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2032 Briar Crescent NW | \$2,850,000 | Briar Hill

Spectacular estate home by award winning builder Blok Home Development and Design. Truly a modern masterpiece, this open design features 24' ceilings, a stunning custom wood and glass staircase, and natural stone accents featured throughout property. Oversized stained wood windows flood the home with natural light. Step into the breathtaking gourmet kitchen, featuring high gloss modern cabinetry and an extensive Miele appliance package. The kitchen opens to innovative breakfast nook with a built in coffee bar. The exceptional quality and design is evident throughout this home, with striking dual living areas, a dramatic fireplace, a large dining area with a designer feature wall, and an oversized office with solid Carrara heated marble floors. Upstairs boasts a stunning loft retreat, and an inviting master suite with a private balcony featuring downtown views, and a luxurious bath. Pre-engineered 4th bedroom addition upgrade available for the upper level. Experience true indoor/outdoor living when you enter the rear courtyard through nano sliding doors; this stunning yard showcases a built-in BBQ and fire pit. Numerous other features including home integration with alarm, high tech boiler/HVAC systems, and RV parking. Located on prestigious Briar Crescent, this home features fabulous views, and is steps to schools, parks, and endless other inner city amenities. Also, inquire about custom home building!



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IN & AROUND CALGARY

EMS: Heat Related Illness

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

IN & AROUND CALGARY



Chip in Fore Communities and Golf With Us on August 12!

Are you itching for a fun round of golf that includes lunch and dinner, as well as the opportunity to win amazing prizes like a trip for two to Mexico and up to \$15,000? If so, register today for the Federation of Calgary Communities 4th Annual *Chip in Fore Communities* Golf Tournament, presented by Save-On-Foods! The tournament will take place on Friday, August 12, 2016 at The Canal at Delacour Golf Club.

Registration fees are extremely affordable at only \$160 for an individual golfer and a discounted rate of \$600 for a foursome! Your fee includes lunch, a round of golf in a power cart, a delicious dinner, and the chance to win one of many exciting prizes.

Visit calgarycommunities.com/events to register today!

There are 150 community associations in Calgary with more than 20,000 volunteers involved, making it the largest collective volunteer movement in the city! Community associations come in all shapes and sizes, are run by your neighbours, offer you endless opportunities, bring you together as a community, and are dedicated to addressing local issues and ensuring you love where you live. They can be the anchor for community life, but they need support to effectively operate in today's competitive not-for-profit world. The Federation of Calgary Communities is that support organization.

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

If you have any questions or are interested in finding out more please contact Rebecca Dakin with the Federation of Calgary Communities at communityrelations@calgarycommunities.com or (403) 244-4111 ext. 204.

Join us and meet your neighbours at our annual
 Hounsfeld Heights – Briar Hill
STAMPEDE BREAKFAST!
 Saturday, July 16
 9 – 11 am
 Green Park
 Help is needed for setup, cleanup, serving, flipping pancakes.
 If you can volunteer, call Carol 403-284-5851.



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	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 - 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
<hr/>			
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
<hr/>			
Louise Riley Library	Allison Thomson	403-221-2047	allison.thomson@calgarypubliclibrary.com
Community Police Liaison	Cst. John Kastamonitis	403-567-6300	

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.

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 PROGRAMS



Youth Badminton

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

HH-BH Playschool

ONLINE* Registration is *OPEN

There are still spots available for Fall 2016

For information or to register visit

www.hhbhplayschool.com
hhbhplayschool@gmail.com

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+)

Family Open Gym Night

FREE -Fridays 6:30 – 8 pm Community Gym

For the Latest News and Events, please visit our HH-BH Community Association website at 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



CALENDAR OF EVENTS

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 admin@hh-bh.ca, at least 2 weeks in advance. Please note there are no Board Meetings in July or August. **Next Meeting: September 8**

Stampede Breakfast

Saturday July 16 - Green Park - 9 to 11 am. Save the Date! Everyone is invited to our famous Community Wide Stampede Breakfast! Tell your friends and bring your neighbors!

Help is needed for setup, cleanup, serving, flipping pancakes. If you can volunteer, call Carol 403-284-5851

Community Cleanup / Fall Party

Saturday, September 17, 2016 - 9 am to 2pm and Fall Party 6 to 9 pm.

To Volunteer contact Patricia - events@hh-bh.ca

Memberships:

A reminder that memberships expire July 31! \$20 / year per family / household. \$10 / year Seniors

Renew online at www.hh-bh.ca, by mail or in person at our next Community Event! Thanks!

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Sign up for the **HUB Messaging System**

In support of community engagement efforts, **The Hub Messaging System** is a community automated notification system that delivers vital information to residents and business owners within the City of Calgary.

The Hub Messaging System utilizes sophisticated software by strategically sending information to a selected geographic area made possible through a community member sign-up webpage. Messages will be prepared and delivered by the Calgary Police Service through email, voice, and text messaging. Message types and user delivery profiles can be tailored to meet the needs and preferences for each registered community member. Community members can choose to change their profile or unsubscribe at any time.

Types of messages

The Hub Messaging System transmits messages using landline and cellular telephone options. The registration page enables community members to create a user profile which will specify the message types that the community member wishes to receive and restrict the types that are not desired. E-Alert will send informative messages ranging from city events to safety notifications and emergency incidents. The following are examples of message types that are delivered:

- Community events
- Information alerts
- Existing Amber alerts
- Missing persons
- Emergency incidents
- Neighbourhood crime alerts
- Threats to school safety
- Public warnings
- Crime prevention information

Registration

Residents and business owners within the city of Calgary who wish to enroll in The Hub Messaging System can register by completing an online form or at their local police district office.



Community Clean-Up Day

Saturday, September 17, 2016
 9 am to 1:30 pm

Parking Lot - West of Louise Riley Library at the corner of 19 St. and 14 Ave. NW
(Enter the library parking lot, and then follow the drive around the north side of the library)

Community Clean Up is a Great Opportunity to:

Dispose of large items: The City of Calgary Waste & Recycling Services sponsors a unique community program by providing 3 packer trucks, one only for organic and yard waste. Residents can bring unwanted household goods (things that might otherwise fill your basement, yard, street or alley) to the pick-up site.

Recycle: We will also have electronic recycling, scrap metal.

Exchange: There will be a 'Give and Take' section where you can leave or take anything that may still be of some use. (We can only take items in the 'Give and Take' until 1:00 – please no dealers this is a community service only).

Clean: Our green spaces – there will be teams of volunteers tidying up as many local green spaces as we can get to.

Contribute: To our community by volunteering to help organize, man booths or clean up.

Celebrate: The Community Fall Party will follow that evening from 6 to 9 pm at the Community Gym so bring your friends and neighbors; Everyone is Invited.

What to leave at home (Items not accepted):

Tires * Household chemicals * Propane Tanks * Large-scale Furniture * Paint * Fridges * Freezers * Microwaves * Liquids * Car seats * Stuffed animals * Household batteries

This event takes many dedicated volunteers. If you can volunteer or join our committee please contact Patricia at events@hh-bh.ca or call (587) 703-9739.

Visit www.hh-bh.ca to keep updated on this event and accepted / not accepted items

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 APPLICATION 2015-16	
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 <input type="checkbox"/> no <input type="checkbox"/>	
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 # _____ <i>Valid through July 31, 2016</i> Annual membership (including GST) is : <input type="checkbox"/> \$20 per household <input type="checkbox"/> \$10 for seniors Paid by: cash <input type="checkbox"/> cheque <input type="checkbox"/>
Send cheques payable to Hounsfeld Heights-Briar Hill Community Association Box 65086 RPO North Hill, Calgary AB T2N 4T6	
<i>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.</i>	



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Council Approves Pedestrian Strategy

On average, one pedestrian is injured in a collision each day in Calgary. Many more injuries occur in parking lots and often go unreported. The financial cost to society from pedestrian deaths and injuries, estimated at \$120 million per year for Calgary alone, is staggering. The impact to individuals and families left to cope with the recovery, and sometimes a lifetime of disabilities, is immeasurable.

These financial, social, and emotional costs were driving factors behind City Council's decision to unanimously support STEP FORWARD, our new pedestrian strategy and safety action plan. I have been striving to make Calgary a better place to walk for many years and I am extremely proud of this work. The strategy also goes beyond safety to encourage more Calgarians to walk more often by making it easy, accessible, and enjoyable.

We focused the plan into four areas with a list of 50 actions for short, medium, and long term improvements:

Safety - reduce collisions and increase the feeling of personal safety.

Plan and Design - remove barriers to walking by improving connections and the walking experience for people of all ages and abilities.

Operate and Maintain - manage sidewalks as public spaces and seasonally maintain and repair infrastructure.

Educate and Encourage - remind citizens about shared responsibilities for road safety and encourage walking for improved health, recreation, and commuting.

Speed is a crucial factor in the severity and survival rate of any collision, especially ones involving those walking and cycling. Lower speeds save lives. From Toronto to Boston to Edinburgh, cities around the world are reducing speed limits on residential streets for the sake of safety. Closer to home, Airdrie introduced 30 km/h on all residential streets in the 1980s. Unfortunately, the

recommendation to reduce speed limits on residential streets in Calgary was not supported by Council at this time.

Every Calgarian is a pedestrian. A pedestrian is someone walking (or rolling in a wheelchair) to school, from one business meeting to another, to catch the train or bus, or for an evening stroll. Ward 7 boasts a higher proportion of people who walk than most other areas of Calgary, partly due to its nearness to downtown, but also because of its walkable neighbourhoods, shopping streets, river pathways, and access to schools and transit. The importance of walking to Ward 7 residents is one of the many reasons that I championed STEP FORWARD, as well as other initiatives that support active travel. As we implement this plan over the next decade, you will see Calgary become a safer, more walkable, and more enjoyable city.

To learn more about this and other topics, visit druhfarrell.ca. To sign up for updates on key issues, please email ward07@calgary.ca.

STEP INTO SUMMER

Are you thinking of becoming more active?
 The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:
 -18 years of age or older
 -Exercising less than 3 days per week
 -Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:
 -A pedometer (\$25 value)
 -\$10 gift card
 -Prize draw entry for \$1000 gift card

To participate contact:
 Research Coordinator
 403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
 This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

BRAIN GAMES **SUDOKU**

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			4		3			
5	6		7		8			3
8					1			
4	5		6				9	
		3		7		8		

FIND SOLUTION ON PAGE 17



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
May 2016	\$1,224,950.00	\$1,201,000.00
April 2016	\$619,900.00	\$590,000.00
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

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

	No. New Properties	No. Properties Sold
May 2016	9	4
April 2016	7	3
March 2016	2	0
February 2016	1	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	6	4

To view the specific SOLD Listings that comprise the above MLS averages please visit hounsfield_heights_briar_hill.great-news.ca

MP. CALGARY CONFEDERATION
LEN WEBBER

403-220-0888
len.webber@parl.gc.ca

I am pleased to let you know that my office has moved to 2020 10th Street NW in order to serve you better.

Along with my staff, I am pleased to offer you information and assistance when dealing with the federal government. While many of the requests are for general information and guidance on services, we also do assist with those having difficulties receiving their services from the federal government.

The departments and programs we most often assist with include the Canada Revenue Agency, Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS), Passport Canada, Employment Insurance (EI), Citizenship and Immigration and Veterans Affairs.

We can also help direct you to information or services if you are not sure where to access them directly. This may include information on joining the Canadian Armed Forces, applying for benefits or notifying the government of a death.

Along with information on government services, we are able to provide information on Canada and Parliament and can help arrange a tour of Parliament on your next visit to Ottawa.

When someone celebrates a special anniversary, a milestone birthday, a special achievement, we can also assist in arranging congratulatory messages from Her Majesty the Queen, the Governor General, and the Prime Minister. It can take eight weeks or more to process these requests, so please plan ahead for your special occasion.

It is requested that you make an appointment before coming to the office with your concerns as this allows us to serve you better and ensure you are not required to wait an excessive amount of time. Often, we are able to assist you over the telephone without the need for an appointment too.

For office contact information, photographs, my Parliamentary speeches, helpful links and other important information, please visit my website at www.lenwebber.ca on a regular basis. You can also follow me on Twitter, Facebook and YouTube for the latest updates.

I would like to extend my sincere appreciation to the constituents of Calgary Confederation for your overwhelming support to the people of Fort McMurray. I am aware of the countless volunteer hours so freely given, together with endless contributions of clothing, toys, bedding, books, food, household items and accommodation. It is through this strength of giving to each other that makes our community strong. Thank You.

Finally, I look forward to seeing many of you, and your families, at a pancake breakfast during Stampede.

MLA, CALGARY MOUNTAIN VIEW
DAVID SWANN

#102, 723 14th Street NW, Calgary AB
Tel: 403-216-5445

Greetings constituents of Calgary Mountain View!

Happy Summer! I hope you've all been taking in the Farmer's Markets in Calgary Mountain View: Wednesday's and Saturday's at the Hillhurst Sunnyside Community Association; Wednesday's at the Parkdale Community Association; and Thursday's at the Bridgeland Riverside Community Hall; these markets are an excellent source of fresh, local produce, and a wonderful way to support Alberta's local economy and our hardworking farmers.

On May 19, my office hosted a public forum and workshop on the need to protect the nearby Ghost Watershed – Calgary's largest source of fresh drinking water. We had an excellent turnout, and great conversation was generated around protecting our most valuable resource: water. You can find more information on my website: davidswann.ca/ghost-watershed.

On March 23, I hosted a town hall meeting regarding strengthening our provincial nutrition policy in Alberta schools. This evening featured excellent panel presentations from Alberta Food Matters, Dieticians of Canada, and others, providing information to help me – and all of us – ensure healthy food environments for our young people. You can find more information, including links to video of the complete event, on my website: davidswann.ca/school-nutrition.

Upcoming Events:

Just a reminder that the annual Calgary Mountain View Stampede Breakfast will be held **Saturday, July 9, from 9:00 to 11:00 a.m.** at the Hillhurst-Sunnyside Community Association. As always, this breakfast is free for all to attend, and guests are encouraged to please bring their own dishes to help cut down on waste. Donations to the Calgary Food Bank will be gratefully accepted, and community groups will be on-hand to provide information about their services. Join us for food, fun and music the first Saturday of Stampede 2016!

Our annual Stampede breakfast is only made possible through the support of our wonderful volunteers; if you would like to volunteer, please email Layne at calgary.mountainview@assembly.ab.ca.

I look forward to seeing you at the upcoming Stampede breakfast, in our parks and on our pathways this summer.



News from the Friends of Nose Hill

by Anne Burke

Some internet sources clearly recommend biking on non-designated trails on the slopes of Nose Hill up to the plateau. Many of the "Trail Fork's" paths do match the designated paths but there are several other areas where they venture into protected areas, in order to make their route join up to official paths. The Trail and Pathway Plan and the Parks and Pathway bylaw both enforce staying on the official routes in order to protect wildlife and habitat. There are maps at the Nose Hill Park entrances to help guide park users.

The Shaganappi Trail is part of Calgary's carpool lane (High Occupancy Vehicles) network in the City's Transportation Plan. The plan calls for Shaganappi Trail to

be widened sometime in the future, from 4 to 6 lanes. This is of importance to Friends of Nose Hill Society as it will affect wildlife. There is the tunnel under Shaganappi Trail in Edgemont and it is important that any road changes do not unduly disrupt their routes. Also increased traffic could have implications for wildlife too. Commentary provided by Friends of Nose Hill Society about the long-term plan might reference the approach the City is taking with biodiversity conservation, as in Our BiodiverCity, Calgary's 10-year biodiversity strategic plan.

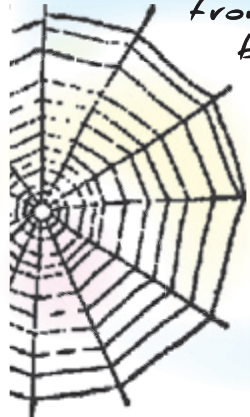
For more information regarding The University of Calgary Community Forum on Calgary: City of Animals, go to the website: arts.ucalgary.ca/cih. The plan is to continue the dialogue. "We will be hosting community response, anything from a sentence to a few paragraphs." The topics are below.

- Wildlife maintains biodiversity but some pose risks to humans and pets, so how can wildlife and human animals co-flourish?
- What is our relationship and how do we manage ourselves (do we leave places just for wildlife)?
- What policies are needed in the city; ethics to guide us; and are there circumstances when we silence a song dog (coyote)?
- Should residents be permitted to keep livestock in the city (which, why or why not)?
- Should animals be used for entertainment?

The annual progress report from the BiodiverCity Advisory Committee was approved by City Council after the Community and Protective Services Committee meeting. The group held 6 meetings, 10 subcommittee meetings, a workshop, and produced a work plan. Some city-wide projects are habit restoration in existing parks, biodiversity in planning, management, and other city initiatives; conservation priorities, and data sharing.

Insects and Technology

The spider's web is the inspiration for a new technology that prevents birds from flying into tall building's windows.



Embedded in the glass sheet is a pattern of chaotic UV-reflecting strands that birds can see.

Discovery Magazine

BUSINESS CLASSIFIEDS

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Vulnerable People Workshops

In early May, the HH-BH Community Association Board held the first 1.5 hour workshop. If you are interested in attending a 1.5 hour workshop in the future please contact admin@hh-bh.ca for the next workshop: date TBA.

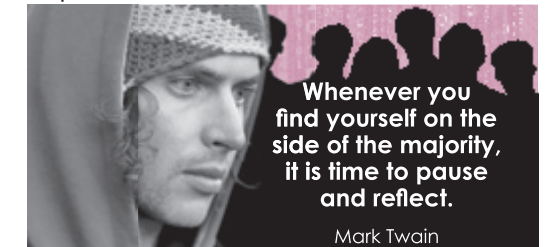
Engaging Vulnerable People: an Education Initiative

The Centre City has historically been the focal point for delivering programs and services to vulnerable and marginalized Calgarians, particularly those experiencing homelessness due to poverty, mental health and addiction issues.

People living and working in the Centre City have expressed an interest in better understanding vulnerable and marginalized Calgarians who live downtown. Social service agencies, business organizations, The City of Calgary and Calgary Police Service are partnering to provide workshops to respond to this interest.

About the workshops

- Workshops provide participants with:
- accurate information about Calgary's homeless population,
- sensitivity skills for relating to persons experiencing homelessness,
- safety and non-violent crisis intervention techniques to increase confidence, and
- increased knowledge of available community resources to contact the appropriate agency when help or advice is needed.



Whenever you find yourself on the side of the majority, it is time to pause and reflect.

Mark Twain



How to enjoy the summer sun safely

By Paula Trotter

Do you know what causes more cases of cancer than tobacco? Ultraviolet (UV) rays emitted by the sun, which cause skin cancer.

Despite being largely preventable, skin cancer is the most commonly diagnosed cancer in Canada. Most skin cancers are easy to treat, but they do put you at a higher risk of developing cancer later in life and treatment can include disfiguring surgery.

And rates of melanoma – the most dangerous type of skin cancer – continue to rise in Canada.

As summer is now upon us, we want to remind you that being safe in the sun is the best way to reduce your risk of developing skin cancer.

Sun safety isn't about avoiding the sun. It's about protecting your skin and eyes while you're enjoying the outdoors.

And sun safety includes more than just applying sunscreen. In fact, sunscreen should not be your only defence against the sun. Use sunscreen along with shade, clothing, and hats – not instead of them.

Follow these Canadian Cancer Society prevention tips to safely enjoy the sun this summer:

- **Check the UV index daily.** Use extra precautions to protect your skin if the UV index reaches 3 (moderate) or more.
- **Cover up when the sun is at its strongest.** You need to be extra careful to protect your skin between 11 a.m. and 3 p.m. when the sun is at its strongest (UV index of 3 or more).
- **Cover up.** Wear a wide-brimmed hat and cover up as much of your skin as possible. Clothes generally provide better protection than sunscreen.
- **Use sunscreen properly.** Use a broad-spectrum and water-resistant sunscreen with a minimum SPF of 30. Apply generously – most adults need about two to three tablespoons of sunscreen to cover their body and a teaspoon to cover their face and neck.
- **Seek shade.** Sit under a tree at the park or an awning on a restaurant patio. Bring an umbrella so you can have shade whenever you need it.
- **Wear sunglasses.** Sunglasses (labeled UV 400 or 100% UV protection) can help prevent damage to your eyes by blocking a large percentage of UV rays.



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www.hhbplayschool.ca

IMPORTANT NUMBERS

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	811
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	403-514-6100
Poison Centre - Alberta	1-800-332-1414
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	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st 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

BRAIN GAMES SUDOKU

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4	5	7	6	8	2	9	3	1
6	1	3	9	7	4	8	5	2

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**AUGUST 5 TO 7
EXPO LATINO**

Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. www.expolatino.com



**AUGUST 13
CALGARY JAPANESE
FESTIVAL OMATSURI**

The one day festival has plenty of fun, cultural activities appropriate for the whole family, including galleries of Japanese arts and crafts and food kiosks selling Japanese food. www.calgaryjapanesefestival.com



**AUGUST 13 TO 14
CALGARY DRAGON BOAT
RACE AND FESTIVAL**

This is a weekend of dragon boat racing on the Glenmore Reservoir, where Calgary embraces a sport that stems from a 2,000-year-old Chinese legend. www.chinatowncalgary.com/dragonboat



**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

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• **August 5 to 7 - Expo Latino:** Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. www.expolatino.com

• **August 10 to 13 - Afrikadey! Festival:** This year marks Afrikadey's 25th anniversary. That's 25 years sharing the art, music and dance from cultures across the African continent. www.afrikadey.com

• **August 14 - Marda Gras Street Festival:** The neighbourhood street festival includes numerous food vendors, artisan booths and buskers. Also part of the festival is the sixth annual Marda Gras pet pageant, so get your pooch ready to shine. www.mardagrass.ca

• **August 18 to 20 - ReggaeFest:** According to the organizers of the festival, ReggaeFest will transform you into a "Rastafarian." There's music and there's food, and it's a festival all Calgarians need to attend at least once. www.reggaefest.ca

• **August 18 to 27 - GlobalFest:** This annual fireworks and cultural festival includes five impressive shows. The first of the fireworks shows synched to music is from China, followed by the Philippines, Spain and the USA. The finale is by Canada. www.globalfest.ca

• **August 20 to 21 - Antiquing at the Arc:** Spend hours rummaging through everything from furniture to militaria to art deco to toys and more at this annual antique show. www.antiquesbydesignshows.com

• **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. www.calgarypride.ca



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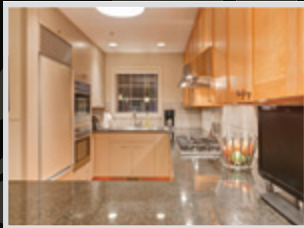
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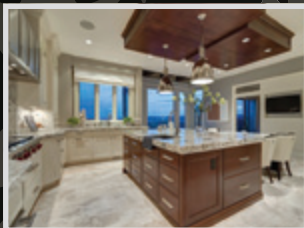
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\$999,000

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