

SEPTEMBER 2016

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your **HOUNSFIELD** HEIGHTS **BRIAR** HILL BEACON

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

A graphic icon showing a stylized city skyline with trees and a recycling symbol, positioned in the upper left quadrant of the page.

SEPTEMBER 17
**COMMUNITY
CLEANUP**

9 TO 2PM

CLEANED UP PARTY

6 TO 9PM

THE OFFICIAL HOUNSFIELD HEIGHTS-BRIAR HILL COMMUNITY NEWSLETTER | www.hh-bh.ca

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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



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	EMAIL
President	Laura Hunt	president@hh-bh.ca
Past President	Robby Sidhu	Past.president@hh-bh.ca
1st Vice President and Programs	Carol Sandahl	vp@hh-bh.ca
2nd Vice President and Facilities	Gunter Sammet	2nd.vp@hh-bh.ca
Treasurer	Sarah Zhu	treasurer@hh-bh.ca
Secretary	VACANT	secretary@hh-bh.ca
Director - Strategic Planning and IT	Jeff Marsh	it@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 - Land Use	Terry Woods	land.use@hh-bh.ca
Director - Event Planning	Patricia Leahy	events@hh-bh.ca
Director - Communications	Liz Stewart	communications@hh-bh.ca
Director - at - Large	Kathleen Staniland	director.at.large@hh-bh.ca

STAFF			
Administrative Assistant	Sheryl Catellier	587-716-5333	admin@hh-bh.ca
Facility Manager	Chris Lee	587-717-2665	bookings@hh-bh.ca

PROGRAM COORDINATORS		
Indoor Soccer	Eve Miller	indoor.soccer@hh-bh.ca
Outdoor Soccer	TBA	outdoor.soccer@hh-bh.ca
Youth Badminton	TBA	badminton@hh-bh.ca

COMMUNITY RESOURCES			
Louise Riley Library	Allison Thomson	403-221-2047	allison.thomson@calgarypubliclibrary.com
Community Police Liaison	Cst. John Kastamonitis	403-567-6300	

CONTACT

Mailing Address: Box 65086, RPO North Hill Calgary, AB T2N 4T6
Board Room / Gym - 1922 – 14 Avenue N.W.

Parking: west of the Louise Riley Library, accessed via the library drive-way. Hall/Gym is located NE of our parking lot, just across the soccer field.

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

Email: admin@hh-bh.ca

Beacon Submissions: beacon@hh-bh.ca

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

The HH-BH Gym and Boardroom schedule can be viewed at www.hh-bh.ca.

For the latest news, programs and events, please visit our Official HH-BH Community Association website at www.hh-bh.ca.



Like our Facebook Page -
www.facebook.com/hhbhca



Follow us on Twitter
[@hhbhca](https://twitter.com/hhbhca)

Have an idea for a great community program or event? Send your ideas to vp@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

Indoor Soccer U10 – U18 – 2016 - 2017

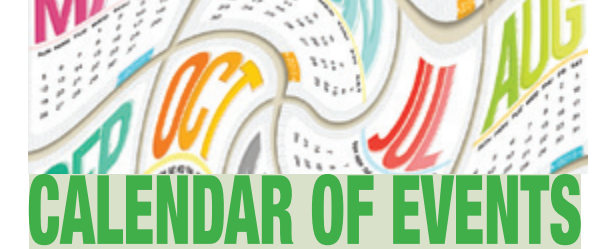
Online Registration August 5 to September 11

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



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 two weeks in advance. Please note there are no board meetings in July or August. **Next Meeting:** October 13

Community Cleanup

Saturday, September 17, 2016 - 9 am to 2pm
To volunteer, contact Patricia - 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, pot-luck welcome, bring your neighbours!

HH-BH – 2016 AGM

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

HH-BH Community Kindergarten Banquet and 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, by mail or in person at our next community event! Thanks!



HHBH PLAYSCHOOL
2016-2017
*** ONLINE *
REGISTRATION
NOW OPEN!**

A place for children
3-5 yrs of age
PLAY, LEARN & GROW!

www.hhbhplayschool.com

Hounsfield Heights - Briar Hill Community Association Annual General Meeting

Wednesday, November 16, 2016 at 7 pm
HHBH Community Hall
1922 - 14 Ave. NW

*Entrance is on the south west side of the gymnasium.

All are welcome and refreshments will be served.

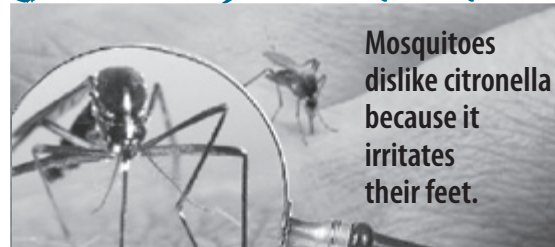
Board and Committee positions are open.

More Information at www.hh-bh.ca.

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 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.

Insect Trivia



Mosquitoes dislike citronella because it irritates their feet.

Membership has its Privileges

It's time to renew your HH-BH community association membership (valid August 1 - July 31 each year), and it's gotten easier: renew online by visiting our website: www.hh-bh.ca.

A family membership is only \$20/year, and entitles you to

- register children in the HH-BH Community Playschool
- register children in indoor and outdoor youth soccer, badminton and other sports programs
- take part in adult badminton, pickleball and other recreation programs
- bring the whole family to the community hall for free Family Gym Nights on Fridays year-round
- vote at HH-BH Community Association Annual General Meetings (ours is coming up in November, by the way - we'd love to see you there!)

In addition, your membership helps support the wide range of activities organized or supported by the community association, including:

- annual Stampede Breakfast
- Summer Solstice Block Party
- annual Community Clean-Up
- family-friendly community events in the Fall, Winter and Spring, with entertainment such as the bouncy house, face painting, dunk tank, live music, dancing and FREE food and beverages
- up-to-date news and event listings on our HH-BH website, Facebook and Twitter. Check it out at hh-bh.ca!
- the Beacon delivered to your door Monthly
- ice maintenance, equipment and supplies for the outdoor rink at Green Park
- a clean, well-kept and efficient community gym and meeting facility with friendly and helpful staff, employing youth from our community
- organizing casino fundraisers to keep all this going
- strategic, business and land-use planning for our community and liaising with the City of Calgary



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
July 2016	\$1,049,900.00	\$1,040,000.00
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

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

	No. New Properties	No. Properties Sold
July 2016	5	3
June 2016	2	2
May 2016	9	4
April 2016	4	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

To view the specific SOLD Listings that comprise the above MLS averages please visit hounsfield_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 and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit 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

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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.

Trivia

Aspirin went on sale as the first pharmaceutical drug in 1899, after Felix Hoffman, a German chemist at the drug company Bayer, successfully modified Salicylic Acid, a compound found in willow bark to produce Aspirin.



Your bus route may be changing this fall

Changes are coming to the following northwest and inner city bus routes on September 5, 2016:

Routes 8, 9, 10, 22/122, 37/137, 43/143, 145, 404, 405, 407, 412 and 419.

Calgary Transit has completed a major review of these bus routes 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.

The new routes are simple and direct, and many of them have upgraded service levels, meaning that buses come more frequently and/or run longer on evenings and weekends. Additionally, service has been increased or improved to major locations such as Foothills Hospital, The University of Calgary and shopping centres.

To see the new bus routes that start on September 5, 2016, please visit calgarytransit.com/2016ServiceReview or phone 403-262-1000.



2016-2017 HHBH Indoor

Soccer U10 – U18

Online Registration

August 5 to September 11, 2016
www.hh-bh.ca

PRESIDENT'S MESSAGE

Hello everyone! Happy September!

Funny how this month is such a time of new beginnings. Although it's always sad to see summer finishing up, I can't help but get excited about what activities and events are coming in the near future. This is not just in our personal lives but in our community as a whole. Here are a few examples:

It's a new year for community sports. Indoor soccer at our gym is one of the best programs we offer our children. We are also trying to organize a youth badminton program and hope that it will be offered this fall. For adults, we offer drop in badminton 4 mornings a week, and pickle ball two afternoons. Bring the family to our open gym on Friday nights and try out some of the equipment.

The community clean-up happens September 17, 9:00 - 2:00. This is the perfect opportunity to clear the clutter around your house and to clean up the yard. Bring those large items that would otherwise mean borrowing a truck and paying to go to the landfill. Recycle electronics and scrap metal, and donate to the give and take tables which become a treasure hunt full of surprises. Besides the reward of seeing the backs of closets again and visiting with neighbours, you'll enjoy a great party that evening at the community centre. Plan to reward yourself and attend our Fall "Cleaned Up Party", 6:00 - 9:00. We provide the entertainment and food: you provide the conversations and kids to enjoy the activities.

Our community association's board is still in need of a secretary. Please consider joining our dynamic group and working with us as we try to make our neighbourhood a great place in which to live and play. And if you'd like a smaller commitment, sign up to help with our clean up in September or the kindergarten party in November.

I hope you've all had a wonderful summer and are now looking forward to the opportunities and beginnings that the fall will bring.

Laura

2016 Fall Clean-Up & Community Party

Saturday, September 17

The annual HH-BH Community Clean-Up is a favourite local event, giving us not only an opportunity to de-clutter our homes (for a few hours before re-cluttering them thanks to the give and take table), recycle electronics and dispose of yard waste, but also a time to catch up with local friends and get to know new neighbours.

In 2015, Patricia Leahy got more than she bargained for when she responded to an ad about the upcoming clean-up.

"Initially, I just wanted to recycle a printer," she recalls. "When I found out the prior directors husband was sick, I was empathetic because I had just lost a loved one to cancer and was suffering myself. "I thought I would help with this event."

She had recently moved into the Renaissance Towers as part of a series of major life changes, but that didn't stop her from agreeing to head up the organizing committee, taking over the reins from long-time organizer Brenda Domeij. That helped keep the event in HH-BH, as there had been talk of the City moving the annual clean-up to another community, so Patricia deserves not just our appreciation, but also our support.

It is the great contributions from the many volunteers on the Clean Up Committee that makes this event so successful and worthwhile.

Volunteer shifts are brief (two to two-and-a-half hours) and involve directing traffic to the right spot in the community hall parking lot, unloading vehicles and staffing the give and take table or joining clean-up crews in local parks. There will be a light breakfast and lunch for volunteers and the HH-BH Community Association is providing dinner for a casual community party later in the day.

Patricia's vision for this event goes beyond tidying up our homes and parks: "it would be great if more community members would get involved as volunteers or committee members and participate in events like this in order to get to know one another – that's the best way to have safe streets and neighbourhoods."

If you can volunteer this year, please contact Patricia at events@hh-bh.ca or call 587-703-9739. See the full-page notice in this issue of the Beacon for more information about what can and can't be recycled at the clean-up.



DIVORCED? SEPARATED?

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Thank You Stampede Breakfast Volunteers

We had a lucky break in the rainy weather that morning and the sun came out for the duration of the breakfast. GreenPark is such a great location for this annual event with plenty of space for kids to play, have their face painted and receive special balloon creations. Thank you to our cooks, prep cooks, the many servers, those who organized, set up, picked up and cleaned up! Thank you to the residents for coming out and enjoying the morning, sharing their tables and providing great conversation. This year the staff from Balanced Health & Sports Therapy came out to help us. Thanks to Aaron, Jackie, Sue, Jessica and Avni for volunteering and making our event so successful! We hope everyone had as much fun as we did! To see photos of this event please visit our page on Facebook.

IN & AROUND CALGARY

New to Canada?

Arriving in a new city can be overwhelming. In Calgary, there are many resources and services to assist newcomers, community organizations to help you get settled, and immigrant serving agencies who can help if you're new to Canada.

The Newcomers Guide to Calgary (available in English and Arabic) provides important information for new residents in an easy to download and print format.

For more information, visit calgary.ca/newcomers.

IN & AROUND CALGARY

Crowchild Trail Study – Mark your calendar for fall events!

Thanks Calgary for helping us evaluate the preliminary concepts against the project goals. We used your evaluation as input to identify a set of draft recommendations for the study area.

We invite you to join us at one of the open houses in October to provide your feedback on the recommendations. These events are part of **Phase 5: Concept Selection and Recommendation** of the study process.

Open House #1: Saturday, October 1, 2016

(No RSVP required)

Time: 10 a.m. to 1 p.m.

Location: Sunalta School – 536 Sonora Ave. S.W.

Open House #2: Monday, October 3, 2016

(No RSVP required)

Time: 5 to 8 p.m.

Location: Red and White Club, McMahon Stadium – 1833 Crowchild Tr. N.W.

We are meeting with property owners whose properties were identified as impacted by the long-term preliminary concepts prior to the scheduled engagement events. In addition, an open house for residents, businesses and homeowners located within one block of Crowchild Trail is scheduled in September. This invite-only event provides the opportunity for them to share their feedback and perspectives before the broader community.

Your feedback will help us refine the draft recommendations. The final recommendations will be shared with you in **Phase 6: Reporting and Completion** in November. We anticipate presenting the final recommendations to Council in early 2017.

If you're unable to attend one of the open houses, other engagement events are scheduled and there will be an opportunity to provide your input online. For a complete list of engagement opportunities, go to calgary.ca/crowchild.



News from the Friends of Nose Hill

by Anne Burke

The City needs help in identifying weeds in open space. The management plan involves methods to combat weed threats. These tools are biological, mechanical, chemical, and cultural controls. There are some concerns about spraying pesticides and herbicides, although the City posts signs and does have some pesticide-free parks in Calgary.

One of the controls is an organic vegetation management practice called targeted grazing, a land management strategy which is safe, chemical free, and environmentally friendly.

Beginning in June (and for three weeks this summer) a herd of 100 goats was monitored 24 hours a day by the shepherd, with herding dogs, volunteers, and horses in Confluence Park (West Nose Creek).

This is important wildlife habitat. Unlike Nose Hill, the site permits livestock grazing with an approved development permit application, although the practice is generally prohibited within City limits. As the animals fertilize the soil, their hooves help to till, aerate, and condition the ground. Their digestion is acidic, so that the seeds cannot grow as new weeds. The purpose was

to control invasive species such as Canada thistle, yellow clematis, nodding thistle, and other delicious broad leaf weeds they prefer. See: online at calgary.ca/goats.

The Urban Conservation Lead for City Parks said the public has been very supportive. We now know we can use goats in an active park, without disrupting enjoyment by park visitors, whether on foot, bicycle, or with dogs on leash. The goats did an excellent job targeting invasive weeds, such as Canada thistle, hound's tongue, and hawkwood.

The project budget was \$25,000. The City will assess and evaluate the data to decide about the project's effectiveness. The next step will be to evaluate its potential use in parks and open spaces. If successful, the initiative may expand to other natural areas in the city.

On the monthly BiodiverCity Committee agenda there were announcements, presentations on wildlife strategy, biodiversity implementation plan; updates from subcommittees, work plan, business unit survey, and list of potential 3rd party partners. Meetings are in downtown Calgary and open to the public. For details, contact steven.snell@calgary.ca.



EDIBLE SIX-PACK RING

The first fully edible beer can packaging has been made from by-products of the brewing process such as wheat and barley, their six-pack holders are fully biodegradable and completely digestible. Rather than ensnaring curious animals in a corset of litter, the company's six-pack rings could serve as a satisfying snack. And if nothing is biting, the rings quickly decompose.

-Discover magazine

SEPTEMBER 8 TO OCTOBER 16 ILLUMINASIA LANTERN AND GARDEN FESTIVAL

Illuminasia returns to the Calgary Zoo for its second year. This year, the theme is the four seasons and the four noble plants of Chinese culture — one plant is used to represent each season. www.illuminasiacalgaryzoo.com



SEPTEMBER 30 – OCTOBER 1 THE PRINT IT YOURSELF FESTIVAL

Learn about the various techniques behind printmaking at the sixth annual Print It Yourself Festival. Learn what goes into making a piece of print art, engage in the process and create a piece of artwork yourself. www.albertaprintmakers.com



OCTOBER 27 TO 29 DRACULA

The Alberta Ballet presents the classical ballet *Dracula* at the end of October. Special effects, impressive costumes (Dracula wears a 23-foot-long cape) and exquisite choreography bring this horror story to life. www.albertaballet50.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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

October 1 - A Little Light Music: This is a chamber music concert with a special focus on well-known Canadian composers. There will be a fun, playful line-up of music in this concert with everything from A Little Light Music to Viva Gershwin. www.scpa.ucalgary.ca/events/little-light-music

October 6 - An Evening With Bethany Hamilton, Soul Surfer: Bethany Hamilton has become a source of inspiration to millions through her story of determination, faith and hope. Hear Hamilton discuss her surfing career and her charitable contributions in this inspirational talk. www.ticketmaster.ca/event/110050A6A6225E87

October 7 to 8 - Disney In Concert: Tale As Old As Time: Start Thanksgiving weekend with some classic Disney tunes performed by the Calgary Philharmonic Orchestra. The popular Disney songs from these films are played alongside clips from the movies. www.calgaryphil.com

October 11 to 29 - Boom: Using images and video, the show explores the musicians, politicians and cultural icons around from 1945 to 1969 that shaped the baby boom generation. www.theatrecalgary.com

October 12 to 15 - Intensional Particle + Split Flow: Hiroaki Umeda is a Japanese multi-disciplinary artist. He's a dancer, a sound, image and lighting designer, and a choreography. He brings two new solo shows to Theatre Junction. www.theatrejunction.com

October 14 to 29 - Fluid Festival: This year marks the 11th Fluid Festival, and just like the inaugural event, this year's Fluid Festival will celebrate dance and physical performance. www.springboardperformance.com

October 15 - Calgary Stampeders PinkPower Game: This football game joins in the fight against women's cancers. Arrive early to the game to purchase limited edition PinkPower merchandise, then watch the Calgary Stampeders take on the Montréal Alouettes. www.stampeders.com



Photograph: www.alamy.com

When a Child Falls Behind:

TIPS FROM A PSYCHOLOGIST & FORMER TEACHER

By Joyce Achtnig BEd, MC, CCC, Provisional Psychologist & Canadian Certified Counsellor

What Can You do if Your Child is Struggling in School?

Is your child underachieving academically? Or do you think your child may be gifted and is underachieving due to boredom and lack of challenge? Parents and teachers are often the first to voice concerns regarding a child's struggles and need for help. When teachers suspect that issues like Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), or a learning disability may be at the root of a child's challenges at school, they will often recommend a psycho-educational evaluation. Current research demonstrates that early identification, understanding, and appropriate intervention is the key to a child's success.

What are School Psycho-educational Assessments and What Benefits do They Offer?

It is understandable that many parents are unclear about exactly what a psycho-educational assessment is when school staff or a physician recommend it. A psycho-educational assessment will evaluate your child's thinking/reasoning abilities and underlying psychological processes (e.g., attention, processing, fluid reasoning, memory). It also assesses academic achievement (e.g., expressive and receptive language, reading, writing composition, math), social development, emotional functioning, and behaviour. This is generally accomplished through standardized testing, informal assessments, interviews, questionnaires, observations, and review of previous records or reports.

The end result is a rich and comprehensive assessment that helps parents and educators by making sense of a child's struggles and uncovering his or her strengths. A psycho-educational assessment is a powerful tool because it creates a more accurate and complete picture of your child that can change the way your child is perceived and ensure that appropriate resources, edu-

cational programming, and accommodations necessary for success are recommended. In addition, information in the assessment may also be used to qualify the child for disability services, or to guide physicians in choosing appropriate medication, etc.

How Can Parents Obtain a Psycho-educational Assessment?

Parents may ask the school to complete a psycho-educational assessment; this is done by school board psychologists, at no cost to parents. Unfortunately, there are waitlists and only the most severe or in need students will qualify for the few assessment opportunities that have been allocated to each school for that year. The fastest way to obtain an assessment for your child is to use a psychologist in private practice; we can usually book an appointment in less than a month, and have the report completed between four to six weeks after testing. In Calgary, the cost for a psycho-educational assessment ranges from approximately \$1,400 to \$2,800, depending on the psychologist you choose and the assessment tools and time required. In many cases, a parent's insurance plan through work can pay for at least some of this expense.



An active social life helps you live longer

Maintaining a strong social network may foster good health in part because support from sympathetic friends and family helps cushion the impact of life's blows. When you lead a less anxious life, you're less prone to certain chronic conditions, such as cardiovascular disease.

-Discover magazine



CULINARY FILE:

Feta Turkey Burgers with Sautéed Red Pepper and Onions

Written by Rae-Ann Hagen, Registered Dietitian

Turkey Burgers have become a family staple over the past couple of years. This recipe was originally my husband's creation that has since evolved into this quick and easy meal. Not only is this super quick but they always make for a delicious healthy meal which makes this recipe perfect for both a weeknight family meal or a weekend BBQ with friends. To make these burgers I recommend you start with your favourite fresh whole wheat bun. Follow the recipes for the feta turkey burger patties and sautéed red pepper and onion topping listed below. I find that fresh arugula adds a nice peppery flavour but any green will compliment these turkey burgers well. I love to serve these with a yummy summer salad on the side to keep it light and fresh.

Feta Turkey Burger Patties

Ingredients:

- 1 package of ground turkey
- 1/4 cup of feta cheese
- 1 tsp dried oregano
- freshly ground pepper to taste

Directions:

1. In a medium bowl, combine all ingredients. Divide into 4 equal parts and form into patties. If time allows

let the patties rest in the fridge for an hour prior to cooking.

2. Cook the patties on a medium grill. Cooking time can vary but is typically around 20 minutes. Check the internal temperature is at least 165 °F to ensure the patties are fully cooked.
3. Serve on a fresh bun, top with the red pepper onion topping and fresh arugula.

Sautéed Red Pepper & Onion Topping

Ingredients:

- 1/2 red pepper thinly sliced
- 1/4 white onion thinly sliced
- 1 tbsp. canola oil
- sprinkle of Montreal Steak spice

Directions:

1. Put red peppers, onions, canola oil and Montreal steak spice together in a pan. Cook on a medium heat until soft, around 5 minutes.
2. Place on top of your grilled feta turkey burger.

Enjoy these with family and friends during this fabulous barbeque season!

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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STUDIO PARTY & ART IN THE GARDEN SHOW AND SALE: Sunday, September 18, 10:00 – 4:00 Naested Studio – irena-naested.com 1124 - 15 Street. N.W. Houndsfield Heights, Calgary. Paintings, prints, pottery, jewellery, fabric arts, local author books, tea leaf reading, music, food, beer tasting, wine tasting, and much, much, more!

LOCAL RODAN + FIELDS INDEPENDENT CONSULTANT: Clinically proven skin care products that cover anti-aging, sun damage, acne, or sensitive skin issues. Find out what the fastest growing skincare brand in the U.S. has to offer you. For product overview, samples or home business opportunity details contact Deb, call/text: 403-803-0791, website: <http://dcook4.myrandf.com/ca>.

THE GUTTER DOCTOR! We install, repair and clean eavestroughs and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

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, 403-269-2707.



BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 18



IN & AROUND CALGARY

The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains round-worm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.



COUNCILLOR, WARD 7 DRUH FARRELL

ward07@calgary.ca • www.druhfarrell.ca
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With rising household costs, a growing number of families are struggling to afford shelter and other basic needs such as food, medication, and childcare. Household incomes in Calgary have not kept up to housing prices. Over the past decade, prices have increased 156% while incomes have increased 34%.

Over 4000 households are currently on the qualified waiting list for Calgary Housing Company, but the actual need is far greater. In Calgary, over 38,000 renter households need affordable housing. These Calgarians require some extra assistance to ensure they have access to safe and affordable places to call home. Those in need include students, seniors, young couples, people with disabilities, people who are unemployed, low-income workers and their families, and new Canadians.

What do we mean by affordable housing? For housing to be affordable, The Canada Mortgage and Housing Corporation states a household should not spend more than 30 percent of its gross income on rent. That target is especially difficult for lower income Calgarians to meet and they must often spend larger percentages of their incomes on basic shelter.

Although increasing the affordable housing supply is one of City Council's priorities, the City of Calgary has not added a single affordable housing unit in the past three years. This is one of the reasons that Council unanimously passed the new Affordable Housing Strategy in July.

The strategy calls for the City to secure funding from the provincial and federal governments, to work with partner agencies and the development industry, and to prioritize private projects that include some affordable and accessible units. The strategy also calls for the City to build new rental units through Calgary Housing Company and affordable homes for ownership through Attainable Homes Calgary.

Learning from the past, the City no longer concentrates affordable housing in one area, but instead encourages smaller projects that better integrate into all neighbourhoods. Most Ward 7 communities already host at least one affordable housing development.

Proposed affordable housing projects will include public engagement to ensure that they integrate well with the surrounding neighbourhood. Should your neighbourhood be selected to host affordable housing, please ask how it can best be accommodated and welcomed into the community. Your new neighbours will certainly appreciate it.

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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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

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5th of each month for the next month's issue

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No Opportunity Like It!

There is a way to get your post-secondary education for free. In fact, those eligible can also be paid a full-time salary, with benefits and a pension plan, while they get their free education and training.

This offer is available for careers that range from doctors and accountants to mechanics and air traffic controllers. These opportunities are available across Canada and offer the opportunity for travel.

The Canadian Armed Forces is one of Canada's largest employers and provides Canadians with hundreds of career options in every career field imaginable.

While many think of a career in the Forces as being a soldier, a pilot, or a sailor, the reality is that most in the Forces support these roles through jobs that resemble the careers we see every day in our communities. There are accountants, lawyers, cooks, dentists, psychologists, social workers, welders, and every job in between. There are also careers that do not require any post-secondary education because specialized training is provided by the Forces.

If you are looking for part-time jobs, they offer those too through the Reserves. The Reserves provide a unique way for Canadians to serve their country while maintaining a professional career in their community. This is also a great option for those who are also working on completing their education.

The Forces offer many advantages to its members including three years of guaranteed employment following initial training and on-going career development. Given the size of the organization and its variety of roles, there are endless opportunities for growing or changing your profession while staying in the Forces in the years ahead.

Their competitive salary and benefit packages are often better than those offered in the private sector. In addition to an attractive pension program, members are provided with 20 vacation days per year and this increases to 25 days after five years. Qualifying veterans are also entitled to significant additional programs and benefits.

Do you have questions? Not sure where to start? Visit www.forces.gc.ca to see the hundreds of career opportunities available today. You can speak directly to a recruiter by calling the Canadian Forces recruiting center at 403-974-2900 or emailing info.calgary@forces.gc.ca. A recruiter will walk you through the entire process and answer any questions you may have.

In closing, I would like to thank those who have chosen to serve their country through the Canadian Armed Forces at home and abroad. Your professionalism and dedication is appreciated and respected by all Canadians.

BRAIN GAMES **SUDOKU**

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

MEMBERSHIPS

Your annual membership is good through July 31, 2017 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.

HOUNSFIELD HEIGHTS – BRIAR HILL COMMUNITY ASSOCIATION

MEMBERSHIP APPLICATION 2016-17

Family Name(s): _____

First Name - Adults:

1. _____

2. _____

First Name - Children: _____

Address: _____

Postal Code: _____

Home Phone: _____

Email: _____

Would you like to receive the newsletter and other announcements by email?

yes no

I would be interested in volunteering for:

- Land Use
- Green Space/Reforestation
- Fundraising
- Facilities/Ice Rink
- Communications/Newsletter
- Other
- Membership Drive
- Children's Programs
- Seniors' Programs
- Sports Programs
- Social Activities

Membership # _____

Valid through July 31, 2017

Annual membership (including GST) is :

\$20 per household

\$10 for seniors

Paid by: cash cheque

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

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

IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

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



RBC Wealth Management
Dominion Securities

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.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

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