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

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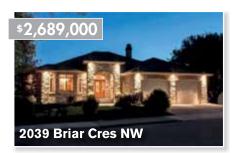
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#300-1130 Kensington Road NW



## 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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beacon@hh-bh.ca

All editorial content must be submitted by the 5<sup>th</sup> of the month for the following month's publication.

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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#### **IMPORTANT NUMBERS**

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
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Kids Help Line       1-800-668-6868         Child Safe Canada       403-202-5900
Child Safe Canada 403-202-5900
Distress/Crisis Line 403-266-4357
2.5.1.255, 2.1.5.5 2.1.12
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
RNR Lockworks Ltd. 403-479-6161  Road Conditions – Calgary  Weather Information 511



- Community board meetings are held every second Thursday of the month at 7:00 p.m. in the HH-BH Community Centre boardroom. All community residents are invited! To be on the agenda, please contact admin at hh-bh.ca at least 2 weeks in advance. Please note there are no board meetings in July or August. Next Meeting: September 14, 2017.
- This fall we are introducing a number of fitness, wellness and art classes that will be held at our HH-BH community centre. There is something for every age and ability so check out the information included in this issue of The Beacon.
- The HH-BH community association facility enhancement plans need your input. Here is your opportunity to help plan and create a space to meet the needs of our community. Meetings are held the third Wednesday of every month at the community boardroom, 7:00 9:00 p.m. For more information, contact Carol Sandahl: vp@hh-bh.ca
- The 2017 HH-BH Community Clean-up event will take place September 16th from 9 a.m. till 1:00 p.m. We need your help. More information is included in this issue. If you are interested or have any questions, please email events@ hh-bh.ca
- A HH-BH community association membership drive will be held in early fall 2017 (date yet to be determined). More information is included in this issue, and updates will be posted on the website as it becomes available.
- Tues/Thurs afternoon spaces at Hounsfield Heights-Briar Hill Playschool are still available. Register online at www.hhbhplayschool.com or send us an email to education@ hh-bh.ca.



#### **Youth Badminton**

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

#### **Adult Badminton Lessons**

Want to keep fit and have fun playing this exciting sport with effortless power? Lessons will be held Fridays from 5:45-6:45 p.m. at HH-BH gym and start September 15, 22, 29 and run until Oct 6,13, 20.

This course is for recreational players who not only want to learn or improve their basic skills but also have a desire to become better players. This course is taught by an experienced adult instructor whose former experience includes: Badminton Alberta instructor; MRU Badminton instructor; and Alberta 55+ Winter Games Badminton Advisor.

Please contact Grace at: gymyuen@gmail.com for more information, and register early.



## **Hounsfield Heights – Briar Hill Community Association BOARD OF DIRECTORS**

COMMITTEE POSITION	NAME	EMAIL	PHONE
President	Laura Hunt	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	Joanna Greco	secretary@hh-bh.ca	
Director - Strategic Planning and IT	Jeff Marsh	it@hh-bh.ca	
Director - Sears Plume	Rick Giammarino	Sears.plume@hh-bh.ca	
Director - Land Use	Terry Woods	land.use@hh-bh.ca	
Director - Event Planning	Vacant	events@hh-bh.ca	
Director - Communications	Sandra Falconi	Communications@hh-bh.ca	
Director - Education	Lyndsey Bristow	education@hh-bh.ca	
Director - at - Large	Kathleen Staniland	director.at.large@hh-bh.ca	
Executive Director	Guy Latour	executive.director@hh-bh.ca	403-282-6634
Administrative Assistant			
Facility Manager			
PROGRAM COORDINATORS			
Indoor Soccer	Eve Miller	indoor.soccer@hh-bh.ca	
Outdoor Soccer	Judy Aldous	outdoor.soccer@hh-bh.ca	
Youth Badminton	Theresa Cowan	badminton@hh-bh.ca	
COMMUNITY RESOURCES			
Louise Riley Library	Allison Thomson	allison.thomson@calgarypubliclibrary.com	m 403-221-2047
Community Police Liaison	Cst. James Dore #3680	JDore@calgarypolice.ca	403-428-6344

#### CONTACT

Mailing Address: Box 65086, RPO North Hill Calgary, ABT2N 4T6

Board Room / Gym - 1922 - 14 Avenue N.W.

Parking: 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.

Phone: 403-282-6634 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

Have an idea for a great community program or event? Send your ideas to vp@hh-bh.ca.

#### **COMMUNITY MEMBER PROFILE**



#### Jeff Marsh - HH-BH Director of Strategic Planning and Information Technology

Although a relatively recent arrival to the Hounsfield Heights-Briar Hill community, Jeff Marsh didn't let that stop him from stepping up to volunteer his time and expertise.

Born in Port Hope, Ontario, Jeff completed his undergrad in engineering at Queen's University during the technology boom, fully intending to move to Ottawa to work for one of the big tech companies. Instead, he was lured to Calgary by TransCanada Pipelines, eventually moving to Shaw Cablesystems.

Upon his arrival to Calgary, Jeff lived in Tuxedo, then McEwan Glen, and after his marriage in 2004, settled in Hillhurst with his new wife Anu. After the birth of their daughter in 2007, and in search of a larger lot with more living space, Jeff and Anu began looking for an innercity lot. Many, many viewings later, they finally purchased in Briar Hill in 2008 and in 2012, arranged for the original bungalow to be moved to Saskatchewan, and began the process of designing their dream home.

"We decided to purchase a property in the Hounsfield Heights-Briar Hill community because we wanted to build a home with a large backyard, which required a large single-family lot. This is one of the few inner-city communities that offers that, in addition to being near transit and lots of other amenities," said Jeff.

Designing and building their home, which Jeff managed with the same intensity and attention to detail as the initial search, took them to the fall of 2016, when the family was finally able to move in. Jeff had begun attending HH-BH community association board meetings even before starting to build, and was voted onto the board in the fall of 2013.

"Calgary is a geographically large city, composed of unique neighbourhoods with distinct characteristics and personalities, and that is what makes it such a friendly and welcoming city. One of the reasons that we chose to live in HH-BH is that we recognized its uniqueness, and the reason I joined the board of directors and land use committee is because I want to protect that," explained Jeff.

Jeff's IT background has been of great benefit to the community association, but his passion has been ensuring that development decisions made by the City uphold the spirit of the community. Jeff strongly believes that Calgary's identity requires maintaining the integrity and character of our diverse communities, and that we, as a community, stand to lose that diversity if we don't pay attention to what the City is planning.

An example of this is the North Hill Redevelopment engagement sessions held earlier this year. "We had great attendance by and input from HH-BH community residents, with guidance from City representatives to ensure our input was captured and will be considered as the project moves forward," said Jeff.

Jeff recognizes that truly great neighbourhoods are inclusive and responsive to the needs of all people, which is why housing alternatives such as Dream Haven, Bethany Care Centre, the Renaissance, and Cedarbrae are important elements of HH-BH, but he also sees the need to balance inclusiveness while maintaining the character and personality of community.

"I don't appreciate people who commute through our community with little regard for the safety of our residents, and transients who use our parks and other services inappropriately. Everyone is welcome but our public spaces need to be respected, and we need to be vigilant," cautioned Jeff.

Jeff's vision for HH-BH is continued revitalization through redevelopment, and retaining its large lot, single-family nature in the core of the community while encouraging diverse and inclusive options around its periphery. "This allows all those who want to live in our community the right to choose the right fit for themselves and their families," believes Jeff, "I would love to hear from people about their thoughts on the future of Hounsfield Heights-Briar Hill, and how we can make it happen together."

Jeff is constantly on the move - so when you see him working on completing projects around his home, walking the family dog, or riding his bike, stop and say hello. Or send him an email at strategic.planning@hh-bh.ca to share your thoughts.

#### Hello once again everyone.

Where did the summer go? It's hard to believe that we are now on the cusp of fall and heading back to busy routines that include change, new challenges and projects at work and school. September feels as much like the first month of a new year as does January! This is as true for our community as it is for our personal lives and I'd like to give you a few examples.

In with the NEW: Many of you will have noticed the dozens of new trees that suddenly appeared throughout our community last month. This is part of the City's Retree YYC program. Its mandate is to replace the thousands of trees that were badly damaged in the big snowstorm of 2014 and to renew our urban forest. Green Park has really benefited from the new additions and you or your neighbours may now have a tree on your front lawn. I am impressed by the size, health and variety of trees that we have been given! Each one would cost hundreds of dollars if bought at a nursery and some of the species planted are really beautiful, such as Japanese Lilac, Brandon Elm, and Burr Oak, Please care for these





babies and help them grow so that our neighbourhood retains the character that was envisioned when people first developed our community.

Out with the OLD: Our Community Association is swinging into high gear now that summer is over. First up is our annual Community Clean Up on Saturday, September 16, 9:00 - 1:00. This is your chance to clean out your garage, closets and yard and bring any items you no longer want to the parking lot on the west side of our library where trucks will be waiting to take items and deal with them appropriately. As well, once again there will be a "give and take" table where trash instantly turns into treasure. Save some energy for a community party later that day, either in the afternoon or evening. Our board is still missing an Events Director to organize the Clean Up and party so please consider helping by filling this role. As well, we desperately need volunteers during the Clean Up. If you can help, please contact our Executive Director, Guy Latour: executive.director@hh-bh.ca.

A New Challenge: Our Community Association is also planning to have a membership drive and community survey for you this fall. We want to know who you are, what you like about our community, what services you would like to see, and how we can improve the work we do for you. You may recall seeing a survey in 2012, and a second one will give us data to show trends, successes and areas where we can improve.

Change: It feels strange to even mention November just now, but our AGM will be held November 15. My twoyear term as President is coming to an end as I do not intend to continue volunteering in this capacity. Being President has been an honour as well as a challenge. We have a wonderful group of people on our board who generously give their time and talents, which has resulted in a number of successful projects and programs. At the moment, no one has indicated that they would like to take on the President's position so I am asking you to consider getting involved with our Community Association and to help fill this position in November. Please contact me by email: president@hh-bh.ca if you have any questions or would like to volunteer in any way!

To keep up with our community's events and other projects please check our website regularly: hh-bh.ca. I hope that you have had a wonderful summer and are now looking forward to all that September brings!

Laura



#### **Your Help is Urgently Required!**

Did you know that in 2016, 13,840 kg of garbage and organics were collected thanks to the efforts of our volunteers and residents?

We need your help! Volunteers are needed for the clean-up event on September 16th from 9 a.m. till 1:00 p.m. Volunteer shifts are from 9-11 or 11-1, or

This year we are collecting clothes and household items for Cerebral Palsy and bicycles for Syrian refugees. Returning to help us out are Techno Trash; Navaho Metals; and Bowness Appliances recyclers.

This annual event brings people from the community together, provides friends and families an opportunity to work together for a good cause, and helps to keep our homes and neighbourhood clean and safe.

If you are interested or have any questions, please email admin@ hh-bh.ca.

### **Hounsfield Height-Briar Hill Membership Drive**

A Hounsfield Heights-Briar Hill community association membership drive will be held in early fall 2017 (exact date not yet determined). The purpose of the drive is to provide you with an opportunity to conveniently purchase or renew a membership right at your door, and to get your feedback on what we are doing right/what we could be doing better in our community.

A family membership is only \$20/year (\$10 for seniors), 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 a 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

You can also purchase or renew your membership online by visiting our website: www.hh-bh.ca or by completing and mailing in the membership form in this newsletter.



We are very happy to announce some exciting new classes being held at the Hounsfield Heights-Briar Hill community centre this fall! Below is a brief description of the classes and name of instructor. For more detailed information and dates/times, please go to our website at hh-bh.ca or call 403-282-6634.

#### **Spring Qigong**

Description: Spring Forest Qigong (chee-gong) is a simple, effective method to help you heal physically and emotionally. The meditative movements combine breath, visualization and sound and are designed for any age or ability. Qigong activates the body's energy system and is known as one of the most powerful healing techniques in the world. Learn how to reduce stress and anxiety, eliminate pain, increase vitality and overall wellness. Children under the age of 16 must be accompanied by an adult.

Instructor: Jan Collins

#### **High Fitness**

Description: AEROBICS is Back! Bigger, Better, HIGHer! HIGH Fitness is a hardcore, fun fitness class that incorporates aerobic interval training with music you love

and intense easy to follow fitness choreography. It combines FUN (pop songs of old and new that everyone knows and loves) with INTENSITY (interval, plyometrics and cardio) with CONSISTENCY (each song has specific simple moves taught the same by all instructors). HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks. Get Addicted to being fit!

Instructor: Maria

#### **Seniors Yoga**

Description: Get moving and bring balance to your life again. Explore yoga with other seniors. We will use a series of props such as chairs, blocks, bolsters and straps to help your body ease into poses that will improve activity levels, create and build strength, and bring a new level of balance to your mind and body. We will work to increase mobility and the range of motion within the joints and spine, giving back to the body that has served you so well throughout life.

Instructor: Marie O'Donnell

#### **Kids Yoga/After School**

Description: Lets increase self-esteem, and decrease stress in the lives of your little ones... because, let's be honest, it's tough being a kid these days. Yoga helps youth in becoming comfortable in their own bodies, and in learning lifelong techniques to calm their minds. This class combines yoga asana (poses), pranayama (breathing exercises) and mindfulness meditation that are age appropriate and will help to bring balance and positivity to start the week off right.

Instructor: Marie O'Donnell

#### Intro to Yoga- Hatha/ **Foundational**

Description: This is a foundational class where you will learn a series of yoga poses (asanas), and their Sanskrit names in a safe and friendly environment with others who likely have little or no experience with yoga. This beginner's class uses a combination of simple postures, combining movement with breath. We will work on flexibility, strength and balance, and incorporate pranayama (breathing exercises), and simple meditations. We will move slowly and mindfully, opening up the mind and the body. No experience necessary... we're starting at the beginning.

Instructor: Marie O'Donnell

#### **Yoga for Well-Being**

Description: Connect with a deeper sense of your being. This 10-week program offers gentle yoga poses and movement with breath awareness practices and the mindfulness-based meditation of iRest® yoga nidra. iRest yoga nidra is a guided meditation of deep relaxation and inquiry. Widely gaining scientific attention, the practice is profoundly simple and deeply transformative.

**Instructor: Claudia Frick Istvanffy** 

#### **Hypercreative Art**

Description: For the past two years Janice and Carol have been conducting art workshops in the Calgary area. Janice Mather, a local Calgary artist, teacher and entrepreneur, has a degree in psychology and art, and uses this background to help share with others her love for and strong belief in the positive power of art in our lives. She continues to support local artists and is active in the Calgary art scene.

Carol Marasco has a full accounting and business background, and a long-time passion for arts and crafts. She looks forward to sharing her creativity.

There will be three workshops held - Rustic Farmhouse Charm; Honor, Heroes, Sacrifice, Memory, Land of the Free; and Rudolph With Your Nose So Bright.

#### **Awareness Through Movement**

Description: Would you like to find a new way of reaching your fitness goals? Does pain and stiffness hold you back from enjoying daily activities? While habits, stress, repetition, pain, neurological challenges and injury limit our choices, The Feldenkrais Method® can help each one of us to improve the way we feel and function. Learn to improve your "movement intelligence" by joining this series of Awareness Through Movement® classes.

In these "user friendly" classes, you'll begin with minimal movements that engage your attention and nervous system. Whether your movement is limited, or whether you'd like to improve performance in sports, music, yoga or running - you can benefit from learning more biomechanically efficient movement patterns.

Instructor: Jennifer Herzog

### Motel Village Redevelopment Update

The land use amendment was approved August 1st velopment and land use decisions, and why did we not by City Council, which allows for the 90-metre building. Members of Hounsfield Heights-Briar Hill and Banff Trail communities attended and spoke at the City Council meeting regarding the application. There were good guestions from Council, in particular on the lack of consultation, but ultimately there was a unanimous vote by City Council approving it.

It looks like the specifics of the development (including parking) are still in play through the Development Permit. We will watch for that, and keep people posted on any steps we can take in that process.

Thanks to everyone who wrote letters and otherwise participated, and please watch for further developments, which will be posted on our website at www. hh-bh.ca.

Editor's note: Since the Motel Village decision by City council was announced, some residents have asked "how does the City of Calgary engage its citizens in deknow about the Motel Village application prior to April of this year?".

Some of these residents also voiced concerns that development decisions are reached prior to public consultation and engagement, and that these outreach events are held only to placate the public. If that is your belief, then take action by communicating directly with your City Councillor, and becoming involved with your community association so we have the resources to track and respond to these types of applications. It is only through each of us taking personal responsibility that we can collectively build the community we deserve.

Two projects currently posted on the Engage Calgary website that may be of interest to HH-BH residents are the Grace Hospital Land Use Designation and North Hill Planning projects. To learn more about these and to Engage go Calgary http://engage.calgary.ca.

#### SCHOOL SHOUT-OUTS

#### **Queen Elizabeth High School**

Welcome back to school to all of our students and parents! It is our hope that the summer was wonderful and filled with lots of adventures.

One of our goals this year is to cultivate greater community connections and relationships. Monthly contributions to Great News community newsletters are part of this commitment. We would also like to work with local businesses, organizations and individuals. Our initial ideas are to start a speaker series and/or mentorship program with members from the community. If you have an idea for how we might be able to cultivate greater community connections and relationships, please contact Rachel Pruitt at rdpruitt@cbe.ab.ca

Please visit our website at http://schools.cbe.ab.ca/ b806/ for September class information. Grade 7 and Grade 10 students will start classes on Tuesday September 5. All other grades will have their first day of classes on September 6. Our office is open to parents on Wednesday, August 30.

High school girls' soccer tryouts will happen early September. There is an informational meeting after school on September 8 in Room 231 with Coach Perfect.

Our school will hold our Terry Fox Run for cancer research on Thursday September 28. Please join us to either participate or donate. Our school assembly will be held at 10:30am with the run to follow. Please visit our website for more information.

If you have refundables (bottles, cans and milk/juice cartons) collecting, Queen Elizabeth Band students would love to take them off your hands! We will be in vour neighbourhood on Saturday October 14. Band Director Shannon Fehr would then like to thank you for your support the best way she knows how – by welcoming you to a band concert on Wednesday October 18. Please visit the website for more information closer to the date.

## **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 First Name - Children:	1. 2.			
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:		Membership #		
☐ Land Use	☐ Membership Drive	Valid through July 31, 2017		
☐ Green Space/Reforestation	☐ Children's Programs	Annual membership (including GST) is :		
☐ Fundraising	☐ Seniors' Programs	☐ \$20 per household		
☐ Facilities/Ice Rink	☐ Sports Programs	☐ \$10 for seniors		
$\square$ Communications/Newslette	r □ Social Activities			
☐ Other		Paid by: cash $\square$ cheque $\square$		
Send cheques payable to <b>Hounsfield 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.



- · Shirts are hand-finished and buttons replaced, latest technology for shirt pressing and finishing just installed in the fall
- · Same day service available if in before 10 am
- · Convenient parking rear of building at Avalon
- · Excellent customer service

Accepting BitCoin soon!

**Avalon Cleaners** 1105B Centre St. NW 403-230-0233 www.avaloncleaners.ca



PROFESSIONAL DRY CLEANERS & OUALITY SHIRT SERVICE

#### **HOUNSFIELD HEIGHTS-BRIAR HILL** COMMUNITY ASSOCIATION INDOOR **SOCCER REGISTRATION –**

Our goal is for all kids to play and we are looking forward to a great season of indoor soccer ahead!

**Sept 2017 – March 2018** 

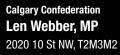
#### Please read the following:

Volunteering: This year, we are requiring each family to take on a volunteer position. The categories include coaching, team management, equipment distribution and administrative/community help. Without this volunteer component, we will not be able to continue to run this program efficiently and cost-effectively, please note that prices remain the same as last year.

Final Deadline: If, by September 11th, there are not enough players or coaches for an age category, then the program for that age category will be cancelled.

Refunds will only be given if a team is cancelled or if a player withdraws by September 11, 2017. Refunds will not be issued after September 11th.

More information is available on our website at www.hh-bh.ca



403-220-0888

✓ len.webber@parl.gc.ca

#### **Community Conversations**

This past summer was very busy in our community with many neighbourhood events, special Canada 150 festivities, cultural celebrations and, of course, the annual Stampede. With Parliament recessed over the summer. I was able to attend many more events and enjoy the very best our communities had to offer.

Our community is shaped by our vibrant mix of cultures, languages and interests, and yet we remain a strong community because we also share so much in common. I am always amazed at how welcoming one community is of another and their desire to share their passion for their cultures, their sports, their music, their art and many other things. If you have never attended a cultural celebration for a culture other than your own. I strongly suggest you do and you will find the experience both welcoming and educational.

Community events provided a great opportunity for me to informally speak with many residents and I found the conversations to be both insightful and thoughtprovoking as people shared ideas on many topics. I spoke with seniors, students, families and small business operators who also shared their concerns on several issues too. The economy, jobs, marijuana legalization and the payment to Omar Khadr were the top three issues raised with me throughout the summer and I expect they will be the top issues when Parliament resumes this month.

This summer I also spent time door-knocking in several communities and appreciated the warm welcome I received at virtually every door. Even those who openly stated they had not voted for me in the past were appreciative of the fact that I came to their door to hear their concerns so that I can better represent them in Ottawa. I find these doorstep interactions so candid and refreshing and they offer a great opportunity to speak with people who would not otherwise reach out to participate in our great democracy. We really are fortunate that we live in a country where this is possible as such activities in many other nations are unimaginable.

It is the volunteer efforts of hundreds of folks in our community that make our city such a great place to call home. On behalf of all residents, I want to thank all those who made this summer so memorable for everyone in our community.

My monthly email newsletter is received by thousands of households and it details many of the things I am involved in and provides critical information for all residents. Those who receive the newsletter often comment that they appreciate the balanced tone of the newsletter and its timely updates. Others remark that reading the community survey results is their favourite part of the newsletter and encourage me to keep providing them with the opportunity to share their opinions on important issues. If you are not receiving my monthly email newsletter and would be interested in receiving it, please visit my website at www.lenwebber.ca to sign up.

## **BUSINESS CLASSIFIEDS**

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

**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, 403-269-2707.

THE GUTTER DOCTOR! We install, fix and clean eavestroughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member, 2017 Consumer's Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

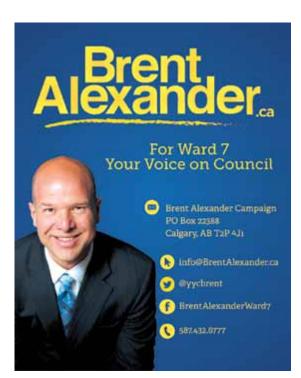
**TLC CLEANING:** Over 18 years' experience in the business! TLC Cleaning is a small and personalized cleaning company. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references, environmentally friendly options too. Let us put a little TLC into your home! Free estimates; please call Carol at 403-614-8522.

#### **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

WOMEN'S BARBERSHOP STYLE 4-PART HARMONY **GROUP:** Seeking new members for all parts, particularly low bass. Practices held in NW on Tuesdays, 7-9 pm, September through June. Fun, non-competitive, charitable performances. Call Deb at 403-519-8980 or email chordiallyyours.singers@gmail.com.





by Anne Burke

Become an Entrance Keeper of Nose Hill, while you go about your ordinary routine. A member reported he just returned from a walk on Nose Hill and spotted some vandalism on the stainless-steel artwork on the North end of the Walkway over John Laurie Blvd. "It is a 'tag' in white paint presumably someone's initials or symbol. I reported this to the city but thought you might like to know."

There was a free guided botany walk on Nose Hill (2 hours) in June to identify summer flowers. Walks are popular, so watch for more events at our website www. fonhs.org and/or join us on Facebook. For example, our first Nose Hill Photo Contest is open to all. Guidelines and entry forms are on our website. Email contest entry forms and photo(s) to friendsofnosehill@gmail.com with the subject heading "Photo Contest" by September 30th. Only photos taken October 2016 - September 30th, 2017 are eligible. The judges will convene in October and winners announced at the annual general meeting in November.

There will be a second edition of the Rare Vascular Plants of Alberta (Alberta Native Plant Council), Vascular means that the plant can move water and minerals. The list has changed. Some species were removed and many added. If you would like to submit photos, images for the book will be chosen from those submitted. For a list of plants and instructions go to: www.anpc.ab.ca and, if you have questions, email: ABRarePlantBook@ amail.com.

As previously reported, motion-activated cameras will be installed in 11 Calgary parks, including Nose Hill Park and one provincial park, to monitor wildlife. However, there may be privacy concerns. Any such cameras legally allowed in national parks are locked, so the memory cards cannot be tampered with and images of people are properly disposed of.

Parks Canada issued a restricted activity order, so only people with a research permit can set up remote cameras in national parks. As cameras become less expensive and more accessible to the general public, sometimes staff find unauthorized cameras and take them down.

Use of motion-activated trail cameras by the public for wildlife images is banned. Anyone caught deploying such cameras without a permit may be charged under the Canada National Parks Act. Wildlife officials say they want to prevent disturbance to wildlife at sensitive locations and protect the privacy of people whose images may be collected.





#### Back to Cruel Didaskaleinophobia is the fear of going to school, which 2.4 per cent of children world-wide suffer from.



Councillor, Ward 7 **Druh Farrell ☑** @DruhFarrell **f** Druh Farrell

#### **Pedestrian Safety**

Pedestrian safety and cut-through traffic are top issues for Ward 7 communities. Most older neighbourhoods were built on grid networks, where streets connect at right angles with frequent intersections. The grid makes our communities easy to navigate by foot and by bike, but it also makes them easier to shortcut through, given that multiple routes can be taken to reach a destination. While communities that have "loop and lollypop" streets experience less cut-through traffic, they work poorly for walking and cycling. Both types of Calgary communities have their challenges, which is why we need a wide-reaching approach to make Calgary a better city for walking.

The City's new **Step Forward** pedestrian strategy is a long-term plan to improve the safety, accessibility, and desirability of walking in Calgary. The strategy includes 49 actions which were shaped by input from thousands of Calgarians. To learn more about Step Forward, visit: www.Calgary.ca/StepForward

The world is also taking notice of Calgary's plan to become a more walkable city. In September, we will play host to the International Walk21 Conference. Previously hosted in global cities like Hong Kong, London, and New York, it is an honour to sponsor this prestigious conference in partnership with the University of Calgary. It comes as a direct result of Calgary's work to shift from a city known for its auto-dependent sprawl, to a city that offers real transportation choice. Delegates will include walkability experts from around the world. To learn more about Walk21 and how you can participate, visit www.Walk21.com

As Step Forward rolls out, and as we celebrate Walk21 in Calgary, you can take action today to improve walkability and street safety in your community.

Many communities apply for community traffic studies to identify ways to redesign residential streets to prioritise walking, slow down traffic, and discourage cut through traffic. Due to high demand, a thorough traffic study can take time to complete. Sometimes what is needed is a quick, temporary, and inexpensive way to address concerns. That is why Council supported my motion to create the ActivateYYC microgrants. Communities can apply for grants to fund "temporary local projects and events that motivate Calgarians to walk, play and be neighbourly." For details, visit www. CalgaryCommunities.com/ActivateYYC

If your community is interested in a **community traffic study**, residents should work with the local community association to generate broad support for a study. To learn more about how to apply for a community traffic study, visit www.Calgary.ca and search for "Community Traffic Concerns".

Let's foster healthier and more vibrant neighbourhoods by working together to make walking safer, more accessible, and more desirable.

To sign up for updates on key community and Ward 7 issues, please visit www.DruhFarrell.ca.

#### **DIVORCED? SEPARATED?**

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It's a warm, caring environment led by people who understand what you are going through.

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Wed-Thu: 7:30am-4pm
Friday: 11am-4pm
Saturday: 9am-3pm\*
'by appointment only

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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 2017	\$749,900	\$715,000
June 2017	\$729,900	\$695,000
May 2017	\$950,000	\$906,000
April 2017	\$1,024,950	\$996,500
March 2017	\$1,320,000	\$1,284,000
February 2017	\$4,699,450	\$4,251,000
January 2017	\$650,000	\$620,000
December 2016	\$907,450	\$851,250
November 2016	\$599,500	\$577,500
October 2016	\$0	\$0
September 2016	\$1,774,950	\$1,845,000
August 2016	\$1,597,450	\$1,575,000

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

	No. New Properties	No. Properties Sold	
July 2017	4	3	
June 2017	4	1	
May 2017	7	5	
April 2017	4	2	
March 2017	6	4	
February 2017	1	2	
January 2017	7	1	
December 2016	0	4	
November 2016	2	2	
October 2016	3	0	
September 2016	7	2	
August 2016	2	4	

To view more detailed information that comprise the above MLS averages please visit **hounsfield\_heights\_briar\_hill.great-news.ca** 



# That's no puppet...it's brain food!

Puppets, LEGO, balls, costumes, crayons, blocks, books...play comes in many forms and helps build a child's brain. Visit a Calgary Public Library Early Learning Centre with the little ones in your life and watch them grow.

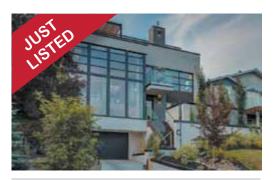
calgarylibrary.ca





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