

• The **access code** on your letter

Go to calgary.ca/assessmentsearch to get started.

For more information: **Telephone:** 403-268-2888 (Monday to Friday; 8 a.m. - 4:30 p.m.) **Web:** calgary.ca/assessment



#### Elisabeth Fayt

How often must something happen, before it occurs to you?

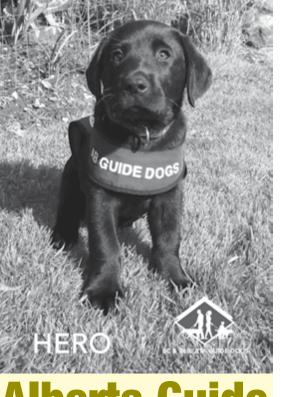
A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, "Hey, let's have a race and see who can run the fastest" and we both started to run. After a few seconds, he stopped dead in his tracks and said "Mom, why are we racing?"

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded "Good question, we're not going to race anymore." Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a callout to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience.



## Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email sandra.cramer@albertaguidedog.com.

Photo Credit: Alberta Guide Dogs



#### **CAL-RES COATINGS LTD. RESIDENTIAL PAINTING:**

We are a full service painting company offering: interior and exterior painting, shop wood finishing/specialty finishes, elastomeric stucco coatings, kitchen cabinet refinishing, fully licensed and insured. No deposit required. Call for a complimentary estimate. Ask for Joshua 403-369-7534 or visit www.calres.ca.

#### CONCRETE CUTTING FOR BASEMENT WINDOWS,

**DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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.community mediation.ca, 403-269-2707.

**COUNTRY MAID CLEANING SERVICE:** We will customize your cleaning program specifically suited to your needs. We are bonded, trustworthy, notice to details, insured with 20 years experience. We provide the best prices, free estimates and reliable service with references. Our small company motto is "A happy home is a clean home." Contact: Valldina 403-614-8528, nwcalgarycleaning.com.

-055

## COME CELEBRATE OUR 7TH ANNUAL HHBH SUMMER SOLSTICE PARTY! SATURDAY JUNE 18TH

#### A CALL FOT MUSICIANS PLAY A SONG OF A SOL OPEN TO ALL AGES OPEN TO ALL AGES OPEN TO ALL AGES OF A SOL A SOL A SONG OF A SOL A S



IF YOU WOULD LIKE TO SHARE YOUF TALENTS ON OUF STAGE OF WANT TO PROMOTE YOUF BUSINESS BY DONATING FOOD, DFINKS OF SPONSOFING A POFT 'O POTTY WE WOULD LOVE TO HEAF FROM YOU! CONTACT: TFISH: 403,815,9894

TEPHANIE 403 613 6334

## <u>IMPORTANT NUMBERS</u>

ALL EMERGENCY CALLS	911	
Alberta Adolescent Recovery Centre	403.253.5250	
Alberta Health Care	403.310.0000	
AHS Addictions Hotline	1.866.332.2322	
ATCO Gas – 24 Hour Emergency	403.245.7222	
Calgary HEALTH LINK 24/7	403.943.5465	
Calgary Police – Non Emergency	403.266.1234	
Calgary Women's Emergency Shelter	403.234.7233	
Child Abuse Hotline	1.800.387.5437	
Kids Help Line	1.800.668.6868	
Child Safe Canada	403.202.5900	
Distress/Crisis Line	403.266.4357	
ENMAX – Power Trouble	1.800.332.1414	
Poison Centre - Alberta	403.944.1414	
Suicide Crisis Line	1.800.784.2433	
HOSPITALS / URGENT CARE		
Alberta Children's Hospital	403.955.7211	
Foothills Hospital	403.944.1110	
Peter Lougheed Centre	403.943.4555	
Rockyview General Hospital	403.943.3000	
Sheldon M. Chumir Health Centre	403.955.6200	
South Calgary Urgent Care Health Centre	403.943.9300	
South Health Campus	403.956.1111	
OTHER		
Calgary Humane Society	403.205.4455	
Calgary Parking Authority		
(Towed/Abandoned Vehicles etc.)	403.537.7100	
Calgary Seniors' Resource - SeniorConnect	403.266.6200	
Elder Abuse Resource Line (65+)	403.705.3250	
Call Before You Dig (Buried Utilities)	1.800.242.3447	
City of Calgary	311	
Elder Abuse Resource Line (65+)	403.705.3250	
Kerby Centre for the 55 plus	403.705.3246	
Neighbour Mediation Hotline	403.269.2707	
Road Conditions – Calgary	1.877.262.4997	
Weather Information	403.299.7878	
Gamblers Anonymous	403.237.0654	
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 the HH-BH Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The HH-BH Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

## COMMUNITY Announcements

#### Deadline – 1<sup>st</sup> of each month for the next month's publication Contact news@great-news.ca

 Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
 Forty word limit





ADVERTISE YOUR BUSINESS NOW! REACHING OVER 410,000 HOUSEHOLDS ACROSS 139 CALGARY COMMUNITIES

> **DELIVERED BY** Canada Post

Phone: 403-263-3044 I sales@great-news.ca



## COUNCILLOR, WARD 7 DRUH FARRELL

ward07@calgary.ca • www.druhfarrell.ca Twitter: @DruhFarrell • Facebook: Druh Farrell

In a growing and maturing city, change is constant. Change, in the form of City-led public projects and private developments, is important to building a resilient city. The inclusion of local wisdom improves these projects to better address the hopes and needs of current and future Calgarians.

On significant projects, sufficient public consultation is considered an essential public right, as well as a key responsibility of government. Over the years, I have seen both good and bad examples of public engagement. I firmly believe that progress happens at the speed of trust.

In 2011, I introduced a motion to City Council requiring The City to improve the quality and consistency of public consultation. While some progress has been



\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadiar C Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment o stered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. made, Council further discussed public engagement at a recent strategic planning session to learn how we can do better.

For public engagement to achieve its objectives, it is important for everyone involved to understand the rights and responsibilities associated with their roles. Organizers should start by providing notification to affected stakeholders to solicit as much feedback as possible. The terms of engagement should be established up-front. Whether the engagement is led by The City, community or developer, organizers must facilitate an open, objective and respectful dialogue where all participants feel safe to express their views. Two great examples are the Crowchild Trail Corridor Study and the Bow to Bluff project.

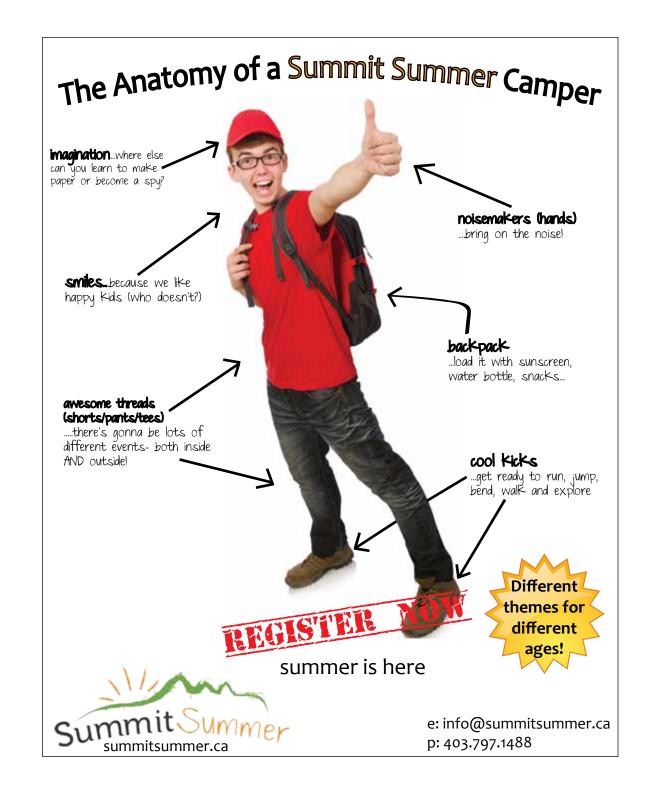
The organizer must outline the decision-making process, including the current status, the scope of the project, and answers to commonly asked questions: What is on the table? What decisions have already been made? What is the background of previous decisions? How will future decisions be made? Feedback should be documented, carefully considered, and included in a report back to the public. Offering this level of transparency produces credibility for the project and builds trust.

Organizers should also structure engagement to fit the scope of the project. More opportunities and multiple ways to provide feedback are needed on large city-shaping projects like a new CTrain line, as compared to smaller projects like local traffic calming.

Public participants share in some important responsibilities. The first is to understand and respect the terms of engagement, as well as the subject matter. Participants also have a responsibility to listen and contribute respectfully. Intimidation at public meetings may discourage earnest participation, with disenchanted participants leaving the process. We need to ensure the quiet voices are heard too.

At Council's recent strategy session, we talked about the number of large projects on the go and the risk of consultation fatigue. City staff agreed to work on a more co-ordinated approach, combining engagement on several related projects.

It is clear to me that City Council and staff still have more work to do on improving the public engagement process, but I am confident that we can learn from our best examples to ensure all voices are heard in a respectful manner.









403.270.7007

### FEATURE LISTINGS

View full photo galleries and HD Video at www.RamageGroup.net







#### 2308 JUNIPER ROAD \$1,699,900

Over 2700 sq ft of living space on a massive 75ftx120ft west view lot. 3 bedrooms up and 4th bedroom down. Exceptional oversized front drive garage.

#### 1823 11 AVENUE NW \$1,899,900

Breathtaking city & river views. Grand 4x8 custom front door. Walnut kitchen w/granite counters & high end appliances including 3 ovens & 3 fridges. 3 bedrooms up, all with walk-in closets and ensuites Built to maximize the views. Fully dev walkout basement w/10' ceilings, 110" high def 3D T.V., games room w/wet bar and 2 hole putting green. 1000+ bottle wine room, bed & bath w/2nd steam shower. 5 different patios & deck on each level including roof-top deck over the garage. 16' high ceilings in the oversized garage.

#### 2315 9 AVENUE NW \$724,900

This fully renovated bungalow is priced close to the value of the land! The house is mint, renovated in 2014. Gorgeous hardwood floors. 3 full bathrooms & 3 bedrooms total with spacious master. Ensuite with tiled shower, walk-in closet with custom wood built-ins.

#### GREG RAMAGE, TREVOR RAMAGE AND LUCAS RAMAGE ReMax Real Estate (Central) #206 2411 4 ST NW

We guarantee the very best representation and service to our clients. A visit to our website will reveal the most remarkable online presentations, with **stunning HD video** & High Resolution photography created custom for each property, showcasing each home and this community which we love so much. If you are thinking of selling and would like to see how we can create the very best marketing for your home, along with premium service that ultimately gets you from Just Listed to Just Sold, contact our team.

#### www.RamageGroup.net