

AUGUST 2016

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**GUEST SPEAKERS:**



**PETER BOWEN, B.A.(Econ), CA**  
Vice-President, Tax Research and Solutions



**M.C. (MIKE) MACOUN, CLU, CHS, TEP**  
Vice-President, Estate Planning Specialist



**DATE:** Tuesday, August 30, 2016  
3:00 pm - 5:00 pm

**LOCATION:** Canada's Sports Hall of Fame  
169 Canada Olympic Road S.W.  
Canada Olympic Park  
Calgary, AB T3B 6B7

**RSVP:** Kara Weber  
(403) 299-7374  
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

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Dr. Christine Lilge | Dr. Lauren Vredenburg | Dr. Jennifer Maguire

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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

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# 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
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
Community Police Liaison	Cst. John Kastamonitis	403-567-6300	

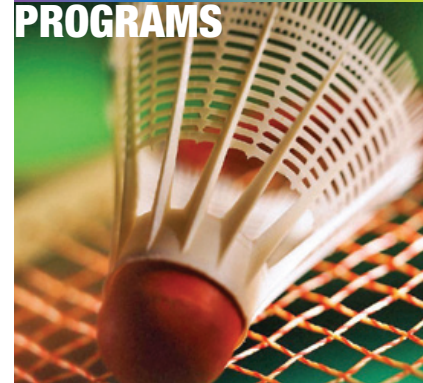
## Board Meetings

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](http://www.hh-bh.ca)  
[Badminton@hh-bh.ca](mailto: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](http://www.hhbhplayschool.com)  
[hhbhplayschool@gmail.com](mailto:hhbhplayschool@gmail.com)

### Indoor Soccer

Registration starts August 1 online at [www.hh-bh.ca](http://www.hh-bh.ca)  
 Information at: [indoor.soccer@hh-bh.ca](mailto:indoor.soccer@hh-bh.ca)

### HHBH Gym Drop-in Programs

Badminton: Tues – Fri - 9:00 am – 12:00 pm  
 Pickleball: Tues – Wed - 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](http://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](mailto: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](mailto:admin@hh-bh.ca), at least two weeks in advance. Please note there are no Board Meetings in July or August. **Next Meeting: September 8**

### Community Cleanup

Saturday, September 17, 2016 - 9 am to 2pm  
 To volunteer, contact Patricia - [events@hh-bh.ca](mailto:events@hh-bh.ca)

### “Cleaned Up” Party

Saturday, September 17, 2016, 6 to 9 pm Community Gym  
 Everyone is invited to celebrate our “Cleaned Up” Community with Food, beverages and entertainment, potluck welcome, bring your neighbours!

### HH-BH – AGM

Wednesday, November 16, 7 to 9 pm – Community Boardroom

### HH-BH Community Kindergarten Reunion

Saturday, November 19, 6 to 10 pm – Community Gym

### Memberships

A reminder that memberships expire July 31! \$20 / year per family / household. \$10 / year seniors. Renew online at [www.hh-bh.ca](http://www.hh-bh.ca), by mail or in person at our next community event! Thanks!



**HHBH PLAYSCHOOL**  
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**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.

## We Remember the Moments!

Save the date! Saturday November 19, 2016, 6 to 10 pm at the community gym. There will be a celebration and reunion of the HH-BH Community Kindergarten. This evening is for all alumni families, former staff and volunteers, former students and friends of the kindergarten to reunite and celebrate. Please check our website at [www.hh-bh.ca](http://www.hh-bh.ca) for more details on this special evening and to register for the event. Volunteers to help with planning, capturing memories and decorating would be appreciated, please contact [communications@hh-bh.ca](mailto:communications@hh-bh.ca).

## IN & AROUND CALGARY

### New Bus Routes coming to northwest and inner city communities

Calgary Transit has completed a major review of 12 bus routes in the northwest and inner city and is excited to share the results with customers. Earlier this year new bus route proposals were shared online and at open houses, and feedback was collected from thousands of transit users and community stakeholders. Public input was incorporated as much as possible in designing the new bus routes.

To see the new bus routes that start on September 5, 2016, please visit [calgarytransit.com/2016ServiceReview](http://calgarytransit.com/2016ServiceReview) or join us at a public information session:

- Monday, August 15 at Bridgeland Riverside Community Association – 5:30-8:30 p.m.
- Thursday, August 18 at Hillhurst Sunnyside Community Association – 5:00-8:30 p.m.
- Thursday, August 25 at Silver Springs Community Association – 5:30-8:30 p.m.

There will also be pop-up information sessions at Brentwood Station, Dalhousie Station, Crowfoot Station, Lions Park Station, the University of Calgary and SAIT. For dates and times, visit [calgarytransit.com/2016ServiceReview](http://calgarytransit.com/2016ServiceReview).



## 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](mailto:events@hh-bh.ca) or call (587) 703-9739.**

**Visit [www.hh-bh.ca](http://www.hh-bh.ca) to keep updated on this event and accepted / not accepted items**



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2020, 12th Avenue NW 403-282-0555

## 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.

<b>HOUNSFIELD HEIGHTS – BRIAR HILL COMMUNITY ASSOCIATION</b> <b>MEMBERSHIP APPLICATION 2015-16</b>	
<b>Family Name(s):</b> _____	
<b>First Name - Adults:</b> <b>1.</b> _____ <b>2.</b> _____	
<b>First Name - Children:</b> _____	
<b>Address:</b> _____ <b>Postal Code:</b> _____	
<b>Home Phone:</b> _____	
<b>Email:</b> _____	
<i>Would you like to receive the newsletter and other announcements by email?</i> yes <input type="checkbox"/> no <input type="checkbox"/>	
<b>I would be interested in volunteering for:</b> <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	<b>Membership #</b> _____ <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 <b>Hounsfeld Heights-Briar Hill Community Association</b> 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.	



### Hounsfeld Heights/Briar Hill Real Estate Update

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

	Average Asking Price	Average Sold Price
June 2016	\$594,900.00	\$578,750.00
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

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

	No. New Properties	No. Properties Sold
June 2016	2	2
May 2016	9	4
April 2016	6	3
March 2016	2	0
February 2016	1	1
January 2016	5	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

To view the specific SOLD Listings that comprise the above MLS averages please visit  
[hounsfeld\\_heights\\_briar\\_hill.great-news.ca](http://hounsfeld_heights_briar_hill.great-news.ca)



Name	Age	Contact	Course
Duncan	18	403-500-9826	Yes
Grace	15	403-282-8823	Yes
Josephine	15	403-283-0478	Yes
Sophie	17	403-283-0478	Yes

### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca)

**Give your child an academic advantage in school and beyond!**

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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.

# Sears Plume Q2 Update:

June 24, 2016

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 in March 2016, Sears and Clifton have now completed the second quarter groundwater monitoring and sampling event and expect to have the results back from the lab in ample time to complete the report which will be submitted to Alberta Environment and Parks (AEP) by the first week of July 2016.

As you may recall, Clifton completed a community survey earlier this year to recruit volunteer residents interested in participating in any planned or future monitoring and remediation programs on their property. We would like to thank you for your participation in this survey as the data we gathered was important for preparing the soil vapour monitoring program for the community. As such, we are pleased to advise that the soil vapour monitoring points have now been installed throughout the community within City of Calgary owned property. In addition to this, we have completed our first round of vapour sampling and are awaiting the results which will be released to the community once they have been reported. The purpose of the soil vapour monitoring is to provide further evidence and additional information to rule out any health risk within the community.

In the last Beacon Post, we briefly discussed the Regensis PlumeStop remedial method which was selected for application within the community, along 11th Avenue. Since the completion of the "Design Verification Test" earlier this year, Clifton has worked closely with Regensis to refine the remedial design which is now completed. Currently, we are now planning on moving forward with a pilot scale study of PlumeStop in the highest area concentrations along 11th Avenue with the pilot scale study tentatively scheduled for the end of July 2016. We will update the Plume Committee once the final dates have been selected. As this technology proves successful, the full scale installation is planned to

be completed later this year in keeping with our Remediation Action Plan (RAP) submitted to AEP and Alberta Health Services (AHS).

You may have also noticed some changes with the Dual Phase Vapour Extraction (DPVE) system installed in Lions Park. The burner of the DPVE has been removed and replaced with quieter, lower profile carbon vessel treatment tanks. These carbon vessels are less intrusive to the community and are proven to be just as effective with the vapour concentration levels we are observing. We will continue to run the DPVE as part of the RAP as it continues to prove effective in cleaning up the contaminants. The additional drilling and well installation required to further delineate the southern extent of the plume as well as at the northwest corner of the community has now been completed. These installations were required to address any data gaps from our last round of drilling and the results of the sampling events will be detailed in a report to the AEP by the end of June, 2016. We will continue providing regular monitoring and sampling reports as part of our commitment to the community and presently we are awaiting feedback from AEP and AHS on the previously submitted Health Risk assessment for the community. However, as detailed in our letter dated Jan 5th 2016, the data collected to date indicates that 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  
(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*

*For copies of current or historical documentation, please visit the Environmental Site Assessment Repository (ESAR) website at [www.esar.alberta.ca/esarmain.aspx](http://www.esar.alberta.ca/esarmain.aspx) and enter a PBL Search for Plan: 8210266*

## IN & AROUND CALGARY

### Backyard Fire Safety tips from your Calgary Fire Department

Enjoying a recreational fire in your backyard can be a great way to spend a summers evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

#### Rules for fire pits

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fire pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. This helps to ensure embers, sparks or smoke don't harm anyone or cause a nuisance to your neighbours.
5. Only burn clean, dry firewood. **Do NOT burn:**
  - Wood that is painted, treated or contains glue or resin
  - Wet or green/fresh cut wood
  - Yard waste (cut grass or leaves)
  - Garbage
  - Rubber or plastic
  - Furniture
6. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
7. All fires in your fire pit must never be left unattended.

Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000. For more information, go to [Calgary.ca/fire](http://Calgary.ca/fire).



## 2016-2017 HHBH Indoor Soccer

### Soccer U10 – U18

Online Registration  
August 5 to September 11, 2016  
[www.hh-bh.ca](http://www.hh-bh.ca)

## BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 15





# News from the Friends of Nose Hill

by Anne Burke

I came across a website which ranks Alberta parks and playgrounds. See: [calgaryplaygroundreview.com/nose-hill-park](http://calgaryplaygroundreview.com/nose-hill-park). In addition to free parking, Nose Hill has many features, with hiking, off-leash area, washroom, wildlife spotting, interpretive signs, native grasslands, larger mammals, such as deer and coyotes. You can also find geocaches. OISEAU Agents of Nature is a free downloadable mobile app about nature and wildlife. The idea is to encourage outdoors discovery with interactive fun. Be an agent of nature and solve challenges. You can access Nose Hill and the codes for the app from the parking lot

off Berkley Gate. Then unlock some mysteries of nature. Go to the City website for details about the program: <http://www.calgary.ca/CSPS/Parks/Pages/Programs/Get-to-know.aspx> and follow the links.

Speaking of city parks and other green spaces, after the City decided to end the Adopt-a-Park program, there were a few complaints about these areas. The residents involved are proud of how beautiful and green their neighborhoods are through the help of this volunteer program. If this is coming to an end (or being replaced) due to more strict water management, how can we keep the neighbourhoods looking green and nice so that the residents continue to be proud of them?

The General Manager of Community Services responded that the Adopt-a-Park program came into effect in 1984 and was discontinued in 2015. It served a very good purpose and encouraged pride in community, but there were several issues with the program, such as the possible wasteful use of water, safety, collective agreements, and some centralized pieces of the services that the City provides.

The program was replaced with two new programs. The Green Leaders program for community volunteers provides oversight to doing projects in the community to enhance it, such as painting park benches or weeding. The second project, Water Stewards, will have volunteers focus mostly on keeping the city's many high-use playing fields watered.

Both programs are trying to address some of the issues that had emerged but also respond to the community desire to continue to care and have pride in their community with a more focused, targeted, and supportive approach. The General Manager noted that the programs will be evaluated over the course of 2016.

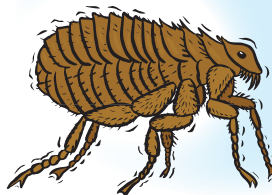
## Insects and Technology

### Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas.

This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.

Discovery Magazine



## Head and Shoulders, Knees and Toes

By Dr. Alma Nenshi, Registered Chiropractor

It's back to school time and every parent wants their kids to thrive when it comes to handling the physical, emotional and intellectual stresses of the season. Address these key areas and watch your child flourish this school year!

### Backpack Safety

Backpacks should be less than 15% of your child's weight, meaning a 65 lb child should carry less than 10 lbs of weight on their back. Many children carry too much weight for their growing bodies, placing undue stress on their neck, shoulders and spine, impacting brain functions and learning. Consider purchasing backpacks and other carriers that have wheels to do the job. These are becoming more and more popular and will save your child from pain, stiffness, focus, attention, and learning challenges.

### Healthy Posture

Neurologist and Nobel Prize recipient, Dr. Roger Sperry said, "the spine is the motor that drives the brain" as 90% of all stimulation and nutrition to the brain comes from movement in the spine. He also said healthy brain function produces healthy posture. Improving your child's posture in turn improves their learning potential.

For every inch the head leans forward, there is an extra 10 lbs of downward pressure on the spine, which reduces activation of the frontal lobes of the brain necessary for learning. Chronic, low levels of spinal stress may also cause headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, poor digestion, allergies, bedwetting, poor attention and learning challenges, just to name a few. Regular chiropractic spinal adjustments can alleviate nerve stress and restore healthy movement of the spinal joints thereby improving stimulation and nutrition to the brain, which improves posture and learning.

### Proper Footwear

There are 52 bones, 66 joints, 214 ligaments and 38 tendons and muscles in our feet. Statistics show that 80% of the population requires arch supports to improve function and stability in their feet. Computerized Gait Scan Technology can measure how your feet function and can keep track of changes over time so you know if and when you may require orthotics. Be sure to buy properly sized shoes with good arch supports and consider booking our free computer gait scan evaluations for the whole family as part of your back to school priorities.

### Other Healthy Tips

Lunches and snacks should include proteins, veggies and healthy fats with limited carbohydrates and sugars as these may affect focus and energy. Fish and poultry choices are healthier over red meats and pork. Consider packing an empty water bottle to fill at school. Screen time and cell phone activity causes physiological stress responses in children that may in turn affect learning, cardiovascular health, weight, digestion and hormones. Consider limiting screen time to less than 30 minutes a day. Promote at least one hour of physical activity per day but beware of over booking your child in too many extracurricular activities. Children need real down time to play by themselves or to read (not spent with TV or video games). Your child needs a minimum of 8 to 10 hours of uninterrupted, deep sleep, which may be encouraged with consistent wake up and bedtime routines.

Your nervous system is the master system of the body, responsible for all body functions and your family's learning potential. Take advantage of our free back to school family health screenings, including posture and computer gait examinations and start the school year hitting the ground running!



# Children and Dog Safety

## How to say Hi to a Dog

It's summer, yeah! And kids and dogs are enjoying more outdoor time. As a veterinarian and dog trainer, I taught my children to behave appropriately around dogs... I thought. But even my son after asking and receiving permission to greet a dog from its owner, he has inappropriately and impulsively, grabbed the dog and hugged it around the neck with his face by the dog's teeth. We can't over teach our children to protect themselves and the dogs they encounter by behaving in a manner so no one ends up bitten or in serious trouble.

I will never forget the worst case of dangerous behavior I have ever seen by a person phobic about dogs. A very big sweet dog strolled into a bottle depot carrying a plastic jug hoping someone would throw it for him. The woman two stations over from me started screaming hysterically, swinging her arms, jumping up and down, and kicking out at the dog. This silly wonderful dog dropped his jug at her feet, sat down with his head cocked to one side, and looked over this mad woman, until we shooed him out of the depot. I tried to be sympathetic, but this woman's shrill screaming hurt my ears and made me want to bite her. If this dog had a fearful or aggressive bone in his body this woman was doing everything to potentially set him off. By teaching children how to behave when they encounter a stray dog, I hope they will never have a reason to be as fearful of dogs as this woman was.

If your child feels threatened by a stray dog they must not run. Dogs are predators and therefore have a strong chase reflex whether they are friendly or not. A friendly dog may chase a running child and inadvertently knock them down, but a dog with a strong prey drive may be incited to bite. BE A TREE! Your child should stand motionless wrapping their arms close to themselves. Do not make eye contact. Look away or even close your eyes. A dog may come and sniff them but would likely find this person uninteresting and wander away. Then the child should quietly walk to a responsible adult.

If the child is on the ground, BE A LOG! They can be a rolled up stone for that matter, but the same rules apply, arms wrapped around the body and motionless. No eye contact.

A child's high-pitched screams are often irritating or exciting to dogs. It goes against a child's need to cry for help, but trees, logs, and rocks are silent.

Never corner a dog, or any animal, to pet it. A trapped frightened animal is an animal that has had the choice removed to withdraw or run away, so its only remaining choice is to bite.

Do not assume you or your child can read a dog's intentions. Dogs about to bite may have their heads up, and wag their tails. Tail wagging has nothing to do with judging aggression. The dog my son was hugging radiated discomfort by panting, straining to get away, and pinning his ears back. Liam was oblivious to the dog's body language in his excitement to greet the dog. Forgetting the rules is part of being a child and most children love animals. Review the rules frequently and remind children their own dog is not the same as every other dog.

If your child does wish to pet a leashed dog, they must first ask permission of the owner, and then WAIT for permission to be granted. Finally, let the owner get control of the pet in a sit-stay or on a short leash prior to putting out your hand palm upward and below the dog's face. Scratch the dog's neck, do not place your face in the dog's face or hug the dog. Better yet ask the owner how their pet likes to be touched.

Teaching your children about dogs will stand them in good stead for life. Any animal bite must be reported to the authorities. By being smart with dogs and children we also create an atmosphere where our beloved dogs are welcome and accepted in the community.

*Jennifer L. Scott, D.V.M.*

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**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.

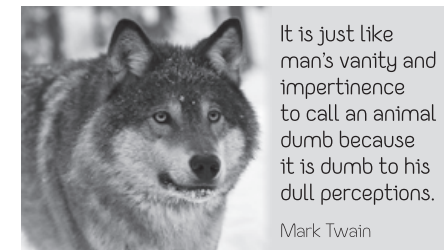
**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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## BRAIN GAMES SUDOKU

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8	9	2	7	6	1	4	5	3
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It is just like man's vanity and impertinence to call an animal dumb because it is dumb to his dull perceptions.

Mark Twain





### MP, CALGARY CONFEDERATION **LEN WEBBER**

2020 10 St. NW, T2M3M2  
403-220-0888  
len.webber@parl.gc.ca

Did you know that 24% of the residents of our Calgary Confederation riding are over the age of 55? In Canada, 30% of the population are aged 55 or older and by 2020 that number will increase to almost 38%.

Canada is the best country in the world in which to live and we owe much of that to our nation's Seniors. They are largely responsible for fighting the wars that gave us our freedom, paying the taxes that built our cities and having the foresight to create the infrastructure and programs many of us take for granted.

As your Member of Parliament, I will continue to stand up for all constituents, but it is my privilege to show my respect and gratitude to our Seniors by devoting my recent community mailing to them. The mailing goes to every household in the riding and is also available on my website at [www.lenwebber.ca](http://www.lenwebber.ca).

For Canada's elderly to receive their full benefits and entitlements, it is critical that they apply for these programs. One of the best ways for any person to determine if they are getting the benefits they may be entitled to, is to visit [www.canadabenefits.gc.ca](http://www.canadabenefits.gc.ca) and use the online 'benefits finder' which generates personalized results based on a few simple questions.

Also, many financial assistance programs require up-to-date tax filings, so it is also very important that those in need of some help keep up-to-date on their taxes. The Canada Revenue Agency has thousands of volunteers who can also assist with this task.

Should you encounter difficulties getting your benefits, my staff and I are here to assist you. 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](http://www.lenwebber.ca) on a regular basis. You can also follow me on Twitter, Facebook and YouTube for the latest updates.

Finally, I want to congratulate all the Canadian Olympic athletes and their coaches on their achievements. While the world focuses on these elite athletes for only a few weeks every four years, their dedication to their sport and personal success is a daily commitment for many years.



### COUNCILLOR, WARD 7 **DRUH FARRELL**

ward07@calgary.ca • [www.druhfarrell.ca](http://www.druhfarrell.ca)  
Twitter: @DruhFarrell • Facebook: Druh Farrell

#### Biodiversity

The dog days of summer are the perfect time to think about critters. While Calgary is home to 1.2 million humans, we rarely think about the countless other species of flora and fauna that far outnumber us.

"Biodiversity" is the term we use to describe the variety and richness of living organisms and habitats. With 80% of Canadians now living in urban areas, reasonable protection of biodiversity is becoming increasingly important for municipal governments to ensure that we maintain a healthy ecology.

Last year, Calgary City Council approved *Our Biodiversity*, Calgary's 10-year biodiversity strategic plan. The plan is based on principles for the protection, development, and management of Calgary parks and ecosystems in support of biodiversity.

#### Biodiversity project goals:

1. Evaluate landscapes in Calgary and set targets for conservation measures to identify, protect, and manage ecological cores and corridors;
2. Restore 20 per cent of Calgary's current open space to increase biodiversity;
3. Identify and manage invasive species in Calgary's open space.

The City will implement the plan through a variety of initiatives. This summer, Calgary Parks launched a pilot project using a herd of goats to manage invasive plant species in Confluence Park. This creative approach to weed control not only reduced the need for pesticides, but also improved the health of native ecosystems by reducing overgrowth and encouraging the growth of non-invasive plants.

The City is also working to turn back the progress that invasive species have made over the years. Efforts to combat *smooth brome*, a highly competitive grass that smothers native species, and *Canada thistle* are underway. We are also re-introducing native species into our parks and landscaping projects. Native species are naturally suited to the local climate and require less care over time.

For Calgarians interested in enhancing biodiversity closer to home, the City has numerous resources to help enhance biodiversity in your own yard. A good place to start is [www.calgary.ca/yardsmart](http://www.calgary.ca/yardsmart). There, you can find tips on how to transform your garden into an inviting landscape that will inspire both your neighbours and wildlife.

To learn more about this and other topics, visit [www.druhfarrell.ca](http://www.druhfarrell.ca). To sign up for updates on key issues, please email [ward07@calgary.ca](mailto:ward07@calgary.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
Senior Connect	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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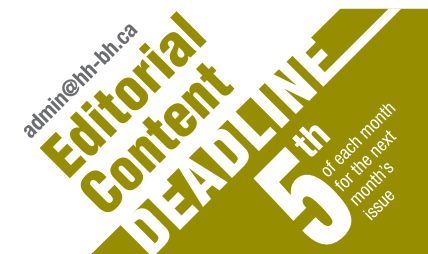
## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

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**SEPTEMBER 3  
CALGARY HIGHLAND  
GAMES**

Anyone can come out to the Springbank Park For All Seasons for a day of highland dancing, piping, heavy lifting and plenty of tartan. [www.calgaryhighlandgames.org](http://www.calgaryhighlandgames.org)



**SEPTEMBER 16 TO 18  
CALGARY GREEK FESTIVAL**

During the course of the weekend, Calgarians are invited to drop by the Calgary Hellenic Society and enjoy traditional Greek food, entertainment and culture. [www.calgaryhellenic.com](http://www.calgaryhellenic.com)



**SEPTEMBER 21 TO 25  
HERITAGE INN INTERNATIONAL  
BALLOON FESTIVAL**

Balloons from across Canada and from all over the world will be in High River air space, and many of the pilots flying these balloons will be competing in the Canadian Balloon Championship. [www.heritageinninternationalballoonfestival.com](http://www.heritageinninternationalballoonfestival.com)



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

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- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. After watching the parade, head to Shaw Millennium Park for the free Pride In the Park festival. [www.calgarypride.ca](http://www.calgarypride.ca)
- **September 1 - Easter Seals Drop Zone:** On the first day of September, 120 brave Calgarians are facing their fear of heights. They'll rappel down the 30-storey Sun Life tower in support of the Easter Seals. [www.thedropzone.ca](http://www.thedropzone.ca)
- **September 3 to 4 - X-Fest Calgary:** This year, X-Fest has an impressive lineup of contemporary musicians. Headliners at the festival include Twenty One Pilots, The Lumineers, Halsey, Vance Joy and Arkells. [www.xfestcalgary.com](http://www.xfestcalgary.com)
- **September 9 - Calgary Night Market:** Running roughly every second weekend, this night market is a chance to sample local food, shop at vendors' booths and listen to buskers and other live performers. [www.facebook.com/events/1104858596212708](http://www.facebook.com/events/1104858596212708)
- **September 10 to 11 - One Love Music Festival:** The One Love Music Festival is Western Canada's Largest Hip Hip Music Festival! Featuring Big Sean, Lil' Wayne, Tyler, The Creator and more. [www.onelovefestival.ca](http://www.onelovefestival.ca)
- **September 13 to October 1 - Waiting For the Parade:** Waiting For the Parade is a Canadian production that centres around five Calgarian women living during the Second World War. [www.atplive.com](http://www.atplive.com)
- **September 14 to 18 - Beakerhead:** Science and engineering meet art and design when Beakerhead takes over the city for its fourth year. There are going to be more than 60 events that combine science, engineering and art. [www.beakerhead.com](http://www.beakerhead.com)
- **September 20 - The YWCA Walk a Mile In Her Shoes:** Each September, more than 200 men strap on high-heeled shoes to help raise awareness of family violence. Money raised supports the work that the YWCA of Calgary does to help break the cycle of domestic violence and keep women and children safe. [www.ywcaofcalgary.com](http://www.ywcaofcalgary.com)
- **September 21 to October 2 - Calgary International Film Festival (CIFF):** The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. [www.calgaryfilm.com](http://www.calgaryfilm.com)
- **September 22 to 24 - Shadowland by Pilobus Dance Theatre:** The production is a coming of age story that sees a young girl on the cusp of adulthood taken by the shadows in her bedroom. She's transported into a different, dreamlike world, filled with adventure. [www.albertaballet50.com](http://www.albertaballet50.com)
- **September 23 to 24 - Calgary Oktoberfest:** This annual event is based off of the original Oktoberfest from Munich, Germany. Like that festival, Calgary Oktoberfest is a celebration of beer and food. [www.albertabeerfestivals.com](http://www.albertabeerfestivals.com)

**your COMMUNITY BUSINESS OF THE MONTH**

**Tick - Tock**

Tick - Tock is a family run business that first opened in Market Mall in 2005, and is now currently located in Northland Mall. Since the beginning, the owner has been dedicated to assist all of his customers with reliable and exceptional service. Tick - Tock is the largest clock retail store in Calgary with a wide variety of alarm clocks, mantel clocks, cuckoo clocks, wall clocks, and grandfather clocks. Not only do they sell clocks but they offer on any brand of clocks, watches, jewellery repair and eyeglasses soldering at an exceptional price. Whether it's antique or brand new, all repairs are done in store and no item will ever be sent away. All repairs come with a free estimate, a detailed explanation about the issue of your item and a detail explanation about the repair process.

**All major repairs on watches and clocks come with:**

- One-year warranty.

**All items that are sold in store come with:**

- One year in store warranty.

**We also do battery replacements on all watches including Wittnauer, Tag Heuer, Rolex, Movado, Rado, Phillip Stein and many more. All watch batteries come with:**

- Two-year warranty.
- We also provide water pressurizing and resealing on all watches.

In 2013 Tick - Tock expanded to CrossIron Mills with an engraving kiosk called Engraving by Tick - Tock, which is located between Bass Pro Shops and Bed Bath and Beyond. This kiosk offers a wide variety of gift items, engraving options and watch battery replacements. All employees at both locations value the trust of their customers, therefore all repairs and engraving will be done right in front of you while

you wait. Tick - Tock and Engraving by Tick -Tock are opened seven days a week for your convenience. At both locations, all the workers are friendly and welcoming to ensure that you are fully satisfied with our service. Customer satisfaction is a guarantee at these two locations. If you have any questions or concerns, please don't hesitate to ask. For additional information please call the:

- **Tick - Tock location** at 403 - 202- 4676
- Northland Village Mall , 5111 Northland Dr NW.
- **CrossIron Mills location** at 587-230-7374
- CrossIron Mills, 261055 CrossIron Blvd, Rocky View.

The staff at Tick -Tock and Engraving by Tick -Tock would like to take this opportunity to thank all their valued customers for their continued support over the last 11 years.

**TICK TOCK**

**ENGRAVING BY  
TICK TOCK**

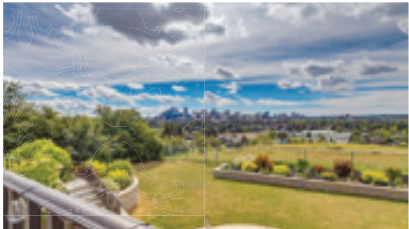
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